

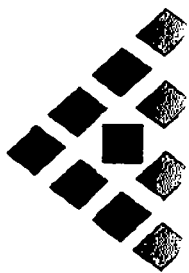
Williston High School
PO Box 1407
Williston, ND 58802

November

November 2010

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		G V VB Home w/Minot-7:30 G JV VB Home w/Minot-6 G 10 VB Home w/Minot-4:30				G V Swim West Region @ Williston G JV VB WDA Tourney @ Minot G 10 VB WDA Tourney @ Minot
7	8	9	10	11	12	13
	B & G HKY Practice Starts B WR Practice Starts			VETERAN'S DAY NO SCHOOL G V VB West Region @ Bismarck	G V Swim State @ Mandan G V VB West Region @ Bismarck	G V Swim State @ Mandan G V VB West Region @ Bismarck
14	15	16	17	18	19	20
				G V VB State @ Minot	G V VB State @ Minot	G V VB State @ Minot B V HKY Tournament @ Bismarck
21	22	23	24	25	26	27
	B & G BB Practice Starts	G V HKY @ Dickinson-6:15 B V HKY @ Dickinson-8:30		THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL
28	29	30				WINTER FORMAL
	B Swim Practice Starts					



The Coyote Howl

"Principal's Page"

Winter has arrived and we had several people get stuck while coming to school. I was on the Million Dollar Way next to Ultimate Entertainment when a Grand Prix approached going sideways and began creeping into my lane. Thankfully this driver just hit the curb rather than another car. Just remember that we are in the snow season and school rarely gets called off due to inclement weather. Thus, it is everyone's job to be proactive and get up a little earlier and make sure you have time to shovel out your vehicle if that is the case. You do as a parent, have the option to call in and say your son/daughter will not be in school due to inclement weather. This day will, however, count towards attendance and testing.

With Extreme Sorrow

We at Williston High School wish to express our deepest condolences to the White family for the tragic loss of Anne. She was a wonderful young lady and a light on campus, in the commons area and a friend to many. We conversed regularly about the arts, anime, family and the Rainbow Girls. I treasure the relationship I had with Anne and she will truly be missed at WHS and in our community.

Once Upon a Mattress

Once again, the Fine Arts department is working to provide us with another Broadway musical that will be shown on the following dates:

Friday, November 19 at 7 PM

Saturday, November 20 at 7 PM

Sunday, November 21
at 2 PM

Carol Burnett starred in the movie version of this musical. Please mark these dates on your calendar and help support the Fine Arts department of Williston High School.

Dates to Remember

Parent/Teacher Conferences:
November 4 from 4.30-7.30
Parent/Teacher Conferences:
November 8 from 5.30-8.30
Picture Retake Day:
November 9 @ 12.30
Veteran's Day:
November 11 – No School
Thanksgiving Break:
November 25 & 26

Until next month,

Chris Kittleson
Principal
Williston High School
"Go Coyotes"

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Counseling News

Williston High School Counselors

Miss Koperski, Mrs. Bradford

Mr. Lysne & Mrs. Geltel

November 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/fin.aid

Zachary Robert Anderson Wrestling Scholarship is set up by Zach's family to help a student with financial needs for school. It is open to male and female athletes either graduating from high school or already attending college. You must be a graduate of the following counties: Custer, Daniels, Dawson, Fallon, Phillips, Prairie, Richland, Roosevelt, Sheridan, Valley or Williams. Deadline date is November 1. Applications are available in the counselors' office or online at www.zach-anderson.net

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

November 3 – Senior meeting with Jostens

November 5 – ACT Registration due date for December

November 9 & 10 – Jostens class rings/senior orders

November 9 – UND Rep in Commons

November 16 – NDSU Rep in Commons

December 11 – ACT @ WSC

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.collegegoalsund.nd.edu

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 0 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 8 times for a semester course or 16 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 5 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 9th absence in a

semester course or 17th 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)

WINTER FORMAL

will be on

November 27, 2010

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.**

PICTURE RETAKE DAY,

TUESDAY,

NOVEMBER 9 beginning at 12.30

Done by: LIFE TOUCH

Please bring your previously ordered pictures with you on retake day. You will need to turn them in at that time.

