

# Rice Lake High School

Student Services Newsletter Term One 2019-20

## Important Contact Information

Attendance (Mrs. Leamy): 5641

Food Service (Mrs. Hackel): 5184

Financial/Student Services (Mrs. Hansen): 5657

Work Permits (Mrs. Groth): 5653

Counselor Last Names A-L (Ms. Ebner): 5470

Counselor Last Names M-Z (Mr. Shomion): 5335

School Nurse (Mrs. Neuser): 5110

School Social Worker (Mr. Morey): 5262

## Please Join Us for Term One Parent Teacher Conferences

Parent Teacher Conferences will be held on Thursday, October 3rd from 4:30 p.m. to 7:30 p.m. Mr. Pacholke will communicate information on how parents can schedule conference times in Skyward.

## RLHS Graduation Requirements

The following requirements need to be met in order to earn a diploma from Rice Lake High School:

- 4 credits of English
- 3 credits of Social Studies
- 3 credits of Science
- 3 credits of Mathematics
- 1.5 credits of Physical Education
- .5 credit of Health
- .5 credit of Freshman Success
- 10.5 credits of Electives

Academic and Career Plan  
Citizenship Test

# Education Fair

The University of Wisconsin Eau Claire - Barron County campus will be hosting the Wisconsin Education Fair on Monday, October 7th. Rice Lake High School juniors and seniors have the opportunity to attend during 2nd period.

The event is free and transportation is provided for students. Juniors and seniors interested in participating should stop in to Student Services to pick up a permission slip.

## Financial Aid Tips for High School Seniors

Free Application for Student Aid (FAFSA) for academic year 2020-2021 is available at [fafsa.gov](https://fafsa.gov) starting October 1, 2019. The FAFSA determines student's eligibility for federal Pell grants, student loans, work-study, and state grants (if going to an in-state college).

Prior to applying for FAFSA, a student and one parent must each create a Federal Student Aid ID (FSA ID) at [fsaid.gov](https://fsaid.gov). This FSA ID can be created at any time, even prior to October 1st. **It is very important that the FSA ID and password for parent and student be kept in a safe place that can be found each year.** This FSA ID is used to apply for financial aid each academic year and the FSA ID is used by students after accepting student loans offered by a college to sign their loans and complete loan counseling at [studentloans.gov](https://studentloans.gov).

Want free help to apply for 2020-2021 FAFSA? "College Goal Wisconsin" at WITC Conference Center, Monday, October 28, 2019 at 6:00 p.m. This event is for all students and parents no matter which college a student plans to attend. Both student and parent are encouraged to attend together.

What do I need to bring to receive help with FAFSA at College Goal Wisconsin?

- 2018 Federal Tax Returns (Parent and student if applicable)
- Personal email address for parent and student (not a school email address)
- Social Security Number for parent and student
- Current balance of savings and non-retirement investments
- Child support received or child support paid during 2018

Submitted by Leah Goettl

WITC Financial Aid Advisor

# College Goal Wisconsin

## WHEN

Monday, Oct. 28th, 6pm

## WHERE

WITC Rice Lake Campus - 1900 College Drive

## MORE INFORMATION

Free assistance with completing the FAFSA! Attend and be entered to win a scholarship! Open to all students and parents no matter which college a student plans to attend.

## "MUST Know" for Seniors

**Senior Conferences:** Mr. Shomion and Ms. Ebner are in the process of conducting conferences with all seniors concerning post-high school plans.

**Senior Activity Form:** Each senior has been given an Activities Form to complete and turn in to student services. This form is helpful for teachers and counselors when writing letters of recommendation. If your senior has not completed this form, please have them do so.

**College Applications:** Most college systems should now be accepting applications for Fall 2020. University of Wisconsin application can be completed at [www.apply.wisconsin.edu](http://www.apply.wisconsin.edu). Application deadlines can vary from college to college so students should pay close attention to those dates.

**Transcript Requests:** One of the required documents needed when applying to college is an official high school transcript. RLHS uses Parchment to send transcripts securely to any college or university. Seniors should have a Parchment account created from an email link they received last spring, but if they don't, they can create an account by going to Parchment.com. Current RLHS students can send transcripts at no cost. Alumni will be charged \$3.25 per transcript.

