**[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=OZ1PWFa9lki3MM&tbnid=jXFEI_8xPg8JbM:&ved=0CAUQjRw&url=https://twitter.com/News4FHMS&ei=xGbUUZiPPKqMyAGBjID4Bg&bvm=bv.48705608,d.aWc&psig=AFQjCNGW3pUwC13UGqqz66nmPbmQN5CSYQ&ust=1372960822459511) Guidance Newsletter**

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| FRANCIS HOWELL MIDDLE SCHOOL |

Hello Francis Howell Middle School Families,

The end of first quarter has arrived! Your children have been working for the past eight weeks to get back into the groove of another school year. We have seen our students demonstrate such amazing citizenship with their peers, consistent academic growth, maturity and respect for our school, faculty and staff over the course of the quarter. The 6th grade students are thriving in their new environment, and we feel it fitting to commend our 7th and 8th grade students’ efforts to welcome the 6th graders to our school. Our 7th graders are embracing their role as upper classmen with pride, while our 8th graders are leading with character. The students at FHMS have definitely earned the reward of a Fall Break. We hope you were able to take some time off to enjoy your children and a restful time as we approach the upcoming holiday season.

Among the daily happenings of a school counseling department, we have been working with your children to support their lifestyle and career development. During first quarter, we spent time with our 6th and 7th grade students exploring the Career Cruising website. This amazing tool can be easily accessed through the Francis Howell Middle School website. Simply go online to visit our home page at <http://fhsdfhm.sharpschool.net/> and find the Quick Links at the right margin of the page. Scroll down to the Career Cruising tab. Click here and you are ready to login. Your child’s user name is FH-student ID#. The password for them is either their 8-digit birthday (mmddyyyy) or a lower case first and last initial and their 6-digit birthday (flmmddyy). Everything we complete on Career Cruising at school with the students saves to their profile. We hope you and your child are able to spend a bit of time exploring the website together.

**Sixth Grade**

Our 6th graders are asked to use the Career Cruising website to explore their Learning Style. We find supporting the growing need for independence of the 11-12 year old age group is an optimal time to encourage an adolescent’s understanding of how they learn best. This process promotes feelings of confidence in preparing for the growing demands of their academic careers. As an interesting bonus, 6th graders discovered their personality styles. Ask your child what animal they are and what that means! Extend this fun activity and the conversation. Take some time to let them discover the other personality styles in your family.

**Seventh Grade**

As counselors, we are tasked with helping students define their interests, and recognize the natural abilities they possess, in an effort to relate these to careers which coincide with the six career pathways. Our 7th grade students use Career Cruising to identify a career cluster based on their strengths and skills. Consistent with adolescent child development, 12-13 year olds are beginning to reason far more abstractly and are capable of thinking through hypothetical situations. Now is the perfect time for children this age to begin exploring the career possibilities available to all of us. As an extension of the assessment, students were asked to explore the education necessary to meet the requirements of a career they chose to research. Many students were amazed to see college tuition rates of various colleges in Missouri and around the country offering the educational programs they would need to attend to meet career goals. Our “Pro-Athletes” researched the colleges they aspire to play at, and the degree programs available to attend those schools.

**Eighth Grade**

In November, our 8th grade students will begin the process of a creating a four-year personal plan of study. Toward the end of this school year, each student’s plan will be entered into the Career Cruising website. The personal plan of study is the foundation for each student’s academic choices over the course of the next four years. Additionally, the plan lays a foundation for a student’s continued post-secondary educational plans. There is some controversy about asking 13-14 year olds to make concrete decisions about their post-secondary goals. However, rest assured, the personal plan of study is a starting point for your child and a helpful working document when creating a relevant class schedule each year for them each year of high school.

**Important Upcoming Dates**

***October 28th*** at 3:30pm: Halloween Bash at FHMS for students

***November 8th***no school due to elections

***November 10th*** Veteran’s day assembly

***November 15th*** at 6pm Book Study with the Counselor at Brass Rail: More information on enews and below

***November 17th*** 6th grade social at Great Skate after school 4pm

***November 17th*** FACE book study 7pm; More information on enews

**Academic Reminders:**

*Parent Portal:* You and your student have access to this tool. This is where you go to find out grades and missing work. If you need the access code contact the main office. If you already have access and forget your password call this number: 636-851-4357 that is the district technology help line.

*Grade Level website*: http://fhsdfhm.sharpschool.net/team\_websites/ Visit this weekly! Teachers update this website for the entire week. This is where you go to find out what assignments are coming up and descriptions of the assignments

*Remind 101:* Ensure you are signed up for the teacher’s remind 101 if they have it! Your student will sign up too. This is a great way to receive test reminders from teachers and other information.

*Google Classroom and Schoology:* These may be tools the teachers use in their classroom and outside of the classroom to post resources for the class. The teachers reviewed this with you at meet and greet night and with students the first or second week of school.

*Guidance website*: [www.fhmsguidance.weebly.com](http://www.fhmsguidance.weebly.com) We hope to be better this year! We will be posting school updates on this site. Ms. Weiss lead the Character Connection Committee that helps plan lessons for Character Connection Class and I am hoping to post a lot of information about CC Class on the guidance website to keep you all informed.

*Book Study:* All FHMS families 6-8grade: Ms. Weiss and Ms. Lester 7th and 8th grade counselors are hosting a booking study with the counselors.

**When**: November 15th at 6pm

**Where**: Brass Rail restaurant

We provide the company but you can definitely order food for yourself! We are reserving tables.  We want this to be a nice night out of learning and building relationships.

**Book**: Brainstorm: The Power and Purpose of the Teenage Brain by Daniel Siegel

If you do not read the book you are still more than welcome to join!

Please RSVP here so we know how many people to expect <https://goo.gl/forms/nF9qorgnzvMe34eC3>  
Contact [Lindsay.weiss@fhsdschools.org](mailto:Lindsay.weiss@fhsdschools.org) with any questions

*Ms. Weiss 7th Grade Counselor*

*Ms. Lester 8th Grade Counselor*

*Mrs. Nieder 6th Grade Counselor*

*October 2016 Edition*