

Williston High School
PO Box 1407
Williston, ND 58802

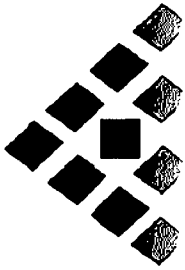
December



December 2010

SUBJECT TO CHANGE - Please view online newsletter for up-to-date changes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 B JV WR @ Minot-6 PM B V WR @ Minot-7:30 PM	3 B V WR Sidney Tournament B JV HKY Home w/Bismarck-5:15 G V HKY @ Grand Forks-7 PM B V HKY Home w/Bismarck-7:30	4 B V WR Sidney Tournament G V HKY @ Devils Lake-2 PM B JV HKY Home w/Century-2:45 PM B V HKY Home w/ Century-5 PM
5	6	7 G JV BB Home w/Sidney-4:15 B 9 BB Home w/Sidney-4:15 B JV BB Home w/Sidney-5:45 G V BB Home w/Sidney-6 PM G 9 BB Home w/Sidney-7:30 B V BB Home w/Sidney-7:45	8	9 B V WR @ Beulah-4 PM	10 G 9 BB Home w/Glendive-4:15 PM B JV WR Home w/Dickinson-5 PM B 9 BB @ Glendive-5:15 PM G JV BB Home w/Glendive-5:45 PM B JV HKY @ Mandan-6 PM B V WR Home w/Dickinson-6 PM B JV BB @ Glendive-6:45 PM G V HKY Home w/Fargo South-7 PM G V BB Home w/Glendive-7:30 PM B V HKY @ Mandan-8:15 PM B V BB @ Glendive-8:30 PM	11 B JV HKY @ Jamestown-1 PM G V HKY Home w/Jamestown-1 PM B V Swim Home-1 PM B V HKY @ Jamestown-3:15 PM
12	13	14 B V HKY Home w/Beulah-Hazen-7:30 PM	15	16 B JV WR Home w/Belcourt-5 B V WR Home w/Belcourt-6:30 G V HKY @ Minot-7:30 PM	17 B V WR @ Gillette or Dickinson B V Swim @ Bismarck-5 PM	18 B 9 BB @ Bismarck Jamboree B V WR @ Gillette or Dickinson B V Swim Bismarck Invite-11 AM G 10 BB Home w/Century-12:30 PM G JV BB Home w/Century-2:15 PM B 10 BB Home w/Century-2:15 PM G V HKY Home w/Bismarck-2:30 PM B JV BB Home w/Century-3:45 PM G V BB Home w/Century-4 PM B V BB Home w/Century-5:45 PM B V HKY Home w/Bottineau-7:30 PM
19	20	21 G JV BB Home w/Bismarck-4:15 B 10 BB Home w/Bismarck-4:15 B JV BB Home w/Bismarck-5:45 G V BB Home w/Bismarck-6 PM G V HKY Home w/Mandan-7 G 10 BB Home w/Bismarck-7:30 B V BB Home w/Bismarck-7:45	22	23	24	25
26	27 B V HKY Williston Tourney	28 B V HKY Williston Tourney	29 B V HKY Williston Tourney B V Swim @ Mandan	30	31	



The Coyote Howl

“Principal’s Page”

The transition from fall to winter has sure happened quickly. They are saying there is a possibility of up to ten inches of snow in the near future. Be sure to pack a survival kit in your vehicle when traveling this winter. A good idea would be to include additional sweaters, sweats, granola bars and maybe some candles in the event that your vehicle might become disabled. It is always a good idea to be overly prepared and not need the items than wish you had them.

“Once Upon a Mattress”

The weekend before Thanksgiving, our fine arts department performed in the musical, “Once Upon a Mattress.” We had close to 700 in attendance for the three showings and the students did an outstanding job!

Brie M. performed the part of the Princess and was well cast for the job. Taylor K. played the Queen and was truly enjoyable to watch in her performance. Caleb S. did an outstanding job as the mute King.

