February is in full swing and continues to be a very busy time for school activities and events. Please feel free to check out our Fruita 8/9 School website for current listings of all the activities and events taking place.

We are busy preparing schedules to make State testing go smoothly. We will have schedules finalized in the next few weeks for our testing in March and April. This year, we will continue to complete assessments on the computer for 8th grade. For 8th grade, the State assessments are for Literacy, Math, and Science. Our 9th grade students will be taking the College Board PSAT for the State assessment. The testing window for 8th grade starts at the end of March and extends through April. Our 9th grade students will take the PSAT the morning of April 14th which will complete their testing for the year. In order to accommodate completion of testing, we will be running some alternative scheduling for students so that we can successfully complete all testing efficiently within the testing window. Please note for April, all 9th grade students will take the PSAT on the 14th and when finished be done for the day. 8th grade students will not have school that day since we have to utilize all classrooms to test all 9th grade students according to College Board procedures. 8th grade students will complete their testing within the academic day throughout the testing window.

Once again, we encourage your participation in testing as it is our sole rating for performance from the State, and we know we have great students. Please encourage your student(s) to perform their best to give us the best picture of performance individually and as a school. It really is an important picture for our community and for its continued track of success.

Teachers have continued with working on goals set during the beginning of the school year. We are currently on our 2nd round of goal evaluation. This includes evaluation of progress towards department goals and any adjustments based on data results.

We appreciate the hard work students put in during the first semester and all the support you provide them at home. We look forward to continued success throughout the second semester.

Thank you for your continued support. Have a great February!

Sincerely,
Jason Plantiko
Principal
Fruita 8/9 School
REMINDERS~

All Activities and Athletic Schedules/Events Are Posted On The Fruita 8/9 & FMHS Website

Current 8th graders interested in playing for Fruita Summer Baseball this summer. There will be a meeting on February 5th at 6:00pm in the F8/9 Cafeteria.

9th Grade Spring Sports
Tryouts begin March 2nd

All 9th-12th must register for all sports online at http://www.wearfruita.com/registration
If you give permission for your student to leave school with someone who is not the parent/legal guardian or on the Emergency contact, you are asked to provide written, signed notification stating the time the student is to be picked up and the name of the person with whom he/she is leaving campus. That person is required to come to the office to sign the checkout book when the student leaves and when he/she returns. Note that when leaving for lunch, the student will be excused for their school lunch wave only. If the student is not signed out by the person they go to lunch with it will not be excused. Please plan ahead. Phone calls or faxes will not be accepted as permission.

Next year’s freshmen:

Registration appointments for all students who will be in 9th grade next year will occur between February 24 and March 5. The registration sessions will be in the Fruita 8/9 Cafeteria and will include a presentation on classes offered, high school credits, graduation requirements, etc. Each presentation will include about 25 students and their parents. These appointments will be in the evening and will last approximately 50 minutes. Students and parents should attend together as classes will be selected at the meeting. You will receive an email in early February inviting you to one of these sessions.

Next year’s sophomores:

Attention 9th grade students and parents! FMHS will be registering students for their 10th grade year in evening meetings during the week of March 2nd. Packets with instructions will be sent home with your student and they will include an appointment day/time based upon your last name. If this time does not work for you, please let us know at 970-254-6600 option 3, and we will reschedule you for another time.

HEALTH OFFICE NOTICE

For the safety of the students and staff of Fruita 8/9 School, every student who claims sickness must visit the Health Assistant’s office before leaving the school. If you receive a text from your child, please instruct them to first visit the Health Assistant’s office before checking-out. This will save time for the parent and student from having to wait in office.

Thank you for your understanding.

KIC WEEK

FEB 10TH -14TH

Activity schedule will follow on the Fruita 8/9 Website
Wildcat Power Hour Tutoring Info

Mondays 3:15-4:15

Math & Science - Room 101
ELA & Other Subjects - Room 140

For any student who needs extra time or support to complete homework and assignments!

YEARBOOKS

Do not miss out on the **memories** you made this year ....

Last day to buy a **Guaranteed** yearbook is
Feb 14th $35.00

Reminder~
Please remember to pay your students lunch balance!
Thank you ~ Kitchen Staff

Winter Formal

(9th-12th) All D51 High Schools

Saturday, Feb 15th 7:30 p.m. –10:30
@ CMU Ballroom
Tickets $15.00

SCHOOL TEXT BOOKS AND CALCULATORS

Students are responsible for books and calculators checked out to them. They must check them back in when they are finished with them. It is important that they return the original book that was checked out to them to avoid any fees. Many students turn in books that are not theirs. This will not clear their assessed fee unless it was checked out to them personally. If a student changes classes or the class ends, the student MUST bring that book **immediately** to Mrs. Anderson in the Copy Room. Your student has received reminders to do so. **If the books or calculators are not returned, a fine will be assessed.**
Students Of The Week
Loralei Liggett
Elijah Ono
Kim Boulden
Devin Norris

Staff Of The Week
Stacia Womack
Stephanie Lacount
Laura Martinovich

Athletes Of The Week
Solana Rodriguez
Tyler Archuleta
Hazel Toms
Connor Modica

City Of Fruita
Student Of The Month
Lennea Gregg
Teacher Of The Month
Martha Gerstenberger

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Funnies & Quotes

FOLLOW
YOUR
DREAMS

LOOK GOOD
FEEL GOOD
DO GOOD

KINDNESS IS CONTAGIOUS
Talking to Teens

ADVICE FOR PARENTS, TEACHERS, COACHES AND MORE

Sometimes it may feel like youth aren’t listening to what you say but research shows adults can have a big influence on their behavior. What you think matters to the young people in your life. As an adult they trust, you can impact their choices. What you say, and the example you set, make a difference. The following tips can help you get talking.

LISTEN

Make them feel heard. Consider their opinions and keep the conversation going. Even if you’ve talked about this topic before, their issues and opinions change all the time. Plus, as youth get older, they can feel more pressure from friends and classmates.

SET CLEAR RULES

Make family, school and sports team rules clear and stick to them. Let them know what will happen if they don’t follow them.

FOCUS ON POSITIVE MESSAGES

Encourage them to make choices that help them achieve their goals.

LEARN HOW TEENS ARE VAPING

Because of the wide array of discreet vape devices, it is easier than ever to hide them and vape at school or during school activities. Get a sense of what vaping devices look like.

REMIND THEM WHAT CAN HAPPEN FOR BREAKING THE RULES

Teens that break school or school activity rules can be suspended or kicked off a team.
LET THEM KNOW: THEY COULD LOSE CONTROL

Most vapes contain nicotine, even many that say “nicotine free” on the label. Most teens start out thinking they can stop whenever they want and won’t ever become addicted. And lots more start smoking cigarettes, a product that kills half its users. In fact, a teen who vapes is four times more likely to start smoking.

REMNIND THEM THEY’RE ROLE MODELS TO OTHER YOUTH

Let them know that younger students and siblings look up to them as examples. How would they feel if a younger sibling got addicted to vaping?

NOT EVERYONE IS DOING IT

It is easier for youth to say “no” to peer pressure if they know not everyone is doing it. Let them know that more than half of high school and middle school students have never vaped, so they’re in good company.

SHARE THE SCIENCE

Despite what teens may hear, vaping is not just “harmless water vapor.” Most vapes contain nicotine, artificial flavoring and other chemicals. Stress the fact that teens who JUUL or vape nicotine or THC may have trouble learning and memory issues, as both nicotine and THC have negative effects on adolescent brain development.