



En-Lightning CONNECTIONS

"coming together is a beginning...keeping together is progress...working together is success!"

January 1999

Volume Two Number Three

Registration Process Begins at Eastview High School

The registration process at EVHS offers students, with the assistance of their parents, an opportunity to plan their educational path for the 1999-2000 school year. The registration process begins in January and during the month, parents and students learn about EVHS curricular opportunities, discuss options and, finally, make decisions about the courses they will reserve for the entire 1999-2000 school year. Because these decisions will impact course offerings and staffing decisions, adjustments will not be made to student registration course selections after February 19th, *unless* they occur during the Registration Review Period prior to each semester and are supported by the school course change guidelines. The following timeline will help you plan your registration decisions.

1999-2000 REGISTRATION TIMELINE

- January 7** Students in grades 9-11 receive registration materials.
- January 7-February 19** Counselors meet individually with parents/ students by appointment to review registration options.
- January 11** Registration meetings for parents of 8th graders, 6:30 and 8:00 p.m. at EVHS in the Performing Arts Center.
- January 14** Registration Open House, EVHS 5:00- 9:00 p.m.
- January 19** Students in grades 9-11 return completed registration materials.
- January 20** Students in grade 8 at BHMS and FRMS receive registration materials.
- January 28** Students in grade 8 at SHMS and St. Joseph's school receive registration materials.
- January 27-February 17** Students in grade 8 return registration materials. (dates vary by middle school).
- February 19** Final date to make adjustments to student registration for 1999-2000.

Students from DHMS, RMS and VMS who are scheduled or choose to enroll at Eastview High School will be contacted on an individual basis to discuss registration at EVHS.

Registration Open House for Parents

Thursday, January 14, 1999
5:00 P.M. - 9:00 P.M.

"Helping parents help students make good decisions about course selections and post-high school planning."

The Registration Open House will offer an opportunity for parents (students are also welcome) to better understand the registration process and how they may assist their student(s) in making quality decisions about course selection and post-high school planning.

The evening will include information regarding :

- Academic advisement on course selection, including appropriate courses and level placement
- Advanced Placement/Honors courses
- NCAA Clearinghouse Information
- Post-Secondary Planning
- Required curricular course offerings
- Elective curricular course offerings
- Co-curricular opportunities at EVHS

This evening will also include informal teacher contact time to allow parents to visit with teachers in their classrooms on an informal basis. This period of time may **NOT** allow for extensive discussion of individual students. Parents who wish to have such a conference at a later date and time will have the opportunity to schedule one.

Basic Standards Testing Scheduled for January and February

The Minnesota Basic Standards tests in reading, math and writing will be given in late January and early February 1999. The reading and math tests will be given to all eighth graders and students in grades 9-12 who have not passed one or both of the tests on previous attempts. The writing test will be given to all 10th graders.

Scheduled test dates are:

- **Writing** - Jan. 20 (make-up is Jan. 21)
- **Reading** - Feb. 2 (make-up is Feb. 3)
- **Math** - Feb. 4 (make-up is Feb. 5)

Tutoring will begin in January. Writing tutoring will take place January 5 - 14 after school. Location for tutoring will be announced in January. Math and reading tutoring will begin on January 19th and continue through February 1st. More information will be available after winter break.

The state is also offering a Basic Standards testing opportunity in April 1999 for high school seniors who still need to pass the reading and/or math tests. The seniors-only test dates are April 20 (reading) and April 22 (math).

Beginning with the class of 1999 in District 196 and the class of 2000 statewide, all Minnesota public school students must pass Basic Standards reading and math tests – in addition to meeting local district graduation requirements – to be eligible to receive a high school diploma. The reading and math tests are given for the first time in grade 8.

Beginning with the class of 2001, students must also pass the Basic Standards writing test which is given for the first time in grade 10.

Passing scores on the Basic Standards reading and math tests are defined by the state as 70 percent correct or better for the classes of 1999 and 2000, and 75 percent correct or better beginning with the class of 2001.

Basic Standards practice tests in reading and math are available on the Internet at www.achievementdata.com.

Graduation Rule Update



For the past eight year, educators, politicians, concerned parents, business and community leaders have worked to define what students should know and be able to do before they graduate from a Minnesota high school. The Minnesota Graduation Standard is the result, taking its current shape after myriad meetings, hearings, debates and discussions.

The Profile of Learning is the newest part of the Minnesota Graduation Standards. It consists of 10 broad learning areas, each with content standards for performance that define what students should know, understand and be able to do before they graduate.

There are preparatory content standards for students in grades K-8 and high school content standards for students in grades 9-12. Students receive a score of 1, 2, 3 or 4 for the work they do in each content standard. There are no required passing scores for the preparatory content standards; however, beginning with the class of 2002, high school students must earn a score of 1-4 in 24 high school content standards required for graduation.

Student performance on the content standards is assessed using a performance package, a series complete I the classroom and/or at home. The state provided model performance packages that school districts could use as is or adjust, or districts could develop their own packages. In District 196, most of the state performance packages were adjusted and teams of teachers created some new ones to best fit the existing curriculum.

