

SCOTLAND SCHOOLS

JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5	
		NO CLASSES			Classes Resume; WR w/Elk Point-Jefferson (H) 6:30PM	BBall w/T-D/A @Tripp 6:30PM; MS BBall @Tripp 4:15PM; Report Cards go home	WR @Brandon 9AM; JV & MS WR @Mitchell 10AM
6	7	8 BB Dbl Header @Centerville JV B&G 5PM, VG 6:15 & VB 7:45PM;	9 Winter Sports/Activity Pics	10 BB Dbl Header w/Avon (H) JVB &G 5PM, VG 6:30PM & VB 8PM	11 MS BBall @Avon 6PM	12 BBall Dbl Header w/Freeman Ac-Marion (H) JV B&G 11:30AM, VG 1PM & VB 2:30PM; WR @Tri-Valley 10AM; JV & MS WR @Huron 9:30AM	
13	14 School Brd mtg. 7PM; MS BBall @Centerville 4PM	15 BBall Dbl Header @Wakonda JV B 4PM, JVG 5PM, VG 6:15PM & VB 7:45PM; WR @Parkston 6:30PM	16 Jr. ASVAB testing 8:30AM	17 BBall Dbl Header @Marty JVG 4PM, JVB 5:15PM, VG 6:30PM & VB 8PM	18 Scotland AAU Tournament	19 Great Plains GBB @Mt. Marty; WR @Winner 10AM; MS BBall Tourn @Wagner	
20	21 NO SCHOOL BBall Dbl Header w/Alcester-Hudson (H) JVB/G 5PM, VG 6:30PM & VB 8PM	22	23	24 MS BBall (H) w/Wagner 4PM	25 BBall Dbl Header w/Wagner (H) JV B/G 5PM, VG 6:30PM & VB 8PM; Band Booster Walking Taco @CR	26 WR @Wagner 10AM	
27 	28 BBall @Freeman 6:15PM	29 GBBall w/Freeman (H) 6:30PM; WR @Gregory 6:30PM	30 Progress Reports go Home	31 GBBall @Platte 6:30PM; BBall w/Ethan (H) 6:30PM			



Scotland HS/MS Newsletter



December 2018

Counseling Connections

-Stay Connected with What the Middle School Students are Learning in their Counseling Lessons-

By Mrs. Fritz, K-12 School Counselor

ACT PREP

I know it might seem like awhile before you have to take the ACT test, but now is the time to start preparing.

I found an awesome app—for free!! that can help you prepare. If you go to the app store, search “ACT Prep” and it’s a teal icon that says ACT and then has a bar graph towards the bottom half of the icon. It’s made by “Varsity Tutors.” It looks like there are flashcards, a question of the day, and a bunch more. This is an excellent tool for you! And can be something you work on for just ten minutes at a time.

Another resource that you have is Method Test Prep through SD My Life: <https://login.xello.world/sdmylife>. This is another FREE resource to you, that has so much to offer. Please take the time to use it.

In order to log into your account you will use your SSID number and then your birthdate in this format (DD/MM/YYYY), after you log in for the first time you will create a new password. Be sure to write your user name and password down, because I will not have access to it once you create a new one. *If you need help logging in, please let me know!

And finally, we plan to host another ACT Prep Class here at Scotland this Spring—put on by Scotland teachers and staff. Dates are not set yet, but we will most likely schedule to have it completed before the April test date. Please let me know if you need any help with this!

Bullying vs Mean vs Rude Behavior

What’s the Difference?

For the first lesson we focused on learning the difference between rude, mean and bullying behaviors. We talked about how none of those behaviors are acceptable, and there is something we can do to when each of those behaviors arise.

RUDE	MEAN	BULLYING
Saying or doing something that hurts someone else, without necessarily trying to be mean. Might be because of thoughtlessness, carelessness, or poor manners.	Saying or doing something to hurt someone on purpose. Based in anger or dislike. Could be arguing, yelling, fighting, name calling, teasing, and other mean comments.	When people hurt others over and over again, on purpose. There is an imbalance of power—meaning it’s one sided and the victim does not bully back. Very serious where the victim needs help.

Common Social Concerns in Middle School

For the second lesson we talked about common social concerns in middle school. Although bullying is a major concern, we know that there are many other problems that middle schoolers deal with. Examples such as: Leaving others out of a group, on and off relationships, jealousy, people who act different in a group vs one on one, receiving hurtful messages online or via text, etc.

