

# STUDENT SERVICES

## APRIL 2025

# NEWSLETTER

FALCONER MIDDLE/HIGH SCHOOL ► 2 EAST AVENUE, FALCONER NY, 14733 ► (716) 665-6624



"It's not where you start--  
It's where you finish  
that counts..."



### A Note from Student Services

Only Ten More Weeks Left! Time is flying by quickly for us here in school. You've come such a long way. Don't give up now. You need to finish **STRONG!**



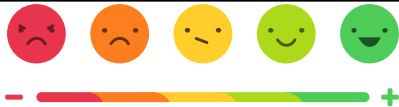
Dig deep inside of yourself  
and find some **GRIT**



G--Growth  
R--Resilience  
I--Intensity  
T--Tenacity

**YOU CAN DO IT**

### Academics



Only one more quarter to go! Staying caught up on your classwork is going to play a major factor in your grades this final ten weeks. Attendance is also critical! Don't forget to practice self-care and prioritize your workload.

Here are some tips to manage academic stress:

Follow a productive routine

Take care of yourself and get plenty of sleep

Organization is key

Eat a balanced diet and drink water (limit caffeine)

Make time for something fun

Ask for and accept help

Change your mindset

### HS Upcoming Events

- ☐ 4/24/25 Houghton University Visit
- ☐ 4/25/25 Market Day
- ☐ 4/29/25 Buffalo State University Visit

### Social Emotional Learning

Good Decision-Making Skills make a huge difference in how successful and happy you are in the future. Your stress level in life can be reduced by basing your decisions on facts and not on your emotions. Here is a good way to give yourself time and space to make good decisions without letting your emotions get in the way.

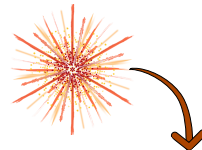
#### The Three C's of Decision Making:

**Clarify** the actual decision to be made. Be very careful to identify the specific thing you need to make a decision about. Big, confusing situations need to be broken down into small little choices in order to be tackled easily.

**Consider** all the alternatives. Be creative about how you could handle things. Every situation has a "do" and "don't" option, but they also have alternative options that land in the middle somewhere. If you think hard enough, there is always another way to handle things. This thinking takes time! Give yourself time to consider all possible angles and study the facts. Limit your quick emotional responses.

**Choose** the right option, the most beneficial option, the most respectable option.

### What's happening in Middle School



**Congratulations** to the following students for logging the most minutes of reading during the Read Across American Week!

**Grade 6: Ray Wilcox**

**Grade 7: Mae Gustafson**

**Grade 8: Zoey Benson**



**April Theme of the Month**  
Persevering Through Challenges Like:

Social Pressures    Self-control    Personal Character Growth  
Academic Struggles    Emotional Ups & Downs    Changing Friendships



Ask your homeroom teacher about the  
Pennies for Paws fundraiser!



### Stay in touch



Ms. Odell Grades 6-7  
Mrs. Sollenne Grades 8-9  
Mrs. Warren Grades 10-12  
(Last Names A-J)

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Ext 4228  
Ext 4227

Mrs. Barber Grades 10-12  
(Last Names K-Z)

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Mrs. Freeman - Social Worker  
Ms. Warner - School Psychologist

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awarner@falconerschools.org

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Ext 4222

# Summer Employment



New York State  
Parks, Recreation and  
Historic Preservation

## SUMMER JOBS!

### Seasonal Opportunities at State Parks in Chautauqua & Cattaraugus Counties

#### Midway State Park (Bemus Point)

- Arcade Operator (15 yr+)
- Ride Operator (16 yr+)
- Cashier/Office (16yr+)
- Maintenance/Grounds (18 yr+)

Send Applications to:

Email: [midwaystatepark@parks.ny.gov](mailto:midwaystatepark@parks.ny.gov)  
Mail: 4859 route 430, Bemus Point, NY 14712  
Questions? Call Christine @ 716-386-3165x201

