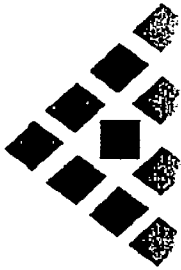


Williston High School
PO Box 1407
Williston, ND 58802

February



The Coyote Howl

Volume XV Issue 6

Williston High School

February 2011

"Principal's Page"

Our parent forum for this month was addressing the new career and technical center at Williston State College. I wish to personally thank all of the presenters from area businesses as they took time out from their busy days to let our students know what types of jobs are available in our area. Since a majority of the jobs available do not require a four-year degree, this option should be considered when your son/daughter starts to look at career options.

Next month Dr. LaFontaine will be at our parent forum to talk about the building concerns of the district and the long-term facilities plan that was put together through DLR and Associates. So if you would like the opportunity to chat with the Dr. LaFontaine about the challenges that we are facing with regards to facilities and enrollment, please plan on attending the forum in February.

Youth Risk Behavior Survey

Our school is taking part in the 2011 North Dakota Youth Risk Behavior Survey (YRBS) and 2011 North Dakota Youth Tobacco Survey (YTS) sponsored by the North Dakota Department of Public Instruction and the North Dakota Department of Health. The YRBS survey will ask about nutrition, physical activity, injuries, tobacco, alcohol, other drug use, sexual behavior and asthma. The content of the YTS survey includes tobacco questions related to prevalence (cigarettes, smokeless tobacco, cigars, and pipes); knowledge and attitudes; cessation; environmental tobacco smoke; media and advertising; minors' access; and school curriculum. Copies of the questionnaires are available in the school office for your review.

Students in grades 9-12 will be asked to fill out a questionnaire that takes about 45 minutes to complete. Doing this paper and pencil survey will cause little or no risk to your child. The survey has been designed to protect your child's privacy. No student or class will ever be mentioned by name in a report of the results. Although there is no immediate benefit to your child taking part in this survey, the results will help establish trends over time.

We would like all selected student to take part in the survey, but the survey is voluntary. No action will be taken against the school, you, or your child, if your child does not take part. Students can skip any question they do not wish to answer. In addition, students may stop participating in the survey at any point without penalty.

The survey will be administered between March 14, 2011 and March 31, 2011. If you decide you do not want your child to take part in the survey, please stop by the office and sign the Parent Permission Form.

If your child's teacher or principal cannot answer your questions about the survey, email or call Mark Winkelman, Winkelman Consulting at [MR Winkelman@cableone.net](mailto:MR.Winkelman@cableone.net) or 701-237-2238.

Tournaments

We will soon be getting into the tournament season and it is time to address how to handle attendance if you are going as a spectator. If you are planning on attending any of the regional or state tournaments to watch the Coyotes play, you will need to do several things to receive permission to attend the event.

1. Have parent call attendance secretary.
2. Get advanced makeup slip.
3. Have ALL teachers sign the slip.
4. Return to attendance secretary.
5. Report to WHS administrator in charge of the activity per day to be counted on the roll sheet.

May I wish you safe travels during this time of year.

Professionally,

Chris Kittleson
Principal
Williston High School

Counseling News

Williston High School

Counselors

Ms. Koperski, Mrs. Bradford

Mr. Lysne, & Mrs. Geltel

February 2011

Scholarships

Coyote Foundation Scholarship

Annual scholarship available to any WHS Senior. This is a great opportunity to receive one of many scholarships available.

MUST include a picture of student.

Applications available in counselor's office.

Deadline April 1, 2011

Frank & Ester Wenstrom Foundation

Scholarship

available to senior who attended in Williams County.

Must attend either WSC or UND.

www.asbt.com/usrfiles/WenstromScholarship.pdf

Deadline April 1, 2011

Kingsley T. Davidson Memorial Scholarship

High school seniors in Williams, Divide and McKenzie Counties.

www.asbt.com/usrfiles/DavidsonScholarship.pdf

Application in the office. Deadline for application

April 1, 2011

John Eberle Scholarship

Application available online

www.asbt.com/usrfiles/EberleScholarship.pdf or in

counselor's office. Deadline date is April 1, 2011

Northern Plains Eye Foundation

High School Seniors pursuing full time health-care related studies. Application available online

www.npef.org/scholarship.asp or in counselor's office.

