

The Coyote Howl

“Principal’s Page”

Well, the leaves are almost off the trees at my house and I cannot believe we are almost done with the fall sports calendar. Our teams have been working very hard and playoffs are just around the corner. The Coyote football team is on a roll and they are in the playoffs this weekend in Fargo. Make sure you check out both Channel 19 and www.viewmyschedule.com in order to find out where your favorite Coyote sports team is playing.

Good Attendance Reward Policy

The school board has given their approval on the passage of the most recent version of the reward/testing policy. I wish to thank the student council and the faculty of Williston High School in offering their input into a policy that is a benefit to both students and faculty. The following is the policy and how it will be placed in next year’s planners. The bolded items are a change from the previous testing policy.

All students in grades 9-12, regardless of school attendance, will be required to take one final exam. A rotating test schedule will be used so students will be exposed to testing in various academic disciplines during their four years of high school. Except for the one required final exam, any student who does not miss more than **4 class periods** in a full year class or **2 class periods** in a semester class and **maintains an overall grade of C or higher** will be exempt from the final test in that class. **Students will have the option of taking a final to improve their grade if they are exempted due to this policy. The test will only be figured into the final grade if it will improve the student’s overall percentage.**

ALL ABSENCES count against the reward policy except school-related activities. Any student who misses more than 25 minutes of a class will be counted absent.

Annie Get Your Gun

Two years ago, we had a great turnout for our first musical in over a decade. Bye, Bye Birdie was a lot of fun and the auditorium was filled for every performance. Miss Koperski and her staff cordially invite you to attend “Annie Get Your Gun,” which will be held in the auditorium in November. The dates are:

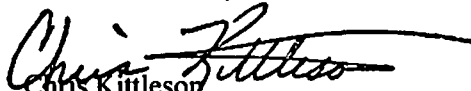
- November 21 at 7 PM**
- November 22 at 2 PM**
- November 23 at 2 PM**

Please mark these dates on your calendar and help support the fine arts department of Williston High School.

Dates to Remember

- November 5 – FCCLA District Meeting @ WHS Auditorium**
- November 6 – Picture Retakes**
- November 11 – No School (Veteran’s Day)**
- November 20 – Noon Food Show for students in auditorium**
- November 22 – Winter Formal**
- November 27 & 28 – Thanksgiving Break**

Until next month,


Chris Kittleson
Principal

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Counseling News

Williston High School Counselors
Miss Koperski, Ms. Forthun
Mr. Lysne
November 2008

Scholarships

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

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

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

Wal-Mart Stores are announcing the availability of the **2009 Sam Walton Community Scholarship**. Interested graduating high school seniors need to log-on to www.walmartfoundation.org for more information.

Students will apply for the scholarship online at www.scholarshipadministrators.net You must use the access code SWCS to complete the application process. **Toyota Community Scholars Scholarship** recognizes seniors who have an outstanding academic record, who is an effective leader and has a well documented record of service both within and outside the school setting. Applications are available in the counselors' office. The deadline is November 20.

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

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

Minnesota State University Moorhead has many scholarship opportunities for the 2008-2009 school year. Visit their website at www.mnstate.edu/finaid
Burger King Scholars Program offers scholarships to high school seniors based upon working part time, participation in community service and demonstrating financial need. The date to return the application to the counselors' office is December 11. Applications are in the counselors' office or online at www.bkfoundation.com

The American Legion has put together a booklet called "Need A Lift", a College Financial Aid Handbook that provides information about various scholarships that are offered by this organization. To look through this booklet please visit in the counseling office.

FastWeb! is a resource for students to help find money for college. You might even win a scholarship. You can also find your dream college. Check this site out at www.fastweb.com

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

NCAA Clearinghouse Information is for student athletes who plan to attend an NCAA Division I or NCAA Division II college or university and who plan to participate in athletics. Go to www.ncaaclearinghouse.net for more information. From the homepage, click on "General Information". That page has a link to the guide, as well as other helpful information regarding Division I and Division II eligibility rules. Students are also able to register online. At the home page, click on "Prospective Student-Athletes", and then click on "Domestic Student Release Form."

ACT Registration

Williston High School Code: 351-880

The number of students who register for the ACT online has steadily increased each year. Nearly half of the WHS students who wrote the ACT last year registered online. The flier is located in the counselors' office that will guide you through that process. The traditional method of registration can still be done and those packets are in the counselors' office as well. The benefits of registering online are that you can complete your registration 24/7, you will get your admission ticket sooner and you will have access to the most up to date list of locations so you can get the best choice of test centers. The cost of writing the ACT is \$31 without the writing test and \$46 if you select to do the writing. The deadline for the December 13 assessment is November 7. To register online, go to www.actstudent.org

SAT Registration

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

Dates to Remember

October 28 – NDSA Math Test for Juniors
October 29 – NDSA Reading Test for Juniors
October 30 – NDSA Science Test for Juniors
October 31 – ASVAB Interpretation
November 5 – Deadline for December SAT
November 7 – Deadline for December ACT
December 26 – Deadline for January SAT
January 6 – Deadline for February ACT

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.

