

# HOOFPRINTS

**February**

**2018**



## **MISSION STATEMENT**

FOUNTAIN CENTRAL COLLECTIVELY EDUCATES, DEVELOPS, ENCOURAGES, AND PROTECTS OUR STUDENTS

## **VISION STATEMENT**

FOUNTAIN CENTRAL WILL PRODUCE WELL-ROUNDED, RESPONSIBLE, EDUCATED CITIZENS WHO ASSUME PRODUCTIVE ROLES IN THEIR COMMUNITIES



## **BELIEF STATEMENT**

- WE BELIEVE IN THE UNIQUENESS AND VALUE OF EVERY STUDENT
- WE BELIEVE COMPASSION AND LIFE SKILLS ARE CRITICAL TO BUILDING A SUCCESSFUL SOCIETY
- WE BELIEVE A SAFE, CARING ENVIRONMENT IS ESSENTIAL TO THE MOTIVATION OF STUDENTS
- WE BELIEVE OUR VARIETY OF CURRICULAR OFFERINGS AND EXTRA-CURRICULAR ACTIVITIES OFFER STUDENTS THE OPPORTUNITIES TO EXPLORE AND DEVELOP





## ***COUNSELOR'S CORNER***

*MRS. JONES*

### ***SCHEDULING***

Course request forms will be presented to all high school students the week of Feb 12-16. Students will be asked to verify transcripts and select courses that align with their post secondary education plans. Course request forms will be due back to the guidance office Feb 23.

Students who are interested in participating in a vocational program will need to submit separate applications for those programs by Feb 23. Late applications may not be considered.

### ***8TH GRADE***

Counselors will present high school course request forms to 8th grade students on Wednesday, February 14.

Freshman Orientation for those students who are currently in the 8th grade will be held February 21st at 6:00 p.m. in the high school cafeteria. Parents will have the opportunity to look over various pathway options for their students, ask questions about four year plans, learn about college financial planning and the 21st Century Scholar program.


Students will have time to look over options and discuss choices with parents before returning their course request forms on February 23.

### ***FRESHMAN & SOPHOMORES***

All freshman and sophomore girls are invited to attend Purdue University's "Introduce a Girl to Engineering Day". It will be held Saturday, February 24, 2018 from 8:30am-4pm at Purdue University. For more information and to register, go to [www.purdue.edu/wiep](http://www.purdue.edu/wiep). The event is free but space is limited, so register soon if interested.

### ***SOPHOMORES***

PSAT results will be distributed in the upcoming weeks. Students can use their results to make a study plan for the SAT and begin to recognize their academic strengths and weaknesses. Students will be given access to My College QuickStart through the College Board, which will help with college and career planning. More information will be sent about that in the next few weeks.





## ***JUNIORS***

Students planning to attend a 4-year college or university should plan to take either the SAT or ACT their junior year. Students can register online for the SAT at <http://www.collegeboard.org/> or the ACT at [www.actstudent.org](http://www.actstudent.org)

New SAT and ACT Registration Policy: Due to new security enhancements, students are now required to upload a digital photo when registering for the SAT and ACT. Plan ahead to make sure you have an acceptable photo before the registration deadline.

Choosing the right college can be a time-consuming process. Visiting the campus is an essential part of making sure you make the right choice. We encourage students to take college visits during the junior year. Permission forms can be obtained from Mrs. Bowling in the front office.

## ***SENIORS***

If you plan to attend college but have not yet applied, do not put it off any longer. If you need help, see Mrs. Jones.

## ***STUDENT ATHLETES***

If you are a prospective student-athlete and looking to participate at the NCAA Division I or Division II level, you must register with the NCAA Eligibility Center. See Mrs. Jones if you have questions, but here is a summary of the steps:


1. Register at <http://eligibilitycenter.org>
2. Log into your Parchment account and have a transcript sent to NCAA or make a request to Mrs. Bowling in the Guidance Office.
3. Make sure your SAT and/or ACT scores have been sent directly from College Board or ACT. The NCAA will not accept the scores on your high school transcript.


