

Williston High School
PO Box 1407
Williston, ND 58802

January



January 2010

Sun.	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
					1	2 B JV BB @ Dickinson-1 PM G 10 BB @ Dickinson-1 PM B 9 BB Home w/Dickinson-2:30 B 10 BB @ Dickinson-2:45 PM G JV BB @ Dickinson-2:45 PM G V BB @ Dickinson-4:30 PM B V BB @ Dickinson-6:15 PM
3	4	5 G 9 BB @ Minot-5 PM B JV WR Home w/Sidney-6 B V WR Home w/Sidney-7	6	7 B 9 BB Trenton Tourney	8 B 10 BB @ St. Mary's-4:15 PM G JV BB @ St. Mary's-4:15 PM B JV HKY Home w/Bismarck-5:15 B JV BB @ St. Mary's-5:45 PM G V BB @ St. Mary's-6 PM B V HKY Home w/Bismarck-7:30 G 10 BB @ St. Mary's-7:30 PM B V BB @ St. Mary's-7:45 PM B V WR Rotary @ Bismarck B 9 BB Trenton Tourney	9 B JV HKY Home w/Jamestown-1 B 10 BB @ Jamestown-2:15 PM G 10 BB @ Jamestown-2:15 PM G V HKY @ Dickinson-3 PM B V HKY Home w/Jamestown-3:15 B JV BB @ Jamestown-4 PM G JV BB @ Jamestown-4 PM G V BB @ Jamestown-5:45 PM B V BB @ Jamestown-7:45 PM B V WR Rotary @ Bismarck
10	11 G 9 BB Home w/Watford City-6	12 B JV HKY @ Minot-5:15 PM B V WR @ Watford City-6:30 B V HKY @ Minot-7:30 PM	13	14 B JV WR Home w/Minot-6 B V WR Home w/Minot-7:30	15 B 10 BB Home w/Mandan-4:15 G JV BB Home w/Mandan-4:15 G 9 BB Home w/Mandan-4:15 PM B JV BB Home w/Mandan-5:45 PM G V BB Home w/Mandan-6 PM G 10 BB Home w/Mandan-7:30 PM G V HKY @ Fargo North-7:30 PM B V BB Home w/Mandan-7:45 PM B V HKY @ Hazen-8 PM B V WR Cowboy Invite (Miles City)	16 B V WR Cowboy Invite (Miles City) B V Swim w/Bismarck @ Dickinson B JV HKY Home w/Mandan-2 PM G V HKY @ Mandan-2 PM B V HKY Home w/Mandan-4:15 PM
17	18 B 9 BB @ Watford City-5:30 & 7	19 B 9 BB @ Sidney-4:30 PM B JV BB @ Sidney-6 PM B V BB @ Sidney-7:30 PM	20	21 B 10 & G JV BB Home w/Minot-4:15 B 9 & JV BB Home w/Minot-4:45 & 5:45 G & B V BB Home w/Minot-6 & 7:45 G 9 & G 10 BB Home w/Minot-6:30 & 7:30	22 B V Swim Home w/Fargo 5-4 B V WR Grand Forks Multiple G V HKY @ Jamestown-7 PM	23 B V WR Grand Forks Multiple G 10 BB Home w/Belcourt-12:30 G V HKY @ W Fargo-2 PM B 10 & G JV BB Home w/Belcourt-2:15 B JV BB Home w/Belcourt-3:45 PM G V BB Home w/Belcourt-4 PM B V HKY @ Dickinson-5 PM B V BB Home w/Belcourt-5:45 PM B V Swim Minot Invite
24	25	26 G 9 BB @ Sidney-4:30 G JV BB @ Sidney-6 PM G V BB @ Sidney-7:30	27	28	29 B & G JV BB @ Mandan-4:15 B V Swim @ Jamestown-5 PM B & G 10 BB @ Mandan-5:45 & 7:30 B JV WR Home w/Bismarck-6 PM G & B V BB @ Mandan-6 & 7:45 PM G V HKY @ GFRR-7 PM B V HKY Home w/Hazen-7:30 PM B V WR Home w/Bismarck-7:30 PM	30 B 10 BB @ Century-12:30 PM B JV BB @ Century-2:15 PM G 10 BB @ Century-2:15 PM G V HKY @ Devils Lake-2:45 PM G JV BB @ Century-3:45 PM B V BB @ Century-4 PM G V BB @ Century-5:45 PM B V Swim Blue Jay Invite



