

Event Dates
NovemberNovember 1 Chrome Book
CheckNovember 1 & 2 CTC As-
semblies for ninth grade
studentsNovember 12 No School;
Veterans' DayNovember 20 Josh Drea
Grade Level AssembliesNovember 22 - 26 Thanks-
giving Break No SchoolNovember 28 – December
4 Book FairNovember 30 Varsity Cho-
rus/Vocal Ensemble Con-
cert 7:00 PM at AAHS Au-
ditoriumDecember 7 IGRs posted to
Family Access in SkywardDecember 4 Jazz Band
Concert 7:00 PM

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From the Principal

Parents/Guardians:

Report cards will be coming home on November 2, please look for them. We hope this will be a time for you to compliment and praise your child for a job "well done". Please remember to focus on setting academic expectations for your child. Research consistently shows that students feel more positive and connected to their school when they believe that hard work will lead to success. With the national focus on college and career readiness, it's important to let your child know that you expect her to put forth her best effort with school work. We know that Junior High means more classes to juggle and more homework assignments to manage. Help your child learn more and be successful in school by getting into a good homework routine from the start. Here's how.

Make homework a habit. One of the best ways to make something a habit is to do it at the same time every day. Help your junior high student to pick a homework time slot that works for him.

Get focused. Encourage your youngster to pick a homework spot where she won't be distracted by siblings or television. Being comfortable with her work environment will let her focus on her assignments.

Keep supplies nearby. A handy stash of school supplies will keep homework time moving along smoothly. Have your child fill a box or basket with everything he needs (paper, pencils, scissors, glue, ruler, graph paper, colored pencils, calculator).

Stay organized. In Junior High, your child has a lot more books and papers to keep straight, so she needs good organization skills. Encourage her to use her agenda (school planner) to keep track of homework due dates, quizzes, and tests, and meeting for group projects.

Manage assignments. Your child's workload might be easier to handle if he starts homework time by putting assignments in order. Some students do better knocking out the easiest assignments first and feeling like they have got something done.

Create study guides. Worksheets, textbook questions, and other assignments contain information your child will need to know for tests. He can stay ahead by making study guides.

Build breaks. Avoid homework burnout by having your child take regular breaks, maybe a 10 minute walk or a healthy snack.

Plan ahead for projects. Teach your child to tackle large projects by breaking it down into individual steps. It won't be so overwhelming.

Turn it in. Homework is not complete until it's handed in!

Sincerely,
Lori H. Mangan
Principal

**Respect
Ownership
Action
Relationships**

**Welcome to Altoona Area
Junior High School**





COUNSELOR'S CORNER

GACTC

The counselors from the Greater Altoona Career and Technology Center (GACTC) will be speaking with all 9th graders in November in the AAJHS auditorium. Students will be viewing a DVD which will exhibit the 27 programs offered at the GACTC. Students will also have the opportunity to sign up to tour the GACTC on November 15th or 16th. Students will select three shops in which they would like to visit.

On the tour, 9th grade students will have the opportunity to spend 20 minutes in each shop to gain insight and knowledge of the programs. Students will be able to hear from the instructors and current students about program objectives, duties, certifications, and perspective future jobs. All students, parents and guardians may also attend the **GACTC Open House** on December 4, 2018, from 5:00 –8:00pm.

GACTC applications for current 9th grade students are due in January, 2019. The GACTC website is also a helpful tool to gain information and insight into each program: <https://www.gactc.edu/>

Don't miss out on a wonderful opportunity to go to GACTC!

Tenth grade students who attend the GACTC next year, will be scheduled at the GACTC for 3 periods. These students will take their math, English, science, P.E. and Health classes at AAHS. Tenth grade GACTC students usually do not have social studies during their sophomore year.

Each year we have more and more academic and honors students choosing GACTC. We want these students to still take their world language, so these students take summer school to make room on their schedule for a language and GACTC.

Teens and Depression

The teen years can be a pretty rocky time: full of emotions, hormones, new relationships, and conflicts. It is not uncommon for teens to feel down and out at times. Depression, however, is more than being sad. People with depression are not interested in doing activities that they once enjoyed. Here are some other signs of depression:

Extreme sadness, hopelessness or an empty mood that lasts most of the day and interferes with daily life like going to school or wanting to be with friends. Feeling angrier than usual or trouble with eating or sleeping are other signs.

Symptoms usually last two weeks or more. Depression usually does not go away on its own. It may be caused by a traumatic or stressful event, a chemical imbalance in the brain (lack of serotonin), or even genetics.

The good news is that depression is treatable. Often teens need psychotherapy (talk therapy) and/or medication to overcome depression.

If you think your child may be depressed, please contact your pediatrician or school counselor. Our Student Assistance Intervention Team is also a source of help.

Helpful Numbers:

Community Crisis Center: 889-2141

National Suicide Hotline: 1-800-784-2433

Lifeline: 1-800-273-8255



ENGLISH DEPARTMENT

The leaves are falling, temperatures are dropping, and our teachers and students have settled in to another “spook”tacular school year!

Several ninth-grade English teachers volunteered last year to be early adopters of Reading Workshop, a program designed to instill a love of reading in our students. Based on student choice, Reading Workshop invites students to read more books more often, in school and out, thereby increasing students’ stamina for reading, their vocabulary, and in the end their overall reading skills and practices.

Our teacher-volunteers participated in hours upon hours of professional learning last school year, including a week-long boot camp in May, and they will begin practicing the program this year. In grades 7-12, early adopters will begin with an independent novel study focusing on *A Deep Study of Character*. Parents may anticipate seeing modern young-adult novels coming home with their students. Additionally, two more units of study will occur in book club settings later this school year.

In seventh and eighth grade English, teachers have begun the first year of implementing an updated curriculum aligned with PA Core Standards and Eligible Content. The updated curriculum follows the PA Progressions of Learning and includes the ELA PSSA Glossary to be sure that our students are prepared for each new year of learning in English class.





9TH GRADE FUNDRAISER

The 9th Grade Class will be holding their annual candy fundraiser during the month of November. The fundraiser will run from November 2 until November 16. All funds raised go toward the 9th grade class activities and dances held throughout the year. Each 9th grade student who sells at least one box of candy will receive a free ticket to the 9th Grade Social in May. The 9th grade student who sells the most boxes of candy will receive a cash prize!

All candy must be paid for and no candy may be returned. PLEASE BE SURE TO TURN IN ALL MONEY OWED BY FRIDAY, NOVEMBER 16.





MATHCOUNTS

MathCounts is a national math competition series in which 7th and 8th grade students at AAJHS compete in cross-curricular math problems based on NCTM math standards. MathCounts is open to all students in 7th and 8th grade. The club meets weekly to solve fun, interesting, and challenging math problems. Qualifying students will participate in the local MathCounts competition at Penn State Altoona in February. If the students do well there, they will move on to the state competition. The math club is searching for interested students to join our current members. Meetings are every Thursday after school until 3:30 in room 275. If you have questions about the club, please contact Mr. Chris Lloyd at clloyd@altoonasd.com.