Due date is March 1, 2011.

Alva J. Fields Memorial Trust Scholarship

Ten \$1000 scholarships available. Students attending two or four year school, financial need. Must be resident of Williams County. Opportunity to also apply for low interest loans in future years. Due date is March 15, application available in Counselor's office.

Northwest Communications Cooperative Scholarship

Must receive local telephone service from NCC.

Application available in counselor office Deadline

March 13, 2011

Arthur S. Johnson Scholarship

Must receive service from NCC. Applications available in counselor's office. Deadline March 13, 2011.

Montana State University at Bozeman offers a scholarship to non-residents. Information can be found at <http://apply.embark.com/ugrad/montanastate/>

UND has several honor scholarship programs available for pre-freshman and undergraduate transfer students. Financial aid is intended to supplement the financial contributions from the student and family. Students are offered financial assistance in various forms, including scholarships, grants, employment and loan programs. A complete listing of detailed financial aid offerings is available at

www.financialaid.und.edu/aid_eligibility.html.

Minnesota State University Moorhead has many scholarship opportunities for the 2011-12 school year. Visit their web site at www.mnstate.edu/finaid

Wal-Mart Stores is announcing the availability of the 2009 Sam Walton Community Scholarship. Interested

graduating high school seniors need to log-on to www.walmartfoundation.org for more information. Students will apply for the scholarship on line at <http://walmartstores.com/CommunityGiving/8736.aspx?p=236> or www.scholarshipadministrators.net. You must use the access code SWCS to complete the application process.

Burger King Scholars Program offers scholarships to high school seniors based upon working part time, participation in community service, demonstrating financial need. Online at http://www.haveyourwayfoundation.org/burger_king_scholars_program.html

KFC Colonel's Scholars program

This program is offered to high school seniors planning to attend a public in-state college or university. Students who meet the criteria may apply online to become a KFC's Colonel's Scholar. Available only during window of Dec 1 -Feb 1. <http://www.act.org/kfcscholars/intro.html>

The American Legion has put together a booklet called "Need A Lift" a College Financial Aid Handbook that provides information about various scholarships that are offered by this organization. To look through this booklet please visit in the counseling office.

Ronald McDonald House Scholarship

open to seniors who have completed application, and provided required documentation. Application available in the office or at <http://rmhc.org/what-we-do/rmhc-us-scholarships/> Deadline February 16, 2011

Marv Rockstad Memorial Scholarship

Given by Kiwanis Club of Williston. To complete application go to <http://www.ndcf.net/Scholarships/entryform.asp?id=50>

Complete information and then print document. Forms must be returned to Counselor's office. Deadline March 15, 2011.

Williston State College Scholarship

Application form for WSC. Available at WSC or <http://www.wsc.nodak.edu/Future-Students/Financial-Aid/Scholarships/Scholarships---Online-Application.html> Priority date March 15, 2011

Sammy 2011 Body by Milk

Eligible Outstanding Scholar athletes in grade 12. Apply on line at http://www.bodybymilk.com/sammy_scholarship.php Deadline March 6, 2011

Dakotas' Credit Union Scholarship

To be eligible must be US Citizen, member of credit union for 1 yr. graduating HS senior, planning to attend an accredited college. Application in the office. Deadline is March 1, 2011.

Reuben T. Guenther Scholarship

Must have taken 1 or more vocational courses between 9-12 grades. Application available online or in counselor's office <http://www.nd.gov/cte/students/scholarships.html> Deadline April 1, 2011

A & F Scholarship

Must be Jr or Sr in high school. Complete essay and send to address available. For more information pick up sheet in the counselors office.

Williston Trail Riders

Open to students attending WSC. Applications available in the counselor's office.

FastWeb!

Is a resource for students to help you find money for college. You might even win a scholarship. You can also find your dream college. Check this site out at www.fastweb.com

NCAA Clearinghouse Information

Student-athletes who plan to attend an NCAA Division I or NCAA Division II college or university and who plan to participate in athletics, should go the following site for information

http://www.eligibilitycenter.org/ECWR2/NCAA_EMS/NCAA_EMS.html# From the home page, click on "create an account" That page has a link to the guide, as well as other helpful information regarding the Division I and Division II eligibility rules.

