

# Raider Review



Dec 2011/Jan 2012 Issue

## From the Principal's desk:

Greetings Everyone,  
Is it really December? It seems like it was just September and we were settling in for the start of school and now we are already talking about final exams. As we head into the holiday season, I want to share a few of the great accomplishments for students and staff at East High School.

In October, over forty Orchestra students participated in a six day tour of New England. Our students played with college level clinicians and professors at two universities and enjoyed touring cities along the East coast in both Maine and Massachusetts. The extended tour of Boston gave students an opportunity to walk the campus at Harvard, visit Fenway Park and walk through the historic areas along the Freedom Trail. It was truly an amazing trip and the students, parent chaperones and school personnel all had a memorable experience.

After a successful regular season, the boys cross country team qualified for the state tournament in Wisconsin Rapids. It was the first time in nearly fifteen years that the team qualified for state and the runners are already training for a return visit next fall. The boy's volleyball team again qualified for the state tournament. This marked the sixth straight year the team has advanced to state, and senior Max Kilpin earned First Team All State honors.

Just a few weeks ago, East hosted a two day college visit for art schools from across the United States. Representatives from almost every major art school came to East

to see and review student portfolios and artwork as our students prepare to apply to these prestigious schools. Walking in the hallways and looking at their artwork made me realize the immense talents of our students and teachers. Listening to students discussing their work revealed their passion for art. I am confident that our students will again earn Gold and Silver Key awards for their amazing portfolios.

The Dale K. Hidde Theater was again the home of an amazing production by the Tosa East Players with their rendition of Cyrano de Bergerac. The cast was a mix of "regular faces" and new, emerging talent means that our reputation for strong productions is sure to continue. In addition, theater director Tom Thaney was inducted into the inaugural class of the Wisconsin High School Forensics Theatre Directors Hall of Fame.

These events are just a small part of what is happening at East but symbolic of what is taking place every day. We are having a great school year because of the combination of talents that everyone, students, staff, teachers and parents, brings to the building each day. Together we are providing an opportunity to learn, grow and share as a group that is having a positive impact throughout our community. Have a great holiday season!

Nick Hughes

A handwritten signature in black ink that reads 'Nick Hughes' in a cursive style.

Principal  
East High School

**New**

# Exam Exemption Guidelines

1. Exam exemptions are available for students in grades 9 – 12.
2. Classes that require a project instead of a traditional exam cannot be exempted.
3. Each eligible student may exempt one exam per semester.
4. Exemptions are NOT available for the first semester exam in AP classes. In yearlong classes, a student will not be allowed to exempt both semester exams.
5. A student must earn a B or better average for each quarter of a semester in the class to be exempt in order to qualify. A grade of B- or lower excludes a student from an exemption.
6. An unexcused absence (truancy) from ANY class disqualifies a student from exemptions in ALL classes.
7. A student is allowed a maximum of 5 excused absences per semester from the class to be exempt. This number has been set high enough to allow for illness, appointments, vacations, funerals, or other family emergencies.
8. School-related absences will not count against exemptions.
9. A student is allowed a maximum of 3 unexcused tardies in a class to exempt that class.

**ANY out of school or in school suspensions during the semester will disqualify a student from exemptions in ALL classes.**

## Final Exam Schedule

DATE	HOUR	TIME
Tuesday, Jan. 17	1st	8:30 - 10:10
Tuesday, Jan. 17	2nd	10:30 - 12:10
Wednesday, Jan. 18	3rd	8:30 - 10:10
Wednesday, Jan. 18	4th	10:30 - 12:10
Thursday, Jan. 19	5th	8:30 - 10:10
Thursday, Jan. 19	6th	10:30 - 12:10
Friday, Jan. 20	Zero Hr	8:30 - 10:10
Friday, Jan. 20	7th	10:30 - 12:10
<b><u>Tuesday, January 24<sup>th</sup></u> will be the first day of the third quarter.</b>		

# GUIDANCE DEPARTMENT

<http://www.wauwatosa.k12.wi.us/schools/high/east/east/guidance.cfm>

## Welcome to our Newest Member of the Guidance Department

Our school district has been awarded a three-year grant for the guidance department. As a result, we are pleased to have a new part-time counselor **Shannon Turinski** join us at Tosa East. She will be with us on Mondays, Tuesdays and part of Fridays. She will have a small caseload of sophomores to work with along with coordination of our Career curriculum. Shannon comes to us with six years of counseling experience, most recently at St. Francis High School. Shannon earned her Master's Degree from the University of Wisconsin – Milwaukee in Educational Psychology. Please stop in and welcome Shannon to Wauwatosa East.

