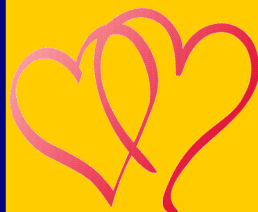




Principal's Newsletter

FEBRUARY

- 2 Homecoming Dance @8-11pm in Commons
- 4 Parent-Teacher Conferences @4-7pm in Commons
- 6 Parent-Teacher Conferences @4-7pm in Commons
- 8 Improv Show @7pm in Auditorium
- 9 ACT Test @8am
- 11 Grizzly Pride Meeting @6:30pm in Library
- 18 No School-President's Day Holiday
- 19 No School-District Inservice Day
- 20 No School for Freshman and Sophomores
Free ACT Test for Juniors and Seniors from 8-noon
- 25 Student of the Month Celebration @2:30pm in Library
- 26 Band Concerto Concert @7pm in Auditorium



Principal's Message

February marks a full-swing return to daily school. Gone are the holidays and long weekends and in their place full, five-day weeks have returned. For this edition of my Principal's message, I give a couple of friendly reminders about upcoming school events.

Parent/Teacher Conferences: Our second semester Parent/Teacher Conferences are this coming week, February 4th and 6th, from 4:00-7:00pm each night. Historically, second semester conferences are poorly attended. Here are three reasons why you should make it a priority to attend these upcoming conferences:

1. **Show your child that you care:** When teens know that their parents care about their education they feel more encouraged to do their best. Whether your child wants you there or not, go there because you know that they need you.
2. **Improve communication between parents and teachers:** The in-person meetings can help parents put a face to a name and establish a relationship. "It's just a way that the teacher kind of gets to know you," says one Northwest parent, "and if there are any problems in the future, you kind of feel like you know them."
3. **Learn something new about your child:** Parent-teacher conferences can be a time to discuss academic or behavioral issues, or give teachers the opportunity to tell parents something new about their child.

I can assure you that our teachers appreciate it when parents come to conferences!

ACT Test: By now you've hopefully heard about our FREE ACT test on February 20th for all juniors and those seniors that have **not** taken the test previously. This is an amazing opportunity for students across the district!

February 20th Schedule:

- Freshmen and Sophomores will **not** have school on this day.
- Juniors and Seniors have school from **8am to noon**.
- All Juniors and those Seniors that have **not** taken the ACT will take the ACT test between **8am and Noon**. A grab-n-go lunch will be available at noon and buses will roll at 12:20pm.
- Those Seniors that **have** taken the ACT are required to attend on February 20th from 8am to noon for a variety of post-secondary activities. You don't want to miss this!

State Assessments: It's closing in on that time of the year when State Assessments are on the minds of staff and students alike. For some this is an exciting time where demonstration of knowledge and understanding is at the forefront, but for others this is a stressful time where anxiety and stress creep into the psyche.

So, what can you do as parents to help relieve test anxiety?

cont'd on page 2

Principal's Message cont'd.

Here are a few suggestions:

- ✓ Make sure your student is attending school regularly so that they are exposed to all schoolwork and test preparation necessary for the State Assessments.
- ✓ Check ParentVUE to assure your student is consistently completing school assignments, homework and other assigned readings.
- ✓ Maintain a healthy lifestyle – help your student get enough sleep, eat well, exercise and have some personal 'down time'.
- ✓ Create and maintain a routine at home that will help your student be well rested during regular school days as well as during the days of testing.
- ✓ Talk with your student and encourage them to do their best. Be positive.
- ✓ Help your student develop a positive attitude about test taking; avoid talking negative about State Assessments.
- ✓ Build mental habits that help your child reduce anxiety—things like taking a deep breath, closing their eyes and slowing down their mind.
- ✓ Eat a good breakfast on test days.

There are no magic solutions to solving all test anxieties, but this list of suggestions can go a long way toward reducing those stresses.

As always, thank you to parents and families for being a part of our greater Northwest Family! Thank you for sending your students to us, for entrusting this great responsibility upon us. Together we will do all that we can to best prepare your students for college or career. Together we will demonstrate **Pride**, **Respect** and **Excellence** in all that we do!

Tutoring Opportunities

Did you know Northwest has several tutoring opportunities available to provide students extra help to be successful in school?

