

PEET JUNIOR HIGH TIGER NEWS



BUILDING RELATIONSHIPS.
MAXIMIZING LEARNING.



<http://www.cfschools.org/schools/peet>

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February 2020

UPDATED A/B DAY CALENDAR: The updated A/B Day Calendar for the 2019-20 school year can be viewed by clicking [HERE](#). Please note: March 13 and March 23 are back-to-back B days and Thursday, April 9 and Monday, April 13 are back-to-back A days.

****If we have more snow days, we will make up the day we missed the following day. Example:** If there is a snow day on Tuesday, February 4, a scheduled A day, when we return to school on Wednesday, February 5, that will be an A day.

GOLD STAR NOMINATIONS: The nominations for the 2020 Gold Star Award for Outstanding Teaching are now open! Do you have a teacher who has made an impact in your life? Someone who has gone above and beyond as an educator? If so, send in a nomination! Your favorite teacher could be honored at a flashy award ceremony and win \$1,000 for their hard work! Nominations are due by midnight on February 20th, so submit yours [online](#) or in the main office at Peet today!!!

ACTIVITY BUS:

Students who travel to Holmes for after school activities/athletics will ride **bus #20**, activity bus. 9th graders who go to the high school for after school activities/athletics will ride **bus #16**. These bus' will leave immediately after school.



MONDAY (90 minute) LATE START SCHEDULE & WEATHER RELATED DELAY SCHEDULE:

If there is a weather related delay, buses will be run 90 minutes later than a Tuesday – Friday Schedule. Not a Monday 90 min late start bus schedule.

Bus routes can be found on the district website at:

<http://www.cfschools.org/parents/transportation>

ISASP:

Iowa Statewide Assessment of Student Progress – formally known as: Iowa Assessments or ITBS
This year will be the second year of state wide assessments through the Iowa Statewide Assessment of Student Progress (ISASP) – formally known as: Iowa Assessments or ITBS. The testing will all be done on student Chromebooks. Iowa Assessments will be the week of April 6th, and the schedule for testing will be similar to years past. We will have 2 hour test blocks each morning with a break in between each test.

All tests will be untimed, so any student who needs more time to finish each test will be allowed to do so. You will also not need to bring a calculator as that will be available on the Chromebook. Teachers have and will continue to prepare students for these tests, as we are doing our best to set all students up for success.

On these test days, student will need to bring:

- Chromebooks FULLY charged! All testing will be done on the student Chromebook, so make sure it is charged the night before.
- A book to read if finished early from testing. No phones, watches, or electronics of any kind will be allowed during the testing time, and students will not be allowed to be on Chromebooks when not testing.
- Each student's best effort! These tests are important for future success and to help us schedule students in the correct classes for next year. Don't be nervous, just do your best!

COUNSELING SOUND-BYTE:

This time of year can be overwhelming for many teenagers. After an extended break, teens are back to a seven-to-eight hour school day, homework, extracurricular activities, friends and family, and maybe a little time for themselves. But with more demands on their lives than ever before, it's important to find a way to balance everything—both for right now and their futures. Here are some tips for teens and pointers for parents about how to find balance this year.

Tips for Teens **(written by a teen)**

1. Prioritize what matters to you most.

I get the impression that a lot of teenagers feel the need to get involved in lots of different activities and jam pack their schedules. I also hear stories of teens that do things solely for the purpose of "impressing colleges." My advice is to choose a few activities you truly enjoy and are passionate about. Dive deeply into those activities and stay committed. Many colleges are more impressed by this approach than by a little bit of everything.

2. Challenge yourself in school, but not excessively.

Taking rigorous classes has many benefits. However, plan your schedule carefully and avoid overloading yourself. Talk to students who have taken a particular class in the past and ask them how much outside work it required. Figure out how much time you will have, and choose classes accordingly. Your interest in a particular subject should also play a role! For example, if you dislike history, taking AP US History may not be the best bet. Opt for taking the highest level of a course in subjects you like best!

3. Organize your tasks. I recommend keeping a prioritized to-do list. I like to separate my to-do lists into three categories: today, short term, and long term. The tasks in "today" are what I do first, followed by the "short-term" tasks, and then the "long-term" tasks. I don't neglect the "long-term" tasks but rather try to move pieces of them to my "today" list on a regular basis. Spreading out tasks such as studying is also a good idea so that you give your brain the best chance of success.

