



The Cardinal Letter

Volume 13/Issue 4

<http://chihi.chipfalls.k12.wi.us>

April-June 2010

"THE TEEN BRAIN: A WORK IN PROGRESS - PART 3" **MAKE TIME FOR YOUR TEEN**

Dear Chi-Hi Parents, Guardians, & Students:

Greetings from Chi-Hi! I hope all is going well for you and your family.

In our last Cardinal Letter, we shared some of the recent discoveries about the growth and development of the teen brain during this critical time of their lives. We discussed the research that suggests that we can have a dramatic impact on the success and learning of our students and teens. That is the good news. Sometimes we need a little help in figuring out how this translated into everyday behaviors. Karen Hintz, a family living educator, gives us some advice on how to do this. To review, this included:

- Providing opportunities for your teen to build and practice skills
- Monitoring your teen to support healthy risk taking
- Knowing when to intervene
- Avoiding miscommunication with your teen
- Giving love and limits

According to Hintz, one more crucial ingredient is needed. This is **making time for your teen**. They are learning to express and control their feelings. They need a safe haven to vent, and hopefully, your home will be a place where they feel accepted. Many times your presence may be all that they need, so be ready to listen. Please do not underestimate how much they need you to be available and emotionally present. Sometimes teens have a weird timetable, but when they want to talk, honor this and take the time to listen. This could be at midnight or on a long car trip. Even when inconvenient, it is important for you to take the time to be involved.

We know that parents and educators can have an important role in shaping their teenager's brain development and future. There are many things we can do to help, and **MAKING TIME FOR YOUR TEEN** is an important part of the process. In Hintz's words, teenagers are "adults-in-training" and need our best effort.

Best wishes,

James H. Sauter, Ph.D. Principal
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sauterjh@chipfalls.k12.wi.us

Sources: Karen Hintz, *What Teenagers Need from Parents, Teachers, and Other Adults*, 2004;
Public Broadcasting Frontline Series, *Inside the Teen Brain*
Additional resources and information comes from the Public Broadcasting Frontline series entitled, *Inside the Teen Brain*.
The link to the program can be found at: <http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain>.

Mission Statement

"The Chippewa Falls Area Unified School District in partnership with the community is committed to excellence, empowering, and challenging all students to learn while preparing them for an ever-changing global society."

SECOND SEMESTER FINALS

Second semester ends Friday, June 4, 2010. Finals will take place **Wednesday, June 2**; **Thursday, June 3**; and **Friday, June 4**. It is important for parents/guardians and students to be aware of the following information prior to final testing. Your cooperation with our policies is appreciated.

- **No passes are issued during finals.** This includes tardy passes and passes to leave the building for appointments.
- **No Work Release privileges will be honored.** Students need to inform their employer they are not available for work during finals.
- **No Study Halls during finals.** Students may use the library or resource rooms during study halls. Students need not be in the building during study hall class periods.
- **No Visiting the Middle School (or grade schools).** Please do not visit other schools during finals (without prior approval)
- **Students must remain in class for the entire class period.** Again, no passes will be issued for a student to leave upon completion of a final exam.
- **Lunch will be served on Wednesday (6/2) and Thursday (6/3) only.** School lunch will not be served on Friday (6/4).



WEDNESDAY, JUNE 2 (PER 1, 2, 3)

Period 1	8:35 a.m. — 10:30 a.m.
Period 2	10:40 a.m. — 12:35 p.m.
<i>Lunch</i>	<i>12:35 — 1:30</i>
Period 3	1:35 p.m. — 3:35 p.m.

THURSDAY, JUNE 3 (PER 4, 5, 6)

Period 4	8:35 a.m. — 10:30 a.m.
Period 5	10:40 a.m. — 12:35 p.m.
<i>Lunch</i>	<i>12:35 — 1:30</i>
Period 6	1:35 p.m. — 3:35 p.m.

FRIDAY, JUNE 4 (PER 7, EB/MAKE-UP)

Period 7	8:35 a.m. — 10:30 a.m.
EB/Make-up	10:40 a.m. — 12:35 p.m.

YEARBOOK INFORMATION

In the next month, the yearbook staff will be finalizing the pages of the 2010 Chi-Hi Monocle! We are all very excited about this year's publication. Thank you to all students, athletes, staff, coaches, advisors, and photographers who helped us out this year!

EXTENDED YEARBOOK SALE

Final chance to reserve a yearbook for your student!

Order Online by Clicking the Yearbook Link on:
Infinite Campus or the High School Homepage

Please do not send a check to the school. All new orders must be placed online. Sale runs until all extra yearbooks are sold or May 25, whichever comes first.