The Coyote Howl

“Principal’s Page”

Winter activities are in full swing and Mother Nature is cooperating with us by providing some excellent weather for our winter break. This past week, we had four home hockey games, band/choir winter concert, and last Saturday, we had girls’ hockey with Devils Lake and boys and girls basketball against Century. Hopefully the weather will last until March!

HB 1400

The state has passed several new requirements for graduation. The counseling department has worked very hard to get the word out and I am also going to give you this information again so that you can make quality decisions with your son/daughter when you are registering for next year.

The class of 2010-2011 will now be required to take **THREE** credits in science. Our science department is working diligently to provide additional course offerings so that next year’s seniors can fulfill this state mandate. Also, there is an addition to the social studies curriculum in that students are now required to take one of two options. First, they would take a semester of Government followed by a semester of Economics. The second choice would be a full year of Problems of Democracy.

So when you are planning to work with your daughter/son on their registration packet for next year, please make sure you understand the new course requirements set forth by the state. If you have any questions, please do not hesitate to contact any of our counselors.

Senior College Exploration Day

Seniors will be allowed **ONE** college exploration day. Advanced makeup slips need to be picked up from the attendance office upon approval from administration. Students must complete all work, get the teacher’s

signatures, and return the makeup slip to the attendance office **BEFORE** being allowed to go on their career exploration day. This day must be used before April 30 to explore a college or to prepare for entering into the military. Students must get a signed business card from the college or branch of the military in the city they are visiting. This card must be given to the attendance secretary upon return from the visit. Seniors who need additional days must submit a request **TWO WEEKS** prior to leaving to the principal for extended travel outside the region.

In-Service Day

January 18 & 19 is the Helga Sorenson in-service scheduled for WPSD #1 and neighboring districts. Therefore, there is not school these days.

Professionally,

Chris Kittleson
Principal
Williston High School

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Counseling News

Williston High School Counselors
Miss Koperski, Mrs. Bradford
Mr. Lysne
January 2010

Scholarships

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 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

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.ndef.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_ed.s.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.

Knowledge for College is a resource that 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

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

Dates to Remember

January 5 – Deadline for the February ACT

January 12 – Last day of the Semester

February 4 – Registration for March SAT

February 6 – ACT @ WSC from 8 AM to 12 PM

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 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
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

CT 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

SAT Registration

The easiest way to register for the SAT is to visit their website at 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 students needs by targeting their weaknesses and helping them to build necessary skills. Stop by the counselors’ office to pick up your instructions on how to use the program. Workshops will be held this fall for students and their parents to attend in order to learn how to best utilize the program.

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

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 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:

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.



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>

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.

SEMESTER TEST SCHEDULE

Monday, January 11, 2010

8:15 - 9:45.....Period 1
10:00 - 11:30.....Period 2
11:30 - 12:15.....Lunch
12:15 - 1:45.....Period 3
2:00 - 3:30.....Period 4

Tuesday, January 12, 2010

8:15 - 9:45.....Period 5
10:00 - 11:30.....Period 6
11:30 - 12:15.....Lunch
12:15 - 1:45.....Period 7
2:00 - 3:30.....Make-ups

Students are to remain
in each class for a minimum
of 1 hour for testing.

NATIONAL HONOR SOCIETY NEWS

The Williston chapter of the National Honor Society will induct new members in January. Senior new members are Seth G., Laura M., Brook M., Jordan N. and Abby S. New members who are juniors are Preston B., Kristen C., Marcus F., Katie H., Melissa H., Jaclyn L., Brady L., Aaron M., Leah O. and Janessa S. They will join the other 23 senior members for second semester activities.

