

Falcon Flyer



Student, Parent, Faculty and Staff Weekly Update



What's New at Fauquier High School?

“We Believe; Always Believe”

Principal's Message:

I would like to take this opportunity to welcome everyone back to the 2020-21 school year and hope everyone had a restful, relaxing, and enjoyable summer break. These past few months have certainly been interesting and who would have known that March 13 would have been our last day of school! Now here we are several months later and still trying to work through all of the uncertainties of the COVID-19 pandemic. On the bright side, the numbers of new cases and deaths appear to be leveling off and in some cases decreasing in our area! This is great news as the precautions everyone is taking appear to be working. Let's continue to wear those masks, social distance, and wash those hands and hopefully we can put an end to this frustrating situation.

August 24, 2020 was our first day of the new school year and a new virtual experience for all. As I said to our teachers during teacher work week, this year will be like everyone's first year of teaching. We don't know what to expect or how things will go but we have extremely talented and dedicated teachers who have been working for weeks and months to prepare for this year. Our first week was a great success with teachers contacting students and becoming acquainted with each other, discussing class expectations, and preparing for the first official week of learning. I visited many classrooms and can honestly say it was rewarding to see the student's faces and hear their voices. There was once again some life in the building and a sense of returning to some semblance of normalcy. I believe we will be completely successful in this endeavor to educate our students and we will provide a comprehensive, rigorous, and challenging curriculum for all. As we move forward, I realize there will be many questions, concerns, and uncertainties for students, parents, and teachers but I assure you we will do our best to meet these challenges head on and answer your questions and concerns in a prompt and courteous manner. As I have stated in the past, communication is the key to success and we are always available to assist you. Should you have questions or concerns, please do not hesitate to email me at kkelican@fcpss1.org or call at 540-422-7300. I look forward to a successful and productive school year for all!

Mr. K

New This Year!

We know your time is valuable and we don't want to overburden you with excessive e-mail, text messages, and phone calls, so I will be sending the “Falcon Flyer” as our weekly correspondence. My goal is to reduce the amount of correspondence going home, streamline our communication process, and have valuable information located in one easy-to-find location. We will continue to use the auto-call system for emergency situations or important reminders, and teachers will continue to send specific information related to your student directly to you. In this edition, you will find important facts regarding the reopening of school and our guidance newsletter. I hope this reduces that overwhelming feeling of information overload many of you are experiencing.

What's Happening?

Have a question? Can't find something? Did you check Blackboard? How about the FHS or FCPS1 web page? We have been diligent in keeping all necessary information updated in Blackboard, on the FHS web page and through social media. Additionally, we are using e-mail notification, and automated phone calls to keep everyone apprised of FHS news. If you are not receiving our correspondence, please let us know and we will get you on our list.

Events and Activities for the week of August 31, 2020

Monday, August 31, 2020- Friday, September 4, 2020

Senior Pictures- Students must sign up for a time slot using this link: pickatime.com/vosphoto/fauquierhs

Monday, September 7, 2020- No School- Labor Day Holiday

Monday and Tuesday classes for the week of September 7 will shift one day because of the holiday. The class schedule will be as follows:

Monday, September 7- No school

Tuesday, September 8- Synchronous Instruction

Wednesday, September 9- No Office Hours. Asynchronous Instruction

Thursday, September 10- Synchronous Instruction

Friday, September 11- Asynchronous Instruction.

News:

Kraig Kelican- Principal

- Class schedules are mostly complete and all class schedule changes will be completed by September 4. Only level changes will be considered after this time. If you have any questions or concerns about your schedule, please contact your counselor. A huge thank you to Mr. Bjorkman and his guidance staff for their diligent efforts to accommodate the numerous schedule requests they received and the balancing of classes. Great Job!!
- Seniors, If you are applying for Early Graduation or Exception to the Full Day(Term 1) your forms need to be submitted by Wednesday, September 9. The forms to apply are under Counseling on the FHS Website. Verification letters would then need to be emailed to your counselor.
- Attendance during Virtual Learning: The Virginia Department of Education requires schools to maintain attendance records for both synchronous and asynchronous days of instruction. Synchronous day attendance is easily done since teachers and students have direct contact. Teachers simply indicate which students were in attendance during this time. Asynchronous day attendance is more difficult since this contact may or may not take place. We understand this is a very different and stressful time for students, parents and teachers and we are making every effort to make this process as easy as possible for all involved. To maintain accurate attendance records on asynchronous days of instruction, students are typically completing assignments, projects, group discussions and other instructional activities individually or in groups. Students are not expected to log on to each class on asynchronous days and/or spend the 80 minute block involved in instruction. Something as simple as submitting an assignment, asking a question, logging in for help, or other easy process the teacher develops are sufficient to determine student engagement. Students will be counted present if they are engaged in some form. Again, simplicity is our goal. Wednesdays are days for office hours and attendance is not "taken" and will default to present. I am encouraging teachers to be flexible and work with students and parents to make this work. We would like to try this method for a brief time to gauge its success and we may need to make modifications as necessary. If you have any questions or concerns about the attendance process, please contact the Attendance Office or Administration.

