

School Calendar & Events

November

- 1 1st Marking Period Ends
Girls Basketball - Home vs. Elk County
Make up School Pictures
- 2 Sports & 6th grade Physicals
- 9 Report Cards Distributed
Sports & 6th grade Physicals
- 16 Sports & 6th grade Physicals
- 23 Early Dismissal - 12:25
- 24-29 Thanksgiving Vacation

December

- 15 Fretz Band Concert - 7pm
- 22 Early Dismissal - 12:25
- 23-31 Winter Vacation

January

- 3 Winter Vacation
- 14 Early Dismissal - 12:25
- 17 In-Service Day - No school for students
- 20 2nd Marking Period Ends
- 28 Report Cards Distributed

Fretz Guidance goes to Classroom

Starting this fall, the Fretz guidance Program will go from the office to the classroom. Students in the 6th and 7th grades will receive in-class guidance instruction two times per month during homebase period. Students in the 8th grade will receive guidance instruction two times per month as part of their Health class.

Guidance instruction will cover the following topics: Anger Management, Study Skills, Test Taking Skills, Self Esteem, Career Development, and Bullying/Violence Prevention. Students will begin with a two month long unit on bullying prevention during the months of October and November.

FRETZ MIDDLE SCHOOL

Vol. 1 No. 1
November 2004

Guidance Newsletter

140 Lorana Ave., Bradford, PA 16701
814 . 362 . 3508 / Fax 814 . 362 . 1812

WINNING RESPECT

Expect your middle schooler to Respect your authority

At some point, your middle schooler will almost certainly challenge your authority. One good way to hold on to it is to make clear you won't put up with disrespect.

Win respect by:

- ◆ Never accepting mean words or an attacking tone of voice from your child. No need to yell or punish. Simply look he or she in the eye and say, "You may not talk to me that way. That was very disrespectful."
Then do not talk to your child again until he or she changes to respectful words and a respectful tone of voice.
 - ◆ Trusting your own judgment. If your child wants to go to a concert and you feel he or she is simply too young, don't argue with them. Say, "I know you're disappointed, but my mind is made up."
 - ◆ Correcting your child in private-not in front of friends.
 - ◆ Displaying common courtesies to your child. Say, "please" and "thank you." Listen when your child talks.
 - ◆ Follow through on rules. If you say, "No TV before homework," be consistent in enforcing this rule.
 - ◆ Giving respect in return. If your child has never given you a reason not to trust them, don't go snooping in their room or listening to their phone calls.
- Source: Richard Sowienski, "R-E-S-P-E-C-T, Raising polite kids in an indulgent culture."

Help your child get organized for a successful school year...

Kids in middle school can be smart. They can work hard. Yet they can still fail. The problem is often disorganization. They forget or lose assignments. Or they don't plan well.

School counselors say these things are keys to success:

- ◆ A good planner or assignment book. One with subjects already written down for each day helps students remember what to write.
- ◆ Multiple pocket folders or binders. Color-code them to make the different subjects easy to identify. Place papers that return to school in one pocket.
- ◆ A homework kit. Put pencils, paper, file cards and other needed school supplies in a box. Then no time will be wasted looking for what's needed to complete homework assignments.
- ◆ A homework routine. Studying in the same place at the same time everyday makes doing homework a habit. Plus it aids thinking.
- ◆ A family reading time. Even older kids benefit when you turn off the television and read together. You can all read the same book, or each read your own book or magazine.

Source: American School Counselor Association, "10 tips to start the Year Off Right," the Learning Network, Inc.

2004-2005 YEARBOOK

The 2004-2005 Yearbook Staff is already working on this year's publication. Students were photographed by InterState Studios in September and packets should be in by Halloween.

Make up pictures and Club pictures will be taken November 1. If students need pre-pay information, they should see Mrs. Pusateri, Yearbook Advisor in Room 719.

Included in this month's guidance newsletter you will find information for ordering this year's yearbook. Students may bring in their orders beginning Tuesday, November 30. The orders will be collected daily until December 22, when we dismiss for Christmas vacation. The cost of this year's yearbook is \$9.00.

