

Through Tiger's Eyes

Delano High School's Family Newsletter

Preparing Your Student for Life After High School

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2010

First, let me thank in advance all parents and students who attended the all-important registration conferences on Monday, February 1. These critical meetings with advisors are crucial to the successful and informed decision making process regarding courses to be taken next school year. It is our intention at Delano High School to provide you with as much information as possible, and an opportunity to meet face to face with your student's advisor regarding course selection. Please feel free to contact your student's advisor regarding any questions you may have about the registration process.

Throughout the course of this school year, teachers and administrators have been having excellent professional dialogues regarding the ability to provide the very best educational experience for all students at DHS. These conversations have moved quickly from evaluating student performance and achievement on our state tests to reviewing information provided by stakeholders representing measured standards needed to be successful in any post-secondary institution. In other words, our conversations have moved from, "What does it take for our students to graduate from high school?" to "Are our students college ready to take the next step in their education?" For many years Delano High School has established a tradition of making certain **ALL** students have the skill set necessary to graduate from high school. In the culture of continuous improvement, our staff wants to be sure that all students graduate **AND** are fully prepared to be successful at any post-secondary

institution of their choice.

Based on statistics from the past few graduating years, the following trends of student choices after graduation are as follows:

- 75% attend a four year college
- 19% attend a two year program
- 5% transition into work
- 1% enter the military

It is no longer good enough just to graduate from high school. We have to focus on preparing our students to be ready to make the transition into a two or four year college and be successful in their coursework.

A full 94% of our students transition into additional education that requires a necessary skill set to be successful that is acquired in high school. **Just what is college readiness?** According to the ACT organization, "College readiness refers to the level of student preparation needed to be ready to succeed, without remediation, in an introductory level course at a two or a four year institution, trade school, or technical school." ACT has articulated this readiness numerically that is measured on the Explore test, which is taken in 8th grade, the PLAN test, taken in 10th grade, and the ACT test, typically taken in grades 11 and/or 12.

These scores are represented in four major subject areas including English, Math, Reading, and Science. These

college readiness benchmark scores are the minimum scores needed in each subject area that will indicate, "a 50% chance of obtaining a B or higher or about a 75% chance of obtaining a C or higher in the corresponding credit-bearing college courses." Currently, our staff has taken and will take additional time to review curriculum and match them not only to state standards, but the standards established by ACT, in order to prepare our students to be college and career ready after high school. In my opinion, it is no longer good enough just to graduate from high school; we have to focus on preparing our students to be ready to make the transition into a two or four year college **AND** be successful in their coursework.

I hope that you all find the information in the newsletter to be informative and beneficial for you and your son or daughter regarding the multitude of opportunities and activities provided at Delano High School.

**-Matthew W. Schoen
HS Principal**

How Lack of Sleep Affects Your Teenager

Is your teen irritable or unreasonable? It could be due to lack of sleep. Links have been found between lack of sleep and academic and behavioral problems. A recent article by R. Dahl and D. Lewin, professors of psychiatry and pediatrics at the University of Pittsburgh, noted that teens that lack sleep have shown lower self-esteem, more depressive symptoms, poor coping skills, trouble with peer relationships, problems with self control, fatigue, decreased memory and poor concentration. They may be impulsive, poorly motivated, crabby, hyper, and have difficulty paying attention; much like a toddler that needs a nap. Teachers see students yawning, spacing out, dozing off, and fidgeting to stay awake in class when they have not had enough sleep and this can result in lower academic achievement. Responses are slowed when sleep is not adequate and this can impact athletic ability or even lead to car accidents. If you are interested in information related to driving and lack of sleep, take a look at this link: <http://www.nhlbi.nih.gov/health/public/sleep/aaw/brochure.pdf>.

At school, the lack of sleep compromises learning by affecting memory, ability to maintain attention and also abstract thinking skills. Without adequate rest, the immune system

does not work as well either and it may be more difficult for the body to fight off infection which leads to increased illness and absenteeism.

