

The Coyote Howl

“Principal’s Page”

We are in full swing for the winter sports season. Last Thursday, we had freshman basketball most of the evening and our Varsity basketball teams were battling the Midgets of Dickinson. If you are in need of a winter sports schedule, they are available in the main office of the high school.

We at WHS would like to personally congratulate Stuart N. for the opportunity given to him by Senator Byron Dorgan to be considered for acceptance to West Point. This is a great opportunity for Stuart and the potential for having a Coyote at West Point is EXCITING!! Good luck Stuart. We are all wishing you success in this endeavor.

Change of Address

Parents, if you have recently moved or changed phone numbers, please contact the front office in order for us to change your information. It is imperative that you do that so, in case of an emergency, we can get in contact with you.

Excused vs. Unexcused

We have had several questions with regards to the 8/16 policy. If you, as a parent, call in an absence to our attendance secretary, it still counts as an absence and does in fact count towards our 8/16 policy. The only time that would not be applicable would be if there was a medical reason for being absent for more than two days such as pneumonia. With a doctor’s note, then this absence becomes medical. If you have any questions, the information is online at

www.williston.k12.nd.us/whs/attendance.htm

Senior College Exploration Day

Seniors will be allowed ONE college exploration day. Advanced makeup slips need to be picked up from the

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

In-service Day

January 30 is the Helga Sorenson in-service scheduled for WPSD #1 and neighboring districts. Therefore, there is no school that day.

Professionally,

Chris Kittleson
Principal

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Counseling News

Williston High School
Miss Koperski and Ms. Forthun
Counselors
January 2008

Scholarships

Wal-Mart Stores are announcing the availability of the **2008 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 www.scholarshipadministrators.net. You must use the access code SWCS to complete the application process.

This scholarship is available online until January 14.

Alert Magazine offers a chance to speak out and win a \$500 scholarship. You must be a senior or will be a senior in the fall, have a GPA of 2.5 and plan to attend college after graduation. It is an essay about a personal encounter you or someone you know has had with drug and/or alcohol abuse. Information is in the counselors' office.

The National CO-OP Scholarship Program, in cooperation with eleven NCCE Colleges and Universities, offers renewable merit scholarships to high school seniors who plan to attend one of the participating schools. For more information or an application, go to <http://www.co-op.edu/>

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.und.edu/dept/finaid/Scholarships_and_Waivers.html

Minnesota State University-Moorhead has many scholarship opportunities for the 2008-09 school year. Visit their website at

www.mnstate.edu/finaid/scholarships.cfm

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 is a resource for students to 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

Montana State University at Bozeman offers a scholarship to non-residents. Information can be found at www.montana.edu/admissions/scholarshipsres.shtml

The Phi Delta Kappa Educational Foundation annually award scholarships to prospective educators. Eligible applicants are high school seniors intending to major in education. Deadline is February 1.

Applications are available in the counseling office or online at www.pdkintl.org/awards/pros_edu.htm

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 Colonel's Scholar. This is available only during a window of January 1 – February 15. The website is

<http://www.act.org/kfcscholars/intro.html>

North Dakota Farmers Union Scholarships are available for current Farmers Union Members planning to enroll as an undergraduate in a post secondary institution. The deadline is January 31. Applications are in the counseling office. There are also other scholarships available through Farmers Union.

Brochures can be found in the counselors' office.

North Dakota Rural Water Systems Association Patrick Denne Memorial Scholarship is available to those with rural water systems. The deadline is December 31. Applications are in the counselors' office.

North Dakota School Counselor Association Essay Contest is for seniors. The topic is "My Career Plan and What/Who helped me make my decisions". The amount of the scholarship is \$100 and the deadline is January 4.

Discover Card Tribute Award Scholarship honors the all-around accomplishments of juniors. Applications are available in the counseling office or online at www.discoverfinancial.com/community/scholarship.shtml The deadline is January 31.

Sammy 2007 Body by Milk is for eligible outstanding scholar athletes in grade 12. Apply online at <http://bodybymilk.com/#street>

The deadline is March 7.

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

Trinity Health offers many nursing scholarships available to any student accepted into a ND nursing program. For more information, contact Trinity Health's

Human Resource Department at 857-2130 or at jobs@trinityhealth.org

Dakotas' Credit Union Scholarship is available to a graduating high school senior who is a US citizen, had been a member of the credit union for one year and planning to attend an accredited college. Applications are in the counselors' office. Deadline is March 28.

Ronald McDonald House Scholarship is open to seniors who have completed the application and provided the required documentation. Applications are in the counselors' office. Deadline is February 15.

