

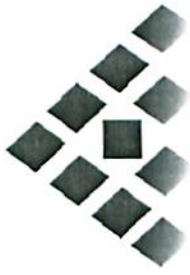
Williston High School
PO Box 1407
Williston, ND 58802

April

OTROS INDIA

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 GOOD FRIDAY NO SCHOOL	3
4	5 G Tennis Practice Begins EASTER MONDAY NO SCHOOL	6 B V Baseball @ Minot-4:30 B JV Baseball @ Minot-4:30 B & G Track @ Bismarck	7	8	9 B V Baseball @ Beulah-4:15 PM B JV Baseball @ Watford City-4 PM	10 B & G V Track @ Bismarck B & G V WDA Speech @ Century B 9 Baseball @ Dickinson-1 PM
11	12 B JV Baseball Home w/Trinity Christian-4 PM MOVED TO 4/26	13	14	15 B & G V Track @ Dickinson MOVED TO 4/16	16 B V Baseball Home w/Century-4 PM B JV Baseball Home w/Century-4 G V Tennis @ Minot Bishop Ryan-4 B & G V Track @ Dickinson	17 B V Baseball @ Mandan-12:30 PM B JV Baseball @ Mandan-12:30 PM G C Tennis @ Wolf Point-12 PM B & G V State Speech @ Jamestown
18	19 B JV Baseball Home w/Minot-4 PM B 9 Baseball Home w/Minot-4 PM	20 G V Tennis @ Glendive-1	21	22 B V Track @ Bismarck	23 B V Baseball Home w/St. Mary's-4 B JV Baseball Home w/St. Mary's-4 B V Golf @ Fargo G V Tennis Home w/Century-2 PM G V Track @ Bismarck	24 B V Baseball Home w/Mandan-12:30 B JV Baseball Home w/Mandan-12:30 B V Golf @ Fargo G V Tennis Minot Round Robin-8 AM WHS PROM
25	26 G C Tennis Home w/Minot-12 PM B JV Baseball Home w/Trinity Christian-4 PM	27 B 9 Baseball Home w/Dickinson-4:30 PM G V Tennis @ Minot-4 PM	28	29 G C Tennis Home w/Wolf Point-4 PM	30 B V Baseball @ Century-4:30 PM B JV Baseball @ Century-4:30 PM B V Golf Minot Invite-11 AM G V Tennis Home w/Jamestown-4	



The Coyote Howl

“Principal’s Page”

Well, I am not sure if we need to turn on the air conditioning or wear a winter coat. One week, we have 50+ degree temperatures, the next week we are at freezing. Hopefully, spring will take over very soon.

I would like to personally congratulate the girls basketball team for their success at WDA with a runner up championship and second seed at the state championships. Coach LaDue worked very hard with his girls and they are to be commended for their efforts.

ND Scholarships

North Dakota is offering a continuing scholarship to all our seniors who will be attending a North Dakota school. This year, we had 52 students qualify for this scholarship. The students will be guaranteed \$6000 over the course of their college careers: \$1500 per year. The senior class has 181 members in it. Therefore, we had 27.6% of our senior class receive this scholarship. Congratulations to the class of 2010. It is no surprise that we made AYP their junior year and we were ranked number one in the state in math and second in reading.

Prom 2010

Prom is scheduled for April 24 this year. Prom is a formal event at WHS for couples who have reached their junior/senior year or have graduated from high school. Students bringing a date from outside WHS must complete a form and have the prom date approved by the principal. (All couples must be at least a junior in his/her high school and under 21 years of age.) All students must wear acceptable clothing to participate in the Grand March and the dance that follows.

General guidelines for ladies:

- Dress slit cannot extend past the mid-thigh
- Dress cannot expose skin below the navel or above the bottom rib.
- Dress must not ride low on the hip.
- Dress must be high enough not to expose cleavage.

Proper attire for men:

- Dress pants required.
- Dress shirt required.
- Suit coat required.
- Tie required.

- No tennis shoes, jeans or sandals

Any questions concerning attendance/attire at the prom are to be directed to the principal.

Graduation

It is that time of year again to talk about that dreaded disease that infects students in the spring of the year. This disease causes fatigue, complacency, forgetfulness and increased level of stress on upper classmen. This disease is called “senioritis.”

To help your son or daughter get through this difficult time in their high school career, here are a couple of suggestions to assist you in helping them. First, be sure to go to Powerschool weekly, that way you are not in the dark when it comes to their progress to “The Stage.” Second, encourage them in their quest to earn their diploma. Sometimes it can be a bit overwhelming knowing that there are some “big” decisions that will need to be made in the not so distant future. Therefore, if you are there for them and support them in this time of their life, the transition from Williston High School to wherever/whatever they are planning on doing will be as seamless as possible.

Until next time.

Chris Kittleson
Principal
Williston High School

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Counseling News

Williston High School Counselors

Miss Koperski, Mrs. Bradford

Mr. Lysne

April 2010

Scholarships

Coyote Foundation Scholarship is an annual scholarship available to any WHS senior. This is a great opportunity to receive one of many scholarships available. Applications **MUST** include a picture of the student and are available in the counselors' office. The deadline is April 7, 2010.

