



# TIPPECANOE VALLEY HIGH SCHOOL



## Viking News

April-June Newsletter 2016

### '16 Graduation Information



**Senior Breakfast**– Monday, May 23rd (currently the last day of school) at 7:15am.

**Academic Awards** will follow in the main gym at 8:35am

**Graduation Rehearsal**– Friday, June 3rd from 9:00-11:00am in the main gym. Seniors **MUST** be at rehearsal to walk on Sunday.

**Graduation**– Sunday, June 5th in main gym. Doors will open at 1:00. Baccalaureate will start at 2:00 and Graduation at 2:45. The first two rows of the bleachers will be reserved for senior citizens and handicapped people.

Any questions can be addressed to Mr. Smith at [smiths@tvsc.k12.in.us](mailto:smiths@tvsc.k12.in.us) or 574-598-2100.

### Nurse Notes

August is only 4 months away and immunizations that are required to attend school must be done by **August 8, 2016**. All seniors (2016-17 school year) must have 2 doses of meningitis vaccine by that date. Don't wait until the last minute! Please call 574-598-2100 ext. 2145 if you have any questions.

-Nurse Debbie Potter



Valley's Got Talent is Thursday, May 5<sup>th</sup> at 7pm in the TVHS commons! Come enjoy the art show and live performances by students and staff!



### !!Attention Seniors!!

All library books must be returned and library FINES **MUST BE PAID** in order to graduate! Mrs. Spolski has been trying to contact you through MBC– Check with Media Center to make sure your fines have been paid!



**The Senior Trip** will be April 19-24 this year. Some of the tours the seniors will be taking this year are: Gettysburg Battlefield and Museum, George Washington's Mount Vernon, the United States Holocaust Memorial Museum, Washington National Cathedral, Arlington National Cemetery, The United States Capitol, Supreme Court, National Archives, the Library of Congress, and a performance at the Kennedy Center.

Beginning in April this year's juniors can register for the Senior Trip 2017. The dates for next year's trip will be April 18-23, 2017. The cost of the trip will be \$640. This will pay for all meals, admissions, transportation, and hotel. This is a great opportunity for your child to see the nation's capital. This is a once in a life time experience. They will never be able to return to Washington, D.C. with their classmates.

More information will be mailed in early April. If you have any questions about the trip you can contact Scott Smith at 574-598-

I can Learn Anything!  
I can Know Anything!  
I can Be Anything!

## Adult Community Education

### Classes at TVHS



Canvas Painting

“Garden Sunflowers”

Date: Tuesday, April 26th

Time: 6:15-8:15pm

Location: TVHS

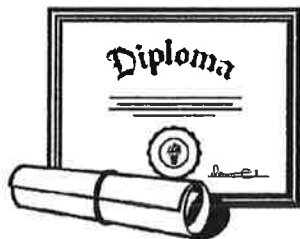
Cost: \$20.00

To register and/or get more details you can visit

[www.happypaintbrush.com](http://www.happypaintbrush.com)

and click on the event calendar or you can call

574-268-4977 and ask for Karla.



HSE/GED classes are offered at the Akron Elementary school in the library. This is a free class to help you learn the skills necessary to complete your HSE/GED Diploma. Class is offered Monday and Wednesday evenings from 6-9pm. If you have any questions, you can contact Debbie Johnston at 574-598-2100 .



The Tippecanoe Valley FFA Chapter has been hard at work this year. We started the year off by taking a trip to Milford for the TruHorizons Agriculture Safety Day. This was a day to teach local children about the importance of safety. We also participated in Feed My Starving Children where we collect \$1400 to donate. We, along with other clubs in our school, went to Grace College and helped pack food for this organization as well. Members also had the opportunity to go on the Chapter retreat down in Trafalgar. During the month of January we had our Greenhand banquet, where our newest members received pins and awards. February 22<sup>nd</sup>-26<sup>th</sup> was National FFA week. During this week we had our community dinner. Here we served food and auctioned off the members of the chapter for 6 hours of labor. We just recently had our petting zoo for the kindergarteners and preschoolers. The Animal Science class brought in animals. We also had our Tractor Drive in Day. Members of the chapter drove their tractors to school and parked them out front for display. We also went to Akron and Mentone Elementary Schools to read to the 1<sup>st</sup> and 4<sup>th</sup> graders and teach them a little about agriculture. Our next upcoming event is the Chapter banquet in May where our members receive pins and awards for their work throughout the year.

# Congratulations

Congratulations to Anne Secrest on being selected an Indiana Junior All-Star. She also got the opportunity to participate in the McDonald's All-Star basketball game at Bethel College on March 29.

### TRC Academic Honors

#### **Girls Basketball:**

Meredith Brouyette  
Anne Secrest  
Morgan Brazo  
\*Karis Tucker



**Swimming:**  
Julia Pomeroy  
Katie Gunter  
\*Tyler Ross

#### **Wrestling:**

Jared Mikel  
\*Dylan Warner  
\*Josh Back



### Girls Basketball TRC All-Conference

Anne Secrest  
Brynda Krueger  
Addy Miller  
Meredith Brouyette  
\*Hannah Dunn

### Boys Basketball TRC All-Conference

Alec Craig  
\*Neil Clampitt

\* Indicates recipients of Honorable Mention



Pictured to the left is TVHS Junior and Kosciusko Endowment Youth Services (KEYS) member, Aerin Shewman, as she reads to 2<sup>nd</sup> graders at Akron Elementary School during the Read Across Kosciusko County event sponsored by KEYS to promote literacy. Each TVSC 2<sup>nd</sup> grader received a book to take home. The book's author will return to the school before the end of the year to talk to students about the writing process.

The best way  
To predict your  
**future**  
is to create it.

-Abraham Lincoln



.....  
• Congratulations to Tippecanoe Valley High School Senior  
• Karis Tucker on being awarded the top cash prize of  
• \$650 by a panel of local investors during the 2016 Young  
• Entrepreneurs Academy Investor Panel held March 22<sup>nd</sup>  
• at Grace College. The funds will be used to support the  
• start-up of her new business, Golden Meat. Karis will go  
• on to compete in the Young Entrepreneurs Academy Na-  
• tional Competition in Rochester, New York on May 5-7.  
.....

• Brynda Krueger, Jay Myers, Kyle VanDiepenbos, Emily  
• Shepherd, Monica Hatfield, Kaitlyn Ott, Kaitlyn Engholm,  
• Andrew Harlan, and Kim Jurado are also to be congratu-  
• lated on their excellent business presentations.  
.....





The important thing is not to stop questioning. Curiosity has its own reason for existing.



**Albert Einstein**  
German Theoretical Physicist  
(1879-1955)

### Science News

During SRT this semester, students had an option to explore the anatomy of different organisms through dissections. Students dissected simplistic organisms such as a jellyfish to more complex organisms such as lizards and minks.



\*\*\*\*\*  
**CHAMPIONS AREN'T**  
*Made in Gyms.*  
**CHAMPIONS ARE MADE FROM**  
**SOMETHING**  
**THEY HAVE DEEP**  
**INSIDE THEM:**  
*A Desire, a Dream, a Vision.*  
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TVHS was formally approved for an invitation to the 2016 Girls City Securities HOF Classic to be played in New Castle on Thursday, December 29, 2016. We are very much excited and looking forward to our involvement in this honorable event!

The lineup is:

- |                  |                                      |
|------------------|--------------------------------------|
| <b>11:00 AM</b>  | Greenfield-Central vs. Plainfield    |
| <b>To follow</b> | North Harrison vs. Tippecanoe Valley |
| <b>6:00 PM</b>   | Consolation                          |
| <b>To follow</b> | Championship                         |

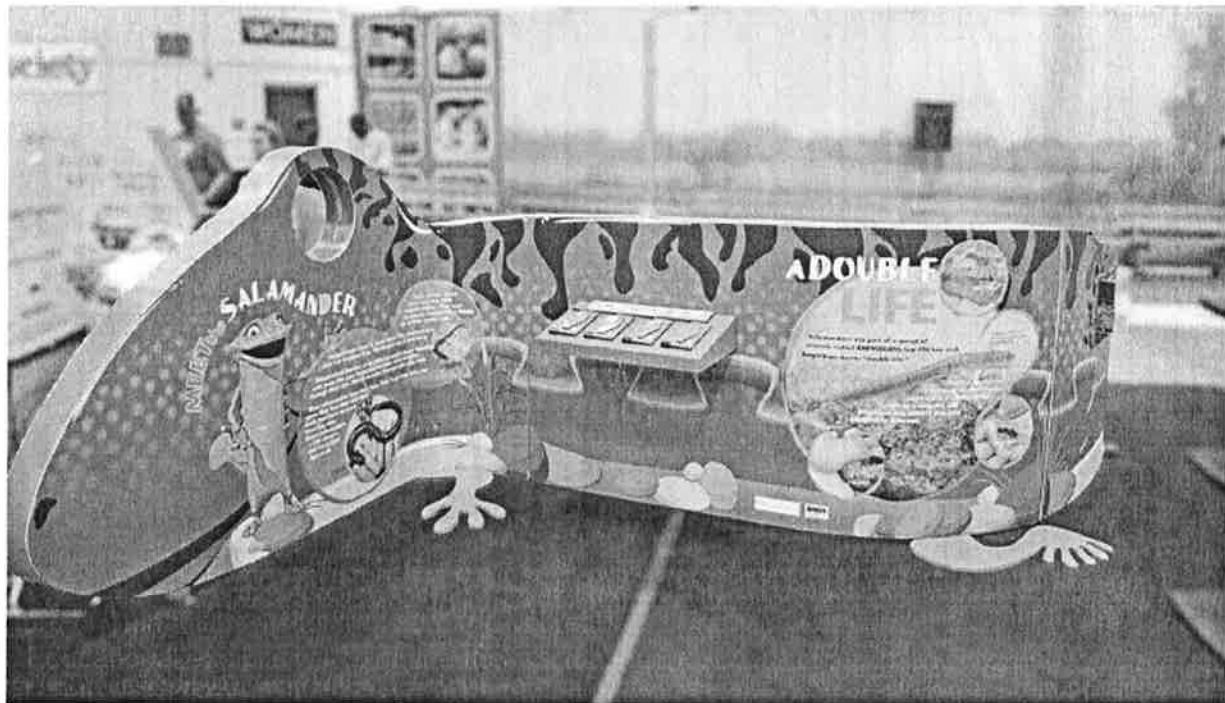
# Science Central (located in Fort Wayne)

## The Nature Of Things

Sponsored in-part by Bill and Carol Niezer

Tentative dates June 4 – September 11, 2016

The Nature of Things lets visitors explore the secret lives of honey bees, and the cool features and functions of insects. Educational exhibits will examine the fascinating behaviors of salamanders, and the amazing design of mammal teeth. Hands-on activity stations, bright interpretive signs, real specimens and video screens engage visitors of all ages as they learn about the natural world around us! What is beeswax and why is pollination important? What is a salamander and how is an amphibian different from a reptile? What are the life stages of a butterfly and what are some insect behaviors? What can a scientist learn from a skull and what are the feeding behaviors of mammals? The exhibition was developed by Purdue University.





**Opening Day 2016: April 23 @ 9:00**  
**Plan a visit today!**



**FAMILY WILD NIGHT – SLEEP WITH THE SHARKS**  
**MAY 7 @ 6:00 PM - MAY 8 @ 8:00 AM**



**GIRAFFE BIRTHDAY PARTY**  
**JUNE 14 @ 10:00 AM - 3:00 PM**



# Why Kids Need to Spend Time in Nature

**They may prefer to stick to their screens, but here's why getting outdoors matters**



**By Danielle Cohen**

In the early 1980s, a Harvard University biologist named Edward O. Wilson proposed a theory called biophilia: that humans are instinctively drawn towards their natural surroundings. Many 21st century parents, however, would question this theory, as they watch their kids express a clear preference for sitting on a couch in front of a screen over playing outside.

