

Fruita Monument

High School



November 2019

Todd McClaskey, Principal | Brian Pendleton, AP | Newt Klusmire, AP | Rocio Roybal, AP | Denny Squibb, Athletic Director

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Important Dates

- ◇ Second Semester Schedule Changes Due Nov. 15th—see Counseling for details
- ◇ Thursday, November 21, 3:30—7:30 in South Gym: Parent/Teacher Conferences
- ◇ Thanksgiving Break Nov. 25th—29th
- ◇ Finals Schedule: Thursday, December 19 and Friday, December 20.
- ◇ Winter break: December 21—January 7, 2020
- ◇ First Day of Second semester: Wednesday, Jan. 8

Dear FMHS Family,

Greetings Wildcat fans, parents and supporters! Thanks for a great fall for 2019! As we wind down our fall programs, I would like to express my gratitude to the hundreds of students that represented FMHS on fields and courts this fall. Once again, our student body and the community poured in to show their support with tremendous spirit and pride. Congratulations to our marching band, cheer team, spirit team, golfers, tennis players, cross country runners, cyclists, soccer, volleyball, softball and football players for representing FMHS with outstanding performances and sportsmanship. We are looking forward to many of these programs continuing with post-season play this month. I would like to thank the countless parent volunteers that worked behind the scenes to support our fantastic programs.

Also, thanks to our community, staff, student body and Student Council members for making this year's homecoming week one of the most memorable yet. A tremendous amount of work went into the nightly activities, assemblies and performances that allow our students to experience traditional events that create a stronger sense of community spirit and school pride. The homecoming dance saw record attendance and school spirit is extremely high this year thanks to your efforts.

2019 SAT results are in and congratulations to our students and staff on outstanding results. FMHS led the district (977) with a 1021 average composite score and bested the state average of 1017. Way to go Wildcats!

SOCIAL MEDIA continues to evolve and become a daily and hourly means of communication – both positive and negative. Too often, people think they can hide behind the anonymity of their texts, posts, tweets, or email. Thank you for monitoring your child's use of social media and their electronic devices. All too often, administrators and police see a misuse of Twitter, Snap Chat and Facebook along with other social media. Irresponsible posts often lead to verbal attacks and inappropriate interactions that can create a substantial disruption to the learning environment at FMHS as well as criminal charges.

Respectfully,

Todd McClaskey, Principal

GO WILDCATS!

Cold and Flu season is upon us!

Hand washing is very important, as well as coughing or sneezing into a tissue or your sleeve, to prevent the spread of germs.

*Signs and symptoms of the flu **may include:** fever or feeling feverish, chills, cough, sore throat, muscle or body aches, headaches, runny or stuffy nose, feeling very tired, vomiting or diarrhea (more common in children).*

If your child should develop flu-like symptoms, it is important they stay hydrated by drinking fluids and get plenty of rest. If you should have any questions or concerns, contact their health care provider. During this time, your child should stay home and rest. They should not return to school until they have been fever free for 24 hours without fever-reducing medication.

Parents - Buy your student a yearbook before Christmas break and save \$10. Prices go up in January 2020. Pay in the FMHS Fees office or online at Jostens.com.

Wildcat News

The FMHS Counseling Department has a new website! :)

<https://sites.google.com/d51schools.org/fmhscounseling/home>

Youth Checking Account¹

Designed for young adults ages 15-22 to help manage & grow their money:

- Low \$25 Opening Deposit
- ANB Visa® Debit Card required
- No Monthly Service Charge²
- Free Mobile Banking⁴
- Online Banking³ required
- Reduced overdraft fee of \$15 each

Open yours today!

1. No check writing capabilities on this account, Joint Ownership required for ages 15-17 (parent or guardian) with spending limit controls. At age 23, the Youth Checking Account converts to a FreeChecking Account. 2. Early closing fee of \$25 if account is closed within the first 90 days. 3. Internet access required. Standard Internet Service Provider fees may apply. 4. Online Banking and internet access required. Smartphone requirements, text messaging fees, and carrier charges may apply. Contact us for more details.