Sam Walton Community Scholarship. Interested graduating high school seniors need to log on to www.walmartfoundation.org for more information. Students will apply for the scholarship online at <http://walmartstores.com/CommunityGiving/8736.aspx?p=236> or 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://www.montana.edu/admissions/scholarships.shtml>

Minnesota State University Moorhead has many scholarship opportunities for the 2010-11 school year. Visit their website at

www.mnstate.edu/finaid/scholarships.cfm

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

<http://go.und.edu/apply-scholarship/index.asp>

Burger King Scholars Program offers scholarships to high school seniors based upon working part-time, participations in community service and demonstrating financial need. Go to www.haveyourwayfoundation.org/burger_king_scholars_program.html

The American Legion has put together a booklet called "Need A Lift", a College Financial Aid Handbook, that provides information about various

scholarships that are offered by this organization. To look through this booklet, please visit in the counseling office.

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

Scholarships.com is a great resource to help find money for college. It is a provider of trusted and reliable scholarship and financial aid information.

NCAA Clearinghouse is for student athletes who plan to attend an NCAA Division I or NCAA Division II college or university and plan to participate in athletics. Go to www.eligibilitycenter.org/ECWR2/NCAA_EMS/NCAA_EMS.html# for information. From the home page, click on "create an account". That page has a link to the guide as well as other helpful information regarding the Division I and Division II eligibility rules.

Frank & Ester Wenstrom Foundation Scholarship is for a high school senior who attended school in Williams County. You must attend either WSC or UND. Deadline is March 31, 2010.

Kingsley T. Davidson Memorial Scholarship is for high school seniors in Williams, Divide and McKenzie Counties. Applications are in the counselors' office. Deadline for the application is April 1, 2010.

Reuben T. Guenther Scholarship is available for those that have taken one or more vocational courses between grades 9-12. Applications are available in the counselors' office or online at www.nd.gov/cte/students/scholarship/html. The deadline is April 1, 2010.

BEST BUY/W.O.L.F. Make Your Mark is awarded to two high school seniors working in retail or in a sales environment. Applications are available in the counselors' office.

Horizon Resources Scholarship is available to current customers and dependents of Horizon Resources. Applications are available in the counselors' office. The deadline is March 31, 2010.

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 2011, attend a ND college or university and take the ACT on one of the following test dates:

April 10 & 28

June 12

Information is in the counselors' office.

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. To register online, go to

www.actstudent.org

ND/MN Reciprocity

The North Dakota/Minnesota reciprocity program is a program of student exchange that has existed since 1975. The purposes of the program are to continue to improve post secondary education opportunities of North Dakota and Minnesota residents and to achieve improved effectiveness and economy in meeting the post secondary education needs of those residents through cooperative efforts by the two neighboring states. Online applications are available at

www.nd.gov/cte/forms/reciprocity.html or in the counselors' office.

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 students 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.

Dates to Remember

April 7 – Senior meeting at 9 AM

April 10 – ACT @ WSC from 8 AM to 12 PM

April 16 – Independent Studies Due
(Correspondence)

April 24 – WHS Prom

April 28 – Juniors take ACT/WORKKEYS
@ WHS

May 1 – SAT in Minot from 8 AM to 12 PM

May 2 – Mother/Daughter Tea (tentative date)

May 3 – Father/Son Breakfast (tentative date)

May 7 – Registration for June ACT

May 8 – Band Day

May 11 – Elk's Youth Day

May 12 – Awards Night at 7 PM

May 14 – Senior cut-off date

May 17 – Honor Group Rotary Luncheon

May 19 – Honor Group Dinner at 6 PM
Elk's Lodge

May 23 – Baccalaureate at 7 PM
First Lutheran Church

May 27 – Graduation Practice at 9:30 AM
Fieldhouse

May 30 – Graduation at 2 PM (Fieldhouse)

June 5 – SAT in Minot from 8 AM to 12 PM

June 12 – ACT @ WSC from 8 AM to 12 PM

Individual Development Accounts

Parents of Juniors and Seniors...are you looking for cash for college? "Triple your money"

Individual Development Accounts, or IDA's, are special matched savings accounts designed to help families and individuals of modest means establish a pattern of regular savings and ultimately purchase a productive asset. For every dollar saved, qualified individuals will receive two additional. Individual maximum savings is \$2000. Maximizing the matching funds would allow \$6000 to be used for college tuition. Income saved must be earned income. Contact Community Action Partnership for eligibility and other requirements at 701-572-8191 or visit www.willistoncap.org

Check It Out at the Library!

Miss Snyder, LMS

Wowza-wowza-wowza!! Third quarter top Accelerated Readers were Ty B., Alexius E., Moriah J., and Kaitlin B. Their points ranged from 90 to 261.5. Lots of books or books worth lots of points, either way, these folks are amazing!

Look, look, and look again: As the new AR system continues to add tests, remember that students and parents can check if a book has an AR test by searching www.arbookfind.com anywhere there is internet access. Because 62,000 tests are available, many, many books are AR, including many books that are not in the WHS Library—we wouldn't have room for students if we had 62,000 books! Also, just because a book doesn't have a test today doesn't mean there won't be a test later. Keep checking!

Did you know that nutria have high-protein/ low-fat meat?

The district generously gave the libraries stimulus money to update our nonfiction sections. New books about forensics, the solar system, the Earth, diseases, and drugs are flooding the processing shelves. It's wonderful to be able to buy complete sets of the most up-to-date information rather than having students access books published 10-15 years ago. By the way, nutria are rodents that have become an invasive species in the South, but chefs are impressed by the dark, easily seasoned meat. Louisiana held a cooking contest to promote eating nutria. Think we could do the same with gophers?