Questions regarding the implementation of the Graduation Rule at Eastview High School can be directed to Carrie Fruin, Kathleen Kohler or Randall Peterson. Additional information is available from the Minnesota Department of Children, Families and Learning. (<http://children.state.mn.us>)

Note Taking

Like memory techniques there is not one note-taking method that shines above the rest. Experimentation will serve you well. Once you find a method you are comfortable using, prepare yourself to be a serious note taker.

There are three phases of note taking: observing, recording and reviewing. Observation starts the day before the lecture when you are doing your daily assignment. Being aware of what the lecture will involve will make it more understandable.

When you are recording your notes be aware of obvious clues: the instructor's level of enthusiasm, notes on the board and key phrase such as, "the following four factors..." This will help you focus on what the instructor thinks is important.

Review your notes within 24 hours. Salvage illegible parts while you still remember what was said. You may want to write key words in the margin of your notes. This provides easy access for future use. When you review, make sure you understand everything.

Write down any questions you have and get them answered before you are bombarded with more information.

8th Grade Parent Meetings

To assist 8th grade parents with the registration process, we have scheduled the following opportunities:

Monday, January 11th

6:30-7:45 p.m. for eighth grade parents whose last name begins with the letters A - L.

Monday, January 11th

8:00-9:15 p.m. for eighth grade parents whose last name begins with the letters M - Z.

Location: EVHS Performing Arts Center

Parents who attend these meetings will have the opportunity to learn more about the Eastview High School registration process, course offerings, four-year course planning, and to ask any questions they might have.

FACULTY FOCUS

Physical Education department coordinator Debbie Peterson has been a featured presenter at several workshops around the country this fall. She has presented sessions on "Heart Rate Monitors in the Classroom" to educators in Phoenix, Arizona, Fairfax, Virginia and Macomb County, Michigan. The heart rate monitors provide an excellent tool for accurate measurements of cardiovascular levels, which allow students to productively train on an individual basis based on their fitness. This technology allows students and teachers to track the progress of their aerobic activity as they work on improved fitness during each quarter



Elizabeth Kircher, Spanish teacher was elected vice president of the MN Chapter of the American Association of Teachers of Spanish and Portuguese (AATSP). Melissa McCarthy, also a Spanish teacher was elected secretary at the annual dinner on Oct. 30, 1998. Congratulations, Liz and Melissa!



Each year the MN Chapter of the American Association of Teachers of Spanish and Portuguese selects and presents the Ricardo A. Narváez award to a teacher who has demonstrated excellence and dedication to Spanish education and who has made important contributions to the Spanish teaching profession. This year **Kate Aydin** of Eastview High School received this prestigious award. Congratulations, Kate!



PERSPECTIVES FROM THE PRINCIPAL, DR. DICK DEWEY



It is our philosophy at Eastview High School to offer a balance of learning opportunities for our students, in meeting the wide variety of student needs and to be responsive to the goal of educating the "total child." By balance, we are referring to:

1. our core of required curricular offerings;
2. our elective curricular offerings which serve to provide enrichment and acceleration opportunities; and
3. our cocurricular offerings.

The registration process for the 1999-2000 school year begins in January. This means that students, with the assistance of their parents, will be involved with the process of choosing classes for the next year at Eastview High School. These choices will, of course, involve selections from both our core or required offerings and our elective curricular offerings. This is also a good time for students to explore the many cocurricular offerings available to them at Eastview High School.

On the dates specified in the 1999-2000 Student Registration Timeline, students will receive a registration guidebook and related materials that describe all of the courses that will be offered next year to students at EVHS. Students will select those courses they wish to take for next year; parents are asked to take part in this decision-making process and signify their approval of the registration by signing a registration form, and registration materials will be collected on the specified dates.

Counselors will be available to meet individually with current Eastview students grades 9-11 from January 7th to February 19th by appointment, to answer questions regarding registration. 8th grade students should consult their current teachers and counselors for registration recommendations. As of February 19th, we will consider all registrations final, as we use this information to hire teachers, determine course sectioning, assign teaching loads, and make many other decisions that help our school be one of the very best for young people. Therefore, once these decisions are made, it will be very difficult to change course selections.

Obviously, the course selections about to be made will be very important. In many instances, they will have a significant influence on the future academic welfare of the student, so we strongly encourage parents to become involved with these selections. Make sure you review the Registration Guide with your student; discuss options together as you focus on the student's interests and goals; and develop your registration plan carefully. If a question arises, please call the appropriate EVHS guidance counselor at 431-8914.

The academic welfare of the student will always be a high priority at Eastview High School. We look forward to our continuing partnership with the parents of our students as we work together to provide an outstanding high school experience.

UPCOMING EVENTS:

The EVHS concert choir has been invited to participate in the Minnesota Orchestra's presentation of Celebrate Bernstein! An 80th birthday Celebration concert. The choir will appear on February 1st, 10:00 A.M. at Orchestra Hall in a performance with the Moorhead High School choir and the Minnesota Orchestra, conducted by concert master Eiji Oue. The concert will include Bernstein's *Chichester Psalms* and "Make Our Garden Grow" from *Candide*.