Notes: Should students not be available at the actual time of the lesson due to connectivity problems or other circumstances, the student can complete the lesson through alternate means and will be marked present **once the parent notifies the teacher that the lesson has been completed.**

Additionally, students who complete or attempt to complete assignments on asynchronous days will be counted present for that day/class. When students are absent from classes, parents must contact the attendance office to excuse this absence.

- SAT and ACT Tests: Because of the uncertainty of the pandemic and the concerns for the health and safety of our students and staff, the SAT and ACT testing scheduled at Fauquier High School for the months of August through December have been cancelled. We will continue to monitor the local conditions and reassess the testing schedule in January. We apologize for any inconvenience this may cause. **Update: The staff at FHS is working on a mitigation plan in an effort to offer SAT and ACT testing at FHS in October, November, and December to address the health and safety of our students and staff. Stay tuned for more information.**
- A reminder to parents and students that personal items left at school at the end of the 2019-20 school year, in lockers and locker rooms are still available for pick-up in the Main Office. If you have any such items, please contact the Main Office at 540-422-7300.
- Blackboard pages are becoming uniform! I have received many comments in the last few months from parents that teacher blackboard pages were difficult to navigate and to find information in specific places. We heard you! Beginning this year, all teachers will be using a template that places information in the same place for ease of use. There will be designated sections for assignments, grades, class procedures, teacher communication and more with the option for additional links to supplemental information. This should allow parents to view the blackboard pages for teachers and easily find the same information in the same location on the page. I look forward to any comments you may have on the new set-up.
- VHSL News- VHSL is currently reviewing the status of sports and other activities for upcoming school year. We are hopeful to have more definite information on schedules, facility use, and student programs soon. We will keep you informed.
- Falcon Booster Club: The Falcon Booster Club continues to work hard to provide our student athletes with scholarships, equipment, and numerous opportunities to assist in their academic and athletic endeavors. They are looking for interested individuals who would also like to assist in this cause. If interested, please contact the school or activities director for information on the organization, membership application and meeting times.
- Underclassmen Pictures: We are currently working with Victor O'Neill Studios to develop a calendar hopefully in the months of September and/or October to schedule underclassmen pictures. We will use a system similar to the one used for Senior Portraits where a notification will be sent to students and parents with a link provided to select an appointment time. Additional information coming soon.
- SCA Elections: Want to get involved in Student Council Association? Looking to meet new friends or take on a leadership role? Want to have a voice in the school? Then SCA is for you! We are in the process of taking applications for the 2020-21 class and SCA Officers. Each class plus the SCA will elect a President, Vice President, Secretary and Treasurer by electronic ballot. The process is simple. Complete an application, participate in an interview, and vote. It's that easy. If you would like to help out but not have the responsibility of being an officer, try Executive Council. You would serve as a support group for your class officers and assist with class activities. For more information contact Ms. Story, Mrs. Anderson, or Mrs. Green and for an application click on this link:
<https://forms.gle/4C7zmLFThwkzTe4BA>

Fauquier County Public Schools
High School Schedule Marking Period Dates
2020-2021

First Semester		
Marking Period/Term	Grades Due	Report Cards
1: 8/24-9/18 (19 Days)	9/23	9/25
2: 9/21-10/16 (20 Days)	10/21	10/23
3: 10/19-11/13 (19 Days)	11/18	11/20
4: 11/16-12/17 (21 Days)	1/6	1/8
Second Semester		
Marking Period/Term	Grades Due	Report Cards
1: 1/5-2/5 (23 Days)	2/10	2/12
2: 2/8-3/12 (24 Days)	3/17	3/19
3: 3/15-4/23 (25 Days)	4/28	4/30
4: 4/26-6/4 (29 Days)	6/7	6/9

