



# THE AGGIE EXPRESS

## CFX Golden Apple Award for Mrs. Gigowski



Ms. G is the type of person who will do anything for anyone - she has always been like that. She takes time out of her day to help you if needed, whether it be with your school work or your home life. She knows what we are going through and does everything possible for her to be a great teacher to us and a role model. She stops frequently to make sure everyone is on the same page and knows what we are doing and won't go on until all of us get it. She is a wonderful English and drama teacher and if you need any help for a play or talent show or musical outside of school she makes time to help you with whatever you need help with. I have taken advantage of this numerous times resulting in getting second place in a talent show this summer. I wish we had more teachers like her everywhere. Therefore I believe Ms. G is incredibly deserving of this award because she is caring, hardworking, and won't stop until she sees all of her students succeed!

-Courtney Cotter

*Congrats Ms. G!*



### **\*\*\*Staff Member of the Month\*\*\***

The Beal City Board of Education, in appreciation of the hard work that is done by all members of Beal City Public Schools, would like to honor one staff member each month for their service to the students and community of Beal City. This month's honoree is Julie Farrell.

Mrs. Farrell is our Title I reading specialist in the Elementary School, where she works with students that need extra support in becoming good readers. Julie has been a teacher here at Beal City Elementary for 20 years. In addition to helping students become better readers, she also serves on many staff committee's and regularly works with other teachers to help them improve their classroom instruction. Over the last several years as the School's reading specialist, Julie has undertaken a number of initiatives, from implementing a Response to Intervention (RtI) reading program and Accelerated Reader (AR) program in the classrooms, to organizing activities during Reading Month each year. It is clear that Mrs. Farrell is an exemplary educator. We are honored to recognize her dedication and the great work she does for Beal City students on a daily bases.

## **Spring Sports Parent/Athlete Meeting**

**Tuesday, March 8th, 2016**

**6:00 PM**

**Big gym**

Baseball (9-12)

Softball (9-12)

Track (7-12)



\*Reminder: your child's physical must be on file at the school. Every athlete must have a physical on file before practice begins. The physical must have been completed no earlier than April 15, 2015.

- Meet the coaches, become aware of team procedures.
- Online Scheduling changes
- Athletic Policy updates and reminders.
- Completion of paperwork.
- Pay Participation Fees

We will see you there, Thank You!



## **Beal City Junior/Senior High School Offers Students the Opportunity to Earn College Degrees**

Beal City Public Schools has been approved by the State of Michigan to run an Early College Program beginning in the 2016-2017 school year. By attending a fifth year of high school, Early College students will be able to earn an associate's degree through Mid Michigan Community College while they also earn their high school diplomas. Students will attend high school for a portion of the day, and then Early College students will take college courses at one of MMCC's campuses or online. Students can pursue a variety of college degrees as part of the program.

"We're really excited about this opportunity for our students. We've been offering dual enrollment for a number of students at BCHS for years now, and the Early College program expands that work even further," says Jeff Jackson, Beal City Junior/Senior High School Principal. "Not only does this program support students as they transition into college, it can provide a real financial relief for families in our area". Through a combination of state and school funding, students will incur very few, if any, costs to participate in Beal City's Early College Program.

On Tuesday, February 2nd, Beal City Public Schools and Mid Michigan Community College entered into the agreement to offer a Early College Program to our students in the fall of 2016. The program will be rolled out to this year's Freshman and Sophomores and their parents later this spring at a couple different informational nights. Please look for more information such as; dates and times, to be coming home in the near future. The program requires that student's dual enroll part of their day during their Sophomore, Junior, and Senior years of high school and then come back for a 5th year of High School / College classes. The students will walk in High School graduation after their 4th year of High School, but will not be able to obtain a diploma until their 5th year of school is complete. Students will have to meet and maintain set criteria of attendance, behavior, grades, test scores, and volunteer hours to get into the program and stay in the program. The program is not for all students but is very beneficial to those students who are selected to participate.

To learn more about Beal City's Early College program, please contact Sara Millerov, Beal City Junior/Senior High School Guidance Counselor, at (989) 644-3944.

