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Membership: 434

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Co-Presidents' Message

Sue Turner and Janice Miller

We have now passed that special part of the school year, the end of the first semester. We are past half way; the end is nearly in sight! But it doesn't seem very long since school started in the fall; this is probably a symptom of our busy lives. It is too easy to be wrapped up in our work, our every day tasks, and to put to one side some of our responsibilities. Our children can be one of those responsibilities that we try to meet with an hour (if we are lucky) at the end of a hectic day. Sometimes we need to recognize that it may not be enough and that we should re-consider our priorities.

You are a role model for your children. It is a parent's responsibility, like it or not, to demonstrate such noble qualities as courage, compassion, and genuine concern for others. In life we may not always have the choices we would like but we should remember that we are setting an example and our children learn from us.

Interested parents, teachers and students are encouraged to join the Drug and Alcohol Awareness Committee. Contact Ken Giadrosich for more information. Meetings are to be held the first and third Monday of each month at 7:00pm in the RHS Library. One exception is February when the meeting will be held on the 4th Monday (2/28/05) at 7:00pm.

Quote of the Month: "Youth today hold the key to our future, but they still have to be taught how to open the lock." ~K.L. Prexy

Principal's Corner

Teri Kessie, Asst. Principal

IT'S TESTING TIME AGAIN

Spring is just around the corner and with that comes TESTING time! As you help your students prepare for those grueling weeks in April, I wanted to help you understand the reason behind it.

In 1993, the Washington State Legislature voted into law House Bill 1209, the Education Reform Act, establishing guidelines for creating clear, rigorous academic standards for what every student is expected to know and be able to do upon graduation. The rationale behind the reform effort has been simply that we want your students to be able to live and work in a world of constant change and innovation.

To achieve this goal, the State has been concentrating in three primary areas:

1. Standards: to identify clear benchmarks for what students should know and be able to do in each subject matter.
2. Testing: to measure student progress toward meeting standards.
3. Accountability: to determine whether schools are meeting academic expectations and improving student learning.

STANDARDS

Since 1993, groups of teachers have worked diligently to develop the learning goals for each subject area based on research about what skills they will need to be successful adults. These targets are called Essential Academic Learning Requirements (EALR's). You can view them online at:

www.k12.wa.us/curriculum/instruct/EALRs.asp

As the Richland School district reviews each of our curriculum areas, committees make certain that the curriculum taught to your students is aligned with the EALR's, thus preparing them for success in their future.

TESTING

The Washington Assessment of Student Learning (WASL) was developed to measure how well students are learning the standards. The WASL is one piece of a comprehensive assessment system used by all schools to measure student achievement.

There are two types of standardized tests: "norm referenced" tests and "criterion referenced" tests.

Your freshmen will be taking the ITED, which is a norm-referenced test in reading, language arts, math, reasoning skills, and an interest inventory. This test is designed to provide national comparisons to see how your student's and Richland High School's performance compares to the performance of others across the country. This test relies on multiple-choice questions to measure basic skills and concepts. You will get the results back in the form of a ranking. For example, a percentile score of 55 means your student scored as high or higher than 55 percent of the students across the country that originally took the test.

Your sophomores will be taking the WASL. The WASL is a criterion-referenced test which is designed to measure an individual student's achievement of Washington's rigorous academic standards (EALR's). The WASL uses a combination of multiple-choice, short answer and essay questions to measure a broad range of skills and knowledge from the basics to more complicated skills such as writing essays and using math skills to set up equations and solve problems. You will see the results as a score that shows student performance relative to a high and fixed standard of achievement.

We will be testing all freshman and sophomores on Tuesday, April 19 through Thursday, April 28. Please watch for exact times for school to start for juniors and seniors. You can help your student perform better on these tests by making sure they get a good night rest and have a nutritious breakfast.

If you have any questions about testing logistics, please call John Richardson or Teri Kessie at 942-2500. For more information regarding the reform initiatives, the Washington Education Website is an excellent source. That website is <http://www.k12.wa.us/parents.espx>.

! GRADUATING SENIORS!