For this lesson we had students select the top five biggest problems they or their friend group deals with. Then we had them get into small groups and decide on three major issues as a group. Once they had those problems selected, they then had to come up with ways they can make those situations better or things they could do to solve those issues. The point of the activity was to get students thinking about what they can do to make our school climate more positive, and to improve relationships and friendships. It was also to encourage our students to become problem solvers and learn how to best deal with issues as they arise.

Finally, we then reviewed the bullying policy that is listed in the student handbook and had all of the students sign an "Anti-Bullying Contract."

- I believe that everybody has the right to live a community where they feel safe, included, valued, and accepted regardless of differences.
- I pledge to be respectful of others and stand up against bullying whenever and wherever I see it.
- I understand the Bullying Policy set forth in the Student Handbook and have been told the consequences of bullying behaviors in our school.
- I agree to be an ACTIVE participant in preventing bullying our school.

SDMyLife/Xello Information

I've had a handful of people ask me about access to their SdMyLife accounts. It's a new system so your old log in info will not work.

- USERNAME: "SD-" followed by your SIMS number (Example: SD-123456789)
*If you do not know your SIMS number a teacher can look it up on infinite campus.
- PASSWORD: The first time you log in it will be your date of birth: MMDDYYYY. You will be prompted to change it. You are responsible for remembering your own password. I will not have access to it once you change it.

Things you can do to help you plan for your future

- **Matchmaker:** This quiz asks you about your likes and dislikes and then suggests careers based on your interests.
- **Other quizzes:** Personality Style and Learning Style
- **Other things you can explore on SDMyLife/Xello:** Careers, Schools, Majors, etc.

Congratulations to Mrs. & Mr. Fritz on the arrival of Dottie Jaymes!!

Congratulations, Kal

In so many ways December YES Student of the Month Kaloyan “Kal” Lozanov (YES 2018-2019, Bulgaria, hosted by ASSE, in Scotland, SD) is a wonderful representative of the YES program and his home country of Bulgaria. Those who think small towns have little to offer an exchange student have not met Kal, who is thriving this year in the small community of Scotland, SD.

Prior to coming on YES, Kal started an anti-bullying campaign at his school in Bulgaria. Kal was able to take his experience of being bullied as a child, due to his weight, and turn it in a positive direction by helping others. In South Dakota, Kal has joined with the new local sheriff, and together they are developing an anti-bullying campaign to present to the entire student body at ten nearby high schools in the new year. Kal has already logged in 112 volunteer hours. With a local charity, he worked on a haunted house project to raise funds for five local high schools to assist with laptops, sports gear, FFA, the honor society, and the band. Kal volunteers at the local assisted living center and helps feed rescue buffalo at a hunting lodge. He is also helping to frame a retreat center for families who have lost a child due to illness or congenital problems.

Kal has been accepted to serve as a page in the South Dakota legislature and will be part of the first cohort that includes exchange students. For an ASSE leadership shadowing project, Kal shadowed Sean Barrett, the owner of a local bowling alley that serves as a gathering place for food and entertainment. Mr. Barrett is also vice president of the city council, a founding member of the city’s rodeo club, and a volunteer firefighter and ambulance driver. Kal said the shadowing experience taught him to “never give up on dreams, work hard, and be able to sacrifice an extra hour of sleep in order to succeed.” For his school senior project, Kal will continue to learn about small business from Mr. Barrett.

At Scotland High School, Kal made the A honor roll. His English teacher praised him, saying, “He is a great example to students as he is a hard worker and does not procrastinate. He is also friendly and a genuinely nice young man.” Kal is also branching out personally, participating in extracurricular activities that he has never tried before, including the school chorus, and playing on the school’s wrestling and football teams. His football coach, the school’s government and U.S. history teacher, said, “Kal is an incredibly organized person with an incredible work ethic. He has put in an amazing effort and I know he will be successful in whatever he chooses to do in life.”

“I am having the time of my life,” Kal said. “I love school and all the people in it. They make me feel welcome and at home. It really is incredible how fast I have adjusted to the life here.”

Kal is making a difference in the lives of all he meets. From presenting about his country at his school and the community youth center during International Education Week (IEW), to helping his host family in whatever needs to be done around the house, Kal is an enthusiastic, inspiring example of a YES student.

Winter Sports/Activities Pictures

Wednesday January 9, 2019