PHOTO: Dr. Christine Hammond, MMCC President, and William Chilman IV, BCPS Superintendent, sign the State of Michigan application for Early College



The fifth graders received a very nice donation from the Weidman Lions Club this month. They were able to donate one Constitution to each and every one of the fifth graders. Now, the students can use their own Constitution when we begin learning about government in our next unit. Thanks again to Bob Thompson and our local Weidman Lions Club for the wonderful donation.



The students are patiently waiting for their Constitutions



Bob Thompson is presenting Constitutions to the fifth graders

### Lights, Camera, AUCTION!

Everyone is invited to the 17th annual St. Joseph the Worker school auction. Doors will open at 6:00 p.m. on Friday, April 22, at the Knights of Columbus Hall in Beal City. Admission is \$20 per person, and includes food and refreshments. The auction is the school's primary fundraiser, and a fun night out! The red carpet will be rolled out as we celebrate a night at the movies. Like "St Joseph School Auction" on Facebook for sneak peeks and updates. The students of St. Joseph thank the Beal City community for their continued support!



# Kindergarten Registration is Coming!

Beal City Public Schools will be holding its Kindergarten Registration Parent Meeting for the 2016-17 school year on Thursday, March 3<sup>rd</sup>, 2016. The meeting will take place in the School Cafeteria at 6:30 p.m. Parents interested in enrolling a student in kindergarten for next Fall should attend. This is an informational meeting designed for parents. Students need not be present. Please bring your child's shot record and birth certificate. Appointments for Kindergarten Screening, set for Tuesday, March 22, 2016, will be set up at this time. If you have any questions about the meeting, please call the Elementary office (989-644-2740). We look forward to seeing you there!

## 100th Day of School in Kindergarten

On Monday, February 15, we celebrated the 100th day of school! Our day was filled with 100th day activities. Each student brought in 100 items in a zip lock bag to share with the class. Some of the fun included 100th day centers, 100 exercises, stacked 100 cups, made a 100th day snack and much more. Some students even dressed up like they were 100 years old!



Happy  
100  
Days!

## SECOND QUARTER HONOR ROLL

### 4.00 GPA

Gross, Tucker	12
Lorenz, Paige	12
Lynch, Alexia	12
Matthews, Jacob	12
Pung, Kayla	12
Pung, Rachel	12
Rollin, Chase	12
Schripsema, Emily	12
Steffke, Hannah	12
Bierschbach, Mikayla	11
Fike, Madeline	11
Garrett, Samantha	11
Gross, Natalie	11
Hauck, Erica	11
Horsley, Nathan	11
Rau, Grace	11
Reihl, David	11
Beltinck, Rachel	10
Clark, Jason	10
Freeze, Nicholas	10
Matthews, Caitlyn	10
McCoy, Wyatt	10
Reihl, Ashley	10
Steffke, Madeline	10
Trevino, Shelby	10
Turner, Lauren	10
Yuncker, Mackenzie	10
Coston, Kristen	9
Daniels, Katharine	9
Fike, Kennedy	9
Fillenworth, Jordyn	9
Hoover, Kylea	9
Jaessing, Chloe	9
Lynch, Dexter	9
Mindel, Gracie	9
Moody, Faith	9
Pasch, Kelsey	9
Reihl, Kayla	9
Torpey, Cody	9
Vavzincak, Blade	9
Wilson, Kendyl	9
Yoder, Katlyn	9
Yuncker, Valerie	9
Zeien, Megan	9