Knowledge for College

This resource addresses borrowing for college, finding free money for college, learning about the alternative to four-year school and a section just for parents. Check this website out at www.collegeanswer.com/index.jsp

ND Scholars Program

This program recognizes outstanding ND High School seniors for scholastic achievement as measured by their ACT scores. Those students who are selected must enroll in a ND college or university and will be awarded an in-state tuition scholarship. To be considered, you must be scheduled to graduate from a ND High School in 2010, attend a ND college or university and take the ACT on one of the following test dates:

December 13

February 7

April 4

June 13

Information is in the counselors' office.

For Title IX-JOM 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.

THANK YOU!!

WILLISTON HIGH SCHOOL HOMECOMING 2008 "COYOTE OLYMPICS"

The Williston High School Student Council would like to thank everyone for their help and support throughout Homecoming. This year, "Coyote Olympics" was the theme and the Coyotes were victorious against their opponent, the Dickinson Midgets. We would like to thank the following:

- *WHS Student Council Representatives
- *Williston Public School Administration, our Athletic Director, Custodians and Faculty members.
- *Thank you parents for your help with float building and chaperoning. We would also like to thank those parents who brought food to keep our stomachs happy and our minds working.
- *Williston High School student body for your support.
- *Publicity- Thank you to KEYZ, KUMV-TV, the Herald and to Channel 19 for the publicity during Homecoming Week.
- *T-shirts- everybody that helped to get the t-shirts out on time.
- *Fine Art Club for Hall Decorating.
- *Float building – Corporate sponsors who make all float activities possible are the following: Nemont, Ryan Motors, Coca-Cola, McDonald's and Western Cooperative Credit Union. Also, we would like to thank Nemont, Pro- Safe, the Rec. Center and the Fairboard for the use of their buildings. Thank you to the

City of Williston for donating the use of a large dumpster for tear down of floats.

*Ernie French Center for donating flatbeds for float building.

*Coronation- L & K Electric for sponsoring this special event.

*Parade- a special thanks to Murphy Motors for donating the vehicles, and to those who judged the floats: Mayor, Chief of Police, & Chamber of Commerce

*Pre Game- We would like to give a special thank you to our announcer, Kirby Brown, who emceed pre-game and halftime, float winners, and the crowning the King & Queen. Thank you to Quinn W., who sang the National Anthem.

*WHS Band- for playing during the opening ceremony.

*Williston Volunteer Fire Department- for lighting the "W" to start off the Homecoming game.

*TNT Fireworks

*Dance- We ended the night with a packed house at the dance. Thank you to the Rec. Center for the use of your building for our dance and to Extreme Tunes for the music. Thank you to all the wonderful parents who chaperoned and cleaned up after the dance.

Homecoming would not be as successful as it always is without the help of **everyone** involved. We apologize if we missed anyone in this letter of thanks.

WHS Student Council
Karla Olson, Advisor

Attendance Policy

Dear Parents/Guardians:

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

Donna Kennedy
Attendance Secretary



WHS Fine

Arts Club



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



CELL PHONE POLICY

All cell phones and personal musical devices (walkmans, MP3's etc....) should not be brought to school. The use of electronic pagers (beepers), cell phones, or similar electronic devices on school property is prohibited. Failure to comply will result in disciplinary action. In the event a student must use an electronic paging device for health reasons, the student and his/her parents must petition the administration for such use. WHS will adhere to Board Policy with regard to Cell Phones. If a student is caught using any such item at the end of the day, the item will be kept by the school until the end of the next school day.

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

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

Williston High School
PO Box 1407
Williston, ND 58802

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

ANNOUNCEMENTS

& NEWSLETTERS

THE WHS DAILY ANNOUNCEMENTS

AND MONTHLY NEWSLETTERS

CAN BE VIEWED ONLINE AT:

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

Greetings from the WHS Music Department!

Congratulations to the following students for being selected for the Northwest Music Festival in Minot on October 31 and November 1:

Mixed Choir – Liz S. and Matt N.

Women's Choir – Danielle H., Rachel L., Paige O., Charlotte B., Katie E., Kinsi O., Rachel R., Brie M., Courtney W. and Amber J.

Band – Stephanie W., Chelsey G., Elizabeth S., Keely F., Bill R., David S., Andrea T., Paige L., Jacob M., Angela G., Steven W., Lydia S., Luke L. and Janessa S.

