

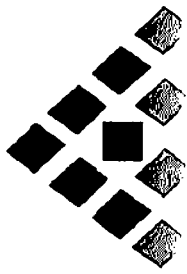
Williston High School  
PO Box 1407  
Williston, ND 58802

October

# October 2010

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 B V FB Home w/Dickinson-7 PM B V Tennis State @ Bismarck	2 G V Swim Mandan Invite B V Tennis State @ Bismarck G JV VB Dickinson Tourney
3	4 G V Golf State @ Jamestown	5 G V Golf State @ Jamestown	6	7 B JV FB @ Century-5 PM G V VB@ Jamestown-7:30 PM	8 G V Swim @ Minot-5 PM G V VB Fargo Tournament	9 B & G V CC WDA @ Bismarck-1 B V FB @ Century-5 PM G V Swim Minot Pentathlon G V VB Fargo Tournament
10	11	12	13	14	15 B V FB Home w/Jamestown-7 PM G V VB Home w/Century-7:30 G JV VB Home w/Century-6 PM G 10 VB Home w/Century-4:30	16 B 9 FB Home w/Bismarck-2 PM G V Swim Bismarck Invite G V VB Home w/Mandan-1:30 PM G JV VB Home w/Mandan-12 PM G 10 VB Home w/Mandan-10:30
17	18 B JV FB Home w/Bismarck-4:30	19 G V Swim Home w/Minot-5	20 B V FB Home w/Bismarck-7 PM G V VB @ Belcourt-6 PM G JV VB @ Belcourt-5 PM G 10 VB @ Belcourt-4 PM	21 <b>TEACHERS CONVENTION</b>  <b>NO SCHOOL</b>	22 <b>TEACHERS CONVENTION</b>  <b>NO SCHOOL</b>	23 B & G V CC State @ Jamestown-1
24	25	26 G V VB @ Dickinson-8:30 PM G JV VB @ Dickinson-7 PM G 10 VB @ Dickinson-5:30 PM	27	28	29 G V Swim @ Jamestown-5 PM G V VB @ Bismarck-7:30 PM G JV VB @ Bismarck-6 PM G 10 VB @ Bismarck-4:30 PM	30 G V Swim Blue Jay Invite G V VB @ St. Mary's-3 PM G JV VB @ St. Mary's-1:30 PM G 10 VB @ St. Mary's-12 PM



# The Coyote Howl

## “Principal’s Page”

Well, the weather has made a positive turn, and, hopefully the crops will dry out enough for the famers to be able to get into the fields to complete the harvest. Homecoming was in full swing this last week with lots of different ideas being displayed.

## Coyotes in the News

Congratulations to the following Coyotes for their achievements as semifinalists for the National Merit Scholars Award. Jarek W. and Marcus F. have been nominated to compete as finalists for the 2010-2011 school year.

## Parent Forum

Tuesday, October 5, we will be having our next installment of our monthly parent forum. Last month, Miss Koperski put on an excellent presentation for senior parents with regards to scholarships and how to select colleges.

This month, we will be talking about our “blue-collar professionals.” Our students who wish to pursue a professional certification in the areas where our new career and technical center at Williston State College and the area vocational colleges may be of assistance. Kent Ellis from North Dakota Job Service will give our parents and students an idea of what the hot job prospects are in the region and our counselors can assist with the appropriate trade schools that will assist with certification. The meeting will be in the auditorium on October 5 at 7 PM. Any and all parents and students are welcome to attend this seminar.

## School Codes

With the increased awareness of school safety, WPDS #1 has implemented emergency code procedures in order to protect our students and faculty. In the next few days, we will have

experienced first-hand how these codes work. This is a synopsis of each code.

**Yellow** – This would be if a situation is happening at another school or determined by administration.

**Orange** – This would include situations where police would be contacted. This code would not be used for non-violent situations when police are called on campus.

**Red** – HIGH ALERT. This would be an intruder on campus with total lockdown of the school.

## Dates to Remember

State Testing.

October 26 – October 28

Parent/Teacher Conferences.

November 4 & 8

Veteran’s Day.

November 11 – No School

Thanksgiving Break.

November 25 & 26

Professionally.

