

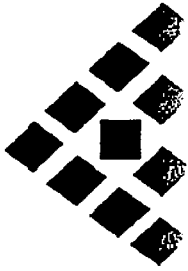
Williston High School
PO Box 1407
Williston, ND 58802

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

March

March 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 Class of 2010 Registration 5:30 - 8 PM	3	4	5 B & G V BB WDA @ Bismarck Class of 2011 Registration 5:30 PM - 8 PM	6 NO SCHOOL B V State Swim @ Grand Forks B & G V BB WDA @ Bismarck	7 B & G V Speech B V State Swim @ Grand Forks B & G V BB WDA @ Bismarck	8
9 Class of 2012 Registration 5:30 - 8 PM	10 Class of 2013 Registration 5:30 - 8 PM	11	12 B & G V BB State @ Fargo Class of 2013 Registration 5:30 PM - 8 PM	13 B & G V BB State @ Fargo	14 B & G V Speech B & G V BB State @ Fargo	15
16 Baseball Practice Begins	17 Band-O-Rama 7:30 PM	18	19	20	21	22
23 30	24 31	25	26	27 B & G V Speech B V Baseball @ Bismarck-4:30 PM	28 B & G V Speech B V Baseball @ Century	29



The Coyote Howl

“Principal’s Page”

A few weeks ago, we had a very eventful day as we were contemplating our first snow day in over a decade. The day started at 6 AM with my realization that there was no way I was going to be able to dig my way out of my driveway with 8.5 inches of new snow. Sixty phone calls later to different parties, we made the decision to cancel school. Once this was done, I spent an additional hour and a half digging myself out of my driveway and then the rest of the day working with our custodial staff and Mr. Hanson cleaning the parking lot and walkways so we could have school the following day.

School District Profile

Every year, the Williston Public School District in cooperation with the North Dakota Department of Public Instruction, publishes an annual progress report on student achievement called the School District Profile. The School District Profile for the Williston School District is an important summary of how well our students are progressing in their basic academic skills. I encourage all parents and patrons to familiarize themselves with this information. This profile is now available for your review. You may access the School District Profile for the Williston School District in the Department of Public Instruction’s website at the following address:

www.dpi.state.nd.us/dpi/reports/profile/index.shtml

Simply select the Williston School District and the most recent year to access the various reports available. This report is also available at the main office of the high school.

Youth Risk Behavior Survey (YRBS)

Our high school is taking part in the 2009 North Dakota Youth Risk Behavior Survey (YRBS) and the 2009 North Dakota Youth Tobacco Survey sponsored by the North Dakota Department of Public Instruction and the Department of Health. The YRBS survey will ask about nutrition, physical activity, injuries, tobacco, alcohol, other drug use and asthma. High school students (grades 9-12) will also be asked about sexual behaviors that cause sexually transmitted diseases and pregnancy. The content of the YTS survey includes tobacco questions related to prevalence (cigarettes, smokeless tobacco, cigars and pipes), knowledge and attitudes, cessation, environmental tobacco smoke, media and advertising, minors’ access and school curriculum.

Students in grades 9-12 will be asked to fill out a questionnaire that takes about 45 minutes to complete. Doing this paper and pencil survey will cause little or no risk to students. The survey has been designed to protect student privacy. No student or school will ever be mentioned by name in a report of the results. The results of the survey will help establish trends over time that can be utilized in school planning and curriculum development.

We would like all selected students to take part in the survey, but the survey is voluntary. No action will be taken against the school, you, or your child if your child does not take part. Students can skip any question they do not wish to answer. In addition, students may stop participating in the survey at any point without penalty.

The survey will be available in the front office for you to preview if you desire. At this time, if you decide you do not want your child to take part in the survey, we will have you sign the appropriate form on the next page of this month’s newsletter and return it to the main office.

Professionally,

Chris Kittleson

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Parental Permission Form

2009 Youth Risk Behavior Survey (YRBS) & 2009 Youth Tobacco Survey (YTS)
High School (grades 9-12)

Our school is taking part in the 2009 North Dakota Youth Risk Behavior Survey (YRBS) and 2009 North Dakota Youth Tobacco Survey (YTS) sponsored by the North Dakota Department of Public Instruction and the North Department of Health. The YRBS survey will ask about nutrition, physical activity, injuries, tobacco, alcohol, other drug use, and asthma. High school students (grades 9-12) will also be asked about sexual behaviors that cause sexually transmitted diseases and pregnancy. The content of the YTS survey includes tobacco questions related to: prevalence (cigarettes, smokeless tobacco, cigars, and pipes); knowledge and attitudes; cessation; environmental tobacco smoke; media and advertising; minors' access; and school curriculum. Copies of the questionnaires are available in the school office for your review.

