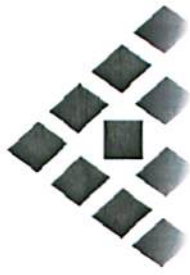


Williston High School  
PO Box 1407  
Williston, ND 58802

December

# December 2009

Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sun
	1	2	3	4 B V WR Sidney Tourney B JV HKY @ Bottineau-5 PM G V HKY Home w/Fargo South-7 B V HKY @ Bottineau-7:30 PM	5 B V WR Sidney Tourney G V HKY Home w/West Fargo-2 PM	6
7	8 G JV BB Home w/Sidney-4:15 B 9 BB Home w/Sidney-4:15 B JV HKY Home w/Minot-5:15 B JV BB Home w/Sidney-5:45 G V BB Home w/Sidney-6 PM B V HKY Home w/Minot-7:30 G 9 BB Home w/Sidney-7:30 B V BB Home w/Sidney-7:45	9	10 B V WR Velva/Beulah Triangular @ Velva	11 B 9 BB Home w/Glendive-4:15 B JV HKY @ Bismarck-5 PM G 9 BB @ Glendive-5:15 PM B JV BB Home w/Glendive-5:45 G JV BB @ Glendive-6:45 PM G V HKY @ Bismarck-7 PM B V HKY @ Bismarck-7:15 PM B V BB Home w/Glendive-7:30 G V BB @ Glendive-8:30 PM	12 G 9 BB @ Culbertson-1 PM B V Swim @ Minot-1 PM B JV HKY @ Century-2 PM B 9 BB @ Culbertson-2:30 PM B V HKY @ Century-4:15 PM	13
14 B JV HKY Home w/Crosby- 5:15 PM  B V HKY Home w/Dickinson -7:30 PM	15 G 9 BB @ Watford City-6 PM G V HKY Home w/Sidney-7:30	16	17 B JV WR @ Dickinson-6  B V WR @ Dickinson-7:30	18 B V WR Dickinson Tourney B V Swim @ Bismarck G V HKY Home w/GFRR-7 PM	19 B V WR Dickinson Tourney B 9 BB Jamboree @ Century B V Swim Bismarck Invite G 10 BB Home w/Century-12:30/2:15 G JV BB Home w/Century-2:15 PM B JV BB Home w/Century-3:45 PM G V BB Home w/Century-4 PM G V HKY Home w/Devils Lake-4:30 B JV HKY @ Minot-5:15 PM B V BB Home w/Century-5:45 PM B V HKY @ Minot-7:30 PM	20
21	22 B 10 BB Home w/Bismarck-4:15 PM G JV BB Home w/Bismarck-4:15 PM B JV WR @ Belcourt-5 PM B JV BB Home w/Bismarck-5:45 PM G V BB Home w/Bismarck-6 PM B V WR @ Belcourt-6:30 PM G V HKY Home w/Bismarck-7 PM G 10 BB Home w/Bismarck-7:30 PM B V BB Home w/Bismarck-7:45 PM	23  <b>CHRISTMAS BREAK</b>  <b>NO SCHOOL</b>	24  <b>CHRISTMAS BREAK</b>  <b>NO SCHOOL</b>	25  <b>CHRISTMAS BREAK</b>  <b>NO SCHOOL</b>	26  <b>CHRISTMAS BREAK</b>  <b>NO SCHOOL</b>	27
28 B V HKY Williston Holiday Tourney	29 B V HKY Williston Holiday Tourney  <b>CHRISTMAS BREAK-NO SCHOOL</b>	30 B V Swim @ Bismarck B V HKY Williston Holiday Tourney	31 <b>CHRISTMAS BREAK</b>  <b>NO SCHOOL</b>			



# The Coyote Howl

## “Principal’s Page”

Well I have just come back from Dickinson after watching the Lady Coyotes take third in the West Region Volleyball Tournament, then on to Minot to attend the state tournament. This is the fourteenth consecutive year the Lady Coyotes have gone to the state championships!!

The swim team took second at state and Kaitlin B. and Sadie M. had a tremendous showing at the tournament. Great job Coyotes!!

