



Panther Pulse  
Spring Lake Park High School  
November 14, 2008



**BLAINE • SPRING LAKE PARK • FRIDLEY**

**UPCOMING EVENTS**

November 17  
PAC 7:00 pm Media Center

November 18  
Grad & BST Written Comp Retest - Grades 10-12

November 19  
BST Math Retest - Grades 10-12

November 20  
BST Reading Retest - Grades 10-12

November 21  
BST Retest/Make-up Day, Math

November 21  
Staff Folliezzz, 7pm Panther Gym

November 25  
Grad/BST Writing Make-up Day

November 26  
Grad/BST Reading Make-up Day

End of Tri 1

November 26, 27 & 28  
NO SCHOOL/Thanksgiving Vacation

December 6  
SAT test

December 6  
ACT Test

December 11  
HS Choir Concert  
Fridley HS

December 12  
Winter Carnival - Panther Gym

December 15  
HS Band Concert (Varsity)  
Fridley HS  
7:30 pm

December 16  
HS Band Concert (Wind & Symph)  
Fridley HS  
7:30 pm

Upcoming Events Continued

December 24 - January 4  
Winter Break

January 5  
PAC 7:00 pm Media Center

January 19  
No School  
Martin Luther King, Jr. Day

January 22  
8th Grade Parent Orientation/Reg.

January 23  
No School/ Staff In-Service

January 24  
SAT Test

January 26  
Winter Conferences  
Day and Evening

January 27-30  
Winter Spirit Days

February 2, 2009  
All-Conference Band Concert  
7:30 pm, Fridley HS

February 9, 2009  
PAC 7:00 pm, Media Center

February 9, 2009  
Jazz Concert  
Westwood Middle School  
7:30 pm

February 12, 2009  
Early Release Day

February 13, 2009  
No School/Staff In-service

February 15, 2009  
No School  
President's Day

## HELP AVOID ACCIDENTS



There is considerable congestion in the Able Street entrance circle driveway. You can help if the following guidelines are followed:

**Student walkers** - stay on sidewalks.

**Buses** - drop off students in the HS Horseshoe driveway. **No cars please.**

**Cars** - Please drop off your student in the North Campus (Old KH) circle. It's safer and faster for you and your child(ren).

We need **YOUR HELP** to avoid accidents this winter. Thanks for your cooperation and help!

### 2008-2009 OASIS YEARBOOK

#### Important dates to remember

**Order Yearbooks Now**—[www.smart-pay.com](http://www.smart-pay.com) or call 1-800-867-8906 or call Ms. Ahrndt at ext. #5136. **Final deadline January 30, 2009.**

**November 25, 2008—Senior Baby Picture**

1) In a sealed envelope, place a glossy photo (no originals if possible), a message no longer than 30 words and a check for \$15.00.

2) Email message and photo attachment to [mahrnd@district16.org](mailto:mahrnd@district16.org) and bring in money before deadline.

**January 13, 2009—Clubs/Organizations/Band/Choir - Photo Day**— Stand by for more info.

### PAC (Parent Advisory Committee)

The Parent Advisory Committee (PAC) very quietly has raised over \$7,000 in the past year through Target's "Take Charge of Education" program. Since 1997, we have received over \$47,000 from the program. Shoppers can apply at Target stores for a credit card that will return 1% of each purchase to Spring Lake Park High School. For more information or to designate our school to receive funds, call 1-800-316-6142 or go on line at [www.target.com](http://www.target.com).

PAC uses these funds to purchase school equipment and supplies and to meet other needs that are requested by staff. PAC meets usually the third Monday of the month at 7:00 p.m. in our Media Center. Please feel free to join us at any time.

