

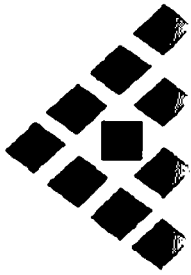
Williston High School
PO Box 1407
Williston, ND 58802

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DECEMBER

December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 G V Hockey Home W/Beulah-Hazen-7	3	4	5 B V WR Sidney Tournament B JV Hockey @ Bottineau-5:15 PM G V Hockey @ Fargo South-7 PM B V Hockey @ Bottineau-7:30 PM	6 B V WR Sidney Tournament G V Hockey @ West Fargo-2 PM
7	8 WHS Band Concert-7:30 PM	9 G JV BB Home W/Sidney-4:15 PM B 9 BB Home W/Sidney-4:15 PM B JV BB Home W/Sidney-5:45 PM G V BB Home W/Sidney-6 PM G 9 BB Home W/Sidney-7:30 PM B V BB Home W/Sidney-7:45 PM Rosie The Riveter	10 Rosie The Riveter	11 B V WR Home W/Velva-5 PM B JV Hockey Home W/Minot-5:15 B V Hockey Home W/Minot-7:30	12 B 9 BB @ Glendive-3:30 PM G 9 BB Home W/Glendive-4:15 PM B JV BB @ Glendive-5:15 PM B JV WR Home W/Dickinson-5:30 PM G JV BB Home W/Glendive-6 PM B V BB @ Glendive-7 PM G V Hockey Home W/Bismarck-7 PM B V WR Home W/Dickinson-7 PM G V BB Home W/Glendive-7:30 PM	13 G V Hockey Home W/Jamestown-3 B JV Hockey Home W/Sidney-5:15 PM B V Hockey Home W/Dickinson-7:30
14	15	16 B 10 BB Home W/Bismarck-4:15 PM G JV BB Home W/Bismarck-4:15 PM B V Swim Home W/Minot-5 PM B JV BB Home W/Bismarck-5:45 PM G V BB Home W/Bismarck-6 PM G 9 BB @ Watford City-6 PM G 10 BB Home W/Bismarck-7:30 PM B V BB Home W/Bismarck-7:45 PM	17	18 WHS Choir Concert-7:30 PM	19 B V WR Dickinson Classic B JV Hockey @ Bismarck-5 PM G V Hockey Home W/Grand Forks-7 B V Hockey @ Bismarck-7:15 PM	20 B V Swim Bismarck Invite B V WR Dickinson Classic G 10 BB Home W/Century-12:30 PM B JV Hockey @ Century-2 PM G V Hockey Home W/ Devils Lake-2 G JV BB Home W/Century-2:15 PM B 10 BB Home W/Century-2:15 PM B JV BB Home W/Century-3:45 PM G V BB Home W/Century-4 PM G 9 BB Home W/Century-4:15 PM B V Hockey @ Century-4:15 PM B 9 BB Home W/Century-5:45 PM B V BB Home W/Century-5:45 PM
21	22 CHRISTMAS BREAK NO SCHOOL	23 CHRISTMAS BREAK NO SCHOOL	24 CHRISTMAS BREAK NO SCHOOL	25 CHRISTMAS BREAK NO SCHOOL	26 CHRISTMAS BREAK NO SCHOOL	27 CHRISTMAS BREAK NO SCHOOL
28	29 CHRISTMAS BREAK NO SCHOOL	30 CHRISTMAS BREAK NO SCHOOL	31 CHRISTMAS BREAK NO SCHOOL			



The Coyote Howl

Principal's Page

Well, I have just come back from Jamestown after watching the Lady Coyotes take third in the West Region Volleyball Tournament. In addition to this news, we have just found out that *Coach Matthews* was named *Coach of the Year* for the season we had on the gridiron. *Brent Q.* was named *Senior Athlete of the Year*.