Burger King Scholars Program offers scholarships to high school seniors based upon working part time, participation in community service and demonstrating financial need. Applications are online until February 15 at www.bk.com/companyinfo/community/BKS.aspx

Williston State College Scholarship application forms are available at WSC or in the counselors' office. Priority date is March 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 \$30 without the writing test and \$44.50 if you select to do the writing. The deadline for the February 9 assessment is January 4. The deadline for the April 12 assessment is March 7. To register online, go to www.actstudent.org

Dates to Remember

January 4 – Registration deadline for February 9 ACT

January 5 – Financial Aid Workshop at Minot State at 10 AM

January 12 – Financial Aid Workshop at WSC at 10 AM & 1PM

testGear

WHS has had a site license for 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 on 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.

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 this site out at www.collegeanswer.com/index.jsp

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 2009, attend a ND college or university and take the ACT on one of the following test dates:

February 9

April 12

June 14

Information is in the counselors' office.

Financial Aid Information Session

MSU and WSC are offering workshops to help families to understand the federal financial aid process, scholarships, avoiding scams and working with FAFSA. The workshop at MSU is being held January 5 from 10 AM to 12 PM in the Conference Center of the Student Union. The WSC workshop is being held January 12 at both 10 AM and 1 PM in the main building.

2008 Governor's School

Application packets are available in the counselors' office for the 2008 year. Students who have completed grades 10 or 11 and are interested in a challenging but exciting study into are, mathematics, business or science are encouraged to apply. Pick up an application in the counseling office or go online at www.ndsu.nodak.edu/ndsu/govschool/ The deadline is February 4.

For Title IX-JOM Information:

**Contact Lora Riveland at
572-5618, Extension 131**

Or stop by her office

At Williston Middle School, Room 212

DRESS CODE

(at school or school sponsored events)

Students are expected to have appropriate appearance at all times. Inappropriate appearance includes, but is not limited to, the following:

1. Excessively torn or tattered clothing
2. Clothing which is in poor taste, too revealing (this includes both shirt and skirt length), clothing containing obscene words or pictures.
3. Clothing that promotes alcohol, tobacco or bars.
4. Hooters, Co-ed Naked, Big Johnson, Playboy bunny or similar items.
5. Spaghetti straps, tank tops, shirts that expose the midriff or décolletage.
6. Colored hair or body piercing that draws attention from the learning process.
7. Chains hanging from clothing.
8. No sheer or gauze fabrics.
9. Boys sleeveless shirts.

Violation of the dress code will result in these actions:

First offense: Student sent to administrative office and problem is corrected.

Second offense: Student removed from school and put into in-house suspension.

Third offense: Suspension from school for three days.

Wearing of hats or caps by either girls or boys will not be allowed. Common courtesy dictates the removal of hats upon entering the building as a sign of respect.

Violation of the hat policy will result in these actions:

First offense: Surrender cap to adult requesting the cap. It will be given to administration and given back at the end of the day.

Second offense: Surrender cap to adult requesting the cap. It will be given to administration and parent will need to stop by and it will be returned.

Third offense: Cap will be confiscated for the remainder of the school year. Each subsequent violation will result in an additional cap being taken for the remainder of the year.

Attendance Policy

Please read and familiarize yourselves with the attendance policy that we will be adhering to for the 2007-2008 school year. It can be accessed on the WHS web page or in your student's handbook on pages 5 and 6. Thank you!

Donna Kennedy
Attendance Secretary

SPANISH WEBSITE...

A new website is now available for all Spanish I and II students. It is <http://coyotespanish.pbwiki.com> which includes all vocabulary required for tests and quizzes, links to additional studies, learning games, cultural and travel information and several online newspapers in Spanish. The site will be updated periodically throughout the year. Come check it out!

It can also be viewed at <http://www.williston.k12.nd.us/whs/index.html> under "Departments", click on "Foreign Language"

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.

On the Right Foot

By Jim Geiermann

Thank you to all the people who came up to me and stated that they enjoyed the last article I put in here. I have had that happen in the past but not quite the number I had for the last one. I am glad people read these things and am glad the columns get some positive reaction. I can only hope I hit a home run every time.

As some of you may know, the last couple weeks have been a hair-losing, money-raising time for me. The beginning of December while I was walking through the Commons area, Drake T. said, "Hey, Mr. Geiermann, if we raise \$300 will you shave off half you beard?" I told him I would think about it. The next period when he came to class, I said, "Let's raise the stakes. If you raise \$500, I will shave half my beard and half my hair. Any money I raise will be given to Christmas Kindness." So the following Monday, I went on the announcements and presented the challenge to the whole school. By the end of the week, the school - students and faculty - had raised \$828, due to a couple of generous donations. So Sunday, December 9, Ann Koperski came and shaved half my head. The final total raised was \$1042.48.

Since then, I have been getting some rather interesting looks. I cannot imagine why.

I have had a lot of people who have come up and congratulated me on being so brave. Others have handed me a one way ticket to the Looney Bin. Though it might not have been something just anyone would do, what I did was neither brave nor crazy. I did it because it would give me a chance to bring out the best in the student body. I did it because I know my hair will grow back eventually. (Some of the students are not yet convinced of that.) I did it because I saw a need and found a fun and creative way to help out.

