

Rice Lake High School

Student Services Newsletter Term Two 2018-19

Important Contact Information

Dial 715-234-2181 and enter the extension or say the name of the person you are contacting:

Attendance (Mrs. Leamy): 5641

Food Service (Mrs. Hackel): 5184

Financial/Student Services (Mrs. Hansen): 5657

Athletic Secretary (Mrs. Nanstad): 5027

Main Office Secretary (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 Two Parent Teacher Conferences

Parent Teacher Conferences will be held on Monday, December 10th from 5:00 p.m. - 7:30 p.m. Mr. Pacholke will communicate information on how parents can schedule conference times in Skyward.

From the Desk of the Principal, Mr. Pacholke

It's hard to believe the holiday season is upon us and we're over a quarter of the way through the school year. I would like to take this opportunity to thank our parents - and community - as you show your support and encourage your son or daughter to always strive to be their best. At RLHS, our role is to provide a high-quality instructional experience to prepare your son or daughter for the next step in life. We do not want each student to just get a job but to obtain a career that compliments an individual's strengths and interests. As parents, you know this is a challenging task and there are also many obstacles. So, how do we overcome these issues? I feel that due to the size, support, and people in our community, we can. This does take a coordinated effort and will not happen just by chance. At RLHS, we are always looking for ways to provide relevant opportunities for our students to explore their interests and identify their strengths.

Beyond the traditional goal setting, RLHS has developed a scope and sequence, so all students going through their four years of high school will have a coordinated plan. I highly encourage you to review our new district grade 5-12 plan at www.ricelake.k12.wi.us/cms/One.aspx?portalId=783251&pageId=7901936

In 9th grade, students will further develop their career planning abilities and learn how career choices impact their economic well-being. Beyond the career lessons and goal setting completed during the Freshman Success course, all freshmen will be participating in a coordinated career day with professional guest speakers from our community. In 10th grade, students will explore options based on their interests by participating in off-site visits to local businesses that offer careers connected to their post-secondary plans. The goals of the 11th grade ACP are for students to begin making decisions about post-secondary options and careers. Students will learn about the cost of post-secondary programs and explore options to pay for college. Students will visit WITC and UW-Eau Claire Barron County campuses and choose to participate in program or student shadows. Students will also learn about work-based options such as job shadows, internships, and youth apprenticeships, as well as develop job-seeking and job-keeping skills.

The goal of the 12th grade ACP is to assist seniors as they finalize their post high school plans by teaching students how to apply for college and sharing what financial aid and scholarship possibilities are available. We will also host a scholarship-writing workshop for interested students. Other covered content will include updating a resume and letter of application. All seniors will also participate in a Reality Fair that will simulate a life exercise of budgeting and planning - supported by many local businesses and professionals. Seniors are also encouraged to conduct college visits and refine their post-secondary plans.

As you can see by the adjustments made, we could not do this without the support of our community and businesses. We are very fortunate to have these opportunities for our students. We all want the best for our youth to be prepared and have an advantage as they enter the world beyond RLHS.

Transcript Requests

One of the required documents students need when applying to college is an official high school transcript. Rice Lake High School uses an online service called Parchment that allows students to send their transcript to colleges, individuals, and themselves. Students can request their transcript anytime from anywhere. All they need is an internet connection and to visit Parchment.com or click on "request my transcript" on the high school webpage. Current RLHS students can send transcripts through Parchment at no cost. Alumni will be charged \$3.25 per transcript.

Current high school students can use their school email address as their username with Parchment but MUST change it to a personal email before graduation.

Scholarships

Seniors - Be sure to check the scholarship files in Student Services for scholarship information. As scholarships come in they will be announced in the morning announcements, made available to you in the scholarship file organizers in Student Services, and posted online on the Scholarship web page (found on the Student Services website). Students can also access the website of the college or university they plan to attend to look for available scholarships.

Scholarship Writing Guidelines

Print neatly or type. Assure correct spelling and grammar. If you can't type, use pen - not pencil.

Make a duplicate copy of the application. Use one copy to prepare a rough draft.

Allow yourself plenty of time - 3 to 4 weeks - to complete the scholarship. Always proofread.

Pay attention to deadlines and where the application needs to be submitted. Make sure to leave yourself enough time to get to the post office if needed.