The swim team took fourth at state. Madison P. was selected to the First Team All-State. Kaitlin B., Sadie M. and Kelsey S. were selected to the Second Team All-State. Great job Coyotes!!

Attendance Policy

A student must not be absent from a class more than eight (8) times for a semester class or sixteen (16) times for a full year class. As a matter of procedure, the attendance office will notify parents by letter whenever a student has accumulated five (5) or more non-school related absences in a class. If a student goes over the 8/16 policy, she/he will lose credit in that class. If it is a required course for graduation, the course will have to be repeated.

Absences due to illness that last longer than two days do not count for the 8/16 policy provided a doctor's excuse is given to the attendance office no later than one week from the time of the illness.

Annie Get Your Gun

This is the second musical we have had in the past two years. *Bye Bye Birdie* was held two years ago

and was a huge success. *Annie Get Your Gun* took place this past weekend and was a sellout crowd.

State Testing

We at WHS wish to thank parents, students and teachers for making this years state testing a positive, though challenging, experience. The instructors who were proctoring the exams stated that our students were focused and giving it their all. We appreciate the hard work that was expelled and want to thank you parents for assisting us in this project. We are looking forward to the results as we are confident that our hard work prior to the testing has paid off.

Professionally,


Chris Kittleson
Principal
Williston High School

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Counseling News

Williston High School Counselors

Miss Koperski, Ms. Forthun

Mr. Lysne

December 2008

Scholarships

Society of Automotive Engineers (SAE) offers an SAE Engineering Scholarship for specific schools as well as schools in general. The deadline for the application is December 1. Amounts range from \$1,000 to \$10,000. Information and the application can be found at www.sae.org/students/engschlr.htm

AXA Achievement Scholarship is for seniors who demonstrate ambition and drive, determination to set and reach goals, who has respect for self, family and community and the ability to succeed in college. Go to www.axa-achievement.com to learn more about the program and to download an application. The deadline is December 15.

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.

Wal-Mart Stores are announcing the availability of the **2009 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.

Montana State University at Bozeman offers a scholarship to non-residents. Information can be found at <http://apply.embark.com/ugrad/montanastate/>

UND has several honor scholarship programs available for pre-freshman and undergraduate transfer students. Financial aid is intended to supplement the financial contributions from the student and family. Students are offered financial assistance in various forms, including scholarships, grants, employment and loan programs. A complete listing of detailed financial aid offerings is available at www.financialaid.und.edu/aid_eligibility.html

Burger King Scholars Program offers scholarships to high school seniors based upon working part time, participation in community service and demonstrating financial need. The date to return the application to the counselors' office is December 11. Applications are in the counselors' office or online at www.bkfoundation.com

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 in the counseling office.

FastWeb! is a resource for students to help 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 **Scholarship.com** is a great source to help find money for college. They are a provider of trusted and reliable scholarship and financial aid information.

NCAA Clearinghouse Information is for student athletes who plan to attend an NCAA Division I or NCAA Division II college or university and who plan to participate in athletics. Go to www.ncaaclearinghouse.net for more information.

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."

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 at www.act.org/kfcscholars/intro.html to become a KFC Colonel Scholar. This is available only during the window of January 1, 2007 through February 16, 2009.

The **National CO-OP Scholarship Program**, in cooperation with 11 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 www.co-op.edu/

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

The **Phi Delta Kappa Educational Foundation** annually awards scholarships to prospective educators. Eligible applicants are high school seniors intending to major in education. The deadline is February 1. Applications are available online at www.pdkintl.org/awards/pros_ed.shtm or in the counseling office.

Sammy 2009 Body by Milk is for eligible outstanding scholar senior athletes. You can apply online at <http://bodybymilk.com/#street> The deadline is March 7.

