

Simonsen Wire

*January,
2015
ISSUE*

CHARACTER VALUE

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Simonsen 9th Grade Center
501 East Miller Street
Jefferson City, Missouri 65101

(573) 659-3125 – Main Office
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From the Simonsen Administrative Team

First semester is in the books: however, it's not over yet. We have two more terms of credits to earn, things to learn, and growth to make to reach our sophomore year. We want to remind students and parents that academic labs are open on Tuesday and Thursday mornings from 7:30 – 8:10 a. m. in all subject areas for students to receive assistance with their course work. Students receive progress reports every three weeks in their Advisory class to help them stay current of their progress in the classroom.

The next parent teacher conference night is Tuesday, February 10th from 4:00 pm- 8:00 pm. Schedule cards will be sent home soon.

As always this time of year brings the chance for inclement weather. Information concerning school closings and inclement weather is found in THIS issue of the Simonsen Wire (page 5) and can also be found on the district website.

HAPPY NEW YEAR!!!

Ben Meldrum, Associate Principal
Julie Bryan, Assistant Principal
Mike Shipp, Assistant Principal

MSHSAA DEAD PERIOD

The Missouri State High School Activity Association requires each member school to have a "dead period" during the summer. This means there will be no activity including all sports, band, drama, debate, etc. at the high school level involving any of our teachers/coaches. The weight room will be closed and no coach and/or teacher can have contact with any student athlete during this week.

The dead period for Jefferson City Public Schools is Saturday, June 27 through Monday, July 5, 2015. Please make note of this as you plan your summer vacations.



SIMONSEN MISSION STATEMENT

***The mission of
Simonsen 9th
Grade Center
is to assist
our students
in developing a
set of skills that
will serve
them well
in a
changing world
and to
inspire a
continuous
desire to learn.***

**SIMONSEN
IS A
FRAGRANC
E FREE
SCHOOL
BUILDING**



Randomly, we picked the following two students to ask the following "Question of the Month":

WHAT'S YOUR NEW YEAR'S RESOLUTION AND WHY??

"My New Year's resolution is to go to the gym more often because I've become very sedentary."

- Ryan Thordsen

"My New Year's resolution is to try harder in math. I tend to slack off because I don't like it. I plan on staying after school more if I need the help."

- Addison Neal

DID YOU KNOW???

*According to a recent study, less than 10 percent of high schoolers get enough sleep on school nights. Being sleep deprived can make students drowsy during the day, cause headaches, and affect learning. Try to encourage your teen to get his homework done early so he can relax and still get 8 to 9 hours of sleep each night.

*Internet plagiarism is on the rise. More than half of all high school students surveyed admitted to copying information or whole research papers from the Internet. Make sure your kids do their own work and cite any sources they use for research.

Save the Date!

**Plan to attend
Parent-Teacher
Conferences**

**Tuesday,
February 10, 2015
4:00 to 8:00 P.M.**

**Conferences play
an important role
in your student's
school career**

ATTENDANCE POLICY

It is the goal of the Jefferson City School District to provide a safe environment for students. The District recognizes that rules regarding the dismissal of students are a necessary part of the district's safety program. Any person requesting release of a student must present proper identification prior to release of the student. We appreciate your cooperation with this policy.

Character Education

The Simonsen Staff strives to increase student achievement by implementing a character education program. Over time, we hope to increase the number of students involved in the program by providing a positive culture and school climate for staff and students. We hope to develop and enhance quality education and instructional programs to improve performance and enable students to meet their personal, academic, and career goals.

Strategies and action steps we have used and may continue to use to reach our goal include, but are not limited to, the following:

- Staff recognizing students displaying the character trait of the month as a JayBird Allstar.
- Displaying a "Simonsen Wall of Community".
- Staff greeting students at the classroom door, as well as, in the hallways.
- Advisory class discussions of a character.
- Incorporate character education into our curriculum.
- Ensure discipline is in place that maximizes instructional time.
- Maintain the presence of a School Resource Officer (SRO).

Learn...Share...Grow...

(A Monthly Spotlight on Teen's Health Issues)

Warning Signs of Teen Drug Abuse

Please note that even though some of these warning signs of drug abuse may be present in your teen, it does not mean that they are definitely abusing drugs. There are other causes for some of these behaviors. Even the life stage of adolescence is a valid reason for many of them to exist.

Signs in the Home

- loss of interest in family activities
- disrespect for family rules
- withdrawal from responsibilities
- verbally or physically abusive
- sudden increase or decrease in appetite
- disappearance of valuable items or money
- not coming home on time
- not telling you where they are going
- constant excuses for behavior
- spending a lot of time in their rooms
- lies about activities
- finding the following: cigarette rolling papers, pipes, roach clips, small glass vials, plastic baggies, remnants of drugs (seeds, etc.)

Signs at School

- sudden drop in grades
- truancy
- loss of interest in learning
- sleeping in class
- poor work performance
- not doing homework
- defiant of authority
- poor attitude toward sports or other extracurricular activities
- reduced memory and attention span
- not informing you of teacher meetings, open houses, etc

On the flip side of that, do not ignore the warning signs of teenage drug abuse. If six of these signs, (not all in the same category), are present for a period of time, you should talk to your teen and seek some professional help.