Join with PAC whenever you shop at Target. *We appreciate your help. Remember if you have been involved in the program and want to change the school designation, you need to call or go on line (number & address above).*

*Please join us at the next PAC meetings on Monday, November 17 and Monday, January 5*

#### ATTENTION PARENTS OF SENIORS

FAFSA forms will be available in the counseling office in January. **FAFSA prefers you apply online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).**



A reminder to

## Families of Seniors

**FEES/FINES:** As you prepare for graduation in the spring, there are many things to accomplish. One important thing to remember is that diplomas cannot be given to students with outstanding fees. If you would like to know if your student has amounts due, please have your child stop in the main office, or call 763-786-5571. To save postage charges, fee statements will not be sent out until May.

**GRADUATION ANNOUNCEMENT PACKETS**  
Jostens has mailed out graduation announcement packets to the homes of seniors. If you did not receive a packet, please have your senior stop in the office for one.

### **EARLY RELEASE DAY — Thursday February 12, 2009**

The second of three scheduled “Early Release Days” for the 2008-09 school year will be on Thursday, February 12, 2009. School will end two hours earlier than the regular times. Buses will return students two hours earlier on this day. Teachers and staff will use this time to collectively focus on improving student learning through embedded professional learning. School will be in session from 7:25 until 12:30. The schedule for the day is listed below:

1st Period 7:25—7:51  
2nd Period 7:59—8:25  
3rd Period 8:33—8:59  
4th Period 9:07—9:33

5A Lunch 9:41—10:01  
5B Lunch 10:07—10:27  
5C Lunch 10:34—10:54  
5D Lunch 11:02—11:22

6th Period 11:30—11:56  
7th Period 12:04—12:30

### **COMMUNICATIONS OPTIONS**

Continual updates on the Facilities Study/2006 Bond Referendum are available on the District 16 home page <http://www.springlakeparkschools.org> and on the High School home page as well. You can access the high school by clicking on schools and scrolling to the high school. There you will find up to date news, announcements and information

**E -NEWS:** You have the option of signing up for instant news from District 16, or any school in the District through our E-News system. All you need to do to receive this service is to sign up through the district website. This is a great communication tool for emergency information, school closings, newsletters, district reports, and other communications. You can stay informed and updated with the click of a button.

### **WEATHER/EMERGENCY ANNOUNCEMENTS**

If severe weather or an emergency situation causes schools to close, we will place a message or messages on the web page. On such a day, check back for possible updates or changes. Use your “refresh” button in order to view the most up-to-date entry. On a “typical” snow day, we will also contact WCCO-Radio, KARE-TV (11), KMSP-TV (9), KSTP-TV (5), and WCCO-TV (4).

# Attention Parents of Seniors!

## Important Information about the Senior All Night Party !!

Each year, immediately after commencement, parents of SLPHS seniors host an All Night Party for the graduates. This year it will be May 30, 2009. The purpose of the party is to help our students celebrate their graduation in a safe environment. We have an excellent group of parents already hard at work on the planning, but we know there are a lot more of you out there who will want to help. This graduating class is a great group of kids and we want to make their party the best ever! ***So get involved ... share this experience with your son or daughter ... they only graduate from high school once!***

## Party Tri-Chairs

The following people are heading up the SANP Committee. PLEASE feel free to contact them with questions or input at any time!

Ann Bryz-Gornia	763-780-3107 (h)	<a href="mailto:ABrzyg@district16.org">ABrzyg@district16.org</a>
Theresa Berset-Klis	612-702-2415 (c)	<a href="mailto:klist1@msn.com">klist1@msn.com</a>
Sue Pyatt	612-598-3758(c)	<a href="mailto:purdue76@aol.com">purdue76@aol.com</a>

## Concessions at the Minnesota WILD Hockey Games

The Senior All Night Party (SANP) requires extensive funding, most of which comes from working concessions at the Minnesota WILD Hockey games at the Xcel Energy Center in St. Paul. We need lots of parents to work these Wild games, and it doesn't have to be just senior parents! It can be anyone! About 10-14 people work at each event, so we gather at the high school and carpool to the Xcel. It's easy, and a great way to support our kids. We make about \$60 per person, for a total of about \$600-\$840 at each event! We will need to work about 20 events to meet our budget.