## ***SELECTIVE SERVICE***

All males, upon reaching their 18th birthday, must register for the Selective Service. You will be denied federal and state aid for college if you are not registered. Online registration can be found at <http://www.sss.gov/regist%20information.htm> and must be done within 30 days of your 18th birthday.

## ***FINANCIAL AID***

The most essential element to applying for financial aid is the FAFSA (free application for federal student aid). The FAFSA is an online federal form that will link you to federal grants, loans, and work study funds. It is also used to calculate State aid eligibility. Even if you believe your family income is too high, you must still fill out the FAFSA. Some colleges require the FAFSA before they will award any merit based scholarships.





In addition, the student loans obtained through the FAFSA generally have the best interest rate. The FAFSA must be filled out at <http://www.fafsa.ed.gov/> by March 1, 2018.

### ***COLLEGE GOAL SUNDAY***

ISFAA's College Goal Sunday 2018 leadership team is pleased to announce that this year's event will take place February 25, 2018 at 2pm. At 42 locations all across Indiana, financial aid experts will once again give free FAFSA filing help to students and families! The best way to stay connected with College Goal Sunday Indiana is to check their website at <http://www.collegegoalsunday.org/>, follow them on Twitter (Twitter.com/CGS\_Indiana) and like them on Facebook (Facebook.com/IndianaCollegeGoalSunday)!

### ***SCHOLARSHIPS***

Local scholarship applications are available in the Guidance Office and on the FCHS website.

Community Foundation online scholarship applications are due March 1, 2018.

Please check the FCHS website often. New information is obtained and updates are made to the scholarship information documents regularly.

Scholarship information for the 2018-2019 academic year is now available from the Danville Area Community College Foundation. Seniors planning to attend D.A.C.C. may see Mrs. Yager in the Guidance Office or visit [www.dacc.edu/foundation](http://www.dacc.edu/foundation) for more information.





yourlifespeaks



[www.yourlifespeaks.org](http://www.yourlifespeaks.org)



your\_life\_speaks

Dear Parent/Guardian

Your child's school has planned a convocation with guest *Your Life Speaks*. This is a powerful, interactive convocation where your child may be challenged to change their way of thinking. **This is scheduled to take place on Tuesday, March 13<sup>th</sup>.**

*Your Life Speaks* is an organization that travels the United States talking to students in middle schools and high schools about life choices and how they will affect them in later years. *Your Life Speaks* will talk about self-harm, bullying, suicide, as well as drug and alcohol abuse and life choices.

Your child may come home and want to talk about what was presented. It has been reported by *Your Life Speaks* that many students are very excited to make a positive change and want to talk to the important people in their lives about the program. We encourage parents AND students to put down electronics and talk about what they heard today, how it impacted them and how they can take steps to change from within.

Many students will keep in touch with *Your Life Speaks* and have also been encouraged to stay in touch with good friends, reach out to family members, teachers and counselors as needed. We also offer resources for them and family members on our website at [www.yourlifespeaks.org](http://www.yourlifespeaks.org)

We also encourage students to channel energy into something they are good at or something they enjoy...art, music, sports, etc., instead of self-harm, drugs and alcohol. You as a parent will be able to help your child find something positive to focus on and stay focused on. Encourage them by asking to see their art work, listen to their music and really enjoy getting to know their gifts and participate with them!

We teach students their life Speaks, It Screams, It Shouts!! We have told your students to reach for their dreams and goals, no matter how impossible!! **To RUN AT THE ROAR!!** No one can stop them but them!!

Thank you,

Your Life Speaks

Also, another convocation has been has been scheduled for Tuesday, April 3<sup>rd</sup> featuring Stephanie Nancarrow. I wanted to give early notification to parents because you are invited to attend if you desire.

