

Expo Alternative Center
1410 Independence Ave.
Waterloo, Iowa 50703
Phone (319) 433-1930
Brenton Shavers, Principal



OCTOBER 2011



WATERLOO
Community School District

Engaged in Learning • Prepared for Success

A Message from Mr. Shavers

I can't believe we are already into the month of October! Time must truly fly when you're having FUN!

Part of that fun included some new learning for our teachers as well. They're learning how to incorporate the principles of R4 (Rigor, Relevance, Relationships and Reflection) into their classroom instruction. This model requires us to provide educational experiences to students that are rigorous in nature and relevant to their life experiences. In addition, teachers are creating a collaborative environment amongst themselves, with students, and with their student's parents to develop healthy relationships that are fundamental to meeting each student's basic psychological need such as belonging, worth, freedom and fun. By taking the time to reflect on our practices, it is our goal that each student will have the skills necessary to excel academically.

On September 21st midterm grades were submitted and mailed home. Please take a moment, when you receive them, to discuss progress or any concerns regarding that progress with your student and don't forget to follow-up by contacting his/her teacher (s).

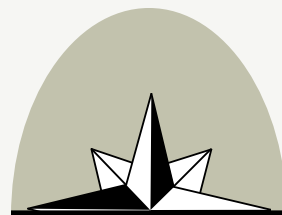
Don't forget that our Parent-Teacher Conferences are scheduled to be held on October 20th and October 21st. This is an exciting time for our teachers to share with you the successes that your child is having at school this year and how we can provide even more opportunities for success for the remainder of the school year. We hope you can all attend conferences this year.

Great News! Several of our students will be participating in the Young Leaders in Action Conference on October 25th at the University of Northern Iowa. The purpose of the conference is to provide Cedar Valley youth with leadership skills and opportunities for involvement that will enhance their future and the future of the community.

Before I end this update, please keep this in mind.....

Here in the Waterloo Community School District, as well as schools from across the country, we continue to focus on reading achievement. Remember that reading does the mind and body good. It is important for parents/guardians to make a point to read to your children even as they get older. One way to accomplish this with older children can be done while traveling. Try putting an audio book into your car's CD player, and listen to it together. Follow up with an informal discussion of the book heard. These conversations will encourage better communication between you and your children as well as strength skill development. Reading to young children at least three times a week and completing the above activity increases the likelihood that their reading scores will be in the top 25%. As adults, we all know that communication is extremely important.

Thank you again for being such a supportive community! It is such an honor to work in Alternative Education.



Fall Conferences

Thursday,

October 20th

1 pm - 4:30 pm

5:00 pm - 8:00 pm

Friday,

October 21st

8:00 am - 12:00 pm





STAR-C News

Fourteen STAR-C staff members including teachers, behavior interventionist, and administration received the Boy's Town Training on July 25th and 26th 2011. From the original fourteen staff members who received training, a small group of 5-6 individuals will convene on August 8th, 2011 to develop the STAR-C staff training module as a method of training the remaining staff members. The management system that will be implemented for the 2011-2012 school year will be combination of Boy's Town (As trained on July 25th and 26th 2011) and Positive Behavior Intervention Supports (PBIS). This is a "program-wide" management system and will be followed by all STAR-C staff. It will be imperative that each teacher, support person, interventionist, and BIS follow the same procedures and utilize the same behavior language. It is important that students understand that the behavioral expectations are consistent from one classroom to the next as well as from one staff member to the next. The Boy's Town training and management system will focus on the following components:

Social Skills

Social skills will be taught daily.

Social skills will be taught from an accredited/research based curriculum.

Social skills will include discussions, role plays, as well as lessons.

Motivational system

Daily

Progress

Merit

Teaching Interaction

Intervention

De-escalate

Gain Instructional Control

Teach Appropriate Behaviors

Prepare for Re-entry



As part of the new Boy's Town model, the staff at STAR-C will also emphasize the following:

To provide as little or as much structure as needed allowing each student to be successful in his/her least restrictive environment (LRE).

To always be POSITIVE, use Effective Praise (Ratio 5-1). Remember to reinforce approximations of appropriate behaviors (Growth).

Focus on teaching social skills daily utilizing a research based curriculum for instruction.

Always model appropriate behaviors.

Provide consistency, predictability, and a caring environment.

