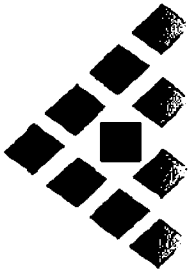


Williston High School
PO Box 1407
Williston, ND 58802

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

January

Monday	Tuesday	W	Thursday	Friday	Saturday	S
			1 Christmas Break No School	2 Christmas Break No School	3 B V Swim Mandan Pentathlon B JV BB & G 10 BB @ Dickinson-1:30 PM B 9 BB Home w/Dickinson-2:30 B 10 BB & G JV BB @ Dickinson-3:15 PM G V BB @ Dickinson-5 PM B V BB @ Dickinson-6:45 PM	4
5 B 9 BB Trenton Tourney School Resumes	6 B 9 BB Trenton Tourney	7 B V WR @ St. Mary's-5 G V Hockey Home w/Mandan-6	8 B V WR @ St. Mary's-5 G V Hockey Home w/Mandan-6	9 B V WR Bismarck Rotary G JV BB @ St. Mary's-4:15 PM B 10 BB @ St. Mary's-4:15 PM B JV Hockey Home w/Bismarck-5:15 B JV BB @ St. Mary's-5:45 PM G V BB @ St. Mary's-6 PM G 10 BB @ St. Mary's-7:30 PM B V Hockey Home w/Bismarck-7:30 B V BB @ St. Mary's-7:45 PM	10 G 10 BB @ Jamestown-TBD B V WR Bismarck Rotary B V Swim Fargo Invite B JV WR New Town Tourney B 9 BB Trenton Tourney B JV Hockey Home w/Jamestown-1 PM B 10 BB @ Jamestown-2:15 PM B V Hockey Home w/Jamestown-3:15 B & G JV BB @ Jamestown-4 PM G V Hockey Home w/Dickinson-5:30 G V BB @ Jamestown-5:45 PM B V BB @ Jamestown-7:45 PM	11
12	13 B JV Hockey @ Minot-5:15 PM B JV WR Home w/Watford-6 B V WR Home w/Watford-7 B V Hockey @ Minot-7:30 PM	14 B V WR Home w/Watford-6 B V Hockey @ Minot-7:30 PM	15	16 B 10 BB Home w/Mandan-4:15 G JV BB Home w/Mandan-4:15 PM B JV BB Home w/Mandan-5:45 PM G V BB Home w/Mandan-6 PM B V Hockey @ Hazen-7 PM G 10 BB Home w/Mandan-7:30 PM G V Hockey Home w/Fargo N-7:30 PM B V BB Home w/Mandan-7:45 PM	17 B V Swim Home w/Bismarck-12 PM B JV Hockey Home w/Mandan-2 PM B V Hockey Home w/Mandan-4:15 PM	18
19 B 9 BB @ Watford City- 5:30 & 6:30	20 G 9 BB @ Sidney-4:30 PM B JV WR Home w/Mandan-5:30 PM G JV BB @ Sidney-6 PM B V WR Home w/Mandan-7 PM G V BB @ Sidney-7:30 PM	21 B 10 BB & G JV BB Home w/Minot-4:15 PM B 9 & JV BB Home w/Minot- 5:15 PM G V BB Home w/Minot-6 B 9 BB & G 10 BB Home w/Minot-7:30 PM B V BB Home w/Minot-7:45	22 B 10 BB & G JV BB Home w/Minot-4:15 PM B 9 & JV BB Home w/Minot- 5:15 PM G V BB Home w/Minot-6 B 9 BB & G 10 BB Home w/Minot-7:30 PM B V BB Home w/Minot-7:45	23 B V WR Grand Forks Multiple B V Swim Home w/Fargo 5-4 PM G V Hockey Home w/W Fargo-7 PM	24 B V WR Grand Forks Multiple B V Swim Minot Invite G 10 BB Home w/Belcourt-2:30 PM B 10 & G JV BB Home w/Belcourt-4:15 B V Hockey @ Dickinson-5 PM G V Hockey @ Jamestown-5:30 PM B JV BB Home w/Belcourt-5:45 PM G V BB Home w/Belcourt-6 PM B V BB Home w/Belcourt-7:45 PM	25
26	27 B 9 BB @ Sidney-4:30 PM B JV BB @ Sidney-6 PM B V BB @ Sidney-7:30 PM	28 B 9 BB @ Trinity Christian-6	29 B 9 BB @ Trinity Christian-6	30 B & G JV BB @ Mandan-4:15 B V WR Home w/Jamestown-5 PM B V Swim @ Jamestown-5 PM B V BB & G 10 BB @ Mandan-6 PM B JV WR @ Bismarck-6:30 PM (V@8) G V Hockey @ Grand Forks-7 PM B 10 BB & G V BB @ Mandan-7:30 PM B V Hockey Home w/Beulah-7:30 PM	31 B V Swim @ Jamestown B 10 BB @ Century-12:30 PM G V Hockey @ Devils Lake-2 PM B JV BB & G 10 BB @ Century-2:15 PM G JV BB @ Century-3:45 PM B V BB @ Century-4 PM G V BB @ Century-5:45 PM	