Students in grades 9-12 will be asked to fill out a questionnaire that takes about 45 minutes to complete. Doing this paper and pencil survey will cause little or no risk to your child. The survey has been designed to protect your child's privacy. No student or class will ever be mentioned by name in a report of the results. Although there is no immediate benefit to your child taking part in this survey, the results will help establish trends over time.

We would like all selected students to take part in the survey, but the survey is voluntary. No action will be taken against the school, you, or your child, if your child does not take part. Students can skip any question they do not wish to answer. In addition, students may stop participating in the survey at any point without penalty.

The survey will be administered between March 16, 2009 and March 31, 2009. If you decide you do not want your child to take part in the survey, please sign the form below and return it to the office.

If your child's teacher or principal cannot answer your questions about the survey, email or call Mark Winkelman, Winkelman Consulting at MRWinkelman@cableone.net or 701.237.2238. Thank you.

Child's name

Grade

I have read this form and know what the survey is about.

[] My child may not take part in the YRBS survey.

Parent's signature

Date

Phone number

Counseling News

Williston High School Counselors

Miss Koperski, Ms. Forthun

Mr. Lysne

March 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.html](http://www.und.edu/dept/finaid/Scholarships_and_Waivers.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

www.montana.edu/admissions/scholarshipsres.shtml

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.

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.

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

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.

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

North Dakota Propane Gas Association Scholarship is available for a student whose family must purchase bulk propane. Information can be found in the counselors' office. The deadline is March 31.

Williston Korner Lions Scholarships are available to graduating seniors. Preference is given to a student with a hearing and/or sight impairment or diabetes. Applications are available in the counselors' office. The deadline is March 26.

NCAA Clearinghouse Information is for student athletes who plan to attend an NCAA Division I or NCAA Division II. 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 27 – Registration for April ACT
 March 2 – Class of 2010 Registration 5:30 PM – 8 PM
 March 5 – Class of 2011 Registration 5:30 PM – 8 PM
 March 6 – Spring Break (No School)
 March 6 – ACT Registration Due for April
 March 9 – Class of 2012 Registration 5:30 PM – 8 PM
 March 10&12 – Class of 2013 Registration 5:30 PM – 8 PM
 March 14 – SAT in Minot 8 AM to 12 PM
 April 3 – Coyote Foundation Scholarship Due
 April 4 – ACT @ WSC 8 AM to 12 PM
 April 8 – Senior Meeting
 11:15 AM
 Auditorium
 April 10 – Good Friday (No School)
 April 13 – Makeup snow day
 April 25 – Prom
 Community Sale
 May 3 – Mother/Daughter Tea
 6 PM
 Invites will be mailed out
 May 4 – Father/Son Breakfast
 6:40 AM
 Invites will be mailed out
 May 6 – Senior Awards Night
 7 PM
 Auditorium
 May 8 – ACT Registration due for June
 May 8 – Senior Cut-off date
 Honor Group Announced
 May 9 – Band Day
 May 11 – Teacher In-Service (No School)
 May 12 – Elk's Youth Day
 May 13 – Honor Banquet
 6 PM
 St. Joseph's Church
 O'Neill Hall
 May 17 – Baccalaureate
 7 PM
 Gloria Dei Church
 May 21 – Graduation Practice
 All seniors must attend
 9:30 AM – 11:30 AM
 Phil Jackson Field House
 May 24 – Graduation
 All seniors must attend
 2 PM
 Phil Jackson Field House
 (All seniors must be at WHS by 1 PM to line up)
 May 24 – Operation Graduation
 Attendance is optional
 10 PM – 4 AM
 Undisclosed Location
 May 25 – Memorial Day (No School)
 May 26 – First Session Summer School Begins
 June 11 – Second Session Summer School Begins
 June 13 – ACT @ WSC 8 AM to 12 PM

***For Title VII-JOM Native
American Program Information:***

*Contact Lora Riveland at
572-5618, Extension 131
or stop by her office
at Williston Middle School, Room 212*

DRESS CODE

(at school or school sponsored events)

Students are expected to have appropriate appearance at all times. Inappropriate appearance includes, but is not limited to, the following:

1. Excessively torn or tattered clothing.
2. Clothing which is in poor taste, too revealing (this includes both shirt and skirt length), clothing containing obscene words or pictures.
3. Clothing that promotes alcohol, tobacco or bars.
4. Hooters, Co-ed Naked, Big Johnson, Playboy bunny or similar items.
5. Spaghetti straps, tank tops, shirts that expose the midriff or décolletage.
6. Colored hair or body piercing that draws attention from the learning process.
7. Chains hanging from clothing.
8. No sheer or gauze fabrics.
9. Boy's sleeveless shirts.
10. Dressing in any manner to draw offense from others and/or detract from the educational process.