It is important to order NOW! If you wait to buy a yearbook until yearbook distribution in June, it may be too late! We only order a limited number of "extra" yearbooks, which are available during the extended yearbook sale; leftovers (if any) will be for sale at distribution. Order now to guarantee a book for your student!

YEARBOOK DISTRIBUTION

Tentatively, yearbook distribution is planned for Tuesday and Wednesday, June 1 and 2, during the week of second semester finals. Students will be able to pick up their yearbook during lunch in the back gym (Gym C).

GOT PICTURES?

The yearbook staff is in search of some good action shots of 2009 (last year's) spring sports. If you have a few great photos we could use, please email them as an attachment to: **yearbook@chipfalls.k12.wi.us** before April 2. We will give you copyright credit on the pages where your photo(s) appears.

EMAIL REMINDERS

In our effort to continue "Going Green" we have been sending email reminders to all parents regardless if they have already purchased a yearbook or not. If you receive the emails and have purchased your yearbook, or wish to no longer receive the messages, click the *one-time unsubscribe* button at the bottom of the email message.

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BOOSTER CLUB EXTRAVAGANZA

Saturday, April 17, 2010

It's only a few short weeks (April 17th) until the 9th Annual Chi-Hi Booster Club Extravaganza. Please plan to attend the largest fundraiser for our athletic programs. Tickets are \$45 per person and include dinner and a chance to win great prizes while supporting Chi-Hi Athletes. This year the event will be held at the Fairgrounds (*not the Hockey Arena*) and ticket sales are limited to the first 350 people. To purchase tickets or learn more info go to: <http://athletics.chipfalls.k12.wi.us/fundraiser/>

RAFFLE TICKET UPDATE **ATTENTION ATHLETES AND PARENTS!**

We're just a few weeks away from drawing the raffle winners at the Chi-Hi Extravaganza fundraiser and several athletes have not yet turned in raffle tickets that they received at the beginning of their sport season. In an attempt to keep the sport activity fee at the low cost of \$20 per sport (*\$40 cap*), all athletes that participate in a sport during the 2009-2010 school year are asked to sell raffle tickets to help offset the cost of athletic expenses for equipment, uniforms, etc.

We ask that all sold and unsold tickets be returned no later than April 14th – tickets/money can be placed in the red box in the high school main office.

Athletes who participate in more than one sport are asked to sell tickets only one time. Without your participation, you could see your activity fees increase in the future like some of the surrounding schools (*Eau Claire school activity fees range from \$100-\$300 per sport!*).

So don't miss out on your chance to win a 2009 Polaris 500 Sportsman H.O. Automatic 4x4 ATV! You also could win:



- His & Her Bicycles
- Chippewa Falls YMCA 1-year Family Membership
- Family Getaway to the Metropolis Hotel (*with unlimited use of Chaos Water Park and Action City*)

The drawing will be held Saturday, April 17th at the Extravaganza. If you would like to purchase a ticket, please contact your favorite Chi-Hi athlete, send an e-mail to chihiraffle@yahoo.com, or call 715-828-9662.

BOOSTER CLUB NEWS

What is the Booster Clubs 2nd largest fundraiser?

Most people would probably not guess that game concession is our 2nd largest fundraiser. However, thanks in large part to the many parent volunteers, we raise thousands of dollars annually which helps keep the costs down for all families. Please continue to support this core Booster Club fundraiser by saying yes the next time you are asked to "work" a shift. One final note, Carrie Leis is handing over the reins to a new team of folks that are taking over concessions next year and we are looking for people that are interested in volunteering. Please contact Carrie LeisCj@chipfalls.k12.wi.us for more information.

Chi-Hi Athletics and Activities Endowment Fund

The Booster Club's mission is to provide financial support to Chi-Hi Athletic programs. Today the Booster Club has a strong balance sheet and excellent support from our parent reps, school administrators and the athletic director. We are able to provide limited financial support to every team but the bulk of athletic funding still comes from the school district. As we look toward the future many people believe that budget cuts will shift athletic program costs to private funding and the individual athletes.

In preparation for this anticipated increase in financial need the Booster Club has partnered with the Community Foundation of Chippewa County a local non-profit entity established to provide a vehicle to manage assets created through charitable gifts and bequests from individuals. If you are interested in providing long term support for Chi-Hi Athletics (current donation or estate planning) please visit their website at www.comfdncc.org and request information about donating to the Chi-Hi Athletics and Activities Endowment Fund.