Ronald McDonald House Scholarship is open to seniors who have completed the application and provided the required documentation. The application is available in the counseling office. The deadline is February 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 \$31 without the writing test and

\$46 if you select to do the writing. The deadline for the December 13 assessment is November 7. To register online, go to www.actstudent.org

SAT Registration

The easiest way to register for the SAT is to visit their website at www.collegeboard.com You will get immediate confirmation of your registration. The cost of the SAT reasoning test is \$43.

Dates to Remember

December 1 – Montana State Rep in Commons
December 22 - January 2 – Christmas Break
December 26 – Deadline for January SAT
January 6 – Deadline for February ACT
January 19 – Teacher In-Service (No School)

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 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.

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 website 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 2010, attend a ND college or university and take the ACT on one of the following test dates:

December 13
February 7
April 4
June 13

Information is in the counselors' office.

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



WHS Fine

Arts Club

Are you interested in theatre, music, or visual arts? Then you should be a part of the WHS Fine Arts Club!! Join us as we take the ARTS to a whole new level! Activities include school musical or play, fundraising activities, speech and drama, student trip to New York City, and much more!! Contact the advisors, Mr. Rooke in room 210 or Mrs. Hoffman in room 122.



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.

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/

Greetings from the WHS Music Department!

On Monday, December 8, the WHS Bands will be showcasing their talent at 7:30 PM in the WHS auditorium. Featured at this concert will be the Concert Band, Concert Band A and Symphonic Band. These groups will play a variety of classical, contemporary and Christmas music so come, listen and enjoy.

Before Christmas break, the WHS Choirs will be presenting a Choral Christmas Concert on Thursday, December 18 at 7:30 PM in the WHS auditorium. Come to hear a great selection of Christmas music to keep you in the holiday spirit.

Thank you so much for your support of the arts in our community!

Eric Rooke
Band Director

Katie Rooke
Choir Director

Science Olympiad

Science Olympiad is a science based competition in which students in grades 9 – 12 compete against other teams in the state. Events may be knowledge based or they may require designing and building a structure. Examples of events include astronomy, cell biology, herpetology, egg-o-naut, chemistry lab, trajectory, electric vehicle, physics lab and disease detective just to name a few.

If you are interested in joining the Science Olympiad team, please contact Mrs. Cheryl Olson in room 304. All students, freshmen through seniors, are welcome!

Cheryl Olson
Science Olympiad Advisor

Mid-Term & Nine Week Grading Schedule for WHS

Mid-Term – September 19	(Period 4)
First Nine Weeks – October 27	(Period 4)
Mid-Term – November 26	(Period 4)
Second Nine Weeks – January 14	(Period 4)
Mid-Term – February 11	(Period 4)
Third Nine Weeks – March 23	(Period 4)
Mid-Term – April 24	(Period 4)
Fourth Nine Weeks – May 22	(Mailed)

FFA News

By: Mr. Pepple, Advisor

Fruit and Candy Sales

The fruit and candy will be delivered the week of December 15. If you haven't been contacted and would like to purchase fruit, please call any FFA member or Mr. Pepple at 572-0967 extension 8225.

Greenhand, Made for Excellence & Advanced Leadership Development

On January 9 through 11, FFA members will have the opportunity to attend leadership conferences in Bismarck. The **Greenhand Conference** is for first year members to learn more about the FFA and meet other members from around the state. The **Made for Excellence Conference** is for second year members to develop their leadership skills and set some personal goals. The **Advanced Leadership Development Conference** is for third and fourth year members to further develop their leadership skills.

This is a great opportunity for any student.

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.

ECONOMART RECEIPTS

Williston Economart is once again implementing the "Support Our Schools" program. This is Economart's 25th year of giving the 1% to area schools.

Beginning October 1 and continuing through the fall and holiday season (ending December 26), 1% of each family's grocery bill will be contributed to the school of their choice. All grocery receipts are to be returned to the school of your choice. A school coordinator will total the receipts and turn them to Economart by the first of each month. If you have any questions in regard to the program, please contact Jennifer Rhodes at Economart at 572-2927.

