

# The Coyote Howl

## “Principal’s Page”

Well, the school year has begun and we are into the first grading period. Please be sure to visit our district website and use PowerSchool. This is an online resource that we have available to you so that you can monitor your son/daughter’s attendance and grades. You should have been mailed your PowerSchool login and password if you were not a part of the system last year. If your son/daughter was at the middle school last year, your login and password will be the same. The nice part of this service is that you can receive immediate feedback on grades, homework and attendance. You can also email your student’s teachers if you have any questions. The website is [www.williston.k12.nd.us](http://www.williston.k12.nd.us), then, click on the PowerSchool thread. If you have lost your login or password, please contact s at 572-0967.

## Testing Policy

Last month, I stated that we would be working with selected Juniors and Seniors with regards to the testing policy. Currently, the student council is discussing options to the testing policy. The meeting to finalize the policy with the student council is scheduled for October 8 and we hope to complete the implementation of the new policy this semester.

Because of this issue, some upper classmen have stated that they would utilize the 8/16 policy in the attendance policy if there was no reward/testing policy. **Make sure your son/daughter does not go over the two (2) days for semester classes or four (4) days for full year classes.** This could be a part of the modified policy and we would hate to see your son/daughter unnecessarily be required to take examinations.

## School Codes

With the increased awareness of school safety, WPSD#1 has emergency code procedures in order to protect our students and faculty. This is a synopsis of each code:

– This would be if a situation is happening at another school or determined by Administration.

**Orange** – This would include situations where police would be contacted. This code would not be used for non-violent situations when police are called on campus.

**Red** – High alert. This would be an intruder on campus. Total lockdown of the school.

## Homecoming

Homecoming is early this year. It begins the week of September 28 and ends with the Coyotes taking on the Dickinson Midgets on October 3. We will be very busy with float decorating, coronation, parade and football game. We have begun a tradition at WHS the past few years with the seniors getting together on the football field prior to the game and creating their year of graduation on the field. This year, we are looking forward to seeing the '09 picture of our students up on third floor along with last years' graduating class. This year, we will put the class of '07 graduate photo down in the commons for all future graduates to see. One final note, we really need to have parents come to the float building areas to help the students with the floats. If you can spare some time, stop by and assist our students with their floats.

## Dates to Remember

September 28-October 3:

Homecoming Week  
October 23 & 24: No School  
(Teachers Convention)

October 28, 29 & 30: State Testing

October 28 & 30: Parent/Teacher Conferences

Professionally,

Chris Kittleson  
Principal

### CONTENTS:

Principal's Page	Page 1
Counseling News	Page 2
Counseling News Cont.	
Dress Code	Page 3
Parent/Teacher Conf.	Page 4
Attendance Policy	
Fees	
Fine Arts Club	
Class Ring Information	Page 5
FFA News	
Music Department	
Rules of School	Page 6
Spanish Website	
Grading Schedule	
ND State Library Info.	Page 7
Homecoming 2008	Page 8
High School Years	Page 9
High School Years Cont.	Page 10
High School Years Cont.	Page 11
High School Years Cont.	Page 12
Parent Resource Center	Page 13
Parent Resource Cont.	Page 14
Lunch Menu	Page 15

## Counseling News

Williston High School Counselors

Miss Koperski, Ms. Forthun

Mr. Lysne

October 2008

### Scholarships

**Horatio Alger Association** annually awards more than five million in college scholarships and grants. You can apply online at [www.horatioalger.com/scholarships](http://www.horatioalger.com/scholarships)

The deadline for the application is October 30.

**Prudential Spirit of Community Awards** is given for volunteer service in our community. Students in grades 9-12 may apply. The deadline is October 31. Apply online at [www.prudential.com/spirit](http://www.prudential.com/spirit)

**Coca-Cola Scholars Foundation** will be selecting its next class of Coca-Cola Scholars in the upcoming school year. Three million a year is awarded annually to 250 students. The scholarship is based upon leadership, commitment to community and academic achievement.

Visit the website for the application at

[www.coca-colascholars.org](http://www.coca-colascholars.org) The deadline is October 31.

**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](http://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](http://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](http://www.walmartfoundation.org) for more information.

Students will apply for the scholarship online at

[www.scholarshipadministrators.net](http://www.scholarshipadministrators.net) You must use the access code SWCS to complete the application process.

**Montana State University at Bozeman** offers a scholarship to non-residents. Information can be found at <http://apply.embark.com/ugrad/montanastate/> **UND** has several honor scholarship programs available for pre-freshman and undergraduate transfer students. Financial aid is intended to supplement the financial contributions from the student and family. Students are offered financial assistance in various forms, including scholarships, grants, employment and loan programs. A complete listing of detailed financial aid offerings is available at

[www.financialaid.und.edu/aid\\_eligibility.html](http://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](http://www.mnstate.edu/finaid)

**Zachary Robert Anderson Wrestling Scholarship** is set up by Zach's family to help a student with financial needs for school. It is open to male and female athletes either graduating from high school or already attending college. You must a graduate of the following counties: Custer, Daniels, Dawson, Fallon, Phillips, Prairie, Richland, Roosevelt, Sheridan, Valley or Williams.

