

# Junior Blues News



December 2020

## Featured Story

### Career Technical Education and Remote Learning



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Washburn Rural High School provides a progressive environment of world-class academics, athletics, and activities to foster all students' desires to learn and achieve through open discussion and self-discovery. As educators in pursuit of student success, we continually enhance our skills and knowledge so we may offer the most relevant, effective curriculum in order to achieve our vision.

Produced by: Business Communications  
Madeline Carter, Megan Christensen, Arianna Franklin, Tyler Hausthor, Sadee Markham, Kiana Robinson, Taylor Romanchek, Chastyne Slater  
Sponsor: Brian McFall

# From the Desk of Our Principal



Season's Greetings!

I hope this newsletter finds you well and anticipating the upcoming holiday season! As you know, the first semester of the school year will end on December 18, 2020. Winter break for students is December 19, 2020 through January 4, 2021. The second semester will begin on January 5, 2021.

As you have previously read, we will not be giving cumulative final examinations this semester in an effort to reduce student stress and anxiety. Instead, students will be given standard unit or end-of-chapter tests that can be administered in the regular 48-minute class period. This does not apply to courses offered through Washburn University that are being taken for credit by students. As such, no final examination schedule will be developed and teachers will communicate directly with students as to when the last test will be given – just as they normally would with any test during the school year.

On behalf of the staff at WRHS, I would like to wish all of our extended Junior Blue Family, a safe and memorable holiday break!

Best,

A handwritten signature in black ink that reads "Ed Raines". The signature is written in a cursive, flowing style.

Ed Raines, Principal  
raineedw@usd437.net



# WRHS Counseling Office

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Follow us on Twitter @wrhsgo

Counseling Website: <https://sites.google.com/usd437.net/counselors/home>

## **After School Online Tutoring Sessions**

As the end of the semester approaches, please be reminded that after school study sessions are available online in English, math, social studies, and science. We encourage students to take advantage of this valuable resource! Students can access the link when logged into their school email:

[https://docs.google.com/spreadsheets/d/1\\_aWpcm4kiinptbNJG6g-WRKzs7FJqeS6mAt\\_6\\_6OmQ4/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1_aWpcm4kiinptbNJG6g-WRKzs7FJqeS6mAt_6_6OmQ4/edit?usp=sharing)

## **Schedule Changes**

Counselors are currently working to fill gaps and adjust schedules to accommodate social distancing guidelines. Please understand that all schedules are tentative and therefore, students should view their schedule on Campus Portal the first day of second semester. Students who have scheduling issues should contact their school counselor before December 18. Please note that counselors are not available during winter break. Once second semester begins, schedule changes are only approved for levels or being misplaced in a class (eg. English 10 to Honors English 10).

## **Naviance Career Planning**

Naviance is the tool used for our Individual Plans of Study as required by the State of Kansas. A main component of the IPS is that students complete a series of personality and career assessments. Without advisory period in session this semester, students have not had the opportunity to complete these assessments. We encourage students to complete the following on Naviance: <https://student.naviance.com/washburnrh>

Grade 9: Strengths Explorer and Career Cluster Survey

Grade 10: Do What You Are Survey

Grade 11: Career Interest Profiler

Other useful resources on Naviance include the learning styles inventory, Roadtrip Nation career videos, Supermatch college search, the scholarship search, course planning and more!

## **Senior Reduced Schedule**

Many seniors have decided to take a reduced schedule second semester. Students are eligible if they are on track to exceed graduation requirements. The reduced schedule must occur at the beginning or end of the day. Students are not allowed on campus during their free periods.

## **20 Study Strategies for Finals Week**

As students prepare for finals week, these tips may be useful as they plan their study time. We encourage students to start early and feel confident that their hard work this semester will help them find success! <https://www.fastweb.com/student-life/articles/the-20-study-tips-for-finals>

## **Talking to Your Child About COVID 19**

This website gives advice to parents of all ages on how to communicate effectively regarding Covid 19 and the challenges we are all facing. <https://parents.cmionline.com/>



## Build Your Best Self!

Learn by listening. Learn by doing. Enroll at Washburn Tech and begin your exciting journey toward a good career! It is a great opportunity for high school juniors and seniors.