Part of being a teacher is doing that kind of role-modeling, taking those extra steps, and break out of the world labeled "ME." Part of being a teacher is forgetting about yourself, placing yourself a bit farther down the chain of priorities, and remembering why you became a teacher in the first place.

I am far from perfect in any of these areas, but I keep trying. That is the key to the whole deal. To keep trying. "Failure is not an option." is a phrase hard-nosed coaches often like to use. In reality, failure is an option, but it is only an option for those people who quit trying. I have some of those in my classes.

Right now I am in the library with a class who are to be working independently on projects. Half of the students are working. Half are not. I happen to know the students that are not working are also not close to being done. Not much I can do about it.

Teaching isn't easy. Parenting isn't easy. It is just important in both cases to remember that once we were those students. No matter how much times have changed, students are still students. It is the times that are more complicated. That is why we all need to work together.

"It takes a village to raise a child." – Old African Proverb

ARTS EDUCATION PROGRAMS

By: Anna Hoffman

If you are looking for reasons why arts education programs can achieve student learning in special and unique ways, take a look at the following list, compiled by New Horizons for Learning, an international education network based in Seattle, Washington.

The arts:

- are languages that all people speak - that cut across racial, cultural, social, educational, and economic barriers and enhance cultural appreciation and awareness.
- are symbol systems as important as letters and numbers.
- integrate mind, body, and spirit.
- provided opportunities for self-expression, bringing the inner world into the outer world of concrete reality.
- offer the avenue to "flow states" and peak experiences.
- create a seamless connection between motivation, instruction, assessment, and practical application - leading to "deep understanding".
- develop both independence and collaboration.
- provide immediate feedback and opportunities for reflection.
- make it possible for us use personal strengths in meaningful ways and to understand sometimes difficult abstractions through these strengths.
- merge learning of processes and content.
- improve student achievement - enhancing test scores, attitudes, social skills, critical and creative thinking.
- exercise and develop higher order thinking skills including analysis, synthesis, and "problem-finding".
- are essential components of any alternative assessment program.
- provide the means for every student to learn. The Arts in Education Program values the arts as essential to lifelong learning and strives to achieve the following:
 - Promote the arts as basic to the education of all North Dakota youth.
 - Seek partnerships with educational and arts institutions to support comprehensive arts education.
 - Develop collaborative relationships with artists, schools, teachers, parents, administrators and community organizations.
 - Provide resources that support the importance of lifelong learning in the arts.

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MICROSOFT SELECT **PROGRAM**

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 (professional, standard and enterprise versions) for PC and Mac, One Note, Office Sharepoint Designer, Office Visio, Office Project, and Vista upgrades. Each student can purchase up to one copy/license of each software title.

Example pricing:

Microsoft Vista Business Upgrade: \$69.60 (+S&H)

Microsoft Office Professional 2007 Suite:
\$71.20 (+S&H)

Please contact your student's school to receive the Student Select Registration Code. See <http://edutech.nodak.e-academy.com> for licensing, pricing, purchasing, and order fulfillment information.

Two important notes:

1. Vista upgrade must be installed on a machine which already has a qualifying Microsoft operating system and corresponding Certificate of Authenticity (Windows XP, Windows 2000, etc). You cannot buy a "white box" computer without an operating system and install the student select Vista upgrade.

2. These software products are meant for personal or school purposes. The license does not provide for commercial uses (e.g. the Student Select license does not allow you to use this software for a home business).

Julie Palmer
Technology Coordinator

Mid-Term & Nine Week Grading Schedule for WHS

Second Nine Weeks – January 14	(Period 4)
Mid-Term – February 12	(Period 4)
Third Nine Weeks – March 17	(Period 4)
Mid-Term – April 23	(Period 4)
Fourth Nine Weeks – May 23	(Mailed)

Senior Pictures

All colored senior pictures that are going in the annual need to be turned in to Mrs. Schultz by the end of January.

**ANNUAL ORDER FORMS FOR
2007-08**

ARE IN THE OFFICE.

COST IS \$40.

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

WHS PROM

will be on

April 26, 2008

Tickets will go on sale April 14, 2008
You must purchase a couples ticket before
you can buy spectator tickets.

WHS STUDENT ART EXHIBIT

By: Anna Hoffman

The First Semester Student Art Exhibit will be held January 4, 5, and 6 in the WHS Commons. All art students will be entering at least one piece of their artwork in areas of Ceramics, Sculpture, Crafts, Drawing and Painting.

The exhibit will be open Friday for the school day for the students to view, and Saturday and Sunday from 1-5 PM for the public. Refreshments will be served on Saturday and Sunday. We encourage all parents, grandparents and community members to come see what the Art Department has been up to!

ENGLISH DEPARTMENT NEWS

By: Denise Bervig

Greetings from the English Department! We are excited to *share* some interesting news with you! Within the past year, Julie Palmer from the technology department has trained us on Share Point. Through Share Point, each English teacher is able to post a calendar and other items on a class webpage. The individual pages can be accessed through the Williston Public School District webpage by simply going to the link for WHS, then choosing English, and finally selecting the teacher. Regular classroom schedules and relevant information will be posted in order to assist students, parents, tutors, resource room teachers, and others.

