

Williston High School
PO Box 1407
Williston, ND 58802

March

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 WHS Pops Concert WHS Auditorium @ 7 PM	2 WHS Pops Concert WHS Auditorium @ 7 PM	3	4 B & G V WDA BB @ Bismarck	5 B & G V WDA BB @ Bismarck B V State Swim @ Mandan	6 B & G V WDA BB @ Bismarck B V State Swim @ Mandan B & G V Speech @ DSU
7	8 SPRING BREAK NO SCHOOL	9 SPRING BREAK NO SCHOOL	10 SPRING BREAK NO SCHOOL	11 B & G V State BB @ Bismarck SPRING BREAK NO SCHOOL	12 B & G V State BB @ Bismarck SPRING BREAK NO SCHOOL	13 B & G V State BB @ Bismarck B & G V Speech @ Richardton SPRING BREAK NO SCHOOL
14	15	16 Band-O-Rama Phil Jackson Fieldhouse @ 7 PM	17 St. Patrick's Day	18	19	20 InPulse Concert WHS Auditorium @ 7 PM
21	22 Baseball Practice Begins	23	24	25	26 B & G V Speech @ Bowman	27 B & G V Speech @ Hettinger
28	29 WHS Parent/Teacher Conferences from 4:30 PM to 7:30 PM in the classrooms	30 WHS Parent/Teacher Conferences from 5:30 PM to 8:30 PM in the classrooms	31			



The Coyote Howl

“Principal’s Page”

Honors and Awards

This is always a fun time as the Principal of Williston High School. Regional and state tournaments are just around the corner and our students are being recognized in their sports. However, this is also a time when our students are being recognized for their academic achievements.

We currently have four students from WHS that have been selected to the 2009-2010 Academic All State Team. Mathias S. and Vance N. were selected as two of seven members of the Silver Team. Megan R. was selected as one of seventeen on the Bronze Team. There were 54 students who were selected to the honorable mention category. Our own Tyler E. was selected as one of these people.

In addition to this, three individuals were selected to represent Williston High School as National Merit Scholars. These people are Daniel B., Vance N. and Megan R. Congratulations to these students for their hard work and dedication to their studies. It is being recognized by many different groups.

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 so that the days are excused.

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

To those of you who are traveling across to Grand Forks this weekend, I hope you have a safe journey and we can celebrate a couple of Coyote victories at the Engelstad.

Professionally,

Chris Kittleson
Principal

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Counseling News

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

Scholarships

Covote 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_scholars_program.html

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

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

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.

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 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.

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:

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

March 5 – Registration for April ACT
March 13 – SAT in Minot from 8 AM to 12 PM
March 25 – Registration for May SAT
April 7 – Senior meeting at 9 AM
April 10 – ACT @ WSC from 8 AM to 12 PM
April 24 – WHS Prom
April 28 – Juniors take ACT/WORKKEYS @ WHS
May 1 – SAT in Minot from 8 AM to 12 PM
May 2 – Mother/Daughter Tea (tentative date)
May 3 – Father/Son Breakfast (tentative date)
May 7 – Registration for June ACT
May 8 – Band Day
May 11 – Elk's Youth Day
May 12 – Awards Night at 7 PM
May 14 – Senior cut-off date
May 23 – Baccalaureate at 7 PM
First Lutheran Church
May 27 – Graduation Practice at 9:30 AM (Fieldhouse)
May 30 – Graduation at 2 PM (Fieldhouse)
June 5 – SAT in Minot from 8 AM to 12 PM
June 12 – ACT @ WSC from 8 AM to 12 PM

Individual Development Accounts

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

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

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.

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.

PROM 2010!

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

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

Mr. Duttonhefner

Mrs. Hoffman

Attention all Parents: Classroom fees were mailed out in 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.



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>

Stuco



Student Council has raised over \$4000 for two fundraisers that we have done in December and February. We need to give an extra special thanks to Kathy & Rich Vestal and family for helping us with the Christmas Kindness sales which aided two local families with medical costs. Also, a special thanks to American State Bank for helping with our Valentine's Day Rose Sales.

