



HUSKY TRACKS

January NEWSLETTER →

Please visit us at: www.absarokee.k12.mt.us



*Superintendent's Message by Mike Reynolds

One of the interesting things about being in education for 25 years and then being out for 10 is that I get to observe first hand the changes. I know that at some time you have heard the term "Baby Boomers." Perhaps you are one. Well that is just one of four different generations that live in America today. If you were born between 1946 and 1964 then you are one of 77.2 million "Baby Boomers." If you were born between 1965 and 1976 you are one of 44.9 million "Generation X." If born between 1977 and 1997, you are a member of the "Net Generation" that is 81 million strong. The youngest group (40 million) is called "Generation Next." I am not entirely sure who came up with these titles, but they seem to be universally accepted.

Each of these groups in essence grew up in a totally different America. For example, ask any baby boomer when their family got their first TV and they could tell you exactly when. It was the innovation of the century – for them. In 1950 only 12 percent of households had a television set. By 1958 that number rose to 83 percent. This powerful communication technology allowed the boomers, for the first time in history, to watch events unfold live. Everything from Viet Nam to the Civil Rights movement; from the Beatles to Lee Harvey Oswald was all on TV.

Now, here we are, many of us Boomers, trying to teach these 11 to 31 year olds who grew up digital. It was for this reason, I bought every teacher in our system Don Tapscott's book, grown up digital. I felt that we need to learn just who our "customers" are and how they think and view their world. Here are some of Tapscott's observations:

- ◀ One person (a Boomer) was sent out to copy a disk and they came back with a photo copy
- ◀ Another (boomer) person thought a mouse was a foot pedal
- ◀ Now, the NetGens use technology like their parents used pencils
- ◀ The internet has replaced the teacher as the fountain of knowledge
- ◀ Therefore, teachers have to change – no longer the *sage on the stage*, but rather *the guide on the side*
- ◀ The new mantra is "teach less, learn more"
- ◀ According to Tapscott, NetGens want:
 - ◆ Freedom of choice in all things
 - ◆ To customize everything in their media world
 - ◆ To scrutinize virtually everything
 - ◆ Corporate integrity and openness
 - ◆ Work to be both play and entertaining
 - ◆ Collaboration and relationships particularly on-line
 - ◆ Speed, speed, speed
 - ◆ Innovation (not just willing to accept it but seek it out)

NetGens watch less TV than their Boomer parents, plus while watching they are probably also texting a friend, listening to music, and playing a

game on-line. What can I say - they are wired differently. The statistics for the NetGens show a remarkable decrease in drug and alcohol use; teen pregnancies; violent crime; and suicides. And they are much more tolerant of diversity than their older American associates.

The bottom line – though they might drive us boomers crazy, they are what they are, and perhaps they are getting it right in their own way. After all, this is their world too. By the way, we have about 5 NetGens now teaching in our school. When I brought up this topic they looked at me like- so what's the point!

Adult And Community Ed

So far the following courses or programs have been either suggested or someone has offered to instruct them:

- ◀ **An adult choir.** This is a go and will begin January 12, 2010. Director: Holly Neibauer in the H.S. Music Room
- ◀ **Increasing Human Effectiveness seminar.** Mike Reynolds the instructor. This is the program he had been doing during his 10 year hiatus from school.
- ◀ **Doing business on the Internet.**
- ◀ **Quilting** by Cloud Nine staff
- ◀ **Video editing**
- ◀ **Fly tying**
- ◀ **Foods/cooking** by Carolyn Story (possibly Italian)
- ◀ **QPR** – suicide prevention for adults
- ◀ **An art class** by David Culbertson- topic open to interest
- ◀ **Ballroom dancing** by Carla Buell (see write-up below)
- ◀ **A presentation on domestic violence** by the Domestic and Sexual Violence Services of Carbon County

If you do not see what you are looking for or if you want to offer a class, please contact the high school office (328-4583). A final list will be in the February newsletter.

