## **STUDENT SERVICES MARCH 2025** NEWSLETTER

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

"Be the hardest working person you know. Because if you're not, someone else will be."

#### A Note from Student Services

If you're feeling stressed, anxious, or struggling emotionally, Student Services is here for you. Our doors are always open, and we're ready to help you work through any challenges you're facing. We offer a safe space to talk and can help you develop practical strategies to manage stress, anxiety, and any other emotions that may be affecting your well-being.

We also understand that sometimes connecting with peers can be just what you need. Talking to someone who's experiencing similar challenges can make a huge difference in how you cope and feel supported.

Don't hesitate to reach out – whether it's by email, phone, or in person, we're here for you. You're not alone in this, and we'll be with you every step of the way. #falconstrong

### Academics

#### Are you passing your classes for the year?

- Log into **PowerSchool.**
- On the left-hand side, find and click on Grades and Attendance. This will show you an overview of your grades and attendance.
- Look at your Attendance By Class for Last Week & This Week. • How many classes have you missed or been tardy?
- Review the Courses and Grades section.
  - Q1 = final grade from Quarter 1.
  - Q2 = final grade from Quarter 2.
- Q3 = what you currently have for Quarter 3.
  - You can click on the Q3 to view a list of grades for assignments, guizzes, tests, and projects along with your score and possibly feedback from your teacher. You can also see missing assignments.
- **Y1** = current end of year grade for the class at this moment in time.
  - This grade indicates whether you are **PASSING** or **FAILING**. \*This grade can change with hard work during the 3rd & 4th Quarter.
- If you have questions about your grades, assignments, or anything you don't understand, contact your teacher for clarification.
- Make it a habit to check PowerSchool regularly to keep track of your progress and make sure you're meeting expectations.

# HS upcoming events

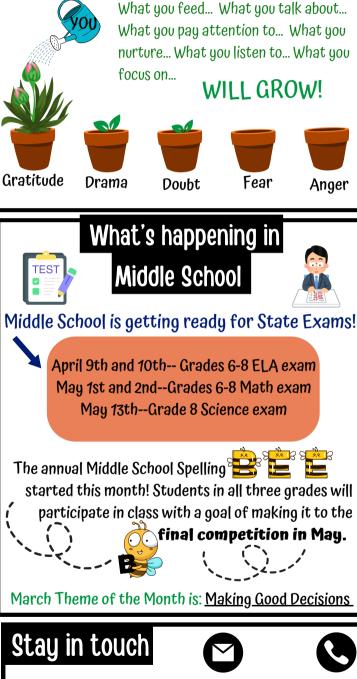
3/18/25 Mercyhurst University Visit

3/21/25-3/23/25 HS Musical Performance

3/27/2025 Alfred State / Alfred University Visit

3/28/25 Blood Drive from 9:00-3:00

### **Social Emotional Learning**



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kodell@falconerschools.org
msollenne@falconerschools.org
twarren@falconerschools.org
cbarber@falconerschools.org
kfreeman@falconerschools.org
awarner@falconerschools.org



Ext 4231

Ext 4228

Ext 4227

Ext 4226

Ext 4326

Ext 4222

#### Healthy Living Habits

Looking Ahead 3/14/25 Pi Day!

End of Quarter 3 Report cards

4/14-4/21 Spring Recess(no school)

ISTRIBUTION OF FREE LOCALLY GROUPRODUCED FOOD

JAMESTOWN FARMERS MARKET

FRIDAYS: M: ST. LUKE'S EPISCOPAL URCH, 410 N. MAIN ST I: BLACKWELL CHAPEL 510 SPRING STREET

IENDSHIP BAPTIST CHURCH

DUNKIRK, NY 14048

WEDNESDAYS 11 AM (STARTS APRIL 2)

Grow Chautauqua Market

**Distribution Site Location** 

HOW IT WORKS: IDIVIDUALS CAN VISIT ANY OF THE GROW CHAUTAUQUA ISTRIBUTION SITES (1 PER WEEK) AND RECEIVE A BOX OF LOCALLY

OROWN PRODUCTS AT NO COST ID, PROOF OF INCOME OR OTHER DOCUMENTATION NOT REQUIRED FIRST COME FIRST SERVE. DUE TO THE NATURE OF THE PROGRAM, NOT EACH SITE WILL RECEIVE THE SAME PRODUCT EACH WEEK

**STARTS THE WEEK OF MARCH 12** 

Imc373@cornell.edu 716-664-9502 ext 210

CHAUTAUQUA COUNTY RURAL MINISTRY 319 WASHINGTON AVE DUNKIRK, NY 14048

WEDNESDAYS 12:30 PM UNTIL GONE

RIPLEY PUBLIC LIBRARY

4 W. MAIN STREE RIPLEY, NY 14775

GONE

#### Habits to Make:

Wake up early Drink water first thing Exercise daily Plan your day in the morning Read a little every day Declutter your space Practice gratitude Limit screen time Eat mindfully **Reflect on your goals** Take breaks during the day Practice deep breathing Stay organized Set boundaries with others Prioritize your mental health Say "no" when needed Get outside for fresh air Spend time with loved ones Focus on progress, not perfection

4/4/25

4/11/25

Procrastinating on tasks **Comparing** yourself to others **Overthinking** everything Holding grudges Mindless snacking Checking your phone constantly Saying "yes" to everything Negative self-talk **Skipping meals** Multitasking too much Avoiding difficult conversations **Relying** on caffeine each day Dwelling on past mistakes Letting distractions take over Spending hours on social media Ignoring the need for rest **Overcommitting** yourself Not asking for help as needed Letting fear hold you back Blaming others for your own struggles

Vacation

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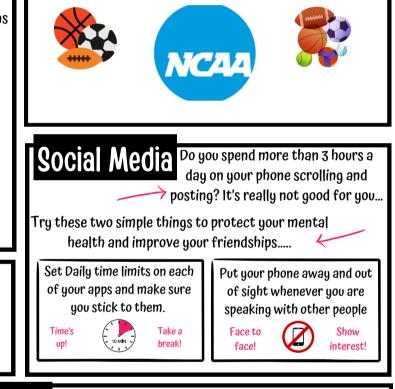
mode

Habits to Break:

## College/Career

Do you intend on being a Division 1 (D1) or Division 2 (D2) athlete in college? Did you know that your eligibility to play sports at a D1 or D2 level is actually based on your High School transcript? Talk to your counselor about setting up your NCAA eligibility profile. This will ensure you are enrolled in the proper high school courses that meet the NCAA eligibility requirements and qualify you to play sports at college!

#### http://eligibilitycenter.org



**Resources** The IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs

offer free basic tax return preparation to qualified individuals. The VITA program has operated for over 50 years. VITA sites offer free tax help to people who need assistance in preparing their own tax returns, including:

- People who generally make \$67,000 or less
- Persons with disabilities; and
- Limited English-speaking taxpayers

Call 211, prompt for language, prompt 5 for tax appointment

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.