Chris Kittleson  
Principal

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## Counseling News

Williston High School Counselors

Miss Koperski, Mrs. Bradford

Mr. Lysne & Mrs. Geltel

October 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](http://www.sae.org/students/engschlr.htm)

Coca-Cola Scholars Foundation will be selecting its next class of Coca-Cola Scholars in the upcoming school year. Three million a year is awarded annually to 250 students. The scholarship is based upon leadership, commitment to community and academic achievement. Visit the website for the application at [www.coca-colascholars.org](http://www.coca-colascholars.org) The deadline is October 31.

Horatio Alger Association annually awards more than five million in college scholarships and grants. You apply online at [www.horatioalger.com/scholarships](http://www.horatioalger.com/scholarships) The deadline for the application is October 30.

Prudential Spirit of Community Awards are given for volunteer service in our community. Students in grades 9-12 may apply. The deadline is October 31. Please apply online at [www.prudential.com/spirit](http://www.prudential.com/spirit)

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](http://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](http://www.financialaid.und.edu/aid_eligibility.html)

Minnesota State University-Moorhead has many scholarship opportunities for the 2010-2011 school year. Visit their website at [www.mnstate.edu/finaid](http://www.mnstate.edu/finaid)

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](http://www.zach-anderson.net)

### 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](http://www.actstudent.org)

### SAT Registration

The easiest way to register for the SAT is to visit their site at [www.sat.collegeboard.com/register](http://www.sat.collegeboard.com/register) You will get immediate confirmation of your registration. The SAT is given in Williston on **November 7**. Deadline to register for this date is **October 8**.

## Dates to Remember

October 6 – PLAN for sophomores

October 8 – Deadline for the November 6 SAT

October 13 – PSAT for juniors

October 26–28 – ND State Assessment for juniors

November 9 – UND Rep on Campus

November 16 – NDSU Rep on Campus

## 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](http://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 17<sup>th</sup> 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 ON 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:

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

*2<sup>nd</sup> Offense* - A Parent must come and get the phone at the end of the next day.

*3<sup>rd</sup> 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/](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

First Nine Weeks – October 29

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](http://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.**



## **ANNOUNCEMENTS & NEWSLETTERS**

**THE WHS DAILY ANNOUNCEMENTS  
AND MONTHLY NEWSLETTERS  
CAN BE VIEWED ONLINE AT:  
[www.williston.k12.nd.us/whs/](http://www.williston.k12.nd.us/whs/)**

### **Looking into the Future...**

**Teachers Convention-No School:**

**October 21 & 22**

**Veteran's Day-No School:**

**November 11**

**Thanksgiving Break-No School:**

**November 25 & 26**

**Christmas Break-No School:**

**December 22 – January 3**

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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!**

The school year is off to a great start! In the middle of September, we had about 65 students audition for the NW Music Festival. The students selected for those choir and band ensembles will go to the festival November 5 & 6 in Minot, ND. The band is getting ready for Homecoming by practicing pep band and marching in the streets. The fall choir concert is happening soon, so they are working hard to prepare some great music to share. Musical rehearsals are also taking place several nights a week and kids are starting to see the big picture. Please plan to attend and support our music students!

### Choir Concert

**Monday, October 18 @ 7pm**

### Musical Performances

**Friday, November 19 @ 7pm**

**Saturday, November 20 @ 2pm**

**Sunday, November 21 @ 2pm**

### Band Concert

**Monday, December 6 @ 7pm**

**(All events take place in the WHS Auditorium)**

**Mr. Eric Rooke  
Band**

**Mrs. Katie Rooke  
Choir**

## 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](http://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

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## 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

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## HOME COMING 2011

is scheduled for

September 19 - 23, 2011

against the Mandan Braves

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Senior meeting

with Jostens

November 5 @ 11:30 AM

## We're on the MOVE to fight Alzheimer's, 2010 Williston Memory Walk

Every seventy seconds, someone in America develops Alzheimer's disease, and an estimated 20,000 people in North Dakota already have the disease. Many more must face it as loved ones, care providers or both.

The Alzheimer's Association is looking for people who are not going to sit on the sidelines when there's a chance to change the future. When you register for the Williston Alzheimer's Association Memory Walk, you are joining a nationwide community of thousands of people who are standing up and participating in the fight against this devastating disease. Funds raised through the Memory Walk make it possible for the local Minnesota-North Dakota Chapter to provide compassionate support, education, important tools and a public voice to thousands of people facing the disease in our area.