If you have not ordered your cap and gown, and plan to "walk" with Richland High School graduates, you need to contact Herff Jones AS SOON AS POSSIBLE. Herff Jones 9922 E. Montgomery Ave #11, Spokane, WA 99206 Phone: (509) 893-2540 FAX: (509) 893-2539.

RUNNING START

Running Start Asset Testing is Friday, March 18th at 2:30pm at Columbia Basin College. Sophomores and Juniors interested in Running Start must take this test to qualify for the program. For more information call CBC Running Start Office (509) 547-0511 ext.2481. Study guides are available at CBC or Richland High School Counseling Office.

AAAS and HAAP Scholarships

ATTENTION parents of students with Hispanic and Afro-American heritage: Identifying students who qualify for AAAS (Afro-Americans for an Academic Society) and HAAP (Hispanic Academic Achievement Program) scholarships and awards will begin in March. If you believe your child qualifies and would like them to be considered, please have them contact their counselor no later than March 25th.

SENIOR PARTY

Plans for the graduation night (June 2) party for the RHS class of 2005 are already underway. This all night party gives the graduates a bigger and safer celebration than they might have on their own. Among the attractions offered are a casino, inflatables, airbrush tattoos, prizes (including a car from Tim Bush), food, Italian sodas, bingo, and a photographer to record the fun for posterity. About 200 volunteers are required to make this happen, so parents of seniors are very much needed! Parents of juniors are traditionally asked to do the decorating; families of younger students can learn by helping this year, so that planning for their student's graduation will be easier. In addition to the activities above, we also need help with ticket sales, security (dads especially requested), coat check, trading post, volunteer coordination, assistants for the photographer, and rovers who can fill in where needed.

If you can join the fun, please call Maura Zimmerschied, 943-0097. The sooner you sign up, the more likely you can have the job and shift you would like best.

WASL BLITZ MONTH

WASL time will be here before we know it! In preparation for this year's WASL, the Richland High math department has declared March as "WASL Blitz Month" in our PASME Program. Practice After School for Math Enhancement, PASME, is our after school tutoring program available 2:30-8:30 daily, Monday through Thursday for all RHS math students. It is staffed

at all times by a RHS math teacher. During March, we will be offering extra WASL-like practice problems for students wanting some extra preparation. If your child's math teacher believes your child would benefit from this extra practice, you will be receiving a letter inviting your child to attend some of the sessions. It is, however, open to anyone who wishes to attend. We are committed to doing everything possible to ensure success on the WASL for our students. Please encourage your child to take advantage of this extra help.

SUMMER EUROPEAN TRIP

For those students and adults interested in traveling to Europe this summer, the 22 day European Adventure Trip leaving June 14, 2005 still has a few openings. The trip starts in Switzerland and travels to southern Germany, Austria, and numerous cities in Italy including Venice, Rome, and Florence. During the final 9 days you will spend three days each in Nice, Paris, and London. You will experience the culture and diversity of Europe from the Alps to Monaco, from Windsor Castle to the steepest cog railroad in the world. You will explore the Palace of Versailles, journey to the top of the Eiffel Tower, view Michelangelo's "David" in Florence, and wonder how the Sistine Chapel was built. From the principalities of the Vatican City and Monaco, to viewing the changing of the guard at Buckingham Palace, this European Odyssey trip lets you really experience Europe. College credit is available and the trip includes airfare from Pasco, two meals daily, and three and four star hotels. For additional information contact Rich McDonald at rich_mcdonald@rsd.edu or call his home number 943-6079.

Parent Video Preview Program for HIV/AIDS Education

The Parent Video Preview Program for the HIV/AIDS Education Program for grades 9-12 will take place on Monday, March 7, 2005 at Chief Jo Middle School, Room 110 at 7:00pm. The program is a viewing of the video presentations used for each grade level. Student HIV/AIDS programs will take place at various times throughout the spring in each high school. State law mandates student instruction for grades 5-12. Parents may excuse their students from the instruction but the parents must first preview the videos. Richland High parents may call Vivienne Parizek, School Nurse, at 967-4107 for more information. Hanford High parents may call Rosanne Cramer, School Nurse, at 371-2609 for more information.

