

From the Principal:

One of the biggest buzzwords in education today is “Grit.” Although the definition of this word is commonly known, in education it refers specifically to the perseverance and passion for long-term goals. Emerging research is illustrating that grit is a better indicator of success in college than measures that we typically think of, including ACT scores or GPA. In other words, not all students with a 28 on the ACT will perform equally well in college. The determining factor? Grit.

It is easy to reinforce grit in young kids because their emotions are so raw. My 3-year-old loves the challenge of a puzzle, but can be easily frustrated when the pieces don’t match up. My 5-year-old is still trying to conquer his two-wheeled bike--it hasn’t been the most pleasant experience for him or his parents. In both of these cases, my wife and I urge our boys to “keep trying,” and we show them how much they’ve improved already.

At the high school level, grit is more difficult to reinforce, but it is just as important. You may have heard your student say something like, “Math is not my thing,” or “I’m a horrible artist.” Disguised behind comments like these is the idea that we only have a fixed amount of ability for certain things. This just isn’t true! While it may be true that no amount of practice and effort will automatically turn our kids into the next Yo-Yo Ma or Michael Jordan, this same practice and effort will make them better at that skill.

When we can shift our student’s thinking to approach new or difficult learning as a welcome challenge, they are more willing--and motivated--to meet these challenges directly. When your student says, “This is too hard,” encourage her/him instead to say, “This may take some time and effort.” When your student says, “I made a mistake,” let her/him know that mistakes help them improve. After all, it is improvement, not perfection, that we’re after.

If you want to know more about the power of mindset on your child’s motivation, I encourage you to check out books and/or YouTube videos by Daniel Pink, Angela Duckworth, Carol Dweck, and Paul Tough.

Sincerely,

Kurt Tenopir
Principal

Prepare for Holiday Giving

As we reach out to serve others we sometimes don’t realize the tremendous need right here in our own community. Each year, Palatine Township’s Adopt-a-Family program serves over 500 local families who are experiencing financial crisis and provides them with clothing, toys and gifts. Our National Honor Society has embraced this program as one of their service efforts. If your family, club, church, business or organization is interested in participating in this program as well they should contact Christine Favia at cfavia@palatinetownship.com. Families are matched the entire month of October.

Also, past NHS Officer Kellie Kinsella started YHOP to help assist the Palatine Food Pantry. The website is www.yhop.org and it stands for Youth Hunger Opposition in Palatine. NHS and SOS at Fremd will be taking collections and having bake sales to help keep the food pantry supplied. Fremd’s NHS feels that no one should be hungry in Palatine and it is their mission this year to make sure they do their very best to help the Palatine Township Food Pantry. Events will be posted on the yhop.org and Fremd NHS website.

On-Line Parent Portal

The Infinite Campus Portal allows parents access to their child's attendance, schedule, report cards, mid-terms, grades as posted by teachers, as well as demographic information for the current school year. The program allows for communication between the parent, counselor, and teachers regarding student process.

Freshman parents should have received an activation code last spring which would allow each parent/guardian to create their own username and password. If you have not received this code, or are having difficulty accessing the Parent Portal, please visit the login page at <https://campus.d211.org/campus/portal/township.jsp> and click on the link "Help" button to request assistance. Tech services can assist with resetting your password.

Students have access to their grades as posted by their teachers through the Infinite Campus Portal. Please note that not all teachers post grades on a daily basis. Students and parents do not share a common username and password with their parents. Students have the ability to activate their own account. Each student has been assigned a user name and password for their account. A student's user name is a nine digit number: three zeros followed by the student's school ID number. A student's password is the first initial of their first name, the first initial of their last name, and their birthday using the MMDDYY format. Students can activate their account by visiting the Portal Access page at <https://campus.d211.org/campus/portal/township.jsp> and entering the information above. Have you downloaded the Infinite Campus App? You will need the district code to login the first time. The district code is WRPFZV.

PSAE Practice Test

As part of Fremd's comprehensive plan to prepare students for the state ACT on March 3, 2015, all juniors will participate in a practice ACT exam on October 22 from 7:30-11:50 a.m. (early dismissal for all students). Students and teachers will receive test scores in November, allowing adequate time for review before the official March test. This practice test is free to all juniors.

