

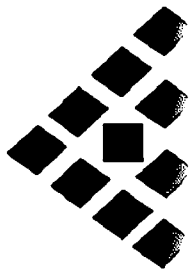
Williston High School  
PO Box 1407  
Williston, ND 58802

**May**

# May 2010

\*\*SUBJECT TO CHANGE - Please view online newsletter for up-to-date changes\*\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 B V Baseball @ Jamestown-1 PM B JV Baseball @ Jamestown-1 PM B & G V Track Coca Cola Classic @ Dickinson-10:30 AM
2	3 B JV Baseball @ Minot-4:15 PM B 9 Baseball @ Minot-4:15 PM G C Tennis @ Dickinson-12 PM B & G V Track @ Dickinson	4 B V Baseball Home w/Bismarck-4 PM <b>MOVED TO 5/21</b>  B JV Baseball Home w/Bismarck-4 PM <b>CANCELLED</b>	5	6 B V Golf Mandan Invite-11 AM <b>MOVED TO 5/24</b> G V Tennis @ Mandan-4 PM  G C Tennis @ Minot-12 PM <b>CANCELLED</b>  B & G V Track Watford Invite-4	7 B JV Baseball Home w/Belcourt-4:30 <b>CANCELLED</b>  G V Tennis @ Wahpeton-1 PM G V Tennis @ Fargo North-4 PM	8 B V Baseball Home w/Dickinson-1 PM B JV Baseball Home w/Dickinson-1 PM G V Tennis Fargo Tournament  <b>Band Day</b>
9	10 B JV Baseball Home w/Watford City-4 PM <b>CANCELLED</b>  B V Golf Williston Invite-10 AM G C Tennis @ Minot-12 PM	11 B V Baseball Home w/Minot-4 PM B JV Baseball Home w/Minot-4 PM G V Tennis @ Dickinson-4  <b>Elk's Youth Day</b>	12	13 B V Baseball @ Dickinson-5:30 B JV Baseball @ Dickinson-5:30 G C Tennis Home w/Dickinson-12 B 9 Track @ Minot	14 B JV Baseball Home w/Trinity Christian-4 PM  <b>CANCELLED</b>  B V Golf St. Mary's Invite-11 AM G V Tennis @ St. Mary's-3 PM B & G V Track @ Glendive	15 B V Baseball @ St. Mary's-1 PM B V Golf BHS/CHS Invite-11 AM G V Tennis Home w/Bismarck-12 PM
16	17 G V Track @ Bismarck G JV Tennis Tournament @ Bismarck	18 B V Baseball Home w/Beulah-4 PM B JV Baseball Home w/Beulah-4 PM Spring Choir Concert-7 PM	19	20 B V Baseball @ Bismarck-4:30 PM <b>(playing 2 7 inning games)</b>  G V WDA Tennis @ Minot	21 <del>B V Baseball Home w/Bismarck-4 PM</del> <b>(playing 2 7 inning games 5/20)</b> B JV Baseball Tourney @ Minot B V Golf Jamestown Invite-11 AM G V WDA Tennis @ Minot	22 B JV Baseball Tourney @ Minot B V Golf Belcourt Invite-11 AM G V WDA Tennis @ Minot B & G V WDA Track @ Bismarck
23	24 B V Golf Mandan Invite-11 AM Spring Band Concert-5 PM	25	26	27 B V WDA Baseball @ Jamestown B V Golf Dickinson Invite-11 AM G V State Tennis @ Grand Forks	28 B V WDA Baseball @ Jamestown G V State Tennis @ Grand Forks B & G V State Track @ Bismarck	29 B V WDA Baseball @ Jamestown G V State Tennis @ Grand Forks B & G V State Track @ Bismarck
30	31					



# The Coyote Howl

## “Principal’s Page”

Prom was a huge success! The decorations were very classy and our students were dressed to the nines! The Eiffel Tower was incredible, and I truly believe that students and faculty outdid themselves this year. What a wonderful evening as they went through the grand march and then enjoyed music from K Hook. Once the prom was finished, they had a myriad of activities to attend thanks to the junior parents. Great job folks.

There are a couple more success stories to report. Katie H. was elected to the state board for National Honor Society as a class A representative. Vanessa S. was elected to the State FCCLA board as Vice President of Membership and Development. Congratulations to both of you! Faculty, staff and administration wish you success in these assignments.

