



# The Falconer

**Sheboygan Falls Schools  
Unlocking potential for lifelong  
learning and service.**

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**Volume 3, Issue 2  
2nd Quarter Newsletter**

## And The Year Goes

We have just completed the first quarter of the 2005-06 school year. Our fall sports have had exceptional seasons with all-time high participation. I hope everyone had the opportunity to view the SFHS production of "Bye Bye Birdie", November 4th through November 6th. The show was fantastic! It is always impressive to see the many talented students of SFHS in action.

This is a great time of year to reflect upon your student's achievement. I encourage parents to stay connected to their student's academic progress. As adults, we sometimes take a step back after students are successful in the school setting. As a result, the student becomes less focused without the parental support. It is important to keep the adult support consistent throughout the entire four years of high school. We all benefit from your involvement.

The second night of Parent Teacher Conferences is scheduled for November 17, 2005 from 5:30-8:30 p.m. I encourage parents to meet with all of their student's teachers. In addition, I recommend requesting an individual conference with teachers that you are unable to meet.

The annual Wisconsin Knowledge and Concepts Exam schedule will be completed throughout the month of November. The increase of required assessments from 4 hours 55 minutes to 8 hours 5 minutes has required SFHS to use three late start schedules. This year's schedule can be found on the district website.

As of January 23, 2006, WebGrader (an internet based assessment program) will be available for parents to access student grades. Additional WebGrader information will be distributed in December.

by Scott Sabol

Have a great 2nd quarter. I look forward to seeing everyone at the many upcoming winter sporting events and concerts.

A Publication of the Sheboygan Falls High School Guidance Department

**Parents Make the Difference!!!**  
Ask your child about his or her day. Tell them about your day too!

**FYI**  
*Webgrader is NOT available at this time. It will be accessible to all parents of high school students starting Jan. 23.*

**Parents of Juniors!**  
If your child is planning on attending a two or four year college, he/she needs to take the ACT or SAT test this year!  
Please see page 5 for dates and how to register.

- Upcoming Events**
- \* Parent/Teacher Conferences - Nov 17th from 5:30-8:30
  - \* Financial Aid Information Meeting - Nov. 21st at 6:00
  - \* Parent Night: Drug Recognition - Nov 28th at 7:00 in the HS Auditorium
  - \* Next ACT - Dec. 10th

## Connecting With Your Child's School Counselor

1. Understand the expertise and responsibilities of your child's school counselor. Counselors can make a measurable impact in every student's life, from academic, career and personal/social development. Professional school counselors are trained to both educate and counsel, allowing them to be a facilitator between parents, teachers and the student in matters concerning student goals,

abilities and many other areas that may need improvement.  
2. Meet with or contact your child's counselor at least two times a year. The beginning of the school year is an ideal time to initiate contact to ensure a positive and productive start. By communicating with one another at the beginning, middle and end of the school year, parents and counselors can

have a definite impact on student success.  
3. Discuss your child's challenges and concerns with the counselor. As a parent, you know your child best. However, the counselor can help you better understand your child as a student.  
Con't on bottom of page 2  
\*ASCA website

## Student Dress Reminders For Parents and Students

The purpose of having guidelines regarding student dress is to 1) maintain and enhance the learning environment of our school, 2) be consistent with our district goals, and 3) provide a safe and healthful learning environment for all students. Students, please adhere to the following guidelines as stated in the student planner; parents, please help us in the enforcement of these guidelines:

- No spiked bracelets or collars.
- No gang related clothing such as bandanas, wallet or key chains, gang colors, etc.
- No clothing that promotes alcoholic beverages, tobacco products, sexual references, profanity and/ or illegal drugs.
- No hats or other headwear such as handkerchiefs or headbands. Hooded sweat-

shirts are to remain off the head while in the building.

- No tops with narrow or spaghetti straps if there is not another shirt with wider coverage underneath or on top.
- No bare shoulders, transparent tops, halter tops, and tops that expose the midriff area.
- No pajamas—tops or bottoms or slippers.
- No shoes with wheels.
- Boxer shorts, bras or other underwear should not be visible.
- Shorts, skirts and dresses must be an appropriate length for wear in school.

\* Legal Reference: Wis. Statutes 120.13 (1a)

Consequences for violation:

1. Student is given the opportunity to correct the situation. An option is for students to wear school provided clothing.
2. Parent is contacted and the student is sent home.

