

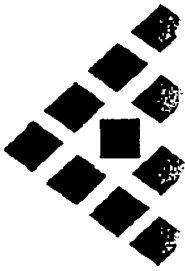
Williston High School
PO Box 1407
Williston, ND 58802

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

February
February

February 2009

Monday	Tuesday	Wed	Thursday	Friday	Saturday	S
						1
<p>2</p> <p>B 9 BB Home w/Watford City-4:15 PM & 5:30 PM</p> <p>G V Hockey Home w/Mandan-6 PM</p>	<p>3</p> <p>B JV BB @ St. Mary's-4 PM</p> <p>G V BB @ St. Mary's-4 PM</p> <p>B V BB @ St. Mary's-5:45</p> <p>G JV BB @ St. Mary's-5:45</p>	<p>4</p>	<p>5</p> <p>G JV BB Home w/Dickinson-4:15</p> <p>B 10 BB Home w/Dickinson-4:15</p> <p>B 9 BB @ Dickinson-5:30 PM</p> <p>B JV BB Home w/Dickinson-5:45</p> <p>G V BB Home W/Dickinson-6 PM</p> <p>G V Hockey @ Beulah/Hazen-6 PM</p> <p>G 10 BB Home w/Dickinson-7:30 PM</p> <p>B V Hockey Home w/Dickinson-7:30</p> <p>B V BB Home w/Dickinson-7:45 PM</p>	<p>6</p> <p>B & G V Speech Richardton Taylor</p> <p>B V Swim @ Minot-4:30 PM</p> <p>B JV WR @ Minot-6 PM</p> <p>G V Hockey Home w/Minot-7 PM</p> <p>B V WR @ Minot-7 PM</p> <p>B V Hockey Home w/Jamestown-4:30</p>	<p>7</p> <p>B JV WR Mandan Tourney</p> <p>B V Swim UND Invite</p> <p>B V WR Home w/Century-1 PM</p> <p>B JV BB @ Bismarck-2:15 PM</p> <p>G JV BB @ Bismarck-2:15 PM</p> <p>B 10 BB @ Bismarck-4 PM</p> <p>G V BB @ Bismarck-4 PM</p> <p>B JV Hockey Home w/ Bottineau-5:15</p> <p>G 10 BB @ Bismarck-5:30 PM</p> <p>B V BB @ Bismarck-6 PM</p> <p>B V Hockey Home w/Bottineau-7:30</p>	8
<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>B JV Hockey Home w/Century-5:15</p> <p>B V Hockey Home w/Century-7:30</p>	<p>13</p> <p>NO SCHOOL</p> <p>B 10 BB w/Jamestown @ Dickinson-4</p> <p>G JV BB w/Jamestown @ Dickinson-4</p> <p>B V Swim @ Mandan w/Fargo 5-5</p> <p>B JV BB w/Jamestown @ Dickinson-5:45</p> <p>G V BB w/Jamestown @ Dickinson-5:45</p> <p>G 10 BB w/Jamestown @ Dickinson-7:30</p> <p>G V Hockey @ Fargo North-7:30 PM</p> <p>B V BB w/Jamestown @ Dickinson-7:30</p>	<p>14</p> <p>B & G V Speech Devils Lake</p> <p>B V Swim @ Mandan</p> <p>B WR WDA @ Minot</p> <p>G JV BB Home w/St. Mary's-4:15 PM</p> <p>B 10 BB Home w/St. Mary's-4:15 PM</p> <p>B JV BB Home w/St. Mary's-5:45 PM</p> <p>G V BB Home w/St. Mary's-6 PM</p> <p>G 10 BB Home w/St. Mary's-7:30 PM</p> <p>B V BB Home w/St. Mary's-7:45 PM</p>	15
<p>16</p> <p>NO SCHOOL</p>	<p>17</p> <p>G V Hockey @ Dickinson-7</p>	<p>18</p>	<p>19</p> <p>B V State WR @ Fargo</p> <p>B V WDA Hockey @ Bismarck</p> <p>G JV BB @ Belcourt-4 PM</p> <p>B JV BB @ Belcourt-4 PM</p> <p>B V Swim Home w/Mandan-4 PM</p> <p>G V BB @ Belcourt-5:45 PM</p> <p>B 10 BB @ Belcourt-5:45 PM</p> <p>G 10 BB @ Belcourt-7:30 PM</p> <p>B V BB @ Belcourt-7:30 PM</p>	<p>20</p> <p>NO SCHOOL</p> <p>B V WR State @ Fargo</p> <p>B V Hockey WDA @ Bismarck</p> <p>B 9 BB Home w/Trinity Christian-5</p> <p>G V Hockey @ Mandan-7 PM</p>	<p>21</p> <p>B & G V Speech Bowbells</p> <p>B V WR State @ Fargo</p> <p>B V Hockey WDA @ Bismarck</p> <p>G V Hockey Home w/Jamrstown-3 PM</p>	22
<p>23</p> <p>B JV BB @ Minot-3 PM</p> <p>G 10 BB @ Minot-4 PM</p> <p>B 9 BB @ Minot-4 & 5:30</p> <p>G JV BB @ Minot-4:15 PM</p> <p>G V BB @ Minot-6 PM</p> <p>B 10 BB @ Minot-7 PM</p> <p>B V BB @ Minot-7:45 PM</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>G V State Hockey @ Grand Forks</p> <p>B V State Hockey @ Grand Forks</p>	<p>27</p> <p>B & G V Speech Shiloh</p> <p>B 9 WDA BB @ Bismarck</p> <p>G 10 WDA BB @ Mandan</p> <p>B 10 WDA BB @ Mandan</p> <p>G V State Hockey @ Grand Forks</p> <p>B V State Hockey @ Grand Forks</p>	<p>28</p> <p>B & G V Speech St. Mary's</p> <p>B 9 WDA BB @ Bismarck</p> <p>G 10 WDA BB @ Mandan</p> <p>B 10 WDA BB @ Mandan</p> <p>G V State Hockey @ Grand Forks</p> <p>B V State Hockey @ Grand Forks</p> <p>B V WDA Swim @ Williston</p>	



