


Williston High School
PO Box 1407
Williston, ND 58802

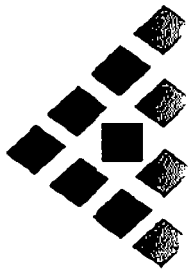
September

A stylized shadow of the word "September" is cast below the main text. The shadow is rendered in a dark, textured font and is accompanied by several horizontal lines that suggest motion or a reflection on a surface.

September 2010

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 G V Golf Dickinson Invite-11 AM G V Swim Home w/Mandan-4:30 B V Tennis @ Minot-4:15 PM G V CC @ Minot-11 AM B 9 FB @ Sidney-5:30 PM	3 B V FB Home w/Sidney-7 PM G V VB Home w/Bismarck-7:30 G JV VB Home w/Bismarck-6 PM G 10 VB Home w/Bismarck-4:30	4 B C Tennis @ Dickinson-12 PM G V VB Home w/Jamestown-3 PM G JV VB Home w/Jamestown-1:30 G 10 VB Home w/Jamestown-12 PM
5	6 LABOR DAY NO SCHOOL	7 B 9 FB Home w/Minot-4:30	8	9 B V FB @ Minot-7 PM G V Swim Home w/Century-4 PM B V Tennis @ Jamestown-4 PM	10 B JV FB@ Minot-4:30 PM B V Tennis @ Wahpeton-12 PM B V Tennis @ Fargo North-3 PM G V VB @ Century-7:30 PM G JV VB @ Century-6 PM G 10 VB @ Century-4:30 PM	11 B & G V CC Mandan Invite-1 PM B V Tennis Fargo Tourney-8 AM G V VB @ Mandan-1:30 PM G JV VB @ Mandan-12 PM G 10 VB @ Mandan-10:30 AM
12	13 G V Golf Williston Invite-10 AM B C Tennis Home w/Minot-12 PM	14 B 9 FB @ Watford City-5:30 G V VB @ Minot-7:30 PM G JV VB @ Minot-6 PM G 10 VB @ Minot-4 PM	15	16 B V Tennis Home w/Bishop Ryan-4 B V CC @ Minot-2 PM	17 B V FB @ West Fargo-7 PM G V Golf Century Invite-12 PM B V Tennis Home w/Bismarck-4 G V VB Home w/St. Mary's-7:30 G JV VB Home w/St. Mary's-6 G 10 VB Home w/St. Mary's-4:30	18 G V CC @ Minot-11 AM G V Golf Bismarck Invite-9 AM G V Swim @ Dickinson-12 PM
19	20 B JV Tennis Tournament @ Bismarck	21	22	23 B V Tennis West Region @ Minot	24 B V FB @ Mandan-6:30 PM B V Tennis West Region @ Minot G V VB Dickinson Tourney	25 B JV FB Home w/Mandan-1 PM B 9 FB @ Mandan-1 PM G V Swim UND Invite B V Tennis West Region @ Minot G V VB Dickinson Tourney G JV CC @ Glasgow
26	27 G V Golf West Region @ Jamestown-10 AM	28 B 9 FB Home w/Dickinson-4:30	29	30 B & G V CC Williston Invite-4:15 B JV FB @ Dickinson-5 PM B V Tennis State @ Bismarck G V VB Home w/Dickinson-7:30 G JV VB Home w/Dickinson-6 PM G 10 VB Home w/Dickinson-4:30		



The Coyote Howl

“Principal’s Page”

I wish to welcome our new Coyote family members; the class of 2014. The Ignition Program is in its second year and the mentors were taking our newest coyotes around the building with tours, team building activities, general assembly activities, walking through their schedules in the afternoon with the pep assembly being the final activity. It is so exciting seeing the new faces from the middle school and we welcome them with open arms.

WHS Upgrades

We have been upgrading the school for the past several years and I would like to let you know of the renovations that took place this year. We had five classrooms that had new lights and dropped ceilings installed. There were four classrooms that had the 1950’s tile abated and replaced. Four classrooms had new desks and chairs brought in to replace the 1970’s desks that we received from Williston State College. Miss Snyder’s library also received a facelift with new chairs and a fresh coat of paint on the library tables. We are getting one step closer to being retrofitted into the twenty-first century!

