

As We Near the End

Amazing, isn't it, how quickly the year has passed. Now, we are in the final month. Teachers and students are counting the days till PASS, till reward parties, till the first day of summer!

This does not mean we can quit! PASS results are always important, both to the school and the individual student. These scores help direct future goals for students and they need to do their best. Remember: get plenty of rest, eat a nutritious breakfast, and arrive on time!

Another huge responsibility as loyal members of our school community is the positive comments you are sharing with those joining our school next year. Thank you for the kind and honest words you share. This eases concerns and makes for a smooth transition.

Boiling Springs High School SWIM TEAM

Now recruiting for the 2009 season. Eligible District 2 students: upcoming 7th-12th grades. Swim Season-July 31, 2009 - Oct. 3, 2009 This is a great opportunity to participate and learn a new sport. This will be the 4th year for the BSHS swim competition team. The swimming season promises lots of excitement as we splash our way into victory! **Come on out and be a BULLDOG SWIMMER!**
CONTACT : TERRY FORE 599-9337

Upcoming events

- May 8: Get Smart assembly for 6th grade 8:30 Sandy's Shaved Ice
- May 11: Beef O'Brady's night
- May 12: PASS Testing ELA
- May 13: PASS Testing Math
- May 14: PASS Testing Science/Social Studies
- May 15, 18, 20, 21: PASS make up testing
- May 19: PASS Field Test
- May 19: Rising 5th Grade Parent Orientation, 6:00 pm
- May 20: Band, Chorus, Orchestra Party
- May 22: Sandy's Shaved Ice 100 Book Challenge End-of-Year celebration
- May 25: Memorial Day—no school
- May 26: Catch of the Days—4th 9 weeks
Captain's Choice Award—4th 9 weeks
- May 27: Captain's Choice Award—all year celebration
- May 28: Catch of the Days all year celebration
All A's for the year celebration-Surfing to High Tides—4th 9 weeks
- May 29: Sandy's Shaved Ice March of Dimes Celebration
Last day for lesson plans posted on SchoolNotes.com
- June 1: Schoolwide cookout
All A's celebration breakfast—4th 9 weeks
6th Grade Beach Day
- June 2: Student half day—12:00 dismissal
Awards Day: 8:15—5th grade;
10:00—6th grade
- June 3: Student half day—12:00 dismissal; Last day of school for students.
Fun Day

IMPORTANT DATES FOR END OF SCHOOL

June 3 Last day for students
June 2 & 3 Student half days
June 4 & 5 Teacher work days

Of the three school days missed due to inclement weather, we have made up two of them. Late last week SC legislators overrode the governor's veto of the bill exempting school districts (students) from making up snow days this year. Consequently, the last day for students this school year will revert to the original Wednesday, June 3 in all Spartanburg County school districts.

The Assault on Mt. Mitchell

The annual Assault on Mt. Mitchell bike event will be Monday May 18. It starts at 6:30 a.m. in Spartanburg. It will consist of around 1500 plus cyclists. The ride travels up Parris Bridge Road into N.C. I am asking you to get the word out to parents to be aware these cyclists will be out on the

road that morning. We are not asking you to do anything special other than to just be a little more cautious that morning. They should be out of your area by 8 a.m. Thanks for your help in this matter.
Mike Bonner- Assaults committee director



Watch for Riders Monday Morning!

Students with Organizations Skills

Evita Kay	Nadia Anderson	Mario Razo	Mae Cousentino
Riley Hewitt	Parker Mason	Caitlyn Harrison	
Kristina Mateush	Anna Karpets	Miller Wade	
Devin McGarity	Jessica Crocker	Lilli Turnage	
Logan Stevens	Jordan Winebrenner	Josh Tomlinson	
Alexis Smith	Fletcher Turner	Kassidy Fowler	
Pierce Allen	Tierra Thompson	Nicholas Price	
Katlyn Vanoverstraeten	Marco Acevedo	Destini Austin	

Resourceful Students

Paige Hicks	Perla Garcia	Jasmine Patin	Jarrett Hendrix
David Gonzalez	Suzanna Vepruk	Chris Baldwin	Ashley Haynie
Rachel Hall	Andrew Bowden	Savannah Thompson	Harrison Thornton
Jacob Ray	Madi Metlem	Morgan Fowler	
Mike Elijah	Justin Davis	William Hunt	
Jade Medley	Angela Rogers	Adam Forrigner	
Blake West	Diana Pigulko	Emily Masessa	

Students with Perseverance

Alexis Shaw	Tyler Waters	Michael Young	Pavel Maslyanchuk
Erin Pemberton	Jonathan Blanton	Alison Gilstrap	Keisha Luipoid
Aleena Thomas	Cameron Fogle	Kristy Kennedy	Nemo Lee
Tucker Hopson	Savannah Jones	Anna Blackwell	
Kevin Labra	Morgan Lawter	Ethan Ray	
Kyle Kulp	Garret McKinney	Kayla Looney	
Liliyana Kudryko	Zachary Wall	Artur Hofer	

