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THE EXECUTIVE
DIRECTOR OF
COLLEGE AND
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COLLEGE & CAREER READINESS/GEAR UP NEWSLETTER

FORT WAYNE COMMUNITY SCHOOLS



WELCOME TO OUR 2023-2024 NOVEMBER NEWSLETTER

HIGH SCHOOL SENIORS and parents/guardians of high school seniors, it is college application season! Navigating the college application process can be overwhelming if you do not have a plan and stay focused. Seniors must not only narrow down college options and write creative, well-written college essays but also solicit letters of recommendation from counselors and teachers. We realize that focusing on your curricular and co-curricular assignments and activities while simultaneously navigating the college search and college application process can be both exciting and stressful. As you prepare for the college application process, please make sure you do the following:

- Speak with your guidance counselor regarding the college application process and request transcripts and letters of recommendation early.
- Make a list of your selected colleges' application deadlines.
- Utilize Common Application at www.commonapp.org via Naviance.
- Read the college application instructions thoroughly.
- Complete all sections of the college application.
- Make sure your college essay responds to the essay question.
- Check to see if the college requires an additional essay.
- Make sure you have at least two trusted adults proofread your college essay.
- Ask teachers, counselors, and others who know you well to write letters of recommendation.
- Print a copy of your completed application and other important documents.
- Confirm that the college has received your application materials.
- ALWAYS ask questions if you are confused during the application process.

BY SHENITA BOLTON, EXECUTIVE DIRECTOR OF COLLEGE AND CAREER READINESS

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COMMUNITY PROGRAMS



We are grateful for all of the Study Connection volunteer tutors who attended tutor orientations during the first week of October. Nearly 200 tutors met during four sessions held across the district. Tutors, both seasoned and new gathered together to hear about how Study Connection fits into the mission of Fort Wayne Community Schools. In particular, tutors heard about how they can help their students prepare for “the Monday after high school graduation.”