Congratulations to the entire cast, pit orchestra, tech crew and faculty advisors for the wonderful performance this past weekend

Good Attendance Reward Policy

All students in grades 9-12, regardless of school attendance, will be required to take one final exam. A rotating test schedule will be used so students will be exposed to testing in various academic disciplines during their four years of high school. Except for the one required final exam, any student

who does not miss more than four (4) class periods in a full year subject or two (2) class periods in a semester subject and maintains an overall grade of C or higher will be exempt from the final test in that subject. Students will have the option of taking a final to improve their grade if they are exempted due to this policy. The test will only be figured into the final grade if it will improve the student’s overall percentage.

Dates to Remember

Last day of school before break:

December 21

First day back from break:

January 4

Teacher In-Service (No School):

January 17 & 18

Safe travels to you during the Thanksgiving season.

Professionally,

Chris Kittleson
Principal
Williston High School

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Counseling News

Williston High School Counselors

Miss Koperski, Mrs. Bradford

Mr. Lysne & Mrs. Geltel

December 2010

Scholarships

Society of Automotive Engineers (SAE) offers an SAE Engineering Scholarship for specific school as well as schools in general. The deadline for the application is December 15. Amounts range from \$1,000 to \$10,000. Information and the application can be found at www.sae.org/students/engschlr.htm

AXA Achievement Scholarship is for seniors who demonstrate ambition and drive, determination to set and reach goals, who has respect for self, family and community and the ability to succeed in college. Go to www.axa-achievement.com to learn more about the program and to download an application. The deadline is December 15.

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 2010-2011 school year. Visit their website 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 online 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 and demonstrating financial need. Go to www.haveyourwayfoundation.org/burger_king_scholars_program.html

KFC Colonel's Scholars 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. This is only available during the window of December 1, 2010 through February 1, 2011. Go to 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 the counseling office.

FastWeb!

This 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

Scholarships.com is a provider of trusted and reliable scholarship and financial aid information. It is a great resource to help find money for college.

NCAA Clearinghouse is for student athletes who plan to attend an NCAA Division I or NCAA Division II college or university and who plan to participate in athletics. Go to 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.

Dates to Remember

December 6 – Band Concert

December 11 – ACT @ WSC

December 13 – Choir Concert

December 22 – First day of Christmas Break

ACT Registration

Williston 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 and 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 test and \$48 if you select to do the writing. To register online, go to www.actstudent.org

College Goal Sunday Event

This 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 on February 13, 2011. For more information about times and locations, go to www.collegegoalsundand.org

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.

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

June 11

Information is in the counselors' office.

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 the website out at www.collegeanswer.com/index.jsp

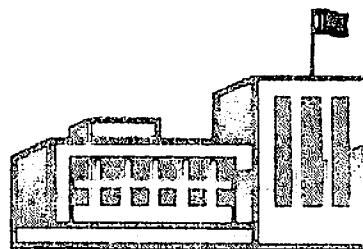
New ND Scholarship Opportunities

There are two brand new opportunities for ND students to academically earn scholarship money to attend any of the post-secondary institutions in ND. 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 change drastically. For the Academic Scholarship, you must meet the following requirements. 1 credit of Algebra II, 1 credit for a math that Algebra II is a pre-requisite, 2 credits of the same foreign language or Native American language, 1 credit of fine arts or career and technical education, 1 additional credit of a foreign language, fine arts or career and technical education, obtain a grade of a "C" in each credit or half-credit required for the diploma, have a cumulative GPA of at least a "B", a 24 on the ACT and 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 credit of Algebra II, 2 credits of an approved plan of study of career and technical education coursework, 3 additional credits, 2 of which must be in the area of career and technical education, obtain a "C" in each credit or half-credit required for the diploma, obtain a cumulative GPA of a "B", receive either a 24 on the ACT or earn at least a five on each of the three WorkKeys Assessments.

The Class of 2012 will be taking the ACT or the WorkKeys Assessment on April 27, 2011. This test will be paid for by the local school district. Miss Koperski encourages anyone who has questions to contact her at the high school at 572-0967, extension 8-253.



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 THERE 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

Every Other Saturday

1.00pm – 4.00pm Open Swim

Sunday

Closed

Attention all Parents: Classroom fees were mailed out in September 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 – December 3

Second Nine Weeks – January 17

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 January.

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 \$40.

AFTER THE FIRST OF THE YEAR, COST WILL BE \$45.

Looking into the Future...

Christmas Break-No School.