College Goal Sunday Event. It is a free event to help potential students complete the financial aid application. Students can complete the Free Application For Federal Student Aid (FAFSA) properly and before important deadlines with the assistance from financial aid experts. North Dakota College Goal Sunday will be held February 13, 2011. For more information about times and locations go to www.collegegoalsundaynd.org.

Dates to Remember

Feb 4- Registration for March SAT

Feb 5 ACT WSC 8-12

Feb 13- College Goal Day-

www.collegegoalnd.org

Mar 4 - Registration for April ACT

Mar 12- SAT Minot 8-12

Mar 25- Registration for May SAT

April 9- ACT WSC 8-12

Apr 13 SR. Meeting 9am

Apr 30 Prom

May 7 SAT Minot 8-12

May 6- Registration for June ACT

May 7 Band Day

May 11 Awards Night 7pm

May 13 SR. Cut-off Date

May 22 Baccalaureate

May 27 Graduation Practice 9:30am Field house

May 29 Graduation 2pm Field house

June 4 SAT Minot 8-12

June 11- ACT WSC 8-12

ACT Registration

WHS HIGH SCHOOL CODE 351-880

The number of students who register for the ACT online has steadily increased each year, nearly half of the WHS students who wrote the ACT last year, registered online. The flier is located in the counselors' office that will guide you through that process. The traditional method of registration can still be done, and those packets are in the counselors' office as well. The benefits of registering online are that you can complete your registration 24/7; you will get your admission ticket sooner; you will have access to the most up to date list of locations so you can get the best choice of test centers. The cost of writing the ACT is \$38 without the writing and \$48 if you select to do the writing. To register online, go to www.actstudent.org

SAT Registration

The easiest way to register for the SAT is to visit their site at www.sat.collegeboard.com/register. You will get immediate confirmation of your registration. The SAT is given in Williston on November 6. Deadline to register for this date is October 8.

testGear

WHS has had a site license for Choices and testGear purchased by Student Loans of North Dakota. testGear is an online tool that gives students the practice they need to reach their full potential on the college entrance exam ACT. This online learning system adapts to each student's needs by targeting their weaknesses and helping them to build necessary skills. Stop by the counselors' office to pick up your instructions in how to use the program. Workshops will be held this fall for students and their parents to attend in order to learn how to best utilize the program.

Knowledge for College

This resource addresses borrowing for college, finding free money for college, learning about the alternative to four-year school and a section just for parents. Check this site out at <http://www.collegeanswer.com/index.jsp>

ND Scholars Program

This program recognizes outstanding ND high school seniors for scholastic achievement as measured by their ACT scores. Those students who are selected must enroll in a ND college or university and will be awarded an in-state tuition scholarship. To be considered you must be scheduled to graduate from a ND high school in 2012, attend a ND college or university and take the ACT on one of the following test dates - December 11, February 12, April 9, or June 11. Information is in the counselors' office.

North Dakota Scholarship Opportunities

There are 2 opportunities for North Dakota students to academically earn scholarship money to attend any of the post-secondary institutions in North

Dakota. Students who receive a 24 composite score on the ACT can receive \$750 per semester for up to four years of post-secondary educational costs. This could amount to as much as \$6000 and once they are in college they must maintain a 2.75 college GPA.

For the Class of 2011 and beyond the requirements are as follows. For the Academic Scholarship you must meet the following requirements. 1) 1 credit of Algebra II; 2) 1 credit for a math that Algebra II as a pre-requisite; 3) 2 credits of the same foreign language or Native American language; 4) 1 credit of fine arts or career and technical education; 5) 1 additional credit of a foreign language, fine arts, or career and technical education; 6) obtain a grade of a "C" in each credit or half-credit required for the diploma; 7) have a cumulative gpa of at least a "B"; 8) a 24 on the ACT; 9) 1 credit of an advanced placement course with the examination or a dual-credit course.

For the Career and Technical Scholarship for the class of 2011 and beyond the requirements differ. To receive the scholarship you must meet these requirements. 1) 1 credit of Algebra II; 2) 2 credits of an approved plan of study of career and technical education coursework; 3) 3 additional credits, 2 of which must be in the area of career and technical education; 4) obtain a "C" in each credit or half-credit required for the diploma; 5) obtain a cumulative grade point of a "B"; 6) receives either a 24 on the ACT or earns at least a 5 on each of the 3 WorkKeys Assessments.

