



Spring Lake Park High School Aug. 14, 2009

# Panther Pulse



## A note from the Principal

Welcome Back! With summer starting to wind down we are excited for the start of a new school year. The last couple of years we have seen our school building transform into a new high school. With this brings us a renewed energy and focus to create the best possible learning environment for our students. This coming year will prove an exciting time as we continue to see changes not only in our building structure but how we work with your children. Small Learning Communities will be up and running for 9th and 10th grades, all students will be assigned to an Advisory period and you may hear about our Career Academies as we work to ensure that all students are college ready and have the skills needed to succeed in the 21st Century.

To start the year on a positive note we encourage that all students and families join us for our Back to School Family Night on Sept. 1 from 4:30 to 7:00p.m. This will allow you and your child to find their classes, lockers and see the new building. On September 8th all 9th grade students and new students to the school will be required to be in attendance to work with our Panther Mentors in the transition to our school. All other student will start on September 9th.

Please look over the information in the newsletter and if you should have any questions give us a call at 763-785-5571.

## First Day of Classes

9th Graders and all 10-12 New to School

Tuesday, September 8, 2009

## First Day of Classes

For Returning 10-12 Students

Wednesday, September 9, 2009

## Athletics and Activities

## Back to School Family Night

Tuesday, September 1, 2009

4:30pm—7pm

Come meet your student's teacher, find your locker, meet with transportation, deposit money into your lunch account and much more!

Congratulations to Renee Van Gorp our new Spring Lake Park High School Activities Director. See more information at:

<http://www.springlakeparkschools.org/news.asp?docID=9942>

Fall Sports start date of 8-17-09

Cross Country	Football	Girls' Swim/Dive
Soccer	Girls' Tennis	Volleyball
Cheerleading	Dance Team	Adapted Soccer (8-31-09)



## Counseling Office Update

For more information:

[http://www.springlakeparkschools.org/schools/hs/hs\\_counseling.asp](http://www.springlakeparkschools.org/schools/hs/hs_counseling.asp)

### Student Parking Information

The student parking lot is coordinated by the Community Education Department. Permits are sold by priority order (see below) between the hours of 7:30 am – 4:00 pm, **starting August 17, 2009**. Permit applications are available in the Community Education office (1415-81st Avenue, door #2) daily starting the first week in August or at the bottom of this page. Permits will be available to all licensed drivers, as space allows

**Seniors** - Monday, August 17 & Tuesday, August 18  
**All other licensed drivers** - August 19 - September 4, as permits remain

Annual/Yearly - \$155  
Trimester - \$65  
Limited Trimester use - \$35\*\*  
Daily - \$3 (available in the lot only, must have exact change)

## September Testing Dates

- Please see the District website for testing information.

[www.springlakeparkschools.org](http://www.springlakeparkschools.org)

Check out the high school section of the website for:

- Announcements
- Activities and Athletics
- Counseling Department
- Library Media Center
- Senior All Night Party Information
- And so much more.....



## Senior News and Updates

SENIORS: Class of 2010

### Senior All Night Party

For Senior All Night Party information visit their website:

[http://www.springlakeparkschools.org/schools/hs/hs\\_allnightparty.asp](http://www.springlakeparkschools.org/schools/hs/hs_allnightparty.asp)

## Busing Information

You will be receiving in the mail in late August information regarding bus times and stops. You will be able to find all information on Parent Portal once it has been posted (late August).

## Dates to Remember

### September

- 1st Family Back to School Night**  
**4:30pm—7:00pm**
- 8th First Day of School 9th graders and new students.
- 9th First Day of school 10th-12th Grades
- 10th Grand Opening Lunch
- 11th Picture Day
- 16th First Late Start**
- 21st Homecoming Week 21st-25th
- 25th Tailgate Party
- 26th OEC Leadership Training

## Caught Caring—You have been “Caught Caring”

Spring Lake Park High School has a new process to recognize staff who have been “Caught Caring”. Please look for the bright yellow cards in the main office and around the building to help support:

- Passion for Teaching
- Commitment for Success
- Building Relationships

Please call 763-786-5571 if you would like more information.

### Yearbook

2009 YEARBOOKS: There are books still available. If you would still like a copy, please contact Maria Ahrndt, or email [mahrnd@district16.org](mailto:mahrnd@district16.org).

2010 YEARBOOK: Information will be available ASAP. Please see contact Maria Ahrndt for more information.

Please fill out the form below and have your student return ASAP. Starting in September 2009 if you haven't requested a paper copy of the newsletter, you will not receive one by mail.