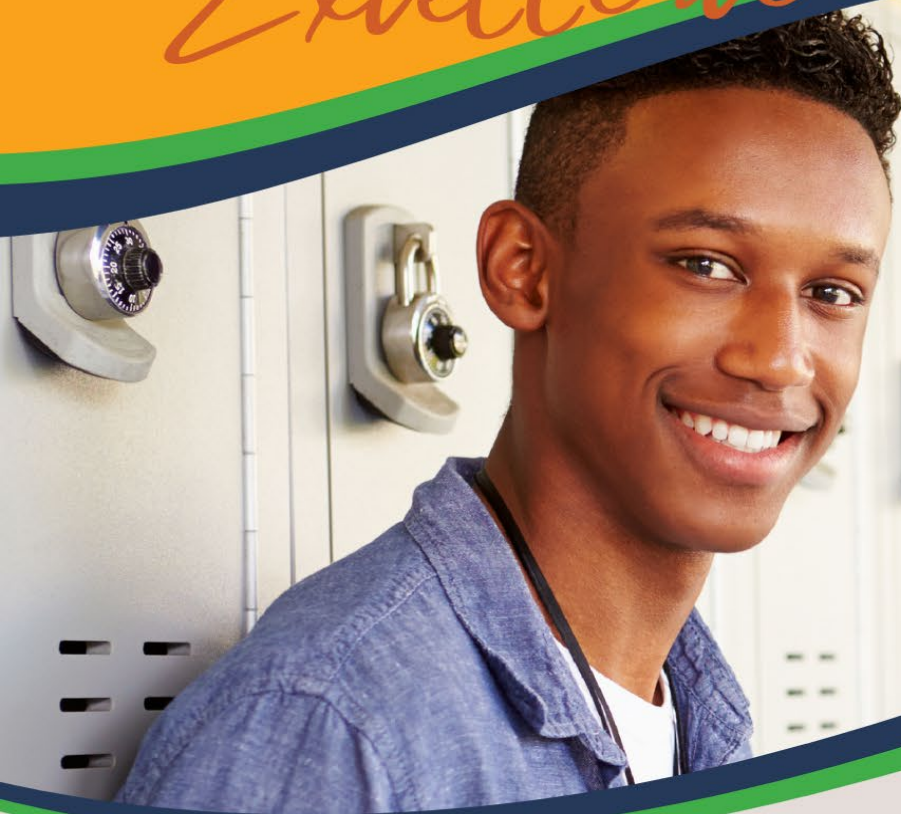


Tutors were encouraged to share about their careers as well as help with academics. In addition to hearing from the Study Connection staff, the tutors were able to share ideas, tips, and tricks with one another in preparation for their work with students. Thank you to our orientation hosts at Do it Best, Waynedale United Methodist Church, and Bethany United Methodist Church.

If you or your company or group are interested in volunteering as Study Connection tutors, please contact the Community Programs Office at 260-467-8810 or Zach Washler at zachary.washler@fwcs.k12.in.us.

PATHWAYS IN BLACK

Excellence



Ivy Tech Community College, Student Life Center Gym
3701 Dean Drive, Fort Wayne, IN

NOV | 29 | 2023

11TH-12TH GRADE

10:00 a.m. - 1:30p.m.

Breakout Sessions + Lunch



Please see the GEAR UP Student Advisor or Guidance Office for permission form

HIGH ABILITY, DUAL CREDIT, ADVANCED PLACEMENT & INTERNSHIPS

Three Tools Your Gifted Child Can Use to Manage Stress and Anxiety

1. Physiological Sigh

This respiratory technique is considered the fastest form to control stress. The logic behind it is simple: When people exhale for more time and more vigorously than they inhale (twice the amount is the ideal rate), their bodies will lower their stress. Ask children to:

- Inhale twice the length of time than they exhale. They may choose how long it takes since the rate 1:2 is constant. For example, one child may breathe in for 2 seconds and breathe out for 4 seconds. Another may prefer to breathe in for 3 seconds and breathe out for 6 seconds.
- Exhale more strongly than inhale. This simply means that children should inhale lightly and exhale vigorously.
- Focus on expanding their bellies (rather than their chests) when they breathe, using diaphragmatic breathing.
- Practice it for just a few minutes until they master it.
- Apply the physiological sigh in situations when children feel they are tense in their everyday lives (when they are playing video games, studying, etc.). Normally, one to three physiological sighs will be enough.

After at-home practice, transfer this respiratory pattern to exams and other stressful school situations.

2. Thought Control in Four Steps

Some children get anxious and have negative thoughts when in situations like taking an exam or making an oral presentation. In these scenarios, the main goal is to stop the "bad" thoughts so that they might focus on the tasks they want to, without freezing, panicking, or losing concentration.

This quick 4-step approach may help children reduce anxiety and cope with stress at school:

- First, ask your children to identify and stop any negative thoughts (for instance, stop thinking of grades or people's judgment).



- Next, tell them to use the physiological sigh twice or three times (the type of respiration described previously).
- Third, direct your children to think about something that makes them relaxed, or look at something that makes them tranquil, which is not related to the negative thought (for example, a tranquil place they like to visit).
- Finally, direct them to get back to the task they were doing before starting the thought-control exercise (for example, keep working at a difficult homework assignment).

Hint: Be sure to help your child to train this technique at home before transferring it to school situations that involve their performance (e.g., tests and exams).

3. Schultz Autogenic Training

This classic relaxation tool takes 10 minutes per session. Children can do this exercise independently once they learn the steps.

- Before starting, keep external stimuli to a minimum. Children should wear comfortable clothing.
- Have the children sit or lie comfortably. For example, they can sit in an armchair with their head, back, and extremities supported. They may lie down with their head supported, and legs seven inches apart (toes pointed outward). Their arms should be positioned at their sides (without touching their body).
- Direct the children to scan their bodies with their minds to ensure their position is tension-free.
- Direct the children to close their eyes.
- Tell the children to take a few slow, deep, and relaxing breaths, sending mental instructions for relaxation to the different parts of their bodies, from feet to head.
- Direct the children to inhale and focus the respiration on their feet. They should imagine they are sending the air to their feet and that their feet are getting warmer.
- Ask them to take a deep breath. Once they breathe out, tell them to send a mental command to their feet to relax, using their "mind's voice."
- After the children do the last two steps with their feet, ask them to repeat both steps with their legs, torso, arms, hands, shoulders, neck, and head.
- When students finish mentally relaxing their whole bodies, ask them to open their eyes.

