

# THE CAPSULE BRIEF

## Home of the Eagles – February 2010



### SCHOOL CALENDAR

\*NOTE DATE CHANGE\*

**February 8<sup>th</sup>**

Parent/Teacher Conferences  
4:00-7:00 p.m.

**February 9<sup>th</sup>**

2 hour early dismissal

**NO SCHOOL**

February 15 – President's Day



### Students of the Month December 2009

Jack Christensen  
Sarah Doroff  
Josh Guernsey  
Rashed Hossein  
Brooke Johnson  
Andrew Kjer  
Kendra Koch  
Abdullahi Muhumed  
Nasro Musa  
Nasima Omar  
Isaac Rakke  
Dillon Seng  
Denise Tran  
Michael Wesely

### Activities

#### Congratulations Apollo Performers of the Week!

**1/25/10** B.BB defense: Blake Maslonkowski, 11, in 2 games, he had 21 rebounds

**1/18/10** Wr, Grant Dullinger, 12, won all 3 matches at Kiffmeyer Duals, overall record 20-7

**1/4/10** GBB offense, Courtney Lynch, 12, in 2 games, 53 pts and 6 assists

Wr, Mitch Bengtson, 9, won the 58-team invite at Fargo, pinned ND State Champ & beat AA State Champ 10-0

**12/21/09** Wr, Sam Koetter, 12, 215 lbs, defeated 5th ranked wrestler from North Branch

GBB defense, Andezu Orionzi, 11, in 3 games, 22 rebounds and 19 steals

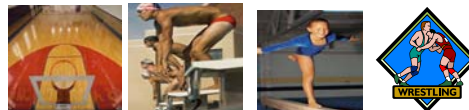
Gymn, Elle Braegelmann, 11, after injuring herself, got taped up and placed on the Beam

**11/30/09** GHockey defense, Jenna Traut, 11, (Ice Breakers) Stopped all 36 shots and won her 4th shutout in a row

**10/26/09** G.CC, Moriah Novacinski, 12, placed 21st at CLC (16:48)

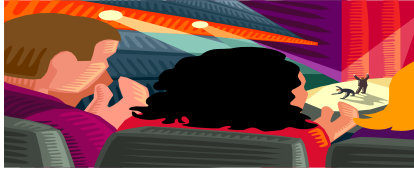
**10/5/09** G.Ten, Bo Lafontaine, 11, #3 singles, won in straight sets vs Tech and Sartell

**9/28/09** Boys CC, Sean Lerch, 9, ran 2 5K races and ran under 20 min. for the 1st time.



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The Local Education Activities Foundation, (LEAF), is pleased to announce the 9<sup>th</sup> Annual

### “Night of the Stars”

*Two Nights. Two Shows. Too Awesome To Miss!*

The Local Education Activities Foundation, (LEAF), is pleased to announce the 8th annual *Night of the Stars* benefit for student activities in our District 742 St. Cloud Area Public Schools. It’s an ALL-STAR VARIETY SHOW staged at St. Cloud’s Historic Paramount Theatre on **Friday, February 12 and Saturday, February 13**. Tickets available through student activity groups, at the Paramount Theatre or directly through LEAF. 100% of all Advance Ticket Sales go directly to your child’s school for their specific student activities (Arts, Athletics and Academic Achievement).

For more information, visit [www.leaf742.org](http://www.leaf742.org).

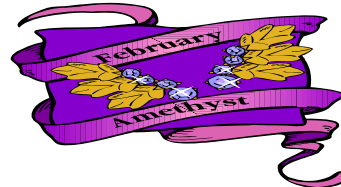
### SECOND TRIMESTER PARENT/TEACHER CONFERENCES RESCHEDULED

Second trimester parent/teacher conferences will be held **Monday, February 8** from 4:00 pm - 7:00 pm. Please change this date on your calendars.

### Parent Portal



Access your son’s/daughter’s grades, attendance, and assignment information on-line! Go to the District 742 website: <http://www.isd742.org> and click on the Skyward Family and Student Access icon in the top left corner. If you have given your email address to the school you and you cannot remember your log-in or password, click on the “forgot log-in and password” at the log-in screen and you will get an email with the information.



