

# STUDENT SERVICES

## SEPTEMBER 2024

# NEWSLETTER



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

**Education is not preparation for life:  
education is life itself.**

### A note from Student Services

Hard to believe we are already into the 4th week of the 2024-2025 School Year!

We want to remind you that this is a fresh start. It's a chance to set new goals, explore new subjects, and build great relationships with your teachers and classmates.

Embrace the opportunities ahead—every day is a chance to learn and grow.

Don't hesitate to ask questions, seek help, and share your ideas. We're all here to support each other, and we can't wait to see what this year holds for each of you.



### Social Emotional Learning

With the start of the school year, there are a mix of emotions as students adjust to their new schedule. Excitement. Nervousness. Exhaustion. Stress. Etc. Our social and emotional well being is extremely important to monitor. One thing that will help is good sleeping habits. This creates improvements in mood, school performance and overall health. The recommended amount of sleep for people between the ages of 10 and 18 ranges from 8 to 12 hours of sleep per night in order to feel alert and motivated. Studies show that getting the recommended amount of sleep on a regular basis is linked with improved attention, behavior, learning, memory, the ability to control emotions, quality of life, and mental and physical health.

### What's happening in Middle School

Great work on the FCS September theme of COMMUNITY BUILDING! There were many Gold Cards given out to students who helped others feel supported and included. Over 20 students found some neat prizes/rewards on Ms. Odell's cart! The theme of the month for October is GOAL SETTING. Remember to set a goal to have your chromebooks charged every day for school. If the whole middle school improves then Mr. English will approve a Middle School dance at the end of October!

Getting organized at the beginning of the school year can set the tone for success!

Here are some practical tips for students:

### Academics

1. Use a Planner (Digital or Paper) to track assignments and important dates
2. Create a Schedule to do homework/study
3. Stick to a routine to build good habits
4. Organize and Declutter. Keep your space tidy. Have essential items easily accessible
5. Organize class materials by subject
6. Prioritize tasks based on due dates and importance
7. Make organizing fun and assign different colors for each subject or type of task
8. Find a quiet space and eliminate distractions (phone, TV).
9. Review your agenda and what you have accomplished to adjust your plans for the next day or week
10. Be flexible and ready to adapt your schedule as needed
11. Get enough sleep and eat healthy to keep your mind sharp
12. Regular breaks during study sessions are good to recharge

Starting the year organized can really boost your confidence and effectiveness, so take the time to set things up right!

### 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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Mrs. Barber Grades 10-12  
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Mrs. Freeman - Social Worker

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Mrs. Sieber - Behavioral Specialist

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Ms. Warner - School Psychologist

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Ext 4222

### Tech Tips

Don't forget to ✓ your school email for important messages!



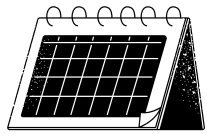
THERE'S  
MORE TO  
SEE

## Social Media



Students who spend more than 3 hours a day on social media face double the risk of mental health problems including experiencing symptoms of depression and anxiety. It can overstimulate the brain's reward center and, when the stimulation becomes excessive, can trigger pathways comparable to addiction.

## Looking Ahead



- 10/4 Go Home Early Drill
  - Students will be dismissed 15 minutes early
- 10/7-10/12 Homecoming Week
- 10/10 Homecoming Parade/Bonfire
- 10/11 Superintendent Conference Day
  - No School for Students!
- 10/11 Homecoming Football Game
- 10/12 High School Homecoming Dance
- 10/14 Indigenous Peoples' Day-No School!
- 10/17 MS/HS Progress Reports

## Resources

In need of a dress for the Homecoming Dance on October 12, 2024?



Talk to your School Counselor about the FCS Dress Closet!

## HS upcoming events



- Registration for the PSAT/NMSQT by 10/4
- Registration for AP Exams by 11/1
- 10/4 SUNY Brockport Rep. in Mezzanine
- 10/18 Gannon University Rep. in Mezzanine

## College/Career

Choosing between college and a career path can be a big decision! It often depends on your interests, goals, and what you enjoy doing.

### OPEN HOUSE

HEWES EDUCATIONAL CENTER  
THURSDAY, OCT. 3 FROM 5:30-7 P.M.

Join us for our Career & Tech Open House

- Meet our Career & Technical Education instructors
- Tour our campus and each of our programs
- Visit with representatives from area businesses, colleges, and the Armed Forces



Learn more about the Career & Technical Education programs available at Hewes

HEWES EDUCATIONAL CENTER | 2615 NORTH MAPLE AVE., ASHVILLE | (716) 763-18

**E<sub>2</sub>CCB**  
Erie 2-Chautauqua-Cattaraugus BOCES

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## Support

We are here to support you! Contact the Student Services office with any concerns. Academic, Career, Social, Emotional, Personal.... We are equipped to assist in most areas through consultation, guidance, counseling, and collaboration with other organizations. Our staff cares about you and your family!

## Money



**SOUTHERN  
CHAUTAUQUA**  
FEDERAL CREDIT UNION

Did you know that we have a school based branch here at Falconer?!  
Check it out in Room 132.

SAYSOMETHING

## Say Something Anonymous Reporting System



Recognize the Signs  
Act Immediately, Take it Seriously  
Say Something



**SAFETY  
FIRST**