



PANTHER PULSE

SPRING LAKE PARK HIGH SCHOOL PARENT AND COMMUNITY NEWSLETTER

November 16, 2007

UPCOMING EVENTS

November 12-16
MN Chemical Health Awareness Week

November 19
PAC 7:00 pm Media Center

November 22 & 23
NO SCHOOL/Thanksgiving Vacation

November 27
Grad & BST Written Comp Retest - Grades 10-12

November 28
BST Math Retest - Grades 10-12

November 29
BST Reading Retest - Grades 10-12

November 30
End of Tri 1
Battle of the Bands 7:00pm - 9:00 pm FAC

December 1
SAT test

December 3
No School - Workshop/Inservice

December 4
Make Up
Grad & BST Written Comp. Retest - Grades 11-12

December 5
Make Up
BST Math Retest - Grades 11-12

December 6
Make Up
BST Reading Retest - Grades 11-12

December 8
ACT Test

December 14
Winter Carnival - Blue Gym

Upcoming Events Continued

December 24 - January 2
Winter Break

December 26
SAT Registration Deadline

January 4
ACT Registration Deadline

January 7
PAC 7:00 pm Media Center

January 17
One Act Play (Senior Citizens) 7:00 FAC

January 18
Early Release Day
OEC Spaghetti Dinner

January 18-19
One Act Play 7:30 FAC

January 21
No School—Workshop/Inservice

January 22-25
Winter Spirit Days

January 24
8th Grade Parent Orientation/Reg. 7:00pm FAC

January 26
SAT Test

January 29
SAT Registration Deadline

January 31
Evening Parent Teacher Conferences
4:30pm—7:30pm
College Financial Aid Seminar
Junior Parent Night

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 Kenneth Hall circle driveway (north of the Able Street parking lot). It's safer and faster for you and your child(ren). The few extra feet they have to walk will help wake them up for first hour class!

Cars - if the circle is clear, cars can get in and out faster and safer. Between 2:00 and 2:30, the high school circle should be kept free of cars for after school bus pick-up.

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

2007-2008 OASIS YEARBOOK

Order forms are available for the yearbook. The basic rate for purchasing a yearbook is \$55.00. The charge for the supplement (spring events and activities) is \$5.00. Order forms are available at the Able Street greeters desk or you can order online with a credit card at www.smart-pay.com. The phone number is 1-800-898-7004. The address is Taylor Publishing, P.O. Box 650549, Dallas, Texas 75265. Orders must be mailed and received by **January 30, 2007**.

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 \$34,000 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.

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 19 and Monday, January 7

ATTENTION PARENTS OF SENIORS

FAFSA forms for 2007-08 are now available in the counseling office. These forms include worksheets you can use to get a head start on gathering all necessary information you will need if you plan to use **FAFSA** to apply for student financial aid.



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 — FRIDAY, JANUARY 18, 2008

The second of three scheduled “Early Release Days” for the 2007-08 school year will be on Friday, January 18. 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 12:15. The schedule for the day is listed below:

1st Period 7:25—7:51	5A Lunch 9:33—9:53	6th Period 11:17—11:43
2nd Period 7:57—8:23	5B Lunch 9:59—10:19	7th Period 11:49—12:15
3rd Period 8:29—8:55	5C Lunch 10:25—10:45	
4th Period 9:01—9:27	5D Lunch 10:51—11:11	

All classes meet for 26 minutes, except for 5th hour.

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 31, 2008. 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!***

Web updates

Please check the school website (www.district16.org) for regular updates on the Senior All Night Party (SANP).

Party Co-Chairs

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

Darla Norgaard ... 763-785-1052(h); 612-695-5443(c); djnorg@comcast.net

Jodie Luedtke 763-785-6980(h); 763-807-7708©; rjluedtke6@netzero.net

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 14 people work at each event, so we gather at the high school and carpool to the Xcel. It's easy, FUN, and a good excuse to go out with your friends! We make about \$60 per person, for a total of about \$840 at each event!

Working at the Xcel requires training, but if you get trained and work a few events, we get paid for the time you spent being trained! Training happens in two steps:

Watch a 45 minute DVD. You can do this at school or at home.