Ballroom Dancing

Carla Buell will be offering Basic Ballroom Dancing class, if there is enough interest. It would be held every Wednesday in February (2-9-16-23) from 7:00 to 8:00 pm in the Cobblestone Community Center.

*It's Adult Education, there is no fee,
But it will cost you some energy.
You've got the rhythm, come have a ball.
Questions for Carla, 4589 give a call.
Bring your own partner or dance with me!*

**H1N1 Vaccinations available at the school to anyone in the community that is interested - - - Thursday, January 7th
Call the high school office at 328-4583 for details.**

****MS/High School News** by *Mr. Smith*

Happy New Year! After a burst of rest, relaxation and spending time with our family and friends; it is back to the basics as we look forward to what 2010 has to offer. We also look forward to the return of students and staff and preparing for the final weeks of our first semester. The month of January will be busy as we have a full schedule of activities to go along with our academic responsibilities. All students need to check their schedules and provide adequate time to complete upcoming projects prior to the end of the semester. Faculty and administration are available before, during and after school to assist students with the completion of all projects.

Absarokee Website

As a reminder to our community, the school website is continually being updated throughout the year. If anyone has additional information that would be applicable for the website, please inform me at the school or email a staff member. All email accounts are accessible through the website. We like to be proactive through providing our readers with an informative site. Please visit us at the following address: www.absarokee.k12.mt.us

Map Assessment

Grades 7-10 are planning on beginning their 2nd formal MAP assessment between January 18th – 29th. This will be our 3rd year of using this assessment to analyze our students' current educational growth and using it as an educational tool in the classroom. Due to the MAP results, many of our students are currently receiving assistance through an active plan of action developed by our staff. This assessment process is ongoing as the staff will take the current results to provide more answers for your child's educational programs.

Individual results will again be mailed to parents at the conclusion of the assessments. These results will give parents the chance to track the growth of their child from the previous assessment. After receiving these reports, please call if you have questions or concerns about the assessment process and how we use the results to provide enhancement of all our educational services.

Upcoming Events at or around Absarokee Schools

- Jan 9th – Close-up slave auction between boys/girls varsity games
- Jan 15th – end of 2nd qtr. & 1st semester classes
- Jan 25th – senior financial aid workshop in HS study hall @ 6:00pm

****Elementary School News** by *Mrs. Beddall*

Happenings

Congratulations to the students who participated in St. Jude's Math-A-Thon. Twelve students collected \$772.75 and completed hundreds of math problems as representatives for Absarokee Elementary. Thank you once again for helping make a difference in the lives of children across our nation.

Kudos to the elementary students who had active roles in the school play this year. It was fun to see the early signs of talents being nurtured at a young age. We'll watch for these students and many more as they stay involved in our district drama programs.

December was a busy month as we participated in numerous school holiday traditions including the PTA sponsored Santa's Secret Shop and Stocking Raffle. All grades were diligently preparing for the Christmas Program and pleasantly entertained family and friends with "An All-American Christmas". On behalf of the parents, staff, and students, I'd like to extend a warm "Thank you" to Mr. Prince and Mrs. Neibauer for their enthusiasm and dedication in making the Christmas program a fun-filled community celebration. Also, a big thank you to United Bank for providing Santa's candy, and the PTA and FCCLA for providing refreshments of fudge and cookies.

The district MBI (Montana Behavioral Initiative) team has put the finishing touches on the school-wide positive behavior matrix and will be teaching, modeling, and supporting the behavior expectations for all school environments. The three universal expectations under which all of the behavior guidelines are developed include: "Be Safe, Be Respectful, and Be Responsible". Parents will receive updated notices and copies of these matrices as they are taught throughout the next semester.

For The New Year

The elementary ski program is ready to start with our dates set for every Wednesday in January. We have a good number of students signed up to ski and nice support from staff and parent volunteers to ensure a safe, healthy activity that fits into our fitness curriculum. We really are fortunate to live in an area that affords us the opportunity to enjoy the great outdoors.