This year's Williston Memory Walk will be held on Saturday, October 2, at Williston State College. Entertainment, food and much more will be provided the day of the walk. Online registration is available now at [www.alz.org/mmnd](http://www.alz.org/mmnd). If you would like to contribute in any way or have questions, just call Krista Headland at 701-258-4933, Jackie Basaraba at 701-577-5252 or Sherry Tysse at 701-572-6674. You may also contact Susan Snyder or Shelly Schultz at WHS at 701-572-0967.

## FCCLA

The Williston High School chapter of Family, Career and Community Leaders of America will be making duffle bag/backpacks to be donated to Williams County Social Services. These bags will allow children who are being removed from their homes to take personal belongings with them. Each bag requires 1 yard of tightly woven cotton fabric (quilting fabric). If you would like to donate fabric for this project, please contact Mrs. Holm at 572-0967 ext 8-256 or [brenda.holm@sendit.nodak.edu](mailto:brenda.holm@sendit.nodak.edu). Fabric and monetary donations can also be made through The Bent Pin at 222 Main Street. Thank you for your support of WHS FCCLA.

Brenda Holm  
FCCLA Advisor

## FBLA

FBLA is off to a great start this year. We have elected our officers and attended the Fall Leadership Conference in Bismarck on September 19-20. Our officers this year are as follows. President-Caleb S., Vice President-Marcus F., Secretary-Brady L., Treasurer-Mallory N., Historian/Reporter-Brie M., Parliamentarian-Nathan D., and Store Manager-Aaron M. We have many activities yet to plan and hope to have a fun filled year. It is not too late for your son or daughter to join. The dues are \$10 and need to be paid by October 7, which is our next meeting date. We will be doing fundraisers throughout the year to raise money for our state convention in Grand Forks and hopefully Orlando, FL, which is where nationals will be held this summer. This year, to begin with, we plan on selling gourmet coffee. We also have the Coyote souvenir store, which is located across the hall from the girls' locker room in the Phil Jackson Fieldhouse. We sell t-shirts, sweatshirts, sweatpants, jewelry, soy candles, and many other items. We hope to add new items throughout the year so check us out during all home games!

Dana Michaelson  
FBLA Advisor

**THANK YOU**  
**WILLISTON HIGH SCHOOL**  
**HOMECOMING 2010**  
**"IT WAS A BIG SHOW"**

The Williston High School Student Council would like to thank everyone for their help and support throughout Homecoming. This year, "Coyote Circus" Welcome to the big show!" was the theme and the Coyotes took on the Dickinson Midgets. We would like to thank the following.

- WHS Student Council Members
- Williston Public School Administration, Athletic Director, Faculty, Parents, Custodians and Student Body
- Publicity-KEYZ, KUMV-TV, KXMD-TV, the Herald, Channel 19 and community businesses
- T-shirts-everyone that helped to get the t-shirts out on time
- Art Classes- decorating the school and downtown business windows
- Float building-Corporate sponsors are Nemont, Ryan Motors, Western Cooperative Credit Union and WISCO. We would also like to thank Nemont, Pro-Safe, the Rec. Center, and the Fairboard for the use of their buildings and the Ernie French Center for donating flatbeds
- Parade-Murphy motors for donating the vehicles; the Mayor, Chief of Police & Chamber of Commerce for float judging

- Pre Game-Our Sponsors L & K Electric & Red River Supply; announcers Greg McNary and George Smith; Williston National Color Guard Alumni; and Haley Jeannotte who sang the National Anthem
- WHS Band-playing during the opening ceremony
- Williston Volunteer Fire Department-lighting the "W" in honor of the 2010 Homecoming Royalty
- TNT Fireworks
- Coronation-Our sponsors WellPro, Plains Energy & Everson Funeral Home
- Dance-Rec. Center for the use of the building, KHOOK for the music, the parents who chaperoned and cleaned up after the dance, and Wal-Mart for donating the water

Homecoming would not be as successful as it always is without the help of everyone involved. We apologize if we missed anyone in this letter of thanks.

WHS Student Council Advisor  
Karla Olson

The Student Council presidents and members would like to give a HUGE thank you to their advisor, Karla Olson, for the many hours she puts into this event and her patience with the Student Council members.

"We couldn't do it without you, Miss Olson!"

