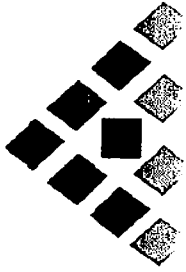


Williston High School  
PO Box 1407  
Williston, ND 58802

# **March**

*March*



# The Coyote Howl

Volume XV Issue 7

Williston High School

March 2011

## 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 for their sports achievements. 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 2010-2011 Academic All State team. Marcus Fearing has been selected to the Class A Gold team. Kristen Ceglowski was selected to the Bronze team and both Brady Lysne and Brianna Michaelson were named to the Honorable mention list for the state team.

These students were selected by the administration and counseling staff at WHS based on their overall GPA and achievements on the ACT exam. Congratulations to these four All State members.

### Dates to Remember.

Spring Break March 9-11

### 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 on attending 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 parent call attendance secretary.
2. Get advanced makeup slip.
3. Have ALL teachers sign the slip.
4. Return to attendance secretary.
5. Report to WHS administrator in charge of the activity per day to be counted on the roll sheet.

To those of you who are traveling across to Bismarck for girls' WDA this weekend, I hope you have a safe journey and we can celebrate a couple of Coyote victories.

Professionally,

Chris Kittleson  
Principal

## Counseling News

Williston High School  
*Counselors*  
Ms. Koperski, Mrs. Bradford  
Mr. Lysne, & Mrs. Geltel  
March 2011

### Dates to Remember

- Mar 4 - Registration for April ACT  
Mar 12- SAT Minot 8-12  
Mar 25- Registration for May SAT  
April 9- ACT WSC 8-12  
Apr 13 SR. Meeting 9am  
Apr 30 Prom  
May 1 Mother/Daughter Dinner  
James Memorial  
May 7 SAT Minot 8-12  
May 6- Registration for June ACT  
May 7 Band Day  
May 11 Awards Night 7pm  
May 13 SR. Cut-off Date  
May 22 Baccalaureate  
May 27 Graduation Practice  
9.30am Field house  
May 29 Graduation 2pm  
Field house  
June 4 SAT Minot 8-12  
June 11- ACT WSC 8-12

## Scholarships

### Coyote Foundation Scholarship

Annual scholarship available to any WHS Senior.  
This is a great opportunity to receive one of many scholarships available.

MUST include a picture of student.

Applications available in counselor's office.

Deadline April 1, 2011

### Williston State College Scholarship

Application form for WSC. Available at WSC or  
<http://www.wsc.nodak.edu/stars/> Priority date  
March 15, 2010

### Frank & Ester Wenstrom Foundation

Scholarship available to senior who attended in  
Williams County. Must attend either WSC or  
UND.  
[www.asbt.com/usrfiles/WenstromScholarship.pdf](http://www.asbt.com/usrfiles/WenstromScholarship.pdf)  
Deadline April 1, 2011

### Kingsley T. Davidson Memorial Scholarship

High school seniors in Williams, Divide and  
McKenzie Counties.

[www.asbt.com/usrfiles/DavidsonScholarship.pdf](http://www.asbt.com/usrfiles/DavidsonScholarship.pdf)  
Application in the office. Deadline for application  
April 1, 2011

## **John Eberle Scholarship**

Application available online

[www.asbt.com/usrfiles/EberleScholarship.pdf](http://www.asbt.com/usrfiles/EberleScholarship.pdf) or in counselor's office. Deadline date is April 1, 2011

## **Alva J. Fields Memorial Trust Scholarship**

Ten \$1000 scholarships available. Students attending two or four year school, financial need, Must be resident of Williams County. Opportunity to also apply for low interest loans in future years. Due date is March 15, application available in Counselor's office.

## **Northwest Communications Cooperative Scholarship**

Must receive local telephone service from NCC. Application available in counselor office Deadline March 13, 2011

## **Arthur S. Johnson Scholarship**

Must receive service from NCC. Applications available in counselor's office. Deadline March 13, 2011.

