

CANES COUNSELORS

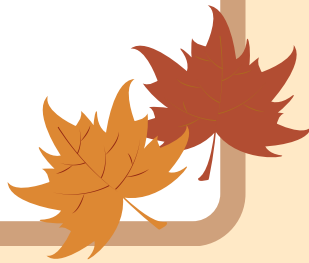
STUDENT/PARENT NEWSLETTER

OCTOBER EDITION



UPCOMING EVENTS

- October 5th - Hispanic Heritage Night
- October 5th - Teacher of the year nominations due
- October 6th - End of the 1st 9 Weeks
- October 6th - College Fair (11th & 12th Grades)
- October 9th - Teacher work day - no students
- October 10th - College Application Crash Course (6PM)
- October 11th - PSAT/NMSQT (10th & 11th) SAT School Day (12th needing concordant scores)
- October 13th - Report Cards posted to FOCUS
- October 27th - Blood Drive
- October 31st - Early Release



FOCUS PARENT PORTAL

BELONG EXCEL SUCCEED TODAY - BE YOUR B.E.S.T.

**STAY CONNECTED THROUGH
FOCUS PARENT PORTAL**

MCSO's FOCUS Parent Portal provides parents and guardians a real-time view of their child's grades, attendance information and progress monitoring results.

HOW TO REGISTER:

GO TO KEYSCHOOLS.COM
In the right-hand corner, click **Parents**. From the menu, select **Parent Resources**. Under **Other Parent Resources**, click **FOCUS Parent Portal Registration**.

CREATING YOUR ACCOUNT
If you are creating an account for the first time, click the orange box that says "I DO NOT HAVE a FOCUS Parent Portal Account and would like to create one (even if my child is already enrolled)" link at the center of the page.

ENTER PARENT INFORMATION
Enter your First and Last Name exactly as it appears on your identification. Then enter your active email address and create a password.

LINK YOUR CHILD
You will now click "I would like to ADD A CHILD who is already enrolled" to link your child to your account. Enter your child's Student ID number (begins with 44000) and Birth Date for MM/DD/YYYY then click **add student**. Repeat these steps to add any other children.

FINISH
Once you have successfully added all desired children, click "I am FINISHED adding students. Please take me to the Portal."

*Note in the future you will need to use the username provided and the password you create to access your portal again.

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FOCUS

Already registered? Login to the Portal directly from our District site under the "Parents" tab.

10 WAYS TO HELP YOUR TEEN SUCCEED IN HIGH SCHOOL

1. Go to Back-to-School Night and Parent-Teacher Conferences - Teens do better in school when parents support their academic efforts. Going to the school's open house or back-to-school night is a great way to get to know your teen's teachers and their expectations. School administrators may discuss school-wide programs and policies, and post-high school options that parents and guardians of juniors and seniors need to know about.
2. Visit the School and Its Website - Knowing the physical layout of the school building and grounds can help you connect with your teen when you talk about the school day. It's good to know the location of the main office, school nurse, cafeteria, gym, athletic fields, auditorium, and special classes.
3. Support Homework Expectations - During the high school years, homework gets more intense and grades become critical for college plans. Students planning to attend college also need to prepare for the SATs and/or ACTs. At the same time, many teens are learning how to balance academics with extracurricular activities, social lives, and jobs.
4. Send Your Teen to School Ready to Learn - A nutritious breakfast fuels up teens and gets them ready for the day. In general, teens who eat breakfast have more energy and do better in school. To apply for Free/Reduced Lunch click here: <https://frapps.horizonsolana.com/welcome>
5. Build Organizational Skills - Learning and mastering the skills of getting organized, staying focused, and seeing work through to the end will help teens in just about everything they do. Students can benefit from parents helping with organizing assignments and time management.
6. Offer Help With Studying - Planning is key for helping your teen study while juggling assignments in multiple subjects. Grades really count in high school, so planning for studying is crucial for success, particularly when your teen's time is taken up with extracurricular activities.
7. Know the Disciplinary and Bullying Policies - All schools have rules and consequences for student behaviors. Schools usually list their disciplinary policies (sometimes called the student code of conduct) in student handbooks. The rules cover expectations — and consequences for not meeting them — for things like student behavior, dress codes, use of electronic devices, and acceptable language.
8. Get Involved - Volunteering at the high school is a great way to show you're interested in your teen's education. Some teens like to see their parents at school or school events. But others may feel embarrassed by it. Follow your child's cues about what works for you both, and whether your volunteering should stay behind the scenes. Make it clear that you aren't there to spy — you're just trying to help the school community.
9. Take Attendance Seriously - Teens should take a sick day if they have a fever, are nauseated, vomiting, or have diarrhea. Otherwise, it's important that they arrive at school on time every day, because having to catch up can be stressful and interfere with learning.
10. Talk About School - Because many teens spend so much of the day outside the home — at school, extracurricular activities, jobs, or with peers — staying connected with them can be challenging for parents and guardians. While activities at school, new interests, and expanding social circles are central to the lives of high school students, parents and guardians are still their anchors for providing love, guidance, and support.