December 22 – January 3

(All students are due back in school on January 4)

Teacher InService-No School.

January 17 & 18

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.

Merry Christmas from the WHS Music Department!

Band Concert

Monday, December 6

7pm in the WHS Auditorium

Choir Christmas Concert

Monday, December 13

7pm in the WHS Auditorium

Please mark these dates on your calendar and plan to attend!

Eric Rooke

Band Director

Katie Rooke

Choir Director

FFA News

Fruit and candy sales

The fruit and candy will be delivered the week of December 13. If you haven't been contacted and would like to purchase fruit, please call any FFA member or Mr. Pepple at 572-0967.

Greenhand, 212, 360 Leadership Conference

On January 7, 8 & 9, FFA members will have the opportunity to attend leadership conferences in Bismarck. The Greenhand Conference is for first year members to learn more about the FFA and meet other members from around the state. The 212 Conference is for second year members to develop their leadership skills and set some personal goals. The 360 Conference is for third and fourth year members to further develop their leadership skills. This is a great opportunity for any student.

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.

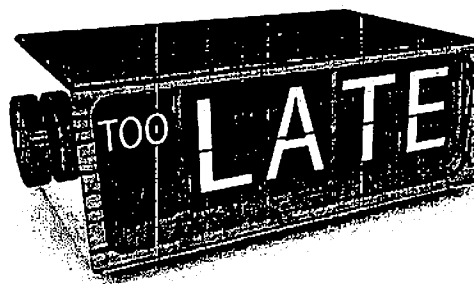
Brian Bubach
NDHSAA

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

SEMESTER TEST SCHEDULE

Wednesday, January 12, 2011

8:15 – 9:45.....	Period 1
10:00 – 11:30.....	Period 2
11:30 – 12:15.....	Lunch
12:15 – 1:45.....	Period 3
2:00 – 3:30.....	Period 4

Thursday, January 13, 2011

8:15 – 9:45.....	Period 5
10:00 – 11:30.....	Period 6
11:30 – 12:15.....	Lunch
12:15 – 1:45.....	Period 7
2:00 – 3:30.....	Make-ups

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

STUDENT COUNCIL NEWS

Christmas Kindness Fundraiser is coming up. Student Council does this project every year. We will use the funds from this fundraiser for our "adopted families" who receive these funds because of hardship such as high medical costs. This year, some of our funds will go to the Anne W. family for memorial costs and the Seth J. and Kelsey H. families for medical bills. We will be selling Oreo cookies and Rice Krispies. December 3 will be Oreo Cookies and December 10 will be Rice Krispies. SADD will be helping out this year by selling baked goods on December 17. Thank you SADD for helping us out! If any businesses or parents would like to purchase any of these products and help donate to our Christmas Kindness project, they may contact Ms. Karla Olson at 572-0967. These treats make great gifts for people around the work office or great Christmas treats. We will also be putting a Christmas stocking up in each classroom to see which fourth period class will donate the most change.

Other volunteer projects we're helping out with include the Salvation Army ringing of the bells and the Turkey Dinner at Gloria Dei Lutheran Church. We rang bells at the front doors of Economart and greeted everyone that came through.

We are currently preparing for our trip to Bismarck for the NDASC Student Council State Convention. Unfortunately, this year we do not have anyone running for Class A Representative. We are leaving for Convention on December 13 and it will go through December 14. There will be many motivational speakers presenting at the conference and as WHS representatives, we hope to bring back many ideas to help improve our school.

Student Council Secretary
Kalli K.

Be Red Cross Ready

Winter Storm Safety Checklist

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

Know the Difference

Winter Storm Outlook

Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory

Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch

Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning

Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

What should I do?



- Dress in several layers of lightweight clothing, wear mittens and a hat (preferably one that covers your ears).
- Wear waterproof, insulated boots to keep your feet warm and dry and to maintain your footing in ice and snow.
- Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS).
- Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.
- Running water, even at a trickle, helps prevent pipes from freezing.
- All fuel-burning equipment should be vented to the outside and kept clear.

Cold-Related Emergencies

- Frostbite** and **hypothermia** are two dangerous and potentially life-threatening emergencies. Learn how to care for these emergencies by taking a first aid class.

Let Your Family Know You're Safe

If your community experiences a severe winter storm, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.