Four students have been selected to participate in the Dorain Vocal Festival at Luther College, Decorah, Iowa. They are Kim Paradeise, Kelly Ryan, Ian Christiansen, and Jeff Jackson. They will be presenting classical vocal solos as well as participating in a mass choir under the direction of Weston Noble.

On Thursday, February 4, 1999, the Eastview Concert Choir will combine with the North Central University Concert Chorale and the Senior Choir from Shepherd of the Valley Lutheran Church for "An Evening of Gospel Music." Featured in the concert will be the well-known gospel music artist, Robbie Robinson. You will not want to miss this very special event. It will take place at Shepherd of the Valley Lutheran Church, 12650 Johnny Cake Ridge Road, Apple Valley. The cost of admission is \$8.00 adults/\$5.00 students and seniors. Tickets will be sold at the door.

On Monday, February 8, 1999, the second annual Central Pyramid Choir Concert will be held at 7:30pm at Shepherd of the Valley Lutheran Church, 12650 Johnny Cake Ridge Road. This is a combined elementary, middle school and high school choral festival. Participating in the concert include the following elementary schools: Greenleaf, Diamond Path, Highland, Oakridge, Thomas Lake; middle schools: Scott Highlands, Falcon Ridge, Blackhawk; as well as Eastview High School. The theme of this year's concert is "Americana" and will end with a mass performance of "From Sea to Shining Sea" by Whitney. The public is invited to attend and there is no admission charge.

Eastview Hosts 2nd Annual Speech Tournament on February 27th

The Eastview Speech Team is in need of volunteers to tabulate, judge, help with concessions and direct competitors around the building. Parent Day for Parents of Speech Competitors is a great chance to come and observe to see what speech is all about. Rounds begin around 8:30 a.m. Contact Jennifer McCarty at 683-6969 ext. 8692 if interested in volunteering.

ACTIVITIES:

The Chamber Singers, Chamber II and Freshman Select Men's Ensemble have been busy performing at various community events throughout the holiday season. Appearances have included a Care Providers of Minnesota Convention, Minnesota Zoo, Holidazzle Parade, Apple Valley Nursing Home, Barnes and Noble, Byerlys, Jostens Holiday Party, and various elementary and middle schools in the district.

Six students from Eastview High School participated in ANACRUSIS '98, the Minnesota Honors Choir for grades seven through nine, sponsored by the Minnesota Division of the American Choral Directors Association. The choir performed on Saturday, November 21, at Benson Great Hall on the Bethel College Campus and will again perform at a statewide event in February.



Eastview High School participants for ANACRUSIS '98. (left to right) Dan McHugh, Dan Thompson, David Braasch, Maggie Nelson, Tom Richgels, Steven Heiting.

Eastview Holds First Annual Fashion Show



On March 9, 1999, students enrolled in Fashion Merchandising and Marketing courses at Eastview High School will hold their first annual Spring Fashion Show. This is just one example of how the Business Department at EVHS uses real-life situations to teach business and marketing concepts to their students. The show will be held in the Performing Arts Center beginning at 7:00pm. More information will be forthcoming. Hope to see you there.

Au Lac du Bois!

The French classes, levels I-V, were offered the opportunity to participate in a weekend immersion program, November 6-8, at the French Concordia Language Village, Lac du Bois, located near Bemidji, MN. EVHS students joined students from high schools throughout the state for a memorable experience.

The theme for the weekend was *Les Voyageurs*. Upon arrival, as students descended from the bus and passed through "customs," they were greeted by les voyageurs. Serving as counselors/voyageurs, native French Canadians, costumed as fur traders, shared their history, culture and language with the students. Through the use of songs, sketches, games, dances, bonfires and Canadian French cuisine, students were able to reenact the life of the voyageur.

During the weekend, students were allowed to visit several shops at the camp to buy foreign candies and souvenirs. It was always challenging, because the prices were in French francs and students were expected to have exchanged their dollars for francs at the village bank before purchasing items.

By the end of the weekend, many people had formed new friendships and were anxious to return for another Lac du Bois immersion experience. Fortunately, the French programs are offered for one, two or four week periods during the summer. After having successfully completed the four-week immersion program, students can earn up to one year of high school credit. Please contact Steven Asper at the Concordia Language Village (800-247-1044) for further information.

French students also have the opportunity to travel to France for three weeks this summer. They will visit Paris where they will see the Eiffel Tower and the Louvre. They will also visit chateaux in the Loire Valley, in addition to staying with a French family.



EVHS students joined students from high schools throughout the state at the French Concordia Language Village, Lac du Bois, located near Bemidji, MN.

Attention: EVHS Parents

The 1998-99 Eastview **LIGHTYEAR** yearbook order forms have been mailed! All orders are being placed through Jostens by mail. The LIGHTYEAR yearbook costs \$45.00 plus tax. Any extra items will be an additional charge. Send your order in soon.

