



Counselor's Newsletter

February 2012

2012 Important Dates to Remember:



- Feb. 15—Distribute 1st Semester Report Cards
- Feb. 17—No School—Non Student Day
- Feb. 20—No School—President's Day Holiday
- Feb. 21—1/2 day Furlough—School ends 11:00 a.m.
- Feb. 22—Running Start Registration—Computer Lab 201 8:00—10:00 a.m.
- Feb. 23—Running Start Registration—Computer Lab 201 1:00—3:00 p.m.
- Feb. 29— Sophomore pre-registration at RJH
- Mar. 2— Sophomore pre-registration at CKJH
- Mar. 5—CKHS Senior pre-registration for 12-13 School-Year (Counselors visit US History Classes)
- Mar. 5—CKHS New Sophomore Registration and Information Night 6:30-8:00 p.m. CKHS Cafeteria
- Mar. 6—Junior pre-registration for 12-13 School-Year (Counselors visit World History classes)
- Mar. 8—Final Sophomore pre-registration at RJH
- Mar. 9—Final Sophomore pre-registration at CKJH
- Mar. 12—Final Senior pre-registration (CKHS Computer Labs)
- Mar. 13- 14—Final Junior pre-registration (CKHS Computer Labs)
- Mar. 13 & 14—HSPE Writing (High School Proficiency Exam) Testing
- Mar. 15—3rd Progress Reports Distributed
- Mar. 16—Non-student Day / No School
- Mar. 15—HSPE Reading Testing
- Mar. 15—Distribute 3rd Quarter Progress Report Cards
- Mar. 15—Running Start Night @ Olympic College 6:00—7:30 p.m.
- Mar. 30—1/2 Day Furlough—School ends 11:00 a.m.
- Apr. 2—6—Spring Break—No School
- Apr. 17—Running Start Night @ CKHS 6:30—8:30 p.m. (required for RS Students)
- Apr. 26—Distribute 3rd Quarter Report Cards
- May 29—Distinguished Scholars Night 6:30 p.m. Library
- May 28—No School—Memorial Day Holiday
- May 30- June 8—Math/Science End of Course Exams
- Jun. 5—CKHS Awards Night
- Jun. 15—CKHS Graduation

Message from the Counseling Staff

This is the third in a series of quarterly Counseling Center newsletters written by the counselors of CKHS. We hope you find its contents informative and interesting. At CKHS we work to provide both guidance and counseling services to assist students to work toward their potential. Academic guidance and post-secondary planning is provided to all students in a variety of settings throughout the year. Individual and group counseling is also available to help students deal with typical adolescent challenges. Counselors are available for parent concerns and conferencing on an appointment basis. Please call 662-2442 if you would like to meet with your student's counselor.

Randy Templeton (A-F)
Michelle Sotelo (G-N)
Scott McMinds (O-Z)

Do We Have Your Correct Contact Information?

If you're not sure, please call our registrar, **Beth Roy** at 662-2448 to review the important contact information we have for you.

Registration for Fall Classes 2012-2013

Fall registration for Sophomores and Juniors

Beginning the first week in March the counselors will be visiting classrooms to begin registration activities for the 2012-13 school year. Students will review course catalogs and instructions on how to complete the course registration form and prepare for on-line registration. The form requires a parent signature, so please check with your student. All sophomores and juniors will receive updated credit checks so they can see how they are progressing toward graduation. Counselors will return to students' classrooms approximately one week later to answer questions, provide additional post-secondary planning information, and enter course selections online.

CKHS Welcomes Incoming Sophomores

Our counseling staff will visit the current 9th grade classes at Ridgetop Junior High and Central Kitsap Junior High to begin the registration process with our incoming sophomores beginning February 29th (see "Important Dates" schedule on this page).

Also, to help new sophomore parents understand the high school registration process, graduation requirements, and CKHS programs, we invite you to attend our **"Sophomore Registration & Information Night"** on March 5 from 6:30—8:00 p.m. in the Cafeteria.

Call the CKHS Counseling Office at 662-2440 for more information.