**Scholarships:** Most scholarship applications arrive in early spring; however, a few scholarships trickle in earlier. When a new scholarship becomes available it will be announced in the daily announcements, paper copies will be available in student services, and electronic copies will be available on the Scholarship website:

[https://rlhs.ricelake.k12.wi.us/student\\_services\\_home\\_page/scholarships](https://rlhs.ricelake.k12.wi.us/student_services_home_page/scholarships)

**Academic and Career Plan:** All seniors are required to have an Academic and Career Plan (ACP). We are in the process of transferring systems where students store their ACP documents and more information available to students soon. In the meantime, students can

continue to track their community service hours, goals, and artifacts in a location that is accessible to them (i.e. Google drive).

## ACT - Frequently Asked Questions

### **ACT Assessment - What is it?**

The ACT is a national college admissions exam that consists of tests in English, Math, Reading, Science Reasoning and an optional Writing test. The ACT is not an aptitude or IQ test. Instead, the questions on the ACT are directly related to what students have learned in high school courses in English, Math, and Science.

### **Why should students take the ACT?**

- The ACT is an important step in the college search and admissions process. Many colleges require that students submit test results as part of the application process. The ACT is accepted by virtually all colleges and universities in the United States.
- The ACT results are often considered as part of scholarships and grant awards for colleges and scholarship agencies, and many state scholarship programs.
- The ACT is more than a test. The ACT also provides students with a unique interest inventory that contains valuable information for career and educational planning.

### **Why do colleges request the ACT?**

Colleges require a variety of measures to evaluate a student's application for admissions, generally including GPA and standardized test scores such as the ACT. Standardized test scores provide an "equalizer" for colleges. Because grades may not tell the whole story about a student's academic ability, nearly all universities will ask for a national exam for this purpose. ACT scores, together with high school grades, indicate how prepared a student is for college.

### **When should a student take the ACT?**

Again this year, all juniors in Wisconsin will be taking the ACT at their high school, during the school day on March 3rd, at no cost to the student. In the past, it has been recommended that students take the ACT for the first time in the spring (April or June) of their junior year of high school. Students still have the option to take the ACT on the national test dates if they wish to take the test more than once.

### **How often should students take the ACT?**

Students may take the ACT as often as they wish. Many students take the test twice, once on the state test day and again at the end of junior year or the beginning of senior year. There are no limitations on how many times students can retake the test.

### **ACT Test Dates and Fees**

- October 26 (late registration deadline October 4)
- December 14 (registration deadline November 8)
- February 8 (registration deadline January 10)

- April 4 (registration deadline February 28)
- June 13 (registration deadline May 8)
- July 18 (registration deadline June 19)

\*Rice Lake High School is a testing site for the October and June ACT dates.

ACT non-writing \$52; ACT with writing \$68. Students should register for the ACT online at [www.actstudent.org](http://www.actstudent.org)

## PreACT Opportunity for Juniors

We share a responsibility to ensure your child is on track for college and career readiness. As another way to assist your student in staying on track, RLHS will be covering the cost of a PreACT assessment this fall. For the first time, we are providing interested juniors the opportunity to take this optional PreACT on Wednesday, October 23, 2019 during school hours. Interested students should sign up with Mrs. Hansen in the main office by Thursday, October 10.

This is an opportunity to see your student's potential performance on the ACT test as well as identify areas for improvement. All juniors will be taking the ACT Plus Writing at school on Tuesday, March 3, 2020. We will also be providing school-wide ACT Prep that your son or daughter will learn more about in the future.

## SAT Dates and Fees

- November 2 (registration deadline October 3)
- December 7 (registration deadline November 8)
- March 14 (registration deadline February 14)
- May 2 (registration deadline April 3)
- June 6 (registration deadline May 8)

SAT Reasoning Test \$49.50; SAT with Essay \$64.50. Students should register for the SAT online at [www.collegeboard.org](http://www.collegeboard.org)

## PSAT

The Preliminary Scholastic Aptitude Test (PSAT/NMSQT) will be administered to interested juniors on Wednesday, October 16 during first and second hours. The PSAT is designed for students expecting to go to a four-year university and is the vehicle by which students become eligible for the National Merit Scholarship. Juniors interested in taking the PSAT should pick up information and sign up in Student Services, registration forms are also available on the Student Services website. Study guides are available for students who sign up for the test, so encourage your student to sign up early! Cost for the test is \$16. Registration is due by Friday, October 11.