Lack of sleep in teens can lead to lower academic achievement and behavioral problems.

Many teens stay up late because of homework, extra-curricular activities, or part-time jobs. This combined with the need to get up early for school leaves many adolescents with a lack of sleep. Most adolescents need 9-10 hours of sleep each night. They require more sleep when going through times of rapid growth, as during puberty. Sleep is the time when your body re-energizes for the next day. The muscles relax, the heartbeat slows, blood pressure drops, and your temperature drops a little too. See what sleep is and why kids need it at this http://kidshealth.org/kid/stay_Healthy/body/not_tired.html.

What should you do if your teen is not getting enough sleep? Set a regular bed time. Offer a calming bed time routine with dim lights. Help relax their mind by having them avoid things that may send their thoughts racing like a scary movie or exciting video

games. Have your child avoid food and beverages with caffeine after 4 pm. Promote regular exercise but not just before bedtime. Use the bed only for sleeping so their body associates the bed with sleep. Make sure your child has a sleep environment that is quiet, dark, and a little cool. The Mayo Clinic offers Ten Tips for Better Sleep at <http://www.mayoclinic.com/health/sleep/HQ01387>.

If you would like more information about teens and lack of sleep, you may be interested in this article from *Child Development* that looks at the effects of adolescent sleep loss. It is at <http://rhodeslab.org/files/sleepless.pdf>.

Sleep deprivation has also been associated with emotional disorders such as depression and anxiety and may also be mistaken for ADHD. If you have concerns about your child or teen sleep habits, try some of the tips offered here or in the links provided. If you have concerns about disorders that may be associated with your child's lack of sleep, please consult your health care provider.

- Jane Larter, RN, LSN, CNP
Delano District Nurse

DAEF Gala - Saturday, February 6 Tickets Are Still Available!

The Delano Area Educational Foundation (DAEF) was formed to enhance the educational opportunities by providing grants for projects and programs that benefit our students and educational community. Since its inception six years ago, DAEF has awarded grants and established an endowment in excess of \$30,000. Grants have included technology items for each school. The DAEF Gala is the main fundraiser of the year. Last year's gala raised over \$18,000 which directly benefitted the students of the Delano School district.

The theme for this year's gala is "Treasures of the Caribbean." It is set for Saturday,



February 6, at the Rockford Town Hall. A wonderful evening is planned, including a social hour, dinner, silent auctions, raffles, and door prizes. Following the live auction, gala attendees can dance the night away to music provided by disc jockey John Fitzer.

To find out more about DAEF, log on to www.delano.k12.mn.us, and click on Delano Area Educational Foundation under "Around the District."

DAEF makes a difference in the lives of children at Delano Public Schools.



Happy
Valentines
Day!!



Two Students Brought Together by an Uncommon Language

As fate may have it, sophomore Katya Gould and senior John Trousov crossed paths at Delano High School this year. They met because Katya struggled with English and John spoke Russian.

Katya Gould was born in the Ukraine. In the Ukraine, Katya's biological parents were Moldovan and spoke Moldovan and Ukrainian in their home. The Ukraine was part of the Soviet Union until gaining its independence August 24, 1991, when it became a European country. Therefore, nearly all Ukrainians speak Russian as well as Ukrainian. At the age of 6, Katya was placed in an orphanage and was adopted by Amy and Stephen Gould of Montrose, MN, when she was 15. The first year in Minnesota, Katya went to Buffalo High School to work on her English skills. They have an English Language Learners (ELL) program in which she was enrolled. After one year in Buffalo, she desperately wanted to attend Delano where her younger sister and brother go to school.

