



# STUDENT SERVICES

## Newsletter



### MEET THE STUDENT SERVICES TEAM!

Student Services at Central High School is an excellent resource for our students. We are very excited for the New Year and look forward to working with the students, parents, faculty and community of Aberdeen Central High School!

**School Counselors:** We have 4 full time School Counselors who are separated by alphabet. The first letter of student's LAST name determines who their assigned School Counselor is.

·A-G: Mrs. Karlie Cooper

·H-O: Mrs. Rylie Stadel

·P-Z: Mrs. Shannon Knuppe

·A-Z (IEP Students): Mrs. Joni Larson

**Indian Education Coordinator:**

Works with our Native American students and their families in the Aberdeen School District.

·Mr. Gordon Tree Top

**Administrative Assistant:** Mrs. Amy Teply

### Term 1 Events

**September 28th - CHS**

Parent/Teacher Conferences &  
Financial Aid Night @ 6:30pm in  
the CHS Theater

**October 1st** - Start of the SD  
College Access Campaign!

**October 4th** - Post High  
Planning Days at NSU for Jrs &  
Srs during 1st block

**October 18th** - PSAT Exam for  
Jrs at 7:30am in the Auxillary  
Gym

\*Sign Up Required\*



### Reminders:

Be sure to sign up with the  
CHS Parent Email Listservs.  
so you can stay in the know  
of opportunities for your  
student.

Links to the different email  
listservs can be found on the  
[Student Services Webpage](#).



# AFFORDABLE CONNECTIVITY PROGRAM



## HOME INTERNET ACCESS IS IMPORTANT FOR EVERY STUDENT'S SUCCESS.

The Affordable Connectivity Program provides eligible households with up to a \$30 discount off their monthly internet bill or a \$75 per month discount on Tribal lands. It also provides one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider when the eligible household contributes at least \$10 but less than \$50 toward the purchase.

### **YOU MAY QUALIFY IF YOUR STUDENT RECEIVES FREE OR REDUCED SCHOOL LUNCH OR BREAKFAST!**

*Does your student participate in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision?*

### **IF THE ANSWER IS YES, YOUR HOUSEHOLD IS ELIGIBLE FOR THE AFFORDABLE CONNECTIVITY PROGRAM.**

You may also qualify if the household income is at or below 200% of the Federal Poverty Guidelines or a member of the household participates in certain federal assistance programs, such as SNAP, Medicaid, SSI or WIC, or Tribal assistance programs.

Lifeline program participants also automatically qualify for the Affordable Connectivity Program.

## TWO STEPS TO ENROLL

1. Go to [GetInternet.gov](https://www.GetInternet.gov) to submit an application or print a mail-in application
2. Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

*Some providers may have an alternative application that they will ask you to complete. Eligible households must both apply for the program and contact a participating provider to select a service plan.*

**Contact us**



605-698-7654 X 122



[olivia@growsd.org](mailto:olivia@growsd.org)



# SENIOR NEWS



## SENIOR CONFERENCE TIME

All seniors are required to schedule their Senior Conference through Mrs. Teply to meet with their assigned School Counselor and will be expected to have that completed by Friday, December 15th.

**REQUIRED** - In order to schedule your Senior Conference, you **MUST** turn in a copy of your Senior Swagger sheet to Mrs. Teply. The Senior Swagger Sheet can be found on the [Student Services Webpage](#), or [CLICK HERE](#).

Students are responsible for scheduling their own conference that can be held during Advisory or during an open block; students will not be allowed to miss class for a conference. This is a student led conference, parents/guardians are not expected to attend.

During these conferences we will go over post-secondary plans, information on the ACT, FAFSA, the post-secondary education application process and much more. This is an excellent opportunity for seniors to get their questions answered and to make plans for a successful and productive senior year.

## EARLY GRADUATION

Any Senior interested in Early Graduation needs to pick up an Early Graduation application in Student Services.

Once this application is completed and returned, an Early Graduation AND Senior Conference meeting will be set up with the student, parent/guardian, School Counselor and Assistant Principal. It is requested that the completed application be turned in and the meeting be set up and completed prior to October 1st.

During the meeting we will discuss with you and your student the options provided to them should they choose to stay versus graduating early.

## FAFSA CHANGES

Filing for the 24-25 FAFSA is going to be a completely different process than in year's past.

