

Fruita Monument

High School



May 2019

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Important Dates

- ◆ **Honors and Excellence** May 13, 7pm
- ◆ **Senior Finals** May 15, 16
- ◆ **Seniors Check-out/Cap and Gown Pick up** May 17
- ◆ **Baccalaureate** Sunday, May 19, 7pm, Victory Life Church
- ◆ **Graduation** Tuesday, May 21 7pm, Lincoln Park
- ◆ **Sophomore/Junior Finals** May 23 & 24

Greetings Wildcat fans, parents and supporters!

It has been a great year at Fruita Monument! I would like to take a moment to congratulate the class of 2019 on a tremendous year. It seems like only yesterday they were walking in as sophomores.

This class has sustained a long-standing tradition of academic excellence and achievement at FMHS. It was a pleasure to see 53 seniors recognized at the Superintendent Scholars Luncheon for maintaining a 4.0 grade point average for all four years of high school (photo on following page). I had the pleasure of recognizing 12 seniors recently that have committed to joining the armed forces following graduation. We will also be recognizing 78 seniors for earning academic scholarships to colleges and universities across the nation. The dollar value of the scholarships earned by this class will total in the millions of dollars! On May 13, we will recognize more than 150 seniors at our Honors in Excellence Ceremony. These seniors have excelled in the areas of math, science, music, art, agriculture, foreign language, physical fitness, journalism, language arts, leadership and many other areas. There are many people to thank for the success of the class of 2019:

Our PARENTS ~ for providing us with such dedicated hardworking and talented students. Thank you for instilling in them a value for education, work ethic, respect and commitment. For being supportive of your student and spending countless hours helping them to succeed.

Our TEACHERS ~ for their dedication, passion and commitment to each and every student. For going above and beyond every day so that students reach their full potential. With budget challenges and large class sizes, it takes extra effort to provide the education and social experiences our students deserve. Thank you for making a difference every day.

Our VOLUNTEERS ~ who support students in various endeavors and passions. Whether it is Lacrosse or Football or Band or Ag, there is something for every student to get involved in and become passionate about. HOWEVER, these teams and organizations cannot do what they do without the efforts and time given by numerous parent volunteers. Thank you to the team moms, booster club members, community volunteers and businesses who work tirelessly and give generously to support FMHS.

The class of 2019 has definitely committed itself to high achievement and left FMHS a better place. Congratulations and Good Luck!
Go Wildcats!

Todd McClaskey, Principal

IT'S GREAT TO BE A FRUITA MONUMENT WILDCAT

The Yearbooks are COMING!!!! Students who have pre-paid for the 2018-19 Yearbook can pick them up on Friday, May 10th in the north gym. Student must have a photo ID to pick up a yearbook. We will have a few extras for sale – cost is \$75. Students can pay with a credit card or cash --- we will not accept checks from seniors.



Future Business Leaders of America:

Melissa Weber- 6th

Abigail Portice, Kylee Montgomery, and Bel Hruby- 7th

Tyler McDonald- 8th

Elliot Schroeder, Malia Recker, and Layne Thompson- top 12

FCCLA Students:

Jack Seriani and Chase Avera are going to Nationals

Boujey Hin and Daniella Boto - Gold

Carly Moynier and Lily Morris- Gold

Brooke Starkweather- Silver

Elinna Seligman and Peyton Blocker- Bronze

Isabelle Basham- Bronze

Lost and Found -- Please check for lost items before the end of the school year. Clothing items, lunch boxes, water bottles, pencil bags, books, and things of that sort are in the Health Office. Items not claimed will be thrown away or donated. Jewelry, cell phones, electronics, and other small items are in the Administration Office.

From the Health Office --

Happy Spring Wildcats! Here in the Health Office we are gearing up for the last little bit of colds and viruses that are hanging on, as well as seasonal and other environmental allergy and air quality concerns. Parents, please continue to encourage good hand-washing and hygiene practices. Please contact us if your student has any health concerns related to allergies or asthma difficulties in the spring, including needing an inhaler or allergy medications at school.

*Please remember that all medications will need to be picked up by Thursday, May 23, 2019 no later than 3:15 pm. Students are **not** allowed to pick these up. We DO NOT keep medications of any kind over the summer months and these will be destroyed on Friday, May 24, per school district policy. This includes prescription medications, inhalers, cough drops, liquid medications, lotions, eye drops etc.*

Finally, spring and summer are great times to get those missing immunizations. If you received a letter of notice for missing shots, you can take that to the doctor or health department for administration of these vaccinations. If you have lost or misplaced it, we will be happy to get you a new one! If you have an exemption, it must be signed again after June 30, 2019 for the next school year. Stay healthy!

Thank you,

Heather Lee, RN and JoEllen Foutz, Health Assistant

If you have any questions, please call 970-254-6600 and press "5" to get to the health office.

Music News:

Congratulations to Monumental Singers, Las Cantantes, Men's and Women's Choir for earning Superior ratings.

