

THE 9-10 CONNECTION

February 2023

It's February! You made it through 1st semester, and are well on your way in the 2nd semester. Be sure to read this newsletter to learn ways to track your grades, ensure you are passing your classes, boost your self-esteem, info about Kindness Week, and more!

As a reminder, if you ever want to meet with me, please reach out via my [School Counselor Request Form](#).

TIP: Anything in BLUE is a link for more information!

Mrs. Shipe, 9/10 School Counselor



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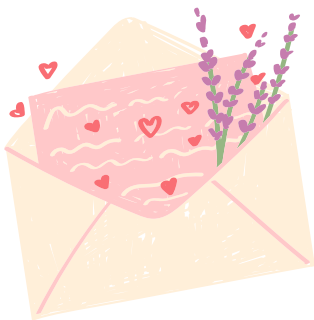


(740) 969-7251 ext. 2108



[School Counselor Request Form](#)

HIGHLIGHTS OF THE MONTH



- Feb - International Boost Self-Esteem Month
- Feb 6-14 - Kindness Week - SPIRIT WEEK!
- Feb 6 - FREE Bounce Into Kindness Night w/ food trucks (5-6:30PM), Corey the Dribbler (7PM), & resource tables @ A-C 3-12 Bldg. (Gym 1)!
- Feb 7 - Corey The Dribbler visits A-C Students!
- Feb 10 - **EFCTS APPLICATIONS DUE**
- Feb 20 - No School - Presidents' Day
- Feb 21 - No School - Parent/Teacher Conferences
- Feb 22 - 2 Hour Late Start
- Feb 25 - ACHS Winter Formal

ATTENTION SOPHOMORES INTERESTED IN EASTLAND-FAIRFIELD CAREER SCHOOLS!

REMINDER: If you are **interested in attending a program with Eastland-Fairfield Career Schools**, you **MUST** complete an application **before Feb. 10th!** Please **DO NOT** wait until the last minute as Mrs. Shipe has to complete some materials on her end for your application as well.

You can find the application [HERE!](#)

You can find information about program offerings and application processes by clicking the link above. Good luck!

Kindness Week: February 6-14, 2023

Amanda-Clearcreek's first Kindness Week will run February 6th through February 14th. The mission of our Kindness Week is to create a culture of change by encouraging and empowering our students to make a positive impact on the world through kindness.

We are ACES. Together, we can spread kindness, empathy and respect for ourselves and for others. Together, we can make the world a better place!

AMANDA-CLEARCREEK'S 1ST

Kindness Week



FEBRUARY 6 - 14, 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

TUESDAY

February 6

Peace,
Love, and
Kindness

Wear neon
or tie-dye!



February 7

ACES FOR
KINDNESS

Wear
ACES
gear!



February 8

WILD
ABOUT
KINDNESS

Wear camo
or animal
print!



February 9

TEAM
KINDNESS

Wear your
favorite
team's gear!



February 10

COMFORT
EACH OTHER
WITH
KINDNESS

Wear your
PJs or
comfy clothes!



February 13

Self-Care
is
Important

Wear your
favorite color!



February 14

SPREAD
LOVE AND
KINDNESS

Wear red,
pink, and
white!



February 6: Bounce Into Kindness Night @ A-C

PLEASE HELP AMANDA-CLEARCREEK LOCAL SCHOOLS
KICK OFF OUR FIRST EVER DISTRICT-WIDE KINDNESS WEEK AT

Bounce Into Kindness Night with Corey The Dribbler!



FEBRUARY 6, 2023

5-6:30PM - FOOD TRUCKS SERVING!

7PM - COREY THE DRIBBLER PRESENTS!

@ AMANDA-CLEARCREEK 3-12 BUILDING - GYM 1

THE 3-12 BLDG CAFETERIA WILL BE AVAILABLE FOR YOU TO EAT & ENJOY
FELLOWSHIP WITH OTHER FAMILIES & COMMUNITY MEMBERS!

Admission
is FREE!

HOWEVER, PLEASE CONSIDER BRINGING A CANNED FOOD
ITEM OR TWO AS WE WILL BE HOSTING A CANNED FOOD
DRIVE FOR THOSE INTERESTED IN PARTICIPATING!



Help us welcome Corey The Dribbler to A-C!

COREY IS AN 8-TIME GUINNESS RECORD HOLDER WHO TRAVELS THE
COUNTRY INSPIRING STUDENTS WITH HIS 4R'S 4 SUCCESS -

RESPECT, RESPONSIBILITY, READY TO LEARN,
& READING IS POWER!