EVHS National Honor Society Sponsors Aluminum Can Drive

Eastview High School's National Honor Society (NHS) will hold its third Aluminum Can Drive on Tuesday, January 19, 1999. Cans can be dropped off at a truck located near the school's west entrance from 4:00 – 9:30 p.m.

The Lightning Boys' Basketball team will be playing the Rosemount Irish at Eastview that evening. People planning to attend the game can bring their cans to be recycled.

Money raised from the can drive will benefit the Eastview High School Media Center and the NHS. The past two collections have raised over \$500.

If anyone in the EVHS Community has a truck that could be used for this project, please contact Yon Vetter at 322-5015 or e-mail him at Yon@Yon.com.

NAHS Students Assist With Fantasy Flight

This past month, students from Eastview High School's National Art Honor Society participated in an after-school-tutoring program at Cedar Park Elementary in conjunction with Monica Foss's fifth grade class. While there, the NAHA members helped their younger counterparts illustrate books that they had authored. The experience was such an overwhelming success for both the NAHS members and the fifth graders, that a 12 week program is in the planning for after the first of the year.

On Friday, December 11, the members of the NAHS assisted with the United Airlines Fantasy Flight program. The program provides terminally ill children with a fantasy flight to the North Pole to visit Santa Claus. The NAHS members spent the evening painting and decorating a gate at Minneapolis International Airport to resemble the North Pole. Then on Sunday, December 12, a plane took off for the "North Pole," circled the city and landed at the decorated gate. When the children got off the plane, Santa Claus and his elves greeted them. After a time of fun, the children hopped back on the plane with presents in tow, and returned to their departure gate.

Study Tips

10 Ways To Be A Successful Student

1. Behave appropriately in class and follow directions.
2. Ask for help if you do not understand something.
3. Bring materials to class (books, notebooks, pen, paper, etc....)
4. Complete assignments and turn in on time.
5. Contribute to class discussions.
6. Pay attention in class. (Avoid daydreaming.)
7. Set time aside to do homework.
8. Complete assignments in a timely fashion. (Do not wait until the last minute.)
9. Prepare for tests.
10. Write test and assignment dates down on a planner.

“How To Buy A College Education” Saturday, January 9

Parents are welcome to attend a seminar entitled, “How To Buy A College Education” on Saturday, January 9, 9:30 - 11:30 a.m.. at Eastview High School. Former college financial aid officers will speak about the various methods of financing a college education. The cost is \$30 which includes a book entitled, *How To Buy A College Education*. To register please fill out the registration form, enclose a check made out to Eastview High School, and return to the Eastview H.S. Guidance Office, attention: Angel O'Regan. Deadline: January 6, 1998.

Financial Aid Monday, January 11

Former financial aid officers will be presenting a workshop for parents on better understanding financial aid and the procedures for applying for financial help. The session will be held on Monday, January 11, 7:00-9:00 p.m. at Eastview High School. The cost is \$15. To register please fill out the registration form, enclose a check made out to Eastview H.S. and return to the Eastview Guidance Office, attention: Angel O'Regan. Deadline: January 6, 1999.

Scholarship Resources

1. fastweb.com (www.fastweb.com)
2. Eastview High School Scholarship Booklet
3. Peterson's Scholarship, Grants and Prizes Book – EVHS Career Resource Center
4. Prentice Hall, The Scholarship Book- EVHS Career Resource Center
5. DISCOVER's Computerized Scholarship Search – EVHS Career Resource Center

Applying for Financial Aid

1. Obtain the Free Application for Federal Student Aid (FAFSA) from the guidance office. This application is the basis for qualifying for any federally funded financial aid program. Some individual colleges may require an additional form to be filled out in order to obtain additional financial information from your family.
2. After family income taxes are complete, fill out the FAFSA and send it in for processing. It is an advantage to send the FAFSA in as soon as possible.
3. Within 3 to 6 weeks the Department of Education will send to you an acknowledgment, which includes your Expected Family Contribution (EFC) and any eligibility for the Federal Pell Grant. The EFC is the amount of money that your family is expected to contribute toward the student's education. This amount stays the same regardless of the school the student applies to.
4. Your college will use your EFC to determine your financial need by inserting this amount into the formula: **COST OF THE SCHOOL – EFC = FINANCIAL NEED**. For example: If the cost of the school is \$16,000 and your EFC is \$9,000 your financial need is the difference or \$7,000.
5. If you have a demonstrated financial need, your college will construct a financial aid package that may include: loans, scholarships, grants, and work study. The college will notify you of their financial aid through an Award Letter.
6. You must respond to the Award Letter immediately to notify your college that you accept all, part, or none of the Financial Aid Package offered. If the Financial Aid package is not adequate, contact the financial aid office at the college to discuss the situation.
7. If there is a change in your family's financial status such as: divorce, loss of job, significant change in income, added medical expenses or other circumstances that may impact your resources, please notify the college's Financial Aid Office directly to discuss the matter. The colleges have the ability to make adjustments to accommodate special circumstances.
8. For more information on Financial Aid:
 - 1-800-433-3243
 - <http://www.ed.gov/offices/OPE>
 - FinAid (www.finaid.org)

