

# The Coyote Howl

## "Principal's Page"

Welcome to the 2008-2009 school year. We are looking forward to a great year. To all the families of our new "Coyotes", I bid you a heartfelt welcome. The years we spend in high school are ones to remember and cherish. We hope that your daughter/son will enjoy her/his time here with us and be actively involved with their schooling and all the different activities that are available on campus.

### WHS Upgrades

Williston High School is in the process of receiving a facelift. Two science labs on the second floor of the west wing are being completely renovated. Currently, we are waiting for cabinetry to arrive from Dickinson and then the contractors will be working diligently to complete the project in a timely manner. The labs will be under construction at the beginning of the school year, but, the project is scheduled to be completed within the first few weeks.

In addition to this, Mr. Hauge's computer lab has received new tile, desks, chairs and computers. Mrs. Axtman, Mr. Peple, Mrs. Schauer, Mrs. Binks and Miss Olson's rooms have been updated as well.

The third floor hallway has new tile. The north wall of WHS has new window treatments and there are three new SMART boards in the Math department.

### New Staff

We would like recognize our new team members to WHS. Kevin Duttenhefner is coming back to Williston Public Schools as our new Art Instructor. Lanny Gabbert is in the Science department and he will be teaching Physical Science. Rosemary Sullivan will be working in the Math department as a Basic Math Instructor, as well as working as a tutor for our students who struggle in Math. Katie Rooke has moved over from the middle school and will be taking over the vocal music department. Kelley Kessler is moving over from the middle school, as well, and will be a new addition to the PE department. Brent Lysne, who came over from Lewis and Clark, is an addition to our Counseling department and Kacee Black has joined our staff to assist in the Library.

### Policies

**Backpacks:** There has been a lot of concern about the students being able to use backpacks on campus. Students

will be allowed to use backpacks on campus, but are being strongly encouraged to utilize their lockers as much as possible so that they are not putting themselves at risk of back troubles later on in life.

Our suggestion is to put their books for their morning classes into the backpack and then transferring those books to their lockers at lunchtime and replace them for their books for their afternoon classes. This would lighten up the backpack substantially.

**Testing Policy:** The old policy stated that a student would not have to take final exams if a student was not absent more than two days in a semester class or four days in a full year course. The current trend is to have the students take finals in every class. There are Pro's and Con's to both of these scenarios and it is our goal to come up with a policy that will be somewhat in-between these two philosophies. I will meet with selected Juniors and Seniors to gather input from them in order to come up with an equitable solution to present to the school board.

### Dates to Remember

- September 1: No School (Labor Day)
- September 15 - October 3: NWEA Testing
- September 17: School Pictures
- October 20 - November 7: State Testing
- October 23 & 24: No School (Teachers Convention)
- October 28 & 30: Parent/Teacher Conferences

Professionally,

  
Chris Kittleson  
Principal

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## Counseling News

Williston High School Counselors

Miss Koperski

Ms. Forthun

Mr. Lysne

September 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.

### 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 October 25 assessment is September 19. 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 10** – Fall College Day at WSC

**September 19** – Deadline for the October 25 ACT

**October 2** – Deadline for the November 3 SAT

**October 7** – ASVAB Assessment at WHS

**October 8** – PLAN test for Sophomores

**October 15** – PSAT test for Juniors

**October 20-22** – ND State Assessment 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.

## **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 Reports Schedule for WHS**

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

## Check out SharePoint

By: Jim Geiermann

Beginnings can be daunting. The whole begin with a first step thing can be awkward. Should you start on the right foot? What if you are left handed and left footed? Seriously...

The beginning of the school years comes despite our best efforts to ignore it or our wishing it would just go away. Like all beginnings, it is a chance to start over, to try on some new clothes and new attitudes.

It is important that you get all the information you need to be informed on how your students are doing in classes at the high school.

One place to start is on the District Web page. (<http://www.williston.k12.nd.us/>). There are a lot of useful links which will help you keep track of how your student is doing in school.