Mrs. Nancy Stellrecht, DHS On-Line Learning Instructor, began helping Katya with her English skills and proficiency in taking tests. Mrs. Stellrecht struggled at times teaching Katya, as it is difficult to translate English words and concepts into Russian as the languages are structurally so diverse. As time progressed, and Mrs. Stellrecht continued to work with Katya, John Trousov poked his head into the on-line learning classroom and a relationship was born. John was the answer to Katya's struggles. John spoke Russian and was able to assist Katya in her understanding of English terms and concepts by interpretation. In a small school district with a population with little cultural diversity, it is rare to find help for a student born and raised in the Ukraine.

John Trousov's parents were born in St. Petersburg, Russia. They moved to the United States in 1991. From birth, John has spoken Russian at home. His family began speaking English when they adopted some American children. John is actively involved in the drama department at DHS, participating in many theater productions. He also participates in his church youth group. His aspirations after high school include attending Regent University in Virginia Beach, VA to study political science, government and a possibility of a pre-law major. Katya also has college plans in her future. She would like to become a multi-language interpreter.

Both Katya and Jon feel fortunate that their paths crossed. Katya feels lucky for the opportunity to work with another student who speaks Russian and can assist with her homework and English skills. John was enthused to find another person that spoke his native language, Russian. As fate would have it, this was an opportunity that allowed one person to help another who didn't have the resources to solve a problem.

Even in the small town of Delano, in a classroom at Delano High School, a friendship was formed because of a language barrier. Now, that barrier has been broken down and two students will never forget their chance meeting, the help that was had, and the lessons that were learned.



DHS Students Reach Out to Help the Destruction in Haiti

National Honor Society students, with the help of Shallyn Tordeur, DHS's SWAS Coordinator, are selling t-shirts for \$7.00 each to students and staff with all the profits going to the Red Cross Haiti Relief Fund and the Haiti Emergency Children's Fund. That is \$5.00 per shirt. The t-shirts feature a picture of Haiti on the front and the saying, "I helped Save a Life... You can too!" on the back.

John Fitzer's Spanish III class took a trip to **Kids Against Hunger** in New Hope to package meals for the people of Haiti. Upon arrival, they watched a video, which taught the students about the country of Haiti. Then they proceeded to package 4,968 meals in one hour. As senior Aaron Uherek expressed, "I didn't think such a tiny action of scooping dried

vegetables was helping so many people." Thank you to Youth As Resources (YAR) for supplying the funds for transportation and a \$5.00 donation per student. In addition, the National Honor Society, Student Council and Spanish III personal donations provided \$1050.00 to pay for the food that was packaged. Helping those people devastated by the destruction of the earthquake was a meaningful experience that will bring joy to those that served and food to those that will receive.



Build a "College-Going" Culture

When we build a college-going culture at home for our children, they receive positive and consistent messages about the importance of their goals and academic achievement. Our conversations with our children need to revolve around "where" and "how", not "if" they are going to continue their education after high school.

Beginning at an early age, we can begin to talk to our children about setting goals, educational options and career opportunities. We can also expose children to a variety of learning opportunities by taking them to visit college campuses, attending collegiate athletic events, and exploring museums. We can also give our children a powerful message about the importance of college by continuing our own education. There are many positive reasons to continue our education no matter what stage of life we may be in. Whether or not we have attended college, there are many resources to help us pursue a degree, or simply take a course for our own personal enhancement and enjoyment.

We are our children's primary role models. By choosing to go back to school, we must hold ourselves to the same high standards and expectations we have for our children—so get ready to work hard and get straight A's!

On the internet you will find many sites that explore the topic of creating a "college-going" culture in your home. These websites apply to students and parents. Take a look online, this may help support your desire to continue your own education while encouraging your children to set goals and create a path for themselves.

-Susan Farbo, HS Guidance Counselor

**"Education is not preparation for life;
education is life itself."**

*-John Dewey
American philosopher, educator and writer*

One Act Play "Defying Gravity" Wows the Crowd in St. Cloud!