### 4.00 GPA Cont.

Zeneberg, Zoey	9
Armstrong, Jourdyn	8
Nelson, Olivia	8
Reihl, Nathan	8
Schafer, Seth	8
Schafer, Ty	8
Upton, Sidney	8
Wilson, Aleisha	8
Case, Ayden	7
Clark, Matthew	7
Daniels, Rosalie	7
Fussman, Chloe	7
Locke, Ethan	7
Lynch, Cameron	7
Matthews, Ben	7
Maxon, Jason	7
Mindel, Aidan	7
Schumacher, Sage	7
Soules, Sydney	7
Weber, Grace	7
<b>3.5 to 3.99 GPA</b>	
Beltinck, Lauren	12
Chilman, William	12
Esch, Andrea	12
Flaugher, Kendall	12
Hoogerhyde, Ian	12
Lorenz, Sarah	12
Nelson, Kaylee	12
Reihl, Sarah	12
Robison, Jacob	12
Schafer, Apollo	12
Schafer, Eric	12
Schafer, Ethan	12
Steffke, Lilia	12
Steffke, Samuel	12
Vavzincak, Phoenix	12
Yuncker, Emma	12
Cole, Navid	11
Gott, Tristin	11
Hood, Kristen	11
Ley, Stephanie	11
Maxon, Eric	11
McMullen, Haley	11

### 3.5 to 3.99 GPA Cont.

Neyer, Heidie	11
Powell, Ryan	11
Salter, Ariel	11
Schafer, Hannah	11
Schafer, Nicholas	11
Darnell, Tyler	10
Farrell, Dale	10
Lambourn, William	10
Lefere, Rachael	10
Lorenz, Madison	10
McMullen, Amanda	10
Raitz, Rebekah	10
Schafer, Aaron	10
Schafer, Ryan	10
Schwerin, Charles	10
Carrier, Samantha	9
Case, Austin	9
Clark, Joe	9
Dodds, Erin	9
Ehler, Emilie	9
Eiseler, Alexandria	9
Fussman, Alexandria	9
Fussman, Spencer	9
Gottleber, Jadrian	9
Lorenz, Anna	9
Lybeer, Kara	9
Mishler, Zoey	9
Paul, Hazel	9
Pung, Adam	9
Sandel, Kyle	9
Schafer, Noel	9
Schwerin, Amy	9
Benaske, Alex	8
Bushong, Sara	8
Chilman, Logan	8
Embs, Nicholas	8
Faber, Eric	8
Faber, Heather	8
Gamble, Gabrielle	8
Gottschalk, Jared	8
Hines, Ryleigh	8
Lorenz, Shane	8
Lyon, Jay	8
Meyers, Grace	8

## SECOND QUARTER HONOR ROLL

### 3.5 to 3.99 GPA Cont.

Pasch, Lauren	8
Pung, Jace	8
Purgiel, Gavin	8
Schafer, Jack	8
Schripsema, Chelsea	8
Small, Trey	8
Ciochetto, James	7
Conner, Hunter	7
Coston, Nathan	7
Hauck, Austin	7
Jones, Greenlee	7
Pety, Breanna	7
Pratt, Jesse	7
Sandel, Cassidy	7
Theisen, Ellie	7
Torpey, Bailey	7
Tyler, Dustin	7
Vollmar, Jacob	7

### 3.0 to 3.49 GPA

Baker, Bailey	12
Baning, Katelyn	12
Bellmer, Karina	12
Carson, Hailey	12
Chatman, Camilla	12
Eldred, Taylor	12
Hauck, Cody	12
Jensen, Katelyn	12
Moore, Bradley	12
Nelson, Trevor	12
Newman, Rannon	12
Plummer-Diaz, Loura	12
Reeves, Nash	12
Rousseau, Bethany	12
Schafer, Noah	12
Schafer, Sean	12
Straus, Curtis	12
Eiseler, McKenzie	11
Faber, Brenda	11
Philo, David	11
Salvatore, Keaton	11
Schafer, Landon	11
Schneider, Mackenzie	11
Scott, William	11
Yuncker, Kyle	11