Violation of the dress code will result in these actions:

First offense: Student sent to administrative office and problem is corrected.

Second offense: Student removed from school and put into in-house suspension.

Third offense: Suspension from school for three days.

Wearing of hats or caps by either girls or boys will not be allowed. Common courtesy dictates the removal of hats upon entering the building as a sign of respect.

Violation of the hat policy will result in these actions:

First offense: Surrender cap to adult requesting the cap. It will be given to administration and given back at the end of the day.

Second offense: Surrender cap to adult requesting the cap. It will be given to administration and parent will need to stop by and it will be returned.

Third offense: Cap will be confiscated for the remainder of the school year. Each subsequent violation will result in an additional cap being taken for the remainder of the year.

Attendance Policy

Dear Parents/Guardians:

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

Donna Kennedy
Attendance Secretary

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

Williston High School
PO Box 1407
Williston, ND 58802

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

ANNOUNCEMENTS

& NEWSLETTERS

THE WHS DAILY ANNOUNCEMENTS

AND MONTHLY NEWSLETTERS

CAN BE VIEWED ONLINE AT:

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

Seniors/Senior Parents

Keep Operation Graduation
in Mind

Questions – Contact Kim
Egge or Jan Skadeland

Watch Channel 19 for
meeting times and updates



CELL PHONES

Cell Phone Violations:

1st Offense - The phone is kept until the end of the day, or the end of the following day; according to the preceding rule.

2nd Offense - A Parent must come and get the phone at the end of the next day.

3rd Offense - The phone will be returned at the end of the week, or after the weekend, at the end of the day.

The phone will be kept for a minimum of 3 days.

Please help us enforce our policy by refraining from texting or calling your student during school hours. Please call the office with last minute messages that could not be known before your student left for school and we will relay your message at an appropriate time.

WHS PROM

will be on

April 25, 2009

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

MUSIC DEPARTMENT NEWS:

Congratulations to the following students for being selected to participate in the ND All-State Band Festival!

Daniel B.

Angela G.

Chelsey G.

Vance N.

Lydia S.

Andrea T.

Stephanie W.

Crissy C. and Katie E. were also selected as alternates for the ND All-State Choir!

UPCOMING MUSIC EVENTS:

March 3: Mid-Winter Choir Concert

@ 7:30pm in WHS Auditorium

March 9 & 10: WHS Pops Concerts

@ 7:30pm in WHS Auditorium

March 17: Band-O-Rama

@ 7:30pm in WHS Field House

April 5 & 6: Black Hills State University
Jazz Festival in Spearfish, SD
(Vocal Jazz I & Jazz Band I)

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

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

POPS CONCERT...

WHEN: March 9 & 10

TIME: 7 PM

WHERE: WHS Auditorium

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>



Defensive Driving Education for Young Adults
Date: Sunday, March 15, 2009
Time: 4:00 PM - 8:00 PM
Location: Williams County Law Enforcement Center

Register at www.ndsc.org or contact the North Dakota Safety Council at (800) 932-8890.

Pre-registration is required, space is limited.

*Approved for insurance discount and point reduction in ND.

FFA News

By: Wes Pepple, Advisor

FFA Awards Banquet

The FFA Awards Banquet will be held on Thursday, April 2, at 6:30 PM in the high school lunchroom. Awards ceremony will follow in the auditorium. Members will be honored for their accomplishments throughout the year.

National FFA week February 22-28

National FFA Week was February 22-28. High school students completed a quiz on their knowledge of the FFA and agriculture. Prizes were awarded to the top three scores in each class.

The Annual Cherry pie social was held in honor of George Washington's birthday. School staff and businesses were invited to thank them for their support.

They also had a daily candy guess and an Implement Day.

Other Activities

They will be having their Annual Food for America program for the area second graders in May and help with the Marketplace for Kids in April.

Class Registration

- March 2** – Class of 2010
Registration 5:30 PM - 8 PM
(Lunchroom)
- March 5** – Class of 2011 Registration
5:30 PM - 8 PM
(Lunchroom)
- March 9** – Class of 2012 Registration
5:30PM - 8PM (Lunchroom)
- March 10 & 12** – Class of 2013
Registration
5:30 PM – 8 PM
(Lunchroom)