The national panic about kids spending too much time indoors has become so extreme that the crisis has a name: Nature deficit disorder.

While calling it a disorder might be merely rhetorical, it's clear kids spend significantly more time inside than outside. This shift is largely due to technology: The average American child is said to spend 4 to 7 minutes a day in unstructured play outdoors, and over 7 hours a day in front of a screen.

Richard Louv, author of the book *Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder*, tells the story of interviewing a child who told him that he liked playing indoors more than outdoors "'cause that's where all the electrical outlets are."

Increasing parental fears about diseases and dangers of playing outside—despite evidence to the contrary—are another big factor.

And as suburbs and exurbs continue to expand, nature is parceled off more, and kids seem less inclined to spend time in a fenced-in yard, let alone jump the fence into a neighbor's or walk in the woods. Instead, indoor activities can seem easier (no sunscreen necessary!), safer, and even more sociable for kids who are growing up with multiplayer video games and social media accounts.

## **Why go outside?**

Recent studies have exposed the benefit—even necessity—of spending time outdoors, both for kids and adults. Some argue that it can be any outdoor environment. Some claim it has to be a "green" environment—one with trees and leaves. Others still have shown that just a picture of greenery can benefit mental health. These nuances aside, most of the studies agree that kids who play outside are smarter, happier, more attentive, and less anxious than kids who spend more time indoors. While it's unclear how exactly the cognitive functioning and mood improvements occur, there are a few things we do know about why nature is good for kids' minds.

- **It builds confidence.** The way that kids play in nature has a lot less structure than most types of indoor play. There are infinite ways to interact with outdoor environments, from the backyard to the park to the local hiking trail or lake, and letting your child choose how he treats nature means he has the power to control his own actions.
- **It promotes creativity and imagination.** This unstructured style of play also allows kids to interact meaningfully with their surroundings. They can think more freely, design their own activities, and approach the world in inventive ways.

- **It teaches responsibility.** Living things die if mistreated or not taken care of properly, and entrusting a child to take care of the living parts of their environment means they'll learn what happens when they forget to water a plant, or pull a flower out by its roots.
- **It provides different stimulation.** Nature may seem less stimulating than your son's violent video game, but in reality, it activates more senses—you can see, hear, smell, and touch outdoor environments. "As the young spend less and less of their lives in natural surroundings, their senses narrow," Louv warns, "and this reduces the richness of human experience."
- **It gets kids moving.** Most ways of interacting with nature involve more exercise than sitting on the couch. Your kid doesn't have to be joining the local soccer team or riding a bike through the park—even a walk will get her blood pumping. Not only is exercise good for kids' bodies, but it seems to make them more focused, which is especially beneficial for kids with ADHD.
- **It makes them think.** Louv says that nature creates a unique sense of wonder for kids that no other environment can provide. The phenomena that occur naturally in backyards and parks everyday make kids ask questions about the earth and the life that it supports.
- **It reduces stress and fatigue.** According to the Attention Restoration Theory, urban environments require what's called directed attention, which forces us to ignore distractions and exhausts our brains. In natural environments, we practice an effortless type of attention known as soft fascination that creates feelings of pleasure, not fatigue.

So while screen time is the easier, more popular choice, it's important to set aside time for outdoor play. For fun, stimulating activities you and your kids can do in nature, see [Ideas for Getting Your Kids into Nature](#).

*Published: August 17, 2015*



**FOR IMMEDIATE RELEASE**

**March 29, 2016**

**FOR MORE INFORMATION**

**PLEASE CONTACT:**

**STEPHANIE OVERBEY**

**KOSCIUSKO COUNTY COMMUNITY FOUNDATION, INC.**

**574-267-1901, OR**

**[STEPHANIE@KCFFOUNDATION.ORG](mailto:STEPHANIE@KCFFOUNDATION.ORG)**

**LILLY ENDOWMENT COMMUNITY SCHOLARS FOR KOSCIUSKO COUNTY NAMED**

KOSCIUSKO CO., IN – Two Kosciusko County students have been named recipients of four-year, full-tuition scholarships to the Indiana colleges of their choice as the Kosciusko County 2016 Lilly Endowment Community Scholars. The 2016 Lilly Endowment Community Scholars are Shay Merley and Audrey Rich.

Shay Merley is a senior at Tippecanoe Valley High School. His parents are Eric and Angie Merley. At the time of his application, Merley was ranked third in his graduating class. His school activities have included Peer Facilitators, in which he tutors and mentors middle and high school students. Merley has been a member of the Student Council, National Honor Society, Track and Field, Cross Country, and Junior Varsity Football. His community activities have included Kosciusko Youth Leadership Academy (KYLA), Kosciusko Endowment Youth Services (KEYS), Student Ambassador, and his church's youth group. Merley's volunteer work has included three mission trips, and as a camp counselor at a camp for children with disabilities. His volunteer time totaled more than 400 hours. Merley has been employed as an unpaid intern in the Information Technology Department for his school, as a dog kennel worker, as a tree planting/removal service worker, and as a restaurant dish washer. Merley's references described him as hard working, kind, caring, exceptional, compassionate, mature and honorable. He plans to attend Rose Hulman Institute of Technology to study electrical engineering.

Audrey Rich is a senior at Warsaw Community High School. Her parents are David and Candace Rich. At the time of her application, Rich was ranked eighth in her graduating class. Her school activities have included Select Chorale, Thespian Troupe, One Act Plays, Track and Field, National Honor Society and high school musicals. Her community involvement has included her church youth group, Kosciusko Cares Coalition, Wagon Wheel Center for the Arts and KYLA. Her volunteer activities have included many church outreach activities and volunteer work with the Warsaw Parks Department. She is also the founder of Rooted Garden, a garden which donates produce to Our Father's House. Her volunteer time totaled 175 hours. Rich has worked as a waitress for over two years and as a babysitter. Her references described Rich as smart, active, committed to serving others, social, exceptional, mature, and adept at time management. Rich plans to attend Indiana University to study Art History and Informatics.

In Kosciusko County, the Kosciusko County Community Foundation recommends recipients of the Lilly Endowment Community Scholarship to Independent Colleges of Indiana (ICI) for final selection. The local process is "blind" in that committee members do not have access to student names when reviewing applications. Consideration for the scholarship is given to academics, community services, extracurricular involvement, work experience, references and essay responses.

ICI is a nonprofit corporation that represents 31 regionally accredited degree granting, nonprofit, private colleges and universities in the state.

The scholarships are a result of a statewide Lilly Endowment initiative to help Hoosier students reach higher levels of education.

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## TVHS archers head to state

BY ROBIN HECKMAN

The Sentinel correspondent

In Tippecanoe Valley High School's inaugural archery season, students Dylan Wood and Brianna Haney qualified for the Indiana State Archery Competition, which is Saturday, March 12th at the Indiana State Fairgrounds. Both Wood and Haney, coached by Jeff Shriver and Wes Backus, will shoot in Flight 3 at 9:50 a.m. TVHS considered joining Indiana NASP – or National Archery in the Schools Program – for several years, but it wasn't until spring 2015 that the idea took flight. Staff found that students were interested, so Principal Michael Bendicsen, Shriver, Backus, and physical education coaches Gregg Sciarra and Brittani Bush went through the official training.

The team started practicing, at 7 a.m., mostly Mondays and Wednesdays, in early September. "Most days, we would show up and kids are waiting for us. There's a lot of enthusiasm for it," Shriver said. "It's something that is part of our P.E. curriculum and that's a requirement for them to be able to shoot at state meets."

Wood, a freshman, has been interested in archery and has had a bow since fifth or sixth grade. He enjoys hunting with family.

"I like how it's not hard to do, I guess," Woods said when asked what he liked best about archery club. "It takes a lot of focus. Wake up early in the morning – I don't have to ride the bus – that's a big plus!"

Haney, a junior, reluctantly began going to shooting practices at the insistence of her brother and a couple of friends. "It's something different and new from everything else that I do, because I'm more of a crafty and creative person," she said.

"When I joined, it actually turned out it was a sport that I could actually do..." she said. "The first day I went, Oh, there's a cluster. OK!"

A cluster, she explained, is a tight bunch of arrows shot very close together.

Wood interjected that he accomplishes that almost every time he shoots lately. Shriver agreed, sharing that Wood is consistently the highest scorer in practices.

The NASP program began in 2002 with the mission "Promote the teaching of target archery as a part of the in-school curriculum to improve educational performance of students and encourage their participation in the shooting sports."

Indiana Department of Natural Resources conservation officers are involved, and safety is a top priority. All participants use the same arrows and the same Genesis bows, which do not have sights on them.

"For people who are really into bow hunting, there's a sight that's mounted. This is more instinctive shooting so when they shoot, they have to find their aiming point. They have to find what works for them and it becomes more of a traditional archer type of a skill," Shriver said.

NASP also offered a grant to help pay for the needed equipment. TVHS took advantage of the grant.

It is set up as a co-ed team sport, and like wrestling or swimming, teams can advance through tournaments as can individuals. For a team to advance, there must be at least four opposite gender students on the team.

TVHS students participated in a sanctioned shoot on Jan. 16. DNR officer Jon Cook witnessed the shoot, and then submitted the scores to the state, who then ranked teams and individuals.

Shriver said safety is the most important thing the program stresses.

Haney is the daughter of Jamie Haney and the late Worth Haney, and the granddaughter of the late Kathleen Haney.

She says when her mom found out that she made it into the tournament, "She was so excited! And then a few days later, she came home with a \$200 bow... She's super excited, she's going to rent a hotel room for the whole weekend."

Haney says her grandmother also is supportive and was excited Haney and her brother were involved in something they enjoy.

Wood, who is the son of Ray and Jill Wood, said his parents and grandparents are "really excited." His younger brother, like Haney's, was unimpressed.

Both Wood and Haney will be recognized at Monday's school board meeting. Shriver said the meeting will be in the auxiliary gym at TVHS where they can demonstrate their skills and the program to the board and the public.

**'NASP also offered a grant to help pay for the needed equipment.'**



**ON TARGET** Tippecanoe Valley High School students Dylan Wood and Brianna Haney prepare for Saturday's Indiana State Archery Competition at Indianapolis.  
The Sentinel photo/Robin Heckman

# TVHS GUIDANCE NEWS

TVHS Guidance Office

Student Success through Character, Education, Leadership, & Literacy.

January, 2016

## COLLEGE GOAL SUNDAY

### FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA)

ALL COLLEGE BOUND STUDENTS WILL NEED TO COMPLETE THE FAFSA ONLINE BY THE INDIANA STATE DEADLINE: **MARCH 10, 2016.**

VISIT <http://www.fafsa.ed.gov/> TO START YOUR APPLICATION!

INDIANA HAS A STATEWIDE INITIATIVE TO ASSIST FAMILIES WITH THE FAFSA APPLICATION. IF THIS IS YOUR FAMILY'S FIRST TIME FILLING OUT THE FAFSA APPLICATION, OR YOU WOULD LIKE ASSISTANCE, PLEASE PLAN TO ATTEND:

**WHAT: COLLEGE GOAL SUNDAY  
FAFSA APPLICATION ASSISTANCE**

**WHERE: IVY TECH COMMUNITY COLLEGE  
2545 SILVEUS CROSSING  
WARSAW, IN46582**



**WHEN: FEBRUARY 21, 2016, 2:00 PM**

FINANCIAL AID ADVISERS, TWENTY-FIRST CENTURY PROGRAM PROFESSIONALS, AND GUIDANCE COUNSELORS WILL BE ASSISTING FAMILIES IN THEIR APPLICATIONS.