- tuition for most courses is FREE
- choose from 30+ programs  
auto service, construction, cosmetology,  
design, health care, technology & more
- talk to your high school counselor or call  
Admissions at 785.670.2200



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[WWW.WASHBURNTECH.EDU](http://WWW.WASHBURNTECH.EDU)

# ◆ Career and Technical Education

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## Career Technical Education and Remote Learning Are Preparing Students for the Future of Work

The COVID-19 (Coronavirus) pandemic has impacted all levels of education, but many industries have quickly transitioned their entire staffs to remote work. Thus, many new technologies have and will continue to emerge in both remote work and remote learning. The long-term effects of these new technologies will continue to impact the workforce long after the virus has subsided. Students entering the world of work will need a [different set of skills](#) and Career Technical Education (CTE) educators are playing a vital role in teaching skills through carefully designed career pathways.

CTE Pathways are composed of courses that are designed to make education meaningful through applied (or project based) learning. The courses are divided into Introductory, Technical, and Application level and allow students to gain workplace skills. The courses also include competencies that emphasize employability skills such as the development of creativity; critical thinking; communication and collaboration; digital literacy; self-motivation; and responsibility and leadership.

Each CTE Pathway is connected to the real world through an Advisory Committee composed of local business and industry leaders. These Advisory Committees help keep educators and administrators informed of business trends, industry standards and local employment opportunities. The Advisory Committee makes recommendations on curriculum, job skills, and often provides work based learning opportunities for students. In 2012, legislation was enacted to enhance career technical education in Kansas and better prepare high school students for college and careers. Under the [Excel in Career Technical Education Initiative](#), Kansas high school students qualify for state-funded college tuition in approved technical courses offered by Kansas technical colleges and community colleges. Postsecondary career technical education has experienced significant growth in the number of students participating in Excel in CTE courses since the program's inception.

### EXCEL IN CTE: KANSAS RESULTS

- Approximately 30% of participants complete a college-level certificate/degree in high school
- Nearly two-thirds of Excel in CTE students enroll in college and go on to earn more credits/degrees than traditional CTE students
- Excel in CTE credits lead to higher employment and higher wages of approximately \$3,500 per year
- Excel in CTE give high school students a “head start” on college
- Excel in CTE provides talent for Kansas businesses

*Source: Donna K. Ginther, Director, Center for Science, Technology & Economic Policy at the Institute for Policy & Social Research (2016)*

So, while learning may look different this year, keeping students engaged is more important than ever and providing students an opportunity to participate in CTE can be one solution. Enrollment for the 2021-2022 school year is around the corner, now is a great time to talk to your student about their future plans. If you need a place to start, ask them to complete this [student interest survey](#) and share the results with their counselor.

If you'd like to learn more about CTE Pathways at WRHS, contact Teresa Golden at [goldeter@usd437.net](mailto:goldeter@usd437.net) or at (785) 339-4250.

# ◆ Career and Technical Education



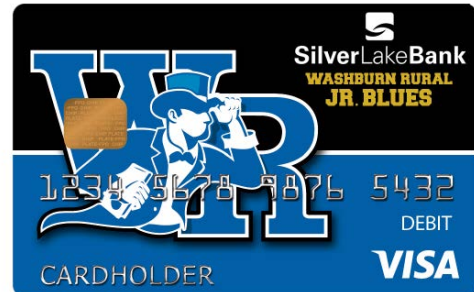
Sponsored by Silver Lake Bank

## School Spirit Loyalty Program

### Jr. Blues School Spirit Debit Cards - Start earning money for your school!

Silver Lake Bank is pleased to offer the School Spirit Loyalty Debit Card Program in partnership with Washburn Rural School District.

How to get a Jr. Blues Spirit Card: Get your Jr. Blues School Spirit Debit Card by opening a checking account at Silver Lake Bank.



How to earn \$ for your school: The Jr. Blues School Spirit Debit Card can be used at ATMs and to make purchases just like a regular debit card. The school district will receive 5 cents for each debit card transaction that doesn't require your PIN. There is no cost to the school or you!

#### *JR. Blue Crew*

*In May, there will be one lucky winner of a \$500 drawing. This grand prize investment will go to one Jr. Blue Crew member who was committed to saving their money all year. To remain eligible, continue to make monthly deposits of at least \$7 for the rest of the year!*



## State Treasurer Promotes Financial Literacy

State Treasurer Jake LaTurner is promoting the need for greater youth financial literacy by bringing awareness to a student-run bank model started by a local Kansas bank and school district that he feels could be used statewide to teach youth important financial skills.

With the help of the Auburn-Washburn Unified School District, Topeka-based Silver Lake Bank set up a branch of their bank inside Washburn Rural High School, and put the task of running the bank almost entirely in the hands of the students. Treasurer LaTurner had the opportunity to visit this school and produced a video of the operation which can be found on the State Treasurer's website at [www.kansascash.ks.gov/student-bank](http://www.kansascash.ks.gov/student-bank) with the goal of encouraging other school-districts and their potential bank partners to team up and develop a similar program for their students.