Semester Test Schedule

Thursday, January 10, 2008

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

Friday, January 11, 2008

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.

STUDENT COUNCIL NEWS

Hi, everyone! Hope you all had a great Holiday season and a spectacular New Year!!! This year for Christmas Kindness, the members of Student Council made homemade Oreo Cookies and Puppy Chow. Monster Cookies were made by Foods For You class. Also, Mr. Geiermann challenged the WHS Staff and student body to raise \$500.00 for which he would shave half of his beard and half of his head. He was walking around the school looking a little lop sided. The funds went to help Joel K., with medical costs and a couple of other families that also needed help with some medical expenses.

Student Council attended the North Dakota State Student Council Convention December 9, 10 and the 11. We had three motivational speakers and we are going to try to present one of these speakers at our school. At convention we had time for learning, dancing, laughter and meeting other Student Council members. Congratulations to our Adviser Karla Olson as she was presented the North Dakota State Student Council Adviser of the Year Award for her exceptional commitment to Student Council.

This year for Valentines Day we will be selling roses. This is your chance to tell that special someone you care. They will also be available for any parent to buy and send to students during fourth period. If you would like to make an order you may contact Karla Olson at 701-572-0967.

Student Council Secretary,
Ryan M.

**WILLISTON HIGH SCHOOL SADD
MEMBERS WANT TO WISH SCHOOL
STAFF, STUDENTS, AND PARENTS A
MERRY CHRISTMAS AND A SAFE AND
JOYOUS NEW YEAR! PLEASE DRIVE
SAFELY AND ALWAYS BUCKLE UP!**

Healthy Williston...Healthy Youth and the 40 Assets Kids Need to Succeed

By: Kathy Bingeman

We talk about assets and that our youth need these assets to enable them to grow up "healthy". But what does this mean in everyday language? Assets can be identified as crucial relationships, experiences, opportunities, and personal qualities children and adolescents need to grow up as healthy, caring, and responsible adults. The more assets youth experience, the more likely they are to make positive choices and avoid high-risk behaviors. Building assets does not require special training...it's the simple things we can do everyday that make a difference.

The 40 assets are broken into 8 groups. The first group is SUPPORT. SUPPORT is an external asset group that includes individual assets of:

- family support,
- positive family communication,
- other adult relationships,
- caring neighborhood,
- caring school climate,
- parent involvement in schooling.

Youth need our support, and all we have to do is listen to what they are asking for:

- Please know my name.
- Please smile at me and say hello.
- Please encourage me.
- Please believe in me--and never give up on me!

Are you already doing these things? If you are, great...if not, well, you can start today. For more information on the 40 assets and Healthy Williston...Healthy Youth, see the website at www.healthywilliston.com or call me at 774-7417. Next month, look forward to our discussion about another group of assets called EMPOWERMENT, the second in our grouping of assets.

National Honor Society News

The 4th annual Christmas party for NHS members was held Thursday, December 13. The noon potluck was enjoyed by all. Gifts were exchanged.

This holiday season, NHS members will be ringing Salvation Army bells three Saturdays at Economart as a community service project. In January, members will be providing a grading service within our school for staff. NHS members are also serving as docent volunteers at the James Memorial Center for Visual Arts. November found members teaming with the WHS Leos Club to provide items for the Lutheran Social Services Shoebox project. Members are working hard to complete their required eight hours of service to others.

New members for the 2007-08 school year are:

Seniors

Allison B.
Bailey B.
Cameron M.
Noel S.

Juniors

Ashley B.
Lindy B.
Mollie F.
Mari G.
Rory G.
Casandra K.
Aislinn L.
Jacob M.
Morgan R.

The new members' informational meeting will be held December 18 at noon. The officers will conduct the meeting for incoming members. Formal NHS induction will be in January at the El Rancho.

High School YEARS

Working together for lifelong success

Short Clips

Resolve to be ready

Does your high schooler have a New Year's resolution? Share this idea to help her be well prepared for the second half of the school year. Suggest that she restock her supply of pens, paper, binders, and folders—both at home and in her locker. She may also want to replace worn textbook covers.

Spelling double-check

It can be tempting for your teen to rely on the computer for correct spelling. But spell-check can't guarantee an error-free paper. Encourage him to reread his work carefully and look up any words he isn't sure of. He'll become a better speller, which will help him when the computer is off.

Looking ahead

Strong letters of recommendation can make college applications stand out. Help your child think of people who can write about her talents, skills, and character. She can ask teachers, coaches, and employers. If she's not old enough for college, she might start collecting letters and keeping them in a file.

Worth quoting

"Nothing happens unless first we dream."

Carl Sandburg

Just for fun

Teacher: "Where is the English Channel?"

Student: "I don't know. My television doesn't pick it up."