## Code of Conduct

This item was in my newsletter last year and I truly feel it is necessary this time of year. Board policy dictates that if any senior gets caught by the police for an offense set forth by the policy, (drinking/smoking etc.), they will not be allowed to attend any activities at WHS. The only activity that we have left is

## **GRADUATION!!**

Please strongly encourage your daughter/son to make sound choices so close to the end of the school year.

## Fees

Senior parents, please be sure to check PowerSchool so that there are no outstanding fees. These will have to be paid prior to your son/daughter being allowed to pick up their cap and gown for graduation.

Professionally,

Chris Kittleson  
Principal  
Williston High School

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## Counseling News

Williston High School Counselors

Miss Koperski, Mrs. Bradford

Mr. Lysne

May 2010

### Scholarships

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

### 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:

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](http://www.actstudent.org)

### ND/MN Reciprocity

The North Dakota/Minnesota reciprocity program is a program of student exchange that has existed since 1975. The purposes of the program are to continue to improve post secondary education opportunities of North Dakota and Minnesota residents and to achieve improved effectiveness and economy in meeting the post secondary education needs of those residents through cooperative efforts by the two neighboring states. Online applications are available at [www.nd.gov/cte/forms/reciprocity.html](http://www.nd.gov/cte/forms/reciprocity.html) or in the counselors' office.

### Awards/Baccalaureate/Graduation

These are very special events help to honor the graduates of the Class of 2010. We held a meeting with the graduates on April 7 and sent home a packet of information to guide them through the weeks before graduation. Please take note to some of the information that was given to them and help us keep the prestige that accompanies these events.

- **Be on time.** These events have set times for practice/line up and start time. The times are set for a reason.
- **Dress appropriately.** As faculty, we will do everything possible to make this years' graduation activities and ceremony a worthy and honorable event filled with memories you and your graduate will treasure for a lifetime. Consequently, appropriate dress is always an issue with us. We ask that the young men wear a nice pair of slacks, nice shirt and, if possible, a tie. Our young women are asked to wear a nice dressy outfit. We ask that the graduates wear appropriate footwear (**please no tennis shoes, beach wear/sandals/flip flops**).
- **Honor Group wears white sash and white tassel.**
- **Graduates wear orange and black tassel.**
- **No flowers or other decorations are to be worn on cap/gown.**
- **No sunglasses. No gum.**
- **Graduates need to make arrangements to give cards, flowers and gifts to a non-graduation friend or family member before graduates move toward the gym.**

### Dates to Remember

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

May 2 – Mother/Daughter Tea at 6 PM

May 3 – Father/Son Breakfast at 6:40 AM

May 3 – AP Government Test 8 AM to 12 PM

May 7 – Registration for June ACT

May 7 – AP US History Test 8 AM to 12 PM

May 8 – Band Day

May 11 – Elk's Youth Day

May 11 – AP Psychology Test 12 PM to 3 PM

May 12 – Awards Night at 7 PM

May 14 – Senior cut-off/Honor Group cut-off date

May 17 – Honor Group Rotary Luncheon at 12 PM  
ElRancho

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

May 23 – Baccalaureate at 7 PM  
First Lutheran Church

May 24 – Last day of regular class

May 25-27 – Finals

May 27 – Graduation Practice at 9:30 AM  
Fieldhouse

May 30 – Graduation at 2 PM (Fieldhouse)

May 30 – Operation Graduation 10 PM to 4 AM

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

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

*Parents... please be advised that our 8 and 16 Attendance Policy will be back in place for the 2010-2011 school year. We ask that you familiarize yourself with the policy below and the complete attendance policy in your student's Handbook or online at: [www.williston.k12.nd.us](http://www.williston.k12.nd.us).*

## Parents:

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

And please familiarize yourselves with our 8 & 16 policy (see below). Because as you now have the same information available to you on PowerSchool that we have, we're requesting that you consult PowerSchool frequently to stay up-to-date with your child's attendance. The WHS Attendance Office is no longer assuming responsibility for calling parents regarding all

unexcused absences but will try to consult you when we notice patterns developing or suspect that a student is skipping class.

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

# Math News

Carla Vannatta

A select number of WHS students recently competed in various math competitions.