- **HS Parent Conferences:**
 - **First Term: After 9/25 Fall MP 1 Report Card**
(Suggested Wednesday, 9/30 by virtual appt)
 - **Second Term: After 2/12 Spring MP 1 Report Card (TBD)**

FHS Counseling Newsletter

September 2020

Keep informed and up to date! Check out the FHS Counseling website. Current information is posted on the site (i.e. college visits to FHS, testing information, SAT/ACT test dates, senior information, etc.). To access the FHS Counseling site: www.fcps1.org > Our Schools> Fauquier High School> Parent and Student tab (on top)> School Counseling. **ALSO, FOLLOW US ON TWITTER @FHSCOUNSELING2**

INSIDE THIS ISSUE :

Class of 2020 Info	2
Dual Enrollment Stats	2
Class of 2020 College Selection	3
College Prep Sites	3
Virtual College Fairs	4
Senior Information Night	5
Paying for College	5
Career Coach Newsletter	6
SAT/ACT and Other Testing Information	7
SOL Testing	8
Who is New in the Counseling Office	8
Transcripts for College Applications	9
Suicide Prevention	10-11
Counseling Contact	12

Future Events

(See Newsletter for additional Information)

September 4th

All schedule changes need to be complete. No changes after the 4th.

September 9th -

Parent/Senior Night 6:30PM virtual via ZOOM. (Pg. 5)

September 13th -

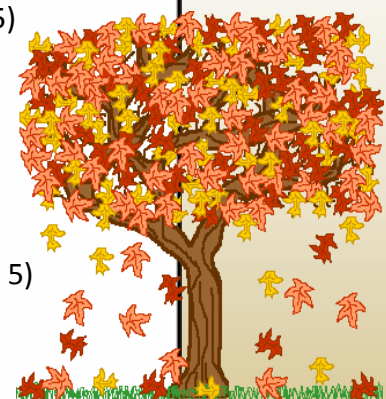
Virtual College Fair—12PM and 8PM (Pg. 4)

September 17th -

Paying for College/Financial Aid Night – 6:30PM (Pg. 5)

October 12th -

Virtual College Fair—1PM and 9PM (Pg. 4)



Class of 2020



2020 Colleges of Choice (Based on Final Transcripts Sent)

4 Year College/University	56%
2 Year College	22%
Military	13%
Vocational/Technical	2%
Employment	13%
Undecided/Gap Year	5%

Diploma Type

Advanced	57%
Standard	37%
Modified/SpEd	5%
Other	1%

Lord Fairfax Community College	68
James Madison University	26
Virginia Tech	17
Northern Virginia Community College	12
Virginia Commonwealth University	12
George Mason University	10
Virginia Military Institute	7
Bridgewater College	6
Christopher Newport University	6
Coastal Carolina University	5
West Virginia University	5
Savannah College of Art & Design	4
Shenandoah University	4
University of Virginia	3
Radford University	2
Longwood University	2
College of William and Mary	1
Drexel University	1
Elon University	1
Rutgers University	1



[Dual Enrollment Headline News!](#)

Term 1 for 2019-2020

180 students had a total of 963 college credit hours.

Term 2 for 2019-2020

233 students had a total of 1,333 college credit hours.

Total for 2019-2020: 2,296 credit hours!



The following chart shows the number of applicants and those attending to the top 11 schools for the 2020 senior class. Please note that the GPA, ACT and SAT scores are AVERAGES. There are some higher and lower. Do not let this information keep you from applying to a college/university you are interested in attending.

This chart was compiled by Mr. Bjorkman, FHS Guidance Director and Kate Rusnak, College Advisor.

COLLEGE	APPLIED	ATTENDING	AVG GPA	ACT	SAT
JMU	70	26	3.86	23	1150
GMU	52	10	3.58	24	1188
VCU	46	12	3.8	24	1180
VT	42	17	3.97	26	1262
UVA	36	3	4.32	28	1330
CNU	34	6	3.86	27	1268
Mary Washington	26	3	4.15	21	1170
ODU	25	2	3.42	19	990
WVU	20	5	3.61	23	1142
Bridgewater	12	6	3.58	21	1075
Shenandoah Univ.	6	4	3.84	23	1050

Helpful Websites for College Prep:

www.nces.ed.gov—College Navigator (US Department of Education)

www.collegemajors101.com—Find the major that fits you

www.commonapp.org—Common App; College planning

www.collegechoice.net—College Choice



Students who have trouble with their device should contact the Student Support Team.

