



Jimmy Phelps  
Superintendent

## WASHAKIE COUNTY SCHOOL DISTRICT #2

February 2019

Levi Collins  
Principal

### Principal's Corner

We are into the second semester of school and we are looking forward to another great semester of this school year. I am quite proud of all the accomplishments of our students this school year and I feel we have many things to celebrate and positive experiences happening here at Ten Sleep.

The policy we would like to highlight this month is **Policy 5.11 Honor Time**, which states the following:

Honor time will be granted to any **high school student** who is on the "A" Honor Roll. Honor time will be granted by the amount of one-half day for each achievement on the "A" Honor Roll. This time may be accumulated to one day per semester and may be used in any way that the student and his/her parent/guardian see fit, providing the administration is informed prior to its use. Time may not be accumulated beyond one semester from the time it is earned. Students will need to make arrangements for completion of any class work missed during honor time.

The reason we would like to highlight this policy is because we like to reward and recognize students who are true Pioneers and let them know that we appreciate their hard work and achievements. This is one of our ways of saying "great job".

Our High School basketball teams are well into their seasons and they are progressing every game and getting better. Our Middle School Boys' Basketball team has also started their games and they having a great time and getting better every week as well. All of our Pioneers are fun to watch and love to have your support at the games. Come to the games and show them your Pioneer spirit. Go Pioneers! We ask that you encourage your students in their school work and get involved in their homework. Studies have shown that increased parental involvement results in increased student achievement. We know that most parents are already quite involved in the student's school life and any additional time shows in your student's growth.

Thanks for your support in making our school and community a great place to be.

With Pioneer Pride,  
Mr. Collins

### NHS

Ten Sleep National Honor Society welcomes senior Matthew Fenton (second from right) and junior Zayne Cooper (end right). These exceptional students join current NHS members: Savanna Jackson, Kinley Erickson, Katon Fox, and Kelli Holiday (absent). The induction ceremony was January 24th, held at the Ten Sleep School. Congratulations students!



## Parent Notes

### Boost learning by promoting your child's thinking skills

Your child is feeling overwhelmed by a big history project. Or he's gotten stuck while trying to write a research paper. What do you do?

Helping your child understand how he thinks and approaches problems is one of the best ways to support him. Strong thinking skills bolster your child's learning—and give him the ability to solve real-world problems.

Help your child:

- Become aware of how he thinks. Educators call this metacognition, or the ability to think about the thinking process. Effective thinkers have a plan before they take action. They know if they need more information in order to make a decision. And if they get new information later, they adapt their plan. If your child is struggling, say things like, "Let's think this through." Also help your child see his strengths as a problem solver. "Remember that when you make a plan, things seem to fall into place."
- Draw on past knowledge to address current problems. Your child may not have had an assignment just like this project, but he has worked on other big projects. What did he learn about how he works best?
- Focus on effort. "It's not that I'm so smart," Albert Einstein once said, "it's that I stick with a problem longer." So when your child gets discouraged, help him see the progress he has already made, and let him know he can reach his goal.

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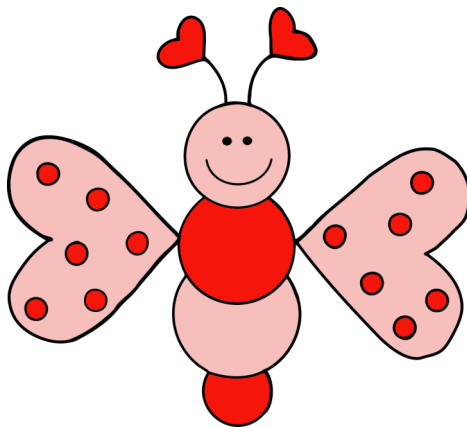
### Shift school responsibilities to your child

Your middle schooler won't morph into a responsible young adult overnight. But he may not morph into one at all if you continue doing everything for him!

Now that he's in middle school, your child is capable of taking responsibility for:

- Packing his own lunch. Making a sandwich isn't rocket science. So give your child a lesson in how to load up his lunch box. Lay down some basic rules about what's OK—or not OK—to pack, and insist he prepare his lunch the night before school.
- Waking up on time. Show your child how to set an alarm clock. In the morning, let the alarm wake him up. (Act as his "backup alarm" until he gets the hang of it.) If he's too quick to hit "snooze" and doze off again, have him place the clock across the room from his bed so he'll have to get up to turn it off.
- Getting forms signed. Don't go through your child's backpack searching for papers that need your signature. Getting them signed is his responsibility, so let him bring them to you.

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### Stay engaged and demonstrate interest in your teen's learning

When your child was in elementary school, it was fairly easy to help her with her homework and understand what she was learning. However, now that she's in high school, you face two challenges:

1. Adolescence. Your teen is probably less likely to talk about her day than she was when she was younger.
2. Advanced classes. Even if you get your teen to open up, you might not understand a word she's saying about her chemistry class.

You know you should stay engaged with your teen's learning. But how can you help? You can:

- Talk about school. Find out who her favorite teacher is. Ask which class she finds the most interesting.
- Maintain high expectations. One-third of high school students say their parents have no idea how they are doing in school. Make sure your teen knows that she may not always be the best, but you expect her to always do her best.
- Attend school events. This shows your teen that her education is important to you.
- Be familiar with your teen's testing, homework and project schedules. Even if you don't understand exactly what she's being tested on, saying, "Isn't your calculus test tomorrow?" reminds her that you are paying attention.

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## Counselor's Corner 1

### Testing:

Grade 8 will be **NAEP** testing on February 5. Our school has been selected to represent schools across our state by contributing to The National Assessment of Educational Progress (NAEP).