The Class of 2012 will be taking the ACT or the WorkKeys on April 27, 2011. This test will be paid for by the local school district. Koperski encouraged anyone who had questions to contact her at her high school office at 572-0967.

PARENTS:

It is your responsibility to let the school know when your child is not going to be in attendance. Your student/students will be considered unexcused until we've received verification from you that they had your permission to be out of class. Please be advised that unexcused absences can impact on your student's grades as they may result in a zero on assignments/tests etc. So please do your part to ensure that your student/students are receiving the grade they deserve by verifying their absences.

And please familiarize yourselves with our 8 & 16 policy (see below). Because as you now have the same information available to you on PowerSchool that we have, we're requesting that you consult PowerSchool frequently to stay up-to-date with your child's attendance. The WHS Attendance Office is no longer assuming responsibility for calling parents regarding all unexcused absences but will try to consult you when we notice patterns developing or suspect that a student is skipping class.

8/16 POLICY. A student must not be absent from a class more than eight times for a semester course or sixteen times for a full year course. As a matter of procedure, the Attendance Office will try to notify parents by letter whenever a student has accumulated five or more non-school related absences in a class. From then on, it is the student's responsibility to monitor his/her attendance to avoid credit loss. Upon a student's ninth absence in

a semester course or seventeenth absence in a full-year course, (excluding absences due to school activities, medical absences supported by a physician's written verification of specific illness, and in-school suspension), the assistant principal will send the parent/guardian written notice of credit loss. If the parent/guardian would like to have the credit loss reviewed, a meeting may be requested with the assistant principal and the Attendance Review Board by contacting the assistant principal within three school days from the date the parent/guardian was first notified of the credit loss. The meeting must be held within five school days of the request or may be delayed if agreed upon by the parent/guardian and the assistant principal.

EXTENUATING CIRCUMSTANCES. Extenuating circumstances will be determined by the administrative office. Students may receive homebound tutor services, prior to, at the time of, but no later than one week following, the absence.
•EXTENUATING ABSENCES WILL BE MARKED AS EXTENUATING AND WILL NOT COUNT AGAINST THE 8/16 POLICY BUT WILL COUNT AGAINST THE TESTING POLICY

••THE WHS ATTENDANCE OFFICE IS NO LONGER WRITING TARDY PASSES. STUDENTS ARE TO REPORT DIRECTLY TO THEIR CLASSROOM WHEN THEY ARE RUNNING LATE••

EJ Hagan Aquatics

Center Hours

(701-577-8401)

Monday

7.00am – 1.00pm Lap Swim

6.30pm – 8.30 pm Open Swim

6.30pm – 7.30pm Water Aerobics

Tuesday

7.00am – 1.00pm Lap Swim

6.30pm – 7.30pm Water Aerobics

6.30pm – 8.30pm Swim Lessons

Wednesday

7.00am – 1.00pm Lap Swim

6.30pm – 8.30pm Open Swim

Thursday

7.00am – 1.00pm Lap Swim

6.30pm – 7.30pm Water Aerobics

6.30pm – 8.30pm Swim Lessons

Friday

7.00am – 1.00pm Lap Swim

6.30pm – 8.30pm Open Swim

Saturday

Closed

Sunday

Closed

Attention all Parents: Classroom fees for second semester will be mailed out in February and can be paid at your convenience. Activity fees must be paid at the start of the season for each activity. This will need to be done in order for your son/daughter to participate in the activity. Fees can be paid in person at the Main Office of the High School or mailed to:

Williston High School

PO Box 1407

Williston, ND 58802

If you have any questions please call the Main Office of Williston High School at 572-0967.

Cell Phone Violations.

1st Offense - The phone is kept until the end of the day, or the end of the following day; according to the preceding rule.

2nd Offense - A Parent must come and get the phone at the end of the next day.

3rd Offense - The phone will be returned at the end of the week, or after the weekend, at the end of the day.

The phone will be kept for a minimum of 3 days

Please help us enforce our policy by refraining from texting or calling your student during school hours. Please call the office with last minute messages that could not be known before your student left for school and we will relay your message at an appropriate time.