Since implementing the new Boy's Town model at STAR-C, returning students are spending less time in the intervention room and find the intervention process much more user friendly than the old model. Students have the opportunity to purchase bonds on a daily basis to move from one level to the next and then ultimately to reintegration. Since that start of the school of the school year, STAR-C has had four students that have progressed from the Daily Level (entry) to the Progress Level and are now being considered for reintegration. The following is quote from one of our STAR-C students, "I like the new system because it gives students more choices and I like that we can practice and role play with staff before we go back to class".





Five Reading Comprehension Strategies

Comprehension is one reading strategy which causes the most difficulty with students. Comprehension is the ability to understand something, grasp what it is about and be aware of the details relating to it.

There are numerous methods teachers can utilize within their classrooms to help students with their comprehension. Students can also incorporate techniques to enable themselves to understand what they are reading.

The five approaches listed below are examples of supporting student's comprehension.

1) **Story mapping** is a technique popular with students who need precise instructions to understand their work. This helps them by examining a story then filling in a text box to answer questions about the story. They may have to describe the main character, setting, and/or different events in the text. Sometimes the students create a graphic organizer to have a visual representation of the story, which is an ideal tool for visual learners.

2) **Read, Then Answer** is the most popular of all reading comprehension strategies where a student reads a short text then completes questions about the material. It can be adapted for all age levels where the text is simple or complex. Students should focus upon writing complete and correct sentences to answer the questions.

3) **True or False** allows the students to examine a list of statements relating to the text or story. The student must identify which of the items are true and which are false. This demands an understanding of what was read and the student must think carefully about what was stated within

the material. Sometimes the true or false statements may be in a quiz format or a brief thumbs up or thumbs down within the classroom allowing the teacher to make a quick assessment for all of the students understanding.

4) **You: the Author** is one where the reader plays the part of the author. Teachers select a student and then the remaining class members question the chosen student as they are the "author" of the book. Each participant must think about the characters, plot, theme and events in order to ask or answer pertinent questions. This strategy allows the teacher to focus upon those students who are truly grasping the concepts of the text, material or story.

5) The final strategy is **Diary entries**. Students are asked to write a diary entry on behalf of one of the characters. They have to reflect upon the major occurrences within a chapter, theme and thought patterns of a character. The diary can be a written or visual tool for the instructor to view. This also is a strategy a student could use before taking a quiz or test over the book.

The five techniques are examples of one's where students and teachers could be incorporating within their classroom. The students could adapt them for various content areas allowing them to aid their own comprehension skills. It is important students have tools in place to increase their life-long learning and helping them comprehend any type of text they are reading.

STAR-C Round Table

This school year STAR-C has implemented a Parent/Student/Administrative Round Table as an attempt to build and help maintain positive relationships with our families. The goals of the round table meetings are to discuss what is going well at STAR-C, areas of concern that we need to discuss or change, as well as the opportunity to bring parents into our program and work collaboratively in a positive manner. The Parent/Student/Administrative Round Table meets monthly over lunch (snacks are provided). Contact the STAR-C program at (319) 433-1950 if you're interested in attending our next Round Table.





Be a Reading Buddy Volunteer & Help Our Children Read

Volunteers are needed in many of our schools to help our students improve their reading skills. If your student's grandparents or friends of the family want to volunteer please contact Julie Ehlers, Prime Time Volunteer Coordinator, at 433-2026 or ehlersj@waterloo.k12.ia.us for more information. We are also recruiting volunteers from the Bosnian and Latino communities so that the children that are learning English and reading at the same time can get special attention from someone that speaks their native language.

Students benefit from early intervention before difficulties become too hard to overcome. Through the combination of daily specialized tutoring, classroom instruction, practice with a volunteer and at home, children develop effective reading and writing strategies in order to continue to learn without additional tutoring. With the help of our generous community members we can work together to help improve our students reading and writing skills which will ultimately improve their ability to learn throughout their school years.

This is a wonderful opportunity to help our children be successful in school. The Waterloo School District's annual report shows that 66% of our students are proficient in reading. Volunteers can make a difference with the students having difficulty in reading by just volunteering for one hour a week. Please consider volunteering for this very rewarding experience.

Fire Prevention

Of course, the best way to practice fire safety is to make sure a fire doesn't break out in the first place. That means you should always be aware of potential hazards in your home.