Physical and Emotional Signs

- changes friends
- smell of alcohol or marijuana on breath or body
- unexplainable mood swings and behavior
- negative, argumentative, paranoid or confused, destructive, anxious
- over-reacts to criticism acts rebellious
- sharing few if any of their personal problems
- doesn't seem as happy as they used to be
- overly tired or hyperactive
- drastic weight loss or gain
- unhappy and depressed
- cheats, steals
- always needs money, or has excessive amounts of money
- sloppiness in appearance

http://parentingteens.about.com/cs/drugsofabuse/a/drug_abuse20.htm

CHOOSING CLASSES

The right class schedule can help your teen have a successful, enjoyable school year. Here are some ideas for him/her to consider as he/she picks next year's courses:

- Mapping out the remainder of his/her high school career will help your child take courses geared toward his/her future. He/She will need to pay special attention to those that have prerequisites (Pre-Calculus before Calculus, Art I before Art II).
- When choosing among regular, honors, and AP classes, your teen should consider how he/she is doing right now. If he/she is doing well in regular English, for example, he/she may want to try Honors English. Encourage your student to balance the load by taking a few harder courses along with an easier elective or two.

STOP AND THINK: ARE YOU ON TRACK TO GRADUATE?

Each student has the potential to earn 4.5 credits in a semester. Students can earn up to 9.0 credits in a school year. Below is an example of how a student can fall behind on the 29 required credits needed to graduate just by failing one or two classes a term.

GRADE	TERM 1	TERM 2	TERM 3	TERM 4	TOTAL
9th	1.5	1.5	1.5	1.5	6.0
10th	1.0	1.5	2.0	1.0	5.5
11th	2.0	2.0	2.0	1.0	7.0
12th	2.0	2.0	2.0	2.0	8.0
TOTAL					26.5

Total Credits Needed to Graduate 29.0

SIMONSEN GUIDANCE OFFICE

PHONE:
(573) 659-3130

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(573) 659-7362



JAIME MARSHALL
Counselor/Dept. Chair

TIM RITTER
Counselor

LAUREN WINEMILLER
Counselor

KENNA PRIDGIN
Secretary

**"PROMOTING
THE WILL
TO SUCCEED
IN
EVERY
STUDENT"**

2015-2016 Enrollment

In January, freshmen will start an enrollment card for the 2015-2016 school year. Students should select courses that fulfill graduation requirements, prepare them for post-secondary plans, and make their high school experience meaningful. *The Academic Planning Guide*, detailing 2015-2016 course offerings, sample schedules, eligibility criteria, and testing information will be available online at www.jcschools.us and their Personal Plan of Study to make course selections will be available in the guidance office. Parents are encouraged to spend time reviewing and talking with their student and with teachers to help make their choices.

Enrollment: Frequently Asked Questions

WHAT AP CLASSES ARE OFFERED AT THE SOPHOMORE LEVEL? Sophomores at JCHS have the opportunity to take Advanced Placement European History. This course may be taken in place of World History. Interested students should get an application and signature from their Government teacher and return it before the enrollment date.

CAN MY STUDENT REVIEW THEIR PERSONAL PLAN OF STUDY BEFORE ENROLLMENT? Each freshman student will have the opportunity to review their Personal Plan of Study before enrollment. They may be viewed at any time with their Guidance Counselor.

WHAT HAPPENS IF I DO NOT EARN ALL OF MY CREDITS AT SIMONSEN? Upon completion of their freshman year at Simonsen, students with 6.5 or more credits move to JCHS and are promoted to sophomore status. Students who do not obtain 6.5 credits will remain at Simonsen the following year to earn credits needed to progress to JCHS.

Simonsen offers a limited program of credit recovery for students who have failed classes in the 1st semester. The program is based on teacher and counselor recommendations. JCHS offers many of the same required classes that Simonsen offers so that students who do not pass a class at Simonsen can repeat that class (or its equivalent) at the high school.

DO STUDENTS ENROLL IN SUMMER SCHOOL AT THE SAME TIME THEY ENROLL FOR NEXT YEAR'S CLASSES? Students enroll in summer school separately from regular enrollment. Summer school enrollment typically begins in the month of March. Listen for announcements.

CAN I EARN CREDIT DURING SUMMER SCHOOL? JCHS offers a summer school program for students who: (A) need to make up core classes; or (B) are attempting to take an elective class to free up some space in their schedule. Each year the classes offered varies based on student need and teacher availability. Students should not rely entirely on summer school to earn credit.

Prescription for Danger



Prescription drugs are abused by children more often than any other drug except marijuana. They can be easier for teenagers to find and teens may see them as safe since they are prescribed by doctors.

Explain to your child that any drug can be dangerous:

- If it's prescribed for someone else,
- If he or she takes too much,
- If he or she combines it with other drugs.

