

Fatima Monthly Newsletter

October 30, 2017

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 5! 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.

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.

Powderpuff Football: Fatima NHS and SADD will be sponsoring a **Powderpuff Football** game on Friday, November 17 at the soccer fields. Girls will be playing, boys will be cheering, and maybe some administration or others will be putting on a half-time show! Should be lots of fun for all. Come support us and watch the action! There will be a small admission fee that will help our clubs help our school.

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 Friday, November 10th, 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) 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 students will have an early release on November 8. **Fatima** students will be off for Thanksgiving the 22nd through the 26th.

Winter Sports Pictures will be taken Nov 15. **If your child plays a winter sport, make sure he or she has a current physical and pays the activity fee of \$20.**

Order your 2017 Yearbook today! The cost is \$40.00. Order forms are available in the high school office and Mrs. Baughman's classroom.

NHS Sponsored Junior High Dance: November 3, 7-10 pm in the MultiPurpose Room. Students in 6th, 7th and 8th grade at Fatima, Linn, Holy Family, St. Joseph, Sacred Heart, IC, St. Mary's and St. George schools are invited. Admission is \$5 per person. Concessions will be available.

FHS Athletes: The **Pizza Make** is this Sunday. ALL athletes and their parents are expected to attend.

The Fall **Sports Banquet** will be held 6:00 PM Sunday, Nov 12 at the Lion's Hall. Fall Athletes may sign up in the HS office – athletes are free, guests are \$9 each. The deadline to sign up and pay for guests is Wed, Nov 1.

Calendar of Events

Nov 3- Deadline for regular registration for the Dec 9 ACT
Nov 5 – Daylight Saving's Time
Nov 10 - 1:00 Veteran's Day Assembly
Nov 14 – 6:00 – Financial Aid Seminar
Nov 15– Winter Sports Pictures
Board of Education Meeting
Nov 17 – Powderpuff Football
Mid-term
Nov 22-26 - No School Thanksgiving
Dec 9 ACT

The Counselor Corner

Financial Aid/High School Success Seminar: All high school students and their parents are invited to an informational seminar on **Tuesday, November 14 at 6:00** in the high school library. Ms. Mueller will discuss the advantages and disadvantages of dual credit, the differences in financial aid packages; what A+ can do for you and is it for everyone, how to prepare yourself and your child 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!

Mueller has also met with all freshmen students to review future plans and to make a proposed schedule. These have been sent home with the kids to be signed, and will be sent again when it is time to register for classes. 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!

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

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 19th test for regular cost is Friday, November 3rd.

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.

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!

Juniors: I have met with all of the juniors on Oct 19 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.

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.

College Rep Visits

Columbia College – November 1

State Tech – November 8

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 17 the Nichols counselor will be here to explain the many programs available at their school. Then on Dec 6, 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.FederalStudentAid.ed.gov and play with the numbers.

ACT/Accuplacer: On April 3 our juniors will have a chance to take the ACT or Accuplacer for free! We also might be able to give the test to seniors for a fee. More information will be out soon. These are entrance exams for numerous colleges and tech schools.

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.