Dates To Remember

- February 27 – Registration for April ACT
March 6 – Spring Break (No School)
ACT Registration Due for April
March 14 – SAT in Minot 8 AM to 12 PM
April 3 – Coyote Foundation
Scholarship Due
April 4 – ACT @ WSC 8 AM to 12 PM
April 8 – Senior Meeting (Auditorium)
April 10 – Good Friday (No School)
April 13 – Makeup Snow Day
April 25 – Community Sale
Prom
May 3 – Mother/Daughter Tea (6 PM)
Invites will be mailed
May 4 – Father/Son Breakfast (6:40 AM)
Invites will be mailed
May 6 – Senior Awards Night (7 PM)
May 8 – Senior Cut Off Day
ACT Registration Due for June
Honor Group Announced
May 9 – Band Day (10 AM)
May 11 – Teacher In-Service (No School)
May 12 – Elk's Youth Day
May 13 – Honor Banquet (6 PM)
St. Joseph's Church
O'Neill Hall
May 17 – Baccalaureate (7 PM)
Gloria Dei Church
May 21 – Graduation Practice
All seniors must attend
Phil Jackson Field House
9:30 AM - 11:30 AM
May 22 – Last Day of School
May 24 – Graduation
All seniors must attend
Phil Jackson Field House @ 2 PM
(All seniors must be at WHS @
1 PM to line up)
May 24 – Operation Graduation
Attendance is optional
10 PM – 4 AM
Undisclosed Location

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

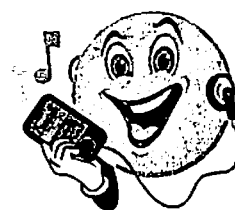
7:00 – 8:30am Lap Swim
8:30-9:15am Middle School Class
9:30a-12:00pm Open Swim
12:00- 1:00pm Lap Swim
6:30-8:30pm Open Swim

Saturday

1:00-4:00pm Open Swim

Sunday

Closed



THE 5 BASICS OF PARENTING ADOLESCENTS

Adapted from "Raising Teens: A Synthesis of Research and
Foundation for Action

- ♥ **LOVE AND CONNECT** – Teens need to have a connection with their parents. Support and accept your teen as they mature. **Their world is changing. Make sure your love doesn't.**
- ♥ **MONITOR AND OBSERVE** – Teens need parents to know what is going on in their lives. Be aware of things like: how they are doing in school and what after-school activities they do. Let them know you are aware of their activities. Find out what is going on by talking, not constantly watching your teen. **Keep an eye on your teens activities. It matters more than ever.**
- ♥ **GUIDE AND LIMIT** – Teens need parents to have clear boundaries that can be subject to change. These limits should protect family rules and help your teen grow and mature. **Remember to be both firm and flexible.**
- ♥ **MODEL AND CONSULT** – Teens need parents to help them make good choices and guide them as they grow. Talk to your teen, support him or her and teach by example. **Believe it or not, parents are important in the teen years!**
- ♥ **PROVIDE AND ADVOCATE** – Teens need parents to give them healthy food, clothing, shelter and health care. They also need a caring home and loving adults in their lives. **Trust your teen while guiding them to better choices.**

Want to learn more? The Parent Resource Center will be holding the following FREE program for parents raising teens 12 years old and up:

POSITIVE PARENTING OF TEENS

**Thursdays, March 19, 26 and April 2, 2009
6:30 – 9:00 p.m.**

**Williams County Social Service/UMDHU Building
110 W Broadway**

**Come share, learn and gain support from other parents who are raising teens in today's world!
Call 774-6335 to pre-register.**

Money is Nothing

By: Mr. Geiermann

Part One:

A Snow Day! I cannot believe it! We had a Snow Day! I was pretty sure it was never going to end. I even resorted to cleaning my house to relieve the tedium of it. Today, we are back in school and the students are faced with the fact that they will be giving up a day off to make up for the one we just had. They do not seem to be overjoyed at that idea.

One of my favorite songs by Dire Straits is "Money for Nothing." That title alone exemplifies what many people think. There should be strings on nothing. We should just get what we want and there should be no cost. I fear many of my students feel the same way.

I have eight students who will be taking the first half of summer school to catch up on their English Credit. That means for 12 days they will be going to English starting at 7:30 in the morning and finishing up at 12:30 for twelve straight days to earn a half a credit in English. This adds up to 60 hours. That seems so much easier to do than actually spending 90 hours trying to do the same thing.

Summer school consists of having to do 10 points of AR in those twelve days, spending time learning the intricacies of parts of speech and parts of sentences, reading a number of short stories, writing correct paragraphs, and probably reading a novel. Who knows? There may even be a speech thrown in there somewhere. All in twelve short days!

All in twelve incredibly long days for students who would much rather be sleeping in than going to school. As you can probably tell, not everything can possibly be done in those five hours of school. Some work is going to have to be taken home. That will bite into free time also.

The alternative is that if they do not pass summer school, they will have to come back to the school year and retake that semester over again.

