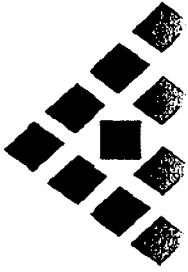


Williston High School
PO Box 1407
Williston, ND 58802

January

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 B JV WR Home w/Sidney-5:30 B V WR Home w/Sidney-7 PM	5	6 B V WR @ St. Mary's-5 PM B V HKY @ Beulah/Hazen-8 PM	7 B V WR Rotary @ Bismarck G JV BB @ St. Mary's-4:15 PM B 10 BB @ St. Mary's-4:15 PM B JV BB @ St. Mary's-5:45 PM G V BB @ St. Mary's-6 PM G 10 BB @ St. Mary's-7:30 PM G V HKY @ West Fargo-7:30 PM B V BB @ St. Mary's-7:45 PM	8 B JV WR Rotary @ Bismarck B V WR Rotary @ Bismarck B & G 10 BB @ Jamestown-12 PM G V HKY @ Fargo North-1 PM B & G JV BB @ Jamestown-1:45 PM G V BB @ Jamestown-3:30 PM B JV HKY Home w/Minot-5:15 PM B V BB @ Jamestown-5:30 PM B V HKY Home w/Minot-7:30 PM
9	10	11 B 9 BB Home w/Dickinson-4 PM B & G JV BB @ Dickinson-5 PM B JV WR Home w/Watford City-6 B 10 BB @ Dickinson-6:45 PM G V BB @ Dickinson-6:45 PM B V WR Home w/Watford City-7 B V BB @ Dickinson-8:30 PM G 9 BB @ Dickinson-8:30 PM	12	13 G V HKY Home w/Minot-7 PM	14 B V WR @ Miles City B V Swim @ Minot-4 PM G JV BB Home w/Mandan-4:15 PM B 10 BB Home w/Mandan-4:15 PM B JV BB Home w/Mandan-5:45 PM G V BB Home w/Mandan-6 PM G 10 BB Home w/Mandan-7:30 PM B V HKY @ Bottineau-7:30 PM B V BB Home w/Mandan-7:45 PM	15 B V Swim UND Invite B V WR @ Miles City G V HKY @ Bismarck-5 PM
16	17	18 B 10 BB @ Minot-4 PM G 9 BB @ Sidney-4:30 PM B 9 BB @ Minot-4:30 PM B JV BB @ Mnot-5:45 PM G JV BB @ Sidney-6 PM B V BB @ Minot-7:30 PM G V BB @ Sidney-7:30 PM	19	20 G 10 BB @ Minot-4 PM G 9 BB @ Minot-4:30 PM G JV BB @ Minot-5:45 PM G V BB @ Minot-7:30 PM	21 B V WR Grand Forks Multiple B V Swim Home w/Jamestown-4 PM G V HKY Home w/Grand Forks-7 PM	22 B V Swim Minot Invite B V WR Grand Forks Multiple G 10 BB Home w/Belcourt-11 AM B 10 BB Home w/Belcourt-12:30 PM G JV BB Home w/Belcourt-12:30 PM G V HKY Home w/Devils Lake-1 PM B JV BB Home w/Belcourt-2 PM G V BB Home w/Belcourt-2:15 PM B JV HKY Home w/Jamestown-3:15 B V BB Home w/Belcourt-4 PM B V HKY Home w/Jamestown-5:30
23	24	25 B 9 BB @ Sidney-4:30 PM B JV BB @ Sidney-6 PM B V BB @ Sidney-7:30 PM	26	27	28 B JV BB @ Mandan-4 PM G JV BB @ Mandan-4:15 PM B JV HKY @ Century-5 PM B V Swim @ Jamestown-5 PM B JV & V WR @ Bismarck-5:30 & 7 B 10 BB @ Mandan-5:45 PM G V BB @ Mandan-6 PM G V HKY @ Fargo South-7 PM B V HKY @ Century-7:15 PM G 10 BB @ Mandan-7:30 PM B V BB @ Mandan-7:45 PM	29 B V Swim Jamestown Invite B 10 BB @ Century-12:30 PM B JV HKY @ Bismarck-1 PM G V HKY @ Jamestown-2 PM B JV BB @ Century-2:15 PM G 10 BB @ Century-2:15 PM B V HKY @ Bismarck-3:15 PM G JV BB @ Century-3:45 PM B V BB @ Century-4 PM G V BB @ Century-5:45 PM