1.) **PowerSchool – Parent/Student Access.** This information should have been sent to you just before school started. If you did not receive it or lost it, you can call Linda Hotchkiss at the high school and she will mail it to you, or you can stop by the high school and talk directly to Linda to get the information you need. This site will help you keep track of grades and attendance. Both of these are important.

2.) **Staff Email.** This list will give you the email of any of the teachers at any of the schools in the district. Most teachers are quick to respond to email, but be patient also. Teachers, like all people, have some days that are busier than others. Also, be forgiving of mistakes we make; there are times when something goes awry.

In the left column, you click on WHS. This brings you to a number of useful links. Things such as the lunch menu, school announcements, the student handbook, school calendar for the year, and sports schedule.

The link I want to point out to you is in the right hand column under **Departments**.

3.) **Departments>English.** Each of the English teachers has a SharePoint page. If you click on your English teacher's name, you will see a variety of things.

First you will see Announcements. This is a place where a teacher can state something that you may need to know as a parent. I use it to indicate where certain things of importance. I will also use it to give advance warning of something coming up, like Grammar Battle.

Just below that, a list of Upcoming Assignments can be found. I try to build that up a couple weeks in advance. This will give you a good idea of what is happening in class. You can use this list and cross reference it with what you see on Power School. That will keep your student on his or her toes.

Many of the teachers have items listed under Useful Links on the left hand side of the page. Many of these links will deal with ongoing work in class, or links for a specific unit. Many of the English teachers have links about MLA formatting and an online citation maker. These are both useful for the research unit that all the teachers do during the school year.

They say, "The more you know, the more you know." I totally agree. It usually depends on finding the right information. The school district page is a great place to start.

Parting thought that is really unrelated to anything:

**"People are just as happy as they make up their minds to be."**

**--Abraham Lincoln**

## Attendance Policy

Please read and familiarize yourselves with the attendance policy that we will be adhering to for the 2008-2009 school year. It can be accessed on the WHS web page or in your student's handbook on pages 5 and 6. Thank you!

Donna Kennedy  
Attendance Secretary

## HOMECOMING WEEK

*September 28 thru October 3*  
*Lots of great activities planned.*  
*See October's Newsletter*  
*& Channel 19*  
*For more information.*

## **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.



## **PICTURE DAY**

**WEDNESDAY,  
SEPTEMBER 17**

**DONE BY:  
LIFE TOUCH  
ORDER PACKETS  
WILL BE  
DISTRIBUTED  
IN SCHOOL**

# Teen FOOD & FITNESS

Healthy Ideas for Middle and High School Students

Williston High School  
Chris Kittleson

## FAST TAKES

### Cafeteria plan

Variety is the name of the game in today's school cafeterias. Encourage your child to take advantage of healthy offerings, such as salad bars, fresh fruit, whole-wheat pizza, and turkey tacos. Drinking fat-free milk will add extra protein and calcium to his meal.



### Jump for it

Jump ropes aren't just for little kids! Suggest this quick routine to your teen or preteen. For one minute each: jump as fast as possible, jump side to side, jump forward across the room, jump backward, and alternate hopping on each foot. Repeat three times for a 15-minute workout.



### Did You Know?

More kids are overweight now than at any time in American history. In all, about one in three middle and high school students are considered obese or overweight. Reduce your children's risk by helping them get more exercise, eat sensible portions, and avoid high-fat and high-sugar foods.

### Just for fun

**Steven:** Why did the farmer drive a steamroller over his potato fields?

**Marcus:** I don't know. Why?

**Steven:** He wanted to grow mashed potatoes!



## Snack attack

Your child needs snacks to keep his body going strong all day long. What he doesn't need is extra sugar or fat! Try these ideas to get your teen or preteen in the habit of healthy snacking.