Looking into the Future...

Parent/Teacher Conferences:

November 4 & 8

Veteran's Day-No School:

November 11

Thanksgiving Break-No School:

November 25 & 26

Christmas Break-No School:

December 22 – January 3

Teacher In-Service-No School:

January 17 & 18

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.

Greetings from the WHS Music Department!

Congratulations to the following students who were selected to perform in the Northwest Festival Honor Band & Choirs. The festival will be in Minot, ND on November 5th & 6th and the performance will be Saturday night at 7pm. Parents are invited to attend.

Honor Choirs

Mathoni A.

Sarah A.

Jasmine B.

Gabe B.

Drew B.

Katie E.

Danielle G.

Taryn G.

Zach H.

Cass H.

Akela J.

Olivia L.

Angela L.

Rachel L.

Brie M.

Caitlyn O'C.

John O.

Sarah O.

Rachel R.

Katrina W.

Courtney W.

Honor Band

Lianna S.

Billie P.

John B.

Mallory N.

Amelia B.

Taylor K.

Lindsey E.

Julian J.

Nikki E.

James T.

Mason W.

David S.

John O.

Andrew B.

John B.

Janessa S.

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

JOSTENS...

Class rings will be delivered on
November 9 from 11 AM to 4:30 PM and
November 10 from 8:30 AM to 3:30 PM

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

HOME COMING 2011

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

Senior meeting
with Jostens
November 3 @ 11:30 AM

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



Check It Out @ the Library

It's been a bountiful harvest
season in the library.

The school board and Dr.
LaFontaine set aside stimulus

money to be used by the various school libraries, so
WHS has purchased 360 new nonfiction books. The
first priority was replacing books with copyright dates
before 1995 as well as focusing on science, technology,
and social issues. Students researching English,
psychology, and science projects will be impressed by
the new books. Even art students are finding inspiration
in the fantastic photographs of the Mammals set.

The fiction section is exploding! One Tuesday
Morning, by Karen Kingsbury, is the first of a two-book
set about September 11, 2001, and its aftermath.

Kingsbury is very popular with students who like Sarah
Dessen and Jodi Picoult. Twelfth Grade Kills is the final
book of the Vladimir Todd saga of vampire books;
however, Darren Shan has begun a new prequel series
for Cirque du Freak called the Saga of Larten Crepsley
and wrote a stand-alone book The Thin Executioner.

Ellen Hopkins continues her series about Kristina
Snow's life (Crank and Glass) with Fallout and how
Kristina's children are affected by her choices. Carl
Deuker's new sports novel Payback Time has a sports
reporter who notices on a football player who is greatly
talented but doesn't want to shine or discuss his past.
C.J. Box's books continue to be added to the Accelerated
Reader tests. Blue Heaven, Free Fire, and Nowhere to
Run. With settings in the mountains and plains of the
West, the adventures of game warden Joe Pickett have
been popular with teenage hunters and fishermen.

To see if a book has an AR test, go to
www.arbookfinder.com or search the WHS quiz
database through the Renaissance Learning link on the
district site. If you have suggestions of books to buy, let
me know susan.snyder@sendit.nodak.edu .

Have a blessed Thanksgiving!

Miss Snyder, Librarian

FFA News

Congratulations to the following FFA members who attended the District leadership conference at WSC on Thursday, September 30.

The Chapter Parliamentary Procedure Team received a silver.