The Booster Club would like to recognize the following athletes that went to State in a winter sport. Congratulations to the following individuals:

Gymnastics

Brooklyn Dresel

Wrestling

Izzy Balsiger

Stuart Schindler

Men's Swimming

Justin Buhrow

Ross Brown

Austin Byrd

Andy Davis

Paulie Schaus

Kyle Howard

Michael Lee

Cody Williams

Alex Tilton

Cheer and Stunt

Jazmee Rowe

May Peterson

Jenny Meyer

Jennah Kahl

Andrea Basacker

Brittany Mueller

Kaytlyn Brick

Bethany Hosig

Meghan Price

Brooke Hub

Katerina Petrich (Kat)

Laken Zech

Sadie Buhler

Kelsey Cortez

Larissa Janowicz

Brittany Schreiner

Trinity Gaffket

Isabelle Nicolai

Danny Ralph - Mascot

DELIVERY DATE FOR CAP/GOWN/TASSEL & GRAD ANNOUNCEMENT ORDERS

Friday, April 16, 2010

A representative from Josten's will distribute Cap/Gown/Tassel and Graduation Announcement orders in the Cray Commons on **Friday, April 16 from 8:30 a.m. to 1:30 p.m.**

Balance due envelopes will be mailed by Jostens in advance. Full payment must be made before you can take your order with you.

If you are a senior and you have NOT ordered your Cap/Gown/Tassel for graduation, please contact Jostens at 832-0762 as soon as possible. The total cost for these items is \$18.00. *There is an additional cost for shipping and handling.*



SENIORS: Be sure to watch for a special mailing toward the end of April that will include detailed information regarding graduation.

SPORTS PHYSICALS

Wednesday, May 5 · 6:00 p.m. to 7:30 p.m.

Cost: \$20.00

(all proceeds donated to the Athletic Booster Club)

Bring your green physical card.
Shorts & t-shirt are required.

Physicals are courtesy of:

Chippewa Valley Orthopedics & Sports Medicine,
Dr. Don Weinmeister, and
UW-Health Family Medicine

If you are a student (currently in grades 5-11) who needs a physical in order to participate in a competitive activity during the 2010-2011 school year, please take advantage of this opportunity to get your physical for the cost of \$20.00. Please report to the phy-ed area and look for signs directing you to the designated location.

ATHLETIC WEBSITE

To access athletic events, dates, times, locations, directions, cancellations or schedule changes, be sure to Bookmark Chi-Hi's athletic webpage:

<http://athletics.chipfalls.k12.wi.us/ADWebPage.htm>

Click on "**Notify me**" to receive up-to-date changes to your students' athletic events:

Athletics Calendar

View by Type: Athletics

Notify me

Subscribe

check frequently for updates. For further updates on an event, please click on the link.

<< Yesterday Tomorrow >>

day, Dec 15, 2009

Event	Details	Comments
Basketball:Girls JV 2 Game	vs. Eau Claire North @ Eau Claire North High School	
Gymnastics: Varsity Meet	vs. River Falls @ Chippewa Falls High School	
Hockey:Girls Varsity Game	vs. River Falls @ Baldwin United Civic Center	
Hockey:Boys Varsity Game	vs. Rice Lake @ Rice Lake Hockey Arena	

COMMUNICATING WITH YOU • A TOP PRIORITY

Here are some of the key ways we will communicate with you during the school year:

Email: Our newsletter, progress reports, and report cards will all be provided through this format. Updating your contact information and email address is an important part of this process. If you do not have access to email and wish to obtain the information via traditional postal service, please let us know.

Infinite Campus: Schedules, attendance, transcripts, and course progress can be accessed on Infinite Campus. You can access your username or password on the Parent Portal:

- * Go to CFSD.chipfalls.k12.wi.us
- * Go to Parents → Infinite Campus Portal
- * Click on "Problems Logging In" to access step-by-step instructions

School Website: We encourage you to visit our website at <http://chihi.chipfalls.k12.wi.us>. The new website is easy to navigate, allowing you the ability to access the information you need quickly.

Phone Messages: Occasionally, we will also use our automated phone system to send out important information to your family. In addition, an automated phone call will be sent in the evening to parents/guardians of students with an unexcused absence recorded for that day.

PARENTS WHO HOST LOSE THE MOST

**Don't be a party to teenage drinking.
It's against the law.**

Spring in Wisconsin is a time of celebration for many reasons. Soon students will be attending proms, parents will be planning graduation parties and summer time is just ahead. Parents can be tempted to host parties for their children and their friends that include alcohol with the mistaken belief that it is a safer option for their kids to drink at home than to drink somewhere else.