#### Allegany State Park (Salamanca)

- Interpretive Crew (16 yr+)
- Lifeguard (16 yr+)
- Park Entry Booth (18 yr+)
- Maintenance/Grounds (18yr+)
- Rental Office (18 yr+)
- Trail Crew (18 yr+)
- Horticultural Tech (18 yr+)
- Road Crew/CDL Drivers (18 yr+)

Send Applications to:

Email: [allegany.employment@parks.ny.gov](mailto:allegany.employment@parks.ny.gov)  
Mail: 2373 ASP Route #1-Suite 3,  
Salamanca, NY 14779  
Questions? Call 716-379-6914

#### Long Point State Park ( Bemus Point)

- Lifeguard (16 yr+)
- Park Entry Booth (18 yr+)
- Maintenance/Grounds (18 yr+)

#### Barcelona Lighthouse (Westfield)

- Museum & Tower Guide/Cashier (16 yr+)

Send Application for both parks to:

Email: [longpointwny@parks.ny.gov](mailto:longpointwny@parks.ny.gov)  
Mail: 4559 route 430, Bemus Point, NY 14712  
Questions? Call Tom @ 716-386-2722

#### Lake Erie State Park (Brocton)

- Cleaning Crew (15 yr+)
- Rental Office (18 yr+)
- Rec Hall (18 yr+)
- Maintenance/Grounds (16 yr+)
- Forestry Crew (18 yr+)

#### Sunset Bay Marine State Park (Irving)

- Launch Attendant/Cashier/  
Maintenance/Grounds (18 yr+)

Send Applications for both parks to:

Email: [lakeriesp@parks.ny.gov](mailto:lakeriesp@parks.ny.gov)  
Mail: 5838 Rt 5, Brocton, NY 14716  
Questions? Call Rob @ 716-792-9216

# College/Career

## Post-High School Planning



# GOALS!

\*College Visits - Research to ensure they offer your major and make a list of your top 5 schools.

\*Careers - Find your passion! Combine what you like and what you're good at.

\*Resumes - This should be updated often. Get involved at school and in your community.

\*Community Service Hours - Take advantage of the many opportunities offered here.

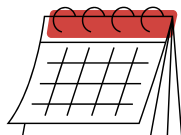
\*Interviews: It's never too early to practice & prepare.

\*Setting Goals: Look at the bigger picture.

## Looking Ahead

**REMINDER**

4/14-4/21 Spring Recess (no school)  
4/28/25 Spring Safety Day  
5/1/25 Progress Reports



## Resources



### Prom Dress Shopping Experience 2025

Come down to the dress shop to find your perfect prom outfit. We have plenty of gorgeous dresses, shoes and jewelry to choose from. This event is open and FREE to anyone looking for prom attire.

Shopping Dates are Saturday's  
April 5, April 12, April 26, May 3  
10:00 a.m - 12:00 p.m.  
105 W. 3rd St, Jamestown, NY  
( next door to Dot's Gift Boutique)

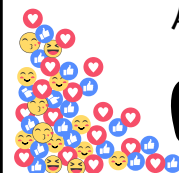
Please email Collaborative Children's Solutions at [ccsolutions716@gmail.com](mailto:ccsolutions716@gmail.com) with any questions. Please reach out to us if you are in need and can not make these dates!

## Social Media

### Healthy vs. Unhealthy Social Media

According to the Mayo Clinic, "Social media lets teens create online identities, chat with others and build social networks." However, there are several negative effects from social media on teens including distractions, lack of sleep, oversharing, gossip, exposure and cyberbullying. Please be aware of what you share online and how it may affect your life and others.

Always think before you post!



Follow



Hashtag  
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## Tech Tips



Remember to completely shut down and charge your chrombook every night!

## Support Services



We want to remind you that the Student Services Office is here to support you! If you have any concerns—whether they are academic, career-related, social, emotional, or personal—please don't hesitate to reach out.

We genuinely care about you and your family, and we're committed to helping you navigate any challenges you may face.