I'd like to encourage parents to mark the week of January 18-22 as our winter benchmark MAP and DIBEL testing. We suggest that families schedule doctor appointments around our testing window and encourage you to inspire your child to do his / her best by insisting on plenty of rest, eating a nutritious breakfast, and getting to school on time. Our staff will be working with students on setting goals for personal improvement as we gather valuable data from these assessment tools and use the information for instructional planning.

The elementary school is implementing a new "Drop off, Pick up" plan starting January 4th. The parking lot near the flag pole will be for staff parking only and will no longer be used for student drop off or visitor parking. That lot is very small and has been a very dangerous place for students coming and going. We ask that parents or visitors park in front of the playground near the Cobblestone building or on Montana Street in designated spots along the school. There will be a drive-through zone by the cafeteria for drop-off, pick-up only between 7:30-8:30 AM and 2:30-3:30 PM. The majority of the walkers will exit out the front doors by the office and be required to cross at the cross-walks only. We ask that patrons and families follow the new procedures to support the safety of the students.

Great things are happening at the elementary school...stop by for a visit and see what we're up to!

****Counselor's Corner** by *Mrs. Ostrum*

Senior/Parent Financial Aid Night

All seniors and their parents who are interested in financial aid for any postsecondary education should plan to attend this meeting. A financial aid expert will be available to walk parents through the FAFSA (Free Application for Federal Student Aid) form. We will meet in the high school study

hall, on Monday, January, 25th at 6:00 pm. I hope to see you there.

Sophomore Guidance Appointments

All sophomores will meet with Mrs. Ostrum in January. We will review transcripts and preregister for next year's classes. Parents are encouraged to discuss what junior classes their student will be signing up for prior to the student's visit.

Hoby

Congratulations to Rachel Huether for receiving the Hugh O'Brien Youth Leadership Award. A sophomore from each Montana school has been selected to participate in a weekend leadership seminar this spring.

The Rural Montana Saves Program

The *Rural Montana Saves Program* is designed to help participants establish a pattern of regular savings and, ultimately, help pay for post-secondary education or job training. For every \$1 saved by the participant, the Rural Montana Saves program matches it with \$3. Participants who save up to \$400 will be eligible for the maximum match of \$1200. For more information on Rural Montana Saves visit www.montanacreditunions.coop and click on Matched Savings Accounts/ IDA.

****Close-Up Slave Auction** by *Johna Zumbun*

The close-Up Slave Auction will be held January 9th, 2010 during the Broadview/Lavina game. Students will be auctioned off between the Varsity Girls and Varsity boys games. We have 21 students to sell that night.

****Honor Band and Choir**

Congratulations to our AHS students who are participating in the Rocky Mountain Honor Choir and Honor Band:

Honor Choir Members

Megan Culbertson
Tommy Flanagan
Amber Gauthier
Abby Harper
Rachel Huether
Murry Schieldt
Inga Schubert

Honor Band Members

Jonathon Baldwin
Brandon Cross
Cortney Fowler
Dillon McClure
Gavan Myers

Come enjoy the concert at the Lincoln Center in Billings on January 29, 2010 - Time TBA

****Haley places first at Denver** by *Mrs. Lohrenz*

Haley Fallang, daughter of Sheri and Eric Fallang, and her family traveled to Denver the weekend of November 21, 2009 where they attended a Bronco game and Haley competed in the Punt Pass and Kick competition, placing first. Her scores now go against 32 others in the region. The top four get to go on to the NFL Punt Pass and Kick competition in January. Haley should know by the end of December if she gets to go on. Haley and her mother said it was very exciting to be there and then to win was just icing on the cake.

Haley had won the opportunity to represent Montana and neighboring states in Denver by placing first in the Absarokee competition, then in the Lewistown competition. This was Haley's third time to compete in Denver.