DATE CHANGE

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

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

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

Eric Rooke
Band Director

Katie Rooke
Choir Director

"Empty Bowls"

On November 20, the Williston Basin Resource Coalition will hold their "Empty Bowls" event at the James Memorial Art Center 621 1st Avenue West in Williston. For this fundraising project, ceramic bowls are created and then a simple meal of soup and bread is served. Guests choose a bowl to use that day and to keep as a reminder that there are always "Empty Bowls" in the world. The donation will be used to fight hunger in this area. The bowls are being created by students in Mrs. Hoffman's classes at Williston High School. Soup will be served from 5 PM to 7 PM. For more information, contact DeeAnn at 774-0741.

Parents/Guardians:

If your student(s) demographic information (address, phone number, etc...) has changed, please contact Donna Kennedy at the WHS office and have it updated ASAP. It is important that she knows who she is to contact and have current phone numbers available to her. Donna can be reached at extension 8203.

Thanks!
Donna Kennedy

Mid-Term & Nine Week Grading Schedule for WHS

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

FFA News

By: Mr. Pepple, Advisor

Congratulations to the following FFA members who attended the District leadership Conference at WSC...

The Chapter Parliamentary Procedure Team received a Bronze. Officers received the following ratings...

President - Nathan P. (Bronze)
Vice President - Sam J. (Silver)
Secretary - Olivia O. (Silver)
Treasurer - Derek O. (Gold)
Reporter - Greg H. (Bronze)
Sentinel - Kaleb A. (Bronze)

Greenhand Parliamentary Team Period 2 received a Bronze. Officers received the following ratings...

President - Cierra A. (Silver)
Vice President - Sara K. (Silver)
Secretary - Courtney C. (Bronze)
Treasurer - Damon B. (Bronze)
Reporter - Todd R. (Silver)
Sentinel - Zach F. (Bronze)
Advisor - Adam S. (Bronze)

Greenhand Parliamentary Team Period 6 received a Silver. Officers received the following ratings...

President - Kris M. (Silver)
Vice President - Ben B. (Silver)
Secretary - Andy E. (Bronze)
Treasurer - Chase L. (Bronze)
Reporter - Paul O. (Gold)
Sentinel - Jason D. (Silver)
Advisor - Reed K. (Silver)

Greenhand Parliamentary Team Period 7 received a Bronze. Officers received the following ratings...

President - Chris M. (Silver)
Vice President - John M. (Silver)
Secretary - Kurrie E. (Bronze)
Treasurer - Dustin M. (Silver)
Reporter - Todd R. (Silver)
Sentinel - Jason D. (Gold)
Advisor - Marcus A. (Gold)

**Creed Contest - Sara K. (Silver)
Extemp Public speaking - Brittany S. (Bronze)
Demonstration - Anthony Z. (Bronze)**

Quiz Contest - Silver

Aaron N. (Silver)
Jocoy S. (Bronze)
Chris D. (Bronze)
Kaleb B. (Bronze)

Greenhand Quiz Contest - Silver

Cierra A.
BJ M.
Chris M.
Andy E.
Chase L.

Fruit Sales

The FFA will again be selling fruit (Oranges, Grapefruit, Apples and pears) as well as sausage, cheese and candy. Sales will start October 27 and run until November 21. Fruit will be delivered the week of December 15. If you are interested, please contact an FFA member or call the high school for more information. (572-0967).

WHS Drama Club Presents...

Annie Get Your Gun!

The Williston High School Drama Club is proud to present *Annie Get Your Gun*. This is the next in a series of musicals that Williston High School will present. It has been a huge undertaking and the students have really done a great job preparing for the show.

We have a cast of 30 to 40 students, a pit orchestra of 24 students, and a tech crew of 10 to 15 students. We have been preparing for this show since September and are getting very excited and nervous about the upcoming performances. Our performance dates are Friday, November 21 @ 7 PM, Saturday, November 22 @ 2 PM, and Sunday, November 23 @ 2 PM. Ticket Prices are \$10 for adults, \$8 for students and senior citizens, and children ages 6 and under are free. If you would like to purchase tickets, please call the WHS Ticket Office at 701-572-0967 ext. 8249. Please be sure to leave a message and someone will get back to you as soon as possible. We hope to see you at the Show!

Ann Koperski, Director
Joel Sikes, Producer/Assistant Director
Eric Rooke, Music Director/Technical Director
Katie Rooke, Accompanist/Vocal Coach

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!

Microsoft Student Select: Get Microsoft Software For Less

North Dakota EduTech, Microsoft, E-Academy, and Software House International have teamed up to provide K-12 students, staff, and parents the opportunity to purchase certain Microsoft products at deep discounts. These products include Microsoft Office 2007 Pro/Standard/Enterprise, Office 2008 for Mac, OneNote, Visio, Student 2008, Project 2007, and Windows Vista Upgrade. Each student can purchase up to one copy/license of each software title.

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

For parents/students to purchase software, they need to use their student's @sendit.nodak.edu email address. They can access Student Select through this website:
<http://edutech.nodak.e-academy.com>

Senior Pictures

All colored senior pictures that are going in the annual need to be turned in to Mrs. Schultz by the end of January.