The Coyote Howl

“Principal’s Page”

Well, this past week was certainly FULL. We had activities every night including two wrestling matches, one with Beulah and one with Velva. We also had the home opener for boy’s hockey against Minot. The winter activities calendar is in full swing.

Odd Fellows

The Odd Fellows of Williston have presented our students with a new opportunity. It is titled “*The United Nations Pilgrimage for Youth.*” This is a chance for our students to apply for a scholarship that would bring them to New York and see what happens at the United Nations. I wish to thank the Odd Fellows for putting this scholarship together for our students. More information will follow.

Change of Address

Parents, if you have recently moved or changed phone numbers, please contact us. It is imperative that you do that, so, in case of an emergency, we can get in contact with you.

Excused vs. Unexcused Absenses

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

<http://www.williston.k12.nd.us/whs/attendance.htm>

Senior College Exploration Day

Seniors will be allowed ONE college exploration day. Advanced makeup slips need to be picked up from the attendance office upon approval from administration.

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

In-Service Day

January 19 is the Helga Sorenson in-service scheduled for WPSD #1 and neighboring districts. Therefore, there is no school on this day.

Professionally,

Chris Kittleson
Principal
Williston High School

CONTENTS:

Principal’s Page	Page 1
Counseling News	Page 2
Counseling News Cont.	Page 3
Dress Code	
Attendance Policy	
Fees	Page 4
Cell Phone Policy	
Music Department	Page 5
Science Olympiad	
Grading Report Schedule	
Newsletter Notice	Page 6
Economart Receipts	
Annals/Senior Pics	
JAG	Page 7
Student Council News	
Semester Test Schedule	
Kindergarten Ready?	Page 8
EJ Hagan Aquatics Ctr.	
Fine Arts Showcase	Page 9
High School Years	Page 10
High School Years Cont.	Page 11
Parent Resource Center	Page 12
Parent Resource Cont.	Page 13
Lunch Menu	Page 14

Counseling News

Williston High School Counselors

Miss Koperski, Ms. Forthun

Mr. Lysne

January 2009

Scholarships

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.

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

The **National CO-OP Scholarship Program**, in cooperation with 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/

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

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 <http://apply.embarc.com/ugrad/montanastate/>

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_eds.htm or in the counseling office.

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.

North Dakota School Counselor Association Essay Contest is for seniors. The topic is "My Career Plan and What/Who Help Me Make My Decisions". The amount of the scholarship is \$100 and the deadline date is January 16.

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.

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.

Burger King Scholars Program offers scholarships to high school seniors based upon working part time, participation in community service and demonstrating financial need.

Applications are online until February 20 at

www.bk.com/companyinfo/community/BKS.aspx

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.

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

Dates to Remember

January 5 – School Resumes
January 6 – Deadline for February ACT
January 19 – Teacher In-Service (No School)
February 7 – ACT @ WSC 8 AM to 12 PM
February 10 – Registration for March SAT
February 22 – College Goal Day @ WSC 1 PM to 4 PM
February 27 – Registration for April ACT
March 14 – SAT in Minot 8 AM to 12 PM
April 4 – ACT @ WSC 8 AM to 12 PM
May 8 – Registration for June ACT
June 13 – ACT @ WSC 8 AM to 12 PM

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

February 7
April 4
June 13

Information is in the counselors' office.

