



Sounds

September 2011

www.schs.bismarckschools.org

323-4520

From the Principal

Keith Bjornson, Principal



Welcome to South Central High School and the 2011-2012 school year. It's hard to believe September is already upon us and classes have already begun. It is indeed my pleasure to welcome all returning and new students, parents, and guardians to our school. We are especially proud of our school where students are encouraged to do their very best and to be actively engaged in the learning process every day. The expectations we have for our students are as follows:

*Respect yourself, respect others, and respect the school.

*Make adequate progress toward meeting your weekly goals.

*Strive consistently to reach your weekly goals.

Working toward these expectations everyday will lead to success and the ultimate high school achievement for your South Central High School student, which is graduation.

Parents and guardians, as we begin this school year, please remember this is your school, and I welcome your involvement. I believe it is everyone's responsibility to empower children to be academically, socially, emotionally, and physically successful. I invite you, as a stakeholder, to come and be involved in all aspects of your child's future to orient them to the endless possibilities of their potential. If you have any questions or concerns that arise at any time, please do not hesitate to give your child's teacher, counselor, or me a call. I look forward to working with you and your child throughout the school year to provide a productive and safe learning environment that supports student success.

What's Happenin'

Sept. 26 **Staff Development** (no school)

Mar. 14 **Staff Development** (no school)

Oct. 3 **Parent/Teacher Conferences**
4:15-8 p.m.

Oct. 10 **School Pictures**

Oct. 20- **Teachers' Instructional**
Oct. 21 **Conference** (no school)

Nov. 1 **Late day start**
(10 a.m. vs. 8:30 a.m.)

Nov. 7 **Parent/Teacher Conferences**
4:15-8 p.m.

Nov. 10 **Parent Teacher Conferences**
day off (no school)

Nov. 11 **Veterans' Day** (no school)

Nov. 24- **Thanksgiving Break**
Nov. 25 (no school)

Late Start dates...10 AM... mark your calendars!

This year, Bismarck Public Schools will start school LATE on four dates: **Nov. 1** (*the day after Halloween*), **Dec. 13**, **Jan. 24** and **April 17**. This will give educators time to review assessment data for their classrooms and adjust their teaching in a timely manner to improve student achievement throughout the course of the school year. SO, on those 4 days, SCHOOL WILL START AT 10 AM, but will end at the usual time.

Lockdown Drills: new state law

By: Tamara Uselman,
Superintendent of Schools



The state legislature has enacted a new law that requires each public and nonpublic school district to conduct fire, tornado, and other emergency or disaster drills, including lockdown drills.

Anyone who has attended a public school knows about fire drills. Newer graduates know about tornado drills. More recently, we have practiced lockdown drills with high school students. Now all BPS students are required to practice lockdowns.

Our BPS safety director Greg Bush states, "This will be new for some of our elementary and middle school students, and there may be some apprehension initially. But these drills can be conducted in a manner that prevents unnecessary fear and alarm."

We will practice lockdown drills hoping we never need to implement a real lockdown. Parents can help by explaining to children the importance of the lockdown drill as part of school safety practice.

School/Staff Pictures

On **Monday, October 10** Robert Knutson Photography will be at SCHS to take professional pictures of staff and students.

Parents may order their child's Lifetouch school portraits online prior to registration. Ordering online prior to picture day provides the best value as it allows you to customize your portrait package with over 100 backgrounds for each portrait sheet at no extra charge. If you have questions regarding portrait orders call 866-955-8342.

Go to: mylifetouch.com
Enter this picture day ID: ND501037Y0

New at SCHS

Schedule: Classes start at 8:30 a.m. and end at 2:05 p.m. There is a 5-minute break between blocks 1 and 2 and a 30-minute lunch.

Attendance: Call Mrs. Monroe directly (**323-4522**) for any attendance questions (absences, tardies, etc.).



Monroe

Upon reaching 6 absences in a class (3 tardies = 1 absence), students will be withdrawn and will need to complete an Attendance Plan within five school days in order to re-enroll in the class. Upon re-enrollment in this class, if the student reaches an additional five absences they will be withdrawn from the class with a failing grade and will not be eligible to re-enroll until the next semester in the block they have been withdrawn from. Please refer to the Attendance Policy in the SCHS student handbook for more information or contact Justina Monroe at the Attendance Office (323-4522) with any questions. Also, please contact Justina directly for ALL attendance situations.

Phones: Cell phones will be placed on specific areas on students' work areas in clear view to instructors. This will help eliminate texting during class time.

Student IDs: Also new this year will be Student IDs. The IDs are for verification of enrollment and will allow SCHS seniors entrance to the annual After-Graduation dance in May.

Jefco: Jefferson County on-line course sites have been increased. We now have a total of 52 licenses (up from 40 last year!).

Read Right: Last year Margaret Phillips split her time between ALC and SCHS. This year she is full time at SCHS. This allows for a larger enrollment in Read Right.



