



MARCH NEWSLETTER

Annie Griffin
Superintendent

Washakie County School District #2

Robert Griffin
Principal

Principal's Corner

We are in the middle of FFA week and have just finished all of our fall sports. The tradition of Driving Your Tractor or Riding Your Horse to School was well attended this year. This is a great Ten Sleep tradition that is so fun to see each year. Mrs. Forshee and FFA chapter are top notch and it is a pleasure to celebrate them this week.

As we get ready to start the final quarter we are gearing up for a push to remain Wyoming's best academic school. March is also a big month for our junior class as they will officially take the ACT as a group. This is our time to shine and we look forward to encouraging your children to do their best with fun incentives and activities as we approach testing season.

Over the holidays, our elementary students sent letters and goodies to troops from Wyoming who are deployed overseas. As time has gone on, several students received letters back thanking our students for the support and they tried to answer as many questions as possible. Each day the education that goes on in these walls goes far beyond the curriculum. I am a very proud principal and veteran!

With the return of spring, our students and staff will be much like the song, "I've been everywhere man...", as is traditional for our students who are in FFA, track, Skills USA, art competitions and musical competitions all to occur in the short time we have remaining for the school year.

Each day we are getting a few more items checked off the list to get the new building in 100% working order. The old school is being abated for asbestos. Please be aware of a partial road closure that will impact your drive to school. Also just a reminder that we ask that you drop off and pick up your children in the north parking lot behind the school. Please do not drop or pick up on the west side of the school as it makes it unsafe for children that are walking before and after school.

Our school wide writing initiative is gaining traction and our staff feels our students will see an increase in their comprehension and writing skills during this assessment season. It is also the time of year we reflect on our progress and look for areas to focus our attention for next year. Among the elementary staff, one of the biggest areas of need is in math. Elementary staff continue to encourage you to help them in targeting math fact fluency.

Finally, as we read headlines and think about the changes that are occurring at the state level, please let me be the first to remind you that our school is the best in the state. Please continue to support our staff with appreciation as they continue to put their best foot forward every single day with your children. Continue to watch our Facebook pages and your emails as we will be holding several events in the next few months as we begin to round out the school year.

The student council hosted a movie night following the last home basketball game. Student Council sponsored drinks and popcorn. A survey was distributed amongst peers to determine the interest. Approximately 14 students grades 9-12 attended the event and enjoyed relaxing and hanging out in the new heart space at the school. Mrs. Wiechmann chaperoned. A special thank you to Porter Stiffney, Blake Holiday, and Christopher Blutt for the time they took to help make this event possible.

~ Quick Links ~

FFA News
Counselor's Corner
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Board Briefs
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Google Calendar
Lunch Menu
Library Events

FFA News

Agricultural Education has been extremely busy. In class our animal science students have been studying punnet squares and finishing up the different systems of poultry and equine.

Plant Science has been busy planting numerous varieties of tomatoes and peppers. We plan to have fresh produce for our lunch room once again.

Agricultural Leadership finished up with our credit unit where we discussed credit card interest and rates. We all learned the importance of balancing a checkbook and starting savings accounts.

Middle School Ag. ended our poultry unit with egg dissection - and with the price of eggs, that ended up being an expensive experiment!

FFA season is upon us. We spent the first weekend in February at CWC who hosted a horse evaluation clinic and contest. I had a full vehicle as Tenley, Siri and Trinity attended for our middle school members. All girls felt it was worthwhile and very valuable. Our Senior members Allie, Breckyn and Karidee also attended and felt it was a great refresher course. We are grateful to CWC for hosting this clinic.



The next day Breckyn, Karidee and Allie returned for the Horse Evaluation Contest. These three ladies are phenomenal and always put the time and effort into practice during the 8th hour, but also when it is not required. This dedication is why they continue to hear their names called during awards ceremonies and this contest was no different. With only having four members they were at a disadvantage but that did not stop them from coming in 4th place overall. I am most proud of their 1st place finish in reasons, showing these ladies can publicly speak in a convincing manner. Allie was our highman placing 4th overall and Breckyn followed placing 11th overall. We have picked up Belle for the rest of our CDE season and I have no doubt this team will continue to shine.



It was an honor to help judge at the Wyoming FFA State Agricultural Science fair in Worland. I am proud of all our local students who presented their findings. Cachleyynn, Brooklynn, Kyler and Cameron were invited to attend to learn more about the Agricultural Science Fair in the interest of competing next year.

