

***FROM THE PRINCIPAL...Daniel Starr, Ed.D.***

This is the half-way point of the school year and is a good time to take a look at your child’s performance and plan for the rest of the year. Your son or daughter may be a high honor roll student or maybe just barely passing. In either case, discuss with them the items below.

How to Get Good Grades (O’Brien, 1999) is a concise review of some tips that students can use to be successful in the classroom. I have never met a parent who did not care about the grades his son or daughter earned, so I encourage all parents to think about this and discuss it with their children.

But first, there is a “mini-test” to help you and your child recognize some of the important factors that go into being a successful student. Answer “Always,” “Sometimes,” or “Never” to each of the following statements that best describes your own habits.

Questions for Students	Always	Sometimes	Never
I complete homework assignments.			
I have everything I need when I go to class.			
I use the time teachers give me in class to start my homework.			
I take good notes.			
I ask and answer questions in class.			
I use tricks to memorize information			
After reading an assignment in a textbook, I know what I’ve read.			
I get along well with my teachers.			
I am good at taking tests.			
I am happy with my grades.			
Total for each column			

Give yourself 2 points for each time you checked “Always,” 1 point if you checked “Sometimes” and nothing if you checked “Never.” Now add your columns to get one total score. Ms. O’Brien provides the following scales for this mini-test:

- 20 – 15 points: You are a very good student.
- 14 – 10 points: You are a student who could be getting better grades.
- 9 – 4 points: You probably are not getting very good grades.
- 3 – 0 points: Your grades must be a disaster!

Now for the important part. These are the 10 steps that Ms. O’Brien outlines.

- Step One: “Believe in yourself.” You will be successful only when you realize you can be.
- Step Two: “Be organized.” Every student in the High School is provided with a Student Agenda Book to list assignments and to plan ahead. Ask your son or daughter to share this Agenda book with you so you can see for yourself how it works. You can offer helpful tips to your child to make it even more valuable.
- Step Three: “Manage your time.” Use your study halls and class time wisely. Create a time at home that is your own and devote it to studying. A common lament we hear is that a student does not have time to study because he has to work. Why does he have to work, we ask. To pay his car insurance, he replies. Why does he need a car, we ask. To drive to work, he answers! If you recognize this conversation, talk seriously with your child about the priorities you will establish together for the next few months.
- Step Four: “Be successful in the classroom.” This may sound like a “catch-22,” but it really isn’t. Success is measured in small victories – being on time, being prepared, being there every day, participating and

asking questions, being respectful to everyone in the class (even the child who is teased by others), and responding maturely to the different teachers.

**Step Five:** “Take good notes.” Taking notes can help you pay attention. It also helps you process the information the teacher is giving you. The tests the teachers give are usually taken from the notes presented in class. There are students in every class who are known for their extensive notes. Ask if you can compare yours with theirs some day to see how well you are taking notes!

**Step Six:** “Know how to read your textbook.” There is a strategy reading teachers used called SQ3R. I used it years ago; Ms. Barone still uses it and has taught it to other teachers. This very simple process is as follows:

Survey the assigned text. Check out the pictures and their captions, the graphs, and the quotes.

Question the sections of the text. If you are reading a section with the heading “The Causes of the Civil War,” change it into a question. “What were the causes of the Civil War?”

Read the text. Answer your question.

Recite your answer back to yourself as you enter this information into the notes you take while reading. (You do take notes, don’t you?)

Review your notes and/or the chapter assignment before the next class.

**Step Seven:** “Study Smart!” Using the strategy mentioned above will help that studying. Instead of cramming the night before, you will already have a good foundation of the information to be tested. In addition, use tricks to help you memorize information, and organize your time. The most important strategy, however, is the simplest – Get Started!

**Step Eight:** “Use good test taking strategies.” Remember to skip over an answer you don’t know so you don’t waste valuable time. Mark that problem so you don’t forget it! Understand the key words in essay questions. These will give you valuable direction as you formulate an answer.

**Step Nine:** “Reduce test anxiety!” There are four quick techniques that can help. 1) Take a deep breath and exhale slowly. 2) Mentally force yourself to relax, from your head to your feet. 3) Close your eyes (only briefly) and visualizes something pleasant and relaxing. 4) Again with your eyes shut, visualize your favorite place in the entire world.

**Step Ten:** “Get help when you need it.” Every teacher in the High School will answer your questions. This indicates your desire to understand and to do well.

**Parents:** The above steps were written with both you and your son or daughter in mind. Your time is crucial to their success. Be interested; ask questions about classes. Make this a conversation and not just the one-word responses for which teenagers are famous (or notorious)! As always, please call us if you have questions. The teacher is best able to answer specific questions about a class, but the Guidance Office or Main Office can help as well.

## ***FROM THE HEALTH OFFICE...Mrs. Showman, R.N.***

Springs sports sign-up sheets are going up the week of January 28<sup>th</sup> to February 1<sup>st</sup>. Any student in the High School interested in playing a Spring Sport must sign up! Physicals will be given on Tuesday, February 26<sup>th</sup>. Health History/Sports Approval forms will be handed out and are due back to the nurse by Friday, February 15<sup>th</sup>. **ALL** students who will be playing a spring sport are required to have this form filled out and returned to the Health Office.

Also...all students going on the AFS trip from February 28<sup>th</sup>–March 3<sup>d</sup> must hand in their **Medication and Medical Update Forms** on Monday, February 25<sup>th</sup> to the nurse. This **MUST** be done in order to participate in this trip. Thank you.

# USED CLOTHING DRIVE

SPONSORED BY

## THE WILLIAMSON TRACK TEAM 2002

Have you cleaned your closets or those dressers lately? We need your unwanted clothes, shoes, belts, sneakers, purses, linens, blankets, and drapes.