4. Leave enough time to take care of yourself.

Both your physical and mental health are very important, and there are certain things you need to function at your best. You already know what these are, but too often, they get pushed aside when we get too busy. Be sure to leave enough time to:

- **Spend time with friends and family**

Building and maintaining strong relationships with friends and family is very important.

- **Exercise**

Exercise has been shown to have dozens of benefits on your body, from improved memory to increasing your energy levels to better sleep. Find a type of exercise you truly enjoy and try to make it a part of your routine.

- **Eat a healthy, balanced diet**

Eating healthy will fuel your body with the nutrients it needs to run optimally. It can also be a fun study break to make a healthy snack!

- **De-stress**

Find what helps you decompress and relax. I like to take long walks and listen to music. You can also try yoga, reading, or writing.

- **Get adequate sleep**

Address the most neglected physical need for many teens: sleep. Teenagers need 8-10 hours of sleep per night. Inadequate sleep puts you at an increased risk for impaired attention, alertness, concentration, reasoning, and problem solving. In addition, inadequate sleep can make it harder for the brain to adapt to input, making memorizing all of that biology vocabulary that much more difficult!

Devoting time to taking care of yourself may seem like it's taking away from productivity, but it likely will actually make you more productive by increasing your efficiency, memory, and focus. This brings me into my next tip for maintaining balance this school year.

5. Increase your productivity. In addition to taking care of yourself, there are other ways to increase your productivity. Limit distractions during time when you need to be focused, such as when you are doing homework. Put your phone away and turn off all notifications on your phone or computer. If you need to use your computer for homework, avoid straying from the websites you are using for the task at hand. I realize that this takes quite a bit of self-control, but luckily, there are **applications that can block certain websites for a period of time**. Take frequent breaks as well. You can use the time to eat a healthy snack, stand up and walk around, or go outside. **Studies have shown that short breaks can actually increase productivity**. Being productive can free up more time in the day!

6. Have fun! Junior High/High school only happen once, so make an effort to live every day to the fullest and take time to do things you love. This circles back to my earlier point about choosing extracurriculars you are passionate about and taking rigorous classes in subjects you enjoy most. It also extends to being with friends. Friendships formed in high school can last a lifetime.

Pointers for Parents **(written by a teen)**

1. Set reasonable expectations. Teenagers are already under a lot of societal pressure and have a lot on their plate. Setting goals and expectations for your teen—or better, with your teen—can be beneficial, but make sure they are achievable. For example, if your teen is struggling in a particular subject, expecting that they get an A on every assignment in that class may be a stretch. Making home a comforting, supportive environment rather than a strict, stressful one can go a long way in keeping your teen healthy, both physically and mentally.

2. If you are noticing that your teen is overwhelmed with their current coursework and extracurriculars, advise them to choose some things they could let

go. Explain to them that they can always pick an activity back up later if they find more time. I remember during the spring of my junior year, when I was feeling very overwhelmed by school and extracurriculars, my mom encouraged me to give up piano for a couple of months until tennis season was over. This one change ended up being a big relief and I had renewed interest and focus when I returned to piano a couple months later.

3. Make an effort to support your teen with the resources he/she needs. It can be hard for teens to ask for help, even if it is what they need most. Mental health issues are on the rise, and it may be hard for your teen to be open about challenges they're facing. Check in with your teen regularly and see how they are doing. Make clear that it is good to ask for help.

4. Encourage your teens to incorporate self-care into their routines and build healthy habits.

• Make family time fun!

With all the pressure your teen is under, it is important that family time not add to it. Consider activities likely to make your teen laugh, such as a game of Heads Up or a comedy movie, or activities that help provide some escape, such as a ropes course or fantasy film.

• Support your teen in getting enough exercise.

You can incorporate exercise into family time! Try going for a family bike ride, swimming together, or even just taking a walk around the neighborhood.

• Have healthy food options available at your home.

Hungry teens will often grab the first thing in front of them to eat. Try swapping chips and cookies for nuts and dried fruit!

• Remind teens to get adequate sleep!

Sleep deprivation is a chronic epidemic among all age groups, but it especially affects teenagers. If you are noticing that your teen is not getting adequate sleep (8-10 hours per night), talk to them about improving their sleep habits. Teenagers don't always like to listen to their parents, so instead of lecturing them and implementing strict rules, try providing them information from outside sources. **Teens Need Sleep** is a great place to start. In addition to educating your teen, try to strategize with them about ways they can make sleep more of a priority in their lives, whether that be dropping an extracurricular or staying away from technology around bedtime.