The end is near: Final AR testing date is May 12, and that is the final book due date, too. Please remind your readers!

PROM 2010!

Traditions are important, especially memorable events like Prom! As Prom advisors, we were very impressed with the dedication of the junior class last year in preparing a truly exquisite Prom for their classmates! This class is now in their senior year at Williston High School and these students deserve a Prom at least as impressive as the one they prepared last year. So, we are looking forward to this year's juniors stepping up to the plate and preparing a spectacular Prom for 2010!! All juniors are welcome and encouraged to attend planning meetings and work sessions. We need their talent for a wide array of jobs, from designing invitations, to planning snacks, to decorating, to asking for donations. Watch for signs and listen to announcements as we move closer to the date. This is a great time to build fun memories, get involved!!

Prom is April 24 at the New Armory. Grand March begins at 8 PM!!

Mr. Duttonhefner

Mrs. Hoffman

Attention all Parents: Classroom fees were mailed out in March and can be paid at your convenience. Activity fees can be paid at the start of the season for each activity. This will need to be done in order for your son/daughter to participate in the 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.

For Title VII-JOM Native American Program Information:

Contact Lora Riveland at

572-5618, Extension 131

or stop by her office

at Williston Middle School, Room 212



CELL PHONES

Cell Phone Violations:

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

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

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

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

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

Microsoft Student Select:

Get Microsoft Software For Less

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

For pricing, go here and click on Student Select:

http://www.edutech.nodak.edu/services/technical_services/purchase_agreements/

For parents/students to purchase software, they need to use their student's @sendit.nodak.edu email address. They can access Student Select through this website:

<http://edutech.nodak.e-academy.com>

Williston FFA Awards Banquet

2009-10 Officer Plaques

President – Nathan P.

Vice President – Sam J.

Secretary – Olivia O.

Treasurer – Derek O.

Reporter – Brittany S.

Sentinel – Kaleb A.

Honorary Degree

(Individuals who have helped the FFA throughout the year)

Rod and Sandy Opperud

Farm Credit Services

Tractor Supply Company

Top Crop Exhibitor - Marcus A.

Top Ag. Mechanics Exhibitor - Joe R.

Top Salesperson - Nathan P.

Star Greenhand - Ben B.

Star FFA Degree - Olivia O.

Star Agribusiness Degree - Kaleb A.

Star FFA Placement Degree - Sam J.

Dekalb Award - Nathan P.

Proficiency Award Winner

Nathan Pepple - Home and Community Development

State Degree Candidates

Nathan P.

Derek O.

Marcus A.

Aaron N.

First and second year FFA members received their degree pins.

Many members also received plaques for the activities they participated in this past year.

Marketplace for Kids

FFA members will help with Marketplace for Kids on Tuesday, April 20.

Food for America

Our annual Food for America program will be on Wednesday, May 5. Area second graders will be shown how agriculture affects them every day and the importance of agriculture in their daily lives. They will attend presentations by FFA members on such topics as machinery safety, animal safety, food science, crop production, wildlife, horticulture, dairy, beef, first aid and others.

State FFA Convention

The State FFA convention will be held in Fargo, June 7-11. Members will be conducting the annual business and will elect next year's officers. They will have the opportunity to participate in things such as Ag. Mechanic Contest, Horse Judging, Floral and Nursery Judging, Band, Chorus, Small Animal Care, Food Science and others.

Mid-Term & Nine Week Grading Schedule for WHS

Mid-Term – April 23

Mailed

Fourth Nine Weeks – May 28

Mailed

FOREIGN LANGUAGE WEBSITE...

The Foreign Languages website
has changed!!

Please see <http://coyotespanish.pbworks.com>
to stay updated on what is happening
in foreign languages classes!
You may also access this site
through the high school's website
by clicking on the Foreign Languages link.

Atomic Learning

Atomic Learning has great resources for learning how to use
software programs for both PC and Macintosh computers.

Teachers, students, parents,
and community members can use it.

To use it at home, go to www.atomiclearning.com
In the login box in the upper right hand corner,
enter the following:

login: willistonps

Password: (Please get this from your school's office)

After you have logged in, click on either the "Windows
Tutorials" or "Macintosh Tutorials". Then select the program
and the section(s) you want to view.

Senior Pictures

All colored senior pictures that are
going in the annual need to be turned
in to Mrs. Schultz by the end of April.
Be sure to let her know you have one
coming so she can save room!

NOTICE:

WHS will no longer be mailing out
the "Coyote Howl" Newsletter every
month to the families of the student body.

It will, however, be available online at

<http://www.williston.k12.nd.us/>

If you do not have access to the internet,
you can request a mailing by calling

Tara in the office at 572-0967,
extension 8201.

**Please remember...when
placing a call into WHS,
please be sure to dial the
number 8 first, then the
extension number.**

**ANNUAL ORDER FORMS
FOR 2009-10
ARE IN THE OFFICE.
COST IS \$45.**

ANNOUNCEMENTS & NEWSLETTERS

**THE WHS DAILY ANNOUNCEMENTS
AND MONTHLY NEWSLETTERS**

CAN BE VIEWED ONLINE AT:

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

Greetings from the WHS Music Department!

We would like to meet with all our students and their parents on Thursday, April 8 at 6:00 PM in the WHS Commons Area. We will have some important information for you, some forms for you to fill out, and we will hopefully answer any questions you have at that time. Please plan to attend.

