

# Fitzgerald Parent Connection

Fall 2012

**District Policies and  
Procedures Available  
Online**

All Board of Education policies are available to the community. You can visit the district website at [www.fitz.k12.mi.us](http://www.fitz.k12.mi.us) and access the policies by clicking on BOARD OF EDUCATION on the main web page. You will then be taken to a similar screen with an added folder under Board of Education that is entitled POLICIES. Click on policies and you can begin reading about the district Board of Education Policies that are effective.

We encourage all community members to update themselves about the district policies.

## 2nd Trimester Parent Teacher Conferences

**January 31, 2013**

**12:30 p.m. - 3:00 p.m.**

**5:30 p.m. - 8:00 p.m.**

### From The Desk of the Principal: Carl Shultz

The 2012-2013 school year is off to a strong start! We are looking forward to many upcoming events and activities that make Fitzgerald High School a great place to learn! The high school administration is committed to continuing the Fitzgerald tradition of providing both an excellent and rigorous education and opportunities to have our students get involved with both their school and community. We invite all parents and community members into our building and hope that you are able to attend our school events throughout this year.

Parent Curriculum Night was held on Wednesday, September 5, 2012 and allowed many parents the opportunity to walk the halls of FHS while meeting their student's teachers. Many parents found this to be a great opportunity to "walk in their child's shoes" and set off the school year on a positive note. We hope to have this event continue to grow each year!

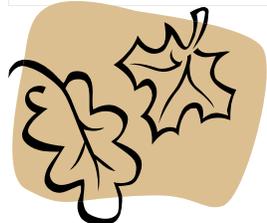
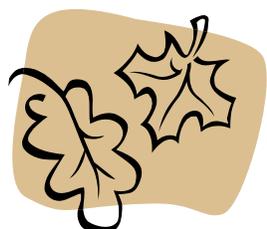
First trimester report cards will be mailed home the week of December 3, 2012. It is important to remember that trimester grades are used to determine student eligibility. Parents who wish to view student grades on a more consistent basis are welcome to access student progress and attendance on the Parent Portal. If you do not have access to the Parent Portal, please contact the main office for your family's access code and password.

Once again, the FHS Administration thanks you for your support and we look forward to seeing you again as you join us for our activities throughout the school year.

Carl Shultz  
Principal

Kim Cerrini  
Assistant Principal

Amanda Clor  
Assistant Principal



## FITZ FAMILY CORNER

### *Fitzgerald High School chosen as one of 24 schools in Michigan to participate in project*

## What is the S3 Grant?

The U.S. Department of Education has awarded \$38.8 million in Safe and Supportive School (S3) grants to 11 states to measure school safety at the building level and to help intervene in those schools with the greatest safety needs. The goal of the grants is to create and support safe and drug-free learning environments and to increase academic success for students in these high-risk schools.

“It’s important that we be able to measure school safety,” U.S. Secretary of Education Arne Duncan said. “These grants will allow states to do that by surveying the real experts—students themselves.”

In the spring of 2010, 9<sup>th</sup> and 11<sup>th</sup> graders participated in the Michigan Profile for Healthy Youth (MiPHY) survey, which provides information about health risk behaviors including substance use, violence, physical activity, nutrition, sexual behavior, and emotional health. The survey also measures risk and protective factors most predictive of alcohol, tobacco, and other drug use and violence. MiPHY results, along with other school-reported data, will help Fitzgerald make data-driven decisions to improve programming. The Building Liaison for this grant is Sara Sonnenfeld. If you have any questions about activities or how to get involved, please contact her at (586) 757-7070 x1285 or [sarson@fps.fitz.k12.mi.us](mailto:sarson@fps.fitz.k12.mi.us).

### **Parent Engagement**

Fitzgerald will continue to improve parent involvement and engagement this year. There is a great deal of evidence that shows when parents become effective partners in their child’s education, academic performance improves and their child has a better overall experience at school. Also, when parents are involved, students are less likely to engage in risk behaviors (such as alcohol and tobacco use, violence, etc.).

### **Restorative Justice**

Restorative Justice seeks to repair the harm caused by conflict, violence, or violations of law. This program uses transformative conferencing and peace circles at Eastern in order to resolve peer conflicts and reduce the number of days youth are suspended from the learning environment. We will also be developing a Student Mentor program using the Restorative Justice Model.

#### **Student Dress Code Reminder:**

Administration has had numerous student dress code referrals over the first few weeks of school.

Please be sure students are following the FHS Dress Code Policy.

The FHS Dress Code Policy is located in both the 2012/2013 Student and Parent Handbooks.

#### **Sign-Up for MailOut!**

Fitzgerald Public Schools uses an electronic mail program called MailOut! This program allows parents, guardians and community members to receive district and school communications through email or text. Messages will be sent directly to you, alerting you of school closings, special events and other news. The process to sign-up is quick and easy!