NAEP is given by the U.S. Department of Education and tells us what students nationwide know and can do in key subject areas. It is the only ongoing nationally representative assessment that provides this information. Students at Ten Sleep will take the reading or the math test. In addition to subject area questions, NAEP also asks students about their daily routine and their educational experiences. For example, students are asked if there is a computer at home and about the amount of reading they do. All student responses and results are anonymous and confidential (in accordance with the Confidential Information Protection provisions of Title V, Subtitle A, Public Law 107-347). It will take approximately 90 to 120 minutes for students to complete NAEP. A students' grades are not affected; he or she may be excused from participation for any reason, it is not required to finish the assessment and may omit any test question(s). While NAEP is voluntary, student participation is important to collect information on student achievement that will inform improvements in education. The state department brings in personnel to administer the test.

**April 2:** ALL juniors will take the **ACT**

### Bullying Presentations:

Kurt and Alanna Steinke presented to all grades concerning bullying prevention information. Kurt and Alanna integrated the Spirit Wind Hapkido philosophy to help engage students in a presentation format. While we all realize that one presentation, one point in time will not save all and "cure all", Kurt and Alanna's techniques and ideas offered a fresh format for learning. The Steinkes use Empathy, Resolve, and Harmony in their teachings. This pairs appropriately into a bullying presentation: Resolve is our will- it is what we will or will not do or allow to happen, Harmony is working together, and Empathy is understanding how other people feel. Spirit Wind Hapkido, strives through empathy and resolve, to achieve harmony, otherwise known as a peaceful resolution to conflict. The "martial arts" format served as a seg-way for engagement and support to the three principles of empathy, resolve, and harmony. Whether students are in the classroom or in a presentation format, they need interactive teaching and hands-on learning. The Steinkes did a great job at holding their attention through their engagement of physical movement. Kurt and Alanna discussed the difference between fighting and self-defense. The Spirit Wind Hapkido helps support the difference. Students answered questions and gave responses about what bullying really is. Kurt and Alanna addressed bullying as a social disease and discussed how to get help and how to respond both as the bully and the person who is being bullied. The Steinkes have an extensive background in things of this nature and are a wealth of information which our community is very lucky to have. Thank you Kurt and Alanna!

### Ten Sleep Secret Service Club

The Ten Sleep Secret Service Club is off and running. These youngsters have been busy giving back to the community and working hard to engage and seek opportunities to provide random acts of kindness. A recent "random acts of kindness" lead the club to collect canned goods. (picture below, a few members present.) For December the club decided to create and give cookie plates to community members. The club brainstormed a list, all on their own, of who they wanted to deliver cookies to. One of the final days of school, club members gave their own time to deliver plates after school hours. These youngsters were so excited to knock on a door and see the reaction of the unknowing recipient. January 26, the club traveled to the New Hope Humane Society in Worland to lend a hand in walking animals, grooming, and doing chores. If you or someone you know needs a hand, please contact the school. We would love to help out.



## Washakie County School District #2 School Board Minutes

November 12, 2018

The regular meeting of the Washakie County SD #2 Board of Trustees was called to order at 7:00 p.m. by Chairperson Tessia Greet. Present were board members Tessia Greet, Terril Mills, Jared Lyman, Chuck Powell, and Jane Thurston. Also present were Superintendent Jimmy Phelps, Principal Levi Collins, and Administrative Assistant Neysha Lyman. Absent was Business Manager Connie Gay.

**Pledge of Allegiance** was led by Chairperson Tessia Greet.

**Adopt Agenda:** Terril Mills made a motion to approve the agenda. Seconded by Jane Thurston. Motion carried 5-0.

**Guests and Patron Comments:**

**Reports and Recognitions: Student Recognitions:** Students of the Month: Elementary - Brooklyn Norman, Middle School - Josie Decker, and High School - Brayden Fettig. WHSAA Recognition: Levi Collins presented All-Conference, All State and NW Regional Athlete of the Year recognition to Bryley Moore.

**Vocational Design Team Update:** Jared Lyman updated the board on the progress the design team had made.

**Board Recognition:** Jared Lyman presented Tessia Greet and Jane Thurston plaques recognizing and thanking them for their service on the School Board at their final meeting.

**Business (Consent Agenda Items):** Minutes of the October 8, 2018 meeting were approved. Board members received copies of the statements and bills for review. Jane Thurston made a motion to approve the Consent agenda pending clarification on check #21610 and with Chuck Powell abstaining from check #21610. Seconded by Chuck Powell. Motion carried 5-0. Authorization to pay the following vouchers: General Fund warrants #21563-21647 in the amount of \$248,841.14; Federal Fund warrant #3884-3885 in the amount of \$10,345.38; Major Maintenance Fund warrants # 1249-1250 in the amount of \$1,674.00; Hot Lunch Fund warrants #1477-1483 in the amount of \$12,685.86; Teacherage Fund warrants #1503-1504 in the amount of \$674.17; Activity Fund warrants #2758-2763 in the amount of \$1,478.52.

Approved prepaid bills: General Fund warrants #21500-21520 in the amount of \$2,366.53; Federal Fund warrants #3882-3883 in the amount of \$616.34; Hot Lunch Fund warrant #1476 in the amount of \$13.32.

Approved Psychological Services Contract.

Approved Homeschool Students.

Approved Work Release Student.

**Business (Discussion/Action Agenda Items): Approve Graduation Speaker/Senior Trip:** Chuck Powell made a motion to approve the Senior Class' request to invite Mr. Dane Weaver to be the speaker at the Graduation Ceremonies and approved their request to allow their class to go to St. George, UT for their senior trip including the use of the school expeditions and fuel. Seconded by Terril Mills. Motion carried 5-0.