New Staff

Williston High School has several new faculty members that we would like to welcome. Ira Compton is our new Industrial Arts instructor. Kjrstin Carlson has transferred from the middle school and is our new Junior English teacher. Kevin Glueckert is coming to us from Trenton and is working with us in the Social Studies department. Jeff Dornfeld is our new Activities Director. Katie Stevens and Cortney Smith are both working in the Special Education department. Mike Power is our new Choices Coordinator. Tara Geltel will be with us for the year working in our counseling department as an intern. And taking over our

indoor pool, we have Amy Stensaker, a graduate of WHS. We welcome our new staff members and hope that they have a successful school year.

Parent Forums

Each month, we will have a discussion about things that are going on around the campus and some bits of information that we feel, you as parents, will find beneficial while your child is attending Williston High School. On Tuesday, September 7, we had our first forum. Hope you had some time to stop by and visit with us.

Dates to Remember

Homecoming,
September 27 – October 1
State Testing,
October 25 – November 12
Parent/Teacher Conferences,
November 4 & 8

Professionally,

Chris Kittleson
Principal

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Counseling News

Williston High School Counselors

Miss Koperski, Mrs. Bradford

Mr. Lysne

September 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

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. 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. 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

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.

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 \$33 without the writing test and \$48 if you select to do the writing. To register online, go to www.actstudent.org

SAT Registration

The easiest way to register for the SAT is to visit their site at 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

September 13 – Fall College Day at WSC

September 17 – Deadline for the October 23 ACT

September 28 – ASVAB Assessment at WHS

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

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.

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 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 will be 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 – September 23

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)

HOMECOMING 2010

will be the week of

September 27 – October 1

(Football game will be at 7 PM October 1 against Dickinson)

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.**

ANNOUNCEMENTS

& NEWSLETTERS

THE WHS DAILY ANNOUNCEMENTS
AND MONTHLY NEWSLETTERS
CAN BE VIEWED ONLINE AT:
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

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 painting windows for Homecoming, 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!

We are very excited for what is happening in band and choir this year. Our ensembles are gearing up for some great performances! Jazz Band and Vocal Jazz are rehearsing and sounding awesome. Please plan to attend some of our many concerts this year.

Fall Choir Concert

Monday, October 18

@ 7pm in the WHS Auditorium

Band Concert

Monday, December 6

@ 7pm in the WHS Auditorium

The Fine Arts Department is also putting on a musical this fall. Auditions will be the week of September 7 and rehearsals will start the week of September 13. The performances of "Once Upon a Mattress" will be in the WHS Auditorium as follows.

Friday, November 19 @ 7pm

Saturday, November 20 @ 2 pm

Sunday, November 21 @ 2pm

Thanks for your support of our music program!

Mr. Eric Rooke
Band

Mrs. Katie Rooke
Choir

FFA News

Officers elected for the 2010-11 school year

President - Sam J.

Vice President - Ben B.

Secretary - Olivia O.

Treasurer - Reid H.

Reporter - Kameron L.

Sentinel - Kaleb A.

Parliamentarian - Toby O.

Assistant Officers - Gary S. & Jared H.

State FFA Convention

We started the summer attending the State FFA Convention. Delegates attending the convention were Nathan P., Kaleb A., and Derek O. Nathan and Derek, along with Marcus A. and Aaron N., received their State FFA degrees. Nathan P. received a District Proficiency Award in Home and Community Development.

County & State Fairs

Members entered cleaned grain samples and projects constructed in class at the County and State fairs.

Reid H. received grand champion honors for his Hard Red Spring Wheat sample he cleaned at the state fair and a reserve grand champion for his chisel at the county fair.

District Leadership September 30 at WSC

Members will compete in leadership activities such as Chapter Parliamentary Procedure Contest, Greenhand Parliamentary Procedure Contest, Creed Contest, Extemporaneous Public Speaking, Memorized Public Speaking, Demonstration Contest, Job Interview Contest and FFA Quiz.

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...

will be here to speak with the sophomores about class rings on Monday, September 20 at 11.15 AM and will return to take orders on Thursday, September 23, from 7.30 AM to 3.30 PM. 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.

PICTURE DAY

WEDNESDAY,
SEPTEMBER 15

Done by:

LIFETOUCH

Order packets will be distributed in school

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/mnnd 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.