# ASVAB

The Armed Services Vocational Aptitude Battery (ASVAB) is an occupational research tool which consists of aptitude tests in science, math, English, mechanical comprehension, auto shop and electronics information. It has been revised and redesigned to be helpful to all students whether you are planning on immediate employment, military service or further education at a university or technical college. This year, the ASVAB will be administered to interested juniors and seniors at RLHS on Tuesday, November 19 at 8:00 a.m. in the library. After we receive the results, we will meet with students to interpret the results, identify interests, abilities and personal preferences, and identify occupations that match students' abilities and interests. Juniors and seniors interested in taking the ASVAB should sign up in Student Services. Deadline to sign up is Friday, November 15. There is no cost for this test.

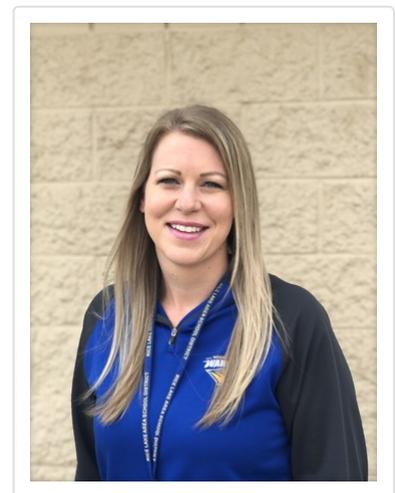
## Early College Credit Program and Start College Now

Students can earn college credit through the Early College Credit Program (ECCP) and the Start College Now Program, both formerly known as Youth Options. Students are eligible to apply if they are in good academic standing, have met any course pre-requisites, have written approval from their parent or guardian, and have no history of disciplinary problems. Application deadlines are October 1 for spring semester and March 1 for fall semester. More information, including application forms, is available in student services and on the High School Student Services webpage (under Parent/Student resources).

## Rice Lake School District Mental Health Coordinator

We would like to introduce Amanda Brown as the district's new Mental Health Coordinator.

Amanda will be providing assistance to students and families with accessing mental health supports and services and providing supports for students and families with significant behavioral/social-emotional needs.



If you are a parent/guardian needing assistance navigating the area of mental health supports and services for your child, you can reach out to Amanda at (715) 234-9007 ext. 5530 or [browna@ricelake.k12.wi.us](mailto:browna@ricelake.k12.wi.us)

## Attendance Policy Reminders

Here are a few policy reminders regarding your student's attendance:

- If your student is ill, please call the attendance hotline or dial ext. 5641 at the high school

- If your student has an appointment, he/she should bring a note to the attendance office before the school day begins
- If your student has a medical note from a doctor appointment, have them bring the note to Mrs. Leamy
- Throughout the school year, each student can take 10 pre-excused days (or 50 class periods)
- Throughout the school year, each student can take 10 excused days (or 50 class periods)
- If a medical note is provided for an absence, that absence will not count toward the 10 ill days or 10 pre-excused days

It is of the utmost importance for your student to maintain good attendance throughout the school year. Attendance is a large predictor of academic success. With our block scheduling, missing even one day of school can be very difficult to make-up. Please make your student's attendance a top priority.

## 2019-20 Exchange Students

Rice Lake High School is happy to welcome seven exchange students to our school and community for the 2019-20 school year. The following students from the following countries will be with us this year:

Margot Havard - France  
 Andreina Confalonieri - Argentina  
 Lisa Cakaric - Germany  
 Vojtech Cvik - Czech Republic  
 Emma Dzurbanova - Czech Republic  
 Max Kubicek - Czech Republic  
 Kotoha Yamashiro - Japan

Please join us in welcoming these ambassadors to the Rice Lake High School community and help make their stay here enjoyable!