- ◆ Math and English tutors are available 9th hour.
- ◆ After-school tutoring is available Tuesdays and Thursdays in the library until 5pm.
- ◆ After-school tutoring is available Wednesdays in the commons until 6:45pm.

Yearbook Ads

TICK TOCK...BEAT THE CLOCK

Time is running out. Submit your yearbook recognition ad honoring your student's journey. Submit yours by Friday, February 15 to make sure it gets in the yearbook. Go to www.jostens.com/, select "yearbooks" and then "order your yearbook ad." If you have questions, email Ms. Gray at sgray@usd259.net.

NHS Ceremony

The National Honor Society Ceremony will be May 2 at 7 p.m. This special ceremony will welcome new members and honor our seniors. Please put this important date on your calendar if your student is a member of NHS.

Honey Bears Tryouts

The Northwest Honey Bears Dance Team will be holding tryouts on March 20 and March 21 from 3:30 p.m. – 5:30 p.m. Those interested in trying out should contact Coach Morris at tmorris1@usd259.net for more information. Go Grizzlies!



Counseling News

SCHOLARSHIP INFORMATION

There are many scholarship opportunities available for the class of 2019. Check out: <http://www.usd259.org/Page/10764> for a link to the College Career Center Scholarship Page. If you have questions or need assistance, please contact Teketa Paschal, College Career Coordinator, at tpaschal1@usd259.net or 973-6058.

NORTHWEST TRANSCRIPT REQUEST PROCEDURE

Northwest High School utilizes the Parchment Transcript Electronic System to deliver transcripts electronically to community colleges, colleges and universities. To utilize Parchment, the student must create an account at www.parchment.com. From there, the student will be able to request that his/her transcript be sent to the school of his/her choice. Please allow 24 hours for the request to be processed. You must use your student's LEGAL NAME in order to process transcripts.

Paper transcripts will only be printed for scholarship applications.

Seniors, remember, you will need a Parchment account to send your Final Transcript after graduation, so the sooner you set one up the better.

ACT TEST DATES: 2018-2019

Test Dates	Registration Deadlines	Late Registration Fee Deadline
February 9 th	January 11 th	January 18 th
April 13 th	March 8 th	March 25 th
June 8 th	May 3 rd	May 20 th
July 13 th	June 14 th	June 24 th

Register online at www.actstudent.org; our school code is **173214**. See Mrs. Tibbetts or Ms. Paschal if you are on free or reduced lunch and need a fee waiver.

WICHITA STATE UNIVERSITY ACT PREP WORKSHOPS

ACT Prep (all four subjects)

March 9th, 2019

May 4th, 2019

ACT Math Prep

February 16th, 2019

All workshop dates are on Saturdays

ACT Prep: 8 a.m. to noon

ACT Math: 9 a.m. to noon

Fee: \$32 for ACT Prep / \$25 for ACT Math

Registration can be done online at: www.registerblast.com/wsui.

For paper registration, please call: 316-978-3440.



Counseling News cont'd.

SENIOR NEWS

Seniors need to keep in mind that failing a class required for graduation during the second semester means that they will NOT be able to participate in graduation exercises on May 16th. Teachers have informed me over and over again that poor attendance is the cause of most failed courses. The solution is quite simple: ATTEND CLASS!!! Parents are urged to become very active in their student's high school career. Parent involvement and parent expectations have strong relationships to high student achievement. Your student may be 18 years of age, but that does not automatically give them the maturity required to see the importance of attending each and every class and completing the required work.

In the event that your senior does fail a second semester course, summer school and Learning Center will be available for make-up credit. Although participation in graduation exercises will not be possible, a diploma can still be earned. The high school diploma is the ticket to a successful future. If you have questions about your student's status, please call Levan Gerstner @ 973-6017 or at lgerstner@usd259.net.

MAKING UP CREDITS

There are several options for students who need to make up credits for graduation. If your student is an underclassman, please encourage him/her to make up the course in summer school.

Summer school information will be available in the Guidance office in mid-March.

Learning Center is another alternative for students to make-up credit. Learning Center courses are computer based and students must pass courses at 70% or higher to earn credit. Courses currently being taken in the Learning Center must be completed by May 9th for any senior planning to graduate on May 16th. See your counselor for more information if you are interested in any of these options.

COLLEGE VISITS

Juniors and Seniors have 2 days during the school year that can be school related absences to visit college campuses. Just follow these steps.

