

West Fargo Community High School

November 2022



Important Upcoming Date

Nov. 23-25 ----- No School Thanksgiving Break
Dec. 6 ----- Conferences
Dec. 21 ----- Last Day of School Before Winter Break
Dec. 22 ----- Professional Development – No School
Jan. 3, 2023 ----- School Reconvenes After Winter Break
Jan. 16 ----- No School
Feb. 20 ----- Professional Development/ Offsite Learning
March 15 ----- Professional Development – No School
March 16-17 ----- No School
April 7 ----- No School
April 10 ----- No School
May 5 ----- Professional Development/ Offsite Learning
May 25 ----- Last Day of School
May 25 ----- Graduation

Contact Our Staff

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Lisa Foulkes	Science
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Greg Limke	Social Studies
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Seina Freidig	Math
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Christopher Potter	Counselor
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Contact Community High School

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From Dr. Gravel's Desk

Hello Community High family,

We are off and running for another school year. This is my fifteenth year as principal of Community High. If not for the support of the school board, the district administration, and my team here at Lodoen, the longevity and student success would have never happened.

I share a message at every new student and parent orientation that Community High School is a wonderful place for many learners to attend, earn credits, and to graduate. I emphasize that each learner must be responsible for him or herself. Time management (keeping track of their timecards), Health management (keeping track of their monthly health days) and Academic management (keeping track of their daily schoolwork and meeting their midpoints and end of course deadlines) is essential for success here. Many learners are capable of this, and some are not.

My mantra over the past 15 years is that "sometimes now is not the right time." Sometimes a young person's life's circumstances are that school is not a priority right now. Mental health, chemical health, physical health, and financial health are a priority. When this is the case, the conversation needs to happen to determine is now the right time for school? We stress honest and open conversations here at Community High.

A shout out to my new staff that are doing an awesome job this year. Counselor, Chris Potter, SPED teacher, Cora Davis, English teacher, Vikki Hoss, Social studies teacher, Greg Limke, and my new administrative assistant, Darci Philips. Welcome to the Community High family and a special thank you to my ongoing staff: Maria S, Maria J, Audrey, Lisa, and Seina for helping with the continuity and making CHS an awesome place to work and learn.

A couple of important dates to remember. Thanksgiving break we will not have school on Wednesday through Friday, November 23 to 25. Enjoy this wonderful holiday tradition. Also, our second parent-teacher conference is scheduled for Tuesday, December 6 from 4:30 to 7:30 here at Lodoen. This is a great way for you to meet with your learner's teacher or office staff to answer any questions that you may have.

If you have any questions or concerns, please contact the office.

Dr. Gravel



Student of the Month



September

Caitlyn Doll



October

Lyla Mayer

Math

There are lots of ways to incorporate math into your everyday life. Investing, using apps like Greenlight, Fidelity Youth Account, or Acorns, is a great way to start teaching yourself to save money and to watch it grow for the future. Parents can help set it up and add all your siblings to the same account to most apps. Setting up these accounts takes less than five minutes and there are tutorials online if any explanation is needed. Acorns is a round-up investing app, meaning it takes your purchases and rounds them up to the nearest dollar and invests that money. Fidelity Youth Account allows to have fractional shares and requires no minimum balance. Greenlight combines debit account features with investing. Plus, these are only three of the many investing-type accounts available out there. Investing allow a teenager to learn the benefits of saving money and having it grow over time for the future. It is a great activity to have parents working together with their teens and to get the whole family talking about finances, future plans, and goal setting. Also make sure to have fun with it! Pick stocks and bonds of companies you have heard of it that are successful or some small company you know nothing about and research it together! Happy Investing! - Mrs. Freidig

English and Student Leadership

Allow me to introduce myself: My name is Vikki Hoss, and I am the new English teacher here at CHS. While I am new to Community High, I am not new to West Fargo Public Schools. I have spent the last 23 years teaching a variety of subject areas and grade levels at L. E. Berger Elementary and Cheney Middle School. Teaching high school is completely different than anything I have taught in the past and I LOVE it! The transition to CHS has been wonderful; the students and staff are amazing here!

As an English teacher, I am ALWAYS encouraging my students to read for enjoyment. Every Friday from 11:30-12:00, everyone at Community High participates in silent reading. Student Leadership sells popcorn, and we try to make it a cozy, comforting part of the week. One of my goals is to help learners develop a lifelong love for reading. Parents can get into the habit as well! Even if you aren't a fan of reading yourself, ask your child what they are currently reading and see what they share with you!

