

The Caynis Ama

Volume XIII

Issue 8

Williston High School

May 2008

"Principal's Page"

This week we are working with Healthy Williston to collect items for the community garage sale. We will be collecting items for the sale on Thursday of this week and hopefully the sale will be the best sale we have had.

Backpacks

We, at WHS, are seriously looking at revamping the backpack policy. The policy would change so that the students would not be allowed to use them during school time. Backpacks would be allowed to transport books to and from school.

The reason we are considering revamping the policy is twofold. First, in this era of school violence, it would be too easy for a student who wanted to cause harm to others to put a weapon in their backpack. Second, many students are putting all of their books in their backpack and their posture is suffering. We have young ladies that are very petite carrying backpacks that easily weigh 35-40 pounds.

Lockers have been assigned to every student and there is ample time between classes for students to get books from their locker and get to class on time.

If you have any questions or comments, please contact me at 572-0967 or my email address at Chris.Kittleson@sendit.nodak.edu

Test Exemption Policy

On page five of the student handbook is the good attendance reward policy. This policy is going to be revamped so that everyone will be required to take finals in ALL classes. There have been many instances where our students have gone on to Colleges or Universities ill prepared to handle the stress of taking finals. In order for our students to be able to handle high stress exams, (state testing/finals etc.), they will now be required to take some form of test in each class.

Code of Conduct

This item was in my newsletter last year and I truly feel it is necessary this time of year. Board policy dictates that if any senior gets caught by the police for an offense set forth by the policy, (drinking/smoking etc.), they will not be allowed to attend any activities at WHS. The only activity that we have left is GRADUATION!!!! Please strongly encourage your daughter/son to make sound choices so close to the end of the school year.

Fees

Senior parents, please be sure to check PowerSchool so that there are no outstanding fees due.

These will have to be paid prior to

your son/daughter being allowed to pick up their cap and gown for graduation.

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Professionally,

Principal

Williston High School

Counseling News

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

Scholarships

Williams County Farm Bureau Scholarship is for current members of the Williams County Farm Bureau. Applications are available in the counselors' office. The deadline is May 1.

Horizon Resources Scholarship is available to a current customer or dependent of a current customer of Horizon Resources. Applications are available in the counselors' office. The deadline is May 15.

John Eberle Scholarship applications are in the

counselors' office. The deadline is May 15. Williston Trail Riders applications are in the counselors' office. You must attend WSC. The

deadline is May 15.

North Dakota Indian Scholarship applications are available online at www.ndus.nodak.edu/students/financial-aid/details.asp?id=111 or in the counselors' office. You must be a member of a recognized Indian tribe. The deadline is July 15.

ACT Registration

Williston High School Code: 351-880

The cost of writing the ACT is \$29 without the writing test and \$43 if you select to do the writing. The deadline for the June 14 assessment is May 9. To register online, go to www.actstudent.org

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 students 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.

ND/MN Reciprocity

The North Dakota/Minnesota reciprocity program is a program of student exchange that has existed since 1975. The purpose of the program is to continue to improve post-secondary education opportunities for North Dakota and Minnesota residents and to achieve improved effectiveness and economy in meeting the post-

secondary education needs of those residents through cooperative efforts by the two neighboring states. Online applications are available at www.nd.gov/cet/forms/reciprocity.html or in the counselors' office.

Awards Night/Baccalaureate/Graduation

These are very special events held to honor the graduates of the Class of 2008. We held a meeting with the graduates on April 2 and sent home a packet of information to guide them through the weeks before graduation. Please take note to some of the information that was given to them and help us keep the prestige that accompanies these events.

Be on time. These events have set times for practice/line-up and start time. The times are set for a reason.

Dress appropriately. As faculty, we will do everything possible to make this year's graduation activities and ceremony a worthy and honorable event, filled with memories you and your graduate will treasure for a lifetime. Consequently, appropriate dress is always an issue with us. We ask that the young men wear a nice pair of slacks, nice shirt, and, if possible, a tie. Our young women are asked to wear appropriate footwear. Please...no tennis shoes, beach wear, sandals or flip flops.