On December 10, the NHS members had their annual Christmas party. Besides a potluck lunch and a gift exchange, members gave dollars to be matched by the chapter for donating to the WHS Christmas kindness project.

NHS members have been loyal docents for the James Memorial Fine Arts Center this fall. Serving as docents is one of the many projects done by members to meet their service hour requirements.

This year's chapter is lead by President Megan R., Vice-President Jacob O., Secretary Kaitlyn B. and Treasurer Vance N.



Mid-Term & Nine Week Grading Schedule for WHS

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

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 \$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!

Our music department is full of many talented students. Several of them have auditioned for honor bands and choirs throughout the year. Congratulations to these students for being selected to perform in the UND Honor Band and Choir!

Daniel B.

Angela G.

Julian J.

Paige L.

Luke L.

Mallory N.

Vance N.

Kinsi O.

Elizabeth S.

Cameron S.

Lydia S.

David S.

Andrea T.

Stephanie W.

Katie W.

Thank you, students, for your hard work!
Thank you, parents, for allowing us to work with your talented students every day! We appreciate all you do!

Tuesday, January 26 @ 7 PM

in the Old Armory

WHS Jazz Concert and Silent Auction

*If you have anything you would be willing to donate to the silent auction, please talk to Mr. or Mrs. Rooke.

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.

Governor's School

Governors' school is seeking high school sophomores and juniors who are self-motivated, mature, responsible, imaginative, eager to learn and ready for a challenge. Last year's attendees from WSS were Kristen C., Missy S. and Juan M. The state of ND funds the cost of this six week program (June 6 – July 17) on NDSU's campus. The areas of study are English, Information Technology, Math, Lab Science or Performing Arts. If you have a student who would like to attend, please have them stop by the counseling office for more information or go online at www.ndsu.nodak.edu/ndsu/govschool/. Applications are due by February 15.

Looking into the Future...

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

Happy 2010 to All!!
Three cheers for the
New Year and new
technology.

Beginning in January, the district is moving to a web-based system for Accelerated Reader. This change will open the number of tests to THOUSANDS as the library will not have to purchase individual tests. Hooray!

So, when buying their own books, students can check the Renaissance Learning site to see if a test is available and then decide whether or not to buy. New tests are being constantly added to the AR database, and students can keep up with the newest books.... Yahoo!

Because the data wasn't transferred when this article was written, I can't give you any other details, but English teachers will be trained on the new system and have instructions for students when classes resume after Christmas. More information will be included in the February newsletter.

Stay warm and keep reading!

Miss Snyder, Library Media Specialist

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

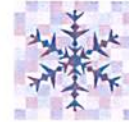


Fine Arts

Showcase!



*Mark your calendars for a night
of the best Fine Arts at WHS!*



Thursday, January 7, 2010

6-8 o'clock pm

WHS Commons

*All Visual Arts students will present
their best work of the semester,
along with vocal and instrumental
presentations*

by Choir and Band students.

*Come join us for an evening
of ART and MUSIC*

*Treats, mulled cider and coffee
will be served*



Student Council News for January 2010

Hi, everyone! Hope you had a great Holiday season and a spectacular New Years!!! This year for Christmas Kindness we collected Christmas stocking money to help two WHS families with medical expenses. We also sold cotton candy and ice cream cone cupcakes to raise money. Student Council would like to thank the student body and teachers for donating the money and buying the yummy treats. We would also like to thank:

Red River Supply

The DeLorme family for the use
their cotton candy maker.

Miss North Dakota, Katie Ralston, for
speaking to us about leadership.

Student Council attended the North Dakota State Convention December 14 – 16. We had very interesting motivational speakers who updated us on topic such as teen sex, underage drinking, drugs, and other interesting facts that we can use in the future. We all took mini sessions that taught us a lot of things we need to know to help us be successful leaders. At convention, we had time for learning, laughter, and meeting other Student Council members and hearing their ideas.

Valentine's Day is coming up quick and Student Council will be selling roses. This is your chance to tell that special someone or your best friend that you really care. They will also be available for parents to buy and send to students during fourth period. If you would like to place an order, you may contact Karla Olson at 701-572-0967, extension 226.