Guide the children through the exercise with a low-volume, calm voice.

For any additional information contact:

Amelia A. Pflieger

High Ability, Dual Credit, Advanced Placement & Internship Manager

amelia.pflieger@fwcs.k12.in.us or call (260) 467-2121

INTERNAL INTERNSHIP

Spotlight

ISABELLA RYAN

Isabella Ryan is a senior at North Side High School who is interning in the Dance Department under the direction of teacher, Kara Carter. During her internship she has learned how to choreograph dances, teach multiple dance classes, organize costumes, as well as learning what it would be like to teach a dance class. She plans on going to college and majoring in Linguistics to become a speech pathologist or an interpreter/translator. Isabella is using her internship experience to learn how to work with kids as well as learning how to communicate better with people. For other students, Isabella encourages them to “always give your best effort even if in the beginning you don’t have it down.” Isabella has loved her internship experience so far and would love to intern again.



NORTH SIDE HIGH SCHOOL SENIOR

Class of 24'



EXTERNAL INTERNSHIP

Spotlight

MIKAYLA MARTIN

Mikayla Martin, a South Side High School senior, is currently interning with the Democratic Party of Fort Wayne. Through her internship, Mikayla has learned about campaign financing, how to gain support as a candidate, and how to gain support through canvassing. Mikayla is interested in a career in the government sector as a policymaker and will use this experience as a stepping stone towards her future. Mikayla feels great about her internship experience and would definitely do it again. Mikayla believes, "Even if you don't think it is possible, just ask."



SOUTH SIDE HIGH SCHOOL SENIOR

Class of 24'



Meet the New

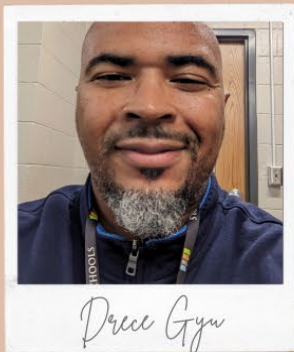
GEARUP *Staff* FWCS

Drece Guy & Kizmet Byrd

GEAR UP Student Advisors

We are excited to support our students on their postsecondary journey as they find their new academic home after graduation. As your GEAR UP Student Advisors, we look forward to supporting and guiding you throughout your time here at FWCS. Whether you have questions about your academic planning, navigating the college application process, or needing additional resources, we are here to help! We know that starting college or a new career can be both thrilling and overwhelming but remember you are not alone.

Here are some fun facts about us:



(260) 467-7289



drece.guy@fwcs.k12.in.us

CAS Anthis
CAS Nebraska
Career Academy

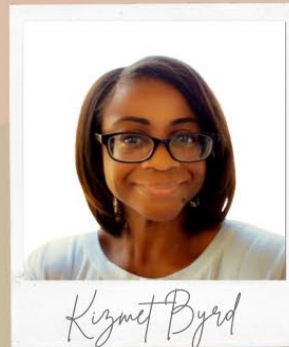
Favorite Food: Buffalo Wings and Nachos

Favorite Movie/TV Show: Law and Order

Spirit Animal and Why: Ox - Strength and Stability

5 Fun Facts about me:

- I was born in Mississippi.
- I'm a girl dad.
- I used to play the piano.
- I'm an artist.
- I have attended two 100th birthday celebrations.



(260) 467-2652



kizmet.byrd@fwcs.k12.in.us

South Side High School

Favorite Food: Tacos

Favorite Movie/TV Show: Law and Order

Spirit Animal and Why: Iced Coffee - Hug in a cup

5 Fun Facts about me:

- I teach culinary classes and participate as a Community Cook for Taste of Home Magazine
- I am a licensed Foster Parent
- I grew up in the suburbs of Chicago.
- I went to high school with three of Muhammad Ali's kids—and met him at my high school graduation.
- In my spare time, I like to read books, thrift shop, cook, and listen to music.