#### **FAFSA TIPS:**

- Parents are encouraged to file taxes as soon as possible. Tax return information may be downloaded to your FAFSA application if processed 2-3 weeks prior to your application date.
- Parents and students may sign up for their Federal Student Aid ID @ <https://studentaid.ed.gov/sa/fafsa/filling-out/fsaid> prior to starting their FAFSA.
- Visit <http://www.collegegoalsunday.org/> for more info.

#### **FAFSA HAS A FACEBOOK!**

- [www.Twitter.com/FAFSA](http://www.Twitter.com/FAFSA)
- [www.YouTube.com/FederalStudentAid](http://www.YouTube.com/FederalStudentAid)
- [www.Facebook.com/FederalStudentAid](http://www.Facebook.com/FederalStudentAid)

#### **In this issue:**

#### **Special points of interest:**

- FAFSA Tips
- 21st Century Scholars Affirmation Deadline
- Financial Aid opportunities
- Transcript Requests
- Testing Dates

#### **ATTN 21st Century Scholars:**

In order to be eligible for the scholarship, all 21st Century Scholars must complete their affirmation forms & FAFSA by March 10th. See the guidance office for details.



## Scholarship Season is in Session! Check out these scholarship opportunities!



### Visit online resources:

- [www.indianacollegecosts.org](http://www.indianacollegecosts.org)
- [www.fastweb.com](http://www.fastweb.com)
- [www.collegeboard.com](http://www.collegeboard.com)
- [www.collegegoalsunday.org](http://www.collegegoalsunday.org)
- <http://nces.ed.gov/collegenavigator/>
- <https://studentaid.ed.gov/>
- <http://ismcollegeplanning.org/>

Check out the guidance office for these scholarship opportunities:

Scholarship	Field	Due Date
• 529 Savings Plan	All Students	Available Online
• NICF Scholarships		March 4
• KCCF Scholarships		March 15
• Questa Foundation Scholarship		May 1
• PC's for Youth (free computer for students who qualify)		All year

- **STUDENTS PLEASE SEE THE RESOURCE TAB ON MY BIG CAMPUS (CLASS OF 2015) FOR ADDITIONAL WEEKLY LOCAL SCHOLARSHIP LINKS & APPLICATIONS**
- **CHECK MY BIG CAMPUS ANNOUNCEMENTS FOR SCHOLARSHIP UPDATES!**
- **FILL OUT THE SENIOR PROFILE UNDER THE RESOURCE TAB TO PROVIDE TO YOUR SCHOLARSHIP RECOMMENDERS!**

## Kosciusko County Community Foundation Scholarship Information Sessions

KCCF is hosting scholarship info sessions open to senior students & their families. Come & learn more about your scholarship opportunities and bring your questions!

**WHERE:** The Kosciusko County Community Foundation, Downtown Warsaw  
102 E. Market St., Warsaw IN 46580

**WHEN:** January 25, 5:30PM  
January 26, 7:00PM

### Transcript Requests

Visit [www.parchment.com](http://www.parchment.com)

for transcript requests

Follow us on Twitter for instant updates on Financial Aid & College & Career Opportunities!

TVHS\_GUIDANCE



### LET'S CELEBRATE!

Tweet us a pic of your #college acceptance letters  
**@TVHS\_GUIDANCE!**

## Math Requirements

In order to earn a high school diploma, students are required to earn a certain number of math credits. These math requirements differ based on which diploma students are seeking.

- Students working toward a Core 40 or Technical Honors diploma must take three years of math and earn 6 math credits to graduate
  - These credits must be earned in Algebra 1, geometry, and Algebra 2
- Students working toward an Academic Honors diploma must take four years of math and earn 8 math credits to graduate.
  - Six of these credits must be earned in Algebra 1, geometry, Algebra 2
  - The remaining two credits must then be earned in an upper level math course(s)
    - Ex. Trigonometry and Precalculus or Statistics and Quantitative Reasoning

In addition to the general math requirements listed above, **the state also mandates that students must take three years of math (earn 6 credits) while enrolled in Grades 9-12.**

- Students who begin their high school careers by taking Algebra 1 as freshmen are **NOT** affected by this rule. Their math requirements are those listed above.
- Students who take high school math credits prior to entering high school **ARE** affected by this rule. The grades they earn in middle school classes will go on their high school transcripts and the credits earned in middle school will count toward the 44 total credits they need for graduation, but any math credits earned prior to entering Grade 9 will **NOT** count toward the 6 math credits students must earn while in high school.
- Taking high school math prior to high school affects students in the following ways based on the diploma they are seeking:
  - **Core 40 Diploma**
    - Students who take Algebra 1 in middle school will earn the credits for this class, but will still have to take three full years of math (earn six math credits) in high school (giving them a total of 8 required math credits). These credits will need to be in geometry, Algebra 2, and an upper level math course(s).
      - Ex. Trigonometry and Precalculus or Statistics and Quantitative Reasoning
    - Students who take Algebra 1 and Intro to Geometry in middle school will earn four credits for these math courses, but only 2 will count as math credits. Students who take the one semester Intro to Geometry course will be offered Advanced Geometry as freshmen. They will still have to take three years of math (earn six math credits) in high school (giving them a total of 8 required math credits). These credits will need to be in Geometry, Algebra 2, and two additional semesters of upper-level math.
      - Ex. Trigonometry and Precalculus (2 credits) **or** Statistics and Quantitative Reasoning (2 credits)
  - **Academic Honors Diploma**
    - The math requirements for students who take Algebra 1 in middle school will remain the same as those listed at the top of this document. They will



need to take three math classes in high school (geometry, Algebra 2, and an additional upper-level math class) to earn the 6 credits required of them in high school. The two they earned from Algebra 1 in middle school will then combine with the 6 earned at the high school to give them the 8 credits they need to graduate with the honors diploma.

- Students who take Algebra 1 and Intro to Geometry at the middle school will earn four credits for these classes, but only two credits count toward the 8 math credits required for the Academic Honor's Diploma. Students who take the one semester Intro to Geometry course will be offered Advanced Geometry as freshmen. They will still need to take three years of math (earn six credits) in high school (giving them a total of 8 required math credits). These 6 credits will need to be in Geometry, Algebra 2, and two additional semesters of upper-level math.
  - Ex. Trigonometry and Precalculus (2 credits) **or** Statistics and Quantitative Reasoning (2 credits)

**So, what does all of this mean?** Students should be encouraged to push and challenge themselves, but they should also know what they take in middle school has implications on how much math they have to take in high school.

- Students who **should** take high school math in middle school
  - High-achieving students who want to be able to take higher level math courses at the high school level:
  - Students who are interested in engineering or other math-related careers who want to be able to take as much math as possible before going to college.
- Students who **should not** take high school math in middle school:
  - Students who are hoping to get math credits “out of the way” to open up room in their schedules for other electives – taking math in middle school does **NOT** eliminate the number of math classes you must take in high school. Taking math in middle school only requires students to have to take more difficult math classes in order to satisfy the state's requirement that they take three full years of math while in high school.

### **Students not enrolled in High School Math in Middle School: Core 40 Diploma**

**Grade 9**

- Algebra 1
- (full year, 1 credit per semester)

**Grade 10**

- Geometry
- (full year, 1 credit per semester)

**Grade 11**

- Algebra 2
- (full year, 1 credit per semester)

*\*Grade 12 elective math credits are optional for Core 40 & Technical Honor students*

*\*AHD Requires additional 2 upper level math credits*

*\*Ex. Trigonometry and Precalculus or Statistics and Quantitative Reasoning*

*\*Select colleges & universities require math credits beyond Core 40 requirements. Contact your School Counselor for additional information.*

### Students Taking Algebra in Middle School: AHD & Core 40 Diploma Requirements

Grade 9

- Geometry
- (full year, 1 credit per semester)

Grade 10

- Algebra 2
- (full year, 1 credit per semester)

Grade 11

- Upper Level Math
- (Ex. Trigonometry & Pre-Calculus)
- (full year, 1 credit per semester)

*\*Grade 12 elective math credits are optional*

### Students Taking Algebra & Geometry in Middle School: AHD & Core 40 Diploma Requirements

Grade 9

- Algebra 2
- (full year, 1 credit per semester)

Grade 10

- Upper Level Math
- (Ex. Trigonometry & Pre-Calculus)
- (full year, 1 credit per semester)

Grade 11

- Upper Level Math
- (Ex. Calculus)
- (full year, 1 credit per semester)

*\*Grade 12 elective math credits are optional*

## **Tippecanoe Valley School Corporation**

8343 South State Road 19

Akron, IN 46910

Phone: 574.598-2759

Fax: 574.598-2773

**Mr. Brett R. Boggs, Ed.S.**  
Superintendent

**Mr. Blaine Conley, Ed.S.**  
Assistant Superintendent

### **SCHOOL NEWS RELEASE**

Friday, February 05, 2016

#### **The College Board Names Tippecanoe Valley to Opportunity Honor Roll**

The College Board has named the Tippecanoe Valley School Corporation to the 2015 Gaston Caperton Opportunity Honor Roll, a list of 130 school districts across the United States that are being recognized for creating opportunities for traditionally underrepresented students. Traditionally underrepresented students refer to black, Hispanic/Latino, American Indian/Alaska Native, and low-income and first-generation students of all races/ethnicities. The districts featured on the Opportunity Honor Roll have expanded access to higher education by providing students with rigorous academic offerings and innovative college-preparation programs. Districts on the Opportunity Honor Roll demonstrate significant and consistent growth in the number of underrepresented and low-income students taking college-level courses and applying to four or more colleges.

There is no application process to be on the Honor Roll; instead the College Board looks across multiple data sets to identify recipients. To be included in the Honor Roll, districts must have:

1. Increased the number of underrepresented students who took the SAT;
2. Increased the number of underrepresented students who took an AP course and exam;
3. Increased the number of underrepresented students who were on-track for college, as demonstrated by scoring 1550+ on the SAT;
4. Increased the number of underrepresented students who scored a 3+ on the AP Exam; and
5. Increased the number of underrepresented students who sent their SAT scores to at least four colleges.

Tippecanoe Valley is one of only six Indiana school districts named by the College Board to the 2015 Opportunity Honor Roll.

OPPORTUNITY HONOR ROLL - SNR

### Medication

Medications will need to be kept with the parent/caregiver and administered by the camper's parent/caregiver in order to provide the safest possible environment.

Allergies and Reactions (food, animal or drug)

One of the things that most sets **CAMP-WE-CAN** apart from other summer camps is the involvement of Parents/Caregivers. We strive to find the perfect balance of camper independence and meeting the needs of the camper/caregiver relationship. While at camp, campers are paired with a counselor, or set of counselors, who are on a mission to make the camper the "King or Queen" for the day! Our campers quickly forget about their apprehensions of being away from their parent/caregiver and the parent/caregiver are close by, being pampered, completing their own projects and networking with other parent/caregiver. This arrangement has allowed us to offer the best of both worlds. The camper's personal needs can be met at a moment's notice, by the person they are most comfortable with, their parent/caregiver, all while spreading their wings! Our Preschool Camp will offer a different arrangement, in which the parent/caregiver will participate in the activities with their camper and his/her counselor.