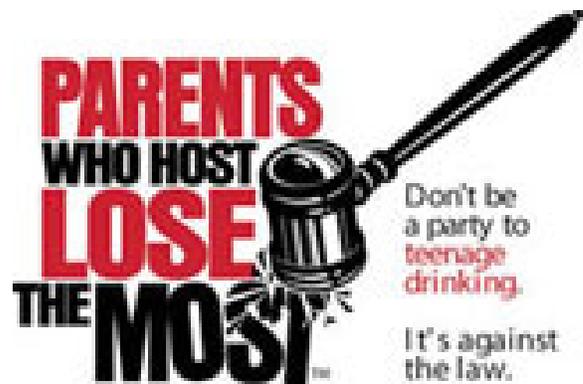
The legal drinking age is 21 in all 50 states and the District of Columbia. If your underage teen drinks and drives, you may be legally liable for any damage, injury or death caused by your child. This is especially true if you provided the alcohol. The consumption or possession of alcohol provided by you is all the evidence needed for **you** to be criminally prosecuted or sued in civil court.

As responsible parents, don't be a party to teenage drinking. Talk to your children about the dangers of alcohol. A person who begins drinking as a young teen is four times more likely to develop alcohol dependence than someone who waits until adulthood to use alcohol. This fact alone is a reason for parents to discourage and prohibit alcohol use among their children.

During adolescence significant changes occur in the body. Alcohol use during this time may affect brain development that is still occurring. Alcohol use is also linked with youthful deaths by drowning, suicide, and homicide. Motor vehicle crashes are the leading cause of death among youth ages 15 to 20, and the rate of fatal crashes among alcohol-involved drivers between 16 and 20 years old is more than twice the rate for alcohol-involved drivers 21 and older.

If you are hosting a party for your teen this summer, keep it alcohol-free, because "Parents Who Host Lose the Most". Any adult who serves alcohol to underage youth, or who is aware of it being served to underage youth on their property, may be legally responsible and liable for any of the destructive and deadly damage that could result.

For more information, contact Carol Lendle RN
Chippewa County Department of Public Health
715-726-7900 or 1-800-400-3678





CHIPPEWA FALLS MUSIC ASSOCIATION (CFMA)

THE SPOTLIGHT

VOLUME 6, ISSUE 3 APRIL—JUNE 2010

SPRING CONCERTS

As Spring approaches and things start winding down, the music departments will hold their final concerts of the year. Our kids have come a long way this year and what better way to show your support than to attend these concerts. Snacks are offered after the concerts for a free will offering, and it will give you a chance to visit with other students and parents after the concerts.

LAUNCH PAD – APRIL 23 AT CHI-HI

If you haven't had a chance to attend this "Garage Band Competition", you don't know what you are missing! Students send in a recording of their "garage" band and have to audition to compete in this event. The competition gets under way at 4:00 p.m. CFMA will be providing concessions and this year we plan on having a cook-out with brats, burgers and hot dogs along with other snacks and refreshments. What a fun way to spend a Friday night, so come on and join us! Volunteers are still needed to set-up, work concessions, sell tickets, etc. Contact Missie Peterson at peteoutplaying@gmail.com for more information or to volunteer.

CFMA NEWS

Do you know of any incoming freshman music parents? If you know someone who will be a parent of a freshman music student this coming school year, please invite them to the May 11th CFMA Meeting at 7:00 p.m. in the Chi-Hi Choir Room. This will be a great opportunity for them to learn about CFMA.

CFMA will be installing new officers for 2010-2011 school year. Vice-President and Secretary positions need to be filled. Current officers will be available to answer any questions that you may have. Please consider being a part of the CFMA Board. For more information, contact Dina Brennan, CFMA President.

Next CFMA Meetings are Tuesday, April 13th and Tuesday, May 11th in the Chi-Hi Choir Room at 7:00 p.m.

If you have never attended a CFMA Meeting, it is never to late to start. Your ideas and suggestions are welcomed and it is a great way to become involved and have a lot of fun. Our success depends on parent involvement.

CFMA BOARD FOR 2009-2010

PRESIDENT:	Dina Brennan-723-3163- mbrennan3163@charter.net
VICE PRESIDENT:	Linda Downey-579-8989- lindad@northpointtv.com
SECRETARY:	Kris McDonald-577-4191- kris.m@awsys.com
TREASURER:	Karie Waldusky-723-4770- tjwaldusky@yahoo.com
NEWSLETTER/COMMUNICATIONS:	Missie Peterson-456-1602- peteoutplaying@gmail.com

CALENDAR OF EVENTS

-  **April 16**
Vocal Pop Concert
-  **April 23**
Launch Pad
-  **April 25**
US Army Field Band & Chorus Concert
-  **May 10**
Spring Band Concert
-  **May 13**
Jazz Band & Vocal Jazz Concert
-  **May 19**
Orchestra Concert
-  **May 26**
Spring Choir Concert
-  **May 31**
Memorial Day Parade
-  **June 4**
Graduation Ceremony