WHS Homecoming 2010

Karla Olson, Advisor

The Williston High School Student Council is proud to announce the event schedule for Homecoming 2010. Homecoming will be the week of September 27 – October 1. The football game will be with the Dickinson Midgets and the theme for this year is "Coyote Circus. Welcome to the big show".

Monday, September 27.

Theme Day–Circus Day (Clowns)

Float Building kicks off from 5 PM to 10 PM

Tuesday, September 28.

Dynamic Duo Day

King and Queen Candidate
videos during announcements.

Vote for King & Queen

(Entire school)

Float Building from 5 PM to 10 PM

Wednesday, September 29.

Injury Day

****NO FLOAT BUILDING****

Thursday, September 30.

Garbage Bag/Duct Tape Day

Float Building from 5 PM to 10 PM

Friday, October 1.

Orange and Black Day

Pep Assembly at WHS – 1:30 PM

Parade – 4 PM

Homecoming Game – 7 PM

Half-time – King and Queen crowned and
announcement of float winners

Homecoming Dance – 9 PM (Rec. Center)

FLOAT CORPORATE SPONSORS

Freshman

•Nemont•

(Sabrina Ramey, 571-0059)

(Leslie Bublitz, 570-0776)

Build at the Nemont Building West of Williston

Chairman, Hailey B.

Co-Chairman, Amanda S.

Sophomore

•Ryan Motors•

(Kirby Brown, 577-1111)

Build at the Rec Center

Chairman, Austin A.

Co-Chairman, Jared H.

Juniors

•Western Co-Op Credit Union•

(Sue Brokaw)

Build at the Multi Purpose Building at Fairgrounds

Chairman, Jocelyn W.

Co-Chairman, Jacob B. & Victoria D.

Seniors

•WISCO•

(Cheryl Powers)

Build at Pro Safe Building East of Williston

Chairman, Alissa G.

Co-Chairman, Cassie T.

CHAPERONES AND SNACKS NEEDED!!

PLEASE CONTACT...

Freshman

Hailey B.

Amanda S.

Sophomores

Austin A.

Jared H.

Juniors

Jocelyn W.

Jacob B.

Victoria D.

Seniors

Alissa G.

Cassie T.

High School 1 YEARS

Working together for lifelong success

Short Clips

Wishes vs. goals

Does your child wish he could do better in school? He can turn his wish into a goal by planning ahead and taking specific steps. For example, if he wants to get a higher grade in French, he might decide to find a conversation partner or visit the language lab once a week.

Proofreading made easy

Your teen can proofread school papers more efficiently with this simple tip. Suggest that she make a list of her most frequent mistakes (spelling "their" as "there," forgetting quotation marks). Then, she can check her paper for each mistake one at a time.

Cutting back

Many families are watching their budgets. If you've slowed your spending, tell your child why and explain what he can expect (fewer restaurant meals, less driving). Then, work together to find inexpensive alternatives, such as picnics and bike rides. He may discover that he can have fun while spending less.

Worth quoting

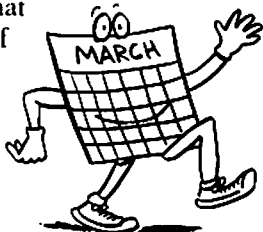
"Imagination is the preview of life's coming attractions."

Larry Eisenberg

Just for fun

Q: March's mother has four children. The first three are named April, May, and June. What is the name of the fourth?

A: March!



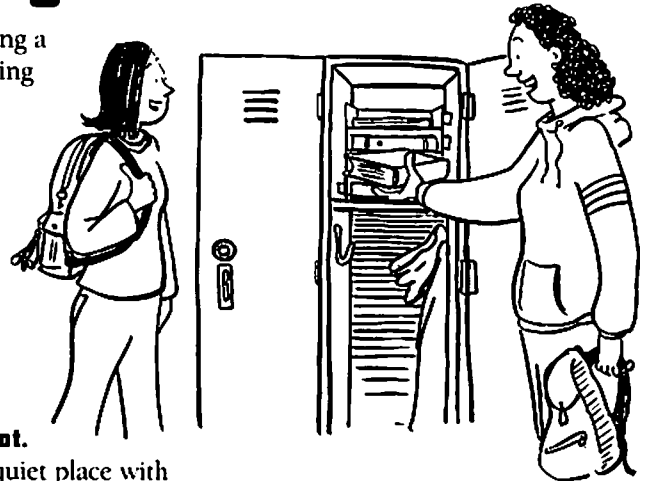
Getting organized

When it comes to having a successful school year, being organized can make all the difference! Research shows that students who are organized do better in school and don't get as frustrated during daily routines. Help your child get off to a good start this year with these ideas.

