

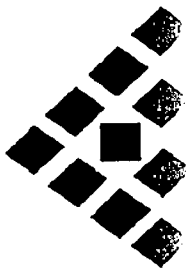
Williston High School
PO Box 1407
Williston, ND 58802

Non-Profit Organization
US POSTAGE
PAID
Williston, ND 58801
Permit No. 85

A large, stylized, 3D-rendered word 'April' in a bold, serif font. The letters are thick and have a textured, stippled appearance. The word is slanted slightly to the right. Below the main word, there are several smaller, overlapping, and partially obscured versions of the word 'April', creating a sense of depth and movement.

April 2009

Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sun.
		1	2	3	4	5
				B JV Baseball @ St. Mary's-4:15 B V Baseball @ St. Mary's-4:15	B & G V Track @ Glasgow B & G V WDA Speech in Williston B JV Baseball @ Mandan-2 PM B V Baseball @ Mandan-2 PM	
6	7	8	9	10	11	12
B Golf Practice Begins			B & G V Track @ Bismarck G V Tennis @ Glendive-11 AM B JV Baseball @ Minot-4:15 B V Baseball @ Minot-4:15	GOOD FRIDAY NO SCHOOL		
13	14	15	16	17	18	19
EASTER MONDAY NO SCHOOL B V Golf @ Century-11 AM B V Baseball @ Beulah-5:15	G C Tennis @ Wolf Point-11 AM G JV & B 9 Track Williston Invite-4 PM B 9 Baseball @ Dickinson-5:15 PM		G V Tennis @ Dickinson-4 PM	B V Golf @ Bully Pulpit-11 AM B JV Baseball @ Dickinson-5:30 B V Baseball @ Dickinson-5:30	B & G V State Speech-Mandan B & G V Track @ Sidney B V Golf @ Dickinson-11 AM	
20	21	22	23	24	25	26
G C Tennis @ Dickinson-12 B JV Baseball Home w/Beulah-4:15 PM B V Baseball Home w/Beulah-4:15 PM	G V Tennis Home w/Bishop Ryan-4 PM		B V Track @ Bismarck G C Tennis @ Minot-12 PM	G V Track @ Bismarck B V Golf @ St. Mary's-11 AM G V Tennis Home w/Mandan-2 B JV Baseball Home w/Mandan-4 B V Baseball Home w/Mandan-4	WHS PROM COMMUNITY SALE G V Tennis @ Minot Round Robin B V Golf @ Bismarck-11 AM B V Baseball Home w/Belcourt-1	
27	28	29	30			
B V Golf @ Minot-11 AM G C Tennis Home w/Minot-12 B JV & 9 Baseball Home w/Minot-4 PM	G C Tennis Home w/Minot-4 PM		B 9 Baseball @ Minot-4:30 PM			



The Coyote Howl

“Principal’s Page”

Spring is in the air. However, the news is that we are going to receive one more visit from Jack Frost before we can actually begin our spring activities. I want to congratulate Mari G. and Rory G. for being nominated to work with the Williston Economic Development Service. In addition to this, Brent Q. was named Senior Athlete of the Year at the state basketball championships. He also was one the two people nominated for Mr. Basketball for the state of North Dakota. Great job folks. Williston High School is proud of your efforts.

Ignition

The administrative team at Williston High School is working on a plan to integrate a program for our freshman called “Ignition”. It is a program that creates an immediate connection for the student to WHS. There are many different activities related to this program, and we are very excited about the possibilities. We are hoping to be put on the curriculum committee’s agenda so that we can show them our progress. There will be more news to follow next month.

Prom

Prom is scheduled for April 25 this year. Prom is a formal event at WHS for boy/girl couples who have reached their junior/senior year or have graduated from high school. Students bringing a date from outside WHS must complete a form and have the prom date approved by the principal. (All couples must be at least a junior in his/her high school and under 21 years of age.) All students must wear acceptable clothing to participate in the Grand March and the dance that follows.

General guidelines for the ladies:

- Dress slit cannot extend past the mid-thigh
- Dress cannot expose skin below the navel or above the bottom rib
- Dress must not ride low on the hip
- Dress must be high enough not to expose cleavage

Proper attire for the men:

- Dress pants required
- Dress shirt required
- Suit coat required

- Tie required
- No tennis shoes, jeans or sandals

Any questions concerning attendance/attire at the prom are to be directed to the principal.

Graduation

It is that time of year again to talk about that dreaded disease that infects students in the spring of the year. This disease causes fatigue, complacency, forgetfulness and an increased level of stress on upper classmen. This disease is called “Senioritis.”

To help your son/daughter get through this difficult time in their high school career, here are a couple of suggestions to assist you in helping them. First, be sure to go to PowerSchool weekly. That way, you are not in the dark when it comes to their progress to “the stage.” Also, encourage them in their quest to earn their diploma. Sometimes it can be a bit overwhelming knowing that there are some “big” decisions that will need to be made in the not so distant future. Therefore, if you are there for them and support them in this time of their life, transition from Williston High School to wherever/whatever they plan on doing will be as seamless as possible. Until next time.

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Chris Kittleson, Principal
Williston High School

Adequate Yearly Progress

Dear Parents:

Our school district is dedicated to providing its students the education they need to prepare them to graduate from high school and enter their adult lives. Our school is committed to maintaining a high quality education for our students, and we are working hard to provide continuous support to our teachers and our students as they work toward achieving the high academic standards we have set for them.

What is Adequate Yearly Progress?

