



FALCON FLYER—WEEK OF NOVEMBER 11TH , 2019

REPORT CARDS AVAILABLE IN POWER SCHOOL ACCOUNT – Students and Parents may now access the first grading period report card in PowerSchool. This can only be accessed through your account on a web browser. Report cards cannot be accessed through the App, although the grades that are posted on the App are exactly the same as what is seen on the Report Cards.

VETERANS DAY REMEMBRANCE – On November 11th, 1918, in the eleventh hour of the eleventh day, of the eleventh month, Armistice Day was recognized as ending “The War to End all Wars”. In 1954, President Eisenhower officially changed the name to Veterans Day. Veterans Day was meant to commemorate veterans of all wars. Thank you to all our Veterans for their service, and for protecting the freedoms we enjoy each and every day. God Bless America!!! We will make a short speech over the PA commemorating Veterans Day at 11 am on Monday morning.

FHS ARTISTS REPRESENT OHIO IN DC - 56 trees surround the National Christmas Tree in President’s Park each year. The trees are decorated with ornaments created by students in each state, territory and the District of Columbia. In 56 schools across the country, students are creating one-of-a-kind ornaments for the 2019 National Christmas Tree display on the Ellipse in President’s Park. These handcrafted ornaments will adorn 56 smaller trees that surround the National Christmas Tree. The 56 trees represent each U.S. state, territory and the District of Columbia as part of the America Celebrates display. Firelands has been selected to represent the State of Ohio this year. Congratulations to Mrs. Tawil and our students on receiving such a high honor.

SAFETY AND SECURITY DRILL – Firelands High School, in conjunction with the Lorain County Sheriff and SRO Cody Norheim, will be conducting a Safety Drill on Thursday, November 14th. Unfortunately, in this day and age, we have to prepare our students for disturbances and serious threats that could happen. Deputy Norheim will supervise the drill, which is all part of preparing our students to stay safe in a possible dangerous and deadly situation.

THE DANGERS OF MARIJUANA – From the Ohio Department of Education - The U.S. Surgeon General has issued an advisory regarding marijuana use and the developing adolescent brain. He states that the increases in access to this drug, in multiple and highly potent forms, along with a false and dangerous perception of safety among youth, merits a nationwide call to action.

Weed – as most young people call it – is a highly used drug among adolescents in the U.S., second only to alcohol. Nearly 14% of eighth graders, 33% of tenth graders, and 44% of twelfth graders report having used marijuana at some point in their youth.

It is not the drug it used to be either. Marijuana today is much stronger than in the past, whether smoked, vaped, drunk or eaten. The average amount of THC (the component that causes euphoria and intoxication) in marijuana increased from 4% in 1995 to 12% in 2014. In some states where dispensaries have popped up, marijuana is now available with average concentrated THC levels between 18-23 percent. Even more extreme, marijuana “dabs” and “waxes,” which are highly concentrated marijuana products, reach THC levels as high as nearly 76 percent.

The choices for consumption go far beyond the “pot” brownies of the past as well. There are marijuana-infused teas, coffees, gummies, suckers, chocolates, mints, caramels, and assorted cookies - to name a few. Highly intoxicating edibles have become increasingly popular and are finding their way into the hands and mouths of adolescents and young children (both unintentionally and intentionally). And because edible marijuana takes time to absorb and produce its effects, the risk of overdose increases – even when use is intentional.

The brain continues to develop into a person’s mid-twenties, and during that time is especially vulnerable to the effects of addictive substances. The earlier the onset of use and the higher the concentration of THC, the greater the risks of physical dependence, addiction, and other negative consequences.

Further research is needed to understand the full impact of THC on the developing adolescent brain. However, current studies show that regular marijuana use during adolescence is associated with:

- Changes in the brain that involve attention, memory, decision-making and motivation
- Impaired movement, timing and coordination
- Anxiety, agitation, paranoia, and psychosis
- Increased risk for and early onset of psychotic disorders, such as schizophrenia
- Greater likelihood of misusing opioids
- Impaired learning and decline in IQ
- Increased rates of school absence and dropout
- Impaired (?) School performance that jeopardizes professional and social achievements
- Deterioration of overall life satisfaction and suicide attempts

The Surgeon General’s advisory is intended to, “raise awareness of the known and potential harms to developing brains. These harms are costly to individuals and to our society, impacting mental health and educational achievement and raising the risks of addiction and misuse of other substances.”