Create a homework spot.

Help your teen choose a quiet place with plenty of light, such as the dining room table or a desk in her bedroom. She might stock a cardboard box or plastic tote with school supplies like pens, highlighters, a calculator, and reference books (pocket dictionary, thesaurus). She'll also need a place to store notes and old quizzes so she'll have them at exam time.

Keep a clean locker. An organized locker will let your child grab supplies quickly between classes. For instance, she might store books and folders for morning classes on the top shelf and



afternoon materials on the bottom. Also, suggest that she put extra pens and pencils in a pouch inside her locker.

Manage time wisely. Good time-management skills can help your teenager stay organized. Remind her to read her agenda book each morning so she'll remember to turn in assignments and budget time for after-school activities. Also, hang a family calendar in a central location (kitchen, hallway). Ask everyone to fill in their activities so your child can plan around family obligations or arrange for rides. 👍

Team up with teachers

You and your teen's teachers make a powerful team. Together, you can help your high schooler achieve his best.

■ Back-to-school night is a good opportunity to meet your child's teachers. Introduce yourself personally to each one. Touching base now can help you feel more comfortable contacting them later with questions or concerns. *Tip:* If you can't make it, call or e-mail teachers to let them know you're interested in your teen's education.

■ Stay informed about school activities and your child's progress. You might visit the school Web site regularly to learn about upcoming events. And find out if you can check your teenager's grades electronically. 👍



Letting go

Daily challenges are part of life in high school. But how do you know when to step in and when to let your teen handle a situation by himself? Read these two common scenarios for advice.

1. Scenario: Your child forgets his gym clothes. He calls from school and asks you to bring them.

Solution: If this is the first time he has forgotten them, and you're available, consider helping out. But tell him you



expect him to plan better next time (put the clothes in his backpack the night before). Explain that he'll have to do without them if he forgets again.

2. Scenario: Your teenager gets a grade that he thinks is unfair and complains that his teacher doesn't like him.

Solution: Encourage him to talk to the teacher on his own. Remind him to be polite ("Can you explain my grade, please?"). If your child's grades begin dropping, however, contact his teacher and set up a conference. 👍

Online safety

Ask your teen if she can imagine growing up without the Internet, and she'll probably laugh. But she needs to realize that, along with its many benefits like homework help and socializing, there are pitfalls. Help your child avoid them with these steps:

■ Supervise your teen's online activities. Just like in the real world, ask where she's going and who she's talking to. If she has a Facebook or MySpace profile, sign up for an account and "friend" her.

■ Your child's screen names and e-mail addresses should be anonymous ("surfsup"



rather than her name and date of birth). Also, have her avoid chat rooms completely, since strangers may try to get teens into private chats and even meet them in person.

■ Remind your high schooler that everything she posts online may become public. That means she should never write comments or upload photos she wouldn't want parents, teachers, or employers to see. 👍

OUR PURPOSE

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

Resources for Educators,
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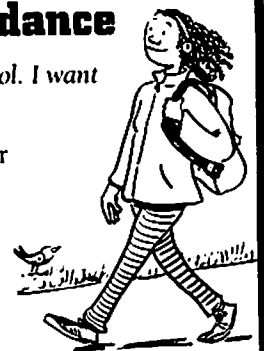
Q & A Encourage good attendance

Q Last year my daughter kept asking to take days off from school. I want to get off on the right foot this year. What do you suggest?

A The more time your daughter spends at school, the easier it will be for her to stay on top of her studies. She'll hear class discussions, be able to ask questions, participate in science labs, and find out about assignments.

Make it clear that you expect your teen to attend every day, since school is her job. Suggest that she do homework early so she's not up late finishing it, and help her set a bedtime that allows for about nine hours of sleep. If her work is finished and she feels refreshed, she'll be more likely to go to school without complaining.