## S3 ACTIVITIES COMING UP...

### FREE PARENT WORKSHOP

## Talking to Teens About Abstinence and Sexuality!

On Tuesday, January 29, 2013, from 5:30 to 7:30 p.m., Fitzgerald High School will be hosting the nationally recognized *Talk Early & Talk Often* parent workshop in the Tech Building Multi-Purpose room! The two-hour workshop is **free of charge** and will help parents and caregivers of middle and high school youth recognize and use opportunities to open the door for conversation and to listen and respond with greater confidence and skill.

Parents are the prime educators of their children. Continued communication at home is vital in helping unprepared youth avoid serious consequences of pregnancy, HIV and sexually transmitted diseases.

For nearly a decade, *Talk Early & Talk Often* has consistently received high praise from parents, educators and community leaders. The workshop was developed with support from several state agencies working in the area of teen pregnancy prevention.

Parents or caregivers may pre-register for this workshop by calling or emailing:

Sara Sonnenfeld (FHS Teacher and S3 Grant Building Liaison)

586 757-7070 x1285

[sarson@fps.fitz.k12.mi.us](mailto:sarson@fps.fitz.k12.mi.us)

*For program information, the media may contact  
Barb Flis, Parent Action for Healthy Kids at 248-538-7786 or  
[teto@parentactionforhealthykids.org](mailto:teto@parentactionforhealthykids.org)*

#### LOITERING PROHIBITED

This is a reminder that students are not allowed to loiter in the school after 2:45 p.m. Students that are involved in after school activities must be with the staff member assigned. Students **MAY NOT** wait for rides or for other students. Arrangements for student pick-up must be made in advance.

#### PROPERTY LOSS

Fitzgerald Public Schools are not responsible for personal property losses. Students should not bring valuables to school, nor should they keep anything of great value in their lockers or their vehicles.

#### STUDENT ID'S

Students must have their ID's around their neck and visible at all times, Students get two ID's free from Fitzgerald High School. Any additional ID's will be \$3.00 a piece.

**FITZ FAMILY CORNER****CHILI COOK-OFF CONGRATS!**

The 2012 Homecoming was another great success! THE 2<sup>nd</sup> ANNUAL FITZGERALD CHILI COOK-OFF was also a great success!!! Teams were composed of students, parents, and staff. Every team cooked up a great pot of chili that were judged and scored. The S3 grant funded this great activity! Thank you to ALL the participants and of course our winners! We look forward to the Chili Cook-Off next year!

**Team #1 “Papa Bear and the Hot Mamas”**

Mary Mikha, Sahana Begum, Mahmuda Ahmed, Harold Williams (Teacher)

**Team #2 “Drama Club”**

**THE WINNERS of the Judge’s and People’s Choice Awards!!! CONGRATULATIONS!**

Dawn Tacket (Parent), Dakota Harness, Antonio Poindexter, Nate Nash

**Team #3 “Chili Peppers”**

Lataja Maddox, Shaquila Daniel, Alondiale Maddox (Parent)

**Team #4 “Hot Daddy”**

Marc Sonnenfeld, Nazmun Nahar,

**Team #5 “Fat Boys 5-Alarm Crew”**

Mrs. Kiger (Teacher), Larry Allen (Mrs. Kiger’s Dad), Devon Davis, Brianna Dockery

**Team #6 “Queens of Chili”**

Maggie Jewhurst, Kim Jewhurst, Makayla Goldman,

**Team #7 “The Will Beat Sonny Team”**

The Brewer Family

**Our Judges**

Principal, Amanda Clor

Business Teacher, Ken Krause

FHS Security, Gary Skop

FHS Substitute Teacher, Danielle Calva

FHS Parent, Joelle Chelek

Student, Tavion Johnson

Once again, THANK YOU to all the participants, judges, and everyone in attendance!!! Everyone was impressed with your chili!



**Fitzgerald Theatre Department Proudly Presents:**

# THE WIZARD OF OZ



**December 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> at 7:00 pm**

*-No Sunday Performance-*

**FHS Auditorium**

**Tickets: \$3 Students \$6 Adults**

The gifted drama students in the Fitzgerald district have been working hard to bring this marvelous musical to stage. Little Dorothy Gale, *played by senior Julie Dunmire*, of Kansas, dreams frequently of what lies over the rainbow. One day a twister hits her home town and carries her away ---over the rainbow. This year's cast of includes Munchkins from Chatterton Middle School along with seventy talented Fitzgerald star actors. Please mark your calendar and come see a show that is suitable for all ages.

## **National Honor Society News**

**By Ken Krause, NHS Advisor**

The Fitzgerald National Honor Society has already had a busy year and is planning the rest of the school year. Fundraising has included the annual caramel apple sale and Sweetest Day Carnation sales. Community service includes the fall clean up of Ryan Road between Nine and Ten Mile Roads as part of the City of Warren's Adopt a Road program.

Potential inductees have been notified of their eligibility to become members of the Fitzgerald Chapter of the National Honor Society. Applications will be reviewed with the annual induction ceremony taking place in the Fitzgerald Auditorium on Monday, November 19 at 7:00 PM.

