

December 2015 Newsletter for NVHS

The Character word for the month is Compassion.

Dear Parents of NVHS Students and Community Members:

Here at NVHS, we continue to be excited about this school year. We look forward to a wonderful year of successful learning for our students. We are utilizing the eschool grading and notification system.

Important Dates:
12/2- School will dismiss @ 1:55pm for teacher-in-service
12/14 10 th grade to UACCM for Compass testing
12/16 9 th and 11 th grade to UACCM for Compass testing
December 21 & 22 HS Semester Test – End of Fall Term
December 23-January 5, 2016 Christmas Break—Resume classes January 7 th .

Nemo Vista High School
Semester Test Schedule
First Semester

December 21, 2015

8:00 – 9:54	1st Period Semester Test (Disregard 8:55 & 8:59 Bell)
9:58-11:55	3rd Period Semester Test (Disregard 10:53 & 10:57 Bell)
LUNCH	11:55-12:25
12:27-2:00	5th Period Semester Test (ALL Call at 2:00, Disregard 1:22 & 1:26 Bell)
2:05-3:20	7th Period Semester Test (Disregard 2:21 & 2:25 Bell)

December 22, 2015

8:00-9:54	2nd Period Semester Test (Disregard 8:55 & 8:59 Bell)
9:58-11:55	4th Period Semester Test (Disregard 10:53 & 10:57 Bell)
LUNCH	11:55-12:25
12:27-2:21	6th Period Semester Test (Disregard 1:22 & 1:26 Bell)
2:25-3:20	7th Period Class (All students may check out with parent note after 6 th period Test)

GOOD LUCK ON SEMESTER TESTS!

Red Hawk Basketball

Date	Opponent	Location	Time	Teams
12/04	Mt. Vernon	Away	5:30	JB, Srs
12/7-12	Gr Ferry LK Classic	TBA	TBA	JRS
12/8	Sacred Heart	Away	5:30	JG, Srs
12/10-12	Cabot Classic	Cabot	TBA	SG
12/18-19	Jessev. Classic	Jessev.	TBA	Srs
12/28-31	GF LK Classic	TBA	TBA	Srs
1/5	Lighthouse Chart.	Home	5:30	Jg, Srs

Parenting Tips

Dealing with a Difficult Child - *Susan Okroglic, LCSW Clinical/Operations Director*

Have you ever wished that your child came with an "instruction manual?" Along with the joys of parenting, also comes a fair share of frustration and difficulty. Here are a few tips to consider to help you and your child navigate the sometimes choppy waters of childhood and adolescence.

1. Set firm, clear boundaries. This may seem opposite to what you might think, but children really do crave structure. They need to know what the rules are, as well as the consequences for breaking them. It makes it difficult for a child to understand the expectations if the rules are inconsistent or always changing, or if the consequences aren't enforced.

2. Set age-appropriate, logical consequences. A consequence that would be appropriate for a 6-year-old is not likely to be appropriate for a 16-year-old. Take "swats," for example. It's unlikely that this would be effective for a teenager as a type of discipline. Another point to consider is that consequences need to be logically connected to the child or teen's misbehavior. A consequence for making a mess might be to add additional chores; however, it would make sense for this to be a consequence for a poor grade, or not completing homework.

3. Give choices. Consider how you'd feel if your boss constantly told you what to do, how to do it, and then got angry at you when you exercised any creativity at work. It's likely that a child or teen may feel the same way when they are treated the same way. Yes, teens and children do need to learn how to work within rules, boundaries, and expectations, but sometimes letting a young child choose between the "red shirt" or the "blue shirt," helps foster independence and decision making skills. Asking a teen for input regarding which chore they would like to help you with also gives them an opportunity to actively participate in decision making, and models respectful communication skills and teamwork.

4. Pick your battles. It's often difficult to know when to hold your ground or when to let things slide. If something is dangerous, or might be damaging to your child's character, then of course one should act. However, sometimes letting minor stuff go can help decrease your stress level. This is worth noting as children often respond to the emotional states of their parents.

5. Never stop telling them you love them! Younger children depend on the bond with their parents to learn how to relate to others. Children reap the benefits of a positive, healthy attachment to you over the course of a lifetime. Of course, your teen may roll his or her eyes, but deep down, teens still need to know you love and care for them also. When your teen feels secure that you care about them and love them for who they are (in spite of their flaws and all of those "teenage behaviors!"), this can foster self-confidence and self-worth.

ACT Testing Schedule for 2015-2016

TEST DATES	Deadline to register
December 12	November 6
February 6	January 8
April 9	March 4
June 11	May 6

December and April tests will be given at Nemo Vista. ACT Prep Booklets are available in both the counselor's office and the library. If you need help with registration, please see Mrs. Reidmueller. See Mrs. Griffin if you need a calculator for testing.

We are looking for volunteers to help out at our school. If you would like to help, please let me know. I have a form that will be available upon request.

Please remember and advise your child that attendance is very important. Please see the student handbook that spells out everything about absentees and make up work. Students need to bring a note when they return from an absence.

Please pay lunch charges as soon as possible. Slips are sent home with students who owe the cafeteria money.

Thanks again for all of your support. Remember that we have information available in the Parent Center on various topics. We can add to our resources if you let us know what you need. Please feel free to contact me if I can be of service to you with the furthering of your child's education.

Remember to listen to the local radio station and watch the Petit Jean Country Headlight for news concerning Nemo Vista. We are reporting upcoming events to them. You may also watch the school sign for information about upcoming events. We will notify the radio station and TV stations if there is a closing due to bad weather or other situations.

The faculty and staff want to take this chance to wish all of you and your families a very Merry Christmas and a happy and successful 2016. Together we can do great things with and for these students that you have entrusted to us. Thank you for the opportunity and have a wonderful Winter Break.

Dates For Later in the Year

December 2nd: Early out for in-service 1:55 dismissal

December 21 & 22 HS Semester Test – End of Fall Term

December 23-January 5, 2016 Christmas Break—Resume classes January 7th.

January 6th In-service ...No Students

February 11th Parent Teacher Conferences

March 21-25 Spring Break Classes resume the 29th.

March 28th In-service....No Students

May 17-19 Semester Tests

May TBA Graduation

May 19th Last Day of School

May 20, 23-26 Inclement weather make-up days, if needed

If I can help you in anyway, please feel free to contact me. (501-893-2811) or smcvey@nemo.k12.ar.us.