Setting limits

Teens show their independence by choosing their own hairstyles, clothing, and music. But there are some decisions they aren't ready to make yet. When you set limits, you help your child balance his need for freedom with the need to stay safe. Consider these ideas.

Create a contract

Seek your teenager's input on curfews, driving privileges, and computer use. Then, write an agreement you both can live with. Outline clear consequences for violations like coming home late or visiting an online chat room you haven't approved. *Examples:* grounded for a weekend, loss of computer time.

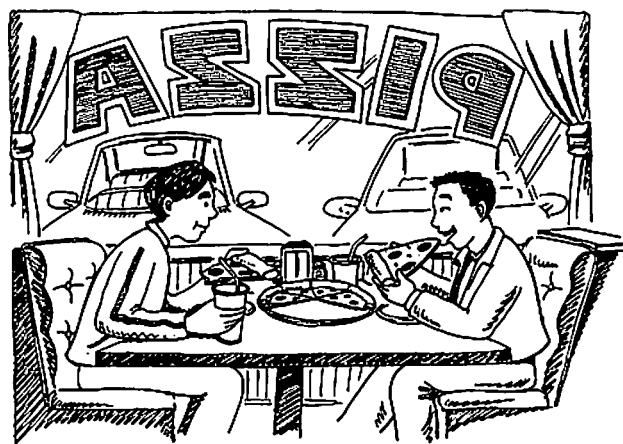
Start out strong

You can start with tighter limits and loosen them as your child shows responsibility. When he first gets his license, for instance, he might drive only to and from his job. Once you know he can follow your driving rules, think about letting him meet a friend for pizza afterward or take the car to a game.

Update rules

Review the rules from time to time—perhaps the beginning or end of each school year. After all, rules for a freshman are different from those for a senior. For example, you might allow group dating in 10th grade and one-on-one dating when he's a junior.

Note: If your child calls to ask for a last-minute change, such as a curfew extension, you might



remind him of your contract and offer to discuss the issue at another time. 👍

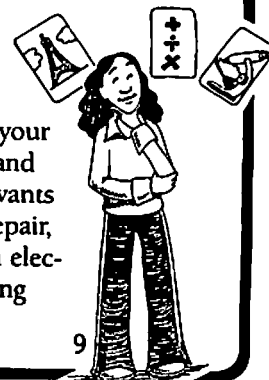
Stay on course

Four years of French? Or three, with an extra computer course in senior year? Whether your teen goes to college or directly to work, course selection matters.

■ Some colleges require more math, science, or foreign language classes than your child needs to graduate from high school. Suggest that she check Web sites or college catalogs for the standards at schools she may be interested in.

■ Honors and Advanced Placement classes show readiness for college. Also, encourage your teen to choose interesting, higher-level electives like environmental science or psychology.

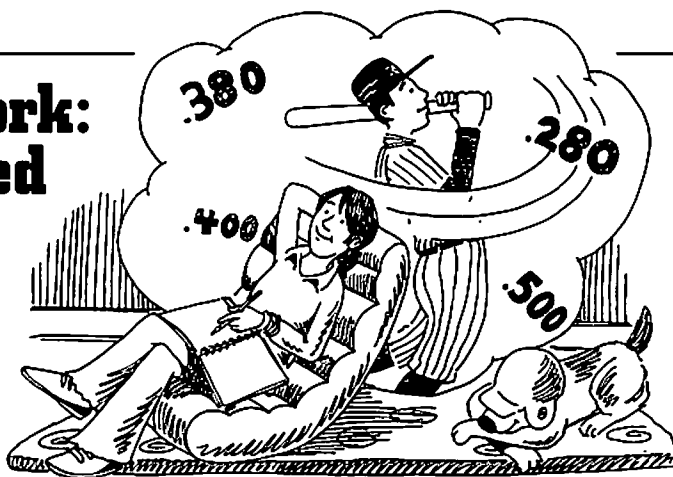
■ Vocational courses give students skills that meet employers' needs. The school career center can help your teen identify interests and choose classes. If she wants a career in computer repair, for example, courses in electronics and programming could be helpful. 👍



Math homework: Problem solved

You don't have to know how to do algebra or geometry to help your high schooler with math homework. Just asking these four questions can point her in the right direction:

1. What is the problem asking? For example, if she has to compare baseball batting averages, she needs to know how to calculate them (add the number of hits and divide by the number of times at bat).



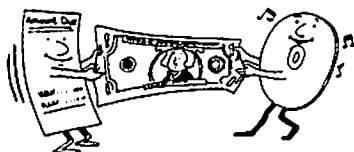
2. Are there similar problems in the textbook? If your child follows a sample quadratic equation one step at a time, she may be able to solve others on her own more easily.

3. Does she know any other math that may help? For instance, if your teenager can find the radius of a circle, she can figure out the diameter (multiply the radius by 2).