*For Title VII-JOM Native American
Program Information.*

Contact Lora Riveland at

572-5618, Extension 131

or stop by her office

at Williston Middle School, Room 212

WHS 2011 PROM

will be on

April 30, 2011

Microsoft Student Select.

Get Microsoft Software For Less

North Dakota EduTech, Microsoft, E-Academy, and Software House International have teamed up to provide K-12 students, staff, and parents the opportunity to purchase certain Microsoft products at deep discounts. These products include Microsoft Office 2007 Pro/Standard/Enterprise, Office 2008 for Mac, OneNote, Visio, Student 2008, Project 2007, and Windows Vista Upgrade. Each student can purchase up to one copy/license of each software title.

For pricing, go here and click on Student Select.

http://www.edutech.nodak.edu/services/technical_services/purchase_agreements/

For parents/students to purchase software, they need to use their student's @sendit.nodak.edu email address. They can access Student Select through this website.

<http://edutech.nodak.e-academy.com>

Mid-Term & Nine Week Grading Schedule for WHS

Mid-Term – February 15

Third Nine Weeks – March 28

Mid-Term – April 26

Fourth Nine Weeks – May 27

(all of the above will be mailed out)

Senior Pictures

All colored senior pictures that are going in the annual need to be turned in to Mrs. Schultz by the end of April.

Atomic Learning

Atomic Learning has great resources for learning how to use software programs for both PC and Macintosh computers.

Teachers, students, parents,

and community members can use it.

To use it at home, go to www.atomiclearning.com

In the login box in the upper right hand corner, enter the following.

login: willistonps

Password: (Please get this from your school's office)

After you have logged in, click on either the "Windows Tutorials" or "Macintosh Tutorials". Then select the program and the section(s) you want to view.

Please remember...when placing a call into WHS, please be sure to dial the number 8 first, then the extension number.

**ANNUAL ORDER FORMS
FOR 2010-11
ARE IN THE OFFICE.
COST IS \$45.**

Looking into the Future...

Winter Break-No School.

February 18 & 21

Spring Break-No School.

March 9 – 11

Good Friday-No School.

April 22

Easter Monday-No School.

April 25

Graduation.

May 29



WHS Art Club is open to all High School students who want to be involved in the Visual Arts! We will meet every Monday in the Art room. The business meeting will begin at 3:45 then we have open studio until 7pm. We are planning some fun activities this year, including fundraising and a trip in the spring. Come check out what we are doing! All are welcome! If you have any questions contact Mrs. Hoffman.

WHS Music Department

January was a very busy month for the music department. The month started by taking a trip to Minot with 45 students. They all auditioned for the All-State Festival Band or Choir. Then we took 16 students to the UND Honor Band and Choir in Grand Forks. We also took Mixed Vocal Jazz and Jazz Band I to the University of Mary Jazz Festival in Bismarck.

Thanks to all our students for their hard work and dedication to music!

WHS Mid-Winter Band Concert

Monday, February 14 at 7pm in WHS Auditorium

WHS Mid-Winter Choir Concert

Monday, February 28 at 7pm in WHS Auditorium

Eric Rooke
Band Director

Katie Rooke
Choir Director

FBLA News

Attention All Parents!

Don't Throw Away That Empty Cartridge!
Bring it to school!

Our FBLA group has launched a fundraising project with the help of an inkjet recycling company Empties4Cash. Empty inkjet cartridges can be recycled and remanufactured. FBLA will receive up to \$4.00 for each cartridge turned in. This will directly benefit our FBLA group and is also great for the environment.

You can help! Any inkjet cartridge with a print head can be recycled, regardless of brand or type. Do you have an HP, Lexmark, Xerox, Compaq, Brother, Dell, Canon, or Apple printer? Bring in your empty OEM inkjet cartridges (placed in the original box that you would have thrown away to keep it safe from spills and damages, or a Ziploc bag) to the high school Room 219 (Mrs. Michaelson's classroom).

Thank you for your support!
Dana Michaelson, FBLA Advisor

FFA News

Greenhand conference-

Ryan Hellen, Austin Haugen, and Trevor Christensen attended the Annual Greenhand Conference in Bismarck the first weekend of January.

Members attended sessions on Leadership Skills, FFA Knowledge, FFA Opportunities, and Goal Planning.