****FFA News** by *Tommy Flanagan*

The Stillwater Valley FFA chapter held its monthly meeting on December 11th during the lunch hour. Some topics we discussed were ideas for a winter fun day for the members, community service projects and fundraising ideas. On December 2nd, we participated in a district competition in Bridger. Competitions included 8th and 9th grade FFA Creed speaking and livestock judging. Our FFA Creed speakers placed very well. In the 9th grade division, Katy Hedtke placed 2nd and Destiney Gates 3rd. In the 8th grade, Alaini Lorash placed 3rd while Hannah Hedtke placed 4th. The next district competition will be February 3rd in Red Lodge and will feature Agronomy, Sales, and Greenhand competitions.

****Science Olympiad** by *Ms Frazer*

On Tuesday, November 24, 2009 over 1,000 middle and high school students came from all over the state of Montana to compete in the Montana Science Olympiad. Twenty eight students from Absarokee were among them. The Absarokee Middle School team placed 14th overall (out of 43 teams). The Absarokee High School team also placed 14th overall (out of 35 teams).

Top 20 placers included:

Dillon McClure & John Baldwin:	2 nd in <i>Mousetrap Vehicle</i>
Carla Hutson & Thomas Palin:	3 rd in <i>Anatomy & Physiology</i>
Taylor Flynn & Jesse Harkey:	3 rd in <i>Junkyard Challenge</i>
Carla Hutson & Leah Connor:	8 th in <i>Forensics</i>
Haley Fallang & Hannah Hedtke:	11 th in <i>Fossils</i>
Abby Harper & Alex Doerschel:	14 th in <i>Elevated Bridge</i>
Dillon McClure & Michael Holtz:	14 th in <i>Mission Possible</i>
Tommy Flanagan & Abby Harper:	14 th in <i>Disease Detectives</i>
James Eversole & Jessica Raville:	15 th in <i>Can't Judge a Powder</i>
Ali Lorash & Taylor Flynn:	15 th in <i>Disease Detectives</i>
James Eversole & Jessica Raville:	16 th in <i>Meteorology</i>
Elijah Barbour & Jade Clark:	16 th in <i>Ornithology</i>
Garrett Connor & Joshua Gallagher:	18 th in <i>Battery Buggy</i>
Megan Culbertson, Rachel Huether and Tommy Flanagan:	18 th in <i>Experimental Design</i>
Grace Kightlinger, Ali Lorash and Taylor Flynn:	18 th in <i>Experimental Design</i>
Leah Connor & Paul Flanagan:	18 th in <i>Ornithology</i>
Xander Heyneman and Nate Phillips:	19 th in <i>Physical Science Lab</i>
Michael Holtz:	19 th in <i>Fossils</i>
Tommy Flanagan and Thomas Palin:	20 th in <i>Environ. Chemistry</i>
Haley Fallang and and Hannah Hedtke	20 th in <i>Wright Stuff</i>

The Absarokee teams were coached by Catherine Frazer and Chris Gunderson.

****Hoop Shoot Winners** by *Mrs. Lohrenz*

The annual local Hoop Shoot competition for our students was recently held in the gym. Those students placing at the school level were:

8-9 Year Old Boys

1st Dylan Young
 2nd Tyler Planichek
 Ashton Campbell

10-11 Year Old Boys

1st Robbie Coleman
 2nd Dustin Stepper
 Rily Livingston
 Kameron Clark

12-13 Year Old Boys

1st Billy Raville
 2nd Colton Stampfel

8-9 Year Old Girls

1st Alexis Meier
 2nd Zoe Cortner

10-11 Year Old Girls

1st Emma Chandler
 2nd Erin Campbell

1st Hannah Hedtke
 2nd Caitlin Keiner

****P.T.A. News** by *Dezarae Wallace*

January PTA meeting

The January PTA meeting is cancelled so that we may all enjoy the holiday with our families. The next PTA meeting will be February 8th.