What supplies do I need?



- Water—at least a 3-day supply; one gallon per person per day
- Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Tools/supplies for securing your home
- Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
- Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members
- Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves

What do I do after a storm?



- Go to a designated public shelter if your home loses power or heat during periods of extreme cold.
- Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog.
- Before tackling strenuous tasks in cold temperatures, consider your physical condition, the weather factors and the nature of the task.
- Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.
- Help people who require special assistance such as elderly people living alone, people with disabilities and children.
- Check on your animals and make sure that their access to food and water is not blocked by snow drifts, ice or other obstacles. If possible, bring them indoors.

Caution: Carbon Monoxide Kills

- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

High School 1 YEARS

Working together for lifelong success

Short Clips



Stay tuned

When you and your teen are in the car together, try listening to radio talk shows or public-radio broadcasts. Your child will stay in touch with current issues such as politics and economics or hear interviews with fascinating people. Plus, the programs can spark interesting discussions for the two of you.

Green lunches

Lunchtime is prime time for going "green." If your high schooler buys, suggest that he take only what he needs (food, plastic utensils, napkin, and straw). If he packs lunch, have him carry a reusable bag instead of a disposable one. Using fewer products reduces landfill waste and conserves energy.

Taking worries seriously

Is your teen upset about a problem with a friend, a bad hair day, or her freckles? Worries like these may seem small to you. But they're real to her, and she'll feel understood if you take them seriously by listening and showing concern. *Example:* "I'm sorry you're feeling that way. What can I do to help?"

Worth quoting

"It is today that we create the world of the future." *Eleanor Roosevelt*

Just for fun

Q: Where were English kings usually crowned?

A: On the head!



The character of kindness

Kyle holds the door for someone at the grocery store. Megan sends a get-well card to a neighbor. John delivers clothing and household items to the Salvation Army. These high schoolers are all doing something nice without expecting anything in return.

Being kind not only makes you feel good about yourself, it encourages others to be kind. Share these ways your teens can show kindness.



Find daily opportunities

Look for ways to practice acts of kindness. You might put coins in an expired parking meter or give up your place in line to someone with small children. Or step in when family or friends need help (read to a sibling who's sick, study with a classmate who's struggling).

Be a volunteer

Check the school guidance office, local clubs, or places of worship for ideas. Offer to bag groceries at a food bank or sort donated toys for a gift drive, for

example. *Tip:* Find a friend to join you—it will be more fun to volunteer together.

Say it in writing

Send a thoughtful note or card to a family member or friend. It can be a birthday card for a cousin or a "Thinking of You" note for a friend who's going through a tough time.

Give to a charity

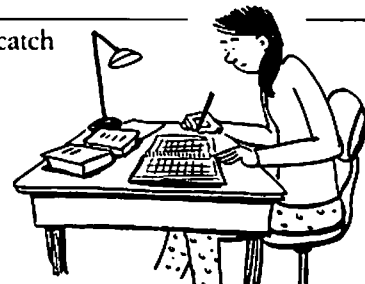
Ask everyone in your family to put their loose change in a jar for a month, and donate it to an organization like your local cancer society. Or fill zipper baggies with items for homeless shelters (toothbrushes, toothpaste, soap, shampoo). 👍

Home(work) for the holidays

Winter break is a great time for your teen to catch up on her studies. Here are some suggestions.

Check plans. Together, go over your family's holiday commitments. Your high schooler can schedule homework around events such as shopping and parties. Suggest that she consider when she'll feel motivated (before an out-of-town trip or after).

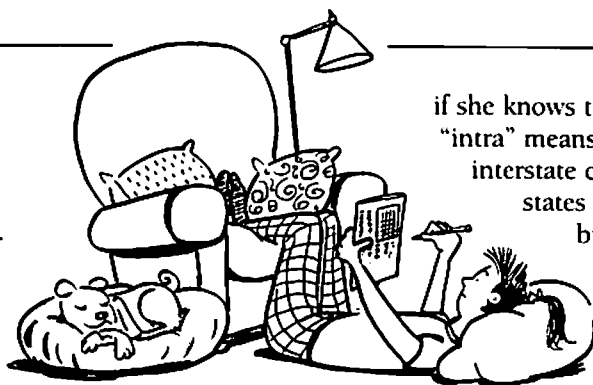
Think ahead. Encourage your child to ask teachers about assignments that are due after the break. She should make sure she understands the instructions and knows what supplies she'll need to do the work. *Tip:* If teachers don't give assignments over the break, suggest that your teen use her time off to read a book or write in her journal. 👍