**Concealed Carry by Employee Rule:** The board took public comment. They will take public comment again in January. Discussion and action can be taken at the January 14, 2019 board meeting.

**WSBA Resolutions:** Discussion followed.

**Approve First Reading Policy 1.32 Prohibited Assistance to Sex Offender:** Jane Thurston made a motion to approve first reading of Policy 1.32 Prohibited Assistance to Sex Offender as presented. Seconded by Chuck Powell. Motion carried 5-0.

**Approve Second Reading of Policy 5.29 Student Dress:** Chuck Powell moved to approve on second reading 5.29 Student Dress. Seconded by Jane Thurston. Motion carried. 5-0.

**Approve Second Reading of Policy 6.3 Mileage Limit for Student Activities:** Jane Thurston moved to approve on second reading Policy 6.3 Mileage Limit for Student Activities. Seconded by Terril Mills. Motion carried 5-0.

**Executive Session:** Chuck Powell moved to go into Executive Session for personnel and student issues at 7:57 p.m. Seconded by Jared Lyman. Motion carried 5-0. The board reconvened at 8:41 p.m. Jared Lyman moved to approve the executive session minutes as read in executive session. Seconded by Terril Mills. Motion carried 5-0.

**Personnel:** Chuck Powell moved to approve Belinda Daugherty as a route and activity bus driver for the 2018-2019 school year upon successful completion of all required endorsements. Seconded by Jane Thurston. Motion carried 5-0.

**Out of District Students:** Terril Mills moved to approve the administration's recommendation on the two out of district student's requests to attend Ten Sleep School. Seconded by Chuck Powell. Motion carried 5-0.

**Meeting Was Adjourned** Chairperson Tessia Greet adjourned meeting at 8:42 p.m.

**December Board Agenda Items:** Approve Surety Bonds as needed. Set time and location of Regular Board Meetings. Election of Board Officers. Second Reading of Policy 1.32 Prohibited Assistance to Sex Offender.





## Washakie County School District #2 School Board Special Meeting Minutes November 28, 2018

The Special meeting of the Washakie County SD #2 Board of Trustees was called to order at 7:00 p.m. by Chairperson Tessia Greet. Present were Tessia Greet, Jared Lyman, Jane Thurston, Chuck Powell and Terril Mills. Also present was Superintendent Jimmy Phelps and Principal Levi Collins.

### Pledge of Allegiance

**Adopt Agenda:** Terril Mills made a motion to approve the agenda. Seconded by Jane Thurston. Motion carried 5-0.

### Business (Discussion Agenda Items):

**Executive Session:** Chuck Powell moved to go into Executive Session for a personnel reason at 7:01 p.m. Seconded by Jane Thurston. Motion carried 5-0. New board members were asked to join the executive session. The board reconvened at 8:03 p.m. Chuck Powell moved to approve the executive session minutes as read in executive session. Seconded by Terril Mills. Motion carried 5-0. Terril Mills moved to approve Mr. Wilmer Zollman's request to take an extended leave of absence from Monday, November 26, 2018 through Friday, March 1, 2019. This will be time off without pay, with the exception of personal leave owed. He will continue to receive health insurance benefits. Seconded by Jared Lyman. Motion carried 4-0. Jane Thurston abstained from the vote.

**Meeting Was Adjourned** Chairperson Tessia Greet adjourned the meeting at 8:03 p.m.

## Kids Heart Challenge

Ten Sleep is so excited to support the American Heart Association by participating in the Kids Heart Challenge! When students take the challenge, they are reminded of how easy it is to take care of their hearts. We hope you will join us as we work together to support the lifesaving mission of the American Heart Association. Give back by downloading the Kids Heart Challenge App or by going to [www.heart.org/kidshheartchallenge](http://www.heart.org/kidshheartchallenge) to register, take a healthy challenge, spread the word, and make a donation. When you make a donation, your student will have the chance to earn some great thank you gifts, like the instant Heart Heroes! Download the app today to get started now to help us save lives!



## Attention:

Ten Sleep School Weight Room usage is only for an employee of WCSD #2 and any school sanctioned activity.

## Little Caesars Fundraiser

The 6th and 7th graders are doing a Little Caesar's Pizza fundraiser to earn money to go to Teton Science Camp in May. If you would like to buy some pizza and haven't been asked yet, please call the school to get a pizza catalog or ask for a salesman to come visit you.

## Washakie County School District #2 School Board Minutes

December 10, 2018

The regular meeting of the Washakie County SD #2 Board of Trustees was called to order at 7:00 p.m. by Vice-Chairperson Jared Lyman. Present were board members Jared Lyman, Terril Mills, and Chuck Powell. Also present were Superintendent Jimmy Phelps, Principal Levi Collins, Business Manager Connie Gay, Administrative Assistant Neysha Lyman, Board Elect Megan Truman and Mona Sindelar.

**Pledge of Allegiance** was led by Vice-Chairperson Jared Lyman

**Oath of Office for New Board Members:** Vice-Chairperson Jared Lyman swore in new board members Megan Truman and Mona Sindelar.

**Adopt Agenda:** Terril Mills made a motion to adopt the amended agenda with the addition of Item 4 Letter C. Nicole Weyer our Regional WSBA Representative remaining items to follow. Seconded by Chuck Powell. Motion carried 5-0.

**Guests and Patron Comments:** The Board received comments from patrons on the new vocational building and the concealed carry rule.

