



Annie Griffin
Superintendent

WASHAKIE COUNTY SCHOOL DISTRICT #2

Robert Griffin
Principal

April 2023

Principal's Corner

Winter Sports Banquet:

We had a celebration for our winter sports athletes. The Banquet was well attended and the coaches did an excellent job of recognizing students athletes for their hard work and sacrifice. This also included an award for the high school basketball team for academic excellence. The overall team GPA was 3.61. I am very proud of our athletes and coaches, way to go.

Breakfast of Champions

We celebrated our 3rd quarter straight A honor roll this month and we are proud to have recognized the most students so far! This speaks to the caliber of our students! Mrs. Griffin gave a short speech to the students acknowledging their effort and determination. We will not have a Breakfast of Champions for the 4th quarter as students will be out of school. However we will celebrate these students in other ways.

New Hire

Pending board approval, we have offered the position to fill our full time music teacher position. Grace Lewis is very excited to join our team starting in August. She is currently a student at Dakota Wesleyan University in South Dakota where she is current student teaching and wrapping up her program. She plays multiple instruments and loves both band and choir. She will be a fantastic addition to our staff. We want to extend a special thank you to Mrs. Whitlock as she has 'kept the music going' at our school. We will forever

be grateful.

ACT

The Junior class has taken the ACT. I am proud of the effort they have put into their performance on this exam. On behalf of the school I would like to extend a special thank you to the LDS church for hosting our testing. The testing took place without any interruptions and gave our students an environment to allow for their best effort.

Swimming Lessons

Our entire elementary school took part in swimming lessons this month in Worland. Mrs. Fox took a different group of elementary students each week to learn water safety and basic swimming techniques. The students seemed to really enjoy this opportunity.

FFA

The FFA was excited to participate in the Northwest College FFA Contest this last week.

Our teams came off an amazing job in Sheridan at the beginning of the month, and all of them wanted to improve. Our Agricultural Sales team consisting of Bree Jackson, Kruze Forshee, Cameron Carter and Kinley Anderson placed 2nd overall bringing home a plaque. All members improved their scores from Sheridan and left feeling very upbeat about their standings at the FFA State Convention next month in Cheyenne. Our Environmental and Natural Resources Team consisting of Matthew Blutt, Christopher

Blutt, Nicholas Blutt and Keller Dehmal (not able to attend) also improved their score but most importantly their confidence. Our middle school horse evaluation team consisting of Belle Starbuck, Allie Griffin, Breckyn Dykstra and Kari-dee Gosssins held their own against all high school teams placing 5th overall. All girls scored a perfect 50 during the contest with Breckyn being our high individual. I couldn't be more proud of these teams. Their work and dedication is paying off and we all agree hearing Ten Sleep called at the awards ceremony is pretty special.

Book Fair

The 2023 book fair was completed and we sold 840 books this year. Great job CSO for continuing to support our students and teachers. That is a pretty incredible number when you consider that averages out to be almost 8 books per student.

WYTOPP

It is that time of year again! It is time for state testing. We will begin testing mid April until the end of the first week of May. Please be sure your child is getting adequate sleep and a good breakfast. We look at this as an opportunity for our students to shine. We have hard working teachers and students and look at this as a way to highlight their work throughout the year.

Parent Notes

The First Rule of Love and Logic is that adults take good care of themselves by setting limits without anger, lectures, or repeated warnings. This sounds like a wonderful rule in theory, but very often we find it difficult to avoid anger and associated behaviors when we are confronted with the many frustrating surprises of being a parent.

Avoiding anger, lectures and other ineffective parenting practices is no simple task in today's hectic world. Like many parents, you might find that your biggest challenge is keeping your cool when your kids are getting on your last nerve!

Why is it so important to remain as calm and collected as possible when we provide consequences for our children's misbehavior? A very important reason is that it allows us to deliver the consequences with empathy.

When parents allow their anger to build inside, they become too angry to think straight and then they respond with the unhealthy habits of lectures, threats, nagging and repeated warnings. Fortunately, the following mental hygiene practices can help us remain calm.

Step #1: Create one calming self-statement.

