2019-2020 Class of 2022 Class Meeting
Plan your future ...

BE PROACTIVE

*I am the force.*

*Take responsibility for your life.*

Being proactive is more than taking initiative. It is accepting responsibility for our own behavior (past, present, and future) and making choices based on principles and values rather than on moods or circumstances. Proactive people are agents of change and choose not to be victims, to be reactive, or to blame others. They take an Inside-Outside Approach to creating changes.
Plan your future ...

BEGIN WITH THE END IN MIND

Control your own destiny or someone else will.

Define your mission and goals in life.

All things are created twice – first mentally, second physically. Individuals, families, teams, and organizations shape their own future by creating a mental vision and purpose for any project. They don’t just live day to day without a clear purpose in mind. They mentally identify and commit themselves to the principles, values, relationships, and purposes that matter most to them.
Plan your future ...

PUT FIRST THINGS FIRST

Will and Won’t Power
Prioritize, and do the most important things first
Putting first things first is the second or physical creation. It is organizing and executing around mental creation (your purpose, vision, values, and most important priorities.) The main thing is to keep the main thing the main thing.
What is YOUR Mindset?

“Failure is the limit of my abilities”

FIXED MINDSET

“I’m either good at it or I’m not”
“My abilities are unchanging”

“I don’t like to be challenged”
“I can either do it, or I can’t”

“My potential is predetermined”

“When I’m frustrated, I give up”

“Feedback and criticism are personal”
“I stick to what I know”
What is YOUR Mindset?

“Failure is an opportunity to grow”

GROWTH MINDSET

“I can learn to do anything I want”

“Challenges help me to grow”

“My effort and attitude determine my abilities”

“Feedback is constructive”

“I am inspired by the success of others”

“I like to try new things”
The Dakota Mindset

Resilience:

The capacity to recover quickly from difficulties; toughness.
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More Strategies to Build Resilience

- Help students make realistic plans and take steps to carry them out every day
- Help students to adopt a positive view of themselves and build confidence in their strengths and abilities
- Build communication and problem solving skills
- Develop and practice how to effectively manage strong feelings and impulses

American Psychological Association
The Dakota Mindset

Help students make realistic plans and take steps to carry them out every day

Student Goal Setting – MAP, PSAT-10 related ... College Board account creation and linking Khan and College Board accounts (Mr. Maniscalco)

Beginning with the end in mind, keeping first things first, being proactive ...
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Help students to adopt a positive view of themselves and build confidence in their strengths and abilities.

DAKOTA
P. R. I. D. E.
Prepared Respectful Integrity Dedication Empathy
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- Building culture focused on respect
- Student-to-student
- Student-to-staff
- Students-to-our school itself
- Outside of school – social media, online
- EMPATHY!
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Help students to adopt a positive view of themselves and build confidence in their strengths and abilities

- Get involved in student activities and events!
- High Five Fridays!
- Promoting Positivity through social media
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Build communication and problem solving skills

The Guidance and Counseling Department
A – De = Mr. Anderson
Df – Jon = Ms. Thiel
Joo – Mug = Ms. Ede
Muh – Sha = Ms. Simmons
Shb – Z = Ms. Carr
From the Counselors:

• Graduation Requirements
• PE Waivers
• Keep *Career Cruising* updated (including EDP and four-year plan)
• Be conscious of daily attendance, course grades, and extra curricular participation
• Take time to meet your guidance counselor
• Classroom Presentations
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Build communication and problem solving skills

The Administrative Team
A-G: Ms. Carter
H-O: Mr. Maniscalco
P-Z: Mr. Downham
Administrative Intern: Mr. Hayes
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Build communication and problem solving skills

The Dakota Media Center
Ms. Groppuso, DHS Media Specialist

• Media Center Hours – 6:45 AM until 3:15 PM and open during all three lunches
• Need ID to enter!
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Develop and practice how to effectively manage strong feelings and impulses

Student Assistance Specialist, Ms. Lange
Student Assistance Program

- Are you distracted because your parents are going through a divorce?
- Did you lose a family member or close friend due to accident, illness, or suicide?
- Are you worried about a family member or friend that is drinking alcohol or using other drugs?