PLAN
For the Future

Junior Year Checklist

- Dec.- March** _____ Begin researching various post-high school options.
- Visit with college representatives at Eastview. visit college campuses.
 - Use the DISCOVER School Search Program to help identify school possibilities.
 - Write to schools for literature.
 - Talk to friends, parents, relatives about various options.
- _____ Register for senior-year courses that are appropriate for your post-high school plans. Find out what high school courses various colleges and schools are requiring of their applicants .
- _____ Register to take a spring ACT and/or SAT.
- April** _____ Take an ACT and/or SAT I.
- _____ Spring College Fair (InverHills / Normandale)
- _____ If interested in a military academy or ROTC, begin the application process by obtaining a pre-candidate pack from the counseling department.
- _____ If interested in PSEO (Post Secondary Enrollment Options) as part of your senior year schedule, talk to your counselor about the application process.
- May/June** _____ Take an ACT and/or SAT I.
- _____ Take SAT II (subject tests) if they are required by some of your prospective colleges.
- _____ If you are a prospective Division I or Division II college athlete, begin the NCAA clearinghouse process. NCAA forms are available in the Guidance Office.
- Summer** _____ Visit the college campuses you are interested in researching.

Senior Year Checklist

- January** _____ After income taxes have been completed, pick up and complete **Free Application for Federal Student Aid (FAFSA)**. The FAFSA must be filled out for any chance to receive any **financial aid**. Some colleges will also ask for you to fill out a second financial aid form called Profile.
- _____ Attend the **Parent Seminar on Financial Aid** sponsored by the Guidance Office.
- March** _____ If you are planning to begin full-time employment after graduation, you should begin **applying for jobs**.
- _____ Make your decision on the school you plan on attending and return housing contracts and fees by the deadline.
- April-May** _____ ****Inform the Guidance secretary of your selected college so your final transcript may be forwarded.** Colleges may not allow you to register for college courses until they have received your final high school transcript.
- _____ Look for summer jobs.

ACT

Test Dates

April 10, 1999
June 12, 1999

Registration Deadline

March 5, 1999
May 7, 1999

SAT

Test Dates

March 20, 1999
May 1, 1999
June 5, 1999

Registration Deadline

February 12, 1999
March 26, 1999
April 29, 1999

Parents Post-High School Planning Workshop

The Eastview Guidance Counselors are sponsoring a post-high school planning workshop for parents of high school students on Thursday, January 14, 1999 (during registration open house). The one hour workshop will start at 6:30 and will address important issues such as: college admission policies, what colleges look for in the admissions process, college applications, costs, scholarship resources, the process of selecting the appropriate school, and more. The workshop is appropriate for parents with students of all ages.

In addition, we will have representatives from four-year colleges, a community college, and a technical college available in the commons from 5:00-9:00 p.m. to answer any questions that you have about the different types of colleges. This is a great opportunity to have many of those difficult college questions answered. Remember, this is all happening while you are already at Eastview for the registration open house.

It Comes Down to One Word: Family

"The notion of 'quality time'—that's not what kids want. They don't just want a boutique hour set aside for them; they need you there all the time. If you're there physically as much as you can be, you'll always be there emotionally. And the few times you have to be away, the emotional ties will be so strong from the times you were there, it will more than hold you together. My family is the most important thing.

"In the end, whether you're the moderator of Meet the Press or a fireman or a baseball player, you're going to be judged not on your ability to do your job but on how you took care of your kids."

Tim Russert, Washington bureau chief, NBC News, moderator, Meet the Press.

USA Weekend, Nov. 27-20, 1998

Safety in Numbers

Students who stay after school and leave in the dark need to be safety-minded. It is suggested that students move their cars after school to a parking spot closer to the building near a light or move to the North Faculty parking lot. When it is dark students should always go to their cars with a buddy. Unusual situations should always be reported to Doug Baird, EVHS's police liaison officer.

Parking Tags go on Sale for Semester 2

To park in legally in EVHS's student parking lot for Semester 2 students need to do the following:

1. Pay all your fines and parking tickets
2. Pick up the parking form from the Attendance Office
3. Bring the filled out parking form signed by a parent
-and-
Bring a check for \$45.00 made out to EVHS
4. SENIORS can purchase tags on Monday, January 11th before school and during all 4 lunches at the Attendance Office side window.
5. JUNIORS, SOPHOMORES & FRESHMEN can purchase their tags Tuesday and Wednesday, January 12 and 13 during all 4 lunches at the Attendance Office side window.