Be sure to include:

- Involvement in clubs and sports (list any officer or leadership positions)
- Honor roll, NHS, Badger Boys/Girls, Rotary, Fortnightly, Student of the Month or any other recognition
- ALL community involvement (church activities, 4-H, scouts, etc.) - be sure to list the amount of time spent
- Your career goals, college you are planning to attend, major and profession you are interested in

FAFSA Checklist: Have These Documents On-Hand

Get It...Got It...Check It Off

Having the following information and forms on-hand will help you fill out the 2019-2020 FAFSA:

- Your Social Security Number
- Your driver's license
- W-2 Forms from two years prior (2017) and other records of any money earned
- Your (and/or your parents') Federal Income Tax Return from two years prior - IRS Form 1040, 1040A, 1040EZ
- Any untaxed income records for two years prior (2017) - e.g., payments to tax deferred pension and savings plans, tax exempt interest and child support received in 2017
- Records of taxable earnings from Federal Work-Study or other need-based work programs in 2017
- Records of any grants, scholarships, and fellowship aid that was included in you or your parents' 2017 adjusted gross income (AGI)
- Any current bank statements
- Any current business and investment mortgage information, business and farm records, stock, bonds and other investment records
- Documentation that you are a U.S. permanent resident or other eligible noncitizen, if applicable

If you have questions about the FAFSA application, contact the financial aid office at the college you wish to attend. They can assist you in finding free help to complete the FAFSA - don't hesitate to call them!

School Success Goes Hand in Hand with Good Attendance

Did You Know?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance

Attending school regularly helps children feel better about school - and themselves. Good attendance will help children do well in high school, college, and at work.

What You Can Do

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Don't let your child stay home unless they are truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make them feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

Information from Reach Out and Read, Inc. and Wisconsin Department of Public Instruction

A reminder that state law requires absences to be arranged in advance and in writing by a note from a parent or guardian to be excused. Absences due to illness may be excused by a phone call on the day of the absence or a note the following day from a parent or guardian.

PEERS at UW-Stout: Social Skills Group for Adolescents

PEERS is an evidence-based, caregiver-assisted social skills intervention for middle and high school students with: Autism Spectrum Disorder, ADHD, Anxiety, Depression, and Other Social Problems.

PEERS (Program for the Education and Enrichment of Relational Skills) is a 14-week evidence-based social skills intervention for **motivated teens in middle and high school** who are interested in learning ways to help them make and keep friends. During each group session, teens are taught important social skills and are given the opportunity to practice these skills in session during socialization activities. Parents attend separate sessions at the same time and are taught how to assist their teens in making and keeping friends by helping to expand their teen's social network and providing feedback through coaching during weekly socialization homework assignments. **Enrollment is limited. Parent participation is required.**

The program is held on Thursdays evening beginning on January 31st and ending on May 9th (no class on March 28th). To register or if you have questions, go to www.uwstout.edu/peers or email PEERS@UWSTOUT.EDU

Course Request Process: We Need YOU!

We will be sending out course request materials in the mail over Winter Break to give you time to look over your student's information and more adequately plan for their future. The materials that will be needed to complete the course request process include:

1. **Course Planning Guide (Available on the High School Website)** This booklet contains current descriptions of all of the courses that are offered at Rice Lake High School by department. It is important to note that there may be prerequisites that must be met before a student can sign up for that course. We are providing this document electronically on our website, but if a paper copy is preferred, one can be picked up in Student Services.
2. **Course Selection Sheet** Like the booklet, this contains a listing of all courses offered for the 2019-20 school year. It also indicates the grade level that a student must be in to take the course. Please be certain to check the grade prerequisite before making your selections.

3. **Course Request Bulletin - Grade Specific** This document lists specific course/subject requirements by grade level. It will indicate any required coursework necessary for your student's grade as well as recommendations of additional selections that are important to consider to meet any post-secondary plans your student may have.
4. **Transcript** This VERY IMPORTANT report answers the question: "What courses has my student taken and how many credits do they have?" Courses are listed by subject area and classes. No credit amount listed following the course, indicates that the course was taken and not passed. That course must be retaken IF it fulfills a graduation requirement. Any class that is listed and has a credit value in the "to be earned" column is a class that is in progress this year. Based on your student's plans for the future, this report can also be used to plan for ALL future terms. Please refer to the Course Planning Guide to check graduation requirements.

It is important that you spend some time going over this with your student and that you send these materials with your students in the beginning of January. Thank you for your help in planning your student's educational future!

Dates Set for Course Requests for 2019-2020 School Year

During homeroom on Monday, January 7, all freshmen, sophomores, and juniors will be reviewing course request information with their homeroom teacher. Students should bring the materials that were mailed home over Winter Break with them to school on that day.

Beginning on Wednesday, January 9, students are assigned a date and time to enter their course request into the computer with the assistance of a school counselor. The dates for each class are:

Wednesday, January 9: Class of 2022 (current 9th grade students)

Friday, January 11: Class of 2021 (current 10th grade students)

Monday, January 14: Class of 2020 (current 11th grade students)

If a student is absent during the time they were to be in the computer lab, they can turn in their course request sheet to Student Services.