Boosting word power

Knowing the meanings of words—or how to figure them out—will help your child understand higher-level information and do better on tests and college-entrance exams. Try these three ideas for building vocabulary:

1. Check out word books from the library, and leave them around the house. *Painless Vocabulary* and *Vocabulary Cartoons II: SAT Word Power* use cartoons and rhymes to make words easy to remember. Browsing through books like these will expose your teen to new words.
2. Being familiar with prefixes and suffixes can help your child decode words. For example,



if she knows that “inter” means “between” and “intra” means “within,” she can figure out that interstate commerce means business between states and intrastate commerce means business within a state. Here’s a fun way to involve the family. Take turns naming a prefix (mis-) and calling out as many words as possible that use it (misread, misinformed, misinterpret).

3. Encourage your high schooler to play word games. She might do crossword puzzles in the newspaper or pick up inexpensive puzzle books in stores. She can also Google “crossword puzzles” online. Or she could download free word games to a smartphone or another electronic device if your family has one. 👍



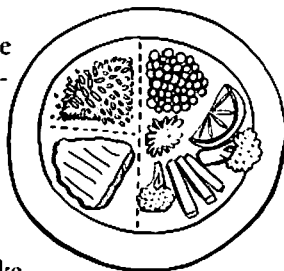
Parent to Parent Money maturity

Healthy New Year’s!

Fun-filled social gatherings usually mean one thing: food. Your family can keep good health on the menu. Try these strategies:

- If you’re going to have a heavy meal, drink a glass of water or eat something light before you go. Then, when you get there, enjoy eating—in moderation. *Tip:* If you’re at a relative’s house, don’t be afraid to say no to seconds or desserts. (“Not right now, thanks. Maybe I’ll have some later.”)

- Fill your plate with fruits, veggies, and lean proteins (fish, chicken). Take smaller servings of high-calorie foods like cheese dip and creamy side dishes. A good rule of thumb is to fill ¼ of your plate with grains and starches, ¼ with protein (meat, poultry), and ½ with fruits and vegetables. 👍



My daughter plans to move out after she graduates. I realized I had better help her learn how to manage money now so she will be able to handle finances on her own.

I started by reviewing our monthly bills with Melanie. We sat down and went over our rent, electric bill, car payment, and phone statement. Then, I suggested that we each track purchases like groceries, gas, clothes, coffee, and entertainment for a month.

My daughter made a spreadsheet of our expenses. She was surprised when she saw how quickly the expenses added up. Together, we came up with ways we could spend less. I told her I’d buy coffee two days a week instead of five. She said next weekend she and her best friend would make popcorn and watch a DVD at home instead of going out for pizza and a movie.

I feel better knowing that my daughter is practicing habits like these before hitting the “real world”—and we’re both saving money. 👍



Q & A Teens and discipline

Q I know my son wants more freedom. How can I set reasonable limits and choose consequences that will work?

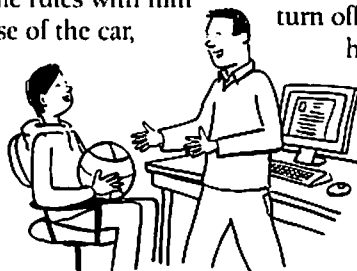
A It’s only natural that your son wants to be treated more like an adult. Explain that if he respects the rules, he’ll earn more freedom.

Start by reviewing the rules with him (chores, curfew, and use of the car, for example). Then, remind him what the consequences will be for not following them.

Your son will be more apt to do what

he’s supposed to do if you choose consequences that really matter to him. These days it seems to mean more for kids to lose the use of their electronics than to be grounded. So you might consider taking away computer time or video games if your teen neglects schoolwork or chores. Or you might make him turn off his cell phone when he’s at home if he breaks curfew or keeps the car out too long.