See Mrs. Lange
Room 249
Just a Bad Day or Something More...

- Do you think everyone feels sad or down at times?
- Does anyone notice when you are having a bad day? If yes, who?
- How can you determine if it is more than “just a bad day”?

BE NICE TO PEOPLE – YOU DO NOT KNOW WHAT THEY ARE GOING THROUGH
Sudden Changes in Behavior

- A loud person becomes quiet and reserved or a quiet person becomes loud and obvious.
- A person withdraws from activities he or she used to enjoy.
- A gentle person becomes aggressive and angers easily.
- An outgoing person becomes withdrawn.
- Declining grades or changes in class attendance.
NOTICE.....ACT

Talking to someone about suicidal feelings CANNOT cause them to attempt suicide.
In fact,

In almost 70% of all suicides the person told someone their intentions at least **ONE** hour before.

Why didn’t that person say anything about what they had been told?
Get Involved

Be Aware 5k walk/run for suicide prevention

Saturday

October 12, 2019

Right here at Dakota!!!

KnowResolve

promoting mental health and reducing youth suicides
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Develop and practice how to effectively manage strong feelings and impulses

Make good choices!

Vaping – A Public Health Crisis

- Addiction
- Illness
- Health consequences unknown
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Against the Law
• School Code of Conduct
• Life of an Athlete
• Dakota needs to be safe for all staff and students

Consequences
• School
• Legal
• Athletic
Juul CEO tells teens ‘don’t vape’ amid probes into marketing practices
By Hannah Sparks
August 30, 2019

E-cigarette manufacturer Juul Labs Inc. — a company worth $38 billion — is telling some of its core consumers to stop using its products.

Juul CEO Kevin Burns said, “Don’t vape. Don’t use Juul,” Thursday in a “CBS This Morning” interview.

“Don’t start using nicotine if you don’t have a pre-existing relationship with nicotine,” Burns said. “Don’t use the product. You’re not our target consumer.”

Critics, however, argue the rapidly expanding company actually went to great lengths to “convey its messaging directly to teenage children” — spending more than $200,000 on marketing and sponsorships targeted at young people as well as recruiting online influencers, according to a July congressional report.
'I'm sorry': Juul CEO issues public apology to parents of teens addicted to the company's vaping products

Business Insider, July 16, 2019

Burns delivered that message in a new documentary, after CNBC's Carl Quintanilla asked Burns what he would say to a parent of a child addicted to e-cigarettes.

"First of all, I'd tell them that I'm sorry that their child's using the product," Burns said. "It's not intended for them. I hope there was nothing that we did that made it appealing to them. As a parent of a 16-year-old, I'm sorry for them, and I have empathy for them, in terms of what the challenges they're going through."

'Don't vape. Don't use Juul': Juul CEO issues stark warning to nonsmokers as he admits long-term effects of vaping are unknown

Business Insider, August 29, 2019
The Dakota Mindset

There is free help to quit
See Mrs. Lange in 249
OR
Text "Start My Quit" to 855.891.9989 or call
It's that easy!
The Dakota Mindset

Make good choices!

Cell phones
- Procedures and expectations remain the same
- Classrooms are RED unless teacher provides direction otherwise
But the issues related to cell phones are bigger than school policies, red classrooms, etc ...

From Health.com on the “Anxiety” link ... by Sarah Karnasiewicz in a review of the book, *How to Break Up With Your Phone*

7. There's a good reason tech innovators don't let their kids have devices

When you're a parent, reckoning with your own negative cell-phone behaviors feels bad—but watching the same habits infect your kids is even worse. That's probably why, as Price points out, when it comes to their personal lives, many of the leading innovators in digital technology have chosen to shield their own families from the devices for as long as possible. Consider this: Steve Jobs didn't let his kids use the iPad. And Bill and Melinda Gates did not let their children have phones until they were 14.
The Dakota Mindset

But the issues related to cell phones are bigger than school policies, red classrooms, etc ...