Start by keeping these tips in mind:

Electrical Appliances, Cords, and Outlets

Are your electrical appliances in good condition, without loose or frayed cords or plugs?

Are your outlets overloaded with plugs from the TV, computer, printer, video game system, and stereo?

Are you overusing an extension cord?

Do the light fixtures in your home use bulbs that are the correct wattage?

Does your home contain GFCIs (ground fault circuit interrupters) and/or AFCIs (arc fault circuit interrupters), which prevent electrical shock and fire by shutting off faulty circuits?

Look around your house for potential problems. And unless you're a trained electrician, be careful about do-it-yourself electrical projects. Studies have shown that many home fires are caused by improper installation of electrical devices.

Other tips:

Replace or professionally repair any appliances that spark, smell unusual, or overheat.

Don't run electrical wires under rugs.

Make sure lamps and night-lights are not touching bedspreads, drapes, or other fabrics.

Use caution when using electric blankets.

Don't let kids use kitchen appliances by themselves and supervise any art or science projects that involve electrical devices.

Cover any outlets that are not in use with plastic safety covers if you have toddlers or young children in your home.



Smoke Alarms

It's a fact — having a smoke alarm in the house cuts your risk of dying in a fire *in half*. Almost 60% of all fatal residential fires occur in homes that don't have smoke alarms, so this may be the single most important thing you can do to keep your family safe from fires.

If your home doesn't have smoke alarms, now is the time to install them on every level of your home and in each bedroom. If possible, choose one with a 10-year lithium battery. If your smoke alarm uses regular batteries, remember to replace them every year (hint: change your batteries when you change your clock back from Daylight Saving Time in the fall). Test your smoke alarms monthly, and be sure your kids are familiar with the sound of the alarm.

Because smoke rises, smoke detectors should always be placed on ceilings or high on walls. If a smoke detector near the kitchen goes off while you're cooking, *do not* take the battery out of it — you may forget to replace it. Open the doors and windows instead. Or you might consider installing a rate-of-rise heat detector for places like the kitchen, where smoke or steam from cooking are likely to cause false alarms. These alarms can sense when the temperature reaches a set critical point or when it rises by more than a certain number of degrees a minute.

If you're having a new home built or remodeling an older home, you may also want to consider adding a home sprinkler system. These are already found in many apartment buildings and dormitories.

Carbon Monoxide

Carbon monoxide poisoning is another indoor danger. Carbon monoxide (CO) is a colorless, odorless, tasteless gas produced by wood- or gas-fueled appliances (such as heaters, stoves, water heaters, or dryers) that don't burn properly, as well as by charcoal grills, automobiles, and fireplaces.

Feeling very tired (more than usual), having long-lasting headaches, nausea, and dizziness are some symptoms of carbon monoxide poisoning. Sometimes people may think they have the flu. You should also be suspicious if other people in the house are experiencing these same symptoms at the same time.

Install CO detectors in the home near bedrooms and sleeping areas. Follow the manufacturer's instructions for installation, testing, and replacement of CO detectors.

If people are feeling ill and the CO alarm goes off, get out of the house immediately and call 911. Do not go back into the home until the fire department gives you the OK.

A few other tips to prevent CO exposure:

- Never keep a car on and running in the garage, even if the garage door is open.

- The home should not be heated with the range or oven.

- If you have a charcoal grill, use it outdoors *only*.

- The home's heating system and chimney should be checked by a professional every year.

Being prepared is the best way to protect your family from a fire. So know the rules of fire prevention, stock your home with fire-safety items, and make sure your kids know what to do in a fire. A few minutes of planning now may save lives later on.

Rhubarb Pudding

Cream together:

- 1 C. white granulated sugar
- ½ C. shortening

Add:

- 1 egg
- ½ C. milk
- 1 C. flour
- ½ tsp. baking powder

Mix well and place in a 9x13 inch cake pan.

Sprinkle on top of the above:

- 3C. cubed rhubarb

Sprinkle on top of the cubed rhubarb:

- 1 C. white granulated sugar

Dot with butter and pour 1 C. hot water over all

Bake at 350 degree oven for about 35-40 min or till top is lightly browned.

