



Annie Griffin  
Superintendent

## WASHAKIE COUNTY SCHOOL DISTRICT #2

Robert Griffin  
Principal

May 2023

### Principal's Corner

#### Senior Trip

We had an amazing time with several new experiences for our senior class. Most of them saw their first Armadillo and a few saw their first live alligator. For some it was the first time playing in the ocean. We visited both the Gulf Coast and Atlantic Coast and yes we did experience part of the massive sea weed blob. We went to Universal Studios and had a great time highlighted by 2 adventure rides. Surprisingly the water ride themed after Popeye was ridden more than any other ride in the park. The second most popular ride was the Veloci-raptor. It currently ranks as the number one roller coaster in the world. I think the experience was best summoned up by a quote from Kinley Anderson "It was crazy awesome" or maybe by Jilley Miller at first sight of the roller coaster "I am definitely not going to ride that thing" by the end of the day "I bet we can make it one more time through the line it is going to be even better at night also we have to get the first seat".

Also one of the days we spent on the beach happened to be a practice day for the Cocco Beach Air-



show. This also was a highlight from the trip as we saw several demonstrations and they flew mostly right over our head. Finally a little shenanigans involving 2 frogs in Walker's show might be the most remembered event from the whole trip. Thanks for the great time Class of 2023. Also a huge thank you to all of you who helped make this possible.

#### Wytopp and ACT

Testing season is nearly wrapping up and we have been pleased with the significant growth our students have demonstrated. I will share more results in next month's letter. We will wrap up testing next week and are excited to see the results of our students and teachers' efforts.

#### Teton Science

Our 6th grade students are having a blast at Teton Science. This trip will also include a stop at the Dubois Military Museum. This is a week-long trip filled with tons of field experiences that create a once in a lifetime learning opportunity.

#### FFA State Event

Ten Sleep Schools had the largest group of members attend State Convention since our chapter was chartered in 2005. We had 19 students step up with confidence.

It was awesome to see the

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## Principals Corner

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look on our students' faces when they realized their names were being called to the stage to accept their awards. Even cooler...seeing them support and lift each other through the whole week. I am proud of each and every one of my members. They were kind, polite, and easy to work with - understanding that at times they had to wait their turn or let others be the focus as Mr. Thoren, Mr. Shoopman and I got students to the correct contest and our industrial tours. And speaking of industrial tours, Truss Craft a truss manufacturing company, complimented our students on being the most engaged, well mannered, with intelligent questions, group all week! I love that I can count on our students to show Pioneer Pride in themselves. I already have students asking to participate next year and looking forward to improving.

Thank you school board for allowing me this opportunity to show off our kiddos!

### Results-

#### Agricultural Mechanics

1st in the Team Competition

3rd Team at State

Kruze Forshee highman #17

Kiyoshi Smith #19

Walker Cooper #25

Erik Harstad #44

#### Junior High Horse

7th in the State!

Breckyn Dykstra highman #8

Allie Griffin #34

Belle Starbuck #39

Karidee Gossins #41

#### Poultry

Eliza Whitlock highman #16

Team Members Payton Nor-

man, Brooklyn Norman, Kati-

lyn Harstad

#### Environmental and Natural Resources

12th at State

6th in Team Activity

Keller Dehmel highman overall

Matthew Blutt highman identification

Team Members also include:

Christopher Blutt and Nicholas Blutt

#### Agricultural Sales

16th at State

Exam Scores top two

Bree Jackson 72 highman

Kinley Anderson 68

#### Individual Sale

Kruze Forshee 132 highman

Bree Jackson 124

Cameron Carter 114

Kinley Anderson 92

#### Team Activity

Bree Jackson 196 highman

Kruze Forshee 180

Cameron Carter 174

Kinley Anderson 160

Congratulations Matthew Blutt and Liam and Layne Jordan for winning "people's choice"! These fellas had 1500 people to their feet!

Congratulations to Kinley Anderson who will serve Wyoming as the 2023-2024 Wyoming FFA State 2nd Vice President.

And thank you to our school staff for sending your love and support through the week. All those who traveled to State Convention felt it!





## Swimming Lessons

Swimming Lessons at the Worland Aquatic Center will be available to Ten Sleep students Monday thru Thursday June 5th thru the 8th and June 12th thru the 15th. Lessons will be from 9:50 to 10:30 and the bus will leave the school here at 9:00. There is a registration flyer attached to this newsletter. Please register your children and return the registration and payment to the school by May 19th. Lessons will be \$65.00 per child and please make those checks out to the Worland Aquatic Center. An additional \$10.00 per family fee is required to help defray transportation costs. Please make that check out to Washakie County School District #2.

## Driver's Ed

Do you want your teen to take a class that teaches skills that have the potential to be used almost every day for the rest of their lives, save them from \$400 fines and save you money on insurance premiums? It's not English Lit, or Trig or even American History or Chemistry. It's DRIVERS EDUCATION!!

