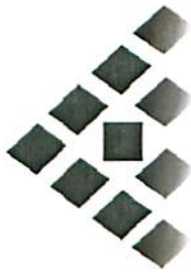


Williston High School
PO Box 1407
Williston, ND 58802

February
February

February 2010

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
	1 B 9 BB Home w/Watford City-5:30 PM & 7 PM	2	3	4 B 10 BB Home w/Dickinson-4:15 G JV BB Home w/Dickinson-4:15 B 9 BB @ Dickinson-5:30 PM B JV BB Home w/Dickinson-5:45 G V BB Home w/Dickinson-6 PM B V HKY @ Dickinson-6:15 PM G 10 BB Home w/Dickinson-7:30 G V HKY @ Minot-7:30 PM B V BB Home w/Dickinson-7:45 PM	5 B JV WR @ Mandan-6 PM B V WR @ Mandan-7:30 PM B V Swim @ Gillette	6 B & G V Speech @ Williston B JV WR @ Mandan B V WR @ Century-1 PM B V WR @ Century w/Jamestown-2 B JV BB @ Bismarck-2:15 G JV BB @ Bismarck-2:15 G V HKY Home w/Jamestown-2:30 B 10 BB @ Bismarck-4 PM G V BB @ Bismarck-4 PM B JV HKY Home w/Bottineau-5:15 PM G 10 BB @ Bismarck-5:30 PM B V BB @ Bismarck-6 PM B V HKY Home w/Bottineau-7:30 PM B V Swim @ Gillette
7	8	9	10	11 G 9 BB Home w/Minot-5 PM B JV HKY Home w/Century-5:15 PM B V HKY Home w/Century-7:30 PM	12 B 10 BB Home w/St. Mary's-4:15 G JV BB Home w/St. Mary's-4:15 B V Swim @ Mandan-5 PM B JV BB Home w/St. Mary's-5:45 G V BB Home w/St. Mary's-6 PM G V HKY Home w/Fargo North-7 G 10 BB Home w/St. Mary's-7:30 B V BB Home w/St. Mary's-7:45 WINTER BREAK-NO SCHOOL	13 B & G V Speech @ Richardton/Taylor B 10 BB Home w/Jamestown-4:15 PM G JV BB Home w/Jamestown-4:15 PM B JV BB Home w/Jamestown-5:45 PM G V BB Home w/Jamestown-6 PM G 10 BB Home w/Jamestown-7:30 PM G V HKY Home w/Watford City-7:30 B V BB Home w/Jamestown-7:45 PM B V WR WDA @ Dickinson B V Swim @ Mandan
14	15 WINTER BREAK NO SCHOOL	16 G V HKY Home w/Dickinson-7	17	18 B V Swim Home w/Mandan-4 PM B V HKY WDA @ Minot B V WR State @ Fargo	19 B JV BB @ Belcourt-4 PM G JV BB @ Belcourt-4 PM B 10 BB @ Belcourt-5:45 PM G V BB @ Belcourt-5:45 PM G V HKY Home w/Mandan-7 PM B V BB @ Belcourt-7:30 PM G 10 BB @ Belcourt-7:30 PM B V HKY WDA @ Minot B V WR State @ Fargo	20 B & G V Speech @ Bowbells G V HKY @ Jamestown-3 PM B V HKY WDA @ Minot B V WR State @ Fargo
21	22 B JV BB @ Minot-3 PM B & G 9 BB @ Minot-4 PM G JV BB @ Minot-4:30 PM B & G 10 BB @ Minot-5:30 G V BB @ Minot-6 PM B V BB @ Minot-7:45 PM	23	24	25 B V HKY State @ Grand Forks G V HKY State @ Grand Forks	26 B V HKY State @ Grand Forks G V HKY State @ Grand Forks B 10 BB WDA @ Mandan B & G 9/10 BB WDA @ Bismarck B & G V Speech @ Shiloh	27 B V HKY State @ Grand Forks G V HKY State @ Grand Forks B 10 BB WDA @ Mandan B & G 9/10 BB WDA @ Bismarck B V Swim WDA @ Mandan B & G V Speech @ St. Mary's



The Coyote Howl

“Principal’s Page”

We are in full swing with the winter activities and this is an extremely busy week. Tuesday night, the Vocal Jazz and Instrumental Jazz groups performed for us at the Old Armory. What an incredible venue for this activity! It was wall to wall people and the event raised over \$2300 for the students to travel to San Antonio this summer. Congratulations to Mr. and Mrs. Rooke for a wonderful evening.