Montana State University at Bozeman offers a scholarship to non-residents. Information can be found at <http://apply.embark.com/ugrad/montanastate/>

Minnesota State University Moorhead has many scholarship opportunities for the 2011-12 school year.

Visit their web site at [www.mnstate.edu/finaid](http://www.mnstate.edu/finaid)

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 [www.financialaid.und.edu/aid\\_eligibility.html](http://www.financialaid.und.edu/aid_eligibility.html).

## **Marv Rockstad Memorial Scholarship**

Given be Kiwanis Club of Williston. To complete application go to

<http://www.ndcf.net/Scholarships/entryform.asp?id=50>

Complete information and then print document. Forms must be returned to Counselor's office. Deadline March 15, 2011.

## **Williston State College Scholarship**

Application form for WSC. Available at WSC or <http://www.wsc.nodak.edu/Future-Students/Financial-Aid/Scholarships/Scholarships--Online-Application.html> Priority date March 15, 2011

## **Reuben T. Guenther Scholarship**

Must have taken 1 or more vocational courses between 9-12 grades. Application available online or in counselor's office

<http://www.nd.gov/cte/students/scholarships.html>

Deadline April 1, 2011

### **Williston Korner Lions Scholarships**

Available to graduating seniors, preference is give to student with hearing and/or sight impairment or diabetes. Applications available in Counselor's office. Deadline is March 15, 2011

### **Horizon Resources Scholarship**

Available to current customers and dependents of Horizon Resources. Application available in counselor's office. Due date is March 31, 2011.

### **Gate City Bank**

Must be a senior planning to attend either two or four year school in ND, SD, MN or MT.

Applications are available in the counselor's office. Must be returned by March 15 to the counselor's office. Must include a picture of student.

### **FastWeb!**

Is a resource for students to help you find money for college. You might even win a scholarship. You can also find your dream college. Check this site out at [www.fastweb.com](http://www.fastweb.com)

### **NCAA Clearinghouse Information**

Student-athletes who plan to attend an NCAA Division I or NCAA Division II college or university and who plan to participate in athletics, should go the following site for information

[http://www.eligibilitycenter.org/ECWR2/NCAA\\_EM\\_S/NCAA\\_EMS.html#](http://www.eligibilitycenter.org/ECWR2/NCAA_EM_S/NCAA_EMS.html#) 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.

### **ACT Registration**

**WHS 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; 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 \$38 without the writing and \$48 if you select to do the writing. To register online, go to [www.actstudent.org](http://www.actstudent.org)

### **SAT Registration**

The easiest way to register for the SAT is to visit their site at [www.sat.collegeboard.com/register](http://www.sat.collegeboard.com/register). You will get immediate confirmation of your registration. The SAT is given in Williston on November 6. Deadline to register for this date is October 8.

## testGear

WHS has had 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 in 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.

## 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 2012, attend a ND college or university and take the ACT on one of the following test dates - December 11, February 12, April 9, or June 11. Information is in the counselors' office.

## North Dakota Scholarship

### Opportunities

There are 2 opportunities for North Dakota students to academically earn scholarship money to attend any of the post-secondary institutions in North Dakota. Students who receive a 24 composite score on the ACT can receive \$750 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 Class of 2011 and beyond the requirements are as follows. For the Academic Scholarship you must meet the following requirements: 1) 1 credit of Algebra II; 2) 1 credit for a math that Algebra II as a pre-requisite; 3) 2 credits of the same foreign language or Native American language; 4) 1 credit of fine arts or career and technical education; 5) 1 additional credit of a foreign language, fine arts, or career and technical education; 6) obtain a grade of a "C" in each credit or half-credit required for the diploma; 7) have a cumulative gpa of at least a "B"; 8) a 24 on the ACT; 9) 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) 1 credit of Algebra II; 2) 2 credits of an approved plan of study of career and technical education coursework; 3) 3 additional credits, 2 of which must be in the area of career and technical education; 4) obtain a "C" in each credit or half-credit required for the diploma; 5) obtain a cumulative grade point of a "B"; 6) receives either a 24 on the ACT or earns at least a 5 on each of the 3 WorkKeys Assessments.

