

# High School YEARS

Working Together for Lifelong Success



## Short Clips

### Explain your math to me

If a look at your high schooler's math homework has you stumped, why not ask him to "tutor" you? He might teach you how to add polynomials, for example. Explaining concepts will help him understand them, and you'll show him that math matters to you, too.

### Practice assertiveness

Being assertive can make the difference between getting what you need and getting taken advantage of. Perhaps your teen needs to take time off work but feels nervous about approaching her boss. Role-play together until she feels comfortable asking politely and confidently.

### Movies as conversation starters

The next time you watch a movie with your teen, use it as a springboard to deeper conversations. Ask, "What did you think about the way the teenagers were portrayed?" Get a shrug in response? Say, "Let me share what I think." It's a safe way to talk about big issues without lecturing.

### Worth quoting

"You get the best out of others when you give the best of yourself."

*Harvey S. Firestone*

### Just for fun

**Q:** What's small, round, and red and moves up and down?

**A:** A tomato in an elevator.



## Successful note-taking strategies

Taking useful notes can help your high schooler learn more and get better grades in every class. Share these techniques with her.

### Be brief

Suggest that your teenager quickly summarize, in her own words, what her teacher says or writes on the board. She might even use her texting skills to help her write faster. She could jot down "Xndr GR8" instead of "Alexander the Great," for instance.

### Elaborate

Encourage your child to leave wide margins on her paper and to double-space her notes. That gives her room to go back and fill in more information when she has time, perhaps in study hall or while waiting for after-school activities to start. She can add more detail, clarify anything that

doesn't make sense, or write questions to look up or ask her teacher.

### Experiment

Your high schooler could use different color pens and highlighters. She may discover that a particular color, or combination of colors, lets her visualize the material later. Also, some research shows that writing notes by hand rather than typing them helps people learn and remember more. 👍



## Ready for test day

To boost your teen's performance on standardized tests, consider this advice:

- It's important for your child to pay close attention during test review sessions in class. If his school offers sessions after school or on weekends, too, have him attend one.

- The night before the test, encourage your high schooler to stock his backpack with supplies (sharpened pencils, approved calculator, student ID). Then, he should go to bed a little early. In the morning, he'll have time to eat a healthy breakfast and get to class before the bell rings—and he'll feel alert during the test. 👍



## Resilient teens

The ability to bounce back from problems and disappointments will help your teen now and when he's an adult. Try these ideas to build his resilience.

**Express emotions.** When your high schooler is going through a tough time, encourage him to talk to someone. If he's not ready to open up to you, he might confide in his best friend or the school counselor. Whether he's dealing with ending a relationship or being cut from the team, it may be easier for him to move on if he doesn't keep his feelings bottled up inside.



**Learn coping strategies.** Suggest that he develop "go-to" techniques he can count on when he needs to blow off steam or relax. If he doesn't land the part-time job he wanted or gets a lower grade than he expected, he might go for a bike ride, listen to upbeat music, or tune in to his favorite podcast.

*Tip:* During stressful times, it helps to have the comfort of habits. Encourage your teen to follow his regular routines, such as walking to school with his neighbor or making a healthy smoothie after school. 👍



## Q & A Reducing student loan debt

**Q** With rising costs, how can our daughter afford college without carrying huge debt afterward?

**A** This is a big concern for families today, but there are ways to limit—or even avoid—student loans.



Start by filling out the Free Application for Federal Student Aid at [fafsa.ed.gov](http://fafsa.ed.gov) before this year's June 30 deadline. Your teen may be eligible for grants or work-study programs.

Also, look for ways to reduce the costs associated with college. Suggest that your child apply to less-expensive schools or colleges known to give more financial aid. Or she could consider attending community college the first two years and then transferring to a four-year university. Another idea is for her to go to school nearby and live at home. 👍

## Parent to Parent Make your home the "hangout spot"

My son Brandon likes to spend time with his friends every weekend. And I like knowing that he's in a safe place with adult supervision. I realized that we could both get what we want if we created a fun hangout spot in our house for him and his friends.