## Attendance Policy

Because of the potential for an epidemic caused by the H1N1 flu, we have decided to suspend the 8/16 policy for attendance. This has been brought about by a recommendation from the state. We are still asking that parents call to verify their students’ excused absences. If there is no parent phone call, then the absence is considered unexcused and there is no possibility of making up the work. In addition to this, we no longer require that a doctor’s note accompany a student who has been absent for an extended period of time.

The good reward testing policy has also been suspended. Because of this, every student will be taking their required final. Also, students will be required to take finals in their other classes if they have a grade that is less than a C average. Parents are strongly encouraged to make sure their son/daughters complete all missing work.

## State Testing

We at WHS wish to thank the parents, students and teachers for making this year’s state testing a positive, though challenging, experience. The

instructors who were proctoring the exams stated that our students were focused and giving it their all. We appreciate the hard work that was expelled and want to thank you parents for assisting us in this project. We are looking forward to the results as we are confident that our hard work prior to the testing has paid off.

Two years ago, WHS was thirteenth out of sixteen class A schools. Last year, WHS was first in the area of math and second in reading in the state. This is something we are extremely proud of and are hopeful that we can maintain this list level of excellence.

## Important Dates

- Dec. 23: Christmas Break Begins (No School)
- Jan. 4: School Resumes
- Jan. 18 & 19: Teacher In-Service (No School)

Professionally,

Chris Kittleson  
Principal  
Williston High School

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## Counseling News

Williston High School Counselors

Miss Koperski, Ms. Forthun

Mr. Lysne

December 2009

### Scholarships

**AXA Achievement Scholarship** is for seniors who demonstrate ambition and drive, determination to set and reach goals, have 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. Wal-Mart stores are announcing the availability of the **2009 Sam Walton Community Scholarship**. Interested graduating high school seniors need to log on to [www.walmartfoundation.org](http://www.walmartfoundation.org) for more information. Students will apply for the scholarship online at <http://walmartstores.com/CommunityGiving/8736.aspx?p=236> or [www.scholarshipadministrators.net](http://www.scholarshipadministrators.net). You must use the access cod 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>

**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](http://www.haveyourwayfoundation.org/burger_king_scholars_program.html)

**KFC Colonel's Scholars Program** is offered to high school seniors planning to attend a public in-state college or university. Students who meet the criteria may apply online to become a KFC Colonel's Scholar. This is available only during the window dates of December 1, 2009 – February 10, 2010. Go to [www.act.org/kfcscholars/intro.html](http://www.act.org/kfcscholars/intro.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.

**Ronald McDonald House Scholarship** is open to seniors who have completed the application and provided the required documentation. Applications are available in the counselors' office or at [www.rmhc.org](http://www.rmhc.org). The deadline is February 16, 2010.

**Marv Rockstad Memorial Scholarship** is given by the Kiwanis Club of Williston. To complete the application, go to [www.ndcf.net/Scholarships/entryform.asp?id=50](http://www.ndcf.net/Scholarships/entryform.asp?id=50). Complete

the information and then print the document. Forms must be returned to the counselors' office. The deadline is March 15, 2010.

**Williston State College Scholarship** application forms can be found online at [www.wsc.nodak.edu/stars/](http://www.wsc.nodak.edu/stars/) or at WSC. Priority date is March 15, 2010.

**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](http://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\\_EM\\_S.html#](http://www.eligibilitycenter.org/ECWR2/NCAA_EMS/NCAA_EM_S.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.

### Dates to Remember

December 1 – Jostens' Rep (senior meeting)

December 3 & 4 – Cap & Gown Orders Due

December 15 – Deadline for the January SAT

January 5 – Deadline for the February ACT

January 12 – Last day of the Semester

February 21 – College Goal Day

([www.collegegoalnd.org](http://www.collegegoalnd.org))

You will need to order cap & gown through Jostens on either December 3 or 4. Jostens will be here from 11:30-4 on December 3 & 8-1 on December 4.

