

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

Social Emotional Learning



What you feed... What you talk about...
What you pay attention to... What you nurture...
What you listen to... What you focus on...

WILL GROW!

Gratitude

Drama

Doubt

Fear

Anger

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, quizzes, 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.

What's happening in Middle School



Middle School is getting ready for State Exams!

April 9th and 10th-- Grades 6-8 ELA exam
 May 1st and 2nd--Grades 6-8 Math exam
 May 13th--Grade 8 Science exam

The annual Middle School Spelling **BEE** started this month! Students in all three grades will participate in class with a goal of making it to the **final competition in May.**



March Theme of the Month is: Making Good Decisions

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

Stay in touch



Ms. Odell Grades 6-7	kodell@falconschools.org	Ext 4231
Mrs. Solenne Grades 8-9	msolenne@falconschools.org	Ext 4228
Mrs. Warren Grades 10-12 (Last Names A-J)	twarren@falconschools.org	Ext 4227
Mrs. Barber Grades 10-12 (Last Names K-Z)	cbarber@falconschools.org	Ext 4226
Mrs. Freeman - Social Worker	kfreeman@falconschools.org	Ext 4326
Ms. Warner - School Psychologist	awarner@falconschools.org	Ext 4222

Healthy Living Habits

Habits to Make: Habits to Break:

- 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



- 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



Looking Ahead 3/14/25 Pi Day! π

- 4/4/25 End of Quarter 3
- 4/11/25 Report cards
- 4/14-4/21 Spring Recess(no school)



Vacation mode

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>



Social Media

Do you spend more than 3 hours a day on your phone scrolling and posting? It's really not good for you...

Try these two simple things to protect your mental health and improve your friendships....

Set Daily time limits on each of your apps and make sure you stick to them.

Time's up!



Take a break!

Put your phone away and out of sight whenever you are speaking with other people

Face to face!



Show interest!

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

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.

Grow Chautauqua Market
DISTRIBUTION OF FREE LOCALLY GROWN, RAISED AND PRODUCED FOOD

Distribution Site Location

<p>JAMESTOWN FARMERS MARKET</p> <p>FRIDAYS: 2:00 PM: ST. LUKE'S EPISCOPAL CHURCH, 410 N. MAIN ST 3 PM: BLACKWELL CHAPEL, 610 SPRING STREET</p> <p>FRIENDSHIP BAPTIST CHURCH 18 EAST SECOND STREET DUNKIRK, NY 14048</p> <p>WEDNESDAYS 11 AM (STARTS APRIL 2)</p>	<p>CHAUTAUQUA COUNTY RURAL MINISTRY 319 WASHINGTON AVE DUNKIRK, NY 14048</p> <p>WEDNESDAYS 12:30 PM UNTIL GONE</p> <p>RIPLEY PUBLIC LIBRARY 64 W. MAIN STREET RIPLEY, NY 14776</p> <p>SATURDAYS 10:30 AM UNTIL GONE</p>
---	---

HOW IT WORKS:
• INDIVIDUALS CAN VISIT ANY OF THE GROW CHAUTAUQUA DISTRIBUTION SITES (1 PER WEEK) AND RECEIVE A BOX OF LOCALLY GROWN 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

Shea Haskin, Community Food System Educator | imc373@cornell.edu | 716-664-9502 ext 210