# Follow Common Grounds on Instagram!

The screenshot shows an Instagram post from the account **wrcommongrounds**. The profile information indicates 63 posts, 312 followers, and 21 following. The bio identifies it as **WRHS Common Grounds**, a Student Based Coffee Shop at Washburn Rural High School. The main post features a photograph of a young woman with blonde hair, wearing a leopard print cardigan, a pink top, and blue jeans, sitting on stone steps. To the right of the photo is a text overlay with the following content:

**wrcommongrounds** Hello everyone! This week we thought it would be fun to get to know the people who make the drinks! Starting with the early risers! ☀️☀️☀️

First we have Chloe Estrada,

Chloe is 17 years old, and is a senior here at Washburn Rural!

Chloe enjoys talking, having super long nails, reading, and spending time with her kitty, Stephen.

After high school, Chloe plans on attending Allen for two years, and then receiving her teaching degree at either Emporia or KU.

The post shows it was liked by **raegan.hardesty** and others, and was posted 1 hour ago. At the bottom of the screenshot, there is a promotional graphic for Common Grounds with the text: **COMMON GROUNDS @ WASHBURN RURAL HIGH SCHOOL**, [wrcommongrounds.square.site](https://www.wrcommongrounds.square.site), and **ORDER ONLINE**. Below this is a QR code and a photo of two people wearing face masks. To the right, a snippet of the business location is visible: **Common Grounds @ Washburn Rural High School**, 5900 SW 61st Street, Topeka, Kansas 66619, with pickup starting at 6:30 am.

Staff Profiles - Drink Specials - Giveaways



Shop our online store!

<https://ruralspirit.square.site/>



TRAINED 7 CUPS LISTENERS WILL LEND HELP AND SUPPORT WHEN YOU'RE STRUGGLING WITH...

ADHD  
ALCOHOL AND DRUG USE  
ANXIETY  
BREAKUPS  
BULLYING  
CUTTING AND SELF-HARM

DEPRESSION  
EATING DISORDERS  
FAMILY OR RELATIONSHIP STRESS  
GRIEF  
LGBTQ+ ISSUES  
LONELINESS



WHEN YOU NEED TO TALK,  
7 CUPS IS AVAILABLE 24/7.  
IT'S SAFE, CONFIDENTIAL & FREE.



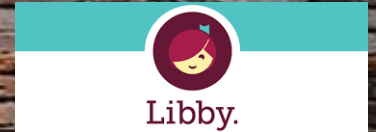
DOWNLOAD THE 7 CUPS APP OR VISIT  
7CUPS.COM/P/FSGC  
CODE/PASSWORD: TALK

AGES 13-17

FREE

Underwritten by:  
Family Service & Guidance Center

## ◆ WRHS Media Center



<https://tinyurl.com/yy82kb86>



# Today's Science

HIGHLIGHTS AND FEATURES



**Virus to Bacterium: Let's Just Be Friends**  
by Emilio Rodriguez | May 2019

Related Content

- Flower In The Flower**  
A new study of a flower that grows inside another flower's reproductive system.
- Worms Fight Antibiotic Resistance**  
A new study of a worm that produces a natural antibiotic.
- Bacteriophages Offer Antibiotic**  
A new study of a bacteriophage that produces a natural antibiotic.
- Doctors Fight Disease**  
A new study of a doctor who uses a bacteriophage to fight disease.
- Virus Infects Bacteria**  
A new study of a virus that infects bacteria.

ask, you'd normally expect the predator to be killing, and consequently to be helpful to any of all food chain, the snake eats the bird and the snake ends up benefiting the worm. But in a more complicated, and predator-prey evolutionary changes, *Pseudomonas aeruginosa* bacterium that acts as a host to the virus P1, a tiny does the virus hurt or hurt more: the all that the bacterium infects?

**Where Have All the Frogs Gone?**  
by Aida Green | May 2019

According to an ancient Greek fable, once upon a time the frogs demanded that Zeus, the king of the gods on Mt. Olympus, give them a king of their own. Amused, Zeus sent them a log. At first the frogs were scared, but they quickly realized they could walk—or jump, as it were—all over King Log. So, they petitioned Zeus again to send them a 'real king'! This time Zeus was less amused, so he sent them a heron that ate them all. Turns out he could have just as easily sent the frogs a deadly fungus called *Batrachochytrium dendrobatidis* (Bd).