## HealthMatters

"Migraine headache, a common health problem in youth that is ranked highest for disability among neurological conditions and is one of the leading reasons for school absences" (Conley, Bickel, Wingert & Gilmore, School Nurse, 01-2018). If your child experience headaches that affect their ability to attend school, there is a website available through the Headache Action Plan Project for Youth (HAPPY) that you may find helpful. The HAPPY program aims to provide a systematic approach to pediatric migraine management that includes information for students, parents, school nurses and healthcare providers. The website contains information about what causes pediatric headaches, provides ways for kids to explain their headache pain so others can more effectively help them, provides information on how to take control of headache pain and recommends options for treatment. There is even a section for health care providers, in case your child's doctor would appreciate more information about recent treatment recommendations from pediatric migraine experts. Check out the website at [www.headachereliefguide.com/index.php](http://www.headachereliefguide.com/index.php)

# WITC Career Day

WITC-Rice Lake campus will be hosting their annual High School Career Day on Thursday, November 7. This is a great opportunity for juniors and seniors who want more information on specific academic programs at WITC. Students can expect to hear more information, including how to sign-up for this event, in the daily announcements.

## Alternative Pathways: Getting to Win-Win

How to deal with the demanding toddler, who is screaming for candy in the grocery store? As a parent, the temptation is to give in just to get the kid to stop screaming. Of course, if the parent gives in, the child learns that throwing a tantrum is a good way to get candy and screaming tantrums are likely to be a part of every future trip to the store! An ounce of prevention is the best strategy here. Specifically, setting ground rules PRIOR to entering the store is imperative. A recommended strategy is to allow the child to choose any ONE item - candy or chips or sugary cereal - on each trip. This allows the child to learn to make choices (if you already put the chips in the cart, you either can't get the candy or need to put the chips back) and allows the parent to limit junk food. It's a win-win strategy.

How to deal with the younger child who wants the latest cell phone (or any cell phone at all)? Parents need to decide their expectations about the appropriate age for this type of privilege as well as the type of behavior the child needs to demonstrate to prove a suitable level of responsibility. For instance, doing their household chores consistently and effectively means that the child earns the cell phone privilege while the parents achieve the goal of having a more responsible child. Nobody loses in this scenario.

How to deal with the teen who wants the latest (but way too expensive) clothes or shoes? Parents have an obligation to pay for what the child needs but have no obligation to pay for what the child wants. Of course, teens can get a part-time job to earn money for any luxuries they desire (or parents could pay extra for bigger jobs like painting the house). The teen gets the coveted item; the parents get a more independent and fiscally responsible teen. Everyone wins here.

How to deal with a student (or even an adult) with challenges who's having a tantrum? Again, we don't want to reward the misbehavior by giving in to the demand. However, these actions should tell us that the challenged individual really wants something that they may struggle to communicate for some reason. (All behavior communicates.) A good teacher will find a way to get a win-win, to both encourage appropriate behavior and to move the student in the direction of autonomy and independence. For example, as happened in my life recently, the student demands more tokens than have been earned. Instead of emphasizing that the reward has not yet been earned (perhaps it has been a difficult day all around), can the teacher quickly find some relatively easy tasks that the student can complete to earn the desired tokens? After all, isn't it our job, as teachers and/or parents, to help young people learn to be successful (rather than focusing on past instances of failure)? Getting to win-win leads to happier students and a calmer classroom.

Having a win-win attitude leads to preferred outcomes in all areas of life – workplaces, marriages, etc., doesn't it? Who doesn't prefer winning over losing?

~Submitted by Linda Tollefsrud

## Vaping: What Parents Need to Know

### How to Talk to Your Kids About Vaping

This guide is intended to help you have an important talk about vaping with your kids. Sure, they may think you are uncool and annoying for bringing this up, but it is important that you do. The health risks are real and they need you to fight for them. Have The Vape Talk with your kids today. First things first. Before you have the conversation with your kids, know the facts.

### What Parents Need to Know:

You've probably heard a variety of terminology, but don't let that confuse you. JUUL, vapes and vape pens are all forms of e-cigarettes and they're all dangerous. There is a misconception that vapes are just flavors and steam. Not true. Vaping is highly addictive. In fact, one JUUL pod contains as much nicotine as 20 cigarettes, or about one pack of cigarettes. Vape pods also contain toxins and carcinogens, including formaldehyde, propylene glycol and acrolein, which can cause irreversible lung damage. And because vaping is new, we're still uncovering its long-term health effects. All these risks are being funded by a familiar foe, Big Tobacco. Altria, the owner of Marlboro, is the primary investor in JUUL. Now these tobacco firms are targeting your kids. Parents are in the best position to protect their kids against such powerful and dangerous opponents.