HB 1400

The state legislature created some additional requirements for students to graduate from North Dakota schools this year. This will affect our next year’s senior class in this manner:

1. Science requirements have gone up from 2 to 3 credits.
2. Half credit for Government has been changed to Problems of Democracy for a full year.

If you have any questions, please contact the counselors at 572-0967 and they will assist you with any concerns you may have.

Attendance

Because of the H1N1 scare this fall, the attendance policy at Williston High School was suspended. We have not seen any ill effects with our attendance numbers in the past few months. I wish to thank each and every one of you parents for using due diligence to ensure that if your son/daughter is legitimately ill, they stay at home. Also, you use good judgment and have your son/daughter attend school when they may have wanted to take a day off. One of the traits that we in the Midwest are known for is getting to work. This trait is learned through school and efforts from parents like you. Thank you!!

Tournaments

We will soon be getting into the tournament season and it is time to address how to handle attendance if

you are going as a spectator. If you are planning to attend any of the regional or state tournaments to watch the Coyotes play, you will need to do several things to receive permission to attend the event.

- *Have a parent call the attendance secretary.
- *Get an advanced makeup slip.
- *Have ALL teachers sign the advanced makeup slip.
- *Return the advanced makeup slip to the attendance secretary.
- *Report in with the WHS Administrator in charge of the activity each day to be counted on the roll sheet.

It appears that winter has returned, so, for now, be safe and make sure you have an emergency kit in your vehicle when you are traveling.

Professionally,

Chris Kittleson
Principal

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Counseling News

Williston High School Counselors
Miss Koperski, Mrs. Bradford
Mr. Lysne
February 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 2, 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_scholar_s_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

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

Phi Delta Kappa Educational Foundation annually awards scholarships to prospective educators. Eligible applicants are high school seniors intending to major in education. The deadline is February 1, 2010.

Applications are available in the counseling office or online at www.pdkintl.org/awards/pros_eds.htm

Williston State College Scholarship application forms can be found online at 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

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.

Sammy 2009 Body by Milk is for eligible outstanding scholar athletes in grade 12. Apply online at <http://bodybymilk.com/#street>. Deadline for the application is March 6, 2010.

Dakota's Credit Union Scholarship is available for a graduating senior planning to attend an accredited college. You must be a US Citizen and a member of the Dakota Credit Union for one year. Applications are in the counselors' office. Deadline is March 26, 2010.

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.

Williston Lions Scholarship is open to seniors planning to attend an accredited college. Applications are available in the counselors' office. Return the application to the counselors' office by February 28, 2010.

Williston Korner Lions Scholarships are available to graduating seniors with preference given to those with hearing and/or sight impairments or diabetes. Applications are available in the counselors' office. The deadline is March 26, 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.

Northwest Communications Cooperative Scholarship is available for those that receive local telephone service from NCC. Applications are available in the counselors' office. The deadline is March 13, 2010.

Arthur S. Johnson Scholarship will be awarded to a recipient that must receive service from NCC. Applications are available in the counselors' office. The deadline is March 13, 2010.

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.

Northern Plains Eye Foundation is for high school seniors pursuing full time health care related studies. Applications are available in the counselors' office. The deadline is February 20, 2010.

Alva J. Fields Memorial Trust Scholarship will offer ten \$1000 scholarships. This is for students attending two or four year schools, have a financial need and must be a resident of Williams County. There is an opportunity to also apply for low interest loans in future years. Applications are available in the counselors' office. The deadline is March 15, 2010.

John Eberle Scholarship applications are in the counselors' office. The deadline is May 15, 2010.

Gate City Bank applications are in the counselors' office. You must be a senior planning to attend either a two or four year school in ND, SD, MN or MT. Application must be returned by March 15, 2010 and must include a picture of the student.

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:

February 6
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

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.

Dates to Remember

February 1 – Class of 2013 Registration
February 2 – Class of 2013 Registration
February 4 – Registration for March SAT
February 6 – ACT @ WSC from 8 AM to 12 PM
February 10 – Class of 2014 Registration
February 11 – Class of 2014 Registration
February 21 – College Goal Day
(www.collegegoalnd.org)
March 5 – Registration for April ACT
March 13 – SAT in Minot from 8 AM to 12 PM
March 25 – Registration for May SAT
April 10 – ACT @ WSC from 8 AM to 12 PM
April 14 – Senior meeting at 9 AM
April 24 – WHS Prom
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 23 – Baccalaureate at 7 PM
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

College Goal Sunday Event

Filling out financial aid paperwork can be complicated and time-consuming, but College Goal Sunday makes it easy.