Federal law, under the *No Child Left Behind Act*, requires increased accountability for schools to reach high standards for all students in reading and mathematics. Each year, as part of the requirements for the *No Child Left Behind Act*, the state releases Adequate Yearly Progress (AYP) reports for each school building in the state of North Dakota. These reports measure our students' performance in terms of the percentage of students who are at or above state-defined academic standards in reading and mathematics as measured by the North Dakota State Assessment. The reports are called Adequate Yearly Progress reports (otherwise known as AYP reports), and the school is required to share these reports with its parents.

How is AYP determined?

The *No Child Left Behind Act* requires states to set proficiency standards (or goals) for schools. The state uses these proficiency standards to indicate if schools are making AYP. The state looks at the percentage of the school's students who are meeting or above each standard. There are actually four specific criteria that the state reviews to determine if a school has made AYP. These four criteria include:

1. Whether the percentage of students taking the North Dakota State Assessment (in both the composite and each subgroup) meet the state's annual AYP

goals in the proficient and advanced proficient areas in reading and math.

2. Whether 95% of the students in the school, as well as in each subgroup, took the state assessment.
3. Whether the school has met the secondary indicator for participation rates. (high school graduation rate)
4. Whether the school's achievement and participation rates have passed the test for statistical reliability.

Did our school make AYP?

As indicated on the bottom of the enclosed school AYP report, you will find that our school did NOT make Adequate Yearly Progress (AYP); however, our school has not been identified as a school in need of improvement. In order to be identified as a school in need of improvement, also known as program improvement, a school must fail to make AYP for two consecutive years. In other words, if our school's North Dakota State Assessment results fall below the goals set by the state next year, our school will be identified as a program improvement school since it would be our second consecutive year for not making AYP. Being identified for program improvement would mean that our school would be required to write an improvement plan and face certain sanctions as outlined in the *No Child Left Behind Act*.

What is our school doing to improve its AYP status?

Improving the educational achievement of our students has always been a priority. We are constantly working to implement research-based methods of teaching and assessment that will present our students with a quality educational program that provides them with the skills and background they need to succeed upon graduation from our school. Currently, our school is undertaking the following improvement measures:

1. Implementing 6+1 reading strategies in the English Department.

2. Integrating mathematical concepts during (Sustained Silent Reading) time in targeted classrooms.
3. Hire additional math teacher to work with struggling students in Math and reduce class sizes in other math classrooms.
4. Initiate JAG program to work with At-risk freshman in order to help them transition into the high school.
5. Hire an additional English/Title instructor to assist with struggling students in the area of English.
6. After-school tutoring program will be initiated to allow students not receiving services throughout the day to get help from a teacher after school.
7. Work with special education department to ensure that all necessary accommodations are being implemented into students Individual Education Plans.

What does this mean for parents?

In order to reach the high academic goals for student proficiency set in the *No Child Left Behind Act*, our school needs your participation.

Supporting the school and becoming involved in your child's education is key to his/her academic progress. Because we are facing a second year of not making AYP, your involvement is key to our school improvement efforts. We would like to enlist your participation in our school improvement efforts. We would certainly welcome any ideas you have to further our work to attain high academic standards for all students at our school. Please contact the school at 572-0967 to become involved.

Sincerely,

Chris Kittleson, Principal
Williston High School

Counseling News

Williston High School Counselors
Miss Koperski, Ms. Forthun
Mr. Lysne
April 2009

Scholarships

Coyote Foundation Scholarship is an annual scholarship available to any WHS senior. This is a great opportunity to receive one of many scholarships available. Applications are available in the counselors' office and must be accompanied by a picture of the student applying. Deadline is April 3.

Kingsley T. Davidson Memorial Scholarship is for high school seniors in Williams, Divide and McKenzie Counties. Applications are in the counselors' office. The deadline is April 1.

Reuben T. Guenther Scholarship is available for a student who has taken one or more vocational courses between grades 9-12. Applications are available in the counselors' office or online at www.nd.gov/cte/students/scholarship.htm. The deadline is April 1.

John Eberle Scholarship applications are available in the counselors' office. The deadline is May 15.

NCAA Clearinghouse Information

Student athletes who plan to attend an NCAA Division I or NCAA Division II college or university and who plan to participate in athletics should go to the following website for information.
www.ncaaclearinghouse.net

From the homepage, click on "General Information". That page has a link to the guide, as well as other helpful information regarding Division I and Division II eligibility rules. Students are also able to register online. At the home page, click on "Prospective Student-Athletes", and then click on "Domestic Student Release Form."

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 June 13 assessment is May 8. To register online, go to www.actstudent.org

ACT Registration

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 for those residents through cooperative efforts by the two neighboring states. Online applications are

available at www.nd.gov/cte/forms/reciprocity.html or in the counselors' office.

testGear

WHS has 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 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 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:

April 12

June 14

Information is in the counselors' office.

Dates to Remember

April 3 – Coyote Foundation Scholarship Due

April 4 – ACT @ WSC 8 AM to 12 PM

April 8 – Senior Meeting

11:15 AM

Auditorium

April 25 – Prom

Community Sale

May 3 – Mother/Daughter Tea

6 PM (Invites will be mailed)

May 4 – Father/Son Breakfast

6:40 AM (Invites will be mailed)

May 6 – Senior Awards Night

7 PM in the auditorium

May 8 – ACT Registration due for June

May 8 – Senior Cut-off date

Honor Group Announced

May 9 – Band Day

May 12 – Elk's Youth Day

May 13 – Honor Banquet

6 PM at St. Joseph's Church (O'Neill Hall)

May 17 – Baccalaureate

7 PM at Gloria Dei Church

May 18 – Rotary Luncheon for Honor Group

12 PM at the El Rancho

May 21 – Graduation Practice

All seniors must attend

9:30 AM – 11:30 AM (Phil Jackson Field House)

May 24 – Graduation

All seniors must attend

2 PM in the Phil Jackson Field House

(All seniors must be at WHS by 1 PM to line up)

May 24 – Operation Graduation

Attendance is optional

10 PM – 4 AM

Undisclosed Location

June 13 – ACT @ WSC 8 AM to 12 PM

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

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. Boy's sleeveless shirts.
10. Dressing in any manner to draw offense from others and/or detract from the educational process.