We hope that this contribution will help our most valuable resources, our children. Get the word out to all of your students to save receipt and turn them in to your school!

Class Ring Orders ...

Jostens will be here on Wednesday, December 10, to distribute class ring orders. They must be paid in full.

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>

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 2008-09

ARE IN THE OFFICE.

COST IS \$40.

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

NATIONAL HONOR SOCIETY NEWS

By: Joanne DeMars, Advisor

Officers for the 2008-2009 year are President Rory G., Vice-President Mollie F., Secretary Casondra K. and Treasurer Mari G.

On October 7, the NHS officers of Williston High School installed officers for the junior high chapter of the National Honor Society.

The members of our NHS chapter are busy with many service projects for the 2008-2009 school year. Mari G. was an integral part of the food drive that was held during Homecoming. Our chapter donated lunch for two of the winning classrooms that brought in the most foodstuffs for the drive. Another service project soon to be started will be the recycling of pop cans at WHS. Members will also continue to serve as docents at the James Memorial Center for the Visual Arts, provide Head Start child care service, and, after the first of the year, will help elementary libraries with lexile labeling of books. NHS members who are already busy find time to give to others!

Prospective member information has been received and the Faculty Council will make selections the first week of December. The Induction ceremony will be held in January.

Semester Test Schedule

Thursday, January 8, 2009

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 9, 2009

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.

Give Me Attitude

By: Jim Geiermann

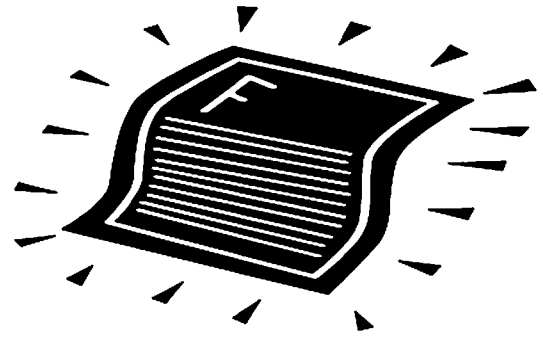
I have a concern. There are way too many students who are not getting credit in classes because they have missed too many days of school. We also have too many students who are deciding that they just do not want to do the work in school and are simply apathetically flunking because of that.

In my first period class, I have two students who have been taken out of the class because they went over the eight day limit for absences. Since the one student went over, I have seen the student maybe twice. In my second period class, I have two more students who are sitting in class, not receiving credit because they went over on days. Today, a third student went over on days, bringing the total in that class to three. According to Donna Kennedy, the attendance secretary, she has had to send 96 letters to parents for students to have lost credit in classes because they went over on days.

I have a colleague who has a class where the majority of the students are flunking because they are simply not doing the work they are asked to do. He even at one point asked them what he could do to help them complete the work. They had no answer. The other students in the class are getting A's and B's.

That is not a situation that has a solution in the classroom. Many of these students are going over not in just one class. Many of them are not working just in one class. It is an across the board dilemma. The solution lies both in school and at home.

I am honest in saying that there is only so much I can do to make Freshman English interesting and/or entertaining. Yes, I like to keep the class light and positive. I like to have fun while teaching and I like seeing my students have a good time also. Not



everything can be Captain Kangaroo and Howdy Doody! (I think I just dated myself!)

I have often heard the question, "So when am I ever going need this?" My answer is usually, "I do not know if you are ever going to need it, but I am also not sure you are never going to need it." Life is not a predictable thing. If it was, I am not sure I would be an English teacher in his twenty-ninth year of teaching because this was not what I thought I would end up doing. There are no regrets; it just not what I foresaw as my career in high school.

The home is a much more important influence in determining the attitude students have in school than school itself. If there is a belief that education is important, that doing your best is important, that showing up for "work" ready every day is necessary then students will fare much better in school. If students realize that life is not going to simply fall into their lap, that they will have work and often work hard to get what they want, they will be able to bear the "weight" of homework and tests. If students understand school is a social place, but is more importantly a place where they begin to shape the life they will have in the future and that success is worth having, they can handle minor setbacks.