College Goal Sunday is a program that helps college bound North Dakota students, and their families,

complete the Free Application for Federal Student Aid (FAFSA). Most colleges, universities and vocational/technical schools in the nation require students seeking federal financial aid, including grants and loans, to complete the FAFSA. This form should be completed as soon as possible after January 1, 2010 because many types of aid are awarded on a first come, first served basis. March 15 is the priority deadline in North Dakota. While forms may still be submitted after this date, students may miss out on aid opportunities, so don't wait. At College Goal Sunday, financial aid experts, primarily from North Dakota colleges and universities, will help students complete the FAFSA properly and before important deadlines.

College Goal Sunday 2009 will take place on Sunday, **February 21, 2010**, at eleven sites in North Dakota. This is a free event provided through the collaborative efforts of the North Dakota Association of Student Financial Aid Administrators (NDASFAA), TRIO and other volunteers. Funding has been provided from Lumina Foundation for Education, an Indianapolis-based private foundation dedicated to expanding access and success in education beyond high school.

Financial Aid: Free Application for Federal Student Aid (FAFSA)

- Apply early for a PIN # at www.pin.ed.gov
- Submit your FAFSA as soon after January 1, 2010 as possible at www.fafsa.ed.gov
- Male students 18 and older must register for the Selective Service to receive financial aid.
- Many priority financial aid deadlines fall in February. To get the most attractive award package, apply by the priority date.
- Keep copies of everything sent.
- Check with your prospective schools about financial aid opportunities.
- College Goal Sunday is February 21, 2010 from 1 PM to 3 PM at Williston State College. For more information, go to www.collegegoalnd.org

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 prerequisite, 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.

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.

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

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>



HONOR SOCIETY INDUCTS NEW MEMBERS

The Williston chapter of the National Honor Society welcomed new members on Monday, January 25, at their formal induction ceremony with parents. Seniors inducted into this prestigious organization were Seth G., Laura M., Brook M., Jordan N. and Abby S. Juniors inducted were Preston B., Kristen C., Marcus F., Katie H., Melissa H., Jaelyn L., Brady L., Aaron M., Leah O. and Janessa S.

Williston High School NHS chapter has received its packet for the State Project "Daffodil Days." Daffodil Days is a fund drive benefiting the American Cancer Association. The NHS members will be pre-selling \$10 bunches of daffodils that will be delivered on March 23. Daffodils can be purchased from any NHS members or by emailing Joanne.DeMars@sendit.nodak.edu The Williston High School chapter of the National Honor Society has been involved with this project for ten years.



Chapter members are busy working on the required 8 service hours. Projects include student helpers for staff during the end of the semester, servers and workers at Mardi Gras and the First Lutheran Lutefisk dinner and docents at The James.

Mid-Term & Nine Week Grading Schedule for WHS

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
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!

January was a very busy month for the music department. The month started by taking a trip to Minot with 45 students. They all auditioned for the All-State Festival Band or Choir. We took several students to the UND Honor Band and Choir in Grand Forks and we also took Girls Vocal Jazz and Jazz Band II to the University of Mary Jazz Festival in Bismarck. Thanks to all our students for their hard work and dedication to music!

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.

Check It Out!

Renaissance Place is set up, and we've moved in. Students are completing AR testing on the new website and are discovering thousands of new tests to use—62,000 to be precise. AMAZING!!

To determine if a book you have at home is an AR book, you can go to the district website <http://www.williston.k12.nd.us> and open the link titled "Search for Books with Accelerated Reader Quizzes" (www.arbookfind.com). This search can be done by author (if you have several Meg Cabot or Carl Deuker books) or by title. If a quiz comes up, it's available ☺ The only boundaries on the quizzes is reading level: Grade levels 2.8 and below are blocked.

Because the number of possible quizzes has grown astronomically, the library will not have all the books to match quizzes—62,000 books would require a whole new library! So, purchasing books or using the public library is a great option.

If you're at Books on Broadway, the clerk may do the search for you; or if you're browsing at the public library, just get on the net and search, search, search.

Keep in mind that just because a new book doesn't have a quiz right now doesn't mean there will never one. The AR quiz makers work hard to keep up with the publishing companies, but there's always some lag time...sometimes up to six months.

So, read, quiz, browse, search, and read some more. Any questions, please call me: 572-0967 ext. 8269.

Miss Snyder
Library Media Specialist

HOMECOMING 2010
will be the week of
September 27 – October 1

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

Looking into the Future...

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

FFA News

FFA week February 20 - 27

Some activities planned for the week are:

1. All school FFA/agriculture quiz
2. Cherry Pie social for businesses and school personnel for their help throughout the year.
3. Daily activities for students and staff

FFA Banquet

The FFA Banquet will be held on Thursday, March 25 at 6:30 PM at WHS. Members will receive recognition for their accomplishments during the past year. All members and their parents are encouraged to attend.