- Set up the visit with the college of your choice on the college website.
- Schedule the visit 2 weeks in advance.
- On the day of your college visit, a parent/guardian must call Northwest regarding the absence.
- The following school day, bring in proof of your college visit (a business card of the college representative that you visited with or your agenda from the day) to the guidance office and we will school-relate 2 absences your junior year and 2 absences your senior year.

***If you have questions regarding how to set up a college visit, please see Ms. Paschal in the CCC (College and Career Center) A-24.

EMPORIA STATE UNIVERSITY CAMPUS VISITS

Black and Gold Visit Days

Spring 2019

- Saturday, February 09, 2019
- Saturday, February 23, 2019
- Friday, March 01, 2019
- Friday, April 12, 2019

Counseling News cont'd.

STUDENT AND PARENT RESOURCES

CRISIS TEXT LINE

Crisis Text Lines serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text messaging.

How it Works:

- Text Hello to 741741 (from anywhere in the United States 24/7.) You can text about whatever is a crisis to you – addiction, anxiety, assault, bullying, depression, eating disorders, self-harm, and suicide.
- The Crisis Counselor listens without judgement, invites you to share more, and helps you move from a hot moment to a cool calm. You'll text back and forth sharing only what you feel comfortable.
- After 2 automated responses, you'll connect with a live trained volunteer Crisis Counselor who receives the text on their computer.
- The goal of the conversation is help you find calm. That may mean sharing resources for you to check out for more help; sometimes it means listening.
- It usually takes less than 5 minutes to connect you with a Crisis Counselor, maybe longer during busy times.
- Conversations usually end when you and the Crisis Counselor feel comfortable that you're in a "cool", safe place, after 15 – 45 minutes.

PARENTS HELPING PARENTS

Are you dealing with a child of any age abusing alcohol or other drugs? You are not alone. "Parents Helping Parents" can help by offering hope through resources, education, and shared experience.

Parent Meetings @ 7 PM

2nd and 4th Mondays of each month

Reflection Ridge Golf Course Clubhouse

7700 W. Reflection Road

Wichita, KS 67205

779-444-3380

wichita@parentshelpingparents.info

COLLEGE VISITS FOR FEBRUARY

Ottawa University—February 7th

Wichita State University (meeting with admitted seniors)—February 14th

NEWMAN BLACK MEN CONFERENCE

Newman University, in collaboration with Alpha Phi Alpha Fraternity Incorporated, will host the first ICT 100 Black Men Conference on February 23rd, 2019 from 9am-3:30pm. This 1-Day Power packed conference will unite, uplift and empower African American men ages 17+ to defy stereotypes, address critical issues within our community and provide the tools and resources to excel personally and professionally as African American men.

Registration for the ICT 100 Black Men Conference is FREE and lunch will be provided. To register, attendees must visit: <https://100blackmenict.eventbrite.com>. Registration will close Feb. 4th, 2019.

Counseling News cont'd.

FINANCIAL AID SEMINAR

The Wichita State University Office of Financial Aid, in collaboration with the Community Education Office, is offering a **FREE** financial aid seminar. This seminar will be held on Saturday, February 2, 2019, from 10-11:30 am at the Hughes Metropolitan Complex located at 5015 East 29th St N, Wichita, KS 67220. This seminar is open to all high school students, parents/guardians, and community members. WSU staff will remain on-site following the presentation to answer any questions you may have. Reservations are required, but the workshop is **FREE**. Please RSVP by calling 316-978-3731.

WSU TECH SIGNING DAY

WSU Tech will be hosting their fifth National Career and Technical Education Signing Day where they will be awarding over \$100,000 worth of scholarships to high school seniors interested in pursuing a career and technical education. Students can receive \$500 or \$1,000 (AMT program) toward the completion of their technical program. To receive the scholarship all students have to do is register at <https://wsutech.edu/signingday/> and attend the event! National CTE Signing Day will occur on Thursday, February 21, 2019 from 12:15pm – 2:45pm at the National Center for Aviation Training (4004 N. Webb Road, Wichita, KS 67226).

