



# TIPPECANOE VALLEY HIGH SCHOOL



## Viking News

February/March Newsletter 2016

### *Nurse* *Notes*

#### Meningitis Vaccine

The 2<sup>nd</sup> dose of meningitis vaccine is given after the 16<sup>th</sup> birthday so it's a good time to update immunizations at age 16. Since it is mandatory to have 2 doses by 12<sup>th</sup> grade you can get it done early and avoid the last minute rush and crunch time in August. All senior students will be required to have 2 doses by the 1<sup>st</sup> day of school. Indiana law only allows religious or medical exemptions.

If you need a copy of your child's current shot record and/or have questions please call the HS school nurse—Debbie Potter RN, (574) 598-2100.



### History

In Mr. Miller's and Mr. Smith's United States History classes students are studying the Great Depression and the beginning of World War II. Students will be completing various assignments and projects to help them understand the impact these events had on American society and the world.

Mr. Smith's AP World History class is examining the Trial of Galileo. This in depth analysis of the conflict of science and religion in the 1600s will help the students understand this time period of change and conflict.

#### Mr. Burkhart

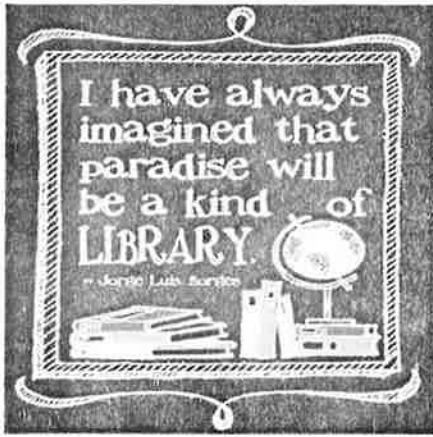
Sociology— Has been tracing their family ancestry and also researching their family trees.

Econ— Has been investing in the stock market and managing their portfolio of \$100,00. (not real money)

#### World History by Mr. Miller

Over the coming weeks, our world history classes will be studying the causes and effects of the political, social, and technological revolutions that spread from Europe throughout the West between 1700 and 1850. Students will learn about the philosophies, people, movements, and events that worked to spread ideas of individual rights and freedoms around the globe. Next we will look at the causes of the French Revolution and the changes in government and society that resulted. Students will learn about the ideals and excesses of the Revolution, and how those excesses contributed to the backlash of conservatism in France and other European nations. Finally, we will explore the widening circles of reaction to the American and French revolutions, resulting in struggles for self-governance by people in Europe as well as in colonial Central and South America. In the weeks ahead, your child may wish to share what he or she is learning with you. Please participate in your child's educational experience through discussion and involvement.





## Media Center Info

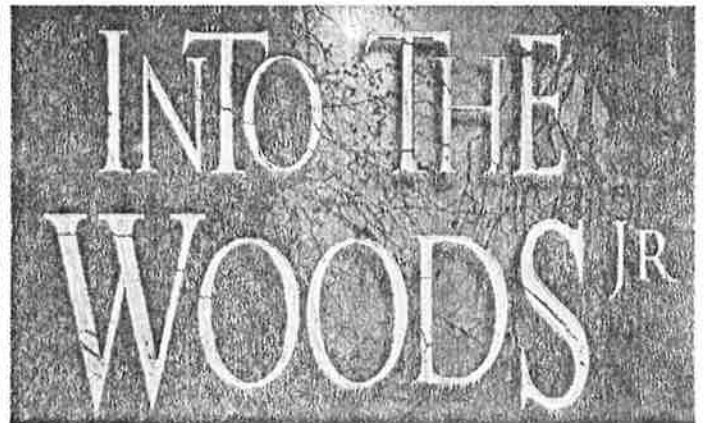
The Media Center will be accepting gently used books to add to our collection of young adult books and literature.

**Seniors:** Make sure you pay your Media Center fines ASAP. Your VS/SRT teacher should let you know your fine totals and overdue books weekly. You can also stop in the Media Center or message either Mrs. Yazel or Mrs. Spolski. All fines must be paid and/or books returned before graduation! Stop in the Media Center soon!

**The TVHS Musical Cast will be doing a production of "Into The Woods Jr."**

**Musical will be March 17, 18, and 19. 7pm each evening as well as a 3:00 matinee on Saturday afternoon.**

**Please come and enjoy the show!**



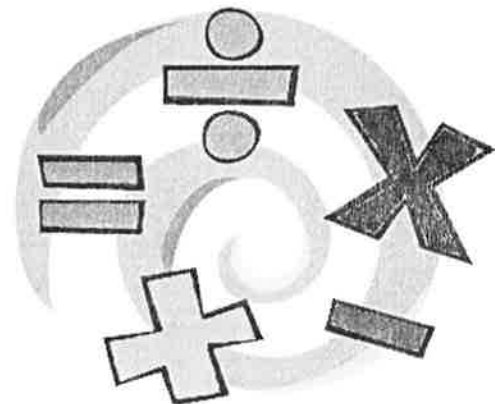
## Tablet Info

Parents if your students need help at any time with their tablets we have our tech, Mason Veach available at Breakfast and Lunch to help them with any problems they have.

## **New Math Course: Probability & Statistics**

Are you interested in a career in psychology, engineering, law, medicine, business, marketing, or mathematics? Do you want to try to earn college credit while still in high school? If so, consider taking Probability & Statistics next school year. You must have taken Algebra 2 before this course.

If you have any questions, see Mrs. Eastgate.



## Ashley & Preston Singleton Home

### 2015-16 Building Trades

This year the Construction Trades class has embarked on a totally new adventure. We took on a touchtone energy home to build for Preston and Ashley Singleton. This home is not like most homes that we have constructed in the past, the homes exterior walls are made from Nudura Insulated Concrete Forms. This means that the walls have foam both inside and outside (that creates a form) and are poured with about 6 inches of concrete in the middle of that foam form. The kids got to help out with digging the hole, raking and leveling gravel, setting the form a drain footer forms, stacking and placing the foam blocks together, installing pex lines in the concrete floor to be able to run hot water through at a later date, building basement walls, floor system, first floor walls , setting trusses, roofing, installing windows, and doors. We had a crew help us to oversee the build with all the concrete work and the roof system. The students got to work hand in hand with this construction crew for almost the whole first semester. We are currently working on finishing up the outside soffit and fascia metal so we can all move inside and get going on finishing the inside!! The house is located at 5043 South 400 West, Claypool Indiana.



# The French Connection



## MARDI GRAS

Once again the French classes of TVHS will celebrate and teach the traditions of Mardi Gras to all Mentone first-grade students on February 9, 2016. The theme of this year's celebration is superheroes. It will be powerful☺...and a ton of fun! Students will make masks, learn music and dances, go to the café for some beignets, and have a float-decorating contest. There will also be king's cake with a first-grade king and queen.



2015 Mardi Gras( Hannah Dunn, Abigail Betten, Shane Ellis, Olivia Mikel, Sierra Mast, Madame Buss, Christian Baca-Jimenez, Jonathan Fields, Jeremiah Rhodes, Cheyenne Holmes, Kinley Eads, and Kaitlin Shoemaker)



## FUNDRAISER THANKS

The French students of TVHS would like to thank the community and our families for all of your support in the recent popcorn fundraiser. This will provide funds for scholarship, field trips, and class projects this year. Thank you so much for each one who sold and who purchased! If you were not able to help and would like to contribute, our French Club takes donations at any time. Merci!



## TIPPECANOE VALLEY FFA ORGANIZATION

8345 S. St. Rd. 19  
Akron, IN 46910  
574-598-2100

*Learning to Do,  
Doing to Learn,  
Earning to Live,  
Living to Serve.*

January 27, 2016

Dear Community Member,

On April 17, 2015, the Tippecanoe Valley FFA Organization lost one of its members, 17-year-old Kurt Miller, to an unfortunate accident. To celebrate his memory, his family has established the Kurt Miller Memorial Fund through the Kosciusko County Community Foundation. With your help, we would like to donate to his fund. On February 23, we will be holding our annual benefit supper and auction. During the auction, we will be raising money to donate by selling a basket of donated goods. We are asking for any type of donations you are willing to give, whether it be gift cards, items, or funds. Your business will be recognized the evening of the event. Donations will be accepted until February 16. Thank you for your consideration. If you have any questions, feel free to contact us at any time.

For more information on Kurt Miller and his Memorial Fund, go to <http://kcfoundation.org/fund-established-in-memory-of-kurt-miller/>.

Sincerely,

Cami Shriver  
[shriverc@tvsc.k12.in.us](mailto:shriverc@tvsc.k12.in.us)

Erin Eastgate  
[eastgate@tvsc.k12.in.us](mailto:eastgate@tvsc.k12.in.us)

Hope Manns  
FFA Chapter President

# Secrest scores One Thous-Anne-th point

Scores 28, helps Valley beat Northfield to stay unbeaten in TRC

BY VAL TSOUTSOURIS  
Sports Editor, The Sentinel  
**GIRLS BASKETBALL**

AKRON — For a player who loves to win with her teammates, Tippecanoe Valley junior Anne Secrest found herself celebrating an accomplishment that was all about her Thursday.

Secrest scored a game-high 28 points, bypassing the 1,000-point mark for her career, and added 10 rebounds for a double-double as the host Lady Vikings pulled away in the second half to beat Northfield 66-38.

Addy Miller added a career-high 20 points, and Meredith Brouyette scored 12 for Valley. Miller and Brouyette combined to hit 10 3-pointers as they provided perimeter balance for Secrest's inside work.

Freshman Kelcie Thomson scored 10 points, and Ariel Dale and Abby Keaffaber added eight apiece for Northfield,



**Anne Secrest**

who fell to 7-9 overall and 4-2 in the Three Rivers Conference.