The Coyote Howl

Principal's Page

Holiday break is right around the corner and after the hockey game last night versus Hazen/Beulah we experienced freezing rain. Very scary thinking we might have had poor roads today. Fortunately, the roads were marginal but students were able to make it to their classes.

Parent Forum

We are very excited to be working with Rob Floco from Williston State College. He is the director of the career and technical center that is near completion on the campus of Williston State College. I was fortunate enough to receive a tour of the facility and the projected completion date is mid February. The classrooms and training areas will be state of the art.

Our next Parent Forum will have area professionals who are in desperate need of employees that the career and technical center will be able to certify and get them into the workforce in a short matter of time.

Labor statistics show that the need for white collar professional careers has remained static at 30% of the labor force. However, skilled blue collar professional jobs have gone from 20% to 62% of the labor force in 2005. This means that if you are interested in going into the professional blue collar labor market, you will need some form of marketable skill in order to fill these jobs. That is what Rob Floco and his area professionals are going to talk about.

The parent forum will be on January 18, 2011 in the auditorium of Williston High School at 7 PM. The goal is to provide information with regards to area employment needs and how Williston State College can fulfill those needs. If your son/daughter is interested in the areas of **Health Careers, Electronics, Auto, Diesel, Building Trades, Welding or Agriculture**, please make plans to attend this informative night with Rob Floco from WSC.

Senior College Exploration Day

Seniors will be allowed ONE college exploration day. Advanced makeup slips need to be picked up from the attendance office upon approval from administration. Students must complete all work, get

the teacher's signatures, and return the makeup slip to the office **BEFORE** being allowed to go on their career exploration day. Failure to comply will result in missed days counting towards the attendance and testing policies. This day must be used before April 30 to explore a college or to prepare for entering into the military. Students must get a signed business card from the college or branch of military in the city they are visiting. This card must be given to the attendance secretary upon return from the visit. Seniors who need additional days must submit a request two weeks prior to leaving to the principal for extended travel outside the region. Additional days will count toward testing.

In-service Day

January 17 & 18 is the Helga Sorenson In-service scheduled for WPSD #1 and neighboring districts. Therefore, there is no school these two days.

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

January 2011

Scholarships

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 2011-2012 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.

Ronald McDonald House Scholarship is open to seniors who have completed the application and provided the required documentation. Applications are available in the counselors' office

or at <http://rmhc.org/what-we-do/rmhc-u-s-scholarships/> The deadline is February 16.

Marv Rockstad Memorial Scholarship is given by the Kiwanis Club of Williston. To complete the application, go to <http://www.ndcf.net/Scholarships/entryform.asp?id=50> Complete the information, print the document and return to the counselors' office. The deadline is March 15.

Williston State College Scholarship application forms are available at WSC or at <http://www.wsc.nodak.edu/Future-Students/Financial-Aid/Scholarships/Scholarships---Online-Application.html> Priority date is March 6.

Sammy 2011 Body by Milk is for eligible outstanding scholar athletes in grade 12. Apply online at http://www.bodybymilk.com/sammy_scholarship.php The deadline is March 6.

Dakotas' Credit Union Scholarship is available for a graduating senior planning to attend an accredited college. To be eligible, you must be a US Citizen and a member of the credit union for one year. Applications are in the counselors' office. Deadline is March 1.

Reuben T. Guenther Scholarship applications are available in the counselors' office or online at <http://www.nd.gov/cte/students/scholarships.html> You must have taken one or more vocational courses between grades 9-12. Deadline is April 1.

A & F Scholarship applications are available in the counselors' office. You must be a junior or senior in high school. Complete an essay and return to the address that is available in the counselors' office.

Williston Trail Riders is open to students attending WSC. Applications are available in the counselors' 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.