Nancarrow is one of three specially trained youth educators with the Indiana Internet Crimes Against Children (ICAC) who will be making presentations in each of Indiana's 92 counties on the program that is designed to reduce victimization of youth between the ages of eight and 18.

This should be a very informative presentation that can be very beneficial for parents. Parents are invited to attend the afternoon presentation from 2 p.m. – 3 p.m. in the high school gymnasium. If you are interested in attending put this on your calendar.

<https://www.youtube.com/watch?v=-3uJEgNSgPw> to see a news feature on the program.

# High School **YEARS**

Working Together for Lifelong Success



## Short Clips

### Listen up!

Listening is an important part of a high school student's day in class. Encourage your teen to be an attentive listener by remembering the acronym SOLER. She should Squarely face the teacher, Open her posture by uncrossing her arms, Lean in a bit to show interest, make Eye contact, and Relax.

### Promote problem solving

As your child approaches adulthood, you might think of yourself as a "consultant." Instead of telling him what to do, pose questions to help him problem solve for himself. For instance, rather than saying, "You should start your project now," you could ask, "How can you schedule your time to finish your project by Friday?"

### Be a parent volunteer

Reach out to your teenager's school to find out how you can volunteer. They may need parents to speak at a career night, chaperone a dance, or serve on a parent committee. Let your high schooler know about your involvement—she'll see that her school is important to you.

### Worth quoting

"The future belongs to those who believe in the beauty of their dreams."  
Eleanor Roosevelt

### Just for fun

**Q:** What's the worst thing that can happen to a geography teacher?

**A:** Getting lost.



## Respect for others, respect for yourself

What does it mean to be respectful? Talk with your high schooler about these key building blocks of respect.

### Respectful language

Kind, thoughtful words convey respect. Sometimes your teen might make a comment that sounds disrespectful ("Why would you do that?"), even if that wasn't his intention. Or he may lace otherwise kind words with sarcasm ("Nice going, Jim"). Let him know that he should think about both what he says and how he says it. He might not realize how his choice of words and his tone affect others.

### Behaving respectfully

The saying "Actions speak louder than words" is true when it comes to respect. Your teenager can show respect in many ways: by using good manners, giving off positive vibes with his body language (smiling, nodding), and obeying rules.



*Idea:* Your actions count, too. Model respect in front of your child every day (treating cashiers with respect for the job they're doing, for example).

### Self-respect

If your teen respects himself, he's likely to make better choices. That's why it's important that he set boundaries, stick to his values, and practice positive self-talk. *Idea:* Suggest that he treat himself the way he'd like his friends to treat him. He'd feel hurt if a friend called him a loser, so he shouldn't think or talk that way about himself. 👍

## Motivated to write nonfiction

Much of the writing your teenager does in her classes is nonfiction. Suggest these real-life activities for extra practice.

■ **Op-ed pieces.** Is your teen passionate about solving the homeless problem or ending bullying? She might pen a letter to the editor of the town or school newspaper with suggestions for how to help.

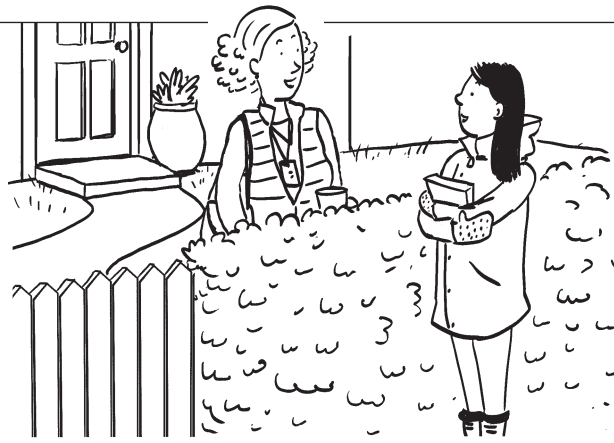
■ **Grant proposals.** Your high schooler could get funding for a group she's involved in or for a community organization she cares about. Encourage her to talk to her school counselor or see [ysa.org/grants](http://ysa.org/grants) for ideas. 👍



# Investigate future careers

Like many high schoolers, your teen might not know what she wants to do when she “grows up.” Now is a great time to explore her options. She’ll brush up on school-success skills, too, with these ideas.

