

NOVEMBER 2009 NEWSLETTER

From the desk of the Principal:

The first quarter of the year has quickly been completed and we now find ourselves at the midpoint of the first semester. Our fall athletic teams have either concluded or in the process of completing their competition. We are all very proud of the efforts of the athletes, managers, coaches, and trainers for the time and dedication they have put into their respective activities. Also, the marching band has again made us all very proud of them by receiving a Superior rating at the state marching band contest. The successes of these extracurricular activities are a tribute to the dedication and commitment that is exuded.

Fellowship of Christian Athletes

The Northwest Fellowship of Christian Athletes meets every other Sunday night at the high school or students' homes. The group is open to all Northwest students and is a great way for students to get involved in something positive. Anyone wanting more information should contact Miss Melroy at 308-385-6389 ext. 133. Take a minute to check out our website at nebraskafca.org and get more information about the upcoming events including:

November 1 – Meeting at Northwest at 6:30, November 7-8 – Annual Weekend of Champions at Grand Island High School, November 10 – Central Nebraska banquet at Fonner Park, November 22 – Meeting at Northwest at 6:00.

School Closing Information

Northwest High School will announce school closing information on radio stations KRGF AM/FM, KSYZ, and KZ100 (Central City) and on TV stations KHAS (Hastings), KOLN/KGIN (Grand Island/Lincoln), NTV (Kearney), and KLKN (Channel 8). Northwest will remain in session whenever possible. PARENTAL DECISIONS WITH RESPECT TO THE ABILITY OF THEIR CHILD TO GET TO SCHOOL SAFELY, OR RETURN HOME FROM SCHOOL SAFELY WILL NOT BE QUESTIONED. WE DO REQUIRE PARENTAL NOTICE BEFORE WE WILL EXCUSE A STUDENT, OR ALLOW A STUDENT TO LEAVE THE BUILDING.

Student safety and Technology

As students and families get more immersed in the use of technology it becomes necessary to reinforce information on the safe use of these items. Used in the proper manner, the computer, cell phones, and a myriad of technology products being introduced almost daily can be marvelous tools. Used in the wrong manner, they can prove to be very harmful and sometimes devastating. We are seeing an increase in the number of bullying incidents that are a direct result of texting and other technological communication being made between students. Please make note of the following guidelines and have that serious discussion with your son/daughter about proper use of the internet and also the proper use of the cell phone.

Have a Safe Journey

The World Wide Web is a fun and exciting vehicle for exploring the world from the comfort of your computer. It's a great resource, too, with data from universities and organizations around the world. But like the Interstate, the Internet has its hazards and you need to make sure that you are safe on the Information Highway. Following are some general tips on internet use that will help keep your child safe.

Educate yourself about the Internet—what's safe and what's scary. You have as much control about what you watch on the Internet as you do with the television. If something offends you, turn it off. If you don't want to see certain pictures or activities, then change the website.

Never say or do anything on the Internet that you wouldn't say or do in public. Avoid places where everyone is anonymous. Anonymity on the Internet usually hides something—and not always just your identity. Never give anyone or any unsecured website your name, email address, or credit card number.

Protect your family. Set your own household Internet policy. No gore, no porn, no cussing. Monitor your kids' Web behavior, and if you don't know where they've been on the Internet, go back to Step One and find out how it works. If your children are young, steer them away from chat rooms. Older children should only participate in chat rooms that meet your approval.

Give your kids Web advice just like the advice you give them about walking home from school. Remind them not to talk to strangers and to be sure to let you know if any stranger approaches them.

Enjoy your trip on the Information Highway. Just remember to play safe and protect yourself and your family while you're doing it.

School Beacon

Are you one of the students that calls the school on a snowy day hoping to hear that school is cancelled? Are you a parent who wonders if school will be dismissed early if weather conditions look threatening? Northwest High School is offering a message delivery system that can send out messages via text to a cell phone, voice message or by email to everyone in the Northwest Public Schools district that signed up for this service; you decide which type of message(s) you want to receive and how you want to receive them. Subscribers will be able to receive school closing information, changes in sports or activities schedules or any other announcement that the administration deems of importance.

If you would like to be notified of school cancellations or postponements, log on to www.ginorthwest.org click on the School Beacon website at the bottom of the page and follow the easy directions to register for this service. Once you have registered, you will receive notification when a decision has been reached to cancel or postpone school for weather or other emergency reasons. You decide which type of message you want to receive and how you want to receive them.