Perspectives on Parenting

COLLEGE PLANNING

Saturday, January 9	9:30-11:30 a.m.	\$30.00 - Media Center
Monday, January 11	7:00-9:00 p.m.	\$15.00 - Media Center for parents of seniors
Thursday, January 14	7:00 p.m.	College Information Seminar
Monday, January 25	7:00-8:30 p.m.	NCAA Rules & Regulations

PARENTING TEENS

Wednesday, January 20 <i>(Rescheduled from 10/27/98)</i>	7:00-8:30 p.m.	Study Skills & Parents
Thursday, February 11	7:00-8:30 p.m.	Managing Teenage Drivers
Wednesday, March 18	7:00-8:30 p.m.	Reducing Family Stress



(Please cut here)

College Planning Seminars

Name _____ Phone _____

Address _____

Number attending: _____

Please place an (X) by the seminar(s) that you wish to attend.

_____ How To Buy A College Education (\$30) _____ Financial Aid (\$15)

Please return to Angel O'Regan in the EVHS guidance Office by Thursday, January 7, 1999.

EVHS Sponsors Numerous Spring Break Trips

Spring Break is just around the corner and most students already have plans for March 27th to April 4th. EVHS will be sponsoring numerous teacher supervised Spring Break trips this year. Fundraising is already taking place for the following trips:

- Girls' Softball San Antonio, Texas
- Boys' Baseball Orlando, Florida
- Girls' Track Laguna Beach, California
- Boys' Track Orlando, Florida
- Band San Diego, California
- AP Euro History Europe

EVHS sponsors and supervises trips for students involved in the above educational opportunities. Eastview's Parent's Are Key (PAK) and Eastview believe groups of students should always be supervised by parents or teachers during Spring Break trips. Schools, various religious groups and families offer the healthiest alternatives for high school students and their friends. Be willing to say, "NO," to your teen's request to spend Spring Break in Mexico or Florida and recommend a family vacation, an EVHS or religious group spring break alternative instead.

The Danger of "Hanging Out"

Evidence continues to mount regarding the danger of teens having too much unstructured time. A study of Los Angeles ninth graders finds that students who do not have adequate supervision after school are more likely to smoke tobacco or marijuana, drink alcohol, exhibit signs of depression and see themselves as risk-takers. The great risks aren't for those who stay at home, but for those who spend the time "hanging out." Researchers conclude that proper supervision after school can have far-reaching positive consequences (Brown University Child and Adolescent Behavior Letter, October 1998)

time together

Three ways to be supportive of your child:

1. Have a weekly family night. Together decide what to do.
2. Spend one hour a week with each child alone. Take a walk, go out for dinner, or just hang out.
3. Find out one area where your child is struggling. Listen to your child's concerns. Help your child think of ways to address the issue.

Student With an Illness, or Appointment?

Be sure to call the Attendance Hotline before 1:00 p.m. on the day of the absence to let us know that your student has been absent or will be absent during the day. No note is necessary if you call 683-6969 ext. 8677 or 8678.

View Unsatisfactory Grades as an Opportunity

All parents want their children to receive good grades, but don't expect a teachers to give your child a grade or honor that he/she doesn't deserve. Make it clear to your teen that grades are not "given"—they are earned.

If your child receives an unsatisfactory report card or mid-term progress report, use this as an opportunity to restate your own commitment to high standards. Have a meeting with your student and the teacher. Plan what needs to be done differently to improve the grade. Set goals and the steps necessary for your student to reach the goals you cooperatively worked to establish.

Your teen wants a job?

Here are some tips to consider before your teen starts working:

- Ninth graders should never work. The transition to high school is too difficult with the distractions of a job.
- Remind your teen that school work takes top priority. If grades begin to slip he or she should be expected to cut work hours.
- The Educational Excellence Partnership recommends that students work no more than 15-20 hours each week during the school year. Part-time work should be limited to weekends.
- If you strongly suspect that a job is cutting into studies, ask your teen. If you're still concerned, check with your child's teachers or counselors. Don't wait until the end of the grading period to find out.



Where to go to see Lightning Student-Athletes in Action

Boys' Swimming and Diving	Falcon Ridge Middle School
Boys' and Girls' Hockey	Apple Valley Sports Center
Some Boys' JV Hockey	Hayes Park Arena
Gymnastics	EVHS North Auxiliary Gymnasium
Basketball and Wrestling	EVHS Main Gymnasium
Figure Skating	Apple Valley Sports Center
Alpine Skiing, Nordic Skiing, Adapted Floor Hockey	Check your schedules for locations
Dance Team	EVHS Main Gymnasium

We welcome your attendance at our games this winter. Please enter EVHS for through the west doors for basketball games and wrestling meets. We will use the lower entrance to the gym. For gymnastics, use the northwest doors and for swimming and diving enter FRMS through the south doors.

Winter Sports Schedule Posters Are In

Our new winter sports season schedule cards and posters are available in the athletic office. Special thanks to the local businesses listed on the posters for their generous contribution for the printing of the posters.

Information for College Bound Student-Athletes

Frank Kara, the Assistant Director for NCAA Athletic Compliance at the University of Minnesota will be presenting information to parents and student-athletes on Monday, January 25th 7:00 p.m. The presentation will last about an hour with time for questions. He will discuss the process student-athletes must follow to receive athletic scholarships from a NCAA institution. This process normally begins during the junior year, but all student-athletes and their parents are welcome. Other topics he will discuss include core courses that each college bound athlete must complete, initial eligibility clearinghouse, and recruiting by colleges or universities.