## Junior Conferences

School counselors are continuing to schedule individual appointments with each of their junior students on their case load. These conferences will last from 30 to 45 minutes in length and will be scheduled during the school day, hopefully during study halls. The purpose of the meeting is to review current graduation status, plans for the upcoming senior year and post graduate options. Parents are invited to join their child if they are able to arrange their schedule. Letters will be sent home prior to the conference which will include a pass for that student to use to attend the conference.

## ACT and SAT test dates

- ACT Test dates: 2/11/12 (given at East), 4/14/12, 6/9/12
- Register for the ACT at
- **Register for 2/11/12 by January 13, 2012**
- SAT Test dates: 1/28/12, 3/10/12 no subject tests, 5/5/12, 6/2/12
- Register for the SAT at [www.collegeboard.com](http://www.collegeboard.com)

## **College Visits and Scholarship Information**

For the most current information on visits from College Representatives and Scholarship information, please refer to the Guidance Webpage:

[http://www.wauwatosa.k12.wi.us/schools/high/east/east\\_guidance.cfm](http://www.wauwatosa.k12.wi.us/schools/high/east/east_guidance.cfm)

College Rep visits take place in the Career Center and require students to get a pass in Guidance prior to the visit. They must then show it to the teacher whose class they will be missing for the college visit.

Local Senior Scholarship Information will be distributed on Wednesday, January 11 from 2:15 p.m. to 2:30 p.m. in the auditorium. More information will follow.

## **EAST/WEST Financial Aid Information Night**

On Tuesday, January 3, 2012 in the Wauwatosa East Theatre, a representative from a local college will be on hand to provide information about securing financial aid using the FAFSA process. Parents of current seniors who will be entering college in the fall may begin filling out the FAFSA form in January. Parents of undersclassmen may wish to attend to learn about what information will be need to be provided to complete these forms in the future and what type of aid is available. The meeting if for both high school families and begins at 7:00 p.m.

## **ACT Practice Test**

On Saturday, January 14, 2012 at Wauwatosa East we are conducting a practice ACT test. Students are welcome to register to partake in this new initiative to help prepare for the ACT. The test will be proctored and graded and results will be provided the following Monday. The written section of the test will take a bit longer to score. This unique opportunity is being offered FREE of charge to students in the Class of 2013. Be sure to sign up in the Career Center as seating is limited.

## **Rotary Breakfast**

The Mayfair Rotary Club of Wauwatosa invites Junior students to be guests at a future breakfast meeting. At the meeting, you will have an opportunity to talk with professional men and women in a field that you might be considering for your future.

This is also an excellent opportunity for you to learn about the operation of a volunteer service organization in our community and to have questions answered about your potential career. You will be asked to tell them a little bit about yourself. Relax -- this is very informal.

The Mayfair Rotary provides significant scholarship money for our students. This is a great opportunity to get to know the Rotary members. The Rotary Club's meetings are held at the Radisson Mayfair Inn, 2303 Mayfair Road. The meetings are on Thursdays from 7:00 - 8:15 a.m. You will find a sign-up sheet with available dates listed in the Career Center. On the morning that you will be attending meeting, please ask your parent or guardian to call our Attendance Office (773-2002) and excuse you. Transportation to and from the breakfast is the responsibility of the student. **You are expected to wear appropriate casual business attire on the day of your scheduled meeting.**

If you have any questions, please contact your school counselor or Mrs. Cristan in the Career Center at 414-773-2031.

## **Junior Parent Information Night Monday, February 6<sup>th</sup> 6:30 p.m.**

Wauwatosa East juniors and their parents are invited to attend one of four sectionals regarding college/technical school application, scholarship, military and financial aid

## **College Goal Weekend Saturday & Sunday, February 18 and 19, 2012**

College Goal Sunday is a national event that provides free information and assistance to families who are filling out the FAFSA (Free Application for Federal Student Aid), the federally required form for students seeking financial aid, such as grants and loans. Completing the FAFSA is the first and most important step in qualifying for aid.

# A Guide to Transcript Request from Wauwatosa East High School

## Unofficial Transcript :

These are transcripts that can be printed from Guidance at no cost. A student, parent or teacher can request these at any time. They are not signed and sealed.