Officers received the following ratings:

President Sam J. – Silver
Vice President Ben B. – Gold
Secretary Olivia O. – Gold
Treasurer Reid H. – Bronze
Reporter Kameron L. – Silver
Sentinel Kaleb A. – Silver

Greenhand Parliamentary Team 1 received a bronze rating. Officers received the following ratings:

President Amanda N. – Bronze
Vice President JaciLynn H. – Bronze
Secretary Brittany H. – Silver
Treasurer Trevor C. – Bronze
Reporter Derrick W. – Silver
Sentinel Mathoni A. – Silver
Advisor Ty B. – Gold

Greenhand Parliamentary Team 2 received a silver rating. Officers received the following ratings:

President Ryan H. – Silver
Vice President Josh B. – Silver
Secretary Gabe J. – Gold
Treasurer Patrick F. – Gold
Reporter Anthony W. – Silver
Sentinel Courtney E. – Silver
Advisor Arin H. – Silver

Greenhand Parliamentary Team 3 received a silver rating. Officers received the following ratings:

President Ryan H. – Gold
Vice President JaciLynn H. – Silver

Secretary Austin H. – Gold
Treasurer Kyle E. – Silver
Reporter Jon K. – Silver
Sentinel Kyle E. – Silver
Advisor Sam A. – Gold

Creed Contest Ryan H. – Gold

Demonstration Toby O. – Gold

Extemporaneous Public Speaking Weston Smestad – Silver

Quiz Contest – Silver

Jared H. – Bronze

Weston S. – Bronze

Brandon S. – Bronze

Tyler G. – Bronze

Greenhand Quiz Contest – Silver

JaciLynn H. – Silver

Amanda N. – Silver

Mathoni A. – Silver

Gabe J. – Silver

Anthony W. – Silver

Fruit Sales

The FFA will again be selling Fruit (Oranges, Grapefruit, Apples and Pears) as well as sausage, cheese and candy. The sales will start October 28 and run until November 22.

Fruit will be delivered the week of December 13.

If you are interested, please contact an FFA member or call the high school for more information. (572-0967, ext. 8225).

High School 1 YEARS

Working together for lifelong success

Short Clips



Sticky incentive

To encourage family members to persevere, create a “stick with it” award. This can be a household item that represents “stick-to-it-iveness” (broomstick, bottle of glue). Once a week—maybe during a family dinner—give the prize to someone who stuck with something (a losing team, a job search).

Following directions

When your child has homework assignments or tests, suggest that she read directions carefully and then highlight key instructions (“round up,” “list examples”). If she has questions, she can ask the teacher before she starts. She’ll save time by doing it right from the start.

Help with chores

Next time you need your teen to lend a hand, try “inviting” him to help. You might say, “I’ve got so much to do. I’d really appreciate it if you could fold the laundry.” He’s more likely to cooperate if you ask instead of simply telling him to do it.

Worth quoting

“We cannot hold a torch to light another’s path without brightening our own.”

Ben Sweetland

Just for fun



Q: What’s always in the middle of a table on Thanksgiving?

A: The letter *b*.

Great group projects

Group projects are not only a regular part of high school today, they’re an excellent way to prepare your child for life in college or on the job.

Working with other students gives your teen valuable practice communicating, negotiating, and solving problems while exploring a topic in depth. Here are pointers to help her make the most of group projects.

Pick wisely. Teachers may assign partners. If not, encourage your high schooler to choose people she feels she can work well with and whose strengths offset her weaknesses. For example, a strong researcher may want to partner with a student who is a creative designer. Remind her that close friends may not be the right fit.

Lay the framework. Suggest that the group agree on the best times and places to work together. At the first meeting, they can divvy up parts and list resources



they’ll need (library books, maps, poster board). They might also set up a way to report their progress regularly, such as communicating daily online or meeting weekly. This will help ensure that each person does her part.

Create a timeline. Setting deadlines will keep everyone on track. Group members can start by estimating how long their piece will take. Then, the group can build a schedule leading up to the due date. *Tip:* They’ll need to leave time to put everyone’s contributions (bibliography, charts) into the finished project. 👍

Say “yes” to conferences

Parent-teacher conferences are just as important now as they were when your child was younger. By attending, you can help your teen get the support he needs. How?