Valley improved to 15-1, 5-0 going into road show-downs against NorthWood on Tuesday and Class 2A, No. 1 Rochester Jan. 16. Valley has won 10 straight games overall and 15 straight TRC games. The first game of that TRC

streak was a 49-45 win over Northfield on Jan. 30, 2014, a game in which Valley trailed 45-27 after three quarters before out-scoring the Lady Norse 22-0 in the fourth.

Already leading 36-27 at halftime, Valley went on a 23-3 run to open the second half and push the lead to 59-30. They held the Lady Norse to one field goal over the first 11 minutes of the second half. Secrest outscored the entire Northfield team 12-11 in the second half.

Secrest came in with 987 career points. She scored on a reverse layup, a short jumper and a post turnaround in the first quarter as Valley built an

18-11 lead. In the second quarter, Hannah Dunn fed her for a layup. Then she split a pair of free throws, scored on a put-back while being fouled and reached the 1,000 mark on a transition layup while being fouled with 52.5 seconds left in the half. Already knowing how many points she had, the crowd erupted. Public address announcer Terry Randall acknowledged the milestone during halftime warmups.

Valley 66, Northfield 38

**NORTHFIELD (38) (7-9, 4-2)**

Ariel Dale 2 2-2 8, Payton Thomson 2 0-0 6, Kelcie Thomson 4 2-3 10, Abby Keaffaber 3 0-0 8, Melanie Beery 0 0-0 0, Ally Keaffaber 1 0-0 3, Indi Shear 1 1-3 3

TEAM: 13 5-8 38

**VALLEY (66) (15-1, 5-0)**

Meredith Brouyette 4 0-0 12, Addy Miller 7 0-0 20, Brynda Krueger 0 0-0 0, Hannah Dunn 1 0-0 2, Anne Secrest 12 4-6 28, Olivia Trippiedi 0 0-0 0, Karis Tucker 0 0-0 0, Sophie Bussard 1 0-0 2, Asia O'Connor 1 0-0 2, Morgan Brazo 0 0-0 0

TEAM: 26 4-6 66

**Three-point field goals:**

Northfield 7 (Dale 2, Abby Keaffaber 2, P. Thomson 2, Ally Keaffaber)

Valley 10 (Miller 6, Brouyette 4)

**Total fouls:** Northfield 7, Valley 11

**Turnovers:** Northfield 15, Valley 16

**Score by quarters**

Northfield	11	16	3	8	-38
Valley	18	18	12	18	-66



Photo by Gary Nleter, Times-Union

The Valley student section celebrates after Anne Secrest scores her 1000th career point.

# CONGRATULATIONS

TIPPECANOE VALLEY SCHOOL CORPORATION

WE ARE

# #1

IN GRADUATION RATE AMONG PUBLIC SCHOOLS IN  
KOSCIUSKO COUNTY

Great Job!

Akron Elementary

Mentone Elementary

Tippecanoe Valley Middle School

Tippecanoe Valley High School

Burket Educational Center



Designed by: Makenna Bradley

# JR & SR NEWS

TVHS Guidance Office

January, 2016

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

## 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.



# FAFSA Checklist

Go to [fafsa.gov](http://fafsa.gov) to create your FSA ID and start your FAFSA

## Student

### Documents/Information Needed

- Date of Birth
- Social Security Number/Alien Registration Number
- Tax Documents  
(Current or previous year tax returns and W2 forms)
- Asset Information
  - Current bank statements
  - Investment records  
(excluding retirement)
- Additional Financial Information
  - Untaxed income
  - Federal work study earnings
  - Money received or paid on your behalf

Student's FSA - ID:

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Student's Password:

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Save Key:

(4 to 8 character key created when starting the FAFSA. You will use this key to access the application if saving prior to submission)

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## Parent/Step-Parent

### Documents/Information Needed

- Date of Birth
- Social Security Number/Alien Registration Number
- Month/Year of Parent(s)/Step-Parent Marital Status (Married, Remarried, Separated, Divorced or Widowed)
- Tax Documents  
(Current or previous year tax returns and W2 forms)
- Asset Information
  - Current bank statements
  - Investment records  
(excluding retirement)
  - Real Estate/Rental Property  
(excluding the home you live in)
- Additional Financial Information
  - Child support paid or received
  - Combat pay, worker's compensation or disability (excluding SSI)
  - Veterans non-education benefits

Parent's FSA - ID:

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Parent's Password:

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CONTACT ISM COLLEGE PLANNING WITH QUESTIONS!

E-MAIL: [Office@ISMCollegePlanning.org](mailto:Office@ISMCollegePlanning.org)

PHONE: 317-715-9097

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

 ISM  
college planning

## TESTING INFORMATION 2015

- ALL COLLEGE BOUND JUNIORS ARE RECOMMENDED TO REGISTER FOR THE SAT OR ACT SPRING SEMESTER

### SAT TEST DATES SPRING SEMESTER 2016

<u>TEST DATE</u>	<u>REGISTRATION DEADLINE</u>
MARCH 5	FEBRUARY 5
MAY 7	APRIL 8
JUNE 5	MAY 5

FREE SAT TEST PREP RESOURCES: <http://sat.collegeboard.org/practice/>

Stop by the guidance office for information on free SAT test prep apps!

### ACT TEST DATES SPRING SEMESTER 2016

<u>TEST DATE</u>	<u>REGISTRATION DEADLINE</u>
FEBRUARY 6	JANUARY 8
APRIL 9	MARCH 4
JUNE 11	MAY 6

FREE ACT TEST PREP RESOURCES: <http://www.actstudent.org/testprep/>

*\* Students enrolled in the Free & Reduced Lunch program, stop by the Guidance Office for a testing fee waiver.*

### **Part I ISTEP Window: February 29– March 11 for all Sophomores**

#### **How do I access my student's test scores?**

Students & parents have access to standardized test scores through their STI account on the high school website. Test scores are located on student transcripts.

#### **Need your username or password account access?**

Contact Mary Lu Owens,

Guidance Secretary @

[owensm@tysc.k12.in.us](mailto:owensm@tysc.k12.in.us)

574.528.2100

**ECA Retake Scores for December 2015 are now available.**

## 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!

**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, January 22, 2016)

**Tippecanoe Valley's Graduation Rate #1 in Kosciusko County**

Tippecanoe Valley High School (TVHS) is pleased to announce its 2015 graduation rate of 92.3%, the top graduation rate of the public high schools based in Kosciusko County and well above the state average of 88.7%. Graduation rates have taken an upward trend at TVHS since 2012-13 (75.8%) and 2013-14 (85.1%). The Tippecanoe Valley community can be proud of its students, teachers, guidance counselors, parents and all staff for making this high rate possible.

This rise in the graduation rate can be attributed to several factors, but four in particular stand out:

1. This is a pre-school through 12<sup>th</sup> grade accomplishment. Many people play an important role in helping kids graduate. This starts in their formative years of school and culminates in a walk across the stage at age 18. Parents ensure kids go to bed on time and do their homework. Teachers monitor student goals and progress. Coaches instill a sense of pride, hard work and teamwork. Pastors support students' work at school. Custodians keep the buildings sanitary and presentable. Administrators help provide a safe and orderly environment in which to learn.
2. The professional learning community (PLC) approach to student learning and success plays a large role. This method and philosophy helps teachers work as teams to analyze student data, progress, and needs. It helps transform the entire school system into a graduation machine. Failure is not viewed as an option. Teachers are given time to collaborate and meet the needs of individual students.
3. Gradway and the graduation coaches it sponsors at Tippecanoe Valley High School that promote graduation, one relationship at a time.
4. Great teachers create great success. Tippecanoe Valley has excellent educators throughout the school system that make huge differences every day in the lives of children.

GRADUATION RATE – 2014-2015 - SNR

Committed to Student Success Through the Development of Character, Leadership, and Literacy



## GRADWAY GRAD GOES TO GRACE



Michael Thacker, Tippecanoe Valley High School Gradway student and graduate of 2015, is now attending Grace College. Gradway Director, Brittany Lyon, joined Michael this week to catch up on life after high school. Michael (R) was joined by Grace College professor and mentor, Peter Wolff (L), who Michael says has been by his side since the start of his journey at Grace College. Michael says he knew he was starting his path at Grace with a lot to prove and says that Grace College took a chance on him. His response to this, “when they invested in me I wanted to give back more than they expected.” He has goals and dreams for his future at Grace and his future career path, but what does Michael think about being successful? He tells Gradway Director, Brittany Lyon, “my future is built on the work I put in now.”

Michael dreams of running track for Grace College, continuing his photography business, and speaking to high school students around the state. His goal is to reach high school students as an encourager, stating he wants to reach “all those people that think high school is jail, because it’s not...high school shaped me!” Thacker is living in Beta dorm and studying entrepreneurial business, fitting considering he won the Young Entrepreneurs Competition his senior year in high school. He is also considering education as a pathway for his future. He is passionate about helping others, public speaking, and mentoring. He is thankful for his dad who taught him the value of hard work and his mom who gave him a love and affection for people. He also sends a specific thank you to all those who have spent time mentoring and coaching him throughout his life.

## **Dear TVS Parents,**

Registration for spring youth soccer is upon us. My hope is to see a large number of TVS youth sign up to play spring recreation soccer this year somewhere locally.

Over the next year we hope to develop our own recreational based program (between Mentone, TV Schools, and Akron) but for now it is very important as your high school varsity soccer coach that I see as many of our youth actively involved in the sport, especially at the younger ages, learning to develop skills and understanding its principles and the rules/laws that govern the game.

Below is information if you should wish to enroll your student at either (1) Warsaw/CCAC for the KCSL spring soccer league or at (2) Rochester for Fulton County youth soccer (FCSA). I am promoting both organizations as places where our youth can develop their skills. Fulton County, in the older age groups, travel to other communities as part of the NCSA.

Questions?? Please do not hesitate to contact me.