Parent Access

Central Kitsap High School offers PowerSchool Parent Access through the PowerSchool Parent Portal. Parent Access is an Internet-based program that allows parents to be more involved in their child's education.

What can be accessed?

- Student Information—basic demographic and health/immunization data
- Assignments—student's grades on completed assignments and missing assignments
- Attendance—historical and current attendance information.

If you have not signed up yet for Parent Access, visit the website listed below to print out the Power School Acceptable Use Agreement, complete the form, return it to the main office to obtain your password.

Keep this website address handy as it will be an excellent resource to answer any questions you may have regarding this process.

<http://www.cksd.wednet.edu/parentaccess/index.aspx>

Short on Credits?

Students who have failed courses required for graduation may enroll in the Operation Graduation Program. Classes are offered through *Advanced Academics* and are completed online with additional assignments required "offline." All online work may be completed at home, but students will have access to an instructor via email or personal consultation. Tuition for each one-half credit class is \$200; partial scholarship assistance may be available for students who qualify for free/reduced lunch. Students who have failed required courses should see their counselor for more information on credit recovery options.

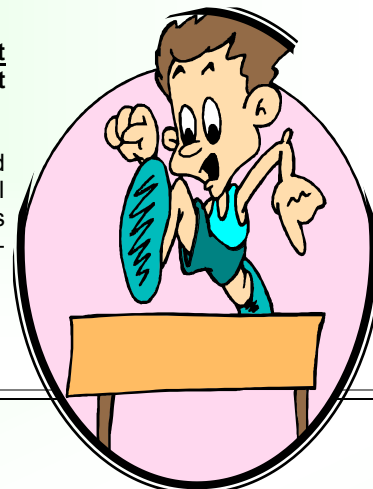
RUNNING START INFORMATION

CKHS Running Start Information Night will be held on **Tue., April 17, 2012 at 6:30 p.m. in the CKHS Library.** Attendance is required for all students and parents who will be new to the Running Start Program.

Olympic College Running Start Information Night will be held on **Thur. March 15, 2012 at 6:30 p.m. at Olympic College.**

Learn about tuition-free college classes for qualified high school juniors and seniors. This presentation will be a Running Start overview for students and parents and is designed for sophomores and juniors considering Running Start in the fall of 2012.

Call 475-7646 for more information.



IS RUNNING START RIGHT FOR YOU?

Running Start is a unique partnership between Washington's community colleges and high schools.

The program allows juniors and seniors to attend college courses and earn high school and college credits. Students from CKHS are able to attend Olympic Community College (or any other community college) during the day or evening on a full-time or part-time basis. While attending Running Start, students may continue to participate in CKHS activities and access services here. Upon satisfactory completion of each course, college credits are granted which are transferable to most in-state colleges and universities. Students who are planning to attend an out-of-state college or university should inquire with those institutions about transferring credits. Credits earned also apply to high school graduation requirements. All juniors and seniors are eligible if they meet the following criteria:

- Have a 2.5 cumulative grade point average;
- Earn a passing score on the AccuPlacer test demonstrating college level academic skills;
- Complete the application packet;
- Attend the Running Start Orientation sessions;
- Obtain permission from a parent or guardian.

While Running Start offers many unique opportunities, students need to fully consider whether they have the maturity, self-discipline and academic foundation to begin college coursework while still in high school.

To learn more about the Running Start program, students should attend the Running Start Information sessions noted above.

FAFSA / Financial Aid—Free Application for Federal Student Aid

College Financial Aid deadlines are fast approaching! The 2012-13 version of the Federal Application is available online at www.fafsa.ed.gov. Paper applications can also be ordered at this website.

Submit your FAFSA as soon as possible after January 1. Schools use your FAFSA information to determine if you are eligible to receive money from a federal grant, a loan or work-study program.

To be eligible for government aid, it is imperative that the FAFSA form be submitted and received by each school's deadline.

The school you plan to attend is the best place to go for information about student financial aid and scholarships for that school. The financial aid administrator can tell you about student aid available from their state, the school itself, application deadlines and other resources.