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

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.

Greetings from the WHS Music Department!

Our music department is full of many talented students. Several of them have auditioned for festivals and honor bands/choirs throughout the year. Congratulations to these students for being selected to perform in the following honor bands and choirs!

UND Honor Band:

Mark A.
Daniel B.
Keely F.
Angela G.
Chelsey G.
Luke L.
Jacob M.
Bill R.
Andrea T.
Stephanie W.
Alternates:
Amber H.
Taylor K.
Caitlin N.
Janessa S.

Congratulations to Amber H. and Kinsi O. for receiving STAR ratings on their solos at the State Saxophone and Percussion Festival!

UND Honor Choir:

Matt N.
Elizabeth S.

ACDA Jr. High (Grades 7-9) Honor Choir:

Becky D.
Rachel R.
Alternate:
Katie E.

Thank you, students, for your hard work! Thank you, parents, for allowing us to work with your talented students every day! We appreciate all you do!

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

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)

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 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!

ANNUAL ORDER FORMS

FOR 2008-09

ARE IN THE OFFICE.

COST IS \$40.

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

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>

JAG Goes to DC!

By: Luanna Fisketjon

JAG (Jobs for America's Graduates), sponsored a trip to Washington DC for two JAG students. Melissa E. and Samantha H. were chosen from the 24 students in the JAG program. They were accompanied by their chaperone and JAG Specialist, Luanna Fisketjon. The girls attended leadership activities and toured our nation's capital. Neither of them had ever flown on a plane before, rode an outside elevator, or had been on a subway; they have now! JAG is a nationwide program designed to help students get ready for the job market by teaching all of the skills necessary for applying for and getting a job. They are encouraged to grow in their personal growth and to be the best employees they can be. The 24 students in the program this year will receive one credit and are offered JAG 2 next year, where they may earn another credit. The program will culminate in JAG 3, when they will job shadow careers of their choice. Washington DC was a great experience and opened up their eyes to many possibilities.

Student Council News for January 09

Hi, everyone! Hope you all have a great Holiday season and a spectacular New Year!!! This year for Christmas Kindness we collected Christmas Stocking money from classrooms for the Mathers who lost their house in a fire. We want to thank the student body for their generosity. Also, for Christmas Kindness the members of Student Council raised funds for Jayce K., a kindergarten boy who needed help with medical costs. *We want to seriously thank American State Bank for the mini donuts which they made for us to sell which were a huge hit.* The Student Council made Oreo cookies for this project which are always a popular item. We would also like to thank Mrs. Axtman's class for going around to the community and businesses to raise money for Christmas Kindness.

Student Council attended the North Dakota State Student Council Convention in December. We had very interesting motivational speakers who talked about teen sex, drugs and other interesting things. We participated in some mini sessions that taught us a lot of things we need to know in life and about being leaders for Student Council. At convention, we had time for learning, dancing, laughter and meeting Student Council members from other towns.

This year for Valentine's Day, we will be selling roses. This is your chance to tell that "special someone" you care. We will be taking orders during school for students and parents may order by contacting Karla Olson at 701-572-0967 to have flowers delivered to their student.

Student Council Secretary,
Brooke V.

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.

IS YOUR CHILD READY FOR KINDERGARTEN?

Participate in NDSU Study on Kindergarten Readiness

The NDSU Extension Service is seeking participants for a study on how parents perceive the preparation of their young children for kindergarten and school readiness. The project will help NDSU staff to better assist parents in preparing their children for school.

- Did you know that many parents want help preparing their child for kindergarten?
- Do you have a child that is preparing for kindergarten next year?