~ Mrs. Forshee



Counselor's Corner

"Time sure does fly" is an understatement. I feel like we were just talking about "back to school" events, and now we are making May plans..... WOW! Maybe it's my age also that sure makes the time fly right by.

The spring time in schools is full of field trips, testing, events and contests - whether it be FFA or Knowledge Bowl... there is a lot going on.

Our students' stress level is out of this world. Recently, during our student lead Sources of Strength meeting, students were sharing that their stress is at an all time high. This got educators wondering, "what can be done to help with this"..... I think awareness is a good step. Knowing that your student feels overwhelmed, "too busy," and frustrated might change our approach a little bit. But students are, overall, and globally, having a difficult time managing stress and conflict. This is a growing concern in the world of education. Not just with the stress of academics, we are noticing that holistically, students are not able to manage stress; thus leading to the growing concern of anxiety among teens. This is something that parents need to be aware of. There are resources that can help. Lynn Lyons and the FlusterClux podcast is a helpful (and humorous) anxiety resource. She has also authored some books: *The Anxiety Audit* is a great read. I would greatly like to partner with parents - if you are ever interested in discussing ways to help your child "be all they can be". Please reach out!

"Research has shown that the ability to handle profound adversity, while it can be an inherited trait, can also depend on behaviors and attitudes that can be learned during one's life." *bbrfoundation.org, Adriana Feder, M.D., and Dennis Charney, M.D.*

Provided this research is true, then behaviors and attitudes can be learned which implies someone, somewhere, is DOING THE TEACHING. If we are not teaching these things in our homes, children will learn, but perhaps not in the manner one would hope.

How to handle the stressors of life and how to manage challenges can all be learned. If students are looking to the adults in their communities, what are we doing to help make this a positive learning opportunity to gain some new tools? Life doesn't always go our way, that's a fact. How are we using our tools to positively overcome when faced with adversity? Making a minor mistake as a 10 year old can turn into a valuable lesson; because learning a lesson the hard way as an 18 year old might have a higher price tag. We all want to protect and pave a way that is pain

free, but sometimes our protection becomes a negative (enabling).

Here are some other ideas from Child Development expert Karen Disney:

***Wait to Help:** Many a well-meaning parent has crossed the line from helping to hindering without realizing that their good intentions would have negative consequences. Before you help, solve the problem, jump in, or fix it, let your child have a chance to figure it out. Nothing says, "I don't trust you to do this," quite like, "Here, let me do it."

***Think Ahead and Prepare:** Spend time with your child building a foundation. We can't expect to spring a new concept on children with an expectation of perfection. Take the time to teach and model before introducing new expectations.

***Limit the number of steps:** One step at a time, one day at a time. Different ages have varying levels of independent capabilities. Break tasks into chunks (teachers in school do this all the time)

***Give lessons:** Don't assume your child knows how because they've watched you a thousand times; this builds frustration for you both. Break a new task into steps and teach them how to do it. Be clear, concise, and build upon prior experience.

***Avoid "yes" or "no" questions. Instead- Offer Choices:** Offer two choices that you are both equally willing to live with. "Do you want to set the table or stir the noodles".... Offering choices empowers your child, gives them confidence and a sense of control, and helps them to feel included and not "bossed".

***Let Your Child Problem-Solve:** jumping in quickly to solve the problem and take away their "pain" only makes matters worse. The lesson can easily be lost when this happens. Ask questions like "How do you think you can make this work better...." or "What do you think is a fair solution....." When a child can take ownership of a task, it helps create a higher level of self-esteem.

***Be Flexible:** sometimes a child wants to help sweep the floor today, but may not show interest tomorrow. Continue to offer opportunities to help and keep your expectations low and don't pressure, while sending the message that "everyone can help in this family in their own way..."

***Be Patient:** Sometimes parenting is two steps forward and one step back. Be patient with your child and with yourself. You are both learning.

***Acknowledge Small Successes:** You're raising small human beings who will go out into the world one day and think and act for themselves. You're teaching your child to

Continued on next page.

Counselor's Corner Continued

make choices, take responsibility, and solve problems.