Tour Choir & Tour Band Rehearsals are going to start in April. Please mark your calendars for the following Thursdays: April 8, 15, 22, 29, & May 6. The choir will meet from 6:30-7:30 PM in the choir room. The band will meet from 7:30-8:30 PM in the auditorium.

BHSU Jazz Festival

Jazz Band I & Mixed Vocal Jazz
April 11-12 in Spearfish, SD

Spring Band Concert

Monday, May 3
7:00 PM
WHS Auditorium

Spring Choir Concert

Tuesday, May 18
7:00 PM
WHS Auditorium

Eric Rooke
Band Director

Katie Rooke
Choir Director

HOME COMING 2010

will be the week of
September 27 – October 1

(Football game will be at 7 PM October 1 against Dickinson)

EJ Hagan Aquatics Center Hours

701-577-8401

Monday

7:00am – 1:00pm Lap Swim
6:30pm – 8:30 pm Open Swim
6:30pm – 7:30pm Water Aerobics

Tuesday

7:00am – 1:00pm Lap Swim
6:30pm – 7:30pm Water Aerobics
6:30pm – 8:30pm Swim Lessons

Wednesday

7:00am – 1:00pm Lap Swim
6:30pm – 8:30pm Open Swim

Thursday

7:00am – 1:00pm Lap Swim
6:30pm – 7:30pm Water Aerobics
6:30pm – 8:30pm Swim Lessons

Friday

7:00am – 1:00pm Lap Swim
6:30pm – 8:30pm Open Swim

Saturday

1:00-4:00pm Open Swim

Sunday

Closed

Looking into the Future...

Parent/Teacher Conference

March 29 (4:30-7:30)

March 30 (5:30-8:30)

Good Friday/Easter Monday:

April 2 & 5 (No School)

Graduation:

May 30

WHS AFTER PROM ACTIVITIES

Parents of Juniors who are interested in serving on the committee or helping with the After Prom Activities, please contact Kathy Seeley at 774-0525.

Dates To Remember

- April 2 – Good Friday (No School)
April 2 – Coyote Foundation
Scholarship Due
April 5 – Easter Monday (No School)
April 10 – ACT @ WSC 8 AM to 12 PM
April 14 – Senior Meeting 9 AM (Auditorium)
April 17 – Community Sale
April 24 – Prom
May 1 – SAT in Minot 8 AM to 12 PM
May 2 – Mother/Daughter Tea (tentative)
Invites will be mailed
May 3 – Father/Son Breakfast (tentative)
Invites will be mailed
May 7 – Registration for June ACT
May 8 – Band Day (10 AM)
May 11 – Elk's Youth Day
May 12 – Senior Awards Night (7 PM)
May 14 – Senior Cut Off Day
Honor Group Announced
May 19 – Honor Banquet
Elk's
Social @ 6 PM
Supper @ 6:30 PM
May 23 – Baccalaureate (7 PM)
First Lutheran Church
May 27 – Graduation Practice
All seniors must attend
Phil Jackson Field House
9:30 AM - 11:30 AM
May 28 – Last Day of School
May 30 – Graduation
All seniors must attend
Phil Jackson Field House @ 2 PM
(All seniors must be at WHS @
1 PM to line up)
May 30 – Operation Graduation
Attendance is optional
10 PM – 4 AM
Undisclosed Location

Class of 2010

Motto:

Do not go where the path may lead
you; go instead where there is no path
and leave a trail.

-Ralph Waldo Emerson

Flower:

Tiger Lilly

Colors:

Orange/Black/Silver

WHS PROM

will be on

April 24, 2010

Tickets will go on sale
the week of April 5, 2010.

You must purchase a couples ticket before
you can buy spectator tickets.

After Prom Plans...

The 16th annual Williston After Prom Party plans have been made for an evening of fun activities for prom participants that are drug, alcohol, and tobacco free. Prom is Saturday, April 24, with after prom activities being held from 12:00 AM - 3:30 AM. Students are automatically registered for the After Prom Party with the purchase of their prom tickets at the high school office.

If you would like to support this fun event with a monetary donation, helping as a chaperone, or in any other capacity, please contact one of the following committee members:

Wendy Paryzek, Chairman.....774-3744
Lisa Stewart, Treasurer.....572-5093
Patti Ogurchak, Chaperones.....572-5045
Kim Wenstad, Finance.....572-2234
Sue Johnson, Publicity.....572-8989

Pre-Participation and Physical Exam Requirements Updated by NDHSAA Member Schools

At the North Dakota High School Activities General Membership meeting January 28, 2010 in Bismarck, representative school administrators passed an amendment to the NDHSAA Constitution and By-Laws concerning student physical examinations.

Starting with the 2010-11 school year, student athletes participating in NDHSAA sanctioned sports programs will be required to file a pre-participation health history screening and physical examination with their school office prior to their participation on a yearly basis.

Previously, student athletes participating in NDHSAA sanctioned sports were required to have a physical examination every 2 years. The purpose of changing from every 2 years to every year is to protect athletes from any undiscovered health concerns. School administrators passed the amendment 68/7.

For more information, please visit www.ndhsaa.com.

Brian Bubach
NDHSAA

OPERATION GRADUATION

Attention parents of Seniors!