RHS WORK BASED LEARNING

WORK BASED LEARNING/ON-THE-JOB TRAINING:

****Preparation for this internship is now going on; call Mrs. Richardson before March 5th for information.** This program is for **SENIORS** who have participated in a series of meetings in the **spring of their junior year**. Students prepare employment packets and participate in interviews for jobs in their selected career path. Those students who are selected for jobs will arrange their schedules to have 1st & 2nd or 5th and 6th period WBL release time. Students **MUST** be able to arrange their schedules to accommodate their WBL release time.

HEALTHCARE INTERNSHIP:

This program is for **junior and senior** students who are interested in a career in healthcare. To be eligible, **students must have taken, or currently enrolled in, Anatomy and Physiology, or AP Biology**. Eligible students will receive a letter in August informing them of the internship opportunity. There will be an informational meeting the first or second week of September for students and parents. Those students interested will compile a portfolio and interview with Kadlec staff. **Eight students will be selected for each semester**. Selected students will complete ninety hours of internship time **OUTSIDE** of the school day during fall **or** spring semester. Students will receive .5 credit for their successful experience.

CAREERS IN EDUCATION:

This program is open for **junior and senior** students interested in pursuing a career in education. Students will register with their counselor in the spring of their sophomore or junior year for placement the following school year. This is a one-year class that will take place during 6th period. Students will split time between interning at local elementary/middle schools and class time at Richland High School. *Students who have completed "Early Childhood Development" and "Careers in Education" with an 85% will be eligible for CBC credit.

Questions? Contact Karen Richardson at 942-2541 or email Karen_Richardson@rsd.edu

RHS CERAMICS NEWS

The work of Carolyn Gonsky, Jackie Johanson and Janelle Hammerstrom were accepted by the Frye Art Museum to exhibit in the Washington Art Educator Association's "About Face" Student Portrait Show in Seattle. Unfortunately, Jackie's piece received some damage and couldn't be exhibited. The three artworks picked were

among 56 pieces chosen. In all there were over 120 pieces entered. All three are clay busts created in Robert McMinn's ceramics class.

The 7th Annual student art exhibition at the Frye Art Museum will held through March 27, 2005. This popular event highlights the creative artwork of students in K-12 classrooms throughout the state. This year's theme is "About Face: Creative Portraiture" and is a collaboration of the Washington Art Education Association and the museum's Education Department.

"Bringin Down the House" Benefit

We are hoping that everyone supports the upcoming "Bringin Down the House" benefit scheduled for Saturday evening, March 19th at Art Dawald Gymnasium. This event is being presented by Bomber Boosters for two reasons, saying good-bye to an old friend the "Upper Gym" and to help outfit the new strength & conditioning training facility with equipment after the remodel.

The upper gym so lovingly called "Thunder" because of the noise that crowds created during basketball games in the 50's and early 60's and the current weight room are scheduled to be demolished this spring to make way for a **new** gymnasium and **new** strength and conditioning facility. What better way to say good-bye than to bring in the Kingsmen of "Louie Louie" fame for one last dance/party. "Old Thunder" will be outfitted in Green and Gold memorabilia for this event, courtesy of Club 40 (Bomber Alumni graduated 40 years or more) as a place to reminisce, get a bite to eat or just sit down and take a break from all of the music and dancing that will be going on downstairs in the big gym.

Tickets are only \$15 in advance and \$20 at the door (if they are still available). What a great price for an evening of first-rate entertainment with all proceeds to benefit the RHS strength and conditioning facility. All current or future bombers will benefit from this facility whether through PE classes during school or Bomber Athletic Development (BAD) during summer. The BAD program had 462 participants last summer with students ranging from 6th thru 12th grade. This program is neither gender nor sport specific and focuses on enhancing our student's strength, speed, agility and overall health and fitness. We can't think of a better way to spend an evening than with friends from the Richland community and all to benefit kids. Check out the flyer/order form included in this newsletter for more information.

INHALANT ABUSE

Elizabeth Lee
Prevention Intervention Specialist

March marks the month of National Inhalants and Poisons Awareness week, every year it being the third week in March. Inhalants are probably the number one drug people know least about. These are substances that can be found in every home, such as vapors or gases that children misuse in order to get high. Inhalants, also known as sniffing or huffing, are everyday substances such as glue, paint, nail polish, cooking spray, markers and cleaning supplies that contain powerful chemicals that cut off oxygen flow to the body. The main problem with this act is that it can lead to dangerous health effects and can result in death, even with first time use!