Call 540-422-7028 Monday—Friday: 9AM—3PM

Email studenthelp@fcps1schools.net



LARGEST UNIVERSITY BY ENROLLMENT IN EACH STATE



VIRTUAL COLLEGE FAIRS

(Event normally held at LFCC has been cancelled)

There are two upcoming virtual College Fair dates, September 13th and October 12th. Please visit the Virtual College Fair web site to sign up and for additional dates and information. www.virtualcollegefairs.org

College visits/Admissions connections will be virtual this school year. Please check the College Visit tab on the Counseling web page. Contact Ms. Katherine “Kate” Rusnak if there is a particular college you would like to “visit” at kate.rusnak.c@fcps1.org.



SENIOR INFORMATION NIGHT—COLLEGES/UNIVERSITIES/SCHOOLS

SENIOR NIGHT will be presented virtually by the Counseling Department on Wednesday, September 9th at 6:30PM on ZOOM. Register at bit.ly/FHSSeniornight.

- ◇ Discussion will include the following topics:
- ◇ College Exploration (Finding the Right Fit; Admission Rep connections; College Visits)
- ◇ Application Process (Types of Applications—Common App, Coalition App; Early Decision/Early Action; Transcript Request)
- ◇ Credentials (SAT/ACT; Dual Enrollment)
- ◇ Things to Consider (FHS Acceptance Rates; COVID; NCAA)
- ◇ Resources

Paying for College/Financial Aid Night

Thursday, September 17th at 6:30PM

This presentation will be held virtually on ZOOM.

Please register at:

[Bit.ly/FHSPayingforCollege](https://bit.ly/FHSPayingforCollege)



FROM THE CAREER COACH,

Mrs. Belinda Knudson

Belinda.Knudson.C@fcps1.org

FUTURE FOCUS

SENIORS: MAKE DECISIONS

Most jobs require some kind of education or training beyond high school. This can mean a trade school, apprenticeship, certificate program, military service, associate's degree, as well as a traditional bachelor's degree. Encourage your student to explore all the options that interest them and then do these two things right now to successfully plan for the future:

Do your research. Exploring options will take a little more work this fall. Search the Virginia Job Outlook for a list of high demand careers by level of education. Use the college search feature at bigfuture.org, attend a virtual college fair, or connect remotely with an admissions officer to build a list of potential programs. Important things to consider: program quality, majors, costs and available scholarships.

Control what you can. You can't control whether your child will be able to take the SAT/ACT, but you can help them prepare a strong application package, which includes an excellent academic resume, well-written essay, and solid letters of recommendation.

JUNIORS: EXPLORE OPTIONS

A well-rounded application starts before senior year. Encourage your student to find creative ways to serve as a student leader through clubs, sports teams, or volunteering. These roles develop confidence, responsibility, time management, and communication skills. Working with others to solve problems and develop plans is a great way to build the skills to succeed in college and the workforce.

SOPHOMORES: GET EXPERIENCE

This year students should focus on learning more about possible career choices. Ask people about their typical day, work/life balance, and what's most challenging and rewarding about their job. These "informational interviews" are a great way to find out what a job is really like and to sharpen communication skills.

FRESHMEN: KNOW YOURSELF

People who don't pursue their interests and values don't do as well in school or at work. But not every career ties neatly to a school subject. Encourage your student to consider interests they have both inside and outside the classroom as career areas to explore.

MAKING CONNECTIONS

Fauquier High School Counseling Office:
540-422-7307

Belinda Knudson, Career Coach:
bknudson@lfcc.edu

Kate Rusnak, College Adviser:
kate.rusnak.c@fcps1.org

Twitter: @fhscounseling2 or @careerfhsc

Google classrooms: Students can join through their GAFE accounts

Remind: 7369ghc

MARK YOUR CALENDAR

9/9 FHS Parent/Senior Night, 6:30 PM
register @ bit.ly/FHSseniornight

9/13 Virtual College Fair, all day
register @ virtualcollegefairs.org

9/17 Paying for College Night, 6:30 PM
register @ bit.ly/FHSPayingForCollege

9/24 Academic resume workshop, 6:30 PM
register @ bit.ly/FHSResume

10/7 Essay writing workshop, 10 AM
register @ bit.ly/FHSEssay

WELCOME! We're fortunate to welcome Kate Rusnak, College Adviser with the Virginia College Advising Corps. Ms. Rusnak is an excellent resource to help students through the college process. If your student hasn't completed the SENIOR ENTRANCE SURVEY, please have them get started here: bit.ly/fhs21

MONEY MATTERS

Some scholarships have application deadlines in the fall. Check the "Seniors & Scholarships" section of the Counseling Office webpage for information about many local and national scholarships.