The Gearing Up for Kindergarten research project is designed to learn from parents with a child getting ready for kindergarten. Parents who participate will complete two brief surveys on school readiness and parental practices, once in late 2008 and then again in spring 2009. **Interested parents must have a child preparing to enter kindergarten in the fall of 2009 and NOT be participating in the Gearing Up for Kindergarten Program at their child's school.**

Participating individuals will receive a gift certificate worth \$25 to a local retail store immediately after the first survey, and a gift certificate for \$25 also at the completion of the second survey. Please consider participation or sharing this information with possible participants; participation is limited to the first 125 participants.

To learn about opportunities for participation, please contact Sean Brotherson at 701-231-8113, or send e-mail to sean.brotherson@ndsu.edu.

Participants must live in North Dakota. Please indicate your interest by December 20, 2008. This study is conducted through North Dakota State University, Fargo, ND. Participation is voluntary and all information collected will be kept strictly confidential. If you have questions about the rights of human research participants, you may contact the NDSU IRB Office, 701-231-8908.

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



Fine Arts

Showcase!



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

Tuesday, January 6, 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.*



High School **1** YEARS

Working together for lifelong success

Short Clips



Tutoring tip

Good students know when to ask for help. If your high schooler is struggling with a tough subject, suggest that he talk to his teacher. She might work with him after school or recommend a classmate to help. He can also call libraries and community centers to ask about free tutoring.

PE every day

Gym class does double duty: it helps busy teens fit in a workout, and it earns them school credit. Encourage your child to choose PE as an elective each year even if it's not required. She can think of it as a free gym membership—one she can enjoy with friends.

Self-discipline

Having your teen fix his own mistakes builds self-discipline. For instance, if he gets a parking ticket, let him figure out how to pay for it (work an extra shift, dip into his savings). Be sure to discuss how he will keep from repeating the mistake (watch the time when he parks at a meter).

Worth quoting

"The future depends on what we do in the present."
Mahatma Gandhi

Just for fun

Q: Who can shave 25 times a day and still have a beard?

A: A barber.



Research right

Finding information for a report or project can be easy. The challenge is finding *good* information—facts that are useful, interesting, and accurate. Guide your teen through these steps to help her become a top-notch researcher.

1. Know the assignment

Before heading to the library or logging onto the Internet, check the directions. Do you need primary sources (first-hand accounts like interviews, letters, or diaries), secondary sources (information from books, Web sites, or magazines), or both? How many sources are required?

2. Choose keywords

Brainstorm keywords for your topic. For a report on "the pros and cons of the space program," you might try "space exploration," "pros cons space program," and "NASA future."

3. Conduct the search

Type the keywords into an Internet search engine or your library's database. You can narrow your search by selecting "Advanced Search" and entering specific words or phrases, dates, or types of Web sites. To find the best information, look carefully through several pages of links, reading the descriptions and source lines for each.

4. Evaluate credibility

Before using any source, evaluate the author's credentials. Check his biography or title to see if he's an expert. For Web sites, choose extensions such as .gov (government), .edu (school or university), or .org (nonprofit organization).

5. Collect information

Print Web pages or save them to a computer file, check out books, and make copies of journal articles. Jot down the information needed to cite sources properly (title, author, URL, publication



year, page numbers). Organize the materials into folders by subtopic to make writing your paper easier. 👍

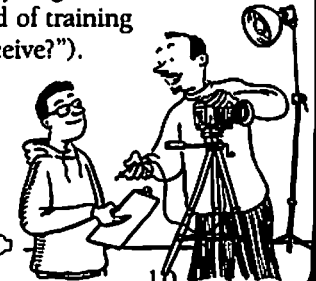
Career planning

Would your teen like to get paid to do what he enjoys? Help him turn his favorite activity into a job—and maybe a future career.

If he likes a particular class, such as photography, suggest that he ask his teacher if she knows a place that needs part-time help (photography studio, film lab). A high schooler who tinkers with cars might see if a local garage is hiring.

When your child begins working, encourage him to ask questions ("How did you get into mechanics?" "What kind of training did you receive?").