Due to scheduling conflicts, Drivers Education Class will be a bit broken up this year. We will begin Tuesday, May 30th through Friday June 2nd then resume on Monday June 12 through Friday June 16. Cost for the course is \$75.00 for in district students and \$150.00 for out of district. Students must have either a driving license or permit before taking this course. Classes will be held from 8:30 OAM until 4:30PM daily (with the probability of running later on driving days). The front door to the school will be open for student access. Please bring pencil & paper as the rest of the instructional material will be provided. Lunch will not be provided.

Each student will drive approximately 6-8 hours and observe at least 12 hours. Students will practice driving on dirt roads, residential areas, 2 lane highways as well as the interstate. Please contact Mr. Ernie Beckley at 307-272-2295 with any questions and contact the office 366-2233 x 420 if you wish to enroll your student.

**First Grade celebrating reading over 1000,000 words this year!**





## Love and Logic

How early in a child's life can we start Love and Logic? This is a question we hear from callers who have very young kids. From a Love and Logic perspective, we believe that you can start as soon as they spit their pureed food or crawl away from you when you are changing their diaper.

There are some myths about working with young kids that sometimes cause adults to wait before working with their little ones. Let's take a quick look at four common myths.

**Myth #1: Discipline and Learning Require Language.** Some kids cannot learn or benefit from positive parenting discipline until they are able to converse. Kids begin learning from a very early age, before they can communicate verbally. We believe that wise parents begin Love and Logic early with simple loving actions—not words.

**Myth #2: A little Child Cannot Remember and Learn,** Parents soon learn never to underestimate what children can remember. For example, kids will never let you forget that you promised them their favorite snacks!

**Myth #3: Setting Limits Will Break a Young Child's Spirit.** Some parents avoid setting limits because they worry about making their toddlers angry. However, children whose parents make them happy all the time will often experience a major shock when they grow up and face undesired consequences.

**Myth #4: Limits and Consequences Interfere with Attachment.** Healthy bonding and attachment are essential for children. Some people believe that parents should never use limits or consequences with kids because it will interfere with parent-child attachment. We agree that consequences delivered with anger, threats, and lectures can damage the relationship between adults and children. However, limits and consequences delivered with genuine empathy in a calm and caring tone of voice will build healthy relationships and strengthen bonds.

Fortunately, the basic process for starting with very young children is very simple.

**Step One:** Pray for misbehavior. Mistakes made early in life have far more affordable consequences than those made later.

**Step Two:** Sing an empathetic, "Uh oh."

**Step Three:** Provide a loving consequence. There exist only three basic consequences for small children.

- Change your location by walking away and paying no attention to them.
- Change the location of the problem object by taking it away.
- Change the child's location by carrying them to their room, buckling them into their stroller, etc.

**Step Four:** Repeat as needed. When parents repeat this basic process with great consistency, they find that they only get to the second step most of the time. Quite quickly, their tots learn that "Uh oh" means that it's wise to start acting sweet!

For more on how to raise young kids with Love and Logic, we highly recommend our book, [Love and Logic Magic for Early Childhood](#). It contains a wealth of information and insight into parenting during the critical early years of a child's life.

Parents often call us just after they have had an intense argument with their child. They are usually very upset and feel guilty about getting angry and shouting, but don't know how to turn things around with their kids.

These arguments follow a similar pattern. The child has done something inappropriate or not done something that should have been done, such as a chore. This causes frustration for the parent and their frustration bursts out in commands delivered in an angry tone of voice. This triggers a defensive response from the child, and the argument escalates into a power struggle between the adult and the child.

Love and Logic parents understand that the key to avoiding this pattern is to avoid commands, lectures, threats, and an angry tone of voice. Instead, they try to neutralize the arguing by using thinking words delivered with genuine empathy. What are thinking words? Here are some

examples of situations with fighting words and their corresponding thinking words.

A child has said something unkind and in an inappropriate tone of voice to the parent:

**Fighting Words:** "Don't talk to me in that tone of voice!"

**Thinking Words:** "You sound upset. I'll be glad to listen when your voice is as calm and respectful as mine."

A child didn't do a chore on time:

**Fighting Words:** "I want that car washed now!"

**Thinking Words:** "I'll take you to your soccer practice as soon as the car is washed."

A child is procrastinating about homework:

**Fighting Words:** "Go do your homework now!"

**Thinking Words:** "Feel free to go play with your friend when your homework is done."

Two kids are arguing and fighting:

**Fighting Words:** "Stop that fighting! Be nice to each other!"

**Thinking Words:** "You guys are welcome to come back as soon as you work that out together."

There are two key elements to effective thinking words. First, they must be based on enforceable limits. If the parent uses unenforceable limits, the child still has control and can refuse to cooperate. With enforceable limits, the adult has the control, which opens the door for the child to learn from the consequences of not cooperating.

The second element is empathy. Without empathy, even the right thinking words can result in an argument. Empathy helps the child remain calm so that thinking about the situation is possible, rather than responding defensively.