Deadline date is November 1. The application is available in the counselors' office or online at

<http://zach-anderson.net/scholarship.htm>

### 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](http://www.actstudent.org)

### SAT Registration

The easiest way to register for the SAT is to visit their website at [www.collegeboard.com](http://www.collegeboard.com) You will get immediate confirmation of your registration. The cost of the SAT reasoning test is \$43. The SAT is given in Williston on November 1. Deadline to register for this date is October 2.

## Dates to Remember

September 15 – NWEA Testing Begins  
September 19 – Deadline for the October 25 ACT  
October 1 – Jostens Rep here for Sophomores  
October 2 – Deadline for the November 3 SAT  
October 3 – NWEA Testing Ends  
October 7 – ASVAB Assessment at WHS (Jr/Sr)  
October 8 – PLAN test for Sophomores  
October 15 – PSAT test for Juniors  
October 20-22 – ND State Assessment for Juniors  
October 23 & 24 – No School (NDEA Convention)  
October 28 – NDSA Math Test for Juniors  
October 29 – NDSA Reading Test for Juniors  
October 30 – NDSA Science Test for Juniors

## 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](http://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. Boys 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.

## **Parent/Teacher Conferences**

By: Jim Geiermann

It seems a lot like putting the cart before the horse, or getting a **really** early jump on things. Here is it only the beginning of October and the topic is: Parent-Teacher Conferences. Let's pretend that the first nine weeks is over! That sure does not make us feel any better does it? Time flies fast enough without pretending!

Parent-Teacher conferences are October 28 and 30. They will be held in the Phil Jackson Fieldhouse. It is a great opportunity for parents to make that initial contact with their student's teachers. I always enjoy being able to put a face onto "the parent."

Sadly this is a time not all parents or all teachers enjoy. It should be a time of good insightful conversation, a sharing of concerns, and setting up a game plan for the rest of the year.

Here are some tips to make things go a bit easier.

1.) Look at your student's grades on Power School before you come to conferences. The link for that is at the school district's website. (<http://www.williston.k12.nd.us/>). Then take some time and look at what the grades reveal. Those zeros may be a reason why the grade is poor. Is the student doing well on daily work but not so well on tests? Ask the student what the assignment or test was. If they are not clear on that, you may have hit on part of the problem.

2.) Form some questions before going to the conferences. Ask about classroom behavior. Check with the teacher about what is or is not getting done in class.

3.) When you get to the conferences, do something very critical to success: Smile.

(I know as a teacher, I try to do this at conferences.) Even if the student is not doing well in class, the two of you, parent and teacher, are there for the benefit of the student. Smiling sets everyone at ease. The teacher may feel as uncomfortable as you do.

4.) "Talk so others will want to listen. Listen so others will want to talk." That is a bad paraphrase of that saying, but you get the point. Communication does not happen unless all parties are involved. If your student comes with you, the teacher and you need to make the student part of the conference, rather than just a part of the furniture.

5.) Make a plan. School and home are very inter-connected. When they are working together, all will see the benefits.

5.1) Make sure that you write down the plan. I always appreciate when the parents take a few notes, and I always have paper there to write down things if I need to refer to them later. If the plan is not written down, that leaves too much to later interpretation. If the plan you come up with does not work, then contact the teacher and try a new one. Make sure all parties involved know the plan and that all parties buy into the plan.

6.) Keep smiling. Things might not be going well. Things might be going well. With effort, things will go the way you hope they will. It will take work, but in the end, it is worth it all.

Fall conferences are usually the busiest. Parents are hoping to get everything going well. So are the teachers.

"Education is not the filling of a bucket but the lighting of a fire." All we need is the matches!

## 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/](http://www.williston.k12.nd.us/whs/)**



# WHS Fine

## Arts Club

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



## **JOSTENS...**

**WILL BE HERE TO  
SPEAK WITH THE  
SOPHOMORES  
ABOUT CLASS RINGS  
ON WEDNESDAY,  
OCTOBER 1ST, AT 11 AM  
AND WILL RETURN  
TO TAKE ORDERS ON  
TUESDAY, OCTOBER 7TH,  
FROM 10:30 AM TO 4 PM  
& WEDNESDAY,  
OCTOBER 8TH, FROM  
9:30 AM TO 4 PM.**

# FFA News

By: Mr. Pepple, Advisor

## State FFA Convention

We started the summer attending the State FFA convention. The highlight of the convention was receiving the first place trophy for our Food for America program for the second graders.

Some members also received Proficiency awards for their SAE projects. Aaron P. received District awards in Grain production, Diversified Crop production, Oil crop production, and Ag. Mechanics repair. Nathan P. received a District award in Home and Community Development.

## State Fairs

Members entered grain samples cleaned and projects constructed in class at the State fair.

Jaci L. received Grand Champion honors in the Threshed Grain division for her sample of oil sunflowers.

## District Leadership September 29 at WSC

Members will compete in leadership activities such as: Chapter Parliamentary Procedure contest, Greenhand Parliamentary Procedure contest, Creed contest, Extemporaneous public speaking, Memorized public speaking, Demonstration contest, Job interview contest and FFA quiz.

