

Volume XI Issue 5

Williston High School

February 2006

"Principal's Page"

Well, we are into the middle of January and the winter activities are in full swing. Our teams will be competing at home more often and there will be less traveling until we attend the West Region tournaments.

Our counselors are working hard with the freshman and career exploration. Each freshman student at WHS is working with a program called "Choices." This program gives students an interest inventory and then matches their interests with job possibilities. Once this work is done, Mrs. Wick and Ms. Koperski will be working with the incoming eighth graders planning a four-year course of study at WHS. We are hoping through the Choices program and developing a four-year course of study, our students will be better prepared when they leave WHS their senior year. When Mr. Germundson and I were interviewing the students, we stated that our goals for the students were:

Goal 1: Know what you want to do when you graduate from high school.

Goal 2: Match up goal one with the appropriate people, college, or universities

Goal 3: Find some scholarship or grant monies to help reach goal one.

If we can do this for your daughter/son, we have accomplished our mission by empowering them to become productive, responsible, and contributing members of society.

Rosie the Riveter Revisited

Mr. Bauer has just completed the second installment of auto careers for young ladies. He had several students in both sessions and he took them down to Stockman's to talk with women in the automotive industry.

Our next presentation for non-traditional careers will be with Mr. Davis and his modules class. This class allows you to experience flight simulation, aerodynamics and basic electronics. We will be advertising for part two sometime next month.

Electronics

Mr. Joel Gustafson from Bismarck schools is working with WHS to see if there is interest in offering an online electronics course this fall. He will be doing some fun activities on February 13 with any boy or girl who is interested. It will be during the day and students will be allowed to miss their regular class classes if they register in advance. This will be limited to the first 25 students. If your son/daughter is interested in the field of either electronics or engineering, this would be a good in-service to attend. More information will follow on Channel One Announcements and Channel

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Early Dismissal

February 8 will be an early release day so that the faculty at WHS can do some professional development. Stacy Duffield, who is an associate professor at NDSU, will be presenting on reading strategies in the content areas. This will be a two-part presentation for our February and April early dismissal dates.

Don't forget that winter break is February 17 - 20. I'll be at the state wrestling tournament.

Sincerely,

Chris Kittleson Principal Williston High School "Go Coyotes"

Close Up

Close Up Washington is an exciting weeklong study visit to the nation's capital where the students gain the opportunity to experience our government and the political process firsthand. This year, the trip will take place March 19-25, 2006.

The Close Up Washington week is a carefully organized series of activities designed to give the students a look at the process of government. The program will contain six to eight seminars, each featuring a different Washington expert. Students will have an opportunity to meet with our state's representative and senators and visit famous monuments. The last day, before our return, the students are given a chance to explore the sites that are most appealing to them.

Interested parents or students may contact Mr. Mack at the Williston High School in room 109.

Chris Mack Close Up Advisor

All Sport Schedules can now be viewed online at:

http://www.viewmyschedule.com

DRESS CODE

(at school or school sponsored events)

Students are expected to have appropriate appearance at all times. Inappropriate appearance includes, but is not limited to the following:

- 1. Excessively torn or tattered clothing
- 2. Clothing which is in poor taste, too revealing (this includes both shirt and skirt length), clothing containing obscene words or pictures.
- 3. Clothing that promotes alcohol, tobacco or bars
- 4. Hooters, Co-ed Naked, Big Johnson, Playboy bunny or similar items
- 5. Spaghetti straps, tank tops, shirts that expose the midriff or décolletage
- 6. Colored hair or body piercing that draws attention from the learning process
- 7. Chains hanging from clothing
- 8. No sheer or gauze fabrics

Wearing of hats or caps by either girls or boys will not be allowed. Common courtesy dictates the removal of hats upon entering the building as a sign of respect.

WHS POPS CONCERTS

Thursday, February 9
Tuesday, February 14
&
Tuesday, February 21

@ 7:30 PM in the WHS Auditorium

JOM Students

The JOM program will be paying for one sports fee this year and \$50 toward sport shoes. Shoes must be paid for and a receipt sent to WMS in care of Mrs. Riveland. The program will also pay for senior caps and gowns. If there are any questions, please call 572-5618, extension 131.

Lora Riveland JOM

PARENTS OF SENIORS: OPERATION GRADUATION 2006 PLANNING MEETING

There will be an organizational meeting for the Class of 2005 Operation Graduation party on Monday, January 30 at 7:00 PM in the Williston High School Lunchroom. Please plan to attend and become part of this great event. If you would like to help and are unable to attend please call Diana Read at 572-8191.

Counseling News

Williston High School Mrs. Wick and Miss Koperski Counselors February 2006

Scholarships

Williston High School Scholarship is funded through the Coyote Foundation. This scholarship has a deadline of March 24. It can be found online or in the counselors' office.