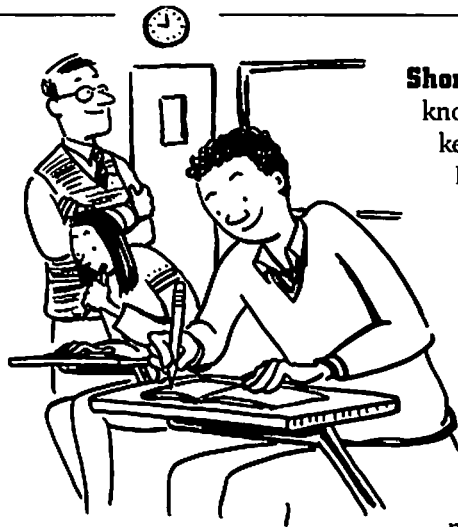
He'll learn what he needs to do to pursue the field. 👍



Test success

Different kinds of tests call for different strategies. Share these ideas with your high schooler.

Multiple choice. On a reading test, skim questions before reading the passages they accompany. This will let you know what to focus on as you read. Try solving math problems before looking at the possible answers. If your solution is among the choices, it's likely to be right.



Short answer. Read each question carefully so you know what you're being asked. Write neatly, and keep your answers brief, clear, and to the point. Don't leave any answers blank—teachers may give credit for partial answers.

Essay. Make a quick outline to organize your thoughts before you write. Cross off each idea as you add it to your essay. Leave a few minutes at the end to proofread your work and be sure you've answered the question completely.

Tip: No matter what kind of test you're taking, being prepared is the best strategy. Briefly review class notes each night. You'll learn information instead of just memorizing it, and you'll always be prepared for a surprise quiz. 👍

Parent to Parent

On-the-go teen

Between the swim team, the school newspaper, and band practice, my son Sean had only one evening "off" each week.

When his grades started dropping, I told him he had to cut back. Together, we discussed the pros and cons of each of his activities.

Sean wanted to keep swimming since he hopes to compete in college. And he couldn't quit band because he was getting credit for it. So he talked to the newspaper adviser to see if he could cut back on his hours. She said he could be a freelance reporter even if he couldn't stay late for staff meetings or to edit articles.

Now, Sean has two free evenings each week. We have a little more family time—and his grades are beginning to improve. 👍



Q & A Stop cyberbullying

Q I've been hearing a lot about cyberbullying. How can I protect my child?

A Cyberbullies use e-mail, IMs, text messaging, and postings on blogs and social-networking sites to threaten or insult others. They are usually people your teen knows, such as classmates spreading ugly rumors. To help your child steer clear of cyberbullies, use these safety rules:

- Be sure her instant-messaging contact list includes only people she knows well. She should delete anyone who makes her feel uncomfortable.
- If a cyberbully e-mails your child, she needs to mark the message as "spam" or block the writer's address. Report further attempts to the e-mail provider.
- Have her make blogs and social-networking profiles private. She should adjust settings so she can approve posts before they appear on her page.

Note: Tell your teenager never to respond to cyberbullies. If she feels frightened, she should talk to you, a teacher, or her school guidance counselor. 👍



Stay involved

Jessie's mother shelves books in the school library once a week. Sean's father contacts local pizza parlors and other businesses to set up school fund-raisers.

These parents have found ways to volunteer at high school—and you can, too! Teachers will appreciate the help, and your teen will know you value his education. Contact the school office or PTA to see if you can do any of these tasks.

At school

- Make copies in the office.
- Decorate bulletin boards or hallway displays.
- Help plant and maintain a school garden.
- Answer phones in the health room or career center.

At home

- Type or assemble school directories or newsletters.
- Add information to the school Web site.
- Organize a phone tree.
- Make calls to recruit volunteers for school events. 👍 11



OUR PURPOSE

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

Resources for Educators, a division of Aspen Publishers, Inc.
 128 N. Royal Avenue • Front Royal, VA 22630
 540-636-4280 • rfeustomer@wolterskluwert.com
 www.rfeonline.com
 ISSN 1540-5605



PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

774-6335



January 2009



FREE

Spring 2009 Program Schedule

To pre-register call 774-6335. All FREE programs held at Wms. Co. Soc. Service/UMDHU Bldg – 110 W Broadway



1,2,3,4 PARENTS!

Thursday, Jan. 22, 2009

6 – 9:00 PM

This FREE one night program is for parents of 1 – 4 year olds.