## Greetings from the WHS Music Department!

We are off to a great start this year with many events happening. One of our biggest events is the fall musical *Annie Get Your Gun*. This musical involves more than 60 students in the cast, pit orchestra, tech crew, and production crew. The dates for the musical are November 21 at 7 PM, November 22 at 2 PM, and November 23 at 2 PM in the WHS auditorium. Tickets will go on sale November 3 at 8 AM. If you would like to reserve tickets, please call 701-572-0967 ext. 249 and leave a message after November 3.

The WHS choirs will be presenting a Fall Choir Concert on Monday, October 20, at 7:30 PM in the WHS auditorium. This concert will feature the WHS Girls Choir, Concert Choir, Chorale, and the new Vocal Jazz ensembles.

## 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 I & II.

Please come and support these talented students. We look forward to seeing all of you at our performances this semester!

Eric Rooke  
Band Director

Katie Rooke  
Choir Director

## Mrs. Tracey's Five Rules of School

LeAnne Tracey

Throughout her years as a successful student and after many years observing the behavior of high school students, Mrs. Tracey has decided there are four general school rules. These rules apply to ALL STUDENTS in ALL SUBJECT AREAS from high school to college and beyond. Adherence to these school rules can help students become more successful in school and work. They are:

- 1. Be prepared for class!** When you walk into the classroom, get all the materials you need for that class. Open your notebook, take out and have ready all writing utensils, have your completed assignment on your desk, open the textbook to the pages you were working on, and place any other materials for that class nearby, if not on the desk. Be seated, quiet, and ready to learn before the bells rings. When you are prepared for class you will not waste class time getting your notebook out if you have to take notes. If you are not prepared for class, you waste you teacher's time if s/he has to wait for you to get your supplies.
- 2. When your teacher talks, listen!!** It is so important to listen when your teacher talks. Even if your teacher just seems to be conversing with another student, listen! S/he might be relating valuable information to that student. You don't want to miss anything the teacher says!! What if s/he is sharing extra information for an assignment or test item? If you have big ears you gain that information without asking the teacher the same question twice.
- 3. If your teacher takes the time to write it on the board or put it on the overhead, write it in your notes!** Anytime your teacher writes/draws on the board, writes on an overhead, or places a transparency on the overhead and you do not have a handout of that information, write it down!! The teacher makes these efforts to help you learn. Eliminate the need to ask the question, "Should we write this down?" by taking the initiative to get it in your notes. The answer is always, "Yes!"
- 4. Expect anything and everything on a test!** Just because something was mentioned lightly in class does not mean it won't be on a test. Pay attention!! Take notes!! Listen to what the teacher says!! Study it all!! It could appear on the test as test material or possibly extra credit.
- 5. Study every day.** Study for at least ten minutes per class every day. Even if you are comfortable with the content, study anyway. Keeping material fresh in your mind will eliminate the need to study heavily before a test. Reviewing material every day will help you remember longer than cramming. You will be more successful in class if you review daily, you will be quite capable of acing a pop quiz, and you will be well equipped for learning new material.

## 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](http://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.

## 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)

## Homework Help

North Dakota State Library

Open Monday-Friday, 8 AM to 5 PM

Doris Ott-State Librarian

### Kids InfoBits

Kid Friendly resource for K-5

Easy to use

Colorful graphics

### Junior Reference Collection

For students in grades 5-9

Audio and video clips

Homework helping toolbox

### Opposing Viewpoints Resource Center

Today's hot topics

Great for debate and speech classes

Covers both sides of issues

### Discovering collection

Resource for research projects

Thousands of reference articles

Five core curriculum areas

### eLibrary

Simple to search

Television and radio transcripts

Search by reading level

### elibrary elementary

Simple to use

Specifically for young readers

Thousands of maps and pictures

North Dakota State Library

*Established in 1890*

604 East Boulevard Avenue

Bismarck, ND 58505-0800

Administration.....	(701)328-2492
Information Services.....	(701)328-4622
Toll Free.....	1-800-472-2104
Disability Services.....	(701)328-1408
Toll Free.....	1-800-843-9948
TDD (local).....	(701)328-4923
TDD (toll-free).....	1-800-892-8622
Fax.....	(701)328-2040
NDSL Web Page.....	<a href="http://www.llibrary.nd.gov">www.llibrary.nd.gov</a>

## WHS Homecoming 2008

Karla Olson, Advisor

The Williston High School Student Council is proud to announce the event schedule for Homecoming 2008. Homecoming will be the week of September 28 – October 3. The football game will be with the Dickinson Midgets and the theme for this year is “Coyote Olympics”. This year, there will be no coronation. The King and Queen will be announced at the football game.