(In addition if you are interested in becoming a paid USSF soccer referee please contact me as we have a course coming up on 2/13/16 in Rochester; ages 12 and up).

Thank you,

Mark L. Gordon  
TVHS Boys Varsity Soccer Coach  
Warsaw Wave U18 Boys Soccer Coach  
Assistant District Referee Administrator for USSF Referees (District 2)  
USSF Assignor  
USSF & IHSAA Soccer Referee  
574-952-1618  
[MIlgordon60@gmail.com](mailto:MIlgordon60@gmail.com)

**(1) INFORMATION FOR KCSL AT WARSAW**

You can register in person at the dates/locations below or online (see the link).

**<http://www.kcslsoccer.com/>**

Live registration sessions for the 2016 spring season are:

- Saturday, February 6th, 9:00 am-2:00 pm
  - City County Athletic Complex, 3215 W Old Rd 30, Warsaw, IN
- Saturday, February 13th, 9:00 am-2:00 pm
  - City County Athletic Complex, 3215 W Old Rd 30, Warsaw, IN
- Sunday, February 21st, 12:00 pm-4:00 pm
  - Rockbottom of Warsaw, 1506 N Detroit St, Warsaw, IN
  - 
  -

Online registration for the 2016 Spring season is open now through March 1st at [www.quickscores.com/kcsl](http://www.quickscores.com/kcsl).

*The league will attempt to register players from Tykes (U5) through U16 (reserving the right to cancel a division if enough players are not registered).*

## Fulton County Soccer Association Spring 2016 Registration Form

Register and pay online at [www.fultoncountysoccer.org](http://www.fultoncountysoccer.org) & click on "register online"  
Deadline is February 4. After February 4, a \$10 late fee will be assessed per player.  
Players 4 years old - 8th grade are eligible to play. All grades play at FCSA fields.  
Practice may begin the week of March 20th. Questions? Call Steve Williams 574-835-2668 or email: [fultoncosoccer@gmail.com](mailto:fultoncosoccer@gmail.com)

Child's name \_\_\_\_\_ Grade \_\_\_\_\_ Sex \_\_\_\_\_  
DOB \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Parent/Guardian \_\_\_\_\_ Phone \_\_\_\_\_  
Emergency contact \_\_\_\_\_ Emergency number \_\_\_\_\_  
Parent/Guardian Email \_\_\_\_\_ (we communicate via email often so please include your email address) Fee: \$37.00 per player who participates in the fundraiser. There is an additional fee of \$25.00/player or \$40/family if you would like to opt out of the fundraiser. All fees are non-refundable.

T-Shirt Size (circle size) YS YM YL AS AM AL AXL  
Support FCSA by purchasing an adult T-shirt for \$10/shirt (these cannot be ordered after the registration deadline) AS AM AL AXL AXXL AXXXL

Volunteers needed in the following areas (circle any you are willing to help with)  
Coach / Asst. Coach / Team Parent  
Name \_\_\_\_\_ Shirt size \_\_\_\_\_ Other areas of help needed:  
Concession Stand Mowing/lining Fundraiser Would you like to become a referee? (must be 14 yrs or older) Name \_\_\_\_\_

INSURANCE/MEDICAL DISCLAIMER: I/We, the parents/guardians of \_\_\_\_\_, Give my approval for my child's participation in any and all FCSA activities. I assume all risks incidental to such participation, including transportation to and from activities. I waive, release, absolve, indemnify, and agree to hold harmless the FCSA/NCSA organizers, officers, board, sponsors, coaches, participants, referees, landowners and persons from any claim or injury to my child or loss of personal property during these activities, home or away. I understand and agree that my insurance coverage through FCSA shall be secondary to any medical insurance I may have, and will only come into effect after my personal insurance has been exhausted. I give my permission to have my child treated by the nearest physician if injured in my absence.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Mail form & fee to: FCSA, P.O. Box 285 Do not write in this area: Rochester, IN 46975  
Amount paid \_\_\_\_\_ Or, register online at [www.fultoncountysoccer.org](http://www.fultoncountysoccer.org)  
Date \_\_\_\_\_ Or, register at the Rochester Kroger January 30 from 10:00-12:00.



**Tippecanoe Valley School Corporation**

8343 South State Road 19

Akron, IN 46910

Phone: 574.353.7741

Fax: 574.353.7743

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

Mr. Blaine Conley, Ed.S.  
Assistant Superintendent

**SCHOOL NEWS RELEASE**

Monday, December 21, 2015

**Tippecanoe Valley Announces Openings in Building Trades Program**

The Tippecanoe Valley High School (TVHS) Building Trades Program has openings for homes to be built during the 2016-2017 and 2018-2019 school years. The buildings to be constructed must be a personal residence of a maximum 3,000 square feet and may include a finished basement. The building site must be located within a 10-mile radius of TVHS.

The TVHS Building Trades Program provides on-the-job career training for high school students in grades 11 and 12.

Interested individuals are encouraged to contact TVHS Building Trades Instructor Wes Backus at 812-887-0448 or TVSC Superintendent Brett R. Boggs at 574-551-9933 for additional information.

BUILDING TRADES OPENINGS - SNR

## Valley Insight

by Scott Backus

Principal

Tippecanoe Valley Middle School

### The "Heart" of the Matter

It is not a stretch to say that the world we live in today is a very different than it was even 10 years ago. As society changes and the values of society shift, schools have to find ways to make sure kids are prepared to go out into society and be successful. Projecting the skills and dispositions of value for kids 10 years into the future is a tough task!

Our challenge is to make sure students are ready for the world. Respecting others, being responsible, and being ready for what is expected are keys to success in life. This is why they are the core of The Viking Way at Tippecanoe Valley Middle School (TVMS). These are valuable skills and every student must develop a value system that includes them if they wish to be successful now and in the future.

Students must have an attitude that no matter how challenging a situation they can persevere, think, and attack the challenge. As a school, we work hard every day to help students develop this skill. The development of GRIT has to be a two-way endeavor. Many times kids are quick to give up because they see a challenge as too hard, not fun for them, or not a priority. As adults, we can all affirm that not everything in life is easy. GRIT, the ability to persevere, is a key to success in the future, no matter what that future brings.

The job of a teacher is also a challenge today. It is a thankless job that is bombarded with negativity and painted by some as "failing." My job is to make sure our staff meets all of the legal, statutory, and policy driven expectations of the State and the Tippecanoe Valley School Corporation (TVSC). However, I feel it is also my job to make sure my staff understands our true purpose and keeps focused on our "WHY".

The TVMS staff completed a study of ***Lead...for God's Sake*** by Todd Gongwer this semester. The book generated some very interesting discussion about the current realities of teaching and the current status of society in general. It provided great professional discussion and helped us set our priorities for the year.

The book is the story of a basketball coach who is struggling to get a team of talented young men to perform and also how a janitor named Joe showed him that fear and reward aren't always the best way to lead. Our true heart and the relationships we develop are critical to leadership.

Teachers did not become teachers only to help kids pass a test. Society is telling us that a single measure defines us. I disagree. What defines us is the CARE we put into our kids, the BELIEF we have in their abilities, and the EXPECTATION we have for ourselves and the kids we serve.

Today's society needs respectful, responsible, ready, gritty, and caring human beings. We are working hard at TVMS to equip our kids with these skills. With the help of caring parents and a concerned community, we will make sure our Vikings are ready for whatever the future throws their way!

*This article and many more written by Mr. Backus can be found on his BLOG at <http://www.mybigcampus.com/blog/scott-backus-s-blog---5694432>.*

### The Impact of Healthy Sleep Habits on Physical and Mental Health

The average person spends approximately one-third of their life sleeping? To put this into perspective the average person who lives to be 90 years old will have slept approximately 11,680 days or 32 years.

Sleep serves many purposes. It affects our physical, social and mental health. There are many theories on the purpose of sleep. Research has found that when we sleep it helps with the restoration of our bodies, energy conservation and with "brain processing and memory consolidation" (Foster, 2009).

There was a study conducted at a junior high school in Manhattan in 2001 where they found that on average students were getting 6 hours of sleep a night. These students reported struggling to stay awake in class during the day. Teachers noted that these students would come to class "disoriented and unable to focus" (Davis, et. al. 2001). Dr. Hunt the director of the National Center on Sleep Disorders Research commented that, "people who are sleep deprived cannot concentrate and have difficulty remembering things. They take extra time to do just about any task because they are moving more slowly" (2001). Slower reaction times due to sleep deprivation increase the risk of accidents and decrease productivity. Dr. Hunt went on to share that of those children under the age of 18 who visited the emergency room due to an accident, many were sleep deprived.

His research also found that not only were these students more prone to accidents they also struggled socially. Prolonged sleep deprivation can increase the frequency and duration of anxiety and depression as well. He went on to note that teens "can be irritable and nasty, and are more prone to say and do things that they wouldn't if they were less groggy and able to think clearly. This can also be said of adults"(2001).

In an article written for the Kathryn Severyns Dement Sleep Disorders LMHC Center at the St. Mary Medical Center in Washington, Dr. Simon stated that, "Teenagers are the sleepest members of society." He noted the connection of sleep deprivation and poor school performance, increased drug and alcohol use and increased automobile accidents" (2001).

So how do we get more sleep with all the demands of work, school, sports, friends and family and the list goes on? Some have argued that making adjustments to the start of the school day is the answer. Hunt argues, that "it is not just the start time" but incorporating healthy sleep habits into our lifestyle (2001).

Most of this article so far has focused on the negative effects of not enough sleep. I am sure at one point or another you have experienced some of the mentioned effects of being sleep deprived. The purpose of this article is to point out that long-term sleep deprivation can have a significant negative impact on both your physical and mental health. The remaining portion of this article is going to offer some tips that research has found to be helpful and effective in obtaining an adequate amount of sleep that allows you to function without all the negative side effects of being sleep deprived.