Forty WHS juniors and seniors and forty freshman and sophomores took the American Mathematics Competition exam on February 24. The top three finishers for the junior/senior level at WHS were:

First Place – Marcus F.

Second Place – Jarek W. & Kristen C.

Third Place – Mathias S.

The top finisher at the freshman/sophomore level was Tanner H.

WHS also competed at Minot State University's yearly Math Track Meet on April 21. Individual finalists from WHS were:

## Junior/Senior Level

Tyler E.

Scott B.

Marcus F.

Jarek W.

Mathias S.

Angela G.

Ryan J.

## Freshman/Sophomore Level

Malory N.



## **CELL PHONES**

### Cell Phone Violations:

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

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

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

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

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

## **Microsoft Student Select: Get Microsoft Software For Less**

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

For pricing, go here and click on Student Select:  
[http://www.edutech.nodak.edu/services/technical\\_services/purchase\\_agreements/](http://www.edutech.nodak.edu/services/technical_services/purchase_agreements/)

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

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

**Attention all Parents:** Classroom fees were mailed out in March and can be paid at your convenience. Classroom fees must be paid **BEFORE** final tests begin. 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.

# FFA NEWS

Wes Pepple, Advisor

## Food for America

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

## State FFA Convention

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

## County and State Fair

FFA members will be exhibiting grain samples and projects they have constructed during the school year at each of these fairs in June and July.

## Officer Elections

Williston FFA officers will be elected for the 2010-11 school year during the May meeting.

*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*

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

Fourth Nine Weeks – May 28

Mailed

## FOREIGN LANGUAGE WEBSITE...

**The Foreign Languages website  
has changed!!**

Please see <http://coyotespanish.pbworks.com>  
to stay updated on what is happening  
in foreign languages classes!

You may also access this site  
through the high school's website  
by clicking on the Foreign Languages link.

## Atomic Learning

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

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

To use it at home, go to [www.atomiclearning.com](http://www.atomiclearning.com)

In the login box in the upper right hand corner,  
enter the following:

login: willistonps

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

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

**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/](http://www.williston.k12.nd.us/whs/)

### Final Exam Test Schedule

All students, regardless of attendance,  
are required to take one final exam.

Freshman.....Math  
Sophomores.....Science  
Juniors.....History  
Seniors.....English

There will be no finals in  
physical education, choir or band.

Students need to find out from their instructors  
what finals they need to take.

#### Tuesday, May 25, 2010

8 AM – 10 AM.....Period 1  
10 AM – 12 PM.....Period 2  
12:30 PM – 2:30 PM.....Period 3

#### Wednesday, May 26, 2010

8 AM – 10 AM.....Period 4  
10 AM – 12 PM.....Period 5  
12:30 PM – 2:30 PM.....Period 6

#### Thursday, May 27, 2010

8 AM – 10 AM.....Period 7  
10 AM – 3:45 PM.....Make-Up Tests

#### Friday, May 28, 2009

8 AM – 2 PM.....Make-Up Tests  
Students are to remain in each class for  
a minimum of 1 hour for testing.

## HOMECOMING 2010

will be the week of

September 27 – October 1

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

## Greetings from the WHS Music Department!

### Band Day

May 8

### Spring Choir Concert

Monday, May 18

7:00 PM

WHS Auditorium

### Spring Band Concert

Monday, May 24

7:30 PM

WHS Auditorium

Eric Rooke  
Band Director

Katie Rooke  
Choir Director

## Looking into the Future...

### Last Day of Regular Class:

May 24

### Final Tests:

May 25, 26, 27 & 28

### Last Day of School:

May 28

### Graduation:

May 30

### *WHS Summer School Begins*

*June 1 @ 7:30 AM*

*(Sign-up sheets are in the WHS Office  
or can be found online)*



## Dates To Remember

- May 1 – SAT in Minot 8 AM to 12 PM  
May 2 – Mother/Daughter Tea (tentative)  
Invites will be mailed  
May 3 – Father/Son Breakfast (tentative)  
Invites will be mailed  
May 7 – Registration for June ACT  
May 8 – Band Day (10 AM)  
May 11 – Elk's Youth Day  
May 12 – Senior Awards Night (7 PM)  
May 14 – Senior Cut Off Day  
Honor Group Announced  
May 19 – Honor Banquet  
Elk's  
Social @ 6 PM  
Supper @ 6:30 PM  
May 23 – Baccalaureate (7 PM)  
First Lutheran Church  
May 27 – Graduation Practice  
All seniors must attend  
Phil Jackson Field House  
9:30 AM - 11:30 AM  
May 28 – Last Day of School  
May 30 – Graduation  
All seniors must attend  
Phil Jackson Field House @ 2 PM  
(All seniors must be at WHS @  
1 PM to line up)  
May 30 – Operation Graduation  
Attendance is optional  
10 PM – 4 AM  
Undisclosed Location