### **Reports and Recognitions:**

**Election of Board Officers:** Mona Sindelar made a motion to approve Jared Lyman as Board Chairperson. Seconded by Terril Mills. Motion carried 5-0. Jared Lyman made a motion to approve Megan Truman as Board Vice Chairperson. Seconded by Terril Mills. Motion carried 5-0. Mona Sindelar made a motion to approve Chuck Powell as Treasurer. Seconded by Jared Lyman. Motion carried 5-0. Terril Mills made a motion to approve Mona Sindelar as Board Clerk. Seconded by Megan Truman. Motion carried 5-0. Chuck Powell made a motion to approve Terril Mills as BOCES representative. Seconded by Megan Truman. Motion carried 5-0. Terril Mills made a motion to approve Megan Truman as Recreation Board representative. Seconded by Chuck Powell. Motion carried 5-0.

**Student Recognitions:** Mr. Collins recognized the November Students of the Month: Elementary - Kyle Egger; Middle School - Matthew Blutt; and High School - Molly Charney. Mrs. Egger recognized the Volleyball team for their WHSAA academic recognition with an average 3.74 GPA and recognized Bryley Moore for NW Player of the Year, All Conference, and All State.

**Parent Survey Results:** Mr. Collins shared the results of the parent survey that was given during parent teacher conferences.

**Vocational Building Design Team Update:** Jared Lyman updated the board and the community on the progress the design team is making.

### **Business (Consent Agenda Items):**

Principal: Included in the packet.

Superintendent: Included in the packet.

Minutes of the November 12, 2018 meeting were approved. Board members received copies of the statements and bills for review. Terril Mills made a motion to approve the consent agenda as amended with warrant #21752 voided and the addition of warrants #21759 and 21760. Terril Mills abstains from warrant #21720. Seconded by Chuck Powell. Motion carried 5-0. Authorization to pay the following vouchers: General Fund warrants #21705-21757 in the amount of \$235,269.49; Federal Fund warrants #3886-3887 in the amount of \$9,020.87; Major Maintenance Fund warrant #1251 in the amount of \$2,252.00; Hot Lunch Fund warrants #1484-1491 in the amount of \$11,300.79; Teacherage Fund warrant #1505 in the amount of \$138.00; Activity Fund warrants #2765-2769 in the amount of \$24,219.87.

Approve Prepaid Bills: General Fund warrants #21649-21651 in the amount of \$646.64; Activity Fund warrant #2764 in the amount of \$1,796.40.

Approved Work Release Student.

Approved Bond for Chairman, Treasurer, Clerk, and Business Manager.

Approved Annual designations:

1. Set Time and Place for regularly scheduled Board meetings as the second Monday of the month at 7:00 p.m. in the Board room.
2. Set Location and availability of meeting notices at the Post Office, Pony Express, school website, teacher's lounge and library.
3. Set Location and Availability of Minutes - Main office, Teacher's Lounge, Library and Website.
4. Additional meetings will be set as called for by State Statute or special meetings as the board deems necessary to conduct business. Special/extra meetings shall be scheduled and advertised as required by statute.
5. Bank Designations- Pinnacle Bank, American National, Summit National Bank-locally, Security First Bank in Cheyenne for the old bus, Wyoming Government Investment Fund (WGIF) and new bus is at Wyoming Bank and Trust in Cheyenne. Bank disclosures, signature cards, and bank resolution.

### **Business (Discussion Agenda Items):**

**Discuss/Action WSBA Training:** Discussion followed. Neysha Lyman will register board members for the WSBA trainings.

**Discuss/Action First Reading Policy 3.60 and 4.29 Child Abuse Policy:** Mona Sindelar made a motion to approve Policy 3.60 and 4.29 Child Abuse on first reading as written. Seconded by Terril Mills. Motion carried 5-0.

**Discuss/Action Second Reading 1.32 Prohibited Assistance to Sex Offender Policy:** Chuck Powell made a motion to approve on second Reading 1.32 Prohibited Assistance to Sex Offender Policy. Seconded by Mona Sindelar. Motion carried 5-0.

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## Counselor's Corner 2

### Mental Health Education

In the 2<sup>nd</sup> semester, the 6<sup>th</sup> grade will be exposed to mental health education. In weekly guidance lessons, grades Kg-6 already receive guidance services as part of general education. The 6<sup>th</sup> grade year will be the time to really focus on mental health.

There is a lot of information out there on Mental Health. I will be using research based information/materials. Some resources include, but not limited to: "Walk in Our Shoes", "Can We Talk", and [teenmentalhealth.org](http://teenmentalhealth.org). Some units I will be focusing on are: learning the facts, learning the differences among different Mental Health Challenges, experiences of mental illness, breaking down the stigma, working on helpful responses, seeking help and finding resources, and the importance of positive mental health. Some topics may be intense and provoke different feelings. The Kevin Hines story will be discussed and used as a teachable tool. Mental health issues are a somewhat "taboo" topic. My goal is to break down the barrier and educate young people so as to break the stigma that is attached to mental illness. Just as we talk about and seek help for a sprained ankle or a broken bone, or chiropractic care for our back, mental illness needs attention too. We need to help students understand the facts and the importance of getting help early. I am very excited to bring information to students and grow their mind-set on the topic. Below is a poster that a Ten Sleep High School student created for a college course. Although small to read, this is just one example that mental health is being confronted at a more global level and we at Ten Sleep need to work collectively to have an open dialogue for the best interest of our students!

**What are the treatments?**  
Every case is different, and therefore there are many different ways that depression can be treated. Some common types of therapy used by psychologists include Cognitive Behavioral Therapy (CBT), Interpersonal Therapy (IPT), and Psychodynamic Therapy.

**How is it diagnosed?**  
Doctors regularly test patients with screenings and physical exams; though most won't show conclusive results.  
Doctors have found the best way is to ask a set of test questions that help determine what is happening within a patient's mind.

**How do I get help?**  
Whether it be for you or a friend, we have help already here! If you ever need to talk to someone about anything, School Counselor Mrs. Wiechmann would be more than happy to help! Parents and teachers are always available. Talk to them!