Attention Students

Are you 16 or older?

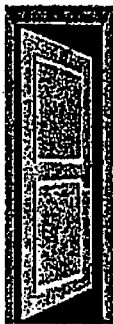
Do you have a disability?

LD, ADD, ADHD, Vision, Hearing, Speech, Diabetes,
Orthopedic/Physical, Behavior/Emotional
(Depression, Anxiety, OCD, Eating Disorders, Bipolar)

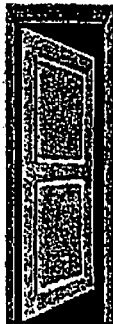
Where are you headed?



Vo Tech Training



Work



College

Connect with Transition Services to help get where you want to go.

Services are available NOW!

For more information, contact Vocational Rehabilitation at
774-4662 or toll free in N.D. at 1-800-231-7724

ANNUAL ORDER FORMS FOR 2008-09

ARE IN THE OFFICE.

COST IS \$40.

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

SADD Promotes Red Ribbon Week

With membership now exceeding fifty, the Williston High School SADD chapter meetings every Thursday at noon are very busy. Two new co-advisors are helping SADD this year and they are Kari Hall and Dana Curren.

October 27 - October 31 was Red Ribbon Week, a time devoted to creating a healthy, drug free future for America. Schools, community groups, governments, and businesses increase their drug prevention efforts in October due to this nationwide event. Good character traits and positive choices are emphasized in addition to the need for living free from drugs. WHS SADD members distributed the traditional red ribbons to students on Monday. On Friday, SADD students celebrated the drug free lifestyle with banana splits, free to students who wore their red ribbons. Those students were also eligible for a prize drawing.

Red Ribbon Week is only one week out of the year, but by signing the "no use" contract, WHS SADD members have pledged to not only live a life free of alcohol and drugs, but also to educate themselves and take a stand against all destructive decisions as they appear. The members have also promised to be understanding and supportive of those who struggle with those issues and provide the best possible means of positive peer influence.

SADD is not just an organization, it is a lifestyle.

Susan Forthun
SADD Advisor

Greetings again from the English Department at WHS!

Denise Bervig, Department Chair

As we move closer to 2014, the year designated by No Child Left Behind as the year of 100% proficiency for our students, we are not only encouraged but required to look at the results of testing and performance to direct our instruction. Fortunately, last year the English Department had the opportunity to meet several times to fine-tune our curriculum and make some minor adjustments for the benefit of our students.

The first item we discussed was Accelerated Reading. Looking at the number of points students were required to have at the elementary level and the points students on average were achieving, we decided to implement a graduated point requirement: 12 points for freshmen, 14 points for sophomores, 16 points for juniors, and 18 points for seniors. For example, as a whole, last year's seniors were earning 54 AR points per quarter. This is significant because the completion of AR points is calculated as 10% of their final grade. Also, this is one area in which students can earn extra credit. In addition to increasing the number of points, we now require the students to earn some of those points from non-fiction books since standardized tests involve reading comprehension, which is based upon non-fiction pieces as opposed to fiction. This is another attempt to give our students a leg-up on their futures.

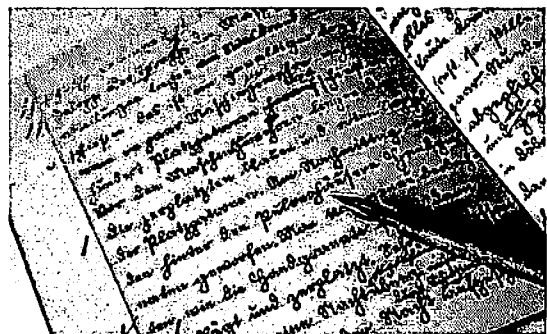
Secondly, we have changed to a semester system of earning credits as opposed to a

year long system. Repeatedly we have seen students who have failed their first semester and cannot recoup their credits as a result of their low percentages. We believe semesters will give some of these students the opportunity to earn at least a ½ credit.

Another change which has been implemented is the assessment of student writing using the 6 + 1 Writing Traits. Shelly Schultz and Tara Irgens went to Portland, OR, to be trained as facilitators for the program in our school district. In turn, they taught the teachers to use the traits in all curriculums grades K-12. Students will benefit by knowing the terminology and requirements for their writing throughout their high school careers.

And finally, just a reminder that since last year, with the assistance with the Technology Department and Tara Carnell, the English Department has been placing assignments on our SharePoint websites. The pages can be accessed through the Williston Public School District Website: <http://www.williston.k12.nd.us/whs/english/index.htm>

In conjunction with PowerSchool, this should make communication between home and school much easier.

