# CANES COUNSELORS

### **December Newsletter**



### HELPING YOUR HIGH SCHOOL STUDENT FINISH STRONG THIS SEMESTER

As the end of the semester approaches, many high school students may feel a mix of stress and exhaustion; but with your support, they can finish strong and set themselves up for success in the coming months. Here are a few ways you can help your child stay on track as they head into the final stretch:

- 1. Encourage Time Management The end of the semester often brings multiple assignments, tests, and projects. Help your student create a realistic study schedule that breaks down larger tasks into manageable chunks. Encourage them to prioritize assignments based on deadlines and difficulty.
- 2. Create a Positive Study Environment Ensure your child has a quiet, well-lit space for studying. A clutterfree area with minimal distractions can boost focus and productivity. Check in occasionally to offer support, but respect their need for space and independence.
- 3. Monitor Progress and Offer Encouragement Stay involved by regularly checking in on your child's grades and assignments through their school portal. If they're falling behind, offer gentle reminders or help them reach out to teachers for clarification. Celebrate small victories, like completing a tough project or acing a quiz.
- 4. **Promote Self-Care** Stress can take a toll on your child's well-being. Encourage breaks during study sessions, ensure they get enough sleep, and provide healthy snacks to fuel their brain. Physical activity can also be a great stress reliever, so suggest a walk, bike ride, or simple stretch during study breaks.
- 5. **Stay Positive and Focused** The end of the semester is an important time for reflection. Help your child stay motivated by focusing on progress rather than perfection. Remind them that challenges are opportunities for growth and that their efforts are what truly matter.

With your support, your student can finish the semester feeling proud of their hard work and ready for the next academic challenge. Stay positive and keep the lines of communication open!

### STAY INVOLVED

As your student progresses through high school, staying engaged in their academic life is key to their success. One of the easiest ways to stay informed is by using the FOCUS Parent Portal, where you can access up-todate information on your child's grades and attendance. Regularly checking these helps you catch any issues early and ensures your student is staying on track.

If you haven't yet registered for the FOCUS Parent Portal, it's simple to get started! Just follow the instructions in this <u>FOCUS Parent Portal Registration</u> <u>Guide</u> to create your account and begin monitoring your student's academic progress.

Your involvement makes a big difference, and we're here to support you and your student every step of the way!

Thank you for being an active partner in your student's education!

### IMPORTANT DATES

12/3 - College 101 6PM 12/4 - FAST Reading Retakes 12/10 - FCLE (12th Grade) 12/10 - SAC Meeting 4:45PM 12/11 - Algebra EOC Retakes 12/12 - Geometry EOC Retakes 12/16 - Winter Concert 7PM 12/17 - 7th Period Exam 12/18-20 - Early Release 12/18 - 1st/2nd Period Exam 12/19 - 3rd/4th Period Exam 12/20 - 5th/6th Period Exam 12/21-1/5 Winter Break 1/6 - Professional Day - No Students

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## **SCHOOL SAFETY AND SECURITY INFORMATION**

### Safety and Security: Understanding Protocols and Responsibilities

#### Dear Students and Families,

Safety and security remain a top priority at our school. This week, we want to clarify two important safety protocols and address the seriousness of false reporting. **Lockdown vs. Hold in Place** 

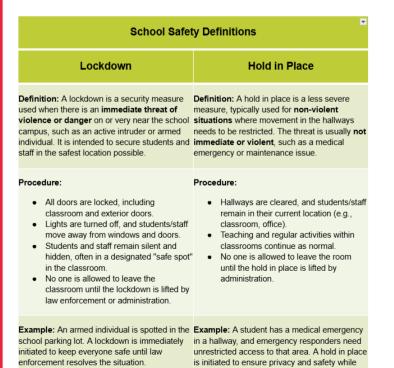
- Lockdown: This procedure is used when there is an immediate threat to safety on or near campus. During a lockdown, doors are locked, lights are turned off, and everyone remains silent and out of sight.
- Hold in Place: This protocol is used when there is a situation requiring movement to be temporarily restricted. For example, it may be used during a medical emergency or a non-immediate threat. Hallways are cleared, but classroom instruction continues.

#### The Consequences of False Reporting

False reporting of emergencies is not only disruptive but also has serious consequences. It diverts critical resources, causes unnecessary fear, and may result in legal penalties for those responsible. Students are urged to always report accurate information and think critically about the impact of their actions.

We encourage families to discuss these protocols and the importance of responsible communication with their students. To learn more, please visit the district's page on this topic: <u>School Safety is No Joke</u>. The page includes a letter from the superintendent and a valuable video resource.

Thank you for partnering with us to maintain a safe and secure environment for everyone.



resolving the situation.





Study Hall
Bus transportation provided
No registration needed

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