The National Sleep Foundation recommends the following hours of sleep each night based on your age: 6-13 years : 9-11 hours, 14-adulthood: 8-10 hours. Here are several Healthy Sleep Tips they recommend to help receive a restful night sleep:

1. **Stick to a schedule.** Go to bed the same time every night. Yes, even on the weekends. A regular routine helps to regulate your body's clock.
2. **Wind down and establish a bedtime ritual.** Establish a relaxing routine away from bright lights. Yes this includes cell phones, iPods, computes, Kindles and the list of electronic devices goes on. Having some down time away from these has been proven to increase the quality of our sleep.
3. **Be cautious of taking naps.** If sleep is hard for you it is suggested to avoid naps. If you must take a powernap it is recommended to do so early in the afternoon.
4. **Exercise daily.**
5. **Evaluate your room.** Make sure your room is comfortable, free of distractions and light.
6. **Sleep on a comfortable mattress and pillow.** Make sure your bed and pillow are comfortable. Use your bed only for sleeping.
7. **Use bright light to help manage your circadian rhythm.** Avoid bright light at night but "expose yourself to sunlight in the morning." Our bodies are designed to respond to light. This response tells us when to wake up and when to fall asleep.
8. **Avoid alcohol, cigarettes, and heavy meals in the evening.** These disrupt sleep (2015).

If you had the opportunity to hear Jeff Yalden speak on suicide prevention he stressed the importance of sleep. He stressed how a good night sleep helps with our physical and mental health. He reiterated how research is finding it to be helpful to remove electronic devices from our student's bedrooms in an effort to help our students to receive good quality sleep without the distractions.

Sleep is not an end all to all life's problems but it is a critical piece to maintaining a healthy lifestyle. If you are finding it difficult to formulate a healthy sleep routine and are in need of some help, I am here to help. I would love to meet with you in my office in Plymouth. I can be contacted by phone: 260-249-5030. Feel free to check out my website at: [www.mylifesjourneycounselingcenter.com](http://www.mylifesjourneycounselingcenter.com) for more information on the counseling services I provide.

VALLEY INSIGHT – DECEMBER 2015 – MELANIE LOWMAN

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# Healthier Habits

Volume 4, Issue 1

January/February 2010

## January & February National Food Days

1/6- Bean Day  
1/9- Apricot Day  
1/19- Popcorn Day  
1/20- Cheese Lover's Day  
1/21- Granola Bar Day  
1/24- Peanut Butter Day  
1/28- Blueberry Pancake Day  
2/4- Homemade Soup Day  
2/16- Almond Day  
2/21- Biscuits & Gravy Day  
2/26- Pistachio Day  
2/27- Strawberry Day  
2/27- Chili Day

## Don't let Winter Slow you Down

It is that time of year again—time to hibernate indoors, eat good food, and wait for winter to pass. If you do just that, you will awake from your winter slumber in March tired, with less energy and probably weighing a few more pounds. Don't let winter slow you down. Even if you don't feel like running in the snow, there are plenty of things you can do to stay active.

- Join a winter sports team or league.
- Try out some of those workout DVD's you bought but haven't used yet.



- Join a local YMCA or fitness center.
- Walk
- Turn on some music and dance.
- Take the stairs instead of the elevator.
- When watching TV, do push-ups, jumping jacks, or stretches during the commercial breaks.
- Be creative and move!

## Food Safety: Wash Your Hands!

During the winter season we hear a lot about washing hands to prevent the spread of the flu. Washing your hands is always important, though, especially for food safety.

Illness-causing bacteria can survive on hands. If hands are not washed correctly, this bacteria can be spread to food and then to whoever eats the food.

So, before you begin working with food wash your hands following these simple steps:

1. Wet your hands with warm running water and apply soap.
2. Rub hands together to

make a lather. Be sure to scrub backs of hands, in-between fingers, and under fingernails.

3. Continue rubbing for at least 20 seconds. (Hum or sing "Happy Birthday" twice.)

4. Rinse hands under running water.

5. Dry hands using a clean towel or air dry.

### When to Wash Your Hands

- Before eating food.
- Before, during, and after preparing food.
- Before and after treating a cut or wound.
- Before and after caring for someone who is sick.
- After handling uncooked eggs, or raw meat,

poultry, seafood, or their juices.

- After touching garbage.
- After blowing your nose, coughing or sneezing.
- After touching an animal or animal waste.
- After going to the bathroom.

This information is from [www.foodsafety.gov/kepp/basics](http://www.foodsafety.gov/kepp/basics). For more information please visit the site.



If you would like to learn about the USDA's lunch and breakfast requirements, please visit [www.traytalk.org](http://www.traytalk.org).

Healthier Habits

Healthier Habits

## Start your Day the Right Way-- Eat Breakfast

You have probably heard a million times that breakfast is the most important meal of the day. Well, guess what? It is!

Kids who eat breakfast...

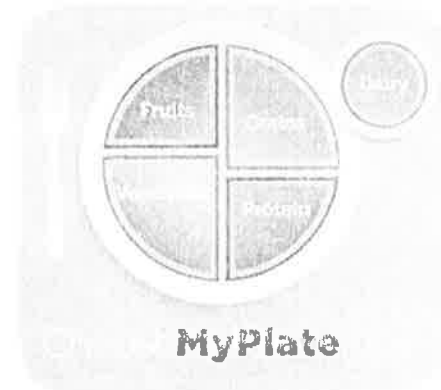
- do better in school.
- have better concentration.
- have more energy.
- are less likely to be overweight.

If you don't eat breakfast, you may feel hungry, tired, and cranky during the morning. You might also have a stomachache or headache and may not be able to pay attention to what is going on.

One reason for skipping breakfast is going to bed late and getting up late which means rushing around to get

ready for school in the morning. If that sounds like you, try eating breakfast at school or having quick foods ready to grab in the morning such as the smoothie below.

For the best breakfast, try to include foods from 3 or more different food groups



## Smoothies, without the Blender

Hungry for a smoothie, but don't have a blender? No problem!

### Cinnamon Apple Smoothie

#### Ingredients

- 1/2 cup low-fat vanilla yogurt
- 1/4 cup 100% apple juice, chilled
- 1/4 cup applesauce, unsweetened, chilled
- 3/4 tsp. cinnamon

### Strawberry Pineapple Smoothie

#### Ingredients

- 1/2 cup low-fat, strawberry yogurt
- 1/4 cup pineapple juice, chilled
- 1/4 cup applesauce, unsweetened, chilled

### Orange Smoothie

#### Ingredients

- 1/2 cup low-fat vanilla yogurt
- 1/4 cup 100% orange juice, chilled
- 1/4 cup applesauce, unsweetened, chilled

#### Directions

1. Choose smoothie of your choice, and mix all ingredients together well.
2. Drink immediately, or refrigerate. Can be refrigerated overnight if you want to enjoy your smoothie for a quick breakfast.
3. Get creative! Use these recipes as a guide to help you create your own smoothie recipes.

All recipes make 1, 8 oz. smoothie. Each smoothie contains 1/2 cup fruit.

Recipes adapted from [www.generalmillscf.com](http://www.generalmillscf.com)

# 8 Tips to Protect Your Kids from "Catfishing" Online

by Erin Dower



If you're like most parents, you probably didn't learn what "catfishing" means until the news of the Manti Te'o hoax broke and the new MTV documentary-style show *Catfish* became a hit in early 2013.

For those who still don't know, catfishing means "to pretend to be someone you're not online by posting false information, such as someone else's pictures, on social media sites usually with the intention of getting someone to fall in love with you," according to the *Catfish* show's website.

Catfishing is the latest Internet safety hazard, so it's important to know how to help protect your family. In addition to these other online safety tips you should know, keep these "catfish prevention tips" in mind:

- Tell your kids not to "friend" people online who they don't know well — or who they have never met in real life. "People You May Know" is a feature that shows up on users' Facebook pages, trying to connect them with friends of friends (of friends of friends...). Tell your kids not to "friend" unknown people (even if they're cute!), or accept any friend requests from someone they do not hang out with in real life.
- Set strict privacy control settings on Facebook, Instagram, and other social media. Always choose the option where only friends can see your child's photos. Your child's profile picture or other photos online could be picked up and used by a catfish.
- Close inactive social media accounts. If your child used to be on MySpace or has an Instagram account they never use, close it. Inactive accounts can be a good source of images or names for catfish.
- Tell your child not to put his photos on Twitter (as a profile pic or in a tweet). Twitter is pretty much a free for all of tweets and retweets — it's much harder to control where your child's "tweetpics" end up.
- Search for your child's face and name in Google Images. Did you know that you can drag an image into the search box of Google Images and see if/where your photo exists on the web? Do this with your child's photo

(a clear one of her face). Also, type her name into Google images. If her picture appears and you're not comfortable with it (i.e., a bikini-clad photo — not just a sports game photo from your local newspaper), look into deleting it at the source.

- Keep tabs on your child's life, online and off-line. Be friends with your child on Facebook, and check in with him daily in "real life" off-line. Don't hover, but pay attention to new people in his life and who he's spending time with (real time, but also who he is texting, Facebook chatting with, etc.).
- Make boyfriends/girlfriends meet the parents. It's very common for kids' relationships to start online. If your child is of "dating age" and you know she's in constant contact with a certain someone, ask to be introduced at some point. Even in this new media age, some things just need to happen the old-fashioned way!
- Watch over your sons — not just daughters. We tend to guard girls more carefully, but anyone can be a victim of a catfish. Manti Te'o can tell you that!



## What About Facebook and Twitter?

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Do all these new social media apps mean that Facebook and Twitter are in decline? A 2013 survey by Pew Internet found that U.S. teens have "waning enthusiasm" for Facebook — in part because their parents and other adults have taken over the domain and because their peers engage in too much "drama" on the site. But Facebook still remains the top social media site among U.S. teens, who say that their peers continue to stay on the site so they don't miss anything happening there. Your child may keep a profile on Facebook but be much more active on newer platforms.

