



Parent Newsletter

Contact Information

Office
p: 903-876-3219
f: 903-876-4558

Administrative Asst.
Megan Newman (HS)
megannewman@frankstonisd.net

Beth Ward (MS)
bethward@frankstonisd.net

Quote:
"You must be the change you wish to see in the world."
Ghandi

UPCOMING DATES

HS Basketball vs
Tyler Heat (JV Boys)
1/22 Home (5:00)

Crockett (B. & G.)
1/29 Home (5:00)

Teague (B. & G.)
2/5 Home (4:30)
*Girls Senior Night

Buffalo (B. Only)
2/8 Home (5:00)
*Boys Senior Night

**Boys & Girls (B. & G.)

MS Basketball vs
Elkhart
Home (5:00)

Powerlifting
@ Bullard 1/26
(9:00 am)

@ Rusk 2/2
(8:30 am)

@ Pine Tree 2/16
(8:30 am)

Progress Reports
1/30

Principal's Note

Rigor for ALL Edgar Rodriguez

At FISD, we seek to provide great instruction across our classrooms to ensure **ALL** students have opportunities for success after graduation. Our teachers work diligently to develop and grow in their practice to provide lessons that target **ALL** learners. It is important for our teachers to transfer their content knowledge to our students using various teaching strategies while maintaining **RIGOR**. Rigor is used with frequency, but is commonly misused. Students experience rigor in the classroom when challenged to think, perform, and grow to a level that they were not at previously. Rigorous lessons are challenging and can cause frustration with increased levels of stress, but it's **OKAY**. We support our students through these experiences during instruction with a variety of teaching strategies and provide additional support after school through tutorials. If your student seems frustrated or upset with their coursework, contact the teachers for additional support. Our teachers are always willing to support our students and are committed to at least an hour before or after school for tutorials.

We will continue to push our students thinking and hope to gain your support through the learning process. It is difficult to see our students struggle and become frustrated with the academic work, but we cannot allow them to quit. Let's find solutions to support our students and commit to their learning.

Below are five key myths about rigor:

- Myth #1: Lots of Homework is a Sign of Rigor
- Myth #2: Rigor Means Doing More
- Myth #3: Rigor is Not For Everyone
- Myth #4: Providing Support Means Lessening Rigor
- Myth #5: Resources Do Not Equal Rigor

Message from our Dean Student Dress Code Review Cindy Owens

Frankston Independent School District's dress code is established to teach students appropriate

grooming and hygiene, prevent disruptions, and minimize safety hazards in our schools. FISD is charged with the responsibility of maintaining an atmosphere and environment conducive to learning. Meeting this responsibility entails providing not only a secure educational environment, but also standards of acceptable behavior and appearance among students. From time to time, FISD allows students to have a more relaxed dress code for certain fund raising events. These events are now over for the year and all dress code policies will be enforced for the remainder of the year. The school dress code is attached for your convenience. It is the responsibility of students and parents to be aware of the dress code, in order to determine appropriate personal dress and grooming practices for their student(s) and comply with these standards.

The Counselor's Corner Educating the Heart and Mind Ashley Standifer

Aristotle is credited with saying, "Educating the mind without educating the heart is no education at all." It is so critical that we are working together at home and school to cultivate skills such as self-awareness, effective communication, and self-regulation. Teaching our students about emotions and how to appropriately process how they feel will have a lasting impact in the classroom and in life. Here are a few items you can do at home to promote social and emotional learning. Students really do need and like structure with parental involvement. It may not be tomorrow, but one day, they will thank you!

1. **Reward effort – not just results.** – Praise their specific strengths. Talk about how they can improve. Do NOT just list everything they did wrong.
2. **Ask students how they feel.** – This tells your student that you care and how they feel really does matter. This also allows you to help them work through any difficult situations. Also, don't be afraid to ask the hard questions.

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STAAR/EOC

April 9 – 12 (47 Days)

(4/9) 7th Writing
(4/9) 8th Reading
(4/10) 8th Math
(4/9) 9th ELA 1
(4/11) 10th ELA 2

Administration

Edgar Rodriguez
Principal

Cindy Owens
Dean of Students

Ashley Standifer
Social Emotional
Counselor

Chelsey Vinzant
College & Career
Advisor

3. Be willing to apologize. – Adults make mistakes too, and that is okay! Apologizing is a great way to model positive behavior to your student. It places importance on respecting other's feelings. It teaches them to play a positive role in resolving conflicts.

4. Find ways to stay calm when angry. – Angry is an emotion. It is normal to get angry or frustrated during the day. Make your student aware of their trigger situations and review coping strategies they can use before they lose control. Remember feelings are indicators not dictators.

5. Ask questions that help children solve problems on their own. – Do not swoop in and save the day every time they have a problem. This hinders their ability to problem solve. Finding solutions on their own is a life skill. Point them in the right direction with questions like "What should you do next?" or "What do you think you can do in this situation?".

College and Career Corner

FHS SAT Prep
Chelsey Vinzant

FHS will provide the opportunity for all juniors to take the SAT this semester. The SAT is a college entrance exam accepted in all colleges and your score could be worth thousands of dollars. We

would like our students to be prepared and will host SAT Prep Classes on campus in the evening. The classes will be in the Technology Building from 4:30 p.m. until 6:00 p.m. We will provide light snacks and drinks for all students that attend the courses. There will be a small fee for the SAT books needed for the course. If you have any questions, contact me at your earliest convenience.

SAT Prep Course

Jan 22-Day 1

Introduction and the Writing and Language Test

Jan 24-Day 2

Essay: Reading, Analysis, and Writing

Jan 28-Day 3

Math: Test Composition and Familiar Math

Jan 31-Day 4

Math: Calculator and Passport to Advanced Math

Feb 4-Day 5

Reading: Inferences, Conclusions, and Structure

Feb 7-Day 6

Q & A and Closure

achieve
more

SAT[®]

College Profile: University of North Texas

<https://www.unt.edu/>

Located: Denton, Texas (35 miles outside of Dallas)

City Population: 131,000

Founded: 1890

School Colors: Green and White

School Mascot: Eagles

Enrollment: 29,758

Acceptance Rate: 65.38%

Cost: \$6,904 In-state tuition or \$15,592 Out-of-state tuition (Other costs include: Estimated \$1000 per year for books and \$7,717 per year room and board)

Offers: 105 bachelor's, 88 master's and 37 doctoral degree programs; Various clubs, organizations, and intercollegiate sports