For the First Time in FMHS History Monumental Singers earned the Outstanding Choir Award for 5A mixed Choirs!

I hate to 'toot the bands horn' but wanted to pass on that last week the Wind Ensemble performed at the Colorado Bandmasters Association State Concert Band Festival (for the 11th year in a row) at CSU. They were 1 of 32 bands that qualified from a pool of 118 around the State. At the festival, the Wind Ensemble was 1 of 16 bands to earn a Superior Rating. We are very proud of these kids for such a big accomplishment. Thanks for supporting them.

Youth Checking Account¹

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

- Low \$25 Opening Deposit
- No Monthly Service Charge²
- Online Banking³ required
- ANB Visa® Debit Card required
- Free Mobile Banking⁴
- 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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**Happy Trails
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Life is Good

217 E Aspen Ave
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970-639-8165

Life is Good Apparel & Gift Store

You'll also find:
Fruita logo items
Loki

Sew Sassy Fashion
Lavender Field of Palisade



TOGETHER WE CAN

CONGRATULATION to all Spring Sports teams for their efforts this season. We enjoyed watching all of our team compete.

8th graders as of May 1st you may have contact with high school aged students in the weight room, camps, off season workouts, etc. If you live in the Fruita Monument attendance area. Or if you have pre-registered to attend Fruita Monument next fall.

IMPORTANT INFORMATION FOR FALL SEASON 2019

- **PRACTICE STARTS ON AUGUST 12 FOR ALL FALL SPORT.**
- **For Boys: Cross Country, Football, Golf, Soccer, Tennis**
- **For Girls: Cross Country, Football, Softball, Volleyball**
- **You must complete the following before August 10, 2019 in order to practice the first day.**
- **Be Registered with Arbiter Athlete.**
- **Have a current Physical on File in the Athletic Office (within the last 12 months.)**
- **Athletic Participation fee Paid.**

REGISTRATION IS OPEN AT THIS TIME!!!! REGISTER EARLY BEFORE IT GETS CLOSE TO THE START OF THE FALL SEASON.

ALL INSTRUCTIONS ARE ON wearefruita.com UNDER "REGISTRATION"

Parents and Athletes check the website wearefruita.com camp information and summer workouts for each sport.

The Fruita Monument High School Campus will be closed from June 1, 2019 through August 1, 2019 for construction. Because of this communication will be difficult please use the Athletic Website. At this time we do not know the phone number to contact the athletic office. If you need to contact the Athletic Office use the following e-mail denny.squibb@d51schools.org and watch the website for phone numbers.

To all of you thanks for your support and all you do for FMHS Community

Mr. Squibb

Concurrent Enrollment

Did you know that District 51 will pay the tuition for high school students to take college coursework?

This is a great opportunity for students & families to save money, get a head start on a certificate or degree path program, and learn essential college readiness skills right here in our local community!

D51 offers three types of Concurrent Enrollment programming:

Technical Scholars

Through a partnership with Western Colorado Community College, students can take advantage of college-level Career & Technical coursework that can help them earn a certificate or degree towards their career path.

High School Scholars

Through a partnership with Colorado Mesa University (CMU), students have the opportunity to take college coursework at their home high school. Courses are taught by our D51 teachers, and vary from school to school based on staff qualifications.

Early Scholars

This is what people most often think of when they think about Concurrent Enrollment. This option allows for students to take college courses on a college campus, taught by a college professor. Students must travel to CMU to participate.

Eligibility

- Student must be in a D51 High School and maintain **Full-Time Status**
- Student must have an **ICAP** (Individual Career & Academic Plan) that includes a post-secondary education plan to reach a desired career field
- Student must meet **College Readiness Benchmarks** based on the test score requirements for the class
- Student must be on track to graduate =
 - Maintaining a 2.0 GPA or higher
 - Earning a minimum of 6.0 credits per academic year
 - Working towards a proficiency option on the Colorado Graduation Guidelines Menu that aligns with a student's ICAP

Additional Details

- Students in Grade 9 can take up to 4 ICAP-related courses
- Students in Grades 10 – 12 can take as many ICAP-related courses as their schedule permits

Talk with your school counselor to see if this option is a good fit!



D51 High School Summer School 2019

● Rectangular Snip

Courses Offerings

- ELA complit 9A & 9B credit recovery
- Computer Applications
- Personal Health and Wellness
- Personal Finance
- AP Physics I

*The AP Physics I course will follow a different schedule. Please see your counselor for details.
The fee is \$100.00 and needs to be paid prior to registration.*

When:

Monday, June 3 - Friday, June 28
8:00AM -11:00AM; Monday - Friday

Where:

Grand Junction High School

How:

Register through your HS counseling offices and pay through your SBA secretary

Fee:

\$25.00 per course
\$100 for AP Physics
Free/Reduced applications accepted

****All High Schools (R-5, CHS, F8/9, FMHS, GJHS, and PHS) will still have their
usual extended learning opportunities for all students in June.
Due to summer construction, FMHS will be hosted at GJHS; CHS will be hosted
at PHS**

What parents should know about...