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

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 students 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.

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

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

Dates to Remember

- January 5** – Deadline for the February ACT
- January 8** – ACT Makeup Date for December 11 @ WSC
- January 13** – Last day of the semester
- February 4** – Registration deadline for March SAT in Minot
- February 5** – ACT @ WSC 8 AM to 12PM
- February 13** – College Goal Sunday
- March 4** – Registration deadline for April ACT @ WSC
- March 12** – SAT in Minot 8 AM to 12 PM
- March 25** – Registration deadline for May SAT in Minot
- April 9** – ACT @ WSC 8 AM to 12 PM
- April 13** – Senior Meeting @ 9 AM
- April 30** – Prom
- May 6** – Registration deadline for June ACT @ WSC

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.

January 8 (rescheduled from December 11)

February 12

April 9

June 11

Information is in the counselors' office.

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

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 January 15.

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.

WHS Music Department

Our music department is full of many talented students. Several of them have auditioned for honor bands and choirs throughout the year. Congratulations to these students for being selected to perform in following honor bands and choirs!

UND HONOR BAND

Lindsey E.

Julian J.

Emily L.

Mallory N.

Lianna S.

David S.

Janessa S.

James T.

Mason W.

UND HONOR CHOIRS

Nikki E.

Moriah J.

Taylor K.

John O.

Mary R.

Rachel R.

Karissa W.

ACDA HONOR CHOIRS

Mathoni A.

Caitlin B.

Zach H.

Cass H.

Olivia L.

Caitlyn O'C.

Thank you, students, for your hard work! Thank you, parents, for allowing us to work with your talents students every day! We appreciate all you do!

Eric Rooke
Band Director

Katie Rooke
Choir Director

FFA News

Fruit and candy sales

The fruit and candy arrived the week of December 13. If you haven't received what you purchased, please call an 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.

WHS Fine Arts Showcase!

The first Semester Art students will present their best art of the semester for families, friends and the community. Their works will be on display in the WHS Commons on January 11 from 5-8 pm. Refreshments will be served and there is no charge. Come see what your students have been doing in Art Class! If you have any questions, feel free to contact the instructors Mr. Duttenhefner or Mrs. Hoffman.

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

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

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

Kari Hall, Advisor

The Williston High School chapter members of NHS held the seventh annual Christmas party earlier this month. The white elephant gift exchange was a hit and members also donated \$60 to the local Salvation Army.

Members have been volunteering at the James Memorial gallery on Sunday afternoons as a community service project. Members will be providing a grading service in January as a service project within our school. Many of our members are well on their way to completing their service hours for this year.

The new member's informational meeting was held on December 16 during noon hour. The officers conducted the meeting for the twenty incoming members and pizza was provided. The formal NHS induction will be in January at the El Rancho at 7:30 pm.

New members are:

John B.	Ben B.
Alexis F.	Jake G.
Danielle H.	Amber H.
Abbie K.	Nicole K.
Brooke M.	Mallory N.
Kolten P.	William R.
Rachel R.	Samuel S.
Caleb S.	Oliver S.
David S.	Chelsea V.
Jocelyn W.	Katrina W.

Student Council News

Karla Olson, Advisor

Hi, everyone! Hope you had a great Holiday season and a spectacular New Years!!! This year for Christmas Kindness we helped three WHS families. We sold Oreo Cookies, Carmel Puff Popcorn and this year SADD helped us out with making Rice Krispies Treats. Student Council would like to thank the student body and teachers for the very generous money donations and buying the yummy treats. We would also like to thank Red River Supply for making a donation.

Student Council attended the North Dakota State Convention December 12 – 14. We had very interesting motivational speakers who updated us on topics such as teen sex, underage drinking, drugs, and other interesting facts that we can use in the future. We all attended mini sessions that taught us a lot of things we need to know to help us be successful leaders. At convention we had a time of learning, laughter, and meeting other Student Council members as well as sharing ideas.

Valentine's Day is coming up quick and Student Council will be selling roses. This is your chance to tell that special someone or your best friend that you really care. They will also be available for parents to buy and send to students during fourth period. If you would like to place an order you may contact Karla Olson at 701-572-0967.