The Class of 2012 will be taking the ACT or the WorkKeys on April 27, 2011. This test will be paid for by the local school district. Koperski encouraged anyone who had questions to contact her at her high school office at 572-0967.

# 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 zero 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 eight times for a semester course or sixteen 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 five 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 ninth absence in

a semester course or seventeenth 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.

EXTENUATING CIRCUMSTANCES. Extenuating circumstances will be determined by the administrative office. Students may receive homebound tutor services, prior to, at the time of, but no later than one week following, the absence.  
•EXTENUATING ABSENCES WILL BE MARKED AS EXTENUATING AND WILL NOT COUNT AGAINST THE 8/16 POLICY BUT WILL COUNT AGAINST THE TESTING POLICY

•THE WHS ATTENDANCE OFFICE IS NO LONGER WRITING TARDY PASSES. STUDENTS ARE TO REPORT DIRECTLY TO THEIR CLASSROOM WHEN THEY ARE RUNNING LATE••

## 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

Closed

#### Sunday

Closed

**Attention all Parents:** Classroom fees for second semester were mailed out in February and can be paid at your convenience. Activity fees must 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 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.

### *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*

## WHS 2011 PROM

will be on

April 30, 2011



### 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>

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

Mid-Term – April 26

Fourth Nine Weeks – May 27

(all of the above will be mailed out)

### 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.

### 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.

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**ANNUAL ORDER FORMS  
FOR 2010-11  
ARE IN THE OFFICE.  
COST IS \$45.**

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# Looking into the Future...

Good Friday-No School:

April 22

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Easter Monday-No School:

April 25

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Graduation:

May 29



WHS Art Club is open to all High School students who want to be involved in the Visual Arts! We will meet every Monday in the Art room. The business meeting will begin at 3.45 then we have open studio until 7pm. We are planning some fun activities this year, including fundraising and a trip in the spring. Come check out what we are doing! All are welcome! If you have any questions contact Mrs. Hoffman.

## WHS Music Department

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

John  
Katie  
Julian  
Akela  
Moriah  
Taylor  
Olivia  
Mallory

John  
Lianna  
David  
Janessa  
Kelsie  
Alternates:  
Gabe  
Lindsey

### UPCOMING MUSIC EVENTS.

March 7 & 8: WHS Pops Concerts @ 7:00pm in WHS Auditorium

March 15: Band-O-Rama @ 7:00pm in WHS Field House

March 20-22: All-State Music Festival in Bismarck, ND

Eric Rooke  
Band Director

Katie Rooke  
Choir Director

## FBLA News

Attention All Parents!

Don't Throw Away That Empty Cartridge!  
Bring it to school!

Our FBLA group has launched a fundraising project with the help of an inkjet recycling company Empties4Cash. Empty inkjet cartridges can be recycled and remanufactured. FBLA will receive up to \$4.00 for each cartridge turned in. This will directly benefit our FBLA group and is also great for the environment.

You can help! Any inkjet cartridge with a print head can be recycled, regardless of brand or type. Do you have an HP, Lexmark, Xerox, Compaq, Brother, Dell, Canon, or Apple printer? Bring in your empty OEM inkjet cartridges (placed in the original box that you would have thrown away to keep it safe from spills and damages, or a Ziploc bag) to the high school Room 219 (Mrs. Michaelson's classroom).

