

Fatima Monthly Newsletter

October 26, 2018

Happy Halloween! Wow – where is this year going? Seniors have been very busy turning in applications, which is great! By this point most underclassmen have adjusted to the year, and things seem to be moving along nicely. Hope your world is also going well.

School Counselor's Haven – Central Standard Time: Remember to set your clocks back on Sunday, Nov 4! I have always noticed how some of our students do better on homework when the time changes. The sun isn't shining outside, so the students spend more time inside and for some reason remember to do their homework. If your child's grades aren't where you want them to be, maybe you could make a "time change resolution." Please encourage your children to study for classes BEFORE the night before a test. It has been proven that studying a short amount of time every night is MUCH more effective than studying a long time for one night.

E-Cigarettes: In 2015, 1 in 6 high school students reported having used an e-cigarette. Now the devices are as small as a jump drive, and the trend to use is growing. These devices are harmful to the developing brains of our youth, and using nicotine may make it harder for teens to concentrate, learn, and control impulses. We have students at Fatima who are using, and now that the only result is a vapor, it is hard to catch. We encourage all parents to talk to their kids about e-cigarettes. Attached to the email is materials to help you have this discussion. We need to be aware and to help our kids!

All High School Parents who have a student who plans to go to tech school or college: I would highly recommend you attend the Financial Aid Seminar: Planning and Paying for College that we will host here at Fatima on Wednesday, Nov 14 at 6:00. A representative from the Department of Higher Education will discuss how to get loans and grants, will explain the FAFSA, and will give other great advice on ways to help pay for those schools. They also will bring a whole host of hand-outs, so you can hear the information and then review it later. Hope to see you and your students there!

Tutoring/Volunteer Hours Explained: I have many parents who have asked me questions about tutoring or volunteer hours. I recommend that freshmen and sophomores (all students as far as that goes) start getting involved in the community and that they keep a log of all the volunteer work they have done. These things can be used for scholarships. My advice is to keep track of all of these on the Missouri Connections website, rather than on a piece of paper than can be eaten by the paper monster! Then it is available at any time and in any place.

National Honor Society Members must log 35 volunteer hours for the church/community and 15 hours for the school each year. These can also be included on scholarships. Seniors should have theirs completed before Christmas!

For the A+ program, a student must tutor a student with the supervision of a Fatima teacher for 50 hours. This can be done in summer school or during the A+ tutoring class during the year, or a student can stay after to help the after-school tutoring program with Mr. Gier's approval. Some Nichols students do this tutoring on the days they are off school and Fatima is in session. Notice this is NOT volunteer hours in particular. The ONLY thing that counts for A+ is tutoring hours with a Fatima teacher present.

National Honor Society Explained: To become a member of the NHS, a student must demonstrate **Character, Scholarship, Leadership and Service**. The first characteristic used for determining members is "**Scholarship**." In the spring of the year, I will list all students who have a 3.25 or higher cumulative GPA and who are not currently an NHS member. These students are eligible to apply for NHS.

The NHS application has sections for students to show their leadership and service activities from their freshman through current year. **Leadership** roles can include positions where the student is responsible for directing or motivating others in the school, community, or work activities. **Service** activities can be either individual or group activities on behalf of others (not immediate family members) for which no compensation was given. For both of these, students will have to list a supervising adult who can affirm the student participated in the event. There will also be a place to list all school and community activities such as clubs, Boy or Girl Scouts, 4-H, religious groups, etc. Students will also list their work experience, recognition, and awards.

Character means the student demonstrates an outstanding record of conduct and behavior with regard to school and community rules and general behavior guidelines. Teachers on the faculty NHS selection committee are encouraged to look at the conduct and behavior of the students both in and out of the school environment. Discipline records and civil court actions can be utilized to help the committee determine the character of a student.

Of these four pillars, leadership seems to be the hardest one for our younger kids. I guarantee that if a student wants to be in charge of an activity in a club, the sponsors will let them. Many clubs such as SADD and FCA are looking for kids to take charge.

Students in grades 10-12 who have the 3.25 GPA after the first semester are encouraged to complete an NHS Selection Form and return it to the committee for evaluation if they are interested in becoming an NHS member.

If anyone has any questions about the NHS program, I encourage you to call or email me, Ms. Mueller, the NHS chairperson. You can call me at (573) 455-2375 or email muellerd@fatimacomets.org.

Tutoring Still Available: Fatima offers free after-school tutoring from 3:15 -4:00. A student does not have to sign up for this – just show up! The library is open nightly until at least 4:30 and usually until 5:00. So if tutoring is over, your child still has a place to go! These are free services, and a student does NOT have to sign up before attending.