Kingsley T. Davidson Memorial Scholarship is now available. The deadline is April 1.

Frank and Esther Wenstrom Foundation Scholarship is for seniors who plan to attend WSC or UND. The deadline is March 31.

The Junior Duck Stamp Contest 2006 for K-12 is available for students who are attending public, private or home schools in the United States. The entry must be postmarked by March 15. For more information, visit www.fws.gov/duckstamps or email at duckstamps@fws.gov.

Lewis and Clark Elementary has an alumni scholarship for seniors who attended Lewis and Clark Elementary. The deadline date is April 21. Applications are in the counselors' office.

Farm Credit Services is for seniors whose family is actively farming or ranching or the student is planning to pursue a career in agriculture. The application has a deadline of March 1. Applications are in the counselors' office.

AAA Travel Award is for seniors. For additional information, visit www.aaa.com/TravelChallenge.

Western Cooperative Credit Union offers the opportunity to apply for one of eight scholarships of \$500 each to seniors who are or whose parents are members of the credit union. Applications are in the counselors' office. The deadline is March 31

North Dakota Farmers Union offers several scholarships for seniors. There are various deadline dates and qualifications. A brochure is in the counselors' office or can be found online at www.ndfu.org.

National Federation of Independent Businesses offers a scholarship opportunity to high school seniors who are young entrepreneurs. Information can be found online at www.NFIB.com/YEF.

Careers in Agriculture Scholarship Program offers many scholarships for students who are in agriculture classes or interested in a career in agriculture. Check with Mr. Pepple in the room 104 at WHS for information.

Lewis and Clark Youth Rendezvous is an opportunity for ten high school students from ND to participate in this event. Students must be a junior or senior in August of 2006. This will be a Lewis and Clark focused essay submitted no later than February 28. Visit this website for more information: www.lcyouthrendezvous.com.

Dates To Remember

February 13 - Open Computer Lab for parents 6:30 PM - 8:30 PM WHS Room 213

March 3 - Registration Deadline for April 8 ACT March 15 - Priority date for FAFSA being processed and in selected post-secondary financial aid offices.

Fall 2006 Post Secondary Programs

The application process for your student should be nearly completed. It is important, especially in limited enrollment programs that this process be done early. Check on the counseling website for links to North Dakota post secondary schools

Free Application for Federal Student Aid

It is recommended that you complete your FAFSA online at www.fafsa.ed.gov. FAFSA on the web mirrors the paper form. It has easy to follow instructions, and your application will be processed in a timelier manner. When completing the FAFSA on the web, the signature page needs to be printed, signed, and mailed; or you and your parents may use a PIN number. Parents and high school students should apply now for a PIN at www.pin.ed.gov. Be sure to save the PIN number as you can use the PIN to gain electronic access to your FAFSA information, the renewal FAGSSA on the web, and corrections on the web, as well as other financial aid information.

To receive the North Dakota State Grant or campus based aid (Federal Work Study, SEOG, and/or the Perkins), priority consideration is given if your application is received by the central processor by March 15.

Registration

Students currently in grades 8, 9, 10 and 11 are being introduces to Guidance Central – formally known as the "Choices" program. Guidance Central has three sections – Exploring, Planner and testGear. Students are exploring career cluster interest areas so that as they prepare to select their classes for 2006-07, the guidance office and parents will better be able to help students select appropriate classes. Stay tuned for the actual dates for registration. The counselors will have an open computer lab on February 13 at WHS so parents can explore Guidance Central.

POSITIVE PARENTING OF TEENS

Thursdays, February 23, March 2 and 9 6:30 - 9 P.M.

Mercy Wellness Center

Research consistently shows that when parents stay involved, continue to set and enforce limits and boundaries, gently monitor whereabouts and activities, provide love

and support and set good examples, they remain an important influence in their youngster's

life right on through the adolescent years. This program is meant for parents of young adolescents and

covers the important topics of Parenting Teens Today, Perception, Development, Communication, Conflict, Discipline, Teen Decision Making and

Friendships and Peer Influences. To preregister for this **FREE** 3 session program or for more information call the PARENT RESOURCE CENTER at **572-5863**.

1,2,3,4 PARENTS

Saturday, February 11, 2006 9:30 AM – 12:30 PM Mercy Wellness Center

This video-based program includes a FREE parent handbook and is offered **FREE** for parents of 1-4 year olds

Come to hear more about...

- Discipline methods that work
- How to prevent tantrums
- How to make rules your child will follow
- Routines that make life easier
- The best ways to childproof your home
- How to care for your child at different stages
- Great ways to take care of yourself
- And more!

Call 572-5863 for more information or to pre-register.