Submitted by: Norma Neubauer

Apple Crisp

- 3/4 c. quick oatmeal
- 3/4 c. sugar
- 1 c. brown sugar
- 1/8 tsp. salt
- 1/2 c. margarine
- 10 to 12 apples, peeled and cored
- 1/2 tsp. cinnamon

1. Peel, slice and core apples. Place into buttered 9 by 13 pan until 3/4 full
2. Sprinkle with Sugar and cinnamon.
3. Mix margarine, oatmeal, flour, brown sugar, and salt together
4. Spread over apples and bake 350 degrees for 50 to 60 minutes

May serve warm with ice cream or cool whip

Submitted by: Vicki Cose

Mom's Baked Beans

- 1 large jar Northern Beans
- 1/2 to 1 tsp dry mustard
- 1/3 to 1/2 cup molasses
- 1/4 to 1/2 cup brown sugar
- 4 to 6 strips bacon cut in 1/2 inch pieces

Combine all ingredients in bean pot, bake in microwave for 45 minutes on power 3 or simmer. Bake in oven at 350 degrees for 30 to 45 minutes stirring 2 to 3 times as it cooks.

Submitted by: Josh Blomker



Bow Ties with Sausage, Tomatoes, & Cream

- 1 1/4 pkgs. (12 ounces) bow tie pasta
 - 2 TBSP & 2 tsp Olive Oil
 - 1 1/4 lbs. sweet Italian sausage, crumbled
 - 3/4 tsp red pepper flakes
 - 2/3 cup diced onion
 - 4 cloves garlic, minced
 - 1 1/4 (28 ounce) cans Italian-style plum tomatoes, drained and coarsely chopped
 - 2 C heavy cream
 - 3/4 tsp salt
 - 1/4 cup minced fresh parsley
1. Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain.
 2. Heat oil in a large, deep skillet over medium heat. Cook sausage & pepper flakes until sausage is evenly brown. Stir in onion and garlic, and cook until onion is tender. Stir in tomatoes, cream, & salt. Simmer until mixture thickens, 8 to 10 minutes.
 3. Stir cooked pasta into sauce and heat through. Sprinkle with parsley.

Submitted by: Dave Harbaugh

Math Puzzler

How much does the listed price of a product have to be so that the sales tax (7%) equals exactly \$1.00 ?

Strategies: make a table and use patterns, make an equation, make a number sentence, guess and check and re-guess.

Mexican Casserole

- 2 lbs. ground beef
- 3/4 lb. Cheddar Cheese, shredded
- 24 (2 pkgs.) corn tortillas
- 1 can enchilada sauce
- 1 can tomato soup
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 sm. Can diced green chilies

Preheat oven 350 degrees.

Brown ground beef & drain off fat.

Add all 3 cans of soup, enchilada sauce & chilies to ground beef and mix well.

Spray 9X13" pan with cooking spray

Break 1 pkg of tortillas into small pieces & put into pan.

Spread 1/2 of the meat mixture over that & then 1/2 of the shredded cheese. Repeat above layers with remaining ingredients.

Bake 350 for 30 minutes. (Microwave, High for 15-20 minutes). Serves 8 generously

Expo/STARC Menu October 2011

Menu Subject to Change

This institution is an
equal opportunity
provider and employer.

=Turkey =Pork =Whole Grain







Meal Prices 2010-2011

	Breakfast	Lunch
High School	\$1.30	\$2.20
Adult	\$1.70	\$3.35
A la Carte Milk	\$0.50	\$0.50

Available Daily!

Assorted Fresh Fruits
Tea Roll/Breadstick
4 oz Juice (Bkf & Lun)
Milk (Bkf & Lun)
Cereal (Bkf)