**What is it?**  
Depression is feeling sad or depressed for days or even weeks at a time. It may feel like you have the blues and can't escape from those negative thoughts.  
With it comes a feeling of hopelessness, feeling weighed down, and having no energy.

**Is there a cure?**  
As with some mental illnesses such as BPD (Borderline Personality Disorder), there is no real "cure" to magically make everything better. There are some medications that can help treat depression such as SSRIs (Selective Serotonin Reuptake Inhibitors) which increase the levels of serotonin in the brain. These are the most common antidepressants. Seeking a trusted adult for help and resources can help start the path to relief.

**What are the symptoms?**  
While many symptoms have been found to be associated with depression, not all people react the same way. Each individual will have their own symptoms; these are just some of the most common ones:  
• Persistent sad, anxious, or "empty" mood  
• Feelings of hopelessness or pessimism  
• Feelings of guilt, worthlessness, or helplessness  
• Loss of interest or pleasure in hobbies and activities  
• Difficulty concentrating, remembering, or making decisions  
• Insomnia, early-morning awakening, or oversleeping  
• Low appetite and weight loss or overeating and weight gain  
• Thoughts of death or suicide, or suicide attempts  
• Restlessness or irritability  
• Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and pain for which no other cause can be diagnosed.

**What causes depression?**  
Depression is a mixture of chemical messenger signals and chemical imbalances in the brain. This does NOT mean, however, that someone is broken or faulty because of these imbalances. Your emotions play an important role in how your brain deals with stress.  
"Many things can contribute to clinical depression. For some people, a number of factors seem to be involved, while for others a single factor can cause the illness. Oftentimes, people become depressed for no apparent reason" (Harvard Health Publishing, n.d.).

**References**  
• American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC: Author.  
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**Statistics:**  
20% to 50% of teens suffering from depression have a family member with depression or some other mental disorder.  
10 to 15% of teens suffer from symptoms at any one time.  
1 OF 5 PEOPLE YOU SEE IN A DAY HAVE DEPRESSION.  
30% of teens who have depression are being treated for it.

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**Discuss/Action Christmas Gift to Staff:** Terril Mills made the motion to approve a gift of \$25 in Chamber bucks for all full time and part time staff. Seconded by Megan Truman. Motion carried 5-0.

**Executive Session:** Chuck Powell moved to go into executive session at 8:16 p.m. for personnel and a student issue. Seconded by Terril Mills. Motion carried 5-0. The board reconvened at 9:10 p.m. Terril Mills moved to accept the executive session minutes as read in executive session. Seconded by Chuck Powell. Motion carried 5-0. Chuck Powell moved to hire Mrs. Sarah Sperry as the Middle School Boys Assistant Basketball Coach. Seconded by Megan Truman. Motion carried 5-0.

**Meeting Was Adjourned** Chairperson Jared Lyman adjourned meeting at 9:11 p.m.

**January Board Agenda Items:** Review Calendar Options.

## Library Corner

After the Bell after school programming continues at the library Monday thru Thursday from 3:15-4:30. Please be aware that there is no program on Fridays or February 18<sup>th</sup> and 19<sup>th</sup>. The Library will be closed on February 19<sup>th</sup> for President's Day. Amber Armajo, 4H/Youth Educator from the Washakie County Extension Office will join us on Monday February 11<sup>th</sup> with another special program.

Thanks goes out to the Friends of the Ten Sleep Library for recently purchasing a drinking fountain for the library! This drinking fountain also features a bottle filler option so we can help our environment by not using plastic bottles and paper cups. Drink all of the chilled sparkling Ten Sleep water you want! Please send a water bottle with your student for use after school.

The new mobile app **WYLDcat** was released in both the Android and Apple app stores recently. We are very excited about this feature and the many functions it has. With WYLDcat Mobile you can: Login in with your library card and PIN to see your libraries version of the app, search for materials in your library or find ebooks or audiobooks, renew materials and place holds, find links to your library's social media, scan a barcode to look up an item in the app, find libraries nearby including hours and a maplink! And parents... the feature I think is the most exciting is being able to link additional cards to your account. You will be able to see all of your children's accounts, checkouts, and fines with the swipe of your finger. We are happy to help you set this up on your mobile device if you need us. Or stop by and we can walk you through it. Simple, easy and so handy!

Local artist Joy Lyman will have her artwork "A Sketchy Life" on display at the library until February 28<sup>th</sup>. Meet Joy and discuss her inspiration on Saturday February 9<sup>th</sup> from 10 am to 12 noon.

We need your help! We are gathering your trophy rodeo belt buckles for a display in our locked case at the library. Please share with us! These buckles will be on display from February 15<sup>th</sup> to March 30<sup>th</sup>. These can be from your youth, something from your parents, grandparents or family member, a pro buckle or an amateur buckle. Maybe you were a rodeo queen or princess! Shine them up and drop them off!

Join the February book discussion with Louise Rossler on February 16<sup>th</sup> from 6-7:30 pm. Pick up your book "Two Old Women: an Alaskan Legend of Betrayal, Courage and Survival" by Velma Wallis at the library and participate! Would you like to lead a book discussion? Volunteer at the library, and you get to pick the title.

## Counselor's Corner 3

**Classroom Guidance: themes and skills we are working on**

KG/grade 1: Making mistakes is OK, how to stay positive and make the most of a mistake

Grades 2/3: Friendship Behaviors

Grades 4/5: The importance of communication and HOW to be a better communicator

Grade 6: Mental Health Education

**Parents: Are you frustrated, stressed, or worried about what the future holds for your child?**

Well, you are not alone! If you like to read and research, check out this article: *How to Teach Your Kids To Care About Other People* by Caroline Bologna in the *huffpost*. Search for it. It is worth the time!