Veterans Day Assembly: We would like to welcome all local Veterans to Osage R-3 School (Fatima) for our annual Veterans Day assembly Monday, November 12th, at 1:00 p.m. We will again be showing a power point presentation with pictures of many local veterans from the surrounding communities. We will continue to accept new pictures for the presentation. If you would like your picture included, please send it to Fatima ([attention Tracy Murphy](mailto:tracy.murphy@fatimacomets.org)) along with the name, branch and years of service, war served in (if applicable), and return address for returning the pictures. Please direct pictures of veterans/soldiers to Tracy Bauer by email murphyt@fatimacomets.org or by sending them to Tracy Bauer, P.O. Box 37, Westphalia, MO, 65085. Pictures will be returned after Veterans Day.

Days Off: Nichols not be in session Oct 26 and will be out at 9:50 on Nov 7. **Fatima** students will be off at 12:40 on November 9 and for Thanksgiving the 21st through the 25th.

Winter Sports Pictures will be taken Nov 14. **If your child plays a winter sport, make sure he or she has a current physical and pays the activity fee of \$20.**

Red Ribbon Week Speaker: At 2:15 on Oct 29 we will have guest speaker on making good choices.

Fatima Blood Drive: Fatima will be hosting a blood drive on October 30.

Calendar of Events

Oct 26 – No Nichols
Oct 29 – Red Ribbon Week Speaker
Oct 30 – Blood Drive
Nov 2- Deadline for regular registration for the Dec 8 ACT
Nov 4 – Daylight Saving's Time
Nov 7 – Nichols out 9:50
Nov 9 – Fatima out at 12:40 – professional development day for teachers
Nov 12 - 1:00 Veteran's Day Assembly
Nov 14– Winter Sports Pictures
Board of Education Meeting
Nov 19 - Mid-term
Nov 21-25 - No School Thanksgiving
Dec 8 ACT

The Counselor Corner

Financial Aid Seminar: All high school students and their parents are invited to an informational seminar on **Wednesday, November 14 at 6:00** in the high school library. Lisa Wilson with the Department of Higher Education will discuss ways to get financial aid, the differences in financial aid packages; what A+ can do for you and is it for everyone, how to prepare yourself and your child financially for success after high school, etc. **This is designed for ALL grade levels**, because we need to start where we are to prepare for the future of our students. Lots of information for all high school parents and students. Hope to see you there!

Mueller has met with all seniors and they should have applied to their colleges and received acceptance letters or progress letters by now. If your senior hasn't done this, see Mueller now!

Parents of Senior Males: Did you know that your child needs to sign up for the selective service on or before his 18th birthday? These fine young men must go to www.sss.gov or to your local post office to fill out the form. This can also be done when they get a new driver's license.

ACT Deadline: The deadline to sign up for the December 8th test for regular cost is Friday, November 2nd.

Scholarships: Mueller has quite a few new ones in, but remember to encourage your child to go online and find those obscure ones! This needs to also be done IMMEDIATELY since some deadlines are already past!

I have given the students a list of websites the seniors need to visit, and I will be more than happy to give them a pass to work on this in the computer lab. If your child has not been to the websites, have them come to me. If they have lost the list of websites, I have extras.

Juniors: I have met with all of the juniors on Oct 3 (except Nichols juniors whom I will meet with on Nov 7 – their early out day) and gave them a sheet to complete to help them find their direction. This needed to be returned to Mueller. If the student didn't turn it in yet, they will get a reminder on their locker. These need to be completed soon so I can help them find their classes and colleges.

Mueller will soon start meeting with juniors to discuss career goals, college planning, and possible classes for next year. The kids **NEED TO BE SCHEDULING COLLEGE VISITS!**

Juniors: How many volunteer hours can you document? Do you have them updated on Missouri Connections, or listed somewhere? Parents, make sure your child can make a good showing on scholarships by documenting these hours. This seems to be the difference between the good students who get scholarships and the ones who don't.

Also, juniors should be checking out colleges NOW. When a school rep comes to visit, these students should be in the library listening to what the rep has to say. Then if the child is interested in the school, he or she should be scheduling campus visits, or checking out the bulletin board to see when the school has an open house. By the beginning of the senior year, the student should already have narrowed the college choices to less than 5.

Junior Testing: The ACT/Accuplacer for juniors is April 2. Also, juniors will take the ASVAB in March. More information will follow.

9th and 10th grade students: Parents keep asking what these students need to do to prepare for college. The most important things now are to keep the grades up, do volunteer work, and join clubs and organizations. These will be the things that will qualify the students for scholarships!

Sophomores: On Nov 14 I will meet with all sophomores to review their Missouri Connections accounts and to search for careers and colleges. Also, the **Nichols Career Center** counselor will be here that afternoon at 1:30 to discuss the opportunities that Nichols affords. Students who are interested in attending Nichols will be given the opportunity to tour the school on Wed, Dec 5. We will leave school at 12:40, tour at 1:15, and get back to school around 2:45. Permission slips will be given out at the meeting on Nov 14.