Special Recognition for Student Athletes

This past fall over 600 student-athletes participated or competed in 11 different athletic activities sponsored by the Minnesota State High School. We salute those individuals who choose to be a part of something special. Interscholastic athletic programs enrich their education with qualities that help students succeed in the world around them. National studies repeatedly report that school activities build character, increase self confidence, support classroom learning by generating school pride, a sense of community and by nurturing a feeling of belonging that makes students want to achieve. Still more statistics reveal that participation in activities encourages the aspirations of youth and provides young people with countless opportunities to develop leadership skills.

Our girls' soccer team earned Section 6AA and AA State Academic Team honors with a 3.8610 G.P.A for the top 15 players on the tournament team. The team is coached by Len Bierlein.

Several of our individual participants have been recognized by others for their achievements in the athletic arena this fall. The Lake Conference honored 13 all-conference athletes for their excellence. **Courtney Hugstad-Vaa** (10) was named All-Metro and All-State in cross country for the third straight year. In state competition, she finished eighth. The girls' cross country team is coached by Jorjean Fischer.

Swimming and diving **Kim Paradeise** (12) was All-State in the 200 freestyle, 100 freestyle and the 200 freestyle relay. She finished second in the 200 freestyle and 3rd in the 100 freestyle. **Lindsay Marko** (11) received All-State honors in the 200 individual medley and the 500 freestyle and in the 200 freestyle relay. She finished 8th in the 500 freestyle and 5th in the 200 individual medley. The 200 freestyle relay team of Paradeise, Marko, **Angela Lehn** (11) and **Tracy Gerber** (12) finished 8th. The 400 freestyle relay team of Marko, Gerber, **Maggie Manning** (11) and Paradeise finished in 10th place. Tracy Gerber, and Angela Lehn also received All-State honors. The swimming and diving team is coached by Mark Tollefson.

Adam Larson (11) received 1st team All-State recognition by the Pioneer Press. He also received first team All-Metro honors by Randy Shaver's Prep Sports Extra on KARE 11 and 2nd team All-State honors by the Star Tribune. Adam is a defensive back on the football team. The team is coached by Kelly Sherwin.

David Olson (12) was a member of Dakota United, which placed fourth in the State Championship in Adapted Soccer. The team is a consolidation of the high schools in Dakota County. The state tournament is sponsored by the MSHSL and was held on November 13 and 14 at Stillwater High School. The team is coached by Jack Lewis.

Angela Lehn (11) and **Adam Rychwalski** (11) have been chosen as Eastview High School's nominees for the ExCEL (Excellence in Community, and Leadership) Award. ExCEL is a unique recognition program designed exclusively for Minnesota high school juniors. Students who are active in school, who demonstrate leadership qualities and who are model citizens in their community are nominated and recognized weekly on WCCO Radio. The ExCEL Award program is its third year and is sponsored by the Minnesota State High School League, Minnesota's Private Colleges and WCCO Radio.

ALL-LAKE CONFERENCE STUDENT-ATHLETES

GIRLS TENNIS

(4-5 Conference, 11-8 Overall) (3.72 Team G.P.A.)

Heidi Maskas	11
Jill Wass	12

GIRLS' SOCCER

(2-5-1 Conference, 9-8-2 Overall) (3.69 Team G.P.A.)

Becky Kjeldsen	12
Jessica Casey	11

BOYS' SOCCER

(4-4-1 Conference, 11-6-2 Overall) (2.96 Team G.P.A.)

Kevin Brill	12
-------------	----

GIRLS' CROSS COUNTRY

(5th in conference meet) (3.56 Team G.P.A.)

Courtney Hugstad-Vaa	10
Sara Sailor	9

BOYS' CROSS COUNTRY

(8th in conference meet) (3.14 Team G.P.A.)

VOLLEYBALL

(2-7 Conference, 15-11 Overall) (3.56 Team G.P.A.)

Nickie Myre	12
-------------	----

FOOTBALL

(6-2 Conference, 7-3 Overall) (3.12 Team G.P.A.)

Chas Chasney	12
Dan Lundin	12
Kasey Clowe	12
Shane Bundy	12
Adam Larson	11
Tim Sluiter	11

GIRLS' SWIMMING AND DIVING

(6-3 Conference) (3.66 Team G.P.A.)