Ryan, Austin, and Sami Hayden each received FFA jackets from the Blue Jackets, Bright Futures program through the FFA Foundation. FFA jackets were sponsored by former North Dakota FFA members and others.

FFA week- Feb. 21-25-

Some activities planned for the week are:

1. All school FFA/agriculture quiz-
2. Cherry Pie social for businesses and school personnel for their help throughout the year.
3. Daily activities for students and staff

FFA Banquet- Thursday, March 24 at 6:30 pm at the high school

Members will be recognized for their accomplishments during the past year. All members and their parents are encouraged to attend. Invitations will be sent in March.

Pre-Participation and Physical Exam Requirements Updated by NDHSAA Member Schools

At the North Dakota High School Activities General Membership meeting January 28, 2010 in Bismarck, representative school administrators passed an amendment to the NDHSAA Constitution and By-Laws concerning student physical examinations.

Starting with the 2010-11 school year, student athletes participating in NDHSAA sanctioned sports programs will be required to file a pre-participation health history screening and physical examination with their school office prior to their participation on a yearly basis.

Previously, student athletes participating in NDHSAA sanctioned sports were required to have a physical examination every 2 years. The purpose of changing from every 2 years to every year is to protect athletes from any undiscovered health concerns. School administrators passed the amendment 68/7.

For more information, please visit www.ndhsaa.com.

Brian Bubach
NDHSAA

Tardy Passes...

The WHS Administration has requested that the Attendance Office not write tardy passes for students who are late even if a parent calls to excuse them. It is suggested that you request the teacher's extension for the class that your student will be late for and leave a message for them.

Thank you for your cooperation.
WHS Attendance/Assistant Principal

HOMECOMING 2011

is scheduled for
September 19 - 23, 2011
against the Mandan Braves

Thank you to everyone who supported FCCLA by ordering Little Caesar's kits. If you did not receive your items or received the wrong items, please contact Mrs. Holm at 572-0967 ext 256.

Brenda Holm
Family and Consumer Sciences
Williston High School

SEMESTER TEST SCHEDULE

Tuesday, May 25, 2011

12:40-2:40.....Period 7

Wednesday, May 26, 2011

8:00-10:00.....Period 1

10:00-12:00.....Period 2

12:00-12:30.....Lunch

12:30-2:30.....Period 3

Thursday, May 27, 2011

8:00-10:00.....Period 4

10:00 - 12:00.....Period 5

12:00-12:30.....Lunch

12:30-2:30.....Period 6

Friday, May 28, 2010

8:00-2:00.....Make up tests

Students are to remain
in each class for a minimum
of 1 hour for testing.

Class of 2011

Motto:

"If opportunity doesn't knock,
build the door."

-Milton Berle

Flower:

Orange Tiger Lilly

Colors:

Orange/Black/White

Lifeguard Certification Classes

Are you interested in becoming a Lifeguard?

The EJ Hagan Aquatics Center
will be offering Lifeguard Certification
classes January 14 – 16.

The cost of the class is \$180. That price includes
the Lifeguarding Manual and Certification Cards.

If you are interested in the class
or would like more information,
please contact Amy at (701) 577 – 8401.

NHS News



The National Honor Society kicked off the statewide service project "Daffodil Days" on February 3rd. Each of the 30 NHS members will be selling at least 10 bunches of daffodils to help in the fight against cancer. Each bunch sells for \$10.00. The delivery date will be Monday, March 21st.

The ND Association of National Honor Society in partnership with the American Cancer Society is proud to celebrate the return of spring with the launch of the annual Daffodil Days celebration and fund-raiser. The daffodil is the first flower

of spring and it symbolizes hope and renewed life. Help NHS and the American Cancer Society raise money for research, education, advocacy, and patient service programs through your purchase of daffodils!

The members of NHS continue to earn service hours via providing a grading service for teachers at semester time and staffing the docent for the James Memorial on Sunday afternoons.

*Kari Hall
NHS Advisor*

Student Council News

Karla Olson, Advisor

WHS Student Council will be selling roses for this Valentine Season on Tuesday, February 8th, 9th & 10th and delivering them on Monday, February 14th. The cost is \$3.00 and are available to any parent to buy and send to your child during 4th hour. If you would like to place an order, you may contact Karla Olson at 701-572-0967, extension 8226.