Everyone needs a calming thought to carry with them as they navigate this not-so-calm world. Listed below are some examples:

- Anger makes it worse.
- Anger and frustration feed misbehavior.
- Frustration fuels the fire.
- Empathy instead of anger.
- My kids will someday select

my nursing home.

Step #2: Post your statement where you'll see it often.

The more often you see your statement, the more likely it will pop into your head when your kids are getting on your last nerve. It's great for them to see them it too!

Step #3: Visualize yourself staying calm and using your statement.

Each night as you are falling asleep, imagine yourself in a tough parenting situation with your children, and handling it without breaking a sweat!

Recent statistics suggest that virtually all teens have smartphones and are online every day. About half of teens are online almost constantly. This has raised concerns about the effects of excessive screen time.

In a recent [blog post](#), Dr. Daniel Amen cited a study by the National Institutes of Health based on brain scans of 4,500 children. Children whose daily screen time exceeded 7 hours showed premature thinning of the brain's cortex. He also referred to other studies showing that excessive screen time is associated with mental health issues such as depression, anxiety, and low self-esteem.

For years, Love and Logic has advocated limiting screen time for kids of all ages, and these studies support this approach. Although the basics of parenting remain the same, issues involving technology and screen time have left many parents wondering what limits are appropriate, how to hold their children accountable for misuse of technology, and how to help kids learn the decision-making skills required to make healthy technology choices when they leave home.

The following Love and Logic parenting principles can help parents limit screen

time for their kids.

- Kids need limits.
- Limits are best set through actions instead of hollow threats.
- When kids make poor decisions, they need to experience natural or logical consequences.
- Consequences are always more effective when provided with loving empathy.
- Our kids will learn how to live their lives by watching us.

Because limits are at the core of these principles, here are a few examples of essential limits:

- *You may have your tablet if there is no arguing when I ask you to shut it off.*
- *Feel free to have a cell phone when you can pay for the entire cost.*
- *We allow kids to have devices with access to the Internet if they check them in with us each night. We'll return them in the morning if there are no problems.*
- *I've met plenty of good people who've ended up doing bad things on the internet. That's why your mom has all my passwords and is free to see my history. You may have this device if you do the same. Everyone needs someone to hold them accountable.*

I'm shutting my phone off so that I can give you 100% of my attention. Thanks for doing the same.

Love & Logic Institute



Teacher of the Year

Congratulations to Mrs. Erickson, our Teacher of the Year!

We are so lucky to have Mrs. Erickson in Ten Sleep, she does an awesome job with our students!



4th and 5th Grade and Their Arbor Day Posters! Nice Job Everyone!



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**NATIONAL LIBRARY
 WEEK** April 23–29, 2023

 American Library Association
 Library Status Champions

CSO

Thank you to all who brought books or helped with the book fair.

The CSO meeting on April 3rd will be held at the school in the teacher's Lounge at 6:30. (Go up the hallway by the office.) Hope to see you there!

Honor Roll

3rd Quarter 2022-2023 "A"

Seniors: Kinley Anderson, Walker Cooper, Jillian Miller, Eli Mitchell

Juniors: Izzy Fox, Jacob Holiday, Jadeyn Opstad

Sophomores: Kiyoshi Smith

Freshman: Jesse Blazo, Kruze Forshee, Bree Jackson, Eliza Whitlock

Eighth Grade: Eli Fox, Allison Griffin, Kelsie Griffin, Brooklynn Norman, Wyatt Turgeon

Seventh Grade: Macklan Ball, Nicholas Blatt, Breckyn Dykstra, Karidee Gossens, Kaitlyn Harstad, Blake Holiday, Riley Jackson, Porter Stiffney

"B"

Seniors: Calvin Baker, Kevin Fuchs

Juniors: Matthew Blatt, Canyon Egger

Sophomores: Ellis Bishop, Grace Bishop

Freshman: Christopher Blatt, Cameron Carter, Erik Harstad, Payton Norman, Jhett Taylor

Eighth Grade: Riley Johnson, Brandon Mills, Belle Starbuck

Seventh Grade: Keller Dehmel, Cash Taylor

Library News

April is National Poetry Month, this is the largest literary celebration in the world. The Academy of American Poetry established National Poetry Month in 1996, to highlight the legacy and ongoing achievement of American Poets and to encourage the support for poets and poetry. Have you tried writing a poem to express feelings or tell a story? Poems can be structured as Free Verse, Narrative, Rhymed, Sonnets, Haiku and more. Visit the library and find a poetry book today.