Kim Paradeise	12
Lindsay Marko	11

COMPETITION CHEERLEADING SQUAD

(2nd in Lake Conference Meet, 3rd at Region Meet)

Katy Sathre	11
Robyn Svenson	12

HONORABLE MENTION LAKE CONFERENCE STUDENT-ATHLETES

GIRLS TENNIS

Jessica Shimek	12
Jenny Tomes	11

GIRLS' SOCCER

Missy Barlament	11
Heidi Vogel	12

BOYS' SOCCER

Michael Goergen	12
Josh Hartwell	12
Ray Anderson	11

GIRLS' CROSS COUNTRY

Shannon Johnson	9
-----------------	---

BOYS' CROSS COUNTRY

Jeff Lonjers	11
Zack Bullis	10

VOLLEYBALL

Mandy Sachwitz	12
Jenny Smith	12

FOOTBALL

Doug Commerford	12
Bryce Johnson	12
Gregg Angell	11
Adam Keeler	11
Ryan Kuklinski	11

GIRLS' SWIMMING & DIVING

Tracy Gerber	12
Maggie Manning	11
Angela Lehn	11

Triggers Track Student Athletes

Eastview High School has implemented a one of a kind process that helps teachers communicate with coaches and parents. The process, called Academic Triggers, is a computer program through the OSIRIS Attendance System that allows teachers to quickly and efficiently communicate information concerning the academic progress of student/athletes to coaches and parents. Teachers are given the opportunity to "trigger" student/athletes twice per quarter. The first time a student/athlete receives a "trigger", his/her name appears on a list that is distributed to coaches. The intent is that the coach will then follow up with the student/athlete concerning the academic issue. The second time in a quarter that a student is given a "trigger," a letter is sent home to parents. The letter informs parents about academic difficulties and lists the teachers and classes that are of concern. If parents receive a letter, they are encouraged to contact the teachers to follow up. Eastview High School Athletic Department is dedicated to the pursuit of excellence both in athletics and in the classroom.

CALENDAR OF EVENTS

JANUARY

- 7 Registration Materials Distributed/Advisory Day
- 8 Section I Debate
- 9 Perspectives on Parenting "How to Buy a College Education," 9:30-11:30 a.m.
- 11 Financial Aid Clinic, 7:00-9:00 p.m.
- 11 8th Grade Parents Meeting, 7:00 p.m.
- 14 Registration Open House, 5:00-9:00 p.m.
- 14 College Information Seminar
- 15 State Debate
- 16 Lake Conference One Act Play
- 20 Study Skills & Parents Seminar
- 21 End of 2nd Quarter
- 23 School Dance, 7:30-11:30 p.m.
- 25 First Day of Quarter 3 Classes
- 25 NCAA Rules & Regulations Seminar
- 25 All Band Concert, 7:00 p.m.
- 30 One Act State Finals

MARCH

- 1 Quarter 3 Progress Reports Sent
- 3-6 Boys State Hockey Tournament
- 4-6 Romanoff & Juliet, 7:30 p.m.
- 7 Romanoff & Juliet, 2:00 p.m.
- 7 Boys State Swimming Tournament
- 9 Spring Fashion Show
- 9-13 Girls State Basketball Tournament
- 11 Parent Teacher Conferences, 5:00-9:00 p.m.
- 12 Parent Teacher Conferences, 7:00-11:00 a.m.
- 15 Site Council Meeting, 7:00 p.m.
- 18 Perspectives on Parenting "Reducing Family Stress," 7:00-8:30 p.m.
- 18 Masterworks Choral Concert, 7:30 p.m.
- 20 SAT Test
- 22 Band Concerts, 7:00 p.m. and 8:15 p.m.
- 23 Regional Speech Finals
- 26 End of 3rd Quarter
- 29 Spring Break Begins

FEBRUARY

- 4 Deadline for Incompletes
- 8 Pyramid Choral Concert – Shepherd of the Valley, 7:30 p.m.
- 9 Lake Conference Treble Choir
- 11 Perspectives on Parenting "Managing Teenage Drivers," - 7:00-8:30 p.m.
- 13 School Dance, 7:30-11:30 p.m.
- 19 Section 6 Individual Wrestling
- 19-20 State Dance Competition
- 25-27 State Wrestling Tournament
- 28 EVHS hosts Speech Tournament



Thursday, March 4 7:30 p.m.
Friday, March 5 7:30 p.m.
Saturday, March 6 7:30 p.m.
Sunday, March 7 2:00 p.m.

Box Office opens Thursday, February 25, 1999. To reserve tickets, call 431-8955 between hours of 11:00 a.m. and 4:00 p.m.

EASTVIEW HIGH SCHOOL

6200 - 140th Street West
 Apple Valley, MN 55124-6912

BOARD OF EDUCATION

Kevin Sampers, Chairperson
 Jackie Magnuson, Vice Chairperson
 Mary Hamann-Roland, Clerk
 Mike Roseen, Treasurer
 Bruce Endler, Director
 Judy Lindsay, Director
 Gene VanOverbeke, Director

SUPERINTENDENT

Dr. John T. Haro

EVHS ADMINISTRATION

Dr. J. Richard Dewey, Principal
 Kathleen Kohler, Assistant Principal
 Randall Peterson, Assistant Principal
 Kim Martinson, Administrative Assistant
 Bruce Miller, Administrative Assistant
 Mark Wahlstrom, Administrative Assistant

Non-Profit Org.
 U.S. Postage
 PAID
 Rosemount, MN 55068
 Permit No. 1