### Stock up

Give your child nutritious choices by keeping a supply of fresh fruits (apples, bananas, cantaloupe) and vegetables (baby carrots to dip in low-fat ranch dressing, baking potatoes to microwave and top with low-fat cheese). *Other ideas:* low-fat granola bars, instant oatmeal, low-fat strawberry yogurt.

### Choose healthy

Many foods are available in healthier versions these days. Look for baked chips rather than fried, air-popped popcorn instead of oil or butter varieties, whole-wheat pretzels, and reduced-fat crackers.

### Plan ahead

Keep healthy snacks ready for kids on the go. Wash seedless grapes, and freeze in baggies. Make up bags of trail mix: combine whole-wheat cereal, unsalted nuts, and dried cherries. Get individual-sized snacks, such as apple-sauce cups or boxes of raisins. *Note:* Taking snacks along will help keep your child from asking to stop for junk food.



### Mix foods

Show your child how to make snacks healthier by combining food groups. For example, he can melt shredded low-fat cheddar cheese on whole-wheat bread (two minutes in the toaster oven set at broil) to get calcium, protein, and grains all at once. ♥

## Five easy steps

Encourage your children to add more steps—and burn more calories—by making these simple changes in their daily routine:

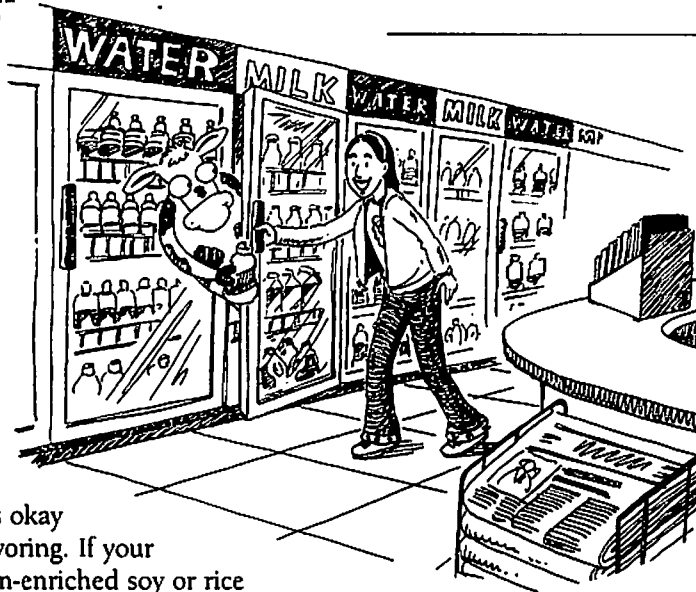
1. Park farther away from the entrance to the library, mall, or community center.
2. Take the stairs rather than the escalator or elevator when shopping or going to doctor appointments.
3. Get off the school bus one stop early and walk the rest of the way home. *Note:* To stay safe, walk with a friend, use sidewalks, and don't take shortcuts.
4. Do active chores: take the garbage out, vacuum, put away clutter.
5. Bike or rollerblade to a friend's house after school. ♥



# Drink healthy!

The next time your teen wants a soda, tell her this: a typical can has 10 teaspoons of sugar—more than in a chocolate bar! Try to steer her to these healthy choices instead.

★ **Milk** provides calcium, vitamins, and nutrients that kids need. Encourage your tween or teen to drink some milk every day. Keep the milk fat-free, but it's okay to add chocolate or strawberry flavoring. If your child is allergic to milk, try calcium-enriched soy or rice milk. If she's lactose intolerant, get lactose-free milk.



★ **Water** is the best all-day drink. It has no sugar or calories and is low-cost. Take water bottles in the car and to sports games and practices. Try serving water with meals at home and asking for it when you eat out. You can add flavor with a lemon slice. *Note:* Seltzer, club soda, and sparkling water are good alternatives. Like water, they have no sugar or calories, and they have the “fizz” factor kids like. ●



## Q & A Video game overload

**Q:** My child spends so much time playing video games. How can I get him to be more active instead?



**A:** First, consider setting limits (say, 30 minutes) on how much time your teen can spend on gaming. Together, schedule when he can play—for instance, in the evening after homework. If

possible, put the video system in the family room so you can monitor his playing.

