



### **CONTACT US:**

Abbeville County School District 400 Greenville Street Abbeville, SC 29620

Phone: 864-366-5427

Fax: 864-366-8531

**Putting Students First** 

### **OUR MISSON**

The mission of the Abbeville County School District is to develop proficient, creative, self-motivated students by providing quality educational opportunities in a safe, nurturing environment which supports innovation and lifelong learning.

### **SCHOOL DIRECTORY**

**Diamond Hill Elementary** 

104 Lake Sucession Road

Abbeville, SC 29620

Tel: 864-446-2600

Fax: 864-446-2602

Principal: Beth Riddle

#### **Abbeville High School**

701 Washington St. Abbeville, SC 29620 **Tel: 864-366-5916 Fax: 864-366-4939** 

Principal: Scott White

#### Abbeville County Career Center

100 Old Calhoun Falls Road Abbeville, SC 29620 Tel: 864-366-9069 Fax: 864-366-4774 Principal: Brandon Burdette

#### **Cherokee Trail Elementary**

6219 Hwy 184 East Donalds, SC 29638 Tel: 864-379-8500 Fax: 864-379-8509 Principal: Jennifer HInes

Dixie High School

One Haynes St., PO Box 158 Due West, SC 29639 Tel: 864-379-2186 Fax: 864-379-8187

Principal: Paul Prescott

#### John C. Calhoun Elementary

750 North Calhoun Street Calhoun Falls, SC 29628

Tel: 864-418-8016 Fax: 864-418-8079 Principal: Milton Scott

### Long Cane Primary School

815 East Greenwood Street Abbeville, SC 29620 Tel: 864-366-5924 Fax: 864-366-4011

Principal: Todd Ramey

#### Westwood Elementary

124 Hwy 28 Bypass Abbeville, SC 29620 **Tel: 864-366-9604 Fax: 864-366-5297** Interim Principal: Paul Anderson

#### **Wright Middle School**

111 Highway 71 Abbeville, SC 29620 Tel: 864-366-5998 Fax: 864-366-4282

Principal: John Coster

### **ABOUT US**



DR. LORI BROWNLEE-BREWTON
Superintendent,
Abbeville County School District

### Statement from Dr. Lori Brownlee-Brewton:

"The Abbeville County School District believes that education is the shared responsibility of the home, school, and community. The school board, administration, faculty, staff, parents, students, and community commit to "Putting Students First" in our decision making and planning. Our people are what makes the difference in the Abbeville County School District!"

### Statement from Mr. Keith Dunn, Board Chair:

"At Abbeville County School District, we are committed to supporting the education of students to the best of their abilities. Our Board thanks everyone who has a part in achieving that commitment each and ev-



ery day, at home, at school, and in our community. Congratulations to all of the graduates for their many accomplishments and keep up the good work."

# July 2024

August 2024									
Su	Мо	Tu	We	Th	Fr	Sa			
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18	19	20	21	22	23	24			
25	26	27	28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 District Opening/ Teachers Return Professional Dev.	23 Teacher Workday	24 Teacher Workday	25 Professional Dev.	26 Teacher Workday	27
28	29 Teacher Workday	STUDENT'S 1 <sup>ST</sup> DAY	31	1	2	© Calendar-12.com

### RELIABLE. FAST. INTERNET. Vyve



### **ABBEVILLE COUNTY SCHOOL DISTRIC BOARD MEMBERS**



Tim Rhodes 160 Flatwoods Road Calhoun Falls, SC 29628 trhodes@acsdsc.org Area!



**David Brooks** 86 Dogwood Lane Abbeville, SC 29620 dbrooks@acsdsc.org Area 5



Lisa Alewine 247 Stokes Hollow Road Iva, SC 29655 lalewine@acsdsc.org Area 9



Joe Bryson 1108 Cambridge St., Apt. 504 Abbeville, SC 29620 jbryson@acsdsc.org Area 2



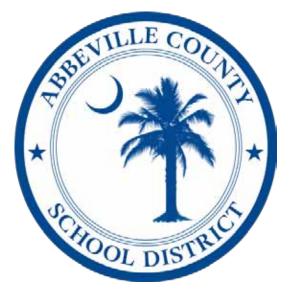
Brad Evans
312 Noble Drive
Abbeville, SC 29620
bevans@acsdsc.org
Area 6



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Charles Angel, Vice Chair 2 Overhollt Lane Due West, SC 29639 cangel@acsdsc.org Area 7



TILLE COUNTY

Ralph Scott 1260 Peach Orchard Rd. Calhoun Falls, SC 29628 stscott@acsdsc.org Area 4



Keith Dunn, Board Chair 823 Martin Road Honea Path, SC 29654 kdunn@acsdsc.org Area 8

**Putting Students First** 

# August 2024

September 2024

Su	Мо	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28

	<u> </u>					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 School Holiday	© Calendar-12.com



- Happy Hour Everyday
- Daily Lunch Specials
- Create Your Own Combos
- Little Amiguitos Menu

  DINE IN TAKE OUT DELIVERY

FREE DRINK WITH KIDS MEAL!