If students are uncooperative, the consequences may become more severe ranging from detentions to suspensions.

Please call the high school office by 9:00 a.m. if your child will **not** be attending school or will be tardy and let the office know the reason for the child's absence/tardiness.  
**467-7890**

## Closing of Schools Due to Inclement Weather

As winter approaches, it is again time to make plans for possible school closings due to inclement weather. The procedures that have been followed by the School District of Sheboygan Falls and St. Mary's Catholic School over the past several years will be followed again this year.

This means that any decision to close schools for all or any portion of a school day will be made as early as possible in order to afford parents the opportunity to make alternate child care or transportation plans. All closing announcements or early dismissals will be made on the following area radio stations:

WHBL (1330 AM), WHBZ (106.5 FM), WBFM (93.7 FM), WCLB (950 AM), WXER (104.5 FM), The Breeze WJUB (1420 AM), WSTM (91.3 FM), WLKN LAKE (98.1 FM), WKTI (94.5 FM), WTMJ (620 AM), WISN (1130 AM), WMIL (106.1 FM), WLTQ (97.3 FM), WKKV (V100.7), WOKY (920 AM), WRIT (95.7 FM)

We are also announcing school closings on the following television stations:

WTMJ Channel 4 (Milwaukee), WISN Channel 12 (Milwaukee) and WLUK FOX Channel 11 (Green Bay)

The school district, radio stations and television stations ask that NO individual phone calls for information be made. With the cooperation of everyone, the information can be relayed via the radio and television stations, allowing everyone to be informed as quickly as possible.



## Connecting With Your Child's School Counselor

4. Learn about your child's school and social connections from the counselor. When you need information or assistance, the counselor can help you get in touch with the appropriate school officials; learn about school policies regarding behavior, dress and attendance; know the school calendar of important dates and stay connected with the school in many other ways. The school counselor can also help you locate resources in the community when the need arises.

5. Work with the school counselor to identify resources and find solutions to problems. If your child is having a problem at school, it is important to work with your child's school counselor to find solutions. Discuss resources available within and outside school, and get information on how such programs can benefit your child. Your school counselor can be a valuable partner in your child's education and preparation for life beyond school.

Mr. Van Dyk will be available on the following Mondays 1st semester from 5:00 to 8:00 p.m.  
November 21st  
December 19th  
Ms. Jarosch will be available on the following Tuesdays/Thursdays 1st semester from 5:00 to 8:00 p.m.  
December 6th  
January 10th  
Please feel free to stop in or call and make an appointment at 467-7828.

## Focus On Your Teen

### The Choking Game—A Deadly Trend

*\*Taken from About Health & Fitness*

The Choking Game is a dangerous but very popular game among teenagers. Kids play the choking game by self-asphyxiation choking each other or themselves, which they say "produces a kind of high". Some teens explain choking game like this: **"Press people up against a wall, until they didn't have any oxygen, until they passed out"**. It's common that teens play the choking game for about four hours at a time, repeatedly, over and over again to get high. The choking game gives a floating kind of a sensation which they call a "high". Teens use bags, belts, ties, or even their own bare hands to play the choking game which causes hypoxia, a shortage of oxygen. The choking game is also called as "pass out game", "the fainting game", "the tingling game", or the "something dreaming game". Some kids call it "funky chicken," "blackout," "flat liner," "airplaning," "suffocation roulette," and "space monkey or cowboy".

The choking game is dangerous regardless of its names and it has taken the lives of many innocent teens in the recent few months. Psychologists say that even good kids play the choking game. Most of the teenagers who play the choking game are good kids with no bad habits like drugs, smoking etc. Their innocence leads to fatal injuries while playing the choking

game. Parents should watch for warning signs of choking games like red or blood-shot eyes, marks on the neck, headaches, dizziness, falling, or choking. Parents should look for objects tied to things like doorknobs or shelves, etc in the child's room and closet. Parents need to be more alert to protect teens from getting into dangerous activities like choking games.

