

Fossil Ridge

INTERMEDIATE
SCHOOL



A message from the Principal:

December has arrived quickly marking the mid-point of our school year...and what a tremendous year it's been! Students and teachers have been working hard in and out of the classroom and have accomplished a number of incredible things to this point:

We recently had approximately 200 participants in our second annual Leadership Conference held at the Washington Community Center. Students from each intermediate school in St. George and Hurricane took part in various leadership activities that coincided with our school theme this year of "Make a Difference". The conference culminated with keynote speaker Melissa Sevy speaking to the students about service and truly making a difference for others. It was a fantastic day for all involved.

Our Fossil Ridge student body is participating in a school-wide service project. Our annual "Can Drive" will provide food to be donated to Dixie Care and Share. Service learning is an important part of the overall educational experience at Fossil Ridge Intermediate School.

Fossil Ridge was recently awarded 2 grants to assist with our commitment to student learning. Thank you to State Farm Insurance and to the St. George Auto Dealers Association for their support of our schools.

Congratulations to our band, orchestra and choir programs for a very humbling Veteran's Day assembly. Veterans' of various wars representing all divisions of the Armed Forces were represented and honored by Fossil Ridge students and faculty on this special day.

Mr. Pfunder and his Educational Technology class have done amazing things with our fantastic website. Please make sure you check it often for updates on events and activities at Fossil Ridge.

As always, if you ever need anything, we are here to help. We not only want your student to have a great experience at Fossil Ridge but for all of our parents, guardians and community to share in the great culture of Fossil Ridge Intermediate School. Have a great holiday season!

Sincerely,

Bob Sonju

Raise a leader, not a bully

"My kid wouldn't do that" is what every parent would like to say, but what if your child really is a bully? "Bullying is not about anger or conflict, says Barbara Coloroso, author of *The Bully, the Bullied, and the Bystander*." It's about contempt.

Here's her advice on how parents can prevent their children from bullying – or stop them if they already are.

Watch your own behavior. Contempt is learned, so be careful how you treat others, be it a store clerk or the cable guy. Sexist or racist jokes also send the wrong message.

Nurture empathy and sympathy. Make sure kids are aware that their behavior has consequences and that they respond appropriately to people's emotions, rather than getting pleasure out of distress.

Monitor TV, video games and music. "They don't necessarily cause mean behavior, but they can create a culture of mean," Coloroso says. Don't forbid media but discuss with your kids what they're doing so they can learn what's right and what's wrong.

Teach friendship skills. "Bullies have phenomenal leadership skills but don't know how to be a friend" because their peers don't usually trust them, Coloroso says. Teach them to use their leadership talent in positive outlets, such as volunteering at a soup kitchen or a senior citizen's home.

Engage them in energizing activities. "Your child can attack a rock-climbing wall with the same fervor he once used to attack his brother," Coloroso says.

Dickman, Allyson. *Raise a leader, not a bully.* USA Weekend Sept. 2009: 4-6.

Dear Parents and Students,

We have received many comments from students, parents, and teachers on the affect REAL Time is having on student improvement. A letter from a parent states: "I just wanted to let you know that I like the REAL time program that Fossil Ridge has started this year. I believe this program helps my son, he loves REAL time. I strongly believe that this program gives all students who attend Fossil Ridge a wonderful opportunity for learning." REAL time provides extra time for students to receive additional time for instruction, learning, and making up assignments. At the end of the 1st trimester we found that grades have improved over last year at this time and behavior incidents declined. REAL time supports and promotes the top priorities at Fossil Ridge, safety and learning. We would also like to acknowledge our Fine Arts Department for their efforts in our Veteran's Day Concert and assembly. Our band, orchestra, choir, and teachers participated with patriotic music and messages honoring those that have served our country. We extend our appreciation once again to all those that have served and are currently serving to preserve freedom and keep our country free. We appreciate the opportunity of working with your students and look forward to a very successful year at Fossil Ridge.

Thank you,

Steven Gustaveson
Assistant Principal



The Student Council at Fossil Ridge is again promoting our annual Canned Food Drive from Monday, December 7th

until Tuesday, December 15th. All donated cans will be taken to Dixie Care and Share, our local community food bank, to assist needy families during this holiday season. As an incentive to bring in cans, an ice cream sundae party will be awarded to the 1st period classes that bring in the most cans.

Please help us in this worthy cause as we help to provide food for needy families as well as to teach and foster the values of humanitarian giving in the lives of our students