



Annie Griffin
Superintendent

WASHAKIE COUNTY SCHOOL DISTRICT #2 NOVEMBER 2023

Robert Griffin
Principal

Principal's Corner

We have finished the first quarter of the school year and I am excited to announce we had 23 students that have achieved "A" Honor. We will celebrate their success with our Breakfast of Champions celebration at the Daily Bread. In addition we have examined our results on the Wyoming WYTOPP Interim so we have a better understanding of our students educational strengths and weaknesses. We have started to address areas of concern. October was an excellent month to be a Pioneer. We supported the Harvest Dinner and had students compete in the NILE livestock judging contest for FFA. All of our fall sports teams completed their season. We will recognize their efforts and achievement November 20th with the Fall Sports Banquet.

Three of our staff members attended the regional Solution Tree Conference which is a professional development conference for teachers and administrators to help them improve the educational effectiveness of their schools. Many great ideas as well as a recognition of the best practices that we institute daily were things that were shared upon returning from the conference. In addition the entire staff went through a day-long training with Doug Rigby from the Marzano Institute on the Art and Science of Teaching. This training was focused on learning targets and stu-

dents being engaged from the bell starting class to the bell ending class.

FFA Highlights from Mrs. Forshee

The FFA was able to send many students to the Northern International Livestock Exposition October 15-17.

We had a full middle school school livestock evaluation team, consisting of Cachelynn, Shelby, Quinlan and Stetson. Bree went as our highschool member. All students did phenomenally. The time and effort they put into practices shows. Our Junior FFA Livestock team placed lucky 13th at the Northern International Livestock Exhibition in Billings amongst 45 teams from Montana, Wyoming, California, Idaho Washington and North and South Dakota. Congratulations to Cachelynn who broke top 10 coming in 9th overall as highman out of 286 students. Congratulations to Bree who judged in our Senior FFA division placing 34 out of 400 students. Way to go Bree, Cachelynn and Shelby who all scored one or more perfect 50.

Our Horse Evaluation team was moved up to the Senior level this year with two of our girls moving into highschool. They understand how important it is to lift each other. Each one has come in as highman and lowman and they high-five each other for both. Congratulations to our highman Breckyn Dykstra who judged 50s

and high 40s all day. Congratulations Belle, Karidee and Allie who all came in with a class in the 50s.

Representative Martha Lawley Visit:

Mr. Thoren invited Representative Lawley to visit our CTE programming. While here she was toured around the shop and had demonstrations by various students. She also spoke to seniors in history class as well as toured the new school site. She was very impressed with the students and programming at Ten Sleep Schools and was very complimentary.

Guest speakers for 8th hour Rolling Electives in October:

These are the people who presented to students during the 8th hour and the topics of discussion.

Jake Parker is a New York Times Best Selling illustrator who started drawing before he could form full sentences. Raised on a cultural diet of comic books, cartoons, and LEGO, he dropped out of college to pursue a career in the animation industry. After working on several animated films (Epic, Rio, Ice Age: Dawn of the Dinosaurs, Horton Hear's a Who, Titan AE), he pivoted into publishing and became an independent creator (Continued on Page 3)

Parent Note

Parents and teachers sometimes call us out of desperation just after their kids have responded with defiance to well-intentioned Love and Logic techniques. Nothing seems to be working and the kids seem to have mastered the art of defiance.

What can you do when you encounter defiance? For example, have you ever heard this from your child at home or a student in your class? "I'm not doing that! You can't make me!"

Success in this situation rests entirely on resisting the urge to rely on power and coercion to force kids to do what we want. Listed below are some tips that can help you handle defiance:

- Sidestep the power-struggle by delaying the consequence. It's okay to let children think they've gotten away with something in the short-term—especially if handling it later will buy you time so that you can do a more effective job.
- Calmly say, "No problem. I love you (or respect you) too much to argue with you about this. I'll take care of it." This is perhaps the most challenging part—saying this in a truly calm and empathetic voice even though you feel the urge to raise your voice and issue ultimatums instead!
- Put together a workable plan.
- Get some help from other adults if you need their ideas or support.
- Allow empathy and logical consequences to do the teaching.

