

Fruita Monument High School



Newt Klusmire, Principal | Maria Deuel, AP | Kate Herrera, AP | Steele Pavlovsky, AP | Jon Watson, AD

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Important Dates:

Tue 12/5 — Orches-
tra Concert 6:30 @
FMS

Wed 12/5 — Band
Concert 7PM @TBD

Tue 12/12 — Choir
Concert 7PM

Dec 20-21 — Finals
Schedule

Dec 22– Jan 10 —
Winter Break!

This November

At Fruita Monument High School



THE PRINCIPALS OFFICE

WITH NEWT KLUSMIRE



Hello Wildcat Families and Community,

I hope you all had a restful and fulfilling Thanksgiving holiday with family and loved ones. We have three quick weeks left until Winter Break and the end of Semester 1. If your learner needs any additional support to close out this semester, don't hesitate to reach out to our awesome counselors or their Assistant Principal. Contact information for both can be found on the FMHS Website.

Second Semester Schedules/Schedule Changes

As we prepare for second semester, please encourage your student to review their second semester schedule with you. On December 6th, students will receive a copy of their schedule during 3rd period (they may also view this on StudentVue). The window for schedule changes is December 6th through December 21st. Schedule changes are limited to program changes, schedule gaps, graduation requirements, or other extenuating circumstances--students may not request to change classes based on teacher. They are encouraged to meet with their counselor if there are errors or if they need to address any of the above issues.

We have a lot of fun events to look forward to this holiday season. Take a look below:

| Date | Event | Time | Location |
|------------------------|---|--------|--------------------------|
| Friday Dec. 1 | FFA Cowboy Christmas Student Project Auction and Free Dinner | 6pm | F8/9 Cafeteria |
| Tuesday Dec. 5 | Holiday Orchestra Concert Fruita Middle School, Fruita 8/9 and FMHS performances | 6:30pm | Fruita Middle Auditorium |
| Wednesday Dec. 6 | Holiday Band Concert Wind Ensemble, Symphonic and Jazz Band performances | 7pm | FMHS Auditorium |
| Tuesday Dec. 12 | Holiday Choir Concert Men's Choir, Women's Choir, Las Cantantes, Monumental Singers and Show Choir performances | 7pm | FMHS Auditorium |
| Wednesday Dec. 18th | Art Show Featuring artwork from students in all Art classes | 6pm | FMHS Library |

A handwritten signature in black ink, appearing to read 'Newt Klusmire'.

Newt Klusmire
Principal—Fruita Monument High School
WE ARE FRUITA!





FMHS AP Lunch Study Sessions

AP[®]



| December 2023 | January 2024 | February 2024 |
|---|--|--|
| 12/6 Biology 12/7 US History 12/14 Psychology 12/15 Art & Design* | 1/17 Biology 1/24 Calculus AB 1/31 English Language | 2/2 Art & Design* 2/7 US History 2/13 English Literature 2/14 Calculus AB 2/21 Art History 2/26 Precalculus (periods 1, 3, 5) 2/27 Precalculus (periods 4, 6) 2/28 English Language |
| March 2024 | April 2024 | May 2024 |
| 3/6 US Government 3/11 Precalculus (periods 1, 3, 5) 3/12 Precalculus (periods 4, 6) 3/13 US History 3/26 English Literature 3/27 English Language 3/28 Art History 3/28 Calculus AB | 4/4 Statistics 4/8 Precalculus (periods 1, 3, 5) 4/9 Precalculus (periods 4, 6) 4/10 Art History 4/10 Biology 4/10 US Government 4/11 Statistics 4/15 Chemistry 4/16 US History 4/18 Psychology 4/22 Chemistry 4/23 English Literature 4/24 English Language 4/24 US Government 4/25 Statistics 4/26 Psychology 4/29 Chemistry 4/30 Calculus AB | 5/1 Art History 5/1 Biology 5/1 US Government 5/1 Precalculus (all periods)* 5/2 Psychology 5/2 Statistics 5/3 Art & Design* 5/3 English Literature |

* takes place after school

November Staff Member of the Month



Congratulations, Cinnamon Stengel! Cinnamon does a ton to keep FMHS afloat. Her experience, work ethic, and demeanor make FMHS a better place to work. Thank you, Cinnamon, and congratulations!