### College Goal Sunday Event

This is a free event to help potential students complete the financial aid application. Students can complete the Free Application for Federal Student Aid (FAFSA) properly and before important deadlines with the assistance from financial aid experts. North Dakota College Goal Sunday will be held on **February 21, 2010**. For more information about times and locations, go to [www.collegegoalsundaynd.org](http://www.collegegoalsundaynd.org)

### 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 the website out at [www.collegeanswer.com/index.jsp](http://www.collegeanswer.com/index.jsp)



## **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](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.

## **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.

## **New ND Scholarship Opportunities**

There are two brand new opportunities for ND students to academically earn scholarship money to attend any of the post-secondary institutions in ND. Students who receive a 24 composite score on the ACT can receive \$700 per semester for up to four years of post-secondary educational costs. This could amount to as much as \$6000 and, once they are in college, they must maintain a 2.75 college GPA.

For the graduates of 2010, the two scholarships are the ND Academic Scholarship and the ND Career & Technical Scholarship. For the ND Academic Scholarship, the student needs to have the ND Department of Public Instruction certify that the student received a 24 on their ACT and the money then will be sent each semester to that designated ND institution.

For the ND Career Scholarship, the student either needs to earn a 24 on the ACT or take the WorkKeys

assessment program from ACT and earn at least a five on each of the three tests. The WorkKeys assessment consists of Reading for Information, applies Mathematics and Locating Information. The Class of 2010 will have until February 6, 2010 to take the ACT test or WorkKeys test.

For the Class of 2011 and beyond, the requirements change drastically. For the Academic Scholarship, you must meet the following requirements: 1 credit of Algebra II, 1 credit for a math that Algebra II is a pre-requisite, 2 credits of the same foreign language or Native American language, 1 credit of fine arts or career and technical education, 1 additional credit of a foreign language, fine arts or career and technical education, obtain a grade of a "C" in each credit or half-credit required for the diploma, have a cumulative GPA of at least a "B", a 24 on the ACT and 1 credit of an advanced placement course with the examination or a dual-credit course. For the Career and Technical Scholarship for the Class of 2011 and beyond, the requirements differ. To receive the scholarship, you must meet these requirements: 1 credit of Algebra II, 2 credits of an approved plan of study of career and technical education coursework, 3 additional credits, 2 of which must be in the area of career and technical education, obtain a "C" in each credit or half-credit required for the diploma, obtain a cumulative GPA of a "B", receive either a 24 on the ACT or earn at least a five on each of the three WorkKeys Assessments.

There are still many different items to work out with this new legislation that was created by the 2009 ND State Legislature. In addition to these items, the Class of 2011 will be taking the ACT or the WorkKeys Assessment on April 28, 2010. This test will be paid for by the local school district. Miss Koperski encourages anyone who has questions to contact her at the high school at 572-0967, extension 8253.

## **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:

**December 12**

**February 6**

**April 10 & 28**

**June 12**

Information is in the counselors' office.



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

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

**DRESS CODE**

**(at school or school sponsored events)**

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

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

**Violation of the dress code will result in these actions:**

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

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

**Third offense:** Suspension from school for three days.

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

**Violation of the hat policy will result in these actions:**

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

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

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

**Attention all Parents:** Classroom fees were mailed out in October 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.

**JOSTENS**

**JOSTENS WILL BE  
HERE ON TUESDAY,  
DECEMBER 1ST,  
AT 11:30 AM  
TO MEET WITH  
THE SENIORS  
REGARDING  
CAP & GOWN.  
JOSTENS WILL BE  
BACK ON  
DECEMBER 3  
FROM 11:30 - 4  
AND AGAIN ON  
DECEMBER 4  
FROM 8 - 1  
TO PLACE ORDERS.**





## CELL PHONES

### Cell Phone Violations:

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

**2<sup>nd</sup> Offense** - A Parent must come and get the phone at the end of the next day.

**3<sup>rd</sup> 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/](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>

## ATTENDANCE POLICY

The faculty recognizes regular attendance as necessary to ensure continuity in the educational process. Classroom learning experiences are a meaningful and essential part of any educational system. Time lost from class is irretrievable, particularly a student's opportunity for interaction and exchange of ideas with teachers. The absent student loses the benefits of lectures, discussions, and participation with other students. This school district, therefore, considers encouragement of consistent and timely attendance a major responsibility.