### 3.0 to 3.49 GPA Cont.

Zuehlke, Zoe	11
Andrews, Mahealani	10
Clouse, Spencer	10
Diaz-Cholula, Oscar	10
Hodges, Rebecca	10
Loos, Andie	10
Nelson, Max	10
Reihl, Nathaniel	10
Render, Brenden	10
Schumacher, Lucas	10
Sharrar, Kollin	10
Steffke, Isabelle	10
Vondoloski, Miles	10
Berryhill, Colby	9
Fussman, Mitchell	9
Garrett, Grant	9
Haupt, Amanda	9
Haynes, Keegan	9
Maxon, Chase	9
Mowen, Haley	9
Powell, Elizabeth	9
Schafer, Daniel	9
Shaner, Brenden	9
Small, Trevor	9
Whitehead, Brennen	9
Ames, Ryan	8
De Vos, Wannes	8
Faber, Joslyn	8
Fillenworth, Lyndsey	8
Finnerty, Robert	8
Lesage, Marc	8
Methner, Jakob	8
Paul, Ivan	8
Philo, Jessica	8
Seger, Cierra	8
Smith, Chase	8
Sparks, John	8
De Vos, Tijn	7
Faber, Travis	7
Fussman, Natalie	7
Gross, Jacob	7
Haupt, Owen	7
Hopkins, Michael	7
Keller, Kinleigh	7

### 3.0 to 3.49 GPA Cont.

Kent, Marcus	7
Long, Jayden	7
Maxon, Tyler	7
Noeker, Dulaney	7
Turner, Kirsten	7
Vondoloski, Macy	7



**SPRING BREAK  
WILL BEGIN  
WITH A HALF  
DAY ON THURS-  
DAY, MARCH 24  
AND NO  
SCHOOL ON  
MARCH 25  
THROUGH APRIL  
1<sup>ST</sup>. ENJOY THE  
BREAK!!!**

## **ALL A'S & B'S**

### **5th Grade All A's and B's**

Armstrong, Hadyn  
Carrier, Alyssa  
Garrett, Elijah  
Goffnett, Audree  
Gross, Rachel  
Hall, Grant  
Hazen, Levi  
Langlois, Karana  
Long, Haylee  
Meyers, Zachary  
Onstott, Tailor  
Recker, Justin  
Seger, Mattie  
Sisco, Rylee  
Straus, Benjamin  
Weeden, Angel  
Winegardner, Cayden

### **6th Grade All A's and B's**

Ambs, Owen  
Ames, Samantha  
Antcliff, Natalie  
Benzinger, Izabella  
Dempsey, Eliza  
Embrey, Madalyn  
Fike, Rylee  
Fussman, Jacob  
Gamble, Megan  
Haynes, Brayden  
Johnston, Megan  
Kent, Mykenzie  
Martin, Brendan  
Methner, Kyleigh  
Mishler, Logan  
Morgenstern, Amanda  
Onstott, Haiden

### **6th Grade All A's and B's**

Owens, Chase  
Pritchard, Logan  
Raitz, Zachary  
Schafer, Darren  
Smith, Karly  
Sparks, Jenna  
Whitehead, Christopher  
Wichert, Allison  
Wilson, Konnor  
Wilson, Morgan  
Wilson, Wade  
Wood, Olivia



### **Give your child a healthy start!**

Mornings can be rushed, but it is important to make time for breakfast.

Children can benefit from the School Breakfast Program! Studies show that school breakfast can improve test scores, make kids more alert in class, and improve classroom behavior. Make sure your kids start the school day with a healthy meal.

**Every morning our breakfast consists of these whole grain items: assorted pop tarts, muffins, uncrustables, donuts, cereal, yogurt, juice, cheese stick and milk. Students must choose a fruit and 2 grain items.**