Thank you for your support!  
Dana Michaelson, FBLA Advisor

## FFA News

### FFA Awards Banquet-

Thursday, March 24 at 6:30 pm in the high school lunchroom. Awards ceremony will follow in the auditorium. Members will be honored for their accomplishments throughout the year. All members and their parents are encouraged to attend. First and second year members will receive their degree awards. Members will be presented with their activity plaques and Star degree awards will be given to the top chapter members.

FFA members celebrated National FFA week February 21-25.

High school students completed a quiz on their knowledge of the FFA and agriculture, prizes were awarded to the top 3 scores in each class.

The Annual Cherry pie social was held in honor of George Washington's birthday. School staff and businesses were invited to thank them for their support.

They also had a daily candy guess, Blue and Gold day, and an Ag. Implement day.

### Other activities -

FFA members will be helping with the Marketplace for Kids in April and having their annual Food for America program for the area 2nd graders in May.

## 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

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## Tardy Passes...

The WHS Administration has requested that the Attendance Office not write tardy passes for students who are late even if a parent calls to excuse them. It is suggested that you request the teacher's extension for the class that your student will be late for and leave a message for them.

Thank you for your cooperation.  
WHS Attendance/Assistant Principal

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**HOMECOMING 2011**  
is scheduled for  
September 19 - 23, 2011  
against the Mandan Braves

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Thank you to everyone who supported FCCLA by ordering Little Caesar's kits. If you did not receive your items or received the wrong items, please contact Mrs. Holm at 572-0967 ext 256.

Brenda Holm  
Family and Consumer Sciences  
Williston High School

**SEMESTER TEST SCHEDULE**

Tuesday, May 25, 2011

12:40-2:40.....Period 7

Wednesday, May 26, 2011

8:00-10:00.....Period 1

10:00-12:00.....Period 2

12:00-12:30.....Lunch

12:30-2:30.....Period 3

Thursday, May 27, 2011

8:00-10:00.....Period 4

10:00 - 12:00.....Period 5

12:00-12:30.....Lunch

12:30-2:30.....Period 6

Friday, May 28, 2010

8:00-2:00.....Make up tests

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

***Class of 2011***

**Motto:**

"If opportunity doesn't knock,  
build the door."

-Milton Berle

**Flower:**

Orange Tiger Lilly

**Colors:**

Orange/Black/White

**Lifeguard Certification Classes**

Are you interested in becoming a Lifeguard?

The EJ Hagan Aquatics Center will be offering Lifeguard Certification classes January 14 – 16.

The cost of the class is \$180. That price includes the Lifeguarding Manual and Certification Cards.

If you are interested in the class or would like more information, please contact Amy at (701) 577 – 8401.

## NHS News



At the state level National Honor Society teams up every year with the American Cancer Society in their annual community-based fundraising campaign called Daffodil Days. The WHS National Honor Society chapter raised over \$4,400 for the American Cancer Society through the pre-sale of daffodils. Funds raised will help support cancer research, education, advocacy, and patient service programs. The daffodils are scheduled to be delivered the week of March 21<sup>st</sup>.

Spring brings a busy time for NHS members as they work on numerous service projects. In the coming weeks students will be working for the James Memorial and Marketplace for Kids.

NHS members are making plans to attend the State Leadership Conference in Bismarck April 17<sup>th</sup> and 18<sup>th</sup>. The conference is an excellent time for members to build self-esteem and leadership skills.

*Kari Hall*  
*NHS Advisor*

## Student Council News



Student Council raised money for Lilly Reasor in our February Valentine's Day Rose Sale. Lilly Reasor is an alumni of Williston High School who recently lost her family in a fire. We would like to thank all of the students who bought a rose for either a friend or someone special, but we would also like to thank all of those who came in and made donations. We had many people who made large donations and they were greatly appreciated.

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 these huge events which seem to be well liked by the student body as the participation increases each year.

Student Council Secretary,  
Kalli Kjos

# START A CHAIN REACTION.

KINDNESS. COMPASSION. CHARACTER.