National Library Week also happens in April from the 23rd to the 29th. This year the theme is "There's More to the Story", illustrating the fact that in addition to books in the library, which are available in several formats, libraries offer many things. Programs, research, information, equipment loans, even blood pressure kits! Of the estimated 123,627 libraries in the United States there are a variety of libraries. Public libraries, bookmobiles, academic, school, special, armed forces and government libraries which are all included in this number. National Library Worker's Day is Tuesday April 25th. A great day to reach out to all librarians and recognize the valuable contributions made by all library workers.

The Friends of the Ten Sleep Library will help celebrate National Library Week on Saturday April 22nd with a "Spring Tea". They will feature Wyoming blogger Cathy

Holman. Wyoming mom of five, social media influencer, radio host, blogger and marketing expert who runs her own website "Prairie Wife in Heels". Join us for tea and special deserts and lively discussion. Sign up now for this annual Ten Sleep Friends fundraiser. The cost is \$15.00 to reserve your spot today. Space is limited. Stop by or call the Ten Sleep Library at 307-366-2348.

We will also be hosting local historian Clay Gibbons as he gives us his historical perspective on the book "Banditti of the Plains" by Asa Mercer. Watch for information on our Facebook page and other local locations for the time and date. This program is sponsored by the Friends of the Ten Sleep and Worland Friends of the Library groups and will be free to the public.

Craft class for adults will continue on April 11th from 6:00 to 8:00pm. Join us to learn about "Glass Acid Etching". This program is FREE and all supplies are provided by the Friends of the Ten Sleep Library. Make and take your project home!

The Ten Sleep Library is open Monday through Friday from 8:00am to 5:00pm with internet available 24/7. Like us on Facebook! Visit our website: www.washakiecountylibrary.com for access to our card catalog, your account information, databases, e-books, e-audio books and more.

FFA News

Congratulations to our Ten Sleep FFA members who competed in Borderwars! Our Agricultural Sales and Service Members Bree Jackson placed 2nd in the State. Kinley Anderson was the State's High Senior. Bree, Kinley, Kruze Forshee and Cameron Carter placed 3rd overall and will represent Ten Sleep at the FFA State Convention. Our middle school horse team, Allie Griffin, Belle Starbuck, Breckyn Dykstra and Karidee Gossens placed 4th overall. Congratulations to Allie who placed 5th overall!! All our girls placed in the top 15! Mrs. Forshee and Ten Sleep schools couldn't be more proud of all of you!! GO BIG BLUE!



Special thanks to LaDonna La-Croix from the Worland Elks Lodge. She delivered free dictionaries to our third graders!



Nurse Corner



Personal hygiene, it's important for everyone! Most pre-teens and teens will need guidance and encouragement in daily hygiene routines and learning these important life skills. Here are some of the basic hygiene habits your child should be learning to complete on their own.

Showering or bathing every day, using deodorant to help control bacteria and body odor.

Wearing clean clothes and changing underwear daily, (teach them how to wash their own clothes.)

Washing hands with soap and water often, especially before eating, after using the bathroom, sneezing, or playing with pets.

Skin and hair will become more oily during puberty. Use a mild face wash twice a day to help prevent oil build up and breakouts. Follow cleansing with a light oil free moisturizer if needed.

Avoid picking at pimples or blackheads. Picking will often make things worse by spreading the oils and bacteria, cause inflammation, and can even cause scarring.

Washing hair regularly- keeping hair clean and away from the face can also help keep skin clear.

Brushing hair every day, haircuts when needed. Sharing is nice, but don't share combs and brushes with others.

Brushing teeth twice a day and flossing once a day

Clipping and grooming fingernails and toenails regularly. Avoid fingernail biting.

For boys, when facial hair is present, they will need help learning to shave regularly.

For girls, teach them not to share make-up that is used on or near their eyes or mouth, it can spread germs and bacteria. Talk with them about menstruation and how to use feminine products. Provide guidance and supplies as needed.

Basic first aid and taking care of injuries until they are healed.