Attend a 1.5 hour training at the Xcel (We go as a group so getting there is easy!) **The next Xcel training is November 14 at 6 pm.** Watch the school website for future training dates!

If you are willing to help out at the Xcel, please contact either Mick Stoffel (mdstoffel@mmm.com or 763-862-2132) or Darla Norgaard (djnorg@comcast.net or 763-785-1052). 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! There is manager training on November 14 too, so you can get started right away!

We've committed to the following dates over the next three months. If you can help out at any of them, PLEASE contact Mick or Darla.

November 18 (Sunday) Report time 2:30 pm
November 30 (Friday) Report time 4:30 pm
December 2 (Sunday)
December 20 (Thursday)
December 29 (Saturday)
January 3 (Thursday)
January 13 (Sunday)
January 18 (Friday)
January 30 (Wednesday)

Brunswick Bowling Fundraiser

We have a new fundraising opportunity this year. You can purchase a Brunswick "Family Funtastic Value Package" that includes 2 hours of bowling, shoe rental and a pitcher of soft drinks for up to 6 people for \$40. Our profit is \$20 for each package we sell. If you are interested in selling these to family, friends or co-workers, please contact Darla Norgaard or Jodie Luedtke.

Aluminum Can Recycling

Another significant (and EASY) fundraiser for the SANP is aluminum can recycling. We typically make over \$2,000 on this effort alone! You can drop your cans at any time of day or night in the collection bins located behind the high school at the end of the drive next to the baseball field (near the OEC rooms). On **Saturday, December 15 from 10 am to 2 pm**, the recycling bin will be in the Kenneth Hall parking lot at the corner of 81st and Able Street. Stop by, drop off your cans, and invite your friends & neighbors to do the same!!

Financial Donations

If you are unable to work at the Xcel and prefer not to take part in the other fundraisers, maybe you'd rather give a financial donation. It's tax deductible! The party typically costs about \$150 per student, so that amount would be ideal. But ANY amount would be much appreciated. Make your check payable to: SLPHS 2008 Senior All Night Party. Mail it to SLPHS, 8001 Able Street, Spring Lake Park, MN 55432.

Share your ideas

We know many of you have great ideas that will make this year's SANP the best ever, and we'd like to hear them! Come to any (or ALL) of our monthly planning meetings which are held on Wednesdays, 7:00 – 9:00 pm, in the team teaching room at the high school. The dates are:

November 14 - January 9	- March 19	- May 14
December 12 - February 13	- April 9	- May 28

Join the fun

You don't have to make a huge time commitment to get involved. Take a look at the committees below and pick one that sounds like fun. Talk to the chairperson or to one of the party co-chairs (Darla Norgaard and Jodie Luedtke) to see what's required, and then get your name on the list. In many cases, you don't need to go to any meetings, just help out at the party! As you can see, there are still a few openings for committee chairs, so if you're willing and able to fill one of them, contact Darla or Jodie.

Committees & Chairs:

Casino – Dave & Leslie Fasteen, Sue & Steve Martin

Decorations – Vicki Schulte, Ronnie Perzel

Entertainment and Games – Ann Melberg

Food – Heidi & Mike Hrudka

Publicity/Finale – Lynn Grosse, Jeanne Kalien

Recycling – Ann Hoemberg

Spa Rooms – Pete and Kathy Conery

Xcel Fundraising – OPEN (*Note: We are very grateful to Mick Stoffel from the class of 07 for helping us out with this so far, but we really need someone from our own class to take over! The chair position involves working with the Xcel to pick the dates we work, emailing the dates to parents to find workers, and sending the list of workers back to the Xcel. If you think you could help with this, please contact Mick at (mdstoffel@mmm.com or 763-862-2132) or Darla Norgaard (djnorg@comcast.net or 763-785-1052). Finding a chair is critical to the success of our party!*)

Prizes & Donations - OPEN

Security – Lynn Schrupp

Volunteer Coordinator - OPEN

Other Fundraising Coordinator - OPEN

Treasure – Vicki Burns

Secretary – Mary McLean

Start thinking about senior picture boards!