So Brandon and I added a few teen-friendly touches to our family room. We hung a dartboard on the wall, found comfy pillows for the kids to sit on, and stocked a shelf with board games and card games.

Now when Brandon's friends come over, I offer them a snack and then "disappear" to give them privacy. They have a safe, alcohol-free, and drug-free place to hang out with a parent nearby—but not hovering over them. 👍

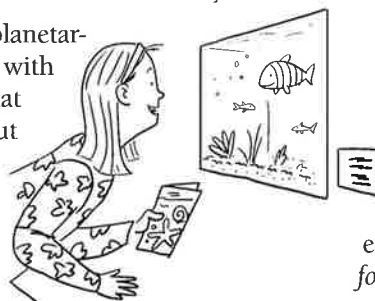


## Tie science to the real world

You can spark your high schooler's interest in science and technology by exploring the subjects together. Here's how.

### See it in action

Visit a science center, a planetarium, a zoo, or an aquarium with her. If she's intrigued by what she sees, she could ask about volunteer or internship opportunities—and that might even lead to a science career one day.



### Talk about news

When you read about a STEM development that may affect teens, mention it to your child. For example, what does

she think of driverless cars? What are the pros and cons of this technology?

*Tip:* Encourage her to check out teen-friendly sci-

ence topics at [sciencenewsforstudents.org](http://sciencenewsforstudents.org). 👍

## OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,  
a division of CCH Incorporated  
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[www.rfeonline.com](http://www.rfeonline.com)  
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## SCHOLARSHIPS!



Scholarships are coming into the counseling center all the time...and check out the senior newsletter on the high school website for lots of scholarship information!

### Coming Soon... CO State Testing in April

#### SAT

Tuesday, April 10, 2018  
11th grade

#### PSAT 9

Wednesday, April 11, 2018  
9th grade

#### PSAT 10

Thursday, April 12, 2018  
10th grade

#### CMAS Science

Tuesday, April 17, 2018  
11th grade

#### AP Testing

May 7th - May 16th

*Success is not final,  
failure is not fatal:  
It is the courage to  
continue that  
counts.*

~Winston Churchill



## Testing Tips and Tricks

### Test Taking Tips:

- Think Positive!!
- **Pace yourself** – don't spend too long on one question
- Answer easiest questions first then go back to harder ones
- **Read the questions carefully**...what is it asking?
- Usually your first answer is the right answer – trust your first answer choice
- **Eliminate answers that are wrong**...then choose the best from those that remain
- Think about the answer choice, don't always guess
- Read all the questions first before reading a passage
- Fill in the bubbles **completely**
- If finished early...go back and **make sure every question is answered**



Make sure that your child gets a good rest the nights before testing...kids who are tired are less able to pay attention or handle the demands of the test. Feed your child a nourishing breakfast on the mornings of the test...hunger can detract from good test performance.

**\*\*Plan ahead to ensure that your child is present and on time for the test. If possible, Do not plan any medical or dental appointments on testing days.\*\***

## Information for Seniors and Senior Parents

### Senior Exit Interview Dates

Tuesday, May 1st and Wednesday, May 2nd  
Please sign up for a time slot in the Counseling Center!

\*\*\*Any parents/community members who would like to be on the Senior Exit Interview interviewing committee please feel free to contact me.

### MVHS Senior Awards Night is May 22, 2018

If you receive any scholarship or award letters, please give copies to Mrs. Reschke in the Counseling Center by May 16th!