Washington State University—Feb. 15
Eastern Washington University—Feb. 15
University of Washington—Feb. 28
Western Washington University—Feb. 15

Central Washington University—Mar. 15
Seattle University—Feb. 1
Evergreen State College—Feb. 1
Olympic College—Mar. 15

WARNING: Do not use fafsa.com to apply for financial aid. Using this site will result in unnecessary expenses in filing the FAFSA form.

CURRENT SCHOLARSHIPS

Mrs. Jones our Counseling Technician, publishes a Scholarship Newsletter with the latest local and national scholarships available to students. The newsletter is updated regularly and can be found in the hallway box outside of the Counseling Center door as well as inside the Counseling Center. Current scholarships available include:



- Abbott & Fenner Essay—\$1,000
- AES Engineers—\$500
- Alert Magazine—\$500
- American Indian Endowed—Amount Varies
- American Legion Legacy—Amount Varies
- Anne D. Maloof—\$3,000
- B. Davis — \$500
- Best Buy—\$1,000
- Big Sun—\$500
- Cascade Warbirds—Airventure Aviation Camp Tuition
- CK PTSA Council Dorothy Tubberville—\$1,500
- EngineerGirl—Imagine That! Engineering Innovation—\$100-\$500
- Ewing C. Kelly Foundation—\$2,500
- GET (www.get.wa.gov)
- Imagine Tomorrow—\$5,000
- Kiwanis Bennett Memorial—\$500—\$2,500
- Larry Goodwin Memorial—TBD
- National Commission for Cooperative Education—\$6,000
- Northwest College of Art Paulsbo—\$1,000
- Pacific Northwest Kiwanis Fdt. Key Club—\$1,000
- RH Thomson Memorial—\$5,000
- Scholarships for Military Children—Varies
- Society of American Military Engineers—\$1,000
- STAR Scholarship at Cottey College—\$2,500
- The Soroptimist Intl. of NK—\$250—\$2,500
- The Washboard—Varies
- WA Assoc. of School Administrators—\$3,000
- WA State Assoc. for Justice—\$2,000
- WA State PTA Financial Grants—\$1,000-\$2,000
- WA State Scholarship Found.—\$2,500—\$5,000
- Wendy Jackson Hall Memorial—\$10,000
- West Sound Entertainment—\$1,000
- Whaling Days Hank Mann Sykes—Varies
- WSECU—\$1,000—\$2,000
- Youth Scholarship for Children of Law Enforcement and Fire Personnel—\$10,000

For more scholarship opportunities, visit...

www.fastweb.com

www.freschinfo.com

www.collegenet.com

www.collegeanswer.com

www.finaid.com

www.salliemae.com

www.scholarships.com

www.thewashboard.org

....and don't forget to check out the websites of all colleges and universities for which your students are applying to see what scholarships they offer.

Central Kitsap High School Scholarship Program

CKHS is seeking funds to build their scholarship program for the class of 2012.

CKHS strives to support the educational dreams of graduating seniors for their school service and academic excellence. Our scholarship committee is committed to providing assistance to our most deserving students based on the criteria of financial need, academic merit, leadership and school and community service. If you would like to donate to this worthy cause or have questions about our scholarship program, please contact Linda Riplinger or Randy Templeton at (360) 662-2400.

COLLEGE ADMISSION TESTING FOR JUNIORS

<http://www.collegeboard.com> (SAT)
<http://www.actstudent.org> (ACT)

Juniors, one of the first steps in preparing for college admission is to take college admission tests. We recommend that juniors take both the SAT and ACT test in the spring of the junior year. Upcoming tests and registration deadlines are:

<u>SAT</u>		
<u>Test Date</u>		<u>Deadline</u>
March 10		Feb. 10
May 5		April 6
June 2		May 8
<u>ACT</u>		
<u>Test Date</u>		<u>Deadline</u>
April 14		March 9
June 9		May 4

Transcript Requests and Mid-Year Reports

Transcripts can be requested in the Counseling Office—just look for the Stop Sign. Seniors, the turn-around for transcripts can be up to three days now! Please make sure you request them ahead of time to ensure they are received when you need them. Seniors, if you have applied to a college through the Common Application, you do not need to request a mid-year report. See Mrs. Jones in the Counseling Office if you need a mid-year report for other colleges.