Student Council Secretary
Brittney B.

Parents of Juniors or 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.

APPLICANTS MUST BE INCOME ELIGIBLE

Household Income is listed below:

Persons in Family or Household Size	Annual
1	\$21,660
2	\$29,140
3	\$36,620
4	\$44,2100
5	\$51,580

Contact Community
Action Partnership
for eligibility and other
requirements at
701-572-8191
Or www.willistoncap.org

ideas for parents

Easy Ways to Build Assets for and with Your Child

FAST FACTS

ASSET CATEGORY

Empowerment

The more a young person is valued and feels valuable, the more likely he or she is to grow up healthy.

Youth Speak

- "Applaud my efforts and successes."
- "Help me solve problems and change things for the better."
- "Let me take care of things when I think I can."

The Value of Appreciation

Everyone wants to feel valued and be valuable, but it's easy for children and teenagers to feel as if they have little to contribute. In our fast-paced society, it's often easier to do things for young people instead of doing things with young people so that they gradually learn and master their own skills.

Young people need meaningful, valuable roles at home, at school, in the community, and in all the places where they spend time. They also need to feel safe. When children and youth feel safe and valued, they're more apt to bond with their families, their schools, and their communities. They then become even more valuable because they want to contribute.

Empowerment—the sense that you can make a difference and that you have a valued place or role—starts at home and starts slowly. What makes your child feel valued? What unique skills and talents does your child have to offer? What meaningful, age-appropriate roles does your child have in your family?

And what about you? How do you as a parent feel empowered? What made you feel valuable when you were a child? A teenager?



How can you translate your experience into creating a home that empowers your children?

Even if you don't know the answers to all of these questions, begin today with one thing you do know about empowerment.

Start small. You can help your child feel more valued and valuable today.

Quick Tip:
Empower your child by providing choices.

Helpful Hints

Tips that make empowering your child easier:

- **Have regular family meetings to plan, solve problems, and encourage each other. Rotate who leads the meetings.**
- **Get involved with your child's school and in the community.**
- **Think of yourself as your child's empowerment coach.**
- **Advocate that your community develop meaningful opportunities for young people.**

4 Key Areas of Empowerment

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

- Community values youth**—Your child perceives that adults in the community value children and youth.
- Youth as resources**—Your child is given useful roles in the community.
- Service to others**—Your child serves in the community one hour or more per week.
- Safety**—Your child feels safe at home, at school, and in the neighborhood.

Empowerment through the Years

Age Ways to Empower Your Child

- 0-1
 - Prop up babies and hold young children so that they can see what is around them.
 - Arrange family life around children's needs.
 - Watch over children to keep them safe.
- 2-3
 - Find simple ways for children to serve others. For example, they may be able to place donated toys in a box.
 - Keep track of children at all times.
- 4-5
 - Take children along when visiting elderly people and those who are sick.
 - Give children simple chores, such as sorting laundry by color, matching socks, or feeding pets.
 - Teach children their first and last name, address, and phone number.
- 6-10
 - Ask children how they would like to help others, and figure out simple ways for them to carry through on their wishes.
 - Use the buddy system. When children go out to play, have them do so in pairs.
 - Ask children what they do and do not like in their daily routines. Make some changes based on their comments.
 - Display or use things your child makes.
- 11-15
 - Discuss with your child her or his fears and feelings of not being safe. Work together on these. Be ready for concerns to range from safety at school to safety on dates.
 - Ask your child for ideas on family community service projects. Act on your child's ideas.
 - Laugh at your child's jokes.
- 16-18
 - Continue allowing your teen gradual independence while teaching safety skills (including making good decisions about physical and mental health) so that he or she is ready to live independently (and safely and successfully) by age 18.
 - If your teen wants to work, encourage a job that empowers your teen and balances with other time commitments.
 - If he or she feels ready, encourage your teenager to take a leadership role in addressing issues that concern her or him (such as homelessness, racism, hunger).