Second, encourage your son to be active at least an hour a day. See if you can play off his video game interests. Does he like martial arts games? Suggest a karate class. If he's into sports games, he could sign up for baseball or football. If he loves virtual skateboarding, take him to a skateboard park. He just may find the real thing more exciting! ●

## ACTIVITY CORNER

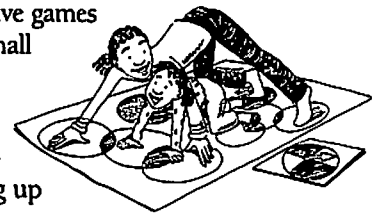
### Exercise—and get paid

High school students and middle graders can gain work experience, earn spending money—and get exercise—in these part-time jobs.

● **Babysitter.** Encourage your teen to play active games (hide-and-seek, Twister, tag, catch) while caring for small children. Ask neighbors if they need help.

● **Sports helper.** Youth teams need referees and assistant coaches. Teen coaches get exercise practicing with the team, while refs get a workout running up and down the field or court during games. Contact your recreation department or school athletic department for openings.

● **Camp counselor.** After-school programs and summer camps use tweens and teens as junior counselors. Check with the local YMCA or community center, area camps, and private schools. ●

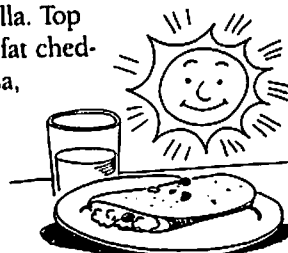


## In the Kitchen

### Make it Mexican

Mexican food is extremely popular with young people today. These quick and healthy versions are good from morning to night.

**Breakfast burrito.** Whisk together 2 eggs and ¼ cup fat-free milk, and scramble with diced red pepper in a skillet (coat with nonstick cooking spray). When set, spoon onto a whole-wheat tortilla. Top with shredded low-fat cheddar cheese and salsa, and roll up. *Note:* Make it the night before, and microwave for a fast breakfast.



**Fiesta lunch salad.** Toss together shredded lettuce, diced tomatoes, canned corn, and canned black beans. Add a dressing of ¼ cup low-fat sour cream blended with ¼ cup store-bought guacamole. Sprinkle with baked tortilla chips.

**Layered enchilada dinner.** Pour canned red enchilada sauce into a 9 x 13 inch casserole, and line with corn or whole-wheat tortillas. Top with browned lean ground beef and shredded low-fat Monterey Jack cheese. Repeat layers. Bake at 400° for 15 minutes. *Vegetarian option:* Omit the meat, or substitute refried beans. ●

## OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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

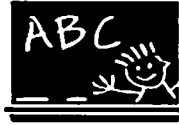
Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.



# PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

## 774-6335



## September 2008

### LOVE & LOGIC - EARLY CHILDHOOD PARENTING

MADE FUN! Birth to 6

Monday's, Sept. 15 & 22, 2008

6:00 – 9:00 PM

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

**Come to learn more about  
creating happy families and  
responsible kids and:**

- ♥ Handling misbehavior
- ♥ Teaching kids to listen
- ♥ Avoiding power struggles
- ♥ Setting limits

~~~~~

### POSITIVE PARENTING

2 – 10 YEAR OLDS

Monday's, Oct. 6, 13 & 20, 2008

6:30 – 9:00 PM

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

**Come to learn more about:**

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

**For more information or to pre-register for either of these FREE programs call 774-6335.**



### PARENTS FOREVER™

Education for Families in Divorce Transition

Tuesday, Sept. 30, 2008

5:00 – 9:30 PM

Williams Co. Courthouse  
2<sup>nd</sup> Floor Conference Room

This statewide program teaches divorcing and never-married separating parents effective co-parenting strategies to:

- ♥ Eliminate parental conflict in front of children
- ♥ Keep your child out of the middle of parental issues
- ♥ Provide your child access to both parents
- ♥ Put the best interest of your child first

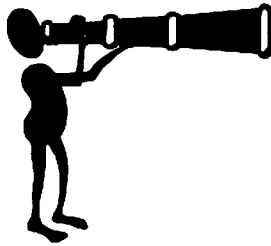
### ***PLEASE NOTE***

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

**To pre-register, call Williams Co. Extension Service, 577-4590. The deadline for pre-registration and pre-payment is Sept. 22, 2008.**

This program is locally sponsored by Williams Co. Extension in cooperation with the Parent Resource Center and Divide and McKenzie Co. Extension. For information on other locations this program is available call 577-4590.





**WATCH FOR THESE  
UPCOMING FREE  
PARENTING PROGRAMS...**

**PARENTING THE  
STRONG-WILLED CHILD**  
 Thursday's, Nov. 6 & 13, 2008  
 6:00 – 9:00 PM  
 Wms. Co. Soc. Ser. /UMDHU Bldg. -  
 110 W Broadway - Joint  
 Conference Room

**LIVING WITH YOUR  
10 – 15 YEAR OLD**  
 Monday's, Nov. 17, 24 &  
 Dec. 1, 2008  
 6:30 – 9:00 PM  
 Wms. Co. Soc. Ser. /UMDHU Bldg. -  
 110 W Broadway - Joint  
 Conference Room



**MYSFACE, YOUR SPACE,  
OUT OF SPACE**  
 A Parent's Guide to the world of  
 Internet Networking  
 Monday, Nov. 3, 2008  
 6:30 – 8:30 PM  
 Williston Community  
 Library Meeting Room

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



**DE-STRESS**

**FOR BACK TO  
SCHOOL SUCCESS!**

(Source: Practical Parent Education)

While you have no way to take stress completely out of your household, the following tips can make life more relaxing, enjoyable and emotionally healthy for your family.

- ◆ Take time daily to talk as a family. Turn off the TV!
- ◆ Post a large calendar where all family members can write down their schedules.
- ◆ Look at extracurricular activities. If children or parents show signs of too much stress, cut back.
- ◆ Set a limit on children's activities and then let them choose the ones they really want to do.
- ◆ Set reasonable expectations for yourself and other family members.
- ◆ Things don't have to be perfect! Meals can be nutritious without a lot of work. The world won't fall apart if a bed isn't made!

**Remember, children are  
only young once.  
Enjoy them while you have  
the chance!**



# Do you know an uninsured child?

There is help...

Children who have access to health care are more likely to do well in school because they:

- Have better attendance
- Have less behavioral issues
- Take prescribed medications as directed
- Are up-to-date with immunizations
- Participate in school & athletic activities



North Dakota's low-cost or free health care coverage programs are:

Medicaid • Healthy Steps • Caring for Children

Benefits include:

- Doctor visits
- Sports physicals
- Well-child visits
- Emergency care
- Immunizations
- Dental care
- Vision care



**For information or an application, call toll-free**  
**1-877-KIDS-NOW** (1-877-543-7669).

**3 programs • 1 helpline**  
**All calls are confidential.**



# High School 1 YEARS

Working together for lifelong success