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

Dear Parents/Guardians:

Please review the WHS attendance policy either online at <http://www.williston.k12.nd.us> or in your student's planner on pages 5 & 6. We are asking that parents do their part in staying up-to-date with their student(s) attendance by checking PowerSchool on a regular basis as it's impossible for us to contact you with every absence and is sometimes impossible for us to contact you at all. Thank you!

Donna Kennedy
Attendance Secretary

Attention all Parents: If you have not paid your child's classroom and/or activities fees as of this time, we would appreciate your attention to this matter. Activity fees are to be paid *before* the child can participate in any sport 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.

ANNOUNCEMENTS & NEWSLETTERS

THE WHS DAILY ANNOUNCEMENTS
AND MONTHLY NEWSLETTERS
CAN BE VIEWED ONLINE AT:
www.williston.k12.nd.us/whs/

Seniors/Senior Parents

Keep Operation
Graduation in Mind

Questions – Contact Kim
Egge or Jan Skadeland

Watch Channel 19 for
meeting times and updates



CELL PHONES

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.

WHS PROM

will be on

April 25, 2009

Tickets will go on sale April 14, 2009
You must purchase a couples ticket before
you can buy spectator tickets.

MUSIC DEPARTMENT NEWS:

We have picked dates for our Spring Band
and Choir concerts!!!

(Please note the different times.)

Spring Band Concert

Monday, May 4

7:00pm

WHS Auditorium

Spring Choir Concert

Thursday, May 14

7:30pm

WHS Auditorium

Eric Rooke
Band Director

Katie Rooke
Choir Director

Class of 2009

Motto:

We don't live for "what ifs",
if something happens,
we will deal with it then.

Taylor Nelson

Flower:

Tiger Lilly

Colors:

Orange/Black/Silver

Mid-Term & Nine Week Grading Schedule for WHS

Mid-Term – April 24

(Period 4)

Fourth Nine Weeks – May 22

(Mailed)

Governor's School

North Dakota Governor's School is a six week residential honors program offered during the summer at NDSU for motivated students in English, Science, Math, Art and Technology. Sophomores and juniors in high school can apply each spring to attend Governor's School. Three students from Williston High School have applied and been accepted for entrance into the '09 summer program. They are Kristen C. in Math, Melissa H. in Science and Juan M. in Science. For more information on the program, you can view the website at www.ndsu.nodak.edu/govschool

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.

NOTICE:

At the end of the 2008-2009 school year,
WHS will no longer be mailing out
the "Coyote Howl" Newsletter every
month to the families of the student body.

It will, however, be available online at

<http://www.williston.k12.nd.us/>

If you do not have access to the internet,
you can request a mailing by calling

Tara in the office at 572-0967,

extension 8201.

**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 2008-09

ARE IN THE OFFICE.

COST IS \$45.

Senior Pictures

All colored senior pictures that are
going in the annual need to be turned
in to Mrs. Schultz by the end of April.
Be sure to let her know you have one
coming so she can save room!

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.

Example pricing: Microsoft Office 2007
Professional MSRP: \$499.99
Student Select Pricing: \$71.92

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>

Dates To Remember

- April 3 – Coyote Foundation
Scholarship Due
- April 4 – ACT @ WSC 8 AM to 12 PM
- April 8 – Senior Meeting (Auditorium)
- April 10 – Good Friday (No School)
- April 13 – Easter Monday (No School)
- April 25 – Community Sale
Prom
- May 3 – Mother/Daughter Tea (6 PM)
Invites will be mailed
- May 4 – Father/Son Breakfast (6:40 AM)
Invites will be mailed
- May 6 – Senior Awards Night (7 PM)
- May 8 – Senior Cut Off Day
ACT Registration Due for June
Honor Group Announced
- May 9 – Band Day (10 AM)
- May 11 – Teacher In-Service (No School)
- May 12 – Elk's Youth Day
- May 13 – Honor Banquet (6 PM)
St. Joseph's Church
O'Neill Hall
- May 17 – Baccalaureate (7 PM)
Gloria Dei Church
- May 18 – Rotary Luncheon for Honor Group
El Rancho (12 PM)
- May 21 – Graduation Practice
All seniors must attend
Phil Jackson Field House
9:30 AM - 11:30 AM
- May 22 – Last Day of School
- May 24 – Graduation
All seniors must attend
Phil Jackson Field House @ 2 PM
(All seniors must be at WHS @
1 PM to line up)
- May 24 – Operation Graduation
Attendance is optional
10 PM – 4 AM
Undisclosed Location
- May 25 – Memorial Day (No School)
- May 26 – First Session Summer School Begins
- June 10 – First Session Summer School Ends
- June 11 – Second Session Summer School Begins
- June 13 – ACT @ WSC 8 AM to 12 PM
- June 26 – Second Session Summer School Ends

EJ Hagan Aquatics Center Hours

701-577-8401

Monday

- 7:00 – 8:30am Lap Swim
8:30-9:15am Middle School Class
9:30a-12:00pm Open Swim
12:00- 1:00pm Lap Swim
6:30-7:30pm Aqua Class
6:30-8:30pm Open Swim

Tuesday

- 7:00 – 8:30am Lap Swim
8:30-9:15am Middle School Class
9:30a-12:00pm Open Swim
12:00- 1:00pm Lap Swim
6:30 -7:30pm Aqua Class

Wednesday

- 7:00 – 8:30am Lap Swim
8:30-9:15am Middle School Class
9:30a-12:00pm Open Swim
12:00- 1:00pm Lap Swim
6:30-8:30pm Open Swim

Thursday

- 7:00 – 8:30am Lap Swim
8:30-9:15am Middle School Class
9:30a-12:00pm Open Swim
12:00- 1:00pm Lap Swim
6:30 -7:30pm Aqua Class

Friday

- 7:00 – 8:30am Lap Swim
8:30-9:15am Middle School Class
9:30a-12:00pm Open Swim
12:00- 1:00pm Lap Swim
6:30-8:30pm Open Swim

Saturday

- 1:00-4:00pm Open Swim

Sunday

Closed

WHAT ABOUT THOSE TEENS...AND TWEENS?