**A RACHEL'S CHALLENGE EVENT IS COMING SOON!**



"I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same. People will never know how far a little kindness can go."

- Rachel Joy Scott

Join us & hear a story that has transformed & inspired millions of lives worldwide. **Rachel's Challenge Founder, Darrell Scott** will tell the true story of his remarkable daughter's belief that her life would impact the world. We will also share how you can promote Rachel's life & amazing legacy.

**You are invited to attend the following presentations:**

**Wednesday, March 16**  
Williston High School Auditorium  
9-10am – Grades 5-8  
10:30-11:30 am Grades 9-12  
7pm – Parents and Community

Rachel Scott was the first person killed during the Columbine High School tragedy in April of 1999. Her father, **Darrell Scott**, has since created Rachel's Challenge programs inspired by her life and writings. Darrell has shared Rachel's legacy with millions of people around the world and has witnessed Rachel's story become a proven catalyst for positive change in schools, businesses and communities. Join us to learn how Rachel's message has inspired millions to create triumph from tragedy.

For more information call: 877-895-7060 x706 or visit: [www.rachelschallenge.org](http://www.rachelschallenge.org)

[WWW.RACHELSCHALLENGE.ORG](http://WWW.RACHELSCHALLENGE.ORG)

# High School 1 YEARS

Working together for lifelong success

## Short Clips

### Avoid chore wars

Getting teens to pitch in with chores can be challenging. Try putting a weekly sign-up sheet on the refrigerator. Each person has to take two chores and rotate the next week. Teenagers like to have a say in their lives—giving them a choice will inspire more cooperation.

### What's another word?

When your high schooler writes a paper, does she often repeat the same words? A thesaurus offers interesting word choices and can help build her vocabulary. For example, *slow* might become *creeping* or *sluggish*. Suggest that she try a print thesaurus or an online version like [www.wordsmyth.net](http://www.wordsmyth.net).

### Laugh for health

Laughing together can help your family relieve stress and share fun times. Look for humor in everyday situations. At dinner, tell funny things that happened that day. Check out joke books from the library, collect funny clips from magazines, and forward e-mail jokes to your teen.

### Worth quoting

"Arriving at one goal is the starting point to another." *John Dewey*

### Just for fun

#### Teenager to parent:

"Of course I know the value of a dollar. That's why I'm asking to borrow five."



## Building better study skills

**Alonzo wants to improve his grades from Cs to Bs.** He pays attention in class, but studying is tough for him. When test time comes, he doesn't feel prepared. What can he do?

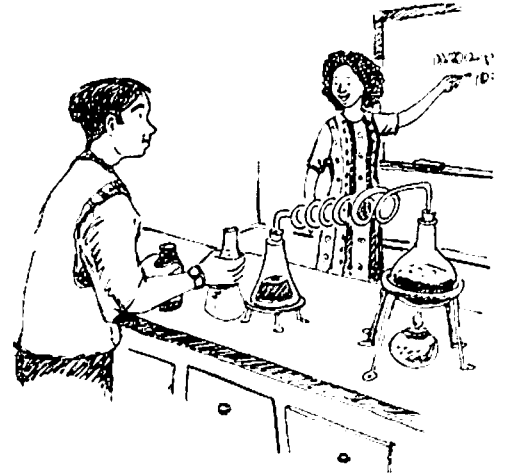
High schoolers need good study skills to organize, review, and remember information. Improving these skills can help students get better grades. Here are some study tips to share with your teen.

### Focus on important ideas

Encourage your teen to focus on what the teacher discusses and writes on the board. When he's reading at home, he should pay attention to the titles that divide each chapter. These titles help point out main ideas in the text. Also, have him look over past homework assignments.

### Make study time count

Setting aside study time every day is important. Most students remember more by reviewing in shorter, daily sessions. Your high schooler should divide



big projects into small goals. *Example:* He could study one chapter a night for a week instead of all five chapters the night before a test.