Even as I am typing this, it does not sound like anything I would want to do if I was a student. I am not even going to get into what happens if they also fail the second semester of English.

It is obvious that there is a cost to be levied here for failure. There is no "Money for Nothing."

Part Two:

One of my freshman boys, let's call him "Carl," decided this winter he would try out for the wrestling team. I think he did pretty well. He had a good time and won some matches and got into good shape as wrestlers do.

At the beginning of the season, I had walked into the library and the wrestlers were in the computer lab typing up goals for the season. The goals were not just for wrestling; they were personal goals and school goals as well as for wrestling. Carl came over and showed me that he had written a goal to get a better grade in English. (He had written the goal before I had come into the library.)

Carl accomplished his goal in English. His grade went from a 73 the first quarter to an 81 the second quarter. Now the real challenge begins. He has tasted what good grades feel like; he has shown himself that with the proper motivation, he can do well, but without wrestling to push him, will he keep his grades up?

Goals are an important part of school and life in general. They give us a standard to reach for, something to accomplish. Entirely too many students go without them these days. I was talking with a junior in the library who was looking at his grades. I told him his grade report looked very boring. He had all A's. I am pretty sure he has a goal in mind farther down the road than my freshmen.

What personal goals do you have? As a parent, it is important that your students know you are working toward some goal, whether it is personal or at work.

This summer I am going to start a program that will hopefully earn me a Master's degree in the next few years. I know it will be a challenge, but one that will be rewarding in the end. I am sure there will be times when I will want to just chuck it all, but I also know there is no such thing as "Money for Nothing."

March 2009

High School YEARS

Working together for lifelong success

Short Clips



Happy Pi Day
Math fans around the world will observe Pi Day on March 14 (3/14)—since pi represents the number 3.14. The number, which continues infinitely without a repeating pattern, is used to calculate a circle's circumference. Celebrate with pie for dessert. Have your teen measure the diameter and multiply it by 3.14 to find the pie's circumference.

Lending etiquette
Teach your child to be a dependable borrower. If a friend lends her a CD, she can ask when he wants it back and mark the date on her calendar. Also, remind her to return items in their original condition. For instance, she should wash clothing or refill your gas tank.

Cutting caffeine
Soda, coffee drinks, chocolate ... caffeine can add up. And the energy boost it provides can wear off quickly, leaving your teen tired and edgy. Suggest that he track his caffeine intake for a few days. Then, discuss ways he can cut back. At a coffee-house, for instance, he could order hot cider or herbal tea.

Worth quoting
"There are no shortcuts to any place worth going." Beverly Sills

Just for fun
Q: Six kids and two dogs were walking under one umbrella. Why didn't they get wet?



A: It wasn't raining.

Go global

In a few years, your teen will enter a workforce where she could be e-mailing customers around the world or working for an office based overseas. To succeed, she'll need to be comfortable with diverse people and places. Introduce her to life in a global marketplace with these activities.

Read international news. Newspapers and news Web sites can teach your high schooler about geography and global politics. Encourage family members to bring interesting world news articles to discuss over dinner. Locate each city and country you read about on a map or globe.

Use foreign languages. Make your child's Spanish or French class part of family life. Play instructional CDs in the car, have her order in Spanish at a Mexican restaurant, or use foreign words during games like Scrabble or Boggle.

Chat across oceans. Your teen can learn about another culture with an e-mail pen pal. Help her find one on www.studentsoftheworld.info or www.epals.com. A pen pal in Argentina, for example, might tell her about a soccer game or a class project.

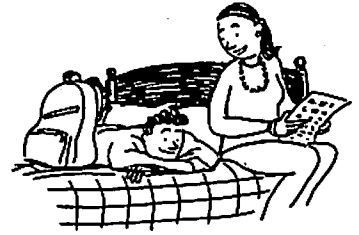
Visit foreign Web sites. Encourage your child to read pages created in other countries. She can visit www.google.com/language_tools?hl=en to find sites written in other languages and have them instantly translated into English. *Idea:* Suggest that she compare American and foreign viewpoints on historical events. For example, she could browse American and Russian Web sites about the launch of Sputnik. 👍



Report card tips

Is report card time stressful in your house? Here are two ways to help:

- Keep track of marks throughout the semester. If your school offers online grade reporting, sign up for e-mail updates and check regularly. Or ask your child for graded papers and test outcomes. Staying in touch with your child's progress will keep you from being surprised when final grades are out.