Wes Pepple
FFA Advisor

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.

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

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

Close Up

Close Up Washington is an exciting week long study visit to the nation's capital where the students gain the opportunity to experience our government and the political process firsthand. This year's trip takes place **March 22 – 28**.

The Close Up Washington week is a carefully organized series of activities designed to give the students a look at the process of government. The program will contain six to eight seminars, each featuring a different Washington expert. Students will have an opportunity to meet with our state's representative and senators and visit famous monuments. On the last day before our return, the students are given a chance to explore the sites that are most appealing to them.

Chris Mack
Close Up Advisor

WHS PROM will be on April 24, 2010

Tickets will go on sale April 12, 2010
You must purchase a couples ticket before
you can buy spectator tickets.

Class Registration

- January 27** – Class of 2011
4 PM to 5:30 PM (A-J)
5:30 PM to 7 PM (K-Z)
- January 28** – Class of 2012
5 PM to 6:30 PM (A-J)
6:30 PM to 8 PM (K-Z)
- February 1** – Class of 2013
5 PM to 8 PM (A-J)
- February 2** – Class of 2013
5 PM to 8 PM (K-Z)
- February 10** – Class of 2014
4 PM to 7 PM (A-J)
- February 11** – Class of 2014
4 PM to 7 PM (K-Z)

Williston Public School District #1

Dr. Viola LaFontaine, Superintendent
Post Office Box 1407
Williston ND 58802-1407
Phone (701)572-1580
Fax (701) 572-3547

David Hanson, Board President
Malcolm Pippin, Director

Kim Egge, Director
Duane DeMars Director
Susan Brokaw, Director

January, 2010

Dear Parents and Patrons,

Every year Williston Public School District #1, in cooperation with the North Dakota Department of Public Instruction, publishes an annual progress report on student achievement called the School District Profile. This profile is now available for your review. I encourage you to access and study this important information. This report demonstrates the progress our students are making in terms of our challenging academic standards.

You may access the *School District Profile* for Williston Public School District #1 on the Department of Public Instruction's website at the following address:
<http://www.dpi.state.nd.us/dpi/reports/profile/index.shtm>. Simply select Williston Public School District #1 and the most recent year (2008-09) to access the various reports available. A copy of each school's profile is available in the library of each school. A copy of the Profile is also available for your review at the district office.

The annual *School District Profile* summarizes how well our students performed this past year in reading/English language arts and mathematics on the North Dakota State Assessment and on other academic indicators. The annual *School District Profile* presents the percentage of students who have achieved proficiency in reading/language arts and mathematics. The Profile also provides our student attendance rates and graduation rates. The Profile reviews the achievement of all students and of specific subgroups of students. Additionally, the Profile compares our student results over two years to those of the State as a whole.

The *School District Profile* for Williston Public School District #1 is an important summary of how well our students are progressing in their basic academic skills. I encourage all parents and patrons to familiarize themselves with this information. Providing a quality education for our students is everyone's concern. In order for us to improve, we must begin with an understanding of how well our students are performing. We should all take pride in the support we collectively provide our students. Together, I am confident that we will build on our successes to improve and further raise the quality of education within Williston Public School District. I thank you for your continued commitment to building a strong education system here in Williston.

Sincerely,



Dr. Viola LaFontaine

Superintendent

Williston Band Boosters, Inc.
PO Box 2232
Williston, ND 58802

Dear Parents,

We would like to take this opportunity to tell you a little bit about the Williston Band [Choir] Boosters, Inc. This group has supported Williston Public School District #1's music programs in many ways. They provide support by purchasing equipment and supplies with the proceeds from fundraising efforts and volunteer participation. Over the past eight years, Williston Band Boosters has raised over \$150,000 that has been used to buy new instruments for the band programs.

This 2009-2010 school year, Williston Band Boosters has decided to include the Williston High School Choir in its fundraising efforts. If the choir students would help with the fundraisers, then they would also benefit from the profits earned.

The Williston Band Boosters does two fundraisers every year. The first one is Club's Choice and takes place in the fall. High school, middle school, and elementary school students participate in this fundraiser. Students sell a variety of frozen foods and earn about 40% of the profits. After this fundraiser, the directors present a "wish list" to the board that specifies their needs and wants in regard to equipment for the music department. Many new instruments and uniforms have been purchased with the profits of this fundraiser. This fundraiser also provides scholarships to any band/choir students who are attending International Music Camp.