NORMAL TEENS WILL:

- * Crave independence.
- * Question rules and authority
- * Test limits
- * Be forgetful
- * Have good days and bad days
- * Drive you crazy **and** make you proud

CHALLENGING TIMES...

- * Decision Making – Teens make mature decisions at time and childish ones at other times.
- * Risk – Taking – Brain immaturity (and hormones) can result in impulsive or risky behaviors.
- * Relationships – Teens move a little further away from family and a little closer to friends.

WHAT'S A PARENT TO DO?

- * Involve teens in setting rules, talk about the reasons behind the rules and what you expect from them.
- * Choose your battles carefully...is your frustration getting ahead of itself?
- * Set consequences that are related to the behavior and FOLLOW THROUGH (don't make them so harsh that you can't follow through).
- * Get to know your teen's friends and their families and let them know your expectations.
- * Allow your teens to gradually earn more freedom.

ALWAYS SHOW YOUR CHILDREN YOU LOVE THEM!

Teen-Child Development – Administration for
Children and Families
Prevent Child Abuse North Dakota – www.pcand.org

Checking Out the Library

The library bees have been busily collecting books for a special project and bringing new books to the shelves. The North Dakota State Penitentiary Library requested that libraries throughout the state donate discarded books since the NDSP library has a limited budget. So, working with teachers and staff, the WHS Library collected 100 books and mailed them to the NDSP.

Zonnie Wightman, the director of the library, emailed, "What you've done here is so wonderful! Thanks so much, and I wanted you to know that the inmates are delighted with the books, the titles, and what good shape they are in. We do sometimes get donations, but the shape of the books is not the best every time." WHS Library is continuing to gather books about crafts, mysteries, romances, or ones that are written by popular authors; so if you are inclined to donate to the NDSP library, please bring the books to the WHS Library (3rd floor) or drop off the books in the office.

The latest buzz includes the Luxe book by Anna Godbersen (*Envy*), a new teen spy series by Shannon Greenland (*The Specialists*), and a parallel dimension series by Ted Dekker (*The Circle Trilogy*). With the popularity of the Twilight Saga by Stephenie Meyer, the undead have become the hottest young adult characters. Melissa De La Cruz has three books in her Blue Bloods series (*Blue Bloods*, *Masquerade*, and *Revelations*).

Even though the students are swarming the vampire books, I'm steering away from one of my first nightmares (remember the TV series *Dark Shadows* and Barnabas Collins, the main character?) to find more issue-oriented books—such as Karen Kingsbury's Redemption series and stand-alone novels *Even Now* and *Oceans Apart*—or nonfiction selections such as *Moment of Truth in Iraq* or *Sickened*, a memoir about Munchausen by Proxy.

Some days the library is a hive of activity, and, with 3,663 Accelerated Reader test books to choose from, some students are overwhelmed by the options. Miss Black and I are always available to help any student who wants suggestions about what to read.

Check out what's new in the library!

Miss Snyder

Money is Nothing

By: Mr. Geiermann

Part Three: Hold over from last month

Dr. LaFontaine checked with the Department of Public Instruction. They stated that because our day is longer than the minimum, we earn a "day of grace," so we do not have to make up our snow day. This means we still have Easter Monday off! Of course, now my students think they have more time to ignore me.

I am in my classroom on Sunday, March 22, 2009. The weather for the week is looking a bit "sketchy" as my niece would say. Let's hope we have no more snow days between now and April 13.

My iPod is playing music, a nice gentle tune; it, in itself, makes me smile. I have two stacks of research papers that need to be gone through, putting suggestions on each and letting the students know what needs to be done on them, in order get a good grade. In the middle of my mind, I am also thinking of things that need to get readied because the speech team is leaving on Friday for two meet this weekend. Noodling around there is the idea that we still need a couple judges for the WDA speech tournament up here on April 4. Off to one side in my head is my Sharepoint. I did it through Wednesday of this week, so I hope that will do until at least tomorrow morning. Part of me wonders when the rest of the faculty will be doing Sharepoint also. I also have some grades to put in the grade book; I am just glad that the computer figures the grades automatically. (Now that I wrote that, I will probably stay here until I get them into the book. Dagnabit.)

That is just dipping my toe into the myriad of things that are on my plate as a teacher right now. This does not include anything about my

students, especially the ones who did not do so well last nine weeks. This does not include any of my students with behavior problems. It does not include my concern for things going on with my colleagues/friends both good and bad.

People sometimes ask me why I even went into teaching as a career. There always seem to be so many things that teachers have to manage at any one time. When many of them even consider the idea of becoming a teacher, they shiver and say, "No thanks." Some joke and say that teaching must be a great profession because you get three months off a year. Yeah right! I smile at the jest and think, "If you only knew..."

Not everyone can be an electrician or a plumber or a hair stylist. When I think about going into any of those areas, I chuckle at all of the ruined houses and people with truly strange haircuts that might result. I always hope that people find jobs that they find satisfying and that will allow them to live a comfortable life.