Checks should be made out to Floyd C. Fretz Middle School.

This year's staff includes the following students:

Grade 8 - Rachel Foote, Brianna Oliver, Elayna Oaks, Maurina Grandinetti, Shannon Taylor, Tara Coats, Carissa Higley, Jennie Mongillo, Moriah Zuckerman, Kylie Hannon, Paige Belliveau, Jennifer Waite, Megan Yohe, Emma McCune, Samantha Keyes, Bethany Russell, and Amber Wilber.

Grade 7 - Julia Himes, Erica Siffrinn, Tate Slaven, Alexa Wilton, and Brittani Wiseman.

HOME AND SCHOOL CONNECTIONS...

6th Grade RED Team

To keep communication between school and home connected, the sixth grade RED team has implemented three strategies, Friday Folders, "Thumbs-UP," and the checking/grading of assignment notebooks. It is our hope that the students will achieve great things in sixth grade using these strategies, as well as regular communication with parents, conferences, our nine-week drawings, and the use of differentiated instruction in the classroom.

A Friday Folder is just that. It is a folder to expect home on Fridays or the last day of the week, unless it is a week with three days or less. Inside the Friday Folder is a signature sheet that a parent must sign and date each week. Parents may also ask questions and write comments on this sheet. Written announcements, papers to be signed, and work from the week are sent home each Friday in this folder. It is to be returned on Monday (or the first day of the week) with a parent signature. Students receive golden tickets for our nine-week drawing if it is returned on time with a signature.

"Thumbs-Up" awards are given every two weeks. Students who exhibit good behavior, complete all assignments, and do well academically are rewarded for this achievement. Along with the award, the students receive three golden tickets for our nine-week drawing. Students not receiving a "Thumbs-Up" have the responsibility of finding out and taking care of the reason(s) from their homeroom teacher. The dates to expect an award in the Friday Folder are 10/8, 10/22, 11/5, 11/19, 12/3, and 12/17. Dates for the rest of the year will be announced in January.

The students' assignment notebooks are another tool of communication we use, but in addition to being checked, these are also GRADED in language arts. Assignment notebooks should be filled out completely with subject names, dates, assignments given or what was done in class, and the five weekly spelling words. A parent must sign it once a week as well. This is a great organization tool and it is used throughout the students' years at Fretz.

Another reward strategy that is used on the sixth grade RED team is the nine-week drawing. Students earn golden tickets for bringing their Friday Folders back signed each week, for earning a "Thumbs-Up" award every two weeks, and any other time the teachers feel a golden ticket is deserved. (getting an "A" on a test, helping out a peer, etc.) The students write their name and homeroom number on the ticket and all of the tickets are put into a container. At the end of the nine weeks, prizes are bought and we hold the drawing. Some of the prizes we have had in the past include candybags, pop, school supplies, Fretz t-shirts, movies, and gift cards. The more tickets the students earn, the more chances they have to win prizes!

Responsibility, organization, and communication are very important and we hope that the students and parents will benefit from the strategies implemented on the sixth grade RED team. Keep your eyes open for those Friday Folders, "Thumbs-Up" awards, and assignment notebooks!

Student's Poetry Published

Congratulations to Jackie Steier in the 6th grade for the publication of a book of poetry called: A Collection of Poems. The poetry book is on display in the Fretz Library and will be added to the school's book collection.

Book Competition Planned

The fall book competition is scheduled for Thursday, November 18, 2004. Currently six teams are scheduled to compete. Anyone wishing to participate can sign up in the library prior to November 4, 2004. The competition will consist of 3 rounds of questions about 42 books. Teams from Fretz will compete against team from other schools.

7th & 8th Grade Health Curriculum

If your child is currently in Health class, they are participating in a special program called All Stars. All Stars has had very positive results to date and is recognized as a model program by the Center for Substance Abuse Prevention and a promising program by the U.S. Department of Education.