The second fundraiser that takes place in the spring of the year is the Butter Braid sale. Only high school and middle school students participate in this fundraiser which is earmarked for the Educational Opportunities Fund. This includes registration fees, audition fees, and hotel expenses for students who choose to participate in music festival activities. **This year's Butter Braid sale will take place February 22-March 5, 2010.** Products will be delivered around March 26. Please plan to be involved in this fundraiser.

If anyone has any old band uniforms, we are asking for them to be donated to the Williston Band Boosters. We would like to hang them up around the high school in shadow boxes to showcase to the community. Also, if you have any band instruments that are in working order but not being used, please consider donating them to the band programs. There are many students who would like to play in band but cannot afford new instruments. Thank you for your help with this.

The Williston Band Boosters, Inc. welcomes anyone with an interest in supporting Williston Public School District #1 Music to serve with other board members and help with the important work this volunteer organization performs. The board meets the second Monday of every month at 7:30pm in the WHS Commons Area.

Thank you for supporting our music programs!

The Williston Band Booster Board:

Maynard Fenster – President
Brian Haaland – Vice President
Beth Johnson – Secretary
Darci Kjos – Treasurer
Jennifer Anderson
Sarah Anderson
Janelle Braden
LeAnn Esterby
Becky Wahlstrom

Music Directors:

Eric Rooke – WHS Band
Katie Rooke – WHS Choir
Bevin Mitchell – WMS Band
Kathi Hovde – Wilkinson Elementary
Pat Lund – Rickard Elementary
Renae Rike-Fee – Lewis & Clark Elementary
Troy Toavs – Hagen Elementary

ideas for parents

Easy Ways to Build Assets for and with Your Child

FAST FACTS

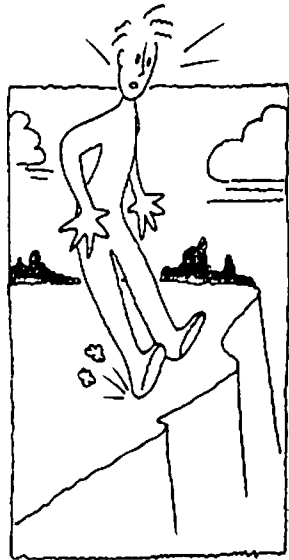
ASSET CATEGORY

Boundaries and Expectations

The more your child has clear, consistent boundaries and high expectations, the more likely he or she is to grow up healthy.

Youth Speak

- "Expect me to be a good student and to do things right."
- "Help me grow to be an individual."
- "Challenge me to succeed and comfort me when I fail."



Why Boundaries and Expectations Make a Difference

Search Institute researchers found that young people have fewer boundaries as they get older.

While it's normal and healthy for teenagers to take more responsibility for themselves as

they grow, the problem is that not enough young people have clear boundaries in the first place. Positive peer influence is one boundary asset that can help youth make good decisions for themselves (see *6 Key Areas of Boundaries and Expectations* below). But while 87% of 6th graders report that their best friends model responsible behavior, only 52% of 12th graders do.

Boundaries are important to our children because they give clear messages about what's expected. Every day young people face many options and choices. Without boundaries to guide them, they may feel unsure and confused—and make unhealthy decisions. With boundaries, they have the supports that help them choose wisely and grow up healthy.

Expectations also make a difference in children's lives. Having teachers and parents who expect them to do their best is important for children. For example, research shows that regardless of ability level, young people's scholastic achievement tends to be higher in classes where teachers have high expectations. When parents and teachers set high, yet realistic, expectations, children strive to do well.

Watch the next six newsletters for more ideas on building boundaries and expectations assets!

6 Key Areas of Boundaries and Expectations

Search Institute researchers have identified six assets in the area of boundaries and expectations that are crucial for helping young people grow up healthy. Check your family's areas of strength:

Helpful Hints

Tips that make boundaries easier:

- **Discuss boundaries with teachers, coaches, employers, clergy, and adults in other places where your child goes so that all boundaries are consistent.**
- **When you're unsure about setting and enforcing boundaries, seek advice from another parent or a teacher.**
- **Involve your children in family meetings to discuss boundaries and what happens when boundaries are violated.**
- **Think of boundaries as something positive rather than something negative!**

- Family boundaries**—Family has clear rules and consequences, and monitors the young person's whereabouts.
- School boundaries**—School provides clear rules and consequences.
- Neighborhood boundaries**—Neighbors take responsibility for monitoring young people's behavior.
- Adult role models**—Parent(s) and other adults model responsible behavior.
- Positive peer influence**—Young person's best friends model responsible behavior.
- High expectations**—Both parent(s) and teachers encourage the young person to do well.