Estimate your eligibility for federal financial aid with the FAFSA4caster tool at fafsa.ed.gov.

SAT AND ACT

Register for the SAT at www.collegeboard.org or
for the ACT at www.actstudent.org

Please see the College Board website for a list of
SAT II tests and dates.

Fee waivers are available if you receive free or
reduced lunch or have a financial need. Please
contact your counselor if you have questions.

ACT Dates	Registration Deadline
September 12, 13, 19, 2020	CANCELLED AT FHS
October 10, 17, 24, 25, 2020	CANCELLED AT FHS
December 12, 2020	CANCELLED AT FHS
February 6, 2021	January 8, 2021
April 17, 2021	March 12, 2021
June 12, 2021	May 7, 2021

All tests are administered at
FHS! (Tests through December
at FHS have been cancelled.)

SAT Dates	Registration Deadline
September 26, 2020	CANCELLED AT FHS
October 3, 2020	CANCELLED AT FHS
November 7, 2020	CANCELLED AT FHS
March 13, 2021	February 12, 2021
May 8, 2021	April 8, 2021
June 5, 2021	May 6, 2021



THE ASVAB CAREER EXPLORATION PROGRAM is a career planning and exploration program that combines a multiple-aptitude test with an interest self-assessment and a wide range of career exploration tools. Students normally take the ASVAB test in October. However, the ASVAB for this October has been postponed.



The PSAT test which is normally given to all 10th grade students in October has been cancelled at this time. If you have any questions, please contact Mr. Warren Hackney at warrenhackney@fcps1.org.



SOL Testing Calendar

For students enrolled in these classes for the Fall Semester Only

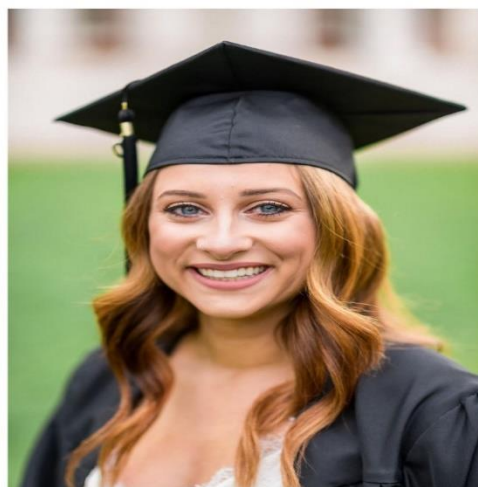
Students will be contacted

Date	Session Content
September 21—October 2	Non-Writing SOL testing (all grades for retest)
October 26—November 6	Writing SOL testing (Term Grads October 26- October 30)
November 16—November 20	Writing SOL testing (Term Grad 2nd Attempt ONLY)

HELLO FALCONS!

My name is Kate Rusnak and I'll be your new college adviser!

I recently graduated from the University of Virginia with a Bachelor's degree in Psychology and I am passionate about helping students achieve their goals after high school. I will be here as an additional resource to help with college applications, SAT/ACT prep and registration, financial aid, scholarships, and advice about any post-secondary plans!



MS. RUSNAK

How to contact me:

Email me at kate.rusnak.c@fcps1.org with questions or to set up a meeting
follow [@fhs.collegeadvising](https://www.instagram.com/fhs.collegeadvising) on instagram





Requests for College Transcripts

All students applying to college will need to request a transcript from Mrs. Barbara Snyder. You may access the Request a Transcript form by one of two ways. You may complete the Google form online available on the FHS Counseling web page > Seniors and Scholarships or by downloading the Request form available on the same web page. If you download the Request form, please scan and email directly to Mrs. Barbara Snyder at bsnyder@fcps1.org.

Deadline: _____ Recommendation: Yes/No

Recommender Name: _____

FAUQUIER HIGH SCHOOL TRANSCRIPT RELEASE FORM (Allow 3 – 5 school days for processing)

I hereby give my permission for FHS to release the scholastic records of:

Name _____ Grade _____ Birthdate _____

To College/University: _____

Office of Admissions Address: _____

Check One: _____ **Coalition App** (Transcript emailed) _____ **Common App** (transcript emailed)

_____ **School mail** transcript

_____ I will **pick up** transcript in sealed envelope

Office Use Only: _____

Date Recv'd _____

Date Mailed _____ Parent signature if student is NOT 18 years old

Date Sent Online _____

Picked Up By _____ Student signature if student is 18 years old



Check the FHS Counseling site for updated scholarship information. The scholarship list is updated as scholarships are received. Look for the Seniors and Scholarships tab on the Counseling web page.