Summer Cougar Quest



Grades 9-12: July 24-29, 2012 @ WASHINGTON STATE UNIVERSITY

Cougar Quest is a summer academic camp on the campus of Washington State University designed especially for students entering grades 9-12 in the fall of 2012.

Students will engage in three workshops per day such as "Engineering Design", "Making Music with Computers" or "Self Defense".

When Quest workshops end, exploration of the campus begins with social and recreational activities. For more information call WSU at (509) 335-2238 or visit the website at www.cougarquest.wsu.edu



Summer Enrichment Opportunities

It's not too early to begin thinking about what your student will be doing with their time next summer. There are endless possibilities! Following is a sampling of summer programs:

West Point—United States Military Academy Summer Leaders Seminar 2012—June 2-15
www.admissions.usma.edu

Summer at Stanford 2012
 June 23—(Welcome Day) through Aug. 19 (Final Exams)
www.epgy.stanford.edu

U.S. Air Force Summer Seminar 2012
www.admissions.usafa.edu

Also, visit the following websites for more opportunities:

- www.greatsummers.org
- www.goabbyroad.com
- www.portseattle.org
- www.teenink.com

Stop by the Counseling Office for more information about summer programs!

Washington Business Week

Washington Business Week is a unique and inspiring, week-long opportunity for students from across the state to learn more about how to plan for their future in our ever-changing economy.

What will I be doing?

WBW is extremely rigorous and challenging, as well as fun and exciting. You will have the opportunity to act as a member of an executive management team with the task of running an "imaginary company" and making it financially successful. You will learn about the real world of business and receive other benefits.

- Experience life on a college campus;
- Participate in exciting group activities / seminars;
- Hear about the business careers of the 21st century-
- Learn what it takes to be successful in business.

When is it?

Western Washington University, Bellingham
 June 24-30, 2012

Gonzaga University, Spokane
 July 8-14

Central Washington University, Ellensburg
 July 22-28

Pacific Lutheran University, Tacoma
 Aug. 5-11

Visit www.wbw.org for more information.

EarthCorps

www.earthcorps.org

Local Restoration—Global Leadership

Since 1993, **EarthCorps** has brought young people from across the United States and around the world to restore habitat and lead environmental service volunteers. Earthcorps graduates now span the globe, from Albania to Alaska, Mongolia to Madagascar, leading positive environmental change in their home communities.

EarthCorps engages youth through service, education, and training. Programs combine experiential learning and environmental stewardship. Youth programs include:

School Programs: EarthCorps combines regular classroom and field projects.

National Parks Programs: Each summer, EarthCorps leads more than 300 students on a 2-3 day environmental service learning projects at North Cascades, Mount Rainier, and San Juan Island National Historic Parks.

Out of School Programs: After school and summer programs are available for young people ages 15-18. Programs are based in underserved communities and provide participants with a stipend as they develop work-life skills and restore neighborhood parks. Youth also spend time in the backcountry as they build hiking trails, decommission abandoned logging roads, learn about forest management practices, and leave-no-trace camping skills.



Volunteer Programs, Service & Clubs for Teens

- Kitsap Youth in Action (360) 473-2018
- 4-H Youth Development Program (360) 337-7157
- Boy Scouts of America (360) 373-9400

- Holly Ridge Center Inc. (360) 373-2536
- Girl Scouts of America (360) 373-9578
- Kitsap Comm. Resource Youth Volunteer Corporation (360) 373-1898
- WSU—Kitsap County Coop Extension (360) 337-7157

Puget Sound
 Naval Shipyard Opportunities
Student Trainee Program
(Apprentice/Helper)



Puget Sound Naval Shipyard and Intermediate Maintenance Facility provides a four-year, accredited, cooperative education opportunity. Apprentices attend classes at the Shipyard's Apprentice School and on campus at Olympic College. They earn a Technical Arts (ATA) Degree and a Journeyman Certificate for their chosen trade.