Written by a rising senior, Julia, and produced by: NBC News Learn

SEMESTER 1 HONOR ROLL: Congratulations to the [577 students](#) (84%) who made Honor Roll for semester 1! In [7th grade](#), we had 219 students with a GPA of 3.0 or above, 104 of them with a 4.0, [8th grade](#), we had 191 students with a GPA of 3.0 or above, 77 of them with a 4.0 and [9th grade](#), 167 students with a GPA of 3.0 or above and 77 of them with a 4.0. Certificates will be handed out to students early February.

PEET VARIETY SHOW: The Peet Variety Show will take place on Friday, March, 6th at 7:00 pm and Saturday, March, 7th at 1:30 pm and 7:00 pm. If parents or students have **any** questions about rehearsals or performances, please get ahold of a director: Mr. Ben Byersdorfer, Ms. Samantha Eilers or Mr. Eric Lins.

SCHEDULING: In January, Peet Counselors will be visiting all grade levels to discuss scheduling options and registration for the 2020 – 2021 school year. Please refer to the scheduling dates below to see when the counselors will be in your student's classroom. For a schedule to be complete, each student needs to have a parent or guardian signature. If you are a parent of a current 9th grade student, please make sure you come to the 9th to 10th Grade Parent Orientation meeting at CFHS (Monday, January 27th at 7:00pm). This is a great opportunity to learn about your student's academic and extracurricular options!

SCHEDULING CALENDAR:

6 th to 7 th Orientation – Student/Parent Meeting @ Peet front gym	February 4 – 7-8:00pm
7 th to 8 th scheduling sheets due in the cafeteria before school	February 5
8 th to 9 th scheduling sheets due in the cafeteria before school	February 7

TUESDAY – FRIDAY DAILY SCHOOL DAY SCHEDULE:

7:15 am	Front Lobby Doors are Opened
7:50 am	First Bell
7:55 am	Warning Bell
8:00 – 8:46	Period 1
8:50 – 9:36	Period 2
9:40 – 10:28	Period 3 / Announcements
10:32 – 11:00	Tiger Time
11:04 – 12:28	Period 4 / includes lunch
	A Lunch - 11:04 – 11:34
	B Lunch - 11:31 – 12:01
	C Lunch - 11:58 – 12:28
12:32 – 1:18	Period 5
1:22 – 2:08	Period 6
2:12 – 3:00	Period 7 / Announcements

MONDAY (90 minute) LATE START SCHEDULE & WEATHER RELATED DELAY SCHEDULE:

7:30 – 9:00am	Staff Report for PLC Work
8:30 am	Students may enter the building – Cafeteria
9:20 am	First Bell
9:25 am	Warning Bell
9:30 – 10:01	Period 1
10:05 – 10:36	Period 2
10:40 – 11:14	Period 3 / Announcements
11:18 – 11:46	Tiger Time
11:50 – 1:14	Period 4 / includes lunch
	A Lunch - 11:50 – 12:20
	B Lunch - 12:17 – 12:47
	C Lunch - 12:44 – 1:14
1:18 – 1:49	Period 5
1:53 – 2:24	Period 6
2:28 – 3:00	Period 7 / Announcements

FOR YOUR CALENDAR: [Calendar Of Events](#)

8 th Grade Hearing Re-Checks	February 11
End of Trimester 2	February 27
No School – Professional Development Day	February 28
Peet Variety Show – 7:00pm @ Peet Back Gym	March 6
Peet Variety Show – 1:30pm @ Peet Back Gym	March 7
Peet Variety Show – 7:00pm @ Peet Back Gym	March 7
No School – Spring Break	March 16-20
End of Spring Mid-Term	March 27
Spring Dance – 7:30-10:00pm @ Peet Gym	March 27
ISASP (Iowa Statewide Assessment of Student Progress) fka Iowa Assessments	April 7 & 8
Parent-Teacher Conferences	April 7 & 9
No School: Conference Compensation Day	April 10
9 th Grade Dance – 7:30-10:00pm @ Peet Cafeteria (9 th Peet students only)	May 2
No School: Memorial Day	May 25
Last Day of School	June 2

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