February activities were Flower Sales and the Winter Sports Pep Assembly. The Flower Sale had pink slips which stood for "I Love You", blue that stood for "True Friendship", and white that stood for "Secret Crush". These funds will be given to a local family who is in need of help. We want to thank the student body for their great participation and also to the teaching staff for their patience in allowing the Student Council to put on this huge event which seems to be well liked by the student body as it increases each year.

The Student Council members had "Sending Love to Haiti" Valentine's money buckets placed out in the community at businesses. We will be sending the money we raise to the North Dakota Red Cross to help out the Haiti victims.

Some of our activities that are coming up are the Spring Fling Dance March 26 at the New Armory, Dodgeball Tournament in April and Teacher Appreciation in May.

Student Council Secretary
Nicole K.

Mid-Term & Nine Week Grading Schedule for WHS

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!

Congratulations to the following students for being selected to participate in the ND All-State Band and Choir Festival!

Charlotte B.
Daniel B.
Crissy C.
Katie E.
Taylor K.
Luke L.
Juan M.
Mallory N.
Vance N.
Rachel R.
Lydia S.
Andrea T.
Alternates:
Nikki E.
Angela G.
David S.
Stephanie W.
Courtney W.

UPCOMING MUSIC EVENTS:

March 1 & 2

WHS Pops Concerts @ 7:00 PM
in the WHS Auditorium

March 16

Band-O-Rama @ 7:00 PM
in the WHS Field House

March 20

InPulse Concert @ 7:00 PM
in the WHS Auditorium

March 28-30

All-State Music Festival in Bismarck, ND

Eric Rooke
Band Director

Katie Rooke
Choir Director

HOME COMING 2010

will be the week of

September 27 – October 1

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

EJ Hagan Aquatics Center Hours

701-577-8401

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

Saturday

1:00-4:00pm Open Swim

Sunday

Closed

Looking into the Future...

Spring Break:

March 8 – 12 (No School)

Parent/Teacher Conference

March 29 (4:30-7:30)

March 30 (5:30-8:30)

Good Friday/Easter Monday:

April 2 & 5 (No School)

Graduation:

May 30

WHS AFTER PROM ACTIVITIES

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

Dates To Remember

- March 5 – Registration for April ACT
March 8-12 – Spring Break (No School)
March 13 – SAT in Minot 8 AM to 12 PM
March 25 – Registration for May SAT
April 2 – Good Friday (No School)
April 2 – Coyote Foundation
Scholarship Due
April 5 – Easter Monday (No School)
April 10 – ACT @ WSC 8 AM to 12 PM
April 14 – Senior Meeting 9 AM (Auditorium)
April 24 – Community Sale
Prom
May 1 – SAT in Minot 8 AM to 12 PM
May 2 – Mother/Daughter Tea (tentative)
Invites will be mailed
May 3 – Father/Son Breakfast (tentative)
Invites will be mailed
May 7 – Registration for June ACT
May 8 – Band Day (10 AM)
May 11 – Elk's Youth Day
May 12 – Senior Awards Night (7 PM)
May 14 – Senior Cut Off Day
Honor Group Announced
May 19 – Honor Banquet
May 23 – Baccalaureate (7 PM)
First Lutheran Church
May 27 – Graduation Practice
All seniors must attend
Phil Jackson Field House
9:30 AM - 11:30 AM
May 28 – Last Day of School
May 30 – Graduation
All seniors must attend
Phil Jackson Field House @ 2 PM
(All seniors must be at WHS @
1 PM to line up)
May 30 – Operation Graduation
Attendance is optional
10 PM – 4 AM
Undisclosed Location

Class of 2010

Motto:

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

-Ralph Waldo Emerson

Flower:

Tiger Lilly

Colors:

Orange/Black/Silver

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
the week of April 12, 2010.

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

WHS Fine Arts Celebrate Arts in Education Month

The Fine Arts include Music, Visual Arts, Theatre and Drama and Dance

"There is compelling evidence that shows student involvement in the arts can make a significant difference in improving educational outcomes for all kids -- in terms of their academic achievement, their engagement in learning, and their social and civic development. State policymakers play a critical role in helping realize these goals." Gov. Mike Huckabee.

The arts are a central part of the human experience.

