

# STUDENT SERVICES

## OCTOBER 2024

# NEWSLETTER



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

The second month of school can be a pivotal time. Here are some tips to keep your motivation high:

- 1) Set Small Goals
- 2) Stay Organized
- 3) Find a Study Buddy
- 4) Mix It Up
- 5) Practice Self-Care
- 6) Remember Your "Why"
- 7) Stay Positive

You've got this! Keep pushing forward and remember that it's all part of the

 journey.

A note from  
**Student  
Services**

**ACTION!**  
is the  
**FUNDAMENTAL**  
key to  
**SUCCESS**

## Social Emotional Learning

Tips for Managing **Anxiety**...

1. Deep Breathing: Practicing slow, deep breaths can help calm the nervous system.
2. Time Management: Organizing tasks and setting realistic goals can reduce feelings of being overwhelmed.
3. Creative Outlets: Engaging in art, music, or other creative activities can provide an emotional release.
4. Self-Compassion: Practicing kindness towards oneself can alleviate feelings of guilt or shame.
5. Stay Busy: Filling your day leaves less time for anxious thoughts. Finding what works best for you can take some time, so be patient with yourself as you explore different strategies!

## What's happening in Middle School



**Chromebook Charging** is being tracked in homeroom. Make sure you have yours at least 60% charged. We want to have that dance on October 30th. **Do your part to make it happen!**

Students are practicing hard to make the **Middle School Play** a great performance. Come support your classmates on November 8th/9th!

### Big Shout Out to the winners of the 7th grade microscope drawing contest!

Melanie  
Johnson

Kade  
Babcock

Halie  
Klice

Clara  
Carlberg

Kelly  
Hayes



### HOMEWORK POLICY, Grades 6-12

Homework is a very important component in ensuring student academic success.

1. Homework turned in on time will be graded out of 100%.
2. Highest possible grade for work turned in late is 65%.
3. Homework due Monday - Thursday will be accepted for late credit by Friday 3pm of that same week. Homework due Friday will only be accepted for late credit the next scheduled school day by 3pm. Homework due the day prior to a holiday, vacation, or a scheduled 1/2 day will only be accepted for late credit on the next scheduled school day by 3pm.
4. If the teacher is unavailable through 3pm to accept the late work, then the assignment must be turned in the next school day 3pm for late credit.
5. Students missing a homework assignment with an excused absence will have until 3pm on the 2nd scheduled school day after returning to school for grading out of 100%. After that, the assignment is considered late and will follow the late work policy noted above.
6. Lengthy absences will be handled on an individual basis between the teacher and student.

\*\*Grading for projects/interdisciplinary units are at teacher discretion.

**Academics**

## HS upcoming events

10/23 : PSAT/NMSQT

10/24 : Senior Photo Retakes

10/25 : Healthcare Career Exploration @ JCC

## 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 Ext 4231  
msollenne@falconerschools.org Ext 4228  
twarren@falconerschools.org Ext 4227

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

cbarber@falconerschools.org Ext 4226

Mrs. Freeman - Social Worker kfreeman@falconerschools.org Ext 4326  
Mrs. Sieber - Behavioral Specialist ksieber@falconerschools.org Ext 4326  
Ms. Warner - School Psychologist awarner@falconerschools.org Ext 4222

## Tech Tips

Shut down your Chromebook every night! You both need to reboot.



THERE'S  
MORE TO  
SEE

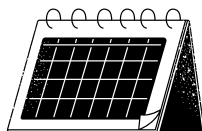
## Social Media

Practicing safe social media habits is crucial for protecting your privacy and well-being. Think before you post. Limit personal information. Be cautious with friend requests and only accept friend requests from people you know. Avoid sharing your location in real-time. Consider turning off location services for social media apps. Limit screen time. Too much screen time can lead to anxiety and stress.



## Looking Ahead

- 10/23 Picture Retake Day
- 11/1 Superintendent Conference Day
- 11/11 Veteran's Day (No School)



## College Visits

- 10/18 Cannon University Representative
- 10/21 Canisius University Representative
- 10/22 Penn State Behrend Representative
- 11/4 Jamestown Community College Representative



## Resources

### Circle of Support

A support group for those supporting individuals with Mental Illness

Held on the 4th Thursday of the Month  
5 - 6:30 PM  
@ Jamestown City Hall 5th Floor

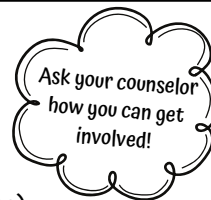


To Register Call or Email Liz Leighton:  
716-581-2928 or Leighton@chqgov.com



## Get Involved!

- Art Club
- Builders Club
- Envirothon
- FBLA (Future Business Leaders of America)
- FFA (Future Farmers of America)
- FTA (Future Teachers of America)
- GAA (Girls Athletic Association)
- GSA (Gay Straight Alliances)
- Honor Society
- Quiz Team
- Reality Check
- SADD (Students Against Destructive Decisions)
- Science Club
- Ski Club
- Spanish Club
- STEM Club
- Trap Team
- Key Club
- Math Club
- Mock Trial



## College/Career

College and university recruiters, along with military representatives, will regularly be in the lobby and mezzanine.



Be sure to stop by.

Ask questions.

And gather information about your options!



It's a great opportunity to explore different paths for your future.

## Support

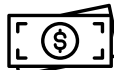
We are here to support you!

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

Set Financial Goals

- Short-term Goals: Save for specific items, like shoes or video games
- Long-term Goals: Consider saving for future needs like college or a car



## Meet with your Counselor using SmartPass



1. Send a pass to your counselor from your personal Chromebook
2. Wait until your pass has been approved
3. Come down to the Guidance Office!



In the case of an emergency, ask your teacher to call Mrs. Schimek the Guidance Office Secretary at ext. 4220