More Help for Parents

Empowering Your Child: How to Help Your Child Succeed in School and Life by C. Fred Bateman. This book suggests how to create an empowering home environment and be an empowering parent. (Published by Hampton Roads Publishing Company)

The Empowerment Equation

C. Fred Bateman, author of Empowering Your Child, defines empowerment with this equation: Interacting with life's challenges - influencing those challenges in valuable ways for all = empowerment.

Final Word

"Each child deserves to be acknowledged and cherished for the qualities that make her [or him] unique." -Lee Salk, Ph.D., author of *Familyhood*

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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

High School 1 YEARS

Working together for lifelong success

Short Clips

Teen privacy

Does your child sometimes close herself in her room? It's normal for teens to want time alone to think, listen to music, or talk on the phone. Try to give her the privacy she needs, with a few guidelines (don't lock the door, open it when a parent knocks).

Talk about school

Show interest in what your high schooler is learning by asking specific questions. Instead of, "What'd you do in school today?" try, "What did you work on in biology?" As you look through papers he brings home, get him to "teach" you about an interesting topic ("So, what exactly is DNA?").

Shoplifting warning

Some teens think stealing is a harmless thrill. They may be dared by friends to try it (or to distract store clerks while their friends do it). Make sure your children understand that taking anything without paying for it is dishonest and illegal. Remind them that if they shoplift, they could be arrested.

Worth quoting

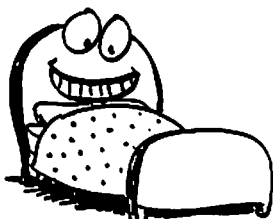
"Don't judge each day by the harvest you reap but by the seeds that you plant."

Robert Louis Stevenson

Just for fun

Q: What has a head and foot but no arms?

A: A bed.



Make class time count

Your child probably spends about six hours a day in class. Encourage him to make the most of that time by being prepared, paying attention, and taking part in class discussions. Share these tips.

Be prepared. Encourage your high schooler to do homework on time and keep up with outside reading. When he is familiar with the material, he'll be able to follow lectures more closely and understand the points being made. Plus, he'll be more likely to know the answers if the teacher calls on him with a question.

Pay attention. Remind your child to listen carefully throughout class. One good way is to take notes, as writing down key points will help him stay focused on what the teacher is saying. Does he talk in class or daydream? Recommend that he sit close to the



front—and away from friends—so he's not distracted.

Join in. Participating in classroom discussions shows the teacher that your child understands the material. Suggest that he ask questions or add his own comments. You can give him confidence to raise his hand at school by valuing the opinions he expresses at home. ("That's a very good point. Have you mentioned that idea in class?")

Project planning

When your teen has a group project, being organized can make all the difference. Suggest these ideas for getting started:

- Get everyone's phone number and e-mail address. Group members might put numbers in their cell phones or write e-mail addresses in their assignment books.
- At the first meeting, go over the project. Discuss ideas for the format (poster, video, debate), and decide on one that everybody thinks will work best.
- Have each team member volunteer for a task (research a section, design a brochure, write a script). Set due dates for each job.
- Decide where and when the group will meet (at the library, Thursdays after school).



License to drive

Teens need lots of practice behind the wheel when they're learning to drive. Here are some ways to help your child become a safe driver.

Know the car

First, go over the dashboard. Your teen should know how to use the turn signals, lights, emergency flashers, and other features. Have her adjust the seat so she can reach the pedals comfortably and the rearview and side mirrors so she can see properly. Make sure she has her seat belt on, and teach her to check that her passengers are wearing theirs, too.



Begin slowly

Let her learn to handle a car by driving in empty parking lots (for example, a school parking lot on Sunday) or on uncrowded back roads. Move onto busier roads when you feel she's ready. While driving, give directions clearly and calmly. *Example:* "When it's safe, get in the right lane."

Vary the conditions

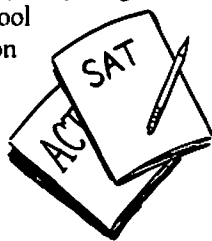
Once your high schooler has mastered driving in smooth traffic during daylight hours and dry weather, have her practice driving at night, in rain or snow, and on congested highways. The more time she spends behind the wheel in different conditions, the better driver she will become.