### **Parents:**

It is your responsibility to let the school know when your child is not going to be in attendance. Your student/students will be considered unexcused until we've received verification from you that they had your permission to be out of class. Please be advised that unexcused absences can have an impact on your student's grades as they may result in a 0 on assignments/tests etc. So please do your part to ensure that your student/students are receiving the grade they deserve by verifying their absences.

Please familiarize yourselves with our 8 & 16 policy (see below). Because you now have the same information available to you on PowerSchool that we have, we're requesting that you consult PowerSchool frequently to stay up-to-date with your child's attendance. The WHS Attendance Office is no longer assuming responsibility for calling parents regarding all unexcused absences but will try to consult you when we notice patterns developing or suspect that a student is skipping class.

**8/16 Policy:** A student must not be absent from a class more than 8 times for a semester course or 16 times for a full year course. As a matter of procedure, the Attendance Office will notify parents by letter whenever a student has accumulated 5 or more non-school related absences in a class. From then on, it is the student's responsibility to monitor his/her attendance to avoid credit loss. Upon a student's 9th absence in a semester course or 17<sup>th</sup> absence in a full-year course, (excluding absences due to school activities, medical absences supported by a physician's written verification of specific illness, and in-school suspension), the assistant principal will send the parent/guardian written notice of credit loss. If the parent/guardian would like to have the credit loss reviewed, a meeting may be requested with the assistant principal and the Attendance Review Board by contacting the assistant principal within three school days from the date the parent/guardian was first notified of the credit loss. The meeting must be held within five school days of the request or may be delayed if agreed upon by the parent/guardian and the assistant principal.



## Mid-Term & Nine Week Grading Schedule for WHS

Mid-Term – December 1	Mailed
Second Nine Weeks – January 12	Mailed
Mid-Term – February 16	Mailed
Third Nine Weeks – March 23	Mailed
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](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.

## Senior Pictures

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

## 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 \$40.**

**AFTER THE FIRST OF THE**

**YEAR, COST WILL BE \$45.**

**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/)**



## Greetings from the WHS Music Department!

Merry Christmas from the  
WHS Music Department!

\*Prep Choir, Concert Choir, Concert Band,  
and Symphonic Band will be performing  
Thursday, December 10 at 7PM  
in the WHS Auditorium.

\*Chorale, Women's Choir, and Wind  
Ensemble will be performing  
Monday, December 14 at 7PM  
in the WHS Auditorium.

There will also be a few small ensembles  
performing at a reception following those  
concerts. Please mark these dates on your  
calendar and plan to attend!

Eric Rooke  
Band Director

Katie Rooke  
Choir Director

---

## **Rising Attendance Issues**

WHS is currently dealing with a large  
number of student absences  
that need to be taken care of right away  
each morning. Please be patient  
when calling to report an absence.  
If attendance voicemail is full,  
please call back the next hour  
as Mrs. Kennedy will have had time  
to get to them.

Thank you for your assistance in this matter.

---

## **FFA DECEMBER NEWSLETTER**

### Fruit and candy sales

Our annual fruit sales will run to November 23 with  
presales taken during that time. The fruit will be  
delivered the week of December 15. If you haven't  
been contacted and would like to purchase fruit,  
please call any FFA member or Mr. Pepple at 572-  
0967, extension 8-225.

### Greenhand, Made for Excellence and Advanced Leadership Development

On January 9 and 10, members will have the  
opportunity to attend leadership conferences in  
Bismarck. The Greenhand Conference is for first  
year members to learn more about the FFA and  
meet other members from around the state. The  
Made for Excellence Conference is for second year  
members to develop their leadership skills and set  
some personal goals. The Advanced Leadership  
Development Conference is for third and fourth  
year members to further develop their leadership  
skills.

Aaron P. received the American FFA degree, the  
highest FFA degree given by the National FFA  
organization. Aaron also received a silver rating for  
his Crop Production Proficiency at the National  
level.