Operation Graduation "Let the Games Begin in 2010" is drawing near and we are in need of chaperones for the evening of May 30, 2010. The first shift will run from 7:30 PM - 12:30 AM, while the second shift will start at 12:00 AM. If interested, please contact Suzanne Eiken at 577-7912 or Judy Vinger at 572-8083. We are also still in need of cash donations. Please call Deb Kemp at 570-3314. Thanks!

WHS Student Council Spring News

WHS Student Council would like to give a HUGE thank you to American State Bank, WHS Staff, WHS Student Body and the Community for their donations towards our Haiti fundraiser: selling Valentine's Day Roses. All the North Dakota Student Council Chapters had a fundraiser for Haiti during the month of February. The Fundraiser was an outstanding success. Some of the proceeds also went to a WHS family in need of some medical help.

In April, we will be putting on a Dodgeball Tournament. The last day for team sign up is April 7, and the tournament is on April 13. Any spectators that would like to come cheer on the teams are welcome. Entrance fee to watch is \$1.00. Hope to see you there!

Our next very important project is Teacher Appreciation Week. In May, we will be thanking the staff for all they do for Student Council during the year. There will be activities for the staff everyday of the week of May 3 to May 7.

This year, WHS Student Council will have an open membership policy. Anyone who is interested in wanting to be a LEADER should sign up in the WHS/WMS offices during the day of the week of May 10 to May 14 or talk to Miss Olson in room 105 at WHS. Some of the activities the WHS Student Council does during the year include: Homecoming, Fundraising, Christmas Assembly, Valentine's Flower Sales, Spring Fling, Motivational Speakers, and Teacher Appreciation Week as well as volunteer projects.

As another school year winds down, we would like to again sincerely THANK everyone who helps make WHS Student Council activities possible. We would sincerely like to thank parents, peers and community, as well as the teaching staff.

Thanks!

Karissa K.
President

Abbie K.
Vice President

RULES FOR PROM!!

NOTICE TO ALL PARENTS, GUARDIANS AND STUDENTS!!!

These are the rules for PROM:

1. All attendees must be a junior or senior enrolled at WHS.
2. Exceptions include:
 - a. For a date who is not from WHS, you **MUST** obtain a permission form from the high school secretaries. The principal will determine whether a student from another school may attend WHS Prom.
 - b. A date who is not in high school must be **UNDER** 21 years of age and have a valid high school diploma or GED.
 - c. A date must have **NO** tobacco, drug or alcohol violations in the past 6 weeks from the date of Prom.
 - d. All permission forms must be submitted to the office no later than 8 AM on Monday, April 19, 2010.
3. If a WHS student is currently suspended for a code of conduct violation (i.e., tobacco violation, underage drinking, etc) in the past 6 weeks from the date of Prom, they may NOT attend Prom.
4. Tickets:
 - a. Cost is \$30 per couple.
 - b. Must be purchased by 4 PM, Friday, April 23, 2010. Tickets will be available at the ticket booth at WHS **after school only, beginning April 5, 2010.** Do not ask the secretaries for tickets. Students will not be

- allowed to leave class during the day to purchase tickets.
- c. Four (4) spectator tickets per couple will be available at a cost of \$4 each. These are available when purchasing prom tickets. Additional tickets will be available at the door the night of Prom. (Same price)
 5. **ALL** students must present a valid picture ID to WHS chaperones before Grand March.
 6. **ALL** students must submit to a breathalyzer, administered by WHS chaperones. (See Student Handbook) Refusal will result in immediate dismissal from the event. Failing a breathalyzer will result in a phone call to the authorities for underage drinking. No refunds for cost of Prom tickets will be given in these cases.
 7. Once the students enter the building, they are not permitted to leave. If they do so, they will not be allowed to re-enter the building.
 8. Parents and spectators are welcome at Grand March. When Grand March is completed, all guests are asked to leave the building.
 9. Professional pictures are will be taken at Terri Rider Studios before Prom. Students must make appointments themselves. Call TRP at 572-2412.
 10. Dress code is as follows:
 - a. Ladies:
 - i. No backless gowns
 - ii. No midriff showing
 - iii. Strapless gowns must be in good taste
 - iv. No décolletage (cleavage)
 - b. Gentlemen:
 - i. Suit coat and tie, dress slacks
 - ii. No tennis shoes
 - iii. No jeans

Most of all, we as administrators, teachers and advisors want our students to be safe and have fun at Prom!

ideas for parents

Easy Ways to Build Assets for and with Your Child

FAST FACTS

**ASSET
CATEGORY**

**Social
Competencies**

The more personal skills your child has to interact with others and make decisions, the more likely he or she is to grow up healthy.

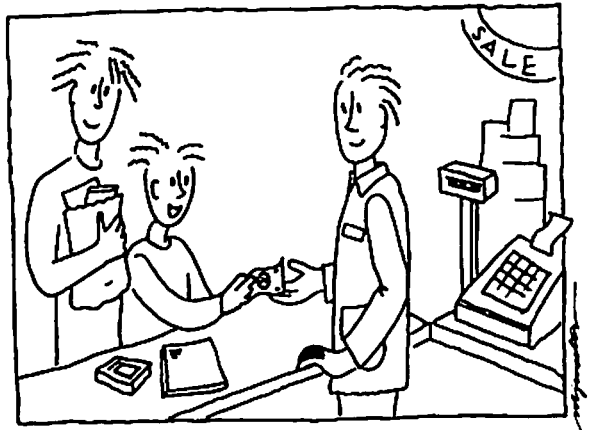
**Youth
Speak**

- "Just consider me a human being, not something that needs to be labeled."
- "Be a good role model."
- "Be the first one to smile or say hello."