The Coyote Howl

Volume XIV Issue 6

Williston High School

February 2009

“Principal’s Page”

The past couple of days have been quite historic for the United States and Williston High School. We have a new President in the White House and our own Spencer N. (Class of '08/United States Marine) was marching in the inauguration parade. I have also heard reports that Stuart N. (Class of '08) was also in attendance in Washington D.C. We as WHS are very proud of our country and our alumni!

House Bill 1230

Dave Richter from Williston State College and I have been actively promoting HB 1230 for North West North Dakota. This bill is requesting an appropriation for six million dollars to build a career and technical center for our region. Williston State College would be the facilitator for this project.

The programs that would be introduced to our region would include welding, building trades, diesel and auto tech, HVAC, plumbing and electrical. The building would also have the potential to expand into additional CTE areas such as graphic design and culinary arts. These classes would have the dual credit option for students to begin work on their certification in these classes.

According to the North Dakota Career Resource Network, 62% of the available jobs are for people in the skilled trades and only 24% would be considered white-collar professional. We strongly feel that this center would serve a greater percentage of our area students and assist local businesses who are struggling with finding skilled workers.

We are encouraged by the show of support that we received from our area legislators and are hopeful that this truly needed facility will be given serious consideration in the current budget for the state. If you believe this is a worthy project, please contact our area legislators to show your support.

Attendance

Those of you who are trying to reach our attendance secretary may be experiencing difficulties getting through in the morning. The reason for this is that she has been told by me to work exclusively with getting our students to class in an expedient manner. Once this takes place, she then begins going through the phone messages.

Please continue to put messages into our system and Mrs. Kennedy will work diligently to answer your requests.

Scheduling

Well, it is that time of the year again for you and your son/daughter to contemplate what courses to choose from for the next school year. Currently, we are working on updating the registration guide so that it will be available by early February.

Ms. Koperski, Mr. Lysne and Mrs. Forthun will be setting up times in March for parents to come to the high school to get assistance in class selection. They will also be going to Williston Middle School to work with the eighth graders on a four-year course of study.

Tournaments

We will soon be getting into the tournament season, and it is time to address how to handle attendance if you are going as a spectator. If you plan on attending any of the regional or state tournaments to watch the Coyotes play, you will need to do several things so that the days are excused from the 8/16 and testing policies.

1. Have a parent call the attendance secretary
2. Get an advanced makeup slip
3. Have ALL teachers sign the makeup slip
4. Return the makeup slip to the attendance secretary
5. Report to the WHS administrator in charge of the activity each day to be counted on the roll sheet.

It appears that winter has returned so, for now, be safe and make sure you have an emergency kit in your vehicle when you are traveling.

Professionally, Chris Kittleson
Principal

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Counseling News

Williston High School Counselors

Miss Koperski, Ms. Forthun

Mr. Lysne

February 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.

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

Minnesota State University Moorhead has many scholarship opportunities for the 2009-2010 school year. Visit their website at <http://www.mnstate.edu/finaid/scholarships.cfm> The American Legion has put together a booklet called "Need A Lift", a College Financial Aid Handbook that provides information about various scholarships that are offered by this organization. To look through this booklet please visit in the counseling office.

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

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 to become a KFC's Colonel's Scholar at www.act.org/kfcscholars/intro.html to become a KFC Colonel Scholar. This is available only during the window of December 15, 2008 through February 10, 2009.

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 6.