ADAPTED FROM: [HTTPS://KIDSHHEALTH.ORG/EN/PARENTS/SCHOOL-HELP-TEENS.HTML](https://kidshealth.org/en/parents/school-help-teens.html)



Nine Tips for Getting Better Grades in High School

Adapted from: How to Get Better Grades in High School

<https://www.sparkadmissions.com/blog/how-to-get-good-grades-in-high-school/>

1. Do Your Homework - It sounds obvious, doesn't it? To get better grades, do the homework assignments. Yet, you would be surprised by how many high school students don't do their homework, leaving assignments unfinished or waiting until right before the test to do them. That might have worked in middle school, but it's unlikely to fly in high school.
2. Participate in Class - Everyone knows that it's easier to pay attention to something if you're active and involved. Particularly in a classroom, passively listening often makes it harder for you to remember what was said because you weren't actively participating.
3. Take Good Notes in Class - It's a near-universal fact: straight-A students take good notes. That said, note-taking is not necessarily something all high school students know how to do, and not all schools do a good job of teaching it. Learning to take notes may be something you need to undertake on your own, but it's absolutely crucial to getting better grades.
4. Don't Hesitate to Ask for Help - There's a common misconception among high school students that you should only ask for extra help if the teacher specifically recommends it or if you're getting really bad grades. In fact, all good teachers would love to help you whenever you need it!
5. Keep Yourself Motivated - Another truth about getting better grades is that it isn't just about one test or one paper. A strong final grade is the product of a lot of good grades all strung together, which means you need to stay motivated throughout the year. Staying focused on schoolwork isn't always easy.
6. Create a Study Schedule - Staying on top of your schoolwork isn't always easy; you have extracurricular activities, service commitments, family responsibilities, and more. Time management can be the best tool in your arsenal for getting better grades. Creating a study schedule can help you manage your time and keep from cramming.
7. Remove Distractions - Getting the most out of studying means staying focused, which in turn means minimizing distractions. These days, it's hard not to get distracted by notifications on your phone, computer, or other screen. But maintaining productive study time means filtering all this out to focus on your schoolwork.
8. Don't Study Alone - When we imagine studying, we often picture someone alone at a desk. But just as being an active class participant can help you connect more deeply to the material, so too can studying with a partner, group, or tutor help your grades!
9. Take Care of Yourself! - Finally, one of the most important things you can do to get better grades in school is to take care of yourself. Getting burned out and overwhelmed will not increase your grade point average! At a certain point, everyone needs some self-care. Good health-physical and mental-is critically important to success in school.



IMPORTANT CLINIC NEWS

HEALTH HISTORY FORMS ARE PAST DUE. IN ORDER FOR YOUR CHILD TO BE SEEN BY NURSE MARGARET FOR ANY REASON SHE MUST HAVE A COMPLETED HEALTH HISTORY FORM. IF YOU HAVE ANY QUESTIONS PLEASE CONTACT NURSE MARGARET
MARGARET.JOYCE@KEYSSCHOOLS.COM

SCHOOL SOCIAL WORKER MENTAL HEALTH TIP

SOMETIMES, ALL WE NEED TO HELP OURSELVES GET REGULATED IS TO TUNE INTO OUR BODIES AND BREATHING. BREATHING IS OFTEN ONE OF THE MOST OVERLOOKED WAYS TO MANAGE MENTAL HEALTH AND STRESS, BUT IT'S AN EASY STRATEGY TO IMPLEMENT. MINDFUL BREATHING DOESN'T HAVE TO BE COMPLICATED; YOU DON'T NEED TO KEEP A COUNT OR FOCUS ON YOUR BODY MOVING. AN EASY AND ACCESSIBLE STRATEGY IS INCORPORATING A BREATHWORK TECHNIQUE.

BEFORE STARTING, IDENTIFY SOMETHING YOU WANT MORE OF. YOU CAN CALL IN ANY POSITIVE ELEMENT, SUCH AS PEACE, JOY, RELAXATION, ETC. NEXT, THINK OF SOMETHING YOU WANT TO LET GO OF, SUCH AS ANGER, STRESS, RESENTMENT, ETC. CALL TO MIND WHAT YOU WANT TO INVITE AS YOU BREATHE IN AND WHAT YOU WANT TO RELEASE AS YOU BREATHE OUT. REPEAT TO YOURSELF AS YOU BREATHE, "BREATHE IN _____, BREATHE OUT _____" TRY REPEATING THIS A FEW TIMES AND NOTICE ANY SHIFTS THAT OCCUR. SENDING PEACE!