I am a teacher because it is what I was meant to do. I will not bore you with all the stories of how I have been a teacher since I was a little kid. In my heart, I just know that I would not have been as happy as I am if I had picked any other profession. I hope that all other teachers feel the same way.

So, when you see your student's teacher in the supermarket, at church, or just out on the street, just say "Thanks." As teachers, we don't hear that often enough. Do that and you might actually see a teacher smile!

15th Annual After Prom Festivities

Submitted by Suzanne Eiken

Plans for the 15th Annual Williston After Prom Party are well underway.

An evening of fun activities that are drug, alcohol, and tobacco free will be offered for prom participants. All Juniors/Seniors who are attending prom are encouraged to participate. Prom is Saturday, April 25. The After Prom Activities will be held from 12:30am-4am. Students are automatically registered for the After Prom Party when they purchase their Prom tickets at the High School office.

If you would like to support this event with a donation or by helping as a chaperone, bringing bars, or in any other capacity, please contact one of the following committee members:

Sandy Opperud, Chairman..... 572-3094
Deb Ryckman, Secretary/Treasurer.....572-8189
Suzanne Eiken, Publicity.....577-7912
Judy Vinger, Publicity.....572-8083

WHS Summer School Begins May 26 @ 7:30 AM

*(Sign-up sheets are in the WHS Office
or can be found online)*

REALITY CHECK

By: Susan Forthun, SADD Advisor

Reality Check is a prevention curriculum designed for grades 4-6 by North Dakota SADD using input from ND state advisory board students and school counselors. The curriculum consists of seven lessons with topics ranging from self image and values, to dealing with the media and drug and alcohol abuse. The idea is to give elementary students the tools they need to address issues they are facing or will be facing as they approach middle school. WHS SADD members are teachers for the curriculum, and they make the arrangements with an elementary teacher and find time during the school day to present the lessons.

Reality Check is a very important component of the SADD organization. The program has existed for five years, and WHS SADD has participated in it at some level each year. This year a parental component has been added. Reality Check is a big responsibility, but also a great opportunity for WHS SADD members to be positive role models for younger students. At the present time, we have five SADD members who are facilitating lessons in three elementary classrooms. They are: Jake G. (freshman) and Kinzi F. (sophomore) in Mrs. LaBar's sixth grade at Rickard, Katie H. (sophomore) and Rachel A. (freshman) in Mrs. Berg's fifth grade at Rickard, and Katie H. (sophomore) and Gabe B. (freshman) in Mrs. Lingen's fifth grade at Wilkinson. Thank you, SADD students, for your hard work and dedication!

Energy Drinks: A Buzz or Bust?

(An informational guide for Parents on drinks like Red Bull, Amp, Monster, SoBe® No Fear)

***Energy Drinks** are not just soda pop with a buzz! Most contain large amounts of sugar, caffeine and other ingredients, not always approved by the FDA.

***Energy Drinks** contain high amounts of caffeine which is the biggest problem. Caffeine is legal, but it is still a stimulant drug. If your student complains of headaches, jitteriness, irritability or can't sleep, check their caffeine intake.

***Energy Drinks** contain 2 to 3 times the amount of caffeine as soda pop, such as Mountain Dew. The problem is that some students are drinking two or three of these drinks in a day!

***Energy Drinks** contain about the same amount of sugar as soda pop, equivalent to a heaping 1/3 cup of sugar, for one 20 oz. bottle. For some students, the extra sugar and calories contributes to weight gain. It is a major factor in increasing tooth decay in students!

***Energy Drinks** also contain other ingredients. Most will contain guarana and taurine, which can increase the caffeine's effect in the drinks. So the actual caffeine content is often hard to determine. Most will also contain vitamin B³ or niacin, which can cause a flushing of the face. Energy drinks may contain herbal supplements not regulated by the Food and Drug Administration (FDA) such as ginseng.

***Energy Drinks** are expensive! Soda pop is about \$1.50. Energy Drinks are typically \$3.00 a bottle. Save your money!

***Bottom Line:** Don't fall for the hype. If you or your student needs more energy, get it from natural sources, like good food, including breakfast, more sleep, more exercise and more of the best drink of all - water!

This information adapted from www.kidshealth.org and brought to you by:
Upper Missouri District Health Unit, Williston ND www.umdhu.org

High School 1 YEARS

Working together for lifelong success

Short Clips



Read, type, explain

When your high schooler is faced with challenging study material, suggest that she try this approach: 1. Read the passage. 2. Type it on the computer. 3. Explain it aloud in your own words. The more ways she absorbs the information, the easier it will be to learn.

Volunteer tip

Many teens are beginning to think about careers. Ask your child's teachers if they'd like you to come in and talk about yours. You could tell students how you chose your job, what education you needed, and what you do on a daily basis.

Review movies

Your teenager wants to see a movie that you aren't sure is appropriate. Since ratings may not tell the whole story, read reviews in the newspaper or online (try www.pauseparentplay.org or www.parentpreviews.com). If you need to say no, show him the articles and explain your reasoning. Then, help him find a different film.

Worth quoting

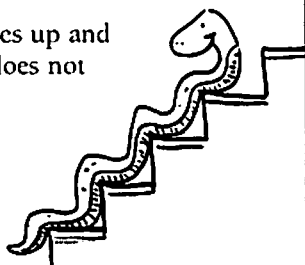
"Nothing we achieve in this world is achieved alone. It is always achieved with others teaching us along the way."

Lec J. Colan

Just for fun

Q: What goes up and down but does not move?

A: Stairs.