Grizzly Pride

DILLONS PLUS CARD FOR COMMUNITY REWARDS

FREE CONCESSIONS at the February 1, 5 and 8 home basketball games! Parents, grandparents, aunts, uncles, cousins, students, friends...register your Dillons Plus Card for Community Rewards at the table with laptops near the concession stand and get a free drink or candy item. It's easy to do and would be a **HUGE BENEFIT** to your Northwest Grizzlies. If you're not going to the games, please take a few minutes of your time and sign up your Plus Card at home. This is free money for Northwest and does not cost you anything or affect your rewards points. A percentage of Dillons' profits go to NW every time you shop and use your Plus Card. **Wouldn't you rather that money go to NW than have them keep it?!?**

To register, go to:

www.dillons.com/communityrewards

Sign in or create a new account

Click on "View Details" under I'm a Customer

Enter HX123 under Find an Organization

Click "Search"

Click "Enroll" under Northwest High School Booster Club

It's super easy and money will start going to Northwest. Thank you!

BEAR NECESSITIES BOOKSTORE

The Bookstore is looking for parent volunteers to cover a couple shifts each week. Working at the bookstore is a fun way to get involved at school. The bookstore is open during both lunches for students to purchase items. The shifts we have available are:

- ◆ Every Friday 10:45-11:40 and 12:10-1:05

If you would like to start volunteering for one or both of these shifts, or would like additional information, please contact Cris Carter at criscarter6@gmail.com.

YOU CAN'T HIDE THAT GRIZZLY PRIDE!

Students of the Month

Northwest staff believes that students who stand out for their good deeds and work in the classroom or within the school deserve recognition. Therefore, each month, faculty and staff are asked to nominate and vote for students from each grade level who they believe are most deserving of this award. The winners, their parents and two friends are invited to a reception in their honor, receive a "Jump the Line" pass to jump to the front of the lunch line for the school year and a certificate for a free item from the Bear Necessities Store. Below are our winners for January:

FRESHMAN Skye Kroskey has been outstanding so far this season in cross country. She had pretty average times and marks in middle school last year, but has turned it up a notch this summer and so far this season. She leads the girls during our runs and during speed work. She won her first race and received a medal in her second race. Her times are some of the fastest in team history. She was a state medalist in Cross Country, the third highest freshman. A medalist in every meet this season! Plus she's a great young lady. Ron Russell

SOPHOMORE Aaliyah Williams is a quiet student with a great presence. She has a positive attitude and works hard daily. Aaliyah is on the debate team and assists in managing the varsity girls' basketball team. She is new to Northwest this year and has done a great job getting involved and adjusting to her new environment. Regardless of the challenges she's encountered in the past 6 months, Aaliyah tries to maintain her focus and has encouraged herself to push through the difficult times facing each day with a positive attitude. At times, I can tell that she is working hard to manage her emotions and make the best of her situation. Aaliyah is a model student (academically and behaviorally). She deserves to be recognized for her ability to continue to fight hard to accomplish her goals in spite of feeling bad or having a bad day. Goldie Davis

JUNIOR Raiden Finnemore really struggled in Algebra 2 at the beginning of the year. He began coming to after school tutoring and has shown such improvement over the last couple of months. His notetaking skills have improved and I see him putting in the time and effort to go back and interact with those notes and study them. He has made a complete change in terms of his study skills and work ethic and it has shown in his mastery of the content. To top it off, he does all of this with a good attitude and a smile on his face! I enjoy having him as a student and I couldn't be more proud of his hard work! Tiffany Hampe

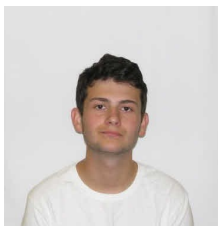
SENIOR Quincy Sturdivant is one of the kindest and most conscientious students I know. He is always very concerned about doing what he can for the news magazine, whether it be making sure events are photographed or improving a layout or story before publication. But what really stands out are his kindness and manners; he always asks how my day is going, he holds doors, picks up trash, and offers his help before I even think to ask. He's kind and helpful to other students too. He is so incredibly respectful and polite that every time he's in the classroom, it feels like a better place. Susan Gray



Skye Kroskey



Aaliyah Williams



Raiden Finnemore



Quincy Sturdivant

Girls Soccer News

Soccer girls are conditioning on Mondays and Wednesdays at 3:30pm. Conditioning will get you ready for the upcoming season which begins on Monday, February 25. Be a Winner and play Northwest Soccer!