4. Where can she get help? Suggest that she get phone numbers or e-mail addresses for two or three classmates she can call if she gets stuck. Or, she can consult math Web sites such as <http://mathforum.org/dr.math/> and www.coolmath.com. 👍

Money talk

Cell phones, gas, prom tuxedo rentals—the teen years can be expensive. Whether he has a job or gets an allowance, make sure your child learns money-management skills. Here's how.



Promote saving. Although your high schooler may want to spend all his money on movie tickets and music downloads, encourage him to set some money aside. For example, you might help him open a savings account for earnings from his snow-shoveling jobs.

Speak from experience. Show your child household bills and discuss your budget. As he gets older, talk about how to manage credit. Also, point out potential dangers, such as credit card companies that are eager to offer high-interest cards to new graduates.

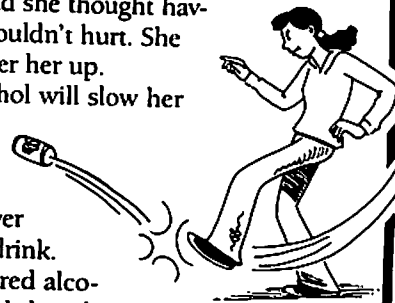
Provide practice. If your teenager has a job, ask him to pay part or all of his car insurance, gas, and cell phone bills. If he doesn't work, consider having him use part of his allowance to get used to paying bills. 👍

Parent to Parent Teen drinking

My daughter Melinda came home from a party last weekend with alcohol on her breath. When I confronted her, she said she thought having just a couple of beers, like "everyone else," wouldn't hurt. She also believed drinking coffee afterward would sober her up.

I explained that even a small amount of alcohol will slow her reactions and affect her decisions. I also told Melinda that coffee can't erase the effects. I made sure to express my relief that she hadn't driven, and I stressed that she should never take a ride from a driver who has had even one drink.

Then, we talked about what to do if she's offered alcohol again. Melinda had a few good ideas. She said that she could say that she got caught and won't take another chance or that she hated how the beer made her feel the next day. 👍



Q & A Joining school activities

Q My child does well in school, but he'd rather do anything than join a club or team. How can I get him involved?

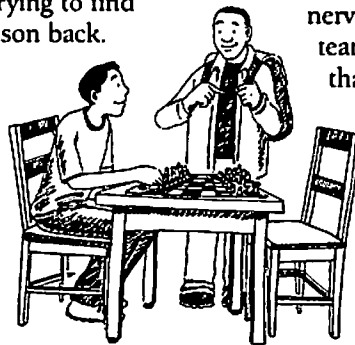
A After-school activities can promote a sense of belonging and help keep teens out of trouble. Start by trying to find out what's holding your son back.

Is your high schooler uncertain about what he'd like? Have him think about his strongest academic subjects and join a related activity, such as the book club or history club. Maybe

he prefers small groups. He could consider activities like the chess team or pottery club. If he'd rather not perform in front of others, he might enjoy a service club or the yearbook committee.

Or, if he likes sports but is nervous about trying out for a team, have him look for a team that accepts everyone.

You may need to do some of the legwork to get your teen going. Help him fill out forms, schedule a sports physical, or buy equipment such as paints and brushes. 🙌



OUR PURPOSE

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

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PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

774-6335

January 2008



Spring 2008 Program Schedule

To pre-register for any of these **FREE** programs call **774-6335**.

Learn about ADD/ADHD & your child!

BUILDING BRIGHT FUTURES – Parenting Children Who Have Attention Deficits

Thursdays, Jan. 24, 31, and Feb. 7, 2008
6:30 – 9:00 p.m.
Mercy Wellness Center

Teen Talk

Attend one or both sessions.

- ♥ **Monday, Jan. 28, 2008** - Peers, Peer Pressure & Peer Relationships and Bullying
 - ♥ **Monday, Feb. 4, 2008** - Teen Decision Making about Risky Behaviors
- 6:30 – 8:30 p.m.
Mercy Wellness Center

BECOMING A LOVE & LOGIC PARENT

Raising Responsible Children!
Thursdays, Feb. 21, 28 and March 6, 2008
6:30 – 9:00 p.m.
Mercy Wellness Center

LOVE & LOGIC - EARLY CHILDHOOD PARENTING

MADE FUN! Birth to 6
Thursdays, April 17, 24 and May 1, 2008
6:30 – 9:00 p.m.
Mercy Wellness Center

Thanks to District 1 Public Schools this newsletter is available online at www.williston.k12.nd.us – to view click on Community Resources then Parent Resource Center.

In cooperation with NDSU Extension Service, the program **PARENTS FOREVER – Education for Families in Divorce Transition** will be offered March 11, 2008 from 5 – 9:30 p.m. at the Williams County Courthouse.

There is a \$55.00 fee for this class. Call 774-6335 for more information.

P.A.T.C.H. – Parents Advocating for Their Child’s Happiness

A support group for parents of children with disabilities meets the 2nd Monday of each month from 12 – 2 p.m. at the Williston Community Library. Call Sonya at 774-8593, Ext. 114.