One mother described to us how she handled her teenager's refusal to do chores: *"My teenager refused to do the simple household chores I had asked her to do. Instead of arguing with her, I simply told her that I loved her too much to argue and that I would take care of them. I hired a professional house-keeping service to do it for her. Then I taped the bill to her bedroom door. She refused to pay the bill, so I had another chance to say, 'I love you too much to argue with you about this. I'll take care of it.' Later that week when she wanted to go shopping for the new outfit that she had requested a while ago, I calmly said to her, 'This is so sad. I had to use that money to pay the housekeeping service.'"*

This mother understood that sometimes we must allow kids to be upset in the short-term so that they can learn to lead happy and responsible lives in the long-term. She also understood how to deliver the message—calmly and with a healthy dose of empathy.

In my webinar, [Success with Strong-willed, Stubborn, or Downright Defiant Kids](#), I share plenty of additional skills for helping parents and educators stay out of unwinnable power-struggles.

Also, don't miss our special free online event next week, [When Nothing Seems to Be Working](#). Dr. Daniel G. Amen and I will provide more insights into handling seemingly impossible situations with kids.

Reprinted from Love and Logic

Honor Roll

First Quarter 2023-2024

"A"

Seniors: Izzy Fox, Jacob Holiday, Jadeyn Opstad

Juniors: Grace Gertsch, Kiyoshi Smith

Sophomores: Jesse Blazo, Cameron Carter, Bree Jackson, Eliza Whitlock

Freshman: Allison Griffin, Kelsie Griffin, Brandon Mills

Eighth Grade: Nicholas Blutt, Kaitlyn Harstad, Blake Holiday, Riley Jackson

Seventh Grade: Gavin Casteel, Cachelynn Forsee, Quinlan Greet, Layne Jordan, Shelby Lyman, Kyler Mills, Tristin Zierlein

"B"

Seniors: Matthew Blutt, Canyon Egger, Jacob Fettig, Carter Lungren

Sophomores: Kruze Forsee, Kendrick Lungren, Payton Norman

Freshman: Eli Fox, Riley Johnson, Brooklynn Norman, Hayden Phelps, Belle Starbuck

Eighth Grade: Macklan Ball, Breckyn Dykstra, Kari-dee Gossens, Porter Stiffney

Seventh Grade: Will Carter, Liam Jordan, Statson Starbuck, Trenton Wenzel



Veteran's Day Program

Hello Ten Sleep! The music room has been alive with patriotic music for weeks now as the students have been preparing for the Veteran's Day Concert! There has been so much musical improvement and I am very excited to allow them to show you how far they have come. The kindergarteners and first graders have been learning how music can change its beat and get faster or slower as well as the difference between beat and rhythm. They also LOVE to march to the beat! The second and third graders have learned how to sing and sign solfege! This helps a lot with all the musical games they love to play. The fourth graders have been very busy with recorder karate: they love playing and earning new belts. The 5/6 grade band has learned 6 notes! The Veteran's Day concert will be the first time EVER the fifth graders will perform in front of an audience. They have been learning how to count and learn how to make sound from their instruments. The sixth graders have also been given a solo to further the challenge of musical improvement (ask them about it!). The 7-12 graders have been working on dynamics, articulation, blending, notes, range, and most of all, RHYTHM! The high school band has also been working on some music theory as well! Each piece of music the many grades will perform will be just one way they have learned to work and sing together as a group. The Veteran's Day

concert will begin at 10:00am on November 10th in the gym. All grades K-7 and other various band students 9-12 will be performing at this concert. I encourage you to attend and bring a friend as we give back to our community and veterans with music, stories, and food! I look forward to seeing you all there.

If you have a family member that served in our military and is no longer with us, please email Mrs. Kienzle at grace.kienzle@tensleepschools.com with their name, birth year and the year of their passing, their service branch, and a picture if available.



Battle of the Basin, A HS Welding Competition in Ten Sleep! December 1st from 8:00 to 3:00. See Attached flyers.

CSO

The CSO will meet November 20th at 7:00 at the Sleepy Coyote.

Principal's Corner, Continued from Page 1

who makes comics (group anthologies, personal anthologies, personal graphic novel, Marvel's Rocket Raccoon) and picture books. His clients include The Mill, Ubisoft, Bungie, Dungeons & Dragons, Bad Robot, Blue Sky Studios, Google, Marvel, Disney Animation, Warner Brothers Animation, Psyop, Hubris Studios, Nexus Productions, and Nick Magazine. In 2009 he started the popular online art challenge Inktober. He is a co-founder of SVSLearn.com, an art education platform that teaches people how to become professional illustrators. He is a husband and father of five who currently works out of his home studio in Gilbert, Arizona. You can see his work on Instagram(553K) and YouTube(178K).