**Location: Aggie Cafeteria**

**Breakfast time every day: 7:40-8:05**

**Full pay price: \$1.50**

**Reduced: \$.30**

**Remember, no breakfast will be served if we have a delay.**



# MARCH 2016

## Beal City School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> wg maple waffle w/ sausage links, hash brown, cold carrots, garden bar, mixed fruit, juice and milk Daily option: wg breakfast pizza	<b>2</b> hot dog w/wg bun, sweet potato fries, garden bar, apple, juice and milk Daily option: (cheese) hamburger w/wg bun	<b>3</b> saisbury steak w/mashed potato and gravy, carrots, (9-12wg bread), garden bar, sliced peaches, juice and milk Daily option: wg chicken nuggets, wg cinn graham crackers with both	<b>4</b> cheese quesadilla, refried beans (9-12 cold carrots), garden bar, grapes, juice and milk Daily option: wg pepperoni calzone
<b>7</b> tangerine chicken w/wg rice, stir fry vegetables, garden bar, mandarin oranges, juice and milk Daily option: corn dog nuggets	<b>8</b> Chicken Patty w/wg bun, sweet potato fries, garden bar, apples, juice and milk Daily option: (cheese) hamburger w/wg bun	<b>9</b> hot turkey sandwich (wg bread) with mashed potatoes and gravy, broccoli, garden bar, peach cup, juice and milk Daily option: wg chicken nuggets w/wg slice of bread	<b>10</b> nachos chips/cheese/meat, refried beans (9-12 cold carrots), garden bar, pineapple, and milk Daily option: wg cheese pizza	<b>11</b> macaroni and cheese, (9-12 dinner roll), peas, garden bar, strawberry cups, juice and milk Daily option: wg breakfast pizza
<b>14</b> chicken mashed potato bowl w/corn, wg dinner roll, garden bar, applesauce cups, juice and milk Daily option: wg corn dog nuggets	<b>15</b> sloppy jo w/wg bun, green beans, pears, juice and milk Daily option: wg breakfast pizza	<b>16</b> scalloped potatoes/ham w/wg dinner roll, cookie, cooked carrots, garden bar, apple, juice and milk Daily option: (cheese) hamburger w/wg bun	<b>17</b> taco w/ wg tortilla shell, refried beans (9-12 cold carrots), garden bar, oranges, juice and milk Daily option: w/wg cheese pizza	<b>18</b> Wg grilled cheese sandwich, tomato soup, broccoli, garden bar, mixed fruit, juice and milk Daily option: (cheese) fish sandwich w/wg bun
<b>21</b> meatball sub, cauliflower, garden bar, strawberry cups, juice and milk Daily option: wg corn dog nuggets	<b>22</b> wg maple waffle w/ sausage links, hash brown, cold carrots, garden bar, mixed fruit, juice and milk Daily option: wg breakfast pizza	<b>23</b> hot dog w/wg bun, sweet potato fries, garden bar, apple, juice and milk Daily option: (cheese) hamburger w/wg bun	<b>24</b> <b>½ Day</b> <b>NO LUNCH</b>	<b>25</b> <b>NO SCHOOL</b> <b>Spring Break!</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

### News

**Happy Reading month St. Patty's Day and Easter!**

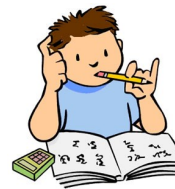
**Enjoy your spring break!**  
☺

**All grains are whole grain!**  
**Milk choices:**  
**Fat free chocolate 1% white**  
**A variety of vegetable choices are offered daily on our garden bar.**  
**6<sup>th</sup>-12<sup>th</sup> grade additional daily lunch options:**  
**Turkey sub, Crispy Chicken wrap, chef salad or a strawberry parfait!**

## **MARCH 2016 : A Few Important Messages from the Beal City Education Foundation**

### **ATTENTION ALL JUNIORS: SAT Prep & Study Sessions Going on Now!**

Study sessions will be held now through April 10th, and the SAT testing is on April 12th. We can't stress enough to students that will be taking the SAT this year how important and beneficial it is to be as prepared as possible. We mean it, and you should really trust us adults on this one. Now, we won't pull the old "Back in our day we had to take the SAT with out any study sessions, outside, in a blizzard, without a coat, and while walking uphill - both ways...." But we will tell you that we have been where you are before, and that if you take one piece of advice from us today - let this be it. That, and remember to wear sunscreen. You'll also thank us for that one day.



#### **A BREAK DOWN OF THE DETAILS:**

**WHEN:** Every Saturday at 9:00 a.m., and Sunday at 6:00 p.m. except for the weekends of March 27th and April 2nd (Spring break). Sessions last 2 hours.

**WHERE:** The sessions are held in the Computer Lab

**HOW:** You can sign up in the principal's office, and must do so by 3:00 p.m. Friday. The BCEF Facebook page will be updated with any session cancellations.

**WHO:** BCEF & BCEA members will be administering the study sessions and they are volunteering their time, so please be respectful and show up if you sign up!