### **EL CENTENARIO**

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Mexican Restaurant

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540 ByPass 72 NW, Greenwood

### ABBEVILLE COUNTY ATTENDANCE POLICY

Attendance is critical to our students' success in Abbeville County School District. According to State Law Education Code-South Carolina Code of laws, Sections 59-65-10 through 59-65-280/Reg. 43-274 and Abbeville County's Board of Education Policy, credit is not granted for classes when the total number of absences exceeds those absences set forth by South Carolina Department of Education and Abbeville County School District. Abbeville County School District adheres strictly to the laws of the state of South Carolina and to Abbeville County School Board policy. Abbeville County School District's school board's policy for attendance is under J in the policy manual. The three policies that directly relate to attendance are JH, JH-R, and JHA.

Abbeville County parents/guardians, please become familiar with our attendance policy. We will strictly follow the attendance policy this year.



# September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Labor Day					
	School Holiday					
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29	30	1	2	3	4	5 =
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						endar-
	End of 1st Nine Weeks					© ()

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### YEAR AT A GLANCE

2024 - 2025

### JUL

17: REGISTRATION 22: OPENING DAY 23 & 24: TEACHER WORK DAY 25: PD 25: MEET THE TEACHER 26 & 29: TEACHER WORK DAY

30: FIRST DAY OF SCHOOL

### OCT

1 - 7 TALL BREAK 8 PD 10 MAKEUP PICTURES 16 FALL FESTIVAL 5-7 25 BIRTHDAY LUNCH

### JAN

1-2 WINTER BREAK 3 TEACHER WORK DAY **6 STUDENTS RETURN** 20 NO SCHOOL 31. TERRIFIC KID 31. PIRTHDAY LUNCH

#### APR

7 - 11' BOOK FAIR 8. RELATED ARTS NIGHT 3 6:30 11 TERRIFIC KID 11 BIRTHDAY LUNCH 18: NO SCHOOL 21 - 25: SPRING BREAK 29 30: MAP TESTING

### AUG

5 9 MAP TESTING 19 - 23 BOOK FAIR 20: OPEN HOUSE 5 6 30 23. BIRTHDAY LUNCH 29. FALL PICTURES 30 NO SCHOOL

### NOV

5: NO SCHOOL 13. HOLIDAY PICTURES 21 FARM DAY 22 TERRIT C KID 22 BIRTHDAY LUNCH 25 - 29 THANKSIGWING BREAK

#### FEB

11 CLASS PICTURES 11 14 BREAKFAST WITH GROWNUPS WILD LOVE US. 20. 2ND GRADE WAX MUSEUM 21 BIRTHDAY LUNCH 24 - 28 MIC-WINTER BRIAK

### MAY

9. BERTHDAY LUNCH 13 16: FIELD DAY 26. NO SCHOOL 27 - 28 FOY PROGRAMS 29 LAST DAY OF SCHOOL 30. TEACHER WORK DAY

**Putting Students First** 

### SEP

2 NO SCHOOL 7 GRANDPARENTS BREAKFAST 8 GRANCPARENTS BREAKFAST 27: TERRIFIC KID 27 BIRTHDAY LUNCH 30 END OF 9 WEEKS

### DEC

3 13 MAP TESTING 12 LITERACY NIGHT 5-6.30 ' 3 BIRTHOAY LUNCH 19 POLAR EXPRESS DAY 20, END OF 9 WEEKS 20 EARLY DISMISSAL 23 - 31 WINTER BREAK

### MAR

4 7 READ ACROSS AMERICA WEEK 11 STEM NIGHT 5 6 30 13 END OF 9 WEEKS 13" SPRING PICTURES 14 PD 28: TERRIFIC KID 28 HIRTHDAY LUNCH

### JUN

### WHO WE ARE

- Uptown Family Practice
- The Children's Center
- Lakelands Family Practice & Pediatrics Center
- HomeTown Pediatrics
- LC4
- Calhoun Falls Family Practice
- Pendergrass Family Health Center
- Saluda Family Practice
- Ridge Spring Family Practice
- The Bethany Center
- Carolina Community Pharmacies

### **OUR MISSION**

For over 40 years, we have been the medical home for the Lakelands. It is our mission to remove barriers and increase access to healthcare for all.