Student Council Secretary,

Kalli Kjos

Williams County

Courthouse, 205 East Broadway
P.O. Box 1109
Williston, ND 58802-1109

Tel. 701.577.4595

Fax 701.577.4597

NDSU.Williams.Extension@ndsu.edu

WarrenJ@co.williams.nd.us

MaryF@co.williams.nd.us

JudyH@co.williams.nd.us

MarianM@co.williams.nd.us

HeatherW@co.williams.nd.us

www.ag.ndsu.edu/williamscountystension

www.ag.ndsu.edu/extension

Below please find information regarding an upcoming parenting class. I appreciate any coverage that you may be able to offer. Should you have any questions, or would like further information, please do not hesitate to contact me.

NDSU EXTENSION SERVICE PRESENTS

Becoming a Love and Logic Parent®

Facilitated by Melissa Nystuen, Independent Facilitator

This full day parenting course, developed by the Love and Logic Institute, Inc., was designed to help you find specific answers and actions for some of those difficult moments in child rearing. These simple techniques are effective with all children, from toddlers to teens.

When: Saturday, February 5, 2011 10:00 am – 5:00 pm

Where: Upper Missouri District Health Unit Meeting Room,
110 W. Broadway, Williston

FREE. You may order and pay for lunch on site the day of the workshop, or bring a sack lunch.

PRE-REGISTRATION IS REQUIRED.

For more information or to register for this parenting course please call Williams County Extension Service at (701) 577-4595

For more information about Love and Logic® and the Love and Logic Institute, Inc. go to www.loveandlogic.com.

NDSU Extension Service

Independent Facilitator of the Becoming a Love and Logic Parent® curriculum

Presents

Becoming a Love and Logic Parent® Curriculum

parenting program designed by Love and Logic®.

Answers to:

- “How do I get them out of bed in time to catch the school bus?”
- “How can I stop my children from bickering and fighting?”
- “How do I get my children to help with the chores without an argument?”
- “Is there a way to discipline my toddler in public without creating a scene?”
- “How can I get my teenage daughter to come home at the agreed-upon time?”
- “How do I get him to stop spitting his peas and whining at dinner?”
- And many other day-to-day parenting challenges...

This parenting program is designed to give you practical skills that can be used immediately!

Free. You may order
and pay for lunch on site.

Dates: Saturday, February 5, 2011

Time: 10:00 am – 5:00 pm

Location: Upper Missouri District Health Unit Meeting Room, 110 W. Broadway,
Williston

Facilitator: Melissa Nystuen, Certified Love & Logic Facilitator

Facilitators of the *Becoming a Love and Logic Parent®* curriculum are independent and are not employees of the Love and Logic Institute.

Please register me for your upcoming *Becoming a Love and Logic Parent®* class!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Number and ages of children: _____

PRE-REGISTRATION REQUIRED. Mail form or call (701) 577-4595 to register.

