



Spring is Coming!

Waubun-Ogema-White Earth Community Schools

March/April 2009

Sno Daze 2009



CONGRATULATIONS TO Sno Daze 2009

King Aaron Moore and Queen Robin Stalberger

Senior Queen Candidates were:

Nicole Helliksen, Winnie Lindstrom, Priscilla Munnell, Robin Stalberger

Senior King Candidates were:

Aaron Haugo, Aaron Moore, Curtis Rogers, Dustin Spaeth

7th Gr. Prince and Princess were Casey McCloskey and Dakota Lindstrom

8th Gr. Prince and Princess were Tori Voss and Jason Hanks

9th Gr Prince and Princess were Jenna Lundon & John Hellikse

10th Gr. Prince and Princess were Lindsey Adams and Brian Haverkamp

11th Gr. Prince and Princess were Stephanie Benson and Monte Bellanger

Junior escorts were Brittany Klemetsrud and Bruce Mortenson

Program attendants were Tiffany and August Short

Cornation was held on Jan. 30th at 9:30. The Senior advisors Mrs. Wothe, Mrs. McCloskey, and Mr. McCloskey gave the welcome and introduction of Royalty.

"The River" was sung by the senior choir members. The band seniors played "American Pie" directed by Ms. Bauck.

The crowning of the King and Queen was done by Tony and Traci Stalberger, last year's Sno Daze King and Queen.



March Lunches	
Lunches(Reg) K-6	27.30
7-12	32.55
Reduced K-12	8.40
Adults - 3.25 each meal	
<u>Breakfast(Reg) K-6</u>	16.80
Breakfast(Reg) 7-12	22.05
Breakfast (Reduced) K-12	Free
Breakfast - Adults	2.00
April Lunches	
Lunches(Reg) K-6	26.00
7-12	31.00
Reduced K-12	8.00
Adults - 3.25 each meal	
<u>Breakfast(Reg) K-6</u>	16.00
Breakfast(Reg) 7-12	21.00
Breakfast (Reduced) K-12	Free
Breakfast - Adults	2.00

Please pay in the Superintendent's office.

COMING EVENTS
Band & Choir Large Group Contest Fri. April 17
Prom Sat. May 2nd
Spring Music Concert & Art Show Mon. May 11
Graduation Sunday May 24th

CONGRATULATIONS STUDENT OF MONTH

The January Senior Student of the Month was Dustin Spaeth.

Students are chosen to receive this award by the entire teaching staff and administration in the Waubun Ogema White Earth School District based on the following characteristics:

- Showing responsibility and respect for themselves and others
- Being a positive role model for peers
- Offering to help students in need
- Progressing in a satisfactory manner academically

The February Senior Student of the Month is Tyler Voss.

Tyler and Dustin will get to park in the premier parking spot outside the high school office.

They will be recognized in area publications, have their name displayed on a plaque in the Commons, and Dustin and Tyler and their parents will get a letter of congratulations and will be invited to a recognition dinner in the spring.

Congratulations, Dustin and Tyler!

FINANCIAL AID FOR COLLEGE

On February 19th, during conferences, parents of seniors were provided help with Federal Financial Aid applications. Personnel from area colleges were on hand to guide families of seniors through the application process. Perhaps you were unable to attend.

Informational websites are posted on the Waubun Media Center homepage. Go to the Waubun School District homepage <http://www.waubun.k12.mn.us>

on the right click the link to Media Center, click the Waubun Media Center, the homepage will open. You will see links under the heading "College Bound."

Waubun High School Guidance Counselor, Julie Smith, can be contacted at 218-473-6146. If you have problems with the web links, please contact Chris McArthur at 218-473-6140.

Content and Currency

About the information.....

Is there a date on this website? When was it last revised? Look in the same places you looked for the author information. If statistics are provided, how old are they?

Is it current is it old is cited Is not cited

How recent is other information on the page? Will the age of the information effect your research?

Does the author of the page provide you with the names of the sources he used? Is there a bibliography, works cited page, or footnotes?

Summary: Best reasons for using/ rejecting this website are:

Your student's school librarian is Chris McArthur, 218-473-6140

🎵 BAND NOTES 🎵

We have a busy spring ahead. Our upcoming activities include:

Hosting the sub-section Ensemble Contest - March 2nd

Tournament Pep Bands - GO BOMBERS!!!