If you are searching for a medical home, we would

Come home to Carolina!









# October 2024

November 2024

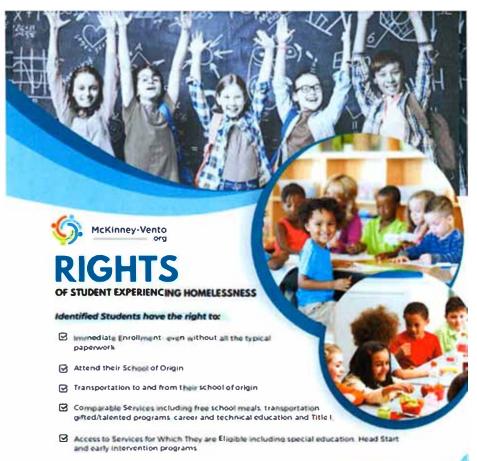
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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			Fall B	reak		
6	7	8 Professional Dev. Report Card Pick-up	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	© Calendar-12.com



Family Medicine • Pediatrics • Pharmacies

Your medical home. Right here at home. www.carolinahealthcenters.org



- Barrier Removal to ensure full access and participation in school sponsored programs
   Total Station
- Dispute Resolution if the family quardian or unaccompanied youth choices to dispute
  a district decision about identification, enrollment, or school selection.
- ☑ UHY Protections including enrollment without guardianship documentation
- Appointment of Homeless Liaison who has the time and capacity to identify support, and advocate for students experiencing homelessness.



getstarted@mckinney vento org



**Putting Students First** 





Maybe it's a soft nuzzle, a warm smile or a gentle touch. Probably it's those special ones in your life.

2025 calendars available



Owned & Operated by the Harley family since 1947 1025 South Main St., Greenwood (864) 229-3300 www.harleyfuneralhome.com

Happy Thanksgiving

from our family to yours

### November 2024

December 2024

Sa	Fr	Th	We	Tu	Мо	Su
7	6	5	4	3	2	1
14	13	12	11	10	9	8
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5 Election Day School Holiday	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	Inclement Weather Make-up Day, if necessary (e-learning)	26	27 —— Fall I	<sup>28</sup> Break ——	29	© Calendar-12.com

# 

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### **SCHOOL DISTRICT BUS GUIDELINES**

#### FOR THE SAFETY OF ALL BUS RIDERS

- 1. Students are expected to follow the rules for **BUS BEHAVIOR AND BUS SAFETY** without question. Rules are posted on each bus.
- 2. The severity of a referral will affect the consequence(s) assigned to the student. Referrals that deal with issues of safety will be dealt with more severely.

#### **NORMAL CONSEQUENCES ARE AS FOLLOWS:**

Referral Warning/Reprimand

2nd Referral Level 1: Conf./Call to parent, Level 2: SUSPENDED 5 days

3rd Referral Level 1: SUSPENDED 3 days, Level 2: SUSPENDED 10 days

4th Referral Level 2: SUSPENDED REMAINDER OF SCHOOL YEAR

#### BUS DRIVERS WILL GIVE WARNINGS IN AN EFFORT TO AVOID BUS SUSPENSION

#### PLEASE NOTE

All suspensions above are for the bus and do not affect attendance at school.

The parent will be contacted before a student is suspended from the bus.

Severe infractions will result in automatic suspension off the bus without regard to the number or level of the referral.







### December 2024

January 2025

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#### **ACSD Updated Guidance**

Please direct any questions to your school nurse.

#### Test positive for Covid

Isolate for 5 days from test date, return on day 6. Must wear a mask through day 10.

#### Close Contact

Do not have to quarantine staff or students unless showing symptoms. Must wear a
mask for 10 days from last exposure.

Rapid Antigen Test can be provided to students and staff in accordance to the following:

- If close contact and not showing symptoms, parents can request a test from the school
  on day 5. Parents can pick up the test along with the Attestation form. Attestation form
  must be completed by the parent/guardian and returned to the school when the student
  returns.
- If symptomatic, can be given to parent or designee when student is picked up from school along with the Attestation form. Attestation form must be completed by the parent/guardian and returned to the school when the student returns.
- If a student is home with symptoms, parents can come to the school and pick up a test along with the Attestation form. Attestation form must be completed by the parent/guardian and returned to the school when the student returns.
- For students that drive, a test can be sent with the student when dismissed along with the Attestation form. Attestation form must be filled out by the parent/guardian.
- Tests will not be sent home on the bus.