TIPS FOR A HEALTHIER NEW YEAR

American Academy of Pediatrics, 1/07

Prevent violence by setting good

examples. Demonstrate and teach displays of affection, attention, approval, and how to say 'I'm sorry' and how to ask for, give and accept forgiveness. All of these promote love, good will, self-esteem and reduce likelihood of violence, aggression, and negative, destructive words and behaviors.

Set limits for your children by letting them know what's expected, and notice when they meet your expectations. Celebrate their successes with them. Try to avoid hitting, slapping or spanking. Your children may copy you and think that it is OK to hit other people.

Make sure immunizations are up to date.

Review your child's immunization record with your pediatrician. Make sure your child is current on recommended immunizations.

Provide your child with a tobacco-free

environment. Second-hand tobacco smoke increases ear infections, chest infections and even Sudden Infant Death Syndrome. If you smoke, consider quitting. Remember, your child loves you and will copy you – if you smoke, your children may grow up to be smokers too. Make your home and car smoke-free zones.

Read to your child every day. Start by the age of 6 months. Reading to children shows them the importance of communication and motivates them to become readers. It also provides a context to discuss issues and learn what is on your child's mind.

Practice "safety on wheels". Make sure everyone in the car is buckled up for every ride, with children in the back seat in age-appropriate child safety seats. All bikers, skaters and skateboarders should wear helmets and other appropriate sports gear.

Do a "childproofing" survey of your

home. A child's-eye view home survey should systematically go from room to room, removing all the "booby traps" that await the curious toddler or preschooler. Think of poisons, small objects, sharp edges, knives and firearms, and places to fall.

Monitor your children's media. Monitor what your children see and hear on television, in movies, and in music. Talk with your children about "content." Screen out sexually exploitative Web sites, music and video. Be informed of what your children see or hear when visiting friends. If you feel that a movie or TV program is inappropriate, redirect them to more suitable programming.

Help Kids Understand Tobacco, Alcohol, and the Media.

Help your teenager understand the difference between the misleading messages in advertising and the truth about the dangers of using alcohol and tobacco products. Talk about ads with your child. Help your child understand the real messages being conveyed. Help direct your child toward TV shows and movies that do not glamorize the use of tobacco, alcohol and other drugs.

Pay attention to nutrition.

Nutrition makes a big difference in how kids grow, develop and learn. Good nutrition is a matter of balance. Provide foods from several food groups at each meal. Emphasize foods that are less processed, such as whole grain breads and cereals and fresh fruits and vegetables. Review your child's diet with your pediatrician for suggestions.

Be involved in your child's school and your child's education.

Visit your child's school, and find out how parents can help. Whether you become active in the parent-teacher organization or volunteer in the school, parent involvement matters. Your child will notice how important education is to you.

Make your children feel loved and

important. Recognize every effort and increment of 'progress' or 'improvement' they make; don't compare siblings; understand your child's behaviors and emotions; recognize 'hidden agendas' like acting up, may be a cry for attention and help; not doing homework may be a sign of distraction or learning problems.

Keep expectations for changes and goals realistic and use 'baby steps.' Celebrate their individuality and tell them what makes them special. Assure them that they are loved and safe.

More Parents are Being Held Criminally Liable for their Teens' Drinking Parties

More parents are being held criminally liable for their teens' drinking parties. As a growing number of states pass laws increasing parental liability for teenage drinking, twenty-three states have now passed "social host" laws targeting adults who allow underage drinking in their homes and thirty-three states have some form of civil liability laws. "Homeowners and parents are at risk now because they don't appreciate what their kids are doing in the backyard," says Suzanne Bass, a Florida attorney who has handled these suits.

Binge drinking: Although teen drinking rates have declined significantly over the past few decades, they remain disturbingly high. More than 40% of college students say they binge drink. And at more than 5,000 a year, alcohol-related fatalities remain the leading cause of death among teens.

The key statistic behind the new laws, however, is that two thirds of teens get their alcohol from adults. Some parents provide it deliberately, believing that if they condone it in moderation, their children will be less likely to abuse it. Stanton Peele, a psychologist and addiction expert, says research bears that theory out. "It's accurate to say that not drinking at home with parents is a significant risk factor," says Peele.

In California, meanwhile, officials have taken a different approach to teen drinking: steep fines. The state does not have a criminal social host ordinance, but individual counties have targeted parents with civil laws that allow police to fine them – in some cases up to \$2,500.00 for allowing underage drinking. Officials in Marin County, a liberal enclave north of San Francisco, worried that criminalizing parental involvement would send the wrong message; the goal wasn't to punish people but to deter bad behavior. So the county passed a civil fine ordinance under which police have cited four people, including one nineteen year old who called the police herself when a party got out of hand.

