



# Wolf Creek Online High School Newsletter

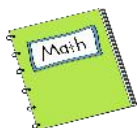
The 2015-2016 school year has started off with many exciting activities at Wolf Creek. We are pleased to announce a new transition to the Synergy student management system for computing student grades and academic credits, that we hope will allow us to offer a full parent access in the near future. As we transition to this new system please continue to stay in touch with Learning Managers and our Dean of Students if you have questions on credits or class progress. If you have questions about anything happening at Wolf Creek please don't hesitate to contact me at 651-213-2017 or tqarnstrom@wolfcreekhs.org.

Sincerely,  
Tracy Quarnstrom,  
Director



## Math Assistance for Wolf Creek Students

Wolf Creek is excited to offer additional math assistance this year. Assistance will come in the form of a math interventionist available on campus two days each week.



**Tuesdays & Thursdays**

**11:30 a.m. - 2:00 p.m.**

If you are a student who doesn't attend campus, we are able to set up a Google Hangout for math assistance at a time that works for the student. To schedule math assistance, please contact Shelli Matheson at smatheson@wolfcreekhs.org.

## Term 2 Chemistry Help Sessions

Wolf Creek is proud to offer students two options for assistance with Chemistry during Term 2. There will be on-campus sessions as well as virtual sessions via Google Hangout. The on-campus sessions will be held in the Learning Suite.

**On-Campus session**  
**Tuesdays at 10:00 a.m.**

**Virtual Google Hangout**  
**Tuesdays from 12:00 - 2:00 p.m.**

The schedule includes:

- Nov. 17: Mole Conversions and Stoichiometry (1.3, 1.4)
- Nov. 24: Phase Change Diagrams (2.2)
- Dec. 1: Molar Mass of Butane (3.2)
- Dec. 8: Colligative Properties GIZMO (4.2)
- Dec. 15: Calories in a Cheeto Lab (5.2)
- Jan. 5: Titration GIZMO (6.2)



(Check the website for more dates and sessions)

### Dates to Remember Mark it on your calendar!

Second Qtr:	Nov. 10 - Jan. 21
Veteran's Day:	Nov. 11
No School:	Nov. 25-27
No School:	Dec. 23 - Jan. 1
Mid Term:	Dec. 11
ASVAB:	Dec. 15

### School Board Meetings

**December 8 @ 4:00**

### Staff Contact Information

**Tracy Quarnstrom:** 651-213-2017  
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mweinand@wolfcreekhs.org

## Stomp Out Bullying



Every October, schools across the country join STOMP Out Bullying in observing National Bullying Prevention Month. The goal: encourage communities to work together to stop bullying and cyberbullying by increasing awareness of the prevalence and impact of bullying on children of all ages.

There are many ways in which students can participate including inviting someone to eat lunch with them, giving students written positive messages and to extend a kindness to someone

every day and challenge others to do so.

Wolf Creek has measures in place to assist students who feel pressured either by bullying, cyberbullying or teen dating violence. Students are encouraged to report any bullying to their Learning Managers. Students can also visit [www.stompoutbullying.org](http://www.stompoutbullying.org) for assistance or online chats. The HelpChat Line is a confidential online chat that helps youth ages 13-24 with issues around bullying and cyberbullying. The StompOut Bullying is also available by calling 1-877-602-8559.



*"If egg is broken by outside force, life ends. If broken by inside force, life begins.  
GREAT THINGS ALWAYS begin from inside."*

### WBWF - World's Best Work Force

Wolf Creek participates in WBWF and helps students prepare for a career and/or college. Not every student wants to or will attend a 4-yr. college and that is not uncommon these days. See the following sites for more info.

Community College to Bachelor's:

[www.insidehighered.com/news/2015/03/26/nearly-half-four-year-college-graduates-attended-two-year-college](http://www.insidehighered.com/news/2015/03/26/nearly-half-four-year-college-graduates-attended-two-year-college).

When a Two-Year College Degree Pays Off: <http://time.com/money/3829131/two-year-college-degrees-payoff/>

### Introducing Monthly Campus Tours

Please feel free to join us for a campus tour. We are now offering several dates for walk in tours. All tours begin at 5:00 p.m. If any of the following dates don't work for you, please schedule the main office at 651-213-2095 to schedule another time.