International Boost Self-Esteem Month



25 ways to Build SELF-ESTEEM TO-DO LIST

- #1** Say daily positive affirmations to remind yourself of your strengths, awesomeness, worthiness.
- #2** Surround yourself with supportive friends who treat you the way you want to be treated.
- #3** Learn and practice ways to create calm & peace within. Mindful breathing is a great start!
- #4** FORM CONNECTIONS & RELATIONSHIPS WITH CARING ADULTS.
- #5** ASK FOR HELP AND SUPPORT. NO ONE CAN GO IT ALONE.
- #6** Remind yourself that no one is perfect.
- #7** Laugh! Play! Have fun! Get silly!
- #8** Help others. Participate in community service.
- #9** Embrace & accept ALL of you. This includes all your imperfections & vulnerabilities.
- #10** LOOK IN THE MIRROR STRAIGHT INTO YOUR EYES & TELL YOURSELF, "I LOVE YOU."
- #11** Use good posture. Stand (or sit) tall, straighten up & pull your shoulders back.
- #12** Avoid comparing yourself with others.
- #13** Set your boundaries (what you are ok & not ok with) and stick with it. Know when to say, "NO...thank you." Resist negative peer pressure.
- #14** Say what you want, need, & hope for.
- #15** TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.
- #16** CREATE. BUILD. COOK. BAKE. GARDEN DO ART.
- #17** Place your hand over your heart or give yourself a hug.
- #18** Identify the things you can and cannot control. Focus your energy on the things you can change.
- #19** DO random acts of kindness.
- #20** Forgive others AND yourself. Remember we are human and all make mistakes.
- #21** SEE MISTAKES AS OPPORTUNITIES TO LEARN AND GROW AND GET 2ND (OR 3RD OR 100TH) CHANCES.
- #22** Complete chores, assignments & other responsibilities you have been putting off.
- #23** Read for fun. Read for relaxation. Read for opening up your life to possibilities. Read for YOU.
- #24** RESPECT OTHER PEOPLE'S differences. When we show respect for others, we are also showing respect for ourselves.
- #25** When things don't go your way or the unexpected happens, get BACK UP and try a different approach.

FOOD & NUTRITION

WHAT DID YOU EAT DURING THE DAY?
DID YOU REMEMBER TO SNACK?
WHO DID YOU ENJOY YOUR MEALS WITH?
DID YOU EAT LEISURELY OR WERE YOU IN A RUSH?

SLEEP & REST

DID YOU SLEEP WELL?
WHAT TIME DID YOU GO TO BED?
DID YOU WAKE UP REFRESHED?
DID YOU HAVE TIME TO RELAX AND REST?



RELATIONSHIPS AND EMOTIONS

HOW WAS YOUR MOOD TODAY?
WHAT MADE YOU HAPPY OR SAD?
DID YOU TELL SOMEONE ABOUT YOUR EMOTIONS?
WHO DID YOU MEET TODAY?
WHAT WILL YOU DO WITH YOUR FAMILY?



EXERCISE and moving together

DID YOU CLIMB, RUN, CRAWL, DANCE OR JUMP TODAY?
WHAT IS THE BEST KIND OF EXERCISE?
WOULD YOU LIKE TO LEARN A SOMERSAULT?
HOW DOES EXERCISE MAKE YOU FEEL?



HAND OF MENTAL HEALTH

PLAYING AND CREATIVITY

DID YOU DO SOMETHING CREATIVE? WHICH FUN THINGS DID YOU DO TODAY?
WHAT IS BEAUTIFUL IN YOUR EYES? WHAT KINDS OF STORIES DO YOU LIKE?

mieli

Financing for Mental Health in Poland

MIELENTERVEYSSEURA 71

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Are You Passing Your Class?

As per our student handbook, "A student must maintain a minimum of a D average for the second semester and for the year in all courses taken. In year-long courses, FOUR points are needed to pass for the year; TWO must be earned in the second semester. Mid-term and final exams shall count toward quality points but not GPA calculation."

Below you can find the chart (also found in our handbook) on how those points break down.

Tip: Don't wait until the end of the 3rd 9 weeks to care about this! It matters now ! :)

Grading Scale

Letter Grade	Quality Points	Mid-Range Percent	GPA Scale	Percent Scale
A	4.00	98%	3.76 – 4.00	95 – 100%
A-	3.67	93%	3.51 – 3.75	92 – 94%
B+	3.33	90%	3.26 – 3.50	89 – 91%
B	3.00	87%	2.76 – 3.25	86 – 88%
B-	2.67	84%	2.51 – 2.75	83 – 85%
C+	2.33	81%	2.26 – 2.50	80 – 82%
C	2.00	76%	1.76 – 2.25	73 – 79%
C-	1.67	71%	1.51 – 1.75	70 – 72%
D+	1.33	68%	1.26 – 1.50	67 – 69%
D	1.00	65%	.76 – 1.25	63 – 66%
D-	0.67	61%	.51 - .75	60 - 62%
F	0.00	0%	00	0 – 59%

♥ Graduation Requirements ♥

Below you will find more information regarding graduation requirements. It may be difficult for you to wrap your head around all that is required to graduate. We are here to help!

It may seem like graduation is really far away right now. But, it will be here before you know it! Be sure to keep up-to-date on your status toward graduation through your Career & College Readiness course, or [schedule a meeting with me](#).

[Graduation Requirement Info from the Ohio Department of Education](#)

"Students in the classes of 2023 and beyond (those who entered grade 9 on or after July 1, 2019) are now required to meet a new set of graduation requirements. These new graduation requirements consist of three key components:

1. Course Completion

Students will satisfy Ohio's curriculum requirements and any additional local requirements. Students will complete the state minimum 20 units, with specific units required in each content area.

2. Demonstrating Competency

Students will demonstrate competency in the foundational areas of English language arts and mathematics or through alternative demonstrations, which include College Credit Plus, career-focused activities, their ACT or SAT scores, or military enlistment.

3. Demonstrating Readiness (Seals)

Students will demonstrate readiness for their post-high school paths by earning two diploma seals that allow them to demonstrate important foundational and well-rounded academic and technical knowledge, professional skills, and leadership and reasoning skills."

P.S. I am going to include this in every issue of The 9-10 Connection because it's that important!