- ✓ To sign up for a text message notification on your cell phone, please enter your name and mobile phone number where indicated. If you wish to receive a voice alert in addition to a text alert (at the same mobile phone number) please check "Allow Voice Calls".
- ✓ To sign up for voice alert notification only (not text messaging) please enter your name and the phone number(s) in the home and/or office field. You will also need to enter an email address to receive the necessary authorization code.
- ✓ To sign up for email notification only, enter your name and email address in the space provided. Be sure to select the message groups where you want to receive messages.
- ✓ After completing the notification choices section you will receive an email or text message allowing you to complete the sign-up process. There is no charge to sign up for this message delivery system; however, there might be a potential charge from your cell phone carrier to receive a text message.

November Music Booster News & Notes

Fall has been a busy time for the music students. The band has practiced their show outside for many days and the vocal students are putting final touches on their first concert pieces.

Numerous students tried out for All-State and the show choirs are getting ready for their performing season to start.

Congratulations to the band for Superior rating at Harvest of Harmony and for their 13th consecutive Superior at the NSBA state marching contest.

If you are looking for clothing, call Vicki Palu at 382-2601. To help at the Gift Show on November 21st, please call Karen Olson at 370-7753. Call Deb Stoltenberg at 390-0807 to help with concession stand – each family needs to help with at least one game this year.

Our next meeting is November 10th at 7:00 pm (instead of the usual first Tuesday due to concessions on the 3rd. We look forward to seeing you there!!

Notes from the Counseling Office

Central Community College Registration

Northwest currently has 84 seniors who are taking classes this fall at Central Community College (CCC). It is time to be making some decisions about the spring semester as registration for CCC classes is scheduled at Northwest for November 16th. A packet of information was mailed to interested seniors. The packet is due back in the counseling office by Wednesday, November 4th. Please take time to complete the packet and turn it into the counseling office on time.

If you are a current junior and planning to take a CCC class during your senior year, CCC has testing qualifications that are required BEFORE you are allowed to register for classes. Two options are available for qualifications: ACT or COMPASS. If you choose to take the ACT the counselors would encourage you to take the December test. A minimum of 19 is required on all subtests and composite score to qualify for CCC. Students interested in the COMPASS testing through CCC can make arrangements with Kyle Sterner at 398-7423.

Scholarship Information

We would like to remind you to continue to review the scholarship lists that will be given to your son/daughter. The list is also on the Northwest Web Site. Scholarships mean 'FREE MONEY' for you next fall. We hope you are taking advantage of the free scholarship search through the EducationQuest program as well as the other searches available online.

The College Funding Estimator will help you estimate your financial aid from the government and can be done online. Jody Vandenberg from the Foundation will be presenting a financial aid program at Northwest High School on January 6th at 5:30 PM in the Learning Center. Please put that date on your calendar.

Website scholarship searches - EducationQuest.org, www.scholarshipmonkey.com, scholarshipExperts.com, studentaid2.ed.gov/logon.asp, schoolsoup.com, Scholarships.com, Collegeboard.com

COLLEGE BOUND NEBRASKA available at the University system (UNK, UNL, and UNO). These universities are looking for ways to keep the best and brightest students in Nebraska. If you are eligible for a PELL grant from the federal government and have your financial aid paperwork completed by April 1, 2010, you can qualify for this terrific program. The program allows students to get "free tuition" based on how much PELL grant money a family is receiving. Fees, books and room and board are NOT included in this program. In order to see if you qualify for a PELL grant, we would encourage you to go to the EducationQuest website at <http://www.educationquest.org>, go to the "College Funding Estimator" and put in your financial aid information.

Selective Service Registration

Attention all senior guys. Don't forget to register with the Selective Service by your 18th birthday. All males are required by law to register. The process can be done online at 222.sss.gov or a Selective Service registration card can be picked up at any US Post Office. An information sheet was given to each of our male seniors. Please encourage your son to register.

College Sports

If your son or daughter is planning to compete in sports at the Division I or II levels, please visit the NCAA Clearinghouse website at www.ncaaclearinghouse.net. There are many guidelines and rules for student-athletes which have to be followed, in order to be eligible to compete. Prospective student-athletes WILL NOT be able to go on official visits unless they have registered with the clearinghouse. Make sure you are informed.