Meanwhile, Twitter use is rising among teens. The 2013 Pew survey found that 24 percent of online teens are on Twitter, up from 16 percent in 2011. Twitter is more popular among African American teens than Hispanic and white teens.

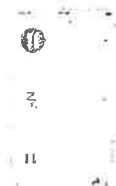


## MobSafety Ranger Browser

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Your main concern: Web browsing safety and setting time limits on Internet use

This free app allows you to see your child's browsing history and set some basic filters by "whitelisting" (approving and bookmarking) or "blacklisting" (banning) certain websites. You can also limit Internet access to the times you want to allow it. The app may not be on par with some paid web-filtering software systems, like Net Nanny, but it's a good "lite" option.



## DinnerTime

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Your main concern: Limiting device use during dinnertime, study time, and bedtime

This free app allows you to instantly lock and unlock your child's Android device remotely from your own device so that you can enjoy more quality family time, or help your child focus on schoolwork or sleep. Note: The parent's device can be an Android or an iPhone/iPad/iPod, but the child's device must be an Android. You can choose from three modes: "Dinner Time" pauses any activity for up to two hours; "Take a Break" pauses any activity for up to 24 hours; and "Bed Time" pauses any activity for any given start and end time, while still allowing kids to access their alarm clock. The free version of DinnerTime works on up to two kids' devices, controlled by up to two parents' devices. DinnerTime Plus (\$3.99) works on up to five kids' devices, and offers detailed reports on how long your kids have used their devices and which apps they have used the most, so you know exactly what's distracting them





## Famigo

Your main concern: Child-proofing the device you share with little ones

Have little hands taken over your family's gadget? Famigo is one of several apps available to help you create a "sandbox" of [kid-safe apps](#) and games on your device. You can download the app for free and use it as an optional child-lock. Additional features cost about \$1 to \$5 per month. The app automatically sorts your existing apps to show only family-friendly and parent-approved apps to your child, and it blocks clickable ads, Internet access, calls, and texting while your tot is using the device. You can also use it to block in-app purchases, social games, and more. The Plus Subscription (\$4.99/month) includes a steady stream of kid-friendly content to fill your sandbox: 10 new e-books per month plus kid-friendly apps and videos added daily. Kid Mode by Zoodles is a similar child-lock app with subscription options for kiddie content.



## VideoMonster

Your main concern: Finding kid-friendly YouTube videos, and blocking ads and links

Animal videos! Skateboarding demos! Retro cartoons! YouTube is an obvious source of free entertainment for kids — but it doesn't always feel like a safe choice. Pesky pop-up ads and links to "related" videos (possible *unrelated* adult content) can take the fun out of this mecca of free movies. That's where VideoMonster comes in handy. The app (\$4.99 for iPhone, iPad, or iPod Touch) allows you to create lists of videos that are safe for your child to watch, plus it filters out ads and links to inappropriate content. The app also comes with a broad selection of videos pre-selected by the VideoMonster editorial staff, with lists for kids from ages 2 through teen.



## Canary — Teen Safety

Your main concern: Your teen's driving safety and phone use while driving

This free app is designed to stop distracted driving by sending you notifications in real-time when your child is engaging in risky behavior. For example, the app lets you know if your child is using her phone while driving, exceeding a speed limit that you set, traveling into areas that are off-limits, staying out past curfews, or traveling near possible bad weather. You'll need your child's cooperation to install the app and use all of its features. Consider using it in combination with a [safe driving contract](#) to help build trust in your new driver. Safety Go is another top-rated app aimed at preventing distracted driving, but it's available for Android devices only.



## Ignore No More

Your main concern: Your child ignoring your calls

Want to send a strong message when your child repeatedly ignores your texts and phone calls? Ignore No More is an app that locks kids out of some of their favorite activities — texting, playing games, surfing the web, and looking at Facebook — until they call Mom or Dad for a four-digit password to unlock their phone. It's a better option than taking your child's

phone away because he'll still be able to make emergency phone calls to you or 911 even when his phone is otherwise locked. The app costs \$5.99 per phone and is currently only available on Android devices but will be available on iPhones soon.

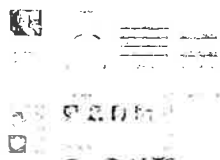


## Qustodio

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Your main concern: Web browsing and social media safety

Qustodio software is available for Windows PC, Mac, iOS, Android, and Kindle devices and provides a comprehensive dashboard to help you monitor your child's online activity. The free version allows you to keep tabs on your child's web and search engine use, track her Facebook and Twitter logins, and set time controls, while Qustodio Premium also allows you to track her location, block certain games and apps, monitor calls and text messages, and more. (Plans start at \$44.95 per year for five children/five devices). *PC Magazine* named Qustodio Premium Parental Control 2015 an Editor's Choice.



## Avira Social Network Protection

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Your main concern: Cyberbullying, suspicious social media contacts, and your child's reputation online

This software system (previously called SocialShield) costs \$10 a month or \$96 a year, and strictly focuses on monitoring your child's use of social media, including Facebook, Twitter, Google+, and FormSpring. You need your child's cooperation to install the app on his device, so it's not a secretive "spying" tool. Then you can log in anytime on any computer/device to get updates and warnings about four types of activities/areas of concern: friend-related safety (peers cyberbullying your child, or an adult or stranger friending your child), safety related to words in posts (if your child mentions drugs, depression, or suicide in social media), reputation related to words in posts (inappropriate language), and photo-related reputation. You'll receive real-time email notifications about "critical" alerts, and weekly emails summarizing "warnings" — other flagged activities that aren't deemed critical. The company offers support in resolving persistent cyberbullying issues. *PC Magazine* named SocialShield an Editor's Pick for parent-control software.

[Get Avira Social Network Protection](#)

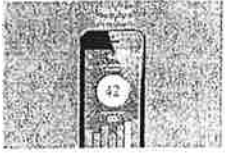


## ContentWatch Net Nanny 7

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Your main concern: Filtering web content and setting Internet time limits for multiple kids/devices

If you have multiple children and devices to keep track of, ContentWatch Net Nanny 7 with the Family Protection Pass (\$79.99 per year) is a handy tool. This software system can be installed on up to 10 different PC, Mac, or Android devices (note: the software is not supported by Windows XP, and you need to purchase a separate product for Net Nanny to work on iOS devices). The software allows you to create different profiles/log-ins for each of your children, and automatically filters web content for each user based on whether they fit the Child, Pre-Teen, Teen, or Adult profile. It allows you to "mask" profanity on web pages — which can be useful if, for example, your child needs to read a news article for a school assignment but the comments section is loaded with swear words. You can set Internet time allowances for each child using a weekly grid divided into 30-minute time blocks, so it's easy to prevent Web access during homework time or bedtime. The Family Protection Pass also comes with a free, one-year license for Net Nanny Social (\$19.99 value), which can help you monitor your child's activity on social media sites. *PC Magazine* named ContentWatch Net Nanny 7 an Editor's Pick for parent-control software.



## Checky

Your main concern: Making your child more aware of her smartphone obsession

Let's face it: Teens are addicted to their smartphones. While you'll probably never completely cure your child of her obsession, you can help her find a healthier balance. Checky is a free app that keeps a tally of how many times a day a user has checked her phone. (Hint: This might be a good app for Mom and Dad, too!) You can compare just how "Checky" you were today vs. yesterday, or share and compare your stats with your friends and family members. Moment (available for iPhone) and Break Free (available for Android and soon iOS, too) are similar apps aimed at supporting healthier smartphone habits.

<http://fun.familyeducation.com/mobile-apps/social-networking/74548.html?page=1>

\* Focus on the Family is a GREAT  
resource

# Respect & Responsibility



As a parent, you want your teenager to be both respectful and responsible. Together, these important character traits not only make a teen more pleasant to live with—they can enhance her self-esteem and help her succeed in school, at work, and beyond. Here are ways to encourage respect and responsibility in your child.

## Respect yourself

People who respect themselves believe others should treat them well, and they in turn are more likely to treat others with respect.

**Expect respect.** Let your child know that she deserves to be respected by friends. For example, she should be able to share opinions without being made fun of. Or she should be able to make her own decisions about where to spend time or with whom—without being criticized for her choices. Together, make a list of ways that people can show respect for each other. She can use that as a measure for whether her relationships are respectful ones.

**Consider yourself.** When your teen stands up for her beliefs or says no to things that make her uncomfortable, she is showing self-respect. Also, she demonstrates respect for

herself when she gives her best to her commitments, including schoolwork, after-school activities, or a part-time job. For instance, doing homework carefully and arriving for her job on time show that she takes pride in her work.



**Show respect.** Your child should think about how his actions—and his words—affect others. Do they make people feel valued? For instance, is he honest and direct with his friends, rather than talking behind their backs or putting them down in front of others? Does he demonstrate respect for your privacy by keeping family confidences? Encourage him to think about who he respects and what traits those people have. That will help him understand what respect looks and feels like.

**Model what you mean.** Your teenager will learn best by following your example. Try to

let him see you being respectful to others by listening politely when people disagree with you. Also, you can demonstrate respect for your child by following through on your promises to him or apologizing when you make a mistake. If he is disrespectful, you have another chance to model respect. Focus on his behavior in a calm way (“I don’t like the way you are speaking to me”) rather than attacking him (“You are so rude!”). He will see that you can disagree with someone in a respectful way.



*Tip:* Reinforce the behavior that you would like to see by showing that you notice when he behaves respectfully. For example, if he tells you he was upset when you mentioned his grades in front of his aunt, you might say, “I really appreciate your waiting until we got home to talk about it. I’m sure that was hard for you not to say something then. Let’s discuss it now.”