One highlight of the SANP is the "Senior Hall of Fame." Each student has a collage (made by parents) of favorite photos from the "growing up" years. Paper copies of the photos are glued on poster board, and the posters are hung in the hallway. Start collecting photos now! After the holidays we will provide poster board for each student, and set up some workshops to get you started. Watch for more info!

Spring Lake Park High
School Counseling Office

763-785-5547

Trimester 1
2007-08

The Communicator

Newsletter



Holiday Blues

By some estimates, three million young people suffer from severe clinical depression. Depression can stem from biological, psychological, and environmental sources. What we sometimes forget is that, for some students, the holiday season is a sad time. More people get depressed during the holidays than at any other time during the year. For children dealing with risk factors or other changes in their lives, it is especially tough.

Being aware of signs of depression can help us to reach out and refer students to school counselors when appropriate. Ask a school counselor if you aren't sure how to respond to a depressed child. Feel free to call the Spring Lake Park Counseling Office at 763-785-5547 to reach your child's counselor.

Signs of Depression in Children:

Persistent sadness and/or irritability.

Low self-esteem or feelings of worthlessness.

Statements such as, "I'm bad. I'm stupid. No one likes me."

Loss of interest in previously enjoyed activities.

Change in appetite (either increase or decrease).

Change in sleep patterns (either increase or decrease).

Difficulty concentrating.

Anger and rage.

Headaches, stomachaches or other physical pains that seem to have no cause.

Changes in activity level. The child either becomes more lethargic or more hyperactive.

Recurring thoughts of death or suicide.

Student Misconceptions About Attending College
(excerpted from the final policy report of the Bridge Project authorized by
Andrea Venezia, Michael W. Kirst, and Anthony L. Antonio)

Misconception: I can't afford college.

Reality: Students and parents regularly overestimate the cost of college.

Misconception: I have to be a stellar athlete or student to get financial aid.

Reality: Most students receive some form of financial aid.

Misconception: Meeting high school graduation requirements will prepare me for college.

Reality: Adequate preparation for college usually requires a more demanding course of studies than the minimum curriculum required for high school graduation, even when that curriculum is termed "college prep".

Misconception: Getting into college is the hardest part.

Reality: For the majority of students, the hardest part is completing college.

Misconception: Community colleges don't have academic standards.

Reality: Students usually must take placement tests at community colleges to qualify for college-level work.

Misconception: It's better to take easier classes in high school and get better grades.

Reality: One of the best predictors of college success is taking rigorous high school classes. Getting good grades in lower-level classes will not prepare students for college-level work.

Misconception: My senior year in high school doesn't matter.

Reality: The classes students take in their senior year will often determine the classes that they are able to take in college and how well prepared they are for those classes.

Misconception: I don't have to worry about my grades or about the kind of classes I take until after my sophomore year in high school.

Reality: Many colleges look at sophomore grades. To enroll in college-level courses, students need to prepare for college, and this means taking a well-thought-out series of courses starting no later than 9th or 10th grade.

Misconception: I can't start thinking about financial aid until I know where I'm going to college.

Reality: Students need to file a federal aid form before most colleges send out their acceptance letters. This applies to students who attend community colleges as well, even though they can apply and enroll in the fall of the year they wish to attend.

Misconception: I can take whatever classes I want when I go to college.

Reality: Many colleges and universities require entering students to take placement exams in core subject areas. Those tests determine the classes that students can take.

Grade 11
Cary Elhardt, Counselor



Juniors have had a flurry of activity this fall. Over 80 students in the class of 2009 took the PSAT exam in October. This exam provided students with an opportunity to take a standardized test that compares them to other college bound students.

About 130 students attended the National College Fair and the entire junior class traveled to various college campuses in the metro area, seeing first-hand what a college looks like and feels like. This, hopefully, will inspire students to pursue the next level of their education beyond high school.



It is never too early for students to start looking at colleges. Making a campus visit is probably the most important component of the college search process. Consider the factors that will ultimately make your decision—while a college on the beach sounds wonderful, real world issues such as distance from your home, size, cost, admission requirements, and field of study will probably be the most important to you. Resources in the Counseling Office can help you narrow the field by determining which schools meet the criteria you have established. The Minnesota Career Information System (MCIS) computer program is another great tool to assist you in your college search. Visit with your school counselor about your questions and any additional tools you need to assist you.