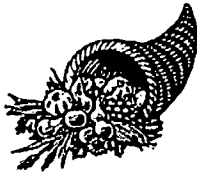




PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

774-6335



NOVEMBER 2008



PLEASE NOTE DATE CHANGE:



PARENTING THE STRONG WILLED CHILD

Thursdays, Nov. 6 & 20, 2008 from 6:00 – 9:00 PM

Wms. Co. Soc. Ser. /UMDHU Bldg. - 110 W Broadway

This **FREE** 2 session program is an opportunity for parents to share and gain a better understanding of their child's behaviors and learn effective ways to deal with them.

For more information or to pre-register call 774-6335.



MY SPACE, YOUR SPACE, OUT OF SPACE!

Parents, do you need help making sense of social networking sites such as My Space or Face Book?

This **FREE** program will be held:

Monday, Nov. 3, 2008

6:30 – 8:30 PM

Williston Community Library

Come join other parents to hear about how kids are using social networking websites to interact with their friends, make new friends and more. You'll see actual MY SPACE pages and learn about the importance of knowing what sites children can and do visit and how to keep them safe when they do.

To pre-register or for more information call 774-6335.



LIVING WITH YOUR 10-15 YEAR OLD

Mondays, Nov. 17, 24 & Dec. 1, 2008

6:30-9 PM

Wms. Co. Soc. Service/UMDHU Bldg. – Joint Conf. Room

Come to learn more about the developmental changes young teens are experiencing and ways to effectively discipline and communicate with 10-15 year olds.

To pre-register for this FREE program call 774-6335.

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

ARE OUR CHILDREN OVERINDULGED?

In his book, *Too Much of a Good Thing: Raising Children of Character in an Indulgent Age*, Dan Kindlon, PhD., defines overindulgence as “**providing too many material possessions and too much power while shielding children from any responsibility, disappointment or failure.**” He states that “by giving too much and requiring too little, we are raising children who are at risk for depression and who may exhibit “the seven deadly syndromes”: self-centeredness, anger, extreme ambition, lack of motivation, eating disorders, impulsiveness and spoiled behavior.”

10 WAYS TO AVOID OVERINDULGING

Barbara Abromitis, EdD. Asst. Elem. Ed. Professor

- 1. Encourage and demonstrate self-awareness.** Parents can help their children develop self-awareness by acknowledging children’s feelings, helping children learn to recognize and regulate emotions and modeling awareness of their own emotions.
- 2. Model and express self-control.** Parents can model positive problem solving and offer choices and consequences that reward delayed gratification and lead to self-control.
- 3. Build self-efficacy, not self-esteem.** Parents can encourage and allow children opportunities for accomplishment and success that naturally lead to a strong self-esteem.
- 4. Practice empathy.** Parents can demonstrate and set up opportunities for children to think about situations from another person’s point of view to teach empathy.

5. Demonstrate compassion. Parents can model compassion, empathy in action, and children will learn not only to be empathetic to others but to act on needs other than their own.

6. Model and expect commitment. Parents can encourage children to stick with commitments for a predetermined time in order to learn the pleasure of working hard and achieving or how to stay strong in the face of failure.

7. Allow boredom and down time. Parents can avoid over scheduling every hour, every day for their children and allow for down time when children can develop hobbies, be creative, learn and play independently to foster a sense of satisfaction instead of boredom.

8. Insist on contributions to the family. Parents can give children age-appropriate, meaningful family responsibilities as a simple way to counteract the tendency to overindulge and involve children in decision making and setting goals too.

9. Show love through time and affection, not things. Parents can satisfy many of their children’s real desires by spending more time with them and giving them the attention they want.

10. Cultivate and model a positive, grateful attitude. Parents can set an example of gratitude for what they have as a family and avoid the urge to fall into the trap of “consumerism” for themselves and their children.

“By setting limits and sticking to them, and adjusting children’s expectations for receiving material possessions and privileges, we can raise children who feel good about themselves for what they can contribute, how hard they can work and what they can achieve. In short, we will have indulged them with all the things they really need and for all the right reasons.”