8 National Semi-Finalists Named

William Fremd High School is proud to announce that eight seniors have been named 2015 National Merit Scholarship Semi-Finalists: **Justine Chee, Nathan Cornwell, Soumyaa Mazumder, Ellen Ni, Walter Panfil, Sanjana Shah, Jeemin Sim and Jennie Yang.**

These students scored in the top one-half of one percent of the over one million students who entered the 2015 National Merit competition by taking the Preliminary Scholastic Aptitude Test administered in October of their junior year. These students are to be congratulated for bringing such prestige and recognition to their community, school, families, and themselves.

Expectations Assemblies

Discipline administrators held the annual expectations assemblies with all students during their P.E. classes on August 25. In these presentations, the administrators discussed the shared behavioral expectations that support the school-wide focus on increasing student achievement and maintaining a safe and orderly school environment. The following topics were highlighted at these presentations:

- ID procedures and policies.
- General behavioral expectations, including the policies for dress code, electronic devices, tardiness and truancy.
- A summary of the supports and services available within to the school to assist students with their academic and social/emotional needs.

- Guidelines for helping students get the most out of their time at Fremd, including getting involved and taking an active role in the learning activities.

A copy of the expectations assembly PowerPoint slides can be found online in the Discipline and Attendance section of the Fremd web page under Administration. Please review the 2014-2015 William Fremd High School Calendar/Handbook for details regarding attendance, behavior, activities, athletics, academics and student records.

Career Exploration Opportunities

As the Career Advisor, Jan Brottman, I am very happy to be at Fremd High School. My role is to work with students, teachers, counselors, and administrators to accomplish the following goals:

- Increase student awareness of careers by offering on-on-one career counseling
- Set up Career Treks to local businesses during the school day
- Assist teachers as a resource for classroom speakers
- Advertise independent opportunities for students to explore on their own

I encourage you to talk with your student about exploring careers. Reassure them that many students have no idea where they see themselves after they complete their education. It is never too early to start exploring. Career treks are open to all students on a first come first served basis. My office hours are 8:30 am to 2:30 pm Tuesday, Wednesday, and Thursday in Room 116S. My phone number is 847-755-2657 and my email address is jbrottman@d211.org. If you are willing to share your talents and expertise with the students to aid in their career exploration, please contact me. I am looking forward to an exciting year exploring careers with Fremd students.

Trick or Treat Festival

We wish to invite all little ghosts and goblins, ages pre-school through sixth grade to Fremd on Tuesday, October 28th for a TRICK OR TREAT FESTIVAL. There will be decorated and spooky classrooms to visit and candy to enjoy. Please pass the word on to your neighbors. This community service event will begin at 4:30 p.m. and conclude at 6:00 p.m. The schedule for the evening is as follows:

(Children 12 and under must be accompanied by an adult)

4:30-5:00 Children 4 and under Trick or Treat the hallways

4:30-5:00 Children over 4 will be in the cafeteria

5:00-6:00 open to all

For more information see our website: www.fhs.d211.org

Check Out Colleges On October 22

To get direct and personal information about colleges, an excellent opportunity exists each October when District 211 sponsors more than 200 representatives from colleges and universities across the United States in our College Night Program. This year, college representatives will be available at Palatine High School, October 22 from 6:30 p.m. until 8:30 p.m.

The majority of schools will be located in the school gymnasium and cafeteria. Illinois state universities and a few other selected schools will be in classrooms and larger group facilities to make 30-minute presentations beginning at 6:40 p.m., 7:20 p.m., and 8:00 p.m. Other sessions include NCAA eligibility and requirements and a presentation on highly selective colleges.

With nearly 4,000 parents and students expected to attend, we encourage people to carpool or walk if you are close enough. Students and parents from the other District high schools are encouraged to ride on shuttle buses leaving Fremd High School at 6:00 p.m.

Please check the District 211 website in early October to view a list of colleges that will be attending.

Applying to Colleges

With the number of qualified applicants to college increasing annually, families must take care to complete applications in a timely manner. Seniors should schedule conferences with their counselor early in the fall. Counselors visited English classes on September 3rd to be certain that every student is aware of the proper procedures. Some general reminders follow.

Each student should submit applications to a variety of schools. This is necessary for two reasons: first, there are no guarantees on college acceptance and multiple applications help provide insurance against disappointments; second, a college choice made early in the fall may not seem as good in the spring. Alternatives need to be available for late changes in circumstances.