**CONVERSATIONS WITH SCIENTISTS**

**Athena Demertzi: Investigating the Nature of Consciousness**  
May 2019

Print Download Share Save Read Aloud Library Links

*"... by knowing more about the gradations of consciousness, we can engage in public discourse about animal rights, end-of-life options, life itself, and even the afterlife. In that respect, I find that the investigation of the profound experience of consciousness pertains to our daily lives in every possible way."*

Danley Gays/PHRG Reporters

Athena Demertzi is a researcher in cognitive and clinical neuroscience at the University of Liège's GIGA Research Institute in Belgium. Born in Greece, Demertzi graduated from Greece's Aristotle University of Thessaloniki in

↑ **Original Articles:**

distilled from major scientific news sources and peer-reviewed journals, highlighting current science topics in easy-to-understand language—content students can trust

**Plus—**

- **Extensive backfile and 30,000+ embedded hyperlinks to related articles:** illustrating how one scientific advance leads to another
- **Pop-up glossary:** putting 7,000+ important science terms at students' fingertips, promoting science literacy
- **Discussion questions:** to encourage critical thinking about each article
- **Extensive biographies**
- **Science fair guide**
- **Searchable** by Common Core, national, state, provincial, IB, College Board AP, NGSS, and national STEM standards
- **Curriculum tools:** activities, assignments, and research tools that help students speak and write—and educators teach—about science
- **Rich resources:** thousands of editorial cartoons, video briefs, images, diagrams, and crossword puzzles
- **Dynamic citations:** in MLA, APA, and Chicago formats
- Search Assist technology
- Share to Google Classroom
- Google Translate and Read Aloud tools
- Persistent record URL links
- Featured Article widget
- Searchable Support Center with live help chat.



↑ **Conversations with Scientists:**

unique and insightful first-person accounts of recent breakthroughs from practicing scientists that show how anyone can get interested in science—an excellent source for report topics

**Grooves On A Bird's Beak Help It Fly Faster**  
2017

Recent Video News Briefs

- Supernova: Powering O...
- Emerson: Po...
- Cancer: Che...
- 3-D: Wat or...
- The Future...

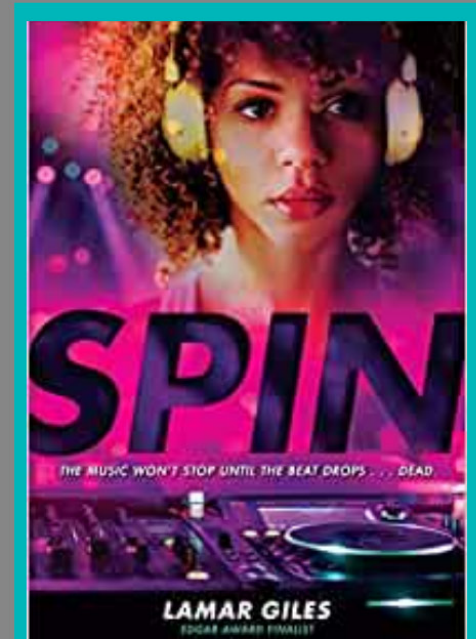
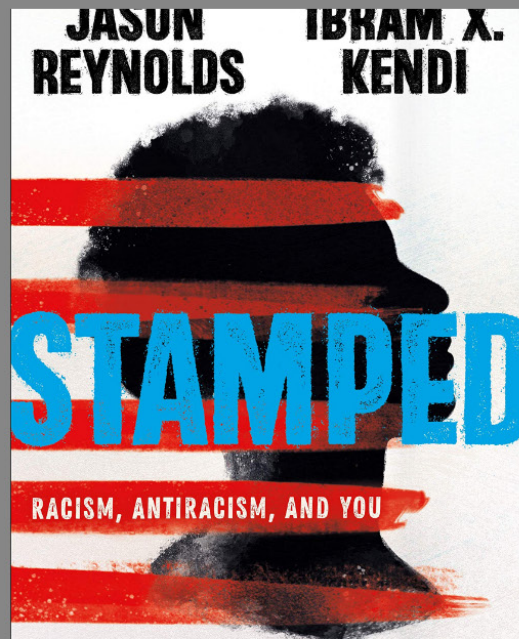
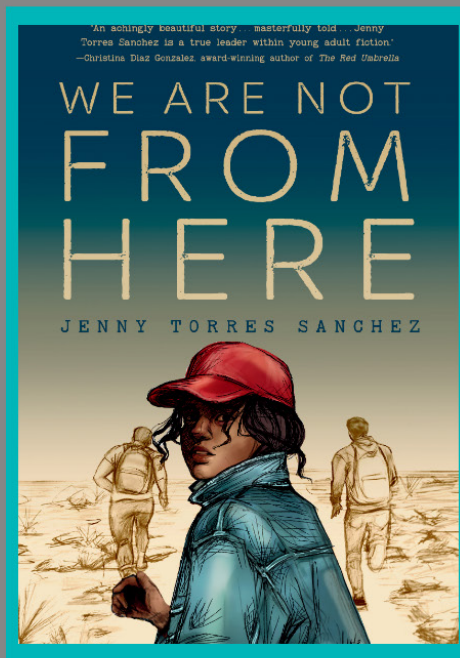
↑ **Video News Briefs:**