Note: Your teen learns from your driving habits. Be a good role model by following all traffic laws. 👍

Guide to college testing

Your child's college test scores will help determine which schools accept him. He can get a head start by getting acquainted with the tests:

- Juniors should begin signing up for the SAT and ACT now. Students can take them as many times as they want and send their best scores to the colleges they apply to. The tests are usually taken during winter or spring of junior year and fall of senior year. Have your youngster check for dates in the school guidance office or on the testing Web sites (www.collegeboard.com for the SAT and www.actstudent.org for the ACT).



- Encourage your child to look over the results of any practice versions of the SAT (called the PSAT) or ACT (called PLAN) that he took in the fall. He can see which format suits him better. The score reports will show the number and types of questions answered correctly and incorrectly, so he can focus his efforts when studying for the real thing. 👍



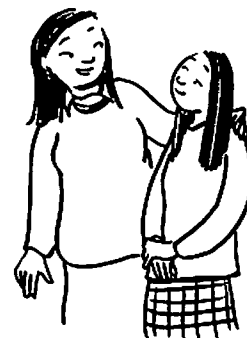
Q & A Teen depression

Q My daughter hasn't been seeing her friends lately, and she sleeps until 3 p.m. on weekends. Could she be depressed?

A Teen depression can be hard to diagnose since teens' moods change. But symptoms that last longer than two weeks can signal a problem. Isolating herself from friends and excessive sleeping are both signs of depression. So are major changes in eating habits, suddenly poor grades, and "risky" behavior like sexual activity or using drugs.

Your child may be more vulnerable if you have a family history of depression, she suffers from low self-esteem, or she's dealing with a loss, such as her parents' divorce or a breakup with her boyfriend.

Talk to your teen. Let her know that you're there for her if she wants to confide in you. Also, contact her pediatrician or a local health clinic. They may be able to screen your child for depression or refer her to a mental health professional. 👍



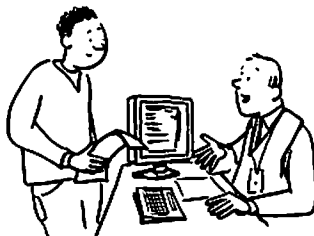
Parent to Parent Better reports

Recently, my son was disappointed when he got a C on an English report. I encouraged him to talk to his teacher and find out why.

Mr. Brooks started by telling Amit that he liked his thesis. Then, he pointed out several weak points and gave my son ideas for improving his writing, such as using examples to back up his opinions. The teacher also said he needed to include transitions, such as "Therefore" and "In addition," between

paragraphs to help his paper flow better. Finally, he told Amit to be careful about switching from present to past tense in the middle of the paper.

Mr. Brooks recommended that Amit bring a draft in for review the next time he writes a report. And he suggested going to the school's writing center for help after school. Amit thought both were good ideas—and he plans to try them the next time around. 👍 4