**Conversations I have with students involve a lot of "what can you control"..... Self-Esteem is another big topic I see students struggle with. I also see a lack of ownership: dishonesty following with a sense of entitlement and not "owning" our mistake and not "owning" any part in the choice that leads to a consequence.....Also, I see a lot of students unable to handle even the simplest of "stressors". Being able to manage a directive from a teacher and follow

through seems to really derail students. I see students who are unsure about the world around them, they feel lost, they feel defeated and unheard. Providing them with a safe place and a dose of listening and understanding does go a long way. Our teachers at school are doing just that. We ARE listening and listening to understand, not listening to respond. Ten Sleep is an amazing place; unique, beautiful, and full of helpful, solid individuals. I want to make the good great! I hope you do the same!

~ Mrs. Wiechmann

6th Grade Class Secures \$1000 Grant for Teton Science School Trip

This year, our 6th grade class embarked on an exciting journey to enhance our learning experience through outdoor education. With a desire to explore the wonders of nature and gain firsthand knowledge about the environment, the 6th grade students applied for a grant from the Kids To Parks Foundation. Our goal was to fund our upcoming trip to Teton Science School this spring.

The process began with brainstorming sessions in class, where students shared their ideas about the importance of outdoor education and how it relates to our science curriculum. We discussed the unique opportunities that the Teton Science School offers, including hands-on learning experiences in ecology, wildlife studies, watersheds and conservation.

With enthusiasm, the students collaborated to draft a compelling grant proposal. They outlined our project goals, detailed our planned activities at the Teton Science School, and explained how this trip would benefit our understanding of the natural world. Each student contributed by writing sections of the proposal and ensuring that our collective voice and passion for learning were well-represented.

After submitting our proposal, we anxiously awaited a response. We were thrilled to receive the news that we had been awarded a \$1000 grant from the Kids To Parks Foundation! This funding will significantly support our trip, covering some of the lodging, and educational programs at Teton Science School.

This experience has not only equipped our class with essential writing and teamwork skills, but it has also deepened our appreciation for the great outdoors. We are incredibly grateful to the Kids To Parks Foundation for their generous support, and we look forward to an unforgettable adventure this spring, where we will explore, learn, and connect with nature.

As we prepare for our trip, we will continue to engage in discussions about environmental stewardship and the importance of preserving our natural resources. We can't wait to share our experiences and knowledge with our community upon our return!

~ Mr. Moore



Board Briefs

BOARD OF TRUSTEES MEETING AGENDA (Monday, February 10, 2025)

1. Work Session 6:15
2. MEETING OPENING

A. Call to Order

Chairperson Erin Blutt called this meeting to order at 7:00pm.

B. Pledge of Allegiance

C. Roll Call

Present: Shana Harstad, Erin Blutt, Annie Griffin, Marc Dykstra, Robert Griffin, Rachel Casteel.

D. Adopt Agenda

Bill Murphy moved to adopt the agenda. Seconded by Shana Harstad. Motion carried 4-0.

3. REPORTS AND RECOGNITIONS

A. The Pioneer Way - Mr. Griffin

B. Superintendent Report / New School Update-Mrs. Griffin

4. GUESTS AND PATRON COMMENTS

A. Visitor Input at Board Meetings

5. CONSENT AGENDA

A. Business Manager Report-Mrs. Casteel

B. Principal's Report - Mr. Griffin

C. Approve Minutes of January 13, 2025 Meeting

D. Authorization and Payment of Outstanding Bills

E. Approve Prepaid Bills

F. Mental Health Grant

G. Isolation Pay

H. Approve Physical Therapy Contract with Fyzical Therapy & Balance Center

I. Walking Track/Weights Supervision Stipend

Bill Murphy moved to approve the Consent Agenda. Seconded by Shana Harstad. Motion Carried 4-0. Bill Murphy abstained from warrants 3340 and 26995.

6. DISCUSSION/ACTION ITEMS

A. First Reading Policies 9.06 Least Restrictive Environment, 9.07 Response to Intervention, 9.08 Seclusion and Restraint, 10.01 Nondiscrimination, 10.02 Sexual Harassment, 10.03 Discrimination/Harassment Complaint Procedure, and 10.04 Section 504/ADA Compliance.

Shana Harstad moved to approve the First Reading of policies 9.06 Least Restrictive Environment, 9.07 Response to Intervention, 9.08 Seclusion and Restraint, 10.01 Nondiscrimination, 10.02 Sexual Harassment, 10.03

Discrimination/Harassment Complaint Procedure, and 10.04 504/ADA Compliance. Seconded by Marc Dykstra. Motion Carried 4-0.