Strongly advise students, parents/guardians to attend the CHS Financial Aid Night during Parent/Teacher Conferences on September 28th to learn about the new process.



**NEW**

# MORE SENIOR NEWS

## SD COLLEGE ACCESS CAMPAIGN

When we use the word "College," we are referring to all forms of post-secondary education, whether that be at a public or private university or at a technical school.

The South Dakota College Access Campaign is an excellent opportunity where all high school seniors can apply to a ALL Sound Dakota post-secondary schools for FREE!!

This campaign is a national effort to increase the number of first-generation students and students from low-income families pursuing a college degree or other higher education credential. The primary purpose of this effort is to help high school seniors navigate the complex college admissions process and ensure they apply to at least one postsecondary institution. [CLICK HERE](#) to check out the Dakota Dreams website to learn more about the SD Campaign!

ALL of the South Dakota institutions participate in this event, public and private universities and technical schools. Seniors can apply to South Dakota post-secondary schools for FREE starting October 1st through November 30th.

We will post more information about the process when we get closer to the start date.



## SCHOLARSHIPS!

SENIORS NEED TO BE SURE TO CHECK OUT THE CHS SCHOLARSHIP LIST! A DIRECT LINK TO THE LIST IS POSTED ON THE [CHS STUDENT SERVICES WEBPAGE](#).

SENIORS ARE STRONGLY ENCOURAGED TO APPLY FOR ALL SCHOLARSHIPS THEY QUALIFY FOR, FREE MONEY IS THE BEST MONEY!

PLEASE CONTACT YOUR STUDENT'S SCHOOL COUNSELOR IF THERE ARE ANY QUESTIONS.







## OUR DAKOTA DREAMS ONLINE TUTORING PROGRAMS

OUR DAKOTA DREAMS OFFERS FREE  
ONLINE TUTORING FOR ALL K-12  
SOUTH DAKOTA STUDENTS THROUGH  
TWO UNIQUE PROGRAMS.

Students and Parents,

I'm excited to tell you about an addition to our Dakota Dream's Online Tutoring Program for the 2023-2024 school year. Dakota Dreams is now offering two amazing learning opportunities, Tutor Tracks and Homework Help.

### TUTOR TRACKS (1ST-8TH GRADE)

Tutor Tracks is a seven-week, guided tutoring program, available for students in grades 1-8, designed to firm up your student's foundations in Reading, Grammar or Math. These sessions are scheduled for 30 minutes, twice a week, with tutor-led lesson plans.

### HOMEWORK HELP (K-12TH GRADE)

Dakota Dreams offers online tutoring for homework help on an as-needed basis for K-12 students. Sessions can be scheduled ahead of time or accessed on-demand during program hours as students need help or have questions on schoolwork.

These two programs are staffed with university students pursuing education degrees at Black Hills State University and Northern State University.

LEARN MORE AND REGISTER AT  
[OURDAKOTADREAMS.COM/ONLINE-TUTORING](https://www.ourdakotadreams.com/online-tutoring)

OR SCAN  
THE QR CODE



[www.ourdakotadreams.com](https://www.OurDakotaDreams.com)



# JUNIOR NEWS

## ***Take the PSAT!***

The PSAT/NMFQT is an optional exam that is open for juniors to take. This exam will be given on Wednesday, October 18th, 2023, at 7:30am and costs \$18. Sign up is online, students have been emailed the link to sign up to their school email address or [CLICK HERE](#) to sign up now. Deadline to sign up is September 10th.

Test payment must be turned in on test day as part of the check in process.

Students who take this exam are open to a wide variety of resources that can help them in their future educational planning and endeavors. By taking the PSAT junior year, a student's score could potentially qualify them for consideration in the National Merit Scholarship competition.

Students will receive feedback on their strengths and weaknesses on skills necessary for college study; and will be able to see how their performance on an admissions test might compare with that of others applying to college.

All students who take the PSAT/NMSQT receive access to My College QuickStart - an easy-to-use, online, personalized college and career planning kit. This useful tool incorporates the responses that students provided when they took the test.

[CLICK HERE](#) to access FREE PSAT Practice tests.

## POST-HIGH PLANNING DAY

Juniors and Seniors will attend Post-High Planning Days on Wednesday, October 4th, during 1st block, from 8:10am-9:37am, at the Barnett Center on the Northern State University campus.