Curiosity Winners

Danielle Foster	Haiden Yon	Kailey Edwards	Daniel Fulton
Rebecca Ware	Danny Munoz	Lance Fox	Patrick Jackson
Kaleb Smith	Griffin Dube	David Wasness	Janil Patel
David Gulasa	Jack Mullinax	Hugh Barnette	Ethan Webb
Cole Mattison	Lauren West	Nathan Harris	Julian Vargas
Cody Flynn	Rico Lek	Tamere Smith	Will Gordon

“A” Honor Roll 3rd Nine Weeks

Skylyn Adair
 Piper Barnes
 Jordan Bennett
 Caitlyn Brewer
 Alyssa Brown
 Austin Bryant
 Emily Burns
 Zachary Carter
 Amanda Cluney
 Casey Crenshaw
 Clair Cumbo
 Alexis Dawkins
 Myranda Dills
 Evan Donald
 Tempest Duck

Justin Easler
 Matthew Erikson
 Mark Felbinger
 Zach Fortner
 Maryssa Freeman
 Loren Gentry
 Courtney Gibson
 David Gladysz
 David Gula
 Brittany Hannah
 Jenison Jardin
 Madeline Hunter
 Meredith Johnson
 Mackenzie Jones
 Zachary Kimsey

Dennis Kitchko
 Phinangya Lan
 Liana Lavrenyuk
 Paige Lawson
 Caitlin Lazurick
 Thomas Leso
 Hunter Lipscomb
 David Lopez
 James Lopez
 Taylor Lux
 Leah Martin
 Alyson Masessa
 Alexsandr Matev
 Abby McCraw
 Megan McKinney
 Robert Mignone
 Meghan Miller

Haley Mitchell
 Brook Mitchell
 Nathan Mok
 Chandler Morgan
 Abigail Morin
 Juridia Munoz
 Jack Or
 Aaron Panchenco
 Shelby Parker
 Chad Parris
 Alexis Peace
 Josie Pettit
 Chasity Parter
 Webber Roberts
 Justin Reason
 Jon Reed
 Lauren Sauder

Ingrid Schmidt
 Evan Scruggs
 Victoria Snow
 Karlie Stgeadman
 Madison Strickland
 Melinda Tapia
 David Tran
 Vivian Tran
 Julia Tubb
 Carline Waddell
 Kayla Weber
 Katherine Youmans
 Savannah Young
 Rebecca Arrowood
 Anthony Baldinelli
 Zachary D. Brown
 Taylor Burkholder
 Angela Germanovich
 Madeline Henderson

A/B Honor Roll 3rd Nine Weeks

Al’valon Allen
 Tyler Alvarez
 Joselyn Arreloa
 Jack Asadulin
 Matthew Ashcraft
 Erin Bayless
 Stephanie Beltran
 Lilie Bishop
 Liliya Bogoslova
 Edgar Bonet
 Brooke Bowman
 Angela Brutskiy
 Tyler Bunch
 Courtney Burgess
 Maria Byndyu
 Jay Caldwell
 Matthew Cash
 Peyton Chandarana
 Chelsea Chandarana
 Nicholas Chapman
 Seth Charles
 Stephanie Chico
 Austin Chitwood
 Megan Clary
 Breanna Corn
 Kayla Dalton
 Jamie Dawkins
 Mac Detphan
 Catherine Diemer
 Rebecca Dobbins
 Brianna Doll

Alyssa Emanuel
 Lourdes Escalante
 Madian Estela
 Jessica Farr
 Erin Flaherty
 Autumn Fletcher
 Daniel Forrester
 Ryan Forringer
 Amanda Fowler
 Tyler Fritz
 Raven Furber
 Jalyn Gaffney
 Caroline Gaffney
 Jordan Garland
 Houston Garrett
 Hunter Gneisig
 Cory Goodwin
 Allen Graves
 Zachary Greene
 Hannah Greer
 Matthew Guffey
 Susan Gutierrez
 Kaylyn Harris
 Miranda Henderson
 Emily Hernandez
 JL Hill
 Jacob Hill
 Bryan Holscher
 Morgan Hunt
 Jenna Hunter
 Christopher Hyatt