One of my favorite quotes by Mark Twain says, "Don't go around saying the world owes you a living. The world owes you nothing. It was here first." Good advice for all of us. Perhaps we should pass it on.

High School 1 YEARS

Working together for lifelong success

Short Clips

Write it right

Good grammar matters in all classes—not just English. Remind your teen to go over assignments before turning them in. Have her check for slang, incomplete sentences, inconsistent tenses, and incorrect punctuation. She can lose valuable points for careless errors.

Laugh for health

Laughing together can help your family relieve stress and share fun times. Look for humor in everyday situations. At dinner, tell funny things that happened that day. Check out joke books from the library, collect funny clips from magazines, and forward e-mail jokes to your teen.

Restock supplies

With the new year coming, encourage your high schooler to take an inventory of school supplies. Is he low on folders, binders, paper, pens, or pencils? Suggest that he make a list and pick up the items. He'll have what he needs for class and homework, and you won't hear emergency requests late at night.

Worth quoting

"Hate cannot drive out hate; only love can do that."
Martin Luther King Jr.

Just for fun

Q: Why did the computer squeak?

A: Because someone stepped on its mouse!



Teens who say "no"

Most kids are exposed to drugs at some point during their teen years. The good news is, many say "no." You can encourage your child to be one of them by talking to him about drugs, keeping an eye on him, and helping him stay active and happy.

What to say

- Keep the lines of communication open. You might share a news article about drugs or spark a conversation while watching television or listening to the radio together. Then, talk about how your teen can avoid the pressure to try drugs. For instance, he shouldn't go to parties or get into a car with classmates who smoke marijuana or do other drugs.

- Explain to your child why he's not allowed to try drugs: they're illegal and dangerous. Remind him that using other people's prescription drugs is unsafe, too. He might think his friend's ADHD medication will help him focus or stay awake. But it can raise his blood pressure and heart rate, and he could become addicted.

What to look for

- Know the people your teen is hanging out with. Encourage him to participate in



supervised school, community, church, and athletic activities. Staying busy and having friends who avoid drugs are important lines of defense against using them.

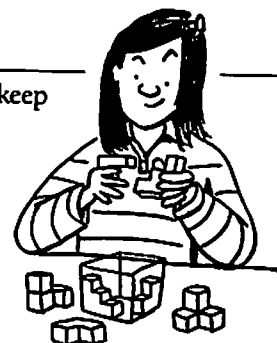
- Be on the watch for signs of drug use in your child. *Examples:* a loss of interest in favorite activities, spending a lot of time alone, sudden appetite changes, dropping grades, unexplained mood swings. If you observe these symptoms, call his school counselor or doctor for help. ☺

Stretch your brain

Games and puzzles that require logical thinking can keep your high schooler's mind sharp. Try these two ideas:

- Challenge her spatial and math thinking with puzzles like Tetris Cube or Rush Hour. Or play chess, Mastermind, or other strategy games. Think aloud to demonstrate tactics: "Red can't go here or here, so it must go there."

- Suggest that she try solving logic problems by using clues and the process of elimination. You could keep magazines such as *Dell Logic Puzzles* lying around the house and work on them as a family. Or find free games and puzzles at www.puzzles.com. ☺



The right college

Whatever grade your child is in, the time is right to be thinking about college. Help your high schooler make plans with this three-step strategy.

1. Learn what's out there. Have your teen schedule a meeting with her guidance counselor to discuss options. *Tip:* Join her at the meeting if possible. Go to the library to read college guides and check online sources (try www.college.gov). Suggest that she attend local college fairs and information sessions.



2. Take a closer look. Encourage your child to browse college Web sites for information on academic requirements and student life. She might create a chart with a row for each school and a column for each feature (size, cost, admission requirements). Have her request brochures and catalogs from schools she's interested in.