As you teach and talk with your child about hygiene, remember that it is a skill that will take practice and time. Be patient and show you care by being supportive and encouraging.

Kindergarten Roundup

We are planning Kindergarten Roundup on Thursday, May 4th. If your child is of kindergarten age, (will be five years old by August 1st, 2023), we would like to have him/her come to school to meet the teacher, Mrs. Schwarz and get acquainted.

The hours of the Roundup will be 7:58 a.m. to 11:50 a.m. Please call the school and let us know if your child will be attending. Those students living in the country are encouraged to ride the bus to school that morning. However, please call the school so that he/she will know that you have a child who will be riding.

We would like to have a short meeting with all parents in the kindergarten room at 11:30 a.m. to discuss kindergarten readiness.

If you know of someone in our district who did not get a letter but has a child entering kindergarten, please ask them to call the school. We would like to have all students entering kindergarten next fall attend the Roundup.

Please make sure you have completed a registration form and bring it along with a copy of your child's birth certificate and immunization record when you come to pick up your child. If your child is currently attending preschool here, they are already registered.

Board Minutes

BOARD OF TRUSTEES MEETING AGENDA (Monday, February 13, 2023)

1. MEETING OPENING

A. Call to Order at 7:00 p.m. by Chairperson Erin Blutt.

B. Pledge of Allegiance

C. Roll Call: *Erin Blutt, Bill Murphy, Shana Harstad, Superintendent Annie Griffin, Principal Robert Griffin, Business Manager Rachel Casteel and Administrative Assistant Neysha Lyman. Jared Lyman joined the meeting at 7:31 p.m. Marc Dykstra was absent.*

D. Adopt Agenda: *Shana Harstad moved to adopt the agenda. Seconded by Bill Murphy. Motion carried 3-0.*

2. REPORTS AND RECOGNITIONS

A. WCSD#2 Board Recognition

B. The Pioneer Way

3. GUESTS AND PATRON COMMENTS

A. Visitor Input at Board Meetings

4. CONSENT AGENDA

A. Business Manager Report-Mrs. Casteel

B. Superintendent Report-Mrs. Griffin

C. Principal's Report - Mr. Griffin

D. Approve Minutes of January 09, 2023, Meeting

E. Authorization and Payment of Outstanding Bills

F. Approve Prepaid Bills

G. Approve Fyzical Therapy and Balance Centers

H. Approve Rec. District Request for 2 Buses and 2 Drivers

I. Accept Resignation of Betty Lyman as Food Service Manager

Bill Murphy moved to approve the consent agenda. Bill Murphy abstained from warrants #3110 and #25579. Seconded by Shana Harstad. Motion carried 3-0.

5. DISCUSSION/ACTION ITEMS

A. Policy First Reading Policy 4.01, 4.02, 4.03, 4.04, 4.05, 4.06, 4.07, 4.08, 4.09, 4.10, 4.11: *Bill Murphy moved to accept policies 4.01, 4.02, 4.03, 4.04, 4.05, 4.06, 4.07, 4.08, 4.09, 4.10, and 4.11 on first reading. Seconded by Shana Harstad. Motion carried 3-0.*

B. 2023-2024 School Calendar: *Bill Murphy moved to approve Calendar B for the 2022-2023 school calendar. Seconded by Shana Harstad. Motion carried 3-0.*

C. Approve New School Contractor Bid: *Bill Murphy moved to approve a resolution to hire Groathouse Construction as the general contractor for the new TS K-12 school building project pending the School Construction Department's approval of funding which is the final funding approval for this project. Groathouse's bid is for \$26,997,000.00 which was the lowest bid for the project. Seconded Shana Harstad. Motion carried 3-0.*

6. EXECUTIVE SESSION: *Bill Murphy moved to go into Executive Session for the purpose of Principal Evaluation and a legal issue at 7:20 pm. Seconded by Shana Harstad. Motion carried 3-0.*

A. Principal Robert Griffin's Evaluation

B. Legal Issue

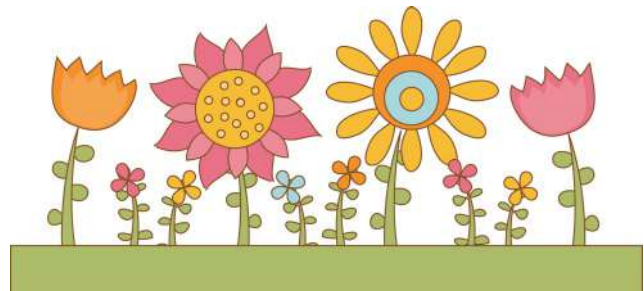
The board reconvened at 9:19 p.m.