December 8th, 2015

January 14th, 2016

February 9th, 2016

March 8th, 2016

April 12, 2016

May 19, 2016



### Try our new E-Books

Did you know that students can now get free eBooks from our online library? And, it's easy! Students can login to:

<https://chisagolakesmn.libraryreserve.com>

and borrow digital books with their Moodle username and password (numbers only). E-books can be enjoyed on all major devices, such as iPhone, iPad, Nook, Android phones and tablets, and Kindle.

The E-book collection offers books needed for courses like British Literature, World Literature, and American Literature. It also features popular novels such as The Hunger Games and Harry Potter.

Contact Meagan Rathbun at [mrathbun@wolfcreekhs.org](mailto:mrathbun@wolfcreekhs.org) with any questions.

## College Knowledge Day

Wolf Creek staff participated in College Knowledge Month by creating an especially college-minded atmosphere in the month of October with information on colleges around every corner. Our entire staff joined by wearing apparel representing a variety of alma maters. We also hosted Century College for our inaugural college visit. To learn more about College Knowledge Month please visit: [www.ohe.state.mn.us](http://www.ohe.state.mn.us)

Wolf Creek provides students with a College and Career resource room that they can visit on campus days. Contact the College & Career Coordinator, Molly Weinand at [mweinand@wolfcreekhs.org](mailto:mweinand@wolfcreekhs.org) with any questions.



Wolf Creek Staff happily display their college alumni wear.

## Mark your Calendar for the ASVAB!

The ASVAB will be offered to seniors on Tuesday, December 15 from 9:00 a.m. to 12:00 p.m. at Wolf Creek Campus. This is a three hour multiple choice exam proctored by military personnel. The ASVAB (Armed Services Vocational Aptitude Battery) is offered to high school students as part of the ASVAB Career Exploration Program. The program provides tools to help students learn more about career exploration and planning, in both the civilian and military worlds of work. The ASVAB Career Exploration Program is FREE of charge.

The ASVAB is considered an equivalent assessment at Wolf Creek. By participating in the ASVAB students will meet graduation assessment requirements for reading and mathematics.

The ASVAB Testing Program recommends that examinees take a solid core of courses in math, English, and science in high school. Such academic preparation, will help with performance on the Arithmetic Reasoning, Math Knowledge, Paragraph Comprehension, Word Knowledge, and General Science subtests. Taking technical courses will also help with performance on the Auto Information, Shop Information, Electronics Information, and Mechanical Comprehension subtests.

Please direct any questions you may have to Brenda Swanson at 651-213-2037 or at [bswanson@wolfcreekhs.org](mailto:bswanson@wolfcreekhs.org).



## Family Feud Occupations Hosted by Central MN Jobs and Training

Wolf Creek engages students in hands-on experiences in a variety of areas. In October, a group of students had fun playing "Family Feud Occupations" with Ryan Redfield, Youth Employment Specialist from Central MN Jobs and Training. Ryan

visits Wolf Creek students monthly to develop employment skills and discuss employment opportunities in Chisago County. Go to the following link to learn more about Jobs & Training Services. <http://www.cmjts.org/>

## Fun Facts about Advanced Manufacturing

1. How many 12-ounce soft-drink bottles can be filled in one minute?
2. How much paper is used in the U.S. each year?
3. What is the largest manufacturing industry in the world?
4. What are micro-machines?
5. How many parts are there in a Boeing 747 airplane?
6. What metal is used in manufacturing that is compatible with skin & used to replace joints?

### Answers:

1. 850 bottles in one minute.
2. 187 billion pounds in one year.
3. The automobile industry.
4. Some machines are 1000 times smaller than a human hair and can travel through arteries.
5. There are 6,000,000 parts in a Boeing 747, half of which are fasteners.
6. Titanium is light, strong, corrosion resistant, and easily formed.