Library: Rhonda Grobe, Carol Greet- Great resource in learning about the online catalog options and all things library-related.

Mrs. Blutt spoke about career/entrepreneurship/small business as well as held a discussion regarding arts and design.

Leah Linster discussed what it is like to be a small business owner.

Sgt. Hulbert and Sgt. Wentz discussed military and career exploration/planning for the future.

Ryan with Security State Bank discussed banking as a career and all things financing (credit cards, credit scores, mortgages, loans, interest rates, etc...)

Tess Anderson talked about being a small business owner and her career in photography. Mr. Greg at the fish hatchery and Ms. Cathy with "PrairieWifeinHeels": blogger, entrepreneur, social media networker, internet guru.

Board Briefs

BOARD OF TRUSTEES MEETING AGENDA (Monday, September 11, 2023)

1. MEETING OPENING

- A. Call to Order
- B. Pledge of Allegiance
- C. Roll Call: Erin Blutt, Marc Dykstra, Shana Harstad via phone, Annie Griffin, Robert Griffin, Rachel Casteel and Neysha Lyman
- D. Adopt Agenda

Marc Dykstra moved to adopt the agenda. Seconded by Shana Harstad. Motion carried 3-0.

2. REPORTS AND RECOGNITIONS

- A. Pioneer Way ~ Student Recognitions: Presented by Mrs. Griffin
- B. New School Update: Presented by Mrs. Griffin
- C. Superintendent Report-Mrs. Griffin

3. GUESTS AND PATRON COMMENTS

- A. Visitor Input at Board Meetings

4. CONSENT AGENDA

- A. Business Manager Report-Mrs. Casteel
- B. Principal's Report - Mr. Griffin
- C. Approve Minutes of August 14, 2023 Meeting
- D. Authorization and Payment of Outstanding Bills
- E. Approve Prepaid Bills
- F. Approve Part Time Custodian
- G. Approve HS Girls Basketball Coach

Marc Dykstra moved to approve the consent agenda as presented. Seconded by Shana Harstad. Motion carried 3-0

5. DISCUSSION/ACTION ITEMS

- A. Approve Second Reading Policies 6.01 Clubs and Organizations, 6.04.1 Senior Fundraising Account, 6.11 Drug Testing: *Marc Dykstra moved to approve on second reading Policies 6.01 Clubs and Organizations, 6.04.1 Senior Fundraising Account, 6.11 Drug Testing as presented. Seconded by Shana Harstad. Motion carried 3-0.*
- B. First Reading Policy 4.24 Bus Drivers: *Shana Harstad moved to approve on first reading Policy 4.24 Bus Drivers. Seconded by Marc Dykstra. Motion carried 3-0.*
- C. Proposed Policy 8.08 School Owned Vehicles: *Marc Dykstra moved to approve on first reading Policy 8.08 School Owned Vehicles. Seconded by Shana Harstad. Motion carried 3-0.*
- D. Out of State Travel Request for FFA NILE in Billings, MT: *Marc Dykstra moved to approve Out of State travel Request for FFA Nile in Billings, MT. Seconded by Shana Harstad. Motion carried 3-0.*
- E. Bus Lease Request: Discussion followed. *Marc Dykstra moved to approve the bus lease request for November 4th knowing the price is to be determined based on mileage, a rental rate, gas as well as operational salaries and benefits. Seconded by Shana Harstad. Motion carried 3-0.*
- F. District Strategic Goals: *Marc Dykstra moved to approve the District Strategic Goals for the next 3 years. Seconded by Shana Harstad. Motion carried 3-0.*
- G. Approve Standing Orders of Allergy Anaphylaxis: *Marc Dykstra moved to approve the standing orders of Allergy anaphylaxis. Seconded by Shana Harstad. Motion carried 3-0.*
- H. Nominations for Golden Bell and Champion of Education: *Erin Blutt nominated Doris Anderson for the Champion of Education award. Marc Dykstra moved to approve the nomination of Doris Anderson. Seconded by Shana Harstad. Motion carried 3-0.*