Effects of inhalants include less inhibition and loss of consciousness. Damage to the heart, kidney, brain, liver, and other organs may occur and huffing may lead to "sudden sniffing death syndrome". Chemicals sniffed may cause suffocation, asphyxiation, brain damage and cardiac arrest. Inhalants are also physically and psychologically addicting and users can suffer withdrawal symptoms.

Shockingly, by the time students reach eighth grade, one in five has used inhalants. They are the fourth most abused drugs among high school students, after alcohol, tobacco, and marijuana. The reason inhalants are so popular? They are legal, easily accessible, and available at a very low cost. Most children are not aware of the dangers of inhalants so use is a common substitute for illegal drugs. Another factor is that nine of ten parents are unaware or not willing to accept that their children have used inhalants.

So what can parents do to ensure their children will not participate in this fatal activity? Look for symptoms of use such as sores under the nose, watery eyes, and spray cans in rooms. Monitor your home products of chemicals likely to be inhaled and purchase products that are nontoxic when possible, especially school supplies. And as always, educate your children about the dangers of inhalants! For more information, I can be reached at 942-5659 or

Elizabeth.lee@rsd.edu

-Information taken from Partnership for a Drug-Free America and National Inhalant Prevention Coalition.

BOMBER BIRD BOMBARDMENT!

The RHS band students are taking orders for the Bird Bombardments to raise money for their trip to Vancouver, B.C. in May. A flock of green and yellow birds can be placed in a yard for 24 hours for just \$30. Need a fun way to celebrate a birthday, anniversary, St. Patrick's Day or special occasion? Consider a Bird Bombardment! Call 942-0951 or email Bomberbirdbandits@hotmail.com

KUDOS CORNER

To all the people who donated cookies and put together packages for the faculty before the Christmas break a big **thank you** from Sue Heil, Hospitality Chairperson.

Thank you to all who helped assemble the December newsletter. Parents: Carla Miller, Margaret Valentine, Carol Volkman, and Sue Pinard; Life Skills class: **Mike Soto, Brett Carey, Ashley Collopy, Jeff Carpentier, Danny Wheeler, Eli Barr, Sherri Boucsieiguez, Rose Brady, Emily Dirks, Ruthie Brandt, and Lindsay Wright**; staff: Allison Hoyt, Melissa Holden, Jill Wulf and teacher assistants Jenna Blaski, Lynnsey Amaral and Doug Sly.

MARK YOUR CALENDAR

Feb. 21 NO SCHOOL –President's Day
 22 7:00p School Board Meeting
 23 6:30p Spring Sports Clearance Night-Mixing Area
 25 11:00a EARLY RELEASE

26 Mock Trial Regionals @ Benton Co. Courthouse
 28 BMEA Bands Contest-Pasco HS All Day
 March 7 6:30p Incoming 9th Grade Parent Meeting – AUD
 8 7:00 PTSA Meeting – Library
 8 7:00p School Board Meeting
 12 8:00a-12:00 SAT @ RHS Café/Lec Rooms
 17 7:00p School Board Meeting
 18 NO SCHOOL Teacher State Day
 19 BMEA Solo/Ens. Contest @ HHS All Day
 20-21 Natural Helper Retreat
 22 7:00p School Board Meeting
 23 MS/HS Orchestra Large Group @ Kamiakin All Day
 24 7:30p District Choral Showcase @RHS Gym
 25 11:00a EARLY RELEASE
 25 1:45a ASVAB Testing for RHS/HHS @ RHS Career Ctr.
 29 End of 3rd Quarter
 30 RHS/HHS Talent Show @ Chief Jo
 31 7:30p Spring Instrumental Concert – AUD
 31 Large Group Choral Festival @ Pasco HS

PARENTS OF INCOMING FRESHMEN

There will be a meeting for parents of incoming freshmen on March 7 at 6:30 pm in the RHS Auditorium.