Marv Rockstad Memorial Scholarship is given by the Kiwanis Club of Williston. The application is available at <http://www.ndcf.net/Scholarships/entryform.asp?id=50>

Complete the information and print the document. Forms must be returned to the counselors' office no later than March 15.

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.

Williston State College Scholarship applications are available at WSC or the counselors' office. Priority date is March 15.

Dakotas' Credit Union Scholarship is available for an eligible US Citizen, member of the credit union for one year,

graduating high school senior and planning to attend an accredited college. Applications are in the counselors' office. The deadline is March 28.

Frank & Ester Wenstrom Foundation Scholarship is available to a senior who attended school in Williams County. Applicant must attend either WSC or UND. The deadline is March 31.

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.

Williston Lions Scholarship is open to seniors planning to attend an accredited college. Applications are in the counselors' office and should be returned there, as well, by February 28.

Gate City Bank is offering to a senior planning to attend either a two or four year school in ND, SD, MN or MT. Applications are available in the counselors' office. They must be returned by March 15 to the counselors' office and must include a picture of the student applying.

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.

Minnesota Twins Community Fund Diamonds and Dreams Scholarship is available for a participant of organized baseball or softball organization. Application must be postmarked by March 1. Applications are available in the counselors' office.

BEST BUY/W.O.L.F. Make Your Mask is awarded to two high school seniors working in retail or in a sales environment. Applications are available in the counselors' office.

Northwest Communications Cooperative Scholarship is available for one who has local telephone service from NCC. Applications are in the counselors' office. The deadline is March 13.

Arthur S. Johnson Scholarship is available for one who receives service from NCC. Applications are available in the counselors' office. The deadline is March 13.

Williston Home and Lumber Scholarship is open to any full time student. Applications are available in the counselors' office. The deadline is March 15.

Horizon Resources Scholarship is available to current customers and dependents of Horizon Resources. Applications are available in the counselors' office. Due date for the application is March 31.

Northern Plains Eye Foundation is for high school seniors pursuing full time healthcare related studies. Applications are available in the counselors' office. Due date for the application is February 20.

Alva J. Fields Memorial Trust Scholarship has ten \$1000 scholarships available. Students may apply if they are planning to attend a two or four year school, have a financial need and are a resident of Williams County. There is an opportunity to apply for low interest loans in future years. Applications are in the counselors' office. Due date for the application is March 15.

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

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

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."

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 April 12 assessment is March 7. The deadline for the June 13 assessment is May 8. To register online, go to www.actstudent.org

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:

February 9

April 12

June 14

Information is in the counselors' office.

Dates to Remember

February 10 – Registration for March SAT

February 22 – College Goal Day @ WSC 1 PM to 4 PM

February 27 – Registration for April ACT

March 2 – Class of 2010 Registration 6PM-8PM(Lunchroom)

March 5 – Class of 2011 Registration 6PM-8PM(Lunchroom)

March 6 – ACT Registration Due for April

March 9 – Class of 2012 Registration 6PM-8PM(Lunchroom)

March 10&12–Class of 2013 Registration 6PM-8PM

(Lunchroom)

March 14 – SAT in Minot 8 AM to 12 PM

April 4 – ACT @ WSC 8 AM to 12 PM

April 8 – Senior Meeting

April 25 - Prom

College Goal Sunday

Filling out financial aid paperwork can be complicated and time-consuming, but College Goal Sunday makes it easy.

College Goal Sunday is a program that helps college-bound North Dakota students, and their families, complete the Free Application for Federal Student Aid (FAFSA). Most colleges, universities and vocational/technical schools in the nation require students seeking federal financial aid, including grants and loans, to complete the FAFSA. This form should be completed as soon as possible after January 1 because many types of aid are awarded on a first come, first serve basis. March 15 is the priority deadline in North Dakota. While forms may still be submitted after this date, students may miss out on aid opportunities, so don't wait. At College Goal Sunday, financial aid experts, primarily from North Dakota colleges and universities, will help students complete the FAFSA properly and before important deadlines.

College Goal Sunday 2009 will take place Sunday, February 22, at eleven sites in North Dakota. This is a free event provided through the collaborative efforts of the North Dakota Association of Financial Aid Administrators (NDASFAA), TRIO and other volunteers. Funding has been provided from Lumina Foundation for Education, and Indianapolis-based private foundation dedicated to expanding access and success in education beyond high school.

2009 Governor's School

Application packets are available in the counselors' office for the year 2009. Students who have completed their tenth or eleventh grade year and are interested in a challenging but exciting study into art, mathematics, business or science are encouraged to apply. Pick up the application in the counselors' office or forms are available online at

<http://www.ndsu.nodak.edu/ndsu/govschool/> The deadline is February 4.