---

## **Looking into the Future...**

### Christmas Break:

**December 23 – January 1 (No School)**  
(All students are due back in school on January 4)

### Teacher In-Service:

**January 18 & 19 (No School)**

### Winter Break:

**February 12 & 15 (No School)**

### Spring Break:

**March 8 – 12 (No School)**

**Good Friday/Easter Monday:**

**April 2 & 5 (No School)**

### Graduation:

**May 30**



# ideas for parents

Easy Ways to Build Assets for and with Your Child

**FAST FACTS**

**ASSET CATEGORY**

**Support**

*The more love, support, caring, and adult contacts a child has, the more likely he or she is to grow up healthy.*

**Building Support**

*African American Parents Say:*

- "Praying together, eating, going out."
- "Eating meals (with teens), it's a way to get out from teens what they might not tell you."

The Minnesota Family Strength Project Research Report 1997 and 1999.

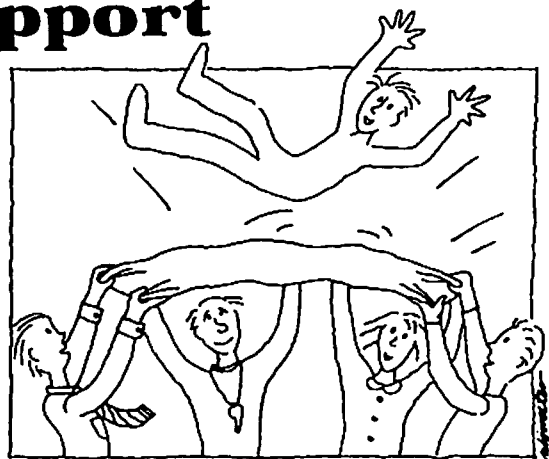
## Everyone Provides the Strength of Support

**Who are the people that really support you in your life?**

These people are important champions. They cheer us on when things go well. They stick with us when life throws us a curve ball. They listen. They ask questions. They smile. They hug. They're people we like to be around.

What kind of a champion are you for your child? Are you a fair-weather supporter? A rain-or-shine supporter? What's your unique way of supporting and loving your child?

Your love and support for your child are critical. But you can't go it alone. You need others. Your child needs others. How supported and cared for does your child feel by teachers, neighbors, coaches, grandparents, aunts, uncles, parents of their friends, youth workers, and mentors? These other key adults



are important players in helping your child jump over the hurdles in life. In fact, the more supportive adults your child has, the better. And by nurturing and loving all the children in our communities, we help them grow to be loving, caring people themselves.

**Look to future newsletters for details on all six support assets!**

## 6 Key Areas of Support

**Search Institute researchers have identified six specific assets in the support category that are crucial for helping young people grow up healthy.** Check the areas of strength in your child's life:

- Family support—Family life provides high levels of love and support.
- Positive family communication—You and your child communicate positively, and your child is willing to seek you out for advice and counsel.
- Other adult relationships—Your child receives support from three or more non-parent adults.

- Caring neighborhood—Your child experiences caring neighbors.
- Caring school climate—School provides a caring, encouraging environment for your child.
- Parent involvement in schooling—You are actively involved in helping your child succeed in school.

### Name Three

**Have each family member name three ways the family supports her or him.**

1  
2  
3



# Support through the Years

## Age Ways to Love and Support Your Child

- 0-1
  - Hold your baby and look at her or him during feedings.
  - Respond to your baby's needs.
  - Rock your baby often.
- 2-3
  - Cheer your child on as he or she masters new skills.
  - Touch your child often. Hug. Cuddle.
  - Stay positive when setting limits for your child.
- 4-5
  - When you interact with your child, get down to her or his eye level.
  - Share you child's excitement about her or his interests.
  - Find other caring adults to participate regularly in your child's life.
- 6-10
  - Answer your child's questions. If you don't know an answer, say so and work together to find it.
  - When you and your child disagree, point out you still love her or him.
  - Be silly with your child.
- 11-15
  - Accept the identity your child is forming.
  - Affirm independence and interdependence.
  - At least sometimes, be available to listen.
- 16-18
  - Continue to show affection for your teenager.
  - Let your teen overhear you complimenting her or him to someone else.
  - Seek your teen's opinion or advice on a big decision.

**Quick Tip:**  
A good way to  
love your child is  
to be accessible.

## More Help for Parents

**What Kids Need to Succeed: Proven, Practical Ways to Raise Good Kids.** This book gives practical tips for building assets for and with young people. (Available from Search Institute, [www.search-institute.org](http://www.search-institute.org); 800-888-7828.)