The cast from *Defying Gravity*, pictured above, have taken their one act play on the road, performed at the One Act Festival in Delano, January 23, and will perform at the 2AA sub-section contest on January 30, 2010 for family members and community members. During their first performance in St. Cloud, the actors and actresses received a positive critique from the judges. *Defying Gravity* is a serious drama about the NASA Challenger space tragedy.

The cast includes: Haley Kraus, as the teacher, Clare Schmidt, as her daughter, John Trousov, Autumn Ike, Nick Meyerson, McKay Elwood, Rachel Braden, Emily Holm, Allison Field, Ben Nolan, Evan Lemmerman, Kaeli Todd, Abby Bohler, Liz Roering and Lee Peterson. The crew includes: Rachel Bodin, Tori Shaffner, Amanda Goedeke, and Ann Kliczcx. The play is directed by Barb Roy.



News from the Activity Department



On Tuesday, December 29, 2009, Delano senior Ann Berglund was awarded the Star Tribune and Hardware Hank Athlete of the Week for her participation as an athlete, her wonderful academic record as well as her commitment to community service. Ann sets a great example to other students off the basketball court as well as on. The senior guard, who carries a 4.0 GPA, also volun-

teers at the Delano Senior Center and in school for mentally challenged students as well as numerous other activities. **Congratulations Ann!**



Spring Activities Registration Night

Who: For all grades 7-12
When: Tuesday, March 9, 5:00-7:00 pm
Where: Activities office in the High School

This registration night is for parents who cannot get their students registered for their spring activity during the school day.

Traffic Congestion and Limited Parking

The once unnoticed and now annual, usually daily, issue of parking and traffic on our campus continues to be a concern for everyone who enters campus near the 8:00 hour. Creative solutions are continually being considered in order to solve the Delano morning rush hour.

The issue of parking has been discussed in length over the past couple of years. Since we now have more drivers than parking spaces available for students, we have needed to create different solutions to resolve the parking issue. We have limited the number of permits issued to students. Permits are issued by priority beginning with seniors. The priority list also considers factors such as students attending Wright Technical classes in which they need to be at school to catch a 7:30 am bus to Buffalo. Students that are involved in extra curricular activities, assigned to work program, or work release are also given a priority rating. With too many drivers, and not enough spaces, there are going to be conflicts, but so far we handle them as they come to us.

This school year a new issue has arisen, the "rush hour" at 8:00 am. Elm Avenue from the east and west and Tiger drive from the south are a log jam for about 10 to 15 minutes each morning. We have been looking into this problem and are seeking a reasonable solution. Your help could assist in alleviating this congestion. Some ideas include car pooling with another family or leaving your house earlier in the morning. We are also exploring an idea for a more efficient traffic flow by experimenting with an alternate flow of traffic in and out of the school to hopefully double the drop off rate.

With the assistance of everyone, we can begin to reduce the length of time some of you have been spending waiting to get to school. By utilizing one or more of the solutions listed above, drop off wait time will be reduced as well as frustration levels.

-Joe Vieau
Assistant Principal

Tiger Showcase Fun!



February Calendar

1	HS Registration Conferences Teacher's Classrooms	4:30-8:00 pm
6	DAEF Gala ACT Test	6:00 pm
8-12	Winterfest Week	
8	HS Math Meet	
9	HS Site-Based Meeting	7:15 am
15	Presidents Day - NO SCHOOL	
22	HS Conferences Teacher's Classrooms	4:30-8:00 pm

March Calendar

1	HS Band Large Group Contest	
3	HS Student Council/NHS Blood Drive	
4	ACT Registration Deadline for April 10 Test	
8	HS Choir Large Group Contest HS State Math Meet	
9	HS Site-Based Meeting	7:15 am
	Spring Activities Registration Night	5-6:30 pm
	High School Activities Office	
11	CAC Meeting	7:00 pm
18	HS Band Solo Ensemble	
26	HS End of 3rd Quarter	
27-April 2	Spring Break - NO SCHOOL	

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