- You’re the expert on your high schooler. You can share valuable information (personal matters, his habits). This lets teachers get to know your child and learn how to work with him.
- Teachers are the experts on your teen’s schoolwork. They can tell you about his performance (on assignments, on tests, in class). They can also give you ways to support your youngster at home.
- Conferences can help you learn about your child’s social life. Ask teachers what kind of crowd he hangs out with and how he interacts with peers. You’ll find out if he needs help with social skills or peer pressure. 👍



College prep work

Is your child thinking about applying to college? Help him get the process started now by keeping track of information he will need. Try these strategies.

Colleges

Have your teen make a list of colleges he might want to attend. He can start by thinking about what's important to him, such as size, location, cost, academic programs, or sports. Then, have him talk to his school counselor, look at guidebooks in the library, visit college Web sites, or attend college fairs. Encourage him to take notes, save handouts, and place information in folders for easy reference. *Tip:*



Suggest that he create a spreadsheet with data for each college.

Activities

Encourage your high schooler to start a computer file listing his achievements and activities or a scrapbook containing work samples, newspaper articles, certificates, and

awards. He can include information about projects, sports, clubs, jobs, and community service. *Idea:* Some students compile a resume to attach to college applications. This gives admission staffs an easy way to scan your teen's experiences. 👍



As I recall...

Your child's study efforts can really pay off when it's time for a quiz or test—as long as she remembers what she learns. Suggest these methods to improve memory.

Silly sentences

Method: Make up a sentence to remember facts, lists, or other information. The first letters of the main words should correspond with the first letters of the words you want to memorize.

Example: For the first five U.S. presidents, you might think of "Watermelon always gets juice on a monster's moustache." (Washington, Adams, Jefferson, Madison, Monroe)

Flash cards

Method: Write a concept, an event, or a vocabulary term on one side of an index card. Write the description, key facts, or definition on the back. Quiz yourself, placing missed answers in a pile to review again.

Example: Put "optic nerve" on one side and a key fact on the other ("nerve that carries neural impulses from the eye to the brain"). 👍



Q & A Girls and gangs

Q My ninth-grade daughter has been wearing certain colors and has strange symbols on her notebooks. Could she be involved in a gang?

A Gangs can be found in the suburbs, rural areas, and inner cities. Girls *do* get involved in them, and some even form all-girl gangs.

Members often use colors and symbols to show they belong. They might also use hand "signals," have unexplained money or belongings, withdraw from friends and family, and be very secretive.

Talk to your daughter right away. Tell her about the dangers of gangs, such as being injured or arrested or becoming addicted to drugs. Let her know you want to help if she's approached by someone in a gang. Also, consider reaching out to police and school counselors. They can support you and your daughter if she is part of a gang and wants to leave. For more information, visit www.safeyouth.gov. 👍



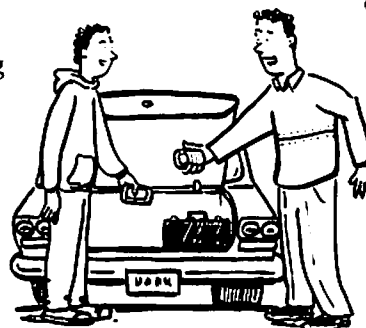
Parent to Parent Texting while driving

My son's friend was reading a text message at a stoplight when he accidentally bumped into another car. Thankfully, it was only a fender bender. But it made me think hard about our driving rules.

Since my son knows I like to text, too, I began by telling him that I know it's tempting to text while driving. But I made it clear that it is not safe—and it is not allowed in our family. To make my point stronger, I showed him an article that said texting while driving is

even more dangerous than driving while drunk. We agreed that was really scary.