Community Service

Senior parents are reminded of the importance of the community service requirement for graduation. Please keep in mind that the requirement needs to be completed before May 5th. Congratulations to the following students who have completed this requirement.

Class of 2010: Christina Anderson, Elizabeth Arnold, Heather Backus, Miranda Baxter, Katie Behrle, Jeff Blayney, Sarah Bluschke, Amelia Boehler, Elise Brower, Andrew Bruns, Patience Buck, James Chandler, Nathaniel Coleman, Julio Cross, Ellie Daws, Cynthia del Campo, Alex Dibbern, Brandon Eaton, Rebecca Edwards, Ashley Egbert, Brittinnii Engert, Kayla Faaborg, George Fitzsimons, Brian Garris, Chelsea Glause, Rosanne Goerl, Sean Greenwood, Logan Gregory, Sterling Guyette, Erik Havenridge, Whitney Hedges, Caitlin Hein, Jessica Helmer, Andrea Hesterman, Allison Hipke, Courtney Howard, Erica Hughes, Joshua Jacobsen, Taylor Johnson, Courtnie Kimberly, Janet Kisner, Daniel Kistler, Kristin Klanecky, Tyler Koepp, Antonia Langrehr, Parker Loghry, Mackenzie Marron, Jennifer Martin, Nick May, Cassia McDowell, Quinn Mendyk, Derek Mettenbrink, Tamara Michalski, Colby Miller, Jennifer Molina, Kyle Mustion, Keisha Nehls, Brandon Niemoth, Kevin Palu, Katie Parsons, Nick Parten, Rachel Purdy, Diana Ramirez, Kali Ramsey, Micah Rauert, Nate Redman, Nathan Reed, Patrick Reed, Carrie Robb, Kelsey Scherer, Tessa Schroder, Jeremy Shriner, Ariel Sikes, Seth Simonson, Tori Smith, Alex Soll, Sami Soll, Julie Staroscik, Sarah Stoltenberg, Amanda Swenson, Jessie Taylor, Jeff Tharnish, Logan Tignor, Dalton Treadwell, Lacy Van Mark, Brooke Vander Hamm, Amanda Webb, Alison Willis, Austin Zigler.

Class of 2011: Garrett Campbell, Brooke Caravan, Anthony Casto, Sadie Cox, Kendra Davis, Konnor Davis, Anthony Epp, Anna Ewald, Erika Garcia, Morgan Garner, Jordan Gross, Alex Hall, Ali Hall, Amanda Hast, Caleb Hetrick, Brent Hilderbrand, Bethany Hoban, Jeff Hostler, Kendall Hostler, Megan Jenneman, Danielle Jim, Morgan Johnson, Karney Kuehl, Alexis Lakanyavong, Nick Lau, Kelsey Lehn, Whitney Lierman, Chelsea McDaniel, Halie McNelis, Chris Myers, Colby Olsen, Mitchell Paulman, Holly Petzoldt, Sarah Phinney, Michael Plantenberg, Brittany Raile, Jamie Rogers, Tori Ross, Brandon Salpas, Blake Soll, Patrick Stoltenberg, Brian Svoboda, Nathanal Thornton, Chasity Vodehnal, Caleb Ward, KyRae Williams, Briana Willis, Jerry Wooden, Jennifer Zarek.

Class of 2012: Jacie Bean, Emily Borrell, BreAnna Ehlers, Alexandra Eriksen, Maria Frias, Jaci Gannon, Matthew Hall-Houghton, Ryan Hudnall, Katie Husman, Bryce Kneeland, Anthony Lynch, Maggie Michalski, Allison Myers, Nathan Niemoth, Alexandria Pottorff, Stephanie Smidt, Cory Steinacher, Christina Zarek.