Throughout history people have recorded their struggles, their dreams and their lives in works of art. Young people cannot participate in the human conversation or have a true understanding of human history without engaging in the study of the arts. The arts are as basic to enlightened citizenship as understanding the workings of numbers, words, and history.

To work in the arts, students are required to think critically, pose problems and make decisions, central capacities in all of learning.

Students who participate regularly in the arts develop self-confidence. They see themselves as capable of doing work that is personally satisfying and publicly acknowledged. Because serious work in the arts requires persistence, students develop self-discipline and come to understand what it means to make multiple revisions to achieve high standards. Because so many art forms are collaborative in nature, students often develop the crucial ability to work on a common project with others. It is because of these relations between the arts and the development of self-esteem that so many arts educators say that the arts save lives.

The arts bring us joy

All who have participated in the arts for any length of time talk about the pleasure they found in making and looking at works of art. We know that we can no longer divide the cognitive and affective aspects of learning that when we feel joy we learn more easily and more effectively. The arts can bring joy to learning and make schools more vibrant places.

Christine Goodheart

NATIONAL HONOR SOCIETY NEWS



Daffodils sales reached an all time high at WHS this month! Presales currently list 691 bunches sold. This is a great effort by our NHS members to help fight cancer. Delivery is set for Tuesday, March 23. Anyone still wanting daffodils should email Joanne.DeMars@sendit.nodak.edu to reserve a bunch.

Service projects are in full swing. Hours must be completed by May 10th. Projects for the next couple of months include Marketplace for Kids, the City wide cleanup, docents at the James, and working area church dinners.

First person to complete their hours was President Megan R. Good job, Megan.

ideas for parents

Easy Ways to Build Assets for and with Your Child

FAST FACTS

ASSET CATEGORY

Positive Values

The more your child develops positive values that guide her or his behavior, the more likely he or she is to make positive choices and grow up healthy.

Youth Speak

- "Don't just 'tolerate' people who are different from you, accept them."
- "Good families teach good values."
- "Talk about the things that mean something to you."

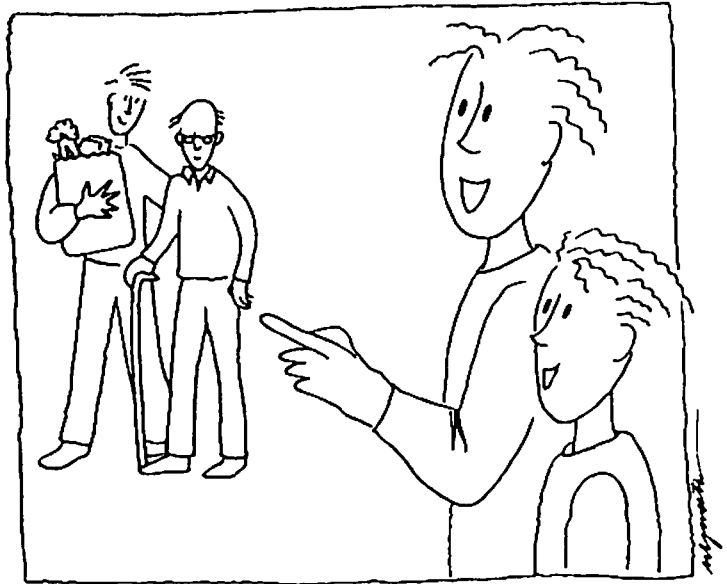
The Importance of Values

Values shape our relationships, our behaviors, our choices, and our sense of who we are. The more positive our values, the more positive our actions.

By helping our children develop positive values and modeling positive behavior based on values, we:

- Help them listen to their conscience
- Build their integrity.
- Encourage them to help others.
- Help them become independent.
- Encourage their ability to tell right from wrong.
- Give them a way to figure out how to be happy.

"The values you teach your children are their best protection from the influences of peer pressure and the temptations of



consumer culture," say Richard and Linda Eyre, authors of *Teaching Your Children Values*. "With their own values clearly defined, your children can make their own decisions—rather than imitate their friends or the latest fashions."

Quick Tip: Think about how you act. Your actions reveal your true values.