Then, we talked about how we could avoid being tempted to text while driving. David suggested turning our phones off, but I took that a step further and said we should put them in the trunk. He's not thrilled with this solution, but he understands the reason. And he has given me his word that he will follow it. 👍



OUR PURPOSE

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

Resources for Educators,
a division of Aspen Publishers, Inc.
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfecustomer@wolterskluwer.com
www.rfonline.com
ISSN 1540-5605

ideas for parents

Easy Ways to Build Assets for and with Your Child

FAST FACTS

**ASSET
CATEGORY**

**Commitment
to Learning**

The more your child is committed to learning, the more likely he or she is to grow up healthy.

**Youth
Speak**

- "Feed my interests."
- "Respect my choices and allow me to devote time to school."
- "Help me treat school as if it is my job."

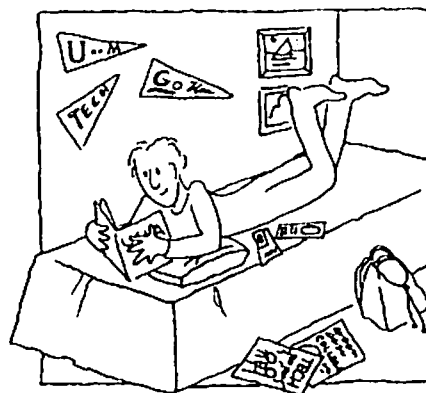
Encouraging Children to Love Learning

We're turning the corner. In 1983, the National Commission on Excellence in Education said that our nation's schools were in trouble. "The educational foundations of our society are presently being eroded by a rising tide of mediocrity that threatens our very future as a Nation and a people," the committee reported. But recent studies by the National Center for Education Statistics found promising changes, including:

- More students are taking high-level courses.
- Fewer high school students are dropping out.
- Scores in math and science have improved.
- A higher percentage of young people are going to college after graduation.

As a nation, we are making a firm commitment to education. Our job as parents is to encourage our children to value learning and make a personal commitment to it. How do we do that, especially when many kids say school is boring or no fun?

Most important is to be a role model. Show your child your enthusiasm about learning new skills and information. Remember that learning



doesn't happen only in school. Encourage and support children to find things that get them excited about learning—and provide opportunities (in school and elsewhere) to help them develop those interests further.

By doing so, you'll get your child excited about learning and committed to education.

Quick Tip:
Choose one new thing to learn, and let your child observe your learning process.

5 Key Areas of a Commitment to Learning

Search Institute researchers have identified five assets in the area of commitment to learning that are crucial for helping young people grow up healthy. Check your child's areas of strength:

- Achievement motivation—Your child is motivated to do well in school.
- School engagement—Your child is actively engaged in learning.
- Homework—Your child reports doing at least one hour of homework every school day.
- Bonding to school—Your child cares about her or his school.
- Reading for pleasure—Your child reads for pleasure three or more hours per week.

Watch for five more newsletters on encouraging a commitment to learning in your child.

Learning through the Years

Age Ways to Encourage a Commitment to Learning

- 0-1
 - Read picture books with bright colors to your baby daily.
 - Show how pleased you are when your baby learns new skills.
 - Give new, interesting things to your baby to look at, such as toys in different colors, shapes, and sizes.
- 2-3
 - Make a game for your child to learn names of objects.
 - Read to your child.
 - Sing when you do simple chores.
- 4-5
 - Encourage writing with magnetic letters, crayons, and fingerpaint.
 - Keep a box of dress-up clothes for your child to play with.
 - Visit libraries, zoos, museums.
- 6-10
 - Let your child read to you every day as he or she learns to read.
 - Help homework become a part of your child's evening routine.
 - Ask your child "what if" questions to help her or him look at the world in a different way.
- 11-15
 - Encourage your child to collect things he or she gets excited about. Contribute to the collection.
 - Help your child learn how to study with a friend.
 - Find creative ways to help your child link her or his interests with school subjects.
- 16-18
 - Place more emphasis on lifetime learning—not just graduation.
 - Encourage your teenager to listen to her or his heart. Help your teenager connect what's in her or his heart to career interests.
 - Help your teenager think about future goals, and the discipline and boundaries required to reach them.
 - Visit colleges with your teenager to get her or him excited and connected to her or his future.