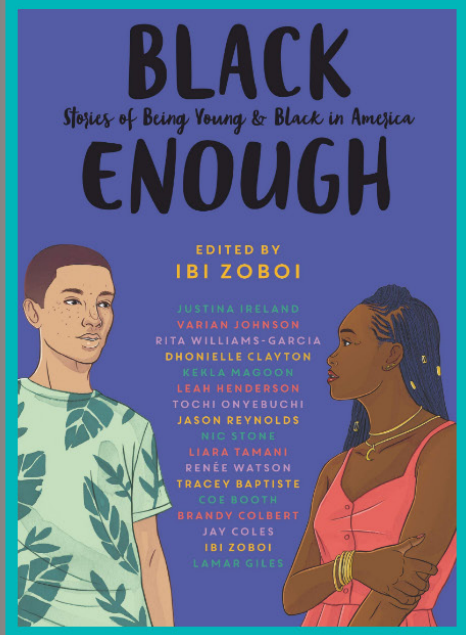
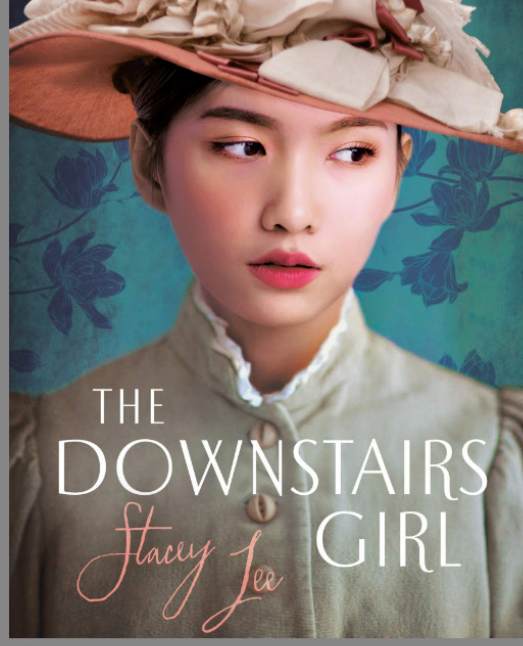
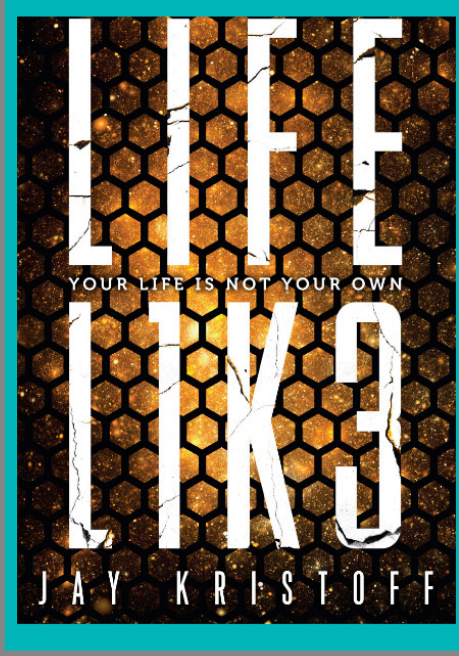
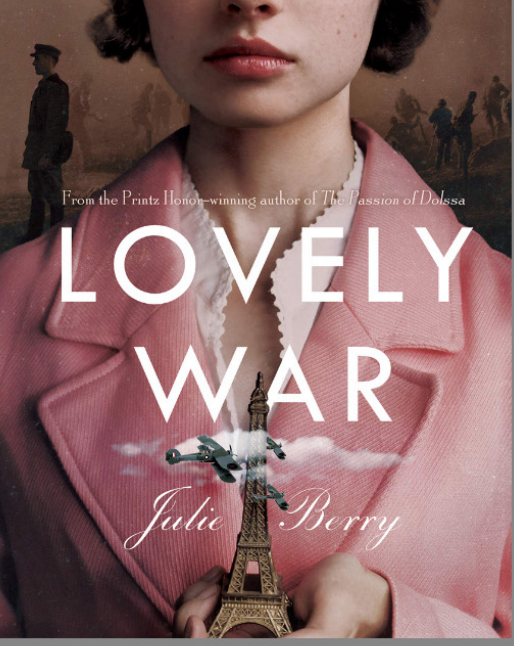
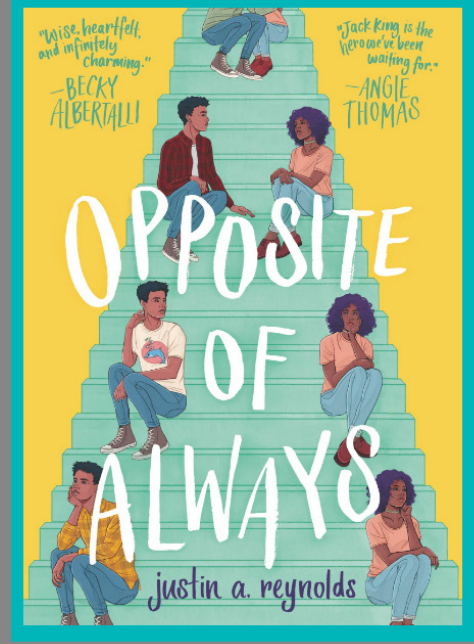
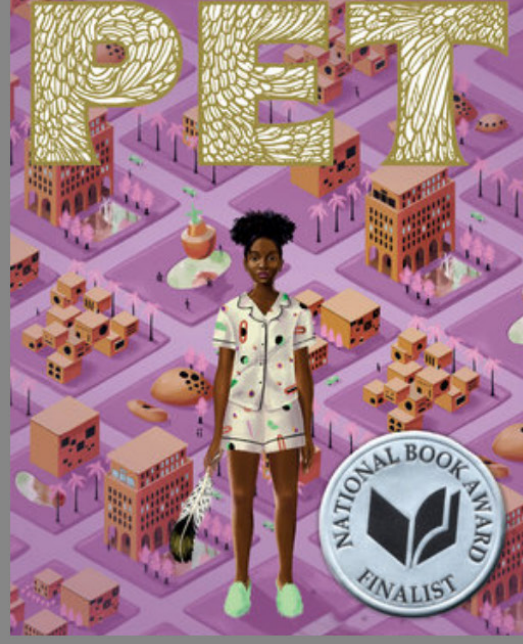
bite-size science info that uses real-world examples to teach applied science. Fun and easy to use!