→ **Identify strengths.** Suggest that she ask herself questions (“What am I good at that I also enjoy?”) and write down her answers (math). Then, she could use this information to find careers that match (accountant, statistician). *Bonus:* This will sharpen her critical-thinking abilities.



→ **Read about careers.** At the library, have her find career resources like *What Color Is Your Parachute? for teens* (Richard N. Bolles and Carol Christen). This book will help her link her passions, such as art or technology, with possible college majors (digital design) and dream jobs (animator). *Bonus:* She’ll boost her reading and research skills.

→ **Talk to people in different jobs.** By chatting with relatives and neighbors, she can get the skinny on what it’s really like to work as a teacher or a cake decorator. *Bonus:* She will practice communicating and listening. 👍



## Parent to Parent Bond over interests

I was struggling to connect with my older daughter—she’s all about sports, and sports have just never been my thing.

So when it was time to visit colleges with Trina, I decided to surprise her with tickets to a basketball game at one of the schools. She was happy to explain different aspects of the game to me, and it was great to enjoy the game together. Plus, it gave us something to talk about afterward.

That led me to another idea. Since I’ve been wanting to get in better shape, I asked to join Trina on her training runs for an upcoming race. She’s fine with taking walk breaks when I get tired, and she has been encouraging me. I’m looking forward to cheering her on at her race. But the best part? We’re talking, laughing, and really connecting. 👍



## Driving danger zones

Keep your teen safer in the car by helping him understand these three leading causes of car accidents.



- 1. Teen passengers.** The more friends your teenager has in his car, the more likely he is to have an accident. Insist that he obey your state’s law about how many passengers he can carry. Also, let him know *your* consequences for breaking it—in addition to his being responsible for fines if he’s pulled over.
- 2. Cell phones.** Forbid texting while driving. Here’s a way to impress the importance of this on your child. Ask him to read the last text he sent and think about whether that text was worth getting into a crash—possibly leading to serious injury or even death.
- 3. Alcohol.** Be firm that your high schooler must never drink or get in a car with someone who has been drinking. Let him know he can call you at any time for a safe ride home with no repercussions. 👍

## Q & A Step up class participation

**Q** My son gets good grades on written assignments, but his teachers say he rarely participates in class. How can I encourage him?

**A** Talking in front of others is an important life skill. Your son will feel more confident if he’s prepared. For example, while reading a novel that will be discussed in class the next day, he can jot down points he would like to make.



If he struggles to find something original to say during the discussion, he could “piggyback” on others’ points. He might comment on what another student says or answer a classmate’s question. Also, recommend that he jump into the discussion early. The longer he waits, the harder it may seem to chime in.

At home, let him practice speaking up by having him order pizza, make doctor appointments, and call companies’ customer service departments. 👍

### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • rfeustomer@wolterskluwer.com  
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# February 2018