### Deal with distractions

It's natural for a teen's mind to wander while studying. Encourage your high schooler to control stray thoughts by quickly jotting them down and setting them aside until later. This helps clear his mind and puts the focus back on his work. He can review the thoughts after he finishes studying.

*Note:* When it comes to study techniques, it's important for your teen to find methods that work—and turn them into habits. 🍷

## Who, when, where?

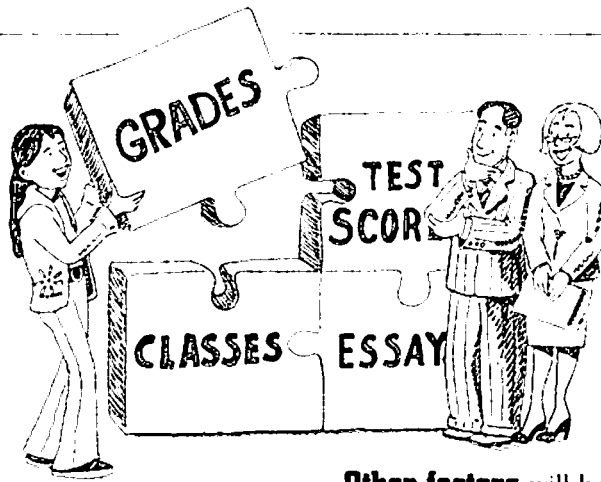
Your teen is heading out the door on Saturday night. What do you need to know to keep her safe? Ask these four questions.

- **"Where are you going?"** Find out who she'll be with and what their plans are. If they're going to someone's house, check that a parent will be home.
- **"How are you getting there?"** Ask who's driving. If it's another teen, see how long she has had her license and if she's allowed to drive other kids.
- **"How can I reach you?"** Plan more than one method (a friend's home phone, a parent's cell phone).
- **"When will you be home?"** Agree on a time your child is expected back. 🍷



# What counts with colleges

Alyssa, a high school junior, wants to be able to put together the best possible college application when the time comes -- but she isn't sure what colleges are looking for. She can increase her chances of acceptance by knowing these criteria:



**Grades** need to be consistently good or to improve during high school. Colleges especially want to see solid scores in academic courses. They also like to see students challenging themselves with higher-level, honors, or Advanced Placement classes.

**ACT and SAT** scores usually count a great deal. Students should commit time to studying for these tests so their scores reflect their abilities.

**Class rank**, or where students place in their graduating class, is another factor. Higher grades in honors courses, which are weighted more heavily than regular classes, can help move students higher on the list.

**Other factors** will help college hopefuls round out their applications. Students should strive for well-written essays, extracurricular involvement that shows they've stayed with a meaningful activity over time, recommendations from teachers or advisers who know them well, and job experience or internships that indicate their commitment to work.

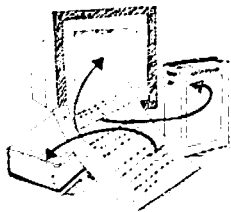
## Giving credit

Part of doing research is knowing when to cite sources. Share these guidelines with your teen to help him avoid committing plagiarism:

- Cite the source when using someone else's words, ideas, or art. Ask your teacher which citation style to use.

- Facts and statistics that aren't common knowledge need to be cited, too. To decide if information is common, consider whether

it's something most people know or can be found in several places.



For example,

"Drinking and driving leads to accidents" is an accepted fact, but statistics about accident rates should be credited.

- When paraphrasing, do more than rearrange words or sentences. Cover the paragraph and explain the ideas in your own words. Compare your version to the original. Use phrases like, "According to the Department of Agriculture," to reference the source.

## Q & A Standing up to bullying

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

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

However, it's hard to stand up to bullies. When Jeff hears his friend being picked on, he might try a casual comment like, "Come on, guys." If the put-downs continue, he can be more assertive ("That's not cool. We'll see you later") and walk away with his friend.