Ways You Can Make a Difference

1
2
3

Find at least one small way to become involved in your child's school. In the process, you will:

1. *Detect small problems before they become big.*
2. *Make a teacher's day.*
(The #2 teacher frustration—after salary—is parental indifference.)
3. *Show your child you care about her or him.*

More Help For Parents

Raising Lifelong Learners: A Parents' Guide by Lucy McCormick Calkins and Lydia Bellino. This book shows how parents can celebrate and support children's skills as readers, writers, and lifelong learners in all fields. (Published by Perseus Publishing.)

FiNAL WoRD "Education should be the process of helping everyone to discover his/her uniqueness."—Leo Buscaglia

This newsletter and other asset resources are produced by Search Institute, www.search-institute.org; 800-888-7828.
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Questions? Comments? Ideas? PLEASE CONTACT SOMEONE BELOW!

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WILLISTON MIDDLE SCHOOL: 572-5618 Katie Peterson

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LEWIS & CLARK ELEMENTARY SCHOOL: 572-6331 Tracy Hanson

RICKARD ELEMENTARY SCHOOL: 572-5412 Stacey Eskelson

WILKINSON ELEMENTARY SCHOOL: 572-6532 Loren Sailer

Williston High School Drama Club Presents:

Once Upon a Mattress

Music by

MARY RODGERS

Lyrics by

MARSHALL BARER

Book by JAY THOMPSON, DEAN FULLER and MARSHALL BARER

Friday, November 19, 2010 at 7:00pm

Saturday, November 20, 2010 at 7:00pm

Sunday, November 21, 2010 at 2:00pm

All Performances will be held in the **Williston High School Auditorium.**

Once Upon A Mattress is presented through special arrangement with R & H Theatricals:
www.rnhtheatricals.com

