



## Fruita 8/9

1835 J Road  
Fruita, CO 81521

## Principal – Jason Plantiko

Assistant Principal– Alicia Timbreza  
Assistant Principal– Scott Toovey  
Admin Liaison– Kathy Daniels

Main Office: 254-6720

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**February 2020**

*Si usted desea una explicación en español de este artículo, favor de llamar al 254-5484*

February is in full swing and continues to be a very busy time for school activities and events. Please feel free to check out our Fruita 8/9 School website for current listings of all the activities and events taking place.

We are busy preparing schedules to make State testing go smoothly. We will have schedules finalized in the next few weeks for our testing in March and April. This year, we will continue to complete assessments on the computer for 8<sup>th</sup> grade. For 8<sup>th</sup> grade, the State assessments are for Literacy, Math, and Science. Our 9<sup>th</sup> grade students will be taking the College Board PSAT for the State assessment. The testing window for 8<sup>th</sup> grade starts at the end of March and extends through April. Our 9<sup>th</sup> grade students will take the PSAT the morning of April 14<sup>th</sup> which will complete their testing for the year. In order to accommodate completion of testing, we will be running some alternative scheduling for students so that we can successfully complete all testing efficiently within the testing window. Please note for April, all 9<sup>th</sup> grade students will take the PSAT on the 14<sup>th</sup> and when finished be done for the day. 8<sup>th</sup> grade students will not have school that day since we have to utilize all classrooms to test all 9<sup>th</sup> grade students according to College Board procedures. 8<sup>th</sup> grade students will complete their testing within the academic day throughout the testing window.

Once again, we encourage your participation in testing as it is our sole rating for performance from the State, and we know we have great students. Please encourage your student(s) to perform their best to give us the best picture of performance individually and as a school. It really is an important picture for our community and for its continued track of success.

Teachers have continued with working on goals set during the beginning of the school year. We are currently on our 2<sup>nd</sup> round of goal evaluation. This includes evaluation of progress towards department goals and any adjustments based on data results.

We appreciate the hard work students put in during the first semester and all the support you provide them at home. We look forward to continued success throughout the second semester.

Thank you for your continued support. Have a great February!

Sincerely,  
Jason Plantiko  
Principal  
Fruita 8/9 School



# REMINDERS~



**All Activities and  
Athletic  
Schedules/Events Are Posted  
On  
The Fruita 8/9 & FMHS Website**



**Current 8th graders interested in playing for Fruita Summer Baseball this summer. There will be a meeting on February 5th at 6:00pm in the F8/9 Cafeteria.**

## 9th Grade Spring Sports

Tryouts begin [March 2nd](#)

All 9th-12th must register for all sports online at <http://www.wearefruita.com/registration>

 <p><b>Baseball</b></p>	 <p><b>Girls and Boys Lacrosse</b></p>	
 <p><b>Boys &amp; Girls Track</b></p>	 <p><b>Girls Soccer</b></p>	
 <p><b>Girls Golf</b></p>	 <p><b>Boys Swimming</b></p>	 <p><b>Girls tennis</b></p>

## F 8/9 CLOSED CAMPUS POLICY

If you give permission for your student to leave school with someone who is not the parent/legal guardian or on the Emergency contact, you are asked to **provide written, signed notification stating the time the student is to be picked up and the name of the person with whom he/she is leaving campus.** That person is required to come to the office to sign the checkout book when the student leaves **and** when he/she returns. Note that when leaving for lunch, the student will be excused for their school lunch wave only. **If the student is not signed out by the person they go to lunch with it will not be excused.** Please plan ahead. Phone calls or faxes will not be accepted as permission.

### Next year's freshmen:

Registration appointments for all students who will be in 9<sup>th</sup> grade next year will occur between February 24 and March 5. The registration sessions will be in the Fruita 8/9 Cafeteria and will include a presentation on classes offered, high school credits, graduation requirements, etc. Each presentation will include about 25 students and their parents. These appointments will be in the evening and will last approximately 50 minutes. Students and parents should attend together as classes will be selected at the meeting. You will receive an email in early February inviting you to one of these sessions.

### Next year's sophomores:

Attention 9th grade students and parents!  
FMHS will be registering students for their 10th grade year in evening meetings during the week of March 2nd. Packets with instructions will be sent home with your student and they will include an appointment day/time based upon your last name. If this time does not work for you, please let us know at 970-254-6600 option 3, and we will reschedule you for another time.

### HEALTH OFFICE NOTICE

For the safety of the students and staff of Fruita 8/9 School, every student who claims sickness **must visit** the Health Assistant's office before leaving the school. If you receive a text from your child, please instruct them to first visit the Health Assistant's office before checking-out. This will save time for the parent and student from having to wait in office.

Thank you for your understanding.