How to save kids from choking games? A child psychologist describes ways of saving our kids from such dangerous games. Open communication between parents and children will help parents understand the habits and new trends among children like the choking game. Parents can safe guard their children from getting into life threatening situations by having a clear communication line with their children and educating them about the dangers of such "games". Some parents have complained that in spite of parents warning their teens about the choking game and its seriousness, they continue to play without the parent's knowledge. Psychologists say that it's not what you say about choking game, but how you say it. Scolding kids for participating in dangerous activities like the choking game, will only end up with blocking parent/child relationships. The child's thoughts and beliefs need to taken seriously and parents should com-

municate with them about these life threatening activities and try to explain the hazard in an understanding manner. Parents should make every effort to make their children understand that their decisions will affect their life, help them analyze every situation and teach them to make thoughtful decisions considering the good and bad. For example, kids might want to play the choking game and may argue that they are not smoking or drinking. However, they do not consider that it is likely to produce problems like brain damage due to lack of oxygen or even death. It's the parent's responsibility to educate kids on these consequences and safe guard them from playing these "games". If you are unsure about your teen's decision making skills, role play these skills in other situations. Give them suggestions and be supportive. Always observe what's happening among kids to advise them on dangerous activities like choking games. This will help in developing a healthy parent/child relationship and can go a long way in making the kids understand the dangers that effect them.

For more information, go to:  
[www.yspp.org](http://www.yspp.org)  
[www.msnbc.msn.com/id/9490934/](http://www.msnbc.msn.com/id/9490934/)  
 or look up The Choking Game on your favorite search engine.

### Open-Door Communication With Your Teen

A conversation starts. Your child's upset. You're tired. Pretty soon, the conversation heats into an argument. Just as it escalates to the boiling point, someone backs away from the communication fire. A door slams. There's silence.

Arguments. We've all had them with our children. Sometimes it may feel like most conversations end with slammed doors.

Though it can be challenging to develop the skills, being available for frequent, in-depth conversations is an important role we play in our children's lives from the time they learn to talk all the way into adulthood. What we have

to do is create an open door atmosphere of communication.

The trick is that we often don't realize we create invisible doors around us. We get pre-occupied and don't pay enough attention. We're exhausted, and we nod off in our teen's mid-sentence. We jump to conclusions before our child says things. We assume the worst. We attack our kids for what they tell us, so they close the door the next time out of fear or rejection.

Having an open door means having an open mind and an open attitude. It means listening to understand, not to advocate our position. It

means being available when our children need us—and when they don't. It means taking good care of ourselves so that when our children want to talk, we have open ears and an open heart.

Helpful Hints to make communicating positively with your child easier:

- Listen for your child's feelings. Name and validate them.
- Watch for hints: A child who hangs around usually wants to talk.
- Don't contradict what you say by doing the opposite.

# What Should I Do Next???

## Seniors

- There will be 2 Financial Aid Information nights: November 21, at 6:00 PM in the high school cafeteria and January 16, 6:00 PM in the high school cafeteria.
- Seniors should continue to pursue their college application process and communicate with the college of their choice.
- Next ACT TEST—December 10th

## Juniors

- There will be 2 Financial Aid Information nights: November 21, at 6:00 PM in the high school cafeteria and January 16, 6:00 PM in the high school cafeteria.
- Juniors who took the PSAT should have their results available to them in December.
- Next ACT TEST—December 10th

## Sophomores

- Sophomores have completed the Wisconsin Knowledge and Concepts Exam (WKCE). Results will be made available in the spring of the year.



## Freshmen

- Freshmen are encouraged to get involved in a group or organization.
- Freshman are encouraged to seek out any academic assistance they might need through their class room teachers. Also, math lab assistance is available before or after school (see page 5).

# Get the Facts About Paying For College

*\*ACT News You Can Use*

One of the most challenging and frightening parts of planning for college is paying for it. But it doesn't have to be.

According to a study by the National Center for Education Statistics, 91 percent of students and their families don't accurately estimate the cost of college. Families tend to overestimate the cost, especially when it comes to public colleges and universities.

The best way to make something less frightening is to gather information from a reputable source. The federal Department of Education's website, Student Aid on the Web, can be that source. At [www.studentaid.ed.gov](http://www.studentaid.ed.gov), students can find information on the entire federal student

aid process, including information on federal aid programs, tax credits, student and parent repayment options and links to private scholarship sites—as well as the online free application for federal student aid (the FAFSA). The website also provides other general college planning information.

The Department of Education has a variety of resources and programs to help you plan for college. If you don't have access to the Internet, call the Federal Student Aid Center (1-800-433-3243) to find out about the free booklets and brochures for students. Your counselor or public library may also have these publications avail-

able.