From sciencedaily.com summarizing research findings related to social media, depression and loneliness:

The link between the two has been talked about for years, but a causal connection had never been proven. For the first time, University of Pennsylvania research based on experimental data connects Facebook, Snapchat, and Instagram use to decreased well-being. Psychologist Melissa G. Hunt published her findings in the December Journal of Social and Clinical Psychology.
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We will be looking to engage students, staff, parents and others in thoughtfully examining our approach to cell phones while continuing to educate on how digital and social media is impacting our students and school culture ...
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And remember – this is YOUR school!

- Help keep yourself and everyone at Dakota safe every day by reporting ANYTHING that you are uncomfortable with or seems threatening or dangerous!
- Talk to an adult
- Utilize our Police Liaison Officers, Deputy Fringer and Deputy Sauger
- Use the anonymous tip form on the school’s website
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And remember – this is EVERYONE’S SCHOOL!

Food and nut allergies are REAL and they can be dangerous or even deadly.

Respect and protect your classmates by adhering to peanut and tree nut alert zones throughout the building!
Peanut and Tree Nut Alert Zone

Please do NOT bring any PEANUT or TREE NUT products into this area.

Thank you for helping to keep our students safe.
The Dakota Mindset

Being a teen is tough these days ...

And that’s why we offer a lot of FUN and enjoyable experiences here at school through activities and athletics!
SOPHOMORE CLASS ADVISORS
Mrs. Durasevic-room 121
Mrs. Kouba-room 127

Class of 2022 OFFICERS
President: Meadow Forst
Vice President: Aisan Elum
Secretary: Sophia Weng
Treasurer: Kelly Zhang
Class of 2022: Important Information
Remind101: Sign up for text reminders

This way you know what is going on with your class!!
Order your Class T-shirt

Order forms are available in the main office

FRONT
Orders due September 6th

BACK
-We will need your help building the float! We shall win!!

-Text messages will be sent with further information regarding Homecoming.
We need YOU!

You don’t need to be an officer to help!!
Please join us.....

Class of 2022 Meetings are:
Every Wednesday at 6:50 a.m.
Room 121

This information will be sent to you via text!
Athletic Updates and Information
Mr. Demorest, Athletic Director

- Athletic Department is located at the end of the activities/athletic hallway past the Main Gym
Final Reminders!

Attendance

• Make sure you’re not losing credit based on attendance.
• Tardiness – Detentions at 4 and suspension at 8.
• Talk to your counselors and administrators.
• Attendance Probation? Pay attention!
• Watch your tardiness.
• Must have a pass to be in the halls (blue or yellow).
Final Reminders!
Attendance

• STUDENTS CANNOT CALL SELF OUT EVEN IF 18!!!

• Check in with Attendance if school has started, also very important to check back in when returning from an early dismissal (we can't fix the absence if we don't see you!)

• Early dismissal passes can be picked up in the Attendance Office before school starts, during pass time and lunches

• HAVE ID READY, we can accept a picture of it on your phone

• WE DON'T DELIVER PASSES! with 3000 students

• The Attendance Office is located across from the Main Office

• Parents can call the attendance line 24/7

• If you are sick and need to leave early go to the Main Office and ask for the health aide, Mrs. Reiss
Final Reminders!
Dress Code

Three Areas of Focus

• Hat and Hoods

• Bare mid-sections

• School appropriate imagery/messaging
Final Reminders!
Parking Lots and Closed Campus Policy

• Closed campus policy
• Out of assigned area may result in search of person, vehicle, locker, etc.
• Be smart, and be aware as you walk through parking lots to where your ride may be parked
Thank you!
We are looking forward to a great school year!