6. EXECUTIVE SESSION: *Marc Dykstra moved to go into executive session at 7:27 pm for student issues. Seconded by Shana Harstad. Motion carried 3-0. The board reconvened at 7:32 pm. Shana Harstad moved to approve the executive session minutes as read in executive session. Seconded by Marc Dykstra. Motion carried 3-0. Shana Harstad moved to approve the homeschool curriculums and paperwork as presented in executive session. Seconded by Marc Dykstra. Motion carried 3-0.*

7. NEXT MONTH BOARD AGENDA ITEMS

8. ADJOURNMENT

- A. Adjourn the Meeting: Chairperson Erin Blutt adjourned the meeting at 7:33 pm.

MSVB & MSFB

Congratulations to our Middle School Volleyball and Football teams. We are proud of you and your accomplishments. "Way to be a Pioneer"!!



High School Cross Country

Congratulations to Jacob Holiday for placing 13th and Kiyoshi Smith for placing 23rd at State Cross Country. Awesome Job!!



Elementary Recess

Fall is here and with it changing weather!

Please remember that at Ten Sleep Schools, we are kind of like the postal service..... students go outside EVERY morning at 9:30 and 11:25 for a 20-25 minute recess

EVEN in the rain, hail, sleet, and snow (we WILL stay indoors if the temperature drops below zero). Please make sure your child has appropriate clothing for the Wyoming weather (i.e. waterproof jacket if it's raining, gloves/hat if it's cold, snowpants and boots when it's snowing). Wet, soggy, cold students are no fun!



HSVB and HSFB



We want to congratulate our High School Football and Volleyball teams for their season. Awesome Job Pioneers!

Cora Norman, Jadeyn Opstad and Carter Lungren are our senior players. We are proud of you and your accomplishments!

"Go Big Blue"



Nurse's Corner

November is Diabetes Awareness Month

Did you know there are four types of diabetes? Diabetes is defined as having elevated blood glucose. Glucose is the main source of energy for cells in our bodies and is found in the food we eat. After food is digested and broken down, glucose moves into the bloodstream. The hormone insulin, that is produced by the pancreas, helps move glucose from the blood into the cells for energy. When too much glucose is in the blood, a person may have a type of diabetes. Here are a few facts about each type.

- Type 1 Diabetes is when the pancreas stops making insulin. This results in elevated blood glucose. There is no known way to prevent Type 1 Diabetes from occurring. Treatment includes daily doses of insulin received by injection or an insulin pump. Studies have shown that family history of diabetes may be a risk factor for developing this type of diabetes.

- Type 2 Diabetes is the most common type of diabetes. About 90-95% of people who have diabetes have Type 2. Most often it is diagnosed in adults over the age of 45, but more and more younger people, even teens and young children are being diagnosed with Type 2. The pancreas continues to make insulin, but cells in the body become "insulin resistant" and glucose levels begin to rise. Type 2 diabetes can often be prevented through diet and exercise. Family history is al-

so a risk factor. Families can help delay or prevent the onset of Type 2 by avoiding sugary drinks, eating more fruits and vegetables, creating healthy meals and engaging in physical activity each day.

- Gestational Diabetes occurs when the pancreas can't make enough insulin during pregnancy, which causes blood glucose levels to rise. If a woman develops this type of diabetes during pregnancy it is important they work closely with their doctor to help treat and prevent any complications. A woman who develops gestational diabetes during pregnancy is at risk to develop Type 2 later in life.

- Other causes of elevated blood glucose levels are categorized into a type of diabetes called "Other." These types are usually rare and are caused by genetic, inherited, or other factors.

- More than 37 million Americans have diabetes. For more information and how you can help in the fight to end diabetes visit <https://diabetes.org/>.



Library Corner

The Friends of the Ten Sleep Library would like to thank you all for your support of the Library at the Harvest Dinner.

Ten Sleep Library Storytime schedule for November is listed below. Storytime is Thursdays and Fridays at 10:00.

November 2 & 3-Leaves

November 9-Art

November 10-No Storytime

November 16 & 17-I am thankful for....

November 23 & 24-No storytime

November 30 & December 1-Gingerbread.

The Friends of the Ten Sleep Library's Annual Silent Auction is December 4th. New or handcrafted articles may be dropped by the library starting today!