Spending time during your junior year learning about yourself, what you want, and what schools meet your needs should enable you to narrow your college choices to 3—5 schools. Once these are identified, it will be time to actually make campus visits. By the time you are a senior, you may want to revisit some of the colleges for a second time, confirming your top choices.

Grade 12
Julia Corneil-Smith, Counselor

The year is already progressing very quickly for the seniors. It has been a privilege working with the class of 2008 for the last three years. It has certainly been an exciting time for the seniors, but also one filled with anxiety for next year. It is very normal for seniors to feel a mix of emotions as they finish their senior year at Spring Lake Park and begin to goal set for next year. By graduation on May 31, 2008, I want each senior to have a plan for when they leave SLP. The philosophy of Spring Lake Park is to prepare students for a competitive workforce and we understand that often involves additional training beyond high school. We know each student will take a different path---4 year college, 2 year college, 1 year college/ training program, the military services, or possibly a direct route into the world of work. Students indicated on a survey in September what their post secondary plans are and I have started to meet with them in small groups to assist them in their goals. As of November 5, over 100 2-year and 4-year college applications have already been sent with many more coming in each day. Please communicate with your student about how they are feeling about this year and encourage them to be planning for the future. At the same time, remind them to stay focused on completing their senior year successfully. I don't want students to become susceptible to "senioritis." Feel free to contact me with questions or concerns.

Maternity Leave

I will be taking a maternity leave starting sometime in January for 7 weeks. Steve Drewes, the counselor who worked with the class of 2008 as 9th graders, will be stepping in to assist during my absence. I feel more than comfortable leaving the seniors in good, experienced hands until my return.

Senior Countdown Check List

NOVEMBER/DECEMBER

- Begin to finalize plans for continued education or work related training.
- Start researching for scholarships and financial aid. Check for resources in the Counseling Office.
- PARENTS: Start to gather your financial information to prepare for financial aid forms.

JANUARY/FEBRUARY

- Pick up FAFSA Forms (financial aid) in the Counseling Office and complete.
- PARENTS AND STUDENTS: Attend Financial Aid Night at SLP on January 31 (same night as conferences).
- Continue to explore majors and programs of study.
- Finish college applications.
- If you are not pursuing post-secondary education immediately after high school, start the job search process. Seek out assistance from your counselor, prepare a resume, register with the MN Workforce Center.
- Attend a regional Super Sunday Financial Aid event on Sunday, February 11, 2008.
www.mncollegegoalsunday.org
- Send in housing applications and immunization records if attending college.

MARCH/APRIL

- Make sure your application for local scholarships is turned in by the deadline.
- Complete reciprocity forms if attending colleges in Wisconsin, N. Dakota, or S. Dakota.
- Notify post secondary institutions you have been accepted to and let them know your final decision.
- Watch the mail for college registration information dates.

MAY

- Advanced Placement (AP) tests
- Local Scholarship Night
- Research summer and full-time employment opportunities
- Complete Senior Exit Survey
- GRADUATION -MAY 31, 2008

BE IN CONTACT WITH YOUR COUNSELOR AT ANY POINT IN TIME THROUGHOUT THE YEAR FOR QUESTIONS AND FURTHER ASSISTANCE!



APPLYING FOR COLLEGE ADMISSIONS

Most schools require the student's high school to complete a portion of the application and include an official high school transcript, ACT and/or SAT scores, and a senior schedule. **We request that all applications be mailed from the counseling office.** We provide the envelope and postage for applications. **Be aware of application closing dates.** Many schools and technical programs begin filling by early winter. I encourage students to set their own personal goals to send off college applications; for instance, by Thanksgiving (keeping in mind that may be late for some schools, but still early enough for others). As students search out college entrance requirements, make sure their background matches what colleges are looking for. Be sure to apply to a safety school. Make sure students are personally completing their applications--have a parent or your counselor assist if necessary. Complete applications completely (recommend black pen), make a copy, and then bring in to Ms. Morin in the Counseling office *at least one week ahead of time* to give us time to process the request. Many colleges are encouraging students to apply on-line to speed up the application and notification process. **If students apply on-line make sure they notify the counseling office to mail a copy of their transcript to the college or university.**



UNIVERSITY OF MINNESOTA ADMISSIONS INFO

Since many students apply to the U of M (Twin Cities campus) and acceptance into the U of M is getting more and more competitive each year, I wanted to include some basic information about their requirements.

