

PEET JUNIOR HIGH TIGER NEWS



BUILDING RELATIONSHIPS.
MAXIMIZING LEARNING.



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

April 2019

ISASP:

Iowa Statewide Assessment of Student Progress – formally known as: Iowa Assessments or ITBS

This year we will have a new format for Iowa Assessments as they will all be done on student chromebooks. Iowa Assessments will be April 2nd & 3rd, 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. 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 chromebooks, 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!
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Tuesday, April 2	Wednesday April 3	Thursday, April 4 (8 th only)	Friday, April 5 (8 th only)
8:00-10:30am test in Tiger Time	8:00-10:30am test in Tiger Time	Science Test for only 8 th Grade	Science Test for only 8 th Grade
Math Test	Writing Test #1	Period 2 – in the library	Period 1 – in the library
Break	Break	Period 4 – in the library	Period 3 – in the library
Reading Test	Writing Test #2	Period 6 – in the library	Period 5 – in the library
10:30-11:08 Tiger Time	10:30-11:08 Tiger Time		Period 7 – in the library
Periods 4, 1, 2, 3	Periods 4, 5, 6, 7	Normal class schedule	Normal class schedule

7TH GRADE PRESENTATIONS: We are in our 5th year of having a 7th grade girls presentation led by 8th and 9th grade student leaders from LEAD! We have had great feedback with the impact of this event, in fact, 95.7% of girls surveyed said they had an increase in self-confidence through their participation in this event! Girls will be in smaller groups with a large group format of sharing by students with small group discussion time. Topics include respect for self & others, peer pressure, decision-making, self-confidence and priorities. This is the first year we are hosting a 7th grade boy's presentation, spear-headed by 8th and 9th grade guy leaders! With the same format as the girls presentation, topics specific to this presentation are social acceptance, what it means to be a man, peer pressure and positive decision-making. Students and a few staff members will share-out on each topic and 8th and 9th grade students will lead small group discussion. Both presentations happen on Friday, April 26th!

SPRING DANCE: Tiger Spirit Dance

Date: Friday, March 29th

Time: 7:30pm to 10pm (doors open at 7:15pm)

Place: Back Gym (dance), Wrestling Room (pop & water)

Price: \$3.00 at lunch on Thursday, March 28 and Friday, March 29 **or** \$5.00 at the door

Who: Peet students only

7 Fun GOAL-SETTING ACTIVITIES for families

by Big Life Journal

1 MAKE A FAMILY BUCKET LIST

- Gather your family together, grab a piece of paper and some markers.
- Brainstorm a list of accomplishments, experiences, or achievement goals.
- At the end of the year, you can look back over all of the things your family has accomplished!
- Encourage teens to use online tools such as Trello and Evernote to help create the family bucket list or to make one for themselves.



2 DRAW A WHEEL OF FORTUNE

- Draw a wheel divided into segments, much like what you would do with a pizza.
- On each segment, write important categories in life: Family, Friends, School, etc.
- For each category, each participant will write out goals they would like to accomplish in a set period of time.
- Color and decorate the wheel, then hang it somewhere prominent.



3 CREATE A VISION BOARD

- Take some old magazines and cut out pictures that represent your hopes and dreams.
- Paste these pictures onto a piece of poster board and decorate with colors, glitter, stickers, etc.
- Ask your child what different pictures represent and how she plans to achieve her dreams.



4 PLAY 3 STARS AND A WISH

- First, come up with 3 "Stars," or things you do well. This can be anything from running fast to comforting friends when they're feeling sad.
- Next, discuss together HOW you became so good at these "Stars."
- Next, come up with a "Wish." The "Wish" is something you need to work on (a goal).



5 ASK FUN QUESTIONS

- Ask, "What would you do if you won the lottery? If you had a superpower, how would you use it?"
- Discuss that they can take their fate into their own hands by making a plan to achieve their hopes, goals, and dreams.



6 INTEREST MAPS

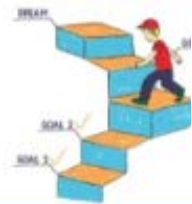
- Older kids can learn a lot about themselves by paying attention to their interests.
- Do they like art or science or writing or sports? Write down all their favorite interests.
- See if they can find patterns in the things they enjoy doing.
- Once they see their interests mapped out, they can create goals.



7 GOAL LADDERS

- Using a stair-step visual for goal-setting, older kids can break down their goals into doable steps. Follow this simple method:

- Write down your **DREAM** at the top of the staircase.
- Write down your **FIRST GOAL** at the very bottom of the staircase and the first action towards that goal.
- Create your **SECOND GOAL** and the first action towards it.
- Create your **THIRD GOAL** and the first actions towards
- Continue "**CLIMBING**" the stairs. Add dates, drawings, anything that helps motivate you!



CONDITIONS OF LEARNING SURVEY: All students in Iowa grades 5-12 will be required by the state of Iowa to take a survey between April 3 and May 31 that is a part of Iowa's Every Student Succeeds Act plan. The survey will consist of 36 questions that cover safety, school expectations, student relationships with other students, and adult relationships with students and should take about 15 minutes. Peet students will be taking the survey during 4th period on Monday, April 15. If you have questions or would like to have your student opt out of taking the survey, please contact Mr. Boevers.