December Staff Member of the Month



Congratulations, Steele Pavlovsky! Steele has created a great partnership with all of FMHS. He works tirelessly to support both staff and students. Thank you Pav, and congratulations!



Tom Keller - Horace Mann
Agency Owner
tom.keller@horacemann.com
877-344-0752



November Golden Plunger Award!



Congratulations to Mrs. Weber's 8th hour Culinary Essentials! This class was voted **CLEANEST IN THE SCHOOL** for the month of October by our custodial crew. As a reward for keeping their space clean, they get the Golden Plunger for October and ice cream from Horace Mann.

Way to go Wildcats

Student Recognitions

November Kiwanis Student of the Month!



Congratulations to Jackson Steele, voted November
Kiwanis Student of the Month!

December CMU/Alpine Bank Students of the Quarter



Congratulations, Addison Eyre & Isaac Belnap

Way to go Wildcats!

Student Recognitions

FFA District Winners



Congratulations to these ladies for their performance at the FFA District Contest.

Kenli Fitch: District Champion in Extemporaneous Speaking, 4th in Prepared Speaking

Taylor Schacht: 7th in Prepared Speaking

Kaylee Morgan: 2nd in Employment Skills

Shakira King: Silver in Employment Skills

Project Bike Tech



Bike Tech has some bikes for sale. If you are looking for a gift, come on by the tech ed room and take a look at what we have in stock. All bikes have been tuned and cleaned up. They are looking for a new home. All money raised goes toward supplies and refurbishing the next set of bicycles. Thanks for taking a look.

Way to go Wildcats!



Winter

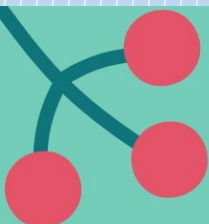
Giveback

Beginning November 7

Used or New Coats | Gloves and Hats |
Blankets | Other Winter Wear

**Drop off in the front office beginning
on November 7**

Thank you from the FMHS National Honor
Society



JOIN US!


Christmas

TOY DRIVE

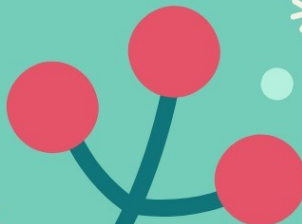
STARTING NOV 7

NEW TOYS TO BE DONATED TO
LOCAL ELEMENTARY SCHOOLS

DROP OFF IN ROOM 115



PLEASE NEW TOYS ONLY



FFA

Hello everyone,

FFA is busy with different events and fundraisers. I wanted to keep all of you informed what we have to offer.

Our alumni are selling raffle tickets for a pizza oven for \$10. These funds will be used for scholarships for some of our senior FFA members.

We have boxes of fudge for sale for \$25 a box. In each box there are 6 different flavors in each box and it came from a local shop in Palisade! Perfect for neighbors, friends or yourself!

We also have our FFA auction coming up on Friday night at Fruita 8/9. There are amazing handmade gifts, dog houses and chicken coops that the students have made.

I have attached pictures and flyers but if you have any questions stop a FFA member in your class or email me.

Thank you all for being amazing!





JOIN US FOR

FFA COMMUNITY & FAMILY NIGHT

(COWBOY CHRISTMAS)

DECEMBER 1ST

6PM @FRUITA 8/9
CAFETERIA

Community members and families are invited to join the Fruita FFA Chapter at our Community Night. There will be a crockpot cook off, along with silent and live auction items made by our members.



Sign up for crockpot cook off!

Bookworm Club

**Bookworm Club meets every Thursday at lunch
in Room 124**

Wildcats, do you always have a book in your hand? Do you sometimes feel like you know fictional characters better than your own friends and family? Is the library your happy place? This is NOT a book club where we all read the same thing! **You get to join other bookish students once a week to talk about books you like, books you don't like, and books you want to read.** Bring your lunch to Ms. Nicholson's room and enjoy the company of other bookworms!





Athletic Rundown

Boys Athletics

The football team finished their season at 8-4 on the season. They had 8 All-Conference players awarded!

Boys Basketball is at the Warrior Classic.

Wrestlers are at the Best of the Best Tournament at Pine Creek in Denver

Girls Athletics

The Cheer Team has been working hard on their state routine in preparation for state competition coming up next week. Good luck Cheer!