## Short Clips

### First bell

Help your teen start the school year off right by making sure she's on time for school every day. You might suggest that she set her cell phone alarm for each deadline: waking up, sitting down to breakfast, leaving the house.

### Communication central

Ever find out too late that a friend called or an appointment was changed? Make it easier for your teenager to be considerate by hanging a message board in the kitchen. Ask her to use it for writing phone messages and leaving notes, and do the same for her.

### After-school fun

School teams and clubs help kids make friends and develop new interests. Encourage your child to watch school bulletin boards and listen closely to morning announcements to find out what's offered. From the literary magazine to Future Farmers of America or the diving team, he's sure to find something to suit his taste.

### Worth quoting

"Unless we think of others and do something for them, we miss one of the greatest sources of happiness."  
*Ray Lyman Wilbur*

### Just for fun

**Q:** What did they do at the Boston Tea Party?

**A:** I don't know. I wasn't invited.



## Go for the goal

When your teen looks back on this school year, what will she have accomplished? A lot—if she sets goals now. Planning ahead can boost her self-esteem and motivation and help her do her best in school. Here's how.

### Think spring

Ask your child to picture herself on the last day of school. Is she satisfied with how she did on her final exams? Can she hold up her end of a Spanish conversation? Does she have a summer job or college spot lined up? By imagining where she'd like to be in the spring, she'll know what goals to shoot for now. Suggest that she write down her goals and put the list where she can see it (on her desk, in her binder).

### Find role models

Talk with your teen about celebrities or people she knows who have met goals. For example, maybe a sports star raised a target amount of money for a charity. Or perhaps a cousin got a short story published in a local magazine. Discuss how they might have worked to meet their goals. Then, have your child write down steps for achieving each of her goals, including "what," "when," and "how."

### Celebrate progress

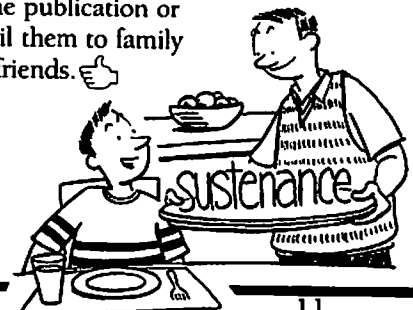
Be sure to recognize your teen's success with a heartfelt "Good job" or "I knew you could do it!" Encourage her to celebrate her accomplishments. She might have a Spanish movie night with a classmate after finishing a Spanish unit. When she mails her last college application, she could visit a nearby college for a concert or play.



## Vocabulary time

It only takes a few minutes a day to build a better vocabulary. Show your teen how with these ideas:

1. He can get a new word by e-mail every day by signing up (for free) at [wordsmith.org/awad](http://wordsmith.org/awad). Have him announce the word at dinner, and see who can use it in conversation.
2. Suggest that he flip open the dictionary and choose interesting words (chiseled, marsupial, voracious) from five random pages. Take turns thinking of sentences using the words.
3. At [www.magneticpoetry.com](http://www.magneticpoetry.com), he can move around word tiles to create poems. Encourage your child to try unusual words. When he's done, he can submit his poems for online publication or e-mail them to family and friends.



## In touch with teens

As your child gets older, you may find it more challenging to stay connected. These tips can help.

**Know your teen.** Be specific when asking about his day. Ask him to share something new that he learned, something that surprised him, or the best part of his day. You might spur conversation by text messaging or e-mailing him from work (Example: "Finished my project!") and then following up with a live conversation at home about both of your days.

**Know his friends.** Insist that friends come inside to pick up your teen rather than blowing the horn. Introduce yourself and



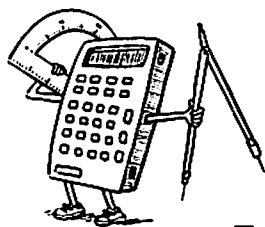
make conversation: "Think the football team will have a winning season this year?" Let your child invite a buddy to your family camping trip or over for dinner.