The Library will be closed Friday and Saturday, November 10th and 11th for Veteran's Day.

The Library will be closed Thursday, Friday and Saturday, November 23rd thru the 25th for the Thanksgiving Holiday.

Counselor's Corner

My, what a quick first quarter we have experienced. The saying "time flies when you are having fun" comes to mind. I love my job and love working in such a great community. My realization and drive to continue to be present and working to help others became even more evident lately during an unforeseen absence. I truly miss my students when I'm absent and keeping a pulse on everyone is something I strive to do my best at.

Recently we had a college and post-secondary planning meeting. It was well attended and I am grateful for the opportunity to give the experience to our students and parents.

FAFSA application date is now set for January 25, 5:30. SENIORS, this is when you will fill out the application and utilize Teffany's help to do so. If you are thinking of attending college, you will want to fill out this application. With Teffany's help, it can be an easy process.

Other updates:

Socktober is in full force. We will probably extend into November to get socks collected. The Secret Service Club enjoys this activity. They vote on where drop off boxes go and they learn about facilities in need and choose where the socks will be sent.

Sources of Strength: This program is school wide. Weekly guidance lessons focus on hope, help, and strength. Students are identifying those protective factors and working together to create a community of belonging. Recently, our peer leader secondary group, made a decision to do an activity for the Trunk or Treat event. This is a great time to promote what we are about, it is student lead, and should be super fun! I am personally proud of this group

for their growth, insight, and valuable contributions to our school and community.

Recycling: It is with sadness and reluctance that I give up the recycle trailer/recycle drive for the community. I do not have the manpower with my NHS students (I have one student). Taking the trailer to Buffalo to empty it, means I have to leave my job and do "another job". It just isn't reasonable anymore. Being absent from work, as I'm sure many can relate, often creates MORE work. The school is trying to be helpful in finding a solution as well as the town of Ten Sleep. If you or someone you know would be interested in helping, please call the school or Ernie Beckley.

Care Coordination System: Care Solace is a new program that the school is offering through the state education system. It is a tool that helps you find mental health providers. They do the work for you, make the calls, and set up the appointment. In a rural area, it is often difficult to connect to providers who are a fit. It is a barrier to find the time to make the calls, be put on hold, and have to wait for a callback.

WELL, wait no more! Care Solace can help you find a match; they also can help you navigate your payment/insurance. The school can connect you- contact Mrs. Griffin or Mrs. Wiechmann, caresolace.com/wcsd2 is another option, or call 888-515-0595. We are excited to be able to offer this to our students, parents, and staff. Ten Sleep Task Force: The meetings continue to be on the first Tuesday of each month, in the library, 6:30. Jack Hoffman, district traffic engineer, attended recently to review some information and provide

data to help us all understand better. It was greatly appreciated. As it turns out, data supports that drivers are indeed, following the speed limit more often than we thought. It was interesting to learn about how data is collected and what law enforcement and his role do to collect, analyze, and make decisions based on what data they do collect. (This is just one small piece of the discussion/information.)

Birthday Calendars

The Ten Sleep United Methodist Women are currently taking orders for their 2024 Ten Sleep Community Birthday Calendar. They are available for \$10.00 each. An order form is attached at the back of the newsletter.

Ad space is available for \$35.00. We would love to include new community members on the calendar as well.

Please contact Georgia Stocklin at 307-431-2824 with any questions.

Little Shoppers

The Ten Sleep United Methodist Women are collecting new or gently-used items for Little Shoppers which will be held in December. Items may be dropped off at the Ten Sleep United Methodist Church on Wednesdays from 3:00-5:00 or call Georgia Stocklin at 307-431-2824 or Doris Anderson at 366-2258.

First Graders visited Doug and Cecile Wiechmann's apiary to learn about extracting honey!



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

Preschool and Kindergarten visited the Fire Station!