Barbara Abromitis

Williston High School Lunch Menu

Nov-08

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><u>BREAKFAST</u> Ham Slice Toast</p> <p><u>LUNCH ENTREE'S</u> Chicken Strips Corn Dog Stuffed Crust Pizza</p> <p><u>SIDES</u> Mashed Potatoes & Gravy Corn Peaches</p>	<p>4</p> <p><u>BREAKFAST</u> Scrambled Egg Toast</p> <p><u>LUNCH ENTREE'S</u> Chili Crispito Chicken Alfredo Stuffed Crust Pizza</p> <p><u>SIDES</u> Glazed Carrots Fresh Fruit</p>	<p>5</p> <p><u>BREAKFAST</u> Cinnamon Roll</p> <p><u>LUNCH ENTREE'S</u> Taco Salad Chef Salad Stuffed Crust Pizza</p> <p><u>SIDES</u> Refried Beans Spiced Apples</p>	<p>6</p> <p><u>BREAKFAST</u> Ham, Egg & Cheese On An English Muffin</p> <p><u>LUNCH ENTREE'S</u> Chicken Rice Hotdish Bagel & Yogurt Stuffed Crust Pizza</p> <p><u>SIDES</u> Dinner Roll Tropical Fruit Brownie</p>	<p>7</p> <p><u>BREAKFAST</u> Breakfast Wrap</p> <p><u>LUNCH ENTREE'S</u> Pizza Stuffers Mini Corn Dog Stuffed Crust Pizza</p> <p><u>SIDES</u> Corn Pineapple</p>
<p>10</p> <p><u>BREAKFAST</u> Bagel Scrambled Egg</p> <p><u>LUNCH ENTREE'S</u> French Toast & Sausage Garlic Cheese Bread Stuffed Crust Pizza</p> <p><u>SIDES</u> Applesauce Juice</p>	<p>11</p> <p>VETERAN'S DAY</p> <p>NO SCHOOL</p>	<p>12</p> <p><u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u> Chili Chicken Quesadilla Stuffed Crust Pizza</p> <p><u>SIDES</u> Cinnamon Roll Fresh Fruit</p>	<p>13</p> <p><u>BREAKFAST</u> Pancake Ham Slice</p> <p><u>LUNCH ENTREE'S</u> Chicken Fajita Lasagna Stuffed Crust Pizza</p> <p><u>SIDES</u> Pears Jell-O</p>	<p>14</p> <p><u>BREAKFAST</u> Scrambled Eggs Toast</p> <p><u>LUNCH ENTREE'S</u> Hot Ham/Cheese Sandwich Chicken Patty On A Bun Stuffed Crust Pizza</p> <p><u>SIDES</u> Curly Fries Mandarin Oranges</p>
<p>17</p> <p><u>BREAKFAST</u> Breakfast Corn Dog</p> <p><u>LUNCH ENTREE'S</u> Hamburger On A Bun Fish Patty On A Bun Stuffed Crust Pizza</p> <p><u>SIDES</u> Potato Wedges Pears</p>	<p>18</p> <p><u>BREAKFAST</u> Cheese Omelet Toast</p> <p><u>LUNCH ENTREE'S</u> Chicken Nuggets Meatballs Stuffed Crust Pizza</p> <p><u>SIDES</u> Mashed Potatoes & Gravy Corn Fresh Fruit</p>	<p>19</p> <p><u>BREAKFAST</u> French Toast Sausage</p> <p><u>LUNCH ENTREE'S</u> Pizza Sweet & Sour Chicken Stuffed Crust Pizza</p> <p><u>SIDES</u> Glazed Carrots Peaches</p>	<p>20</p> <p><u>BREAKFAST</u> Banana Bread String Cheese</p> <p><u>LUNCH ENTREE'S</u> Sloppy Joe On A Bun Turkey & Cheese Wrap Stuffed Crust Pizza</p> <p><u>SIDES</u> Baked Beans Mixed Fruit</p>	<p>21</p> <p><u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u> Sub Sandwich Rib Patty On A Bun Stuffed Crust Pizza</p> <p><u>SIDES</u> Chips & Salsa Applesauce Smore Pocket</p>
<p>24</p> <p><u>BREAKFAST</u> Rancher's Hashbrowns</p> <p><u>LUNCH ENTREE'S</u> Polish Sausage Chef Salad</p> <p><u>SIDES</u> Macaroni & Cheese Peas & Carrots Tropical Fruit</p>	<p>25</p> <p><u>BREAKFAST</u> Breakfast Pocket</p> <p><u>LUNCH ENTREE'S</u> Super Nachos Corn Dog</p> <p><u>SIDES</u> Refried Beans Fresh Fruit Cookie</p>	<p>26</p> <p><u>BREAKFAST</u> Breakfast On A Stick</p> <p><u>LUNCH ENTREE'S</u> Popcorn Chicken Steak & Cheese Stuffer</p> <p><u>SIDES</u> Mashed Potatoes & Gravy Toasted Green Beans Peaches</p>	<p>27</p> <p>THANKSGIVING BREAK</p> <p>NO SCHOOL</p>	<p>28</p> <p>THANKSGIVING BREAK</p> <p>NO SCHOOL</p>

TOBACCO TALK

For North Dakota Educators

Measure 3: An Opportunity to Improve Academic Achievement

Tobacco use is still common among North Dakota youth. The 2007 Youth Risk Behavior Survey data indicates that among students in grades 9-12, 21.1 percent are current smokers, 11.7 percent currently use smokeless tobacco products and 11.4 percent currently smoke cigars. ¹

Data from the *National Youth Risk Behavior Survey (YRBS)* show that tobacco use and academic achievement are associated. Students with higher grades are less likely to engage in tobacco use behaviors than their classmates with lower grades, and students who do not engage in tobacco use behaviors get higher grades than their classmates who do use tobacco. ²

Measure 3 will allow North Dakota to adequately fund a statewide tobacco prevention and control program to help prevent youth from starting to use tobacco and also to help youth and adults quit.