### CAMP-WE-CAN T-Shirts

Please order (2) shirts:

CAMPER size \_\_\_\_\_

CAREGIVER size \_\_\_\_\_

Available Youth sizes: YS to YXL.  
Adult sizes available: XS to XXXL.

**A camp shirt is required for EVERYONE in attendance!! Camp will provide one shirt for the camper and one shirt for the caregiver. We understand there are times more than one parent/caregiver/ family member want to attend. This year, we are extending this offer; HOWEVER we cannot allow this without additional fees to offset the additional costs. The additional fees will be as follows: Pre-school camp \$8; (all other camps-\$20 per each additional individual. We can only honor this request if the additional attendee is registered and paid for with the camper's registration. This is the only way we can order additional shirts and meals. No additional shirts will be available at camp.**

**\*Scholarships are not available to cover the additional caregivers cost to attend. NO shirt- no attendance! NO exceptions!**

Additional caregiver shirt size \_\_\_\_\_

Additional caregiver name and relationship \_\_\_\_\_

### Insurance Information

Please include a copy of the camper's insurance card with this registration form.

### Photo Release

As parent or guardian, I verify this health form to be correct to the best of my knowledge. I give my permission for my camper to engage in all of the activities offered at **CAMP-WE-CAN**. I hereby give permission for my camper's picture to be used in the manner necessary and appropriate for camp sharing and promotions.

Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

Please make check payable to:

Northern Indiana Community Foundation  
(NICF) write CWC in memo & send with:

**\*Completed form**

**\*Payment (camper, addl. parent/caregiver fee)**

**\*Copy of insurance card**

**\*Photo of the camper**  
**\*Postmarked by May 1, 2016**

Mailing address:

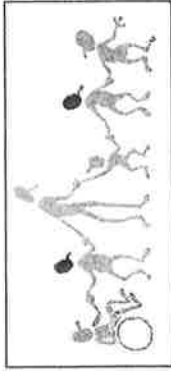
**CAMP-WE-CAN**

P.O. Box 318

Rochester, Indiana 46975

574-835-2669

The camp is held at: **Geneva Center**  
**5282 N. Old US 31 Rochester, IN 46975**



# CAMP-WE-CAN

www.camp-we-can.com

**A DAY CAMP EXPERIENCE FOR  
INDIVIDUALS WITH SPECIAL NEEDS**

**CAMP-WE-CAN focuses on the camper's ability not the disability. Intending to provide each camper the best opportunity.**

Registration must be postmarked by **MAY 1<sup>st</sup>** if a scholarship is needed for the camper to attend, please call ASAP. Enrollment is limited to 15 campers for Pre-school and 30 campers for all other camps. First come, first serve basis... register early!

It is our goal to be prepared to meet the camper's needs while attending camp. Safety is first and foremost on our minds! We are proud to offer a camper- to-counselor ratio of, at minimum, one to one. *Please help us to create the best possible environment by providing valuable information specific to your camper.* This is necessary to help acquaint our counselors with the campers.

**CAMP-WE-CAN, Inc. is not liable  
for accident or injury to campers,  
parents/caregivers or volunteers.**



# MISS MENTONE 2016

CONTESTANTS MUST BE BETWEEN THE AGES OF 14-20 BY MAY 21<sup>ST</sup>, 2016

CONTESTANTS MUST BE SINGLE, CHILDLESS, AND NEVER BEEN MARRIED.

CONTESTANTS MUST BE ENROLLED IN SCHOOL, OR HOME SCHOOLED

ALL CONTESTANTS FILLING OUT APPLICATION WILL HAVE A POLICE BACKGROUND CHECK RUN, AND MUST BE A CLEAN CHECK.

CONTESTANTS MUST CARRY A "C" OR ABOVE AVERAGE AND HAVE INVOLVEMENT IN A SCHOOL CLUB, ACTIVITY, OR SPORT. COMMUNITY SERVICES THAT ARE PERFORMED REGULARLY AND CAN BE VERIFIED ARE ALSO ACCEPTABLE.

EACH CONTESTANT MUST BE SPONSORED BY AND ORGANIZATION, OR BUSINESS IN THE MENTONE AREA. SCHOOL CLUBS AND ORGANIZATIONS ALSO QUALIFY AS SPONSORS. SPONSORS HAVE NO MONETARY RESPONSIBILITY HOWEVER, SPONSOR OR APPOINTED (BY SPONSOR) REPRESENTATIVE CAN IF THEY CHOOSE BE APART OF FUND RAISING EVENTS. MONEY WILL BE COUNTED AND COLLECTED AT THE END OF EVENT TAKING PLACE, AND TAKEN TO LAKE CITY BANK IMMEDIATELY AFTER EVENT. IF BANK IS CLOSED MONEY MAY BE TAKEN TO ANNA STILES AT TIME AFTER TIME AND SHE WILL BE RESPONSIBLE FOR TAKING TO BANK WHEN OPEN. IF CONTESTANT CANNOT FIND SPONSOR, PLEASE CALL ANNA STILES AT 574-353-1400 OR RITA SIMPSON AT 574-353-7417 AND THEY WILL HELP TO FIND A SPONSOR.

CONTESTANTS ARE TO BE AVAILABLE ON FRIDAY EVENING, June 2<sup>nd</sup> 2016 AT 6:45PM, TO BE INTRODUCED BY THE DISC JOCKEY ON STAGE.

CONTESTANTS MAY HOLD MONEY-RAISING PROJECTS AFTER INFORMATION HAS BEEN APPROVED. EVENTS CAN INCLUDE BUT NOT LIMITED TO SUCH THINGS AS CAR WASHES, BAKE SALES, GARAGE SALES, CHILI SUPPERS, RAFFLES, SELLING OF FLOWERS, OR OTHER GREAT LEGAL IDEAS THEY MAY HAVE. ALL CONTESTANTS WILL NEED A BOOTH DURING EGG FESTIVAL IN WHICH THEY MAY SELL ITEMS OR PRODUCTS SUCH AS WATER, HOT DOGS, FACE PAINTING, ETC.....

ALL CONTESTANTS ARE REQUIRED TO RIDE IN PARADE IN A FORMAL GOWN, AND ON A CAR WITH SUN ROOF, CONVERTIBLE, AND OR T'OP, GULF CARTS AND ANY VEHICLE THAT ALLOWS CONTESTANT TO BE FULLY SEEN IN FORMAL BY THE PUBLIC. ALL CONTESTANTS ARE RESPONSIBLE FOR PROVIDING THEIR OWN. ASK ANNA IF YOU NEED IDEAS!!!

ALL ENTRY APPLICATIONS MUST BE RECEIVED BY MIDNIGHT, MAY 09, 2016. THE SOONER YOU START THE MORE TIME YOU WILL HAVE TO COLLECT VOTES, YOU CAN START COLLECTION VOTES AS SOON AS YOUR APPLICATION IS TURNED INTO ANNA STILES AT TIME AFTER TIME, AND HAS BEEN APPROVED. THIS WILL TAKE A COUPLE OF DAYS FROM THE TIME APPLICATION IS TURNED IN.

CONTESTANTS WILL HAVE UNTIL 3:00 PM ON JUNE 4<sup>TH</sup> 2016, TO EARN VOTES. EACH CONTESTANT IS RESPONSIBLE FOR COLLECTING ALL CANS THEY HAVE OUT AND DELIVERING THEM TO OFFICIALS BY 3:00 PM AT TIME AFTER TIME.

THE WINNER WILL BE ANNOUNCED ON SATURDAY JUNE 4TH, 2016 AT APPROXIMATELY 7:15 PM AT THE EGG FESTIVAL VARIETY SHOW. THE WINNER WILL RECEIVE HER OWN CROWN, ROSES, SACHE, AND \$300.00 DOLLARS. SHE WILL HAVE THE HONOR OF REPRESENTING THE COMMUNITY AS "MISS MENTONE" 2016. THE RUNNER UP WILL RECEIVE 200.00 DOLLARS AND WILL BECOME MISS MENTONE IN THE EVENT THAT THE WINNER WILL BE UNABLE TO DO SO. THE THIRD PLACE WINNER WILL RECEIVE \$100.00 DOLLARS. ALL CONTESTANTS WILL RECEIVE A T-SHIRT AND GIFTS FOR PARTICIPATING.

Schedule of all events attached

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE# \_\_\_\_\_ SOCIAL SECURITY \_\_\_\_\_

AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

MOTHER'S NAME AND ADDRESS \_\_\_\_\_

FATHER'S NAME AND ADDRESS \_\_\_\_\_

SCHOOL ATTENDED \_\_\_\_\_

GRADE OR GRADUATION DATE \_\_\_\_\_

SCHOOL ACTIVITIES \_\_\_\_\_

OTHER HOBBIES, INTERESTS OR ACTIVITIES OUTSIDE OF  
SCHOOL \_\_\_\_\_

WHY I WANT TO BE MISS MENTONE  
201 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SIGNATURE OF APPLICANT \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN \_\_\_\_\_

NAME OF BUSINESS OR ORGANIZATION SPONSORING  
APPLICANT \_\_\_\_\_



To Whom It May Concern,

Any young lady who runs for Miss Mentone will turn her funds back to the Mentone Chamber of Commerce, Inc. to be used for the betterment of the community.

Each contestant is encouraged to have her own fundraisers in order to compete for the penny a vote.

The Miss Mentone is part of the Mentone Egg Festival and is sponsored by the Mentone Chamber of Commerce, Inc. which is a non for profit organization.

Thank you,

Rita M Simpson, President

A handwritten signature in cursive script that reads "Rita M. Simpson".

Mentone Chamber of Commerce

P.O. Box 366

Mentone, Indiana 46539

Contact phone number: 1-574-353-7417

Date: March 2, 2016

Tippecanoe Valley School Corporation  
**J O B   P O S T I N G**

***Classified Position***

**Full-time Evening Custodian**  
Tippecanoe Valley High School

Hours: 8 Hours per Day (3:30 p.m. to Midnight)

Rate of Pay: \$9.45 per hour

Qualifications: Ability to lift 50 pounds  
Must be able to work on your own  
Must be able to work well with students/other adults  
Must be able to follow directions  
Professional appearance  
Takes pride in work  
Prompt  
Dependable

Responsibilities: Work as part of a team to clean and maintain High School.

**Contact:** Mira Leon  
Tippecanoe Valley High School  
8343 S St Rd 19 Akron IN 46910  
(574) 598-2100 ext. 2135

Application Deadline: TBD

"Equal Opportunity Employer"

# Paraprofessional, HS Special Education

**JOB POSTING: SPECIAL EDUCATION PARAPROFESSIONAL**

**DATE POSTED: March 9, 2015**

**DATED CLOSE: TBD**

**CATEGORY: Special Education**

**EMPLOYMENT TYPE: Classified/5**

**START DATE: Immediate**

**CORPORATION NAME: Tippecanoe Valley School Corporation**

**SCHOOL: Tippecanoe Valley High School**

**LEVEL: High School**

## **JOB DESCRIPTION:**

Serve special needs students in a self-contained and/or resource room environment, as well as students who participate in general education classes in a technology rich environment. Hours will be Monday through Friday, 5 hours and 45 minutes per day.

## **JOB REQUIREMENTS:**

- Implement IEP and Behavior Plans under the supervision of the teacher.
- Assists the teacher with learning activities of students
- Assists students with health and self-help needs, to include but not limited to, feeding, toileting, positioning and dressing. This may require operating specialized equipment.
- Assists with the supervision of students during emergency drills, assemblies, field trips.
- Assists teacher with recording student progress data.
- Participates in general and job specific training as determined by the

supervision teacher and principal.