Amun Jackson
 Hayden Jacobs
 Spencer Johnson
 Greyson Jones
 Ethan Kimbrell
 Matthew King
 Goldie Kirby
 Jace Kosiorek
 Christy Kirby
 Rakel Kulbitskaya
 Abby LaBell
 Shaun Lancaster
 Lesley Larson
 Kristian Ledford
 Mercedes Lee
 Joselyn Licon
 Tyler Lindsay
 Conner Lynn
 Olivia Matsuda
 Meredith Maxwell
 Breanna McAbee
 Logan McAbee
 Kennidy McCall
 Megan McCrary
 Kierrah McEntyre
 Heath McGill
 Haley McSwain
 Sierra Miller
 Ethan Mills
 Jake Moore
 Evan Moran

Tristan Nelson
 Kailey Nodine
 Arianna Oleynik
 Litzy Onofre
 Alexis Ork
 Gage Owens
 Megan Parr
 Jesse Parr
 Laurel Parris
 Emily Patton
 Casey Paziora
 Thomas Peden
 Meredith Pheffer
 Kelsea Pizor
 Lina Poplavskaya
 Violet Pruitt
 Webber Roberts
 Makayla Roberts
 Luke Robinson
 Christine Rodgers
 Elise Rowland
 Corrin Ruppe
 Lane Ryals
 Daniel Sapounas
 Angelo Sarun
 Jonathon Saucedo
 John Savor
 Daniel Shores
 Zachery Slater
 Nikayla Sok
 Bethany Spencer

Drew Sprouse
 Sage Stamey
 Brittany Sterling
 Mark Stoliarchuk
 Tyler Stott
 Sarina Swank
 Brandon Terry
 Zack Thomas
 Lauren Tombs
 Thad Trozell
 Andriana Velichko
 Liliya Viznytak
 Vitalii Vovchenko
 Jillian Wain
 Shelby Ward
 Harley Watkins
 Madeline Williams
 Austin Williams
 Phillip Williams
 Jason Williams
 Madison Wilson
 Katherine Wojcik
 Brennon Wyatt
 Kasi Wylie
 Ashley Yates
 Anthony Phaenephom
 Cynthia Phommbouth
 Tanner Breckenridge
 Mitchell Januchowski
 Sergio Martinez
 David Klein

Here are seven steps to take in order to gain listening wisdom:

1. Practice silence.

Remaining quiet can be a challenge. You're going to feel compelled to interrupt, to finish sentences and to add your two cents. It takes discipline to remain silent. Make a conscious effort to say nothing until you're sure your partner has finished his thought. This

is easier written than done. Therefore, try practicing it at home before you do it at work. With a spouse or a friend, force yourself to stay silent during a conversation until they're done speaking. In many ways, it's more difficult to do this with someone you know well,

since conversations are often filled with frequent interruptions by both parties. By practicing silence in a personal relationship, though, you learn the discipline of knowing when to be silent in a professional one.

2. Eliminate distractions.

Shut the door, turn off your cell phone, don't glance at the computer for email. If appropriate--if your partner has communicated that he feels this meeting is impor-

tant--clear your schedule and tell him that he has all time he needs to make his points. Similarly, don't bring up tangential or unrelated topics. You want the other person

to feel you've done everything possible to make 100% listening possible.

3. Focus your attention.

This means you can't daydream, dwell on how you're going to respond or tune out the other person. Giving your boss or customer your undivided attention is just that--a gift. Reflect on what she's

trying to tell you--consider the literal meaning and also read between the lines. Don't allow a ringing phone, a conversation going on outside the office or anything else distract you. People are remarkably

sensitive to another individual's attention--or lack thereof. They can somehow tell if you're only listening at 50%. Give them 100% if you value the relationship and the results it can produce.

4. Show non-verbal attentiveness.

We communicate most of our messages without opening our mouths. It's not enough just to listen attentively; you need to demonstrate this attentiveness. Three easy

ways to do so are: nod; make eye contact; smile. Shifting uneasily in your seat or glancing around as if you're waiting for the police to arrest you are not ways to communi-

cate your attentiveness. Impassive, immobile listeners seem bored. Use your eyes and body language to convey that you're anything but bored.

5. Use the "repeat principle".

Paraphrase what you thought the other person said. For instance: "If I'm hearing correctly, you're telling me that.." By asking your partner to repeat what you believe is an important point, you're demonstrating that you want to

listen better. Requesting clarification communicates your desire to know exactly what is meant. Now, you can over-use this technique. If you do, you'll come off as inattentive or hard-of-hearing. Wait until you really aren't clear on

what he's saying. Or wait until the other person says something where he's placed a lot of emphasis--either through his tone of voice or because he tells you, "This is important". This gives you the opening you need to apply the repeat principle.

6. Empathize.

Empathy is essential for results-producing relationships, and it's especially crucial in listening. You have 101 ways to communicate your empathy, not all of them verbal. A knowing look, a nod of your head, a sigh--these gestures can communicate you "get it" faster and more empathically than a long-winded speech. Don't try to over-empathize--you don't have to make a melodramatic show of how

you're relating to what a client or manager is telling you. Sometimes, empathy can be expressed by relating your own experience relative to what your relationship partner has described. Sometimes, a simple, "Believe me, I know what you're going through with Jim", will get the job done. Empathy really is nothing more than showing you have listened with your heart as well as your head.



