



Junior Blues News



November 2020

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Featured Story

8 Job Skills You Should Have



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
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 Sponsor: Brian McFall

From the Desk of Our Principal



Hello Again!

As you know, we have recently ended the first 9-week grading period. We have had an interesting start to the school year, but amidst these challenging times, we've settled into a safe routine and I have every hope that we are poised for even greater things for the remainder of the year. As a parent, I feel privileged to have my own child in this school district. As a principal, I want you to know that you can feel very good about the education that your children are receiving at WRHS. Having said that, we do realize that, for some students, learning can be difficult and we are fully prepared to assist them in any way necessary. If this is true of your child, there is still time to address problems before the end of the semester. I would like to

share with you some of the avenues for assistance at your disposal.

If you haven't already discovered it, our Parent Portal is an excellent way to track your child's grades, discipline, attendance, lunch account balances, etc. In order to view this information, you will need an activation key which can be obtained by calling Ms. Susan Kaspar at 339-4104. Susan is my Administrative Assistant and will be happy to walk you through the process of accessing this information. Since the data in this system is updated daily, you should be able to develop a clear picture of your child's performance. If parental monitoring doesn't address poor performance in school, I would encourage you to seek additional assistance from your child's teachers.

Teachers are available before school, after school and during other mutually agreed open times for additional remediation. Teachers are in their classrooms by 7:30 AM and, in most cases, until 3:30 PM. Obviously, teachers who also serve as coaches would not be available after school, but are more than willing to make arrangements with your son or daughter for extra help before school. If you find that your child needs additional help, I would encourage you to contact your child's counselor. For your convenience, I have listed them below.

Leslie Fischer (339-4117): Responsible for students whose last names are A-D

Keith Wetzel (339-4116): Responsible for students whose last names are E-J

Stephanie Berkhalter (339-4103): Responsible for students whose last names are K-O

Michelle Pegram (339-4911): Responsible for students whose last names are P-T

Cynthia Coufal (339-4118): Student Services

Marcie Frederickson (339-4115): Responsible for students whose last names are U-Z, International Baccalaureate, Student Services-Gifted

Jason Parker (339-4119): Responsible for students in Alternative Education – B3 School

Our counselors are more than willing to provide assistance in other ways in order to help your child reach his/her academic goals. A multitude of services exist at WRHS that the counselors can help coordinate with you and your child. If individual attention from the teacher and other interventions prove ineffective in solving your challenges, your child may be referred for further intervention through our Student Intervention Team (SIT). The SIT is a group of trained educational professionals, and you, of course, who will conduct a comprehensive analysis of your child's academic progress and habits. After the evaluation is complete, intervention may be recommended to address academic performance issues. Fortunately, most problems can be effectively resolved through this process. For those that are not, our counselors will be happy to discuss more aggressive options with you.

It is our mission to ensure that every student learns to the best of his/her ability. Please do not be the least bit hesitant about letting us know how we can assist you.

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

Military and College Visits

WRHS hosts online and in-person military and college visits. We encourage students to take advantage of these opportunities. The schedule can be found on our website quick links list:

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

Supporting Teenagers During the Coronavirus Crisis

This article gives information and tips on how to support our teenagers during this unusual time:

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

Free ACT for Juniors

On February 23, 2021, a free ACT will be offered at WRHS for juniors. Juniors received an email on October 26 with a link to register. We encourage juniors to take advantage of this opportunity.

Washburn Institute of Technology

Washburn Institute of Technology offers several programs for juniors and seniors. We encourage families to research opportunities. Some programs are still taking applications for second semester. If interested, please visit <https://www.washburntech.edu/> and speak with your school counselor.

Senior Meetings

During the month of October, counselors met individually with all seniors to discuss post-secondary planning. Our seniors impressed us with how they are adapting to life during the pandemic. Whether off to the military, workforce, technical school, college, or other pursuits, our students have ambitious goals and we look forward to watching them succeed. As the year progresses, please continue to reach out to your school counselor with questions regarding the transition beyond high school.

Second Semester Schedule Changes

Starting in November, counselors will work to fill second semester gaps for grades 9-11. Students should email their counselor to discuss scheduling concerns and issues. Please note that schedules are tentative until the first day of school.

Washburn University Dual credit classes next semester

WRHS continues to offer several Washburn University Dual Credit courses. Students must have a 3.0 GPA, complete WU enrollment, and pay the fee which is at a 50% reduced cost. Some classes are offered with optional dual credit (AP US History, Consumer and Personal Finance, Advanced Accounting, Biology, College Algebra) and some classes are offered with required dual credit (Freshman Comp, Introduction to Literature, Public Speaking).