Seniors' Band Trip to the Twin Cities - March 19th-21st

5TH AND 6TH GRADE BAND CONCERT - APRIL 3RD @ 2:00


Honor Band Rehearsals - April 6th and 14th

SUB-SECTION HONOR BAND CONCERT in ADA - April 17th

JUNIOR HIGH CONCERT (band & choir) - Monday, May 4th

SPRING AWARDS BANQUET AND FORMAL CONCERT - MAY 11TH
Graduation - May 24th

Billings for the year will be mailed out soon, along with individual progress reports for the elementary students. Always feel free to call me



SENIORS

Local Scholarship applications are available in the HS office. **They are due by April 15th.** Also, we have a couple of Scholarship Books available with numerous scholarships in. Seniors should make sure to look through them, for other Scholarships you may qualify for.



DOLLARS FOR SCHOLARS

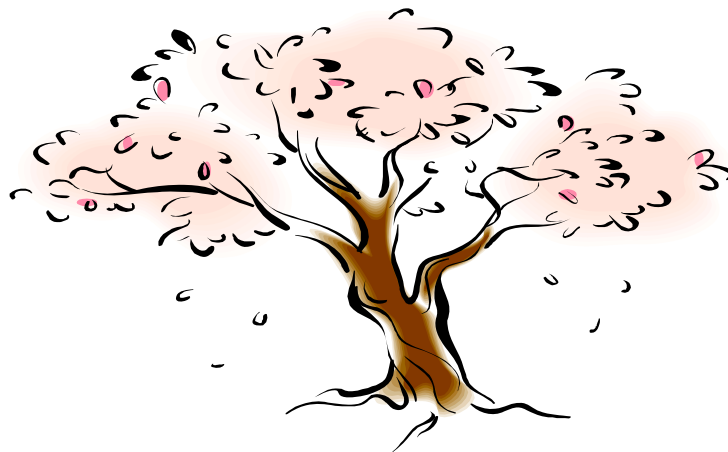


Dollars for Scholars has been giving scholarships to graduating students for over 15 years thanks to alumni, businesses and a supportive community!! You can have your name or a memorial displayed on a plaque that is located in the Waubun School by the Superintendent's Office. The following are emblems/donations that are displayed on the new plaques: leaf-\$25, blossom-\$100, Bomber Blue Bird-\$250, apple-\$500 and a branch-\$1,000. When mailing in your donations to the school, please make your check out to "Dollars for Scholars" and indicate the name you would like displayed.

We are currently searching for people to be a part of our committee! Please contact Laurie Johnson if you are interested in helping with the future of our children!!

Thank you for helping our Waubun graduates continue their education as they work towards rewarding careers!

Laurie Johnson, President
lauriej@waubun.k12.mn.us



YEARBOOK SALE

March 1

March 31

Yearbooks are now on sale. The cost is \$30.00. Use the form on this page, or bring cash or check to order your yearbook now to Ms. Hastad at the High School. **THE COST OF THE BOOK WILL INCREASE TO \$40.00 AFTER MARCH 31.**

Special Discount for multiple orders for brothers and sisters—\$25.00/copy—until March 31.

REMEMBER!!!! The yearbook will be delivered in May. Order Now!!!!

Spring is Coming!

Name _____

Grade _____

Name _____

Grade _____

Name _____

Grade _____

Name _____

Grade _____



Bombers

If you have any questions, please call Ms. Hastad at 473-6116.

Waubun ECFE/Kick-Start Registration Information for
2009-2010 School Year

1. **Complete registration form below.**
2. **Mail or drop off registration form to:**
ECFE/Kick-Start
Suzy Olson
Ogema Elementary School
212 Uran St. Box 68
Ogema, MN 56569
3. **For more information, call Suzy Olson, ECFE/SR Coordinator, at 473-6175.**

ECFE (Early Childhood Family Education)

1. We offer two classes for ECFE, one in the morning and one in the evening. However, they will alternate between weeks. One week we will only have the morning class and the next week we will only have the evening class. Both classes are for children ages 0-5 and their families.
2. The morning ECFE class will be held Monday mornings from 9:00am-10:00am in the ECFE room at Ogema Elementary.
3. The evening ECFE class will be held Monday evenings from 5:30pm-6:30pm in the ECFE room at Ogema Elementary.
4. **ECFE am and pm classes will both end April 27th for the school year. ECFE am and pm classes will resume the end of September.** I will send out a reminder in September for a starting date.

