

STUDENT SERVICES

NOVEMBER 2024

NEWSLETTER

FALCONER MIDDLE/HIGH SCHOOL

2 EAST AVENUE, FALCONER

(716) 665-6624



Stuff your brain with knowledge!

Can you believe we're already a quarter of the way through the school year?

It's amazing to see how much you've all accomplished in such a short time. Your hard work and dedication are truly inspiring! As we move forward, keep up the momentum. Stay engaged, ask questions, and support one another.

Remember, this time in school is just a brief chapter in your life long journey. Embrace the learning experiences, make lasting memories, and enjoy every moment.

You're doing great—keep it up!

A note from Student Services

The lowest grade a student can earn is a 51% during the 1st and 2nd quarters.

Students will receive their actual earned grade in the 3rd and 4th quarters.

This applies to FULL year courses ONLY.

If you find yourself struggling to get the grades you are capable of, then maybe it is time to talk to your counselor about tutoring options through **Striders** or through **FCS**. There are people willing to help and there is still plenty of time left in the year to make improvements!

Academics

HS upcoming events

- ☐ 11/15 Women in Engineering at Penn State
- ☐ 11/19 Visit Canisius University
- ☐ 12/1 FAFSA Open
- ☐ 12/4 Visit Mercyhurst University

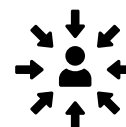
Social Emotional Learning

Let's talk about hygiene. Taking care of yourself is not just about looking good; it's about feeling good, too. Regular showers, brushing your teeth, and using deodorant can boost your confidence and help you feel fresh. Good hygiene is essential for your health and for the well-being of those around you!

Wearing appropriate clothing helps create a positive school environment. Choose outfits that are comfortable and suitable for school activities. Your clothing can express your personality, but it's also important to respect our school dress code.



What's happening in Middle School



The November theme of the month is **SELF-AWARENESS**

Take some time to ask yourself the tough questions. Make sure you really know who you are!



What am I good at?
What do I need help with?
Do I communicate well with others?
What emotions are hard for me to handle?
How do I react to other people?
Do I always try my best?
What makes me happy?

Share your thoughts with a teacher to get a gold card for the cart we have in Ms. Odell's office!

Stay in touch



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

kodell@falconerschools.org
msollenne@falconerschools.org
twarren@falconerschools.org

Ext 4231
Ext 4228
Ext 4227

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

cbarber@falconerschools.org

Ext 4226

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

kfreeman@falconerschools.org
awarner@falconerschools.org

Ext 4326
Ext 4222

Tech Tips

Turn off email notifications in Schoology so your Gmail inbox will be more manageable.



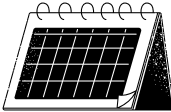
Social Media

A digital footprint — sometimes called a digital shadow or an electronic footprint — is a trail of data tied to your online identity. This includes everything you view, post, or message on any site including: Snapchat, TikTok, Instagram & Discord. Once information appears online, it's almost impossible to remove it entirely. This permanence can cause a long-lasting impact, especially if it includes something controversial about your character. Your digital footprint is accessible to everyone with internet access. Anyone—including colleges, employers and colleagues can search your digital footprint. In fact, many colleges and companies are looking at personal online activity to help them decide who to admit or hire.



**Start cleaning up your online activities now!
Your future depends on it!**

Looking Ahead



- 11/27-11/29 Thanksgiving Recess (no school)
- 12/5 Progress reports

Resources

The National Alliance on Mental Health is offering a free, 6-session education program for parents, caregivers and other family members who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms.

<https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Basics/>

Seniors

Complete your college, university and/or trade school applications by winter break! Check with your School Counselor to make sure you are on track for this!

Be Kind to YOU!

3 core elements of **self-compassion**



- **Self-kindness** vs. self-judgment: Feeling and expressing warmth and understanding toward ourselves when we make mistakes or feel inadequate, rather than judging or criticizing ourselves
- **Common humanity** vs. isolation: Realizing that all humans suffer and go through the same experiences; we are not alone, and our suffering is part of the shared human experience
- **Mindfulness** vs. over-identification: Maintaining mindful awareness of painful emotions instead of suppressing or exaggerating them

(Dr. Kristin Neff)

Benefits of self-compassion for teenagers:

- Protects against the negative effects of negative life experiences
- Lowers symptoms of depression
- Buffers the negative effect of low self-esteem on mental health
- Reduces risky behaviors
- Lowers stress levels
- Strengthens resilience and gratitude

College/Career



College application season is in full swing!

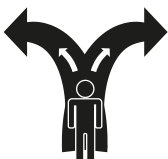
*Essays: Pay attention to deadlines! It's always valuable to have your essay proofread by at least one adult i.e. teacher, counselor, parent/guardian. Be mindful of the specified word count.

*Letters of Recommendation: It's courteous to give your recommenders at least 2 weeks notice when requesting a recommendation.

*College Visits: Visit colleges & universities, attend an open house, and/or call the school to speak with a college admissions rep.

*Resumes: Looking for a job? See your counselor for help with resumes, interview tips, and the employment process.

Support



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.