Ski Dates Coming Up Fast

The ski days this year are all on Wednesdays beginning with January 6th, then as follows: January 13th, 20th, and 27th. Please refer to the list of rules and details regarding ski days sent home with the students. All permission slips and release forms must be turned in before the students are allowed to go. Make sure after skiing/school arrangements have been made in advance: the child(ren) must ride the bus back to the school or have a release form turned into the office BEFORE the ski day if they are going home with a parent instead of on the bus.

****The facts about adolescent suicide in Montana**

- ◀ Suicide is the **second leading cause of death** for Montana youth ages 10-24
- ◀ Only unintentional injuries such as car wrecks, drowning and fire kill more Montana youth than does suicide.
- ◀ On average, **every 2 weeks, a Montana youth completes suicide**
- ◀ This is not a new phenomenon. **Montana has ranked in the top 5 states for the highest rates** of youth suicide for the past several decades
- ◀ **Alcohol and drug impairment, a sense of hopelessness, and underlying mental illness** all contribute to the high rate of youth suicide
- ◀ In 2001, 27% of high school students in Montana reported they **felt so sad or hopeless almost every day** for two weeks or more in a row that they stopped doing some usual activities (YRBS/OPI)
- ◀ Well over half of all Montana High School students have used alcohol within the past 30 days
- ◀ Montana follows the same pattern as most of the United States: **females are more apt to attempt suicide, and males are more apt to complete suicide.** This is because more females choose reversible means such as poison, and more males choose irreversible means such as firearms. (taken from www.sprc.org)

What we can do about it in Absarokee Schools

On January 11, 2010 Absarokee High School is going to pilot a program called SOS (Signs of Suicide). It is a professionally done program that comes to us highly recommended. In fact, it is the program endorsed by the State of Montana Office of Public Instruction. We obtained this particular kit when one of our staff members was attending the MBI Summer Institute. During a breakout session presented by Karl Rosston, suicide coordinator for the Department of Health and Human Services, he offered

a free copy to any school interested. It handles this delicate issue very directly but yet tastefully. Absarokee is no stranger to teen suicide and we feel enough time has passed to do an educational session to alert our teens about depression and the signs that most times accompany a suicide threat; then, what they can do if they witness these signs.

Therefore, if you have reservations about your son or daughter participating in this one hour class, please notify the office by Friday January 8. The class will be presented by a combination of two of the following staff: Mr. Smith, Ms. Ostrum, Ms Eckstein, Mr. Frickel, Mr. Bill Nicholson, or Mr. Reynolds. We are all helping with this pilot session so as to monitor and evaluate the effectiveness. If we like what we see, it will become a regular part of our curriculum

****Board Of Trustees Meeting – Nov 11, 2009**

The Board of Trustees of School District 52 & 52C met at a regular meeting on Monday, November 11, 2009 at 7:30 P.M. in the High School Board Room with the following in attendance: Chairman Diana Scollard, Mike Studiner, Roberta Parrott, Jim Holtz, Mike Pasecznyk, Larry Ratliff, Feldon Oliver, Supt. Reynolds, Principal Smith, Principal Beddall, and Sara Kerr Clerk. Also present were visitors Andrea Heyneman, Janel Brunckhorst, David Myers, Jolene Degele, Tom Degele, Greg Mizen, Hermione Mizen, Lynda Myers, Don Scheafer, Gavin Myers, Sarina Myers, Christian Holtz, John Stampfel, Kylee Coppinger, and Stillwater News reporter Jennifer Ries. Donna von Nieda and Tim Schaff were absent. Chairman Scollard recognized all visitors.

Studiner/Ratliff moved to approve the October 7, 2009 minutes as written. Chairman Scollard assumed the motion. Holtz/Pasecznyk moved to put item #3 under old business (golf) as item #1 under new business. Chairman Scollard assumed the motion. Holtz/Pasecznyk moved to approve the agenda as amended. Motion carried.