Using thinking words with genuine empathy helps parents avoid ending up in another argument that goes nowhere, and allows kids the chance to think and solve their own problems. This is the ultimate goal of Love and Logic, to help kids learn how to make responsible decisions on their own, so that they can grow up into responsible adults who make good decisions throughout their lives.

## New School Groundbreaking on April 11th. How Exciting!!





## Senior Trip!

Our seniors had an awesome trip in Florida!





## 1st Grade Baby Chicks!

Thanks to the Ethan Galloway family for this awesome project. Everyone really enjoyed this!!



**Mrs. Griffin  
read a special  
book to the  
4th Grade!**



## State Art Symposium

Every year at the State Art Symposium, exactly 20% of all submitted artworks are selected by attending Wyoming Art Educators to receive blue ribbons for excellence. Any school being awarded blue ribbons for 20% of their submitted artwork can consider themselves average. Ten Sleep came home with 30% of student artwork being awarded blue ribbons!

Well Done Blue Ribbon Winners!! Kinley Anderson, Grace Gertsch and Eliza Whitlock!



Well done to all students who created, prepared and submitted their work to the symposium exhibit!





## Nurse Corner

### Sports Physicals May 11, For 2023-2024 School Year

On Thursday May 11, Adrienne S. O'Neal FNP-C will be offering sports physicals for the 2023-2024 school year at Ten Sleep School. If you would like your student to receive a physical with Adrienne, please complete the health history portion of the WHSAA School Physical Examination form, sign all three parent signature areas and return with payment **before May 11th** to the front office. Forms will be sent home with students, and extra forms will be available at the front office. Cost of the physical is \$20.00. Please make checks payable to Wyo Care Clinic. Here is a little background information about Adrienne, you can also visit her website at [wyocareclinic.org](http://wyocareclinic.org).

Adrienne is a board certified Family Nurse Practitioner and has worked in healthcare for nearly fifteen years. She received her associate's degree from Dakota Wesleyan University, her bachelor's degree from Grand Canyon University, and her master's degree from Walden University. Adrienne currently holds certifications in BLS, ACLS, PALS and is a proud member of the American Academy of Nurse Practitioners. Adrienne's healthcare background includes pediatrics, mental and behavioral health, geriatrics, memory care, wound care, and family medicine.

All students who would like to participate in Middle School or High School athletics next school year (5th-12th grade) will need to obtain a WHSAA approved physical before participating in any school sponsored athletic activity. Please obtain your physical before the start of the 2023-2024 school year!

### Student Immunizations for 2023-2024 School Year

Please make sure your student is up to date on their immunizations before the start of school next fall. Wyoming State Law, states all students must be immunized in accordance with the Advisory Committee on Immunization Practices (ACIP). Students ages 11-12 are required to receive the Tdap (Tetanus/Diphtheria/Pertussis) booster. Immunizations may be received at Public Health (Call 307-347-3278 to make an appointment) or with your healthcare provider.

There are also two other immunizations that you may want to consider for your child: HPV (Human Papillomavirus) and Meningococcal (bacterial meningitis). These vaccinations are strongly recommended by the CDC but are not required by law. HPV is a very important vaccine that prevents infections which can cause cancer. The Meningococcal vaccine prevents meningitis, (infection of the lining of the brain and spinal cord) and infections of the blood. Meningococcal disease is a rare but severe disease with a significant risk of death or lasting disabilities in people who get it.

## Kindergarten Roundup

We are planning Kindergarten Roundup on Thursday, May 4th. If your child is of kindergarten age, (will be five years old by August 1<sup>st</sup>, 2023), we would like to have him/her come to school to meet the teacher, Mrs. Schwarz and get acquainted.

The hours of the Roundup will be 7:58 a.m. to 11:50 a.m. Please call the school and let us know if your child will be attending. Those students living in the country are encouraged to ride the bus to school that morning. However, please call the school so that he/she will know that you have a child who will be riding.

We would like to have a short meeting with all parents in the kindergarten room at 11:30 a.m. to discuss kindergarten readiness.

If you know of someone in our district who did not get a letter but has a child entering kindergarten, please ask them to call the school. We would like to have all students entering kindergarten next fall attend the Roundup.

Please make sure you have completed a registration form and bring it along with a copy of your child's birth certificate and immunization record when you come to pick up your child. If your child is currently attending preschool here, they are already registered.



## Counselor's Corner

### Help Your Kid- HOW?

Greetings. Towards the end of the school year, I tend to ask myself "what can be helpful". I'm constantly seeking ways to be of assistance to students, teachers, peers, and parents. As the summer approaches and we have a closer watch on our own children, I thought it might be helpful to provide a "quick answer" to a somewhat lengthy question.

I asked myself, what is one thing, if we could "change" or monitor ourselves as parents, that we could do to foster growth in all those "good" things..... (academic success, kindness, resiliency, etc....)