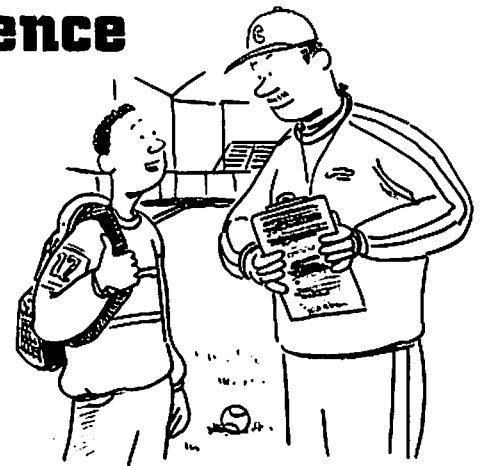


Keys to confidence

Teens who feel good about themselves can resist peer pressure and go after opportunities. They're also less likely to be bullied. Teach your child to hold his head high with these tips.

Practice communicating. Developing the ability to talk to all kinds of people will give your teen confidence. Suggest that he chat with his coach about last night's big game or talk to his teacher about a law that was recently passed in Congress. Encourage him to make phone calls—to order pizza, schedule a doctor's appointment, or find out if a store carries something he needs.

Set goals. Teens like to feel as if they're in charge of their lives. Have your child set short- and long-term goals for his future. A short-term goal might be to try out for the debate team or to bring up his science grade. Long-term goals could include finding a summer job or being accepted into college. When your teen is focused on achieving his goals, he will



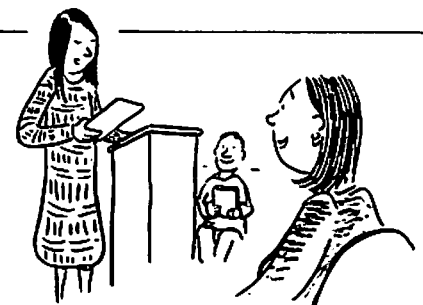
be motivated to do well and succeed—and that will boost his self-esteem.

Conquer nervousness. Help your high schooler practice situations that make him anxious. Perhaps he'd like to ask a classmate to get together but is afraid of rejection. Help him think of what he could say if the person turns him down ("No problem. I'll catch you another time!"). Or maybe he thinks people will laugh if he asks a question in class. Point out that he's probably not the only one with the question. 👍

Spicing poetry

April is National Poetry Month—the perfect time to read and appreciate poetry. Help build your child's enthusiasm with these ideas:

- Many libraries and bookstores hold poetry readings. Put one or two on your calendar, and plan to attend together.
- Let your child see that kids her age can be poets. She might pick up her school's literary magazine or browse Web sites that publish teen poetry (try www.poetryalive.com).
- Encourage the whole family to take part in "Poem in Your Pocket Day" on April 30. Carry a poem to share with friends and relatives.
- Suggest that your teen sign up to receive a daily poem via e-mail at www.poets.org/poemADay.php. She can post her favorite on MySpace or Facebook or add it to her e-mail signature. 👍

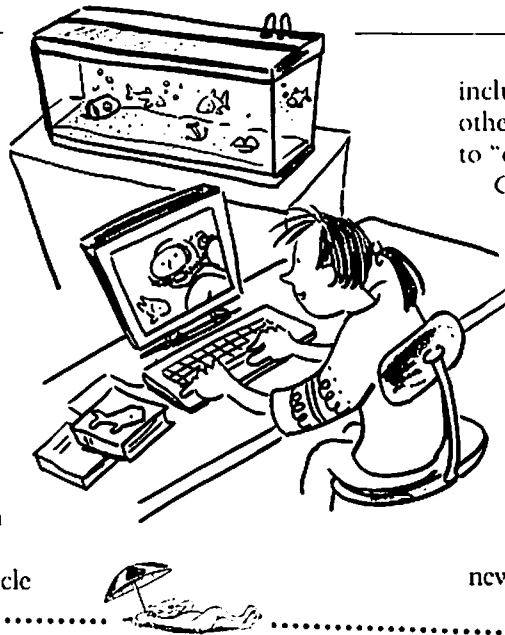


Learning with wikis

A "wiki," from the Hawaiian word for "quick," is a Web site that can be written and edited by anyone on the Internet. Changes appear almost instantly, which makes wikis great for collaborating. Here's how your high schooler can use wikis to find and share information.

Researching

Wikis like www.wikiforkids.com and <http://wikibooks.org> are great starting points for school projects. Or your high schooler can use the most well-known wiki, www.wikipedia.org, where each article



includes references and links to pages about other topics. Example: "Marine biology" links to "coral reefs," "biotechnology," and "Jacques Cousteau."

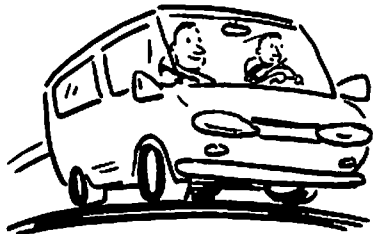
Collaborating

When your teen is doing a group report, suggest that she and her partners create a private wiki at a site such as www.zohowriter.com. Group members can add to the assignment as they work on it. It's saved online, so each person can access it anytime from her own computer. When the project is due, they can print the information directly from the wiki or copy and paste their report into a new document. 👍

New driver safety

Getting a driver's license is an exciting time for teenagers. But driving comes with serious responsibilities. Help your teen be safe on the road with these rules:

- Always buckle up, and insist that your passengers wear seatbelts, too. Follow the law and your parents' rules about how many friends you can have in the car.



- Focus all your attention on the road. Music can be distracting, so keep the radio low or off. Don't use cell phones for talking or text-messaging while driving—it's unsafe and, in some states, against the law.