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JUNIORS and SENIORS! (and parents)

Do you want individualized help with college?

- Best-Fit college list
- Scholarships
- Financial Aid
- Deadlines
- Applications
- Campus visits
- Tips and Strategies

Over 25 years of experience, honest, affordable, up-to-date, individualized attention.



Kirk Golba
210-0727

There is more to the college going process than just a flyer regarding a parent webinar or a bus tour to a local college. I give my clients the individual attention throughout the entire school year and summer to maximize their chances. You can't afford to wait.

Did you know that Key Club is the biggest youth community service organization in the world?

The FMHS Key Club meets every Thursday at lunch in Mr. Wuster's room, room 307. We do weekly community service projects during this time, so students can earn service hours on their lunch hour. Everyone is welcome to join at any time. See Mr. Wuster for more information or contact him at twuster@d51schools.org.

We now have a Robotics team at FMHS. We will compete with our local high schools and state-wide. Prepare for the future and have fun. If you are interested please come by the Technology Engineering classroom room 506 for more information. Mr. Pewters.

The Catalyst, Fruita Monument's student newspaper, has just published its first issue of the year and would like to thank our advertisers- Enstrom's Candies, Aspen Street Coffee, Morning Mission Coffee, Bookcliff Gardens, and Big League haircuts. We have different opportunities for you to both support our publication and to promote your business or organization. You can also buy an annual subscription for a donation of \$25 or more and have the quarterly publication mailed to you. Please contact Mr. Wuster at twuster@d51schools.org for more information. You can also check out our website at fruitanews.org.

SPORTS AND ACTIVITIES NEWS

Athletic Director Denny Squibb

Athletic Assistant Jeannine Smith

The fall season has ended, and now we move on to the Winter Sports Season. Thank you to all the Athletes and Parents for an exciting fall. We are blessed with the Students Athletes that represent our school and the efforts they gave this fall. Both Poms and Cheerleaders will be working hard for their State Competitions in December. Come out and watch them perform on November 16, 2019, 6:00 pm, Grand Junction High School and show these students your support.

Winter Sports Information:

For Boys and Girls Basketball, Swimming, and Wrestling practice begins on **November 18th**

- Registration for the season is now open
- It can be found on our website: wearefruita.com
- In order to practice you will need to:
- Complete the online registration
- Have a current physical and parents permission on file
- Paid the Athletic Fee of \$140

Please complete the registration process by November 15th. If you register on November 18th you will not be cleared to practice until the next day. Please work with us so that we can have a smooth start to the Winter Sports Season. It must be turned back in completed to the athletic office before you can begin practice.

Sports Schedules: These are the most accurate Schedules

- * Schedules can be found on www.wearefruita.com
- Click on schedules:

- * Go to the schedule you need
- * Click the Follow Team button
- * Sign up to Get Alerts

We recommend that all parents, athletes, and fans sign up for Alerts. Any time a change is made to the schedule you will be notified either by email, text or both.

For all questions please call:

254-6621 Ask for Denny or Jeannine



Congratulations to the following Future Business Leaders of America (FBLA) students who placed first in their events at the State Fall Leadership Conference in Vail October 20-22:

(left to right) Eeve White, Advertising; Jack Williams, Personal Finance; Layne Thompson, Organizational Management; Ellie Schroeder, Journalism; Malia Recker, Business Calculations; Ross Winters, Introduction to Business
Kathaleen Recker, Adviser (center)

Fruita Monument High School

DEADLINE: 12/10/2019

Dear Parent or Student,

Yearbook recognition ads are a great way for parents, families and friends to commemorate student achievements and important milestones. In addition, revenues from recognition ads help our school to create a better yearbook. To purchase your ad online, follow the instructions on the form below. Jostens is managing your school's yearbook ad sales so please do not contact or send materials to the school. Please take into account our school's ad content guidelines on the bottom of this form during the creation of your ad online. All ad orders must be placed online by 12/10/2019

ORDER YOUR YEARBOOK RECOGNITION AD TODAY!