There will be over 60 post-secondary institutions and military representatives there, along with over 25 businesses.

Students will be able to gather information from schools and/or military branches they may be considering and learn about what it takes to fulfill particular career fields.



# VISIT COLLEGES!!

\*VISITS CAN BE SCHEDULED ONLINE THROUGH THE COLLEGES WEBSITES. IF YOU DON'T WANT TO ATTEND A LARGE GROUP VISIT DAY YOU CAN SCHEDULE YOUR OWN INDIVIDUAL VISIT TOO.

## South Dakota State University

- Senior Day - September 9th
- Jackrabbit Preview Day
  - September 29th
  - October 13th
  - October 27th

## Augustana University

- Explore Augustana Day
  - September 22nd
  - October 7th
  - October 20th

## University of South Dakota

- Coyote Visit Days
  - September 29th
  - October 6th
  - October 19th
  - October 20th
- Fall Open House - October 14th

## University of Sioux Falls

- Campus Preview Day
  - September 22nd
  - October 20th

## South Dakota School of Mines & Technology

- Go To Mines Open House
  - October 21st

## Dakota State University

- DSU Discover Day - October 20th

## Black Hills State University

- BHSU Preview Day - October 27th

## Northern State University

- Northern Bound Day - October 13th

## Dakota Wesleyan University

- Tiger Preview Days - October 27th

## Mount Marty University

- Lancer for a Night - September 28th
- STEM Symposium - October 3rd
- Fall Open House - October 21st
- Nursing Visit Day - October 27th

## Lake Area Technical College

- Senior Tech Day - November 1st

## Western Dakota Technical College

- Tech Visit Day - October 21st



# ABERDEEN AREA FOOD RESOURCES

## **SALVATION ARMY**

Casework hours at The Salvation Army are on Monday, Wednesday, and Friday from 9 am to Noon and 2 pm to 4 pm in the afternoon. No appointment necessary. They just need to bring a photo id. 1003 SW 6th AVE, 225 1223 or Call Tony if you can be a volunteer, 225 7410. Donations of nonperishable food is always welcome.

Free noon meal, M-F, 12-12:30

College Day is Wednesday from 9 a.m. – 4 p.m. with current student ID.

**FEEDING SOUTH DAKOTA**, Aberdeen (there are other locations across the state)

Freedom Church, 516 Production St; 11am - 1pm CST; <https://www.feedingsouthdakota.org/mobile>

## **GOOD SHEPHERD LUTHERAN CHURCH**

Food Pantry 1429 N. Dakota St., 2nd Tuesday, 4-6

<https://goodshepherdaberdeen.org/ministries/>

## **BETHLEHEM LUTHERAN**

Wednesday night meal, 5-6:15 p.m.

## **JOURNEY HOME**

The Journey Home food box program serves all families and individuals experiencing a food crisis. We offer a food box to each household once a month. These food boxes include canned vegetables, fruits, cereal, rice, pasta, and soups. Each household is allowed a maximum of three food boxes. Once they receive their third food box, we require that they meet with our team to talk about what is going on and if we can offer them any of our other services. Will need an ID.

Contact the office 605-725-7031, 9-2 M-F to make arrangements.

<https://www.journeyhomesd.org/foodboxprogram.html>

## **St. Mary's Catholic Church**

Call the church office 229-4422 to request assistance. Your

name will be put on a food box which can be picked up at the church, 409 2nd Ave NE.

**BROWN COUNTY PET RESCUE LEAGUE**, pet food bank: <https://www.browncountypetrescueleague.org/pet-food-bank>

## **ZION LUTHERAN**

Table of Plenty is a free community meal served at Zion from 5:30-7:00 p.m. on the fourth Monday of every month. Guests are welcomed, seated, and served by community volunteers who have provided the meal for the evening.

Area IV Senior Nutrition

405 8th Ave NW Suite 203A

Aberdeen, SD

[www.members.nvc.net](http://www.members.nvc.net)

605.229.4741

## **City of Aberdeen Area Senior Center – Meals on Wheels**

1303 7th Ave SE, Aberdeen

[www.aberdeen.sd.us](http://www.aberdeen.sd.us)

605.626.3330

(SNAP can be used to pay for MOWs)

## **SAFE HARBOR**

Safe Harbor serves women, children, and men and provides many services; shelter, crisis line, support groups, rape/assault task force, resources, community and public education, food pantry, assistance with protection order paperwork, and a Kids Konnection Visitation and Exchange Center. For more information, please call (605) 226-1212.