# High School 1 YEARS

Working together for lifelong success

## Short Clips



### Shy? Smile!

Some teens feel nervous or awkward when it comes to starting a conversation. Let your child know that a smile can be a great icebreaker when someone new speaks to her. Then, she can ask questions to get to know the person. *Examples:* "What classes do you take?" "What kind of music do you like?"

### DID YOU KNOW?

Internet plagiarism is on the rise. More than half of all students in a recent survey admitted to copying information or whole research papers from the Internet. Let your kids know that they have to do their own work and cite any sources they use for research.

### Parent power

Looking for ways to be involved in your teen's school without "embarrassing" him? Consider attending parent-teacher association or booster club meetings. You might also volunteer at events (college or career fair) or join a committee (snack bar, scholarship).

### Worth quoting

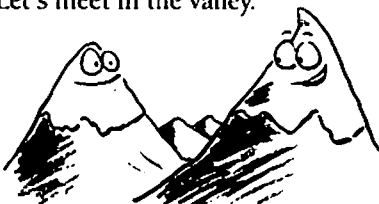
"I am always doing that which I cannot do, in order that I may learn how to do it."

*Pablo Picasso*

### Just for fun

**Q:** What did one mountain say to the other mountain?

**A:** Let's meet in the valley.



## Thinking critically

When your child learns new information, does he try to think about it from different perspectives? If so, he's learning to be a critical thinker.

Students who think critically can draw conclusions from facts, evaluate different arguments, and analyze what works or doesn't work. They will understand more about what they learn, and they'll be more ready for college and the workplace. Sharpen your teen's thinking skills with these ideas.

**1. Ask open-ended questions.** Help him evaluate information by posing questions that aren't easily answered. For example, look for questions that have more than one right answer ("Should we continue to explore space?"). Or ask him to make a choice and explain it ("Which Jane Austen book do you like best? Why?").

**2. Consider all the facts.** Suggest that your child come up with positive, negative, and interesting points about a question in the news. For instance, should school be year-round? From reading articles and thinking through the arguments, he might say: "We could learn more" (positive). "It would be harder to get a summer job" (negative). "Some schools already do this" (interesting).



This approach will help him take apart the information, clarify his thoughts, and reach a conclusion.

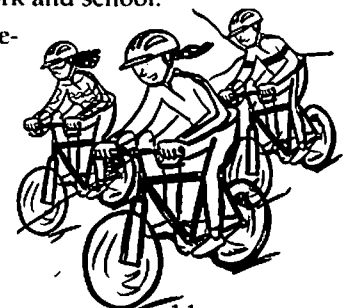
**3. Organize information.** Play a mind game that teaches critical thinking. Together, list all the items in your family room (books, magazines, a vase, a television, a sofa). Then, have each person put the items in order from most useful to least useful for a made-up scenario (planting a garden, getting ready for a trip). There are no right or wrong answers—this activity just helps kids learn a way of thinking. 👍

### Hit the trails!

Here's a sure route to family fun: set out on a trail adventure. It's a great way for your family to reconnect after a busy week of work and school.

**Hike.** Walk a rails-to-trails path or a state park recreation trail. Map out your trek with a hiking guide from the library or a bookstore. Also, look for popular trails by state at [www.trails.com/trails.aspx](http://www.trails.com/trails.aspx).

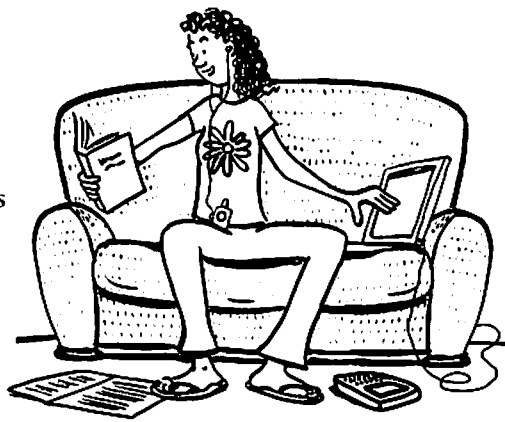
**Bike.** Gear up to ride somewhere you haven't gone before. Check library books that highlight regional routes. Or find recommendations from cycling enthusiasts online (use phrases like "bike routes Virginia"). 👍



# Multi-tasking makeover

It's homework time. You notice your teen has a textbook open. The television is on, and she's texting friends and reading a movie review online. Like many teenagers, she's multi-tasking. But research shows that switching back and forth like this can make tasks take 25–400 percent longer. How can you get your child to cut down on multi-tasking?