ORDER BY 12/10/2019

COLOR AD

1/2 Page	\$100.00
1/4 Page	\$50.00
1/8 Page	\$25.00



EASY PAYMENT PLAN AVAILABLE*

*Credit card installment plan available for orders of \$30 or more.

**IT'S EASY! Create your ad online at
www.jostensadservice.com**

1. Choose your ad size and layout.
2. Enter your text and upload your photos.

Important information about Yearbook Recognition Ads

- Our school reserves the right to edit ads per our guidelines.
- We retain the right to remove any explicit text, graphic photos or copyright-protected imagery or photos.
- For the ad to appear in the yearbook, your ad must be purchased by the order deadline.
- Color photographs uploaded for black-and-white ads will appear in black and white.
- We will make every effort to use your layout and text as indicated. A proof will not be provided and no changes can be made after purchase.

GUIDELINES SURROUNDING RECOGNITION AD CONTENT.

Our school reserves the right to edit ads per our guidelines. Please make sure all submitted materials are appropriate for school publication.

Frequently Asked Questions

How are the ad prices determined and what is the money used for?

Ad prices are determined by our school. The revenue from Recognition Ads helps support our yearbook and keep it affordable for everyone.

How is the ad deadline determined?

The ad deadline is set by our school based on the production schedule for the yearbook.

Can I create my student's ad on my mobile device?

Yes, you can design your recognition ad on a mobile device using the free ReplayIt app. Available for download from the Google Play and Apple App store.

Can I send my materials to the school?

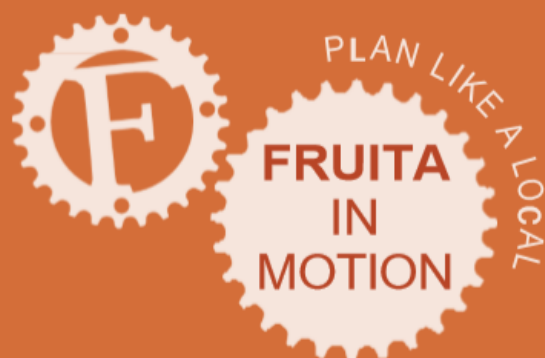
No, please do not send your materials to our school. Our school has selected Jostens to assist with our ad program. Please call our customer service number (800-358-0800) if you have questions or need assistance in creating your ad.

More questions? Call Jostens at (800) 358-0800.

www.jostensadservice.com



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COMPREHENSIVE PLAN UPDATE

Fruita Schools Open House Schedule

The City of Fruita is updating its Comprehensive Plan this year. The plan is called “Fruita in Motion: Plan Like a Local,” to highlight the key role local residents will play in crafting the city’s future and this plan. This open house schedule follows several recent outreach efforts to vet the plan with the community.

Please feel free join us at one of the following locations:

- *Rimrock Elementary School Cafeteria on **October 24th 4pm-6pm***
- *Fruita Middle School Library on **October 29th 4pm-6pm***
- *Fruita Monument High School Library on **November 18th 4pm-6pm***
- *Shelley Elementary Gym on **December 2nd 4pm-6pm***

Food & Drink will be provided while you engage in feedback regarding Fruita’s future!



What is a Comprehensive Plan?

A comprehensive plan is a long-range planning document that provides policies and strategies for the city. The comprehensive plan was last updated in 2008 and Fruita is ready for a new plan based on where the city is today. Public input is essential to a comprehensive plan, ensuring it reflects the values of the community. Ultimately, the plan update will help the city guide development going forward and incorporate the community’s vision and goals into future policies and actions.

For more information about the open house and this planning process, visit:

www.fruitainmotion.org

Prescription Medication Safety

Presented by the Mesa County Opioid Response Group

Did You Know?

50% of people who misuse prescription pain medication get it from a friend or family member.

Join us to learn:

- Helpful tips for safely using, storing, and disposing of prescription medications.
- How to be a person young people feel comfortable talking to about important issues.

Keep your
home, family, and
community safe.

**Tuesday
November 20th**

**6:00 PM - 7:30 PM
Fruita Community
Center**

Scan me



Register:

<http://bit.ly/FYIstarttheconvo>

Email sarah.schultz@mesacounty.us with questions