This program helps students identify positive ideals, establish positive norms, build personal commitments, develop goal setting, decision-making, communication skills, and strengthen bonds between students, parents, and school. The ultimate goal of the program is to deter the development of risky behaviors.

All Stars actively promotes parent involvement. Parents are asked to review worksheets that are completed in class. Worksheets give you the opportunity to discuss important issues with your child.

6th Grade Health Curriculum

The sixth grade has been working on learning the systems of the body to include the skeletal system where as a group are constructing a six-foot model. Other topics of the twelve-week program are self-esteem, character building, bullying, nutrition, and the importance of exercise.

It is a major transition in a sixth graders life to move into a Middle School setting. In Health class, they have to include problem solving, self esteem, relationship building, self care, responsibility, and respect.

FIRM, FAIR & CONSISTENT

Understanding bullying behavior to stop it.....

Most parents probably remember being bullied as a kid, making fun of someone else, or both. Back then, adults may not have taken bullying seriously. These days, experts recognize its serious consequences. Here are some answers to questions you may have:

Why are children so mean sometimes? All humans are aggressive. In children, this can take the form of teasing or threats. Using words is a way to defend yourself and feel powerful without getting physical.

Are children crueler when they're in a group? They can be. Sometimes a group of children rejects one or more kids. This is more common than bullying by a single child.

Why don't children feel terrible about bullying? Even if kids know it's wrong, they may do things in a group that seem out of character. It takes a lot of courage to go against peers.

Are there more bullies today than in the past? Society has become more accepting of put-downs. On TV, they're portrayed as funny and cool.

What can parents do to help? Be a role model. If you see kids being mean, stop them and discuss the problem. How would they feel if someone treated them that way? Do not allow bullying of any kind or degree.

Source: "The Bully - and Hero - In Every Child," Parents, 9/2001

Put Anger Into Words

When kids get angry, sometimes they say inappropriate things, such as, "You're an idiot!" Remember that anger is okay, but insults are not. Encourage your child to use words that explain. Start by showing her how. You might say, "You're angry with me because I turned off the TV." Expect her to talk in similar ways. And compliment her when she does.

Remind Your Child of Past Successes

Does your child criticize himself - "I'm so dumb in science!" - or get angry when he does poorly in school? Remind him of times when he worked hard to accomplish something in the class that's giving him trouble: "Remember how well you did at the science fair? You didn't think you could handle it, but you buckled down and did great." Also, let him know that it's normal for some classes to be tougher than others.

STUDY SMART, NOT HARD

Pay attention in class.

- ◆ Write down teacher's questions.
- ◆ Use abbreviations.
- ◆ Ask questions.

Read your textbook and materials.

- ◆ Start at the end (summary and questions).
- ◆ Read in chunks (bites you can digest).
- ◆ Ask yourself, "What did I read?"

Retool your notes.

- ◆ Make flashcards.
- ◆ Make concept maps.
- ◆ Rewrite your notes into outline form.

Final Touches.

- ◆ Write possible essays the night before.
- ◆ Study in silence.
- ◆ Get a good night's sleep and eat breakfast.

7th Grade Life Science

Students in seventh grade Life Science have had a busy start to the school year under the direction of Mr. Steve McElwee and Ms. Jodell Barner.

The students began the year by doing an in-depth unit on Ecology. Students on both teams are currently learning about the classification of living things.

Red and Black team students will soon be starting a research project called "The Eco-Regional Survey." This research project allows the students to learn about the geography and natural history of Pennsylvania.

We have had an excellent start to the school year! Please feel free to contact Mr. McElwee or Ms. Barner if you have any questions or concerns about seventh grade Life Science.

New Teachers

Fretz welcomes the following new staff this year:

Mr. David Emerson - Guidance Counselor

Ms. Kelly Compton - 8th Grade Red Team Reading

Ms. Betty Detwiler - 8th Grade Black Team English

Ms. Elizabeth Troisi - Art

We all wish them a successful first year at Fretz Middle School.

Dental Hygienist

School health law requires that your child have a dental screening done by the school dental hygienist in Seventh Grade.