Or check out this article: *Why are Kids Impatient, Bored, Friendless, and Entitled?*

<https://deeproootsat home.com/kids-friendless-bored-impatient/>

## Art Club

The High School Art Club is having a Cookie Jar Silent Auction on February 9<sup>th</sup> during the Basketball games.

They are having their Soup Supper on February 15<sup>th</sup> from 5 to 7 PM. This is all you can eat soup and you get to keep your bowl! The bowls were all made by the Art Club. Please see the attached flyer.

## Gun Raffle

The Senior Class is raffling off a Henry 22 Rifle. They are selling tickets right now. See a Senior if you would like to buy tickets!

## Girl Scouts

Ten Sleep is starting a Girl Scout Troop! Registration will be February 15<sup>th</sup> at 1:15 in the school cafeteria. Please see the attached flyer. If you would like more information, please call Jessica Zierlein at 307-388-2702.





### Surgeon General Declares Youth E-cigarette Use An Epidemic

"I am officially declaring e-cigarette use among youth an epidemic in the United States," stated the United States Surgeon General, Jerome Adams, at a recent news conference. "Now is the time to take action. We need to protect our young people from all tobacco products, including e-cigarettes."

In the past year alone e-cigarette use, also known as vaping, has increased 78% among high school age youth. E-cigarettes come in a variety of shapes and sizes and may not look like a tobacco product, which can cause youth to think they are harmless. E-cigarettes contain nicotine, the same highly addictive drug in cigarettes. Some e-cigarettes contain as much nicotine as a pack of 20 regular cigarettes. In his official advisory statement, the Surgeon General calls on parents and teachers to educate themselves about the variety of e-cigarettes and to talk with children about their dangers. Here are the suggested steps the Surgeon General has asked parents to take to help address this public health epidemic.

- Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people at <https://e-cigarettes.surgeongeneral.gov/>.

- Set a good example by being tobacco-free. If you use tobacco products, it's never too late to quit.

- Talk to a healthcare professional about quitting all forms of tobacco product use. For free help, visit [smokefree.gov](http://smokefree.gov) or call 1-800-QUIT-NOW.

- Adopt tobacco-free rules, including e-cigarettes, in your home and vehicle.

- Talk to your child or teen about why e-cigarettes are harmful for them. It's never too late.

- Get the Surgeon General's tip sheet for parents, Talk With Your Teen About E-cigarettes, at <https://e-cigarettes.surgeongeneral.gov/>. Start the conversation early with children about why e-cigarettes, including JUUL, are harmful for them.

- Let your child know that you want them to stay away from all tobacco products, including e-cigarettes, because they are not safe for them. Seek help and get involved.

- Set up an appointment with your child's health care provider so that they can hear from a medical professional about the health risks of tobacco products, including e-cigarettes.

- Speak with your child's teacher and school administrator about enforcement of tobacco-free school policies and tobacco prevention curriculum.

- Encourage your child to learn the facts and get tips for quitting tobacco products at [Teen.smokefree.gov](http://Teen.smokefree.gov).

For more information and to view the official Surgeon General's Advisory Statement visit <https://e-cigarettes.surgeongeneral.gov/resources.html>. This website has many valuable resources for parents and teens in an easy to read format.

## Surgeon General's Advisory on E-cigarette Use Among Youth

*I, Surgeon General of the United States Public Health Service, VADM Jerome Adams, am emphasizing the importance of protecting our children from a lifetime of nicotine addiction and associated health risks by immediately addressing the epidemic of youth e-cigarette use. The recent surge in e-cigarette use among youth, which has been fueled by new types of e-cigarettes that have recently entered the market, is a cause for great concern. **We must take action now to protect the health of our nation's young people.***  
**KNOW THE RISKS. TAKE ACTION. PROTECT OUR KIDS.**

Ten Sleep School

PO Box 105  
Ten Sleep, WY 82442  
Phone: 307-366-2223  
Fax: 307-366-2304  
www.wsh2.k12.wy.us:



Ten Sleep School  
Supporting Success

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## CSO

CSO has a month of activities:

Candy Cup orders going on now until Feb. 10, please see insert and return to the school office by Feb. 10th.

February 1 - PINK OUT games during the HS games in Ten Sleep. We are accepting "PINK" items for our basket raffle that will help a local cancer patient with expenses from treatments. Please wear your PINK to the games.

February 2 - YARD SALE during the HS games. We will be selling PIONEER gear and team jerseys that are no longer used.

February 9 - Valentine Basket Raffle. We are currently accepting baskets for our basket raffle.

There have been some really fun baskets in the past with various themes. If you would like to donate a basket or have any questions, please contact a CSO member: Georgia Stocklin, Machel Reid, Sawyer Wolnofer (Lyman), or Dani Rice.

March 21 is our Annual Book Fair in the Cafeteria, if you are able to help with the Book Fair, please contact

Dani Rice @ 366-2571.

We thank you all for your support of our organization that offers rewards to students with good grades or improved grades during each Quarter, a scholarship to a graduating Senior, and staff appreciation breakfast just to name a few of the things we do in our community. Your support is greatly appreciated.

## Hot Lunch

Student meals are \$2.00 for K-6, \$2.50 for 7-12 and extra milk is \$.25. February costs for K-6 will be \$36.00, 7-12 will be \$45.00. By State law, the school cannot extend credit.

Breakfast tickets are available in the lunchroom for students wishing to purchase breakfast items. Cookies are \$.50 and the other items are \$.25.