6 Key Areas of Positive Values

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

- Caring**—Your child places high value on helping other people
- Equality and social justice**—Your child places high value on promoting equality and reducing hunger and poverty.
- Integrity**—Your child acts on convictions and stands up for her or his beliefs.
- Honesty**—Your child tells the truth even when it is not easy.
- Responsibility**—Your child accepts and takes personal responsibility.
- Restraint**—Your child believes it's important not to be sexually active or to use alcohol or other drugs.

Upcoming issues of *Ideas for Parents* address all six positive-values assets.

Teaching Values through the Years

Your Family Values

Age Ways to Teach Values

- 0-1
 - Hold your baby. Smile at your baby. Love your baby.
 - Create a caring atmosphere in your home.
 - Determine your family's values now. Model these values and teach them as your child grows.
- 2-3
 - When you vote, take your child along. Explain in simple language what you're doing.
 - Find easy ways your child can care for others, such as giving hugs.
 - Notice and comment when your child acts in caring ways.
- 4-5
 - Have your child help you sort items you no longer use and donate them to a worthy cause.
 - Give your child a simple task he or she can do for others.
 - Teach your child how to care for a special toy, an animal, or a plant.
- 6-10
 - Participate in family service activities.
 - Teach your child about people who value and model integrity.
 - Together write thank-you notes whenever your child receives a gift.
- 11-15
 - Watch television or read books together and discuss the values presented.
 - Together interact in caring, responsible ways with younger children.
 - Build a bird feeder together and have your young teen keep it filled with bird food.
- 16-18
 - Agree that you'll disagree respectfully.
 - Encourage your teenager to volunteer with at least one organization.
 - Together write letters to Congress advocating for or against pending legislation.

Values help children grow into independent, confident, caring people. What are your family values? Here are a few possibilities to get you started. Add other ideas and determine which 10 values are most important to your family.

- | | |
|---|--|
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Moderation |
| <input type="checkbox"/> Love | <input type="checkbox"/> Friendliness |
| <input type="checkbox"/> Loyalty | <input type="checkbox"/> Promise keeping |
| <input type="checkbox"/> Equality | <input type="checkbox"/> Self-reliance |
| <input type="checkbox"/> Devotion | <input type="checkbox"/> Social justice |
| <input type="checkbox"/> Responsibility | <input type="checkbox"/> Sensitivity |
| <input type="checkbox"/> Respect | <input type="checkbox"/> Mercy |
| <input type="checkbox"/> Dependability | <input type="checkbox"/> Self-discipline |
| <input type="checkbox"/> Kindness | <input type="checkbox"/> Peacemaking |
| <input type="checkbox"/> Self-control | <input type="checkbox"/> Courage |
| <input type="checkbox"/> Compassion | |

More Help for Parents

Teaching Your Children Values by Linda Eyre and Richard Eyre. This book provides age-appropriate ideas on how to help your child develop values. (Published by Fireside.)

Final Word

"When we perform acts of kindness, we get a wonderful feeling inside."

—Rabbi Harold Kushner, Ph.D.