**Encourage focus.** Challenge your child to concentrate on one thing at a time (completing her history paper). She may finish her work more quickly and free up time to do something she likes, such as playing Frisbee with the dog or reading a magazine.



**Limit distractions.** Consider setting guidelines for watching television, playing video games, texting and online surfing (say, no gadgets until homework is finished). When your teen isn't distracted by technology, she'll be able to focus on what she is studying.

**Connect in person.** The short and fast nature of instant messaging, texting, and other electronic communication doesn't encourage in-depth conversation. Find time to talk with your teen face-to-face without interruptions. And encourage her to get together with friends in person—not just in the cyberworld. 👍

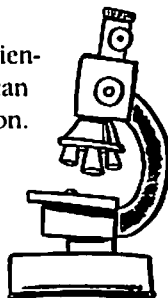
## Science secrets



From earth science to advanced physics, students learn concepts that are both fascinating and challenging. Suggest that your high schooler try these strategies to do well in science.

**Find a target.** Looking for specific information can help your child stay engaged. Encourage him to scan textbook chapters ahead of time for ideas that spark his interest (“What is the greenhouse effect? How does it work?”). As he reads, he can note the explanations.

**Get hands-on.** Seeing scientific principles in action can make the “lightbulb” go on. Your child might ask the teacher for hands-on activities to do at home. For example, if he's taking environmental science, he could study samples from a stream near your house.



**Chart it out.** Encourage your child to create a formula chart with definitions and examples. He can add new ones as needed and review formulas from earlier lessons. 👍

**O U R P U R P O S E**

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 • rfeustomer@wolterskluwer.com  
www.rfeonline.com  
ISSN 1540-5605

## Parent to Parent

### Prevent underage drinking

I've heard that some parents in our neighborhood allow underage drinking. They provide teens with beer at parties because they feel it's “safer” for their kids to drink at home.

I wanted to make sure my daughter, Daniella, knew how I felt about this. An article I read said that parents' disapproval is a big reason teens choose not to drink. So, one evening while we made dinner together, I shared my thoughts. “Serving alcohol to minors is illegal,” I explained. “Plus, it's not safe for teens to drink, even if they're supervised by parents.”

Daniella said all her friends go to the parties and she didn't like being left out. She asked if she could go if she promised she wouldn't drink. I told her that I understood how she felt, but I couldn't let her go to a party where drinking was allowed. I hope our talk made a difference. Daniella is not happy that she's missing the parties, but she does seem to understand my reasoning. 👍



### Q & A “Potential” pitfall

**Q** My son made good grades until recently. I know he can do better, but he doesn't seem to care. How can I motivate him?

**A** Children underachieve for different reasons. For example, some fear they can't live up to expectations and stop trying. Others compare themselves to high-achieving siblings and lose heart.

Tell your son why you're concerned (“Mrs. Blair says you haven't been turning in homework”). Explain that you love him regardless of grades and that you believe in his abilities. Then, help your child

create a plan (complete missing homework, schedule tutoring).

Also, encourage your teen to explore a passion. It may spark excitement about learning that transfers to the classroom. If he loves baseball, he could read about

famous players and track their pitching speed. Finally, pay attention to your child's effort. Praising him when he tries can motivate him to keep going. 👍



# ideas for parents

Easy Ways to Build Assets for and with Your Child

**FAST FACTS**

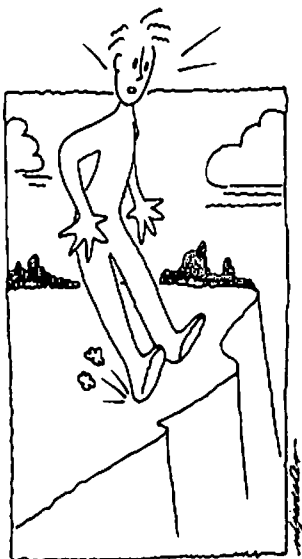
**ASSET CATEGORY**

**Boundaries and Expectations**

*The more your child has clear, consistent boundaries and high expectations, the more likely he or she is to grow up healthy.*

**Youth Speak**

- "Expect me to be a good student and to do things right."
- "Help me grow to be an individual."
- "Challenge me to succeed and comfort me when I fail."