**Know his school.** E-mail or call teachers regularly. Join the parent-teacher group, and offer to volunteer when you can (make copies in the office, help organize a post-prom party). Whenever possible, attend your high schooler's events and performances. Stop to talk to the coach or instructor, as well as parents of your child's friends. 👍



## How to succeed in math

Whether your high schooler is starting algebra or tackling calculus this semester, share this formula for success:



■ Double-check all work. Minor arithmetic errors can make an entire answer wrong.

■ Maintain a list of math formulas to use for homework and studying. Include sample problems to show how the formulas are used.

■ Get help right away. It can be tough to catch up when you fall behind. Talk to your teacher, consult an older sibling, or ask a classmate who understands the material.

■ Keep math supplies handy. Examples: calculator, protractor, compass.

■ Use math in daily life. Figure the tip at a restaurant, decide how many pizzas to order for a party, or calculate the car's gas mileage. 👍

### OUR PURPOSE

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

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## Parent to Parent School-year socializing

This summer, we let our son go out more often and stay out later than during the school year. When classes started, he complained we were "too strict." I told Jack we could compromise—as long as he keeps up his grades.

We agreed that if he finishes homework on weekday afternoons, he can visit friends after dinner. We also worked out an early curfew for school nights and a later one for weekends.

Jack set aside time on Sunday afternoons for studying and decided to take Saturdays off as long as he doesn't have a project or big test coming up.

I let my son know that if his grades fall, he can't go out on weeknights. I think our plan will help Jack balance friends and schoolwork. 👍



## Q & A Chores and consequences

**Q** When I ask my daughter Hailey to do chores, she puts them off for so long that I sometimes end up doing them myself. How can I motivate her?

**A** Start by explaining that if she doesn't do her chores promptly, she will have extra work to do.

Say she's responsible for walking the dog. If she forgets and the dog makes a mess in

the house, she'll have to clean it up. If she doesn't rake the leaves, her brother won't be able to mow, so she'll need to do both chores.

Also, choose jobs with built-in benefits for your teen. You might put her in charge of making the grocery list.

Show her how to check the pantry and refrigerator to see what's needed. If she follows through, she'll be more apt to get her special requests (red grapes, cinnamon  $\frac{1}{2}$ meal). 👍



**Williston High School Lunch Menu Sep-08**

| Monday                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1</b></p> <p>LABOR DAY</p> <p>NO SCHOOL</p>                                                                                                                                                                          | <p><b>2</b></p> <p><u>BREAKFAST</u><br/>Breakfast Wrap</p> <p><u>LUNCH ENTREE'S</u><br/>Super Nachos<br/>Garlic Cheese Bread<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Refried Beans<br/>Fresh Fruit</p>                               | <p><b>3</b></p> <p><u>BREAKFAST</u><br/>Bagel<br/>Cream Cheese</p> <p><u>LUNCH ENTREE'S</u><br/>Popcorn Chicken<br/>Taco In A Bag<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Baked Potato<br/>Green Beans<br/>Fruit Salad</p> | <p><b>4</b></p> <p><u>BREAKFAST</u><br/>Ham, Egg, Cheese<br/>On English Muffin</p> <p><u>LUNCH ENTREE'S</u><br/>Pepperoni Hotdish<br/>Chef Salad<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Breadstick<br/>Corn<br/>Applesauce</p> | <p><b>5</b></p> <p><u>BREAKFAST</u><br/>Cheese Omelet<br/>Toast</p> <p><u>LUNCH ENTREE'S</u><br/>Garlic Cheese Bread<br/>3 Meat Combo Pizza<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Peas<br/>Peaches</p>                      |