Also, try to plan appointments for after school or weekends, and vacations for when school's not in session. Your teen will get the message that school comes first for your family. 👍



Parent to Parent

My son loves math and science, but English class has never caught his interest. One day he said, "I'm going to be an engineer—I won't have to read or write much once I'm out of school."

I told him that for one week, I'd keep track of everything I read or wrote. At the end of the week, I shared my list with him. He was really surprised by how long it was.

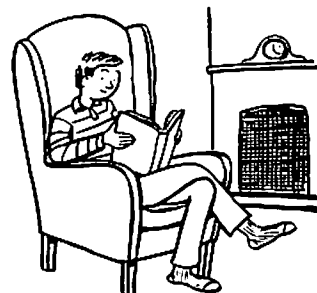
In addition to reading a novel at bedtime, I read magazines for my job and

Everyday reading and writing

reviews to help choose a car. Plus, I wrote memos to coworkers and sent e-mails to friends and relatives.

Now when I see my son reading or writing (say, to figure out how a gadget works or to write

lyrics for a song he's composing), I point it out. That way, he can see the importance for himself—and he's surprised by how often he reads and writes, too. 👍



ideas for parents

Easy Ways to Build Assets for and with Your Child

FAST FACTS

ASSETS: 40 Keys to Effective Parenting

Assets are 40 key building blocks of development that help youth grow up healthy. The more assets youth have, the more likely they are to succeed.

56%

of youth surveyed by Search Institute have just 20 or fewer of these assets in their lives.*

What Are Assets?

Assets are 40 values, experiences, and qualities that help kids succeed.

* Based on Search Institute surveys of 217,277 6th- to 12th-grade youth throughout the United States during the 1999-2000 school year.

Powerful Parenting: The Asset-Building Way

It's easy to get scared as a parent. Watching the news, we see crime, drinking and driving, teen pregnancy, gang warfare, suicide. We wonder what's going to happen to our children.

In our fear, we may end up scaring our kids so that they live in fear as well. Or, we may look the other way, thinking that these things would never affect our families.

Whatever the approach, most parents feel uncertain at times. We would like to know the secrets of healthy parenting in a world that often seems very unhealthy.

The idea of "developmental assets," introduced by Search Institute in Minneapolis, gives a new sense of hope and practical direction for parents. Researchers at Search

Institute have identified 40 assets that have a powerful, positive impact on young people. Children and teenagers who have a lot of assets get involved in very few risky behaviors—the kinds of problems we worry about. And when young people have a lot of assets, they are much more likely to do the positive things we value.

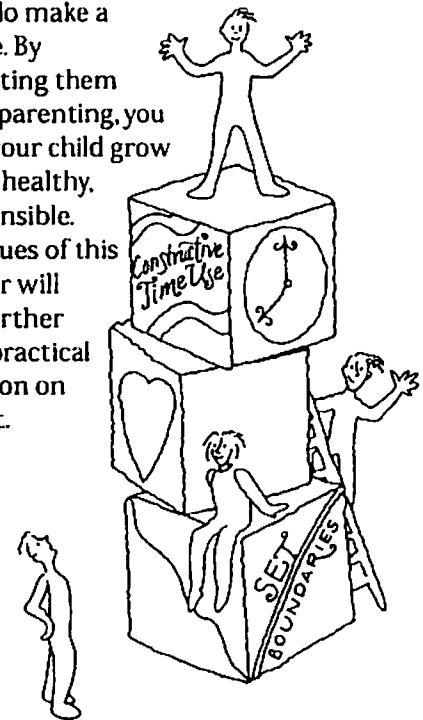
Assets do make a difference. By incorporating them into your parenting, you can help your child grow up happy, healthy, and responsible. Future issues of this newsletter will explain further and give practical information on each asset.

How to Start

Search Institute has identified eight types of assets that are crucial for helping young people grow up healthy:

- Supporting and loving your child.
- Empowering your child.
- Setting clear and realistic boundaries and expectations.
- Helping your child use her or his time in meaningful, constructive ways.
- Encouraging your child to develop a lifetime commitment to learning.
- Instilling in your child positive values.
- Developing social competencies in your child.
- Encouraging your child to form a positive identity.

Each area involves several specific assets. See the "asset quiz" for a list of all 40.



Quick Tip:
Focus on the positive and your children will, too.

Assets: How Does Your Child Rate?