**The ANSWER is growth mindset.** Research suggests that those who have a growth mindset, are far more successful in life. Whether you have a 3 year old, or a 17 year old, our language we use to interact with our kids, and question them, and set expectations, is constantly laced with hidden messages; whether we know it or not, and whether we like it or not, IT IS!

For example: do you ask your kid "who won" or do you ask your kid "did you play hard"?

Fostering a growth mindset means praising the process not the outcome.

We have become a society that often compares ourselves to one another. What are you doing as a parent to stop that trend? For example: if your child notices something successful about another student, is your response along the lines of "well they \_\_\_\_\_" (fill in the blank) or "that's because \_\_\_\_\_" or "you are just as good as \_\_\_\_\_" OR is it growth oriented like "wow, she must love to read" or "I appreciate how you cheer for your classmate". By honoring that someone is "good" at something or hard working at something or successful takes NOTHING away from your child. Your child and another can BOTH be successful. Just because a peer is successful does not mean that you (your child) are "lacking" or "not enough". Children are very much paying attention to the language you use, the comparing and contrasting that happens among adults, and every little move. Not only does research support this, but I also have two "lab rats" of my own at home. They are watching every move, all of the time! Now, to say that, means the pressure is on as a parent- right?! Well, no, that is not where I am going with these ideas. My thoughts and information stem from a constant quest to be better as an individual than we were yesterday. When you know better, do better. My mission here is for awareness and encouragement. What we see in school are often a reflection of what kids hear at home, among their peers, etc. For example: I asked a student "how did the game go last night". They immediately tell me everything that the ref did wrong, nothing about their hard work or their team's effort, etc. Students are picking up on every cue they get from the world around them- that's how we ALL learn. What cues are we putting out there?

Speaking of pressure, kids are feeling a lot of pressure. Often, when talking to students, their concerns/anxiety/worry (call it what you want) is often stemming from some message, somewhere, that an expectation was put on them. Then, they go down the negative path of the "I'm not good enough" line of thinking.

We all have our own short comings. I am in no way saying that parents need to be perfect because that isn't realistic. Students, these days, feel constantly compared, judged, measured, etc. If we, as adults in the community, can be aware of this notion, perhaps our youth can create a culture shift that we, at the school, are desperately trying to foster.

So, as an adult, what can we do?

\*Steer clear of putting a label on things (instead of "that's a nice shirt", stick to the facts not opinions)

\*Watch how we compare our kids. Praise the progress not the outcome. Stay away from words like "smart", "good", and "pretty".

\*Move language from "good job" to a more specific compliment like "I appreciate how you followed directions"

\*Not everything has to have a "comeback"/comment. I find myself wanting to "over praise" because I just love my kids so much- which we all do. Find comfort with a simple "awwww" rather than a long drawn out "comment of approval". Because kids are always seeking approval. We see it in school all of the time. They are looking for a reaction from peers, adults, and anyone they come across, be it the custodian, lunch lady, or bus driver. Children are constantly getting feedback from the world around them. Both positive and negative messaging. Sometimes what we think of as positive, may actually be unhelpful.



**Growth Mindset:** When we foster the notion of growth and progress, we can eliminate the "grade" and the "comparison". If you have a "C student"- that's great. It might possibly be the best that student can achieve. Also, it provides room for growth, which is the ultimate goal. We learn far more from losing than we ever will from winning. If your child isn't constantly "winning" or "the smartest in the class" or the "quickest learner", or the "best at \_\_\_\_\_" (fill in the blank), **THAT IS OK.** Rest assured this is a great opportunity to foster that notion of "yet"- we are constantly reinforcing the "yet" idea in elementary school. Rest assured also, that given time and guidance, your student will get to where they need to be. We often see that adults want to "make things easy" for children. I find myself wanting to do the same. However, that is exactly what we have to move away from. Your child will learn far more from making a mistake (and owning it) than they ever will from you helicoptering in and mowing it out of the way. Don't be a savior. Your child does not need saved. They need love and acceptance. The number one thing that a child needs (according to research and personal informal surveys) is a sense of belonging. Often, I hear from kids how they feel like they don't belong in their family systems. As a parent, it's crushing to hear that, but thinking of your covert messaging, somehow they get these perceptions. And their perception **IS THEIR REALITY!** That's why "feelings" are so hard.

The best thing you can do immediately is change your language to the YET language. If your child says, "I can't read that....." follow it up with a "yet". It's like a habit. Pretty soon, their language will mirror yours (just as negative language gets cemented because kids are sponges- right) I talk to elementary students about "training your brain". We do a lot of work on how our brain operates and how to take care of our brain- and being aware of how our actions affect one another's brain. Influence the language of your child. If a child says, "I'm never going to be \_\_\_\_\_" this is a great opportunity to clue in on their fixed mindset and take the time to influence a growth mindset. Pay attention to the language others use. Often, you can tell by just talking to someone if they are operating in the fixed or growth mindset. Fixed mindset is rigid and determined, not malleable. Fixed mindset operates in blame, "would haves" and "should haves". Growth mindset believes things can change, has hope, and is working on ideas and solutions. Sometimes, we can be fixed about a specific topic and have growth mindset about another.