The Importance of Social Competencies

Growing up is a lot like learning to play the piano. You need to learn some basic social competencies, and you need someone to teach you those skills. You need time to practice, guidance as you gain experience, and feedback along the way.

Social competencies are the skills and life perspectives children need to develop into healthy, competent adults. These skills come in handy on a daily basis, but they're even more crucial when your child hits the hang-ups and hang-ups of life. The more skills your child has, the more likely he or she will navigate through the maze of life.



The best way for parents to teach their children basic skills is by following these four steps:

1. Demonstrate the skill and let your child watch.
2. Do the skill together with your child.
3. Let your child do the skill alone while you watch.
4. Give feedback along the way.

These four steps may happen more quickly for skills that your child learns easily, but they may take years if you're trying to help your child develop assertiveness, planning, and decision-making skills. The important key is that you stick with your child along the way.

2 Keys to Teaching

1. Let your child do things by herself or himself, even if it's not the way you'd do it.
2. Allow your child to make mistakes and learn from those mistakes.

5 Key Social Competencies

Search Institute researchers have identified five assets in the area of social competence that are crucial for helping young people grow up healthy. Check the areas of strength in your child's life:

- Planning and decision making**—Your child knows how to plan ahead and make choices.
- Interpersonal competence**—Your child has empathy, sensitivity, and friendship skills.
- Cultural competence**—Your child has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.
- Resistance skills**—Your child can resist negative peer pressure and dangerous situations.
- Peaceful conflict resolution**—Your child seeks to resolve conflict nonviolently.

Read the next five *Ideas for Parents* newsletters for strategies for building specific social competencies in your child.

Social Competencies through the Years

Age Ways to Teach Social Competencies

- 0-1
 - Pay attention to how your baby communicates her or his likes and dislikes.
 - Affirm your baby as he or she learns new skills.
 - Don't rush your baby when he or she meets new people. Hold her or him and let your baby set the pace.
- 2-3
 - Allow your child to express all feelings, but give guidance on appropriate and inappropriate ways to act on feelings.
 - Give your child at least two equally appealing choices whenever you can.
 - When you play together, practice taking turns being first.
- 4-5
 - Teach your child the names for emotions.
 - Continue to cheer on your child's new skills, such as cutting, drawing, walking backward, and so on.
 - Start having family meetings where your child has a voice in decisions.
- 6-10
 - Encourage your child to develop more skills in an area he or she is interested in.
 - Help your child learn how much fun it can be to be part of a team.
 - Continue to emphasize using words—rather than actions—to articulate needs.
- 11-15
 - Encourage your child to see the connection between her or his actions today and what he or she will be able to do in the future.
 - Role model caring for yourself as an important step in caring for others.
 - Practice things to say in new social situations.
- 16-18
 - Be willing to 'let go' a bit more, so your child can begin to make more decisions on her or his own.
 - Encourage your teenager to have conversations with peers who come from different ethnic backgrounds, and try to find at least one thing in common.
 - Help your child write a résumé.

Attitude Check

Learning new skills can often be frustrating and scary for your child. But by creating an open atmosphere about learning, you can encourage your child to develop those crucial skills for success. Instill these attitudes in yourself—and in your child.

- ✓ *Learning isn't always easy or simple.*
- ✓ *Embrace mistakes. They teach important lessons.*
- ✓ *Once you take the first step, the second step will be easier.*
- ✓ *Be gentle with yourself as you learn something new.*
- ✓ *Celebrate progress.*

More Help for Parents

Common Sense Parenting: A Proven Step-by-Step Guide for Raising Responsible Kids and Creating Happy Families by Raymond V. Burke et al. gives lots of practical advice on how to build a variety of social competencies. (Published by Boys Town Press.)

Final Word

“Encouragement is teaching children the life skills they need to be successful in life and relationships.”

—Jane Nelsen, Ed.D.

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Questions? Comments? Ideas? PLEASE CONTACT SOMEONE BELOW!

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High School 1 YEARS

Working together for lifelong success

Short Clips



Social scheduling

With end-of-year demands, now is a good time for your high schooler to take control of outside distractions. Encourage her to let friends know when she's available to talk or instant-message (example: 9 p.m. after homework is done). It can help your teen keep her mind on her work—and finish earlier.

On the ball

Teach your child good sportsmanship by being a good sport yourself. For instance, cheer for your team when you attend games or watch them on TV, but don't criticize the other side. If you disagree with an official's call at your teen's game, avoid commenting. Tell your child that showing respect for the game means showing respect for everyone.

Think and decide

Evaluating products can help your teen think critically. Ask her to research a household purchase, such as mulch for your trees and flower beds. She can call nurseries to find out how long different varieties last and what they cost. Then, have her recommend what to buy based on her findings.