Tests CAN NOT, under any circumstances, be administered on school campuses.



### Seasonal Influenza (Flu) Fact Sheet for Parents

### In your child's school

Some cases of influenza (flu) have been reported from your child's school. Flu is different from the common cold. It can cause fever, cough, sore throat, headache, muscle aches, and vomiting. Flu can be very serious and may even cause death in some people with chronic health conditions, young children, pregnant women, or elderly persons.

### How does the flu spread?

Flu spreads between people when those sick with the flu cough, sneeze, or even talk. The flu virus can be spread to people up to six feet away. Flu can also spread when people touch their face or eyes after touching something that a sick person has touched.

### How to prevent the flu?

Use the Centers for Disease Control and Prevention's (CDC) "Take 3 Actions"

1. **Take time to get a flu vaccine.** Flu vaccination is the best way to prevent the flu. DHEC strongly recommends all South Carolina residents older than 6 months old get the flu vaccine as soon as possible to prevent the flu, unless they have a medical reason not to be vaccinated.

#### 2. Take everyday preventive actions.

- · Avoid close contact with ill persons.
- · Keep your child home if they have a fever (100°F or higher).
- · Cover your nose and mouth with a tissue or upper sleeve when you cough or sneeze.
- · Frequently, wash hands with soap and water or alcohol-based hand rub.
- · Frequently clean and disinfect surfaces that are high-touch areas.
- 3. **Take influenza antiviral medicines, if prescribed.** Antiviral drugs can make flu illness milder and shorten the time a person is sick with the flu. They may also prevent serious flu complications. Flu antiviral drugs are not designed to treat COVID-19.

### **Quick Stats**

In the US every day, an estimated 55 million students and 7 million staff attend over 130,000 public and private schools. Implementing the CDC's "Take 3 Actions" would aid in preventing influenza infection among one-fifth of the total US population (CDC, 2020).

According to a recently published CDC study, flu vaccination reduced the risk of a fluassociated death by 65% among healthy children and 51% among children with high-risk medical conditions (CDC, 2017).

cdc.gov/flu/prevent/preventing.htm

#### Resources

cdc.gov/flu

More information is available at the CDC and DHEC websites:

scdhec.gov/flu

CR-012512 10/20

# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	R BREAK	2	3 Teacher Workday (no school for students)	4
5	6 Students return to school	7	8	9	10	11
12	13	14	15	16	17	18
19	20 MLK Day/ Holiday	21	22	23	24	25
26	27	28	29	30	31	© Calendar-12.com

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### ABBEVILLE COUNTY SCHOOL DISTRICT OFFICE OF CHILD NUTRITION

#### **OUR MISSION**

The Abbeville County Child Nutrition

Program is dedicated to providing healthy appealing meals that promote lifelong nutrition and wellness practices.

New! Free Mobile Menu App



#### **GOOD NUTRITION AND LEARNING GO HAND IN HAND!**

The Nutrition Services department is made up of a team of food and nutrition professionals that are dedicated to students' health, well being and their ability to learn. We support learning by promoting healthy habits for lifelong nutrition and fitness practices.

Meals, foods and beverages sold or served at schools meet state and federal requirements which are based on the USDA Dietary Guidelines. We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students.

#### WHY IS SCHOOL LUNCH NOT FREE IN THE 2023-24 SCHOOL YEAR?

During the pandemic, the USDA knew many people found themselves struggling financially. They did not want the cost of school meals to be a concern for families. Therefore, they passed waivers allowing all students to have free lunch. As things are slowly returning to "normal", Congress did not extend those waivers. As a result we will be returning to our regular priced lunch of \$2.45.

# ABBEVILLE COUNTY ADULT EDUCATION

### IS HERE TO HELP:

Advance your Education and Career



### WITH:

In-Person and Online Classes for HS Diploma\* and GED

### WHERE

Second Floor of the School District Administration Building

400 Greenville Street, Abbeville

In-person classes are offered by caring, expert teachers each Monday—Thursday from 9am—12 noon

### **AVAILABLE TO**

Those age 18 and older & not enrolled in school; (17 year-olds with parent permission)

### WHAT IS OFFERED?

Free Placement Testing

Free Classes for GED, HS Diploma, Basic Skills Upgrade

Digital (Computer) Literacy

Free Childcare while attending classes

Free Bus Transportation within city limits of Abbeville

Free Family Literacy Program

Free Career Planning

Connections to First Steps, SCWorks, Piedmont Tech

### REGISTER NOW:

Call 864-366-4226 to schedule your Registration and Placement Testing. Bring a state ID for testing.