VAPING AND JUULING

What is Vaping?

Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, often mistaken for water vapor, that actually consists of fine particles. Many of these particles contain varying amounts of toxic chemicals, which have been linked to cancer, as well as respiratory and heart disease.

What are the Effects of Vaping?

<https://www.yalemedicine.org/stories/teen-vaping/>

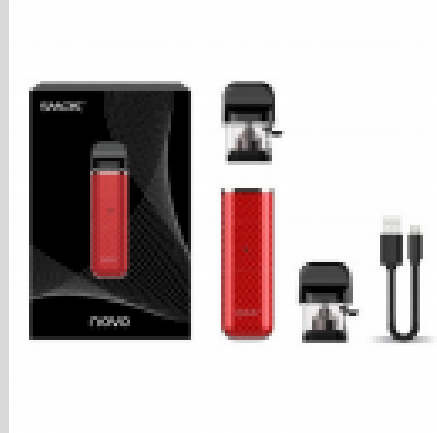
Vaping Devices

There are various devices used to vape. Some are concealed and discrete and some are more obvious, here are some of the more common examples:

JUUL:



SMOK NOVO:

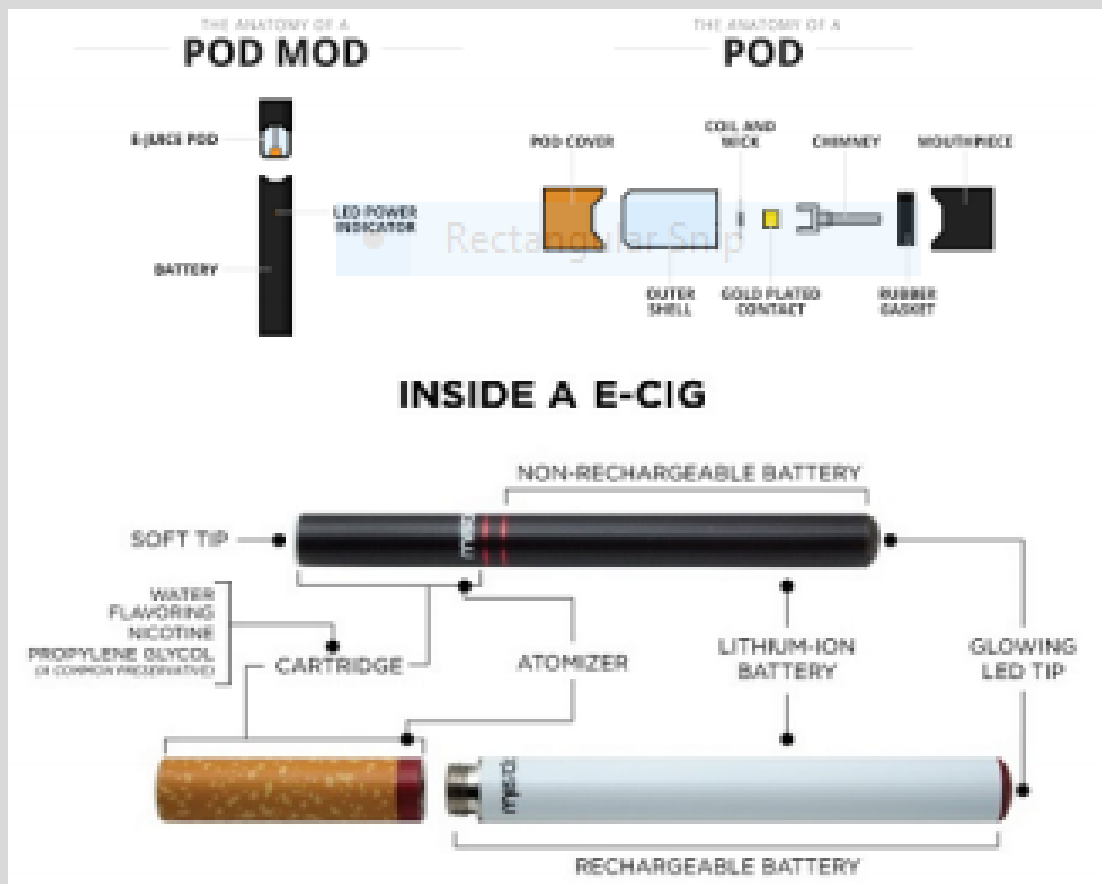


VAPE PENS:



VAPE MODS:





How Do They Work?

E-Cigarettes work by heating a coil that when the Vape Juice or E-liquid, that is vaporized and then inhaled. The vaporized liquid contains metal particles from the coil as well as containing chemicals like formaldehyde when heated which can cause cancer and damage the lungs.

VAPING IS JUST AS BAD AS CIGARETTES

Vapes are going around, and your child might be at risk!

One Juul pod contains just as much nicotine as
A WHOLE PACK of cigarettes

They expose the users lungs to harmful metal particles, chemicals contributing to Popcorn lung and Carcinogens