Counselors will be meeting with 8th grade students at the middle school during the school day on Tuesday, January 8 and Thursday, January 10 to review course request information. We will be visiting St. Joe's the week of January 14 to go over this information. Eighth grade students should plan to have their course request sheets completed and signed by a parent for the meeting with counselors on January 10. An informational meeting for parents will be held at Rice Lake High School on Monday, January 7th at 6:00 p.m. in the auditorium. Students are not required to be at the parent meeting, but are welcomed.

Alternative Pathways - Case Studies in Coping with Serious Mental Illness

Schizophrenia is considered to be a major mental illness and a devastating diagnosis. However, schizophrenia can also be understood according to the "rule of thirds". One third of individuals have intractable symptoms, those that are not effectively treated with our current medications and/or therapy. The other third have occasional episodes of psychotic symptoms, but these alternate with periods of mental health. The final third have one psychotic break, but return to mental health for the rest of the life span. Thus, serious mental illness is clearly not always permanent or life-long. People have negative stereotypes about mental illness and, thus, may fear someone who suffers from the hallucinations and delusions that may typify this disorder. If we put ourselves "in their shoes," however,

we may realize how terrifying it can be to be afflicted. For instance, there is a video at this link www.refinery29.com/2014/06/69318/schizophrenia-simulator-video which allows one to see what it might be like to have constant auditory hallucinations.

The New York Times ran a series of articles about persons who have not been cured of their mental illnesses, but who still have developed coping skills that allow them to live full and successful lives. One man, for instance, still hears voices in his head most days, but he has learned that he can continue to be productive as a husband, father and full-time employee if he a) takes his medication regularly and b) has the support of his wife. (See <http://www.nytimes.com/2011/08/07/health/07lives.html?ref=health&r=0> for details.) Another woman who is bipolar is also the CEO of a non-profit organization. When she feels stressed, she checks herself into a luxury hotel for the weekend. The pampering available therein allows her to effectively de-stress so that she can return to work the next week. Her story can be found here: <http://www.nytimes.com/2011/10/23/health/23lives.html?ref=health>. A successful therapist reveals her own history of borderline personality disorder here: <http://www.nytimes.com/2011/06/23/health/23lives.html?ref=health>. Cases such as these teach us that even when mental illness cannot be cured, there are individuals who learn to cope effectively with the symptoms.

Elyn Saks' story of her "journey through madness" is also fascinating. Her first psychotic episode was at a mere 8 years of age, although her mental illness became more pronounced during her college years. She is still schizophrenic decades later but also works full-time as a lawyer, is married, and specializes in laws and policies relating to mental illness. The details of her personal story can be found in her autobiography, *The Center Cannot Hold*, and in her 15 minute TED talk, available here: http://www.ted.com/talks/elyn_saks_seeing_mental_illness?language=en

Major mental illness can be a devastating diagnosis, but there is hope. In fact, Elyn Saks reminds us that some countries manage mental illness better than we do. She, for instance, details the ways in which she was treated with much more respect while in the United Kingdom and much more rudely when being treated in the U.S. Rupert Isaacson, author of *The Horse Boy* and producer of the movie by the same name (trailer available here: <http://www.horseboymovie.com/Film.php>) informs us that shamans in Mongolia are *required* to be atypical persons. It is assumed that a typical (mentally healthy) person is unable to communicate with the spirit world. The prognosis is more favorable in cultures that are more tolerant - or even supportive - of those who see and hear things that the rest of us do not. Perhaps there is something for all of us to learn from those who are on an "alternate" journey?

Submitted by Linda Tollefsrud

Playing a Sport in College?

Any junior student who will be playing a sport in college needs to register with the National Collegiate Athletic Association (NCAA) by the end of their junior year. Students must complete both the academic information and amateurism questionnaire. Registration is available at www.eligibilitycenter.org

Spring Testing Timeline

The following exams will be administered this spring to students in the identified grade levels. As you are planning appointments and family vacations, please keep the following dates in mind, and if possible, avoid scheduling other events at these times.

ACT Plus Writing and ACT Work Keys - 11th Grade

On **Wednesday, February 20** all 11th grade students will be taking the ACT Plus Writing. This is the fifth year that all juniors in the state of Wisconsin take the ACT test on a school day. On **Thursday, February 21** all 11th grade students will be completing the ACT Work Keys which accompanies the ACT. Because these are both state tests, there is no cost to student to take the test.

Forward Exam - 10th Grade

All 10th grade students will be taking the Wisconsin Forward Exam during **the week of March 18, 2019**. This exam will be in the area of Social Studies and will consist of two computer-based tests. The sections are not timed, but each section takes about 50 minutes to complete. Any 10th grade student scheduled in a term three US History 10 course will complete this exam during history class (over the course of two days). Students who are not in a section of US History 10 during the test dates will complete the test at an alternate time during the school day.