Student Council Secretary,

Kalli K.

High School 1 YEARS

Working together for lifelong success

Short Clips



Hear, hear

Almost one in five teens have some hearing loss. While there may be several causes, experts believe frequently listening to loud music on headphones or "ear buds" is a factor. Help protect your child's hearing by asking him to keep music players at half the possible volume or lower.

Sharing dreams

January 17 marks Martin Luther King Day. Encourage your high schooler to look up King's famous "I Have a Dream" speech at the library or online. Then, ask her to think about her dreams for the future. Share your own dreams with her, and encourage her to share hers.

Explore local history

Whether you live in a small town or a big city, your high schooler can discover something about the past. He might walk through a historic district to look at old buildings and visit monuments. Suggest that he take photos or videotape interesting sites. Then, he can upload them on the computer so the whole family can see highlights of your area's history.

Worth quoting

"Ideas won't keep. Something must be done about them."
Alfred North Whitehead

Just for fun

Q: Why didn't the mummy have any friends?

A: Because he was too wrapped up in himself.



Tests: Secrets for success

It's exam time. When the clock starts ticking, your high schooler has 45 minutes to show she understands weeks' worth of lessons. Encourage her to do her best with strategies like these.

Fuel up. To get through a test, your child needs plenty of rest and good nutrition. Eight to nine hours of sleep and a healthy breakfast that includes protein and carbohydrates (cottage cheese, fruit) will give her energy and help her focus.

Take what's needed. Tell your high schooler to ask teachers ahead of time what's allowed at each exam, such as notes for an open-book test or a calculator for a math quiz. Suggest that she take recommended items plus backup supplies (extra pencils, batteries) just in case.

Work on pace. Encourage your teen to scan a test before she starts. That way, she'll know what to expect (true/false, fill-in-the-blank) and can allow more



time for essay questions or lengthy problems.

Read carefully. Before diving in, your child should read each section so she understands exactly what to do. For instance, if she doesn't notice the direction "Show your work," she could lose credit even if she gives the right answer. She should also read each question completely before answering.

Calm down. If your teenager feels herself starting to tense up, she can close her eyes and take deep breaths to relax her body. That will help her concentrate as she gets back to work. 👍

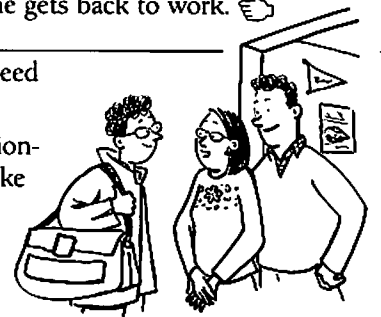
Blending right in

When parents get remarried, children may need help adjusting. Try to give your adolescent:

■ **Time.** It takes time for teens to develop relationships with stepparents. Pushing your child to like a new family member might make him more resistant. Encourage your new spouse to foster trust slowly by showing interest and following through on commitments.

■ **Respect.** Including your high schooler in family decisions will make him feel respected—and more likely to cooperate. Consider holding regular family meetings so everyone can stay informed of plans and have a say.

■ **Privacy.** Adolescents like their space. If possible, give your teen his own bedroom. If not, divide a room in half with fabric or a screen. When he has friends over, try to keep siblings in another room. 👍



Support for bullied teens

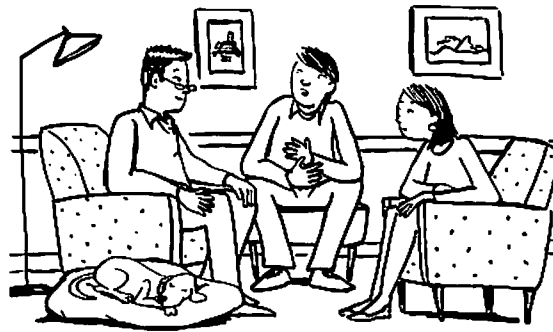
Bullying is a problem that parents hope they never have to deal with. But if your child becomes a target, you can help him cope. Here are four important messages to send a bullying victim.