- Honor Group wears white sash/white tassel
- Graduates wear orange/black tassel
- No flowers or other decorations are to be worn on cap/gown
- No sunglasses or gum
- Graduates need to make arrangements to give cards, flowers and gifts to a non-graduation friend or family member before graduates move toward the gym

Dates to Remember

May 4 – Mother/Daughter Dinner ACT June Registration Deadline

May 7 - Senior Awards Night

May 9 – ACT Registration Due for June

May 9 - Senior Cut-off Date/Honor Group
Announcement

May 9 – Father/Son Breakfast

May 10 - Band Day

May 12 - Honor Group Luncheon

May 13 – Elk's Youth Day

May 14 – Honor Banquet

May 18 - Baccalaureate

May 22 - Graduation Practice

May 25 – Graduation

May 25 - Operation Graduation

June 9 – ACT Assessment

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
- 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.

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.

Mid-Term & Nine Week Grading Schedule for WHS

Fourth Nine Weeks - May 23 (Mailed)

Operation Graduation

Attention parents of seniors! Operation Graduation is drawing near and we are still in need of parent chaperones for the evening of Operation Graduation. The first shift will run from 8:30 PM to 1 AM while the second shift will run from 12:30 AM to 5 AM. If interested, please call Debbie Hendrickson at 572-1886/770-3602 or Teresa Kyllo at 572-0731/770-3151.

We are also still in need of cash donations. Please call Barb Olson at 577-0730 after 7 PM. Thanks!

Suzann Eiken

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

Class of 2008

Motto:

What lies behind us and what lies before us are tiny matters compared to what lies within us.

Ralph Waldo Emerson

Flower:

Lilly

Colors:

Orange/Black/Silver

REMINDER...

All fees MUST to be paid before finals or they will not be allowed to take them. If you cannot do so, other arrangements must be made with Mr. Kittleson or Mr. Germundson.

WHS Summer School Begins May 27 @ 7:30 AM

Final Exam Test Schedule

All students, regardless of attendance, are required to take one final exam.

Freshman	Math
Sophomores	
Juniors	Social Science
Seniors	English
	3

There will be no finals in physical education, choir or band.
Students need to find out from their instructors what finals they need to take.

Tuesday, May 20, 2008

8 AM – 10 AMPeriod 1
10 AM – 12 PMPeriod 2
12:30 PM – 2:30 PMPeriod 3

Wednesday, May 21, 2008

8 AM – 10 AMPeriod	4
8 AM – 10 AMPeriod 10 AM – 12 PMPeriod	5
12:30 PM – 2:30 PMPeriod	6

Thursday, May 22, 2008

	3 AM – 10 AMPeriod 7	
1.	10 AM - 3:45 PMMake-Up Tests	3

Friday, May 23, 2008

8 AM - 2 PM......Make-Up Tests

Students are to remain in each class for a minimum of 1 hour for testing.

Graduation Slide Show

Seniors...please bring your senior picture (preferably a close-up) and a baby/toddler picture to Ms. Kalb in room 217. You may pick them up from room 217 the following day.

Make sure you have your first and last name on both pictures. The slide show is shown from 12:30 PM to 2 PM prior to graduation for parents, grandparents, family and friends to enjoy while they are waiting for the ceremony to begin.

In Concert

Lorie Line
In The WHS Auditorium
On May 6, 2008
@ 7:30 PM

For tickets, please call 701-572-5618 ext. 249
All Seats are \$38
Checks can be written to WHS Band

Spring Semester Student Art Exhibit

The spring semester Student Art Exhibit will be held at the WHS Commons May 16 and 17, 2008. We will have judging take place Friday evening and Saturday morning, and the exhibit will be open to the public from 1 PM to 5 PM Saturday and Sunday.

We would like to encourage all parents and family of the art students, as well as community members to attend. Refreshments will be served.

If you have any questions please feel free to call Mrs. Hoffman or Mr. Sundt at the high school—572-0967.