## Support for Parents

Parents need support, too. Research shows that parents need the help of immediate and extended family, friends, and communities.

So asking for help or advice is not a sign of weakness. Instead, it provides good ideas, encouragement, and reinforcement—all of which are needed to face the challenges of parenting that will come along the way.

## FiNAL WoRD

**"It isn't walls and furniture that make a home. It's the family."**

—Natalie Savage Carlson

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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

### ► New year, new goals

Encourage your child to start thinking about New Year's resolutions now. Instead of setting long-term goals that seem overwhelming, she might break down her resolutions into manageable pieces. For example, if she wants to begin exercising, she could start by walking 15 minutes a day and gradually work up to an hour of daily exercise.

### ► Science programs

Watching interesting science shows can help your high schooler learn more about topics he's studying. If he takes astronomy, for example, he may enjoy a program about space travel. If he's studying biology, he might like to watch footage of animals in rain forests. Together, check TV listings to see what you can find.

### ► More than words

Your teen may think bad language sounds cool and mature. Tell her that *not* swearing actually makes her seem more grown up, since it shows self-control. Every time you hear her say a curse word, ask her to find a way to express herself that won't offend others.

### ► Worth quoting

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."  
*Anatole France*

### ► Just for fun

**Q:** Why did the king go to the dentist?

**A:** To get his tooth crowned.



## Time management

Your child finds herself cramming for a test. Or she forgets to order the T-shirts in time for the French club car wash. Sound familiar? Help her avoid these situations by teaching her how to manage her time wisely. Here's how.

### Setting priorities

Suggest that your teen keep a to-do list and rank items in order of urgency. Tasks that she labels with an "A" must be done immediately (homework due tomorrow). She should take care of "B" items as soon as possible (wash uniform for this weekend's game). And she can do those marked "C" when it's convenient (organize her photographs). This method will teach her to focus on what matters most.

### Staying ahead

By doing a little at a time, your child can stay on top of her list. For example, she could review class notes while waiting for a ride after cheerleading practice. Or



she might set a timer for 10 minutes and clean one section of her room before dinner.

### Sticking with it

With so much going on in your teen's life, she may be tempted by activities that aren't on her list. Encourage her to take care of obligations first so she's not crunched for time later. You might help her practice what to say to friends who ask her to hang out when she has work to do. *Example:* "No. I'm heading to the library. How about doing something Saturday instead?" 👍

## Rules that work

Many things change when children become teenagers—from their interests to their parents' rules. Try these suggestions for setting limits that will work for you and your teen:

- Make the rules clear. When you set new rules, discuss them with your child. Encourage him to ask questions, and explain your reasoning. He'll be more apt to follow rules when he understands the reasons for them.
- Spell out consequences for breaking a rule. For example, let your teen know that if he goes over his cell phone texting minutes, he will have to pay the extra cost. There will be less arguing if he knows what to expect.
- Be consistent and firm. Allowing your child to have friends over one day while you're not home and then grounding him the next time he does it will encourage him to test the rules. Also, try not to let him wear you down with nagging and begging—eventually, he may not take your rules seriously. 👍





# After graduation

Does your teen want to begin working as soon as he graduates? Here are ways he can continue learning while he's working.

## Community college

A local two-year college may be a good choice if your teenager would like to work full-time or part-time. Class schedules usually include evening and weekend hours to accommodate working students. *Tip:* Have your child ask if the school has a transfer agreement with a four-year college. If so, he may be able to transfer credits if he decides to pursue a bachelor's degree.



## Apprenticeships

With an on-the-job training program, your teen can get paid while gaining a new skill. For example, he might learn to repair computers or be a plumber. At the same time, his employer may pay for him to take classes at a local college. Once he completes his training, the employer might offer

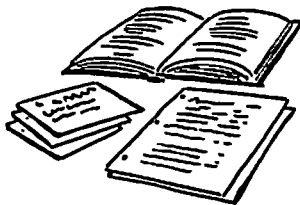
him a regular job. Suggest that he call local companies to ask if they hire apprentices. Or he can find information at [www.doleta.gov/OA](http://www.doleta.gov/OA). 👍

## Citing sources



Writing papers is an important part of being in high school. And an important part of writing is citing research sources properly. Share these suggestions with your child:

- Review the teacher's sample bibliography. If you don't understand something, ask for help.
- Be sure to credit all types of sources, including books, personal interviews, blogs, and video clips.