**Research Topics:** summaries of key topics to jump-start research; plus, a complete, hyperlinked Topic Index

# March Madness Young Adult - 2021

Read the books now -  
Vote this March!





Connect with us @wrhslib for:

- technology support
- homework help
- reading recommendations
- area job openings
- school activities and more









Text 4 Help: 785-260-0015  
 Marcy Sandberg sandbmar@usd437.net  
 Victoria Finney finnevic@usd437.net

# SENIOR PORTRAITS

## Senior Portrait Specifications for Yearbook

The WRHS Yearbook staff encourages every senior to submit a senior portrait for the “People Section” of the yearbook. Portraits are due on/before the **first Friday in December**.

### **OPTION #1: Inter-State Studios**

Inter-State is the school’s portrait photographer. During enrollment & on retake dates seniors may take a senior portrait at no charge to the student. The yearbook staff will have access to these images.

### **OPTION #2: Select Your Photographer & Submit Your Image**

Seniors complete this option on their own.

All images are sent electronically.

Please send the ORIGINAL (uncropped) file in JPEG format.

Email Subject: Student’s first & last name.

Send your portrait file to:

**[wrhsporraits@usd437.net](mailto:wrhsporraits@usd437.net)**

(Important: send Senior Salute images in a separate email to [wrhssalutes@usd437.net](mailto:wrhssalutes@usd437.net))

While most major photography studios in the area already have these specifications, please have your photographer send a digital file that matches the following:

- Head-and-shoulders shots are preferred.
- Attire must follow school handbook.
- Plain backgrounds preferred.
- No studio imprint (I.D.)/watermark on portrait.
- Photos must be vertical (or they will be cropped to fit a vertical space).

- *Special note to photographers:*

Digital images must be 300 dpi. They can be submitted on CD or emailed to us at:

# **[wrhsporraits@usd437.net](mailto:wrhsporraits@usd437.net)**

Please note: We will post a list of seniors who HAVE turned in portraits after the deadline. The list will be posted outside the Counseling Office and announcements will be made. Seniors are responsible for checking the list to make sure portraits have been delivered and received by the yearbook staff.