## KIC WEEK

## FEB 10TH-14TH

*Activity schedule will follow  
on the Fruita 8/9 Website*

# Wildcat Power Hour Tutoring Info

**Mondays 3:15-4:15**

**Math & Science - Room 101**

**ELA & Other Subjects - Room 140**

**For any student who needs extra time or support to complete homework and assignments!**

## YEARBOOKS

Do not miss out on the **Memories** you made this year ....

Last day to buy a Guaranteed yearbook is  
**Feb 14th \$35.00**



Reminder~

**Please remember to pay  
your students lunch balance !**

**Thank you ~ Kitchen Staff**

Winter Formal

(9th-12th) All D51 High Schools

Saturday, Feb 15th 7:30 p.m. –10:30

@ CMU Ballroom

Tickets \$15.00

## SCHOOL TEXT BOOKS AND CALCULATORS

**Students** are responsible for books and calculators checked out to them. They must check them back in when they are finished with them. It is important that they return the original book that was checked out to them to avoid any fees. Many students turn in books that are not theirs. This will not clear their assessed fee unless it was checked out to them personally. If a student changes classes or the class ends, the student **MUST** bring that book **immediately** to **Mrs. Anderson** in the Copy Room. Your student has received reminders to do so. **If the books or calculators are not returned, a fine will be assessed.**



**Students Of The Week**

Loralei Liggett

Elijah Ono

Kim Boulden

Devin Norris

**Staff Of The Week**

Stacia Womack

Stephanie Lacount

Laura Martinovich

**Athletes Of The Week**

Solana Rodriguez

Tyler Archuleta

Hazel Toms

Connor Modica

**City Of Fruita**

**Student Of The Month**

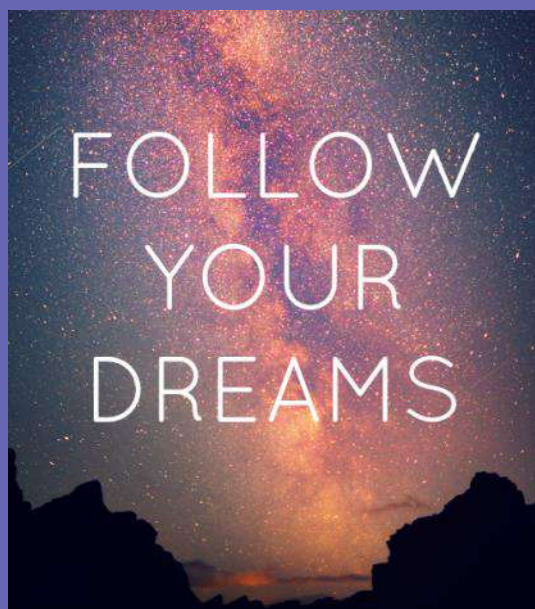
Lennea Gregg

**Teacher Of The Month**

Martha Gerstenberger



**FUNNIES & QUOTES**



**LOOK GOOD**

**FEEL GOOD**

**DO GOOD**



ZERODEAN.COM

# Talking to Teens

## ADVICE FOR PARENTS, TEACHERS, COACHES AND MORE

Sometimes it may feel like youth aren't listening to what you say but research shows adults can have a big influence on their behavior. What you think matters to the young people in your life. As an adult they trust, you can impact their choices. What you say, and the example you set, make a difference. The following tips can help you get talking.

### LISTEN

Make them feel heard. Consider their opinions and keep the conversation going. Even if you've talked about this topic before, their issues and opinions change all the time. Plus, as youth get older, they can feel more pressure from friends and classmates.

### SET CLEAR RULES

Make family, school and sports team rules clear and stick to them. Let them know what will happen if they don't follow them.

### FOCUS ON POSITIVE MESSAGES

Encourage them to make choices that help them achieve their goals.

### LEARN HOW TEENS ARE VAPING

Because of the wide array of discreet vape devices, it is easier than ever to hide them and vape at school or during school activities. Get a sense of what vaping devices look like.

### REMIND THEM WHAT CAN HAPPEN FOR BREAKING THE RULES

Teens that break school or school activity rules can be suspended or kicked off a team.

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## LET THEM KNOW: THEY COULD LOSE CONTROL

Most vapes contain nicotine, even many that say “nicotine free” on the label. Most teens start out thinking they can stop whenever they want and won’t ever become addicted. And lots more start smoking cigarettes, a product that kills half its users. In fact, a teen who vapes is four times more likely to start smoking.

## REMIND THEM THEY’RE ROLE MODELS TO OTHER YOUTH

Let them know that younger students and siblings look up to them as examples. How would they feel if a younger sibling got addicted to vaping?

## NOT EVERYONE IS DOING IT

It is easier for youth to say “no” to peer pressure if they know not everyone is doing it. Let them know that more than half of high school and middle school students have never vaped, so they’re in good company.

## SHARE THE SCIENCE

Despite what teens may hear, vaping is not just “harmless water vapor.” Most vapes contain nicotine, artificial flavoring and other chemicals. Stress the fact that teens who JUUL or vape nicotine or THC may have trouble learning and memory issues, as both nicotine and THC have negative effects on adolescent brain development.