The Poms Team has looked great in their performances and continues to work toward state hip hop next week. Good luck Poms!

Ava Stephens was voted Player of the Year in Softball and was awarded at the November School Board meeting. Ava, Chloe Padilla and Bailey Bingham all received All-State Honorable Mention Awards!

Girl's Basketball is at the Uintah Tournament.

Good luck to all our Teams!



Athletic Rundown

Cross Country

The Girl's Cross Country Teams finished up their season in Arizona last week. The girl's finished 7th at the FXC National Meet.

Winter Sports

Winter teams are in full preparation mode for their start this week.

Swim

Our Swim Team is at Glenwood Springs.

Announcements

Visit us at our Athletic Website for all the information you need to get involved here at Fruita Monument.

Join Esports!

Join one of our over 30 Clubs offered and get involved in your school!

Good luck to all our Teams!

Fall 2023



CRIMSON SKY AESTHETICS

AVICLEAR ACNE LASER TREATMENT



THE FUTURE OF CLEAR SKIN

Dr. Anna Jensen is excited to introduce AviClear, the first FDA-cleared laser treatment for acne-prone skin.

What is AviClear? AviClear is a laser treatment that can treat moderate to severe acne. AviClear targets acne at the source. This revolutionary laser treatment uses a 1,726nm wavelength to selectively target and down regulate sebaceous glands.

How many treatments are needed? Three quick 30-minute treatment sessions over 3 months.

TEXT 833-942-0522 TO LEARN MORE ABOUT
AVICLEAR AT CRIMSON SKY AESTHETICS

FALL TREATMENT SPECIALS

Receive up to \$800 in savings when treatment is started from September 20th thru October 4th or up \$300 after October 4th to end of school semester.



**THE COST OF
ACNE TREATMENT***

| Treatment Option | Cost |
|---------------------------|----------------------|
| Acne Spot Treatment | \$50 every 1 month |
| OTC Acne | \$20/month |
| Peels | \$150/month |
| Oral Antibiotic Treatment | \$150 every 3 months |
| Accutane | \$400/month |
| Retinoid | \$75 every 3 months |
| Specialty Creams | \$100/month |
| Extractions | \$100/month |
| Medication/Peels | \$150/month |
| Chemicals | \$250/month |

TOTAL ESTIMATED FALL TREATMENT
\$4,280-\$6,320

*Our dermatologist provides only average rates. Individualized pricing is based on your skin condition, treatment plan, and treatment frequency. Prices are subject to change. All treatments require consultation.

AviClear

3 TREATMENT SESSIONS
(Spaced 3-4 weeks apart)

\$3,000

*Recommended treatment plan is 3-4 sessions over 3 months.

Is it safe? Unlike most traditional acne treatments, AviClear is free of harmful side effects, free of chemicals and toxins and safe for all skin types and tones.

Is the treatment comfortable? AviClear is equipped with exclusive AviCool™ sapphire skin cooling and sensory controls that maintain your skin's temperature during treatment for a more comfortable experience.

What about the cost? For those with moderate to severe acne, traditional treatment programs can become quite complex and take its toll in medication side effects, frequent monitoring of blood work and time away for medical visits. These costs can run up to \$4,000-\$6,000 whereas AviClear is \$3,000 for 3 sessions.

403 KENNEDY AVE. #4, GRAND JUNCTION, CO 81501

TEXT 833-942-0522 FOR FINANCING INFORMATION

WWW.CRIMSONSKYAESTHETICS.COM

OUR INSTAGRAM



OUR WEBSITE





Mountain and
Plains Rotary
Youth Exchange



Study ABROAD

Spend a summer or full 2024-2025 academic year abroad through our Southern Colorado Rotary Youth Exchange Program!

THE APPLICATIONS ARE OPEN NOW!

You can visit our website at mountainandplainsrye.com for the application and any additional information you need.

APPLICATIONS ARE DUE DECEMBER 1ST 2023

WHY STUDY ABROAD?

- Broaden your horizons
- Learn a new culture
- Speak a new Language
- Meet new people

EMAIL :

outbound@MountainandPlainsRYE.com

districtchair@mountainandplainsrye.com

MORE CONTACT INFO:

DISTRICT SELECTION WEEKEND:
January 19-21, 2024 in Grand Junction (Required for students and parents to attend if selected by local Rotary club)