10 benefits of reading at any age:

1. Mental Stimulation For Your Brain
2. Good Habit For Stress Reduction
3. Knowledge-Enhancement
4. Vocabulary Expansion
5. Improves Your Memory
6. Stronger Analytical Thinking Skills
7. Improves Focus and Concentration
8. Better Writing Skills
9. Tranquility
10. Free Source Of Entertainment

Along with my role of English teacher, I have also taken on the position of Student Leadership Advisor. This has been a great way for me to meet more of the students and immerse myself in the culture of CHS. Student Leadership has already been busy this year! In September we put on our Fall Picnic and October brought a Halloween movie afternoon. We have continued the tradition of Friday popcorn sales and we have added various snack and beverage options to our Community School Store.

November, December, and January promise to be busy and exciting months for Student Leadership:

November 17th Community Thanksgiving celebration

November 21st-22nd Comfy Cozy days

December 1st Blood Drive

December 20th Cookie decorating and holiday movie

Dec. and Jan. "Stuff the Stocking" sock drive for the Gladys Ray Shelter

CHS Activities



Science

At some point, a student may find themselves a bit (or a lot!) behind in their work. What do you do?

Communicating with the teacher should be the first step. In order to learn the material, they may need to make arrangements to stay after school for additional help. Another option would be to make arrangements to come in early. If the teacher is busy with other students, the para and resource room may be available, too.

If the decision is made to not put in additional time and effort in at school, they may need to find other sources of information. Simply Googling for the answers is not the most ideal way to learn the overall concepts needed to do well on the test. It may get the student the correct answer but will not help the student make the connections between the concepts in the unit.

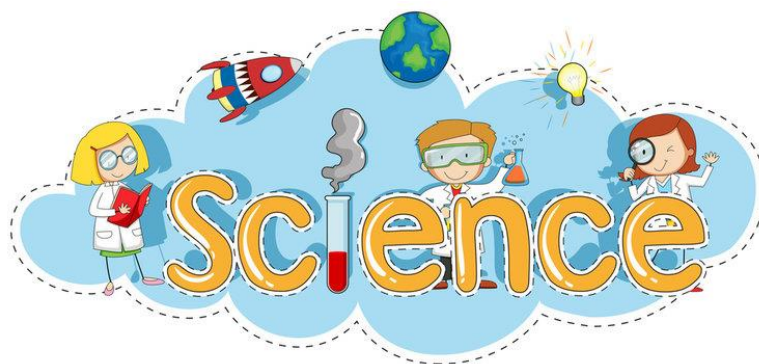
The following links are great resources for students outside of the classroom.

1. <http://www.bozemanscience.com/>
Tutorials available in anatomy, chemistry, biology, earth science and physical science.
1. <https://www.khanacademy.org/>
Tutorials in math, science, economics, arts, computing, and test prep.
2. <https://www.brightstorm.com/>
Tutorials in math, science, language arts, test prep and college.
3. <https://www.youtube.com/user/crashcourse>
Tutorials in a variety of the science and social studies.

Remember, all students have the ability to complete and pass classes here at CHS providing they attend class every day, try and give 100%. Students also have the ability to earn course extension passes by having parents or guardians attend conferences or by completing classes early.

Please reach out to the teachers or counselor if you are struggling with anything. We are here to help you on your journey to graduation and beyond!

Miss Lisa Foulkes



Social Studies and PaY

On November 2nd West Fargo Community High School was fortunate enough to take our students that belong to PaY (Philanthropy and Youth) to the fall Inspire Conference at Camp Castaway. Each year the PaY program has a one-word inspirational choice as a focal point. This year's theme is Sustainability. Students were placed into groups with other schools from around the area and asked to work on ideas involving the theme of Sustainability.

Philanthropy and Youth is an organization that engages students from high schools in Fargo-Moorhead, Detroit Lakes, and the surrounding area. Each student-led school committee is allocated \$5,000 to use for grantmaking in the community. Student-led committees identify areas of focus, research community nonprofits, and conduct site visits before deciding how to award their allotted grant dollars.