***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

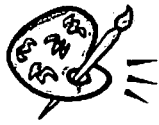
If you have any questions please call the Main Office of Williston High School at 572-0967.

**ANNOUNCEMENTS
& NEWSLETTERS**

**THE WHS DAILY ANNOUNCEMENTS
AND MONTHLY NEWSLETTERS**

CAN BE VIEWED ONLINE AT:

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



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.

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:

January was a very busy month for the music department. The month started by taking a trip to Bismarck with 40 students. They all auditioned for the All-State Festival Band or Choir. Then we took several students to the UND Honor Band and Choir in Grand Forks. (A correction from the January newsletter: the UND Honor Choir members are Matt N. & Kara R.) We also took Vocal Jazz II and Jazz Band II to the University of Mary Jazz Festival in Bismarck. Mrs. Rooke will then be taking several students to sing in the ACDA Jr. High and Men's Honor Choir in Bismarck the first week of February. Mr. Rooke will take a group of students to the Woodwind Festival in Bismarck the next week. Thanks to all our students for their hard work and dedication to music!

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 – February 11	(Period 4)
Third Nine Weeks – March 23	(Period 4)
Mid-Term – April 24	(Period 4)
Fourth Nine Weeks – May 22	(Mailed)

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.**

Close Up

Close Up Washington is an exciting week long study visit to the nation's capital where the students gain the opportunity to experience our government and the political process firsthand. This year's trip takes place **March 22 - 28**.

The Close Up Washington week is a carefully organized series of activities designed to give the students a look at the process of government. The program will contain six to eight seminars, each featuring a different Washington expert. Students will have an opportunity to meet with our state's representative and senators and visit famous monuments. On the last day before our return, the students are given a chance to explore the sites that are most appealing to them.

Chris Mack
Close Up Advisor

**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>

Student Council News

WHS Student Council will be selling roses for this Valentine Season on Tuesday, February 4, 5 & 6. The cost is \$2.00 and we have 4 different slips for the students or parents to fill out. They are: Pink - Secret Crush, Blue- True Friend, White - Secret Admirer and Red - Love You. This is your chance to tell that Special Someone that you care. They will also be available for any parent to buy and send to your student during fourth period. If you would like to place an order, you may contact Karla Olson at 701-572-0967, extension 8226.

Student Council Secretary
Alissa G. & Brooke V.

FFA News

By: Wes Pepple, Advisor

International Spring Wheat Show

Members will be preparing grain samples and entering them in the International Spring Wheat Show. Samples will be judged on how well the member prepares the sample. Samples will also be entered in the County Fair, State Fair and the ND Winter Show. Members receive ribbons and premium money based on how well they do. FFA officers will be attending a Leadership Workshop sponsored by the Williston State College on Tuesday, Feb 3.

FFA Week February 15 - 21

Some activities planned for the week are:

1. All school FFA/agriculture quiz
2. Cherry Pie Social for businesses and school personnel for their help throughout the year
3. Daily activities for students and staff

FFA Banquet April 2 6:30 PM at WHS

Members will receive recognition for their accomplishments during the past year. All members and their parents are encouraged to attend.

Class Registration

- March 2** – Class of 2010
Registration 6 PM - 8 PM
(Lunchroom)
- March 5** – Class of 2011 Registration
6 PM - 8 PM (Lunchroom)
- March 9** – Class of 2012 Registration
6PM - 8PM (Lunchroom)
- March 10 & 12** – Class of 2013
Registration
6 PM – 8 PM
(Lunchroom)

Dates To Remember

- February 13 – Winter Break (No School)
February 16 – Winter Break (No School)
February 20 – Spring Break (No School)
March 6 – Spring Break (No School)
April 3 – Coyote Foundation
Scholarship Due
April 8 – Senior Meeting (Auditorium)
April 10 – Good Friday (No School)
April 13 – Easter Monday (No School)
April 25 – Community Sale
Prom
May 6 – Senior Awards Night
May 8 – Senior Cut Off Day
ACT June Registration Deadline
May 9 – Band Day (10 AM)
May 11 – Teacher In-Service (No School)
May 12 – Elk's Youth Day
May 17 – Baccalaureate
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

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



HONOR SOCIETY INDUCTS NEW MEMBERS

The Williston chapter of the National Honor Society will welcome new members on Monday, February 2 at their formal induction ceremony with parents. Seniors being inducted into this prestigious organization are Mark A., Paul C., Seth K. and Taylor T. Juniors being inducted are Daniel B., Kaitlin B., Tyler E., Angela G., Austin G., Jordan H., Whitney H., Nikki H., Kiersten K., Karissa K., Angelica K., Paige L., Ryan M., Sadie M., Vance N., Garred O., Jacob O., Jenna R., Megan R., Brianna S., Mathias S., Jonathon W. and Katie W.