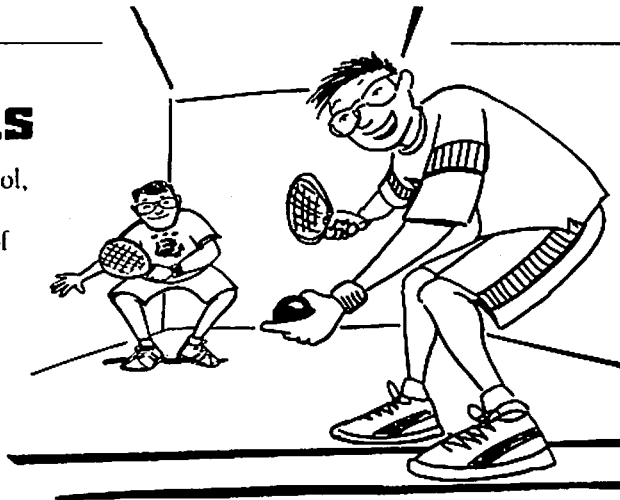
- When your teen brings home a report card, point out high or improved marks first ("Your hard work in chemistry paid off—you raised your grade!"). If some grades are disappointing, agree on a plan to improve them (get extra help, form a study group, spend more time on homework). 👍

Parenting teens

Parents love to hear a teen say, "Cool, Mom!" But being liked by your teen doesn't have to come at the expense of rules and discipline. Try these suggestions for setting limits and having a nice relationship with your child.

Set limits

Create rules, and be sure your child understands them. Writing them down will make things clear—consider creating a contract with rules and consequences that you both sign. Then, you will have a document to refer to if your teen breaks a rule. When you do have to discipline him, try not to get too angry or upset. For



instance, if you say no to a later curfew and he yells, "I hate you!" let him know you won't tolerate disrespect. Then, stick to your decision. Your teen may not seem to like you at the moment, but he'll respect you in the long run.

Enjoy time together

Spending time with your high schooler can make it easier to talk when disagreements crop up. Find things you both enjoy, such as racquetball or art museums, and plan outings together. Also, have conversations where you agree not to discuss areas of conflict (driving privileges, clothing choices). 👍



Money matters

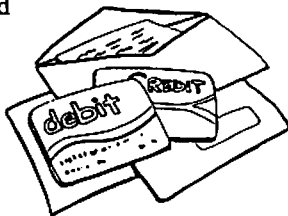
Your teenager gets an offer in the mail that seems too good to be true: a "pre-approved" credit card. She just has to call the bank, and it will be activated instantly.

Take time now to teach her good money management with these ideas:

■ Together, read the fine print on offers (interest rate, annual fee). Help your teen calculate how long it

would take to pay off the card if she charged the maximum amount and made only minimum monthly payments. Explain that late payments can hurt her credit, making it harder to get a cell phone contract or car loan.

■ Consider getting your child a bank debit card. That way, she can only spend money she already has. You can help her set up an account for allowance or waitressing money and show her how to keep track of debit transactions online. 👍



Parent to Parent

Standardized test time

When I reminded my daughter Rachel about her school's upcoming state test, she said it was no big deal. Since the exam would not count toward her grades, it didn't matter to her.

I explained that standardized tests help the school system see how well the curriculum is working. I also told Rachel they would give her a chance to work on test-taking skills that will help her when she takes regular tests or the SAT and ACT.

Finally, I suggested that she think of the test as a personal challenge. Since she loves competition, I explained percentiles: if her vocabulary score is in the 80th percentile, she did better than 80 percent of students who took the exam. Now she's waiting to see where she ranks! 👍



Q & A Staying in school

Q My nephew recently announced that he was quitting school. My son says he's tired of school, too. How can I keep him from dropping out?

A Getting involved now is critical—it can be hard to change a teen's mind once it's made up. Schedule a meeting with your son and his guidance counselor. If he's struggling with classes, ask about ways he can get help or ideas for lightening his schedule. Or consider

alternatives that will hold his interest, such as work-study, internship, or vocational programs.

Keep in mind that the more connected your son feels to his school, the more likely he is to stay enrolled. Help him find something there that he enjoys, such as a new elective (astronomy, graphic design) or an extra-curricular activity (debate team, year-book committee). 👍



OUR PURPOSE

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

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PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

774-6335



MARCH 2009



BRIGHT BEGINNINGS

This FREE 5 session program will be offered for expectant parents, parents of children Birth – 8 or child care providers from **6:30 – 9 PM** at the Wms. Co. Social Service/UMDHU Bldg. - 110 W Broadway on the following Monday evenings:

March 2 Brain Development & Attachment

March 23 Prevention for Young Children

March 9 Physical Development & Play

March 30 Emotional Intelligence & Social Development

March 16 Magic of Reading

Call 774-6335 to pre-register.