They also had the opportunity to work on several team building and leadership exercises which included some friendly competitions and interesting challenges between groups. Students were also able to listen to some incredible speakers who are involved in the PaY program as well as from outside the PaY program. Their topics ranged from Sustainability, Leadership, and the potential for students in this program to have learning opportunities such as internships and the possibility of obtaining scholarships.

This was truly a remarkable experience to travel to Lakes Country and the wonderful campus of Camp Castaway to enhance our students' leadership skills and to witness the potential opportunities that await them in their future. We have a great deal of work to continue with this school year in the PaY program as students will take the skills they began to develop at the retreat and make site visits to see where they can make an impact in the local community and work to obtain a donation from the PaY program to help non-profit organizations in the area. Our students are learning about the need for help in our community and how they can be a huge part in assisting others around us and building their own skills for life after high school.

If students are interested in joining the program, please contact Mr. Limke or Ms. Davis to see how they can get involved in making West Fargo and the surrounding areas a great place to live.

Mr. Limke and Mrs. Davis

PaY Photos

On November 2, students in Philanthropy and Youth (PaY) attended the Inspire Conference at Camp Castaway on Pelican Lake. Philanthropy and Youth is an organization that engages students from high schools in Fargo-Moorhead, Detroit Lakes, and the surrounding area. Each student-led school committee is allocated \$5,000 to use for grantmaking in the community. Student-led committees identify areas of focus, research community nonprofits, and conduct site visits before deciding how to award their allotted grant dollars.



CHS School Counselor Corner

One of our core learner goals at Community High School is building a realistic plan for life after graduation. Whether your learner chooses post-secondary education, military service, or direct entry to the workforce, smart planning is essential. As the saying goes, “A goal without a plan is a pipe dream.” This philosophy aligns with the West Fargo School District’s strategic goal that all learners will graduate North Dakota Choice Ready.

Here at CHS, we believe every learner must be empowered to identify their passions, skills, and purpose, to set personalized goals, and to select a pathway that will allow them to thrive and contribute to their local and global community. While completing high school coursework and earning credits toward graduation is an everyday priority, we will also provide learners the tools to promote self-awareness, introspection, and direction toward a plan that uniquely fits their needs, interests, and personalities.

All CHS learners have access to and use their North Dakota RUReady Education and Career planning system. It’s a vast online resource designed as a one-stop-shop for all high school and post high school planning – including career exploration, self-assessment, academic planning, financial aid, and test preparation. Even better, learner accounts are “portable,” meaning that learners can continue to use their accounts and build their career profiles, even after high school graduation. I highly encourage you to explore your learner’s RUReady system.

Additionally, CHS learners are encouraged to attend as many college, vocational, and career exploration events as possible. We host several events in-house every month, with additional opportunities out in the field at colleges, vocational programs, worksites, and more. We support this through our CHS Counseling/Careers Schoology Group, available online to every CHS student, 24/7.

For more information about North Dakota Choice Ready at West Fargo Public Schools, please visit <https://www.west-fargo.k12.nd.us/Page/8562>

Chris Potter, School Counselor



**Inclement Weather Protocol Community High, Alternative Middle Program
(AMP), and Transition Academy**

Community High Protocol

1. Students are expected to connect with their morning teacher and their afternoon teacher (Freidig, Foulkes, Limke and Hoss).
2. Failure to check in will result in 30 minutes of their timecard per class. This could result in some students earning a strike, depending on their timecard situation.
3. If bad weather is possible, students should be taking their work and devices home with them to make sure the storm day is a schoolwork day, and not a I don't have any work excuse day.
sfreidig@west-fargo.k12.nd.us foulkes@west-fargo.k12.nd.us limke@west-fargo.k12.nd.us
vhoss@west-fargo.k12.nd.us Mrs. Davis will check in with all her students. davis@west-fargo.k12.nd.us

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AMP Inclement Weather Protocol

1. A Teams or phone check in is required to be counted for attendance.
2. If we anticipate a storm day, we will send home devices to those students without them.
mpotter@west-fargo.k12.nd.us cwavrin@west-fargo.k12.nd.us

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Transition Academy Inclement Weather Protocol

Transition Academy uses the same protocol for snow days that is used for offside learning days. Students have binders with independent work in them. We also encourage that they do extra chores at home for life skills.

For storm day inquires or issues checking in or logging on, please contact the principal, Dr. Tom Gravel at tgravel@west-fargo.k12.nd.us