Student Trainees (Apprentice) are paid while attending classes during regular working hours Monday through Friday, every two weeks. The two weeks following the school weeks, are full on-the-job training work weeks.

To be eligible for Student Trainee (Apprentice/Helper) positions, applicants must meet eligibility requirements. You must submit a copy of your college transcript or Accuplacer test results for employment consideration.

- Apply on the website at: <http://www.navsea.navy.mil/shipyards/putet/page/EmploymentOpportunities.aspx>.
- Complete the Student Trainee Supplemental Form.

Tech Prep / Dual Credit

Tech Prep is an opportunity for students to earn both high school and community college credit, for the same approved class, at the same time. Upon successful completion of an approved course, students will be awarded credit at CK High and at Olympic College. A grade of B or better must be earned in the course to get OC credit. Students will register on-line through CTE classes in January.

Students must register for tech prep credit while currently enrolled in class.

For a complete listing of applicable Tech Prep/Dual Credit classes, go to www.westsoundcareers.com or contact the CKHS Career Center at 662-2435.

**OFFICE OF
 MULTICULTURAL AFFAIRS**

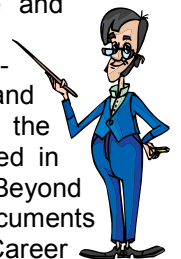
**UNIVERSITY OF WASHINGTON
 UDOC SUMMER PROGRAM**

UDOC is a high school summer enrichment program offered by the University of Washington that seeks to foster, affirm and encourage students' interest in the healthcare professions. It is a three-week program for students who have completed their junior year in high school.

U-DOC allows students to further explore medical careers and to get a valuable introduction to college life. Information and applications are available online at <http://staff.washington.edu/dolson> (click on U-DOC) or email: fabeyta@u.washington.edu.

**Senior
 High School & Beyond
 Requirements & Deadlines**

As part of the state and district graduation requirements, all seniors must complete, and submit for approval, the documentation included in the High School & Beyond Portfolio. These documents include the senior's Career research, Personal Education Plan, Resume, Cover Letter, at least two examples of Best Works and a Personal Statement. Students are also encouraged to include letter(s) of recommendation, and awards/certificates.



Seniors **currently enrolled** in a Senior Social Studies Class or Career Choices should have all documents submitted, approved and uploaded to the WOIS Portfolio Website before the end of the semester. Seniors enrolled in **second semester** Senior Social Studies, Career Choices or AP Social Studies Classes will need to complete theses requirements by May 31, 2012.

For more information regarding these requirements, please contact Tim Mahaney.

Founder's Day Dinner

**FRI. MARCH 2, 2012
 6:00 P.M.
 NAVAL BASE KITSAP PLAZA
 BALLROOM- BUFFET**

CK PTSA Council will be honoring exceptional volunteers for their special efforts on behalf of our children. Golden Acorn Awards will be presented. For more information, visit the CKHS PTSA website at www.cchspts.org.

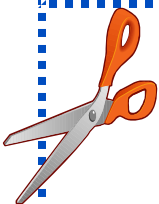
CKHS REPORT CARD SCHEDULE

Progress Reports

Oct. 13 Dec. 15 Mar. 15 May 17

Report Cards

Nov. 18 Feb. 15 Apr. 27 June 29



Seven character traits may determine your teen's success

When you think of "good character" you may think of a person who is kind, generous and thoughtful. These are great characteristics for a person to have. But recently, research has been focusing on other aspects of character: zest, self-control, social intelligence, gratitude, optimism and curiosity.

Students who possess these qualities are more likely to succeed in school. They're more likely to keep trying after setbacks. In fact, students with these characteristics are more likely to succeed than students who are intelligent but not as driven.