◆ WRHS Counseling Office

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



AGES 13-17

FREE

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

Underwritten by:
Family Service & Guidance Center



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



WASHBURN TECH . 5724 SW HUNTOON ST. OR 2014 SE WASHINGTON . TOPEKA, KS . 785.670.2200

WWW.WASHBURNTECH.EDU

◆ Career and Technical Education



College and Career ready- CTE connects the classroom to real world work environments. In the career cluster pathway designs, students complete a sequence of courses which build from introductory and technical skills to application in authentic work-based experiences. If your business or industry in the Auburn Washburn community is interested in helping to provide direction, offer input and identify locations for the work-based learning opportunities for our students, please contact Teresa Golden at goldeter@usd437.net or 785-339-4250

8 JOB SKILLS YOU SHOULD HAVE...

While there will always be job-specific skills that an employer is looking for most employers will also expect you to have some general skills. These general job skills are referred to as “employability skills”.

Having employability skills can help you get the job, stay in a job and work your way to the top. If you score a job interview, chances are you’ll be asked questions about your job-specific skills and your employability skills.

Generally speaking, there are eight skills that employers look for you to have, no matter what industry you’re working in.

1. COMMUNICATION is about having good written and verbal skills. It involves being confident about speaking to people (face-to-face or over the phone). It also involves writing well enough to be understood in emails and letters.

Examples of ways that you can develop or improve your **communication** skills include:

- writing assignments and reports
- blogging or using social media
- oral presentations
- working customer service (face-to-face or on the phone)
- volunteering

2. TEAMWORK means being good at working with people-both the people you work with and other people that come into contact with your organization.

Examples of ways that you can develop or improve your **teamwork** skills include:

- collaborating on a group assignments
- participating in clubs or team activities
- volunteering

3. PROBLEM SOLVING is about being able to find solutions when faced with difficulties or setbacks. Even if you can’t think of a solution straight away, you need to have a logical process for figuring things out.

Examples of ways that you can develop or improve your **problem solving** skills include:

- doing research assignments
- dealing with complaints or confrontation
- talking to other people about how they solved the problems they faced
- volunteering

4. INITIATIVE AND ENTERPRISE are about being able to think creatively and to make improvements to the way things are. They’re also about looking at the bigger picture and how the way your work fits into that.

Career and Technical Education

Examples of ways that you can develop or improve your **initiative and enterprise** skills include:

- approaching organizations and businesses about work placements or internships
- organizing a fund-raiser in your school or community
- volunteering

5. PLANNING AND ORGANIZING are about things like working out what is required to get a job done, and then working out when and how you'll do it. They're also about things like developing project time-lines and meeting deadlines.

Examples of ways that you can develop or improve your **planning & organizing** skills include:

- developing a study timetable and sticking to it
- managing your times around school, study, work, family an other commitments
- help organize a community event
- doing chores regularly around your home
- volunteering

6. SELF-MANAGEMENT is about getting on with your work without someone having to check up on you every five minutes. You should also be able to stay on top of your deadlines and be able to delegate tasks to other people to make sure things get done on time.

Examples of ways that you can develop or improve your **self-management** skills include:

- working on a group assignments
- participating in clubs or team activities
- volunteering

7. LEARNING is about wanting to understand new things and being able to pick them up quickly. It's also about being able to take on new tasks and to adapt to change in the workplace.

Examples of ways that you can develop or improve your **learning** skills include:

- research into learning skills and learner types
- start a new hobby
- take an online course
- joining a sport or volunteer group

8. TECHNOLOGY skills that employers want include things like being able to use a computer for word processing and sending email, or knowing how to use a photocopier. Some more specific technology skills relate to software, like using media, working with design or video editing software or knowing programming languages. Other technology skills relate to hardware, like knowing how to use EFTPOS machine, a cash register, a photocopier or scanner, a camera, or a recording studio.

Examples of ways that you can develop or improve your **technology** skills include:

- finding out what technology is used in the job you want and researching its use
- identifying the technology, you're already using in your day-to-day life
- take an online course

Every student at Washburn Rural High School has the opportunity to take advantage of the career pathways and Work-based Learning opportunities associated with each pathway. The time is NOW for EVERY graduate of WRHS to be college AND career ready, and PATHWAYS can make that happen!

For more information contact Teresa Golden, CTE Career Coordinator
goldeter@usd437.net or 785-339-4250

JOIN THE WRHS JR. BLUE CREW



BEST INTEREST IN TOWN **0.35%**

Deposit \$7 a month to be eligible for:
-Gift Card Prize drawings every month
-End of the Year \$500 grand prize drawing

Open during lunch!
11:30 - 1:10

Follow us:
Twitter: @WRHSbank

Follow Common Grounds on Instagram!

Instagram

Search

wrcommongrounds Edit Profile

63 posts 312 followers 21 following

WRHS Common Grounds
Student Based Coffee Shop @ Washburn Rural High School

Chloe Estrada

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.