Do you like solving problems, a challenge, wonder what makes a wet suit warm or how an iPod really works? Everything you touch daily involves manufacturing. Check out more on careers in manufacturing:

[www.nam.org](http://www.nam.org)  
[www.iseek.org](http://www.iseek.org)  
[www.monster.com](http://www.monster.com)  
[www.careeronestop.org](http://www.careeronestop.org)  
[www.careerme.org](http://www.careerme.org)

### Career Fields:

HVAC Technician  
Tool Maker  
Shipping Clerk  
Machine Setter/Operator  
Designer  
Fashion Designer  
Plant Manager  
Health & Safety Engineer  
Food Inspector

## ***Txt4Life and Holiday Blues Presentations***

Have you ever received a text from a friend, or family member, and it leaves you worried? The text message sounds sad, even hopeless. Would you know what to say? Well, now there is help.

Students are invited to attend the **TXT 4 Life** presentation being held at Wolf Creek campus on Tuesday, November 24 from 10:45 a.m. to 11:30 a.m. This presentation is presented by Lindsay Aijala. For more information visit [www.txt4life.org](http://www.txt4life.org). Students attending earn one Community Awareness Activity credit.

### **Can the holidays make you feel a bit down?**

Students are invited to attend the presentation "**How to Beat the Holiday Blues**" presented by Tasha Barnes with Family Based Therapy Associates. Join us in the Learning Suite on Thursday, November 19 at 11:00 a.m. Cookies, hot cider and hot cocoa will be provided. Students attending earn one Community Awareness Activity credit.

## **Student Council Bingo/Movie Event**

The Wolf Creek council is made up of students who participate in areas of school government and bring ideas and feedback to the meetings. A democratic process is used to give students a voice and make decisions throughout the school year. Student who participate, under the supervision of a teacher, learn about civic responsibility, leadership, problem solving and teamwork. They plan school events such as donation collections. The council works with the school board, student body, and the local community to decide on projects and initiatives for the school and community. Students held a "Be Buddies Not Bullies" event in October in recognition of StompOut Bullying. All students were invited to campus to play Bingo, watch a movie and enjoy snacks and sodas. More events are planned throughout the year. If you are interested in the Wolf Creek council, contact Martha Airhart at [mairhart@wolfcreekhs.org](mailto:mairhart@wolfcreekhs.org).



## **Wolf Creek Goes Global with Coding**

We live in a world surrounded by technology. We know that whatever career path students choose, their ability to succeed will increasingly hinge on understanding how technology works. Only a small fraction of us are learning computer science, and less students are studying it than a decade ago. That is the main reason Wolf Creek is participating in the largest learning event in history, the **Hour of Code**. This is a one-hour introduction to computer science, designed to demystify code and show that anybody can learn the basics. This event will take place during Computer Science Education Week December 7-13 with tens of millions of students in 180+ countries participating. Already, more than 100 million students worldwide have tried an **Hour of Code**.

**When:** Thursday, December 10 at 10:30 a.m.

**What:** All students can stop working on their classes for an hour and instead work on basic coding activities such as "Star Wars: Building a Galaxy" or Code Combat".

This will count as a Community Awareness activity so join in on the fun. If you have questions, contact Lindsay Jarombek at [ljarombek@wolfcreekhs.org](mailto:ljarombek@wolfcreekhs.org). You may also login to: [www.hourofcode.com](http://www.hourofcode.com).



## **PSEO - Postsecondary Enrollment Options**

PSEO is a program that allows students in grades 10-12 to earn both high school and college credit while still in high school, through enrollment in and successful completion of college-level, nonsectarian courses at eligible participating postsecondary institutions. Most PSEO courses are offered on the campus of the college; some courses are offered online. Each college or university sets its own requirements for enrollment into the PSEO courses. Seniors and Juniors can take PSEO courses on a full- or part-time basis; 10th graders may take one career/technical PSEO course. There is no charge for

tuition, books or fees for items that are required. There are eligibility requirements to meet and funds are available to help pay for transportation for qualifying students. Students must notify their schools by May 30 if they want to participate. For current information about the PSEO program, visit the Minnesota Department of Education's PSEO webpage at [www.education.state.mn.us](http://www.education.state.mn.us) under 'Student Success' and then 'College Ready'.

Students would need to meet with the Dean of Students for paperwork and course approval. Wolf Creek guidelines can be found at [triowolfcreek.com](http://triowolfcreek.com) and search "PSEO".