Monday, Oct. 3	Tuesday, Oct. 4	Wed., Oct. 5	Thursday, Oct. 6	Friday, Oct. 7
Breakfast Yogurt Lunch Chili Crispito w/Cheese Sauce Or Sweet & Sour Chicken Or Pepperoni Pizza Or Chicken Club Wrap Or Asian Chicken Salad Steamed Brown Rice Fresh Celery Peaches	Breakfast Hard Boiled Egg Lunch Walking Taco Or Grilled Chicken Sandwich Or Three Meat Pizza Or Chicken Ranch Wrap Or Chef Salad Refried Beans Fresh Mini Carrots Fresh Golden Delicious Apple Wedges	Breakfast Snackin' Waffle w/Syrup & Sausage Patty Lunch Spicy Chicken Sandwich Or Rotini w/Meat Sauce Or Sausage Pizza Or Ham & Cheese Wrap Or Chicken BLT Salad Baked Sunshine Fries Fresh Broccoli Fresh Banana	Breakfast Blueberry Muffin Lunch Chicken Nuggets Or Burrito w/Cheese Sauce Or Taco Pizza Or Chicken Caesar Wrap Or Southwest Chicken Salad Mashed Potatoes Gravy Fresh Cucumbers Flavored Applesauce	Breakfast Breakfast Round Lunch Chili Or Beef Philly Sandwich Or Cheese Pizza Or Buffalo Chicken Wrap Or Chicken Strip Salad Goldfish Crackers Steamed Corn Mandarin Oranges
Monday, Oct. 10 Breakfast Banana Chocolate Breakfast Bar Lunch Chicken & Noodles Or Pizzaburger on a Bun Or Pepperoni Pizza Or Chicken Club Wrap Or Asian Chicken Salad Baked Potato Wedges Fresh Celery Mixed Fruit	Tuesday, Oct. 11 Breakfast Breakfast Round Lunch Chicken Strips of Fire Chicken Taco Or Three Meat Pizza Or Chicken Ranch Wrap Or Chicken Caesar Salad Steamed Peas Fresh Mini Carrots Apricots	Wed., Oct. 12 Breakfast Glazed French Toast w/Syrup & Sausage Patty Lunch Beef Lasagna Hot Dog on a Bun Or Sausage Pizza Or Ham & Cheese Wrap Or Chef Salad Sweet Potatoes Fresh Tossed Salad Frozen Strawberries	Thursday, Oct. 13 Breakfast Strawberry Poptart Lunch Beef & Cheese Nachos Sloppy Joe on a Bun Or Hawaiian Pizza Or Chicken Caesar Wrap Or Southwest Chicken Salad Scooby Snacks Steamed Green Beans Fresh Apple Wedges	Friday, Oct. 14 Breakfast Cherry Frudel Lunch BBQ Pork Sandwich Or Taco Salad Or Cheese Pizza Or Buffalo Chicken Wrap Or Chicken Strip Salad Baked Beans Fresh Kiwi Cookie
Monday, Oct. 17 Breakfast Bagel w/Cream Cheese Lunch Glazed French Toast w/Sausage Patties Or Walking Taco Or Pepperoni Pizza Or Chicken Club Wrap Or Asian Chicken Salad Baked Potato Wedges Fresh Mini Carrots Frozen Juice Cup	Tuesday, Oct. 18 Breakfast Mini Cinnis Lunch Cheese Nachos Or Chicken Philly Sandwich Or Three Meat Pizza Or Chicken Ranch Wrap Or Chicken Caesar Salad Fresh Cucumbers Refried Beans Peaches	Wed., Oct. 19 Breakfast Sausage, Egg, & Cheese Biscuit Lunch Breaded Turkey Sandwich Or Chicken Fajitas Or Sausage Pizza Or Ham & Cheese Wrap Or Chicken BLT Salad Steamed Corn Baked Sunshine Fries Flavored Applesauce	<div style="text-align: center;">   No School! </div>	<div style="text-align: center;">   No School! </div>
Monday, Oct. 24 Breakfast Blueberry Muffin Lunch Beef & Cheese Nachos Or Hamburger on a Bun Or Pepperoni Pizza Or Chicken Club Wrap Or Asian Chicken Salad Steamed Corn Fresh Mini Carrots Pineapple	Tuesday, Oct. 25 Breakfast String Cheese Lunch Chicken Strips of Fire Or Taco Salad Or Three Meat Pizza Or Chicken Ranch Wrap Or Chicken Caesar Salad Steamed Mixed Vegetables Fresh Celery Cinnamon Apples	Wed., Oct. 26 Breakfast Biscuit w/Sausage Gravy Lunch Beef Ravioli Or Chicken Pizza Quesadilla Or Sausage Pizza Or Ham & Cheese Wrap Or Chicken BLT Salad Goldfish Crackers Fresh Coleslaw Fresh Apple Wedges	Thursday, Oct. 27 Breakfast Glazed Long John Lunch Breaded Chicken Sandwich Or Beef Philly Sandwich Or Hamburger Pizza Or Chicken Caesar Wrap Or Southwest Chicken Salad Baked Beans Mixed Fruit	Friday, Oct. 28 Breakfast Cherry Frudel Lunch Soft Shell Beef Taco Or Hot Ham & Cheese Melt Sandwich Or Cheese Pizza Or Buffalo Chicken Wrap Or Chef Salad Baked French Fries Fresh Broccoli Fresh Kiwi