Take this quiz to see how many assets you think your child has. Check each statement you feel is true.

- | | |
|--|---|
| <p>___ 1. My child receives a lot of love and support from family members.</p> <p>___ 2. My child and I communicate positively, and my child is willing to seek me out for advice and support.</p> <p>___ 3. My child receives support from three or more non-parent adults.</p> <p>___ 4. My child has neighbors that encourage and support her or him.</p> <p>___ 5. My child's school provides a caring, encouraging environment.</p> <p>___ 6. I am actively involved in helping my child succeed in school.</p> <p>___ 7. My child feels that adults in the community value youth and children.</p> <p>___ 8. My child is given useful roles in the community.</p> <p>___ 9. My child serves in the community one hour or more per week.</p> <p>___ 10. My child feels safe at home, at school, and in the neighborhood.</p> <p>___ 11. Our family has clear rules and consequences, and monitors our child's whereabouts.</p> <p>___ 12. My child's school provides clear rules and consequences.</p> <p>___ 13. Our neighbors take responsibility for monitoring my child's behavior.</p> <p>___ 14. I and other adults model positive, responsible behavior.</p> <p>___ 15. My child's best friends model responsible behavior.</p> <p>___ 16. I and my child's teachers encourage my child to do well.</p> <p>___ 17. My child spends three or more hours per week in lessons or practice in music, theater, or other arts.</p> <p>___ 18. My child spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.</p> | <p>___ 19. My child spends one or more hours per week in activities in a religious institution.</p> <p>___ 20. My child is out with friends "with nothing special to do" two or fewer nights per week.</p> <p>___ 21. My child wants to do well in school.</p> <p>___ 22. My child likes to learn new things.</p> <p>___ 23. My child does at least one hour of homework every school day.</p> <p>___ 24. My child cares about her or his school.</p> <p>___ 25. My child reads for pleasure three or more hours per week.</p> <p>___ 26. My child places high value on helping other people.</p> <p>___ 27. My child wants to promote equality and reduce hunger and poverty.</p> <p>___ 28. My child acts on convictions and stands up for her or his beliefs.</p> <p>___ 29. My child tells the truth even when it is not easy.</p> <p>___ 30. My child accepts and takes personal responsibility.</p> <p>___ 31. My child believes it is important not to be sexually active nor to use alcohol or other drugs.</p> <p>___ 32. My child knows how to plan ahead and make choices.</p> <p>___ 33. My child is good at making and keeping friends.</p> <p>___ 34. My child has knowledge of and comfort with people of different cultural, racial, and ethnic backgrounds.</p> <p>___ 35. My child can resist negative peer pressure and dangerous situations.</p> <p>___ 36. My child seeks to resolve conflict nonviolently.</p> <p>___ 37. My child feels he or she has control over things that happen to her or him.</p> <p>___ 38. My child feels good about her- or himself.</p> <p>___ 39. My child believes that her or his life has a purpose.</p> <p>___ 40. My child feels positive about her or his personal future.</p> |
|--|---|

Scoring: Give yourself one point for each "true." Total up the number of points. This is the number of assets you think your child has. Now ask your child how he or she would answer.

This checklist is an educational, awareness-raising tool. It is not intended nor appropriate as a scientific measurement of developmental assets of individuals.

FiNAL WoRD

"Like a dream catcher, assets are the supporting threads in a young person's life that can keep away harm and invite goodness."—*Helping Kids Succeed—Alaskan Style*