Calendar Events November 2009

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
1							
2		Feeder School Music Clinic * D1-4 Subdistrict Volleyball at NW	* D1-4 Subdistrict Volleyball at NW * B-5 Volleyball Districts in Kearney * National Honor Society Mtg., 7:00 pm	* GRIP, 2:20-3:30 pm * A-5 District VB, 4:00-5:15-7:00	* B-5 Volleyball Districts in Kearney	* Wrestling Pies Delivered	* Joseph E. Hall "Elvis," NW Learning Center, 6:00-9:00 pm
3							
4							
5							
6							
7							
8							
9		Board Mtg., 7:00 pm	* FFA Chapter Meeting, 7:00 pm * Music Boosters Mtg., 7:00 pm * NW One-Act Play Clinic * Senior Parent Post Graduation Party Meeting, 7:00 in the Media Center	* Athletic Boosters Mtg., 7:00 pm * FFA District Livestock Judging Contest, 9:00 am * Staff Inservice, 2:20 pm Dismissal	Fall Break--NO SCHOOL * State Volleyball in Lincoln	Fall Break--NO SCHOOL * State Volleyball in Lincoln * FBIA National Fall Leadership Conference, Denver	* State Volleyball in Lincoln * FBIA National Fall Leadership Conference, Denver
10							
11							
12							
13							
14							
15							
16		* Winter Sports Practice Begins * 7/8 WR Tri at NW, 6:30 pm	* Kearney High Play Festival	* GRIP, 2:20-3:30 pm	* NMEA All-State Music Convention * Junior Parent Post Prom Meeting, 7:00 in the Media Center	* NMEA All-State Music Convention * 7/8 WR Tri at GICC Invite, 4:30 pm	* NMEA All-State Music Convention * Music Boosters Craft Show, 9:00 am - 3:00 pm * One-Act Play Dessert Theater
17							
18							
19							
20							
21							
22							
23		* Mandatory Winter Sports Meeting, 7:00 pm * State FB Championships, Lincoln	* State FB Championships, Lincoln * Conference Play Production in Seward, 10:00 am * 7/8 WR at Minden Quad, 6:00 pm	* Winter Sports Pictures, 7:00 am * Alternate Time Schedule, 12:00 pm Dismissal	Thanksgiving Break--NO SCHOOL	Thanksgiving Break--NO SCHOOL	
24							
25							
26							
27							
28							
29							
30		* Booster Club Winter Sports Jamboree, 6:00 pm					

Calendar Events December 2009

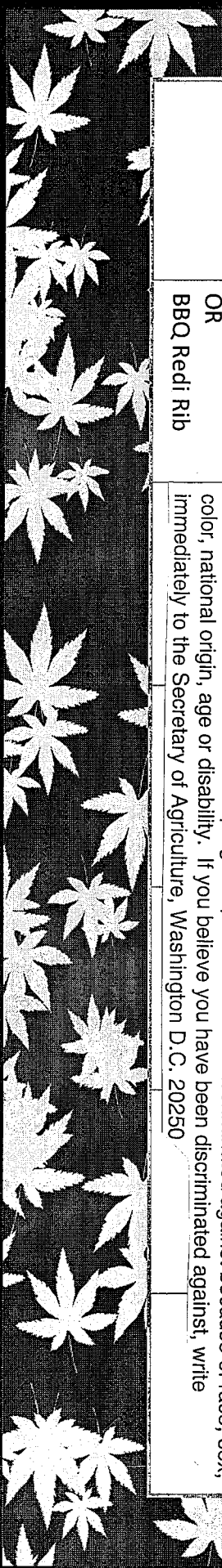
Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5
		* 7/8 WR at Walnut Quint, 4:00 pm * Music Boosters Mtg., 7:00 pm	* Staff Inservice, 2:20 pm Dismissal	* SW at Hastings Tri, 4:00 pm * JV/VR WR vs Aurora, 6:30 pm * Wrestling Senior Night	* District Play Production at GI Senior High * GBB at Central City, 4:15/6:00 * BBB at Central City, 4:15/7:45 pm	* 7/8 WR at Adams Central Invite, 9:00 am * WR at York Invite, 9:00 am * JV/VR GBB vs McCook, 3:15/5:00 pm * District Play Production at GI Senior High
6	7	8	9	10	11	12
* Foreign Exchange Program in Cafeteria, 1:00-4:00 pm	* 9 GBB vs GISH, 4:30 pm * 9 BBB at GISH, 4:30 pm * Res BBB vs York, 6:30 pm * Res GBB at Kearney, 7:00 pm	* FFA Chapter Meeting, 7:00 pm * SW at Lincoln North Star Tri, 4:45 pm	* Athletic Boosters Mtg., 7:00 pm * GRIP, 2:20-3:30 pm * State One-Act Play Production	* State One-Act Play Production * 7/8 WR at Hastings Tri, 4:00 pm * SW vs Lincoln High, 5:30 pm * WR at NW Tri, 6:00 pm		* ACT at GISH, 8:00 am * GBB vs Seward, 4:15/6:00 pm * 7/8 WR at Boone Central Invite, 9:30 am * BBB vs Seward, 4:15/7:45 pm * VR WR at Holdrege Invite, 9:30 am * SW at Columbus, 12:00 pm
13	14	15	16	17	18	19
* Winter Band Concert, 3:00 pm	Board Mtg., 7:00 pm * 9 GBB at Ord, 6:00 pm * 9 BBB at Ord, 7:45 pm * Res BBB vs Aurora, 6:30 pm	* SW vs Norfolk, 4:00 pm * 7/8 WR at NW Quad, 6:15 pm * 9/10 WR at Hastings, 7:00 pm	* Staff Inservice, 2:20 pm Dismissal	* 9 GBB at Seward, 4:00 pm * JV/VR WR at Boone Central, 6:30 pm * 9 BBB at Seward, 5:45 pm * Res GBB vs Hastings, 6:00 pm * Res BBB vs Hastings, 7:30 pm	* Knight Swimming & Diving Invite, Lincoln SE, 1:30 pm * WR at Flatwater Fracus, Heartland Event Center, 4:00 pm	* Knight Swimming & Diving Invite, Lincoln SE, 10:00 am * WR at Flatwater Fracus, Heartland Event Center, 10:00 am * GBB at Lexington, 4:15/6:00 pm * BBB at Lexington, 4:15/7:45 pm
20	21	22	23	24	25	26
* Vocal Music Holiday Concert, 1:30 & 5:00 pm	* Semester Exams, 12:00 Dismissal * 9 GBB vs Centura, 5:30 pm * 9 BBB vs Centura, 7:15 pm	* Semester Exams, 12:00 Dismissal * End of Second Quarter/First Semester * JV/VR WR Quad City Quad at NW, 5:00 pm	NO SCHOOL * Mandatory Moratorium	NO SCHOOL * Mandatory Moratorium	NO SCHOOL * Mandatory Moratorium	* Mandatory Moratorium
27	28	29	30	31		
* Mandatory Moratorium	NO SCHOOL	NO SCHOOL * GBB Holiday Tournament, 6:00/7:45 pm * BBB Holiday Tournament, 6:00/7:45 pm	NO SCHOOL * GBB Holiday Tournament Consolation and Championship, 1:00 pm * BBB Holiday Tournament Consolation and Championship, 2:45 pm	NO SCHOOL		