Setting Limits through the Years

Age Ways to Set and Uphold Boundaries for Your Child

- 0-1 • Know that children at this age don't intentionally violate standards.
- Distract your child from inappropriate behaviors and draw attention to appropriate ones.
- 2-3 • Enforce boundaries consistently.
- Give simple, understandable boundaries, such as 'Don't bite' or 'Be quiet.'
- Calmly repeat simple rules when children do not follow them.
- 4-5 • Don't just tell your child what and what not to do. Demonstrate appropriate ways of behaving.
- Learn to set limits and offer your child choices.
- 6-10 • Be firm about safety boundaries.
- Be consistent with the consequences for violating boundaries.
- 11-15 • Negotiate new boundaries as your child grows older.
- Be patient, calm, and consistent as young adolescents test the boundaries you set.
- 16-18 • Explain your reasons for the limits you set.
- Help your teenager think about future goals, and the discipline and boundaries required to reach them.

Quick Tip:
Set clear boundaries and expect the best.

Final Word

"The word *no* carries a lot more meaning when spoken by a parent who also knows how to say yes."
—Joyce Maynard

This newsletter and other asset resources are produced by Search Institute, www.search-institute.org; 800-888-7828.
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Questions? Comments? Ideas? PLEASE CONTACT SOMEONE BELOW!

WILLISTON HIGH SCHOOL: 572-0967 Susan Bradford, Ann Koperski, Brent Lysne

WILLISTON MIDDLE SCHOOL: 572-5618 Katie Peterson

HAGAN ELEMENTARY SCHOOL: 572-4960 Erica Skoglund

LEWIS & CLARK ELEMENTARY SCHOOL: 572-6331 Tracy Hanson

RICKARD ELEMENTARY SCHOOL: 572-5412 Stacey Eskelson

WILKINSON ELEMENTARY SCHOOL: 572-6532 Loren Sailer

The 4 Cs of Boundaries and Expectations



Clear—Everyone should know what to expect.

Consistent—Standards are more likely to be honored when you uphold them.

Creative—Kids respond better when boundaries are clever and creative.

Confident—Expectations empower when you say, 'I know you can do this.'

More Help for Parents

Setting Limits: How to Raise Responsible, Independent Children by Providing Clear Boundaries by Robert J. MacKenzie. This book helps with the positive, respectful, boundaries your child needs. (Published by Prima Publishing)

High School **1** YEARS

Working together for lifelong success

Short Clips

Conferences count

Meeting with your child's teachers lets you know how he's doing and shows that you take his schooling seriously. Beforehand, write down questions to ask. ("How can we get a peer tutor?" or "Does he participate in class?") Keep your teen in the loop by discussing the conference when you get home.

Volunteer together

Volunteer as a family, and you'll help those in need—and bond with your teenager. Browse community bulletin boards and local volunteer Web sites for opportunities. You might serve meals at a soup kitchen, work at an animal adoption fair, or help with activities in a nursing home.

Word problems

Drawing pictures can help your child visualize word problems. For instance, he could sketch two cars that are 200 miles apart and traveling toward each other. He can label each with its speed (40 mph, 60 mph) and write an equation for how long it will take them to meet: $200 \div (60 + 40) = 2$ hours.

Worth quoting

"You must look into people as well as at them."

Lord Chesterfield

Just for fun

Q: What do you get when two silk-worms are in a race?

A: A tie!



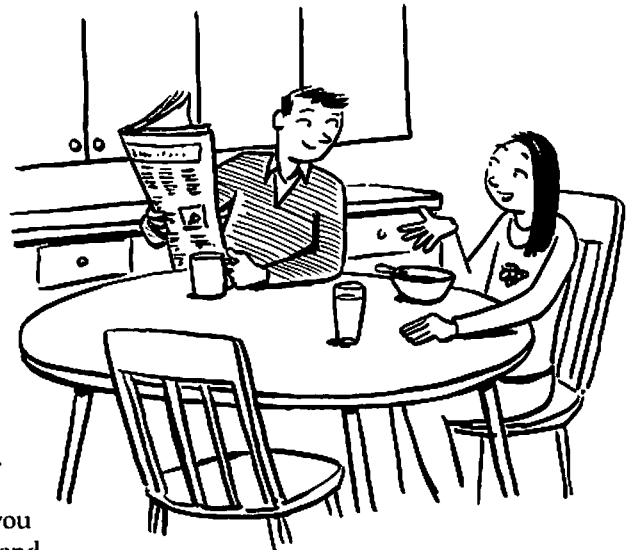
Respecting each other

As your teenager grows older and becomes more independent, her opinions may be different from yours. But the need for respect remains the same. Try to teach her to talk and act respectfully with these suggestions.

State expectations.