-Communicates with the supervising teacher on student progress and/or special needs of student.

-Performs other reasonably-related duties as may be assigned by the principal or supervising teacher.

**QUALIFICATIONS:**

High School Diploma required

Paraprofessional certification or 60 hours of college credit

Good communication skills

Ability to work cooperatively with staff and students

Physical ability to lift 40 lbs., observe and assists children in educational activities

Neat appearance

Positive attitude

**HOW TO APPLY:** Please complete the classified job application on the TVSC website and send to the email or address below.

**CONTACT INFO:**

Dr. Michael Bendiesen, Principal

Tippecanoe Valley high School

8345 S State road 19

Akron, Indiana 46910

**CONTACT E-MAIL:** [bendiesenm@tvsc.k12.in.us](mailto:bendiesenm@tvsc.k12.in.us)

**CONTACT PHONE:** 574-353-7031

“Equal Opportunity Employer”

# PLANNING FOR YOUR DEPENDENT WITH SPECIAL NEEDS

## WHEN

**April 19, 2016**

**6:00-7:30pm**

**Please RSVP to  
ahobbs@warsawschools.org**

## WHERE

**Warsaw High  
School**

**1 Tiger Lane, Warsaw, In**

## FEATURING · Gordon Homes, CFP®

**A Certified Financial Planner™ practitioner, Gordon focuses on Financial and Estate Planning for families who have children or dependents with Special Needs. He brings a unique perspective through his experience both as an advisor and parent. He assists families with a myriad of issues including understanding and accessing public benefit eligibility through Special Needs Trusts, and Guardianship concerns.**

**ABLE Act**

**Waiver Update**

**Special Needs Trust  
and Guardianship**

**A light supper will be  
provided**

**Childcare provided**

**Adult Service  
Providers will be  
available at  
5:30pm to share  
information and  
answer questions**



Current

State approved

Online

Driver Education

Classroom providers

For

TVHS Students

To obtain a driving permit in the state of Indiana before turning 16 years old, it is required to get 30 hours of classroom driver education and 6 hours of actual driving. To get the classroom part, the state has several online options. **TVHS can provide the driving, but will not have a classroom part during the school year (TVHS summer classes only).**

We are highly recommending that you start the online class part as soon as possible in order to participate in our March through May driving sessions.

The web sites listed below are approved by the state of Indiana and vary in cost and scope. All of them will require 30 hours of instruction.

All of these websites will have an option to pay for driving as well as the classroom. If you want to get the 6 hours of driving through TVHS, then only purchase the classroom portion.

There will be registration forms available at the high school in late January for purchasing and scheduling the 6 hours of driving at TVHS. Those driving sessions will most likely be available from mid-March through the end of the school year in late May.

<a href="http://www.aaa.com/howtodrive">www.aaa.com/howtodrive</a>	3750 Guion Rd. Ste 300 Indianapolis, In 46222	317-923-1500
<a href="http://www.a4ts.com">www.a4ts.com</a>	3209 W. Smith Valley Rd. Ste. 106 Greenwood, In 46224	888-882-7598
<a href="http://www.allstardriveredonline.com">www.allstardriveredonline.com</a>	75 Aprill Dr. Ann Arbor, MI 48103	800-967-7719
<a href="http://www.driveredsafety.com">www.driveredsafety.com</a>	6036 Lakeside Blvd., Bldg. A Indianapolis, IN 46278	317-759-5555
<a href="http://www.driveredtogo.com/state/Indiana">www.driveredtogo.com/state/Indiana</a>	640 S. San Vicente Blvd. Ste 490 Los Angeles, CA 90048	866-749-4445
<a href="http://www.driversed.com/indiana/teen-driversed.aspx">www.driversed.com/indiana/teen-driversed.aspx</a>	283 4th Street, 3rd Floor Oakland, CA 94607	888-651-AUTO
<a href="http://www.drivingbrilliance.com">www.drivingbrilliance.com</a>	3330 W. 300 S. Crawfordsville, IN 47933	765-366-2850
<a href="http://www.idrivesafely.com/drivers-ed/Indiana">www.idrivesafely.com/drivers-ed/Indiana</a>	5760 Fleet St., Suite 210, Carlsbad, CA 92008	800-723-1955
<a href="http://www.IndianaTeenDriving.com">www.IndianaTeenDriving.com</a>	815 B Camarillo Springs Rd. Camarillo, CA 93012	855-852-9334
<a href="http://www.ivytech.edu/corporatecollege">www.ivytech.edu/corporatecollege</a>	3800 N. Anthony Blvd. Ft. Wayne, IN 46805	260-480-4118

These options could also be accessed through the Indiana BMV website:

[http://www.in.gov/bmv/files/Driver Education Providers - Classroom.pdf](http://www.in.gov/bmv/files/Driver_Education_Providers_-_Classroom.pdf)

# PARENTS OF TEENS!



*JOIN US FOR THIS IMPORTANT PARENTING WORKSHOP  
TO **EQUIP** YOU TO **ENGAGE** YOUR TEEN!*



## THE SELFIE GENERATION

TRENDSANDTEENS.COM

*PRESENTED BY  
THE CO-FOUNDER OF REMEDYLIVE,  
CLINTON FAUPEL, EXECUTIVE DIRECTOR*

BROUGHT TO YOU BY...

**DETAILS BELOW!**



Thursday, April 14, 2016

7:00-8:30 p.m.

Tippecanoe Valley High School Lecture Room

Sponsored by the Tippecanoe Valley Mental Health Task Force

**Tippecanoe Valley School Corporation**

8343 South State Road 19

Akron, IN 46910

Phone: 574.598-2759

Fax: 574.598-2773

Mr. Brett R. Boggs, Ed.S.  
Superintendent

Mr. Blaine Conley, Ed.S.  
Assistant Superintendent

**SCHOOL NEWS RELEASE**

Friday, April 1, 2016

**Tippecanoe Valley to Host Trends & Teens Parenting Workshop**

The Tippecanoe Valley Mental Health Task Force will host a **Trends & Teens Parenting Workshop** in the Tippecanoe Valley High School Lecture Room on Thursday, April 14, from 7:00-8:30 p.m. The workshop will serve as a resource of education and awareness for adults involved in the lives of youth. Presenting will be Clinton Faupel of RemedyLIVE, the same organization that will present the **Get Schooled Tour** high impact school assembly program to students in grades 8-12 at Tippecanoe Valley High School the following day. Mr. Faupel will present and lead discussion on the findings RemedyLIVE has collected through hundreds of conversations with teens. The interactive visual presentation will feature the trends and generational uniqueness of youth today. Tools on how to engage today's youth will be shared and parents challenged to maximize their face to face relationship with the teens in their life.

Clinton Faupel is the executive director of RemedyLIVE, a web-based chat center with over 1,400 guests per day from all around the country that visit [www.RemedyLIVE.com](http://www.RemedyLIVE.com) to find someone to talk with about the struggles in their life.

Parents and anyone that works with today's youth are welcome to attend. Questions about the **Trends & Teens Parenting Workshop** may be directed to Superintendent Brett Boggs at (574) 598-2759, ext. 2767 or [boggsb@tvsc.k12.in.us](mailto:boggsb@tvsc.k12.in.us).



# CROSSWINDS

**April 21st - Doors open at 8:00 a.m.**  
**Keynote speaker at 9:00 a.m.**  
 The Summit, 1025 W. Rudisill Blvd, Fort Wayne



Do you have a teenager or know someone who does? Do you work with teenagers? Are you excited, anxious, or motivated about your journey with a teenager? If you answered yes to any of these questions, we invite you to join us at first annual Family Summit.

**Cost:** \$15 for full day / \$10 for evening-only session (5:30 pm - 7:30pm)  
**Financial assistance is available if you cannot afford a ticket. Please register here → <https://www.eventbrite.com/e/the-family-summit-tickets-21733538599?discount=CROSSWINDS>**

**Meals:** Food trucks will be available on-site for lunch and dinner for all participants to purchase

**Keynote speaker:** Mark Gregston, LCCA

Mark Gregston is a popular radio host of Parenting Today's Teens which is heard on over 1,500 radio stations throughout North America. He is a sought-out speaker and leads parenting seminars across the country. Mark will be offering 3 insightful sessions on teen parenting that you won't want to miss!



### 18 Breakout Sessions to Choose From

Residential Care & When It's Appropriate	A Navigation Tool for Teens	Mentoring Changes Lives
Mental Illness Affects our Whole Community	Recognizing Attachment Disorders	Healing our Community with Hope
The Importance of Family Literacy	Tips for Positive Parenting Techniques	Business & Entrepreneurship
Supporting Resilience, Building Futures	Forgiveness	Identifying and Responding to Youth Suicide
Saving Your Marriage Before or While You Are Married	Knowing the Family Inside and Out	Unlocking the Keys to Dealing with Addictions Within the Family
Trauma Awareness & How You Can Help	Be Aware of Child Trafficking in our Country	Developing a Healthy School/Home Relationship



## Why Crosswinds

### **Services In Your Home**

Our services take place in your home. No carting your family to a counseling center and no sitting in a waiting room. The nature of our services allows you to maintain privacy.

### **Your Schedule**

We work with your schedule. Morning, afternoon or evening appointments are available to accommodate your busy schedule.

### **24-Hour Crisis Intervention**

Have a sudden crisis? We offer 24-hour crisis intervention to any family enrolled in our program.

### **Faith Based**

We are faith-based. When clients are open, we utilize prayer, scripture, and spiritual formation as part of treatment.

### **Plan & Specific Goals**

We work together on a plan and specific goals. You will always know the goals we are striving to meet with each member of your family.

### **Family**

We focus on family. Our counseling approach seeks lasting change which we believe can only be accomplished with family involvement.

### **Affordable**

As a nonprofit with the mission of helping families, we provide excellent services at affordable rates.

## E Care

Are you looking for an alternative to traditional counseling and therapy? A growing client segment now prefers the option and flexibility to engage through email, instant messaging, telephone and video chat via home computer, tablet or mobile device. Due to the explosion of technology, Crosswinds is able to meet the demands of your busy lifestyle.

Crosswinds understands the challenges associated with mental health: time constraints of traveling, the embarrassment of waiting in a lobby. These often serve as a deterrent to families seeking help and getting the services they need.

Now, in the comfort of your own home, there's hope. Crosswinds staff are sympathetic to your apprehension and look forward to working with you, on your terms, by offering flexible service delivery methods.



[cwfamily.org](http://cwfamily.org)

855-927-7963

[cwfamily.org](http://cwfamily.org)

855-927-7963

[cwfamily.org](http://cwfamily.org)

855-927-7963

## Family Consultation

Through a series of coordinated steps, we will develop options on how to go from where you are as a family today to where you would like to be in the future.

### Initial Visit

Family member will be interviewed as a whole, in small groups or individually. Your family will complete the Family Assets Survey to define key areas, including your strengths and conflicts, to determine your family's road to success.

### Recommendations

Our comprehensive report will give you recommendations specific to your family's needs. It is our goal to provide the direction that you need to overcome the issues that you are currently facing.

## How Healthy Is Your Family?

According to the Search Institutes Family Assets Study, healthy families exhibit core traits. Crosswinds Family Coaching program allows families to see their score in each area and provides tools to increase healthy traits that result in healthier families!