- Track sources as you go. If you copy something word for word, put it in quotation marks and note the page number.
- Photocopy the title and copyright pages of each print source you use so you will have the information you need for your source list. 👍

### OUR PURPOSE

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

Resources for Educators,  
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## Parent to Parent Magazine swap

My daughter loves magazines. She can't wait for her copy of *Softball* to arrive each month. I'm thrilled that she's reading, but subscriptions are expensive.

One day, I saw my friend Lisa reading *Crochet Today* magazine, and she mentioned that she and a friend trade magazines when they finish with them. That gave me an idea. What if I started a neighborhood magazine swap so everyone could read more for free?

I asked other families on the block and found a few who were interested. Now we each keep a plastic storage box on our porches for magazines. When we're finished reading our latest issues, we drop them off at the house closest to us. My daughter loves opening our box to find new magazines. Best of all, she's reading more than ever! 👍



## Q & A Standing up to bullying

**Q** My son Jeff is concerned because some kids at school are making fun of one of his friends. What should my son do?

**A** Your child has the power to help his friend. Explain that words can be as hurtful as hitting and shoving. And when onlookers do nothing, they're encouraging the bully to continue.

However, it's hard to stand up to bullies. When Jeff hears his friend being picked on, he might try a casual comment like, "Come on, guys." If the put-downs

continue, he can be more assertive ("That's not cool. We'll see you later") and walk away with his friend.

You might also suggest that the boys spend time with another group. For instance, Jeff could invite his friend to a movie with his basketball buddies.

*Note:* If the bullying continues, Jeff should encourage his friend to tell a parent or teacher or someone else he trusts. If his friend isn't comfortable doing this, your son could offer to do it for him. 👍



# Order Form for 2009-2010 Yearbook

Name: \_\_\_\_\_

Name of person for whom the book is intended: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone number: \_\_\_\_\_

Number of books ordered: \_\_\_\_\_

Payment:

Check: \_\_\_\_\_ Check number: \_\_\_\_\_ Cash: \_\_\_\_\_

Date: \_\_\_\_\_

Annuals are \$40 until the New Year. The price will then increase to \$45.  
Please bring order form and payment to the WHS office or room #312.

\_\_\_\_\_ Cut \_\_\_\_\_

Keep this portion for your records  
WHS Annual Receipt (09-10)

Name: \_\_\_\_\_

Payment: \_\_\_\_\_

Type of payment: \_\_\_\_\_ Check number: \_\_\_\_\_

Number of books ordered: \_\_\_\_\_

Annuals are \$40 until the New Year. The price will then increase to \$45.  
Please bring order form and payment to the office or room #312.