PARENTS FOREVER™

Education for Families in Divorce Transition

March 26, 2009

5 – 9:30 PM

McKenzie Co. Courthouse

201 5th St. NW

Watford City, ND

This Extension program has a cost of \$55.00 that includes a meal and a parent handbook. **Pre-registration and prepayment REQUIRED!** To pre-register, call the McKenzie Co. Extension at 701-444-3451.

This program is offered through local Extension offices in cooperation with the NDSU Extension Service Parent Education Network.



POSITIVE PARENTING OF TEENS

This FREE 3 session program will be offered for parents raising children ages 12 and up on:

Thursdays, March 19, 26

and April 2, 2009

6:30 – 9:00 PM

Wms. Co. Social Service/UMDHU

Bldg. - 110 W Broadway

Call 774-6335 to pre-register.



It's about more than Mad, Happy, and Sad...

Feelings are a natural part of being human. Children are able to express some emotions from birth and yet anyone who works or lives with children knows that they often have trouble expressing their feelings. Teaching young children how to handle emotions is important. In fact, research shows that children who understand and learn to handle emotions form stronger friendships, can calm themselves down more quickly, do better in school, handle their moods better and have fewer negative emotions, bounce back more quickly from strong emotional events and get sick less often. Want to learn more? The Parent Resource Center has a program called **EMOTION COACHING** – call 774-6335 for more information.



6 WAYS TO HELP KIDS HANDLE ANGER

from the book *PARENTS DO MATTER*
by Michele Borba, Ed.D.

MODEL CALMNESS

The best way to teach kids how to deal with anger constructively is by showing them through your example that your child will be sure to copy!

EXIT AND CALM DOWN

One of the toughest parts of parenting is when children address their anger towards us. Beware: anger is contagious! It's best to make a rule in your home from the start to solve problems only when you're all calm and in control.

DEVELOP A FEELING VOCABULARY

Many kids display anger because they simply don't know how to express their frustrations any other way. To help him express his anger, create a feeling word list/poster listing all the words you both can think of that can be used to describe and label emotions. Add new emotion words as they come up.

CREATE A CALM DOWN POSTER

Many kids aren't aware that there are many ways to calm down when they first get angry so they keep getting in trouble because the only behavior they know to express anger is inappropriate. So, talk with your child about "replacer" behaviors – other "calm down" techniques you can encourage him to use to each time he starts to get angry. Make a poster of these techniques as a reminder.

DEVELOP AN AWARENESS OF EARLY WARNING SIGNS

Explain to your child that we all have little signs that warn us when we're getting angry – they are our warning signs. Help your children recognize what signs they have and encourage to learn to recognize them telling them that being aware of these warning signs can help them keep out of trouble. The more we help our kids recognize the early warning signs when their anger is first triggered, the better they will be able to calm themselves down. Because anger can

escalate very quickly, waiting until a child is already angry is usually too late. Concentrating on catching anger before it goes too far is when anger management strategies are most effective.

TEACH ANGER CONTROL STRATEGIES

One example of an effective strategy for helping kids calm down is called the "3+10". This formula can be posted around the house as a reminder and then tell your child how to use the formula: "As soon as you feel your body sending you a warning sign that says you're losing control, do two things. First, take 3 deep slow breathes from your tummy. That's 3. Now count slowly to 10 inside your head. That's 10. And it helps you calm down."

FINAL THOUGHTS

Teaching your children a new way to deal with their anger constructively is not easy especially if they have only practiced aggressive ways to deal with their frustrations. Research tells us learning new behaviors takes a minimum of 21 days of repetition. Choose one skill your child needs to be more successful and emphasize the same skill a few minutes every day for at least 21 days. By doing this, it is possible that your child will really learn the new skill because he's practicing the same technique over and over and that's the most effective way to learn any new skill. It's also the best way to lessen the possibility of violence and help our kids lead more successful, peaceful lives!

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

NEW!

CIRCLE OF PARENTS

The Parent Resource Center may be looking to start a parent led support group. If interested in more information call 774-6335.