Dates to Remember

- May 4 Mother/Daughter Dinner-6 PM Invitations Will Be Mailed ACT June Registration Deadline
- May 7 Senior Awards Night Auditorium-7 PM
- May 9 Senior Cut Off Day
 Honor Group Announcement
 Father/Son Breakfast
 ACT Registration due for June
- May 10 Band Day (10 AM)
- May 12 Honor Group Luncheon Rotary El Rancho-12 PM
- May 13 Elk's Youth Day
- May 14 Honor Banquet St. Joe's Catholic Church O'Neil Hall-6 PM
- May 18 Baccalaureate St. Joe's Catholic Church-7 PM
- May 22 Graduation Practice
 All seniors must attend
 Phil Jackson Field House
 9:30 AM 11:30 AM
- May 25 Graduation

 All seniors must attend

 Phil Jackson Field House-2 PM

 (All seniors must be at WHS @ 1

 PM to line up)
- May 25 Operation Graduation
 <u>Attendance is optional</u>
 10 PM 4 AM
- May 27 First Session Summer School Begins
- June 9 ACT Assessment
- June 11 First Session Summer School Ends
- June 12 Second Session Summer School Begins
- June 27 Second Session Summer School Ends

West Region Vocal Contest

Zack D. and Jay B. participated in the West Region Vocal Music Contest held in Minot on April 10. Zack received a 1 rating and Jay received a star rating in the vocal solo category. Jay participated in the state contest on April 25 in Minot.

Congratulations, to both performers, for a job well done!

Student Council News

The very important process of selecting new Student Council members is happening this month. The election packets have been in the office and were due on Friday, April 25. They were to be brought to room #105 when completed.

In May, we will be thanking our staff for all they do for us during the year. Our next very important project is Teacher Appreciation Week. There will be activities every day of the week for the staff May 5-9.

As another school year winds down, we would like to thank everyone who helps make Student Council activities possible. We would sincerely like to thank parents, peers and community as well as the teaching staff.

Student Council 2007-2008

WHS Madrigal Choir

The WHS Madrigal Choir traveled to Regina, Canada, on April 20 to attend a performance by the Chamber Players, a select group of Regina Symphony Orchestra members. They performed selections from "The Abduction From The Seraglio", which is an opera by W.A. Mozart, and a String Quartet by Ludwig van Beethoven. The concert was held at the Government House Ballroom. Their performance as fantastic!

FFA News

Food for America

Our annual Food for America program will be held on Wednesday, May 7. Area second graders will be shown how agriculture affects them every day and the importance of agriculture in their daily lives. They will attend presentations by FFA members on such topics a machinery safety, animal safety, food science, crop production, wildlife, horticulture, dairy, beef, first aid and others.

State FFA Convention

The State FFA Convention will be held in Fargo on June 2-6. Members will be conduction the annual business and will elect next year's officers. They will have the opportunity to participate in things such as Ag. Mechanic contest, horse judging, floral and nursery judging, band, chorus, small animal care, food science and others.

County and State Fair

FFA members will be exhibiting grain samples and projects they have constructed during the school year at each of these fairs in June and July.

Officer Elections

Williston FFA officers will be elected for the 2008-2009 school year during the May meeting.

> Wes Pepple FFA Advisor



No more failure

We all make mistakes. The important thing is to look at each situation as positively as possible. How? Try erasing the word failure from your family vocabulary. Replace it with setback or detour. Everyone will begin to see themselves as problem solvers.

Internet plagiarism is on the rise. More than half of all high school students surveyed admitted to copying information or whole research papers from the Internet. Make sure your kids do their own work and cite any sources they use for research.

Too old for bedtime stories?

Read aloud to your high schooler? What a great idea! Pick a book or novel that you'll both enjoy. Set aside one or two evenings a week to read a chapter together. Take turns reading aloud. It's a great way to connect and relax together.

Worth quoting

"Arriving at one goal is the starting point to another." *John Dewey*

Just for fun

Teenager to parent:

Of course I know the value of a dollar. That's why I'm asking to borrow five.