"I believe you."

It takes courage for a teen to admit he's being bullied. Take him seriously. Let him know the bullying is not his fault. Don't ignore the problem or hope it will go away.

"You're not alone."

Millions of children are bullied every year. In fact, it's estimated that about three-quarters of children have been bullied in some way.



"You have a right to be safe."

It is not okay for your teen to be threatened or harmed. That includes verbal assaults (name calling, slurs), physical assaults (tripping, shoving), and emotional bullying (rumors, exclusion).

"I'm going to help."

Your child may worry that alerting the school will make matters worse. But silence gives bullies power, and authorities have to know about the problem to stop it. Document incidents in writing, and talk to school administrators. Follow up until your teen feels safe.

Note: Watch for symptoms of bullying. They can include headaches, stomach aches, withdrawing from friends and family, coming home with unexplained injuries, and not wanting to go to school. 👍

Parent to Parent

Math mentor

When my daughter began struggling in Algebra II, I suggested that she talk to her teacher. Mr. Whitley encouraged Carla to attend the math department's help sessions before school, during lunch, or after school. Getting help at the first sign of trouble is important, he said, because math concepts build on each other throughout the year.

At the first visit, Carla learned a few basic pointers like writing her numbers neatly so she wouldn't misread her own writing. She also was shown ways to double-check her work and make estimates before solving problems so she can see if her answers are reasonable.

At Mr. Whitley's suggestion, Carla now works extra problems in the textbook each time a new formula is introduced. As she gets more familiar with different kinds of problems, math is becoming a little easier for her again. 👍



Q & A Active after school

Q My daughter would like to join an activity after school, but she's not sure what she wants to do. How can I help point her in the right direction?

A It's great that your daughter wants to get involved—extracurricular activities can give students confidence, help them make friends, and decrease the chances that they will drink or use drugs.

Try to help her find activities that match her interests. If she enjoys art, she might like a ceramics class. If she enjoys helping people, she could join her school's Key Club. Or she might prefer a sports activity like tennis, archery, or martial arts.

Suggest that she ask friends for ideas or check with the school office, community centers, museums, libraries, or places of worship. To learn more about an activity, she can ask to watch while it's under way. And remember, she may need to try several to find the one that's right for her. 👍



Learning in style

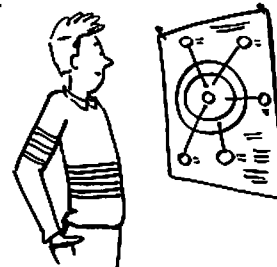
Some people learn best by hearing information, while others do better if they see it or do a hands-on activity. Help your teen identify his learning style to boost his success in school.

Auditory learners like to hear what they're learning. If that fits your child, he may get the most from study time by reading and repeating information out loud, explaining concepts to himself or others, and joining study groups.

Visual learners like to see what they're learning. If this

describes your teen, he may be drawn to written information and visual aids (charts, diagrams). He can do his best by checking written instructions, picturing information, and making outlines or drawings.

Kinesthetic/tactile learners like to experience what they're learning. If your child excels at hands-on activities, he may benefit from acting out a novel he's reading or repeating a science lab at home. 👍



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

Empowerment

The more a young person is valued and feels valuable, the more likely he or she is to grow up healthy.

Youth Speak

- "Applaud my efforts and successes."
- "Help me solve problems and change things for the better."
- "Let me take care of things when I think I can."

The Value of Appreciation

Everyone wants to feel valued and be valuable, but it's easy for children and teenagers to feel as if they have little to contribute. In our fast-paced society, it's often easier to do things for young people instead of doing things with young people so that they gradually learn and master their own skills.

Young people need meaningful, valuable roles at home, at school, in the community, and in all the places where they spend time. They also need to feel safe. When children and youth feel safe and valued, they're more apt to bond with their families, their schools, and their communities. They then become even more valuable because they want to contribute.

Empowerment—the sense that you can make a difference and that you have a valued place or role—starts at home and starts slowly. What makes your child feel valued? What unique skills and talents does your child have to offer? What meaningful, age-appropriate roles does your child have in your family?