Served daily with self service salad bar, dinner rolls & milk

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time ends	2 Burrito OR Stromboli	3 Chick & Noodles OR Tuna Salad	4 Ham/Ch Sand OR Meatball Hoagie	5 Spaghetti OR Pop Corn Chick	6 Tacos OR Corn Dogs	7
8 Br. Beef Pattie OR Tater Tot Cass	9 Sloppy Joe/bun OR Beef Teriyaki	10 Chick Nuggets OR Cooks Choice	11 Fall Break	12 Fall Break	13 Fall Break	14
15 Chicken Strips OR Pizza	16 Gr. Beef Stew OR BBQ Pork/Bun	17 Chick Pattie/bun OR Corn Dog	18 Turkey Dinner	19 Pork Pattie/bun OR Turkey Soup	20	21
22 Hamburger/bun OR Hotdog/bun	23 Chicken OR Cooks Choice	24 No Lunch	25 Thanksgiving	26	27	28
29 Mac & Cheese OR BBQ Redi Rib	30	<p>In the operation of school nutrition programs, no child will be discriminated against because of race, sex, color, national origin, age or disability. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington D.C. 20250</p>				



WINTER SPORTS PICTURES

WILL BE TAKEN

WEDNESDAY,
NOVEMBER 25

AT 7:00 A.M. – NEW GYM

**This will include team pictures, senior group pictures,
senior statuettes and button pictures.**

**No button pictures will be taken unless they are
prepaid.**

Please fill out form and mail along with payment to
Laura Hurley, 2220 Viking Rd, Grand Island, 68803, or
send morning of pictures.

1 = \$3.00 2 = \$5.00 4 = \$10.00

Student's Name: _____

Activity Involved in: _____

Number of buttons need: _____ Phone: _____

Amount Paid _____ Cash _____ Check # _____

SUPPORT YOUR NORTHWEST ATHLETE

JOIN THE NORTHWEST ATHLETIC BOOSTER CLUB

The Northwest Booster Club is an adult organization which provides support, cooperation and inspiration to the athletic programs of Northwest. It provides financial support toward the purchase of needed equipment and supplies not otherwise available. If you would like to join the Booster Club for the 2009-2010 school year, please fill out the membership form.