## Official Transcripts:

An official transcript is often requested for college applications, scholarship applications or even job evaluations. These transcripts are not to be directly handed to the student. They are sent from a secure website after a request is made to our Guidance Office. To request an official transcript, please use the following steps. *This on-line transcript system is the preferred method of sending your transcripts by the State of Wisconsin, the University of Wisconsin System, the Wisconsin Association of Independent Colleges and Universities and the Wisconsin Technical College System.*

- Students must create an account at [www.parchment.com](http://www.parchment.com). This is where you create an account that is easy, secure and available 24/7. You will be asked to use a valid e-mail address.
- Students will select where the transcript is to be sent. If the requested site is a participating institution, the cost will be \$2.55. If the site is not listed, (college or scholarship program) the student can input the address of the site where the transcript is to be sent. This transcript will cost \$4.25. (Financial assistance is available to students meeting certain criteria. See your School Counselor for more information.) After the request is made, Wauwatosa East is notified and we upload the transcript to Parchment.
- **IF** you are sending a transcript to a school where you applied by using the **COMMON APPLICATION**, please know that you need to make note of your Common App ID number. Once you have that, you can go back to your Parchment account and select the Common App tab. Provide your Common App ID when prompted; confirm that your information (i.e., name, colleges applied to and counselor name) are correct. Your transcript will be sent directly to the Common App Online system where it will be matched to your counselor with your school forms and submitted on your behalf. Once you have submitted your transcript to the Common App, your transcript is ready for submission to ALL of your Common App colleges. You do not need to submit one for each Common App college.
- Once your transcript has been sent, you will receive an e-mail that they have gone out. Additionally, if your college accepts an electronic transfer, you will even receive a confirmation that they have received your transcript. College and Universities where a student will be attending in the Fall of 2012 will require a final transcript at the end of this school year. This **must be** sent by the student using Parchment. Wauwatosa East does not send these transcripts.

# CARDINAL PENNANT YEARBOOK INFORMATION

**Attention Tosa East Senior Parents:**

**Baby Ads were due at school on or before December 1<sup>st</sup>.** The cost for the Baby Ads is now \$45 for a 1/8-page ad which includes the use of one picture as well as a 30 word message. ***No ads will be accepted after January 3<sup>rd</sup>.*** **No exceptions will be made.**

Specific details about submissions to the yearbook can be found online on Tosa East's school website, or feel free to contact Mrs. Katie Larson (Cardinal Pennant Advisor) via email at [larsonka@wauwatosak12.wi.us](mailto:larsonka@wauwatosak12.wi.us).

## The New Red Raider Supply Store

Tosa East is proud to present the new Red Raider Supply Store.

The process to open the supply store began early last year when Mrs. Plaisted, Special Education Teacher, and student, Jake Voss, wrote a business plan, which was presented to Mr. Hughes and the PTA. The Red Raider Supply Store is designed to teach students with special needs the much needed job skills necessary to run a small business, including budgeting, ordering, cash handling, customer service, stocking, inventory, and team work. Each "employee" filled out a job application and resume and interviewed for a position late last year.

The Supply Store opened on the first day of school. The Red Raider Supply Store has most of the supplies that your child will need on a daily basis. In addition, the PTA offers a variety of apparel through the store as well.

The main goal of the Supply Store is to teach the employees job skills that will help them to transition successfully into a post-high school career. Please support the Red Raider Supply Store by encouraging your child to visit.

# Spanish Honorary Society Induction and Service Projects

On Monday, Nov. 21 five seniors and forty eight juniors were inducted into the Spanish Honorary Society. These students took part in a formal ceremony led by this year's officers President Matt Simpson, Vice – President Katherine Oleniczak, Secretary Emily Jensen and Treasurer Tommy Rorabeck. The officers conducted the ceremony in Spanish and the students made their pledge in Spanish as well. Families were given copies of the ceremony in English to follow along with the ceremony. Spanish teachers, Sra. O'Connell, Srta. Dardis, Srta. Rosenberg and Srta. Troy were in attendance along with Mr. Hughes.

The students in the Honorary, along with other students from Spanish classes, have taken part in one service project this year. They collected food for the United Migrant Opportunity Center and helped with the organization of the food for family baskets. These students will also be participating in the annual gift collection for Christmas for kindergarten students at the Bruce Guadalupe School. They will be buying hats, mittens, books and stuffed animals and decorating gift bags to be delivered the week before Christmas. Students in the Spanish Honorary Society will be eligible for an annual scholarship given for their participation in these service projects.





The FTA was organized by parents and friends of the Wauwatosa East High School theatre program. We support the program with volunteer and financial assistance.

**WINTER FUNDRAISER: February 11, 2012**

**DONATE:** To make a tax deductible donation please download the donation form found on our website [www.tosaeastfta.org](http://www.tosaeastfta.org) Donations can be dropped off or mailed to the high school.