Most college applications require that the school **sends** a transcript. This year students are able to send transcripts electronically through Parchment. Information was sent to all senior parents and students. Parchment registration and use will be discussed on September 3rd during senior presentations. Parent authorization is required for all transcript requests. Plan to apply well in advance of any deadline. **We cannot fax transcripts.** Students should see their counselor whenever a college application is submitted electronically.

Most applications are submitted electronically. Visit the admissions page of the university to begin an on-line application. We have a tremendous wealth of college information on our website: www.fhs.d211.org. Click on College/Career. Please call your counselor for additional help. Our counseling staff is experienced and ready to assist you.

Apply early. Except for admissions at selective schools, most applications should be submitted prior to **November 1**. Often this November 1 deadline applies to any university scholarships.

Senior Pictures

Senior pictures for the Class of 2015 are being taken at Root Studios located at [1031 E. Woodfield Rd. in Schaumburg](#). If you haven't already had your picture taken, please call the studio to set up an appointment. The phone number is [847.706.9688](tel:847.706.9688). Pictures and retakes must be completed by October 1, 2014 to be included in this year's yearbook. A photographer will be at Fremd on October 1st from 7:00a.m.-3:00pm for any Senior who still needs to have their Senior photo taken. There is no charge for a yearbook-only photograph. Senior I.D. Photos will NOT be included in the yearbook. The date for underclass picture retakes (at Fremd) is Wednesday, [October 8th from 7:00 a.m.-3:00 p.m.](#) Any student who would like to purchase yearbook photos can go to www.shophrimaging.com after their photo has been taken to view/buy pictures.

Senior Yearbook/Portrait Checklist

- * Get your portrait taken

If you have already been photographed, pay attention to deadlines to choose your yearbook pose online. *****Otherwise a photo will be chosen for you! *****

If you missed your summer appointment you have 2 options:

Call Root Studios NOW [tel:\(847\) 706-9688](tel:(847)706-9688) (appointments are filling up quickly) and schedule a sitting. You do NOT need to pay a sitting fee if you only want to appear in the yearbook (but you will receive fewer poses and no proofs) OR Get your senior portrait taken at the school on

Wednesday, October 1st during all periods in the back of the auditorium. (They will only take 1 or 2 shots. Strictly for yearbook publication only.)

Way to go Vikes!

- Congratulations to junior **Payton Kim** on his 5th place finish (shooting a 74) at the Addison Trail Golf Invitational.
- Congratulations to Girl's golfer **Jaehae Hur** on a personal best of 77. Players to watch are juniors **Jaehae Hur, Sophia Metallo, Haezi Jung** and Sr. **Kelly O'Sullivan**.
- Congratulations to coach **Jim Aikens** on being named a finalist for the National High School Coaches Athletic Association Track Coach of the Year award.
- Fremd High School was ranked as the 21st best high school in the Midwest by The Daily Beast.

Fremd Music Association

The Fremd Music Association (FMA) is a not for profit parent association whose sole purpose is to provide support to the music department and all music students at Fremd. If you are interested in joining FMA, applications can be found at www.fhsd211.org/departments/music.

Dates to remember

September 23	Teacher Morning Work Session (Late Start for Students, period 1 begins at 8:50 a.m.)
September 25	Collage Concert- (Cafeteria, 7:00 p.m.)
September 26	Homecoming Games (4:30/7:00 p.m.)
September 26	Golf Cart Parade (between football games)
September 27	Homecoming Dance (Gymnasium, 7:30-10:30)
September 30	Fall Band Showcase (Café 6:00/7:30 p.m.)
October 7	Teacher Morning Work Session (Late Start for Students, period 1 begins at 8:50 a.m.)
October 13	Columbus Day - No School
October 18	Orchestra Festival (Gym/Café, 7:0 p.m.)
October 21	Teacher Morning Work Session (Late Start for Students, period 1 begins at 8:50 a.m.)
October 22	Early Dismissal at 11:50 a.m. (College Night – 6:30-8:30 p.m. PHS)
October 25	End of 9-Week Grading Period
October 28	Trick or Treat Festival (All school, 4:30-6:00 p.m., preschool-6 th grade)
October 30/Nov.1,6,7	Musical “ <i>Shrek</i> ” (Kolze Auditorium, 7:00 p.m.)