To build:

- **Zest**, show enthusiasm for what your teen is learning. "Wow, zebra fish can regrow their fins? That's really interesting!"
- **Grit**, praise your teen's perseverance. "I'm really proud of how you stuck with that geometry homework until you got it".
- **Self-control**, give your teen responsibilities. Being able to complete tasks at home without being reminded means he will be able to direct himself at school.
- **Social intelligence**, suggest that your teen put himself in others' shoes. "Why do you think Will reacted like that?"
- **Gratitude**, go beyond just making sure your teen says *please* and *thank you*. Discuss *why* he feels grateful.
- **Optimism**, encourage your teen to look at the bright side of events.
- **Curiosity**, help your teen explore more about what he is learning. Head to the library or research information online.

Source: P. Tough, "What if the Secret to Success is Failure?" *The New York Times*, www.nytimes.com/2011/09/18/magazine/what-if-the-secret-to-success-is-failure.html.

Do you know how to support your teen during adolescence?

Your teen might not be able to explain why she's often moody—but science can. Your teenager's brain is growing as quickly now as it did during the first two years of her life. That partially explains why your teen will be laughing one minute and angry the next.

But this is an explanation—not an excuse. You can work with your teen to help meet her changing needs and keep her moods in check. What she needs from you is your:

Time. Family time shows your teen that you care for her. She may claim she'll "die of embarrassment" if you're seen getting ice cream as a family, but deep down, she's thankful you're there.

Encouragement. Believe it or not, teens want—and need—their parents' approval. Mention that you are proud of your teen, and know that she is capable of success, both in and out of school.

Patience. Teens are exploring a variety of different things—new looks, new interests and new ideas. They're attempting to expand their horizons and explore the world. Be patient with your teen, discuss her new interests and pick your battles.

Nurturing. Physically, nurture your teen's growing body by making sure she knows how to make healthy food choices. Emotionally, remind her that you love her and that you are there when she needs you.

Source: M. Barone, "Living and Learning with Teens," *Homefires*, www.homefires.com/articles/living_with_teens.asp

Take time mid-year to review progress, make adjustments

It's the start of a new year—and nearly the halfway point in this school year. So it's a good time to take stock and make any needed adjustments. Talk with your teen about how the school year is going. Is she making progress you both would like? How can she make the rest of the school year even better?

Then make some learning resolutions. Here are a few ideas to get you started:

Review and update schedules. Between school, activities and time with friends, is your child setting aside enough time to get her homework completed? Is she getting enough sleep?

Free up time for other activities by reducing screen time. Challenge your teen to keep track of all the time she spends watching TV, surfing the internet, and texting her friends. If she's like most teens, she's spending seven and a half hours on these activities every day. When parents set limits on media use, teens use about three hours fewer per day. One easy way to cut down on screen time is to put the cell phone recharging station away from her bedroom.

Spend more time reading. Just one in four teens reports reading for pleasure. But the best way to build the vocabulary she'll need in college is to read widely.

Source: "Generation M2: Media in the Lives of 8-18-year-olds," *Kaiser Family Foundation*, www.kff.org/entmedia/entmedia012010nr.cfm.

Three ways to shape your teen's behavior

By the time your teen reaches high school, you can't control her behavior. But you can shape it. How? By giving her cues and reinforcements that point her in the direction you want him to go. Here are some ways to shape his behavior.

Selective ignoring: Some parents call this "picking your battles," and it grows out of the fact that you simply can't invest enough time and energy to address every minor thing your teen does. So, save your energy for the big things—riding in a car with a driver who has been drinking, lying to you about where he's been, and who he's been with. Ignoring the ratty shirt he insists on wearing to school.

Use logical consequences—but avoid saying "I told you so." You pointed out several times that he needed to study for the science test. He ignored you and got a bad grade. You shouldn't ignore it, because talking through what happened is the best way to help the lesson sink in. Just ask what he would do differently the next time.

Don't nag. Teens tune out nagging. So develop a one or two-word way to remind your teen of what you've asked. "Jonathan—homework," or, "Trash, please." Then back off.

Source: "10 Techniques to Shape Children's Behavior," *Ask Dr. Sears*, www.askdrsears.com/topics/discipline-behavior/10-techniques-shape-childrens-behavior.

The Counselors' Newsletter
Central Kitsap High School
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Non Profit Organization
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