Worth quoting

"Small acts, when multiplied by millions of people, can transform the world." *Howard Zinn*

Just for fun

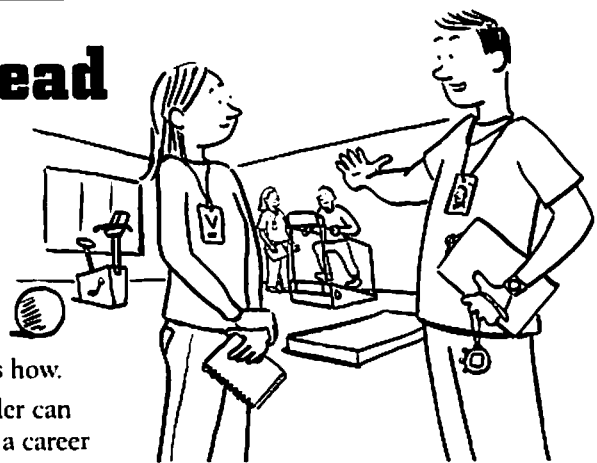
Q: The more you have, the less you see. What is it?

A: Fog.



Careers ahead

When your teen looks into her future, she might see herself as a teacher, an engineer, or a news reporter. Or she may have no idea what she'd like to be. Regardless, she can sort through possible careers by checking into them now. Here's how.



Take a quiz. Your high schooler can ask her guidance counselor for a career aptitude test, or she can take one in a book like *Career Match* by Shoya Zichy. These quizzes suggest careers that match her skills and interests (example: a sports fan might go into sports management or become a coach).

Research "hot" fields. To find out where the job opportunities are, suggest that your teen look into the fastest-growing fields. She can find lists in books like *100 Fastest-Growing Careers* (Michael Farr) or online at www.bls.gov/emp/ep_table_103.htm. Then, she might investigate possibilities that interest her, such as information technology, physical therapy, or social work.

Try out a job. Internships can help your child decide whether a particular career might suit her. These are unpaid or paid positions that provide on-the-job experience and perhaps high school credit as well. Suggest that she learn about openings by checking in the school guidance office or career center or asking teachers and neighbors. *Note:* Internships can be for the summer or the school year.

Tip: Point out to your teen that her first career may be just a starting point—many people begin in one type of job and end up in a completely different field! 👍

Stand-out applications

Filling out a job application is often the first step to a summer job or a full-time position after graduation. Share these steps to help your teen complete an application that will get an employer's attention:

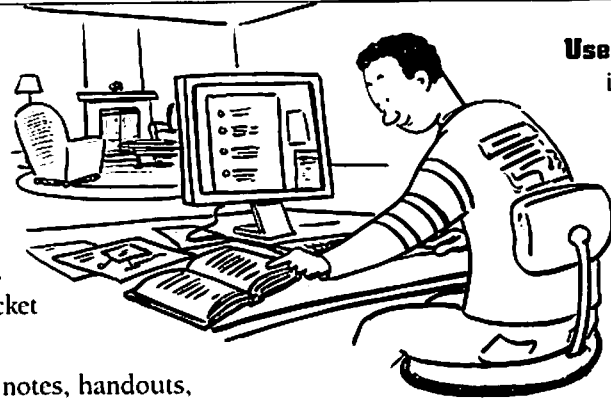


1. Make a list of any previous jobs, volunteer positions, and extracurricular activities. Include dates and names of supervisors or advisors, as well as specific responsibilities and achievements ("created spreadsheets of customer information" or "doubled the size of the club").
2. Choose references who know you in different ways, such as a boss and a teacher. This will give an employer a well-rounded picture of you. *Note:* Be sure to ask people in advance if they'll provide references.
3. Fill in all sections in neat handwriting or by computer. Proofread carefully, since misspelled words or grammatical errors may cause an employer to throw out your application. 👍

Super study guides

Making study guides will help your child in two important ways: he'll review the information as he puts together a guide—and he'll have a packet to study from. Suggest these ideas.

Stick to what's important. Go over notes, handouts, and the textbook for key information. Pull out facts that may appear on the test, such as vocabulary definitions, dates, timelines, and review questions.



Use variety. Write or type information in ways that make it easy to study. For example, you might use a question-and-answer format or a bulleted list. Put a box around especially important parts, or highlight sections in different colors.

Include sources. When you write facts in your guide, note where you found them ("chapter 3 notes, page 2"). That way, you can refer back to the source for more information.

Note: Remind your child that although making a study guide takes time, it saves time in the end. Having everything in one place means he won't waste time searching for a hand-out or flipping through a chapter. 👍

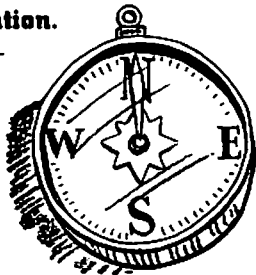
Directions, please!

Whether your teen walks, drives, or rides the bus, she needs to know where she's going. Try these tips for helping her develop a good sense of direction.

Understand directions. Since directions will often say "go west" or "travel south," your child needs to know how to find north, south, east, and west. Remind her that the sun rises in the east and sets in the west. Also, you might get a small compass at a dollar store to put in her purse. As she uses it, she will get used to which way is which.

Know your location.

When you're driving, help her pay attention to the turns you make going someplace and then coming home. ("From Poplar, we turned right on Elm and right on Pine. So, to go home, we'll turn left on Elm and left on Poplar.")



Read maps. Give your teen practice using road maps by asking her to plot a route for a family outing or a longer trip. If she uses a Web site like MapQuest or Google Maps, have her print out the map and follow it while you drive. 👍



Parent to Parent

Healthy relationships

My daughter Rachel was seeing a boy she really liked. Then, he started texting her constantly. He always wanted to know where she was and who she was with. He got angry if he didn't like her answers.