Working at the Xcel requires training; however, after you are trained and work a few events, the SANP will be paid for your training hours. Training is done at the Xcel and lasts about 3 hours. (We go as a group so getting there is easy!)

## ***WE ARE IN GREAT NEED OF PARENTS TO BE TRAINED – PLEASE CONSIDER THIS OPTION YOUR CONTRIBUTION.***

If you are willing to help out at the Xcel, please contact either Wayne Pyatt ([wtpyatt@comcast.net](mailto:wtpyatt@comcast.net) or 651-278-8660 - cell) or Theresa Klis at [klist1@msn.com](mailto:klist1@msn.com) or 612-702-2415- cell). They will help you get trained. We also need some people trained as managers, so let us know if you are willing to do that!

We've committed to the following dates over the next month. If you can help out at any of them, PLEASE contact Wayne or Theresa.

November 15 (Saturday)	Report time 4:30 pm
November 22 (Saturday)	Report time 4:30 pm
November 28 (Friday)	Report time 10:30 am

**MORE UPDATES TO COME.....**

Spring Lake Park High  
School Counseling Office

763-785-5547

Trimester 1  
2008-09

# The Communicator

## Newsletter



Counseling  
Center

### How Can Parents Help their Teenagers Be Successful in School?

**Expect daily homework.** In high school, you can expect that your student will have homework every night in one or more classes. Your student will also have tests, quizzes and labs to study for, so there is review work to do every evening.

**Expect your student to use his/her planner.** Your student has been provided with a daily planner/student handbook, which you have paid for through school fees. The student should be using this planner in every class, to record assignments and due dates. Ask to see your student's planner each evening so that you know what assignments are due and when.

**Provide a quiet place and time for homework.** The student may complete homework and study in a bedroom, dining room, living room, or any place in your home where there are limited distractions and interferences. Help your student determine the best place to complete their work. Set expectations for when homework will be started. It is best to do homework either right away after school or in the early evening, before talking with friends on the phone or computer, and before watching TV, playing video games or engaging in other forms of recreation. Work first; play later.

**Ask to see the completed homework.** If your student tells you that all of the homework was done at school, ask to see it at home before handing it in. Let your child know that this is your expectation. Parents are not expected to understand the assignments, or to help with the homework, but parents are instrumental in making sure that it is done.

**Before going to bed, make sure that all assignments, books and materials are in the backpack for the next morning.** It is much easier to make sure that all necessary items are together the night before than when everyone is scrambling to get out of the house on time the next morning. Help your student double check the planner to make sure that everything is where it needs to be, ready to be turned in the next day.

**Teenagers do need bedtimes!** Teenagers tend to stay up later than younger children, but they still need as much sleep as they ever have. In fact, as their bodies are growing and developing, they often need more sleep. Teenagers should be expected to go to bed at a time that will allow them the rest they need, while still being alert and ready to learn at 7:25 a.m.!

**Provide rewards and consequences.** Planner not being used? Maybe take away some computer/TV time. Homework not being done? You may assign your child detention—with you! Grades not where they need to be? You may not allow your student to get a driver's license until the grades warrant spending the money for insurance. Homework done and academic improvements are being made? There are so many ways to reward your child, and they don't need to cost any money. Time spent doing something they like (maybe even time spent with you!) can be a great reward.

**Be aware of your student's academic progress.** Sign up for Parent Portal, contact your child's teachers via email or phone, contact your child's counselor, attend parent/teacher conferences. When you have concerns, take action before it is too late. It is never too early!

**Grade 9—Class of 2012**  
**Julia Corneil-Smith, Counselor**

I am excited to be working with the Class of 2012! In the past three weeks I have visited all of the 9<sup>th</sup> graders in one of their Small Learning Community classrooms to introduce myself and explain my role as their school counselor for the next four years. It was exciting to see them all and to think of how time will fly these next years before they walk across that graduation stage! I look forward to getting to know each and every one of the students in the class of 2012. I hope you as parents will be involved in your student's education here at Spring Lake Park High School. Your support will help in their success here and beyond. You are encouraged to attend parent/teacher conferences. Parents who are involved in their student's education, and who communicate with their student's teachers, have more successful students. Feel free to contact me with questions or concerns at 763-783-5623 or jcorne1@isd16.org.

