

FMPs HOPE TO . . .

- ◆ Increase freshmen involvement within school activities
- ◆ Build quality relationships between FMPs, freshmen, and staff
- ◆ Create a smooth transition for freshmen
- ◆ Encourage a more positive climate for Central High School
- ◆ Reduce detentions, truancies, absences, and failure rates for freshmen

FMP provides a comfortable environment for freshmen to get to know their mentors and get to know their peers with some help and advice while in high school. ~ Chantelle

STUDENT BENEFITS OF MENTORING

- ◆ Building relationships based on respect and trust
- ◆ Recognizing defining moments during the school year
- ◆ Sharing positive values and beliefs with others
- ◆ Reaching short-term and long-term goals for the school year
- ◆ Becoming an involved individual within Central High School
- ◆ Having a successful freshman year at Central High School

"FMP is a fun and exciting way to grow friendships with incoming freshmen and other FMPs. While being an FMP, I have loved all the friendships I have made as well as helping the freshmen succeed the best they can. ~Kaitlyn



HOW TO BECOME AN FMP

All those wishing to become an FMP must go through an application process which usually starts at the end of March. Students of all interests and backgrounds are encouraged to apply and applications are read by the coordinators. Other items that factor in to becoming an FMP include grades, activity involvement in and out of school, community activities, attendance, tardiness, behavioral issues, and comments collected from all staff members. FMPs for the following school year are announced mid-May. Any applicants who are not chosen may apply again the following year.

Near the end of August, all FMPs must attend a training session. During the training session, the mentors get to know each other, work with their fellow FMPs, learn how to lead activities, work through conflict resolution, and prepare for Freshmen Only Day.

Central High School has 101 FMPS assigned to 20 advisories for the 2021-2022 school year.



What is new for the 2021-22 school year?

We will have a group of FMPs working with some of our higher needs students. We are really excited about this addition to our FMP program!



FMP

Freshmen Mentoring Program 2021-2022

Central High School
24617-75th Street
P.O. Box 38
Salem, WI 53168
262-843-2321



Coordinators E-mail:
Nicole Selburg
selburgn@westosha.k12.wi.us
Heidi Zavacke
zavackeh@westosha.k12.wi.us

What is FMP?

The Freshman Mentoring Program (FMP) at Central High School was first started as a pilot program during the 2004-2005 school year. FMP is a transition program for freshmen, which provides them with a supportive environment to ease the move from middle school to Central High School.

Each Monday, the Freshmen Mentors meet with the freshmen during a designated advisory time. FMPs lead character lessons and team building activities as well as share information about what Central High School has to offer.

Our hope is that all ninth-grade students will adjust to the responsibilities of high school as well as the social and emotional changes that will occur during their years at Central. Expectations for mentors include the further development of leadership skills, an encouraging attitude, and acting like a role model for all students of Central High School, not only the freshmen.

WHO ARE THE FMPS?

FMP Mentors are upperclassmen who want to be a friend and a guide. FMPs teach the incoming freshmen about the many experiences Central has to offer and to serve as big brothers and big sisters to the ninth graders. The FMP coordinators, FMP advisory teachers, and freshmen mentors work to provide a comfortable transition to high school for every freshman who passes through Central's doors.



The FMP program at Central High School not only benefits the incoming freshmen each year but it also motivates me to strive for phenomenal goals in my life and to become a better person." ~Roman

FRESHMEN ONLY DAY

Welcoming Central High School's new freshmen is a Freshmen Only Day on September 1st. Only freshmen will be in attendance at Central on this day.

This offers the incoming freshmen the opportunity to meet the entire staff and handle all those odds and ends that this new experience can bring, as well as take the stress out of the first day of high school.

Using the regular bus routes, freshmen are picked up and brought to school. At 7:30, the fun begins with the FMP mentors greeting their freshmen with cheers and enthusiasm! Schedules are given out along with IDs and locker numbers. Central's cheerleaders and dance team greet the freshmen with a performance and the school song. Freshmen are also introduced to the administrative team and their FMPs.

The freshmen get to know their FMPs during an advisory time. Afterwards, freshmen work through an abbreviated class schedule. They spend fifteen minutes in each class, giving them the opportunity to meet their new teachers, classmates, have fun at lunch, and navigate the school hallways with the FMPs there to assist them throughout the day. There will also be an extra-curricular fair in the cafeteria during the lunch hours to encourage participation in the many activities Central has to offer.

In the afternoon, the freshmen head back to their FMP advisories to set goals for the year and ask FMPs any remaining questions. Lastly, freshmen and FMPs will head back to the stadium for a few games and a class picture on the football field.

On this first day of school, all FMP mentors will be wearing their FMP shirts so they are easy to spot in the halls. Central's new freshmen know when they see this shirt they are seeing someone who will help them.