One of the two parents fined under the ordinance was Mill Valley businesswoman Deborah Walters. She had allowed her seventeen year old son to host some friends for a barbecue and explicitly forbade drinking. She was in the house when the police came (in answer to a neighbor's complaint) and found the boys drinking beer outside. Walters was fined \$750.00, a penalty she is making her son pay back at \$100.00 a month. "He knows that if he does it again," she says, "he doesn't have a place to live."

A Host of Trouble: More parents are being held criminally liable for their teen's drinking parties.
Emma Schwartz. U.S. New & World Report. Washington: Oct. 8, 2007. Vol. 143, Iss. 12

Williston High School Lunch Menu Jan-08

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	CHRISTMAS NO SCHOOL	BREAKFAST Waffle Sausage Patty LUNCH ENTREE'S Chili Chef Salad Stuffed Crust Pizza SIDES Breadstick Spiced Apples	BREAKFAST Pancake Ham Slice LUNCH ENTREE'S Chicken Fajita Taco In A Bag Stuffed Crust Pizza SIDES Peas Pears Jell-O	BREAKFAST Scrambled Eggs Toast LUNCH ENTREE'S Sweet & Sour Chicken Stuffed Crust Pizza SIDES Corn Mandarin Oranges
7	8	9	10	11
BREAKFAST Breakfast Pizza LUNCH ENTREE'S Hamburger On A Bun Rib Patty On A Bun Stuffed Crust Pizza SIDES Oven Fries Strawberry Fruit Cup	BREAKFAST Cheese Omelet Toast LUNCH ENTREE'S Chicken Nuggets Corn Dog Stuffed Crust Pizza SIDES Mashed Potatoes Corn Fresh Fruit	BREAKFAST French Toast Sticks Sausage Patty LUNCH ENTREE'S Spaghetti With Meat Sauce Stuffed Crust Pizza SIDES Garlic Toast Broccoli Peaches	BREAKFAST Banana Bread Cheese Stick LUNCH ENTREE'S Sloppy Joe On A Bun Chicken Patty On A Bun Stuffed Crust Pizza SIDES Potato Rounds Mixed Fruit	BREAKFAST Breakfast On A Stick LUNCH ENTREE'S Sub Sandwich Taco Hot Pocket Stuffed Crust Pizza SIDES Chips & Salsa Applesauce Smore Pocket
14	15	16	17	18
BREAKFAST Scrambled Eggs Toast LUNCH ENTREE'S Polish Sausage On A Bun Fish Sandwich Stuffed Crust Pizza SIDES Seasoned Pasta Peas & Carrots Tropical Fruit	BREAKFAST Breakfast Wrap LUNCH ENTREE'S Burrito Chili Crisпитos Stuffed Crust Pizza SIDES Spanish Rice Fresh Fruit Jell-O	BREAKFAST Cinnamon Tastry LUNCH ENTREE'S Popcorn Chicken Ham & Cheese Wrap Stuffed Crust Pizza SIDES Augratin Potatoes Green Beans Fruit Salad	BREAKFAST Ham, Egg & Cheese On An English Muffin LUNCH ENTREE'S Pepperoni Hotdish Taco In A Bag Stuffed Crust Pizza SIDES Breadstick Corn Applesauce	BREAKFAST Waffle Sticks Sausage Links LUNCH ENTREE'S Garlic Cheese Bread Sweet & Sour Chicken Stuffed Crust Pizza SIDES Peas Peaches
21	22	23	24	25
BREAKFAST Rancher's Hashbrowns LUNCH ENTREE'S Pizza Cheesy Bread Sticks Stuffed Crust Pizza SIDES Creamed Corn Pineapple	BREAKFAST Breakfast Burrito LUNCH ENTREE'S Mini Corn Dogs Sub Sandwich Stuffed Crust Pizza SIDES Baked Beans Fresh Fruit Cookie	BREAKFAST Cinnamon Streusel Bread Yogurt LUNCH ENTREE'S Turkey Tidbits Meatballs Stuffed Crust Pizza SIDES Mashed Potatoes/Gravy Corn Cranberry Whip	BREAKFAST Pancake Sausage Links LUNCH ENTREE'S Chicken O's Chicken Bender Stuffed Crust Pizza SIDES Seasoned Pasta Fresh Veggies Mandarin Oranges	BREAKFAST Breakfast Pizza LUNCH ENTREE'S Taco Salad Quesadilla Stuffed Crust Pizza SIDES Pudding Peaches
28	29	30	31	
BREAKFAST French Toast Sausage Patty LUNCH ENTREE'S Taco Hot Pocket Bagel & Yogurt Stuffed Crust Pizza SIDES Corn Sherbet Cup	BREAKFAST Cheese Omelet Toast LUNCH ENTREE'S Chili Crisпитos Stuffed Crust Pizza SIDES Glazed Carrots Tropical Fruit	NO SCHOOL TEACHER IN-SERVICE	BREAKFAST Ham, Egg & Cheese On An English Muffin LUNCH ENTREE'S Shredded Pork Sandwich Chicken Patty On A Bun Stuffed Crust Pizza SIDES Oven Potatoes Pears	