### Campbell Label Project

Apollo High School is asking parents, teachers and friends in the community to collect Campbell product proofs of purchase that can be redeemed for free educational merchandise (visit [labelsforeducation.com](http://labelsforeducation.com) for a complete list of products and point values).

It’s easy to pitch in. Simply save product proofs of purchase from any of the eligible Campbell products and put them in our collection bin in the Resource Center at Apollo High School.



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### What is Cyber Bullying?

Cell phones and computers are, arguably, one of the most transformative pieces of technology to date. After buying a new cell phone on Sunday with super connectivity capability, I am finding myself in a position of feeling "too connected." Having said that, I also know that teenagers hardly ever feel **too** connected. Cell phones, texts, e-mail, internet chat rooms, instant messaging, social networks such as MySpace, Facebook and Bebo all enable teens to "be" with their friends. Connections are good! We understand the importance of peer relationships and work very hard to help students develop skills that will enable them to experience the positive impact that these relationships can bring to their lives.

Of course, with the positives of social networking and technology can come some challenges, one of them being CYBER-BULLYING. Studies indicate that one-third of teenagers have had mean, threatening or embarrassing things said about them on line. Some of the targets of "cyber bullying" suffer shame, embarrassment, anger, depression and withdrawal. Students often feel that "bullying" is anonymous but the nature of the internet allows it to spread quickly to hundreds of people.

Many schools across the nation are facing the challenges of cyber bullying as some of the consequences of the bullying can spill over into school life. District 742 has a clear and direct policy regarding bullying, and we as administrators, teachers and staff are enforcing those policies.

You, as parents, can play a role in combating cyber bullying. **Education and awareness** is the KEY! Be aware of the social networks your child is a part of. Have conversations about it, monitor their use and let them know that you care enough about them to make sure that they are not the targets of or are perpetuating the bullying. Below is a list of good tips for you to help you **BE AWARE!**

**Shawn Gombos & Dave Earp, Assistant Principals**

### What Parents Can Do

- \* "Bullying in all forms – including cyber bullying – is unacceptable and it is vital to develop effective strategies both for addressing and preventing it."
- \* Teachers and parents are only just beginning to understand that phone/ internet is a social lifeline within peer groups.
  - o Friendships are made and broken over these mediums.
  - o The current generation is desensitized by reality TV.
  - o Keep the computer in a well-travelled part of the home.
  - o "With the widespread use among children of online diaries and social networking sites such as MySpace.com, the attacks are becoming more common."
  - o If the child engages in unacceptable behavior online, make certain that there are immediate consequences.

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- \* Parents should ensure that they and their child understand how to use technology safely, including the use of moderated chat rooms and parental control software, as well as the risks and consequences of misuse.
- \* Importance of not erasing messages/emails.
- \* Despite anonymity, Internet Service Providers can track computers through a unique digital signature.
- \* Every computer connected to the internet has a unique string of identifying numbers.
- \* Unacceptable behavior includes:
  - o Sending email, instant or text messages to others disguising yourself as another person.
  - o Spreading rumors or false information about others.
  - o Sending rude, harassing or threatening messages.
  - o Creating websites that ridicule, humiliate or intimidate others.
  - o Posting on websites or disseminating embarrassing or inappropriate pictures or images of others.
  - o Restriction/confiscation of technology is not the answer. Kids are smart – they will find other options.
  - o Advise the child that cyber bullying may be a criminal offense - electronically communicated threats are crimes.
  - o Tell the child to never reveal his or her password to anyone, including friends.

#### **Warning Signs:**

- ◆ Your child has withdrawn from normal interaction with family and friends to spend an inordinate amount of time engaged in Internet activity.
- ◆ Your child turns the computer off or quickly changes the screen when you enter the room.
- ◆ Your child suddenly avoids using the computer or drastically changes internet use habits.
- ◆ Your child demonstrates a marked change in behavior, beliefs, self-esteem or attitudes.
- ◆ Your child's academic performance or school attendance decreases significantly.

*"A third of those who experience cyber bullying do not report it. If we are to succeed in preventing bullying, we need to break the climate of silence in which it thrives by empowering children and young adults. Source: [www.cyberbullying.info](http://www.cyberbullying.info)*  
Chris Webster ([chris@cyberbullying.info](mailto:chris@cyberbullying.info)) addressed HMC (NSW) in May on Cyberbullying