November 2023

November 2023							December 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	1	2	3	4	3	4	5	6	7	1	2
12	13	14	8	9	10	11	10	11	12	13	14	8	9
19	20	21	15	16	17	18	17	18	19	20	21	15	16
26	27	28	22	23	24	25	24	25	26	27	28	22	23
			29	30			31					29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 29	30	31	Nov 1	2	3	4
				HSVB State @ Casper		
				BB Open Gym 7:00	Blue Friday, Afternoon Schedule	MS Wrestling @ Riverton 9:30
				Love & Logic 5:30-7:30		MSGB Burlington Home 11:00
				MSGB Meeteetse Home 5:30		
5	6	7	8	9	10	11
	MSGB Shoshoni Home 5:00	BB Open Gym 7:00	5th grade Cody Museum	UW Art Intensive	MSGB Greybull Home 4:30	MS Wrestling @ Worland 10:00
		Task Force Meeting 6:30 Library	HSGB Meet 11:30 Board Room	BB Open Gym 7:00	Red Friday, Morning	MSGB @ Meeteetse 1:00
				MS Wrestling @ Thermopolis 4:00	Veteran's Program 10:00	
12	13	14	15	16	17	18
	7:00pm School Board Meeting	BB Open Gym 7:00	Ranger Meet Cafeteria 5:30-8:00	BB Open Gym 7:00	Blue Friday, Afternoon Classes	MS Wrestling @ Lander 4:00
		MSGB @ Shoshoni 4:00			MSGB @ Burlington 4:30	MSGB Riverside Home 10:00
19	20	21	22	23	24	25
	CSO Meeting Sleepy Coyote 7:00			No School, Thanksgiving Break		
	Fall Sports Banquet 7:00					
26	27	28	29	30	Dec 1	2
		MS Wrestling @ Cody 4:00				

November 2023

Ten Sleep School
Lunch Menu

		01 Chicken Chip Casserole Green Beans Diced Peaches Munchkin Muffins Milk	02 Beefy Nachos Refried beans Romaine Lettuce Salsa Fruit Milk	03 Pulled Pork Sandwich Baked Beans Baby Carrots Cucumber Slices Applesauce Milk
06 Sweet and Sour Chicken Mixed Veggies Diced Pears Milk	07 Grilled Cheese Tomato Soup Or Potato Soup Fruit Milk	08 BBQ Chicken Drumsticks Macaroni and Cheese Peas Grapes Milk	09 Spaghetti with Meat Sauce Lettuce Salad Garlic Bread Stick Fruit Milk	10 Corn Dog French Fries Baby Carrots Mandarin Oranges Milk
13 Lunch Entree Meatball Sub or Pizza Sub Green Beans Diced Peaches Milk	14 Thanksgiving Dinner Mashed Potatoes Green Beans Hot Rolls Fruit Milk	15 Sausage Gravy & Biscuits Egg Vegetables Pineapple Tidbits Milk	16 Hamburger Deluxe French Fries Corn Apple Slices 9-12 Milk	17 Tater Tot Casserole Peas Pears Milk
20 Beef & Bean Burrito Spanish Rice Corn Apple Slices Milk	21 Crispy Chicken Sandwich French Fries Baby Carrots Cucumber Slices Oranges Milk	22 Thanksgiving Holiday	23 Thanksgiving Holiday	24 Thanksgiving Holiday
27 Chicken Pot Pie Peas Diced Peaches Milk	28 Cheese Pizza Or Pepperoni Pizza Romaine Lettuce Cottage Cheese Pineapple Tidbits Milk	29 Choice of Ham Sandwich Tuna Salad Sandwich Turkey & Cheese Sandwich French Fries Peas Mandarin Oranges Milk	30 Taco Soup Or Chicken Chili Corn Bread Baby Carrots Red Bell Pepper Strips Grapes Milk	

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

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:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, 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: (833) 256-1665 or (202) 690-7442; or
- email: program.intake@usda.gov

This institution is an equal opportunity provider.

Ten Sleep Birthday Calendar Reorder Form

IF YOU HAVE ADDITIONS, DELETIONS, OR CHANGES, YOU NEED TO NOTIFY GEORGIA STOCKLIN—SHE WILL NOT BE MAKING PHONE CALLS THIS YEAR.

Calendars are \$10.00 each. This includes mailing the calendar to you.

Payment is due when you place your order.

I would like to purchase ____ calendars at \$10.00 each for a total cost of \$_____

Please make checks payable to Ten Sleep UMW

Payment and order form need to be sent to:

Georgia Stocklin

PO Box 362

Ten Sleep, WY 82442

If you have additional information or need to make changes to existing information, please make those notations below.