# FEBRUARY 2019

Washakie County School District #2

Monday

Tuesday

Wednesday

Thursday

Friday

Spaghetti  
Bread Sticks  
Lettuce Salad  
Green Beans  
Pears  
Milk

4

Chicken Strips  
Chicken Rice  
Egg Rolls  
Oriental Veggies  
Apples  
Milk

5

Hoagies  
Smile Potatoes  
Corn  
Grapes  
Milk

6

Tacos in a Bag  
Refried Beans  
Lettuce Salad  
Mandarin Oranges  
Milk

7

Corn Dogs  
Mac 'n' Cheese  
Broccoli  
Pears  
Milk

8

Chili  
Corn Bread  
Veggie Sticks  
Applesauce  
Milk

11

Chicken Quesadillas  
Spanish Rice  
Lettuce Salad  
Tropical Fruit  
Milk

12

Hamburger Deluxe  
French Fries  
Country Trio Veggies  
Watermelon  
Milk

13

Turkey or Ham Sand  
Sweet Potato Fries  
Cottage Cheese  
Pineapple  
Milk

14

Beefy Nachos  
Refried Beans  
Lettuce Salad  
Tator Rounds  
Peaches  
Milk

15

Presidents Day  
No School

18

Teacher Workday  
No School

19

Meatball Subs  
French Fries  
Peas  
Grapes  
Milk

20

Tator Tot Casserole  
Green Beans  
Hot Rolls Mixed Fruit  
Milk

21

Chicken Nuggets  
Scalloped Potatoes  
Broccoli or Spinach  
Pears  
Milk

22

Sausage Biscuit  
Hash Browns  
Veggie Sticks  
Cottage Cheese  
Pineapple  
Milk

25

Sloppy Joes  
French Fries  
Peas 'n' Carrots  
Apples  
Milk

26

Turkey Wraps  
Potato Chips  
Baked Beans  
Corn  
Tropical Fruit  
Milk

27

Chicken Patties  
Mashed Potatoes & Gravy  
Broccoli Normandy  
Hot Rolls  
Mandarin Oranges  
Milk

28

This Institution is an Equal Opportunity Employer



# **Washakie County School District #2** **February 2019**

Events												
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
27	No School Teacher Inservice	28	29	30	MSBB Rocky Mountain Home 4:15/5:15	31	CSO PINK OUT games Conference Swim @ Newcastle 3:00 HSB Burlington Home 5:30/7:00 MSBB Burlington Home 3:00/4:00 Red Friday, Morning Classes	1	CSO Yard Sale Conference Swim @ Newcastle 9:00 HSB Meeteetse Home 2:00/3:30 MSBB Meeteetse Home 11:00/12:00 Senior Gun Raffle	2		
3		4	NAEP Testing 8th Grade	5	6	Swim @ Buffalo 5:00	7	Blue Friday, Afternoon Classes HSB @ Dubois 5:00/6:30	8	CSO Valentine Basket Raffle Cookie Jar Silent Auction Freshman BBQ at BB games HSB St. Stephens Home 5:00/6:30 MSBB @ Greybull 12:00/1:00 Sophomore Balloon Raffle	9	
10	K-6 Wellness Week MSBB @ Rocky Mountain 4:15/5:30 Progress Reports School Board Meeting 7:00	11	K-6 Wellness Week MSBB @ Thermopolis 4:30/5:30	12	K-6 Wellness Week	13	K-6 Wellness Week	14	Art Club Soup Supper 5-7 Girl Scout Registration 1:15 K-6 Wellness Week MSBB Regionals @ Home Red Friday, Morning classes State Swim @ Gillette 2:00	15	HSB @ Burlington 4:00/5:30 MSBB Regionals @ Home State Swim @ Gillette	16
17	FFA Week President's Day, No School	18	FFA Week Teacher Workday	19	FFA Week Shane Stiess HS Art Workshops	20	FFA Week HSB Regionals Shane Stiess HS Art Workshops	21	Blue Friday, Afternoon Classes FFA Week HSB Regionals Shane Stiess HS Art Workshops	22	FFA Week HSB Regionals	23
24		25		26		27	HSB State	28	HSB State	1	HSB State	2



# Balloon Raffle!

Sponsored by the Sophomore Class of 2021



## **February 9, 2019**

**at Ten Sleep Schools**

**Basketball games vs. St. Stephens**

## **5 p.m. and 6:30 p.m.**

Tickets will be sold before and during games, and the balloon raffle will take place during halftime of the boys' game. Tickets are sold for \$2 each or 6 for \$10 to be able to pop a balloon. Each balloon has a slip of paper inside that may grant a prize.

**Contact any Ten Sleep sophomore with questions or  
Kate Decker at [katie.decker@wsh2.k12.wy.us](mailto:katie.decker@wsh2.k12.wy.us)**

# Ten Sleep School Freshman Class Fundraiser

Saturday February 9th from 5:00-7:00

BBQ Plates will be served during the Basketball

Home Games against St. Stephens



Plates will be 8 dollars. Plates include:

- Southern Smoked Pulled Pork Sandwiches
- Chips
- Memphis Style Coleslaw
- Glass of Cane Sugar Sweet or Unsweet Tea

Pie and Banana  
Pudding will also  
be sold



# Girl Scout Registration

Kindergarten thru 3rd Grade

→ Incoming Kindergartners ALSO!

\* If there are older girls interested Please get ahold of me!!

February 15<sup>th</sup>

School Cafeteria @ 1:15  
(Right after School!!)

Troop leader - Jessica Zierlein

We will be doing a Craft while we chat about Girl Scouts!!

I will provide a snack!!

Anyone unable to attend Please call/text me - 388-2702!! Along with any questions!!

Im very excited to start the Ten Sleep troop again!!!