Some points I addressed with the 9<sup>th</sup> graders in their classrooms:



### ACADEMICS

- The Small Learning Community they are part of this year is committed to help them.
- Focus on your classes and stay on top of homework assignments - important skills you'll need for success in high school and college.
- Stay focused on your schoolwork
- Develop good study habits
- Establish goals for each school year



### ACTIVITIES

- Get involved!
- Join clubs, play sports, explore the arts and volunteer - great ways to expand your career interests and prepare for future job, college, and scholarship opportunities.



### CAREER

- Complete a career interest inventory
- Explore careers that interest you and match your skills and abilities.
- Surf the Internet for information on education and career planning.
- Access the Minnesota Career Information System program available on-line
- Try job shadowing
- Ask family members, neighbors, teachers, etc. about careers



### COLLEGE

- Start thinking about college now-----it's never too early to start thinking about college
- The courses you take in high school show colleges what kind of goals you set for yourself
- Colleges will be more impressed by respectable grades in challenging courses than by outstanding grades in easy ones.
- Begin to discuss college costs with parents/guardians

**Grade 10—Class of 2011**  
**Donald Fineran, Counselor**

Tenth grade is an important year in your student's life. No longer just-out-of-middle-school-kids, most have matured and grown over the summer, and are truly on their way to becoming adults. No doubt, this can create conflicts at home, but overall, this is an exciting time for them, and for you. Here are some things that you should know about as your student progresses through 10th grade:

Tenth grade is a challenging year. Students are enrolled in at least 5 required courses all year. Some are in honors and AP courses, others are stretching themselves academically in other ways. Students who do well this year, and who have completed all of their 9th and 10th grade required credits by the end of the year will be in good standing to take part in all sorts of other opportunities next year, including more electives, Post Secondary Educational Options, and others.



This fall, all 10th graders will take the PLAN. PLAN is a pre-ACT test, developed by the same company. It helps students to see where their academic skills are now in relation to where they need to be in order to be successful in a few years in college. The PLAN test has four academic portions in math, science, reading and English. It also has a career interest inventory. The academic portions and the interest inventory provide the student with information about their skills/knowledge and their interests and how these match to possible career paths.

In February, parents and students will be invited to attend one of our after school/evening seminars. These last no more than one hour. You will receive the results of your student's PLAN test, as well as learn about the course registration process for 11th grade, and receive registration materials. We request each student attend with at least one parent or guardian. We offer numerous dates and times, to make it as convenient as possible for you to attend, and we give you plenty of advance notice, so that you can make arrangements to participate. Thank you in advance for making this a priority for you and your student.

Tenth graders are required to take the Minnesota Comprehensive Assessment in Reading. This test is a requirement for graduation. Any student who does not pass the first time will be given other opportunities to retake the test. This test will be administered in April 2009.

As you and your student look ahead to graduation and further education, now is a good time to begin to take part in school and community activities, and to do community service. Most colleges and scholarships require students to have participated in extracurricular activities of some kind, so if your student has not started yet, this year is a great time to do so. Spring Lake Park High School offers many opportunities for sports, clubs and activities and community service. If your student needs ideas, check the student handbook (p. 6) or stop into the counseling office.

I love working with your students, their parents and teachers. I look forward to a fun and productive year together. Call or email with any concerns or questions, and have a great year!

**Grade 11—Class of 2010**  
**Brooke Magid Hart, Counselor**



By the time you read this, your students may have visited the National College Fair and/or taken the PSAT, and all juniors will have taken a tour of two college campuses. Hopefully, this means that they are now thinking about the college search process, and you are talking to them about this big decision.

Throughout the year, juniors should be using the Minnesota Career Information System at home or at school, to research colleges and careers. They should be visiting with college representatives and/or military recruiters to learn more about their options and opportunities. Juniors should be visiting college campuses on days when they don't have school; their counselor can help them to make appointments for campus visits and tours.