Shana Harstad moved to approve the minutes as read in executive session. Seconded by Jared Lyman. Motion carried 4-0.

7. NEXT MONTH BOARD AGENDA ITEMS

8. ADJOURNMENT

A. Adjourn the Meeting at 9:20 p.m.



Board Minutes

Special Board of Trustees Meeting Agenda (Thursday, January 19, 2023)

1. MEETING OPENING

A. Call to Order:

Chairperson Erin Blutt called the meeting to order at 6:00 p.m.

B. Pledge of Allegiance

C. Roll Call: *Erin Blutt, Bill Murphy, and Superintendent Annie Griffin. Joining by phone was Marc Dykstra and Shana Harstad. Absent was Jared Lyman.*

D. Adopt Agenda: *Bill Murphy moved to adopt the agenda. Seconded by Marc Dykstra. Motion carried 4-0.*

2. Discussion/Action Items Executive Session - Personnel

Bill Murphy moved to go into executive session at 6:02 p.m. for hiring a special education paraeducator. Seconded by Shana Harstad. Motion carried 4-0.

The board reconvened at 6:09 p.m. from executive session. *Bill Muphy moved to approve the minutes as read in executive session. Seconded by Shana Harstad. Motion carried 4-0.*

Bill Murphy moved to approve Tessia Greet as a full-time special education paraeducator at step 1 of the classified salary schedule. Seconded by Shana Harstad. Motion carried 4-0.

Meeting was adjourned at 6:10 p.m.

Counselor's Corner

Greetings. As the spring rears its head, students tend to be anxious for the summer and all that the summer brings. At school, it is often times difficult to keep kids contained inside when the weather is nice out.

Testing season is upon us. The juniors will have taken their ACT March 28 by the time this issue comes out. WYTOPP for state accountability testing begins April 11-May 5. Speaking of keeping kids contained, attendance is super important during this time. Having to make these tests up is sometimes a challenge at our small school. Possible, but challenging.

The Ten Sleep Task Force continues to meet the first Tuesday of each month at the library at 6:30, dinner is provided. Lately we have been having some great conversations and this group really provides some amazing support for parents who need ideas and strategies. We are going to discuss technology and teens next meeting (April 4) and other technology such as screen time and cell phone use. The results from the survey that was available during the white out game were presented. The results indicate that the community/parents have a large concern with underage drinking. This topic was also recently discussed at our meeting and will continue to be a topic of discussion moving forward. Anyone is welcome at these meetings. The follow up discussion and resources are made available via email also. If you are interested in getting on that email connection, please let Mrs. Wiechmann know.

Social-Emotional Learning (SEL) is a somewhat hot topic. However, it really shouldn't be, because we ALL need to socially learn. We are humans,

and humans are social creatures. Also, we ALL have emotions. Often, we hear "social-emotional" and think "counseling", however, that is really not the case at all. Social-emotional learning can lend itself to so much more. According to casel (<https://casel.org/fundamentals-of-sel/what-does-the-research-say/>)

"Students participating in SEL programs showed improved classroom behavior, an increased ability to manage stress and depression, and better attitudes about themselves, others, and school."

Also, according to the same source:

What parents are saying: "As of 2021, 62% of parents feel teaching SEL is very important, compared to 55% three years ago. Parents also believe that SEL is not emphasized as much as it should be (81%), that it has become even more important since the beginning of the pandemic (82%), and that it is helpful for children learning online (80%)."

What employers are saying: "Thirty-one percent of employers worldwide struggle to find qualified employees. A major reason for the qualified labor shortage is that fewer students are graduating high school with the social and emotional skills required for today's workplace. In another survey, 92% of surveyed executives say skills such as problem-solving and communicating clearly are equal to or more important than technical skills, yet 89% said they have a very or somewhat difficult time finding employees with those skills."