As Rachel grew more frustrated, I stepped in. I asked how Brian's texts made her feel and whether she was happy. She just shrugged, but I kept talking. I mentioned that strong relationships are based on trust and respect, and it's not healthy when one person tries to control the other.

Staying with Brian or breaking up was Rachel's decision, but I encouraged her to follow her instincts. Two weeks later, she broke up with him. She said she'd been thinking about our conversation, and she realized that she didn't want to be with someone who didn't trust her. She was sad about losing him, but she also seemed relieved. 👍



Q & A Language boost

Q We speak mostly Spanish at home, but we want our son to feel comfortable using English at school and with his friends. How can we help?

A The best way for your son to feel more confident speaking English is to use it frequently. You might have English-only dinners every now and then so your family practices speaking English together. Another idea is to encourage your son to invite English-speaking friends over so he'll use the language with them.

Also, watching movies and reading books in English can expand your son's vocabulary and introduce him to common figures of speech. Let him rent videos or ask a librarian to recommend popular fiction for teens.

Finally, suggest that your teen listen to English-language music. Play the radio when you're in the car together—you can make it more fun to practice if you both sing along! 👍



OUR PURPOSE

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

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Williston High School Lunch Menu Apr-10

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BREAKFAST Ham, Egg & Cheese On An English Muffin LUNCH ENTREE'S Chicken Pot Pie On A Biscuit Corn Dog Stuffed Crust Pizza SIDES Applesauce	2 GOOD FRIDAY NO SCHOOL
5	6 BREAKFAST Cinnamon Biscuit Hashbrown Patty LUNCH ENTREE'S Chicken Patty On A Bun Fiestada Pizza Stuffed Crust Pizza SIDES Green Bean Casserole Pears Pudding	7 BREAKFAST Pancakes Sausage LUNCH ENTREE'S Chili Chicken Hotdish Stuffed Crust Pizza SIDES Cinnamon Roll Spiced Apples	8 BREAKFAST Banana Bread String Cheese LUNCH ENTREE'S Chicken Fajita Pork Chop Stuffed Crust Pizza SIDES Spanish Rice Fresh Fruit Jell-O	9 BREAKFAST Scrambled Eggs Toast LUNCH ENTREE'S Pizza Italian Chicken Sandwich SIDES Corn Mandarin Oranges
EASTER MONDAY NO SCHOOL				
12 BREAKFAST Scrambled Eggs Toast LUNCH ENTREE'S Hamburger On A Bun Hot Ham/Cheese Sandwich Stuffed Crust Pizza SIDES Potato Wedges Pears	13 BREAKFAST Biscuits Gravy LUNCH ENTREE'S Chicken Nuggets Meatballs Stuffed Crust Pizza SIDES Mashed Potatoes/Gravy Corn Fresh Fruit	14 BREAKFAST Blueberry Coffee Cake LUNCH ENTREE'S Spaghetti Chef Salad Stuffed Crust Pizza SIDES Breadstick Fresh Veggies Peaches	15 BREAKFAST Breakfast Burrito LUNCH ENTREE'S Sloppy Joe Tuna Casserole Stuffed Crust Pizza SIDES Baked Beans Blueberries	16 BREAKFAST French Toast Stix Sausage LUNCH ENTREE'S Sub Sandwich Pizza SIDES Chips/Salsa Applesauce Smore Pocket
19 BREAKFAST Breakfast Pizza LUNCH ENTREE'S Hot Dog On A Bun Chicken Alfredo Stuffed Crust Pizza SIDES French Fries Tropical Fruit	20 BREAKFAST Breakfast Wrap LUNCH ENTREE'S Super Nachos Fish Fillet On A Bun Stuffed Crust Pizza SIDES Fresh Fruit Jell-O	21 BREAKFAST Breakfast Corn Dog LUNCH ENTREE'S Popcorn Chicken Biscuit & Gravy Stuffed Crust Pizza SIDES Cheesy Broccoli Rice Green Beans Fruit Salad	22 BREAKFAST Fruit Strudel Yogurt LUNCH ENTREE'S Macaroni Hotdish Chicken Nuggets Stuffed Crust Pizza SIDES Dinner Roll Corn Applesauce	23 BREAKFAST Cinnamon Roll LUNCH ENTREE'S Baked Ham Turkey/Bacon/Cheese Sandwich Stuffed Crust Pizza SIDES Scalloped Potatoes Peas Peaches
26 BREAKFAST Ham, Egg & Cheese On An English Muffin LUNCH ENTREE'S Pizza Rib Patty On A Bun SIDES Creamed Corn Pineapple	27 BREAKFAST Rancher's Hashbrowns LUNCH ENTREE'S Mini Corn Dogs Bagel & Yogurt Stuffed Crust Pizza SIDES Baked Beans Fresh Fruit Cookie	28 BREAKFAST Cheese Omelet Toast LUNCH ENTREE'S Hamburger Stroganoff Chicken Tortilla Soup Stuffed Crust Pizza SIDES Corn Dinner Roll	29 BREAKFAST Bagel Cream Cheese LUNCH ENTREE'S Chicken O's Hamburger On A Bun Stuffed Crust Pizza SIDES Seasoned Pasta Fresh Veggies Mandarin Oranges	30 BREAKFAST Breakfast Pizza LUNCH ENTREE'S Taco In A Bag Cook's Choice Stuffed Crust Pizza SIDES Peaches