864.366.4226 Don't Wait...Call Todayi



# February 2025

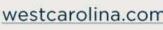
March 2025									
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23	24	25	26	27	28	29			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	/	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	1
23	Inclement Weather	25	20	21	20	2.com
	Make-Up, if necessary (E-Learning)		Mid-wint	er Break —		© Calendar-12.com
	(E-Learning)					) O ()

Gig speed for school

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### March 2025

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2	3	4	5	6	7	8
9	10	11	12	13	14	15
				End of 3rd Nine Weeks	Professional Dev.	
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5
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### 10 Ways to Help Your Child Succeed in Elementary School

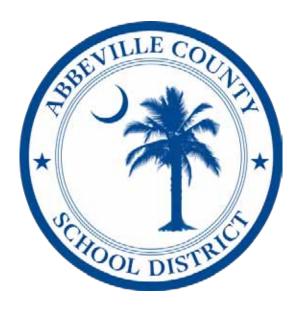
Adapted from www.kidshealth.org

Parents' guidance and support plays a crucial role in helping kids do well academically.

- 1. Attend Back-to-School Night and Parent-Teacher Conferences Get to know the school's key staff and your child's teachers. Stay informed about the goings-on at the school.
- 2. Visit the School and Its Website Familiarize yourself with the school building and with the content on your the school's website, the district's website, and the teacher's website (if applicable).
- 3. Support Homework Expectations Good rule of thumb is 10 minutes of homework per grade level. For example, a fourth grader should expect about 40 minutes of homework or studying per night.
- 4. Send Your Child to School Ready to Learn Nutritious breakfast and 10-12 hours of sleep
- 5. Teach Organizational and Time Management Skills When kids are organized, they can stay focused instead of spending time hunting things down and getting sidetracked. It's also helpful to teach your child how to make a to-do list to help prioritize and get things done. For example, school work comes before play time.
- 6. Teach Study Skills Study some each night of the week instead of waiting until the last minute.
- 7. Know the Disciplinary Policies Know what behavior is expected of your child while at school and the consequences if those expectations are not met. It's easiest for students when school expectations match the ones at home, so kids see both environments as safe and caring places that work together as a team.
- 8. Get Involved Regardless of your schedule and availability, the school can likely find a way for you to help with any number of programs, events, activities, or initiatives. Just ask, and your help will be greatly appreciated.

- 9. Take Attendance Seriously Sick kids should stay home from school if they have a fever, are nauseated, vomiting, or have diarrhea. Otherwise, it's important for kids to attend school every day and to be on time.
- 10. Make Time to Talk About School Because communication is a two-way street, the way you talk and listen to your child can influence how well your child listens and responds. It's important to listen carefully, make eye contact, and avoid multitasking while you chat. Be sure to ask questions that go beyond "yes" or "no" answers. Besides during family meals, good times to talk include car trips (though eye contact isn't needed here, of course), walking the dog, preparing meals, or standing in line at a store.

These early years of schooling are an important time for parents to be informed and supportive about their child's education.



**Putting Students First** 

# April 2025

May 2025								
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18	19	20	21	22	23	24		
25	26	27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 Good Friday Holiday	19
20	21	22	SPRING BREAK	24	25	26
27	28	29	30	1	2	© Calendar-12.com

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### 10 Ways to Help Your Child Succeed in Middle School

Adapted from www.kidshealth.org

Parents' guidance and support plays a crucial role in helping kids do well academically.

- 1. Attend Back-to-School Night and Parent-Teacher Conferences Preteens and teens do better in school when parents are involved in their academic lives. Attending parent-teacher conferences is another way to stay informed. Keep in mind that parents or guardians can request meetings with teachers, principals, school counselors, or other school staff any time during the school year.
- 2. Visit the School and Its Website Knowing the physical layout of the school building and grounds can help you connect with your child when you talk about his or her school day.
- 3. Support Homework Expectations During the middle school years, homework gets more intense and the time spent will probably be longer than during the elementary years, usually a total of 1 to 2 hours each school night.
- 4. Send Your Child to School Ready to Learn A nutritious breakfast fuels up middle schoolers and gets them ready for the day. In general, preteens and teens who eat breakfast have more energy and do better in school.