7Wonders of the USA Teacher Tour Program

Wonder® bread invites American families to nominate inspiring teachers in the 7Wonders of the USA Teacher Tour program, as part of its Wonder Honors America's Everyday Heroes campaign - a national search for ordinary people making extraordinary contributions to their families, communities or country.

The 7Wonders of the USA Teacher Tour honors American teachers who inspire a sense of wonder in their students, by giving teachers a chance to visit one of the 7Wonders of the USA to teach a class remotely. Wonder will present 25 tablet computers to the schools of the 7 winning teachers, and arrange for each teacher to provide an interactive educational experience to their students, via the tablet computers. 7Wonder locations span the country and include the Grand Canyon, Kennedy Space Center Visitor Complex, New Orleans Jazz Park, Mt. Rushmore, the Statue of Liberty, the National Mall in Washington D.C., and Mt. Kilauea in Hawaii, the most active volcano in the U.S., which last erupted in 1983. Everyone who nominates a teacher can enter for a chance to win his or her own tablet computer and, for every nomination, Wonder will donate \$1 to Teach For America, up to \$10,000, to help grow a new generation of great teachers.

"As families prepare to go back to school, Wonder is honoring the teachers who teach our children to love learning," said Laura Pitlik, Director of Bread Marketing for the bakers of Wonder. "Generation after generation, teachers help prepare our children to take on the challenges of tomorrow and encourage them to do great things. And for 90 years, Wonder bread has been a staple for children in American households. As Wonder honors everyday heroes among us, we are proud to support the mission of Teach For America and the teachers who make a difference in the lives of so many."

"We are excited to partner with Wonder in recognizing teachers across the country who work hard to lead their students to academic and lifelong success," said Kyle Ridaught, vice president of national corporate partnerships for Teach For America. "Teach For America corps members work alongside other educators in low-income communities and become lifelong leaders committed to ensuring that all children have access to an excellent education." To nominate a wonderful teacher, visit the 7Wonders of the USA website at www.7wondersoftheusa.com and tell Won-

der how a teacher has influenced a child today. On the site, parents and kids can learn about each of the 7Wonders with fun facts and family-friendly activities. They can also learn more about how Teach For America promotes educational excellence and equity across the country. The deadline for nominations is October 24, 2011.

For more information about the Wonder Heroes campaign, become a part of Wonder's Facebook community at www.facebook.com/wonderbread or follow us on Twitter at www.twitter.com/wonderbread. For more information about Wonder please visit www.wonderbread.com.

About Wonder:

Wonder bread, one of America's most popular brands of bread, has a long history of baking soft, delicious, and nutritious breads for the whole family. Last year, Wonder® launched Smartwhite®, a new bread with the taste and soft texture of white bread - but with the fiber of 100% whole wheat bread. The brand also recently launched Wonder® Smartwheat®, a soft and delicious 100% whole wheat bread with added nutrition. Both breads have no high fructose corn syrup. In addition, Wonder Classic and Wonder Classic Sandwich breads have improved nutrition, providing the same amount of calcium as eight ounces of milk in two slices, and are good sources of vitamin D.

Wonder led the way in joining the National Sodium Reduction Initiative, an unprecedented public-private partnership established to help reduce sodium in foods by 20 percent over the next five years, became the first brand to take THE DOCTORS' "Halt the Salt" pledge, and publicly commit to NSRI guidelines. Already, Wonder® Classic and Wonder® made with Whole Grain White and Smartwhite are baked to have reduced sodium.

About Teach For America:

Teach For America is the national corps of outstanding recent college graduates who commit to teach for two years in urban and rural public schools and become lifelong leaders in expanding educational opportunity. This fall, 9,300 corps members will be teaching in 43 regions across the country, while nearly 24,000 Teach For America alumni continue working from inside and outside the field of education for the fundamental changes necessary to ensure educational excellence and equity. For more information, visit www.teachforamerica.org.