### Signs Your Kid Might Already Be Vaping

About 40% of kids have tried vaping and it's likely their parents don't even know. Vaping is easy to hide. Unlike traditional cigarettes, e-cigarettes don't leave the telltale scent of tobacco. But there are clues. Look for changes in your kid's behavior. They might start cutting back on caffeine or getting frequent nosebleeds. Also look for signs around the house. Vape pens can look like markers or USB flash drives and have disposable flavor pods, so look for discarded pods in the trash. And since vape pods come in lots of flavors, take note of any new sweet scents in their rooms or on their clothes.

### Tips for a Health Discussion

#### Choose the Right Time and Place

Choose a time when your kid won't feel rushed and a place where he feels relaxed, like when you're riding in the car or sitting at the dinner table. By choosing a place you both feel comfortable, you'll both be more inclined to open up.

### Appeal to Their Good Judgment

Your kid makes smart decisions every day. Resisting the temptation to vape can be one of them. Compliment her good judgement. Remind her that she is an independent thinker who doesn't have to be influenced by peer pressure. Tell her you're proud of her courage and principles.

### Ask Open-Ended Questions

Instead of asking yes or no questions, ask open-ended questions that encourage participation. If you're genuinely curious, your kid will be less likely to get defensive.

### **Conversation Starters**

Here are some suggested conversation openers. Remember, don't blow up if they share things you didn't expect to hear. Listen to their answers, ask more questions and keep the lines of communication open.

1. **Are a lot of kids vaping at your school? Are your friends vaping?** Be sure you don't react, just listen.
2. **What do you think about vaping?** You may hear him say, "It's harmless – it's just flavored water vapor," but it's not and you'll share more about that next.
3. **Do you know what is in JUUL pods and other vapes?** Then tell her you have been studying and here's what you know: • Vape pods contain harmful ingredients, including formaldehyde, propylene glycol and acrolein (ə-'krō-lē-ən), which causes irreversible lung damage. It's not just water vapor, and it's not safe. • Even the Surgeon General has established how dangerous vaping is. JUUL commercials and paid influencers will try to make it look safe, but it is not. • Most vaping manufacturers, including JUUL, are owned by tobacco companies, the same companies that sell addictive cigarettes, which cause millions of deaths. These companies are now focusing their marketing efforts on replacing former cigarette customers with kids, by hooking them on e-cigarettes.
4. **Do you know how vaping can damage your health?** Tell him why that matters. • Vaping is smoking – one JUUL pod can contain as much nicotine as a pack of cigarettes. • Once you start vaping, nicotine addiction follows – and quitting is really hard. (At this point, if you're a smoker or former smoker, you may want to share your own experience with nicotine addiction.) • Your lungs will suffer the effects – maybe not today, but eventually. There are multiple cases in the news of kids having seizures from e-cigarette nicotine poisoning. We don't even know yet how bad this is going to be for your health.
5. **Do you know the other ways vaping affects your life?** Tell her why she should care. • Over time, the chemicals in e-cigarettes will affect your attention span, memory and lungs. • Once you're addicted, vaping will be the boss of you. Even when you don't want to do it, you'll have to do it. And that's only good for the tobacco companies. • You're smarter about health than previous generations were. Vaping goes against all the other healthy choices you're already making.

### **Once is Not Enough**

Consider this an ongoing conversation. When you first bring up the subject, your kid might be caught off guard and reluctant to engage. But once you open the door to the topic, he'll be more inclined to talk to you about it later. If your kid is still skeptical, here are some links you can suggest so he can make up his mind for himself. Surgeon General: [E-Cigarettes.SurgeonGeneral.gov/](https://www.e-cigarettes.surgeongeneral.gov/) CDC: [CDC.gov/tobacco/basic\\_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm) American Lung Association: [Lung.org/ecigs](https://www.lung.org/ecigs)

### **Offer Help**

If your kid is already vaping, they may be addicted to nicotine. Give her the help she'll need to quit. Call the PA FREE Quitline at 1-800-QUIT-NOW or visit [PA.QuitLogix.org](https://www.pa.quitlogix.org). There are also cessation apps designed for kids, including QuitSTART.

*Information from the American Lung Association  
Submitted by Trisha Neuser*