(Please, no rags or fabric scraps. Your donation is not cut up or shredded.)

**The St. Pauly Mission is to get wearable clothing to people who can use it, here in the U.S. and 3<sup>rd</sup> World Countries.**

**Breen's IGA  
Wednesday, March 20, 2002  
4:00-7:00 P.M.**

Help us spread the word and thank you for your support.  
Your donation may be tax deductible.

For early pick-up please call 524-3758.

**If possible, please put clothing into plastic bags.**

**Be there RAIN OR SHINE.**

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**P.T.A. is holding it's  
Annual Niagara Chocolate fundraiser!**

**Students and parents who'd like to participate  
may pick up a sale packet in the Main Office.**

# W.C.S. High School Athletic Schedules – Winter 2001-2002

**ALL SCHEDULES ARE SUBJECT TO CHANGE!**

## **BOYS BASKETBALL**

Feb 6	@ North Rose-Wolcott	6/7:30
Feb 8	Sodus	6/7:30
Feb 11	@ Webster Christian	6/7:30
Feb 12	Red Creek	6/7:30
Feb 14	@ East Rochester	6/7:30
TBD	Sectionals	TBD

## **GIRLS BASKETBALL**

Feb 1	@ Gananda	6/7:30
Feb 5	@ North Rose-Wolcott	6/7:30
Feb 7	Marion	6/7:30
Feb 11	East Rochester	6/7:30
TBD	Sectionals	TBD

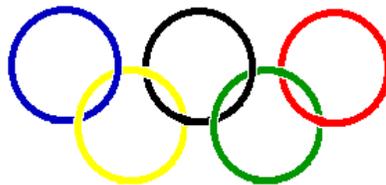
## **WRESTLING**

Feb 2	League Tournament	10:00
Feb 5	Sodus	6:30
Feb 7	@ Caledonia-Mumford	5:30
Feb 15	Sectionals @ Letchworth	4:00
Feb 16	Sectionals	9:00
Feb 22	State Qualifier	4:00
Feb 23	State Qualifier	9:00

## **INDOOR TRACK**

Feb 2	@ Hobart & William Smith	3:00 p.m.
Feb 8	@ New York Chiropractic	5:00 p.m.
Feb 15	@ Roberts Wesleyan	6:00 p.m.
Feb 23	@ Hobart & William Smith (Sectionals)	4:00 p.m.
Mar 2	@ Roberts Wesleyan (intersectional qualifier field events)	10:00 a.m.
Mar 3	@ Hobart & William Smith (intersectional qualifier running events)	Noon
Mar 9	@ Carrier Dome – Syracuse (States)	10:00 a.m.

## ***FROM THE LIBRARY...***



February is the month for the Olympics. Here is a list of current web sites to use to access information about the Olympic games.

ESPN.com <http://espn.go.com/oly/index.html>

Fact Monster <http://www.factmonster.com>

MSNBC.com <http://www.msnbc.com/news>

NBCOlympics.com <http://www.nbcolympics.com>

Salt Lake 2002: Official Site of the 2002 Olympic Winter Games

<http://www.olympics.com>

<http://www.saltlake2002.com>

Visions of Glory Web site <http://www.nbcolympics.com/visionsofglory>

Yahooligans: 2002 Olympic Games

<http://dailynews.yahoo.com/fc/Yahooligans/Olympics>

**Williamson Senior High School**  
**February 2002**

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
<p style="text-align: center;"><b>COME-UNITY CENTER FOOD DRIVE</b>            January 31<sup>st</sup> – February 8<sup>th</sup>            (For more information, see the back page of this newsletter)</p>					<b>1 F</b>  Report cards distributed  <i>Ski Club</i>	<b>2</b>
<b>3</b>	<b>4 A</b>  AFS Mandatory Parent meeting regarding short-term exchange (Lenoir, NC) 7:00 p.m. (rm. 27)	<b>5 B</b>  Spanish Club meets 10 <sup>th</sup> period	<b>6 C</b>	<b>7 D</b>  Senior cap & gown fittings and ordering of graduation announcements (during lunch periods)	<b>8 E</b>  FLCC "Gemini" registration 8:00 – 11:00 a.m. (will take place in classes)  <i>Ski Club</i>	<b>9</b>  Dance – sponsored by Student Council 8:00-11:00 p.m. (gymnasium)
<b>10</b>	<b>11 F</b>  Project Graduation meets in Library 7:00 p.m.	<b>12 A</b>  11:25 a.m. dismissal  High School Parent-Teacher Conferences begin at 6:00 p.m.	<b>13 B</b>  Board of Education Meets - 7:30 p.m. @ M.S.	<b>14 C</b>	<b>15 D</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p>← PRESIDENT'S WEEK RECESS – NO SCHOOL →</p>						
<b>24</b>	<b>25 E</b>	<b>26 F</b>  Class of 2002 Mandatory Parent/Student meeting for Senior Trip 7:00 p.m.	<b>27 A</b>  Board of Education Meets - 7:30 p.m. @ M.S.	<b>28 B</b>  AFS short-term exchange to Lenoir, NC (departs @ 5:00 a.m.)	<p>Report Cards will be distributed Friday, February 1.  <b>Parent-Teacher Conferences will be held Tuesday evening, February 12.</b>            (High School students dismiss at 11:25 a.m.)</p>	

# **Come-Unity Center Food Drive**

January 31<sup>st</sup> – February 8<sup>th</sup>

The pantries of the Come-Unity center are at their lowest point of the year. *Please donate.*

Students can bring nonperishable food items to school.

The food will be collected in the auditorium, on stage.