Caroline Castrillon explains: "A fixed mindset assumes that our intelligence, character and creative ability are static. Basically, you are dealt a hand in life and are required to accept it. Believing that your qualities are set in stone creates a desire to **prove yourself over and over again**. A fixed mindset can result in career stagnation.

On the other hand, a growth mindset is based on the idea that your essential qualities are things you can cultivate through **your efforts**. It assumes that everyone can change and grow through experience and practice. A growth mentality sees failure not as a detriment, but as a springboard to success.

Mindset stems from our own set of powerful beliefs. A growth mentality assumes that views can be changed when they no longer allow us to achieve our goals."

(<https://www.forbes.com/sites/carolinecastrillon/2019/07/09/why-a-growth-mindset-is-essential-for-career-success/?sh=6c62e30928b5>)

#### What we can do:

- \*Embrace failure: Encourage others to learn from mistakes in an effort to improve decision making for the future. Mistakes are amazing. Treat them as such.
- \*Become a lifelong learner: Encourage curiosity. Ask questions like, "I wonder \_\_\_\_\_?" or "How do you think that works?" Don't be quick to solve the problem because then others always look to someone else to solve the problem for them, not work with their problem solving skills.
- \*Seek challenges: Get out of our comfort zone! Push students to move out of their comfort zone, although risky, but that is where growth actually happens. By continuing to "make things consistent and "easy", we deprive students of that opportunity for growth.
- \*Go beyond your limits: Push yourself to new opportunities.
- \*Ask for feedback (and genuinely want to hear it): Be coachable. A coachable child will out last anyone else whether it's in academics, sports, or walking the dog.... Encourage the coachable attitude. Have confidence to ask for feedback and learn from it. That's where the growth happens! Then practice or else we turn back to the comfort zone and lose the lesson/momentum.

*These are my thoughts and ideas through research and gaining insight from student experiences. -Mrs. Wiechmann*



# Board Minutes

## BOARD OF TRUSTEES MEETING AGENDA (Monday, March 13, 2023)

### 1. MEETING OPENING

- A. Call to Order
- B. Pledge of Allegiance
- C. Roll Call
- D. Adopt Agenda: *Bill Murphy moved to adopt the amended the agenda. Seconded by Marc Dykstra. Motion carried 4-0.*

### 2. REPORTS AND RECOGNITIONS

- A. Student Recognitions - The Pioneer Way: Mr. Griffin recognized the students from February.
- B. Recognition of Valedictorian and Salutatorian: Mr. Griffin recognized Valedictorian Kinley Anderson and Salutatorian Walker Cooper.
- C. FFA/CTE Recognition and Report-Mrs. Forshee and Mr. Thoren along with students reported to the board.
- D. NHS Recognitions - Mrs. Wiechmann along with students reported to the board.

### 3. GUESTS AND PATRON COMMENTS

- A. Visitor Input at Board Meetings

### 4. CONSENT AGENDA

- A. Business Manager Reports - Mrs. Casteel
- B. Superintendent Report - Mrs. Griffin
- C. Principal Report - Mr. Griffin
- D. Approve Minutes of February 13, 2023 Regular Board Meetings
- E. Approve January 19, 2023 Special Meeting Minutes
- F. Approve March 1, 2023 Special Meeting Minutes
- G. Authorization and Payment of Outstanding Bills
- H. Approve Prepaid Bills
- I. Approve Graduating Seniors: Kinley Grace Anderson, Calvin Blake Baker, Orrin Walker Cooper, Kevin David Fuchs, Jillian Jeanne Miller, Elijah William Mitchell, Ian LeBaut Turgeon  
*Marc Dykstra moved to approve the Consent Agenda as presented. Seconded by Bill Murphy. Bill Murphy abstained from warrants # 25646 and 3117. Motion carried 4-0.*

### 5. DISCUSSION/ACTION ITEMS

- A. Approve out of state travel for Explore America, Washington DC Trip June 2024: *Bill Murphy moved to approve the out of state travel for the Explore America, Washington DC trip June 2024. Seconded by Marc Dykstra. Motion carried 4-0.*
- B. Legislative Update: Mrs. Griffin and Mrs. Casteel updated the board.
- C. Approval to Go Out to Bid for Two SUV's Replacements for Bus #10 to Add to the Fleet: *Marc Dykstra moved to go to bid for two SUV's replacements for bus #10 to add to the fleet.*
- D. New K-12 School Update: Mrs. Griffin updated the board.
- E. Federal Funds Update:
- F. Second Reading Policy 4.02: Bill Murphy moved to approve Policy 4.02 on second reading. Seconded by Marc Dykstra. Motion carried 4-0.
- G. First Reading Policy 4.12, 4.13, 4.14, 4.15, 4.16, 4.17, 4.18, 4.19, 4.20, 4.21: *Jared Lyman moved to omit policy 4.12 as it is unnecessary. Seconded by Marc Dykstra. Motion carried 4-0.*

### 6. EXECUTIVE SESSION

*Bill Murphy moved to go into Executive Session for the purpose of: Principal Contract at 8:01 pm. Seconded by Marc Dykstra. Motion carried 4-0.*

Return to Regular Session at 8:16 pm.