## **The Pantry**

109 N 3rd St, Groton, SD

Must reside within the Groton Area School District

Mondays 11 a.m.-3 p.m., Tuesdays 4 p.m.-8 p.m.





# GOLDEN APPLE AWARDS



Do you know someone who is dedicated, inspiring, and making a difference in the Aberdeen School District? Nominate them for an Aberdeen Public Schools Foundation Golden Apple Award!

Nominees may be patrons and/or current employees (volunteers, administrative assistants, food service workers, custodians, aides, nurses, counselors, coaches, administrators, and teachers) of the Aberdeen School District that stand out above the rest for their outstanding contributions to the Aberdeen School District and dedication to excellence in education.

Nominations forms are available on the Aberdeen Public Schools Foundation website at [www.aberdeenpublicschoolsfoundation.org](http://www.aberdeenpublicschoolsfoundation.org)

Nomination forms are due by October 1, 2023. Nominees will be contacted to fill out a brief form to confirm their nomination. Up to three Golden Apple Award winners will be announced in January, and each will receive \$500 and a golden apple. For more information contact the foundation office at 725-7118 or [Gretchen.Sharp@k12.sd.us](mailto:Gretchen.Sharp@k12.sd.us)

## ACT Exam

If your student is a Senior and still needs to take the ACT or needs to retake it for a higher score, there are still a couple of exam dates this fall that they can register for.

- October 28th ACT Exam – Registration Deadline: September 22nd
- December 9th ACT Exam – Registration Deadline: November 3rd

Students who are on Free/Reduced Lunch are eligible for up to four exam fee waivers, just see your child's School Counselor for more information.

Students will register online at [www.act.org](http://www.act.org). If they have already created their ACT account, they will just need to log in using the same username and password they created the first time.

If they have not created an ACT account, they will want to allow about 30-45 minutes to get registered, as they will have to complete an Interest Inventory and input the courses they have taken in high school.

## ACT Practice!

- **SDMyLife** – Methodize Test Prep is an excellent FREE resource for ACT Prep.
- **ACT Website** – There are numerous FREE online test prep resources offered online through the ACT website.
- **Student Services Webpage** – We have practice tests students can access and links to SDMyLife and the ACT Website to access their free materials.



At Central High School we strive to empower all of our students to succeed in this everchanging world. This year one way we are striving for that success is utilizing The Blue and Gold Rule, we want to encourage students to respect themselves and others, and take responsibility for their behavior so they can SOAR and accomplish their goals and dreams, whatever they may be.

We hope that when our students leave the walls of CHS, they are equipped with the tools to be productive citizens, who strive to make the world around them a better place.

## THE BLUE AND GOLD RULE



<b>S</b>	<b>See it through</b>	<ul style="list-style-type: none"><li>• Don't settle for less than your best</li><li>• Strive for excellence</li><li>• Finish what you start</li></ul>
<b>O</b>	<b>Own your actions</b>	<ul style="list-style-type: none"><li>• Think before you speak or act</li><li>• Be kind</li><li>• Show empathy</li></ul>
<b>A</b>	<b>Adapt your plan</b>	<ul style="list-style-type: none"><li>• Embrace your strengths</li><li>• Learn from your mistakes</li><li>• Fail forward</li></ul>
<b>R</b>	<b>Reflect &amp; revise</b>	<ul style="list-style-type: none"><li>• Focus on the good</li><li>• Develop positive coping skills</li><li>• Grow through adversity</li></ul>

# TECHNICAL SCHOOL CAMPS

Open to students in grades 9th-12th

## Lake Area Technical College

**September 22nd** - Drone  
Camp

**October 10th** - Prairie Lakes  
Healthcare Systems Explore  
Camp (SCRUBS)

**October 18th** - Associated  
General Contractors  
Construction Camp

[CLICK HERE](#) for more  
information!



## Southeast Technical College

**September 21st** - Construction  
Career Camp

**December 13th** - Career  
Exploration Day



[CLICK HERE](#) for more information!