Phillips

Attendance MATTERS!

By: Tamara Uselman, Superintendent

This school year, I want to focus on attendance. Attending school—the first key step in graduating from school—is vital to the individual, to the family she/he may need to support someday, to our community, and to our country's economy.



Even for “bright” kids, attendance matters. Missing a week of school for a family vacation can make the difference between your child being Proficient or Advanced on state assessments. For other students, routinely missing school can put them so far behind academically that they feel they cannot catch up.

As Superintendent of Schools, it breaks my heart to see students drop out of school. I know the kind of life that awaits them and unlike in my dad's youth when a dropout could build a life out of determination and wit, today, generally speaking, the future for a person who leaves high school with no diploma is bleak. *Solutions for America* reports the following statistics:

- Yearly, about 1/3 of all 18 year olds don't finish school. Dropout rates are higher yet for minority, disabled, and students from low-income families.
- High school dropouts commit about 75% of crimes in the United States. Crime and welfare benefits cost close to \$200 billion annually. Dropouts are much more likely to be on public assistance than those who complete high school.
- Dropouts earn only about 60% of what high school graduates earn and about 40% of college degree holders – resulting in about \$50 billion dollars in lost state and federal tax revenues each year.

Dropouts are much more likely to have health problems than non-dropouts. A 1% increase in high school completion rate would save the United States \$1.4 billion annually in health care costs.

Students really don't just up and leave all of a sudden. Students “leak away.” *Schoolfamily.com* reports signs that a student may be becoming a future dropout. These include:

- * 5 or more absences per term
- * a youngster believing that school success is due to luck rather than hard work
- * inability to articulate some kind of career plan
- * earning average or poor grades
- * being retained/held back in school, and
- * having little connection with extracurricular activities.

For more information on this topic, go to www.schoolfamily.com/school-family-articles/article/8239-be-on-the-lookout-for-warning-signs-your-teen-may-drop-out

Counselors' Corner



Karhoff

As a School Tobacco Prevention Coordinator, I provide students and parents with resources to educate them on tobacco use and ways to quit smoking. I plan to offer a Tobacco Cessation group this semester for students who want to quit. Parents and students can access help through the ND Tobacco Quitline, 1-800-QUIT (1-800-8669) or the web-based service at www.nd.quitnet.com. For further information, contact me at 323-4500.

College Fair

On Thursday, Sept. 15 seniors at area high schools were invited to a College Fair at BSC. Our seniors were able to stop and talk with many colleges and military representatives.



High Risk High: Youth Drinking in North Dakota

North Dakota ranks first in the country for self-identified young drinkers and binge drinkers. In the most recent youth risk survey, 30% of high school students say they binge drink. Prairie Public has created *High Risk High: Youth Drinking in North Dakota* to raise awareness about the prevalence of youth drinking and to explore what is being done around the region and the country to address the problem. This multimedia project includes radio features, a website, and two Facebook groups.

Parent and Teacher Resources

The High Risk High website at www.highriskhigh.org features personal testimonials from area young people and parents about their negative experiences with alcohol as well as stories exploring different aspects of preventing youth drinking. These testimonials and stories have been arranged by age or interest level and by topic. Each story or testimonial is accompanied by related thought-provoking questions intended to promote discussion among kids, their teachers and parents.

Students take ownership of the project

Recently two High Risk High Facebook groups have been created, one for middle/high school and one for college students, giving young people a place where they can share their own thoughts and experiences with one another outside of the classroom. Each group is moderated by a student peer who both encourages discussion as well as monitors appropriateness of content.

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Nutrition News

By: Joan Knoll,
BPS Licensed Registered
Dietitian



We have introduced some new tasty menu items including a **barbecue chicken drumstick, enchilada bake, chili, tangerine/teriyaki chicken with rice, and tuna salad sandwiches**. Please encourage your kids to try these items! We invite you to join your child for a school lunch and try our new menu items this year.

Each school meal meets USDA guidelines for all nutrients, including Vitamins A & C, iron, fiber, and calcium, which are important for health and reduced risk for chronic health problems. Go to www.bismarckschools.org under Lunch Menus on the left for a nutrition analysis of the *elementary and secondary lunch menus*. In addition, scroll down under Lunch Menus and check out our 'Nutrition Facts for BPS School Lunches'. Remember to check the back of the lunch menus for important Nutrition and Wellness Information!

Bismarck Public Schools is striving to teach, encourage, and support healthy eating. We have included a Healthy School Snack List on our website under Lunch Menus. Our aim is to create awareness that **nutritious snacks help fuel the brain to promote better learning!** Suggested classroom snacks are fresh fruits and vegetables, canned & dried fruit, yogurt, string cheese, hard-boiled eggs, lean meat slices, pretzels, and crackers. In addition, snacks that are about 100 calories or less are recommended, especially if eaten prior to lunch. Finally, choose snacks that do not have sugar as a main ingredient. Gummy fruit snacks, fruit roll-ups, chips, cheese puffs, brownies, candy, cookies, pastries, and pop are not recommended as classroom snacks. These foods are fine in moderation at home, but during school we want to ensure that our students are fueled well for the best possible learning.