Building better study skills

Alonzo wants to improve his grades from C's to B's. He pays attention in class, but studying is tough for him. When test time comes, he doesn't feel prepared. What can he do?

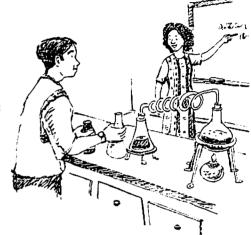
High schoolers need good study skills to organize, review, and remember information. Improving these skills can help students get better grades. Here are some study tips to share with your teen.

Focus on important ideas

Encourage your teen to focus on what the teacher discusses and writes on the board. When he's reading at home, he should pay attention to the titles that divide each chapter. These titles help point out main ideas in the text. Also, have him look over past homework assignments.

Make study time count

Setting aside study time every day is important. Most students remember more by reviewing in shorter, daily sessions. Your high schooler should divide big projects into small goals. Example:



He could study one chapter a night for a week instead of all five chapters the night before a test.

Deal with distractions

It's natural for a teen's mind to wander while studying. Encourage your high schooler to control stray thoughts by quickly jotting them down and setting them aside until later. This helps clear his mind and puts the focus back on his work. He can review the thoughts after he finishes studying.

Note: When it comes to study techniques, it's important for your teen to find methods that work—and turn them into habits.

Why parent-teacher conferences still matter

Parent-teacher conferences can be as helpful in high school as they were in grade school. They put you in touch with your teen's world away from home and help you establish a relationship with her teachers. Here are some ways to make these meetings more effective:

- Find out what your high schooler will be expected to do in each class (homework policy, tests, group projects).
- Ask how to get in touch with her teachers if you have questions.
- Mention any problems at home that may affect your teen's learning—divorce, illness, etc.
- Discuss questions you may have about such topics as your child's attitude in class or the friends she hangs out with. € 7

College bound?

Should your teen go to college? It's a big question, and the answer is different for each child. How do you decide what's right for your high schooler? Consider setting up an appointment to talk with your child's school counselor.

Assessment

The counselor can help assess your teen's talents, interests, and academic strengths. He can encourage your child to think about the kind of life goals she wants to pursue and whether college should be a part of them. A four-year college may not be the answer for everyone, but your teen probably *should* consider going to one if she:

- has academic interests she wants to explore (writing, mathematics)
- has career goals that require a college degree (psychologist, field biologist)
- wants to expand her horizons and life opportunities with a college degree

Alternatives

If a four-year college doesn't seem to be the right fit for your child, the counselor can help her explore other options, including:

- vocational and technical schools
- business or community colleges
- internships
- apprenticeships 🖺



Budgeting 101

Do your teens blow their allowance and then ask for more? It's time for a crash course in budgeting—and gift giving is a good place to start! Here's how:

First, help your kids set an amount of money to buy gifts for the year. This is their budget.

Next, have them list the gifts they want to buy and estimate the cost. Does their estimate exceed their budget? If so, have

them brainstorm ways to reduce the expenses. Buy fewer gifts?

Make homemade gifts? Let them work out the details.

When your children need to buy a gift, have them look at their plan.

Then, take them shopping. If they run out of money, be firm—your wallet is closed. They'll have to budget better next time.

OUR PHURP OSE

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

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Parent (n Carrent

Picking your battles

"You are not going to Nana's house dressed like that!" I said to my son. "Go upstairs and change into some decent pants! Or don't come down at all!" Nick chose not to come back down.

We went to Nana's house without him. I felt so upset that I barely tasted dinner. I realized I wanted my son's company much more than I cared about how he looked.

When we got home, I apologized to Nick. I said he was old enough to make his own decisions about his appearance, and that I'd make him a deal. If he continued to do well in important areas, like grades and behavior, I'd cut him slack in less important things, like what he wears.

It's been a month. Nick's still wearing pants that make me cringe—but he's getting nearly straight A's, and he's a good, responsible kid. I'm trying to focus on that, because that's the important stuff, ξ^{ℓ} _b



Academic emergency

My daughter has fallen behind in school and needs to catch up. What can she do?

