Dear JC/LISD Academy Families,

Change is in the air! I love fall, not only for its cool crisp mornings, apple orchard visits, snuggly sweaters, and all of the apple and pumpkin pie your heart desires, but for the beauty of the changes it brings. It is a reminder of where we’ve been and all that is changing to transform us.

We are half way through the semester! Often, this is the most difficult time of the year for many students as they begin to feel the pressure of assignments, projects, and tests piling up. I encourage you to spend the time when driving home to talk with your student about his/her classes and what he/she is learning. Also, take the time to discuss an action plan to help your student manage his/her time, workload, and stress. A great way to cope with stress is by developing and maintaining healthy routines. As parents, you know that established routines are necessary to do many things in a little time. Consider bedtimes, eating schedules, wake-up times, school morning/evening routines, homework checks, etc.

At school, we work to help students establish and develop new skills. One that I would like to feature this month is self-advocacy. Self-advocacy is defined as “one who actively seeks support and guidance on their own behalf for personal and academic growth.” As a parent/guardian, how do you see your role in promoting the growth of this skill in your student? I would like to share some ideas with parents as we work together for your student to become their own advocate.

Parents of Returning Students:
You could ask your student the following:
• Have they met with their college professor during office hours?
• Have they met with their Academy advisor and walked them through their college course syllabi? Established timelines?
• Have they met with their Academy advisor to problem solve any challenges?
• In college courses, mid-terms and papers are often due about now and tests are occurring in the next two weeks. Has your student visited the Academic Services staff member (Kylie Wells) from Jackson College? They offer FREE course specific tutoring and writing lab hours.

Parents of New Students, Cohort 6:
You could ask your student the following:
• Have they attended their academic advisor meetings?
• Have they been checking their emails? Emails are a very important method of communication at the Academy and also when the students are enrolled in college courses.

For any student that is struggling:
• Have you spoken to the professor about this? If so, when? What was the result of the meetings? Please forward any follow-up email communication regarding this struggle or a brief summary of your conversations.
• Have you spoken to your advisor about this? If so, what plan have you two put in place?
• What days will you be attending tutoring at the Academy (we tutor M-TH 3:30-4pm)?
• Whom have you spoken to at Jackson College regarding support? What was the solution that was determined?
• Have you reached out to our Academy content area teacher about additional help? If so, when are you meeting? How often?
• Do you have a study buddy? If so, who? When and how often do you meet to study?
• How many hours a night do you devote to additional needed practice and review?

Taking the time to converse with your student and supporting their actions will help them in becoming their own source of success. Thank you for helping them self-advocate.

November Reminders:
• November 13, Staff Professional Development - No school for students
• November 20, Credentialing - No school for students
• November 25-27, Thanksgiving Break - No school for students, offices will be open Nov. 25

With deep respect and appreciation,
Jonathan
Anxiety Coping

Mr. Cripe will be holding discussions with some of the transition classes about anxiety during October and November. Students will be talking about: common fears, anxiety symptoms, physiological needs, healthy thought processes, strategies for coping with and measuring anxiety and desired outcomes. The goal is to give students the opportunity to understand and manage anxiety better. By the end of the discussion, each student should have a coping-strategy-tool-box tailor made to their own situation.

Parents and faculty can all help support students by encouraging practice, practice, and more practice in positive thought processes, utilizing coping strategies and improved self-care (proper diet, exercise, sleeping). Please ask your student what they learned from this discussion that can help them. Please feel free to contact Gary Cripe if you have questions.

Middle College Advising

Ms. Ritchey and Marianne Finch (JC) are advising newly credentialed students November 4 - 5, 2015. Each appointment is 45 minutes. Parents are encouraged, but not required, to attend the advising session. If you have any questions, please contact Ms. Ritchey at sue.ritchey@lisd.us or 517-265-1672.

Middle College students who are taking college courses must return all college textbooks, calculators, etc. to Mrs. Case by Dec. 21, 2015.

Students who are enrolled in a college course for Winter 2016 must see Mrs. Case before they can get their textbooks and materials. Please plan to meet with Mrs. Case the week of January 11, 2016 so you have all required materials before classes begin on January 18, 2016.
This month in Economics class we will be focusing on a personal finance unit. This unit will give students the opportunity to learn how to budget monthly. Students will research and explore multiple expenses and scenarios that may occur for the average person. We will also spend some time looking at poverty and social class within the United States.

The biology class worked on learning the parts of the microscope and how to focus a microscope. The pictures to the left were taken by Julia Gurney with her smartphone and using the compound light microscope. The first picture is an onion cell, then her cheek cells, and finally hair.

Last week in English the class had Creep Week! All of our activities were centered around the creepy and the macabre. We enjoyed The Cask of Amontillado by Edgar Allan Poe, a preposition poem, and a creepy story writing contest. Talk to your student about the stories they wrote and the results of the contest! We will soon begin Shakespeare’s Othello. Please stay tuned for more exciting updates!

During the past few weeks, Mrs. Smith’s Algebra 1 class has been learning to solve all different kinds of equations. Students started working with equations they could solve mentally and have worked their way up to solving multi-step equations. Students have also challenged themselves to solve literal equations and formulas. Students have been able to incorporate previous skills learned like distributive property and operations with real numbers. This is an essential unit in Algebra 1 and these skills will be used throughout the rest of their math career!
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<tr>
<th>Date</th>
<th>Event</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Friday, November 13, 2015</td>
<td>Staff Professional Development</td>
<td>No School</td>
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<tr>
<td>Friday, November 20, 2015</td>
<td>Credentialing</td>
<td>No school</td>
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<tr>
<td>Wednesday, November 25 -</td>
<td>Thanksgiving Break</td>
<td>No School</td>
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<td>Friday, November 27, 2015</td>
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<td>Office open November 25, 2015</td>
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<td>Monday, December 21, 2015</td>
<td>Fall Term Ends</td>
<td>All college books need to be returned to the office</td>
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<td>Tuesday, December 22 -</td>
<td>Winter Break</td>
<td>No School</td>
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<tr>
<td>Friday, January 15, 2016</td>
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<td>Office open the week of January 11, 2016</td>
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