Williston High School Lunch Menu Mar-09

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2	3	4	5	6
<u>BREAKFAST</u> Cheese Omelet Toast <u>LUNCH ENTREE'S</u> Hot Dog On A Bun Bagel & Yogurt Stuffed Crust Pizza <u>SIDES</u> Seasoned Pasta Peas/Carrots Tropical Fruit	<u>BREAKFAST</u> Breakfast Burrito <u>LUNCH ENTREE'S</u> Super Nachos Hot Ham/Cheese Sandwich Stuffed Crust Pizza <u>SIDES</u> Refried Beans Fresh Fruit Jell-O	<u>BREAKFAST</u> Scrambled Eggs Toast <u>LUNCH ENTREE'S</u> Popcorn Chicken Pizza <u>SIDES</u> Augratin Potatoes Green Beans Peach Cup	<u>BREAKFAST</u> Sausage, Egg & Cheese On An English Muffin <u>LUNCH ENTREE'S</u> Macaroni Hotdish Chicken Burger Stuffed Crust Pizza <u>SIDES</u> Dinner Roll Corn Applesauce	SPRING BREAK NO SCHOOL
9	10	11	12	13
<u>BREAKFAST</u> Breakfast Pizza <u>LUNCH ENTREE'S</u> Pizza Hamburger On A Bun Stuffed Crust Pizza <u>SIDES</u> Creamed Corn Pineapple	<u>BREAKFAST</u> Breakfast Wrap <u>LUNCH ENTREE'S</u> Mini Corn Dogs Chili Crispito Stuffed Crust Pizza <u>SIDES</u> Baked Beans Fresh Fruit Cookie	<u>BREAKFAST</u> Muffin & Yogurt <u>LUNCH ENTREE'S</u> Hamburger Stroganoff Garlic Cheese Bread Stuffed Crust Pizza <u>SIDES</u> Seasoned Pasta/Corn Dinner Roll Cranberry Whip	<u>BREAKFAST</u> Pancakes Sausage Patty <u>LUNCH ENTREE'S</u> Chicken O's Pizza Stuffer Stuffed Crust Pizza <u>SIDES</u> Cheesy Broccoli Rice Fresh Veggies Mandarin Oranges	<u>BREAKFAST</u> Cinnamon Roll <u>LUNCH ENTREE'S</u> Cheese Quesadilla Egg Rolls Stuffed Crust Pizza <u>SIDES</u> Green Beans Applesauce
16	17	18	19	20
<u>BREAKFAST</u> Breakfast Corn Dog <u>LUNCH ENTREE'S</u> Chef Salad Spicy Chicken Burger Stuffed Crust Pizza <u>SIDES</u> Garlic Toast Sherbet Cup	<u>BREAKFAST</u> Cheese Omelet Toast <u>LUNCH ENTREE'S</u> Turkey/Bacon/Cheese Sandwich Fish Burger Stuffed Crust Pizza <u>SIDES</u> Green Beans Fresh Fruit	<u>BREAKFAST</u> Fruit Strudel String Cheese <u>LUNCH ENTREE'S</u> Taco Hot Pocket Chicken Alfredo Stuffed Crust Pizza <u>SIDES</u> Corn Mixed Fruit Jell-O	<u>BREAKFAST</u> Ham, Egg & Cheese On An English Muffin <u>LUNCH ENTREE'S</u> Rib Patty On A Bun Pizza <u>SIDES</u> Potato Rounds Pears	<u>BREAKFAST</u> Banana Bread String Cheese <u>LUNCH ENTREE'S</u> Garlic Cheese Flatbread Chicken Fajita Stuffed Crust Pizza <u>SIDES</u> Peas Mixed Fruit
23	24	25	26	27
<u>BREAKFAST</u> Pancakes Sausage Links <u>LUNCH ENTREE'S</u> Chicken Strips Sweet & Sour Chicken Stuffed Crust Pizza <u>SIDES</u> Mashed Potatoes/Gravy Peach Cup Pudding	<u>BREAKFAST</u> Scrambled Eggs Toast <u>LUNCH ENTREE'S</u> Chili Crispito Ham/Egg/Cheese English Muffin Stuffed Crust Pizza <u>SIDES</u> Glazed Carrots Tropical Fruit	<u>BREAKFAST</u> Cinnamon Biscuit Hashbrown Stick <u>LUNCH ENTREE'S</u> Taco Salad Corn Dog Stuffed Crust Pizza <u>SIDES</u> Mandarin Oranges	<u>BREAKFAST</u> Belgian Waffle <u>LUNCH ENTREE'S</u> Chicken Pot Pie Over Biscuit Cheese Filled Breadstick Stuffed Crust Pizza <u>SIDES</u> Tropical Fruit	<u>BREAKFAST</u> Breakfast Pizza <u>LUNCH ENTREE'S</u> Popcorn Shrimp Sub Sandwich Stuffed Crust Pizza <u>SIDES</u> Seasoned Pasta Green Beans Pineapple
30	31			
<u>BREAKFAST</u> Rancher's Hashbrowns <u>LUNCH ENTREE'S</u> French Toast/Sausage Patty Chicken Bender Stuffed Crust Pizza <u>SIDES</u> Applesauce Juice	<u>BREAKFAST</u> Breakfast Corn Dog <u>LUNCH ENTREE'S</u> Chicken Patty Burrito Stuffed Crust Pizza <u>SIDES</u> Green Bean Casserole Fresh Fruit Pudding			