And what about you? How do you as a parent feel empowered? What made you feel valuable when you were a child? A teenager?

Helpful Hints

Tips that make empowering your child easier:

- **Have regular family meetings to plan, solve problems, and encourage each other. Rotate who leads the meetings.**
- **Get involved with your child's school and in the community.**
- **Think of yourself as your child's empowerment coach.**
- **Advocate that your community develop meaningful opportunities for young people.**



How can you translate your experience into creating a home that empowers your children?

Even if you don't know the answers to all of these questions, begin today with one thing you do know about empowerment.

Start small. You can help your child feel more valued and valuable today.

Quick Tip:
Empower your child by providing choices.

4 Key Areas of Empowerment

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

- Community values youth**—Your child perceives that adults in the community value children and youth.
- Youth as resources**—Your child is given useful roles in the community.
- Service to others**—Your child serves in the community one hour or more per week.
- Safety**—Your child feels safe at home, at school, and in the neighborhood.

Empowerment through the Years

Age Ways to Empower Your Child

- 0-1
 - Prop up babies and hold young children so that they can see what is around them.
 - Arrange family life around children's needs.
 - Watch over children to keep them safe.
- 2-3
 - Find simple ways for children to serve others. For example, they may be able to place donated toys in a box.
 - Keep track of children at all times.
- 4-5
 - Take children along when visiting elderly people and those who are sick.
 - Give children simple chores, such as sorting laundry by color, matching socks, or feeding pets.
 - Teach children their first and last name, address, and phone number.
- 6-10
 - Ask children how they would like to help others, and figure out simple ways for them to carry through on their wishes.
 - Use the buddy system. When children go out to play, have them do so in pairs.
 - Ask children what they do and do not like in their daily routines. Make some changes based on their comments.
 - Display or use things your child makes.
- 11-15
 - Discuss with your child her or his fears and feelings of not being safe. Work together on these. Be ready for concerns to range from safety at school to safety on dates.
 - Ask your child for ideas on family community service projects. Act on your child's ideas.
 - Laugh at your child's jokes.
- 16-18
 - Continue allowing your teen gradual independence while teaching safety skills (including making good decisions about physical and mental health) so that he or she is ready to live independently (and safely and successfully) by age 18.
 - If your teen wants to work, encourage a job that empowers your teen and balances with other time commitments.
 - If he or she feels ready, encourage your teenager to take a leadership role in addressing issues that concern her or him (such as homelessness, racism, hunger).

More Help for Parents

Empowering Your Child: How to Help Your Child Succeed in School and Life by C. Fred Bateman. This book suggests how to create an empowering home environment and be an empowering parent. (Published by Hampton Roads Publishing Company.)

The Empowerment Equation

C. Fred Bateman, author of *Empowering Your Child*, defines empowerment with this equation: **Interacting with life's challenges + influencing those challenges in valuable ways for all = empowerment.**

Final Word

"Each child deserves to be acknowledged and cherished for the qualities that make her [or him] unique." -Lee Salk, Ph.D., author of *Familyhood*

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Questions? Comments? Ideas? PLEASE CONTACT SOMEONE BELOW!

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College Connection

Start **HERE!** for Tips to Get Ready for College

A Newsletter for High School Juniors

mystudentloanonline.nd.gov

Winter 2010 Vol. 7: Issue 1



Why testGEAR™? Why Now?

There has never been a greater emphasis on individual performance regarding college admission and statewide exams than students face now. This is the perfect time to connect to testGEAR, an online course designed to help every student achieve higher test scores.

All students planning to write their ACT exam can prepare by using the testGEAR preparation course from school or from home. It is available 24/7 online.

TestGEAR courses are proven to improve student performance on big exams like the ACT as well as help develop and improve skills necessary when taking statewide exams.

Each student receives a personalized study plan based on a brief diagnostic test. Students are then guided through 25 to 50 hours of online instruction that strengthens skills within a subject matter, introduces test-taking strategies and builds confidence with many short practice tests and full-length exams.