ACT Aspire - 9th and 10th Grades

All 9th and 10th grade students will take the full ACT Aspire assessment on **Wednesday, May 1**. The ACT Aspire is a state test. Students will be testing in the areas of Reading, Math, Science, English, and Writing.

Sophomore Conferences

Sophomore Conferencing is a part of the Rice Lake Area School District's Comprehensive School Counseling Program. The counselors at the high school will be conducting Individual Planning Conferences with sophomore students and their parents during term three. Parents are asked to call Peggy Hansen at 715-234-2181 ext. 5657 to schedule an appointment. Information discussed includes: student's academic progress toward graduation, career plans, and post-secondary education/training options. The counselors look forward to meeting with the sophomores and their parents. These conferences will be a great opportunity for all to gain insight as to where the student is, the direction they are headed, and how they can be assisted in getting there. Parents who have attended these conferences in the past comment that it has been very helpful in planning for their son or daughter's future goals.

Yearbook Sales

Yearbooks may be purchased anytime in Student Services from Mrs. Hansen or online at www.yearbookforever.com Cost is \$60.00 before winter break. After break, the cost will increase to \$65.00.

Senior picture deadline is February 1st. Pictures can be emailed to Mr. Panasuk at panasuk@ricelake.k12.wi.us

ACT with Accommodations

Any student who is planning to take the ACT with accommodations on a Saturday test date should contact Mrs. Amos **after** registering for the test online **and** indicating a need for accommodations and/or English learner supports during the online registration process. Mrs. Amos is the Testing Accommodations Specialist for the high school. Her email is amosj@ricelake.k12.wi.us or students can stop and see her at school. Test registration for Saturday test dates can be completed at www.actstudent.org

Winter Break

A reminder that winter break begins at the close of school on Friday, December 21. School will resume on Wednesday, January 2. We want to wish everyone a safe and happy holiday season!

HEALTHmatters

As the school year moves on and kids are more together indoors, having more sleepovers, and doing activities with friends I wanted to remind you of the never-ending nuisance of head lice and how to treat and manage it. Since head lice do not discriminate from one head to the other, and actually tend to prefer clean hair, lice can happen to anyone at any time. Knowing what to do if it happens to you or someone in your family is important in keeping it from spreading to others!

Head lice are small grayish-white to brown wingless bugs, about the size of small ants (1/8 inch). Head lice can live up to 48 hours off the body. They are contagious as long as they remain alive and until the eggs (nits) in the hair have been destroyed and removed. Head lice lay tiny, oval, whitish eggs that attach to the hair shaft with a gluey substance. They do not fall off the hair shaft with a flick of the finger, like dandruff does. Nits stay attached to the shaft of the hair. They are often seen in the hair at the back of the neck. The eggs of head lice hatch in a week and the head lice are able to reproduce in approximately two weeks.

Symptoms of head lice are itching and scratching of the scalp. Head lice cannot hop, jump, or fly but are passed along by close contact with persons who have had lice or with things they are using that have become infested (hats, scarves, brushes, pillows, chairs, car seats, etc.). If you notice your student itching their scalp - please check the head for lice.

IF YOU FIND HEAD LICE IN YOUR FAMILY, FOLLOW THESE STEPS:

Obtain an effective shampoo at a drugstore. Remove the child's clothing which will be washed. Shampoo the hair according to the directions on the label. Read the label carefully. Some shampoos require application on dry hair. After shampooing and rinsing the hair as recommended, comb well with a fine-tooth comb to get rid of the nits. Special "nit combs" are available - metal combs seem to be most effective. Make sure that you remove all nits as shampoos do not seem to kill the eggs. Leaving one egg behind could result in a re-infestation from your own child's hair. Follow the instructions on the anti-lice product that you use - most recommend a second application within 7 days.

Have your child put on clean clothing after shampooing. Launder all clothing and bedding in very hot water (at least 20 minutes). Dry on high heat in the dryer for at least 30 minutes. Non-washable items should be dry cleaned or sealed in a plastic bag for 2 weeks. Other items such as combs and brushes should be boiled or soaked one hour in a mixture of insecticide shampoo and water. The backs of upholstered furniture, car seats, carpets, etc., should be thoroughly vacuumed. A hot iron may be used on the bed mattresses or the child's favorite chair.

Examine other family members for head lice. Treat only those infested. Advise your child to never share hats or combs. Check your child weekly throughout the year for head lice. If parents need assistance, please contact me and I would be glad to help!

Trisha Neuser, RN, School Nurse
715-234-2181 x5110