B. Approve School Calendar for 2025-2026 School Year

Marc Dykstra moved to approve the 2025-2026 Option 3 School Calendar. Seconded by Shana Harstad. Motion Carried 4-0.

7. EXECUTIVE SESSION

Shana Harstad moved to go into Executive Session for Approval of Contract at 7:55pm. Seconded by Marc Dykstra. Motion Carried 4-0.

Shana Harstad moved to approve minutes as read in Executive Session. Seconded by Marc Dykstra. Motion Carried 4-0.

A. Approve Contract

Shana Harstad moved to approve services with NW Boces. Seconded by Marc Dykstra. Motion Carried 4-0.

8. NEXT MONTH BOARD AGENDA ITEMS

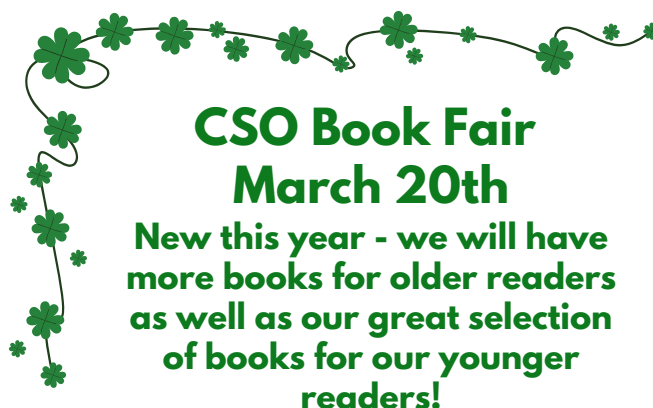
A. 6:15 Work Session, Chapters 11 & 12

B. Principal Evaluation

9. ADJOURNMENT

A. Adjourn the Meeting

Chairperson Erin Blutt adjourned this meeting at 8:12pm.




March 2025 - April 2025

March 2025

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30	31					

April 2025

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27	28	29	30			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mar 2	3 FFA Sheridan Border Wars CDE/LDE Contest (Sheridan) Winter Sports Awards Night 6:30	4 FFA District Speech Contest Thermop 6:30pm Task Force Meeting	5 2nd/3rd Grade Field Trip 12:00pm Juniors to Worland for Prom ASK	6	7	8
9	10 5:30pm Adult Bunco Night @ Library FFA Regional Speech HS Track Mandatory School Board Meeting	11 4th Quarter Begins 8:00am Voices in the Field: Career Explore grades	12	13 6:00pm Mid-Winter Band Concert 5th-12th	14	15
16	17 First Track Practice 5/6th Band Performance, Sr. Center, 12:00 5:30pm MS Track Parent Meeting	18 FFA State Vet Science Contest Torrington	19	20 No MS Track Practice 5:30pm Book Discussion CSO Book Fair Early Release - Red Parent Teacher	21 No School - Teacher Workday 9:00am Spring Youth Basketball Camp	22
23	24	25 ACT juniors- morning	26	27 Northwest College CDE/LDE Contest	28 Blue Friday - Afternoon Classes HS Track @ Burlington	29 MS Track @ Burlington FFA Casper College CDE/LDE Contest
30 	31 Spring Golf First Practice	Apr 1 12:00pm 7/8 Grade Senior Center Performance	2 FFA Meats and Agronomy, Laramie	3 5:30pm Pysanky Eggs @ Library HS Track @ Casper - NCHS	4 MS Track @ Greybull CWC Livestock Contest Red Friday - Morning Classes	5 Prom
6	7	8 12th State FFA Convention	9	10 State FFA CDEs and Leadership Conf, Cheyenne	11 HS Track @ TR - Dayton Mid-terms Go Out	12 MS Track @ Shoshoni