Liked by raegan.hardesty and others
1 HOUR AGO

Add a comment... Post

COMMON GROUNDS @ WASHBURN RURAL HIGH SCHOOL
@washburnruralhighschool
wrhscmmongrounds.square.site

ORDER ONLINE

Common Grounds @ Washburn Rural High School
5900 SW 61st Street, Topeka, Kansas 66619
Pickup from Tuesday 6:30 am

Items

Staff Profiles - Drink Specials - Giveaways

The Shack

WRHS Spirit Wear and Supplies

**BUY ONLINE
PICK UP IN STORE!**

**Hours:
Monday-Tuesday:**

11:27-1:11

Thursday-Friday:

11:27-1:11



<https://ruralspirit.square.site>

All sales final
unless there
is a defect

◆ WRHS Media Center



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@uusd437.net

Victoria Finney finnevic@usd437.net



WRHS Media Center

Kansas State Library of Kansas Digital Resources

State Library of Kansas

Online Databases and Learning Tools

Fun Facts



Includes extensive, up-to-date articles; videos; interactive games; science projects; and Homework Help



Provides students and researchers access to authoritative, essential statistics on hundreds of topics in a searchable online format.



A go-to resource for context and background on key issues related to both historical and current events.

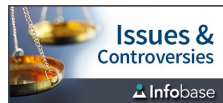
Research



An educational site students can use for homework help, projects, or learning at home.



A fun, easy-to-use tool that can help you complete research and classroom assignments



Presented in a balanced pro/con format to help understand hot topics in politics, government, business, society, education and pop culture.



Comprehensive, in-depth coverage of body systems, current health issues, major diseases and conditions, treatments, and procedures, as well as health and nutrition information.

Learn something new



Self-paced classes in over 30 subject areas.



Learn over 70 languages right from your own computer (or smartphone!).



Bloom's Literature provides all of the essential information users need to research, study, and explore literature.

Moving forward



Includes extensive, up-to-date articles; videos; interactive games; science projects; Homework Help and test prep for a wide range of studies.



Targeted guidance based on your level of experience



Career exploration and planning. Includes industry & professions articles, school planning resources, and skills & career



Provides users with the tools and "how-to" instructions to independently address a wide range of small business topics.

Visit www.kslib.info/databases to find these resources and more.

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REQUIRES SEPARATE REGISTRATION



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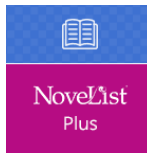
Animated storybooks paired with a nonfiction eBook and games to check understanding

Visit www.kslib.info/ebooks to find your next book.

Parent & Educator Resources



The Mailbox School & District is a teacher-created, editor-reviewed resource in print and online. Resources include worksheets, crafts, forms, songs, games, graphic organizers, patterns, clip art, cards and more for pre-



Online database for reading recommendations, reviews, articles, lists and more.



The World Almanac for Kids
The World Almanac Elementary
Bloom's Literature
Ferguson's Career Guidance Center
Health Reference Center
Issues & Controversies
World News Digest

For more Resource Guides for Educators visit
www.kslib.info/guides

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:

wrhsporthraits@usd437.net

(Important: send Senior Salute images in a separate email to 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:

wrhsporthraits@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: wrhsporthraits@usd437.net

WRHS Yearbook 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

Keep your order number handy when you log on.

Washburn Rural High School

33333

HERFF  JONES.

WRHS PTO/BLUES BACKERS

2020-2021

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/>



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
785-608-1145

Ann Rausch rauscann@usd437.net
785-383-4219
785-339-4110

SECRETARY:

Erinn Bradstreet bradser1@usd437.net
785-224-8039

TREASURER:

Angie Bachelor bachelorange@cox.net
785-230-3399

ACTIVITIES/ATHLETICS:

Penny Lane lanepen@usd437.net
785-224-3292

CONCESSIONS FALL CHAIR:

Ann Rausch rauscann@usd437.net
785-383-4219
785-339-4110

CONCESSIONS WINTER CHAR:

Amy Landis amielandis71@gmail.com
785-608-4098

CONCESSIONS SPRING CHAIR:

TBA

CONCESSION PURCHASING:

Angie Rea a.rea@cox.net
785-213-5173

CONCESSIONS DRINKS:

Ann Rausch rauscann@usd437.net
785-383-4219
785-339-4110

CONCESSIONS FINANCE:

Kelly Pert kellypert@gmail.com
785-554-4715

MERCHANDISE CHAIR:

TBA

CONCESSIONS SCHEDULING:

Jenny Howard howarjen@usd437.net
785-224-4252

HOSPITALITY:

TBA

POST PROM:

Michelle DeWeese bmdeweese@sbcglobal.net
785-608-3388

NEWSLETTER CHAIR:

Erinn Bradstreet bradser1@usd437.net
785-224-8039

MEMBERSHIP CHAIR:

Kelly Pert kellypert@gmail.com
785-554-4715

STAFF APPRECIATION:

Barb Alstrom alstrbar@usd437.net

SOCIAL MEDIA:

Kelly Pert kellypert@gmail.com
785-554-4715

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

We are always looking for people who can volunteer in the concessions stand during games. Please contact Cyndi Peterson at 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