# SOUP SUPPER

Put on by the  
**TEN SLEEP ART CLUB**  
**ALL YOU CAN EAT &**  
**KEEP YOUR BOWL**

\$ 10 per person

**FEBRUARY 15,**

**5-7 PM**



# Students OF THE MONTH



**NOVEMBER STUDENTS OF THE MONTH**  
**Congratulations Molly, Kyle and Matthew!**



# C.S.O. Fundraiser

Valentine's Day is coming soon. Send someone you love, care about or admire a special treat! Valentine Candy Cups delivered on the special day to your special someone. Please fill out the order form below and return with payment to the school office or to any C.S.O. member by Feb. 10<sup>th</sup>. Your special someone will receive a candy filled cup decorated to look like a smoothie with a fun tag attached on February 14<sup>h</sup>.

**\*\*Delivery will be to school or in town only\*\***

**\*\*Please note town address for delivery outside the school\*\***

**Please make checks to C.S.O.**

**Cup Choices: 1) Hershey Kisses \$4.50    2) Hot Tamales \$3.50**

**3) Bubble Gum \$3.50    4) Sugar Free \$ 3.50**

TO: \_\_\_\_\_

From: \_\_\_\_\_

Cup Choice: \_\_\_\_\_

TO: \_\_\_\_\_

From: \_\_\_\_\_

Cup Choice: \_\_\_\_\_

TO: \_\_\_\_\_

From: \_\_\_\_\_

Cup Choice: \_\_\_\_\_

TO: \_\_\_\_\_

From: \_\_\_\_\_

Cup Choice: \_\_\_\_\_

TO: \_\_\_\_\_

From: \_\_\_\_\_

Cup Choice: \_\_\_\_\_

TO: \_\_\_\_\_

From: \_\_\_\_\_

Cup Choice: \_\_\_\_\_

# Fitness for Life: Elementary School

## Instructions for Wellness Week 1 Newsletter

### Producing the Newsletter

This newsletter file is provided with the resources for all the books in the **Fitness for Life: Elementary School** program, so it's easy for anyone to create and distribute the newsletter for Wellness Week 1. Here are some options:

- The wellness coordinator customizes, prints, and distributes newsletters to classroom teachers, who distribute them to students.
- Classroom teachers customize, print, and distribute newsletters to students.
- The physical education teacher customizes, prints, and distributes them to students.
- Staff members customize the newsletter and send it as an e-mail attachment to parents.
- Staff members customize the newsletter and post it on the school Web site.

### Creating the Newsletter

In the newsletter template on the next page, enter your school's name and the date in the appropriate locations. Then customize the rest of the newsletter as desired. You can change the text boxes to reflect activities that your school will conduct during Wellness Week 1 or to provide announcements specific to your school.

To customize a text box, just click on it and edit the text. You can change the size of a text box by clicking on it and dragging one of the size points along the edges of the box. For more details on working with text boxes, consult your word processing program's Help function.

### Alternative Content

If you want to feature a celebration activity or TEAM Time activity (as described in the *Guide for Wellness Coordinators*) in the newsletter, you can use or adapt the text below.

#### Wellness Week Celebration Activity

During Wellness Week 1, we will conduct a special celebration activity. [Describe the activity selected from the *Guide for Wellness Coordinators*.]

#### TEAM Time

One Wellness Week activity is called TEAM Time. (TEAM stands for Together Everyone Achieves More.) All children perform this activity at the beginning of the school day. It gets them ready to learn and helps provide some of the daily activity that they need. Ask your child about TEAM Time.

# Ten Sleep School

## Wellness Week 1 Newsletter

### February 11-15



### What Is Wellness Week?

**Ten Sleep Elementary School** is participating in a national program called **Fitness for Life**. We will conduct a Wellness Week two times, once every nine weeks for the remainder of the school year. During each Wellness Week, the entire school will participate in physical activity and nutrition programs designed to promote lifelong health and fitness. Components of Wellness Week include classroom activity breaks using specially prepared videos, nutrition programs in the cafeteria and the classroom, special schoolwide events, and celebration activities. Visit the program Web site at [www.fitnessforlife.org](http://www.fitnessforlife.org) to learn more.

### Wellness Week 1 Activity Breaks

During Wellness Week 1, your child will perform activity breaks in the classroom. Studies show that children need at least 60 minutes of activity every day. Studies also show that regular activity in the classroom promotes academic achievement, good fitness, and overall good health. Ask your child about the activity that he or she performed.

Kindergarten: Exercise on the Farm  
First grade: Some More  
Second grade: Get Fit  
Third grade: It's Our Plan  
Fourth grade: Robot  
Fifth grade: Hip Hop 5  
Sixth grade: Hip Hop 6

### School Wellness

Schools that receive funding for lunch programs must have a wellness policy and a wellness plan. Wellness Week helps our school meet wellness goals. Ask your child about some of our Wellness Week activities, discussions, and signs.

### Staying Active at School

The slogan for Wellness Week 1 is "Be active 60 minutes every day." Students can choose activities from any steps of the Physical Activity Pyramid for Kids (see below). Wellness Week 1 focuses on moderate physical activities (step 1), such as walking and doing active chores at home. Ask your child about the pyramid.



### Nutrition and Physical Activity at Home

To support Wellness Week, consider doing a family activity that involves moderate exercise, such as taking a walk together, doing light yard work, or walking to school. Encourage family members to eat fruits and vegetables of many colors by serving several at each meal. Talk with your kids about healthy lifestyles.

### Nutrition Activities During Wellness Week

Each Wellness Week has a nutrition theme. Week 1 focuses on fruit and vegetables. We will have special cafeteria and classroom activities and encourage kids to eat every color every day. We will learn about MyPyramid and the green and red color bands. For more information, visit [www.MyPyramid.gov](http://www.MyPyramid.gov), and explore that site's MyTracker to help your child learn about fruits and veggies in a good diet.