*Jared Lyman moved to return to Regular Session and approve the minutes as read in Executive Session. Seconded by Bill Murphy. Motion carried 4-0.*

- A. Principal Contract: *Jared Lyman moved to approve a 2 year contract to Principal Robert Griffin. Seconded by Bill Murphy. Motion carried 4-0.*

### 7. NEXT MONTH BOARD AGENDA ITEMS

### 8 ADJOURNMENT

*Chairperson Erin Blutt adjourned the meeting at 8:16pm.*

## Board Minutes

Special Board of Trustees  
Meeting Agenda (Wednesday,  
March 1, 2023) 7:45 p.m.

### 1. MEETING OPENING

A. Call to Order: *Chairperson Erin Blutt called the meeting to order at 7:45 p.m.*

B. Pledge of Allegiance

C. Roll Call: *Erin Blutt, Bill Murphy, Shana Harstad, Marc Dykstra and Superintendent Annie Griffin. Jared Lyman joined the meeting at 7:49 p.m.*

D. Adopt Agenda

*Bill Murphy moved to adopt the agenda. Seconded by Marc Dykstra. Motion carried 4-0.*

### 2. Board Discussion/Action

A. Discussion of Alternates for the New K-12 Building: Discussion followed.

*Jared Lyman moved to accept the following alternates: Half Walking Track \$139,100.00, Gymnasium Air Conditioning \$36,500.00, Electric Fireplace \$7000.00 at a max cost of \$182,600 to the district. These alternates will be included as part of the new building bid. Seconded by Shana Harstad. Motion carried 5-0.*

## Student Summer Help

**We are accepting applications for summer maintenance help at the school. If you are 16 or older and interested in summer employment, please fill out an application at the office.**

**Apply Now! This is a great summer opportunity!**

## Counselor Corner, Part II

### Ten Sleep Task Force Resource collection- Spring 2023

Technology use/monitoring our child's phone, etc DISCUSSION and resources:

Webinar from Operation Parent (Parent Handbook creators) called The Effects of Tech on the Brain the presenter is Dr. Crystal Collier. It was full of really great information.

Wait Till 8th this site encourages parents to wait to give their children phones and information about why this is a good option.

Net Addiction This website has good resources for adults who struggle with putting their phones down and resources for parents.

Family Tech Zone It has a wide variety of information and is designed to help families manage the tech in their homes.

**Life 360 (app)** : allows for location finding, tracking speed (driving), and is an app that seems to be popular among parents.

<https://www.life360.com/>

**SMART family- verizon app:** allows you to monitor a kid's screen time, app use, block calls, track, manage data use, manage the number of texts, manage call time, track what your kid is spending time on the phone doing..... However, you cannot see the actual texts.

<https://www.verizon.com/solutions-and-services/verizon-smart-family/>

**M spy:** see it all, track it all, monitor your kid's whole device.

<https://www.mspy.com/hp23.html>

Other discussion and relevant

points/resources:

-Have early and often conversations with kids about their technology use. Discuss privacy vs. freedom. As a parent, if you pay for that privilege, you are the parent. It is your right to check up on how they use their device and who they are in contact with.

-Be proactive. Have conversations and establish what that best practice for technology use looks like in your household. As an adult, also model that use.

-Use our county DFS system as a resource. They are not an enemy. They have a lot of great resources and can connect families and individuals to help. 347-6181

-Katie Kirby with "Youth Alternatives" 347-2760 is a great resource. This program and Katie herself, is a great resource if your household is struggling with substance use, if your child is not in the system yet, but you would like help or other resources, and other prevention resources, Katie is helpful. Free drug tests are available- not law enforcement related. Katie is new in this position of former Sarah Garcia.

-Lila Jolley is a resource. She is our county prevention specialist.

## CSO

Thank you to all who have supported CSO this school year. Your continued support offers awards for grades, staff appreciation breakfast, a scholarship(s), and treats to students, to name just a few things we do. Thank you again. We look forward to another beautiful safe and fun filled summer in Ten Sleep!



Ten Sleep School

PO Box 105  
Ten Sleep, WY 82442  
Phone: 307-366-2223  
Fax: 307-366-2304  
[www.wsh2.k12.wy.us](http://www.wsh2.k12.wy.us)



Ten Sleep School  
Supporting Success

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## Senior UMW Dinner

The Ten Sleep UMW Graduation Dinner is on May 3rd at 6:30 P.M. All Seniors and their families are invited.

## Kindergarten Graduation and Spring Music Concert

Kindergarten graduation will be held May 16th at 6:30. Our Spring Concert will be held immediately after kindergarten graduation.