Come Compete at Ten Sleep CTE's Inaugural

Battle of the Basin

High School Welding Competition

Beginner Level - SMAW

Intermediate Level - SMAW

Advanced - SMAW, GMAW, and FCAW



For Questions Contact:

Jason Thoren

(307) 349-2587

jason.thoren@tensleepschools.com

When: December 1st, 2023

Time: 8am - 3pm

Be a Signature Sponsor for Ten Sleep CTE's Inaugural

Battle of the Basin

High School Welding Competition

Invest in Your Future Employees,
Customers, and Community Members

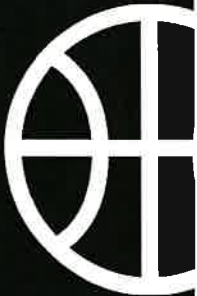


For Sponsorship Details:
Contact Jason Thoren
(307) 349-2587
jason.thoren@tensleepschools.com

When: December 1st, 2023
Time: 8am - 3pm





HS GIRLS BASKETBALL INFO MEETING & PIZZA LUNCHEON



ALL HS GIRLS ENCOURAGED
EVEN IF YOU'RE UNSURE
ABOUT PLAYING!!

Please come meet coach Kayla
Sterling, ask any questions
you may have,
and enjoy some PIZZA!



WHEN: WED. NOVEMBER 8TH @ 11:30 AM

WHERE: SCHOOL BOARD ROOM



HALLOWEEN

COSTUME CONTEST

WINNERS FOR

- **BEST OVERALL COSTUME**
- **SCARIEST COSTUME**
- **MOST UNIQUE/ORIGINAL**
- **FUNNIEST COSTUME**

WILL BE JUDGED AT THE SCHOOL HALLOWEEN PARADE

CANDY REWARDS





Support your family's well-being

Dear Families,

When you or your child needs help, it's hard to know where to turn. In an effort to ease the burden of finding the mental health and substance use services you need, we've partnered with Care Solace, your central hub of care.

With a network of over 350,000 providers and services, Care Solace will help you find the right help at the right time, 24/7/365, at no cost to you. They will connect you with providers accepting all medical insurances, including Medicaid, Medicare, and sliding scale options for those without insurance.

You can access Care Solace services in three ways:

- Call 888-515-0595 at any time. Multilingual support is available 24/7/365. A dedicated Care Companion will help you every step of the way to research options, secure appointments, and follow up to make sure it is a good fit.
- Search anonymously to get matched with an extensive list of care providers at caresolace.com/wcsd2.
- Contact your school health professional, and they will submit a referral on your behalf.

No matter what you're experiencing, there is hope and help. We are confident that our new partnership with Care Solace will help us build a healthier, more vibrant school community.

If you have a life-threatening emergency, please call 9-1-1 or The Suicide and Crisis Lifeline at 9-8-8. Care Solace is not an emergency response service or mental health services provider.

IT'S OKAY TO ASK FOR HELP



Calming the Chaos of
Mental Health Care

Care Solace connects students, staff, and their families to care. At no cost to you, Care Solace will quickly and confidentially find available mental health and substance use providers matched to your needs.

Find the right help at the right time.



24/7/365 MULTILINGUAL SUPPORT

A multilingual team is available 24/7/365 to help you understand options, call providers on your behalf, and schedule an appointment.



CARE REGARDLESS OF INSURANCE

Connect to care with any coverage including Medicaid, Medicare, and sliding scale options for those without insurance.



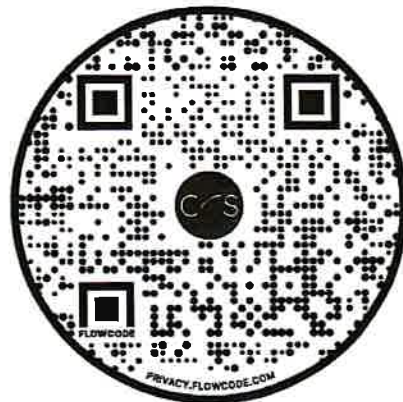
EASY ACCESS TO CARE

Use Care Match, the self-serve website, to find a provider on your own.

GET CONNECTED TO CARE TODAY

888-515-0595

[caresolace.com/
wcsd2](https://caresolace.com/wcsd2)



Please note: Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, call 911 or the National Suicide Hotline 988.