## Why Boundaries and Expectations Make a Difference

**S**earch Institute researchers found that young people have fewer boundaries as they get older. While it's normal and healthy for teenagers to take more responsibility for themselves as

they grow, the problem is that not enough young people have clear boundaries in the first place. Positive peer influence is one boundary asset that can help youth make good decisions for themselves (see *6 Key Areas of Boundaries and Expectations* below). But while 87% of 6th graders report that their best friends model responsible behavior, only 52% of 12th graders do.

Boundaries are important to our children because they give clear messages about what's expected. Every day young people face many options and choices. Without boundaries to guide them, they may feel unsure and confused—and make unhealthy decisions. With boundaries, they have the supports that help them choose wisely and grow up healthy.

Expectations also make a difference in children's lives. Having teachers and parents who expect them to do their best is important for children. For example, research shows that regardless of ability level, young people's scholastic achievement tends to be higher in classes where teachers have high expectations. When parents and teachers set high, yet realistic, expectations, children strive to do well.

## 6 Key Areas of Boundaries and Expectations

Search Institute researchers have identified six assets in the area of boundaries and expectations that are crucial for helping young people grow up healthy. Check your family's areas of strength:

**Watch the next six newsletters for more ideas on building boundaries and expectations assets!**

### Helpful Hints

**Tips that make boundaries easier:**

- Discuss boundaries with teachers, coaches, employers, clergy, and adults in other places where your child goes so that all boundaries are consistent.
- When you're unsure about setting and enforcing boundaries, seek advice from another parent or a teacher.
- Involve your children in family meetings to discuss boundaries and what happens when boundaries are violated.
- Think of boundaries as something positive rather than something negative!

- Family boundaries**—Family has clear rules and consequences, and monitors the young person's whereabouts.
- School boundaries**—School provides clear rules and consequences.
- Neighborhood boundaries**—Neighbors take responsibility for monitoring young people's behavior.
- Adult role models**—Parent(s) and other adults model responsible behavior.
- Positive peer influence**—Young person's best friends model responsible behavior.
- High expectations**—Both parent(s) and teachers encourage the young person to do well.

# Setting Limits through the Years

## Age Ways to Set and Uphold Boundaries for Your Child

- 0-1 • Know that children at this age don't intentionally violate standards.  
• Distract your child from inappropriate behaviors and draw attention to appropriate ones.
- 2-3 • Enforce boundaries consistently.  
• Give simple, understandable boundaries, such as "Don't bite" or "Be quiet."  
• Calmly repeat simple rules when children do not follow them.
- 4-5 • Don't just tell your child what and what not to do. Demonstrate appropriate ways of behaving.  
• Learn to set limits and offer your child choices.
- 6-10 • Be firm about safety boundaries.  
• Be consistent with the consequences for violating boundaries.
- 11-15 • Negotiate new boundaries as your child grows older.  
• Be patient, calm, and consistent as young adolescents test the boundaries you set.
- 16-18 • Explain your reasons for the limits you set.  
• Help your teenager think about future goals, and the discipline and boundaries required to reach them.

**Quick Tip:**  
Set clear boundaries  
and expect the best.

## Final Word

**"The word *no* carries a lot more meaning when spoken by a parent who also knows how to say yes."  
—Joyce Maynard**

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

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RICKARD ELEMENTARY SCHOOL: 572-5412 Stacey Eskelson

WILKINSON ELEMENTARY SCHOOL: 572-6532 Loren Sailer

## The 4 Cs of Boundaries and Expectations



**Clear**—Everyone should know what to expect.

**Consistent**—Standards are more likely to be honored when you uphold them.

**Creative**—Kids respond better when boundaries are clever and creative.

**Confident**—Expectations empower when you say, "I know you can do this."

### More Help for Parents

*Setting Limits: How to Raise Responsible, Independent Children by Providing Clear Boundaries* by Robert J. MacKenzie. This book helps with the positive, respectful, boundaries your child needs. (Published by Prima Publishing.)