**THEATRE PRODUCTION SUPPORT:** Putting together a world class production takes a lot of hands. From audition to the final performance we often look to parents and patrons to provide support where they can. We will communicate our needs in the upcoming months through the newsletter at [www.tosaeastfta.org](http://www.tosaeastfta.org)

If you have any questions regarding production support or would like to help please contact:

**Barbara Hayes-Dineen** at [hayesdineen@yahoo.com](mailto:hayesdineen@yahoo.com) or  
**Judy Titera** at [jtitera@tds.net](mailto:jtitera@tds.net)  
***Production Support Co-chairs***

**EDUCATION:** One goal of the FTA is to provide meaningful educational opportunities for the Players. We would love to cover all areas of the theater, with workshops in technical and acting skills. If you have any connections or any ideas for workshops, please contact **Liz Armstrong** at [armstrong1012@yahoo.com](mailto:armstrong1012@yahoo.com).

**LIKE US ON FACEBOOK** The Friends of Theater Art has a facebook page.

**Like us!**

## Greetings from the PTA

With the end of the first quarter, the holidays are fast approaching. Make sure that you stop by the Spirit Wear table during the lunch hour on December 21st and 22nd to stock up on the latest Tosa East apparel. You are sure to find something that will make someone's holidays brighter.

If you ordered a Student Directory, it should be home by now. If you did not purchase a directory, there are still some left and available for purchase in the office. The cost is \$5 per directory. They look great thanks to the hard work of Kim Mihelich and Kate Stramowski.

Looking ahead, January will be a busy month for the PTA. A special program will be held on Thursday January 12 at 6:30 pm in the school library. The guest speaker is David J. Cipriano Ph D who is the assistant professor of the Department of Psychiatry and Behavioral Medicine at the Medical College of Wisconsin. The topic for discussion will be **“Is Your Teen Stressed and Anxious? You Are Not Alone”**. This promises to be an informative and enlightening session featuring an anonymous question and answer session. With more students feeling stress and anxiety over so many different pressures they are facing, the PTA feels this event will provide valuable information to many. We will also be serving cookies and refreshments. We hope you will join us and make sure to bring your friends and neighbors. Special thanks to our CO - VPs of programming Betsy Du Canto and Laurie Rutkowski for putting this event together.

The nominating committee will soon be in full swing looking for PTA officers to fill the open positions for the 2012 - 2013 school year. If you would like to be part of the nominating committee, please let me know or attend the next PTA meeting on January 19th at 6pm in the library.

Best wishes for a happy and safe holiday season,  
Carla Cummings  
Wauwatosa East PTA President



# *IS YOUR TEEN STRESSED*

## *AND ANXIOUS?*



## *YOU ARE NOT ALONE!*

Come hear Dr. David Cipriano, Ph.D., an Assistant Professor in the Department of Psychiatry and Behavioral Medicine at the Medical College of Wisconsin. Dr. Cipriano is a child psychologist specializing in assessment and treatment of anxiety disorders, depression, ADHD, Asperger's Disorder, behavior problems and complicated grief.

Dr. Cipriano will be here on Thursday, January 12<sup>th</sup> at 6:30 in the Library at Tosa East. He will speak about stress issues for students and their parents, and then open the floor for questions afterward.

Among the topics that Dr. Cipriano will address:

- Identifying stress: What are the signs and symptoms of possible trouble? What is "normal", and what is not?
- How to identify the use of drugs and alcohol as self-medication for students under stress.
- How to discuss stressors with your teen. Many kids conceal their stress. Why?
- What to do if your teen is in trouble. When and how to get help.

Please come join us and hear Dr. Cipriano speak on a topic that is on the minds of all parents.



# Frequent Family Dinners May Protect Against Teen Drug Use

## Wauwatosa School District

Teenagers who eat dinner with their families five times a week are significantly less at risk of alcohol, tobacco or other drug use compared to teens who sit down for family dinner fewer than three times weekly, according to the latest report from the National Center on Addiction and Substance Abuse (CASA\*) at Columbia University.

The [Importance of Family Dinners V](#) report found that youths who infrequently ate dinner with family members were twice as likely to use alcohol or marijuana and one-and-a-half times more likely to use alcohol. They also were more apt to expect to try using illicit drugs in the future, the survey found.

CASA reported that 59 percent of teens said they had family dinners at least five times weekly, and 62 percent of parents agreed. "The bad news in this year's survey is that work and other activities keep many families from getting to the table for frequent family dinners. But the good news is that most of these teens and parents would be willing to give up a weeknight activity to have dinner with their family," said Joseph A. Califano, Jr., CASA's founder and chairman.