Kindergarten Kick-Start

1. Kindergarten Kick-Start is a school readiness program located in the Ogema Elementary School. Kick-Start is for children who will be entering Kindergarten the fall of 2010. Your child must be 4 years of age by September 1, 2009 to attend Kick-Start.
2. Kick-Start will be held during the regular school day, two days a week. There will be two groups of Kick-Start: Tuesday/Thursday and Wednesday/Friday.

Name of parent/guardian participating: _____

Name of child participating: _____

Address: _____ City: _____

Zip: _____ Home Phone: _____ Work Phone: _____

Age of child: _____ Birthdate: _____

Check class the child will be attending:

ECFE () Kindergarten Kick-Start: T/Th () W/F ()

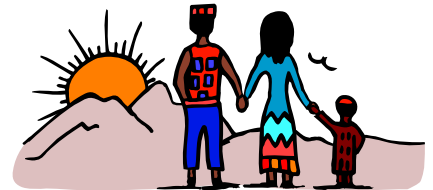
ECFE (Early Childhood Family Education)

**ECFE is for ALL families:
Dads, Moms, Grandparents, Guardians,
and their Preschool children (ages 0-5)**

At ECFE we believe learning begins at birth and the home is the first learning environment, thus making the parents a child's first and most significant teacher. ECFE values the important of the family and the need to reinforce the positive self-concept of all family members. Program activities encourage parent and child interaction-learning and growing together, as well as providing information, resources, support and encouragement to parents. ECFE was established to strengthen families, to help parents provide for their children's learning and development, and to help young children develop to their full potential. Please join us in this exciting task!

ECFE HAS:

- * Parent-child together activities
- * Family activities
- * Information on Community Education activities
- * Field trips and special events



WHY JOIN AN ECFE PROGRAM?

Parents benefit by:

- * Sharing a very special time each week with their child.
- * Getting acquainted with other families.
- * Sharing mutual concern and insights.
- * Getting recharged with new ideas and reinforced for old ideas that work.

Children benefit by:

- * Knowing there is a special time set aside for them.
- * Being involved in activities designed just for them.
- * Socialization with other children.

WHAT CAN ECFE DO FOR YOU?

- * ECFE gives you a chance to spend quality time with your child.
- * ECFE offers information and support to you as parents of preschoolers during these busy and growing years.
- * ECFE arranges a relaxing and caring place for you to enjoy special times with your child.
- * ECFE provides a positive introduction to the school district and encourages continuing family involvement through the educational process.

WHAT WILL TAKE PLACE DURING CLASS?

- * Sharing a special time with your child.
- * Discovery and learning activities will be set up for you and your child to explore and enjoy.
- * Child development information and alternative parenting techniques will be offered.
- * A teacher-led art activity that children and families can do together.
- * Book and songs and a light snack before leaving.



**For more information or any questions call:
Suzy Olson, ECFE/SR Coordinator, 473-6175**

Kindergarten Kick-Start

Kindergarten Kick-Start is a school-readiness program located in the Ogema Elementary School.

This class is held for children that will attend Kindergarten in the fall of 2010. Children must be 4 years of age by September 1st, 2009 to attend Kick-Start. This program will introduce your child to new concepts and skills that will help prepare them for their upcoming Kindergarten year and also help your child experience an easier transition into Kindergarten. The program's overall goal is to provide your child with a positive early childhood/preschool experience.



Why should my child attend Kindergarten Kick-Start?

Kindergarten Kick-Start is not only wonderful preparation for elementary school, it is a place where young children can meet, interact with each other, feel safe away from Mom or Dad, learn and have fun! It will: stimulate your child's imagination; aid in physical, social, cognitive, and emotional development; and provide opportunities for intellectual exploration.

Playing in a group gives your child a chance to learn how to share, take turns, cooperate, and solve problems. Playing with materials and participating in activities that are designed and selected specifically for young children help your child develop early reading, writing, science, art, math, and other useful skills. These activities will broaden your child's experiences and are springboards for later learning. The Kick-Start day is loosely based on the Kindergarten day, with different activities held at certain times. Our day is structure-based, meaning that the kids learn that the day is divided into many different parts which are described below.