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

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



## Parent to Parent Thinking it through

I keep hearing that companies want their employees to have strong "critical thinking" skills. I wasn't sure what that meant, so I asked my cousin Steve, who works in a human-resources department.

The timing was perfect! My daughter Jessica came home talking about a new cell phone her friend had gotten for free. She wanted one, too. Steve asked her several questions, including whether she'd need to switch carriers and what the

monthly fee would be. Jessica went online and checked out the details. That got her thinking, and she looked at the Web sites of competing companies.

My daughter found that the new phone would be more expensive in the long run. And in three months, she could upgrade her current phone for a reasonable price— just in time for her birthday. In the end, she got a nicer phone *and* a new set of thinking skills.



**OUR PURPOSE**

To provide busy parents with practical ideas for promoting school success, preventing behavior, and maximizing parenting.

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# 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."

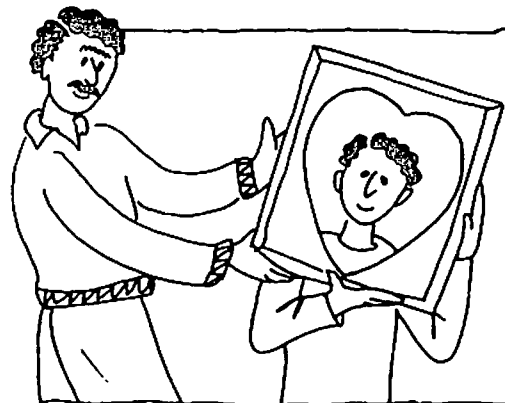
## The Power of a Positive Identity

**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   | <ul style="list-style-type: none"><li>• Love, respect, and accept children unconditionally.</li><li>• Delight in each child's unique personality</li><li>• Create positive interactions. Play together in ways that make infants laugh and enjoy the time together.</li></ul>   |
| 2-3   | <ul style="list-style-type: none"><li>• Focus on the behavior; do not blame children when correcting their inappropriate behaviors.</li><li>• When children say phrases such as "Me do it," let them.</li><li>• Create an atmosphere that is loving, supportive, and affirming so that children enjoy and feel good about their environment.</li></ul>                                  |
| 4-5   | <ul style="list-style-type: none"><li>• Encourage children to take pride in their cultural heritage.</li><li>• Break new tasks into small, manageable steps that children can master without becoming too frustrated.</li><li>• 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."</li></ul> |
| 6-10  | <ul style="list-style-type: none"><li>• Respect the decisions children make.</li><li>• Focus on your child's strengths and encourage her or him in these areas.</li><li>• Encourage children to seek out answers and solutions when they face obstacles or difficult times.</li></ul>   |
| 11-15 | <ul style="list-style-type: none"><li>• Encourage your child to explore and experiment within her or his areas of interest and ability.</li><li>• 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.</li><li>• Avoid comparing your child with others.</li></ul>  |
| 16-18 | <ul style="list-style-type: none"><li>• Continue to support your teenager as he or she struggles with issues and questions of identity.</li><li>• Show your teenager the positive possibilities in her or his future.</li><li>• Delight in your teenager's talents, capabilities, and discoveries. Share your delight.</li></ul>  |

## 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

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# Williston Public Schools High School Menu