## Mitchell Technical College

**November 1st** - Exploration Day

**November 16th** - High Tech  
Camp



[CLICK HERE](#)  
for more information!

# NORTHERN ACADEMY

at Northern State University

The Northern Academy provides students with an early college experience—including **on-campus** courses, a personalized educational pathway and access to campus support services.

## ELIGIBILITY

The Northern Academy is a college readiness program open to high school juniors and seniors who:

- Are nominated by their high school
- Meet academic criteria for High School Dual Credit (HSDC) established by the S.D. Department of Education and S.D. Board of Regents
- Attend an Aberdeen-area high school

## ACADEMIC AND CAREER BENEFITS

Northern Academy students will take their dual credit courses **on-campus**, taught by full-time Northern faculty. They will also develop personalized, guided pathways to college and career with the support of the Northern Academy Director, the Career Pathways Coordinator and Student Success Center.

## FINANCIAL BENEFITS

Northern Academy students will save money with the reduced HSDC tuition rate of \$48.33 per credit. Students who take two classes per semester their junior and senior years of high school, for example, will save approximately \$5,000 in tuition rates.

**Other financial benefits include:**

- Free on-campus parking at the Barnett Center.
- All Northern Academy students who complete at least nine credits (three courses) of HSDC and enroll as full-time, degree seeking students at Northern after high school will receive the \$1,000 Dual Credit Scholarship.
- If income-qualified, students will receive a full scholarship for tuition and books from the South Dakota Education Access Foundation for up to nine credits per semester.

If you're interested in learning more, please contact Northern Academy Director, Eric Kline at [eric.kline@northern.edu](mailto:eric.kline@northern.edu) or 605-626-2719.

## STUDENT SUPPORT

Northern Academy students have access to a full range of campus support services, including:

**Tutoring**, supplemental instruction, and study tables

**Student Success Coaching** with the Northern Academy Director

**Career advising** with the Northern Academy Pathways Coordinator

**Professional advising** with Northern's HSDC advisor

**Student Success Workshops**

**Excused absences** for high school activities approved by the principal

**Financial Aid** and Scholarship workshops

**Accessibility Services** support for accommodations



**NORTHERN**

**Northern State University**

1200 S. Jay St. | Aberdeen, SD 57401



# TIME MANAGEMENT



## STRATEGIES

### Work During Productive Hours:

- Don't wait until you're exhausted
- Finish what you can in school
- When do you feel most energized

### Prioritize Important Tasks

- Create to-do lists
- Utilize a planner
- Set a time "budget"
- Reward yourself with breaks



### Limit Distractions

- Block social media at set times
- Put your phone on silent
- Shut your phone off until its time for a break
- Work away from TV and other entertainment items

### Establish Daily Routines

- Set aside dedicated study time
- Plan fun events/activities
- Build breaks into your schedule for meals and snacks

### Get Plenty of Sleep

- Leave room for 8-10 hours of sleep
- Avoid caffeine in late afternoon or evening
- Get off electronic devices 30-60 minutes before turning out the lights for bed

### Take Brain Breaks

- Set a timer for short breaks when studying

***"Time is a created thing.  
To say "I don't have time"  
is to say "I don't want to".  
~ Lao Tzu***



Let's have a great  
school year!



## REMEMBER!

Be sure to get registered with parent portal on Infinite Campus. Here you can check your child's attendance, grades, fees, daily announcements, and much more.

**\*\*Click the link below to log in.\*\***

<https://sis1.ddncampus.net/campus/portal/aberdeen.jsp>

**\*\*\*If you do not have your Parent Portal log in set up yet, please click the link below and follow the instructions.\*\*\***

<https://core->

[docs.s3.amazonaws.com/documents/asset/uploaded\\_file/1549/CHS/2431979/Infinite\\_Campus\\_Parent\\_Portal.pdf](https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/1549/CHS/2431979/Infinite_Campus_Parent_Portal.pdf)

**Aberdeen Central High School does not discriminate on the basis of race, color, national origin, religion, sex (including pregnancy), marital status, sexual orientation, disability, age, genetic information, gender identity, gender expression, citizenship status, veteran status, political affiliation or economic status in its programs, activities and employment and provides equal access to the Boy Scouts and other designated youth groups.**