Williston High School

Lunch Menu

Nov-10

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>1</p> <p><u>BREAKFAST</u> Oatmeal Breakfast Cookie String Cheese</p> <p><u>LUNCH ENTREE'S</u> Grilled Cheese Egg Roll Stuffed Crust Pizza</p> <p><u>SIDES</u> Tomato Soup Strawberry Cup</p>	<p>2</p> <p><u>BREAKFAST</u> Scrambled Eggs Toast</p> <p><u>LUNCH ENTREE'S</u> Pizza* Chicken Smackers</p> <p><u>SIDES</u> Green Bean Casserole Kiwi</p>	<p>3</p> <p><u>BREAKFAST</u> French Toast</p> <p><u>LUNCH ENTREE'S</u> Turkey Tidbits Meatballs Stuffed Crust Pizza</p> <p><u>SIDES</u> Mashed Potatoes/Corn Dinner Roll Spiced Apples</p>	<p>4</p> <p><u>BREAKFAST</u> Banana Bread String Cheese</p> <p><u>LUNCH ENTREE'S</u> Popcorn Chicken Bagel & Yogurt Stuffed Crust Pizza</p> <p><u>SIDES</u> Cheesy Potatoes Mandarin Oranges</p>	<p>5</p> <p><u>BREAKFAST</u> Cheese Omelet Toast</p> <p><u>LUNCH ENTREE'S</u> Taco Hot Pocket Cook's Choice Stuffed Crust Pizza</p> <p><u>SIDES</u> Corn Sherbet Cup</p>
<p>8</p> <p><u>BREAKFAST</u> Breakfast Early Riser</p> <p><u>LUNCH ENTREE'S</u> Chili Crispito Biscuit & Gravy Stuffed Crust Pizza</p> <p><u>SIDES</u> Corn Pineapple</p>	<p>9</p> <p><u>BREAKFAST</u> Cinnamon Roll</p> <p><u>LUNCH ENTREE'S</u> Shredded Pork Sandwich* Chicken Fajita Stuffed Crust Pizza</p> <p><u>SIDES</u> Potato Wedges Grapes</p>	<p>10</p> <p><u>BREAKFAST</u> Bagel Egg Patty</p> <p><u>LUNCH ENTREE'S</u> Chicken Hoops Corn Dog* Stuffed Crust Pizza</p> <p><u>SIDES</u> Mashed Potatoes Green Beans Peach Cup</p>	<p>11</p> <p>VETERAN'S DAY</p> <p>NO SCHOOL</p>	<p>12</p> <p><u>BREAKFAST</u> French Toast Sticks</p> <p><u>LUNCH ENTREE'S</u> Hot Dog On A Bun* Pizza*</p> <p><u>SIDES</u> Baked Beans Applesauce</p>
<p>15</p> <p><u>BREAKFAST</u> Breakfast Wrap</p> <p><u>LUNCH ENTREE'S</u> Italian Chicken Sandwich Corn Dog* Stuffed Crust Pizza</p> <p><u>SIDES</u> Green Beans Mandarin Oranges</p>	<p>16</p> <p><u>BREAKFAST</u> Muffin Yogurt</p> <p><u>LUNCH ENTREE'S</u> Spaghetti Oriental Salad Stuffed Crust Pizza</p> <p><u>SIDES</u> Garlic Toast Corn Blueberries</p>	<p>17</p> <p><u>BREAKFAST</u> Ham, Egg & Cheese On An English Muffin</p> <p><u>LUNCH ENTREE'S</u> Pizza* Fish Fillet On A Bun</p> <p><u>SIDES</u> Glazed Carrots Pears Cookie</p>	<p>18</p> <p><u>BREAKFAST</u> Biscuit & Gravy</p> <p><u>LUNCH ENTREE'S</u> Chef Salad* Chicken Tortilla Soup Stuffed Crust Pizza</p> <p><u>SIDES</u> Breadstick Banana</p>	<p>19</p> <p><u>BREAKFAST</u> Pancakes</p> <p><u>LUNCH ENTREE'S</u> Chicken Patty On A Bun Bosco Cheese Stick Stuffed Crust Pizza</p> <p><u>SIDES</u> Creamed Corn Peaches</p>
<p>22</p> <p><u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u> Sub Sandwich* Chili Crispito Stuffed Crust Pizza</p> <p><u>SIDES</u> Chips & Salsa Frozen Fruit Bar</p>	<p>23</p> <p><u>BREAKFAST</u> Scrambled Eggs Toast</p> <p><u>LUNCH ENTREE'S</u> Super Nachos Fiestada Pizza</p> <p><u>SIDES</u> Fresh Orange</p>	<p>24</p> <p><u>BREAKFAST</u> Oatmeal Breakfast Cookie String Cheese</p> <p><u>LUNCH ENTREE'S</u> Corn Dog* Taco In A Bag Stuffed Crust Pizza</p> <p><u>SIDES</u> Baked Beans Pineapple</p>	<p>25</p> <p>THANKSGIVING BREAK</p> <p>NO SCHOOL</p>	<p>26</p> <p>THANKSGIVING BREAK</p> <p>NO SCHOOL</p>
<p>29</p> <p><u>BREAKFAST</u> French Toast Sausage</p> <p><u>LUNCH ENTREE'S</u> Hamburger On A Bun Tuna Casserole Stuffed Crust Pizza</p> <p><u>SIDES</u> Potato Smiles Mixed Fruit</p>	<p>30</p> <p><u>BREAKFAST</u> Cheese Omelet Toast</p> <p><u>LUNCH ENTREE'S</u> Chicken Fajita Pizza*</p> <p><u>SIDES</u> Fresh Apple Smore Pocket</p>			

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