Falling behind is an academic emergency. Your daughter should make catching up her top priority. Have her try these steps:

1. Make a list of all overdue assignments and the order in which they need to be completed. *Tip*: Focus first on preparing for upcoming tests.



3. Make a study plan. Set aside a specific time for homework every day. Do daily work first, then overdue assignments.

4. Get rid of diversions.

Limit TV, sports, and extracurricular activities until all overdue assignments are turned in, ψ^0



William Hig	h School	LungaMenu		Wayeos
Monday	Tuesday	Wednesday	Thursday 1	Friday 2
	<u> </u>		BREAKFAST Ham, Egg & Cheese	BREAKFAST Breakfast Wrap
			On An English Muffin LUNCH ENTREE'S	LUNCH ENTREE'S
			Shredded Pork On A Bun Hot Dog On A Bun	Grilled Cheese & Soup Quesadiila
			Stuffed Crust Pizza SIDES Tator Tots	Stuffed Crust Pizza <u>SIDES</u> Mixed Fruit
			Pears Cookie	Mixed Fruit
5 . 12. 5 . 3 . 1		enaliste 7 nikan me	SANGER BUR MERTIN	2. 12. 12. 9 2. 12. 12. 1
BREAKFAST Scrambled Egg	BREAKFAST Scrambled Egg	BREAKFAST Cinnamon Roll	BREAKFAST Waffle	BREAKFAST Cheese Omelet
Toast LUNCH ENTREE'S	Toast LUNCH ENTREE'S	LUNCH ENTREE'S	Sausage Patty LUNCH ENTREE'S	Toast LUNCH ENTREE'S
Hamburger On A Bun Corn Dog	Chili Crispito Sweet & Sour Chicken	Taco Salad Stuffed Crust Pizza	Chicken Rice Hotdish Ham & Cheese Wrap	Hot Ham/Cheese Sandwich Chicken Alfredo
Stuffed Crust Pizza SIDES	Stuffed Crust Pizza SIDES	SIDES	Stuffed Crust Pizza SIDES	Stuffed Crust Pizza SIDES
Tator Tots Peaches	Glazed Carrots Fresh Fruit	Refried Beans	Dinner Roll	Potato Wedges
		Mandarin Oranges	Green Beans Tropical Fruit	Pineapple Brownie
12 BREAKFAST	13 BREAKFAST	14 BREAKFAST	15 BREAKFAST	16
Breakfast Pizza	Ham, Egg & Cheese	Pancake	Egg Patty	BREAKFAST Scrambled Egg
LUNCH ENTREE'S	On An English Muffin LUNCH ENTREE'S	Ham Slice LUNCH ENTREE'S	Bagel LUNCH ENTREE'S	Toast LUNCH ENTREE'S
French Toast/Sausage Links Bagel & Yogurt	Chicken Patty On A Bun Pizza Burger	Sub Sandwich Garlic Cheese Bread	Chicken Fajita	Pizza
Stuffed Crust Pizza	Stuffed Crust Pizza	Stuffed Crust Pizza	Chili Crispito Stuffed Crust Pizza	Burrito
<u>SIDES</u> Trail Mix	SIDES Green Bean Casserole	SIDES Chips	SIDES Pears	SIDES Com
Applesauce Juice	Fresh Fruit Pudding	Baby Carrots Fresh Apple/Cookie	Jell-O	Applesauce
19.	20	21	22	23
BREAKFAST Breakfast Wrap				
LUNCH ENTREE'S Chef Salad Pizza	FINALS	FINALS	FINALS	FINALS
<u>SIDES</u> Garlic Toast Peaches	NO LUNCH SERVED	NO LUNCH SERVED	NO LUNCH SERVED	NO LUNCH SERVED
26	27	## 154, 1170, 28	29	30
MEMORIAL DAY	SUMMER SCHOOL			
	BEGINS			
NO SCHOOL	7:30 AM			