This resource is provided with funding from the North Dakota College Access Network grant through Bank of North Dakota. Training and support to counselors is offered by the ND Career

Resource Network through the Regional Career Resource Coordinators.

This online test preparation tool is provided at no cost to students and can lead to stronger academic skills, better college admission test performance and possible scholarships. If you have not already done so, sign in to RUPrepareND.com, create a new portfolio and click on the testGEAR icon to get started! Contact the school counselor at your local high school for more information on this valuable resource.

College SAVE

Picture the Future

It is never too late to start saving for college!

North Dakota's College SAVE Plan is one of the easiest ways to save for college, technical, vocational, or graduate school.

collegesave4u.com

New College Access Resource Available to Students

The North Dakota College Access Network (NDCAN), administered by Bank of North Dakota, is a free service providing students with important information to better prepare you for the transition to college. NDCAN gives you an organized and simple site to learn more about going to college whether you plan on going to a school in North Dakota or elsewhere.

Some of the topics include:

- College planning for juniors and seniors
- Choosing a college
- Scholarship opportunities
- Cost of education
- Career forecasts
- Links to regional college websites
- And much more!

For more information about how NDCAN can help with your college-related goals go to www.nd-can.com.

College Connection

Start *for Tips to Get Ready for College* HERE!

Winter 2010 Vol. 7: Issue 1

A Newsletter for High School Seniors
mystudentloanonline.nd.gov



Crash Course Offered for Parents and Students

New college access and career planning events are scheduled throughout North Dakota to assist students and their families in planning for their futures! Crash Courses are enhanced educational workshops, designed to bring key information and instruction for those planning to enter a college, trade school or other advanced learning courses.

North Dakota College Access Network (NDCAN), administered by Bank of North Dakota (BND), is partnering with the Center for Technology and Business to

provide this exciting opportunity for students in grades 7 through 12. Crash Course attendees learn financial aid and FAFSA information along with other topics such as job opportunities, scholarships, and college planning. In addition, a free meal and prize drawings are provided.

Helpful tools are highlighted that assist students regarding career exploration, course planning, college information, interest and work inventories, and test preparation for the ACT exam. Also, information about

college scheduling, budgeting and questions about college are discussed.

Crash Course includes the host community as well as towns within approximately 30 miles. Eight locations are being planned for the 2010-11 school year. For locations and event dates, go to nd-can.com/college_planning/college_and_career_planning/crash_course.html

We encourage you to attend a Crash Course if one is available near your community.

Take a Free Dual Credit Course

Dual credit courses are a great way to get a head start on college while still attending high school! North Dakota College Access Network (NDCAN), administered by Bank of North Dakota (BND), is accepting applications from eligible students for financial assistance to pay for a Dual Credit course.

- Are you a junior or senior attending a North Dakota high school?
- Have you received approval from your school district superintendent or designee to take a Dual Credit course?
- Do you qualify for Free or Reduced Price Lunch?

If so, you can take advantage of this new and innovative program to enroll in a college course for free.

All you need to do is complete the Dual Credit Enrollment Application that has been updated to include information about the financial assistance program. Simply send a copy of the form to BND to request assistance. Approved students may receive assistance for tuition, fees and books for one course per semester. The funding will be sent directly to your college, so there is no need to pay expenses up front.

This program begins with the upcoming spring semester. As funding is limited, applications will be considered by date submitted to BND. Approved students may receive assistance for one (1) course per semester.

We are excited to offer this program to students! Please contact NDCAN at 800-554-2717 if you have additional questions.