High School YEARS

Working together for lifelong success



Short Stops

Happy beginnings

Help your teen leave the house in the morning on a positive note. Giving a high five or saying, "Have a great day!" can set the tone for the whole day. If you leave before your child does, try putting a note on the table or sticking one to her backpack.

On the map

Which ocean borders Europe? Is Hawaii north or south of the equator? To increase your high schooler's knowledge of geography, suggest that he print out blank maps (try www.eduplace.com/ss/maps). You can challenge him to fill in details like countries and their capitals, lakes, and mountain ranges. Where would he like to travel someday?

Scavenger fun

Turn off the TV, power down the computers, and enjoy a flashlight scavenger hunt tonight. Hide items (red socks, tube of toothpaste) around the house, and give everyone a list of the "treasures." Then, shut off the lights, and use flashlights to search. The person who finds the most items sets up the next round.

Worth quoting

"That is what learning is. You suddenly understand something you've understood all your life, but in a new way." *Doris Lessing*

Just for fun

Q: What lets you walk through walls?

A: A door!



Building responsibility

The ultimate goal of parenting is to work yourself out of a job. After all, you want your teenager to be capable of handling daily duties so she can stand strong when she's on her own. Start preparing your adolescent for adulthood by teaching her to be responsible. Try these steps:

1. Tell her up front that she is in charge of a certain job (say, monitoring her bank account or setting the table for dinner). Let her know it's up to her to get it done from now on.
2. Work with your high schooler side by side so she can see how to do it. For instance, you might show her how to enter what she spends in her checkbook and then calculate the balance.
3. Remind your teen that privileges come with responsibility. *Example:* She may be able to drive your car, but in



return, she's expected to do errands for you while she's out.

4. Don't rescue your teenager if she doesn't take care of a responsibility. If she overdraws her bank account, she will have to pay bank fees.

5. Give her new tasks one at a time. That way, she can get used to doing them without being overwhelmed. Once she seems comfortable and a job has become a habit, you can move on to the next responsibility. 👍

Savvy searches

When your child looks for information on the Internet, he may end up with thousands of results. Share these techniques to help him narrow his searches.

Quotation marks. If you're searching for exact words, put them in quotation marks ("astronomy careers") to get results that include both words together. *Note:* It's generally not necessary to use articles or prepositions.

"Advanced" searches. Use the "Advanced" feature to specify words you do—and don't—want. For example, when writing an essay about an author's nonfiction works, *include* the author's name and "nonfiction" and *exclude* "fiction." You can also choose a domain type to search for more accurate information (.edu for educational sites or .gov for government sites, for example, rather than .com, which can be created by anyone). 👍



Math 101

Algebra... geometry... calculus. You can help your teen tackle high school math by suggesting the right approach. Here are strategies he can try:

- **Ask** questions in class. Thinking about possible questions ("What's a polynomial?") will keep your child focused on what the teacher is saying.
- **Practice** math problems daily while the lessons are still fresh. Applying formulas soon after he learns them will let him see if he understands them or needs help.



■ **Write** math definitions and formulas in a handy place like a notebook or computer file. Your teen could include sample problems to show how each is used.

■ **Learn** the functions of each calculator key (square root, exponent). If he's comfortable using them, he'll be able to solve problems faster.

■ **Show** your work. Writing down each computation will help your child make sure he doesn't skip steps. It also makes it easy to review his work for mistakes—and some teachers give partial credit for steps done correctly even if the answer is wrong. *Tip:* He should be careful to line up numbers properly to avoid careless errors. 👍

Parent to Parent

Completing college applications

My son Matt, who's a senior, kept putting off his college applications. Whenever I mentioned it, he just sighed and said he'd do them soon. I could tell he was feeling overwhelmed.



I suggested that he tackle the process by making a checklist of things he had to do and marking each one off as he

completed it. Soon, he had a list that included filling out the applications, writing essays, getting letters of recommendation, and requesting transcripts.

Also, I told Matt that if he had a central spot to keep forms, he'd be able to find everything easily. He liked that idea and created a "College" folder on his laptop, with subfolders for each school.

My son seemed relieved to have a clear place to start, and I'm relieved that he's getting the applications turned in. 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5605



Q & A

Worried about drug use

Q I'm afraid my teenage daughter is on some kind of drugs. What should we do?