**The Guidance Website has many links to aid in planning and paying for college!**

**Please visit us by going to:**

[www.sheboyganfalls.k12.wi.us](http://www.sheboyganfalls.k12.wi.us)

⇒ Click on High School

⇒ Click on Guidance

## Financial Aid Planning Night



**Parents of Seniors, Juniors and Sophomores  
If you are asking yourself these questions...**

What is financial aid?  
How do I apply?

What are colleges looking for?  
When are application deadlines?

**Come to the Financial Aid Planning Night!!! Mark your calendar!**

**Monday, November 21st or January 16th at 6:00  
in the High School Cafeteria**

## SCHEDULE CHANGES FOR SECOND SEMESTER

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Any student considering schedule changes **MUST** sign up to see his/her guidance counselor between **November 28th and December 2nd**. Changes can be made if:

1. the class does not exceed size limits.
2. there is parental consent
3. it is appropriate for his/her graduation plan.

Changes after the above dates can only be made with administrative approval.

Guidance Counselors:  
Janis Jarosch (Juniors/Freshmen)  
William Van Dyk (Seniors/Sophomores)

Phone: 920-467-7828

Fax: 920-467-7825

Emails:

[jjarosch@sheboyganfalls.k12.wi.us](mailto:jjarosch@sheboyganfalls.k12.wi.us)

[bwvandyk@sheboyganfalls.k12.wi.us](mailto:bwvandyk@sheboyganfalls.k12.wi.us)

**Sheboygan Falls Schools**  
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**We're on the web!**  
[www.sheboyganfalls.k12.wi.us/schools/highschool/guidance/hsguid.htm](http://www.sheboyganfalls.k12.wi.us/schools/highschool/guidance/hsguid.htm)



### SFHS Lunch Menu

is available online  
under the calendar section

## SOPHOMORES & JUNIORS!!!

### UPCOMING ACT DATES

December 10, 2005

February 11, 2006

April 8, 2005

Visit the ACT's website at  
[www.actstudent.org](http://www.actstudent.org) to register and  
take practice tests.

Students can also pick up a registra-  
tion packet from their guidance coun-  
selor or check the guidance depart-  
ment website.

[www.number2.com](http://www.number2.com)  
great website for practice tests

## NOTICE TO PARENTS

If you are anticipating a move out of the Sheboygan Falls District during the current school year, your student(s) can continue attending school in Sheboygan Falls. Please contact the District Office to receive a "Tuition Waiver Form" or an "Open Enrollment Form". Completion of this form will enable your child to continue attending school in the Sheboygan Falls District even though you no longer live within the District boundaries. Please call Mary Blaha, Business Manager or Audrey Sager, Administrative Assistant at 467-7893 if you have any questions regarding this process.

## Looking for Community Service Opportunities

The Volunteer Community Service Club of Sheboygan Falls High School is looking for ways to aid our community.

If you have a community service project, please contact Janis Jarosch (Ext. 3101) or Beth McDonald (Ext. 3205) at the high school. 467-7890

## Time Together

Three ways to improve  
communication with your  
child:

1. Watch a television show or movie together. Ask your child what he or she thinks of the messages and values presented in the show.
2. Take your child out for breakfast on a weekend. Talk about what is on your and your child's mind.
3. Schedule time each week for family meetings to talk about plans, concerns, celebrations, and other family issues.

## Parent Night on Teen Issues: Drug Recognition

During this presentation, we'll talk about current drug trends, test your knowledge of what's out there, hear how law enforcement officers keep up with the latest lingo and types of drugs in Sheboygan County, and see how drugs affect people differently.

It's all about  
knowing the signs!

Nov. 28th at 7:00  
High School Auditorium

## Math Help Available for ALL Students!!!

Monday: 7:00—7:50 a.m.

Test Make-Up

Room A210

Tuesday: 3:15—3:45 Rm A106

Wednesday: 7:20—7:50 Rm A105

Thursday: 3:15—3:45 Rm A111

Friday: 7:20—7:50 Rm A104

The School District of Sheboygan Falls shall not discriminate on the basis of gender, race, national origin, ancestry, religion, age, sexual orientation, pregnancy, marital or parental status, or physical/mental/emotional/learning disability in its educational programs, activities or employment.

If you have any questions or concerns regarding this policy, please contact the Title IX Coordinator; District Office; School District of Sheboygan Falls, 220 Amherst Avenue; Sheboygan Falls, WI 53085 or call 920-467-7893.