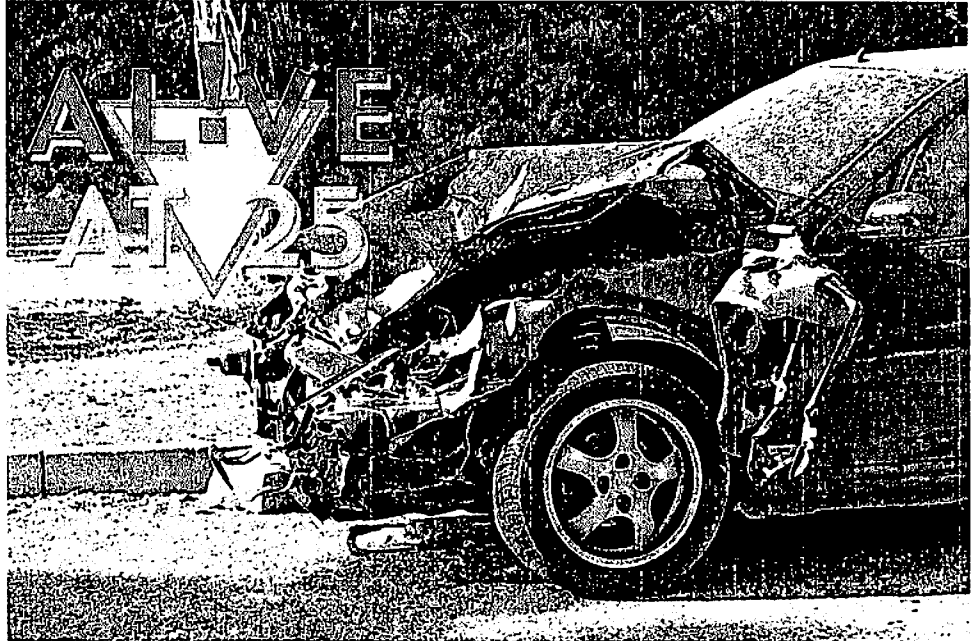
# PROTECT YOUR YOUNG DRIVER

# BEFORE

before the crash...  
before the ticket...  
before lives are lost...

Vehicle crashes  
are the #1 cause  
of death  
for young adults  
ages 14-24!

Enroll your  
young driver in  
**ALIVE AT 25**  
today!



Alive at 25 is an interactive classroom course that encourages young drivers to take responsibility for their driving behavior to help keep them safer on the road.

*Plus, the Alive at 25 course is approved for point reduction and possibly an insurance discount.*

## This course could reduce your young driver's likelihood of being in a car crash!

Register at [www.ndsc.org](http://www.ndsc.org), by selecting the Alive at 25 logo, and following the simple steps! Course fee is \$45.

Date: October 17, 2010 Date: TBD Date: TBD

Time: 4:00pm - 8:00pm Time: \_\_\_\_\_ Time: \_\_\_\_\_

Location: Law Enforcement Center Location: \_\_\_\_\_ Location: \_\_\_\_\_

2nd Floor, 223 East Broadway \_\_\_\_\_

City: Williston, ND City: \_\_\_\_\_ City: \_\_\_\_\_



For questions about the Alive at 25 course, contact Terry Weaver with the NDSC at 701-223-6372, 800-932-8890 or [terryw@ndsc.org](mailto:terryw@ndsc.org)

# **WHAT DO YOU MEAN MY KID CAN'T EAT A PEANUT BUTTER SANDWICH AT SCHOOL?**

**WHERE: Community Library  
1302 Davidson Park**

**WHEN: October 4, 2010  
TIME: 7:00 PM**

**FREE AND OPEN TO THE PUBLIC**

\*\*\*\*\*

**SPEAKER:  
DAYLE HAYES, MS,RD**

Dayle Hayes is an award-winning author, educator, and nutrition coach. In her writing and presentations, Dayle brings a delightful blend of practicality and pizzazz to everyday nutrition advice. Her creativity and common-sense have made her a sought-after speaker and workshop leader for professional and consumer groups across the country.