**Sunday, September 28:**

Hall Decorating from 7 PM to 9 PM

**Monday, September 29:**

**Theme Day-Favorite Athlete/Sport**  
Float Building kicks off from 5 PM to 10 PM

**Tuesday, September 30:**

**Ninja Day**  
King and Queen Candidate  
video during announcements  
Float Building from 5 PM to 10 PM

**Wednesday, October 1:**

**Lumberjack Day**  
Vote for King and Queen  
(Entire school)  
**\*\*NO FLOAT BUILDING\*\***  
**\*\*NO CORONATION\*\***

**Thursday, October 2:**

**Neon Color Day**  
Float Building from 5 PM to 12 AM

**Friday, October 3:**

**Orange and Black Day**  
Pep Assembly at WHS – 2 PM  
Parade – 4 PM  
Pre-game – “Opening Ceremony”  
Homecoming Game – 7 PM  
Half-time – King and Queen crowned and  
announcement of float winners  
Homecoming Dance – 9:30 PM (Rec. Center)

**Sponsor for Pre-Game & Coronation:**  
**L & K Electric**

## FLOAT CORPORATE SPONSORS

### Freshman

#### **\*Nemont\***

(Sabrina Ramey: 571-0059)

(Leslie Bublitz: 572-2002)

Build at the Nemont Building West of Williston

Chairman: Brittney B.

Co-Chairman: Danielle H.

### Sophomore

#### **\*Ryan Motors\***

(Kirby Brown: 577-1111)

Build at Pro-Safe East of Williston

Chairman: Abbie K.

Co-Chairman: Brook V.

### Juniors

#### **\*Coca-Cola\***

#### **\*McDonald's\***

(Bill & Jackie Dickerson: 570-3330/770-3379)

(Carter Maynard: 580-2844)

Build at the Rec Center

Chairman: Brianna S.

Co-Chairman: Megan G.

### Seniors

#### **\*Western Co-Op Credit Union\***

(Judy Billehus: 770-7133)

(Mark Njos: 570-4478)

(Cheryl Bjella: 774-3934)

Build at Multi Purpose Building-Fairgrounds

Chairman: Kolte K.

Co-Chairman: Chelsey H.

### **CHAPERONES AND SNACKS NEEDED!!**

#### **PLEASE CONTACT:**

#### Freshman (Both)

Lynn Douglas (572-4417)

Jan Nelson (572-0633)

#### Sophomores (Chaperones)

Karla Sheets (572-5753/570-5753)

#### Sophomores (Snacks)

Kim Wenstad (572-2234/570-1905)

#### Juniors (Chaperones)

Chris Glueckert (770-4333)

#### Juniors (Snacks)

Darcy Kjos (774-8813)

#### Seniors (Both)

Terri Bendixson (570-4876/577-4526)



# High School 1 YEARS

Working together for lifelong success

## Short Clips

### Your secret's safe

To encourage your teen to confide in you, let her know you can keep a secret. It may be tempting to discuss her latest crush or her SAT scores with relatives or neighbors, but show she can trust you by staying quiet.

### Stage fright

Help your high schooler conquer public-speaking jitters. Suggest that he practice his report or speech at home in front of you or a mirror. On presentation day, he can reduce nerves by arriving early, testing equipment (microphone, computer), breathing deeply, and smiling!

### Budget priorities

Smart spenders know the difference between *needs* (warm coat, lunch money) and *wants* (new purse, dinner out). Remind your teen to buy what she needs first. If she has money left over, she can save for items she'd like to have.

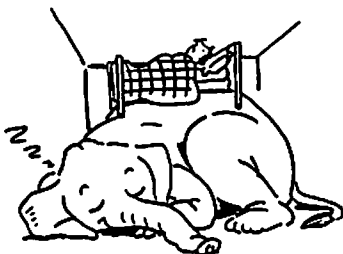
### Worth quoting

"Every artist was first an amateur."  
*Ralph Waldo Emerson*

### Just for fun

**Q:** How do you know if an elephant is under your bed?

**A:** Your nose touches the ceiling.



## Homework habits

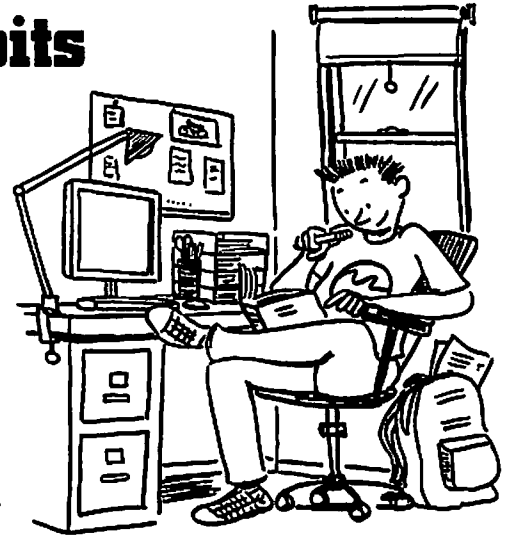
Keeping up with homework does more than raise grades—it has lifelong benefits. For instance, a strong work ethic will pay off when your teen is living by himself and holding down a job. These tips will help him do his homework on time and on his own.

### Get organized

Encourage your high schooler to set up a "home office" where he can spread out books and papers and avoid distractions like siblings and television. He might want to work near a computer so he can type reports or look up information online. *Tip:* Remind him that completed assignments should always go straight into his backpack so he can turn them in when they're due.

### Stay alert

People focus better when they're well rested and well fed. Teach your teenager to pay attention to his needs and recharge with short breaks or healthy snacks. Then, he'll be less likely to give up or do sloppy work. *Tip:* Suggest that he look over an important assignment



in the morning—he may catch mistakes when he's refreshed.