RICHLAND HIGH SCHOOL ELITE FLEET WINNERS DECEMBER 2004			
DEPARTMENT	ATTITUDE	IMPROVEMENT/ CONSISTENCY	EXCELLENCE
ENGLISH	Nathan Anderson	Stephanie Cichocki	Igor Grinchuk
FINE ARTS/OTHER	Kristi MacDougall	K.C. Howell	Matt Larsen
FOREIGN LANG.	Jessica Allen	Michael Demiter	David Bergsman
MATH	Ngoc Le	Blake Baird	David Bergsman
P.E./HEALTH	Ariel Collins	Lori Jansky	Brett Dixon
SCIENCE	Nathan Bailey	Angie Hartley	Rhea Whitney
SOCIAL STUDIES	Marc Somers	Dan Blackburn	Stephanie Thomas
VOCATIONAL	Sharise Franks	Kevin Grummer	Derek Archer

RICHLAND HIGH SCHOOL ELITE FLEET WINNERS JANUARY 2005			
DEPARTMENT	ATTITUDE	IMPROVEMENT/ CONSISTENCY	EXCELLENCE
ENGLISH	Breanna Boak	Alicia Winegarden	Will Long
FINE ARTS/OTHER	Rusty Miller	Shannon Hull	Ronald Vance
FOREIGN LANG.	Robert Jacobs	Holly Nichols	Raquel Clayton
MATH	Kyle LeMiere	Chelsea Kennedy	Jonathan Ketner
P.E./HEALTH	Jill Bath	Levi Ponczoch	Ashley Underwood
SCIENCE	Steven Anderson	Sharaya Pearson	Colleen Marty
SOCIAL STUDIES	Tatjana Loncar	Anya KoroLeva	Beth Catapristi
VOCATIONAL	Morgan Johnston	Marijana Lukic	Sara Yang

RHS CLASS OF 2005 SENIOR PARTY TICKET ORDER FORM

STUDENT NAME _____

PARENT NAME _____

PHONE NUMBER _____

E-MAIL ADDRESS (TO CONFIRM RECEIPT) _____

CHECKS ONLY: \$25 IN ADVANCE \$30 AT THE DOOR
 Make Payable to RHS 2005 Senior Party
 Ticket pickup at graduation rehearsal
 Mail form with check to:
 Brenda Casqueiro
 201 Windwood Lane
 Richland, WA 99352

Questions: Brenda 627-1237

FROM THE SCHOOL NURSE:

Vivienne Parizek, RN

***PARENTS – KEEP TRACK OF
PRESCRIPTION DRUGS***

Dr. Sara Zirkle recently contacted the Richland School Nurses. She was alarmed at the number of cases she has seen where kids have had access to their parents medicine cabinets and were taking drugs that are controlled substances. Anytime we have something that involves a fair degree of pain we might be prescribed a pain medication such as Percocet, Tylenol III, Oxycodone or Oxycontin. It's not unusual for anyone of us to have several such drugs in our cabinets. We may have even forgotten we didn't finish all of a particular drug. Dr. Zirkle reported that kids are carrying around large sacks of these medications. They go to parties and get high on pain medications. With no tell tale smell of alcohol, this might go unnoticed by parents. Please check around your home and keep all medications of this nature in a secure place.

ANYONE CAN GET SCABIES:

We have recently had a few cases of Scabies reported at RHS. Scabies is a severely itchy skin infestation caused by a mite. The earliest symptoms of Scabies are itching, especially at night. Subsequently, little red bumps, like hives, tiny bites or pimples appear. In more advanced cases, the skin may be crusty or scaly.

The female mite prefers the warmer sites of the human body. The mite burrows into the outer layer of skin in tiny red lines about half an inch long and then lays eggs. This parasite tends to be first located in the webs between the fingers or toes, around the wrist or naval. It can also be commonly found on many other areas of the body.

Scabies is transmitted by skin-to-skin contact. The contact may be quite brief such as holding hands. The symptoms of the first scabies infestation do not occur until 4 to 6 weeks after exposure to an infected person. Scabies mites can survive 3 to 4 days away from human skin.

If you suspect a case of scabies, please see your Health Care provider. If scabies is diagnosed, follow the treatment plan carefully.