Updated and remodeled Family and Consumer Science room

*Kim Hertz,
Family & Consumer Science*



I would like to take this opportunity to tell you about all the changes that have happened to the Family and Consumer Science department.

Since beginning the program in 2009, I have seen extensive growth in not only the curriculum offered to the students but also in the resources available in our school. We now have five classes available including: Child Development, Contemporary Foods (new), Family Living, Independent Living, and Parenting (new). During this past summer, a foods lab was built. I have received nothing but positive feedback and find this to be a tremendous success for our school and our students.

Each year I try to provide new learning opportunities to aide in growth and exploration. Not only am I excited to have these new classes as a teacher, I'm excited to share them with all of you.

Counselors' Corner

My name is Dave Fey and I have been a Science teacher at Wachter Middle School for 13 years. I have the pleasure this year of working with the Counseling Department at SCHS until late October. I am an avid motorcycle rider and love to fish and hunt. I am enjoying working with all the students, parents/guardians and staff at SCHS and look forward to a great fall.



Fey

Thanks!

Public schools in Bismarck and Mandan have raised **\$12,725** to help flood victims in the local community. School employees, students, parents and others were invited to bring at least one dollar to contribute to the Power of ONE campaign. School district funds will be given to United Way to be distributed by a special committee based on need. To apply for funds, go to www.msaunitedway.org.

Student Council

*Marea Reinicke,
Student Council co-chair*



Student council is a great way for students to meet others with similar interests and to be involved with leadership roles in school and out in the community. It helps teach students what it takes to be in a leadership position, how to collaborate those ideas, and delegate responsibilities to make results happen. Student Council also supports the values of teamwork and teaches that each individual has an important role to the group, in and out of leadership positions. Through community involvement, students also learn the gratification of taking time to help others.

SCHS Student Council has had a great turn out this year with many interested students that are eager to start out a new year with fresh ideas. Some of these ideas are: Halloween lunch and breakfast fundraiser, SCHS student shirts, and another SCHS dance, among many other thoughtful suggestions. The students are ready set their ideas into action with much enthusiasm!

Please encourage students that might enjoy student council to come and check it out. We are always accepting new members to add to the team and welcome their ideas. Mrs. Hertz and Mrs. Reinicke look forward to another great year with Student Council and are looking forward to their involvement in the school and community. Through teamwork, people can make marvelous things happen!

Blog and Facebook status!

If you want to read more of Tamara's Uselman's articles on her Superintendent's Blog, go to www.bismarckschools.org under "Administration" on the left. Also, remember to "Like Us" on Facebook if you want to get up-to-the-minute news from Bismarck Public Schools!

South Central High School class of 2011



Front row left to right: Lindsay Rau, Chelsea Ohlhauser, Alicia Gutknecht, LaCoya Hartford, Dara Reinhardt, Samantha DeLong, Montesha Vallejos, Alexis Archambault.

Middle row left to right: Kevin Heath, Lea Hinkel, Alexis Harter, Christopher Evenson, Ryan Petz, Sedona Watson, Tavia Wingerter, Emily Franklund.

Back row left to right: John Greer, Jesse Koehly, James DuBois, Tyanthony Bain, Zach Watson, Christian VanDerMeer, Michael Logeland.

Not shown: Gannon Becker, Jonathan Chamberlain, Jeremy Conlon, Dustee Enget, Kyle Ereth, Marty Harper, Cherylynn Hines, Tara Hogue, Jade Holte, Samantha Horse Looking, Christin Morel, Shelby Saunders, Bradly Schmitt, Breanne Skalicky, Jayden Ulrich, Shane Weeg.

Neighborhood Clean Up/Hot Dog Lunch

Friday, Sept. 9 was a beautiful afternoon for SCHS students to clean up the neighborhood. Prizes were awarded for team accomplishments.

Squeaky Clean Awards:

1st place: Mrs. Wagner and Ledahl-Schmidt's team for most (heaviest) bag (included 4 ft. box and spare tire). They won the gold cut-rate trophy cup and a genuine plastic gold medal, along with prizes for the classes. Wade Iron Hawk won 1st for the "single biggest piece of trash" which was a spare tire! He won a teddy bear.

2nd place: Mrs. Davis and Phillips' team won an impressive fake silver medal, along with prizes for the class.

Close 2nd and 3rd: Mr. Kalvoda and Mrs. Dyk's teams won a long-forgotten plastic bronze medal, and prizes for class.



Old Shoe Awards:

4th place: Mr. Prouty and Ms. Fenster team won one vintage green shoe.

And in 5 place: Mrs. Broschat and Hornbacher's team earned a well aged and used red shoe.