Measure 3 will:

- Keep our promise to North Dakota's kids;
- Use tobacco money for tobacco prevention;
- Use tobacco settlement dollars as intended: to fund prevention programs that save lives and dollars;
- Use only NEW funds from the 1998 Tobacco Settlement – Not tax dollars.

Tobacco Use	Percentage of U.S. high school students who received mostly:			
	A's	B's	C's	D's
Current tobacco use (cigarette, smokeless tobacco, or cigar use)	16	25	38	52

According to a new report issued by the *Campaign for Tobacco Free Kids* on September 23, 2008, fully funding North Dakota's tobacco prevention and cessation efforts at the CDC-recommended level will have a **significant** impact on the health and economy of the state. The report states that a fully-funded tobacco prevention program would:

- Reduce youth smoking by 12.7%;
- Stop 4,570 North Dakota kids from becoming addicted adult smokers;
- Save 1,460 kids from dying from smoking;
- Prompt more than 3,480 current adult smokers to quit for good;
- Save more than 920 North Dakota adults from dying prematurely from smoking; and
- Strengthen the state's economy by increasing worker productivity and reducing future smoking-caused healthcare and smoking-caused other costs in the state by more than \$113 million after five years, including more than \$11.9 million in future cuts to state Medicaid program expenditures.³

For more information, visit
www.stpnd.org

Quitting Corner

The *North Dakota Tobacco Quitline* records a high satisfaction rate. Ninety-six percent of the callers would recommend the program to others who are trying to stop using tobacco.

Quitline counselors are highly trained to assist adults and youth with tobacco cessation through free, confidential, telephone-based sessions,

With nearly a 40% quit rate at 6 months, the ND Tobacco Quitline is an easily accessible service that is proven effective.

The Quitline serves ND residents from the ages of 12 and up. Youth 14 and older do not need to have consent.

For more details, contact the North Dakota Department of Health at 1-800-280-5512.



Materials Needed:

Magazines
Paper

Activity Idea

Truth in Advertising

Fast Facts

Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides ...
COMBINED.

Each year, nearly 900 North Dakotans die prematurely due to smoking.

Instructions:

Gather different types of magazines. Magazines for women could include: People, Women's World, Family Circle, Vouge. Magazines for men could include: Popular Science, GQ, Sports Illustrated. General magazines could include: Reader's Digest, Time, Newsweek.

Start by choosing a magazine and counting the number of tobacco advertisements in it. Compare the numbers with the rest of the group—are there more ads in magazines for women, men, or general? Are advertisements different in different types of magazines? How?

Next, choose one tobacco advertisement to look at more closely. Who is the ad trying to reach? How does it try to convince the reader to use tobacco? Everyone in the group should take turns talking about their ads.

Once you have your tobacco advertisement figured out, use your creativity (and pens and papers) to change it into an anti-tobacco ad. Use the same visuals and ideas, but change the message to tell the truth about smoking. To see examples, go to www.badvertising.org

Website to Check Out:
www.breatheND.com

BreatheND
Breaking through
the smoke cloud.

*An informational site on
the dangers of
secondhand smoke*

Upcoming Events

- October 22 — Lung Health Day
- October 23-31 — Red Ribbon Week
- November — Lung Cancer Awareness Month
- November 4 — Election Day
- November 20 — Great American Smokeout

Tobacco Industry Quote

"If children don't like to be in a smoky room, they'll leave."

-Charles Harper, R.J. Reynolds Chairman

When questioned about infants in smoky rooms, he stated:

"At some point they begin to crawl."

Discussion Starter:

What would you do if you were in a room where someone was smoking and it bothered you?

RESOURCES

- 1 North Dakota Youth Risk Behavior Survey, 2007.
- 2 Tobacco Use and Academic Achievement, Department of Health and Human Services, Centers for Disease Control and Prevention, 2008.
- 3 Measure 3: Comprehensive Tobacco Prevention and Cessation for North Dakota. A Win-Win Solution for North Dakota's Health and Economy. Campaign for Tobacco Free Kids, September 2008.

Order Form for 2008-2009 Yearbook

Name: _____

Name of person for whom the book is intended: _____

Address: _____

Phone number: _____

Number of books ordered: _____

Payment:

Check: _____ Check number: _____ Cash: _____

Date: _____

Annuals are 40.00 until the New Year, then the price will increase to 45.00.

_____ Cut _____

Keep this portion for your records
WHS Annual Receipt (08-09)

Name: _____

Payment: _____

Type of payment: _____ Check number: _____

Number of books ordered: _____

Annuals are 40.00 until the New Year, then the price will increase to 45.00.

COYOTE SNACKS for your kitchen!