What will my child be participating in?

- * Circle Time: Working on our large and fine motor activities, sharing, calendar, weather, and season activities. We also have our 2nd Step lessons during this time, learning how to manage our feelings and emotions.
- * Table Time: Learning the basic concepts and skills that will help prepare them for Kindergarten (learning how to write their names, numbers, letters, shapes, colors, writing and reading readiness, printing recognition, math skills). We also do art and seasonal and science activities during this time.
- * Breakfast/Lunch/Recess/Snack Time: Participating in the breakfast and lunch program here at school and also being able to play on our playground during our recess time. In the afternoon we have a snack time with milk and healthy foods.
- * Rest Time: Resting our voices and bodies while watching an age-appropriate video.
- * Play Time: Socializing and interacting with children their own age. Learning and working on their developmental skills with the different areas around the room.
- * Story Time: Increasing vocabulary, predicting, and developing story understanding.
- * Library and Gym: Being introduced to these special classes and meeting some different teachers they will have in Kindergarten!
- * Overall preparing and getting ready for the big year of Kindergarten!

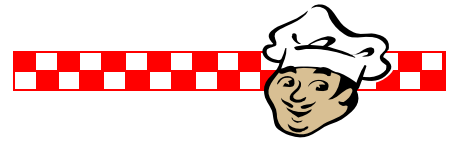


There are two groups of Kick-Start kids. One group is held on Tuesdays and Thursdays and the other is on Wednesdays and Fridays. Both groups attend Kick-Start during the regular school day. Children may be dropped off and picked up or ride the regular K-12 school bus to and from school.



**For more information or any questions call:
Suzy Olson, ECFE/SR Coordinator, 473-6175**

MENU FOR WAUBUN-OGEMA SCHOOLS (Grades K-12)



BREAKFAST

Mon, Wed & Fri- Cereal, toast or muffin, juice or fruit

Tues.- The lumberjack breakfast & juice

Thurs.- Cinnamon or caramel rolls, meat & juice

LUNCH MENU – MARCH 3 – APRIL 3

March 2- NO SCHOOL

March 3- Fajitas w/ Fixings, Corn Pears

March 4- Hamburger Gravy, Mashed Potatoes, Green Beans, Jello w/Fruit

March 5- Corn Dogs, Baked Beans, Corn Chips, Apple Juice

March 6- Fish Wedges, Mashed Potatoes, Peas, Cookie

March 9- Chicken Nuggets, Rice Pilaf, Green Beans, Fruit Salad

March 10- Cheeseburger/Bun, Fries, Pickles Slices, Applesauce

March 11- Chicken Drumstick, Baked Potato, Broccoli w/cheese, Pineapple

March 12- Chow Mein, Rice, Noodles, Carrot Sticks, Orange Wedges

March 13- Omelets, Hashbrowns, Orange Juice, Biscuit, Strawberries

March 16- Chicken Patty/Bun, Fries, Pickle Spears, Rosie Applesauce

March 17- Crispito w/Fixings, Cooked Carrots, Peaches

March 18- Hot Ham & Cheese, Tator Tots, Carrot Sticks, Pears

March 19- Soft Taco, Lettuce, Cheese, Sour Cream, Salsa, Corn, Pineapple

March 20- Cheese Pizza, Lettuce, Green Beans, Ice Cream

March 23- Pork Steak, Mashed Potatoes, Gravy, Corn, Fruit Snack

March 24- Chicken Nuggets, Rice Pilaf, Broccoli w/Cheese, Pears

March 25- Italian Dunkers, Lettuce, Green Beans, Apple Juice

March 26- Hotdish, Peas & Carrots, Banana

March 27- Fish Fillets, Tater Coins, Peas, Orange Juice

March 30- Taco w/Chips, Lettuce, Cheese, Sour Cream, Salsa, Shape Up

March 31- Hamburger/Bun, Fries, Corn, Apple

April 1- Corn Dogs, Baked Beans, Corn Chips, Apple Juice

April 2- Spaghetti, Garlic Bread, Lettuce, Mixed Veg. w/Dip, Trix Yogurt

April 3- Fish Wedges, Mashed Potatoes, Green Beans, Cookie

April 6- Chili, Crackers, Cheese, Carrot Sticks, Mixed Fruit

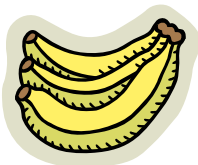
April 7- Hot Dog, Tator Tots, Pickle Slices, Pineapple

