

PEET JUNIOR HIGH TIGER NEWS



BUILDING RELATIONSHIPS.
MAXIMIZING LEARNING.



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

November 2017

You are invited to attend Parent-Teacher Conferences on October 30 & November 2.

The schedule for conferences is as follows:

MONDAY, OCTOBER 30 – 3:30-7:30 PM

THURSDAY, NOVEMBER 2 – 3:30-7:30 PM

There will be NO classes for students on Friday, November 3.

Report cards will be distributed in the **Front Entrance Hallway**. Teachers will be located in the new gym.

Please limit conference time to not more than **FIVE MINUTES** with each teacher.

Note the schedule listed below is for part-time/traveling teachers.

ALL OTHER TEACHERS WILL BE HERE FOR EACH CONFERENCE SESSION.

Teacher	Thursday, October 26 3:30-7:30 p.m. (CFHS Only)	Monday, October 30 3:30-7:30 p.m. (Junior High Only)	Thursday, November 2 3:30-7:30 p.m. (HS & Jr High)
Adam (Business)*	--	3:30-7:30pm @ Holmes	3:30-5:30pm Peet 5:45-7:30pm @ Holmes
Anderson (FCS)#	3:30-7:30pm @ CFHS	--	3:30-5:15pm @ CFHS 5:30-7:30pm Peet
Carter (Health)	--	3:30-7:30pm Peet	Not Available
Christopher (Social Studies)	--	Not Available	4:30-7:30pm Peet
Engels, B (French 1) #	3:30-7:30pm @ CFHS	--	3:30-5:15pm @ CFHS 5:30-7:30pm Peet
Green (Soc Studies)*	--	3:30-5:15pm Peet 5:30-7:30pm Holmes	3:30-7:30pm Peet
Gruhn (Spanish) #	3:30-7:30pm @ CFHS	--	3:30-5:15pm @ CFHS 5:30-7:30pm Peet
Johnson (Math/GTT)*	--	Not Available	4:30-7:30pm Peet
Mallin (English)	--	3:30-7:30pm Peet	Not Available
Nicholson (IED) #	3:30-7:30pm @ CFHS	--	3:30-7:30pm Peet
Robertson (Art)*	--	3:30-7:30pm @ Holmes	3:30-5:15pm @ Holmes 5:30-7:30pm Peet
Sliwinski (Science)*	--	3:30-7:30pm @ Holmes	3:30-7:30pm Peet
Smith (PE) #	--	3:30-7:30pm Peet	3:30-7:30pm @ CFHS
Tura (Orchestra)	--	3:30-6:30 Peet	Not Available
Wait (ESL) #*	3:30-5:30pm @ CFHS	3:30-5:30pm @ Holmes	3:30-5:30pm Peet
Weiss (IT)*	--	3:30-7:30pm @ Holmes	3:30-5:15pm @ Holmes 5:30-7:30pm Peet

* Also at Holmes Jr. High # Also at Cedar Falls High School Times and locations where traveling teachers can be found

ALSO – Peet students enrolled in classes at Cedar Falls High School – teachers will be available to meet with parents during conference time AT THE HIGH SCHOOL.

We look forward to your attendance at conferences. If you have questions, please call the office (553-2710).

COUNSELING SOUND-BYTE:

The Rise of Stress and Anxiety in Teens

Psychologist Robert Leahy found, "The average High School kid today has the same level of anxiety as the average psychiatric patient in the 1950's."

Researchers are baffled by the national rise in nerves, especially because we are actually safer from true danger than we have ever been. Although our streets have become safer, our cars more crash-proof, and our food and drugs better regulated, we Americans still keep finding ways to become more tense. According to the 2002 World Mental Health Survey, people in developing-world countries were up to five times LESS likely to show clinically significant anxiety levels than Americans, despite having more basic life-necessities to worry about.

So what is behind this boom in anxiety and stress? Taylor Clark's research discovered three main themes: **loss of community, information overload, and intolerance toward negative feelings**. The fourth theme of **parent oversharing**, is one that we are adding because of its re-occurrence amongst our Peet students.

- **Loss of community:** Human contact and kinship help alleviate anxiety. If teens and adults lose the sense of community, they are going to have fewer people to depend on. Teens' growing reliance on texting and social media for community, prove to be no substitute for real human interaction.
- **Information overload:** The amount of information that we now consume each day has jumped dramatically. The average Sunday newspaper contains more raw information that people in earlier eras would absorb over the course of a few years. Neuroscientists believe our brains were not designed for this kind of alarmist, fear-igniting data that the media displays daily.
- **Intolerance toward negative feelings:** Americans have developed habits for dealing with anxiety and stress that actually make them far worse. We fight our aversive emotions when psychologists suggest we need to let them run their course. We avoid situations that make us nervous and we try to bury uncomfortable feelings with substances and addictions. There is a basic truth about being human: sometimes we just feel bad, and there's nothing wrong with that – which is why struggling too hard to control our anxiety and stress only make things more difficult.
- **Parents oversharing information with kids:** Parents who share all of their issues that cause them stress and anxiety with their child, only creates more fear and anxiety for the child. While it's important to communicate openly and honestly with your child(ren), we encourage parents to reflect if the child knowing the information would benefit him or her. For example, a parent's stress on care-taking for their parents or burdens of family economic hardship do not need to weigh on the shoulders of teens.