CASEL is a Collaborative for Academic, Social, and Emotional Learning. It is what educators can use as a standard for guidance on SEL.

Winter Sports Recognition

We had an awesome turn out to honor our winter sports participants, middle and high school basketball, swimming, indoor track and speech and debate. Thank you to everyone, we are proud of you and your commitment and dedication to be a Pioneer! Awesome Job! Congratulations to Canyon Egger for making the basketball all conference team!





Student Summer Help

We are accepting applications for summer maintenance help at the school. If you are 16 or older and interested in summer employment, please fill out an application at the office.

Apply Now! This is a great summer opportunity!

Ten Sleep School

PO Box 105
Ten Sleep, WY 82442
Phone: 307-366-2223
Fax: 307-366-2304
www.wsh2.k12.wy.us:



Ten Sleep School
Supporting Success

Thanks to the Ethan Galloway family, the first grade class is Hoping to have baby chicks soon!



Monday	Tuesday	Wednesday	Thursday	Friday
Tator Tot Casserole 3 Broccoli Apples Milk	Chicken Fried Steak 4 Mashed Potatoes/Gravy Green Beans Hot Rolls Mandarin Oranges & Milk	Pulled Pork Sandwich 5 French Fries Peas Grapes Milk	Pizza Wraps 6 Cottage Cheese Lettuce Salad Oranges Milk	7 <i>NO SCHOOL EASTER BREAK</i>
10 <i>NO SCHOOL EASTER BREAK</i>	Beefy Nachos 11 Refried Beans Lettuce Salad Peaches Milk	Hamburger Deluxe 12 French Fries Capri Veggies Pears Milk	Chicken Nuggets 13 Chicken Rice Egg Rolls & Peas Tropical Fruit Milk	Hot Dogs 14 Chili French Fries Green Beans Apples & Milk
Tacos 17 Refried Bean Lettuce Salad Peaches & Churros Milk	Pancakes 18 Sausage Links Egg Patties Hashbrowns Oranges & Milk	Sloppy Joes 19 French Fries Country Trio Veggies Grapes Milk	Chicken & Noodles 20 Peas Hot Rolls Mixed Fruit Milk	Burritos 21 Spanish Rice Lettuce Salad Apples Milk
Tomato or Potato Soup 24 Grilled Cheese Sandwich Green Beans Tropical Fruit Milk	Chicken Chip Casserole 25 Munchkin Muffins Peas Cottage Cheese & Pineapple Milk	Turkey Wraps 26 Potato Chips Baked Beans Country Trio Veggies Apples & Milk	Spaghetti 27 French Bread Lettuce Salad Peaches Milk	Corn Dogs 28 Mac 'n' Cheese Veggie Blend Pears Milk



April 2023

April 2023							May 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
2	3	4	5	6	7	8	7	1	2	3	4	5	6
9	10	11	12	13	14	15	14	8	9	10	11	12	13
16	17	18	19	20	21	22	21	15	16	17	18	19	20
23	24	25	26	27	28	29	28	22	23	24	25	26	27
30							28	29	30	31			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mar 26	27	28	29	30	31	Apr 1 HS Track @ Greybull 8:00
2	3 CSO 5:30 Teachers Lounge	4 MS Track @ Worland 2:00 New School Meeting 10:00	5	6 HS Track @ Worland	7 No MS Track Practice No School Easter Break	8
9	10	11	12	13	14	15
Senior Trip						
	No MS Track Practice No School, Easter Break 7:00pm School Board	WYTOPP	WYTOPP	WYTOPP	Red Friday WYTOPP	HS Track @ Powell MS Track @ Shoshoni 10:00
16	17 Senior Trip Midterms go out Order Prom Flowers 10:30 WYTOPP	18 WYTOPP	19 State Art Symposium Casper WYTOPP	20 6th-8th State Art State Art Symposium WYTOPP	21 Blue Friday MS & HS Track @ State Art Symposium	22
State FFA Conf. Cheyenne						
23	24	25	26	27	28	29
Teton Science						
		Skills USA @ Casper		WYTOPP	HS Track @ Buffalo MS Track @ Burlington Red Friday WYTOPP	Prom
	WYTOPP	WYTOPP	WYTOPP			
30	May 1	2	3	4	5	6