- **Priority Deadline: December 17, 2007** (Last year 90% of their applications were received by their priority deadline. Acceptance rates after the deadline are more competitive).
- ACT Writing exam required

The overall *average* for high school rank and ACT was 87.3% and 26.4. The *averages* for specific colleges (ie Carlson School of Management, Institute of Technology) were even higher. (Profile for all freshmen admitted for fall 2006)



SCHOLARSHIPS AND FINANCIAL AID

A listing of scholarship opportunities for both college and technical training will be posted and available in the Career Resource Center. To do a complete scholarship search, use the Counseling web page to access a variety of on-line links. FastWeb is a good resource to use to search for scholarships www.fastweb.com. There are plenty of free scholarship search resources, so be wary of any organization that asks for a fee for this service. Be sure to also inquire about scholarship opportunities and applications at the colleges you are applying to. In **March**, any SLPHS seniors may apply for **local scholarships** that may exceed \$60,000!! **FAFSA (Free Application for Federal Student Aid) forms can be completed after January 1, 2008.** The counseling office will have application forms available on request. You can also apply on-line at www.fafsa.ed.gov. If you would like an estimate to determine your eligibility for financial aid, take advantage of the internet sites available to you. Using financial information that you provide in a confidential manner, this computer-based program will supply you with a printout estimate of the amount of aid you may receive. www.finaid.org or www.fafsa.ed.gov. Spring Lake Park will be hosting one more financial session this year. Financial Aid Night, January 31, 2008. Minnesota College Goal Sunday is a statewide event to encourage students and their parents to apply for financial aid. On February 11, 2008, students and parents will be able to visit one of a number of sites statewide to complete the Free Application for Federal Student Aid (FAFSA) with the help of experienced financial aid administrators from local colleges. For more information, visit www.mncollegegoalsunday.org.

Seniors: If you are planning to attend the University of North Dakota in the fall of 2008 and have been a leader or have leadership potential for college, there is a scholarship opportunity for you. Please stop into the Counseling Office or see Ms. Corneil-Smith for more information about the scholarship. Spring Lake Park High School can nominate one student for this scholarship. Application/nomination deadline is November 30.

Scrubs, Gloves, and Microscopes

The 2007-08 program schedule for Scrubs, Gloves & Microscopes (SGM) is available. SGM is a "hands-on" health career exploration opportunity for high school students currently in grades 9-12. Six different health careers will be featured during the 2007-08 school year.

Scrubs, Gloves & Microscopes gives students the opportunity to briefly experience life in the health profession they wish to explore. Each half-day session lasts about 3 - 4 hours. During each session, students will learn from graduate students and professionals in the field, participate in a hands-on experience, and discover important next steps for pursuing the featured health career.



Program Dates:

- * Veterinary Medicine Nov. 15, 2007
- * Dentistry Feb. 7, 2008
- * Pharmacy Feb. 29, 2008
- * Medicine Mar. 27, 2008
- * Physical Therapy Apr. 18, 2008
- * Nursing TBA

For program details and application information visit our website at:
www.healthcareers.umn.edu/hcc/highschool/SGM.html

College/Military Visits

- November 12: Concordia University St. Paul
- 14: University of Minnesota Duluth
Air Force
- 15: Northern State (Aberdeen, SD)
Bethany Lutheran
Rasmussen College
- 16: Central Lakes College (Brainerd & Staples)
- 21: Army & Army Reserve
- 27: Southwest Minnesota State University

- December 7: Minnesota State Moorhead

ACT Test Dates

<u>Test Date</u>	<u>Regular Deadline</u>
December 8, 2007	November 2, 2007
February 9, 2008	January 4, 2008
April 12, 2008	March 7, 2008
June 14, 2008	May 9, 2008

Spring Lake Park High School code:
241-682