# Menus for March 2018

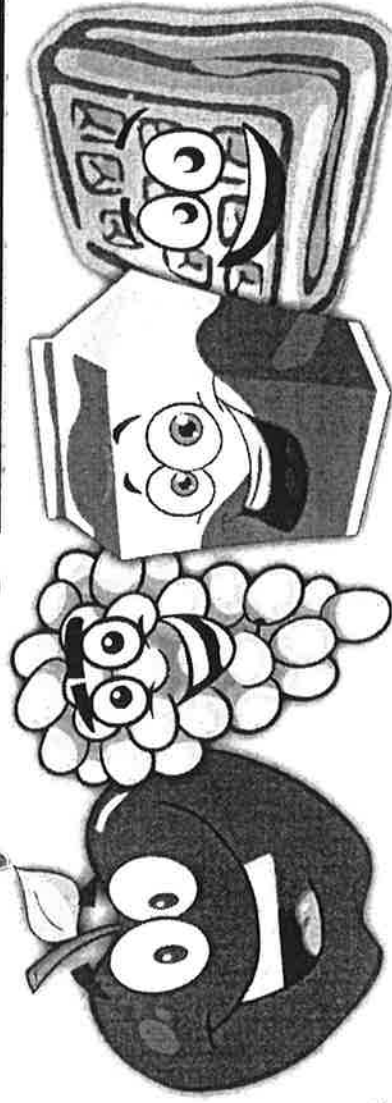
Monte Vista School District

This institution is an equal opportunity provider. Menus are subject to change.

# I SCHOOL BREAKFAST

Kids! Join us March 5-9 for  
National School Breakfast Week 2018

**come join us for Breakfast@School**



Thursday, March 1

**Breakfast**  
Assorted Muffins  
Juice & Fruit

**Lunch**  
Chicken Fajitas  
Spanish Rice  
Veggies  
Fruit  
*Brecci!*

**Come Join us for Harvest of the Month  
at MV Middle School on Wednesday  
March [ 7th ]**

Monday, March 5

**Breakfast**  
Cereal  
Mazz. Cheese Stick  
Fruit

**Lunch**  
Burrito w/Green Chili Sauce  
Mexicali Corn  
Applesauce Cake  
Fruit

Tuesday, March 6

**Breakfast**  
Pancake on Stick  
Juice & Fruit

**Lunch**  
Beef Lasagna  
Dark Green Salad  
Bread Stick  
Fruit

Wednesday, March 7

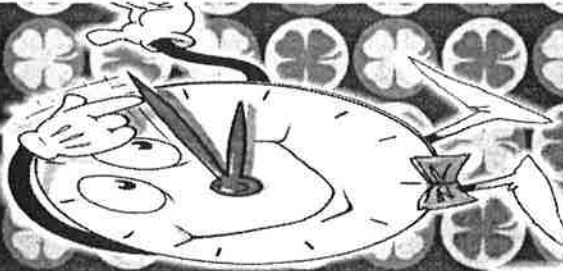
**Breakfast**  
Stuffed Bagel  
Fruit & Juice

**Lunch**  
Oven Fried Chicken  
Fingerling Potatoes  
Rolls  
Salad Bar  
Fruit

Thursday, March 8

**Breakfast**  
Yogurt  
Granola  
Fruit

**Lunch**  
Corn Dogs  
Baked Beans  
Carrot Coins  
Fruit



Don't forget to  
set your clocks  
forward one hour  
on Sunday,  
March 11!