## From the Fitzgerald Health Center:

### Preventing Holiday Blues

"Holiday blues" range from mild sadness during the holidays to severe depression. This sadness or depression can be prevented, and if it's already present, it can be eased.

#### Preventing Holiday Blues

To help prevent holiday blues, follow these tips from the Centers for Disease Control and Prevention, the American Psychological Association, the National Mental Health Association, and the Mental Health Association of Colorado:

#### If you are experiencing holiday blues:

- Establish realistic goals and expectations for the holiday season, and do not label the holiday season as a time to cure all past problems. The holidays do not prevent sadness or loneliness.
- Limit your drinking.
- Do not feel obliged to feel festive. Accept your inner experience and do not force yourself to express specific feelings. If you have recently experienced a tragedy, death, or romantic break-up, tell people about your needs.
- To relieve holiday stress, know your spending limit and stick to it. Enjoy holiday activities that are free, such as driving around to look at holiday decorations. Go window shopping without buying anything.
- Express your feelings to those around you in a constructive, honest, and open way. If you need to confront someone with a problem, begin your sentences with "I feel."

#### If someone you know is experiencing holiday blues:

- Try to involve that person in holiday activities, but don't be forceful.
- Be a good listener. If people express suicidal thoughts or feel depressed, hopeless, or worthless, be supportive. Let them know you are there for them and are willing to help them seek professional help. Never issue challenges or dares.
- Familiarize yourself with resources such as mental health centers, counseling centers, and hotlines.
- If the depressed person is chronically ill, express that you understand that the holidays do not cure the illness.
- Be aware that holidays can be difficult for people, especially when reality doesn't measure up to their expectations. Help them establish what is realistic and what is not.

#### The reasons for the holiday blues:

Holiday blues can affect both men and women, young and old. Factors contributing to holiday blues include increased stress and fatigue, unrealistic expectations, too much commercialization, and the inability to be with one's family. The increased demands of shopping, parties, family reunions, and house guests may also contribute to tension and sadness during the holidays. Common stress reactions during the holidays include headaches, excessive drinking, over-eating or not eating enough, and difficulty sleeping.

A post-holiday let down, resulting from emotional disappointments during the holiday months as well as the physical reactions caused by excess fatigue and stress, may cause holiday blues to continue into the new year.

For some people—particularly those who live in the northern, darker regions—holiday blues may be caused by seasonal affective disorder (SAD). SAD results from fewer hours of sunlight as the days grow shorter during the winter months.

#### Safety Resources:

Macomb County Crisis Center (586) 307 9100  
Turning Point (586) 463 6990  
CARE of Macomb (586) 541 2273

\*The Fitzgerald Health Center is available to all students in the district between the ages of 10 through 21. Available services include immunizations, physicals and counseling, as well as the diagnosis and treatment of acute illnesses. We can also provide assistance with obtaining MICHild/Healthy Kids insurance through online applications. The Health Center is open 8 a.m. to 3 p.m. weekdays. The phone number is 586 759 9070.

# Important Fitzgerald High School Dates

## November

- 6 No School For Students: Professional Development
- 14 PLC Day - 1:03 p.m. dismissal
- 19 NHS Induction
- 21 11:35 a.m. dismissal
- 22/23 Thanksgiving Holiday – NO SCHOOL
- 28 PLC Day - 1:03 p.m. dismissal
- 29 Final Exams – Hours 1-3  
12:10 p.m. dismissal
- 30 Final Exams – Hours 4-5  
10:35 a.m. dismissal  
END OF 1<sup>ST</sup> TRIMESTER

## December

- 3 Second Trimester Classes Begin
- 12 PLC Day - 1:03 p.m. dismissal
- 24 Holiday Break Begins

## January

- 7 Classes Resume From Holiday Break
- 11 Financial Aid Night – 7:00 p.m. – Auditorium
- 21 No School For Students: Professional Development
- 25 End of 2<sup>nd</sup> Trimester Interim Period
- 30 PLC Day - 1:03 p.m. dismissal
- 31 11:35 a.m. dismissal – Parent/Teacher Conferences

## February

- 15 11:35 a.m. dismissal
- 18 Mid-Winter Break Begins
- 25 Classes Resume From Mid-Winter Break
- 27 PLC Day - 1:03 p.m. dismissal

## Notice of Nondiscrimination

The Fitzgerald Public Schools does not discriminate on the basis of race, color, religions, national origin or ancestry, gender, disability, age, height, weight, marital status, or other protected classes in its programs, services, activities, or in employment. Inquiries related to discrimination on the basis of disability should be directed to Dawn Bruley, Section 504 Coordinator, Special Services Office, Fitzgerald Public Schools, 23200 Ryan Road, Warren, MI 48091 (586) 757-4044. Direct all other inquiries related to discrimination to Wendy Hagerty, Civil Rights Coordinator, Fitzgerald Public Schools, 23200 Ryan Road, Warren, MI 48091 (586) 757-1751.

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