April 8- Turkey Gravy, Mashed Potatoes, Corn, Craisins, Ice Cream

April 9- Pizza, Cooked Carrots, Lettuce, Peaches

April 10- NO SCHOOL....

**FRUIT, MILK & BREAD SERVED WITH EACH MEAL
MENU SUBJECT TO CHANGE**



**NO SECONDS WILL BE SERVED
EXTRA MILK WILL COST \$.20 EACH**

Check out our website:
www.k12.mn.us



SPRING IS COMING!

On the Move

Waubun-Ogema-White Earth Community Education and Early Childhood Family Education

Education Program

is the part of the school district designed to link the schools and community.

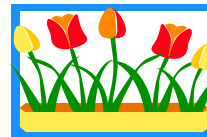
Because the school building belongs to you- the public- we like to give you every opportunity to get into the classrooms and do some learning yourself.

We are always looking for individuals who would like to share their hobbies, talents, and skills by teaching a Community Education class. Most instructors are not professional teachers. They are community people like you who enjoy being with people and sharing their talents. Instructors are paid.

Registration Information:

Pre-registration is necessary when noted to confirm that there are sufficient numbers available to guarantee that the instructor will be paid. When classes have limited registration, they will be on a first come, first serve basis.

If you have any interest in teaching a class or suggestions for instructors, please call Carolyn Spickard at 218-473-6163



Writing Folk History

Have you wanted to capture the essence of a funny family event, or a meaningful hunting trip? Or, maybe Grandpa was quite the character and if you want put down in writing of his escapades. Folk History is the medium for doing this. It is history from the human perspective. This class will provide the background and opportunity for getting started on your family's Folk History. Participants should plan to attend all three sessions.

Offered: Three Wednesdays in March

Instructor: Becky Hastad

Cost: \$5.00 per class

Dates will be announced

55 Alive– 8 hour and 4 hour classes offered.

55 Alive-8 hour class

This class teaches basic accident avoidance skills. It also allows a discount on you insurance. This class is 8 hours in length–

4 hours each evening

April 14th & 15th, 2009
Time: 4:00-8:00 PM

55 Alive-4 hour Refresher Class

This 4 hour class is to required to maintain the senior citizen automobile insurance discount. The course must be completed every three years following the 8 hour Defensive Driving Class.

Seniors (age 55 +) who complete the class.

April 21st, 2009- 4:00-8:00
Time: 4:00-8:00 PM

Instructor:

Kathleen Sullivan

Place: Waubun Media Center

Cost: \$20.00

Pre-registration is required

Call Carolyn at the High School Office @473-6163

for registration.

Prairie Fire Theatre is Back
Presents Beauty and the Beast
During the Summer Recreation program

ALP NEWS

The Alternative Learning Program is up and running for the 08-09 school year. I am asking that students who have ANY textbooks from the ALP to please return them. Also, please check in weekly in order to maintain active status in the program. Failure to do so may result in termination from the program. Graduation is approaching fast and students need to complete assigned work to qualify for graduation from WOVE Community Schools.

My phone number is (218) 473-6120. I can be reached Monday – Wednesday from 8 a.m. to 3 p.m. On Thursday and Friday, I can be reached from 12:30 to 3 p.m.



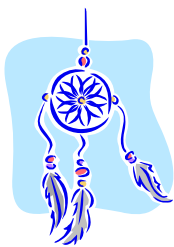
SUCCESS FOR THE FUTURE NEWS

The after school program is going well this year. We offer various activities daily, Monday through Thursday. Some of the activities are After School Art, Recreation Club, Beading and Reading, Drum and Dance, Sons/Daughters of Tradition and Tech Club. Tutoring is also available on Tuesday, Wednesday and Thursday. Mrs. Smith has done some college campus visits as well. Students have been working on cultural art projects with Mrs. King to enter in the upcoming Artist Competition in Detroit Lakes on March 6, 2009. Great job young artists and thank you to Mrs. King. Students are also working on dance regalia with Lera Hepner for a powwow in the spring. We are also in the process of getting a quiz bowl team to represent WOVE Community Schools at various competitions around the state of Minnesota. Our first competition as a team is at MSCTC on March 6, 2009 in Detroit Lakes, MN. Students are looking forward to the competition and to show their knowledge of Ojibwa language, history and culture.