**We cannot be responsible if we do not receive your photo.**

If you have any questions, please don’t hesitate to contact the WRHS Journalism Department at 339-4252.

**Don’t forget the December Deadline! (first Friday)**  
**Questions? Call WRHS Journalism 339-4252 or email: [wrhsporraits@usd437.net](mailto:wrhsporraits@usd437.net)**

# Senior Salutes

It's Your Child's Senior Year!

Here's your opportunity to purchase senior salute space in the yearbook.

Senior salutes are spaces for parents, grandparents and friends to congratulate, honor and recognize their senior with photo(s) and text.

Salute sizes range from 1/8 of a page to a full page and are available in color or black & white. Custom designs can be submitted (as a JPEG), or you may choose from one of the prepared layouts on the attached pages.

To order a salute: (1) detach and fill out the form below.

(2) gather your pictures.

\*Do not cut photos.

\*Do not submit wallet-sized senior pictures: (these often have a texture on them which makes them difficult to scan) please contact your photographer and have senior salute portraits emailed to:

**wrhssalutes@usd437.net**

(3) Based on your layout selection, write the appropriate amount of text you'd like to appear in the salute space. (Please limit any quoted text to 4 lines or 10% of original material. No song lyrics will be printed.)

**Two Ways to Send:** (Option 1): Mail these items to WRHS Journalism Department, Attention: Senior Salutes, 5900 SW 61st Street, Topeka, KS 66619. **If you'd like the pictures returned, simply include a self-addressed and stamped envelope, and we'll send your photos when the salute is complete.**

(Option 2): If all of your content (photos & text) is digital, email content + order form to wrhssalutes@usd437.net

\*Photos MUST be high resolution scans: 300 dpi - if not, mail original images.

**Payments must be mailed or delivered to WRHS prior to the deadline.**

**Hurry, space is limited!**

**Salutes and/or payments submitted after the deadline may not be published.**

**Salute deadline: first Friday in December**

## Yearbook Salute Order Form

**Purchase Information - (Salutes will not be printed until payment is received.)**

Buyer's Name: \_\_\_\_\_

Senior's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ (in case we have questions)

Buyer's E-mail: \_\_\_\_\_

(so we can send you a salute proof when completed.)

Payment Type: Cash or Check # \_\_\_\_\_ (to WRHS Yearbook)

**Salute Deadline:  
first Friday in Dec.**

Questions? Please call 339.4252 or email: wrhssalutes@usd437.net

### Salute Size & Color

(check size & circle layout letter - sample layouts included)

#### Black & White Salute Space

\_\_\_ 1/8 Page \$50 Layout: A B C D (circle)

\_\_\_ 1/4 Page \$100 Layout: E F

\_\_\_ Half Page \$200 Layout: G H I J

\_\_\_ Full Page \$300 Layout: K L

#### Color Salute Space

\_\_\_ 1/8 Page \$100 Layout: A B C D (circle)

\_\_\_ 1/4 Page \$200 Layout: E F

\_\_\_ Half Page \$300 Layout: G H I J

\_\_\_ Full Page \$400 Layout: K L



# BUY YOUR YEARBOOK LIKE, NOW

YEARBOOKS ON SALE  
ORDER TODAY

[YEARBOOKORDERCENTER.COM](http://YEARBOOKORDERCENTER.COM)

Keep your order number handy when you log on.

Washburn Rural High School

**33333**

HERFF  JONES.

# Thank You

for supporting the

# 2021 Yearbook

## **GOLD LEVEL SUPPORTERS**

Higgins Stone  
Create Hair Studio  
El Dorado Mexican Grille & Cantina  
Pert Home Team

## **BLUE LEVEL SUPPORTERS**

Banjo's Cafe  
Cassidy Orthodontics  
Core First Bank & Trust  
Figgs & Associates, American Family Insurance  
Nexus Photography  
Tony's Jewelry & Repair



# WRHS PTO/BLUES BACKERS

2020-2021

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## WHO ARE WE?

- ❖ PTO/BLUES BACKERS ARE PARENTS, FAMILY, FRIENDS AND TEACHERS WHO TAKE PRIDE IN WRHS BY HELPING TO FUND THE NEEDS OF OUR SCHOOL.