ANNUAL DUES

Bronze (\$25.00) _____ Silver (\$50.00) _____ Gold (\$100.00) _____

Acknowledgment of membership level will be noted in sports rosters

Members Name(s): _____

Address: _____

City & Zip Code: _____

Phone: _____

email: _____

If you have children involved in sports at Northwest (junior high and high school), please help us by giving the following information:

Student	Grade	Northwest athletics involved in
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Mail to Kate Marron, Northwest High School, 2710 N North Road, Grand Island NE 68803.

Remember, this organization, like all organizations, is only as strong as its active members.

The Northwest Drama Department
presents...

Maureen Watkins'

PLAY BALL

November 21, 2009

7:00 pm

Northwest Auditorium

PLAY BALL is the story of the raucous, roaring 20's when a young female reporter was assigned to cover crime in Chicago from a "feminine" perspective and chose to present murder as entertainment in the Chicago Tribune.

**Come enjoy an amazing display of desserts
featuring scrumptious creations from
Grand Island's own...THE GARDEN CAFÉ!**

Tickets sold at the door: Adults: \$5.00 Students: \$4.00

PLAY BALL is presented through special arrangement with Literal Media, New York City, an affiliate of American Entertainment Holding Company LLC, New York, New York.

**Northwest Music
Boosters**

**Holiday Gift Show
& Bake Sale**



Saturday
November 21, 2009
9 am to 3 pm

Bake Sale, Raffle, Gifts Galore, Lunch, and More.

Northwest High School

High School Parents[®]

still make the difference!



Ask your teen to help you create new family traditions

Believe it or not, teens want to spend more time with their parents. Sure, you spend time with your teen—today you were together in the car on the way to soccer practice, and you read the newspaper while she studied for her biology test. But do you spend any quality time with your teen—time when you're relaxed and having fun together?

Now that the holidays are here, spend time with your teen by creating a new family tradition. Ask your teen to help you brainstorm ideas. Maybe you could decorate the house together or go bowling one evening.

Family traditions are important because they:

- **Build positive family memories** for your teen. She may even want to continue your tradition with her own children one day.

- **Foster a strong sense of belonging.** Traditions strengthen your relationship with your teen.
- **Instill family values.** Through spending time together, your teen knows that family is your number one priority.
- **Help your teen figure out who she is.** A close family acts as a support system while your teen is trying to determine what kind of person she wants to become.
- **Give your teen a sense of comfort.** The more comfortable your teen feels spending time having fun with you, the more likely she is to come to you for advice about serious issues.

Source: Denise Witmer, "5 Reasons to Observe Family Traditions," About.com, <http://parentingteens.about.com/od/familylife/a/familytradition.htm>.

Help your teen learn to think before acting



Your teen left the front door unlocked—again. "Don't you ever think?" you yell. The truth is that

your teen doesn't think—at least, he doesn't think the same way you do. Your teen's brain is not fully grown until he reaches his early 20s. He is still learning how to think critically and control his impulses.

Encourage your teen to think *before* he acts with this six-step decision-making process:

1. **Identify the problem.**
Ask your teen to state the problem in his own words.
2. **Think of possible solutions.**
Don't judge whether the ideas are realistic or not—just keep brainstorming.
3. **Think of all the good and bad points of each solution.** Your teen might even think of other solutions that are better than any he has listed so far.
4. **Make the decision.** Now, your teen has a solution to try.
5. **Act on the decision.**
6. **Evaluate.** How did your teen's solution work? What changes, if any, should he make the next time he has to deal with this problem?

Encourage your high schooler to develop a strong work ethic



Jobs are becoming more difficult to find for today's teens. More adults are beginning to take over jobs traditionally staffed by teens. And many employers are saying that teens aren't as "employable" as they used to be. They're finding that many teens act as if the work is beneath them, do the bare minimum or are simply not responsible enough.

But studies show that jobs have many benefits for teens. Teens learn vital life skills, build a foundation for their future careers and improve their self-esteem.