Williston High School NHS chapter has received its packet for the State Project "Daffodil Days." Daffodil Days is a fund drive benefiting the American Cancer Association. The NHS members will be pre-selling \$10 bunches of daffodils that will be delivered on March 24. The Williston High School chapter of the National Honor Society has been involved with this project for nine years.



Passing is Possible

By: Mr. Geiermann

It seems unreal that we are already halfway through the year. The first semester is over and the second is well underway. I wonder sometimes why we use the words "well underway" when it is obvious some things are hanging on from the first semester. The problem for me as a teacher is that some of those things hanging around are things about which I can do nothing.

He is a good kid, a real bright spot in any class he is in, except for one thing: he doesn't do his work. I am not sure if he is just not capable of doing it or if he just does not care enough to do it. That is the hinge to the whole problem.

The other teacher standing in the hall with him was advocating for him as I was. The person we were trying to convince that the student was capable of doing the work was the student himself. He never really gave voice to any of the questions we asked, instead answering with a shrug of his shoulders which gave off a feeling of apathy. He was not going to point us in any direction so we could give him help. I still believe that student was capable of passing – notice I did not say get an "A" – any class at Williston High School.

I graduated in 1974, long enough ago that I am getting to the point where I am older than the parents of my students. (My students enjoy pointing that out for some reason.) When I graduated, it was a big deal to get a diploma. It was a big deal to get good grades. It was a big deal to go on and go to college. So I have a hard time understanding how today's students seem it is not worth their time to graduate from high school.

The standard for passing is 65%. That means that out of every 10 questions asked you know 6.5 of the answers. If you went to take your car

in to get something on it fixed or repaired, and they did a 65% job on it, would you happily hand over 100% of your money to pay them? That is what we do here. The diploma of the student who graduates with honors and the student who "passes" means the same thing. They have crossed the goal line of graduating from high school.

The time a student spends outside of the high school is more influential on them than the time they spend in school. They look around and absorb the attitudes and ideas of the world around them. Many of them think the entire world should be leisure time and that whatever happens is okay.

They cannot always make decisions that are in their best interest. They may say they do not want them, but students want expectation coming from home. They want to know that what they do in school is valued at home. I cannot count how many times I have had students say, "My parents don't care what I do." I am pretty sure that is not often true.

Talk with your child about what you want for them and more importantly what you expect of them. Don't set the bar so high they cannot attain it, but challenge them. If "passing" is good enough, then make that clear. Hold them accountable.

That is the first step. The second step is to encourage/cajole/support them in attaining the goal. Ask about what is going on in school, not accepting "nothing" as the answer. Help with homework when you can. Check their grades often, at least once a week. Contact teachers about your concerns. Encourage to get help at school. There is after-school tutoring at 3:20 Monday through Thursday.

Passing is possible, but when you need help, you have to ask. It would be sad if they drown in sight of land.

High School 1 YEARS

Working together for lifelong success

Short Clips



Support for parents

Trying to cope with the ups and downs of the teen years? Talk to people who have been there. At school events, seek out parents with older kids, and ask questions. Or start your own support group. Meet monthly with other parents to swap advice on dating, discipline, and other issues.

College aid

If you have a high school senior, now is the time to fill out the Free Application for Federal Student Aid. Regardless of your income, or even if your child is unsure about college, filing the form will keep his options open. You can find the application at www.fafsa.ed.gov or in your high school guidance office.

All around town

Learning to use public transportation can help your teen become more independent. He'll also be doing his part to reduce traffic. Have him collect bus schedules or subway maps or look online. Then, take a few trips together and show him how to plan routes and pay fares.

Worth quoting

"A goal is a dream that has an ending."
Duke Ellington

Just for fun

Q: What does Brazil produce that no other country produces?

A: Brazilians.



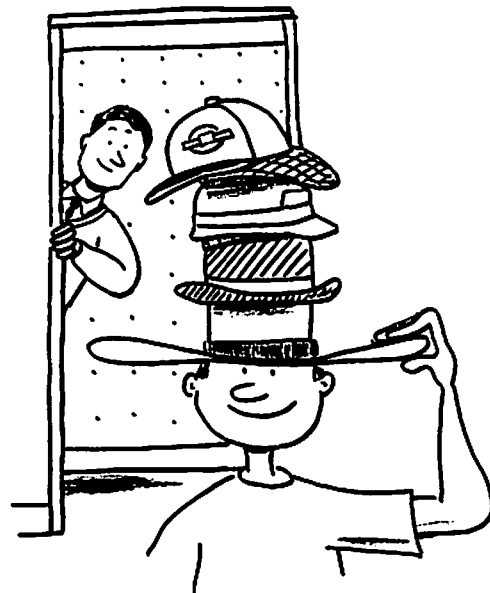
Decision-making helpers

"Which class should I take?" "Should I play a sport?" "Should I buy a car?" High school is full of choices—about academics, extracurricular activities, money, and more.