### Be independent

Rather than always turning to you with a question, your child can make a note and continue working. He might figure out the answer—or where to find it—without your help. In the process, he'll learn to rely on himself, and he'll build self-confidence. *Tip:* If he's still stumped, ask what strategies he has tried, or suggest a new approach (look up a word, revise a theory). 👍

## Working out, my way

A successful exercise program requires two things: getting started and sticking with it! Raise an active teen with these ideas:

**1.** Spark her interest by suggesting an unusual activity like rock climbing or tap dancing. Or encourage her to sign up for an aerobics class or a volleyball league with a friend. Fitness can be more fun for teens if it's shared.

**2.** Help your high schooler stay motivated. She might train for an upcoming event (5K run, soccer tournament). When she realizes how much she's enjoying the workout—and how great she feels—staying fit will become routine. 👍



# Respect: See it, show it

Learning about respect may be as easy for your teen as keeping her eyes open. Help her by pointing out examples and encouraging her to learn from them. She'll get along better with others and handle peer pressure more easily.

▲ **Respect your teen.** Show her that even disagreements can be respectful. Say, "I like your hair the way it is, but if you really want to dye it, we can talk about it."

▲ **Insist that she respect you by following household rules.** For example, taking the car without asking is disrespectful because it means she didn't consider whether you might need it.

▲ **Show respect for others.** Let your high schooler hear you talking nicely to others, in person or on the phone, and respecting their opinions.



▲ **Encourage self-respect.** Tell your child that friends will admire her if she stands up for what's right. Remind her how good she felt, for example, when she refused to make fun of a classmate.

▲ **Point out your teen's respectful behavior.** Be specific: "I know you disagreed with the grade you got. But your e-mail to your teacher was respectful. I'm proud of you." 🍷

## Q & A Thinking it through

**Q** I keep hearing the term "critical thinking." What does it mean, and why is it important?

**A** Students who can think critically know how to weigh information carefully and use what they learn to solve problems and make decisions.



Use everyday situations to teach critical thinking. Does your teen want a better cell phone? Have him collect brochures from several companies. Show him how a marketing claim like "Get a free phone!" may be misleading if the provider's monthly fee is higher.

A child who can think critically will probably realize that paying more up front can actually save money. In the end, he may get a nicer phone—and a new set of thinking skills! 🍷

## Parent to Parent Model citizen

"I wish I were old enough to vote!" my daughter Deborah said when my husband and I were discussing the upcoming elections. I told her that even though she isn't 18 yet, she can still take part in the political process.

We started reading newspaper reports and watching television debates to learn about each candidate's ideas. We also looked at whether they had followed through on their promises in the past. And we compared their platforms on issues that mattered to Deborah, like protecting open space.

One of our local candidates had pledged to set aside more land for wildlife sanctuaries. With our encouragement, Deborah volunteered to work for him. She may be too young to vote now, but she's learning how to be an involved citizen in the future. 🍷



## Surf to learn

Teenagers use the Internet to listen to music, chat, and play games. Show your child how to use the computer for learning, too.

**Reading and writing.** Suggest that he search for bands' Web sites to find their biographies and lyrics to their songs. Your child will build reading comprehension skills as he thinks about what the songs say and what may have inspired the artists to write them.



**Foreign language.** Your teen can brush up on French conversation at [www.french-chat.com](http://www.french-chat.com), find a foreign-language pen pal at [www.mylanguageexchange.com](http://www.mylanguageexchange.com), or search [www.youtube.com](http://www.youtube.com) for videos in a language he's learning.

**Math.** Logic problems are a fun way to practice arithmetic, algebra, and geometry. Your high schooler is sure to get hooked on [www.puzzles.com](http://www.puzzles.com) or [www.puzzlersparadise.com](http://www.puzzlersparadise.com). Try joining him at the computer to work on a brainteaser together! 🍷

### OUR PURPOSE

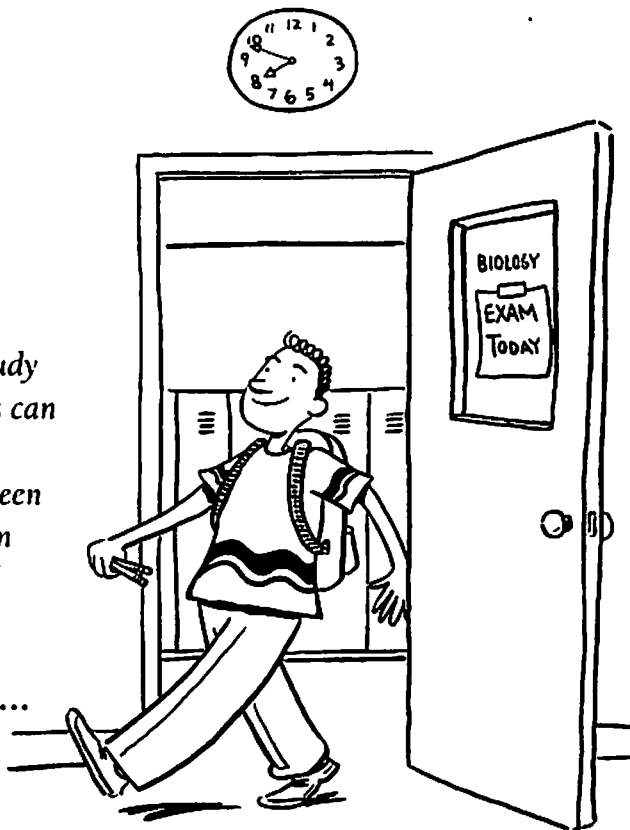
To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of Aspen Publishers, Inc.  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • [rfeustomer@wolterskluwer.com](mailto:rfeustomer@wolterskluwer.com)  
[www.rfeonline.com](http://www.rfeonline.com)  
ISSN 1540-5605

# Testing... Testing...

Relaxed, confident, and ready for a challenge! With good study skills, careful preparation, and a little stress management, this can be your teenager on test day.