So how can you give your teen a leg up over the competition? Talk to your teen about the importance of a strong work ethic. A "work ethic" is a set of values and beliefs that includes traits such as being reliable, working hard and having pride in your work. To encourage a strong work ethic in your teen:

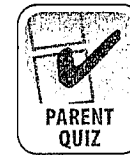
- **Model a strong work ethic.** If you show your teen how to work, why work is important and that every job has value, he will be well prepared. Share some of your own work experiences to make the point that a job done well can have many benefits.
- **Give your teen responsibilities.** He should do his chores because that's what he was asked to do—not just to escape being yelled at for slacking.

Source: Jan Swander, "The Decline of the Teen Workforce," Oregon Employment Department, www.qualityinfo.org/olmisj/ArticleReader?itemid=00005966.

"Don't demand respect as a parent. Demand civility and insist on honesty. But respect is something you must earn—with kids as well as with adults."

—William Attwood

Can you help your shy teen become more confident?



Nearly everyone has felt shy at one time or another. But some teens seem to be shy in *any* new situation. They find it hard to make friends. They don't get invited to parties. They are afraid to speak up in class.

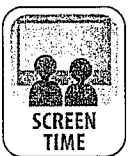
Are you doing all you can to help your shy teen? Answer *yes* or *no* to the questions below to find out:

- ___ 1. Do you take time to show your teen that you love him?
- ___ 2. Do you help your teen think about joining school activities? Some solo sports, such as distance running, are excellent for shy teens.
- ___ 3. Have you helped your teen find volunteer activities? Teens who help others feel good about themselves.
- ___ 4. Do you help your teen role-play challenging situations? Practice can help a teen build confidence.
- ___ 5. Will you talk with his teachers if shyness causes problems at school?

How well are you doing?

Each *yes* means you're helping your shy teen gain confidence and social skills. For *no* answers, try those ideas in the quiz.

Set limits on text messaging to help your teen get enough sleep



Teens who are already tired from their busy schedules may be adding to their problems of sleep deprivation. A growing number of teens admit they are sending text messages when their parents think they're asleep.

That means they are tired in the morning. Over time, these texting teens lose more sleep. That affects their attendance, their grades and possibly even their health. Here are ways to set limits on texting:

- Look at your bill. Check when messages were sent. If your teen is

a heavy texter after bedtime, set limits. If the problem continues, take away the phone for a time.

- **Keep the phone out of the bedroom.** Plug it into a recharger in the kitchen or family room.
- **Let her experience the consequences.** If she stays up all night sending messages to her friends, don't take the responsibility of getting her up and out the door in the morning.

Source: Stephanie Dunnewind, "Social Impact: Teens Text Messaging Friends Into Wee Hours," *The Seattle Times*, www.govtech.com/gt/118753.

High School
Parents
still make the difference!

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Five things your college-bound senior should do this month



Managing college applications is a big job. It's important to allow your child to take on this responsibility. That said,

there are ways to help. Here are five things college-bound seniors should be doing this month:

1. Narrow down the college list.

Applying to college can be expensive. Have your teen work with her counselor to choose between five and 10 schools. Be sure a few of them are "safety" schools—schools where she has a very good chance of admission. Also include a few "stretch" schools—those that will be more of a challenge.

2. Set up a master calendar. On it, write the date when each admission is due. Note the dates for college testing.

3. Start taking action on financial aid. Especially in this economy, a financial aid offer can make the difference in whether a teen can attend a favorite school. Have her get a financial aid application for every college where she applies.

4. Ask for recommendations. Most schools want one from a teacher and one from a counselor. Have your teen prepare a short résumé of the things she has done to make their job easier.

5. Write and rewrite the college essay. It's important to spend time making it her best. A college essay written at two a.m. on the night before the deadline is unlikely to get your teen into her preferred school.

Source: College Board, "Pulling Your Applications Together," www.collegeboard.com/student/plan/action/seniors.html.

Q: My tenth-grade daughter has always done anything to get her own way. Even in grade school, I often gave in rather than deal with her tantrums. But now she's totally rebellious. She refuses to do anything I ask. She calls me names. She acts the same way at school and the teachers are as frustrated as I am. How can we help this child get back in control?

Questions & Answers

A: All teens go through periods of rebelling against authority. But your daughter has moved beyond what's acceptable—at home and at school.

And while dealing with her defiance will be tough, deal with it you must. Otherwise, she'll never be able to hold a job, have a healthy relationship or live with others.