These themes are simply a starting point for productive and healthy discussions between teens and their parents. If you have any questions or would like to discuss tips for teens with a school counselor, please call us at [319-553-2765](tel:319-553-2765). For more information on this topic, please visit the Peet Counseling website at <https://sites.google.com/a/cfschools.org/peet-junior-high-school-counseling-site/home/soundbytes>



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 of the district website at:

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

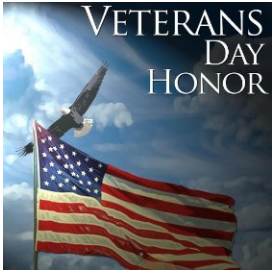
FOOD DRIVE:

We will offer "HAT DAYS" on Monday, October 30 through Thursday, November 2 for any student who donates \$1.00 to the student food drive. Students will turn in their \$1.00 (each day if they choose) in the front lobby and get a stamp to show they have donated to the food drive. If you would like to make a donation to the food bank to help CFHS during their student food drive, you can donate online at: <https://cedar-falls.revtrak.net/Donations-9/Food-Drive/>. The High School has set a goal to raise 35,000 meals, and we would love to help them reach that goal! 4 meals can be provided for every \$1.00 donated.

EXPANDING YOUR HORIZONS:

Girls in grades 7-8, consider attending the Expanding Your Horizons Conference to learn more about Science, Technology, Engineering and Math opportunities. The conference is scheduled for Saturday, November 11th at UNI, and includes many STEM related workshops and an opportunity to view the movie "Dream Big". Cost is \$10 and includes lunch. For more information, please visit expandingyourhorizons.org/conferences/CedarValleyIowa.

WINTER ATHLETICS: Parents and spectators are reminded that we do charge a minimal admission fee of \$3 for adults who are attending our winter sporting events at Peet including girls and boys basketball as well as wrestling. There is no charge for students. Cedar Falls Activity Passes are accepted.



VETERANS DAY ASSMEBLY: On Friday, November 10, we will have our Peet Jr High Veterans Day Assembly at 9:30am. At this assembly we will recognize local Veterans, hear musical performances from our Band, Orchestra and Chorus groups, view a Veterans Day video and review the meaning of Veterans Day. After the assembly, the Veterans in attendance, along with their guests, will have a reception in the Peet Media Center from 10:30-11:00am. If you are a Veteran or know of a Veteran who would like to attend this assembly, please contact Mr. Green at josh.green@cfschools.org.

END OF TRIMESTER 1: The End of Trimester 1 is Friday, November 17th. You will be able to view up-to-date grades on Monday, November 27th.

END OF QUARTER 1: The End of Quarter 1 will be on Friday, October 27th. Up-to-date grades will be viewable on Monday, October 30st. Grades will be handed out at Conferences on Monday, October 30 and Thursday, November 2.

- Login to PowerSchool to view student grades: <https://powerschool.cfschools.org/public/>
- **Academic concerns** should first be directed to the classroom teacher. All teacher contact information is located at: <http://www.cfschools.org/staff/#peet>

GRADE UPDATES: Teachers are asked to post student grades in their grade books on PowerSchool approximately every three weeks. Below is our schedule so families are aware of the update deadlines. If you have a concern regarding any grading issue, please discuss the concern with your student and then contact the teacher directly. We will mail home any D or F grades every 3 weeks.

PowerSchool 3 Week Grade Posting Dates (2017-18)

Monday, October 30 – 8:00am (Quarter 1)

Monday, November 27 – 4:00pm (Tri 1)

Friday, December 15 – 4:00pm

Monday, January 16 – 8:00pm (Quarter 2, Semester 1)

Friday, February 2 – 4:00pm

Tuesday, March 6 – 4:00pm (Tri 2)

Monday, March 26 – 8:00am (Quarter 3)

Friday, April 20 – 4:00pm

Friday, May 11 – 4:00pm

Thursday, May 31 – 12:00pm (Quarter 4, Semester 2, Tri 3)

FOR YOUR CALENDAR:

Picture Re-Takes	October 11
End of Fall Mid-Term	October 27
Parent-Teacher Conferences: 3:30-7:30pm	October 30
Parent-Teacher Conferences: 3:30-7:30pm	November 2
No School – Teacher Conference Comp Day	November 3
Booster Club Dance – 7:30-10:00pm	November 17
Professional Development	November 22

Thanksgiving Break – No School	November 23-24
Winter Break – No School	Dec 25-Jan 2
School Resumes	January 3
End of Quarter 2/Semester 1	January 11
No School	January 12
MLK Jr Day – No School	January 15

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

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