NDSU Extension Service, P.O. Box 1109, Williston, ND 58802-1109

NDSU
Extension Service
North Dakota State University

Williston Public Schools High School Menu February 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p style="text-align: center;">Breakfast Scrambled Eggs & Toast</p> <p style="text-align: center;">Lunch Pizza Burrito</p> <p style="text-align: center;">Green Bean Casserole Fresh Orange</p>	<p style="text-align: center;">Breakfast French Toast</p> <p style="text-align: center;">Lunch Meatballs Mini Corn Dogs Stuffed Crust Pizza</p> <p style="text-align: center;">Mashed Potatoes & Gravy Dinner Roll Corn Spiced Apples</p>	<p style="text-align: center;">Breakfast Muffin & Yogurt</p> <p style="text-align: center;">Lunch Popcorn chicken Rib Patty on a Bun Stuffed Crust Pizza</p> <p style="text-align: center;">Macaroni and cheese Peas Mandarin Oranges</p>	<p style="text-align: center;">Breakfast Cheese omelet & Toast</p> <p style="text-align: center;">Lunch Pizza Pocket* Chef Salad* Stuffed Crust Pizza</p> <p style="text-align: center;">Glazed Carrots Sherbet Cup</p>
7	8	9	10	11
<p style="text-align: center;">Breakfast Breakfast Pizza</p> <p style="text-align: center;">Lunch Chili Crispito Chicken Alfredo Stuffed Crust Pizza</p> <p style="text-align: center;">Cottage Cheese Corn Pineapple</p>	<p style="text-align: center;">Breakfast Cinnamon Roll</p> <p style="text-align: center;">Lunch Rib Patty on a Bun* Chicken Patty on a Bun Stuffed Crust Pizza</p> <p style="text-align: center;">Potato Roundabouts Grapes</p>	<p style="text-align: center;">Breakfast Biscuit & Gravy</p> <p style="text-align: center;">Lunch Chicken Hoops Fish Patty on a Bun</p> <p style="text-align: center;">Mashed Potatoes & Gravy Green Beans Peaches</p>	<p style="text-align: center;">Breakfast Breakfast corn Dog</p> <p style="text-align: center;">Lunch Taco Salad Bagel & Yogurt Stuffed Crust Pizza</p> <p style="text-align: center;">Kiwi</p>	<p style="text-align: center;">Breakfast Pancakes</p> <p style="text-align: center;">Lunch Cheesy Bagel Dog* Sub Sandwich Stuffed Crust Pizza</p> <p style="text-align: center;">Peas and Carrots Applesauce Cookie</p>
14	15	16	17	18
<p style="text-align: center;">Breakfast Breakfast Wrap</p> <p style="text-align: center;">Lunch Turkey Bacon Cheese Sandwich Bosco Cheese Stick Stuffed Crust Pizza</p> <p style="text-align: center;">Green Beans Mandarin Oranges</p>	<p style="text-align: center;">Breakfast Banana Bread String Cheese</p> <p style="text-align: center;">Lunch Spaghetti Fiestada Pizza Stuffed Crust Pizza</p> <p style="text-align: center;">Garlic Toast Corn Strawberry Cup</p>	<p style="text-align: center;">Breakfast Ham, Egg & cheese on English Muffin*</p> <p style="text-align: center;">Lunch Pizza* Turkey Casserole</p> <p style="text-align: center;">Glazed Carrots Pears</p>	<p style="text-align: center;">Breakfast Cheese Omelet & Toast</p> <p style="text-align: center;">Lunch Chef Salad* Chicken Tortilla Soup Stuffed Crust Pizza</p> <p style="text-align: center;">Breadstick Tropical Fruit</p>	<p style="font-size: 1.2em;">No School Winter Break</p>
21	22	23	24	25
<p style="font-size: 1.2em;">No School Winter Break</p>	<p style="text-align: center;">Breakfast Scrambled Eggs & toast</p> <p style="text-align: center;">Lunch Super Nachos Sweet & Sour chicken Stuffed Crust Pizza</p> <p style="text-align: center;">Fresh Orange</p>	<p style="text-align: center;">Breakfast Oatmeal Breakfast cookie Yogurt</p> <p style="text-align: center;">Lunch Turkey Corn Dog Chicken Smackers Stuffed Crust Pizza</p> <p style="text-align: center;">Baked Beans Pineapple</p>	<p style="text-align: center;">Breakfast Breakfast Taco</p> <p style="text-align: center;">Lunch Chicken Rice Hotdish Hamburger on a Bun Stuffed Crust Pizza</p> <p style="text-align: center;">Mixed Vegetables Banana Dinner roll</p>	<p style="text-align: center;">Breakfast Breakfast Pizza</p> <p style="text-align: center;">Lunch French Toast & Sausage* Chicken Noodle Casserole Stuffed Crust Pizza</p> <p style="text-align: center;">Applesauce Juice</p>
28				
<p style="text-align: center;">Breakfast Breakfast Early Riser</p> <p style="text-align: center;">Lunch Chicken Nuggets Hot Ham & Cheese Sandwich Stuffed Crust Pizza</p> <p style="text-align: center;">Mashed Potatoes & Gravy Peaches</p>				

Breakfast and Lunch is served at all sites. Cereal and Toast is served as a choice for breakfast every day.

Students have a choice of 1% or chocolate milk.

Salad Bar is included with all meals

Bread, Soy Butter and Jelly are served most days

Starred Items Contain Pork

This menu is subject to change due to availability.

USDA is an equal opportunity provider and employer.