Studiner/Parrott moved to pay all presented elementary bills. Chairman Scollard assumed the motion. Ratliff/Pasecznyk moved to approve all presented high school bills and approve the activity account. Chairman Scollard also assumed that motion. There was no public comment at this time.

Tom Degele went over the golf proposal with the Board. He said they had surveyed the students and there was a huge interest in the program. The cost of the program would be funded the first year by private donations. David Myers added that they already have approximately \$5100 in pledge money, and there would be raffles and other various items donated. They have estimated the cost of the program for the first year at \$11,350. He also said that uniforms could be used but they are not necessary. After some discussion, Tom Degele, David Myers, Kevin Smith, Diana Scollard, Mike Pasecznyk, Mike Studiner, and Mike Reynolds volunteered to serve on a committee to iron out the details and draw up a contract.

The next item of business was the first reading of policies 3300, 3310, 3512, 3630, and 3615. Mr. Reynolds stated that the handbook is reviewed each year and is more up-to-date than the policy manual. He would like a disclaimer put on various adopted policies stating the Board grants authority to the superintendent to promulgate student handbooks to further clarify and enforce Board policy.

Mr. Reynolds informed the Board the Technology Committee met and had a good discussion which led to Mr. Reynolds rewriting the three-year plan. A disclaimer page has been sent to the state letting them know the plan has been reviewed. This enabled the district to submit form 470 to qualify for e-rate discounts.

Mr. Reynolds went over his proposals to upgrade surveillance cameras at the high school and install a small system at the elementary. Each proposal would cost approximately \$12,000. Funds to cover the cost would come from some one-time-only monies that need to be spent on capital improvement and maintenance. **Ratliff/Studiner moved to add camera upgrades at the high school. Motion carried. Studiner/Parrott moved to install a camera system at the elementary building. All elementary trustees voted in favor.**

Shayne Collins is going to start having concessions at junior high basketball games in order to raise funds for new girl's volleyball uniforms. Mr. Reynolds requested a junior high concessions account be added to the activity account. **Ratliff/Parrott moved to add a junior high concessions account to the activity account. Motion carried.**

Supt. Reynolds explained to the Board a new plan for purchasing goods and paying for travel expenses. It is a credit card-like program call the "P" card. Presently we have several credit cards that we use and businesses are declining them if the person on the card is not present to sign off on the bill. The procurement card will have stringent guidelines that each person will need to follow in order to use the card. He asked the Board to pass a resolution to approve using the procurement cards. **Parrott/Ratliff moved to pass a resolution to approve the use of procurement "P" cards for purchasing supplies and paying travel expenses. All voted in favor.**

After receiving an overwhelming response at the elementary and a so-so junior high/high school response, Mr. Reynolds recommended trying a breakfast program. He said there were some logistics to work out, but nothing that couldn't be done. **Parrott/Studiner moved to approve starting a K-12 breakfast program at the elementary cafeteria. Motion carried.** The breakfast will be held from 7:45 – 8:15 A.M. at a cost of \$1.00 per meal. Students on free and reduced lunches will automatically qualify.

Mr. Reynolds told the Board that it was past time to renew the lease with the Cobblestone Preservation Committee. The Cobblestone is applying for some stimulus monies for upgrades and needs a current lease. This would be the third 5-year renewal. It is to their advantage to have as long a lease as possible to show a long term commitment in the building. Mr. Reynolds recommended renewing the lease for five years and giving them the option to renew every five years. **Studiner/Parrott moved to renew the Cobblestone Preservation Committee lease for the agreed upon \$1.00 and accept Mr. Reynolds above recommendation to add the option to renew every five years. All elementary trustees voted in favor.**