## Family Coaching

The concept of coaching to help us run farther, shoot better or even to be a better leader is an everyday occurrence. Wouldn't it be nice to have a coach to help you be a better parent, spouse, or family? Crosswinds uses the Family Assets Index to strengthen core areas, including:

- Developing healthy relationships
- Establishing boundaries and routines
- Creating and maintaining family expectations
- Learning to adjust and adapt to family challenges
- Learning to have fun as a family

### NURTURING RELATIONSHIPS

- Positive communication
- Affection & emotional openness
- Conflict assistance

### ESTABLISHING ROUTINES

- Family meals & shared activities
- Meaningful traditions
- Dependability

### MAINTAINING EXPECTATIONS

- Open to tough topics
- Defined boundaries & fair rules
- Clear expectations

### ADAPTING TO CHALLENGES

- Adaptability & problem solving
- Democratic decision making
- Management of daily commitments

### CONNECTING TO COMMUNITY

- Neighborhood cohesion & support
- Relationships with others
- Enriching activities

## Family Counseling

Family Counseling helps families struggling with different challenges. Our staff excels at identifying problems, developing a plan, and partnering with you to transform and strengthen your family. We work with families seeking help for:

- Troubled teenagers
- Suffering marriages
- Communication problems
- Trauma and grief
- Adoption issues
- Emotional/mental health issues

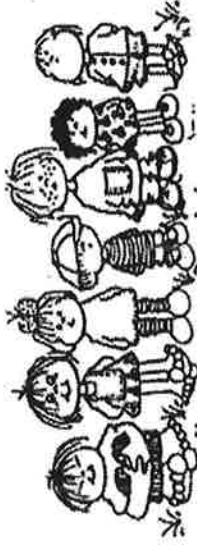
Our services are home-based, which means one of our staff will come to your house. This offers comfort and privacy for members of the family while providing us with a better understanding of your household.





**CANI** Fighting Poverty.  
Building Hope.  
COMMUNITY ACTION OF NORTHEAST INDIANA

Advocating Health Coverage for Central Indiana



### Get FREE HELP applying for Children's Health Insurance!

Hoosier Healthwise is an affordable health insurance program by the State of Indiana for children birth through age 19 and pregnant women.

**A family of four can qualify even if  
you earn up to \$59,628 a year!**

For more information or to enroll:

**GIVE US A CALL!**

Our Office is located at 1515 Provident

Drive, Warsaw 46580.

To apply, visit [www.canihelp.org/CKF](http://www.canihelp.org/CKF)  
to set up an appointment or call us at:

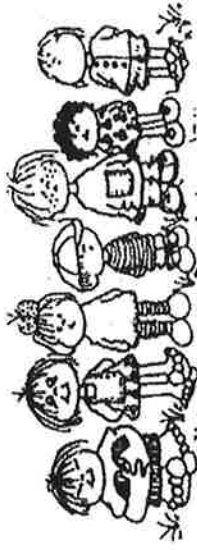
**(574) 372-3548**

**Or 2-1-1**



**CANI** Fighting Power.  
Building Hope.  
COMMUNITY ACTION OF NORTHEAST INDIANA

Advocating Health Coverage for Central Indiana



### Reciba AYUDA GRATIS Para aplicar!

Hoosier Healthwise es un programa de seguro de salud ofrecido por el Estado de Indiana para niños recién nacidos hasta la edad de 19 años y para las mujeres embarazadas.

**Una familia de cuatro puede  
tener un ingreso anual de  
\$59,628 y poder calificar!**

Para más información o para enrolarse:

**LLÁMENOS!**

Nuestra Oficina está en 1515 Provident

Dr, Warsaw 46580.

Para aplicar, visite

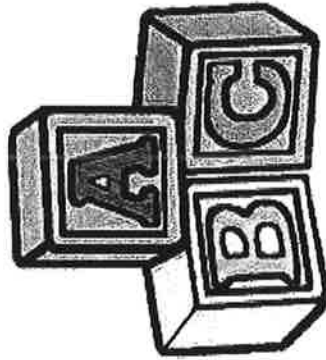
[www.canihelp.org/CKF](http://www.canihelp.org/CKF)

y haga una cita o también llámenos al:

**(574) 372-3548**

**Linea en Español (574) 524-7586**

Our goal in First Steps is the same as yours: to help your infant or toddler.



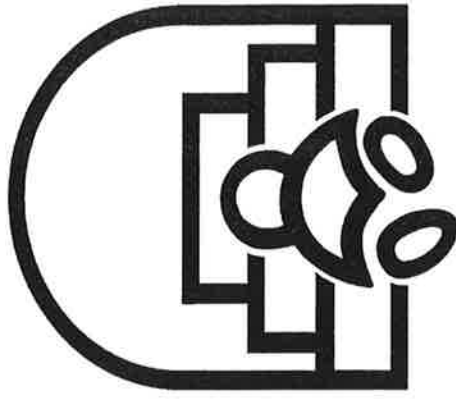
The first three years of a child's life are very important.

Human learning and development are most rapid in the time from birth to age 3.

That's why it's important to give your child the best start possible

## First Steps of North East Indiana

*Serving infants and toddlers in  
De Kalb, Elkhart, Fulton,  
Kosciusko, La Grange, Marshall,  
Noble, Steuben, St. Joseph and  
Whitley Counties*



# First Steps

For more information  
please call:  
574-293-2813 or  
Toll-Free 866-725-2398

### First Steps

Administered by 1st Kids, Inc.  
700 E. Beardsley Ave. Ste. 14 A  
Elkhart, IN 46514

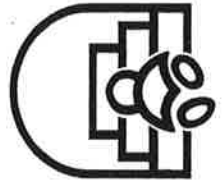
Phone: 574-293-2813

Fax: 574-2932300

Website: [www.indianafirststeps.org](http://www.indianafirststeps.org)

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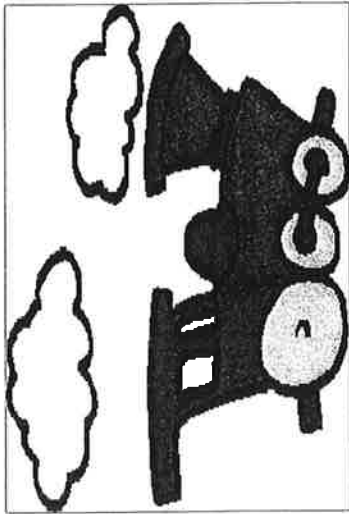
"First Steps- North East"



### First Steps

First Steps may be needed for a child for many different reasons, such as:

- A medical condition or diagnosis
- A condition with a high probability of delay (such as genetic disorder, sensory impairment, or severe toxic exposure)
- A delay in meeting developmental milestones



First Steps is a state and federally funded program that provides services at little to no cost to children who are experiencing developmental delays and their families.

Your infant or toddler, through 35 months of age, can receive a developmental screening to determine if any early intervention services are needed.

Your baby deserves a good start in life. . . and that's where Indiana's First Steps program can help. Children with developmental delays from birth to age 3 may receive the assistance they need to help them in the future.

### Available services for eligible children

include:

- Assistive Technology
- Audiology
- Diagnostic services
- Family support
- Nutrition services
- Occupational therapy
- Physical therapy
- Psychological services
- Social work services
- Special instruction
- Speech pathology



### Eligibility:

An Assessment Team of therapists assesses and evaluates the child's development in these areas: cognitive, physical, communication, social-emotional and adaptive. To be eligible for services, the child must show a 25% delay in one area or a 20% delay in two areas.

### Developmental Milestones

- 1-2 Months**  
Turns head in the direction that cheek is touched.  
Startles easily to loud noises.  
Pays attention to a face in direct line of sight.
- 3-4 Months**  
Makes sounds other than crying.  
Rolls from stomach to back  
Turns head toward bright light and color
- 4-6 Months**  
Reaches for and grasps objects.  
Moves toys from hand to hand.  
Smiles in response to others.
- 6-9 Months**  
Creeps or crawls forward on tummy.  
Babbles and laughs out loud.  
Sits independently.
- 9-12 Months**  
Crawls on hands and knees.  
Walks with both hands held.  
Imitates simple sounds.  
Waves "bye-bye."
- 12-15 Months**  
Says words besides "mama" and "dada".  
Follows simple directions: "come here"  
Walks without help.  
Drinks from cup or glass.
- 15-18 Months**  
Looks at picture books, turns pages.  
Feeds self with spoon.  
Scribbles with a crayon/pencil.  
Tries to talk and repeat words.
- 18-24 Months**  
Has over 50 words in vocabulary.  
Uses 2-3 word sentences.  
Says "no" often.  
Shows affection, offers hugs and kisses.
- 25-30 Months**  
Eats alone.  
Begins to jump
- 30-36 Months**  
Enjoys scribbling and playing with others  
Repeats common Rhymes  
Jumps off of surfaces landing on feet  
Washes and dries hands  
Copies a circle

WRAPAROUND

www.fourcounty.org  
EMERGENCY PHONE NUMBER  
800-552-3106

OUR LOCATIONS  
1075 Michigan Ave • Loganstown, IN 46047  
574-722-5457

401 E. 8th Street • Rochester, Indiana  
574-223-8535

1000 N. Broadway Suite A • De Kalb, IN 46520  
765-472-1081

118 N. Saly Drive • Winamac, IN 46786  
574-346-2535

1908 West Boulevard • Kokomo, IN 46760  
765-425-5100

Four County Counseling Center has been a community partner since 1975! We continue to expand access to mental health care in Cass, Fulton, Morgan, Putnam, and Howard Counties.

We are a non-profit community mental health center. We provide behavioral health services on a full continuum of care. As an organization dedicated to bettering our communities, we aim to continuously improve the ability for residents to access our care while limiting those obstacles preventing care. We understand that each one of our clients is uniquely different and should be offered an array of services that most effectively enhances emotional well-being. "Ultimately, we are in the business of rebuilding and saving lives."

- CJ Davis, President/CEO

**How to refer**

That can be done by calling our Access Site for Fulton, Morgan, Cass, and Miami counties at

**574-721-9014**

or emailing us at  
AccessSiteReferral@fourcounty.org.



FOUR COUNTY  
COUNSELING CENTER

# WRAPAROUND PROCESS DRIVEN PROGRAMS

Wraparound is a process utilized to support children with complex needs. It is an individualized planning process to help improve the lives of children. There are various opportunities for families to access Wraparound services for children and youth who have more extensive needs. This process is supported through your local System of Care.

- Grounded in the strengths perspective
- Driven by underlying needs
- Supported by an effective team process
- Determined by Families

- Family voice and choice
- Individualized
- Strengths-based
- Natural Supports
- Collaboration
- Community-based
- Culturally-competent
- Team-based
- Outcomes-based
- Unconditional Care

- Phase One: Engagement and Team Preparation  
Establishes a mission and sets a tone for teamwork
- Phase Two: Plan Development – Plan of care is developed through a high-quality planning process
- Phase Three: Implementation - Addresses needs through strategies developed in the plan
- Phase Four: Transition - A purposeful move from structured services to a mix of informal and natural supports

## WANT TO LEARN?

It is important to know that while **Four County** strives to provide all its mental health services for children and youth with **System of Care (SOC)** and **Wraparound values**, not every young person will qualify for intensive services. These children will have complex needs such as a history of trauma, debilitating anxiety, sexual aggression, fire-setting. Their behaviors will interfere in functioning in multiple areas, such as home, school, and the community. In addition, the caregiver is likely to have some needs in the areas of supervision, family stress, and in the areas of substance abuse OR mental health.

In addition, **Wraparound** is a voluntary process so full participation is necessary. **Wraparound** looks at families and youth as full partners in the treatment process. If you know of a youth and family that could benefit from engaging in this process, feel free to talk to them about it, and then contact us. Our contact information is on the back of this brochure.

## MONEY FOLLOWS THE PERSON – MFPP

Federally funded, state-managed program designed to assist in funding and managing home and community-based supports for youth and adolescents transitioning from psychiatric residential treatment facilities or state operated facilities back to community.