BUILDING BRIGHT FUTURES

Parenting Attention Deficit Children

Thursday's, Feb. 12, 19,

& 26, 2009

6:30 – 9:00 PM

This FREE 3 session program is for parents of children with symptoms or a diagnosis of ADD/ADHD.



PARENTS ON BOARD

Building Academic Success through Parent Involvement

Monday, Feb. 23, 2009

6 – 9:00 PM

This FREE one night program is for parents of 5 – 14 year olds and includes a parent handbook.



BRIGHT BEGINNINGS

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

Monday evening's, March 2– 30

6:30 – 9 PM

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



POSITIVE

PARENTING OF TEENS

Thursday's, March 19, 26 &

April 2, 2009

6:30-9 PM

This FREE 3 session program is for parents of children 12-18 years of age.



PARENTING THE STRONG WILLED CHILD

Monday's, April 27 & May 4, 2009

6:30 – 9:00 PM

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



CREATING PEACE AT HOME

(Selected thoughts from Cheryl Erwin)

Someone once said, "Peace in our world begins with peace inside each one of us." But there's more to it than that. Peace in our community, our nation, and our world begins with peace in our homes. But how do we create a peaceful home? Here are some suggestions:

First, stop yelling. Kids dread it and often learn to respond by yelling back. It is ineffective and makes our homes noisy too. People are generally more willing to listen when spoken to calmly. When yelling stops, your home will immediately become a more peaceful and welcoming place.

Second, practice the art of mutual respect. Treat your children with respect and you may discover more coming back to you. Children learn from our example: if we wish to be treated with respect, we must model what we want to see. Children are not equal to adults in rights, privileges or responsibilities but they are equal in human worth and dignity.

Third, listen. Listen a lot. Listen to words and facial expressions and body language. Listen silently until the other person is finished speaking. Learn to listen with your heart and the people you love are likely to feel understood. That in itself is a small miracle.

Begin to create peace in your home and who knows what might happen after that?



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.

2009 PROGRAM DATES FOR PARENTS FOREVER™

Education for Families in Divorce Transition

This program will be in either Williams Co. Courthouse or McKenzie

Co. Courthouse from
5 – 9:30 PM on Thursdays:

- **Jan. 15 – Williston**
- **March 26 – Watford City**
- **May 28 – Williston**
- **Sept. 17 - Williston**

PLEASE NOTE

There is a **\$55.00** fee payable to Williams County Extension Service for this 4 hour program that includes a handbook and a meal.

To get a brochure/registration form, call Williams Co. Extension Service, 577-4590.

Pre-registration and payment are REQUIRED and due one week before the program date.

This program is sponsored by Williams Co. Extension in cooperation with the Parent Resource Center and Divide and McKenzie Co. Extension.



gearing up for **Kindergarten**

This kindergarten readiness program for parents and children who will enter kindergarten in the fall of 2009 will continue to run at Wilkinson, Rickard, Hagan and Trenton Elementary Schools this spring. If you are interested in finding out more contact the school your child will attend or the Parent Resource Center.