Commonly abused prescriptions include stimulants like ADHD medication, cough syrup, painkillers such as codeine or oxycodone, and depressants like sleeping pills and tranquilizers.

Be sure to store all prescription drugs in a locked cabinet. Know which ones you have and how much of each is left. You might ask your child's friend's parents to do the same since teens sometimes share medicines they find at home.

INCLEMENT WEATHER

As winter creeps closer, the Jefferson City Public Schools are preparing for the inevitable snow day. For those who make decisions about whether to run regular school bus routes or run the snow routes, or to cancel school, these days are challenging. Many things are considered when making decisions about how to run buses on inclement weather days, but the ultimate decision is always based on what is best for the students. Student safety is the primary concern of our school district.

What is the process for making a decision about whether to run regular or snow routes, or to cancel school?

- 1) When inclement weather is in the forecast, administrators will begin tracking the storm via television weather reports and the Internet.
- 2) Administrators will maintain close contact with county and city road crews.
- 3) If the storm is coming in the early morning hours, our Transportation Director and his colleagues at First Student Transportation will begin driving key roads. Typically these roads will be on the west and southwest end of the county/city, and several areas in Callaway County. It is not unusual for our staff to be out on those roads at 3:00 or 4:00 in the morning.
- 4) Depending on what time of day the storm looks to hit our area, administrators will consult other school districts in the line of the storm to gauge the intensity of the storm and to get their opinions on how to best deal with the situation.
- 5) Ultimately, the Transportation Director will contact the Superintendent and make his recommendation. The Superintendent will then make his decision.
- 6) At this time the Assistant Superintendent of the School-Community Relations will begin putting the word out via our parent notification phone system (Alert Now), the JCPS website, email, and through the media.

the CLUB Teen Center

Young people in Jefferson City can be steered from negative and potentially delinquent behavior with the help of a **new teen outreach program** offered by the Boys and Girls Club at their Teen Center.

The aim of this teen outreach program is to **help youth improve school performance, decrease juvenile justice involvement** and increase participation in Club programs that meet their interest and needs. The Teen Center provides **positive, structured Club activities for youth** identified as having risk factors, which if unaddressed could lead to the development of delinquent and counterproductive behaviors.

The Teen Center van will pick up students from school Monday-Friday and transport them to the Club located at 1306 Edmonds Street. Students will be provided a hot dinner and transported home at 8:00 pm. Homework help and tutoring will also be provided as a part of the program. **This program is provided at no cost.**

A member of the Boys and Girls Club Teen Center outreach program would like to talk with you and/or your child regarding their participation in the program. The goal is to ensure the youth of Jefferson City to **remain in school and avoid at-risk behavior**. Permission slips are required and available in the main office.

BLAST FROM THE PAST...

HillTop Echo Vol. XLVI, No. 5
January 1985.
POTPOURRI...
1985! JOY AND SUCCESS

January owes its name to the ancient Roman deity Janus; god of doorways as well as god of beginnings.

Janus had two faces, not because he was double-dealing or false; but rather because he stood guard at the gates of Rome. One face turned toward the city; the other, away from it. Nobody could enter or leave Rome without Janus' knowledge. The month of January is appropriately named, therefore, because it is the doorway to a new year, a new beginning. In addition, with the two faces of Janus, one can look back at the old year and also forward to the new.

CONTACT INFO FOR INCLEMENT WEATHER DAYS:

School Info Line:
635-JCPS (635-5277)
JCPS Website:
www.jcschools.us

KWOS AM RADIO	950 AM
KLIK AM RADIO	1240 AM
KFAL AM RADIO	900 AM
KATI AM RADIO	94.3 FM
KPLA FM RADIO	101.5 FM
KBXR FM RADIO	102.3 FM
KOQL FM RADIO	106.1 FM
KJMO FM RADIO	97.5 FM
KCMQ FM RADIO	96.7 FM
KJLU FM RADIO	88.9 FM
KCLR FM RADIO	99.3 FM
KZJF RADIO	104.1 FM
KMFC RADIO	109 FM
KRCG TV	CHANNEL 13
KOMU TV	CHANNEL 8
KMIZ TV	CHANNEL 17

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65101

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Visit our Website!

www.jcschools.us

Upcoming Important Events

JANUARY 1, 2015

- New Year Holiday

JANUARY 5

- Classes resume
- 3rd Term begins

JANUARY 20, 21, AND 22

- Baseline Training for Health
Classes, Simonsen Auditorium

JANUARY 14

- 2-Hour Late Start

JANUARY 19

- Martin Luther King, Jr. Holiday
(no classes)

JANUARY 23

- Winter Sports Assembly

JANUARY 24

- Winter Sports Dance @ JCHS

FEBRUARY 10

- Parent Teacher Conferences 4-8 pm

FEBRUARY 13

- No School (earned day off)

FEBRUARY 16

- No School (President's Day)

MARCH 30- APRIL 3

- Spring Break

**Happy
New Year!**

SIMONSEN 9TH GRADE CENTER

501 East Miller Street
Jefferson City, MO 65101