Meet the New

College & Career *Staff*

READINESS

Brook Ringenberg

Coordinator for Mentorships and Partnerships

Hello Students and Families,

I was born and raised in Fort Wayne. I graduated high school from North Side and received a B.A. in Criminal Justice from Ball State University. My husband and I just celebrated our 15-year anniversary this year and we have 8-year-old twins, one girl and one boy, in 3rd grade this year. We have a chocolate lab named Winnie! In my spare time, I enjoy hanging out with my family and friends and playing games. My son plays soccer, and my daughter participates in gymnastics, so we stay busy with extracurricular activities!



(260) 467-7288



brook.ringenberg@fwcs.k12.in.us

Favorite Food: Pizza

Favorite Movie/TV Show: Friends

Spirit Animal and Why:

- I'm a Hawk! I have the unique ability to zoom out on any situation and see it from all sides and perspectives. (According to a quiz I just took! 😊)

5 Fun Facts about me:

- My hair is naturally curly, and no one else in my family has curls like I do!
- My twins are the 4th set of twins on my dad's side of the family.
- My favorite vacation spot is Siesta Key, FL.
- I'm a huge Notre Dame football fan!
- Country music is my favorite type of music.

Start here

GATHER YOUR INFORMATION

1. GRADE HISTORY on PowerSchool
2. SAT Scores
3. Parent/Guardian Information



ACTIVITIES & AWARDS

1. Awards (any honors/achievements in high school)
2. Activities – Work or Family responsibilities: clubs, leadership, athletics

FERPA & RECOMMENDATION LETTER

1. Go to the Common App
2. Complete FERPA Agreement
3. Letters of recommendation
 - a. Waive your right to view recommendations.
 - b. Always ask the person prior to submitting their name

COLLEGE APPLICATION CHECKLIST

MATCH COMMON APP WITH NAVIANCE

1. Log into Naviance (Scan QR Code and select the following:
 - a. Colleges
 - b. Colleges I'm applying to
 - c. Match Account
2. This will redirect you back to your Common App account



COMMON APPLICATION

1. Apply via commonapp.org
 - a. Create an account
 - b. Add colleges
 - c. Draft Essays





Do things at your own pace. Life's not a race.

- Bonnie Mohr

ATHLETIC ALIGNMENT

Over 950 Elementary students competed in the FWCS Elementary Cross Country League this past September. This year XC meets were separated into three locations: Miami Middle School, Swinney Park, and Northrop High School. Among the three locations, 300 1st - 5th graders competed to be the fastest in the district. Thank you, to all the schools, runners, and families that allowed this to be a successful season.

Sincerely,

Virgil Tharp
District Athletic Director

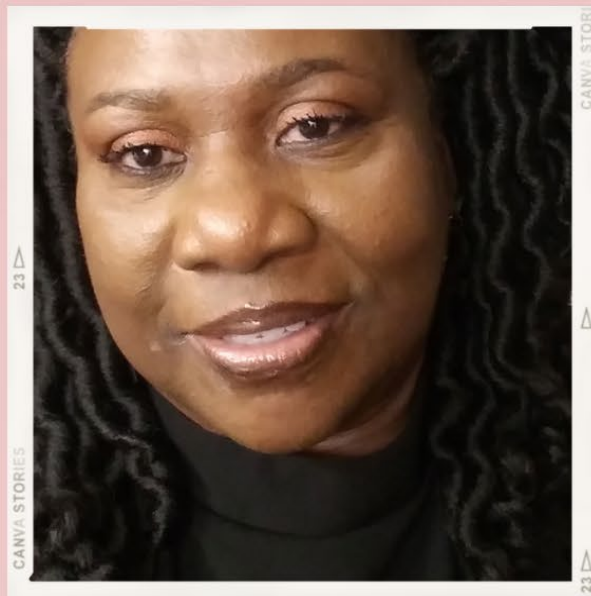
Please contact Virgil Tharp at (260) 467-2111 or virgil.tharp@fwcs.k12.in.us

College and career Readiness Athletic Alignment

FWCS 2023 CAREER FAIR HIGHLIGHTS



FWCS PARENT/GUARDIAN TRAILBLAZER SPOTLIGHT



MEET MS. HOLDER

"I HAVE LEARNED TO MAINTAIN OPEN COMMUNICATION WITH ALL EDUCATORS, PROMOTING A LOVE FOR LEARNING AND ACCOMMODATING ALL CHILDREN'S UNIQUE LEARNING STYLE."