We encourage you to have this examination done by your family dentist since he/she can best evaluate your child's dental health and assist you in obtaining necessary treatments and corrections.

The private exam, made at the family's own expense, must occur before the date of the screening by the school dental hygienist, but not earlier than one year before the opening of the school year. An examination form is enclosed with this newsletter for you to give to your dentist. Please have your dentist complete this form and return it to your child's school. Students not examined by the family dentist will have the required screening done by the school dental hygienist, who is Martha Rhodes.

Miss Rhodes will be at Fretz from November 22, 2004 through January 13, 2005. Her voice mail is 3450.

FLOYD FRETZ MIDDLE SCHOOL

140 LORANA AVENUE
BRADFORD, PA 16701

Nonprofit Organization
U.S. POSTAGE PAID
BRADFORD, PA 16701
PERMIT NO. 237

Terrance J. Hoover

Principal

Tina M. Slaven

Assistant Principal

David Emerson

Guidance

If a parent would like to contact a member of the staff, please call Fretz Middle School at 362-3508. Wait for a recording, then press 8 and follow the prompt to leave a message for the person you wish to reach. The numbers are listed below. You can also reach teachers by e-mail. The address is the person's first name initial, then the entire last name @bradfordareaschools.org. Example: demerson@bradfordareaschools.org.

Teacher	Subject	Voice Mail	Teacher	Subject	Voice Mail	Teacher	Subject	Voice Mail
Abbey, Judith	Health/Phys Ed	2848	Goble, Leslie	8 L. Support	2819	Montague, Clinton	7 L. Support	2833
Beers, William	Business	2806	Gooch, Chris	8 Math	2838	Musolino, Janet	Home Ec	2834
Boyer, Sally	Grade 6	2808	Graves, Karolyn	Nurse	2207	Nuzzo, Alex	8 Reading	2835
Bradley, Susan	7 English	2807	Grice, Jane	IU9 E. Support	2820	Nuzzo, Ann	8 Soc Studies	2855
Brown, Robert	Tech Ed	2809	Hamer, Paul	8 L. Support	2821	Potter, Camala	Grade 6	2840
Brubaker, Kristen	8 Science	2826	Hardy, Robyn	Grade 6	2823	Pusateri, Clare	7 Reading	2841
Carrico, Marianne	IST	2224	Hawthorne, William	7 Math	2824	Rathgeber, Karen	Spanish	2810
Caruso, Janice	Home Ec	2811	Kitelinger, Jennifer	Music/Band	2816	Rensel, Kate	Grade 6	2844
Compton, Kelly	8 English	2850	LaBrozzi, Sandra	6 L.Support	2851	Rook, Julie	7 Math	2845
Dewiler, Betty	English	2860	Long, Doreen	Librarian	2208	Ross, Jean	Phys Ed	846
Dosser, Lyle	7 English	2847	MacFarlane, Robert	Grade 6	2827	Schuessler, Laurence	Tech Ed	2813
Eddy, Jennifer	French	2836	Marsh, John	7 Soc Studies	2829	Signor, Dara	7 Reading	2869
Emery, Daniel	Grade 6	2814	McCracken, Jennifer	Grade 6	2837	Smith, Ronald	7 Soc Studies	2828
Emerson, David	Guidance	2206	McElwee, Steve	7 Science	2831	Trask, Catherine	8 English	2854
Faulkner, Travis	Phys Ed	2815	McMurtrie, Susan	Grade 6	2832	Troisi, Elizabeth	Art	2839
Flowers, Leslie	Grade 6	2842	Murphy, Cynthia	8 Math	2802	Wright, Shelley	Vocal Music	2857
Girard, Thomas	8 Soc Studies	2818	Mineo, Frank	7/8 L. Support	2853			

The Bradford Area School District is an Equal Opportunity School District and discriminates neither in its programs and activities nor in employment on the basis of race, sex, handicap, religion, national origin, or age. The compliance officer is Lee Ann Doynow, phone 362-3841.