## *Class of 2010*

### Motto:

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

-Ralph Waldo Emerson

### Flower:

Tiger Lilly

### Colors:

Orange/Black/Silver

## **WHS 2011 PROM will be on April 30, 2011**

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

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

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

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

For more information, please visit [www.ndhsaa.com](http://www.ndhsaa.com).

Brian Bubach  
NDHSAA

## OPERATION GRADUATION

### **Attention parents of Seniors!**

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

# ideas for parents

Easy Ways to Build Assets for and with Your Child

**FAST FACTS**

**ASSET CATEGORY**

**Positive Identity**

*The more a child has a sense of power, purpose, worth, and promise, the more likely he or she is to grow up healthy.*

**Youth Speak**

- "Remind me that I'm worthwhile."
- "Encourage me to give tough things my best shot."
- "Understand that I hope things will go well for me in the future."

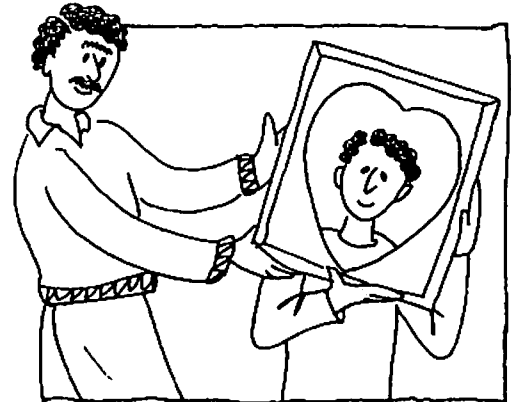
## The Power of a Positive Identity

**O**ur identities are always in a state of flux. Depending on what's currently happening in your life, you may feel confident or unsure, optimistic about the future or pessimistic, that you have some control or little control. These ups and downs are normal for you and they're normal for your child. It's also normal for your child's identity to vary from situation to situation. For example, your child may have a much more positive sense of her or his athletic 'self' than social 'self' (or vice versa).

What's important, however, is what a person's identity is like most of the time. People who have a strong sense of self still maintain that sense even when difficulties arise. They continue to be hopeful, optimistic, and believe they can make a difference, even when circumstances seem to be trying to persuade them otherwise.

What do you think of the identity your child is forming? Is this someone you like? Is this someone who surprises you at times? Is this someone who, overall, has a sense of purpose, power, worth, and promise?

While identity is partially determined by genetics, you still have a lot of influence on bringing out the best in your child. The way



you interact with your child helps your child feel loved or unloved. The ways you respond to your child's successes, mistakes, actions, and words also build either a sense of positive or negative identity.

The positive-identity assets tie in closely with the support assets. A child who feels loved, supported, and nurtured is more apt to feel good about her- or himself. Children whose home, school, neighborhood, and community see the best in them are more apt to bring out the best in themselves. The choice is ours. Love children, and children will learn to love themselves.

**Quick Tip:**  
Develop your child's identity with love and support.

### 4 Key Areas of Positive Identity

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

- Personal power**—Your child feels he or she has control over things that happen to her or him.
- Self-esteem**—Your child reports having a high self-esteem.
- Sense of purpose**—Your child reports that her or his life has a purpose.
- Positive view of personal future**—Your child is optimistic about her or his personal future.

Look to future newsletters for details on all four positive-identity assets!