- **Never** drink and drive or ride with someone who is under the influence of any drug. Remember that over-the-counter drugs, like antihistamines, can make you drowsy. 👍

OUR PURPOSE

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

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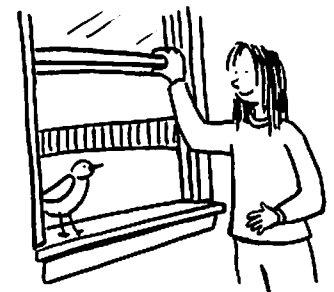
Q & A Conserve resources

Q My daughter likes to take long showers and turn the heat and air conditioning up high. How can I teach her about conservation?

A Explain that cutting down on her water and energy use will save your family money and conserve the earth's resources. You might start by showing her your utility bills. Then, brainstorm ways to lower them.

To conserve water, your teen could take a bath or set a timer to remind herself to shower more quickly. Turning off the water while brushing teeth and running only full loads in the washing machine and dishwasher will also conserve water. During the winter, keep the thermostat down. As the weather gets warmer, have your child open the windows and let in the fresh air. When you use air conditioning, turn the temperature up—even a degree or two can make a difference.

When the next bills come, have your child calculate how much water and electricity your family saved. 👍



Parent to Parent Hanging out at home

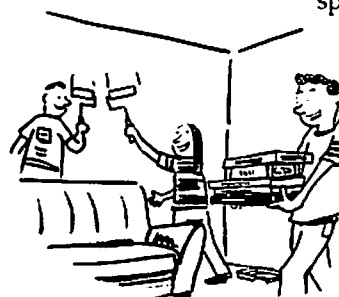
When my kids became teenagers, I wanted them to keep bringing their friends home. But they said there was nothing to do in our house.

We talked it over and came up with ways to make our basement a fun hangout spot. First, we moved all our board games down there. Then, we cleared a bookshelf for storing movies, CDs, and video games. I also

brought in a small refrigerator and stocked it with healthy snacks and juice.

Finally, we let the kids decorate their new room. They picked out colors and spent a Saturday having a painting party with their friends.

We set some rules about cleaning up and how late their friends could stay. We're glad that their friends hang here—and that we can keep an eye on our kids. 👍

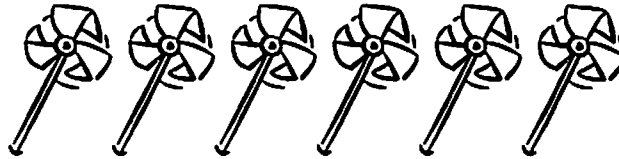




PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801 774-6335

APRIL 2009



PINWHEELS FOR PREVENTION

Turning to make a difference for every child!

Prevent Child Abuse 2009



PARENTING THE STRONG WILLED CHILD

Monday's, April 27 &
May 4, 2009
6:30 – 9:00 P.M.

This FREE 2 session program is an opportunity for parents to share and learn techniques to better understand and handle strong willed children.



FEELING OVERWHELMED?

It's normal for parents to sometimes feel overwhelmed but what can you do? When you're feeling angry, lonely, depressed or overwhelmed think about:

- ◆ Talking to someone: a friend, health care provider or join a support group.
- ◆ Getting babysitting help and take a break; trade with another parents so you both get breaks.
- ◆ Reaching out to other parents at school, daycare or church.
- ◆ Taking a class for parents – learn new skills and get out of the house for a couple of hours.



IS EVERYBODY REALLY DOING IT?

When it comes to underage drinking and other risky behaviors, youth and parents alike may think that it's "normal", that "everybody's doing it". In conjunction with the 2009 Partners in Prevention Conference, a **FREE**, open to the public seminar will be held:

Thursday, April 23 from 7:00 – 8:30 P.M. at Williston State College (Stevens Hall - Rm. 216)

Guest speaker, Dr. H. Wesley Perkins, will present information on how a social norming approach can successfully reduce risky behaviors in a community.

"The Social Norms Approach to Health Promotion and the Prevention of Youth Risk Behavior" - Dr. Perkins will also be the featured speaker at the **2009 PARTNERS IN PREVENTION CONFERENCE** to be held

Thursday, April 23rd from 9:00 a.m. – 4:00 P.M. For more information on registration fee and available CEUs please call 572-819115

WAYS EVERY PARENT CAN PROMOTE A HEALTHY FAMILY WITHIN THE 5 PROTECTIVE FACTORS

(From www.childwelfare.gov/parenting)

1 NURTURING/ATTACHMENT

- ♥ Respond appropriately to your child's basic needs with empathy.
- ♥ Talk to and spend time with each child.
- ♥ Nurture children's emotional needs.
- ♥ Hug 'em, kiss 'em and tell them you love them – model affectionate behavior.
- ♥ Recognize and encourage each child's strengths.
- ♥ Keep peace at home.

2 PARENT KNOWLEDGE OF CHILD DEVELOPMENT

- ♥ Learn about what behaviors are appropriate for what ages - read a book, attend a parenting class.
- ♥ Keep your expectations age appropriate.
- ♥ Discipline appropriately and positively.
- ♥ Challenge children to try new things.
- ♥ Model appropriate behavior – children do what they see!

3 PARENTAL RESILIENCE

- ♥ Take care of yourself.
- ♥ Keep stress levels down – don't over schedule yourself or your child.
- ♥ Validate your own and your child's feelings.
- ♥ Learn and teach coping strategies – go for a walk, take a deep breath or talk to someone!

4 SOCIAL CONNECTIONS

- ♥ Reach out to others to make connections for you and your child.
- ♥ Attend a parenting class or join a support group.