THE 10 TASKS OF ADOLESCENCE

Adopted from <u>RAISING TEENS: A SYNTHESIS OF</u>

<u>RESEARCH</u>

AND A FOUNDATION FOR ACTION by A Page Simpson

AND A FOUNDATION FOR ACTION by A. Rae Simpson

- Adjust to sexually maturing bodies and feelings.
- Develop and apply abstractthinking skills.
- Develop and apply a more complex level of perspective taking.
- Develop and apply new coping skills in areas such as decision making, problem solving and conflict resolution.
- Identify meaningful moral standards, values and belief systems.
- Understand and express more complex emotional experiences.
- Form friendships that are mutually close and supportive.
- Establish key aspects of identity.
- Meet the demands of increasingly mature roles and responsibilities.
- Renegotiate relationships with adults in parenting roles.

Mid-Term & Nine Week Grading Schedule for WHS

Mid-Term – September 26 (Homeroom)
First Nine Weeks – November 1 (Homeroom)
Mid-Term – December 2 (Homeroom)
Second Nine Weeks – January 18 (Homeroom)
Mid-Term – February 16 (Homeroom)
Third Nine Weeks – March 28 (Homeroom)
Mid-Term – April 28 (Homeroom)
Fourth Nine Weeks Report Card Will Be Mailed

WHS ALACARTE

In the Cafeteria From 7:30 AM to 1 PM

Choose from a variety of healthy options!!

Bagels-Chef Salads-Subs

Granola Bars-Ice Cream-Fruit

DAILY ANNOUNCEMENTS/MONTHLY NEWSLETTERS ONLINE!!

The WHS daily announcements and monthly newsletters are available to view in two locations:

- <u>www.williston.k12.nd.us/whs/</u> and click on announcements or newsletter
- Through PowerSchool parent/student access and click on "School Bulletin".
 There are links to both the announcements and newsletters in this area as well

Three College Credits for Drafting

Williston High School offers three college credits for high school students in a mechanical drafting class. The high school class is titled "Design Technology I" and is a one semester drafting class done using a Computer Aided Drafting (CAD) program. The college equivalent is called "Graphical Communications 101" in the Engineering department. The credits are done through articulation where the only fee is a \$10 office fee. The student must attend WSC for one semester and the credits will be put on his or her transcript. The course is basic to all engineering careers and uses the newest CAD programs. Too few students are taking advantage of this offering by Williston State College and if the student does not go to WSC, it will give him/her a great start in any drafting career. Any questions should be directed to Dennis Hoffer at WHS.

Dennis Hoffer Instructor

SADD NEWS

Approximately 150 high school students attended the New Years Eve dance hosted by WHS SADD and the WHS PEO. A fun time was had by all. Special thanks to the chaperones for the evening's activity: Joan B., Jed A., Frank, Karen, and Ashley W. Thank you to PEO for purchasing the hats and noisemakers, and Lila S. and Bev C. for rounding up door prizes and snacks for the evening. A big thank you, also, to Bill J. who donated non-alcoholic Catawba for the midnight hour. Each year, the dance continues to grow and is becoming a more popular way to celebrate the New Year for young people. Thank you to the students who came and helped make it a success!

> Susan Forthun SADD Advisor

FFA NEWS

Crop and Livestock Judging

The crop and livestock teams will be competing in contests in Dickinson and Beulah and will be attending the ND Winter Show in March to compete in the State contest.

International Spring Wheat Show

Members will be preparing grain samples and entering them in the International Spring Wheat show February 13. Samples will be judged on how well the member prepares the sample. Samples will be also entered in the County Fair, State Fair and the ND Winter show. Members receive ribbons and premium money based on how well they do.

FFA Week: February 19 - 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 23 at 6:30 PM @ WHS

Members will receive recognition for their accomplishments during the past year. All members and their parents are encouraged to attend.

Wes Pepple FFA Advisor

NHS INDUCTS NEW MEMBERS

Joanne DeMars, NHS Advisor

Monday night, January 16, the National Honor Society officers inducted 16 new members. Sixty-three parents and students attended the formal induction at the El Rancho Motor Hotel. New members included seniors Tiffany B. and Adam P., juniors Erin A., Rachel F., Allison G., Amanda H., Samantha K., Samantha K., Molly K., Nick L., Leslie M., Brittany P., Levi S., Emily S., Jalyssa S. and Aleina W.

The December meeting was a Christmas potluck that was enjoyed by all. Members each contributed \$5 to purchase Christmas gifts for a name from the mitten tree.

NHS members have busy earning service hours as they volunteered to ring bells for the Salvation Army, served as greeters at the James Memorial Center for Visual Arts, and provided a grading service for WHS staff at the end of first semester. Some members have already completed their service requirement for NHS.

Presales for Daffodil Days will begin the middle of February. This is the official NHS service project for the state of North Dakota. Each student must sell 10 bunches. The complete proceeds are donated to the American Cancer Society.