**Having distractions at the dinner table, such as talking or texting on the phone or playing video games or surfing the Internet, also correlated with an increased risk of youth alcohol, tobacco and other drug use.**

"The magic of the family dinner comes not from the food on the plate but from who's at the table and what's happening there," said Elizabeth Planet, CASA's vice president and director of special projects. "The emotional and social benefits that come from family dinners are priceless. We know that teens who have frequent family dinners are likelier to get A's and B's in school and have excellent relationships with their parents. Having dinner as a family is one of the easiest ways to create routine opportunities for parental engagement and communication, two keys to raising drug-free children."

Researchers surveyed about 1,000 teens and about 450 parents for the study.

## Wauwatosa School District

Tosa United  
12121 W. North Avenue  
Wauwatosa, WI 53226

Phone:  
414-773-2966  
E-mail:  
hueninre@wauwatosa.k12.wi.us

## Together Tosa United aims to:

Unite the Wauwatosa community in a cooperative effort to develop an environment free of problems stemming from the abuse of alcohol, tobacco and other drugs.

Generate a deeper understanding of the role of adults in the prevention of youth involvement with alcohol, tobacco and other drugs.

Unite attitude, policy, and message with regard to no tolerance of underage drinking, underage smoking and/or other drug use within our community.



\*The National Center on Addiction and Substance Abuse at Columbia University is neither affiliated with, nor sponsored by, the National Court Appointed Special Advocate Association (also known as "CASA") or any of its member organizations, or any other organizations with the name of "CASA".

# FAMILY MATTERS

## Attendance is critical to high school success!

Consistent attendance is one of the most important habits to develop for academic achievement and later success. To help you monitor your child, East provides attendance records along with grades on PowerSchool. As a courtesy, East also will send you an automatic message each day at 6:00 p.m. if your child was absent for one or more class periods that day. This message goes to the primary phone contact listed on your registration form.

If your child begins to accrue absences, you have support available at your request to help you proactively correct this pattern. There are a few common reasons for school absences. Students sometimes refuse to go to school because they are trying to avoid negative feelings such as sadness, fears, and worries. Students also may refuse school to avoid social situations, tests, or other evaluations. While we want to honor a child's painful experience, allowing them to avoid their fears can quickly get out of control and lead to school failure.

Students also sometimes refuse to go to school to get attention or achieve some sort of reinforcement (e.g., sleep, hang with friends, play games all day, defy parents). Finally, medical conditions may also hinder consistent attendance. Each of these situations often improves when parents and the school work together to come up with a behavioral plan at home and school.

If you find that you have any questions or concerns regarding your child's attendance, please contact your principal, guidance counselor, or the school social worker. We are happy to help.

### ***A note from Mrs. Hoffmann:***

First hour tardiness to school is once again becoming a concern. Students are expected to be *in their* seats when school begins at 8:00 a.m. Every tardy to class is a disruption to the learning environment that our teachers are working to provide for all students. As we head into the winter months, please encourage your children to leave a little earlier when it looks as if the weather may slow them down. The building is open early and breakfast is available for purchase in the cafeteria. If a legitimate excuse is warranted (e.g. illness, appointment, accident), please remember to call our attendance line, 414-773-2002.

The **Raider Review** will be available on-line at [www.wauwatosa.k12.wi.us/schools/high/east](http://www.wauwatosa.k12.wi.us/schools/high/east) under **Newsletter/Announcements** for the remainder of the year.

*Below are the deadlines for submitting articles to the Raider Review.* Please send your submissions to Anne Case Urban at [urbanan@wauwatosa.k12.wi.us](mailto:urbanan@wauwatosa.k12.wi.us).

1. January 17 for February/March issue
2. March 13 for the April/May issue
3. May 8 for the Year End issue

## CALENDAR OF EVENTS

Tues, Dec 13	Staff Meeting 3:15 pm	Mon, Jan 16	Martin Luther King, Jr Day NO CLASSES K-12
Wed, Dec 14	Orchestra Concert East & Longfellow 7:30 pm	Tues, Jan 17-- Fri, Jan 20	Semester I EXAMS
Wed, Dec 21	East Band Concert 7:30 pm	Thurs, Jan 19	PTA Meeting 6 – 7 pm
Fri, 12/23 – Fri, 12/30	<b>WINTER BREAK</b> District Offices Closed	Fri, Jan 20	Semester I Ends
Mon, Jan 2	Classes Resume	Monday, Jan 23	NO CLASSES K-12 Teacher Work/Prep
Tues, Jan 3	Principal's Cabinet 3:15 pm	Tuesday, Jan 24	First Day of Classes Semester II
Sat, Jan 7	East v West Boys' Basketball at East 7:30 pm		PTA Council Mtg @ East 7 pm
Tues, Jan 10	Principal's Cabinet 3:15 pm		

**HAPPY NEW YEAR**