Mueller is also meeting individually with all freshmen students to review future plans and to make a proposed schedule. A book with instruction and these papers have been put in freshmen lockers today to take home. Freshmen should review them with their parents, get the front page signed, and bring it back. Again, if you have any questions about this, ask Mueller.

As I am meeting with the freshmen, I encourage them to consider attending a summer camp or program to "pad" their resumes for scholarships. Many are offered by various universities, and often they are at a minimal charge or even free! Some are about leadership or problem solving, some are exploratory in a specific area such as engineering or health care program, and some are just fun. So watch the bulletin for any interesting camps. Many have early deadlines and fill up quickly!

Nichols has the following programs: health sciences, culinary arts, broadcast media, electronics, graphic communications/printing, auto collision, auto technology, welding, construction, computer technology, heating/air conditioning/refrigeration

College Rep Visits

Truman – Oct 29

UMSL – Nov 1

Missouri Connections: The system that the state department has purchased is amazing! Lots of information about colleges, tech schools, careers, Students can take inventories that help them find the perfect career, and then are told about the salary, working conditions, chances of getting a job in an area such as central Missouri, and then linked directly to the colleges or tech schools that offer the training if post-secondary education is needed for that career.

Parents – check out the website – www.missouriconnections.com. There are many things you can do on this site without having a user name and password. Sign in under the Guest tab and give your town and zip code. Then you can research almost everything that your child can. If you want to see the results of inventories, though, you will have to go under your child's account. Maybe your child will share their user name and password with you.

All juniors and freshmen have had a day to work on Missouri Connections. I will be meeting with sophomores the 12th of November. Ask your child what they have done and what they have found. If you have time, look at the site with them!

Sophomores: On November 14 I will be taking sophomores to the library to get on their Missouri Connections account and complete the interest inventory. They should also have time to update their resume and research some careers. They will also receive a paper to complete and get signed by parents!

Also, on Nov 14 the Nichols counselor will be here to explain the many programs available at their school. Then on Dec 5, we will take all interested students on a tour of the school. They have programs in auto collision and mechanics, welding, construction, computer technology, electronics, graphics/printing, heating/ventilation/air conditioning, culinary arts, broadcast media productions and health sciences.

FAFSA: If your senior is going to attend a college or tech school, you MUST fill out the FAFSA to qualify for any federal and many school scholarships and grants. This needs to be done NOW!

Want to Estimate Your Expected Family Contribution from FAFSA? The Expected Family Contribution states how much the government expects you to contribute to your child's education. This number is derived from the FAFSA that you complete. If you would like to know now what that number would be, you can go to www.FedeeralStudentAid.ed.gov and play with the numbers.

Parents are always asking what they need to do to help their child succeed. This is a simple list of ideas that have been proven to make a difference. If you need specific help in any of these areas, just give me a call and I will try to give you some ideas.

- Provide a good place to study
- Help your child set daily and long-term goals
- Use rewards and consequences to encourage positive change
- Attend all parent programs to show your support
- Insist on daily attendance
- See all midterm reports and report cards
- Help with time management skills
- Deal effectively with homework
- Listen
- Encourage independent problem solving
- Monitor activities and jobs
- Encourage positive activities
- Be aware and be informed
- Set limits and boundaries
- Be a good role model

Conversations Considerations

We would be wise to ask ourselves these questions before speaking:

T	Is it true?
H	Is it helpful?
I	Is it inspiring?
N	Is it necessary?
K	Is it kind?

- Use the five to one ratio when correcting someone – five positive comments to one negative comment.
- The harder the truth, the greater the love with which it should be said.
- Never put confrontational words in writing. Instead, confront face-to-face and write only words of encouragement that can be read again and again.
- Our words should not only be guarded and carefully measured, but should be filled with wisdom and kindness as well.
- Make it a daily habit to speak words of encouragement to the people with whom you come in contact. By doing so, your heart and mind will soon be trained to focus on the good in each other. And that perspective builds healthy relationships.

And a Few Halloween Jokes To Make Us Smile

A nice collection of jokes for Halloween!

Two monsters went to a Halloween party.

Suddenly one said to the other, "A lady just rolled her eyes at me. What should I do?"

The other monster replied, "Be a gentleman and roll them back to her."

Q: Why didn't the vampire bite Taylor Swift?

A: Because she had bad blood.

Q: What's it like to be kissed by a vampire?

A: It's a pain in the neck.

Q: How can you tell when a vampire has been in a bakery?

A: All the jelly has been sucked out of the jelly doughnuts.

Q: What songs does Dracula hate?

A: "You Are My Sunshine" and "Sunshine on my Shoulders."

Q: How does a girl vampire flirt?

A: She bats her eyes.