## Positive Identity through the Years

### Age Ways to Encourage Positive Identity Formation

- 0-1
  - Love, respect, and accept children unconditionally.
  - Delight in each child's unique personality
  - Create positive interactions. Play together in ways that make infants laugh and enjoy the time together.
- 2-3
  - Focus on the behavior; do not blame children when correcting their inappropriate behaviors.
  - When children say phrases such as "Me do it," let them.
  - Create an atmosphere that is loving, supportive, and affirming so that children enjoy and feel good about their environment.
- 4-5
  - Encourage children to take pride in their cultural heritage.
  - Break new tasks into small, manageable steps that children can master without becoming too frustrated.
  - Use only positive and encouraging phrases around children. For example, say "Let's try it" instead of "That won't work" or "That looks hard."
- 6-10
  - Respect the decisions children make.
  - Focus on your child's strengths and encourage her or him in these areas.
  - Encourage children to seek out answers and solutions when they face obstacles or difficult times.
- 11-15
  - Encourage your child to explore and experiment within her or his areas of interest and ability.
  - Expect your child to experience ups and downs of self-esteem during these years, and for it to increase as he or she gets older.
  - Avoid comparing your child with others.
- 16-18
  - Continue to support your teenager as he or she struggles with issues and questions of identity.
  - Show your teenager the positive possibilities in her or his future.
  - Delight in your teenager's talents, capabilities, and discoveries. Share your delight.

## Helpful Hints

*Tips that make developing a positive identity in your child easier:*

- **Think of yourself as a mirror. What are you reflecting back to your child in terms of her or his self-image?**
- **Examine your own identity. What needs support? What's strong?**
- **Encourage your children to be themselves while guiding and supporting them.**
- **Focus on the positive. Look for the best in your child.**

### A Worthwhile Question

Have each family member answer this question: **What makes you feel worthwhile?**

### More Help for Parents

**Feeling Great: Teaching Children to Excel at Living** by Terry Orlick. This book emphasizes children's total development and has more than 100 fun-filled activities to do as a family. (Published by Creative Bound Inc.)

## Final Word

**"The optimal way to value your child: Discover your child's assets and strengths and spend time encouraging and emphasizing them."**

—Kevin Leman, psychologist

This newsletter and other asset resources are produced by Search Institute, [www.search-institute.org](http://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

# High School 1 YEARS

Working together for lifelong success

## Short Clips



### Spring fever

As the weather warms up, help your teen stay motivated by showing interest in her schoolwork. For example, if she's reading books by Edgar Allan Poe, rent a movie based on one of his short stories, and watch it with her. Then, compare the movie with the story. How are they alike? Different? Which does your child prefer?

### DID YOU KNOW?

About one in five teens in the United States are overweight, which can lead to serious health problems. Your teen can maintain a healthy weight by exercising every day and limiting fat, sugar, and cholesterol in his diet. If he's overweight, ask his doctor about safe ways to shed extra pounds.

### Earth-friendly fashion

Shopping at secondhand stores saves money, and it's good for the environment. That's because reusing clothing, accessories, CDs, and computer games gives the items a longer life and keeps them out of landfills. Your child may be surprised to find brand-name jeans or popular games at big discounts.

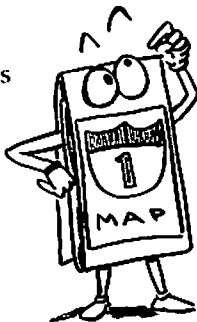
### Worth quoting

"My interest is in the future because I am going to spend the rest of my life there." *Charles F. Kettering*

### Just for fun

**Q:** What has cities without houses, rivers without water, and forests without trees?

**A:** A map!

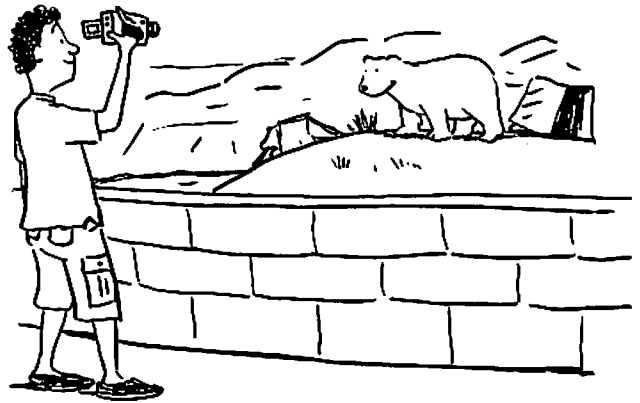


## Making the most of summer

Teens look forward to summer break as a chance to unwind. This summer, encourage your child to be active, keep learning, and enjoy his time off with these suggestions.