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Lunch Menu

Mar-10

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>1</p> <p><u>BREAKFAST</u> Sausage, Egg & Cheese On A Biscuit</p> <p><u>LUNCH ENTREE'S</u> Hamburger On A Bun Bagel & Yogurt Stuffed Crust Pizza</p> <p><u>SIDES</u> Potato Smiles Blueberries</p>	<p>2</p> <p><u>BREAKFAST</u> Scrambled Eggs Toast</p> <p><u>LUNCH ENTREE'S</u> Burrito Chicken Alfredo Stuffed Crust Pizza</p> <p><u>SIDES</u> Mexi Tots Fresh Fruit</p>	<p>3</p> <p><u>BREAKFAST</u> French Toast Stix Sausage</p> <p><u>LUNCH ENTREE'S</u> Popcorn Chicken Taco Hot Pocket Stuffed Crust Pizza</p> <p><u>SIDES</u> Cheesy Broccoli Rice Toasted Green Beans Fruit Salad</p>	<p>4</p> <p><u>BREAKFAST</u> Ham, Egg & Cheese On An English Muffin</p> <p><u>LUNCH ENTREE'S</u> Pepperoni Hotdish Chef Salad Stuffed Crust Pizza</p> <p><u>SIDES</u> Breadstick Corn Applesauce</p>	<p>5</p> <p><u>BREAKFAST</u> Breakfast Wrap</p> <p><u>LUNCH ENTREE'S</u> Garlic Cheese Bread Cook's Choice Stuffed Crust Pizza</p> <p><u>SIDES</u> Peas Peaches</p>
8	9	10	11	12
<p>SPRING BREAK</p> <p>NO SCHOOL</p>	<p>SPRING BREAK</p> <p>NO SCHOOL</p>	<p>SPRING BREAK</p> <p>NO SCHOOL</p>	<p>SPRING BREAK</p> <p>NO SCHOOL</p>	<p>SPRING BREAK</p> <p>NO SCHOOL</p>
15	16	17	18	19
<p><u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u> Pizza Pocket Chili Crisпитos Stuffed Crust Pizza</p> <p><u>SIDES</u> Creamed Corn Pineapple</p>	<p><u>BREAKFAST</u> Breakfast Burrito</p> <p><u>LUNCH ENTREE'S</u> Corn Dog Chicken Patty On A Bun Stuffed Crust Pizza</p> <p><u>SIDES</u> Baked Beans Fresh Fruit Cookie</p>	<p><u>BREAKFAST</u> Muffin String Cheese</p> <p><u>LUNCH ENTREE'S</u> Turkey Tidbits Pizza</p> <p><u>SIDES</u> Mashed Potatoes Corn/Dinner Roll Tropical Fruit</p>	<p><u>BREAKFAST</u> Pancakes Sausage</p> <p><u>LUNCH ENTREE'S</u> Chicken O's Cheesy Breadsticks Stuffed Crust Pizza</p> <p><u>SIDES</u> Seasoned Pasta Fresh Veggies Mandarin Oranges</p>	<p><u>BREAKFAST</u> Breakfast Taco</p> <p><u>LUNCH ENTREE'S</u> Cheese Pizza Hot Dog On A Bun</p> <p><u>SIDES</u> Peas Carrots Peaches</p>
22	23	24	25	26
<p><u>BREAKFAST</u> Breakfast Burrito</p> <p><u>LUNCH ENTREE'S</u> Chicken Patty On A Bun Hamburger On A Bun Stuffed Crust Pizza</p> <p><u>SIDES</u> Green Bean Casserole Sherbet Cup</p>	<p><u>BREAKFAST</u> Cheese Omelet Toast</p> <p><u>LUNCH ENTREE'S</u> Taco Hot Pocket Hot Ham & Cheese Stuffed Crust Pizza</p> <p><u>SIDES</u> Corn Fresh Fruit</p>	<p><u>BREAKFAST</u> Oatmeal Breakfast Cookie Yogurt</p> <p><u>LUNCH ENTREE'S</u> Chef Salad Fiestada Pizza</p> <p><u>SIDES</u> Garlic Toast Orange Slices Jell-O</p>	<p><u>BREAKFAST</u> Mini Breakfast Corn Dogs</p> <p><u>LUNCH ENTREE'S</u> Rib Patty On A Bun Corn Dog Stuffed Crust Pizza</p> <p><u>SIDES</u> Sweet Potato Fries Pears</p>	<p><u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u> Cheese Quesadilla Sweet & Sour Chicken Stuffed Crust Pizza</p> <p><u>SIDES</u> Peas Mixed Fruit</p>
29	30	31		
<p><u>BREAKFAST</u> Breakfast Wrap</p> <p><u>LUNCH ENTREE'S</u> Chicken Strips Sub Sandwich Stuffed Crust Pizza</p> <p><u>SIDES</u> Mashed Potatoes/Gravy Peaches Pudding</p>	<p><u>BREAKFAST</u> Scrambled Eggs Toast</p> <p><u>LUNCH ENTREE'S</u> Chili Crisпитos Turkey/Bacon/Cheese Sandwich Stuffed Crust Pizza</p> <p><u>SIDES</u> Cottage Cheese Glazed Carrots Fresh Fruit</p>	<p><u>BREAKFAST</u> Belgian Waffle</p> <p><u>LUNCH ENTREE'S</u> Taco Salad Chicken O's Stuffed Crust Pizza</p> <p><u>SIDES</u> Mandarin Oranges</p>		