| <p><b>8</b></p> <p><u>BREAKFAST</u><br/>Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u><br/>Pizza<br/>Cheese Sticks<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Corn<br/>Pineapple</p>                                    | <p><b>9</b></p> <p><u>BREAKFAST</u><br/>Breakfast Burrito</p> <p><u>LUNCH ENTREE'S</u><br/>Mini Corn Dogs<br/>Chili Crispito<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Baked Beans<br/>Fresh Fruit<br/>Cookie</p>                      | <p><b>10</b></p> <p><u>BREAKFAST</u><br/>Muffin<br/>Yogurt</p> <p><u>LUNCH ENTREE'S</u><br/>HamburgerStroganoff&amp;Noodles<br/>Chicken Strips<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Dinner Roll<br/>Cranberry Whip</p>  | <p><b>11</b></p> <p><u>BREAKFAST</u><br/>Pancakes</p> <p><u>LUNCH ENTREE'S</u><br/>Chicken O's<br/>Sub Sandwich<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Fresh Veggies<br/>Potato Salad<br/>Mandarin Oranges</p>                 | <p><b>12</b></p> <p><u>BREAKFAST</u><br/>Scrambled Egg<br/>Toast</p> <p><u>LUNCH ENTREE'S</u><br/>Taco In A Bag<br/>Chili Cheese Wrap<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Peaches<br/>Pudding</p>                         |
| <p><b>15</b></p> <p><u>BREAKFAST</u><br/>Breakfast Corn Dog</p> <p><u>LUNCH ENTREE'S</u><br/>Chef Salad<br/>Sweet &amp; Sour Chicken<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Garlic Toast<br/>Mandarin Oranges</p> | <p><b>16</b></p> <p><u>BREAKFAST</u><br/>Sausage, Egg, Cheese<br/>On English Muffin</p> <p><u>LUNCH ENTREE'S</u><br/>Chicken Patty On A Bun<br/>Pizza Burger<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Green Beans<br/>Fresh Fruit</p> | <p><b>17</b></p> <p><u>BREAKFAST</u><br/>Cinnamon Tastry</p> <p><u>LUNCH ENTREE'S</u><br/>Taco Hot Pocket<br/>Turkey &amp; Cheese Wrap<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Corn<br/>Frozen Fruit Bar</p>               | <p><b>18</b></p> <p><u>BREAKFAST</u><br/>Cheese Omelet<br/>Toast</p> <p><u>LUNCH ENTREE'S</u><br/>Shredded Pork Sandwich<br/>Hamburger On A Bun<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Potato Wedges<br/>Pears</p>             | <p><b>19</b></p> <p><u>BREAKFAST</u><br/>Breakfast Wrap</p> <p><u>LUNCH ENTREE'S</u><br/>Grilled Cheese/Tomato Soup<br/>Pizza<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Mixed Fruit</p>                                         |
| <p><b>22</b></p> <p><u>BREAKFAST</u><br/>Rancher's Hashbrowns</p> <p><u>LUNCH ENTREE'S</u><br/>Chicken Strips<br/>Corn Dog<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Mashed Potatoes/Gravy<br/>Peaches</p>           | <p><b>23</b></p> <p><u>BREAKFAST</u><br/>Scrambled Eggs<br/>Toast</p> <p><u>LUNCH ENTREE'S</u><br/>Chili Crispito<br/>BBQ Rib Sandwich<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Glazed Carrots<br/>Fresh Fruit</p>                    | <p><b>24</b></p> <p><u>BREAKFAST</u><br/>French Toast<br/>Sausage Patty</p> <p><u>LUNCH ENTREE'S</u><br/>Taco Salad<br/>Chicken Fajita<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Refried Beans<br/>Mandarin Oranges</p>      | <p><b>25</b></p> <p><u>BREAKFAST</u><br/>Belgian Waffle</p> <p><u>LUNCH ENTREE'S</u><br/>Chicken Pot Pie Over Biscuit<br/>Bagel &amp; Yogurt<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Tropical Fruit</p>                         | <p><b>26</b></p> <p><u>BREAKFAST</u><br/>Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u><br/>Hot Ham &amp; Cheese<br/>Chicken Patty On A Bun<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Potato Wedges<br/>Pineapple<br/>Brownie</p> |
| <p><b>29</b></p> <p><u>BREAKFAST</u><br/>Scrambled Eggs</p> <p><u>LUNCH ENTREE'S</u><br/>French Toast/Sausage Links<br/>Pizza<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Applesauce<br/>Trail Mix<br/>Juice</p>       | <p><b>30</b></p> <p><u>BREAKFAST</u><br/>Pancakes</p> <p><u>LUNCH ENTREE'S</u><br/>Chicken Patty On A Bun<br/>Sub Sandwich<br/>Stuffed Crust Pizza</p> <p><u>SIDES</u><br/>Green Bean Casserole<br/>Fresh Fruit</p>                          |                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                       |