**Fitness.** Look for ways your high schooler can be physically active. If he's on a school sports team, he might have conditioning sessions throughout the summer. If not, he could invite friends to join him for regular workouts. They might meet weekly at a swimming pool, fitness trail, or gym. Setting up a schedule and keeping people informed will "pump up" his organizational and communication skills, too.

**Learning.** If your teen likes taking pictures or videos, being outside can open doors to a whole new world of learning. He could tour and film your town's historic district or monuments. Or he might photograph zoo animals, focusing on their eating, playing, or sleeping



habits. While observing and filming, he'll learn about history or animal behavior.

**Community service.** Summer is a great time for your high schooler to volunteer. He might help out with Special Olympics by keeping score, recruiting other volunteers, or answering phones and e-mails in the office. He can find out about opportunities at [www.specialolympics.org](http://www.specialolympics.org). Or he could contact your local Red Cross. They may need someone to greet, register, and serve refreshments to blood donors. For other ideas, have your teen visit [www.dosomething.org/volunteer](http://www.dosomething.org/volunteer).

## The last report card

When your child's final report card comes, use it as a tool to celebrate her progress and plan for improvement. Here's a guide:

- Look for areas to praise. Did any grades go up? Did she do well on final exams? Did she get high marks for effort?
- Check attendance and tardy records, along with teacher comments. Did your teen attend class regularly, arrive on time, and complete assignments?
- Review the report card together, and then list ways she can improve in the fall. *Example:* Don't leave assignments for the last minute.



# Safe summer socializing

One of parents' biggest concerns for summer break is helping their teens stay out of trouble. Here are some ways you can keep your child safe.

## Be in the know

Tell your teen you need to know where she is going and who she'll be with. Set a time for her to come home, and agree on a way for her to contact you if her plans change (phone call, text message).



## Talk it over

Kids whose parents talk regularly about the dangers of drugs, alcohol, and tobacco are less apt to use them. Make sure your child understands how you feel and what your rules are. Lay out the consequences up front for breaking rules, and stick with what you say.

## Stay in touch

Get to know the parents of your teen's friends, and touch base often. For example, you might agree to call in advance to find out if your kids will be supervised when visiting each other. Also, talk about your rules on drinking, curfews, and other issues. 👍

# Q & A

## Say no to cheating

**Q** I recently heard my daughter say that a friend had copied homework. How can I make sure she doesn't cheat?

**A** Start by talking with your daughter. Let her know that cheating is wrong—even if someone isn't caught. Explain that cheating can distort test curves or throw off class rankings, which affects everyone's scores and grades.

Together, review her school's handbook so she knows the consequences. Cheaters will usually get a zero on the assignment, but they may also fail the class or even be suspended.



Finally, make sure your child understands that she can be caught cheating whether she's the one who copies answers or the one who lends her paper to a friend. Help her practice what to say if someone wants to borrow her homework. She might brush off the request with a casual "I don't do that," or she could say, "No way. We could get in serious trouble." 👍



# Parent to Parent

## Government matters

My son Patrick told me he didn't like civics class because he just wasn't interested in government and politics. I suggested that he think about how the subject affects his everyday life.

For example, I explained that a government agency would issue his driver's license next year. Then, he'd have to obey traffic laws that are made by state legislators. Also, the government would take taxes out of his paycheck when he gets a job. Finally, I reminded him that it wouldn't be too long before he'd be old enough to vote.

I started e-mailing Patrick newspaper articles about government and politics. He was surprised by how often those topics appeared in the news—and I was surprised when he mentioned one of the articles at breakfast. 👍



## Time for family

Sharing time together builds family bonds. Try these ideas:

**1.** Have a special dinner. As a family, decide on a theme and a menu. For example, you might wear pajamas and have omelets, or dress up in nice clothes and have pot roast. You could also dine by candlelight or choose music to listen to while you eat.

**2.** Take turns playing "expert." Pick a time when everyone is home, and teach each other how to do something. A parent might demonstrate how to change a

tire. A teen could explain how to use a new software program. And a younger child might show how he builds with Legos.