A Signs of drug use may include a change in appearance or mood, falling grades, and drug paraphernalia. If you notice any of these, talk to your daughter about it when the two of you are calm and have plenty of time.

Whether she says she has or hasn't tried drugs, let her know where you stand. Start by explaining that you want her to stay safe because you love her. Then, tell her that drugs are dangerous, addictive, and illegal, and if you discover she's using, you will get outside help for her. 👍



Heard the news?

Knowing what's going on in the world can help your teen form educated opinions about current events and relate to what she's learning in school. Encourage her to stay on top of the news with these ideas.

Print

Keep newspapers and magazines lying around, and let your teenager see you read them. Mention topics that affect her (a change in the SAT, the cost of gasoline), and suggest that she read them. Then, ask her opinion.

Broadcast

When you're in the car, tune into news radio for interviews on subjects that

interest your child (global warming, food trends). Or watch television shows like *60 Minutes* or *Dateline*, which could spark discussions about foreign news or happenings in the United States.

Online

The Internet offers the quickest access to breaking news. Your teen could follow news organizations on Twitter (*cnnbrk* for CNN, *nytimes* for the *New York Times*) or sign up for text or email alerts from news sources. She can also visit news sites like *www.channelone.com* that are geared to teens. Or she might download free news or sports podcasts to an MP3 player to listen to anytime (try <http://espn.go.com>). 👍



Guidance Office News

“On Thursday, Sept. 29th we had our Senior Meeting in the Auditorium at 9:30am. This meeting was mandatory for ALL SENIORS and any junior who plans on graduating from Expo High School this year. If you had a Senior or graduating Junior who missed this meeting or if you have any questions, please contact Ms. Marsha (School Counselor) at 433-1930, x15305.”

“Positive Behavioral Interventions and Support (PBIS) is in full swing at Expo Alternative Learning Center! Our motto is “Expo S.H.I.N.E.S.” which stands for **S**tudents **H**aving **I**ntegrity, **N**ew direction, **E**xcellence and **S**ensibility. Please ask your son/daughter about the expectations for our building. We thank you in advance for all of your positive support of PBIS at Expo! We are currently seeking donations for PBIS. If you can contribute or know a place of business we could contact, please contact your administrator.”

20 Little Know Facts about the Human Body

1. A human being loses an average of 40 to 100 strands of hair a day.
2. A cough releases an explosive charge of air that moves at speeds up to 60 mph.
3. Every time you lick a stamp, you're consuming 1/10 of a calorie.
4. A fetus acquires fingerprints at the age of three months.
5. A sneeze can exceed the speed of 100 mph.
6. Every person has a unique tongue print.
7. According to German researchers, the risk of heart attack is higher on Monday than any other day of the week.
8. After spending hours working at a computer display, look at a blank piece of white paper. It will probably appear pink.
9. An average human drinks about 16,000 gallons of water in a lifetime.
10. A fingernail or toenail takes about 6 months to grow from base to tip.
11. An average human scalp has 100,000 hairs.
12. It takes 17 muscles to smile and 43 to frown.
13. Babies are born with 300 bones, but by adulthood we have only 206 in our bodies.
14. Beards are the fastest growing hairs on the human body. If the average man never trimmed his beard, it would grow to nearly 30 feet long in his lifetime.
15. By age sixty, most people have lost half of their taste buds. By the time you turn 70, your heart will have beat some two-and-a-half billion times (figuring on an average of 70 beats per minute.)
16. Each square inch of human skin consists of twenty feet of blood vessels.
17. Every human spent about half an hour as a single cell.
18. Every person has a unique tongue print. Every square inch of the human body has an average of 32 million bacteria on it.
19. Fingernails grow faster than toenails.
20. Humans shed about 600,000 particles of skin every hour - about 1.5 pounds a year. By 70 years of age, an average person will have lost 105 pounds of skin.

STATEMENT OF NON-DISCRIMINATION IN PROGRAMS AND EMPLOYMENT

It is the policy of the Waterloo Community School District not to illegally discriminate on the basis of race, color, national origin, gender, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to these policies, please contact the district's Equity Coordinator: Dr. Bev Smith, Associate Superintendent for Human Resources and Equity

1516 Washington Street, Waterloo, IA 50702

Phone: 319-433-1800

Email: smithb@waterloo.k12.ia.us