March 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>Breakfast</u> Cheese Omelet & Toast  <u>Lunch</u> Hamburger on a Bun Bagel & Yogurt Stuffed Crust Pizza*  Potato Smiles Grapes	2 <u>Breakfast</u> Cinnamon Biscuit Hashbrown  <u>Lunch</u> Pizza* Cheese Bosco Stick  Corn Pears Jello	3 <u>Breakfast</u> Belgian Waffle  <u>Lunch</u> Sloppy Joe Mini Corn Dogs Stuffed Crust Pizza*  Potato Wedges Strawberry Cups	4 <u>Breakfast</u> Scrambled Eggs & Toast  <u>Lunch</u> Hot Dog on a Bun Hot Pocket Stuffed Crust Pizza*  Baked Beans Watermelon Cookie
7 <u>Breakfast</u> Breakfast Pizza*  <u>Lunch</u> Grilled Cheese & Tomato Soup Chicken Noodle Hotdish Stuffed Crust Pizza*  Applesauce Peas	8 <u>Breakfast</u> Rancher's Hashbrowns*  <u>Lunch</u> Chili Sub Sandwich* Stuffed Crust Pizza*  Cinnamon Roll Apple	9  No School Spring Break	10  No School Spring Break	11  No School Spring Break
14 <u>Breakfast</u> Breakfast Corn Dog*  <u>Lunch</u> Cheesy Bagel Dog* Chicken Alfredo Stuffed Crust Pizza*  Corn Mixed Fruit Pudding	15 <u>Breakfast</u> Scrambled Eggs & Toast  <u>Lunch</u> Pepperoni Pizzas Turkey corn Dog Stuffed Crust Pizza*  Green Bean Casserole Mandarin Oranges Pudding	16 <u>Breakfast</u> French Toast Sausage Patty* <u>Lunch</u> Meatballs Fish Burger Stuffed Crust Pizza*  Mashed Potatoes & Gravy Green Beans Spiced Apples Dinner Roll	17 <u>Breakfast</u> Banana Bread String Cheese <u>Lunch</u> Popcorn Chicken Ham & Cheese Wrap* Stuffed Crust Pizza*  Macaroni & Cheese Banana Peas	18 <u>Breakfast</u> Cheese Omelet & Toast  <u>Lunch</u> Pizza* Turkey Hot Dog on a Bun  Corn Sherbet Cup
21 <u>Breakfast</u> Sausage Egg & Cheese on Bagel <u>Lunch</u> Chili Crispito Biscuit and Gravy* Stuffed Crust Pizza*  Cottage Cheese Corn Pineapple	22 <u>Breakfast</u> Cinnamon Roll  <u>Lunch</u> Rib Patty on a Bun* Turkey Corn Dog Stuffed Crust Pizza*  Sweet Potato Puffs Kiwi	23 <u>Breakfast</u> Fruit Strudel Yogurt <u>Lunch</u> Chicken Round-ups Pizza*  Mashed Potatoes & Gravy Green Beans Peaches	24 <u>Breakfast</u> Breakfast Corn Dog*  <u>Lunch</u> Taco Salad Italian Chicken Sandwich Stuffed Crust Pizza*  Peaches Smore Pocket	25 <u>Breakfast</u> Breakfast Pizza*  <u>Lunch</u> Quesadilla Hamburger on a Bun Stuffed Crust Pizza*  Peas Applesauce
28 <u>Breakfast</u> Breakfast Early Riser*  <u>Lunch</u> Turkey Bacon Cheese Sandwich* Taco in a Bag Stuffed Crust Pizza*  Toasted Green Beans Mandarin Oranges	29 <u>Breakfast</u> Muffin String Cheese  <u>Lunch</u> Spaghetti Chef Salad* Stuffed Crust Pizza*  Garlic Toast Corn Strawberries	30 <u>Breakfast</u> Ham Egg & Cheese on English Muffin*  <u>Lunch</u> French toast & Sausage* Hot Ham & Cheese Sandwich*  Pears Juice	31 <u>Breakfast</u> Cheese Omelet & Toast  <u>Lunch</u> Chicken Patty on a Bun Tuna Casserole Stuffed Crust Pizza*  Creamed Corn Peaches	

Breakfast and Lunch is served at all sites. Cereal & Toast is served as a choice for breakfast daily

Students have a choice of 1% or chocolate milk.

Salad Bar is included with all meals

Bread, Soy Butter & Jelly are served most days.

Starred (\*) Items contain pork

This menu is subject to change due to availability.

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