Boost your teen's decision-making skills and increase his confidence with tools like these.

Wear different hats

Teach your child to consider decisions from different angles by wearing imaginary hats. Perhaps he's deciding which elective to take next year—psychology or chorus. He can view the options from three perspectives: which class would improve his GPA; which would look better on a college or job application; and which he would enjoy more. Then, he can decide which hat fits best.



Make a list

Suggest that your teen list the pros and cons of a decision. If he's trying to decide whether to go out for baseball, pros might include "staying fit" and "being part of a team," and cons might be "dropping off the neighborhood team" and "less time to study." Which list is longer?

Draw a tree

A "decision tree" can help your child see consequences of his choices. Say he's thinking about buying a used car. He can draw and label a tree trunk ("buy a car") and add branches for the results: "I will use up my savings." "I will have to get a job to pay for gas and insurance." "I will be able to go places." "I will be more independent." Then he can evaluate the results. 👍

Finished on time

It can be difficult for busy teens to get everything done. Share these suggestions to help your high schooler meet deadlines.

Budget realistically. Ask your child to estimate how long a task (math homework, cleaning her room) will take. When she finishes, she can see how close her prediction came. That way, she'll know how long she needs next time.

Use electronic tools. Your teen can send herself a reminder by e-mail or text message. If she leaves it unread, the subject line will serve as a constant reminder ("Rough draft due Friday!"). Or she might add deadlines to a computer calendar. 👍

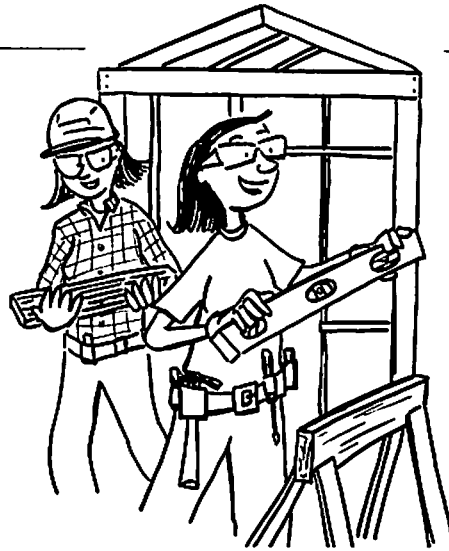


Pitch in

Volunteering in the community helps others—and it helps your child, too. She'll feel good about improving people's lives and will gain experience for the future. Help her find a volunteer opportunity that's right for her.

● **Look for ideas.** Have her call your local United Way or Red Cross offices to find places that need help. Or she can type in your zip code and check the box for "teens" to search for opportunities at www.networkforgood.org/volunteer.

● **Decide on a commitment.** She might prefer a one-time event, like building a Habitat for Humanity



Tip: Suggest that she invite a friend to volunteer along with her to make it more fun. 👍



Parent to Parent

SAT or ACT—or both?

My son Jack is a junior this year, and he's been wondering whether to take the SAT or the ACT. When he spoke to his guidance counselor, we were both surprised that she suggested he take the SAT and the ACT.



The counselor explained that most colleges accept both tests. Since the tests have different formats, she said, some students may do better on one than on the other. The SAT covers math, critical reading, and writing, while the ACT has math, reading, English, science, and an optional writing section. Also, she told him he could take both tests several times and choose which scores to submit to colleges.

Jack has already registered for both tests. And he has started taking practice exams online (www.actstudent.org and www.collegeboard.com). We're eager to see which one he does better on. 👍

OUR PURPOSE

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

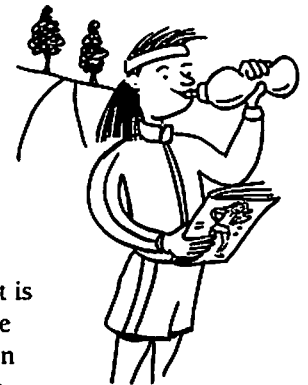
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Q & A Body image boost

Q My daughter reads magazines showing thin, beautiful models and complains that she doesn't look like them. How can I help her feel better about how she looks?

A Remind your daughter that being at a healthy weight is what's important. Make sure she realizes that models are usually too thin and that the photos themselves are often retouched and not realistic. Point out "real" people who look good at a normal weight, like maybe a favorite teacher or a neighbor.