And they should be meeting with their counselor to help them with this process.

This is the biggest decision that they have had to make at this point in their lives. This decision will determine what they do and where they go as they take their first steps into independent adulthood. They need help and guidance from parents, teachers, counselors, and other important adults in their lives.

Parents who wish to meet with the counselor and their student to discuss post-secondary planning and opportunities are encouraged to call the counseling office to make an appointment at 763-785-5547.

**Grade 12—Class of 2009**  
**Cary Elhardt, Counselor**

**Class of 2009 Senior Update**

The senior year of high school is filled with deadlines for such things as college applications, scholarships, ACT testing, senior pictures, and the list goes on. This can be a very stressful time for both students and parents. One way to relieve some of the stress is to be well-informed, so the following information is provided to address these important concerns.



**Senior Males and Selective Service**

If your son turns eighteen years of age this year, he may need to register for the military draft. Information about this process can be obtained on-line at [www.sss.gov](http://www.sss.gov) or by picking up registration material at government offices. Be aware that federal financial aid may be denied if not registered.

**College Applications**

Students should complete college applications as soon as possible, paying close attention to the deadlines. The applications should be submitted to the counseling office, along with a check for the application fee. The counseling office will mail the applications for the student, including a transcript, ACT/SAT test scores, senior year class schedule and immunization records. If students choose to apply on-line, be sure to notify the counseling department so records can be sent.



**College Entrance Testing**

If they have not already tested, seniors should register to take the ACT/SAT as soon as possible. Registration packets are available in the counseling office. Only four-year colleges and universities require the ACT or SAT; community and technical colleges do not.



## Financial Aid Information

There are basically four methods to fund college expenses:

### Federal Government

Parents and students can apply for federal loans, grants, and work-study by completing the FAFSA form after January 1, 2009. These funds are based on the family's income and assets compared to the cost of the college.

### Competitive Scholarships

Students can apply for scholarships that are competitively based on leadership, special interests, essay contests, career direction, etc. A list of these scholarships is located in the counseling office and on the counseling department's website.

### Local Scholarships

Our high school has been very fortunate to have businesses and organizations in our community donate money to the Spring Lake Park Lions School District #16 Foundation Scholarship Fund. Last year, over \$70,000 was given to the Class of 2008. Students may be eligible by completing the local scholarship application, which will be available in March 2009. Applications will be located in the counseling office.

### College Scholarships

Many colleges have their own scholarship program that awards scholarships based on academic achievement, athletics or special talents, such as music or drama. Students and parents can request this information directly from the college of their choice.

Parents and students may also seek out more information by going to the Spring Lake Park School District web site ([www.district16.org](http://www.district16.org)).

Parents are always welcome to contact Mr. Elhardt, the senior counselor, if they have specific questions about post-secondary planning. Email address: [celhar@springlakeparkschools.org](mailto:celhar@springlakeparkschools.org) or phone 763-785-5547.

## **EXPERIENCE THE UNIVERSITY OF MINNESOTA An Open House for Multicultural Students**

Saturday, November 15, 2008, will be the second annual Experience Minnesota: An Open House for Multicultural Students. During this event, families will be able to get information about the outstanding academic opportunities, multicultural organizations, and financial aid, meet top faculty and current students and tour the University of Minnesota Campus.

*Experience Minnesota* was first held in fall 2007 and the University received excellent feedback from students who attended. Students can RSVP online by visiting <http://admissions.tc.umn.edu/visit> or by calling the Office of Admissions at 612-625-0000 or 1-800-752-1000.

This event begins at Northrop Auditorium at 9:00 am with a welcome session that includes the Minnesota Marching Band, Goldy Gopher, a Step Show by Alpha Phi Alpha, Inc. and the Spirit Squad!. Check-in and continental breakfast begin at 8:00 am.

Spring Lake Park High School  
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Spring Lake Park, MN 55432

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