## Respect others

When your teen is respectful of others, it can help him connect better with siblings, peers, teachers, and bosses.

## Be a good sport

Student athletes who treat opponents, teammates, coaches, and officials with dignity are always winners. Share these ways your child can show respect on the field or court:

- Shake hands with opponents before a game. After the game, shake hands or give high fives and nicely say, “Good game.”



- Accept officials’ calls gracefully.
- Play by the rules, regardless of whether actions can be seen from the sidelines.
- Avoid “trash talking” to opponents or “showboating” (victory dances, bragging).

You can also set an example of respectful behaviors for your teen when you’re watching a sporting event. How?

- Offer encouragement (“Way to go!”), and refrain from booing or making insults or negative remarks.
- Be polite to opposing teams and their fans (say hello, congratulate them on a win).
- Clap for good plays even if your child is not the one who made them.
- Discuss concerns with your teen’s coach privately, rather than in front of your child or other fans.

on. If something breaks, he should make sure it gets fixed. *Note:* He should also take care of others’ belongings. If he borrows something from a friend or relative, he should return it on time—and in the same condition it was in when he got it.

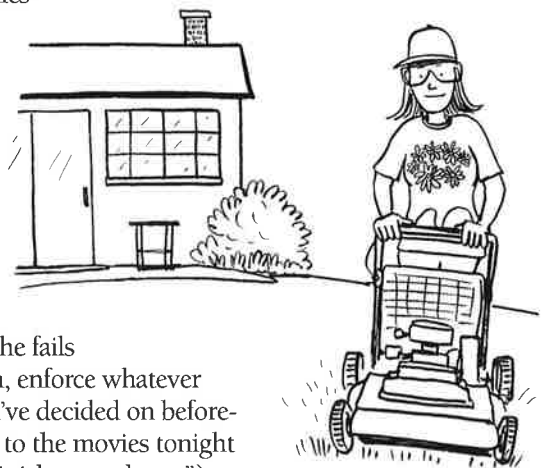
**Take personal responsibility.** Your child should know that he is responsible for the choices he makes—and for accepting the consequences for those decisions. Point out that as your child gets older, he is more and more responsible for his own happiness, too. Suggest that he consider his own strengths and abilities and use them to plan for the future. Also, encourage him to take care of his body by getting enough sleep (at least 8–9 hours), eating nutritious foods, and being physically active for an hour a day.

## Responsible to others

Being dependable means behaving in a way that allows others to rely on you.

**Hold her accountable.** If your adolescent forgets about chores or lets duties

slide, you might remind her with a simple phrase (“Lawn”) or simply point to what needs to be done (lawn that needs to be mowed). But don’t do the job for her. Then, if she fails to follow through, enforce whatever consequence you’ve decided on beforehand (“No going to the movies tonight since you didn’t finish your chores”).



For regular chores or responsibilities, you might consider writing a plan and having her sign it. (“I will clean my bathroom by Sunday night each week. I understand I won’t be able to use the computer until it’s done.”) That way, you both know what’s expected.

**Point out the impact.** You might shed light on how being responsible benefits your teen. When she shows you she can take care of responsibilities, she earns your trust and perhaps more freedom. Also, you could discuss how her actions affect others if she fails to follow through. For example, if she promises a club advisor to set up a meeting and doesn’t do it, the club may not be able to register for an important event. That affects everyone in the club and could also influence her relationships with her peers.

## Responsible to yourself

Being a responsible individual starts with your teen being responsible to himself.

**Care for belongings.** Whether it’s electronics, textbooks, or bedroom furniture, encourage your teen to be responsible for his things. He might put items away when he stops using them so they don’t get lost or stepped



## High School Years

# Three Keys to HIGH SCHOOL SUCCESS

Your high schooler probably has a lot to juggle: challenging classes, extracurricular activities, friends, family commitments, and possibly a part-time job. How can he thrive in school?

Knowing how to get organized, manage his time, and study efficiently can help him do his best. Share these strategies to help your child succeed in high school.



## ORGANIZATION

Being organized lets your teen be more productive, because she'll have what she needs when she needs it. Suggest that she try these ideas.

**Create a workspace.** Your child should have a comfortable place to work that's well lit and free from distractions. It's best if she finds a place she can dedicate to schoolwork so she starts associating it with getting things done. She may be better off working at a desk in her room or at the kitchen table rather than on her bed or the couch by the TV. Wherever she works, she needs room to spread out materials. *Hint:* Cleaning out her workspace on occasion (say, once a month) can help her stay organized.

**Stock supplies.** Keeping graph paper, index cards, highlighters, and other supplies on hand will help your teenager stay on task—he won't have to stop what he's doing to search

for them. At the beginning of the school year or semester, suggest that he inventory what he has and make a list of what he needs to buy or find



around the house. As the year continues, he should keep an eye on what's getting low.

If your child works in a common space like the dining room table, he might want to make a portable supply kit. He could fill a plastic tote or shoebox with his supplies. Then, each day when he's finished, he should put everything away.

**Sort papers.** Multiple classes mean several sets of books and notebooks, only some of which need to come home on any given day. Your high schooler can keep track by using separate color-coded materials for each class so she can easily spot history (red binder and folder) or calculus (blue binder and folder). *Hint:* Using loose-leaf binders for notes and handouts instead of spiral notebooks makes it easier to move or add papers.

Each week, your child should sort papers from the week before. She can file them in binders or folders. *Tip:* Having a three-hole punch nearby can make this task easier.



*continued*

## TIME MANAGEMENT

Knowing what's on her agenda will give your teen a sense of control and help prevent stress. It can also ensure that she has time for everything from schoolwork to socializing. Here are some tips to help her get a handle on her day.

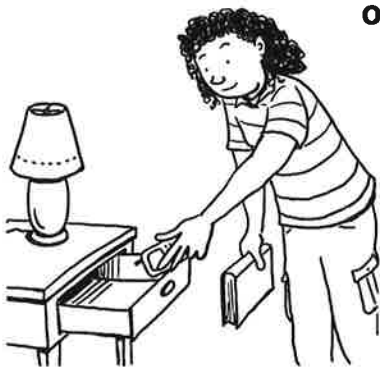
### Keep calendars and to-do lists.

Your child needs to see how much time she has and how she uses it. Suggest that she use a daily planner to schedule her time in half-hour increments and keep the planner with her at school so she can update it with assignments, tests, and due dates.

Also, reviewing her planner each night or in the morning will prepare her for the day ahead. She could transfer big items to a master calendar on her bulletin board or wall so she can see them at a glance. She can also use sticky notes on mirrors or dressers for reminders.

**Schedule study time.** Encourage your high schooler to set aside specific times to study, picking periods when he's more alert. *Idea:* Have him experiment with different times and see what works best. Also, he should plan short breaks (maybe a 10-minute walk around the block after a 50-minute study session). Have him review his schedule weekly—he may need to make adjustments for evening activities or work.

To get the most from his day, your teen should also take advantage of free time in his schedule. During study hall, between school and sports practice or club meetings, or while riding in the car, he can review notes, study vocabulary, or go over end-of-chapter questions.



### Overcome time wasters.

Help your child learn to say “no” to distractions that can throw her off track. Say a friend calls to ask her to go to the mall when she's supposed to be researching a science project. She can simply say, “Today's not good. How about Thursday?”

Have her turn off her cell phone completely and stay off Facebook or instant-messaging sites when she's doing homework or studying. That way, she won't be tempted to check a vibrating phone or a beeping computer.



**Avoid procrastination.** If your teen has a tendency to procrastinate, suggest that he tell himself things like, “Do it now, and I can have a fun weekend.”

He can also set a timer for 10 minutes and start on something he doesn't want to do, telling himself he can stop

when the time is up. Odds are, he'll probably get into the project and keep going.

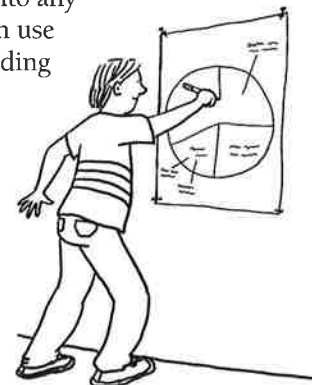
## STUDYING

Good study skills help your high schooler be efficient so he can get the most out of what he learns in school in the least amount of time. Smart students know secrets like these.

**Start at school.** Studying doesn't begin when your teen sits down at home to do his work—it starts when he's in school each day. Being in class, listening, taking good notes, and participating in discussions are a big boon to your child's learning. Then, when he reviews at home, it's the second time he's seeing the material, making it easier to remember.

**Stay focused.** Study time doesn't benefit your teenager if her mind wanders. She can learn to stay focused with some simple techniques. For instance, she might notice a stray thought and remind herself, “Be here now,” or she could visualize the thought in her mind and “watch” it float away. Getting enough sleep and eating nutritious foods (fruit, vegetables, protein) can also help your teen focus, since they fuel her body and boost brainpower.

**Shape information.** Working with information is like molding clay on a pottery wheel. Your high schooler can take the material and shape it into any form that makes sense so he can use it. When reviewing notes or reading his textbook, he might create charts, graphs, or drawings so data is visual and easy to digest (for example, a chart of survey results or a picture demonstrating a math formula). Or he can pull out crucial points and make study sheets for quick review.



## High School Years

# Testing 1-2-3



It's test day! Is your teenager ready? Here are answers to questions parents often have about test taking in high school. Share this advice with your child to help him feel confident and perform well on test day.

**Q** What does my high schooler need to keep in mind as he prepares for tests?

**A** The first order of business is to know what will be on a quiz or an exam. Your teenager should pay close attention during class reviews and take any practice tests the teacher or textbook offers.



To review notes, your child might type highlights from each day's material into a computer file. Typing his notes will help him remember them better, and he can use the file as a study guide.