In Observance of World Suicide Prevention Day September 10th –

The Counseling Department wants to share the following helpful information for parents and students.

What are the signs that I or someone I care about may need help?

Get professional help if you or a loved one exhibits or expresses any of these signs:

- Hopelessness or a feeling that he has no reason to live
- Withdrawal or isolation
- Talking about wanting to die or to kill herself
- Talking about being a burden to others
- Increasing use of alcohol or other substances
- Not getting enough sleep or sleeping all the time
- Being chronically irritable or having angry outbursts
- Significant changes in eating habits

What are other risk factors for suicide?

Other life circumstances can make a person more likely to consider suicide. The National Suicide Prevention Lifeline suggests watching for these risk factors:

- Previous suicide attempt(s)
- Family history of suicide
- Exposure to others who have died by suicide
- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- History of trauma or abuse
- Major physical illness
- Job or financial loss
- Loss of relationship(s)
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Alcohol and other substance use disorders
- Lack of healthcare, especially mental health and substance abuse treatment
- Easy access to lethal means
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma

These suicide risk factors cannot cause or predict that someone may attempt or die by suicide. If you see any of these warning signs, do something as they may increase a person's risk for suicide.

What can I do to help myself or someone I care about?

When someone is in crisis, they feel a loss of control and sometimes feel there is no solution. Their pain may be overwhelming and take over their entire life. They may have trouble thinking clearly, are often unable to function, and cannot find any way to feel better.

What do I do if someone I know is thinking about suicide?

Get involved and be available. Show interest and support.

Be direct. Talk openly and matter-of-factly about suicide.

Really listen and allow them to express their feelings.

Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad.

Do not lecture on the value of life.

Don't dare them to do it.

Don't act shocked.

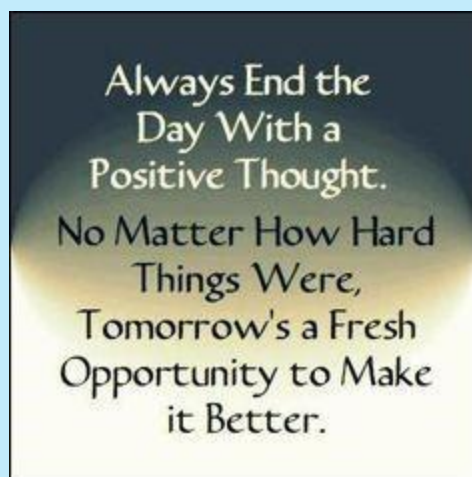
Don't be sworn to secrecy. Get help for yourself and your friend or loved one.

Act. Remove the method, such as any weapons or pills.

Don't wait. Get help from other people or agencies that specialize in crisis intervention and suicide prevention.

You may be struggling with how to talk with someone who is thinking about suicide. Call 1-800-273-TALK (1-800-273-8255) any time for help if a friend is struggling.

Authored by: Thomas Buckley MHS, CIRS, and Susan Vosburgh MSW, LCSW-C on 9/2017



COUNSELING OFFICE CONTACT INFORMATION

Mr. Mark Bjorkman, Director of Guidance (N-R)

mbjorkman@fcps1.org

Mrs. Julie Kirk (A-C)

jkirk@fcps1.org

Mrs. Heather Harris (D-H)

Heather.harris@fcps1.org

Mr. Warren Hackney (I-M)

warrenhackney@fcps1.org

Mrs. Johanna Scott (S-Z)

johannascott@fcps1.org

Mrs. Belinda Knudson, Career Coach

Belinda.Knudson@fcps1.org

Mrs. Tamie Robinson, Registrar

trobinson@fcps1.org

Ms. Donna Olinger, O.A. Counseling

Donna.Olinger@fcps1.org

Mrs. Barbara Snyder, O.A. Counseling

bsnyder@fcps1.org

Ms. Kate Rusnak, College Advisor

Virginia College Advising Corp. Kate.rusnak.c@fcps1.org



HOW TO ACCESS THE FHS COUNSELING WEBSITE

Go to: www.fcps1.org/fauquier

Go to (at top of page): Parents & Students

Choose: School Counseling

Seniors – check out tab on left “Seniors & Scholarships”

Juniors, Sophomores, Freshman – check out respective tab on left

FOLLOW US ON TWITTER: @fhscounseling2