**3.** Start a book club. Take turns choosing a book for everyone in the family to read. Then, get together and discuss it. You might share what you liked or didn't like or talk about your favorite characters. Before ending, decide on your next book. *Idea:* Make your meeting more fun by having it at a coffee shop or bookstore. 👍



**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.  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfcustomer@wolterskluwer.com  
www.rfconline.com  
ISSN 1540-5605

# WHS SUMMER SCHOOL 2010

## RULES AND REGULATIONS

### ATTENDANCE

A student will be allowed a maximum of one (1) excused absence for all semester classes. Arriving after 9 AM is considered an absence.

1. Excused absences will include illness, family emergencies and family trips.
2. A skip will result in immediate dismissal from summer school.
3. If a student exceeds the attendance requirements in a class, he/she will not receive credit for the class.
4. A parent must call the school (572-0967) in the morning to report a student absent. The WHS office will be open at 7 AM daily.
5. Leaving the building at any time without the permission of Mr. Germundson, Mrs. Carnell or the supervising instructor is expressly forbidden.

A student must make up any amount of time he/she is absent to comply with DPI's requirement of in class time (60 hours for a semester classes).

1. Any makeup time is to be spent in the designated room from 12:30 PM to 1:30 PM each day and must start the day the student comes back to school. It is strongly recommended NOT to miss the last few days of class due to the inability to get the time made up before the next session begins or the end of summer school. All first session makeup time needs to be completed BEFORE the start of second session.
2. If you show animals, projects, etc. at the fair, you are responsible to contact the judge and make arrangements to have your project judged after school. Days missed for the fair count against you and will need to be made up.
3. If you are in a summer sport such as Legion or Babe Ruth baseball, softball, etc., you may want to reconsider summer school and take classes during the regular school year.
4. Leaving summer school for summer football, basketball, wrestling, volleyball or any other types of camps may result in you going over your days.

### TARDINESS

Students who are tardy are to report directly to class. If a student exceeds two (2) tardies for a semester class or driver's education, they WILL NOT receive credit for the class. If tardy or absent part of the day, the time must be made up the day they are tardy/absent.

### COURSE CREDIT/REPORT CARDS

A ½ credit will be awarded to students who pass a course.

1. Grades of A, B, C, D will be considered passing.
2. Grades will be issued on June 8, June 16, June 24 and July 2.

### CONDUCT

Attending summer school is a PRIVILEGE. Noncompliance with the guideline set forth above will result in the student being DISMISSED FROM SUMMER SCHOOL. Poor student conduct (disrespectful behavior, sleeping in class, etc.) will not be tolerated.

**No hats!! No cell phones - just like the regular school year!!!**

Possession or use of any illegal substance will result in an immediate EXPULSION from WHS summer school. Fifteen minute breaks will occur at 9 AM and 10:45 AM. Concessions will be located on first floor by the boy's bathroom. Please get your snack and return to the commons. These breaks must be spent in the commons area. **NO GOING OUTSIDE OR OUT OF THE COMMONS AREA.**

\*\*Building administrators are granted the right to make exceptions to the minimum attendance standard in extraordinary cases.