Encourage your teen to pace himself. Cramming is stressful and usually doesn't result in real learning—only a temporary (and often spotty) memory of the material. Instead, he should start preparing for tests as soon as they are announced.

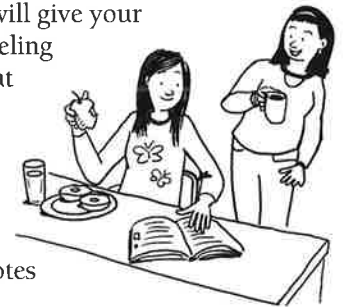
**Q** Besides studying, what else should my child do before a test?

**A** Urge her to get ready the night before. She can load up her bag with any necessary test gear, such as pencils and

eyeglasses. If permitted, she could bring a calculator (with extra batteries), a healthy snack, and a water bottle.

Also, eating a good breakfast will give your teen energy and keep her from feeling anxious or shaky. Remind her that caffeine could cause her to feel nervous and jittery during a test.

Suggest that your high schooler get to class early. She'll have a few extra minutes to take out supplies, look over notes one last time, and get focused.



**Q** How can my teen feel confident before and during an exam?

**A** Teach him relaxation techniques he can do during the test. Deep, slow breaths and positive thoughts can increase his confidence. *Example:* "I am going to do well because I am prepared."

Help your child avoid distractions by suggesting that he keep his eyes on his own paper and not worry about students who finish before he does. Remind him that faster doesn't mean better.

Finally, encourage your teen to stay active by making time for 30–60 minutes of exercise each day. That will give him more energy and help him feel less stressed.

**Q** What test-taking strategies can I share with my high schooler?

**A** Help her budget her time. When she receives the test, she should do a quick survey of the entire exam and consider how long she will need for each section. She'll want to allow more time for harder portions or those that are worth the most points.

*continued*





Advise your child to read all directions carefully. She should never assume that she knows what the instructions say. For instance, some questions may have more than one correct answer.

Your high schooler can use any extra time to go back to skipped questions and look for careless mistakes. She might redo math calculations or double-check dates on history quizzes, for instance.

**Q** What special advice can I give my child for different test formats?

**A** For true-false tests, it's helpful to circle key words in the question. If any part of a choice is false, the whole thing is false. Encourage your teen to watch for tip-off words like *never*, *always*, *all*, *none*, or *only*—they often indicate a “false”

answer. Words like *usually*, *sometimes*, and *generally* may be clues that a “true” choice is correct. He should answer every question—there's at least a 50 percent chance a guess will be right.

When taking a multiple-choice exam, your child might read the question and try to answer it before looking at the options. Then he can read the choices, eliminate those that are clearly wrong, and select the one closest to his initial idea.

Remind him not to leave any answers blank (if there's no penalty for wrong answers). Even if he doesn't know the answer, he has a 25 percent chance of success when there are four choices.



For essay questions, suggest that your teen make an outline of main ideas and supporting facts. All of his points should be backed up with examples, and he shouldn't stray from the topic. Encourage him to reread the question halfway through and at the end to make sure he has answered all parts. Finally, he should go back and proofread carefully—spelling, grammar, and punctuation errors can lower his score.

## SAT and ACT success

Are you hoping your teen will go to college? Here are valuable hints for helping her prepare for college entrance exams.

**Q** Which test should my child take?

**A** She should check requirements at the colleges she might want to attend. Many students take both the SAT and the ACT and send in their best scores. Your teen can also get advice from her school counselor.

**Q** What do the tests include?

**A** The SAT has three parts: critical reading, math, and writing. It includes essay, multiple-choice, and open-ended questions. The ACT has four multiple-choice sections: English, math, reading, and science. There's also an optional writing portion on the ACT (your child can check at [act.org](http://act.org) to see which colleges require or recommend it). *Note:* In spring 2016, the SAT essay portion will become optional. If your teenager will take the SAT



then, he should find out whether the colleges he's applying to require it.

**Q** How should my high schooler get ready for these tests?

**A** Have her start early! As a sophomore and junior, your teen can take the preliminary SAT (PSAT). In her junior year, she might take a test-prep course at school, the library, or a community center. She can also take practice tests to familiarize herself with the format and questions. These are available online ([sat.collegeboard.org](http://sat.collegeboard.org) for the SAT and [act.student.org](http://act.student.org) for the ACT) and in SAT or ACT manuals (available at libraries and bookstores).

**Q** How can I help my teen have a positive attitude toward the exam?

**A** Encourage him to think of the SAT or ACT as a final leg of his high school career. He should look forward to the pride and relief he'll feel when the test is over—and the results that can help him get into the college of his choice.

## High School Years

# High School YEARS

Working Together for Lifelong Success



## Short Clips

### On the agenda

With second semester comes a new season of school activities. When you learn about your teen's upcoming sporting events, science fair, and other activities, mark them on your calendar and tell him you've saved the date. You'll be better able to avoid scheduling conflicts, and your child will know he's a priority.

### Presentation pizzazz

The right visual aids will help shift your high schooler's presentations into high gear. Suggest that she draft her talking points, then choose visuals that explain or support key parts of her message. A bar graph can highlight important statistics. Or she might display a quote that backs up an opinion.

### Not worth a puff

Your teen probably knows smoking can harm his health. But he may not realize that it can also harm his budget. Encourage him to check the prices of cigarettes and e-cig devices and liquids. Have him calculate what it would cost to smoke regularly for a month, a year, or five years. What else could he do with that much money?

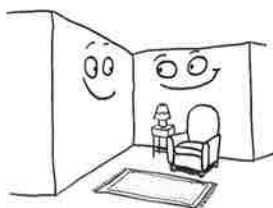
### Worth quoting

"And now we welcome the new year, full of things that have never been."  
*Rainer Maria Rilke*

### Just for fun

**Q:** What did one wall say to the other?

**A:** "Meet you at the corner."



## Organized for the new year

Being organized will make your teenager's life run more smoothly and help her stay on top of schoolwork and extracurriculars. Encourage her to start 2016 on the right foot with these four steps.

### 1. Say good-bye to first semester

Recommend that your high schooler get rid of items she doesn't need from the first half of the year. She could sort through her backpack, locker, and binders to throw away crumpled papers and used-up supplies. She might also gather first-semester paperwork and projects to store in folders at home.

### 2. Be a planner pro

Your teen's agenda book should be her go-to tool for tracking schoolwork. By updating it at the end of each class, she'll always know what's due when. Recommend that she pencil in long-term assignments as soon as she gets them. Checking her planner before leaving school each day will help her decide which materials to take with her.



### 3. Set up a central station

If she has one place to keep things, your child won't have to frantically search for a jacket or gym bag in the morning. Each evening, she could put her backpack, sports gear, and anything else she will need by the front door or in another convenient spot.

### 4. Use reminders

Your teen may like a bulletin board or dry-erase board for posting to-do items. She can also put sticky notes on her alarm clock, tote bag, or seat at the breakfast table ("Sell raffle tickets"). Or she might even text notes to herself at night so she sees them the next morning. 👍

## Time-smart strategies

Your high schooler can make every minute of homework and study time count. Share these ideas:

- Have him put away temptations that cause him to lose focus. If seeing his phone makes him want to play a game instead of work, he could put it in another room.
- Your student might drag his feet if he isn't clear about an assignment or a project. Recommend that he check with other students, use an online tool like a class website, or ask the teacher for advice.
- Giving himself mini-deadlines for each piece of work might help keep your teen on task. He could decide to finish fact-checking his paper before dinner or review notes in the next 15 minutes—and set an alarm for that time. 👍



## Call on courage

Your teenager may think that being brave means never being afraid. But having courage means facing fears and overcoming them. Here are ways to work on developing this trait.

**Move out of comfort zone.** Say your child wants to audition for the school play but is scared to try. Explain that while it's natural to feel fear, that shouldn't keep him from doing what he wants. Discuss times you've pushed yourself outside your comfort zone, such as talking to your boss about a raise. Help him believe he can do it, too, by pointing out ways he's been brave, like asking someone to a school dance.



them to stop vs. if he went along with them. Point out that it takes courage to do what's right. But he'll respect himself more—and others will, too. 👍

### Stick to convictions.

When your teen has to choose between right and wrong, suggest that he think about the possible outcomes and follow his gut. For instance, if classmates pressure him to take part in a hurtful prank, he might picture what would happen if he persuaded



## Parent to Parent Team up with teachers

My ninth-grade daughter, Misty, usually gets good grades. So I was caught off guard when her first-semester geometry grade was lower than I'd expected. I contacted her teacher to see how to help and how I could stay better informed so I wouldn't be surprised by her grades.

Mrs. Davenport suggested that Misty complete optional practice problems, even though they don't count toward her grade. She also said Misty could visit the math resource room to get extra help during study hall.

Then, her teacher told me to check the online gradebook to see Misty's assignments and test scores. I had known about that but hadn't created an account because I hadn't been worried about her grades. I just set one up, and I plan to look at it each week to help her stay on track. 👍



## Q & A Boost vocabulary

**Q** My son sometimes doesn't recognize words I think he should know. How can he continue building his vocabulary now that he's in high school?

**A** Make it a family affair by putting everyone on the lookout for words they haven't heard before. Family members could jot words down in a notebook as they come across them. Maybe your teen hears the word *epiphany* or you see an unfamiliar term like *aural*. When you have 20 or so words, look up their meanings, and use them to play games like 20 Questions or Jeopardy.

Also, since reading is the best way to build vocabulary, consider setting aside regular family reading time. Encourage your son to try to figure out words from their context as he reads, which also will help when he takes college entrance exams. If he reads that an event is *imminent*, for instance, details in the paragraph might help him guess the event is about to occur right away. 👍



## Location, location

A good grasp of geography will expose your teen to the big world out there—which she'll need to be a part of when she hits the workforce. Suggest she explore places she has never visited with these activities.