3. Develop a list. Finally, your teenager can narrow down her choices. Encourage her to come up with a list

that includes a few "safety" schools (those she should get into), "target" schools (ones with a 50/50 chance of being accepted), and "reach" schools (schools she likes but might be tough to get into). ☺

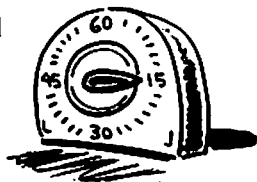


Writing with flair

Creative writing lets your teen express himself. Learning to write creatively will also help him do better on all kinds of writing assignments, from reports to essay questions. Share these suggestions.

Write away

Set a timer and go! Write about whatever comes into your mind for 15 minutes. Don't worry about making mistakes. Just let your creativity flow.



Make it personal

Try writing about something you've experienced (scoring a touchdown, babysitting). Soon, more topics may pop into your head. Maybe you'll end up with a story about being drafted by the NFL.

Experiment with styles

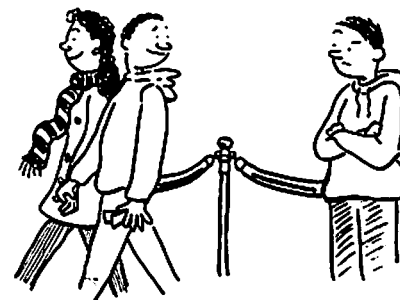
Different perspectives can turn a piece into something completely new. Rewrite a story as a poem, or switch the point of view from first to third person ("Jack couldn't believe it when his name was called" instead of "I couldn't believe it..."). ☺

Q & A Friendship matters

Q Now that my son Adam is dating, he and his best friend aren't hanging out anymore. How can I show him that friendships are still important?

A Friends often drift apart when one of them starts dating. Explain to your son that it's possible for him to date and still do things with his best friend, too. Remind Adam how much fun he and his friend always have when they play basketball or listen to music together.

Then, talk about ways your son can keep up his friendship. He might sit with his friend at lunch or make a point of getting together after school or on the weekend. Also, let Adam know he should respect plans he and his friend make—he shouldn't cancel their weekly workout if a girl calls for a date. ☺



Parent to Parent Smooth holidays

I love having my kids home during winter break. But between working and getting ready for the holidays, the days can get chaotic.

Last year, I decided to plan ahead. I made a dinner schedule, and everyone took turns cooking. We enjoyed some great family meals—my daughter even discovered she has a knack for making pizza.

I also helped the kids come up with a

homework plan so they wouldn't leave everything until New Year's Day like they did last year. They each worked for an hour a day while I was at the office, and when I got home, they were ready to go out with friends or spend time with us.

Everything went much more smoothly than usual, and we even managed to decorate some cookies and attend a holiday concert. Now I'm going to start planning ahead for summer! ☺



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

DECEMBER 2008



"CHECK IT OUT!"

Parenting program participants are asked to complete an evaluation and answer the following question:

"What would you tell another parent about this program?" and here's what some had to say...

- ◆ "It's useful and helps a lot."
- ◆ "Very pleased with the knowledge learned and different techniques for parenting."
- ◆ "I would recommend it to others."
- ◆ "It is well worth the time."
- ◆ "That it is fun to talk with other parents."
- ◆ "It helps you understand you are not the only family with problems."

Parenting programs are designed to strengthen parenting skills and offer new ideas and techniques for dealing with everyday parenting issues and handling the tough issues all parents face. Take advantage of the information and support – **watch for the Spring 2009 schedule in January** or call 774-6335 to find out more!! Take time to check out a parenting program for yourself!



Are you ready to be a parent?

Sleepless nights? Crying baby? Increased stress?

The Happiest Baby on the Block class is now available for **expectant parents and parents of babies newborn to 4 months old** to learn about an extraordinary approach to calming a baby.