**Williston High School Lunch Menu Dec-09**

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p><u>BREAKFAST</u> Breakfast Wrap</p> <p><u>LUNCH ENTREE'S</u> Super Nachos Hoagle Sub Stuffed Crust Pizza</p> <p><u>SIDES</u> Refried Beans Fresh Fruit Jell-O</p>	<p><b>2</b></p> <p><u>BREAKFAST</u> Cinnamon Streusel Coffeecake</p> <p><u>LUNCH ENTREE'S</u> Popcorn Chicken Hot Dog On A Bun Stuffed Crust Pizza</p> <p><u>SIDES</u> Cheesy Hashbrowns Green Beans Fruit Salad</p>	<p><b>3</b></p> <p><u>BREAKFAST</u> Ham, Egg &amp; Cheese On A Bagel</p> <p><u>LUNCH ENTREE'S</u> Pepperoni Hotdish Oriental Salad Stuffed Crust Pizza</p> <p><u>SIDES</u> Garlic Cheddar Biscuit Corn Applesauce</p>	<p><b>4</b></p> <p><u>BREAKFAST</u> Breakfast Corn Dog</p> <p><u>LUNCH ENTREE'S</u> Garlic Cheese Bread Sub Sandwich Stuffed Crust Pizza</p> <p><u>SIDES</u> Peas Peaches</p>
<p><b>7</b></p> <p><u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u> Pizza Hamburger On A Bun</p> <p><u>SIDES</u> Creamed Corn Blueberries</p>	<p><b>8</b></p> <p><u>BREAKFAST</u> Rancher's Hashbrowns</p> <p><u>LUNCH ENTREE'S</u> Corn Dog Sweet &amp; Sour Chicken Stuffed Crust Pizza</p> <p><u>SIDES</u> Baked Beans Fresh Fruit Cookie</p>	<p><b>9</b></p> <p><u>BREAKFAST</u> Cheese Omelet Toast</p> <p><u>LUNCH ENTREE'S</u> Turkey Tidbits Hot Ham &amp; Cheese Stuffed Crust Pizza</p> <p><u>SIDES</u> Mashed Potatoes/Gravy Corn/Dinner Roll Cranberry Whlp</p>	<p><b>10</b></p> <p><u>BREAKFAST</u> Breakfast Chicken Sandwich</p> <p><u>LUNCH ENTREE'S</u> Chef Salad Ham &amp; Cheese Wrap Stuffed Crust Pizza</p> <p><u>SIDES</u> Garlic Toast Orange Slices</p>	<p><b>11</b></p> <p><u>BREAKFAST</u> Cinnamon Tastry Hashbrown</p> <p><u>LUNCH ENTREE'S</u> Soft-shell Taco Fish Sandwich Stuffed Crust Pizza</p> <p><u>SIDES</u> Mexi-Tots Pears Pudding</p>
<p><b>14</b></p> <p><u>BREAKFAST</u> Cheese Omelet Toast</p> <p><u>LUNCH ENTREE'S</u> Chicken Patty On A Bun Chilli Baked Potato Stuffed Crust Pizza</p> <p><u>SIDES</u> Coleslaw Toasted Green Beans Frozen Fruit Bar</p>	<p><b>15</b></p> <p><u>BREAKFAST</u> Muffin String Cheese</p> <p><u>LUNCH ENTREE'S</u> Meatballs Mini Corn Dogs Stuffed Crust Pizza</p> <p><u>SIDES</u> Mashed Potatoes/Gravy Glazed Carrots Fresh Fruit</p>	<p><b>16</b></p> <p><u>BREAKFAST</u> Breakfast Taco</p> <p><u>LUNCH ENTREE'S</u> Chicken O's Taco Hot Pocket Stuffed Crust Pizza</p> <p><u>SIDES</u> Seasoned Pasta Fresh Veggies Mandarin Oranges</p>	<p><b>17</b></p> <p><u>BREAKFAST</u> Cinnamon Roll</p> <p><u>LUNCH ENTREE'S</u> Rib Patty On A Bun Chicken Alfredo Stuffed Crust Pizza</p> <p><u>SIDES</u> Potato Rounds Strawberries Bananas</p>	<p><b>18</b></p> <p><u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u> Grilled Cheese Cook's Choice Stuffed Crust Pizza</p> <p><u>SIDES</u> Tomato Soup Mixed Fruit</p>
<p><b>21</b></p> <p><u>BREAKFAST</u> French Toast Sausage</p> <p><u>LUNCH ENTREE'S</u> Chicken Strips BBQ Chicken Sandwich Stuffed Crust Pizza</p> <p><u>SIDES</u> Mashed Potatoes/Gravy Corn Peaches</p>	<p><b>22</b></p> <p><u>BREAKFAST</u> Scrambled Egg Toast</p> <p><u>LUNCH ENTREE'S</u> Chilli Crispito Pizza</p> <p><u>SIDES</u> Cottage Cheese Peas/Carrots Fresh Fruit/Christmas Cookie</p>	<p><b>23</b></p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>	<p><b>24</b></p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>	<p><b>25</b></p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>
<p><b>28</b></p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>	<p><b>29</b></p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>	<p><b>30</b></p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>	<p><b>31</b></p> <p>CHRISTMAS BREAK</p> <p>NO SCHOOL</p>	