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<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1 <u>BREAKFAST</u> Oatmeal Breakfast Cookie <u>LUNCH ENTREE'S</u> Corn Dog Chicken Strips Stuffed Crust Pizza <u>SIDES</u> Baked Beans Pineapple	2 <u>BREAKFAST</u> Breakfast Wrap <u>LUNCH ENTREE'S</u> Sloppy Joe Egg Roll Stuffed Crust Pizza <u>SIDES</u> Potato Wedges Pears	3 <u>BREAKFAST</u> Fruit Strudel <u>LUNCH ENTREE'S</u> French Toast & Sausage Chili Crispito Stuffed Crust Pizza <u>SIDES</u> Juice Applesauce
6	7 <u>BREAKFAST</u> Cheese Omelet Toast <u>LUNCH ENTREE'S</u> Chicken Fajita Pizza <u>SIDES</u> Watermelon Smore Pocket	8 <u>BREAKFAST</u> Cinnamon Biscuit <u>LUNCH ENTREE'S</u> Hamburger On A Bun Chicken Alfredo Stuffed Crust Pizza <u>SIDES</u> Potato Smiles Mixed Fruit	9 <u>BREAKFAST</u> Waffle <u>LUNCH ENTREE'S</u> Chicken Rice Hotdish Bagel & Yogurt Stuffed Crust Pizza <u>SIDES</u> Mixed Vegetables Dinner Roll	10 <u>BREAKFAST</u> Scrambled Eggs Toast <u>LUNCH ENTREE'S</u> Pepperoni Bosco Stick Rib Patty On A Bun Stuffed Crust Pizza <u>SIDES</u> Peas Carrots Fruit Salad
13 <u>BREAKFAST</u> French Toast Sausage <u>LUNCH ENTREE'S</u> Hot Ham & Cheese Sandwich Fish Burger Stuffed Crust Pizza <u>SIDES</u> Corn Pears	14 <u>BREAKFAST</u> Rancher's Hashbrowns Toast <u>LUNCH ENTREE'S</u> Chili Sub Sandwich Stuffed Crust Pizza <u>SIDES</u> Cinnamon Roll Apple	15 <u>BREAKFAST</u> Muffin Yogurt <u>LUNCH ENTREE'S</u> Macaroni Hotdish Biscuits & Gravy Stuffed Crust Pizza <u>SIDES</u> Dinner Roll Glazed Carrots Tropical Fruit	16 <u>BREAKFAST</u> Ham/Egg/Cheese On An English Muffin <u>LUNCH ENTREE'S</u> Chicken Strips Hot Dog Stuffed Crust Pizza <u>SIDES</u> Mashed Potatoes/Gravy Cheesy Green Beans Peaches	17 <u>BREAKFAST</u> Breakfast Corn Dog <u>LUNCH ENTREE'S</u> Garlic Cheese Bread Ham & Cheese Wrap Stuffed Crust Pizza <u>SIDES</u> Peas Mandarin Oranges
20 <u>BREAKFAST</u> Breakfast Burrito <u>LUNCH ENTREE'S</u> Grilled Cheese/Tomato Soup Chef Salad Stuffed Crust Pizza <u>SIDES</u> Applesauce	21 <u>BREAKFAST</u> Scrambled Eggs Toast <u>LUNCH ENTREE'S</u> Pizza Chicken Patty On A Bun <u>SIDES</u> Green Beans Casserole Fresh Pears	22 <u>BREAKFAST</u> French Toast <u>LUNCH ENTREE'S</u> Hamburger Stroganoff Sweet & Sour Chicken Stuffed Crust Pizza <u>SIDES</u> Seasoned Pasta Corn Spiced Apples	23 <u>BREAKFAST</u> Banana Bread String Cheese <u>LUNCH ENTREE'S</u> Popcorn Chicken Meatballs Stuffed Crust Pizza <u>SIDES</u> Cheesy Potatoes Mandarin Oranges	24 <u>BREAKFAST</u> Breakfast Pizza <u>LUNCH ENTREE'S</u> Pepperoni Hot Pocket Hamburger On A Bun Stuffed Crust Pizza <u>SIDES</u> Crinkle Cut Carrots Sherbet Cup
27 <u>BREAKFAST</u> Scrambled Eggs Toast <u>LUNCH ENTREE'S</u> Chili Crispito Chicken Fajita Stuffed Crust Pizza <u>SIDES</u> Corn Pineapple Pudding	28 <u>BREAKFAST</u> Cinnamon Roll <u>LUNCH ENTREE'S</u> Rib Patty On A Bun Corn Dog Stuffed Crust Pizza <u>SIDES</u> Sweet Potato Puffs Fresh Grapes	29 <u>BREAKFAST</u> Biscuits & Gravy <u>LUNCH ENTREE'S</u> Chicken Hoops Pizza Stuffed Crust Pizza <u>SIDES</u> Mashed Potatoes Green Beans Peaches	30 <u>BREAKFAST</u> Breakfast Corn Dog <u>LUNCH ENTREE'S</u> Taco Salad Spicy Chicken Patty Stuffed Crust Pizza <u>SIDES</u> Banana	