New parents will learn step by step how to help babies sleep longer and how to soothe even the fussiest infant in minutes...or less!

Cost of the class is \$20.00 (financial assistance is available). Participants will receive a Happiest Baby on the Block DVD and a Soothing Sounds CD – a \$40.00 value. Classes will be held from 7-9 PM at the Upper Missouri District Health Unit Conference Rm., 110 W Broadway. **To find out dates or to register call Mercy Medical Center at 774-7449 or log on to www.mercy-williston.org**

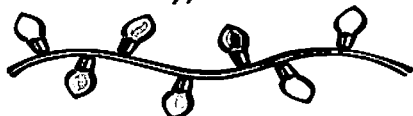


DR. DAVE'S HOLIDAY TIPS

Dr. David Walsh, founder of the *National Institute on Media and the Family*, offers these words of wisdom for parents this busy holiday season.

1. **FAMILY GIFTS** – Give gifts that everyone in the family can enjoy like board games, family friendly video games or special outings.
2. **MAINTAIN HOLIDAY BEDTIMES OR CURFEWS** – While holiday break is a great time for kids to hang out with their friends and enjoy vacation, set limits ahead of time to avoid power struggles.
3. **MAINTAIN TRADITIONS** – While it is okay to modify plans, or negotiate with kids, don't let them convince you that family time isn't important.
4. **IT'S OKAY TO SAY "NO"** – There is a lot of pressure on parents to buy everything on kids' wish lists. This can be a huge emotional and financial burden. It's okay to pick a few gifts that your child will enjoy and draw the line there.
5. **SPEND TWICE AS MUCH TIME AND HALF AS MUCH MONEY AS YOU CAN AFFORD ON YOUR CHILDREN THIS HOLIDAY SEASON.**

For more information log on to www.mediafamily.org or call *National Institute on Media and the Family*, 1-888-672-5437.



8 GIFTS THAT DON'T COST A CENT

But you & your loved ones will be richer for giving them away.

- The Gift of Listening.
- The Gift of Affection.
- The Gift of Laughter.
- The Gift of a Written Note.
- The Gift of a Compliment.
- The Gift of a Favor
- The Gift of Solitude.
- The Gift of a Cheerful Disposition.



ARE YOU PROTECTING YOUR CHILD'S HEART?

"Most parents are very careful to protect their children from physical harm – like running into a busy street. But what about protecting their hearts? A proverb says, "Guard your heart, for it is the wellspring of life." In other words, be careful what gets into your child's heart because it's the reservoir from which everything else flows. It's amazing to me how we'll let our kids watch stuff – like sex and violence – on TV that we'd never allow to be done in our living room. So if you want good things to flow from your child's life, protect the source – their heart."

Family Minute with Mark Merrill



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.



Fine Arts Showcase!



*Mark your calendars for a night
of the best Fine Arts at WHS!*

Tuesday, January 6th, 2009



6-8 o'clock pm



WHS Commons

*All Visual Arts students will present
their best work of the semester,
along with vocal and instrumental presentations
by Choir and Band students.
Come join us for an evening
of ART and MUSIC*