March

Ten Sleep School 2024/2025 Lunch Menu

Breakfast Sandwich Or Biscuits and Gravy <i>Hash Brown</i> Egg Oranges Milk	3	Chicken Noodle Soup Hot Rolls Peas Baby Carrots Fruit Milk	4	Spaghetti with Meat Sauce Lettuce Salad Garlic Bread Stick Fruit Milk	5	Chicken Fajita Bowl Lettuce Salad Pico de Gallo Fruit Milk	6	Pulled Pork Sandwich <i>Chips</i> Mixed Veggies Fruit Milk	7
Hoagie French Fries Fruit Milk	10	Crispy Taco Or Soft Shell Taco Refried beans Lettuce Salad Fruit Milk	11	Country Fried Steak Mashed Potatoes White Pepper Gravy Green Beans Fruit Milk	12	Teriyaki Chicken Fried Rice Fruit Milk	13	Corn Dog Potato Fries 2024 Normandy Blend Vegetables Fruit Milk	14
Baked Ziti with Meat Sauce Garlic Bread Stick Lettuce Salad Fruit Grains Milk	17	Baked Potato Bar Corn Bread Fruit Milk	18	Beef & Bean Burrito Corn Fruit Milk	19	Crispy Chicken Sandwich French Fries Fruit Milk	20	<i>Teacher Work Day</i>	
Grilled Cheese Tomato Soup Potato Soup Fruit Milk	24	Chicken Chip Casserole Peas Fruit Milk	25	Waffles Egg Sausage Hash Brown Oranges Milk	26	Pizza Lettuce Salad Cottage Cheese Fruit Milk	27	Chicken Nuggets Or Fish Sticks French Fries Fruit Milk	28
Beef Enchilada <i>Spanish Rice</i> Corn Fruit Milk	31								

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To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<http://www.usda.gov/sites/default/files/documents/US-DA-QA-SCRS-20-P-Complaint-Form-4503-0002-505-11-23-17-Part2-Mall.pdf>, from any USDA office, by calling (866) 632-6932, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or
fax: (202) 255-1665 or (202) 690-7442; or
email: program.intake@usda.gov

This institution is an equal opportunity provider.

Menu is subject to change based on availability.

Washakie County School District #2 does not discriminate on the basis of race, color, national origin, sex, age, or disability in admission to its programs, services, or activities, in access to them, in treatment of individuals, or in any aspect of their operations. Washakie County School District #2 Career and Technical Education department does not discriminate in enrollment or access to any of the programs available: Welding, Agricultural Projects, Woods & Construction Projects, Ag Journalism. The lack of English language skills shall not be a barrier to admission or participation in the activities and programs. The Washakie County School District #2 also does not discriminate in its hiring or employment practices.

This notice is provided as required by Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, Title IX of the Education Amendments of 1972, the Age Discrimination Act of 1975, and the Americans with Disabilities Act of 1990. Questions, complaints, or requests for additional information regarding these laws may be forwarded to the designated compliance coordinator(s). 504 Coordinator: Chawna Wiechmann, Counselor, 242 Cedar St., Ten Sleep, WY, 82442, 307-366-2233. Title IX Coordinator: Annie Griffin, 242 Cedar St., Ten Sleep, WY, 82442, 307-366-2233 x 500.

Ten Sleep School

PO Box 105

Ten Sleep, WY 82442

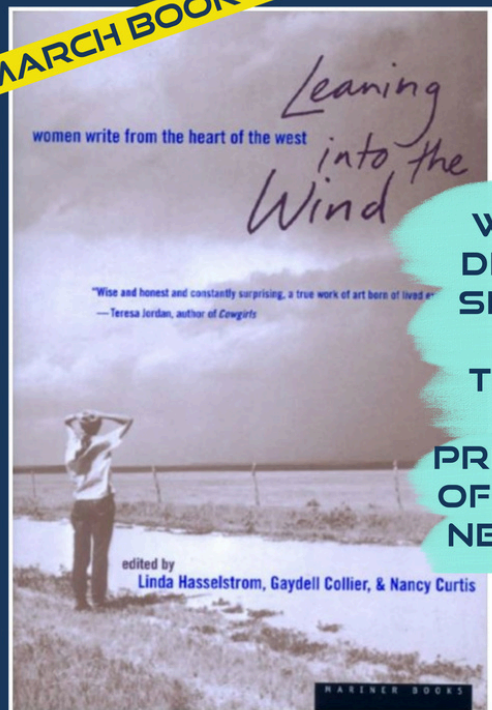
Phone: 307-366-2223

Fax: 307-366-2304

www.wsh2.k12.wy.us



MARCH BOOK "DISCUSSION"



**WE WILL BE
DISCUSSING
SELECTIONS
FROM
THIS BOOK -
NO
PRE-READING
OF THE BOOK
NECESSARY!**



**MARCH 20
5:30**

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