Finally, be sure to stick with the consequences. If your son sees that you mean business, he’ll be more likely to follow your rules. 👍



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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ideas for parents

Easy Ways to Build Assets for and with Your Child

FAST FACTS

ASSET CATEGORY

Constructive Use of Time

Young people are more likely to grow up healthy when they have opportunities to learn new skills and interests.

Youth Speak

- "Let me have time for freedom."
- "Offer lots of fun things to do after school."
- "Notice when I do useful things."
- "Open up more places for young people to go."

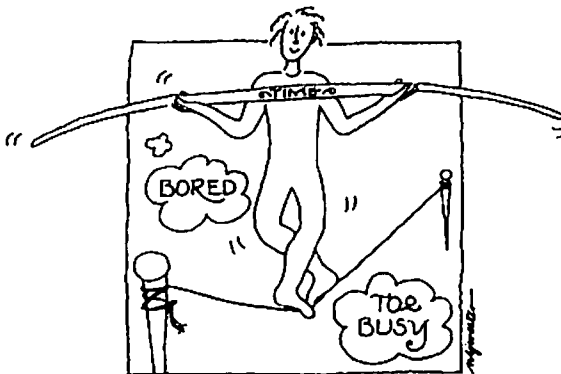
Time: Help Make Your Child's Count

Sometimes kids get bored. Other times, they're so busy we rarely see them. The paces of our children's lives seem to vary according to the activities and programs they're in at the moment.

These fluctuations are normal—even healthy. As long as our kids aren't stuck in having too much to do or not enough to do, they're on track.

It never hurts, however, to periodically take an 'activity' inventory. Ask your child questions such as these:

- Overall, are you happy with how many different things you do with your time? Why or why not?
- Are the activities you're in stimulating and challenging?



- Are you making friends with caring, thoughtful adults in your activities?
- Are you learning new skills, talents, or knowledge?
- Do your activities teach you more about yourself?
- Are you excited most days to do these activities?

- Do these activities bring out the best in you?

The more times your child answers yes, the better. If your child seems to have too few constructive, challenging things to do, consider helping her or him find other constructive activities using the criteria in the questions above.

More to come on the four constructive-use-of-time assets!

4 Key Areas of Involvement

Search Institute researchers have identified four assets in the area of constructive use of time that are crucial for helping young people grow up healthy. Check your child's areas of strength:

- Creative activities—Your child spends three or more hours per week in lessons or practice in music, theater, or other arts.
- Youth programs—Your child spends three

or more hours per week in sports, clubs, or organizations at school and/or in the community.

- Religious community—Your child spends one or more hours per week in activities in a religious institution.
- Time at home—Your child is out with friends 'with nothing special to do' two or fewer nights per week.

Time Use through the Years

Age Ways to Make the Most of Your Child's Time

- 0-1
 - Have your baby spend most of the time with you or one or two consistent caregivers.
 - Give your baby a change of scene now and then. Move the rocking chair to a different room or take a walk outside.
- 2-3
 - Have consistent times for sleeping, feeding, playing, and relaxing.
 - Spend time outdoors every day.
- 4-5
 - Find simple household chores that you and your child can do together.
 - Visit interesting buildings together. Tour a barn, skyscraper, fire station, or bakery.
- 6-10
 - Allow your child to have two outside-the-home activities that are led by caring, nurturing adults.
 - Let your child experiment with different activities he or she likes.
- 11-15
 - Help your young adolescent set boundaries on structured activities. Look for ones that are positive, stimulating, have caring adults, and don't require excessive time commitments.
 - Evaluate with your young adolescent the amount of time he or she spends "hanging out." Is it balanced with time at home, time in activities, and time at school?
- 16-18
 - Help your teenager think about how time spent on different activities helps or hinders in reaching goals.
 - Encourage your teenager to be involved in at least one activity that may continue into her or his adult years.

What about Work?

Teenagers learn from their work experience—responsibility, time management, and getting along with others are just some of the lessons having a job can teach. However, if possible, young people should work no more than 10 or 15 hours a week. Anything over that can make it hard to meet other obligations and get enough rest.

Quick Tip:
Kids learn values and skills while doing worthwhile activities.

More Help for Parents

Developing Competent Youth and Strong Communities through After-School Programming by Thomas Gullotta, editor. This book describes the positive effects of various after-school programs. (Published by Child Welfare League of America.)