Here are answers to the questions you face in helping your teen through test time. You'll encourage him to reach his goals, from earning good grades to getting the college acceptance or job of his dreams.



**Q:** How should my teen prepare for tests?

**A:** The first order of business is to know what will be on a quiz or an exam. Your high schooler should pay close attention during class reviews and take any practice tests the teacher or textbook offers.

To review notes, your child might e-mail herself highlights from each day's material and save the messages in a folder. Typing her notes will help her remember them better, and she can use the e-mails as a study guide during exam week.

Encourage your teen to pace herself. Cramming is stressful and usually doesn't result in real learning—only a temporary (and often spotty) memory of the material. Instead, she should start preparing for tests as soon as they are announced.

**Q:** Besides studying, what else should my high schooler do before a test?

**A:** Urge him to get ready the night before. He can load up his bag with any necessary test gear, such as a calculator (if permitted), batteries, pencils, glasses, a healthy snack, and a water bottle.

Eating a good breakfast and lunch will give your teen energy and keep him from feeling anxious or shaky. Remind him that caffeine may prevent a good night's sleep and can cause him to feel nervous and jittery during a test.

Suggest that your high schooler get to class early. He'll have a few extra minutes to take out supplies, look over notes one last time, and focus.

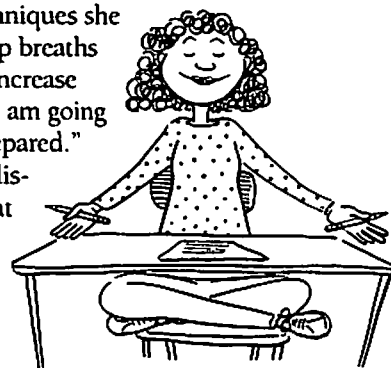


**Q:** How can my child feel confident before and during an exam?

**A:** Encourage your teen to stay active by making time for 30–60 minutes of exercise each day. That will help her have less stress and more energy.

Teach her relaxation techniques she can do during the test. Deep breaths and positive thoughts can increase her confidence. *Example:* "I am going to do well because I am prepared."

Help your child avoid distractions by suggesting that she keep her eyes on her own paper and not worry about students who finish before she does. Remind her that faster doesn't mean better.



**Q:** What test-taking strategies can I share with my teen?

**A:** Help him budget his time. When he receives the test, he should do a quick survey of the entire exam and consider how long he will need for each section. He'll want to allow more time for harder portions or those that are worth the most points.

Suggest that your child read all directions carefully. He should never assume that he knows what the instructions say. For instance, some questions may have more than one correct answer.

*continued*



Your high schooler can use any extra time to go back to skipped questions and look for careless mistakes. He might redo math calculations or check dates on history quizzes.

**Q:** What special advice can I give my child for different test formats?

**A:** For true-false tests, it's helpful to circle key words in the question. If any part of a choice is false, the whole thing is false. Encourage your teen to watch for tip-off words like *never*, *always*, *all*, *none*, or *only*—they often indicate a false answer. Words like *usually*, *sometimes*, and *generally* may be clues that a choice is correct. She should answer every question—there's at least a 50 percent chance she'll get it right.

When taking a multiple-choice exam, your child might read the question and try to answer it before looking at the options. Then she can read the choices, eliminate those that are clearly wrong, and select the one closest to her initial idea. Remind her not to leave any answers blank. Even if she doesn't know the answer, she has a 25 percent chance of success when there are four choices.

For essay questions, suggest that your teen make an outline of main ideas and supporting facts. All of her points should be backed up with examples, and she shouldn't stray from the topic. Encourage her to reread the question halfway through and at the end to make sure she has answered all parts. Finally, she should go back and proofread carefully—spelling, grammar, and punctuation errors can lower her score.

## SAT AND ACT SUCCESS

Are you hoping that your teen will go to college? Here are valuable hints for helping him prepare for college entrance exams.

**Q:** Which test should my teen take?

**A:** Check requirements at the colleges your high schooler may want to attend. Many students take both the SAT and the ACT and send their best scores to the colleges. Your teen can also talk to his guidance counselor for advice.

**Q:** What do the tests include?

**A:** The SAT has three parts: critical reading, math, and writing. It includes essay, multiple-choice, and open-ended questions. The ACT has four multiple-choice sections: English, math, reading, and science. There's also an optional writing portion on the ACT (check at [www.act.org](http://www.act.org) to see which colleges require or recommend it).