## Regional and State Track and Best of the Best Track

High School Regional Track will be held May 12th and 13th in Shoshoni.

High School State Track will be held May 18th thru the 20th in Casper.

Middle School Conference will be held May 6th at Thermopolis.

Middle School Best of the Best Track Meet will be held May 9th in Lander.

We have some awesome track athletes that will be participating in these events.

## Graduation

Graduation will be held May 14th at 2:00!

# May 2023

May 2023							June 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
7	1	2	3	4	5	6	4	5	6	7	1	2	3
14	8	9	10	11	12	13	11	12	13	14	15	16	17
21	15	16	17	18	19	20	18	19	20	21	22	23	24
28	22	23	24	25	26	27	25	26	27	28	29	30	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Apr 30	May 1	2	3 Community Mental Health Run/Walk 5:00	4 4th to Spring Creek Raid 12:00 Kindergarten Roundup	5 All School Activity Blue Friday HS Track @ Thermopolis 1:30	6 MS Track Conf. @ Thermopolis 9:30
7	8 7:00pm School Board Meeting	9 MS Track Best of the Best, Lander REA Meeting 5:30	10 4th grade to Worland Museum Seniors Last Day Weights Final	11 2nd/3rd to Cody CSO Staff Breakfast FFA Banquet 6:00 Kdg to Worland Sports Physicals 8:30	12 HS Conf. Track @ Shoshoni Native American Day Red Friday	13
14 Graduation 2:00	15 MS/HS PE Final	16 Kindergarten Graduation 6:30 Spring Music Concert After KDG grad.	17 4th Grade @ Lander	18 5th grade field trip to Casper	19 HS Track State @ Casper Blue Friday Last day of School!	20
21	22 Teacher Workday	23	24	25	26	27
28	29	30 Driver's Ed 8:30-4:00	31 Driver's Ed 8:30-4:00	Jun 1	2	3





MAY 2023

Washakie County School District #2

Monday

Tator Tot Casserole  
Green Beans  
Hot Rolls  
Mandarin Oranges  
Milk

Tuesday

Ham, Turkey or Tuna Sand  
Baked Beans  
Country Trio Veggies  
Chips & Oranges  
Milk

Wednesday

Lasagna  
Broccoli or Spinach  
Bread Sticks  
Grapes  
Milk

Thursday

Tacos  
Refried Beans  
Lettuce Salad  
Peaches  
Milk

Friday

All School Picnic  
@ Worland

Chili  
Corn  
Cinnamon Rolls  
Applesauce  
Milk

Chef Salad  
Turkey, Ham, Egg  
Cheese, Lettuce, Tomato  
Bread Sticks  
Apples & Milk

Chicken Enchiladas  
Lettuce Salad  
Spanish Rice  
Pears  
Milk

Chicken Fried Steak  
Mashed Potatoes/Gravy  
Capri Veggies  
Hot Rolls  
Mixed Fruit & Milk

Pizza  
Cottage Cheese  
Lettuce Salad  
Pineapple  
Milk

Chicken Day  
Mac 'n' Cheese  
Broccoli  
Mandarin Oranges  
Milk

French Dip Sandwich  
French Fries  
Green Beans  
Oranges  
Milk

Sausage Biscuit  
Hashbrowns  
Peas  
Grapes  
Milk

Chicken Quesadilla  
Lettuce Salad  
Spanish Rice  
Apples  
Milk

Last Day Picnic!

This Institution is an Equal Opportunity Employer

# Class of 2023

*University of Wyoming Extension cordially invites  
you to join us in celebrating the decision of Ten  
Sleep School seniors who have chosen to attend the  
University of Wyoming*

**May 1, 2023**

**2:30pm**

**Ten Sleep School**

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**Family and Friends Invited to Attend**



UNIVERSITY  
OF WYOMING



**Sign up starts  
May 1st!**

**FREE!**

# Summer Reading



**5 yr olds - 5th grade**

**CRAFTS**

**GAMES**

**June 1-30  
Tues, Weds, and Thurs  
10:00 - 11:30**



**Ten Sleep Library  
Call for more information  
366-2348**

**PRIZES**

Washakie Museum Presents

# ALL SCHOOL ART SHOW

Worland and Ten Sleep  
Elementary through High School art  
from the 2022-2023 school year.



Exhibit Open  
May 9 - May 23

Select art may be returned before exhibit closes at teacher's discretion  
High School Art may be for sale at the artist's discretion.

Opening Reception  
Thursday, May 11  
5:00 PM - 7:00 PM





**Scholarship  
Opportunity**



# STUDENTS *Summer* CAMP



## **TEN SLEEP STUDENTS ~ CAMP SCHOLARSHIPS**

The Ten Sleep NEEDS Fund Board is offering four \$100 scholarships for students grades KG- 12.