OUR PURPOSE

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

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<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
4	5	6	7	8
<p><u>BREAKFAST</u> Cereal Toast</p> <p><u>LUNCH ENTREE'S</u> Chicken Patty On A Bun Pizza Burger Stuffed Crust Pizza</p> <p><u>SIDES</u> Green Bean Casserole Applesauce Pudding</p>	<p><u>BREAKFAST</u> Ham, Egg & Cheese On An English Muffin</p> <p><u>LUNCH ENTREE'S</u> French Toast Sticks/Sausage Ham & Cheese Wrap Stuffed Crust Pizza</p> <p><u>SIDES</u> Fresh Fruit Juice</p>	<p><u>BREAKFAST</u> Breakfast Taco</p> <p><u>LUNCH ENTREE'S</u> Chili Hot Dog On A Bun Stuffed Crust Pizza</p> <p><u>SIDES</u> Corn Bread Spiced Apples</p>	<p><u>BREAKFAST</u> Pancakes</p> <p><u>LUNCH ENTREE'S</u> Chicken Fajita Chili Crispito Stuffed Crust Pizza</p> <p><u>SIDES</u> Corn Strawberries Bananas</p>	<p><u>BREAKFAST</u> Breakfast Chicken Sandwich</p> <p><u>LUNCH ENTREE'S</u> Pizza BBQ Chicken On A Bun</p> <p><u>SIDES</u> Green Beans Mandarin Oranges</p>
11	12	13	14	15
<p><u>BREAKFAST</u> Cereal Toast</p> <p><u>LUNCH ENTREE'S</u> Hamburger On A Bun Chicken Round Ups Stuffed Crust Pizza</p> <p><u>SIDES</u> Potato Smiles Pears</p>	<p><u>BREAKFAST</u> Scrambled Eggs Toast</p> <p><u>LUNCH ENTREE'S</u> Chicken Nuggets Meatballs Stuffed Crust Pizza</p> <p><u>SIDES</u> Mashed Potatoes/Gravy Corn Fresh Fruit</p>	<p><u>BREAKFAST</u> Muffin Hashbrown Stick</p> <p><u>LUNCH ENTREE'S</u> Spaghetti Cook's Choice Stuffed Crust Pizza</p> <p><u>SIDES</u> Breadstick Glazed Carrots Peaches</p>	<p><u>BREAKFAST</u> Mini Breakfast Corn Dogs</p> <p><u>LUNCH ENTREE'S</u> Sloppy Joe Chicken Strips Stuffed Crust Pizza</p> <p><u>SIDES</u> Confetti Fries Mixed Fruit</p>	<p><u>BREAKFAST</u> Bagel Cream Cheese</p> <p><u>LUNCH ENTREE'S</u> Sub Sandwich Burrito Stuffed Crust Pizza</p> <p><u>SIDES</u> Chips & Salsa Applesauce Smore Pocket</p>
18	19	20	21	22
<p>TEACHER INSERVICE</p> <p>NO SCHOOL</p>	<p>TEACHER INSERVICE</p> <p>NO SCHOOL</p>	<p><u>BREAKFAST</u> Cheese Omelet Toast</p> <p><u>LUNCH ENTREE'S</u> Popcorn Chicken Corn Dog Stuffed Crust Pizza</p> <p><u>SIDES</u> Cheesy Hashbrowns Green Beans Fruit Salad</p>	<p><u>BREAKFAST</u> Banana Bread String Cheese</p> <p><u>LUNCH ENTREE'S</u> Macaroni Hotdish Rib Sandwich Stuffed Crust Pizza</p> <p><u>SIDES</u> Corn Dinner Roll Spiced Apples</p>	<p><u>BREAKFAST</u> Breakfast Corn Dog</p> <p><u>LUNCH ENTREE'S</u> Italian Chicken Sandwich Pizza</p> <p><u>SIDES</u> Pasta Salad Peas Pears</p>
25	26	27	28	29
<p><u>BREAKFAST</u> Cereal Toast</p> <p><u>LUNCH ENTREE'S</u> Pizza Chicken Patty On A Bun</p> <p><u>SIDES</u> Creamed Corn Pineapple</p>	<p><u>BREAKFAST</u> Belgian Waffle</p> <p><u>LUNCH ENTREE'S</u> Mini Corn Dogs Chicken Fajita Stuffed Crust Pizza</p> <p><u>SIDES</u> Baked Beans Fresh Fruit Cookie</p>	<p><u>BREAKFAST</u> Scrambled Eggs Toast</p> <p><u>LUNCH ENTREE'S</u> Hamburger Stroganoff Fiestada Pizza Stuffed Crust Pizza</p> <p><u>SIDES</u> Corn Dinner Roll Cranberry Whip</p>	<p><u>BREAKFAST</u> Cinnamon Roll</p> <p><u>LUNCH ENTREE'S</u> Chicken O's Oriental Salad Stuffed Crust Pizza</p> <p><u>SIDES</u> Baked Potato Mandarin Oranges</p>	<p><u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u> Taco In A Bag Sub Sandwich Stuffed Crust Pizza</p> <p><u>SIDES</u> Peaches Pudding</p>