# Williston High School

# Lunch Menu

# Oct-10

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <u>BREAKFAST</u> French Toast Sticks Sausage Links <u>LUNCH ENTREE'S</u> Hot Dog On A Bun* Cheese Sticks Stuffed Crust Pizza <u>SIDES</u> Baked Beans Applesauce
4 <u>BREAKFAST</u> Breakfast Wrap <u>LUNCH ENTREE'S</u> Chicken Noodle Hotdish Taco Hot Pocket Stuffed Crust Pizza <u>SIDES</u> Green Beans Mandarin Oranges	5 <u>BREAKFAST</u> Muffin Yogurt <u>LUNCH ENTREE'S</u> Spaghetti Turkey/Bacon/Cheese Sandwich* Stuffed Crust Pizza <u>SIDES</u> Garlic Toast Corn Fresh Oranges	6 <u>BREAKFAST</u> Ham, Egg & Cheese On An English Muffin* <u>LUNCH ENTREE'S</u> Pizza* Bagel & Yogurt <u>SIDES</u> Glazed Carrots Pears Cookie	7 <u>BREAKFAST</u> Cheese Omelet Toast <u>LUNCH ENTREE'S</u> Chef Salad* Chicken Tortilla Soup Stuffed Crust Pizza <u>SIDES</u> Breadstick Tropical Fruit	8 <u>BREAKFAST</u> Pancakes <u>LUNCH ENTREE'S</u> Chicken Patty On A Bun Pepperoni Bosco Stick* Stuffed Crust Pizza <u>SIDES</u> Creamed Corn Peaches
11 <u>BREAKFAST</u> Breakfast Early Riser <u>LUNCH ENTREE'S</u> Sub Sandwich* Taco In A Bag Stuffed Crust Pizza <u>SIDES</u> Chips & Salsa Frozen Juice Bar	12 <u>BREAKFAST</u> Scrambled Eggs Toast <u>LUNCH ENTREE'S</u> Meatballs Pizza* <u>SIDES</u> Mashed Potatoes Corn Grapes	13 <u>BREAKFAST</u> Oatmeal Breakfast Cookie String Cheese <u>LUNCH ENTREE'S</u> Mini Corn Dogs* Chili Crispito Stuffed Crust Pizza <u>SIDES</u> Baked Beans Pineapple	14 <u>BREAKFAST</u> Breakfast Wrap <u>LUNCH ENTREE'S</u> Chicken Pot Pie Over Biscuit Fish Fillet On A Bun Stuffed Crust Pizza <u>SIDES</u> Mixed Vegetables Pears	15 <u>BREAKFAST</u> Breakfast Chicken Sandwich <u>LUNCH ENTREE'S</u> French Toast & Sausage* Chef Salad* Stuffed Crust Pizza <u>SIDES</u> Applesauce Juice
18 <u>BREAKFAST</u> Breakfast Pizza <u>LUNCH ENTREE'S</u> Chicken Nuggets Egg Roll Stuffed Crust Pizza <u>SIDES</u> Mashed Potatoes Corn Peaches	19 <u>BREAKFAST</u> Cheese Omelet Toast <u>LUNCH ENTREE'S</u> Chicken Fajita Corn Dog* Stuffed Crust Pizza <u>SIDES</u> Fresh Melons Smore Pocket	20 <u>BREAKFAST</u> Cinnamon Biscuit Hashbrown <u>LUNCH ENTREE'S</u> Hamburger On A Bun Chicken Smackers Stuffed Crust Pizza <u>SIDES</u> Potato Smiles Mixed Fruit	21 TEACHERS CONVENTION  NO SCHOOL	22 TEACHERS CONVENTION  NO SCHOOL
25 <u>BREAKFAST</u> Pancakes Sausage <u>LUNCH ENTREE'S</u> Hot Ham/Cheese Sandwich* Burrito Stuffed Crust Pizza <u>SIDES</u> Corn Pineapple Pudding	26 <u>BREAKFAST</u> Rancher's Hashbrowns* <u>LUNCH ENTREE'S</u> Chili Chicken Pasta Hotdish Stuffed Crust Pizza <u>SIDES</u> Cinnamon Roll Fresh Apple	27 <u>BREAKFAST</u> Muffin Yogurt <u>LUNCH ENTREE'S</u> Chicken Strips Fiestada Pizza* Stuffed Crust Pizza <u>SIDES</u> Mashed Potatoes Green Beans Peaches	28 <u>BREAKFAST</u> Ham, Egg & Cheese On An English Muffin* <u>LUNCH ENTREE'S</u> Pepperoni Hotdish* Italian Chicken Sandwich Stuffed Crust Pizza <u>SIDES</u> Breadstick Glazed Carrots Tropical Fruit	29 <u>BREAKFAST</u> Breakfast Pizza* <u>LUNCH ENTREE'S</u> Cheese Bosco Stick Rib Patty On A Bun* Stuffed Crust Pizza <u>SIDES</u> Peas Mandarin Oranges

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