**BONUS!** Each student will get one entry for each hour they are in attendance. One winner will be selected each week for a \$20 Gift Card to the Beal City Store.

For more information, please contact Mr. Jackson or Mr. Chilman. Or to contact a BCEF Board Member, you can message us on the BCEF Facebook page.

Remember - getting the best score possible on the SAT can open many doors and help you obtain more scholarship money. We urge you to take advantage of this free opportunity to prepare yourself.

Plus, if you attend and participate - you can win prizes, so there is that too.

### **SCHOLARSHIP ANNOUNCEMENT - 6 Scholarships in 2016 to Be Awarded**

The Beal City Education Foundation is happy to announce that there will be **SIX** scholarships, each at a \$500 value, being awarded this year to 6 individual 2016 graduates., but you cannot receive one of these scholarships unless you apply. We would like to remind the senior class to please apply for a BCEF scholarship. You can contact Mr. Jackson for an application. The BCEF hopes to get a record number of applicants this year. Have fun filling out the application and when you are finished with it, you may return it to Mr. Jackson.



The awarding of more scholarships this year falls in line with the overall mission and goal of the BCEF - to eventually have the resources to award every single graduate a scholarship upon graduation from BCHS. Each year, the Foundation will try to increase the number of scholarships awarded to graduates that year. This will always be based on the available funds and resources that year, but the BCEF is hopeful that each year the number of scholarships will increase consistently. The BCEF Board would like to thank the school, students, community members, and parents for being patient as we work hard to increase the number of scholarships awarded each year. We all know these old life sayings: "slow and steady wins the race" and "Rome wasn't built in a day". Likewise, the BCEF will keep working steadily over the years to raise the funding and support in order to reach their goals and most importantly - help our wonderful Beal City students be successful with their future educational and career goals. From all of us on the BCEF Board, thank you for your support! For more information, please contact us on our facebook page: <https://www.facebook.com/bceffund/>

# Board Briefs

The following was approved at a regular board meeting on February 15, 2016:

- General Fund payments of \$386,576.42, hot lunch payments of \$14,290.50, Capital Projects/General Fund payments of \$16,450.00 and Athletic Fund payments of \$2,832.07.
- The Schools of Choice 105 and Schools of Choice 105C programs for the 2016-2017 school year.
- The following coaching recommendations: Dan Beckwith - Boys Varsity Track, Dave King - Girls Varsity Track, Kristin Schafer - JV Softball, Dennis Bechtel - Voluntary Assistant Baseball, Brandon Shirely - Voluntary Assistant Baseball, Rod Flaughner - Voluntary Assistant Baseball, Michael Bleise - Voluntary Assistant Baseball, Chelsea Davis - Voluntary Assistant Softball, Samantha Schafer - Voluntary Assistant Softball, Charlie Clark - Voluntary Assistant Track.

The following coaches are being recommended through PCMI: Brad Antcliff - Varsity Baseball, Tom Atkinson - JV Baseball, John Davis - Varsity Softball, and Jerry McCarty - JH Boys Track.

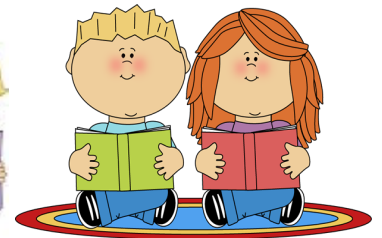
To locate the Beal City Board of Education agenda and minutes from the monthly Board meetings, please see the Beal City website. Click on District Info, Board of Education, then click on the Board of Education on the left hand side to receive a menu. From there click on Meeting.



**MARCH IS**



**MONTH!**



**READING**

The Beal City Elementary teaching staff has planned a variety of activities in celebration of **READING MONTH!!** This year's theme is *Camp Read S'more!!* The staff is planning many fun and exciting events, guest speakers, and activities throughout the month. As a school, students are being put to the challenge of reading a certain number of minutes for the month. Every week, upper and lower elementary students will pair up with their "Buddy Classroom" and read together. Students will also be asked to bring books from home for the Book Exchange. A calendar of these events, and many other reading month activities, will be sent home with students.