## Athletic Events for Fountain Central (2017 - 2018)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> G-SD-V 5:30 PM Sectional (T) G-BB-7 6:00 PM South Vermillion (H) G-BB-8 6:00 PM South Vermillion (T)	<b>2</b> C-- 8:45 AM FACS Field trip (H) G-BB-V 6:00 PM Sectional@ Cent. Catholic (T)	<b>3</b> G-SD-V 9:00 AM Sectional (T) G-BB-6 9:00 AM North Vermillion Tourney (T) G-BB-V 7:30 PM Sectional @ CC (T)
<b>4</b>	<b>5</b> G-BB-7 6:00 PM Riverton Parke (AT) (T) B-SD-V 6:00 PM Western Boone (H) G-BB-6 6:00 PM Covington (T) G-BB-8 6:00 PM Riverton Parke (H)	<b>6</b> C-SD-JH 6:00 PM Western Boone (H)	<b>7</b> B-SD-V 6:00 PM North Montgomery/NV @ NMont (T)	<b>8</b> C-SD-JH 6:00 PM Southmont Jr. High (T)	<b>9</b> B-BB-JV 6:00 PM Turkey Run (H) B-BB-V 6:00 PM Turkey Run (H)	<b>10</b> B-BB-JV 6:00 PM Southmont (T) B-BB-V 6:00 PM Southmont (T)
<b>11</b>	<b>12</b> G-BB-7 6:00 PM Seeger (T) G-BB-8 6:00 PM Seeger (T)	<b>13</b> C-SD-JH 6:00 PM Attica/NV (H) B-WR-JH 6:00 PM Tuttle (H) G-BB-7 6:00 PM Tuttle (H) G-BB-6 6:00 PM Attica (T) G-BB-8 6:00 PM Tuttle (H)	<b>14</b> C-- 6:00 PM Freshman Orientation (H) G-BB-6 6:00 PM Tuttle (H)	<b>15</b> B-SD-V 5:30 PM Sectional (T) G-BB-7 6:00 PM Southmont Jr. High (H) G-BB-6 6:00 PM North Vermillion (T) G-BB-8 6:00 PM Southmont Jr. High (T) Girls 5 6:00 PM North Vermillion (T)	<b>16</b> B-BB-JV 6:00 PM North Vermillion (T) B-BB-V 6:00 PM North Vermillion (T)	<b>17</b> B-SD-V 9:00 AM Sectional (T)
<b>18</b>	<b>19</b> G-BB-7 6:00 PM Turkey Run (H) G-BB-8 6:00 PM Turkey Run (H)	<b>20</b> B-BB-JV 6:00 PM Clinton Prairie (H) C-SD-JH 6:00 PM Attica/Benton Central (H) B-WR-JH 6:00 PM Northridge (H) G-BB-7 6:00 PM Attica (AH) (T) B-BB-V 6:00 PM Clinton Prairie (H) G-BB-6 6:00 PM Turkey Run (T) G-BB-8 6:00 PM Attica (AT) (T) Girls 5 6:00 PM Turkey Run (H)	<b>21</b> C-- 6:00 PM Freshman Orientation- Alternate (H)	<b>22</b> C-SD-JH 6:00 PM Seeger (T) B-WR-JH 6:00 PM Rockville/Att @Att (T) G-BB-6 6:00 PM Covington (H)	<b>23</b> C-- 7:45 AM AP Field Trip (T)	<b>24</b> B-WR-JH 9:00 AM (Southmont Inv.) (T) G-BB-6 9:00 AM FC Tournament (H)
<b>25</b>	<b>26</b> B-WR-JH 6:00 PM Seeger (T) G-BB-7 6:00 PM Covington (AT) (T) G-BB-8 6:00 PM Covington (H)	<b>27</b> B-BB-V 6:00 PM Sectional (T)	<b>28</b> C-SD-JH 6:00 PM Northridge (T) B-WR-JH 6:00 PM Turkey Run (H)			

G-SD-V = Swimming & Diving (Girls V)  
 C-- = Special Events  
 B-SD-V = Swimming & Diving (Boys V)  
 B-BB-V = Basketball (Boys V)

G-BB-7 = Basketball (Girls 7)  
 G-BB-V = Basketball (Girls V)  
 C-SD-JH = Swimming & Diving (Co-ed JH)  
 B-WR-JH = Wrestling (Boys JH)

G-BB-8 = Basketball (Girls 8)  
 G-BB-6 = Basketball (Girls 6)  
 B-BB-JV = Basketball (Boys JV)  
 Girls 5 = Basketball (Girls 5)