**AVAILABLE DAILY**

**1% White Milk**

**Fat Free Milk**

**Fat Free Chocolate  
Milk**



Monday, March 12

**Breakfast**

Cereal  
Pop Tart  
Fruit

**Lunch**

Chicken Nuggets  
Mashed Potatoes  
Gravy  
Green Beans  
Fruit

Tuesday, March 13

**Breakfast**

French Toast  
Sausage & Juice

**Lunch**

Cheeseburger  
French Fries  
Baked Beans  
Fruit

Wednesday, March 14

**Breakfast**

Assorted Muffins  
Fruit & Juice

**Lunch**

Cheesy Baked Potato w/ Taco  
Meat, Garlic Bread  
&  
Fruit

Thursday, March 15

**Breakfast**

Bug Bites  
Yogurt  
Fruit

**Lunch**

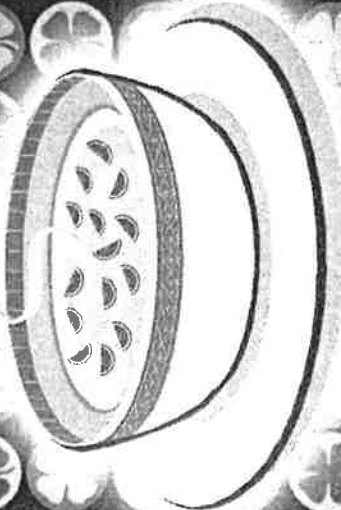
BBQ Rib  
Pickle Spear  
Steamed Broccoli  
Fruit



What's on **YOUR** plate?



Q: How do you turn soup to gold?

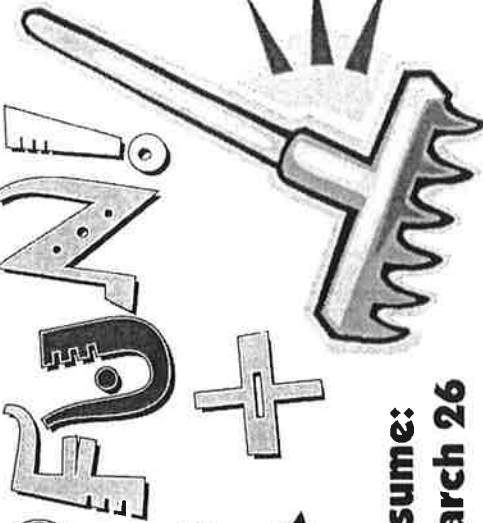


A: Put 14 carrots in it!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Put them together and they add up to

Fun!



Last day of classes: **Classes resume: Thursday, March 15 Monday, March 26**

Monday, March 26

**Breakfast**

Cereal  
Cheese Stick  
Fruit

**Lunch**

Chicken Sandwich  
Lettuce/Tomato  
California Veggies  
Fruit

Tuesday, March 27

**Breakfast**

W/W Churros  
Sausage Link  
Juice

**Lunch**

Nachos el Grande  
Carrot Coins  
Peanut Butter Cookie  
Fruit

Wednesday, March 28

**Breakfast**

Oatmeal Bar  
Fruit & Juice

**Lunch**

Hot Ham & Cheese Sandwich  
Sun Chips  
Baked Beans  
Fruit

Thursday, March 29

**Breakfast**

Yogurt  
Granola  
Fruit

**Lunch**

Assorted Pizza  
Dark Green Salad  
Fruit

Trinidad State  
Continuing & Community  
Education

VALLEY CAMPUS



## Driver's Ed

TRINIDAD STATE CONTINUING & COMMUNITY EDUCATION

## Driver's Ed

*Classroom and behind-the-wheel instruction*

**Classroom instruction (30 hours):**

March 19-30, 2018, Monday through Friday  
6 - 9 p.m. Valley Campus  
\$200 payable at the time of registration

-OR-

Online option, \$55

<https://trinidadstate.bedrivingus.com/enroll>

**Behind the wheel instruction (6 hours):**

Available throughout the spring  
Billed for and paid separately at \$250  
Pre-registration and payment in full is  
required before driving with an instructor

**For more information or to register, contact Donna at 1-800-621-8752, ext. 5724 or [donna.haddow@trinidadstate.edu](mailto:donna.haddow@trinidadstate.edu).**

For more information or to register, contact:  
Donna Haddow  
Continuing Education Coordinator  
600 Prospect Street • Trinidad, CO 81082  
719-846-5724 • 1-800-621-8752 ext. 5724



SOUTHERN ROCKIES  
HERITAGE SCHOOL  
*at Trinidad State*

# Reminder:

Parent Teacher Conferences

March 12, 2018 Time: 4:30pm- 7:30pm