Are you interested in gaining knowledge, skills and abilities to support your student both academically and emotionally? To join the Parent/Guardian Trailblazer Program., contact Christine Williams, the Family Engagement Coordinator at (260) 467-7297 or christine.williams@fwcs.k12.in.us



We Are Your Schools



HOLIDAY FAMILY FUN NIGHT

6:30 PM
DEC. 8TH

**GAMES
SNACKS &
FUN**

Join us at the
Wendy Y. Robinson Family & Community
Engagement Center at
230 E. Douglas Ave, Fort Wayne, IN 46802

**SCAN
QR CODE
TO REGISTER**



For more information contact Christine Williams at
(260) 467-7297 or CHRISTINE.WILLIAMS@FWCS.K12.IN.US

fort wayne children's ZOO



The Teens for Nature Volunteer & Leadership program is an exciting way for students to develop leadership and teamwork skills while exploring the Zoo.

Teens for Nature participants must be current 7th grade to 12th grade students. First year participants commit to working a two week summer session. Teens can assist with special events and volunteer opportunities all year.

A program fee is charged. Scholarships are available for those demonstrating financial need.

Summer session positions include:

Teen Counselors
Zoo Crew
Conservation Crew
Teen Zoo Keepers

Volunteer Opportunities

Teens for Nature volunteers have the opportunity to help in many different areas around the Zoo including:

Giraffe Platform
Stingray Bay
Goat Yard
Commissary Kitchen
Present Animal Interpretation Bags
Special Events



Teen Counselors

Become a camp counselor with Kids for Nature Summer Camp by assisting with educational activities, leading camp songs and games, and helping campers explore the Zoo.



Zoo Crew

Interact with guests of all ages as you lead educational games and share zoo animal facts. Learn presentation skills and assist with special events.



How to Apply

Teens for Nature Volunteer & Leadership Program applications are accepted January 1 to February 29, 2024 for summer positions.

The application process is competitive and we have a limited number of 2024 positions available.

Acceptance letters and position assignments are emailed to teens by March 31, 2024.

To apply, complete the Teens for Nature application online at www.kidszoo.org.

Send your completed recommendation forms by mail, fax or e-mail to:

Volunteer Programs Manager Fort Wayne Children's
Zoo 3411 Sherman Boulevard
Fort Wayne, IN 46808 260-427-6800 ext.302
FAX: 260-427-6820 volunteer@kidszoo.org



Conservation Crew

Become an active steward of our natural resources and participate in a hands-on conservation project. Past crews have built bat houses, restored wetland habitats, and planted a pollinator garden.



Teen Zoo Keepers

Work one on one with staff zoo keepers and interact with animals, prepare diets, watch training sessions, and participate in animal husbandry and enrichment.

NOTE: Teen Zoo Keeper positions are reserved for returning third year teen volunteers with staff recommendation.

Volunteer & Leadership Program





Shenita V. Bolton, Ed. S
**Executive Director of College
and
Career Readiness**
Phone: (260) 467-7257
Fax: (260) 467-1974
Email:
shenita.bolton@fwcs.k12.in.us



Karen Kill
**College and Career Readiness
Grant Analyst**
Phone: (260) 467-7287
Fax: (260) 467-1974
Email:
karen.kill@fwcs.k12.in.us



Amie Ter Molen
**College and Career Readiness
Secretary**
Phone: (260) 467-7292
Fax: (260) 467-1974
Email:
amie.termolen@fwcs.k12.in.us