CONCRETE SUPPORT FOR PARENTS

- ♥ Get to know your community and which agencies or businesses offer services to families for everyday or emergency needs.
- ♥ Help new families in town find the support they may need.



PINWHEELS FOR PREVENTION

Turning to make a difference for every child!

Throughout the month of April watch for the pinwheels! They represent the carefree lives we wish for all of our children and are part of the Prevent Child Abuse 2009 Campaign. Take time to think about how to support your own family as well as other area families to be the best they can be!

What **You** Need to Know About Registering with Selective Service

Q: What is Selective Service?

A: The Selective Service is a government agency whose job is to provide untrained manpower for the Armed Forces if there's a national emergency.

Q: What is Selective Service Registration?

A: By registering, you add your name to a list of all the men in the nation, ages 18 through 25. The list would be used to identify men for possible military service in case of a national emergency.

Q: What happens if there's a draft?

A: There hasn't been a draft since 1973. If there were an emergency sufficient for Congress to order another draft, Selective Service would conduct a birthdate lottery to decide the order in which to call men. Those who turn 20 during that calendar year would be called first in a sequence determined by the lottery. If more men were needed, those 21 to 25 would be called, youngest first.

Q: Who is required to register?

A: The law says that all 18-year-old men (including U.S. citizens living abroad and non-citizen immigrant males 18-25 residing in the U.S.) must register. The only young men exempt from registration are non-citizen males who are in the U.S. temporarily as tourists, diplomats and their family members or foreign exchange students; incarcerated or institutionalized men; men on active duty in the Armed Forces; and students at U.S. military academies.

Q: Why don't women have to register?

A: Our nation only registers men. This has always been the case. Selective Service law as it is presently written refers specifically to "male persons" in stating who must register and who could be subject to a draft. Therefore, Selective Service procedures do not apply to women. In order for women to be required to register with Selective Service, Congress would have to change the wording of the law.

Q: What if I don't register?

A: You are breaking the law. If prosecuted, you could be sent to prison for up to 5 years and may be fined up to \$250,000. In addition, if you fail to register, you cannot qualify for federal student grants or loans for college, job training benefits and many state and federal jobs.

Q: Is registration hard?

A: No. In fact it's never been easier. A young man can register with Selective Service in less than 2 minutes via the Internet at: **www.sss.gov**. You can also register by going to your local post office and completing a registration form. It's as simple as filling in your name, address, telephone number, date of birth and Social Security number. Registration forms should be available in your local recreation or social service center, school's guidance or registrar office, or you may receive a form in the mail. Simply complete it and mail the form to Selective Service.

Q: When should I register?

A: Within 30 days of your 18th birthday. If you cannot register on time because you are hospitalized or in prison, you have 30 days in which to register after you are released. If 30 days have already passed since your 18th birthday, **register** immediately, either **online** or at your post office. Although Selective Service will accept a late registration, the longer you wait, the longer you are breaking the law and jeopardizing your future benefits.

Q: How do I prove I registered?

A: When registering via the Internet, you will receive your Selective Service number immediately. That number is your proof of registration - for safe keeping, jot it down. You will receive a Selective Service card by mail within 2 weeks confirming that number. (Note: If you registered by mail, you will receive a card confirming your registration with 60-90 days.) **If you don't get your card within 90 days, write to:**

**Selective Service System
Registration Information Office
P.O. Box 94638
Palatine, IL 60094-4638**

Or call 1-847-688-6888



Register with Selective Service

**Use the Internet:
www.sss.gov**

Annual Adequate Yearly Progress Report

North Dakota Department of Public Instruction
School Year 2007 - 2008

Modified 08/04/2008
Page 5 of 6

Williston 1

53-001-9416 Williston High School (0912)

Instructions on the interpretation of the North Dakota Adequate Yearly Progress Report can be accessed at:
<http://www.dpi.state.nd.us/testing/account/AYP0708.pdf>

Reading				Math					
2008 State Intermediate Goals		4th Grade -- 82.6%	8th Grade -- 80.7%	11th Grade -- 71.5%	2008 State Intermediate Goals		4th Grade -- 72.9%	8th Grade -- 66.7%	11th Grade -- 62.1%
Listed below are your school's scores					Listed below are your school's scores				
Reading	Achievement Goal	Achievement Result	Participation 95% Rule	Math	Achievement Goal	Achievement Result	Participation 95% Rule		
Composite Score	71.50%	65.00%	99.38%	Composite Score	62.10%	54.52%*	99.38%		
Subgroups:				Subgroups:					
Economically disadvantaged	71.50%	61.90%	95.45%	Economically disadvantaged	62.10%	47.62%	95.45%		
Ethnicity:				Ethnicity:					
White	71.50%	66.21%	99.32%	White	62.10%	54.48%	99.32%		
Native American	71.50%	61.54%	100.00%	Native American	62.10%	31.82%*	100.00%		
Black				Black					
Asian				Asian					
Hispanic				Hispanic					
Other				Other					
Students with disabilities	71.50%	50.00%	94.74%	Students with disabilities	62.10%	44.44%	94.74%		
Students with limited English proficiency				Students with limited English proficiency					
School Secondary Indicator:					Graduation	Goal: 73.09%	Result: 73.63%		
Adequate Yearly Progress Category:					Did not meet Adequate Yearly Progress				

Note: An asterisk (*) marks the indicator(s) where the school did not meet adequate yearly progress. If an indicator's value is below the achievement goal but no (*) is marked, then the indicator's value is within statistical reliability. Statistics are not shown for fewer than ten students. An (i) indicates insufficient data to determine adequate yearly progress; the value results from the combining of up to three years' data.

Achievement goals are raised every three years and may vary among categories when insufficient student numbers exist and multiple-year averaging is required. All students are held to the state's challenging achievement standards.