In his report, Supt. Reynolds reported that there has been a confirmed case of H1N1 at the elementary. The Dept. of Health and Human Services is sending money to schools to help in their swine flu efforts. Absarokee will receive \$4500. Mr. Reynolds went over a grid he had enclosed in the Board packet pertaining to non-academic programs that need to be taught to kids. He shared his frustration of not

having structured presentations. He would like to see them become fixtures in our curriculum. He informed the Board he has reviewed section 4000 of the Board policy which covers community relations and found no major changes or revisions. Mike went over his new format for the newsletter to give it a facelift and more efficient for mailing. He let the Board know that since the schools own two Automated External Defibrillators (AED's), we will need to have a written plan according to state law to operate them and have them on site. Mr. Zumbrun is in the process of writing up that plan and ordering cupboards to put them in. Don Mussetter has agreed to help with technology responsibilities since Wade Sundby has gone into the classroom full-time. Don would like to change his function to one of being a staff technology teacher and not just a fixer of technology problems. Mr. Reynolds said there will be a small change in the Roscoe bus route resulting in an additional ¼ mile to the route. The bus will turn up the cemetery road and turn around at Mark Kelly's house to pick up four students.

Principal Beddall reported on the early release MAP data in-service training. She went over RIT scores presented on a pyramid graph and explained what they had accomplished during the workday as far as identifying small groups of students. Students will be making keepsake ornaments to send to the capitol building in Helena for the Stillwater County tree. The MBI team attended training on October 26th and 27th. A PTA subcommittee has met to discuss a pick-up and drop-off procedure at the elementary. A sketch and notes are included in the Board packet. Victoria would like to see one dismissal time instead of two. The PTA has volunteered to supervise the new plan for several weeks starting after the Christmas break. Victoria also referred to the slate of upcoming events.

Principal Smith said he and Victoria had attended an ACE Consortium principal's meeting. He was happy to report that Absarokee is further ahead of other schools as far as using the MAP assessment as an instructional tool. CRT and MAP assessment letters will be given to parents tomorrow at the parent/teacher conferences. The letters will be mailed out on Monday to those parents who do not attend the conferences. Miss Montana Brittany Wisner addressed the student body on October 26th. Her main presentation included suicide prevention education. Because it was Red Ribbon week, she also discussed making good choices concerning the use of alcohol and drugs. Mr. Mussetter polled his students about the potential for an AP calculus exam in the spring and no students were interested. Mr. Smith said the divisional volleyball tournament held in Absarokee went very well. He commended all the athletic programs that had finished up for the fall. He reported that there are very small numbers of students interested in participating in the wrestling and softball programs. Mr. Smith had drug dogs go throughout the school and parking lot several times in the last few weeks.

Under Public Comment, it was decided to have the next meeting on Wednesday, December 9th. Andrea Heyneman asked about a bus route up by the turnoff to Mystic Lake and was told that is the Fishtail bus. She thanked the school for including the flu policy in the newsletter. She asked Mr. Reynolds how he picked sophomores to be educated on suicide prevention and suggested that it should be taught to the underclassmen as well.

Having no further business, **Ratliff/Studiner moved to adjourn the meeting at 9:28 P.M. Motion carried.**

January 2010

Breakfast Menu

Mon 4 th	Bagels and Cream Cheese, Fruit and Milk
Tues 5 th	Ham & Cheese Biscuit, Fruit and Milk
Wed 6 th	French Toast Stix, Juice and Milk
Thurs 7 th	Boiled Eggs, Fruit and Milk
Fri 8 th	Cereal, Fruit and Milk
Mon 11 th	Muffins, String Cheese, Fruit and Milk
Tues 12 th	Oatmeal, Fruit and Milk
Wed 13 th	Biscuit & Gravy, Juice and Milk
Thurs 14 th	Banana Split, Milk
Fri 15 th	Sausage Biscuit, Fruit and Milk
Mon 18 th	Cereal, Fruit and Milk
Tues 19 th	Yogurt Fruit Parfaits, Milk
Wed 20 th	Breakfast Burrito, Juice and Milk
Thurs 21 st	Cinnamon Rolls, String Cheese and Milk
Fri 22 nd	Boiled Eggs, Fruit and Milk
Mon 25 th	French Toast Stix, Juice and Milk
Tues 26 th	Ham & Cheese Biscuit, Fruit and Milk
Wed 27 th	Cereal, Fruit and Milk
Thurs 28 th	Muffins, String Cheese, Fruit and Milk
Fri 29 th	Oatmeal, Fruit and Milk

