



# NOVEMBER NEWSLETTER

## UPCOMING EVENTS

11/7 - Progress Reports Posted  
11/10 - Veteran's Day - No School  
11/13 - World Kindness Day  
11/20-24 - Thanksgiving Break

## IMPORTANT TEST DATES

11/7 - FCLE Makeups\*  
11/8 - ASVAB Test (sign-up only)  
11/29 - BEST Algebra Retakes\*\*  
11/30- FAST ELA Retakes\*\*

\*Seniors who have not passed

\*\*Juniors & Seniors who have not passed

## COLLEGE & CAREER CORNER

### SENIOR REMINDERS

- Sign up for ASVAB if you're considering the military after high school.
- Priority deadlines for most Florida State schools is November 1st.
- If you are requesting a recommendation from Ms. Rodriguez email her a resume or complete the senior profile sheet in the counselor google classroom.

## 9 TIPS FOR HIGH SCHOOL PARENTS

1. Be the sleep police
2. Don't discount their stress
3. Listen more than you lecture
4. Don't sweat the small stuff
5. Go to every event
6. Spend one-on-one time with them as often as you can
7. Push them out of their comfort zones
8. Create a "decision rich" environment
9. It will work out

Adapted from: Been There, Been Through That...9 Tips for Parents of High Schoolers By Amy McCreedy. For the full article click here:  
<https://community.today.com/parentingteam/post/been-there-been-through-that9-tips-for-parents-of-high-schoolers>

## NURSES NEWS

### A DAY IN THE LIFE OF A NURSE

A day in the life of a Nurse will be held November 16th. Students who are interested in a nursing career should see Nurse Margaret to sign up.

### HEALTH HISTORY FORMS

Many students still have not turned in a health history form. In order to be seen in the clinic for any reason student's must have turned in a completed form.

# SCHOOL SOCIAL WORKERS MENTAL HEALTH MOMENT

Emotions often live in our bodies and even after talking about them, they can still affect our emotional and physical well-being. Without truly processing our emotions, they can potentially develop into auto-immune diseases, cardiovascular problems, digestive issues, and other medical issues.

Talking can help release emotions, and moving our bodies can help even more! While any amount of movement can be helpful, try moving your body for at least 15 minutes to receive greater benefit. Some easy ways to move your body include:

- Stretching
- Yoga
- Walking & running (two types of bilateral simulation that helps your body relax faster)
- Other types of rigorous exercise
- Stomping
- Dancing



**Ways To Sign Up For a Meal**

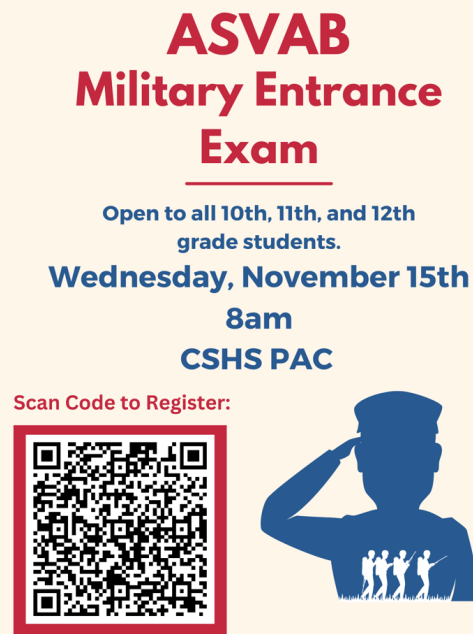
Island Community Church

**THANKSGIVING Outreach**

**TUES NOV 21ST**

Sign up online on our website:  
islandcommunitychurch.org  
OR  
TEXT: ICCTHANKS2023  
TO (786) 551-4064

Island Community Church  
2415 Overseas Hwy  
Islamorada, FL 33136  
(904) 656-2761





**ASVAB  
Military Entrance  
Exam**

Open to all 10th, 11th, and 12th  
grade students.

**Wednesday, November 15th**  
**8am**  
**CSHS PAC**

Scan Code to Register:


November Attendance Challenge

**WE'RE THANKFUL YOU'RE HERE**

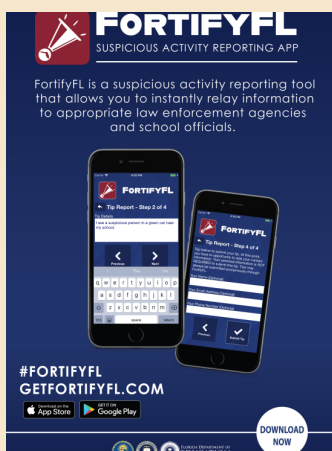
All students who have perfect attendance\* for the month of November will be entered into a drawing to win a fabulous prize! 2 students from each grade level will win!



We Listened! Possible prizes include: Movie Theater Tickets, Restaurant Gift Certificates and Amazon Gift Cards!


**LET'S BE THANKFUL TOGETHER!**

\*No absences or tardies. School related absences and sports don't count.



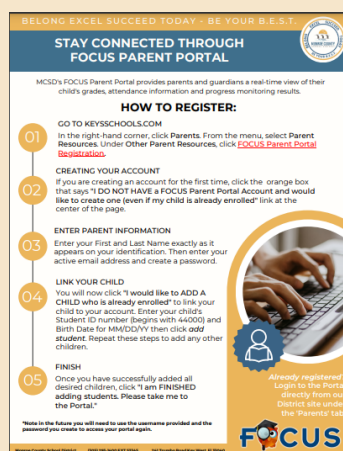
**FORTIFYFL**  
SUSPICIOUS ACTIVITY REPORTING APP

FortifyFL is a suspicious activity reporting tool that allows you to instantly relay information to appropriate law enforcement agencies and school officials.



#FORTIFYFL  
GETFORTIFYFL.COM

Download Now



BELONG EXCEL SUCCEED TODAY - BE YOUR BEST

**STAY CONNECTED THROUGH FOCUS PARENT PORTAL**

MCSO's FOCUS Parent Portal provides parents and guardians a real-time view of their child's grades, attendance information and progress monitoring results.

**HOW TO REGISTER:**

- GO TO KEYSCHOOLS.COM
- CREATING YOUR ACCOUNT
- ENTER PARENT INFORMATION
- LINK YOUR CHILD
- FINISH

Already registered? Login to the Portal directly from our District site under the "Parents Tab."

Focus



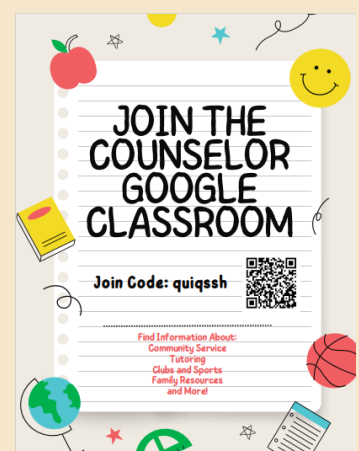
**FREE & REDUCED MEALS**  
Let's Apply

- Open Keyschools.com
- Browse the Food Services Department Page
- Horizon Application Page opens
- Start Application
- Submit your Application

SCAN ME



Measures County School District



**JOIN THE COUNSELOR GOOGLE CLASSROOM**

Join Code: quiqssh

Find Information About:  
Community Service  
Tutoring  
Clubs and Sports  
Family Resources  
and More!