FiNAL WoRD

"We must use time creatively, and forever realize that the time is always ripe to do right."

—Martin Luther King Jr.

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WILKINSON ELEMENTARY SCHOOL: 572-6532 Loren Sailer

Williston High School Lunch Menu Dec-10

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<u>BREAKFAST</u> Cinnamon Biscuit <u>LUNCH ENTREE'S</u> Chicken Nuggets Burrito Stuffed Crust Pizza <u>SIDES</u> Mashed Potatoes Corn Peaches	<u>BREAKFAST</u> Breakfast Taco* <u>LUNCH ENTREE'S</u> Sloppy Joe Turkey Corn Dog Stuffed Crust Pizza <u>SIDES</u> Potato Wedges Pears	<u>BREAKFAST</u> Scrambled Eggs Toast <u>LUNCH ENTREE'S</u> Quesadilla Ham & Cheese Wrap* Stuffed Crust Pizza <u>SIDES</u> Broccoli Normandy Applesauce
6	7	8	9	10
<u>BREAKFAST</u> Cereal Toast <u>LUNCH ENTREE'S</u> Hot Ham & Cheese Sandwich* Turkey Hotdish Stuffed Crust Pizza <u>SIDES</u> Corn Pears	<u>BREAKFAST</u> Cinnamon Coffee Cake String Cheese <u>LUNCH ENTREE'S</u> Chili Sub Sandwich* Stuffed Crust Pizza <u>SIDES</u> Fritos Grapes	<u>BREAKFAST</u> Rancher's Hashbrowns* <u>LUNCH ENTREE'S</u> Pepperoni Hotdish* Turkey Hot Dog On A Bun Stuffed Crust Pizza <u>SIDES</u> Breadstick Glazed Carrots Tropical Fruit	<u>BREAKFAST</u> Sausage, Egg & Cheese On An English Muffin* <u>LUNCH ENTREE'S</u> Chicken Strips Meatballs Stuffed Crust Pizza <u>SIDES</u> Mashed Potatoes/Gravy Corn Peaches	<u>BREAKFAST</u> Cheese Omelet Toast <u>LUNCH ENTREE'S</u> Garlic Cheese Bread Fishburger Stuffed Crust Pizza <u>SIDES</u> Peas Mandarin Oranges
13	14	15	16	17
<u>BREAKFAST</u> Cereal Toast <u>LUNCH ENTREE'S</u> Grilled Cheese/Tomato Soup Bagel & Yogurt Stuffed Crust Pizza <u>SIDES</u> Applesauce	<u>BREAKFAST</u> Scrambled Eggs Toast <u>LUNCH ENTREE'S</u> Pizza* Turkey Bacon Cheese Melt* <u>SIDES</u> Green Bean Casserole Fresh Orange	<u>BREAKFAST</u> French Toast <u>LUNCH ENTREE'S</u> Hamburger Stroganoff Chicken Fajita Stuffed Crust Pizza <u>SIDES</u> Seasoned Pasta Dinner Roll/Corn Cinnamon Apples	<u>BREAKFAST</u> Banana Bread Yogurt <u>LUNCH ENTREE'S</u> Popcorn Chicken Biscuit & Gravy* Stuffed Crust Pizza <u>SIDES</u> Cheesy Potatoes Mixed Vegetables Banana	<u>BREAKFAST</u> Breakfast Pizza* <u>LUNCH ENTREE'S</u> Taco Hot Pocket Chicken Patty On A Bun Stuffed Crust Pizza <u>SIDES</u> Pasta Salad Frozen Juice Bar Christmas Cookie
20	21	22	23	24
<u>BREAKFAST</u> Cereal Toast <u>LUNCH ENTREE'S</u> Chili Crispito Hamburger On A Bun Stuffed Crust Pizza <u>SIDES</u> Corn Pineapple	<u>BREAKFAST</u> Cinnamon Roll <u>LUNCH ENTREE'S</u> Rib Patty On A Bun* Pizza* <u>SIDES</u> Fries Mandarin Oranges	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL
27	28	29	30	31
CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL

1% or chocolate milk available
Salad Bar included w/all meals
Bread, soy butter & jelly served most days