# Beal City

Baseball/Softball

## 9 Pin No-Tap Bowling Tournament

Sick of being inside with the long cold winter?!?!?! Come out of the house and have a blast while supporting the Beal City High School Softball and Baseball programs while we gear up for a great 2016 spring season!! Go Aggies!!!!

Saturday March 5, 2016  
1:00pm at Riverwood Resort

Cost: \$25 per person

Winners are not based on bowling ability!

There will also be prize raffles and 50/50 drawings.

Names: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Payment: \_\_\_\_\_ Check (# \_\_\_\_\_)

**For a Chance to win entry Fee back please Pre-Register by Feb. 26, 2016**

Mail bottom half of form to:

Brad Antcliff 5230 W. Beal City Rd. Weidman 48893 or put in Baseball mailbox in AD office.

All proceeds will go towards Beal City High School baseball and softball programs.

# SPAGHETTI DINNER

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**Time: 5:00 to 7:30**

**Date: April 8, 2016**

**Place: Beal City Knights of  
Columbus Hall**

**Cost: \$7.00 for adults, \$5.00  
for kids ages 5-12, and  
4-Under Free**

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Meal includes spaghetti  
and meat sauce, salad,  
drink (milk, lemonade, or  
coffee) and dessert.

Hosted by the Beal City  
Varsity and JV baseball  
teams.

**ALL YOU CAN EAT!!**

# High School YEARS

Working Together for Lifelong Success



## Short Clips

### Safety first

Your teen may want to make plans without having to clear them with you first. But to keep her safe, you still need to know where she's going and who she'll be with. Insist on details, and give her a curfew. She may scoff, but deep down she'll know you care.

### Reasons not to smoke

Each day almost 4,000 teenagers start smoking. Talk to your child about why he shouldn't be one of them. Beyond increasing his risk for cancer, smoking can make his teeth yellow and cause bad breath. Plus, spending money on cigarettes means he wouldn't have it for other things he wants.

### Kindness is easy

Being kind in small ways shows others that you care—and it's simple. Encourage your teen to show kindness throughout the day. For instance, she could carry the lunch tray for a classmate on crutches. Or she might give a quarter to the cashier if the person in front of her comes up short.

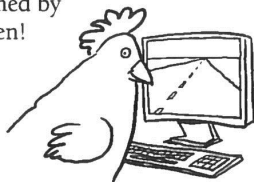
### Worth quoting

"The things that make me different are the things that make me me."  
A.A. Milne

### Just for fun

**Q:** Why did the computer cross the road?

**A:** Because it was programmed by the chicken!



## Thinking critically

When your high schooler learns new information, does he try to think about it from different perspectives? If so, he's learning to be a critical thinker.

Students who think critically can draw conclusions, evaluate arguments, and analyze what works or doesn't work—making them more ready for college and careers. Sharpen your teen's thinking skills with these ideas.

### Ask open-ended questions

Help him evaluate information by posing questions that have more than one right answer. ("Should we explore space?") Or encourage him to make a choice and explain it. ("Which Jane Austen book do you like best? Why?")

### Consider all the facts

Suggest that your child come up with positive, negative, and interesting points about a question in the news. *Example:* "Should school be year-round?" After reading several articles, he might say: "We could learn more" (positive). "It would be harder to get a summer job" (negative). "Some schools already do



this" (interesting). This approach will help him sort facts, clarify his thoughts, and reach a conclusion.

### Organize information

Play this critical thinking game. Together, list 10 items in your family room (books, magazines, a vase, a television, a sofa). Then, have each person put the objects in order from most useful to least useful for a made-up scenario (planting a garden, getting ready for a trip). There are no right or wrong answers—this activity just helps kids learn a way of thinking. 👍

## I wouldn't miss it!

Teens who attend school regularly have stronger bonds to their school and are more likely to graduate. Good attendance also creates a habit that can carry over into work later. Consider these tips:

- Set expectations. Being out for even a day or two a month can hurt your child's performance. Tell her that the only acceptable excuses are illness, family emergencies, or pre-approved college visits.

- Discuss results. Point out that missing school means she'll have to make up coursework. If she falls behind, she may have to retake courses.

