



Construction Update

Construction at Spring Lake Park High School is moving from West to East, towards Highway 65, at a rapid pace. The progress is very visible, very exciting.

There are many contractors on site and the coordination of their work, the occasional minor set-back from the cold and getting the materials on site, are all part of construction process.

Dr. Helmsetter has made the construction very public and accessible through his updates, columns and especially through his walking-tour construction tours of the site. These are produced on a regular basis and available for viewing on the district website.

Look for the Fine Arts Center to be available for use on or before April. The entire three-phase, three-year, on-site renovation, construction, and expansion of the high school will be completed for the beginning of the 2009-10 school year

You can find more information on the District website at: <http://www.springlakeparkschools.org/news/bond.asp>

Versión española del Pulso de Escuela Secundaria de Spring Lake Park.

Usted puede ser recogido una copia del Pulse en la oficina central de Escuela Secundaria.

A note from the Principal

Mid winter, slightly past half way through the school year and a little bit beyond mid-trimester, time seems to always go so fast. Students are getting ready to register for courses next year, and our new building is really taking shape. As we continue to focus on student learning we are also planning for the next school year. There have been many challenges on our campus with the rebuilding and we look forward to the opportunities that will come out of them. For the remainder of the year, keep informed about what is happening with your child at school and please contact us if you have any questions. Together we can work to make this the best place for our students to learn!

Frank Herman, Principal

<http://www.springlakeparkschools.org/schools/hs/index.asp>



Athletics and Activities

Congratulations to Spring Lake Park High School seniors, Aubri Frey and Ryan Hay, who have been selected as the Triple "A" winners for SLPHS for this school year.

Congratulations to sophomore Tori Raihle on winning the State Class A Diving Championship.

Congratulations to Laura Larson, a senior Volleyball player for SLPHS, who was named Academic All - State by the Volleyball Coaches Association

For more information: www.springlakeparkschools.org/departments/athletics.asp



Counseling Office Update

For more information:

http://www.springlakeparkschools.org/schools/hs/hs_counseling.asp

FCCLA

The following FCCLA (Family, Career and Community Leaders of America) members are scheduled to compete on Thursday, Feb. 19th in the region competition at Cambridge/Isanti High School. Those advancing at the region level will compete at the State Competition April 23-25th in Bloomington. This is the largest number of students ever competing at the region level for the Spring Lake Park FCCLA chapter! Good Luck FCCLA'ers!

9th Grade: Jake Russell, Katarina Yang, Ashley Murray, Rachel Eiler, Dominic McFadden

10th Grade: Ariana Caldero, Bria Jones, Sydney Lener, Katie Bassett, Morgan Croft, Zach Barstow, Leah Sylvester, Bridget Birkholz, Nima Odowa, Anita Sinha

11th Grade: Andrew Carlson

12th Grade: Bernice Reyes

February Testing Dates

- Feb. 3 BST Retest—Math
- Feb. 4 BST Retest—Reading

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: Graduation caps & gowns. Ordering packets will be distributed to seniors on Tuesday, February 17th. The ordering deadline is Thursday, February 26th. The Herff Jones graduation rep will be at school during lunch periods on this date. Students can ask questions and place orders at this time. You may also turn-in your order to the main office anytime before the February 26th order deadline. If you need an extra order form please find one in the main office. You may also go the Herff Jones website and order online anytime at www.mygradshop.com.

Senior All Night Party

For Senior All Night Party information visit their website:

http://www.springlakeparkschools.org/schools/hs/hs_allnightparty.asp

Dates to Remember

February

- 1st All Conference Band Concert, Fridley High School, 7:30 pm
- 9th Jazz Concert, WWMS, 7:30 pm
- 9th PAC Meeting, 7:00 pm, Media Center
- 12th Early Release Day
- 13th No School
- 16th No School
- 19th Varsity Band Concert, Fridley HS, 7:30pm

Nominate a teacher who best represents School District 16 teachers

Two recipients will be named this year; one from the primary level (prek-5) and one from the secondary level (6-12). The Teacher of the Year Nomination form will be available on our district web site shortly. Questions? Contact Maria Ahrndt: mahrnd@district16.org.



Opportunities in Emergency Care

OEC raised \$3,787.37 for Adopt-A-Family. They used the money to purchase gifts for 61 people. Thank you to all who contributed.

Yearbook

SPRING SUPPLEMENT: Due to construction and other unforeseen circumstances, our supplement has been delayed. It will be published in February and available, hopefully, before the March break. We apologize for any inconvenience this may have caused. The yearbook staff would like to thank you for your patience.

2008 YEARBOOK: There are 40 books still available. If you would still like a copy, please contact Maria Ahrndt, or email mahrnd@district16.org.

2009 YEARBOOK: The deadline for ordering a yearbook is now over. A late charge of \$5 will be added. Please see Mrs. Ahrndt in room 50 to be placed on the waiting list.

If you haven't already done so, please fill out the form below and have your student return ASAP. Starting in March 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 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. 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: _____

Me gustaría recibir una copia enviada en español. Mi nombre y dirección es puesto en una lista encima.



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): _____

Parent or Guardian Name (please print): _____

Parent or Guardian Signature: _____

Date: _____

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



January 22, 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

Enter the following user name and password:

---User Name: *slppanthersparent*

---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.

Sincerely,

Frank Herman, principal