Here's what to do:

- **Meet with her teachers.** You all need to be on the same page—and you'll need to present a united front.
- **Set up some basic expectations.** Choose your battles, but do focus on things like speaking respectfully to others.
- **Let her know** that there will be consequences for her actions. The consequences should be roughly proportional to what she's done. (Taking the car without permission is not the same as calling someone a name.)
- **Enforce consequences** when she tests the limits. Stay calm and remember that she needs a parent, not a friend.
- **Look for help** for your daughter and for yourself. A friendly boss, a Big Sister, a mentor or a coach can all help you both navigate this troubling time.

—Kristen Amundson,
The Parent Institute

Make sure your teen slows down to proofread more thoroughly



Your teen spent last week researching and writing a big paper. He checked books out of the library and took careful notes.

He didn't even have to pull an all-nighter to finish it—impressive, right? Not if he printed it and rushed out the door without a second look.

Computers have come a long way in helping teens with their spelling and grammar—but spell check isn't perfect. If your teen types "ours" instead of "hours," the computer won't notice anything is wrong ... but your teen's teacher will.

To avoid careless errors, encourage your teen to:

- **Slow down.** By slowing down when reading over a paper, your

teen is more likely to catch errors. Our eyes tend to fill in missing letters or words. He may also want to read aloud—sometimes the ear will catch what the eye skips over.

- **Proofread more than once.** Some people even read a paper from back to front so spelling errors are more likely to jump out.
- **Get to know the kind of errors** he makes. If he always forgets to number his pages, that should be something he double checks.
- **Stay positive** even if he finds mistakes. Remember that magazines and newspapers have many editors to proofread their copy, and they still make mistakes!

Source: "Proofreading," Virginia Tech Study Skills, www.ucc.vt.edu/stdysk/proofing.html.

It Matters: Homework

Have your teen make a study plan before tests



Whether she has two months until she takes her college entrance tests or four days until her math quiz, your teen needs a study plan. It's a way to help her organize her time and her studying so she covers everything she needs to review.

Here are the steps to follow:

1. **Learn about the exam.** The more details your teen has, the better her preparation will be. Is it all multiple-choice? Will she need to write an essay? What will be covered?
2. **Figure out what she knows and what she needs to learn.** If possible, have her take a practice exam for any major test. (Sample college entrance tests are available online.) That will help her guide her study time. Seeing that she already knows some of what's on the test will also give her confidence to focus on the rest.
3. **Break the study tasks into smaller chunks.** Studying a shorter amount each day works better than cramming everything in the night before. Writing down her plan will help your high schooler make sure she covers everything she needs to learn before the exam.
4. **Set a schedule.** Get out a calendar and create a study schedule. She should post it over her desk so she can see it.

Source: Lee Wherry Brainerd and Ricki Winegardner, *10 Secrets to Acing Any High School Test*, ISBN: 1-576-85437-X (Learning Express, www.LearnATest.com).

Does your high schooler know how to take good class notes?

Many high school teachers present information in a class lecture. But if students don't know how to take good notes, they may not remember the important facts until they are expected to provide them on a test.

Basically, listening to a lecture is like "reading with your ears." Some of the same techniques that help your teen remember what he reads can be adapted to help him take good notes during a lecture.

Teens who learn best by seeing need to make the lecture visible on the page. They may draw pictures (not doodles of the girl in the next row). Or use different colored markers to highlight important topics.

Some teens learn best by hearing. For them, it's important to focus on what the teacher is saying. They jot down key words or points.

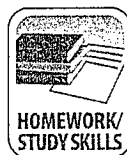


After the lecture, they write down as much information as possible.

Many teens draw a line down their page, leaving a blank column on the left. They take notes in the right column. Then later, they go back and write key points in the left column.

Source: Gail Wood, *How to Study*, ISBN: 157-68530-8-X (Learning Express, www.LearnATest.com).

Better organization leads to better grades for your teen



By being organized, your teen will always be prepared for class. To help your teen stay organized for school,

encourage him to:

- **Use a daily planner.** Before leaving each class, your teen should write down exactly what he needs to have/do/study for tomorrow. By the end of last period, he'll have a written record of the entire day.
- **Keep subjects separate.** He shouldn't stuff six batches of

handouts into one huge binder. Instead, he should use a different folder for each class. That way, his work will automatically be divided by subject.

- **Use an assignment calendar.** Your teen should keep a calendar in his room and track every upcoming test and project on it. If the assignment is weeks away, he can jot down reminders. Encourage your teen to keep his calendar updated and to look at it every day.