Preteens and teens also need the right amount of sleep to be alert and ready to learn all day. In general, preteens need about 10 to 12 hours of sleep each night and teens need about  $8\frac{1}{2}$  to  $9\frac{1}{2}$  hours.

5. Instill Organization Skills - No one is born with great organizational skills – they have to be learned and practiced. Being organized is a key to success in middle school.

- 6. Teach Study Skills Planning is a big part of helping your middle-schooler study for tests now that he or she is juggling work from multiple teachers.
- 7. Know the Disciplinary and Bullying Policies Schools usually cite disciplinary policies (sometimes called the student code of conduct) in student handbooks. The rules usually cover expectations, as well as consequences for not meeting the expectations, for things like student behavior, dress codes, use of electronic devices, and acceptable language.
- 8. Get Involved Volunteering at your child's middle school is a great way to show you're interested in his or her education.
- 9. Take Attendance Seriously Middle schoolers should take a sick day if they have a fever, are nauseated, vomiting, or have diarrhea. Otherwise, it's important that they arrive at school on time every day, because having to catch up with class work, projects, tests, and homework can be stressful and interfere with learning.
- 10. Make Time to Talk About School Staying connected with preteens and teens as they grow more independent can be a challenge for parents, but it's more important than ever. While activities at school, new interests, and expanding social circles can become more central to the lives of many middle school students, parents and guardians are still their anchors for providing love, guidance, and support.

When preteens and teens know they can talk openly with their parents, the challenges of middle school can be a little easier to face.

# May 2025

		Jun	e 20	25			
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22	23	24	25	26	27	28	
29	30	1	2	3	4	5	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Memorial Day Inclement Weather Make-Up, if necessary (E-Learning)	27	28	29 Past School EARLY DISMISSAL	30 Teacher Workday	© Calendar-12.com

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### Abbeville High School



# Dixie High School

### 10 Ways to Help Your Teen Succeed in High School

Adapted from www.kidshealth.org

Parents' guidance and support plays a crucial role in helping kids do well academically.

- 1. Attend Back-to-School Night and Parent-Teacher Conferences Teens do better in school when parents support their academic efforts. Attending your school's open house or back-to-school night is a great way to get to know your teen's teachers and their expectations.
- 2. Visit the School and Its Website Knowing the physical layout of the school building and grounds can help you connect with your teen when you talk about the school day.
- 3. Support Homework Expectations During the high school years, homework gets more intense and grades become critical for college plans. Students planning to attend college also need to prepare for the SATs and/or ACTs.
- 4. Send Your Teen to School Ready to Learn A nutritious breakfast fuels up teens and gets them ready for the day. In general, teens who eat breakfast have more energy and do better in school.

Teens also need the right amount of sleep — about  $8\frac{1}{2}$  to  $9\frac{1}{2}$  hours each night — to be alert and ready to learn all day. But early school start times — on top of schedules packed with classes, homework, extracurricular activities, and friends — mean that it's common for teens to not get enough sleep.

5. Instill Organizational Skills - Learning and mastering the skills of getting organized, staying focused, and seeing work through to the end will help teens in just about everything they do.

- 6. Offer Help With Studying Planning is key for helping your teen study while juggling assignments in multiple subjects.
- 7. Know the Disciplinary and Bullying Policies All schools have rules and consequences for student behaviors. Schools usually cite disciplinary policies (sometimes called the student code of conduct) in student handbooks.
- 8. Get Involved -Volunteering at the high school is a great way to show you're interested in your teen's education.
- 9. Take Attendance Seriously Teens should take a sick day if they have a fever, are nauseated, vomiting, or have diarrhea. Otherwise, it's important that they arrive at school on time every day, because having to catch up with class work, projects, tests, and homework can be stressful and interfere with learning.
- 10. Make Time to Talk About School Because many teens spend so much of the day outside the home at school, extracurricular activities, jobs, or with peers staying connected with them can be challenging for parents and guardians. While activities at school, new interests, and expanding social circles are central to the lives of high school students, parents and guardians are still their anchors for providing love, guidance, and support. Because communication is a two-way street, the way you talk and listen to your teen can influence how well he or she listens and responds. It's important to listen carefully, make eye contact, and avoid multitasking while you chat. Remember to talk with your teen, not at him or her. Be sure to ask open-ended questions that go beyond "yes" or "no" answers.

When teens know they can talk openly with their parents, the challenges of high school can be easier to face.

### June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5
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