**Q:** How should my child get ready?

**A:** Start early! As a sophomore and junior, your teen can take the preliminary SAT (PSAT), or the pre-ACT (PLAN). In his junior year, he might take a test-prep course at his high school, library, or community center.

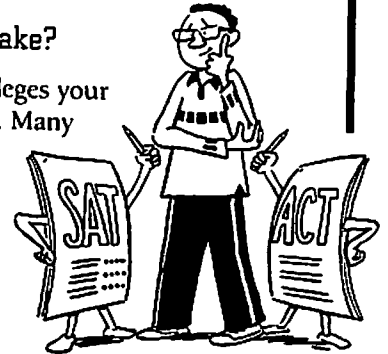
**Q:** What about practice tests?

**A:** Your high schooler should take practice tests as often as possible to familiarize herself with the format and questions. Her school or a local testing service may give free practice exams under true testing conditions. She can also practice with online tests and questions ([www.collegeboard.org](http://www.collegeboard.org) for the SAT and [www.actstudent.org](http://www.actstudent.org) for the ACT). Or she can take sample

tests in SAT or ACT manuals (available at libraries and bookstores). *Tip:* Suggest that she time herself on each section when practicing at home.

**Q:** How can I help my teen have a positive attitude toward the exam?

**A:** Encourage her to think of the SAT or ACT as a final leg of her high school career. She can look forward to the pride and relief she'll feel when the test is over—and the results that will help get her into the college of her choice.



## High School Years



# PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

**774-6335**



## OCTOBER 2008



### **POSITIVE PARENTING** **2 – 10 YEAR OLDS**

**Mondays, Oct. 6, 13 & 20, 2008**  
**6:30 – 9:00 PM**

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

**Come to learn more about:**

- ♥ Discipline vs. Punishment
- ♥ Limits & Consequences
- ♥ Listening
- ♥ Anger and Challenging Behaviors



### **PARENTING THE** **STRONG WILLED CHILD**

**Thursdays, Nov. 6 & 13, 2008**  
**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 for either of these FREE programs call 774-6335.**



### **MYSFACE, YOUR SPACE,** **OUT OF SPACE!**

**Parents, do you need help making sense of social networking sites such as MySpace or FaceBook?**

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 the internet and just how many of them are using social networking websites, like MYSFACE, to interact with their friends, make new friends and more. You'll see actual MYSFACE 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.**

Thanks to District 1 Public Schools this newsletter is available online at [www.williston.k12.nd.us](http://www.williston.k12.nd.us) - to view click on Community Resources then Parent Resource Center



**LIVING WITH YOUR  
10 – 15 YEAR OLD**

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

**6:30 – 9:00 PM**

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

**Join other parents of teens  
to hear more about:**

- ◆ The changes in how young adolescents think, feel, look and act.
- ◆ How these developmental changes influence communication within the family and the importance of setting clear, appropriate limits.
- ◆ Why young people become involved in risk taking behaviors and what parents can do to minimize the risks.

**Call 774-6335 to pre-register.**



Along with Halloween, the October calendar is full of unusual "Holidays"!

(From [www.holidayinsights.com](http://www.holidayinsights.com))

**OCTOBER**

- 1st – Homemade Cookies Day
- 3rd – Captain Kangaroo Day
- 5th – Do Something Nice Day
- 6th – Mad Hatter Day
- 7th – World Smile Day
- 9th – Moldy Cheese Day
- 10th – National Angel Food Cake Day
- 11th – Take a Teddy Bear to Work Day
- 21st – Count Your Buttons Day
- 24th – National Bologna Day



Parents, do you have a 4 year old who will attend kindergarten next school year, 2009-10? Are you interested in preparing your 4 year old for success while learning more about child development and what you can do to help your child succeed in school?

**Gearing Up for Kindergarten** is a family focused kindergarten readiness program that will be held in all District 1 Elementary Schools (Hagan, Lewis & Clark, Rickard and Wilkinson) and at Trenton Elementary starting this fall.

If you have a 4 year old and would like more information on this FREE program call the Parent Resource Center. **Pre-registration is required!**



**"Discipline isn't just about winning or losing. Every power struggle offers you the opportunity to connect with your child or disconnect. The relationship you will have with your child when he's an adolescent lies in the words and actions you use today. Ultimately your real power is in that emotional bond."**