- Keep in contact. Write notes or call attendance lines for excused absences so the school knows your child's not skipping. If she does skip, contact the school so you can create a plan to get her back on track. 👍





# Encourage respect

Teaching your teen to be respectful at home can make her more considerate and improve her relationships with friends, teachers, and bosses. Try these ways to promote respect.

**Address the behavior.** When your adolescent sighs, stomps off, or talks back, it may seem easier to overlook it than to argue about it. But letting her get away with it won't help her—or you—in the long run. Take the time to discuss her behavior and to set consequences.

**Offer strategies.** Talk about appropriate ways for her to handle situations where she tends to be disrespectful. For



instance, if she often asks for your input and then rolls her eyes at your suggestions, spell out what she could do instead (“Say, ‘Thanks, but I’m not sure that will work because...’”). Or agree on a look or gesture that quickly communicates to her, “Think of another way to respond!”

**Respond respectfully.** Demonstrate respect with how you react to her behavior. If you’re

in public, you might pull her aside to keep the matter private. Let her know what she did wrong. Then, explain what will happen if her rudeness continues (your shopping trip will be over, and she won’t get the new shoes she wanted). ☺

# Tackling math

No matter how complex high school math becomes, having a plan of attack can simplify it for your teen. Pass on these four steps.

## 1. Find what is being asked

To understand a problem better, draw a diagram, highlight key words, or remove irrelevant information. Then, rephrase the question in your own words.

## 2. Choose a strategy

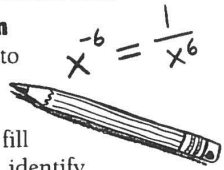
There may be more than one way to approach a problem. You might solve it backward, estimate an answer, or calculate with smaller numbers first.

## 3. Do the problem

Break it down into steps if it requires more than one (write an equation, fill in known numbers, identify variables). Show your work on each part so it’s easier to check—and because teachers often require you to show work to get full credit.

## 4. Review your work

Does the answer make sense? If you estimated and the final answer is way off, go back over the steps to check for errors. ☺



Q & A

## Does multitasking work?

**Q** My son scans Twitter and texts his friends while doing homework.

Can he really work effectively when he’s multitasking?

**A** Experts say most people make more mistakes and take twice as long to finish a job when they multitask. So while your son may feel he’s accomplishing his work without a problem, he could actually be taking longer to complete assignments and not even realize it. Also, he might not be doing them as well as he would otherwise.

To show your son the difference, encourage him to track how long it takes him to do his homework for a week and the number of errors marked when the work is returned. Then, have him do schoolwork for a week with electronic devices turned off and track the same things. He may be surprised by the results. ☺



Parent to Parent

## Listen to your teen

As my daughter has gotten older, I’ve noticed that she doesn’t talk to me as much. So when she does feel like chatting, I try to take advantage of the moment and listen to her.

I’ve noticed that it’s best if I do less talking and more listening. Sometimes, if I sit quietly with her, she’ll keep sharing. And other times, I’ll simply ask questions like “What do you think?” or “What would you have done?”



Also, I make an effort to respond with what I think she is saying. The other day she mentioned the school play that she’s going to be in. I said something like, “It sounds like you’re excited about the play but nervous about how you’ll perform.” She said that she was nervous and that she felt a little better just admitting it out loud.

I told her I was looking forward to being part of the audience. And I let her know I’m here to talk about it—or about anything else she wants to share. ☺

## OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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## **MARK YOUR CALENDARS!**

Thursday, March 3	2016-17 Kindergarten Registration Parent Meeting, 6:30 p.m.
Monday, March 7	PTA meeting, 6:30 p.m.
Thursday, March 10	Parent/Teacher Conferences, 5:00-8:00 p.m.
Tuesday, March 15	LifeTouch Spring School Picture Day
March 17 & 18	Book Exchange books turned into classroom teacher
Tuesday, March 22	2016-17 Kindergarten Round-Up Testing, by appointment
Thursday, March 24	End of Marking Period, students have $\frac{1}{2}$ day of school
Friday, March 25	Spring Break Begins
Monday, April 4	Classes Resume