LET'S TALK MENTAL HEALTH: A COMMUNITY CONVERSATION

FREE EVENT | NO REGISTRATION | CHILDCARE PROVIDED | LIGHT REFRESHMENTS
EVERY STUDENT. EVERY DAY | TAKING CARE OF OUR COMMUNITY

When: Monday, April 1st

Time: 5:30 - 8:00pm

Where: Cedar Falls High School

Who: Students, Families, Community Members



SCHEDULE

5:30 - 6:15 - Vendors

6:20 - 6:50 - Keynote Speaker Lyndsey Fennelly
Reducing the Stigma of Mental Health

6:55 - 7:25 - Session 1

7:30 - 8:00 - Session 2

SESSION TOPICS

Substance Abuse & Mental Health, Learning to excel through Anxiety & Stress, Building Resiliency By Failing Forward, Physical & Mental Wellness & Performance, Community Resources in Supporting LGBTQ

QUESTIONS?

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Rebecca Lins: rebecca.lins@cfschools.org (Peet)

Carrie Dieken: carrie.dieken@cfschools.org (CFHS)

KEYNOTE SPEAKER

Lyndsey (Medderes) Fennelly was a 4-year starter and All-American at Iowa State University, who then was drafted into the WNBA in 2007. Upon graduation, she began training athletes both mentally and physically, offering motivational speaking and serving as a volunteer for community services in need. Recently she opened CampusCycle, a beat driven spin studio with 2 locations in Ames and Ankeny. Most importantly, she's a wife to Iowa State Women's Basketball Assistant Coach, Billy Fennelly, and a mom to Will and Callie.

MENTAL HEALTH: COMMUNITY CONVERSATION EVENT – MONDAY, APRIL 1ST: Mark your calendars for our districts first ever Mental Health Community Conversation Event. This event is for K-12 families and community members! There will be childcare provided by our student leadership groups at the secondary level, light refreshments available and a keynote by Lyndsey Fennelly, a 4-year starter and All-American at Iowa State University. Her keynote on Reducing the Stigma of Mental Health will be followed up by sessions regarding substance abuse and mental health, anxiety and stress, resiliency and a growth mindset, physical and mental wellness and resources supporting our LGBTQ community!

9TH GRADE DANCE: Old Hollywood Glamour – A Red Carpet Event

Date: Saturday, May 4th

Time: 7:30pm to 10pm (doors open at 7:15pm)

Place: Cafeteria (with snacks/pop in the front lobby area and pictures in the front gym)

Price: Free for all 9th grade students (Peet students only)

EXTENDED – SCHOOL DAY SCHEDULE:**PEET JUNIOR HIGH**

Starting 3/25/19 - Add 15 min to each day

TUESDAY - FRIDAY SCHEDULE

7:00 a.m. - Front Lobby Doors are Opened	
Students may enter Lobby / Cafeteria	
7:50 a.m. - First Bell	
Students may enter Lockers / Classrooms	
7:55 a.m. - Warning bell	
8:00-8:49 - Period 1	49 min
8:53-9:42 - Period 2	49 min
9:46-10:36 - Period 3 / Announcements	50 min
10:40-11:08 - Tiger Time	28 min
11:12-12:36 - Period 4 / includes Lunch	84 min
A Lunch - 11:12-11:42	30 min
B Lunch - 11:39-12:09	30 min
C Lunch - 12:06-12:36	30 min
12:40-1:29 - Period 5	49 min
1:33-2:22 - Period 6	49 min
2:26-3:15 - Period 7 / Announcements	49 min
3:15-5:00 - ECHOES After-School Program	
3:15-4:00 - ECHOES After-School Program (Wed)	

MONDAY & WEATHER DELAY SCHEDULE

8:30 a.m. - Front Lobby Doors are Opened	
9:20 a.m. - First Bell	
9:25 a.m. - Warning bell	
9:30-10:04 - Period 1	34 min
10:08-10:42 - Period 2	34 min
10:46-11:21 - Period 3 / Announcements	35 min
11:25-11:53 - Tiger Time	28 min
11:57-1:21 - Period 4 / includes Lunch	84 min
A Lunch - 11:57-12:27	30 min
B Lunch - 12:24-12:54	30 min
C Lunch - 12:51-1:21	30 min
1:25-1:59 - Period 5	34 min
2:03-2:37 - Period 6	34 min
2:41-3:15 - Period 7 / Announcements	34 min

FOR YOUR CALENDAR:

Spring Dance – 7:30pm -10:00pm	March 29
ISASP Testing – see above for detail	April 2-5
Peet PATT Meeting – Peet Library	April 9
6 th to 7 th Grade Student Parent Orientation – 7:00pm	
9 th Grade Dance – 7:30pm – 10:00pm	May 4
Final Day of ECHOES	May 23
Memorial Day – No School	May 27
Last Day of School	June 6

PEET JUNIOR HIGH!!!*“Building Relationships. Maximizing Learning.”*