### Write a story

Encourage her to look up facts about a destination that intrigues her, perhaps Prague or Bora Bora. Then, she could craft a story in that setting. She might incorporate facts she has learned in history class to make it a historical fiction piece. Or she can bring in science by turning

it into a science fiction tale set 50 years from now.

### Plan a "trip"

Thinking about places she's studying as if she were going to visit will give your child a different perspective. Have her consider the best time to go to Venice, for example, and what to see or do there.

She could look up the currency she would have to use and even practice a few phrases in the local language—just so she's ready if someone gives her a plane ticket! 👍



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# High School YEARS

Working Together for Lifelong Success



## Short Clips

### Lab assistant

Your high schooler could get hands-on science training and gain informal work experience by being a classroom lab aide. She might set up labs and demonstrations or do other work for a teacher who needs help. Suggest that she check with the science department about possibilities. Depending on her school, it may even be for credit.

### Healthier snacks

Does your child grab junk food when running between commitments? Stock up on nutritious “fast food” that he can take along instead. He may like string cheese, nuts, whole-grain crackers, fruit, or cut-up raw vegetables. Also, encourage him to keep a refillable water bottle in his backpack for a healthy on-the-go drink.

### Help for cutting

Cutting is a form of self-injury that often starts in the teen years, and unfortunately the number of cases is growing. Teens may cut or scratch themselves to cope with problems by being able to feel something. Watch for unexplained wounds, scars, or bloodstains. If you suspect your teen is cutting herself, seek help immediately from a doctor or therapist.

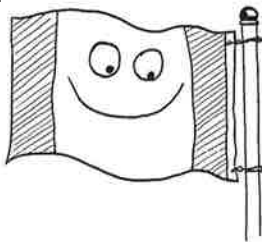
### Worth quoting

“Put your heart, mind, and soul into even your smallest acts. This is the secret of success.” *Swami Sivananda*

### Just for fun

**Q:** What flies all day but never goes anywhere?

**A:** A flag.



## Healthy relationships

During high school, your teenager will probably develop close friendships or romantic relationships. Use these tips to help make sure the bonds formed are healthy ones.

### Qualities

Discuss how your teen should be treated and how he should treat others. For instance, balance is important. Both parties should have a say in decisions like where to go or what to do. Honesty is another key. Your child will want to feel comfortable sharing his feelings and opinions—and having them respected—even if he and his friend disagree.

### Standards

Have your teenager think about favorite relationships, perhaps with a friend, relative, or coach. Why does he enjoy spending time with those people? Maybe they’re good listeners, or he feels good about himself when he’s around them.



Encourage him to evaluate how he behaves toward friends—does he prompt those same kinds of feelings in others? He can also keep those standards in mind to gauge the health of his other relationships.

### Fallout

Brainstorm how to handle things if they start to sour. Say his girlfriend wanted him to spend all his time with her. He could explain that he needs to keep up with friends and family, too. If she couldn’t accept that, he may need to step away. Or perhaps a friend constantly puts him down. He might tell his friend to stop—and take a break from the friendship if needed. 👍

## As we discussed...

Participating in class discussions keeps your high schooler engaged in the topic at hand. Plus, it lets her show teachers that she’s plugged in and may even boost her grade. Here are ways to jump in:

- To start a conversation or keep one going, try open-ended questions that begin with “Why did...” or “How did...”. Or ask the teacher to give an example or clarify a concept.
- Listen for openings in a discussion. Then, follow up on someone else’s comment by making a related point (“I agree with that because...”). Or briefly summarize what’s been said (“It sounds like you both feel that...”), and add your thoughts. 👍



# Writing that shines

Using precise words and including vivid details will make good pieces of writing even better. Share these ideas to help your teen strengthen her essays, reports, and creative writing.

**Dig into meaning.** Suggest that she write with a dictionary and thesaurus by her side (or on her screen). By looking up definitions and searching for just the right synonym, she'll pick the words that match what she's trying to convey. For example, if she says a character is "basking," the reader could imagine the character looking happy, pleased, and content. But if she writes "lounging," that paints a totally different picture.



edge. If she's writing about a basketball game, she could go to one and jot down what she sees, hears, smells, tastes, and touches. But what if she's writing about the Statue of Liberty and it's two states away? She might find photos or videos of it online or talk to an uncle who has been there. 👍

**Do background work.** To accurately describe an experience, a scene, or a person, it helps to be familiar with concrete details. Your high schooler can make the details in her writing more realistic by building background knowl-



## Parent to Parent

### "I goofed!"

As a parent, I used to feel that I had to be right all the time or my kids wouldn't think highly of me. If I made a mistake, I would actually try to make it seem like it wasn't really a mistake.



One day, I stopped at a neighbor's house while he was cooking dinner. Unfortunately, the lasagna burned to a crisp. My friend was quick to admit that it was his fault. "I'm sorry," he told his teenagers, "I should have set the timer!" His children laughed right along with him, and then they all started figuring out what to make for dinner instead.

I've learned that I don't have to be right all the time. My kids appreciate when I admit my mistakes—and I'm teaching them to do the same. 👍

## Be a smart spender

Making smart spending choices will help your child learn to live within his means. Suggest these strategies:

- Encourage your teen to shop around for the best deals. Whether he's buying a used car or getting glasses, he'll learn there can be a big difference in prices.
- Ask him to think about whether he could achieve the same result for less money. He might split the cost of a video game with a neighbor and share it, for example.
- Advise him to wait a few days before making a purchase. That can keep him from buying on impulse. Also, he should check the return policy and keep the tags and receipt in case he changes his mind or there's a problem. 👍



## Q & A Extracurricular activities: How important for college?

**Q** My daughter has decent grades, but she doesn't do any extracurricular activities. How much does that matter for getting into college?

**A** It's not the only criterion, but colleges do favor students who show commitment to an interest, demonstrate leadership, or contribute to their communities. Including one or more of those qualities on her application will give her a better chance at admission.

Encourage her to check her school's activity list or consider

joining a club that friends are active in. If she's not passionate about anything that's offered, she might start her own school club (say, an Asian club if she's inspired by Asian culture). That will give her an activity and also help her show leadership and commitment.

Remember, her activities don't have to be school-related. She might play in a community sports league or volunteer somewhere that lines up with her talents or interests, such as at a glass-blowing studio or a church youth group. 👍



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## **Hoosier students, educators deserve better accountability than ISTEP+**

By J.T. Coopman, Ed.D.

The issues connected to ISTEP+ are well known by educators, parents and legislators throughout Indiana. Recent news about yet another technical glitch only increases concern over its validity.

It's time for a change. We, the members of the Indiana Association of Public School Superintendents stand with other state officials and legislators who are calling for a new testing system for Hoosier children.

Among several concerns we have with current ISTEP+ testing include:

- Students not being able to complete the test online because of connectivity issues with the vendor.
- Extraordinary delay between the time the test was given and when the results were delivered.
- The apparent disconnect between online versions of the test and the paper/pencil versions.
- Documented errors in the scoring of the student tests, which have been masked by the testing vendor.
- The incomprehensible length of the entire testing program.

Compounding this travesty, individual schools, public school districts, teachers, and principals are evaluated based on these questionable results. Indiana students, their parents, taxpayers and public school employees deserve better.

Individual schools and school districts are "graded" based on the results of ISTEP+ testing. For example, in 2014, 44.2 percent of the schools in 25 districts received grades of "A." A preliminary analysis of testing results in 2015, indicate the percentage of schools receiving an "A" would drop to 14.5 percent. Moreover, 6.2 percent of the schools in the metro Indianapolis area received a "D" or "F" in 2014, and that would increase to 37.3 percent in 2015. What business would be interested in moving their operations to Indiana when so many more schools are considered "failing?" Indiana deserves a better public measurement of its ability to education millions of students each year.

Indiana school superintendents do not believe one test should be used to measure student learning or the quality of teaching in Indiana public schools. Nor should one test be used to gauge a community based on a flawed metric used to "grade" it. Superintendents across the state have offered suggestions of a broader accountability model that measures progress over time. Indiana's current model of constantly changing performance targets leaves little hope for longitudinal reflection and no long-term guidance for continuing academic improvement.

Ironically, the ISTEP+ testing fiasco, with its unreliable results, were reported at the same time that the National Assessment of Educational Progress (NAEP), also known as the "nation's report card," were released. NAEP results, which have been reported since 1992, reveal that for 2015, Indiana's public school students are achieving ever higher levels of academic success and proficiency. This fact makes the results of this year's ISTEP+ all the more troubling.

Last week, the U. S. Congress passed new legislation which reauthorized the Elementary and Secondary Education Act (ESEA), formerly known as the No Child Left Behind (NCLB) Act. NCLB allowed the federal government to intervene and provide oversight for education in all states. The reauthorization legislation,

now called the Every Student Succeeds Act (ESSA), returns education oversight to the states and precludes many of the issues that have caused so much heartache and confusion for public education and educators for the last 15 years. We have a chance to get it right for Indiana children by allowing local parents, schools and educators to continue educating children to their fullest capabilities.

IAPSS stands ready to assist the Indiana General Assembly, the State Board of Education, and the Indiana Department of Education in making changes that hold schools accountable while encouraging growth in achievement and innovation in instructional strategies. We call on the decision-making bodies in state government to acknowledge the serious shortcomings in the present system and to make immediate changes to reduce the financial burden of this system on the state's taxpayers and the time burden on the state's teachers and students. To do anything less is a disservice to the people of Indiana.

It's time for a better way for Indiana's children and the public schools who educate them.

***J.T. Coopman, Ed.D., is executive director of the Indiana Association of Public School Superintendents, a professional association serving 425 members, including superintendents and other school administrators, professors of education, university students studying educational administration and retired superintendents.***