# Williston High School

# Lunch Menu

# May-10

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>3</b></p> <p><u>BREAKFAST</u> Chicken Junior Sandwich</p> <p><u>LUNCH ENTREE'S</u> Chicken Strips Pork Chop Stuffed Crust Pizza</p> <p><u>SIDES</u> Seasoned Pasta Glazed Carrots Mandarin Oranges</p>	<p><b>4</b></p> <p><u>BREAKFAST</u> Oatmeal Breakfast Cookie Yogurt</p> <p><u>LUNCH ENTREE'S</u> Chili Crispito W/Cheese Bagel &amp; Yogurt Stuffed Crust Pizza</p> <p><u>SIDES</u> Peas Carrots Fresh Fruit</p>	<p><b>5</b></p> <p><u>BREAKFAST</u> Blueberry Coffee Cake</p> <p><u>LUNCH ENTREE'S</u> Taco Salad Corn Dog Stuffed Crust Pizza</p> <p><u>SIDES</u> Peaches</p>	<p><b>6</b></p> <p><u>BREAKFAST</u> Ham, Egg &amp; Cheese On An English Muffin</p> <p><u>LUNCH ENTREE'S</u> Chicken Rice Hotdish Egg Rolls Stuffed Crust Pizza</p> <p><u>SIDES</u> Green Beans Dinner Roll Tropical Fruit</p>	<p><b>7</b></p> <p><u>BREAKFAST</u> Cinnamon Roll</p> <p><u>LUNCH ENTREE'S</u> Ham &amp; Cheese Sandwich Pizza</p> <p><u>SIDES</u> Soup Pineapple</p>
<p><b>10</b></p> <p><u>BREAKFAST</u> Pancakes Ham Slice</p> <p><u>LUNCH ENTREE'S</u> Taco Hot Pocket Chili Stuffed Crust Pizza</p> <p><u>SIDES</u> Applesauce Corn Cookie</p>	<p><b>11</b></p> <p><u>BREAKFAST</u> Banana Bread String Cheese</p> <p><u>LUNCH ENTREE'S</u> Chicken Patty On A Bun Sub Sandwich Stuffed Crust Pizza</p> <p><u>SIDES</u> Green Bean Casserole Fresh Fruit Pudding</p>	<p><b>12</b></p> <p><u>BREAKFAST</u> Breakfast Wrap</p> <p><u>LUNCH ENTREE'S</u> Turkey Tidbits Meatballs Stuffed Crust Pizza</p> <p><u>SIDES</u> Noodles Peas Peaches</p>	<p><b>13</b></p> <p><u>BREAKFAST</u> Scrambled Eggs Toast</p> <p><u>LUNCH ENTREE'S</u> Chicken Fajita Fish Burger Stuffed Crust Pizza</p> <p><u>SIDES</u> Pears Jell-O</p>	<p><b>14</b></p> <p><u>BREAKFAST</u> French Toast Sticks</p> <p><u>LUNCH ENTREE'S</u> Pizza BBQ Rib Sandwich</p> <p><u>SIDES</u> Corn Mandarin Oranges</p>
<p><b>17</b></p> <p><u>BREAKFAST</u> Ham, Egg &amp; Cheese On An English Muffin</p> <p><u>LUNCH ENTREE'S</u> Hamburger On A Bun Chef Salad Stuffed Crust Pizza</p> <p><u>SIDES</u> Baked Beans Pears</p>	<p><b>18</b></p> <p><u>BREAKFAST</u> Bagel Egg Patty</p> <p><u>LUNCH ENTREE'S</u> Chicken Nuggets Burrito Stuffed Crust Pizza</p> <p><u>SIDES</u> Mashed Potatoes/Gravy Corn Fresh Fruit</p>	<p><b>19</b></p> <p><u>BREAKFAST</u> Breakfast Wrap</p> <p><u>LUNCH ENTREE'S</u> Chef Salad Chicken Round Ups Stuffed Crust Pizza</p> <p><u>SIDES</u> Garlic Toast Mandarin Oranges</p>	<p><b>20</b></p> <p><u>BREAKFAST</u> Cinnamon Biscuit Hashbrown Patty</p> <p><u>LUNCH ENTREE'S</u> Sloppy Joe Chili Crispito Stuffed Crust Pizza</p> <p><u>SIDES</u> French Fries Mixed Fruit</p>	<p><b>21</b></p> <p><u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH ENTREE'S</u> Sub Sandwich Chicken Fajita Stuffed Crust Pizza</p> <p><u>SIDES</u> Chips/Salsa Applesauce Dessert Treat</p>
<p><b>24</b></p> <p><u>BREAKFAST</u> Breakfast Corn Dog</p> <p><u>LUNCH ENTREE'S</u> Meatballs Chicken Strips</p> <p><u>SIDES</u> Mashed Potatoes Peas &amp; Carrots Tropical Fruit</p>	<p><b>25</b></p> <p><u>FINALS</u></p> <p>NO BREAKFAST OR LUNCH SERVED</p>	<p><b>26</b></p> <p><u>FINALS</u></p> <p>NO BREAKFAST OR LUNCH SERVED</p>	<p><b>27</b></p> <p><u>FINALS</u></p> <p>NO BREAKFAST OR LUNCH SERVED</p>	<p><b>28</b></p> <p><u>FINALS</u></p> <p>NO BREAKFAST OR LUNCH SERVED</p>
<p><b>31</b></p> <p>MEMORIAL DAY NO SCHOOL</p>	<p><b>1</b></p> <p>1ST SESSION SUMMER SCHOOL BEGINS</p>	<p><b>2</b></p>	<p><b>2</b></p>	<p><b>4</b></p>