One way to show respect is to treat others considerately. Tell your child which behaviors are rude (sarcasm, eye rolling). Then, explain how you'd like her to treat you ("Please use a normal voice and tell me how you feel"). For example, she can say, "I disagree with you" or "I'm upset."

Return the respect. Your teen will respect you more if she feels respected. Talking to her as you would another adult is one way you can show respect for her. Ask her opinion about issues (politics, grocery purchases), and let her make decisions when possible. Also, address her directly when she breaks a



rule or does poorly on a test, rather than complaining about her to others.

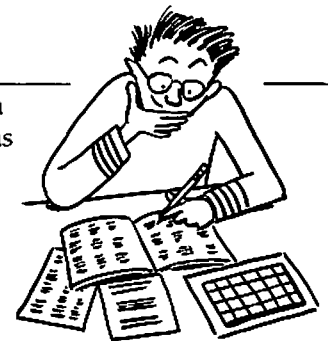
Start over. When your high schooler is disrespectful, give her a chance to rewind. For example, if she shouts at you, ask her to repeat herself politely. If she continues yelling, let her know you'll talk when she's ready to speak nicely. *Tip:* If she is frequently rude, you might take away privileges such as the use of your car or her cell phone. 👍

Choosing classes

The right class schedule can help your teen have a successful, enjoyable school year. Here are some ideas for him to consider as he picks next year's courses:

- Mapping out the remainder of his high school career will help your child take courses geared toward his future. He'll need to pay special attention to those that have prerequisites (Pre-Calculus before Calculus, Painting I before Painting II).

- When choosing among regular, honors, and AP classes, your teen should consider how he's doing right now. If he's doing well in regular English, for example, he may want to try honors English. Encourage him to balance the load by taking a few harder courses along with an easier elective or two. 👍



Homework time

What is your teen's homework ritual like? Perhaps he works at the kitchen table right after school or studies on his bed at night. No matter where or when he does homework, these tips can make things easier.

Set priorities. Each evening, your child will need to decide which homework to tackle first. He might go subject by subject, reading textbooks and going over his notes and then doing written assignments. When tomorrow's assignments are complete, he can work on long-term projects.

Get focused. Taking out books and supplies for one subject at a time will help your high schooler concentrate



on the assignment at hand. Setting a deadline for completing each task can also help him stay focused ("I'll finish my history questions by 7:30").

Look it over. Your teenager should always review his homework before putting

it into his backpack. For instance, he should proofread journal entries and chapter summaries and double-check algebra problems and chemistry equations. This is especially important if it's getting late and he's tired. 👍

Prescription for danger

Prescription drugs are abused by children more often than any other drug except marijuana. They can be easier for teenagers to find, and teens might see them as safer since they're prescribed by doctors.

Explain to your child that any drug can be dangerous if it's prescribed for someone else, she takes too much, or she combines it with another drug. Commonly abused prescriptions include stimulants like ADHD medication and cough syrup, painkillers such as codeine or oxycodone, and depressants like sleeping pills and tranquilizers.



Be sure to store these and other drugs in a locked cabinet. Also, know which ones you have and how much of each is left. You might ask her friends' parents to do the same, since teens sometimes share medicines they find at home. 👍

OUR PURPOSE

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

Resources for Educators, a division of Aspen Publishers, Inc.
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540-636-4280 • rfeustomer@wolterskluwer.com
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Q & A

Facebook or face-to-face?

Q My son chats with friends using instant messaging, texting, and Facebook. Should I worry that he does so little talking in person?

A Teens love to conduct their social lives electronically. They use computers and cell phones to make plans, gossip, and even break up! And while these communication methods are efficient, they also have drawbacks.

For one thing, typed words can be misinterpreted. In person, you can often tell that someone is kidding by his tone of voice and body language. Also, teens may type hurtful things without thinking. It's easier to be harsh when the person isn't standing in front of you.

Encourage your child to have some conversations in person, especially when he needs to discuss something serious. He'll keep his social skills sharp and his relationships strong. 👍



Parent to Parent Family chores

My daughter always dragged her feet when it was time to take out the trash or unload the dishwasher.

Then, one day a friend mentioned that she had come up with a good way to get her teenager to help around the house. She said she had discovered that doing chores as a family kept everyone motivated. They started working together for



15 minutes every evening after dinner, and the house got cleaned up.