Then, encourage her to feel her best by eating a balanced diet and exercising regularly. And praise accomplishments that have nothing to do with how she looks. If she gets a part in the school play, makes the lacrosse team, or improves a grade, show your pride in her. When she feels good about herself, she'll pay less attention to those unrealistic models. 👍

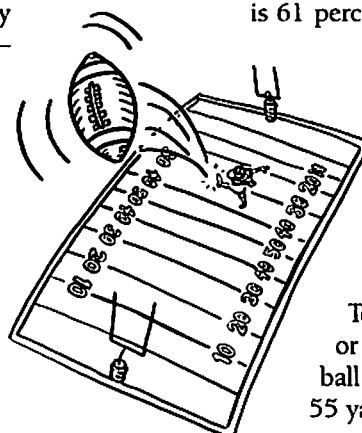


Calculate the yield on the field

Show your teen that math can be fun by applying it to his favorite sports teams and players. Try the examples below—then create your own using numbers from any sport.

Basketball

To calculate a player's free-throw season average, divide the number of shots made by the number of shots attempted.



For example, if a player makes 11 of 18 shots ($11 \div 18 = 0.61$), his percentage is 61 percent.

Football

Calculate the distance of a kick-off. A football field is 100 yards long. The 50-yard line is in the center. If Team A kicks the ball from their 35-yard line (50 - 35, or 15 yards) to Team B's 10-yard line (50 - 10, or 40 yards), how far did the ball travel? Answer: $15 + 40 = 55$ yards. 👍 12



PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

774-6335



FEBRUARY 2009



BUILDING BRIGHT FUTURES

Parenting Attention Deficit Children
Whether your child has a diagnosis or shows symptoms of ADD/ADHD, this program is designed to provide support, resources and parenting skills. Do you want to learn more? Attend this **FREE** program to be held:

**Thursday's, Feb. 12, 19,
& 26, 2009**

6:30 – 9:00 PM

110 W. Broadway
(Wms. Co. Social Services
/UMDHU Building)

Call 774-6335 to pre-register.



PARENTS ON BOARD

Building Academic Success through Parent Involvement

FREE program for parents of 5 – 14 year olds to be held:

Monday, Feb. 23, 2009

6 – 9:00 PM

110 W. Broadway

(Wms. Co. Social Services
/UMDHU Building)

Call 774-6335 to pre-register.



BRIGHT BEGINNINGS

This **FREE** 5 session program will be offered for expectant parents and parents or child care providers of children ages Birth – 8.

Monday evenings in March

from 6:30 – 9 PM at

110 W. Broadway

(Wms. Co. Social Services
/UMDHU Building)

March 2 Brain Development & Attachment

March 9 Physical Development & Play

March 16 Magic of Reading

March 23 Prevention for Young Children

March 30 Emotional Intelligence & Social Development

Call 774-6335 to pre-register.

NEW!

CIRCLE OF PARENTS

The Parent Resource Center is looking to start a parent support group. If you are interested in more information about this group, contact Deb at 774-6335.

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



PARENTING RESOLUTIONS FOR THE NEW YEAR

Evaluate parenting skills in the New Year

By Kathleen Olson, Extension Educator, Family Relations

January is a great time to evaluate your parenting skills and what things are going well in your children's lives and your family life.

Do you need to learn new ways of relating to your older children, spend more time with your children, use more positive discipline methods or is what you're already doing working well?

We all have areas in our parenting that are challenges and it is best to address our problem areas one at a time.

It is best to consider what changes you want to make and be realistic about how you can change. Parents who set a specific goal, such as "I will read a bedtime story to my children at least 4 evenings a week," have a much better chance at being successful than people who set a more general goal, such as "I'm going to read more often to my children."

Many parents feel they need to discipline more calmly and positively. **Discipline will be twice as effective if you manage to do it calmly, rather than emotionally.** You as the parent lose your authority when you yell, cry or say you are, "giving up." Our children trust us and need us to be the grownups, set the rules and enforce them. Without this kind of basic parenting, children feel unsafe and do not thrive.

One of the most powerful things you can do for your children is to set a good example. If you are not willing or able to make changes, it isn't fair to expect your child to be flexible either.

Remember that changes in parenting practices take time. Some things that will help you stay on target with making positive changes include writing down your goal and listing reasons why you want to meet your goal. Tell relatives and close friends about your goals so they can offer encouragement. Congratulate yourself on your efforts and successes.

When you set a goal and reach it, it is easier to do it again. Then, you can pick another area you want to work on and set another goal.

Kathleen Olson has spent her career focusing on parenting issues and believes that most issues we face in life go back to parenting. She is an Extension Educator in Family Relations for the University of Minnesota and has two children of her own.