## CHILDREN'S MENTAL HEALTH INITIATIVE - CMHI

Developed through a partnership between Department of Child Services (DCS) and Division of Mental Health and Addictions (DMHA) to provide wrap-around services for youth and families that have trouble accessing services because their insurance does not cover the high level of service their child needs.

## TN'S CHILDREN'S MENTAL HEALTH WRAPAROUND SERVICES (CMHW)

State Plan Amendment to provide services to youth with serious emotional disturbances (SED), who also meet specific target group and needs-based criteria, with intensive, home and community - based wraparound services.

# ENGAGE: EMPOWER: ACHIEVE OUR GOALS



*help keep your schools safe...*

*text or call*

**574.387.3825**

*one text can make  
all the difference*

- bullying*
- drugs & alcohol*
- suicide watch*
- tips*



**TWSC SAFE SCHOOLS**



# BOWEN CENTER STUDENT ASSISTANCE PROGRAM (SAP)

## ACCESS TO MENTAL HEALTH SERVICES FOR ALL

2 free sessions of counseling at any Bowen Center location or at school site.

Parents may refer directly. School may refer with parental consent

Anxiety & Depression ◊ Risk Assessment ◊ Addictions ◊ Stress

Onsite Services ◊ Grief Issues ◊ Family/Relationship Skills ◊ Bullying &  
Interpersonal Conflict ◊ Behaviors at School/Home

Suicidal/Self Harm Behavior and More

## What Happens after 2 Sessions?

1. Parents may choose to continue investing in their child's treatment
2. Medicaid funding may exist for home-based or school-based services
3. Students may qualify for funding through grants (CMHI)
4. Students may qualify for sliding fee or charity care through Bowen Center
5. Bowen Center & School system may contract for services

87% of students continue services after their 2 sessions

40-50% of SAP referrals are family referrals

Bowen Center currently has SAP's in over 17 schools and colleges



*Better Counseling... Better Life*

To find out more please contact Student Assistance Plan Specialist, Ted Westerhof at 574-453-1207



# Tippecanoe Valley High School

## Student Assistance Plan

**Q. What is the Tippecanoe Valley High School (TVHS) Student Assistance Plan (SAP)?**

A. It is a new benefit provided by TVHS that provides TVHS students two (2) free prepaid sessions of counseling at any Bowen Center outpatient location. Services may also be provided at a school site if possible.

**Q. Who has access to this program?**

A. All TVHS students grades nine (9) through twelve (12) have two (2) free sessions. There is no co-pay, deductible, or pre-authorization required.

**Q. Is parental consent required? What happens after the 2 free SAP sessions.**

A. Yes. Parental consent is required for any child under the age of 18. After the initial two counseling sessions parents and students may decide if they would like to continue to invest in treatment. Bowen Center has fee assistance for those who qualify. There is no obligation to continue treatment.

**Q. Where are the Bowen Center offices?**

A. Bowen Center has locations in the following cities: Warsaw, Wabash, Plymouth, Huntington, Angola, Auburn, Fort Wayne, LaGrange, Syracuse, Columbia City, and Albion. Services may be provided at Tippecanoe Valley High School or Burket Educational Center as needed.

**Q. How are students referred?**

A. 1) Parents may refer their children directly to the Bowen Center. 2) Students may refer themselves with the consent of their guardian. 3) TVHS may refer students after communication and consent from their guardian(s).

**Q. If I use counseling sessions through the TVHS Student Assistance Plan is TVHS informed?**

A. All sessions are private and confidential. Privacy laws protect student information unless you give written consent to release student information. School staff may help you in setting appointments if you allow.

**Q. Can I use my free counseling sessions during summer break?**

A. Yes. Students have access to their two (2) prepaid sessions at any time during the calendar year.

**Q. How do I schedule counseling sessions?**

A. Simply call 1-800-342-5652 to the Access Center and state, "I am the parent of a TVHS student and would like to schedule counseling sessions for my child through the Student Assistance Plan." If you have more questions please call Jamie Davis at 1-800-342-5653.



*Better Counseling... Better Life*

# High School YEARS

Working Together for Lifelong Success



## Short Clips

**It reminds me of...**  
Your high schooler can understand new concepts by connecting them with something familiar. If he's studying the nervous system, for instance, suggest he think about what it reminds him of. Maybe he'll picture it as a highway with messages traveling alongside routes or as electricity running through wires.

### Build generosity

Want to teach your teen generosity? Try starting small. Keep a change jar at home. Ask everyone in the family to give a little each week, even if it's only a nickel. Then, once a month, donate what you've collected to a charity. *Idea:* Take turns choosing where your donations will go.

### Talk about sexting

Many teenagers "sext"—send sexually suggestive photos, videos, or messages electronically—to flirt or show romantic interest. Tell your teens this has serious consequences, including being charged with a crime or ruining reputations. Let them know they should immediately delete any sexts they receive and not forward them. Also, check their phones often, and have them let friends know that you do.

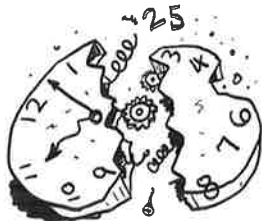
### Worth quoting

"Start where you are. Use what you have. Do what you can." *Arthur Ashe*

### Just for fun

**Q:** When does a clock strike 25?

**A:** When it's broken.



## Build collaboration skills

Whether your teen is doing a group project in school today or on the job 10 years from now, being able to collaborate will make her work more successful—and more enjoyable. Help her foster collaboration skills with these suggestions.

### Use each other's strengths

Part of working well on a team is doing what you're good at and tapping into others' strengths. When working with a partner or group, your high schooler might have everyone say how they can best contribute. Maybe she's a confident public speaker, so she could offer to present their project. If someone else is a good organizer, he may create the deadline schedule.

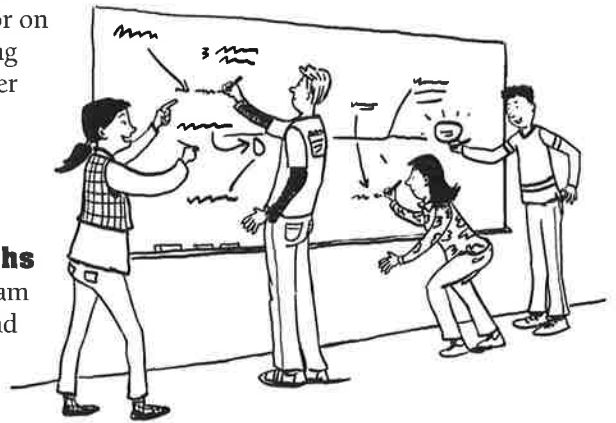
### Encourage cooperation

Building cooperation is a leadership skill your child can learn. She should listen respectfully to others and ask everyone else to do the same. If complaints crop up, she could turn the conversation in a more positive direction by brainstorming solutions or pointing out

what's being done to handle the problem.

### Take new perspectives

Seeing things from other people's point of view will help your adolescent negotiate, persuade others, and resolve conflict. Group projects give her a chance to practice. For instance, if there are different opinions about the format to use, she might suggest they consider how each one would work. Then, she can bridge a compromise by discussing how to combine ideas (say, opening with a video and following with a skit). 👍



## Get fit as a family

Finding time to exercise in the midst of a busy family schedule can be challenging. Here are ideas for adopting an active lifestyle:

- Choose activities that will fit into times everyone is already together, and put them on the calendar. You might take a walk after dinner three times a week, ride bikes before Saturday morning chores, or do a fitness video after a weekly family meeting.
- Set up an exercise circuit around your home. Together, write exercises on separate index cards and place them in different spots. *Examples:* "Do 12 push-ups." "Run up and down the stairs 2 times." "March in place for 1 minute." 👍



# The right topic

Good papers start with good topics—and that means narrowing down and choosing subject matter that lends itself to solid research and writing. These steps will help your high schooler select wisely for his next essay or research paper.

**1. Do background reading.** Your teen may start with an idea he finds interesting (say, American consumerism) or a general topic his teacher assigned (the Roman Empire). Either way, he should read articles and skim books to get a sense of what's out there.



**2. Identify possibilities.** Are there recurring themes or specific areas he would like to explore? Encourage him to jot notes as he reads. He should pay attention to how much information he finds—so he will pick a topic he knows he can support with details.

**3. Make your choice.** Encourage your child to compare his findings with the assignment. He needs to choose a topic that is nei-

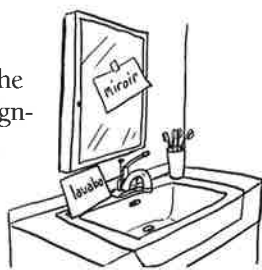
ther too broad nor too narrow for the length of the paper, for example. To narrow a broad topic, he might focus on a person, a place, or a time frame (say, Elizabeth Barrett Browning instead of major English poets). 👍

# Language lessons

Taking a foreign language in school can help your teen understand her own language better and give her an edge in our increasingly diverse world. Share these creative ways to study:

- Listen to radio stations, music, podcasts, or news in the language. She can find them on YouTube or on websites like *tunein.com*.

- Let her label objects around the house with foreign-language words. Then, use them in everyday conversation (*miroir* in



French for “mirror”). Or have dinner “in Italian,” asking her to teach you words for foods you’re having (*Passami le patate, per favore* for “Please pass the potatoes”).

- Encourage her to learn and sing simple children’s songs or read children’s books in the language. She could try the library or ask her teacher for books.

- Have her practice with classmates who speak the language (say, a friend on the bus who speaks Chinese at home). Or she might talk to friends’ parents who grew up speaking the language. 👍



## Parent to Parent

### You can count on me

A friend who manages a retail store told me how frustrated he gets with teen employees who don’t show up for work or come in late and then get mad if they receive a warning.

So when my daughter Sara recently landed her first part-time job, we talked about what it means to be reliable. I explained that being on time, not missing shifts, and calling if she’s sick are all part of the commitment.

To get the point across, I asked my friend to talk to Sara, too. He explained that when employees miss work, the store is short on help, register lines get long, and other people have to work longer hours. He also said being unreliable hurts your chances of getting job or college recommendations—or even being kept on the job. This advice seemed to sink in, and I’m glad to see Sara getting off to a good start with her new job. 👍



## Q & A

### Success on standardized tests

**Q** Standardized tests are coming up. How should my son prepare?

**A** Teachers will go over test information in class, so good attendance is a must. He should find out which subjects will be tested on which dates, the format for each test (multiple choice, short answer), the material to be covered, and how long the tests will last if they’re timed.

Taking practice tests and answering sample questions will also help him get more

comfortable with the format. His teachers may administer these, or he could find samples in the library or online.

Finally, encourage him to arrive rested and alert by getting plenty of sleep and eating a healthy breakfast, not only on test days but every day. Eating pro-

tein in the morning will give him more energy. Suggest meals like peanut butter with apple slices or a smoothie made with yogurt and fruit. 👍



## 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  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfeustomer@wolterskluwer.com  
www.rfeonline.com  
ISSN 1540-5605

# High School YEARS

Working Together for Lifelong Success



## Short Clips

### Turn it down

Using earbuds at a high volume for too long could put your child at risk of permanent hearing loss. To avoid harm, have her keep the volume at no more than 60 percent of the maximum and listen for no more than 60 minutes a day. Tell her this: If other people can hear the sound, the volume is too high.

### Maintain your integrity

The pressure to get good grades may tempt students to cheat. But by doing so, they cheat themselves out of learning—and destroy others' trust in them. Let your teen know it's more important to be honest than to have perfect grades. Besides, when he is caught, he is likely to get a zero on his assignment or test.