I decided to try it. The next night after dinner, I set the stove timer for 15 minutes, and everyone worked to clear the table, do the dishes, and take out the trash. We were all surprised by how easy it was. Now it's a nightly ritual, and no one has to do chores alone. 👍

Williston High School Lunch Menu Feb-10

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<u>BREAKFAST</u> Sausage, Egg & Cheese On A Biscuit <u>LUNCH ENTREE'S</u> Chicken Patty On A Bun Philly Steak Stuffer Stuffed Crust Pizza <u>SIDES</u> Corn Frozen Fruit Bar	<u>BREAKFAST</u> Muffin String Cheese <u>LUNCH ENTREE'S</u> Super Nachos Ham & Cheese Wrap Stuffed Crust Pizza <u>SIDES</u> Fresh Fruit	<u>BREAKFAST</u> Breakfast Wrap <u>LUNCH ENTREE'S</u> Chef Salad Chili Stuffed Crust Pizza <u>SIDES</u> Garlic Toast Mandarin Oranges Jell-O	<u>BREAKFAST</u> Ham, Egg & Cheese On A Bagel <u>LUNCH ENTREE'S</u> Shredded Pork Sandwich Pizza Burger Stuffed Crust Pizza <u>SIDES</u> Hashbrown Patty Pears	<u>BREAKFAST</u> French Toast Sausage <u>LUNCH ENTREE'S</u> Hot Ham & Cheese Sandwich Sloppy Joe Stuffed Crust Pizza <u>SIDES</u> Peas Applesauce
8	9	10	11	12
<u>BREAKFAST</u> Breakfast Pizza <u>LUNCH ENTREE'S</u> Chicken Strips Pizza <u>SIDES</u> Seasoned Pasta Green Beans Peaches	<u>BREAKFAST</u> Scrambled Eggs Toast <u>LUNCH ENTREE'S</u> Chili Crispito Hot Dog On A Bun Stuffed Crust Pizza <u>SIDES</u> Glazed Carrots Fresh Fruit	<u>BREAKFAST</u> Cinnamon Biscuit Hashbrown <u>LUNCH ENTREE'S</u> Chicken Nuggets Mini Corn Dogs Stuffed Crust Pizza <u>SIDES</u> Mashed Potatoes/Gravy Corn Strawberries & Bananas	<u>BREAKFAST</u> Breakfast Chicken Sandwich <u>LUNCH ENTREE'S</u> Chicken Rice Hotdish Chef Salad Stuffed Crust Pizza <u>SIDES</u> Dinner Roll/Mixed Vegetables Mandarin Oranges Valentine Cookie	WINTER BREAK NO SCHOOL
15	16	17	18	19
WINTER BREAK NO SCHOOL	<u>BREAKFAST</u> Cereal Half A Bagel <u>LUNCH ENTREE'S</u> Pizza Pocket Chicken O's Stuffed Crust Pizza <u>SIDES</u> Corn Blueberries Brownie	<u>BREAKFAST</u> Pancakes <u>LUNCH ENTREE'S</u> Fish Fillet On A Bun Biscuit & Gravy Stuffed Crust Pizza <u>SIDES</u> Green Beans Fresh Fruit Jell-O	<u>BREAKFAST</u> Breakfast Taco <u>LUNCH ENTREE'S</u> Sloppy Joe On A Bun Egg Roll Stuffed Crust Pizza <u>SIDES</u> Sweet Potato Fries Mandarin Oranges	<u>BREAKFAST</u> Banana Bread Yogurt <u>LUNCH ENTREE'S</u> Hot Dog On A Bun Meatball Sub Stuffed Crust Pizza <u>SIDES</u> Macaroni & Cheese Peas & Carrots Pears
22	23	24	25	26
<u>BREAKFAST</u> French Toast Sausage <u>LUNCH ENTREE'S</u> Italian Chicken On A Bun Corn Dog Stuffed Crust Pizza <u>SIDES</u> Toasted Green Beans Peaches	<u>BREAKFAST</u> Breakfast Burrito <u>LUNCH ENTREE'S</u> Meatballs Turkey/Bacon/Cheese Sandwich Stuffed Crust Pizza <u>SIDES</u> Mashed Potatoes/Gravy Corn Fresh Fruit	<u>BREAKFAST</u> Scrambled Eggs Toast <u>LUNCH ENTREE'S</u> Spaghetti Bagel & Yogurt Stuffed Crust Pizza <u>SIDES</u> Breadstick Glazed Carrots Tropical Fruit	<u>BREAKFAST</u> Mini Breakfast Corn Dogs <u>LUNCH ENTREE'S</u> Chicken Fajita Tuna Casserole Stuffed Crust Pizza <u>SIDES</u> Spanish Rice Mixed Fruit	<u>BREAKFAST</u> Cinnamon Roll <u>LUNCH ENTREE'S</u> Cheese Pizza Sweet & Sour Chicken <u>SIDES</u> Peas Fruit Cup Smore Pocket