Mary Sheady Kurcinka

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		<b>1</b>	<b>2</b>	<b>3</b>
		<u><b>BREAKFAST</b></u> Cinnamon Roll  <u><b>LUNCH ENTREE'S</b></u> Spaghetti Hot Dog On A Bun Stuffed Crust Pizza  <u><b>SIDES</b></u> Breadstick Broccoli Peaches	<u><b>BREAKFAST</b></u> Ham, Egg & Cheese On An English Muffin  <u><b>LUNCH ENTREE'S</b></u> Chicken Fajita Taco Hot Pocket Stuffed Crust Pizza  <u><b>SIDES</b></u> Salsa/Shredded Lettuce Pears Jell-O	<u><b>BREAKFAST</b></u> Scrambled Egg Toast  <u><b>LUNCH ENTREE'S</b></u> Pizza Sweet & Sour Chicken  <u><b>SIDES</b></u> Corn Mandarin Oranges
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<u><b>BREAKFAST</b></u> Breakfast Pizza  <u><b>LUNCH ENTREE'S</b></u> Hamburger On A Bun Fish Patty On A Bun Stuffed Crust Pizza  <u><b>SIDES</b></u> Curly Fries Pears	<u><b>BREAKFAST</b></u> Cheese Omelet Toast  <u><b>LUNCH ENTREE'S</b></u> Chicken Nuggets Meatballs Stuffed Crust Pizza  <u><b>SIDES</b></u> Mashed Potatoes/Gravy Corn Fresh Fruit	<u><b>BREAKFAST</b></u> French Toast Sausage Patty  <u><b>LUNCH ENTREE'S</b></u> Chili Garlic Cheese Bread Stuffed Crust Pizza  <u><b>SIDES</b></u> Cinnamon Roll Spiced Apples	<u><b>BREAKFAST</b></u> Banana Bread String Cheese  <u><b>LUNCH ENTREE'S</b></u> Sloppy Joe On A Bun Corn Dog Stuffed Crust Pizza  <u><b>SIDES</b></u> Toasted Green Beans Mixed Fruit	<u><b>BREAKFAST</b></u> Breakfast Corn Dog  <u><b>LUNCH ENTREE'S</b></u> Sub Sandwich Pizza  <u><b>SIDES</b></u> Chips & Salsa Applesauce Smore Pocket
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<u><b>BREAKFAST</b></u> Rancher's Hashbrowns  <u><b>LUNCH ENTREE'S</b></u> Hot Dog On A Bun Chili Crispito Stuffed Crust Pizza  <u><b>SIDES</b></u> Seasoned Pasta Peas & Carrots Tropical Fruit	<u><b>BREAKFAST</b></u> Waffle Sticks  <u><b>LUNCH ENTREE'S</b></u> Burrito Chef Salad Stuffed Crust Pizza  <u><b>SIDES</b></u> Spanish Rice Corn Fresh Fruit	<u><b>BREAKFAST</b></u> Egg Patty English Muffin  <u><b>LUNCH ENTREE'S</b></u> Popcorn Chicken Turkey & Cheese Wrap Stuffed Crust Pizza  <u><b>SIDES</b></u> Mashed Potatoes/Gravy Green Beans Fruit Salad	<u><b>BREAKFAST</b></u> Breakfast Wrap  <u><b>LUNCH ENTREE'S</b></u> Hamburger Hotdish Sweet & Sour Chicken Stuffed Crust Pizza  <u><b>SIDES</b></u> Dinner Roll Corn Applesauce	<u><b>BREAKFAST</b></u> Bagel Yogurt  <u><b>LUNCH ENTREE'S</b></u> Garlic Cheese Bread Beef Stew Stuffed Crust Pizza  <u><b>SIDES</b></u> Peas Peaches
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<u><b>BREAKFAST</b></u> French Toast Sausage Links  <u><b>LUNCH ENTREE'S</b></u> Pizza Super Nachos Stuffed Crust Pizza  <u><b>SIDES</b></u> Creamed Corn Pineapple	<u><b>BREAKFAST</b></u> Breakfast Burrito  <u><b>LUNCH ENTREE'S</b></u> Corn Dog Breaded Chicken Stuffed Crust Pizza  <u><b>SIDES</b></u> Baked Beans Fresh Fruit Pudding	<u><b>BREAKFAST</b></u> Muffin String Cheese  <u><b>LUNCH ENTREE'S</b></u> Turkey Tidbits Mini Corn Dogs Stuffed Crust Pizza  <u><b>SIDES</b></u> Mashed Potatoes/Gravy Dinner Roll/Corn Cranberry Whip	NDEA CONVENTION    NO SCHOOL	NDEA CONVENTION    NO SCHOOL
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<u><b>BREAKFAST</b></u> Ham, Egg & Cheese On An English Muffin  <u><b>LUNCH ENTREE'S</b></u> Chef Salad Bagel & Yogurt  <u><b>SIDES</b></u> Garlic Bread Oranges Jell-O	<u><b>BREAKFAST</b></u> Scrambled Egg Toast  <u><b>LUNCH ENTREE'S</b></u> Chicken Patty On A Bun Chicken Fajita Stuffed Crust Pizza  <u><b>SIDES</b></u> Green Beans Fresh Fruit	<u><b>BREAKFAST</b></u> Cinnamon Biscuit Hashbrown Stick  <u><b>LUNCH ENTREE'S</b></u> Taco Hot Pocket Hamburger On A Bun Stuffed Crust Pizza  <u><b>SIDES</b></u> Corn Sherbet Cup	<u><b>BREAKFAST</b></u> Belgian Waffle  <u><b>LUNCH ENTREE'S</b></u> Rib Patty On A Bun Chicken Patty On A Bun Stuffed Crust Pizza  <u><b>SIDES</b></u> Potato Rounds Pears	<u><b>BREAKFAST</b></u> Breakfast Pizza  <u><b>LUNCH ENTREE'S</b></u> Quesadilla Italian Chicken Bender Stuffed Crust Pizza  <u><b>SIDES</b></u> Peas Mixed Fruit Halloween Cookie