Williston High School Lunch Menu Jan-11

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
CHRISTMAS BREAK NO SCHOOL	<u>BREAKFAST</u> Pancakes <u>LUNCH ENTREE'S</u> Pizza* Bagel & Yogurt <u>SIDES</u> Glazed Carrots Pears	<u>BREAKFAST</u> Ham, Egg & Cheese On An English Muffin* <u>LUNCH ENTREE'S</u> Spaghetti Turkey Hotdish Stuffed Crust Pizza <u>SIDES</u> Garlic Toast Corn Tropical Fruit	<u>BREAKFAST</u> Cheese Omelet Toast <u>LUNCH ENTREE'S</u> Chef Salad* Chicken Tortilla Soup Stuffed Crust Pizza <u>SIDES</u> Breadstick Banana	<u>BREAKFAST</u> Muffin String Cheese <u>LUNCH ENTREE'S</u> Chicken Patty On A Bun Burrito Stuffed Crust Pizza <u>SIDES</u> Creamed Corn Peaches
10	11	12	13	14
<u>BREAKFAST</u> Cereal Toast <u>LUNCH ENTREE'S</u> Sub Sandwich* Canadian Bacon, Egg, Cheese On An English Muffin Stuffed Crust Pizza <u>SIDES</u> Tortilla Chips/Salsa Frozen Juice Bar	<u>BREAKFAST</u> Scrambled Eggs Toast <u>LUNCH ENTREE'S</u> Super Nacho Chicken Fajita Stuffed Crust Pizza <u>SIDES</u> Fresh Orange Slices	<u>BREAKFAST</u> Oatmeal Breakfast Cookie Yogurt <u>LUNCH ENTREE'S</u> Mini Corn Dogs Taco In A Bag Stuffed Crust Pizza <u>SIDES</u> Baked Beans Pineapple	<u>BREAKFAST</u> Breakfast Wrap* <u>LUNCH ENTREE'S</u> Chicken Potpie Over Biscuit Ham & Cheese Wrap Stuffed Crust Pizza <u>SIDES</u> Fresh Grapes Jell-O	<u>BREAKFAST</u> Fruit Strudel <u>LUNCH ENTREE'S</u> French Toast/Sausage Cheesy Breadsticks Stuffed Crust Pizza <u>SIDES</u> Applesauce Juice
17	18	19	20	21
TEACHER INSERVICE NO SCHOOL	TEACHER INSERVICE NO SCHOOL	<u>BREAKFAST</u> Cinnamon Biscuit Hashbrown <u>LUNCH ENTREE'S</u> Hamburger On A Bun Biscuit & Gravy Stuffed Crust Pizza <u>SIDES</u> Potato Smiles Mixed Fruit	<u>BREAKFAST</u> Waffle <u>LUNCH ENTREE'S</u> Sloppy Joe Turkey Hot Dog Stuffed Crust Pizza <u>SIDES</u> Potato Wedges Pears	<u>BREAKFAST</u> Scrambled Eggs Toast <u>LUNCH ENTREE'S</u> Quesadilla Tuna Casserole Stuffed Crust Pizza <u>SIDES</u> Peas Carrots Fruit Salad
24	25	26	27	28
<u>BREAKFAST</u> Cereal Toast <u>LUNCH ENTREE'S</u> Hot Ham & Cheese Sandwich* Chicken Patty On A Bun Stuffed Crust Pizza <u>SIDES</u> Corn Pears	<u>BREAKFAST</u> Rancher's Hashbrowns* <u>LUNCH ENTREE'S</u> Chili Pizza* <u>SIDES</u> Cinnamon Roll Kiwi	<u>BREAKFAST</u> Muffin String Cheese <u>LUNCH ENTREE'S</u> Macaroni Hotdish Chef Salad* Stuffed Crust Pizza <u>SIDES</u> Dinner Roll Glazed Carrots Tropical Fruit	<u>BREAKFAST</u> Ham, Egg & Cheese On A Biscuit* <u>LUNCH ENTREE'S</u> Chicken Strips Taco Burger Stuffed Crust Pizza <u>SIDES</u> Seasoned Pasta Fresh Veggies Peaches	<u>BREAKFAST</u> Breakfast Pizza* <u>LUNCH ENTREE'S</u> Meatballs Turkey Corn Dog Stuffed Crust Pizza <u>SIDES</u> Mashed Potatoes/Gravy Peas Mandarin Oranges
31				
<u>BREAKFAST</u> Cereal Toast <u>LUNCH ENTREE'S</u> Grilled Cheese/Tomato Soup Italian Chicken Sandwich Stuffed Crust Pizza <u>SIDES</u> Applesauce				

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