GOOD LUCK TO THE WAUBUN BOMBER OJIBWA CLUB

Coaches are Joe Allen, Title VII and Patti DeGroat, SFTF Coordinator



Alp will be closed March 16-20



The "AR SPEEDWAY" IS OPEN FOR BUSINESS!

The 5th and 6th graders this year for Accelerated Reading are counting words as miles so that they may race around "AR SPEEDWAY" that circles the West Wing. Kids earn Memberships to the "Miles Clubs" after



they have read 100,000 words that equals 100,000

miles. We have one 2,000,000 miles member and she is Taylor Makey with 2 million 236 thousand miles. We also have four others who are close to her bumper. Come and see our track and all the cars circling our wing

1,000,000 Miles Club

Crystal Bice

Taylor Makey

Franki Paul

Kaitlyn Murray

Hattie Dorman

750,000 Miles Club

Crystal Bice

Taylor Makey

Kaitlyn Murray

Paige Haverkamp

Hattie Dorman

Franki Paul

Jenna Burkhardt

Sam Revier



500,000 Miles Club

Crystal Bice

Taylor Makey

Kaitlyn Murray,

Hattie Dorman

Paige Haverkamp

Franki Paul

Channing Olson

Carrie Kologi

Sam Revier

Nathanael Syverson

Haley Warren

Sage Rojas

Natalie Lerud

Kaitlan Kier

Jessica Foster

Jenna Burkhardt

Desirae Heisler

Bemised Warren

1000,000 Miles Club

Crystal Bice

Taylor Makey

Kaitlyn Murray

Frandi Paul

Hattie Dorman

Justin Bellefeuille

Carrie Kologi

Nathanael Syverson

Trevor Borgrud

Michael Anderson

Kayla Magee

Haley Warren

Caitlyn McArthur

Bemised Warren

Paulette Fairbanks

Abby Roggenkamp

Paige Haverkamp

Desirae Heisler

Jack Fare

Nathan Tow

Ethan Benson

Kelsey Helms

Dylan Swanson

Cole Thompson

Ryan Olson

Kortney Turbin

Natalie Lerud

Brooklyn Spry

Kaitlain Kier

Hannah Lanoue

Nichole Yost

Tate Voss

Sage Rojas

Jessica Foster

Channing Olson

Nick Syverson

Ryan Weber

Jordan Spaeth

Reba Lego

Brooke Lunde

Dylan Donner

Alexis Heisler

Kyle Wothe

Alisa Bevins

Chandler Smith

Hunter Clark

Sadie Fabre

Aimee Azure

Sierra Stillday

Jacob Haugo

Erika Bellanger

Corey Weaver

Kneaka Warren

Monte Bower

Brittany Basswood

Dayna Thompson

Lance Trusty

Darius Wood-Steichen

Devon Hanks

Jarred Whitener

Brianna Bly

Jessica Fuhrman

Zach Beaupre

Matraccia LaGue

Logan Dakota

Ann Johnston

Christian Smith

Joseph Holt-Vik



250,000 Miles Club

Crystal Bice

Taylor Makey

Kaitlyn Murray

Franki Paul

Hattie Dorman

Kaitlain Kier

Jenna Burkhardt

Abby Roggenkamp

Nathanael Syverson

Sage Rojas

Jessica Foster

Sam Revier

Haley Warren

Natalie Lerud

Paulette Fairbanks

Desirae Heisler

Bemised Warren

Hannah Lanoue

Dylan Swanson

Cole Thompson

Brooklyn Spry

Jack Fabre

Caitlin McArthur

Tate Voss

Brooke Lunde

Nick Syverson

Jordan Spaeth

Nathan Tow

Reba Lego

Ryan Olson

Carrie Kologi

Resources for Childhood & Adolescent Stress

Websites

<http://www.extension.umn.edu/distribution/familydevelopment/components/7269-1.html>