Lunch Menu

Mon 4 th	Stew, Rolls, Fruit
Tues 5 th	Mac N Cheese, Veggies and Fruit
Wed 6 th	Chicken Quesadillas, Veggies and Fruit
Thurs 7 th	Mini Corn Dogs, French Fries and Fruit
Fri 8 th	Tuna Hoagies, Chips and Fruit
Mon 11 th	Chili Fritos, Fruit and Cookies
Tues 12 th	Turkey Wraps, Chips and Fruit
Wed 13 th	Rodeo Beef and Beans, Cornbread and Fruit
Thurs 14 th	Chicken Strips, Macaroni Salad and Fruit
Fri 15 th	Hot Dogs, French Fries and Fruit
Mon 18 th	Pizza, Veggies and Fruit
Tues 19 th	Pork Chop Sand, Potato Wedges and Fruit
Wed 20 th	Soup n Chicken Salad Sandwich and Fruit
Thurs 21 st	Meatloaf, Mashed Potatoes and Fruit
Fri 22 nd	Burritos, Veggies and Fruit
Mon 25 th	Beans & Weanies, Fruit and Cake
Tues 26 th	Taco Salad, Fruit
Wed 27 th	Hamburger Gravy & Rice, Veggies and Fruit
Thurs 28 th	Chicken Noodle Casserole, Rolls and Fruit
Fri 29 th	Chef Salad and Fruit

****5 Inexpensive ways to give gifts of fun and fitness** (taken from www.eatrightmontana.org)

There are tons of possible fitness gifts and many of them fall into the \$25 and under category. These include yoga mats, resistance bands, small weights, and fitness DVDs. Some of the best gifts actually cost little or nothing - except your time and friendship. Think about those on your gift list who might really benefit from some fun TLC!

1. Give a gift of companionship.

How about combining a gift of time with fitness? This can be as simple and inexpensive (or as complicated and pricey) as you want. Choose a 2-for-1 monthly deal at a fitness center or gym and share it with a friend. Gift an entry fee for a walk or run and train with them. Give someone a certificate for a weekly walk, an evening of yoga, or a weekend of biking.

2. Give a gift of instruction.

If you are good at a specific physical activity, you can take your gift to the next level by helping someone improve their skills. Give the gift of a few lessons on dancing, skiing, skating, tennis, golf, racquetball, basketball, baseball, or whatever activity you would love to share with someone you love. A gift of instruction is a special treasure for children.

3. Give a gift of memories.

Digital cameras have made it easy to share photo and video memories. Extend the gift of a hike or a canoe trip by creating a gift of the memories for your companions. Create a photo or an album (hard copy or digital) of a special event or the time you spent together. Take a video of their progress in learning a new sport and create your own "funniest home video."

4. Give a gift of music.

Nearly everyone loves to listen to some kind of music while they are moving. Walking, running, rollerblading, or biking all go better with the right beat. Put together a mix of your favorite tunes to motivate a friend or family member to keep on trucking. They'll think of you every time they listen and thank you for helping get the activity their body needs.

5. Give a gift of warmth.

Winter creates special challenges for folks who enjoy outdoor activities and great gift-giving opportunities for those who love them. Make or purchase fun hats, headbands, scarves, neck warmers, gloves, mittens, leg warmers, and socks. Your loved ones will think of you every time they head outside, with warm heads, hands, feet, and hearts.