Do you understand how I feel?

7. Ask good questions.

Have you ever been in an audience when the speaker asks, "Does anyone have any questions?" and no one responds? It's as if he never spoke at all--or no one paid any attention to what he said. If you don't ask any questions during a conversation--or if you just ask perfunctory questions--you're going to create the same effect. So don't be shy about asking a few good questions. Even one good question may be enough to show that you've listened intently. If

you've ever listened to a press conference, you know what I mean. Typically, a politician or pro sports coach is asked a bunch of inane questions, and then one member of the media asks the question that really sheds light on a situation. You want to ask that good question. Maybe your boss has just told you that he can't stand his own boss and doesn't know how to deal with his unreasonable requests; that he can't sleep nights, that he's spending

too much work time trying to placate his boss then get real work done. So your good question might be: "Can you talk to the CEO or someone in management and ask them to intervene?" A good question demonstrates you've followed the logic of the conversation and are thinking about possible solutions/actions. That's the mark of a perceptive listener.

LISTEN WITH THE SELFLESS ATTITUDE OF A SAINT

To be a superior listener, you must temporarily forsake ego. To reap the full relationship benefits of being a good listener, you're going to have to forget about YOU. Obviously, you do have an ego and you can't disappear entirely--nor should you. But being able to do so at key times in a conversation will increase your value to this other person.

USA Summer Skills Middle and High School Program

Session One
 June 8th – July 1st
 Monday and Wednesday Nights from 6pm – 8pm
 (Register online or come the first night to register)

Session Two
 July 6th – July 29th
 Monday and Wednesday Nights from 6pm-8pm
 (Register online or come the first night to register)

Session Locations: USA Fields / 125 Main St / Duncan, SC
www.upstatesoccer.org

USA Summer Dutch Program for ages 4-10



Dutch Soccer Series

July 6th – July 29th
 Monday and Wednesday nights from 6-7:30pm
 Cost \$40.00
 Register Online or come to the first night to register
www.upstatesoccer.org

YOU KNOW YOU ARE LIVING IN 2009 when...

1. You accidentally enter your password on the microwave.
2. You haven't played solitaire with real cards in years.
3. You have a list of 15 phone numbers to reach your family of 3.
4. You e-mail the person who works at the desk next to you..
5. Your reason for not staying in touch with friends and family is that they don't have e-mail addresses.
6. You pull up in your own driveway and use your cell phone to see if anyone is home to help you carry in the groceries.
7. Every commercial on television has a web site at the bottom of the screen.
8. Leaving the house without your cell phone, which you didn't have the first 20 or 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it.
10. You get up in the morning and go on line before getting your coffee.
11. You start tilting your head sideways to smile. :)
12. You're reading this and nodding and laughing.
13. Even worse, you know exactly to whom you are going to forward this

message.

14. You are too busy to notice there was no #9 on this list..
15. You actually looked back to check that there wasn't a #9 on this list.

Upstate Family Resource Center

The need seems to be constantly increasing, and we find that we are out of some key food items for the pantry. Please pass this list to whomever you know and help us provide food and support to the community.

These are the items we are in need of:

- Pasta noodles
- Nuts
- Breakfast foods (cereal, popartars, mixes, oatmeal, etc)
- Beans (dry or canned)
- Rice
- Canned meats (tuna, potted meat, chicken, corned beef, etc)
- Tomato based/Spaghetti sauce
- Macaroni and cheese
- Canned vegetables (canned peas, green beans, carrots, mixed veggies, etc)
- Canned potatoes

Jessica McKinney
 Administrative Assistant
 Upstate Family Resource Center
 (864) 578-1379

Please visit us at:
www.upstatefrc.org

We are blogging! Visit:
www.upstatefrc.blogspot.com

SELECT /TRAVEL (Soccer) TEAM TRYOUTS BEGIN MAY 19!

Please come to 2 try-outs, the Saturdays are an extra day and not required. If you can't make it to two try-out sessions please let the coach know.

Age Groups	Dates	Time
U13, U14, U15 Boys & Girls	Tuesday, May 19	6:00-8:00pm
U13, U14, U15 Boys & Girls	Thursday, May 21	6:00-8:00pm
U13, U14, U15 Boys & Girls	Saturday, May 23	10:00am-12pm
U16, U17, U18 Boys & Girls	Tuesday, May 26	6:00-8:00pm
U16, U17, U18 Boys & Girls	Thursday, May 28	6:00-8:00pm
U16, U17, U18 Boys & Girls	Saturday, May 30	10:00am-12pm