<http://kidshealth.org/parent/emotions/feelings/stress.html>

<http://www.athealth.com/Consumer/disorders/childstress.html>

<http://www.focusas.com/Stress.html>

http://www.acs-teens.org/resources/parent_tips/adolescent_stress.php

http://www.aacap.org/cs/root/facts_for_families/helping_teenagers_with_stress



Area Mental Health Services

Lakeland Mental Health Center – Detroit Lakes (218) 847-1676

Lakes Crisis and Resource Center – Detroit Lakes (218) 847-7446

Merit Care Detroit Lakes (218) 846-2244

Merit Care Mahnomon (218) 935-2514

White Earth Indian Health Services (218) 847-6325

White Earth Mental Health (218) 983-3285, ext. 1284

Lutheran Social Services – Detroit Lakes (218) 847-0629

Stellher Human Services (218) 371-4590

Drake Counseling – Detroit Lakes (218) 844-5191

Solutions – Detroit Lakes (218) 844-6853



WAUBUN, OGEMA, WHITE EARTH COMMUNITY SCHOOLS
"Always Striving For Excellence"

INDEPENDENT SCHOOL DISTRICT #435
MITCH ANDERSON
Superintendent/Ogema Principal
Phone: 218-473-6171

1013 3RD STREET
JOE H. MERSETH
Asst. Superintendent
218-473-6171

1013 3RD STREET
HELEN KENNEDY
Waubun Principal
218-473-6173

WAUBUN, MINNESOTA 56589
Waubun School-Grades 5-12 218-473-6173
Ogema Elementary-Pre-K-4 218-473-6174

Dear Parents/Guardians:

With the stress of our economy and the recent tragedies in our surrounding communities, our children may be feeling more anxiety and stress than usual. During these difficult times we need to be more aware of the impact of that stress on our kids. There are physical, emotional, and behavioral symptoms of stress of which we should all be aware.

Following are some possible **signs of stress** in our children:

- Difficulty concentrating, eating, sleeping or breathing
- Headaches, stomachaches, or vague stomach pain
- New or recurrent bedwetting, nightmares or other sleep disturbances
- Other physical symptoms with no physical illness
- Anxiety or worry
- Whining, crying, or the inability to control emotions
- New or recurring fears (fear of the dark, being alone, strangers, etc.)
- Questioning or refusing to communicate
- New or increased aggressive or stubborn behavior
- Regression to behaviors that are typical of an earlier age
- Unwillingness to participate in family or school activities
- Isolation or withdrawal from family or friends
- New or increased use of mood-altering substances

Ideas to **help your children manage stress** in healthy ways:

- Develop awareness of situations/events that may cause stress, for example, new experiences, fear of unpredictable outcomes, unpleasant sensations, unmet needs and desires, traumatic events (even though they may not be directly impacted) and loss
- Monitor what your children watch on television and the internet as well as the music they listen to – avoid violent or fear inducing material
- Spend calm relaxed time with your children, providing attention and encouragement
- Encourage your children to ask questions and answer the questions as honestly as you can
- Encourage expression of concerns, worries, or fears
- Listen to your child without being critical, don't brush off problems with "don't worry", acknowledge what your child is saying and feeling
- Encourage physical activity
- Take your children seriously – most teens try to handle their problems alone or by talking to their peers because they feel that adults don't see the importance of their problems or pressures.

If you find that your child's stresses or anxieties do not improve, do not hesitate to seek professional assistance. There are helping adults in the school that can talk to your children. In addition, referrals to outside agencies can be made by the school at your request. If you feel that your child is at risk of harming themselves or others, call 911 for emergency assistance

Helen Kennedy
Sincerely,

Check out the School website at:
[Http://www.waubun.k12.mn.us](http://www.waubun.k12.mn.us)

**Wrestling
State
Tournament**

March 4-7

GO BOMBERS!



Waubun-Ogema-White Earth
Community Schools
Independent School District #435
1013 3rd Street, Box 98
Waubun, Minnesota 56589

Non Profit Organization
U.S. POSTAGE PAID
WAUBUN, MINNESOTA 56589
Permit No. 1

BOXHOLDER