### See the sights

Your bucket list of things to see and do may be filled with faraway adventures. But your family could have a bucket list of nearby activities, too. Together, brainstorm doable ideas like visiting a local railroad museum or hiking a state park you've never been to. Post the list, and cross items off as you do them.

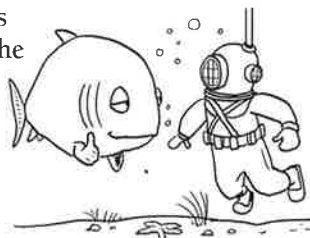
### Worth quoting

"Things turn out best for the people who make the best of the way things turn out." *John Wooden*

### Just for fun

**Q:** Where is the ocean the deepest?

**A:** On the bottom.



## Closer reading

Your teen has known how to read for years, but does he know how to do *close reading*? Encourage him to absorb all the meaning he can with these strategies. They'll improve his reading comprehension and prepare him to deal with harder texts in college or at work.

### Reread on purpose

Often, reading something once isn't enough to get all the information. Your high schooler should routinely go back over difficult material. He will pick up details he missed or notice words he needs to look up. A second (or third) reading may also shed light on parts he found confusing or show him where to ask the teacher for an explanation.

### Find evidence

While your teen reads, he should be on the lookout for facts that support the main ideas. Suggest that he practice with opinion pieces, such as a newspaper editorial arguing for stricter environmental laws. He might make a web with the topic in the center and boxes branching



out. He can fill each box with a piece of evidence he finds in the editorial.

### Dig into new topics

An interesting approach is to have your teenager read about a subject that is new to him—he'll have to read carefully to understand the facts. Show him a magazine article about something that might interest him, such as microfinance ventures in Africa or commercial space travel. After he reads it, ask him to tell you about the writer's point of view and give his own reaction. 👍

## Prepping for finals

As the school year enters the home stretch, share these tips to get your high schooler ready for final exams.

**Begin early.** Reviewing small amounts of material at a time will help her to remember it better. Also, going at a more relaxed pace will reduce stress.

**Organize a study group.** Have your teen plan a regular time and place to work with classmates. This can keep her on track even if she doesn't feel like studying. Plus, being around others may provide fresh energy.

**Use a study guide.** She should pay special attention to material on teacher-provided study guides. If teachers don't hand out guides, your teenager could make her own from notes, textbooks, and past tests and quizzes. 👍



# Help your community

“The best way to find yourself is to lose yourself in the service of others.” *Mahatma Gandhi*

Doing community service can teach your teenager compassion and may also fulfill requirements for high school graduation. Here are ideas.

## Schools

Have her check with the PTA, PTO, or school office at local elementary schools—perhaps the one she attended—to see how she could help. They might welcome extra hands to set up activities or run games at the school carnival, for example. Or teen volunteers could babysit during parent meetings, be “reading buddies” for first graders, or tutor children after school.



## Outdoors

Suggest that your teen contact community centers or recreation departments. They may need volunteers for summer camps or ongoing sports clinics. Or your teenager can join with friends or family to “adopt” a

city park or roadway and clean up trash or plant flowers. Also, groups that run cycling and running events often need volunteers to check people in, hand out water, or point participants in the right direction on the course. 👍

# Curb college loans

If your high schooler is headed to college, he may—like most students—need to take out loans. Help him keep down the amount he will have to repay with these suggestions.

■ **Start saving.** He could sock away money from part-time and summer jobs to supply cash for living expenses during college. He can also continue to work part-time during his college years.



■ **Compare costs.** Together, look at tuition, fees, and expenses for in-state vs. out-of-state schools. Help him evaluate financial aid packages to find the one with the smallest loans.

■ **Live at home.** Your teen might go to a school in commuting distance or attend community college for two years before transferring to a four-year college. That way, he wouldn't have to borrow to cover room and board.

■ **Consider the source.** Have him take out federal student loans before higher-interest private ones. Check the terms of each loan before signing. 👍



## Parent to Parent

### Learning to code

When my son Thomas said he wanted to learn how to code, I thought that was a great idea, given the growing number of jobs in the technology world.

Thomas looked into it and found a lot of free resources to help him get started. First, he signed up for an online coding class.

Then, once he got rolling, he discovered a computer programming club where he could get support and meet others interested in coding. Thomas's first coding project was a simple app that plays sound effects for his smartphone. Next, he created a webpage for a friend's band. Now he and some buddies are working on a long-term project creating a video game they hope to sell.

Not everything Thomas has worked on has been successful. But he's learning as he goes—and I'm thrilled that he's gaining a marketable skill for his future. 👍



## Q & A

### Protect against heroin use

**Q** I've been hearing that heroin use has become a big problem among teenagers. What is going on, and how can I protect my daughter?

**A** Heroin use among young people has climbed in recent years, affecting teens from every background.

Some youths become addicted to prescription painkillers after injuries or surgeries and then turn to heroin because it is cheaper and easier to get. To prevent this, carefully dispense pain pills to your child if they are prescribed for her, and dispose of any extras when she heals.

Also, check your daughter's texts and social media posts for street names like “junk,” “brown,” “boy,” “tar,” and “smack.” Watch for signs like constipation, itchy skin, nausea, runny nose, sleepiness, changing eating or health habits, or withdrawing from family. If your child sells belongings or you're suddenly missing money or valuables, those can be warning signs, too.

If you ever suspect a drug problem, contact your pediatrician or a mental health counselor immediately. 👍



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## Short Clips

### Think before you speak

Speaking kindly to others shows compassion and good character. If your teen is tempted to say something hurtful, suggest he first ask himself, "Is this true? Kind? Necessary?" If not, he should rephrase his comments or keep them to himself. Make sure he knows this advice holds for texts and online posts, too.

### Fix-it girls

Have a broken toaster? Is your computer running slowly? Be sure to turn to your daughter as often as to your son for help with fixing things around the house. You'll show that you believe she's capable—and let her prove it to herself as well. Plus, you'll hopefully get your toaster fixed or your computer back up to speed!

### Parent-teen journals

Keep in touch with your teenager by starting a shared journal. Write a line, a note, or a quote in a notebook. Then, your child reads it and responds or brings up a new topic. This approach will help you connect, learn more about each other, and even work out problems.

### Worth quoting

"Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language." *Henry James*

### Just for fun

**Q:** Why did the porcupine get sent home from the party?

**A:** He was popping all the balloons!



## Learn on the job

Being a teen employee today can make your child a better adult employee later. How? By giving her a chance to develop skills and consider careers. Encourage your teenager to get a summer or school-year job and focus on areas like these.

### General job skills

Good workers manage time well and work effectively with people. Suggest she check her work schedule in advance and set reminders for time-sensitive duties like restocking supplies when her shift starts. To get along with others, she should be respectful to bosses and coworkers and find ways to be a team player. She might help a coworker who's running behind set up a store display, for instance.

### Hands-on skills

Any job will give your teen an opportunity to learn and practice new skills. For example, she may have to learn new software to do data entry. She could read the help screens, ask her supervisor for advice, and perhaps attend a training



course. If she's working as a customer service representative, she can listen in on calls by experienced reps and practice reading scripts aloud.

### Future skills

Another advantage of working now is getting a chance to "taste" jobs she may like—or not like—for a career. Maybe your teenager enjoys the social nature of being a restaurant server. Then, careers that allow her to talk to people could suit her, such as a public relations specialist or sales representative. If she likes leading activities at a summer camp, she might want to be a teacher or a park ranger. 👍

## Starting the job hunt

Share these tips as your teenager begins a job search.

■ **Think about what fits.** He might consider how many hours he's available and which locations he can get to by walking, using public transportation, or driving. Also, what jobs relate to his interests? An avid reader might apply at bookstores, for instance.

■ **Create a resume.** Having one will set him apart, making him look professional and interested. Plus, a resume is a handy reference when filling out job applications. For templates, suggest he check at the school counseling office or in books and websites.

■ **Reach out.** Encourage your teen to talk to teachers, relatives, friends' parents, and neighbors. Perhaps someone knows a business owner who needs summer help. He can also look at job listings online and go door-to-door at shopping centers. 👍





# Safe summers for teens

Summer break gives your high schooler a chance to unwind. But it also means more unsupervised time, whether he's out with friends or at home alone. Put a plan in place now to help keep him safe.

**Discuss rules for different situations.** Decide who, if anyone, is allowed over when you're not home. Let him know in what circumstances you want him to contact you, such as when he goes out or if his plans change. Also, leave emergency contacts like phone numbers for doctors' offices



and a relative or neighbor in case you can't be reached.

**Fill time with healthy activities.**

To create a routine, suggest that your teenager schedule activities on a calendar. He can include work, exercise, chores, sports practices, or community service. With leftover time, he could explore a hobby or tackle a project.

**Review online safety.** Be sure your teen knows to keep social media pages private and not to give out personal information like his phone number, address, or current location. *Very important:* He should never agree to meet in person with anyone he's met online. 👍

## Parent to Parent

### Homemade memories

I wanted to take my teenager, Lilly, on vacation last summer to create special memories. When the time came, though, I didn't have the money. I was disappointed, but I discovered that everyday fun at home could bring us together—and create memories, too.



I frequently grill out, so I had Lilly work alongside me to learn. She was soon experimenting with foods I'd never even thought of grilling. We found out we love grilled pizza, and now she's proud that it's a family favorite!

We also spread a blanket outside and took turns spotting shapes in the clouds. Relaxing together on lazy afternoons turned out to be a lovely way to enjoy "vacation days." Now even if we can't take a trip this summer, I'm looking forward to making more everyday memories with Lilly at home. 👍

#### OUR PURPOSE

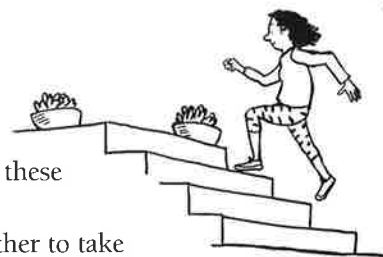
To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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## Steps to smart decisions

Your teen will make important decisions throughout high school, from whether to take a summer school class to which clubs to join. Share these steps to help her make the best ones.



**1. Seek information.** Say she's considering whether to take health education in summer school or during the school year. She could check when and where the class is offered, talk to her school counselor, and ask older students about their experiences.

**2. Consider outcomes.** For each alternative, what might the results be? Taking the class over the summer would fulfill a graduation requirement and open her schedule for an interesting elective another year. But not taking it would give her more time to work or play this summer.

**3. Choose an option.** Let her weigh both sides. Then, have her make the decision that seems best for her.

**4. Evaluate.** Afterward, she should consider whether she would make the same choice again. Learning from past decisions can help her make better ones next time. 👍

## Q & A Real-life scientists

**Q** I came across an article that said people from the public can help with scientific research projects. This sounds like a good learning experience. Is it something my high school son could do?

**A** Yes. You're referring to citizen science, where regular citizens help professional scientists do research. People of all ages, including children and teens, participate. For example, your teen might observe and record details about plants or animals in your region. Or he may play a

puzzle-solving game to help researchers explore how proteins function.

Participating will help your teenager practice skills like information gathering, observation, pattern recognition, critical thinking, and data reporting. Perhaps the biggest benefit, though, is that it connects learning to the real world, which boosts motivation to learn!

Have your son ask his science teacher for suggestions or look into opportunities at sites like [scistarter.com](http://scistarter.com) or [scientificamerican.com/citizen-science](http://scientificamerican.com/citizen-science). 👍