So please fill out the form below.

### Cutting down on paper waste at Spring Lake Park High School

In order to cut down paper waste at Spring Lake Park High School, we are asking parents to fill out the questionnaire below and have your student return it to SLPHS Main office or during student's 5th hour class.

I do not wish to receive a paper copy of the Panther Pulse school newsletter, I will instead view the newsletter online at [www.springlakeparkschools.org](http://www.springlakeparkschools.org). By not returning this form means I do not wish to receive a mailed copy of the newsletter.

I would like to receive the school newsletter via email. Please sign me up for the high school's e-news updates by entering your e-mail address below.

\_\_\_\_\_ (Please Print)

(e-mail address)

I would like to receive a copy of the newsletter in the mail. Please print your name and address below:

Name: \_\_\_\_\_

Address: \_\_\_\_\_



Spring Lake Park High School  
INTERNET ACCEPTABLE USE & SAFETY POLICY

**DENIAL OF PERMISSION FOR INTERNET AND  
ELECTRONIC COMMUNICATIONS USE**

FORM FOR PARENT OR GUARDIAN

As the parent or guardian of the student listed below, I have read the school district policies relating to safe and acceptable use of the school district computer system, the Internet, and electronic communications.

I hereby **deny permission** for my student to use the Internet and electronic communications as provided through the school district's computer system for the 2008-09 school year.

I understand that the school district and the instructors will provide alternative activities not requiring Internet access or the use of electronic communications.

I also understand that even though the school district may use technical means to limit student Internet access, these limits do not provide a foolproof means for enforcing the provisions of the acceptable use policy.

By signing this agreement, it does not prevent my student from using the school district's computer system for other educational purposes, but only prevents access to the Internet and electronic communications.

Student Name (please print):

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Parent or Guardian Name (please print):

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Parent or Guardian Signature:

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Date:

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Please return this form to school office if you DO NOT want your child to have access to the Internet and electronic communications.



August 14, 2009

To our Spring Lake Park High School families:

## **A Free 24-Hour-A-Day At-Home Technology Tutor for Students and Parents**

Does your child have technology questions? Do you wish you had someone who could help with these questions? Do you wish you knew more about technology?

We now have an exciting resource, your very own at-home tutor: "Just ask AL."

AL stands for Atomic Learning, our new online resource for software training. AL is available at no cost to Spring Lake Park High School students and their families in school, and at home 24 hours a day, seven days a week.

Atomic Learning's innovative approach to software training provides short, effective video answers to common questions encountered when learning and using software. How do you cut and paste in Microsoft Word? How do you add animation to a PowerPoint slide? How do you crop a photo in Photoshop Elements?

Atomic Learning is user-friendly, for young and old. Here's what you do:

Go to [www.AtomicLearning.com](http://www.AtomicLearning.com)

Enter the following user name and password:

---User Name: *slppantherparent*

---Password: *abc123*

Type your question in the search box and click on Go!

An answer will be provided in the form of a one-to-three-minute tutorial movie. The movie will walk you and your child through all the steps needed to complete the task. (If you don't understand it the first time, simply play it again.)

Spring Lake Park Schools and Spring Lake Park High School are dedicated to providing the highest quality technology resources available in order to prepare students for their futures. That is why we are making Atomic Learning available to you—we want you to have the resources to help your child with school work.

And while you're at it, as a parent or guardian, you can use Atomic Learning to learn about software applications that interest you!

Give Atomic Learning a try. If you need a little assistance getting started, please contact the District Technology Help Desk at 763-785-5555 or [techsupport@district16.org](mailto:techsupport@district16.org).

Sincerely,

Frank Herman, principal

## **Does your child have health insurance? If not, help may be available.**

Minnesota Health Care Programs have free and low-cost health insurance for children and families who qualify. (Medical Assistance has no monthly cost. Minnesota-Care has a monthly premium based on household income.)

Your child may be eligible if your household income is below:

Family size	Monthly income	Annual income
2	\$3,340	\$40,080
3	\$4,198	\$50,376
4	\$5,056	\$60,672
5	\$5,914	\$70,968

Income is one factor for qualifying. Other rules and limits apply. For more information, call your county office or visit . The income limits above are valid until June 30, 2010.

To get a Minnesota Health Care Programs application:

Print one from the Internet:

Call (877) KIDS-NOW toll free