This is a scholarship that could benefit a camp or other summer educational opportunity that a student is attending. We realize that \$100 may not cover all your costs, however, it could help some. We wish to boost students' summer experiences and provide some support for your ongoing learning.

**Please contact Mrs. Wiechmann for applications. Applications need to be returned by May 8, 2023.**

# MENTAL HEALTH AWARENESS

## 5K RUN/WALK

**Community 5K Fun Run/Walk**

All ages welcome! Bikes, Strollers, Etc.

# Come Help Destigmatize Mental Health

May 3, 5:00 P.M.

**Start and End at the Rodeo Grounds**

-No pre-registration required, no registration fee

**-NEW COURSE:** Old Highway toward Bentonite road

\***FREE** Swag, Resources, Brochures, Community information

**\*\*Drinks and Cookies at the finish line.**

**DONATIONS will be collected  
for the Ten Sleep NEEDS fund.**

Not sure you want to run or walk? Come and support, cheer on from anywhere along the course, volunteer to help, or just come out to visit with the community! We would love to see anyone and everyone!

**If you wish to donate or have questions:**

**please contact Mrs. Wiechmann at the school. 307-366-2233 X510**





# **Eat Pizza. Raise 20%.** **It's just that cheesy.**

Redeem this flyer with purchase and 20% benefits

**Ten Sleep Schools DC Trip**

Tues, May 2nd @ Worland Pizza Hut

1935 Big Horn Ave (307) 347-2437

To ensure your purchase counts towards fundraiser earnings, show your printed / digital flyer to the Pizza Hut Team Member when receiving your order. \$15 minimum sub-total purchase required. Good on carryout/curbside or dine-in orders from open to close. Distribution of flyers at Pizza Hut is prohibited.



**PIZZAHUTGIVESBACK.COM**



# FAMILY CAMPS

CAMP REGISTRATION IS NOW OPEN TO AGES 10+!



## ADVENTURE FAMILY CAMPS

Adventure Family Camps teach families the basics of multiple outdoor activities, including hiking, canoeing, archery, and animal identification. These are introductory camps to give a broad overview of outdoor recreational activities, *with the hope that families will spark a passion together!*

Adventure Camp #1: June 1 - 4  
Adventure Camp #2: June 8 - 11  
Adventure Camp #3: July 6 - 9



## FAMILY FISHING CAMP

This family camp will allow participants to learn the basics of two types of fishing, fly fishing and spin casting, through hands-on fishing trips around Dubois, Wyoming. Campers should arrive with interest in fishing and limited experience. *All participants 14 or older must have a valid fishing license.*

Fishing Camp: June 29 - July 2



## HUNTER EDUCATION CAMP

Families interested in hunting Wyoming wildlife will complete a hands-on Hunter Education course during this camp, where they learn the basics of safe hunting and *receive both a Hunter Education and Bowhunter Education certificate in a beautiful setting!*

Hunter Education Camp: July 19 - 23



## REGISTER NOW!

To register for camp or to learn more about family adventure camps scan the QR code or visit [bit.ly/3D8chvE](https://bit.ly/3D8chvE)

## QUESTIONS?

Please contact Parker Everhart, conservation education coordinator, at [parker.everhart@wyo.gov](mailto:parker.everhart@wyo.gov) if you have any questions regarding Adventure Camps.



**WHISKEY MOUNTAIN  
CONSERVATION CAMP**



TEN SLEEP PUBLIC SCHOOLS  
SWIMMING LESSONS

Dear Parent/Guardian:

Swimming Lessons at the **Worland Aquatic Center** will be available to Ten Sleep Students Monday through Thursday June 5th– 8th and June 12th - 15th. Lessons are \$65.00 per child. Lessons will be from 9:50 AM to 10:30AM and the bus will leave the school at 9:00AM.

Names for levels and required skill sets are available at: [www.worlandaquaticcenter.com](http://www.worlandaquaticcenter.com)

Please return this letter to the school with cash/check made payable to: **Worland Aquatic Center** no later than May 19<sup>th</sup>. Checks may be dated May 31<sup>st</sup>. Late registrations will be accepted only if there is room in the level desired.

\*\*\*A \$10.00 per family fee is required to defray transportation costs. Please make fuel checks payable to **Washakie County School District #2** on or before the first day of lessons. Please inform management of any medical concerns you may have for your child.

**Swim Courses Offered**

**9:50 – 10:30 AM**

L 1: Starfish (ages 4 & 5)

L 2: Minnows

L 3: Tadpoles

L 4: Trout

L 5: Pike

L 6: Sharks & Dolphins

Please note, an adult is required to chaperone any preschool age children when riding the bus.

Sincerely,

*Annie Griffin*

Annie Griffin, Superintendent

\*\*\*\*\*

NAME	AGE	Grade Completed	LEVEL

\*\*\*Sponsors are needed on the bus to and from the pool and between sessions to supervise students. Without Sponsors, we will not be able to provide a bus.

Please Circle if you are able to help. YES NO

\_\_\_\_\_  
Parent's Signature Telephone Number