If your child will attend kindergarten at Lewis and Clark Elementary you are encouraged to sign up for the 10 session **GEARING UP FOR KINDERGARTEN** program there that starts **January 15**. Call the school, 572-6331, to get a brochure/registration form.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL
5	6	7	8	9
<u>BREAKFAST</u> Belgian Waffle <u>LUNCH ENTREE'S</u> French Toast & Sausage Egg Roll Stuffed Crust Pizza <u>SIDES</u> Applesauce Juice	<u>BREAKFAST</u> Ham, Egg Cheese On A Biscuit <u>LUNCH ENTREE'S</u> Chicken Patty On A Bun Garlic Cheese Bread Stuffed Crust Pizza <u>SIDES</u> Fresh Fruit Pudding	<u>BREAKFAST</u> Sausage & Gravy Pizza <u>LUNCH ENTREE'S</u> Chili Sub Sandwich Stuffed Crust Pizza <u>SIDES</u> Cinnamon Roll Spiced Apples	<u>BREAKFAST</u> Pancakes Sausage Patty <u>LUNCH ENTREE'S</u> Chicken Fajita Ham/Egg/Cheese English Muffin Stuffed Crust Pizza <u>SIDES</u> Pears Smores Pocket	<u>BREAKFAST</u> Scrambled Egg Toast <u>LUNCH ENTREE'S</u> Pizza Corn Dog Stuffed Crust Pizza <u>SIDES</u> Corn Mandarin Oranges
12	13	14	15	16
<u>BREAKFAST</u> Rancher's Hashbrowns <u>LUNCH ENTREE'S</u> Hamburger On A Bun Taco Hot Pocket Stuffed Crust Pizza <u>SIDES</u> Potato Smiles Pears	<u>BREAKFAST</u> Cheese Omelet Toast <u>LUNCH ENTREE'S</u> Chicken Nuggets Meatballs Stuffed Crust Pizza <u>SIDES</u> Mashed Potatoes/Gravy Corn Fresh Fruit	<u>BREAKFAST</u> Cinnamon Roll <u>LUNCH ENTREE'S</u> Spaghetti/Meat Sauce Hot Ham & Cheese Sandwich Stuffed Crust Pizza <u>SIDES</u> Garlic Toast Broccoli Peaches	<u>BREAKFAST</u> Banana Bread Cheese Stick <u>LUNCH ENTREE'S</u> Sloppy Joe On A Bun Fish Burger Stuffed Crust Pizza <u>SIDES</u> Curly Fries Mixed Fruit	<u>BREAKFAST</u> Breakfast Corn Dog <u>LUNCH ENTREE'S</u> Sub Sandwich Pizza Stuffed Crust Pizza <u>SIDES</u> Chips & Salsa Applesauce
19	20	21	22	23
TEACHER INSERVICE NO SCHOOL	<u>BREAKFAST</u> Breakfast Burrito <u>LUNCH ENTREE'S</u> Hot Dog On A Bun Bagel & Yogurt Stuffed Crust Pizza <u>SIDES</u> Potato Wedges Fresh Fruit Jell-O	<u>BREAKFAST</u> Scrambled Egg Toast <u>LUNCH ENTREE'S</u> Popcorn Chicken Pizza Stuffed Crust Pizza <u>SIDES</u> Macaroni & Cheese Green Beans Fruit Salad	<u>BREAKFAST</u> Sausage, Egg & Cheese On An English Muffin <u>LUNCH ENTREE'S</u> Pepperoni Hotdish Chicken Bacon Panini Sandwich Stuffed Crust Pizza <u>SIDES</u> Garlic Cheddar Biscuit Corn Applesauce	<u>BREAKFAST</u> Fruit Strudel String Cheese <u>LUNCH ENTREE'S</u> Garlic Cheese Bread Chili Baked Potato Stuffed Crust Pizza <u>SIDES</u> Peas Peaches
26	27	28	29	30
<u>BREAKFAST</u> Scrambled Egg Toast <u>LUNCH ENTREE'S</u> Pizza Sweet & Sour Chicken Stuffed Crust Pizza <u>SIDES</u> Creamed Corn Pineapple	<u>BREAKFAST</u> Breakfast Wrap <u>LUNCH ENTREE'S</u> Corn Dog Chili Crispito Stuffed Crust Pizza <u>SIDES</u> Baked Beans Fresh Fruit Cookie	<u>BREAKFAST</u> Muffin Yogurt <u>LUNCH ENTREE'S</u> Turkey Tidbits Sub Sandwich Stuffed Crust Pizza <u>SIDES</u> Mashed Potatoes/Gravy Dinner Roll/Corn Cranberry Whip	<u>BREAKFAST</u> Pancakes Sausage Links <u>LUNCH ENTREE'S</u> Chicken O's Cheese Sticks Stuffed Crust Pizza <u>SIDES</u> Seasoned Pasta Fresh Veggies Mandarin Oranges	<u>BREAKFAST</u> Breakfast Pizza <u>LUNCH ENTREE'S</u> Taco In A Bag Chicken Patty On A Bun Stuffed Crust Pizza <u>SIDES</u> Peaches