Fabulous FRUIT:

Fresh, frozen, canned, or dried—they're all sweet and nutritious. Bananas, apples, tangerines, and kiwi; berries, grapes, pineapple, peaches; raisins, cranberries and dried mangoes.

Vigorous VEGGIES:

Fresh crunchy vegetables make the best snacks—especially with a little low fat dressing. Go for baby carrots, grape tomatoes, sugar snap peas, celery sticks, broccoli trees and sliced cucumbers and peppers of all colors.

Power PROTEINS:

So many yummy options to choose from: sliced turkey, chicken, beef, and low-fat ham; peanut butter, peanuts, pistachios, and soy nuts; beans — like black, kidney, or garbanzo — yogurt, cottage cheese, and milk.

Offer versus Serve in the National School Lunch Program

By Lynelle McKenzie, LRD, School Foodservice Director,
Williston Public Schools

Offer versus Serve is a provision for students to decline up to two food items in a school lunch that they do not intend to eat. Many people think that students have to take an entrée, or they have to take milk, but under Offer versus Serve, students can decline ANY two of the five food items. When students take only what they want to eat, less food ends up in the garbage.

Students must be offered all five food items in a least the minimum serving sizes for that age group. However, students only need to take three of the five items to qualify for USDA reimbursement for the meal. High schools are required to implement Offer versus Serve, but it is optional for elementary and middle schools.

NUTRITION NEWS



Williston Public School District #1 Nutrition Program



www.williston.k12.nd.us

What's in a School Lunch?

The chart below shows the five food items that must be offered daily for a school participating in the National School Lunch Program.

FOOD ITEM	SERVING SIZE	EXAMPLES
Milk	8 ounces, fluid milk only	white or flavored
Meat/Meat Alternate	Grades K-3 1 ½ ounces Grades 4-12 2 ounces	meat, cheese, peanut butter, yogurt, eggs, nuts
Fruit/Vegetable/100% Juice (2 servings must be offered, only 1 may be juice)	Grades K-3 ½ cup Grades 4-12 ¾ cup	lettuce, potatoes, canned fruit, orange wedges, salsa
Grain/Bread	8 servings per week Minimum 1 serving per day	½ cup pasta or rice, 1 slice bread, crackers, pizza crust, tortilla chips



Free and Reduced Price Meals



To see if you qualify for free and reduced school lunch you must complete a new application each year. If you qualified in the Williston Public School

District #1 last year you will have until October 2 to complete this application.. Applications are available at each school. Questions? Call your school's office.

The Scoop on School Meals!

School meals are healthy meals! Children who eat our meals at school receive many benefits:

- School meals meet guidelines for fat, saturated fat, calories, vitamins and minerals
- Students who eat at school consume twice the servings of fruits and veggies, and more grains and dairy
- School meals serve age-appropriate serving sizes
- 1% white milk and Skim Chocolate milk are served
- Only 100% whole grain bread is served.

Breakfast/Lunch Prices

	Lunch	Breakfast
Elementary	\$1.50	\$1.00
Secondary	\$1.75	\$1.00
Reduced	\$0.40	\$0.30
Extra Entrée	\$0.75	
[MS & HS only]		

Coyote Smart Snacks for You!

Snacks are important for providing students with nutrients to support growth and learning. The Wellness Committee recommends these healthy snacks. Please consider these choices for your students for after school events and student trips.



- Pretzels
- Graham/whole grain crackers
- Animal crackers
- Unsweetened cereal
- Low fat milk
- Fresh fruit
- Dried fruit
- Fruit/cheese kabobs
- Unsweetened applesauce
- Celery with peanut butter or cheese
- Raw vegetables
- Yogurt
- Ice milk/frozen yogurt
- Popcorn (no butter)
- Rice cakes
- Nuts/seeds
- Trail mix (nuts, dried fruit, seeds, un-sweetened cereal)
- Cheese (string, cubes, low-fat)
- Water
- 100% juice
- Fruit slices
- Angel Food Cake (try fruit or cool whip instead of frosting)

Re-think Your Drink!



And The Winner Is — WATER!

Next to air, water is the most essential element to our survival. Your body and brain need 8 glasses a day. Hydrated students are more alert and less stressed.

Water:

- Helps your joints move
- Allows you to swallow
- Protects your teeth
- Regulates your body temperature
- Helps digest your food
- Gets rid of waste
- Regulates metabolism
- Prevents disease
- Combats fatigue

Great Choice — MILK:

- Tastes great—especially when it's cold and refreshing.
- Has the perfect bundle of nutrients; protein, calcium, phosphorus, and magnesium. All build strong bones and beautiful teeth.
- Comes in fat-free and low-fat versions

Good Choice — 100% FRUIT JUICE:

Among 100% juices (6 ounce serving) orange or apple are stand-outs — rich in vitamins, minerals and antioxidants.