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Williston High School

Lunch Menu

Feb-09

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2</p> <p><u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u> Chef Salad Grab & Go Lunch Stuffed Crust Pizza</p> <p><u>SIDES</u> Garlic Toast Oranges</p>	<p>3</p> <p><u>BREAKFAST</u> Cheese Omelet Toast</p> <p><u>LUNCH ENTREE'S</u> Chicken Patty Chili Crispito Stuffed Crust Pizza</p> <p><u>SIDES</u> Baked Beans Fresh Fruit</p>	<p>4</p> <p><u>BREAKFAST</u> Cinnamon Streusel Cake String Cheese</p> <p><u>LUNCH ENTREE'S</u> Grilled Cheese/Tomato Soup Chicken Bender Stuffed Crust Pizza</p> <p><u>SIDES</u> Apple Crisp</p>	<p>5</p> <p><u>BREAKFAST</u> Ham/Egg & Cheese On An English Muffin</p> <p><u>LUNCH ENTREE'S</u> Shredded Pork Sandwich Pizza</p> <p><u>SIDES</u> Potato Wedges Pears</p>	<p>6</p> <p><u>BREAKFAST</u> Banana Bread Yogurt</p> <p><u>LUNCH ENTREE'S</u> Quesadillas Sub Sandwich Stuffed Crust Pizza</p> <p><u>SIDES</u> Peas Mixed Fruit</p>
<p>9</p> <p><u>BREAKFAST</u> Breakfast Burrito</p> <p><u>LUNCH ENTREE'S</u> Chicken Strips Chef Salad Stuffed Crust Pizza</p> <p><u>SIDES</u> Mashed Potatoes & Gravy Pudding</p>	<p>10</p> <p><u>BREAKFAST</u> Scrambled Eggs Toast</p> <p><u>LUNCH ENTREE'S</u> Chili Crispito Ham/Egg/Cheese English Muffin</p> <p><u>SIDES</u> Glazed Carrots Fresh Fruit</p>	<p>11</p> <p><u>BREAKFAST</u> Cinnamon Raisin Biscuit Hashbrown Patty</p> <p><u>LUNCH ENTREE'S</u> Taco Salad Corn Dog Stuffed Crust Pizza</p> <p><u>SIDES</u> Mandarin Oranges</p>	<p>12</p> <p><u>BREAKFAST</u> Breakfast Chicken Sandwich</p> <p><u>LUNCH ENTREE'S</u> Chicken Rice Hotdish Bagel & Yogurt Stuffed Crust Pizza</p> <p><u>SIDES</u> Dinner Roll Peas & Carrots Tropical Fruit</p>	<p>13</p> <p>WINTER BREAK</p> <p>NO SCHOOL</p>
<p>16</p> <p>WINTER BREAK</p> <p>NO SCHOOL</p>	<p>17</p> <p><u>BREAKFAST</u> French Toast</p> <p><u>LUNCH ENTREE'S</u> Chicken Patty Taco In A Bag Stuffed Crust Pizza</p> <p><u>SIDES</u> Green Bean Casserole Fresh Fruit Cookie</p>	<p>18</p> <p><u>BREAKFAST</u> Sausage, Egg & Cheese On A Bagel</p> <p><u>LUNCH ENTREE'S</u> Chili Ham & Cheese Wrap Stuffed Crust Pizza</p> <p><u>SIDES</u> Cinnamon Roll Orange Slices</p>	<p>19</p> <p><u>BREAKFAST</u> Rancher's Hashbrowns</p> <p><u>LUNCH ENTREE'S</u> Chicken Fajita Cook's Choice Stuffed Crust Pizza</p> <p><u>SIDES</u> Pears Jell-O Smore Pocket</p>	<p>20</p> <p>SPRING BREAK</p> <p>NO SCHOOL</p>
<p>23</p> <p><u>BREAKFAST</u> Breakfast Corn Dog</p> <p><u>LUNCH ENTREE'S</u> Hamburger On A Bun Sweet & Sour Chicken Stuffed Crust Pizza</p> <p><u>SIDES</u> Potato Wedges Pears</p>	<p>24</p> <p><u>BREAKFAST</u> Cheese Omelet Toast</p> <p><u>LUNCH ENTREE'S</u> Chicken Nuggets Garlic Cheese Bread Stuffed Crust Pizza</p> <p><u>SIDES</u> Mashed Potatoes & Gravy Corn Fresh Fruit</p>	<p>25</p> <p><u>BREAKFAST</u> Breakfast Wrap</p> <p><u>LUNCH ENTREE'S</u> Spaghetti Turkey/Bacon/Cheese Sandwich</p> <p><u>SIDES</u> Stuffed Crust Pizza Broccoli W/Cheese Peaches</p>	<p>26</p> <p><u>BREAKFAST</u> Banana Bread String Cheese</p> <p><u>LUNCH ENTREE'S</u> Sloppy Joe Chicken Strips Stuffed Crust Pizza</p> <p><u>SIDES</u> Green Beans Pasta Salad Mixed Fruit</p>	<p>27</p> <p><u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u> Sub Sandwich Pizza</p> <p><u>SIDES</u> Chips & Salsa Applesauce</p>