Hors d'oeuvres, cider and coffee will be served



Williston High School Lunch Menu Dec-08

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>1</p> <p><u>BREAKFAST</u> Cereal Toast</p> <p><u>LUNCH ENTREE'S</u> Pizza Sweet & Sour Chicken</p> <p><u>SIDES</u> Creamed Corn Pineapple</p>	<p>2</p> <p><u>BREAKFAST</u> Breakfast Burrito</p> <p><u>LUNCH ENTREE'S</u> Mini Corn Dogs Sub Sandwich Stuffed Crust Pizza</p> <p><u>SIDES</u> Baked Beans Fresh Fruit Cookie</p>	<p>3</p> <p><u>BREAKFAST</u> Muffin Yogurt</p> <p><u>LUNCH ENTREE'S</u> Hamburger Stroganoff Bagel & Yogurt Stuffed Crust Pizza</p> <p><u>SIDES</u> Noodles Dinner Roll/Corn Cranberry Whip</p>	<p>4</p> <p><u>BREAKFAST</u> Pancake Sausage Links</p> <p><u>LUNCH ENTREE'S</u> Chicken O's Hamburger On A Bun Stuffed Crust Pizza</p> <p><u>SIDES</u> Seasoned Pasta Fresh Veggies Mandarin Oranges</p>	<p>5</p> <p><u>BREAKFAST</u> Scrambled Eggs Toast</p> <p><u>LUNCH ENTREE'S</u> Soft Shell Taco Burrito Stuffed Crust Pizza</p> <p><u>SIDES</u> Mexi-Tots Peaches</p>
<p>8</p> <p><u>BREAKFAST</u> Cereal Toast</p> <p><u>LUNCH ENTREE'S</u> Chef Salad Pizza Stuffers Stuffed Crust Pizza</p> <p><u>SIDES</u> Garlic Toast Frozen Fruit Bar</p>	<p>9</p> <p><u>BREAKFAST</u> Cheese Omelet Toast</p> <p><u>LUNCH ENTREE'S</u> Chicken Patty Fish Patty On A Bun Stuffed Crust Pizza</p> <p><u>SIDES</u> Green Beans Fresh Fruit</p>	<p>10</p> <p><u>BREAKFAST</u> Fruit Strudel String Cheese</p> <p><u>LUNCH ENTREE'S</u> Taco Hot Pocket Chili Baked Potato Stuffed Crust Pizza</p> <p><u>SIDES</u> Corn Orange Slices Jell-O</p>	<p>11</p> <p><u>BREAKFAST</u> Ham, Egg & Cheese On An English Muffin</p> <p><u>LUNCH ENTREE'S</u> Shredded Pork Sandwich Lasagna Stuffed Crust Pizza</p> <p><u>SIDES</u> Potato Rounds Pears</p>	<p>12</p> <p><u>BREAKFAST</u> Banana Bread Yogurt</p> <p><u>LUNCH ENTREE'S</u> Grilled Cheese Sandwich Chicken Patty On A Bun Stuffed Crust Pizza</p> <p><u>SIDES</u> Tomato Soup Mixed Fruit</p>
<p>15</p> <p><u>BREAKFAST</u> Cereal Toast</p> <p><u>LUNCH ENTREE'S</u> Chicken Strips Pizza</p> <p><u>SIDES</u> Mashed Potatoes/Gravy Corn Peaches</p>	<p>16</p> <p><u>BREAKFAST</u> Scrambled Eggs Toast</p> <p><u>LUNCH ENTREE'S</u> Chili Crispito Corn Dog Stuffed Crust Pizza</p> <p><u>SIDES</u> Glazed Carrots Fresh Fruit</p>	<p>17</p> <p><u>BREAKFAST</u> Cinnamon Biscuit Hashbrown Stick</p> <p><u>LUNCH ENTREE'S</u> Taco Salad Quesadilla Stuffed Crust Pizza</p> <p><u>SIDES</u> Refried Beans Mandarin Oranges</p>	<p>18</p> <p><u>BREAKFAST</u> Waffle Sausage Patty</p> <p><u>LUNCH ENTREE'S</u> Chicken Pot Pie Over Biscuit Mini Corn Dogs Stuffed Crust Pizza</p> <p><u>SIDES</u> Tropical Fruit Christmas Cookie</p>	<p>19</p> <p><u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u> Hot Ham/Cheese Sandwich Rib Patty On A Bun Stuffed Crust Pizza</p> <p><u>SIDES</u> Potato Wedges Pineapple</p>
<p>22</p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>	<p>23</p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>	<p>24</p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>	<p>25</p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>	<p>26</p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>
<p>29</p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>	<p>30</p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>	<p>31</p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>		