## HOW TO SUPPORT WRHS & BECOME INVOLVED?

- ❖ MEMBERSHIP DUES SUPPORT ACTIVITIES FOR ALL STUDENTS BY FUNDING TEACHER AND SPONSOR REQUESTS.
- ❖ SUPPORTERS' NAMES WILL BE LISTED IN THE WRHS NEWSLETTER AND ON THE BLUES BACKERS/PTO PAGE! BECOME A MEMBER TODAY AT:

[HTTPS://USD437.NET/SCHOOLS/WRHS/PTO/MEMBERSHIP-FORM.HTML](https://USD437.NET/SCHOOLS/WRHS/PTO/MEMBERSHIP-FORM.HTML)

### MEMBERSHIP LEVELS

JUNIOR MEMBERSHIP - \$10/FAMILY

BLUES MEMBERSHIP - \$25/FAMILY

BACKER MEMBERSHIP - \$50/FAMILY

- ❖ **VOLUNTEER** - ON-GOING AND ONE-TIME OPPORTUNITIES TO GET INVOLVED!! VOLUNTEERS ARE NEEDED IN A VARIETY OF AREAS!
  - ❖ ORGANIZE CONCESSIONS
  - ❖ APPRECIATE SCHOOL STAFF
  - ❖ POST-PROM
  - ❖ HOSPITALITY
- **ATTEND PTO MEETINGS** - MEETINGS ARE HELD ON THE FIRST WEDNESDAY OF EVERY MONTH. LEARN MORE AT:

[HTTP://USD437.NET/SCHOOLS/WRHS/PTO/](http://USD437.NET/SCHOOLS/WRHS/PTO/)

## WRHS PTO 2020-2021 BOARD POSITIONS AVAILABLE

Hospitality

Spring Concession

Other positions available throughout the year

**Please contact a current board member for more information!**

PTO was happy to support the organizations, sports, and clubs listed below during the 2019-2020 year. This, in turn, is possible through the support that PTO receives from the high school community.

Dancing Blues: \$2,064.00 for uniforms  
Boys' Basketball: \$750.00 for HUDL Program  
Band: \$5,000.00 for Program  
ROTC: \$885.00 for marksmanship range



**FOLLOW US ON  
FACEBOOK!**

[@WRHSBluesBackers](https://www.facebook.com/WRHSBluesBackers)

### **A message from Principal Raines...**

The WRHS PTO is an indispensable organization in the life of our school. Unlike the elementary schools in our District, the high school PTO does not hold special events such as Sock Hops or Pancake Feeds to raise money. Revenue is generated almost exclusively through memberships and concession stand proceeds. The money that is generated funds a wide variety of activities including sports, post-prom, performing arts and classroom instructional support. Given the limited number of participants at events this year, the sale of memberships will be absolutely critical. Please consider joining and, in doing so, supporting our students! Your support HAS NEVER been more important!! For more information, please go to: <http://usd437.net/schools/wrhs/pto/>



*Scan Me*

Support your student and school by becoming a WRHS Blues Backer member for as little as \$10. Scan the QR code with your phone to join today!

## 2020-2021 PTO Contact Information

### CO-PRESIDENTS:

Jenny Lang [jenlang4@gmail.com](mailto:jenlang4@gmail.com)  
785-608-1145

Ann Rausch [rauscann@usd437.net](mailto:rauscann@usd437.net)  
785-383-4219  
785-339-4110

### SECRETARY:

Erinn Bradstreet [bradser1@usd437.net](mailto:bradser1@usd437.net)  
785-224-8039

### TREASURER:

Angie Bachelor [bachelorange@cox.net](mailto:bachelorange@cox.net)  
785-230-3399

### ACTIVITIES/ATHLETICS:

Penny Lane [lanepen@usd437.net](mailto:lanepen@usd437.net)  
785-224-3292

### CONCESSIONS FALL CHAIR:

Ann Rausch [rauscann@usd437.net](mailto:rauscann@usd437.net)  
785-383-4219  
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### NEWSLETTER CHAIR:

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You can browse items available for sale at:

<http://usd437.net/schools/wrhs/pto/merchandise.html>

Contact our Merchandise Co-Chairs for more information.

### Volunteers Needed!

PTO is looking for volunteers to help plan Post Prom. Planning will begin soon! If you are interested in helping, please contact Michelle DeWeese at [bmdeweese@sbcglobal.net](mailto:bmdeweese@sbcglobal.net)

We are always looking for people who can volunteer in the concessions stand during games. Please contact Cyndi Peterson at [tamuku@aol.com](mailto:tamuku@aol.com) if you can help!

# Sources Of Strength

A campaign to grow and expand  
healthy coping strategies

Focuses on emotional regulation and what  
strengths help us to cope or manage our  
emotions in times of stress or difficulty!



**FIND US ON INSTAGRAM, TIKTOK,  
AND TWITTER!**

To get involved or learn more email Mr. Swedlund  
[swedlmat@usd437.net](mailto:swedlmat@usd437.net)