Parents and educators are encouraged to talk to the young people in their lives to share this pertinent information, allowing them to ask questions and discuss openly. At a time when marijuana use is becoming more and more “normalized” in our society, the time to have this conversation is now.

Source: Office of the Surgeon General. U.S. Department of Health & Human Services. U.S. Surgeon General’s Advisory: Marijuana Use and the Developing Brain. August 2019.

BAND AND CHOIR UPDATES – Good luck to members of our band and choir members who are participating in this upcoming weekend’s OMEA Honors Band and Choir events, held at Cleveland State University. Some members of Band and Choir have been nominated to participate in events at CSU with several other Honors members from all across Northeast Ohio.

Also, the Band and Choir will be departing for Walt Disney World on Thursday, November 21st, where they will be entertaining the masses at Walt Disney World. Congratulations and good luck to our students who are taking this exciting trip to “The Most Magical Place on Earth”.

FRESHMAN CLASS FUNDRAISER – The Freshman Class is sponsoring a fundraiser at Chipotle in Amherst, from 4-8 pm, on Monday, November 18th. Just access the flyer, which is on the @FHSFalconPrin Twitter account, show it, enjoy the food, and a part of the proceeds are donated to the Class of 2023.

GREENHAND CEREMONY – FFA will be sponsoring the FFA Greenhand Ceremony on Monday, November 11th at 6:30 pm in the FHS Cafeteria. Come join us as we welcome our new members to FFA, and celebrate the great things our FFA Chapter does on a weekly basis.

WINTER ATHLETICS REMINDER – Students who are planning to play a winter sport need to have their current physicals on file with Trainer Joe Menges before the beginning of tryouts. Also, all prospective winter athletes must complete all of their required information in Final Forms before the first day of tryouts/practice. Athletes who already have forms on file in Final Forms will have all of their information rolled over to their winter team, so there is no action required from parents or students, unless you would like to update your athlete’s information.

2ND GRADING PERIOD ELIGIBILITY - Students must be passing the equivalent of five 1-credit classes during the first grading period to be eligible under OHSAA rules for the second grading period. Students must also maintain a minimum GPA of 1.5 in the first grading period to remain eligible in the second grading period without the possibility of academic ineligibility. The eligibility period for the second grading period begins this Thursday, October 31st. The second grading period ends on Friday, December 20th, with grades posting on Wednesday, January 8th. Third grading period eligibility begins on Thursday, January 9th.

Students taking CCP courses outside of Firelands High School are required to display their current CCP grade as of last Friday, October 25th, to either Mr. Stillman or Mr. Maver to maintain their eligibility status for the second grading period.

FINAL FORMS TIPS for UPCOMING WINTER ATHLETIC SEASON – For student-athletes that are new, parents need to register their student in Final Forms, and sign-up for the sports their student is trying out for. If a student-athlete already exists in Final Forms, a parent just needs to sign the student up for the sport in which they are trying out.

One last Final Forms item. **Please have your student use an email address that is NOT their Firelands Gmail address.** Due to the educational suite, Google security blocks access to emails from Final Forms, so your students will not be able to complete all of the forms required before participating in tryouts, games or practices. Thank you for your cooperation.

The link to Final Forms can be accessed by [clicking here](#).

ATHLETIC UPDATES - Winter practices have begun or about to begin in Wrestling. All students must have a valid physical and complete forms on Final Forms to be eligible to participate in tryouts/practices. If you would like to follow the Lorain County League, please go to their website at <http://www.loraincounty8.org/>. Follow Mr. Stillman on the web at the FHS Athletic website (<http://www.firelandsathletics.org>) or on Twitter (@FirelandsFalcon). Also, follow the Firelands Athletic Boosters on Twitter (@FirelandsSports).

UPCOMING FHS EVENTS IN NOVEMBER/DECEMBER

Monday, November 11 – Veterans Day Remembrance

Monday, November 11 – FFA Greenhand Ceremony

November 14-16 – OMEA Honors Choir and Band Festival at Cleveland State University

November 21 – 26 – Band & Choir performing at Disney World

November 27 – December 1 – THANKSGIVING BREAK – NO SCHOOL

Monday, December 2 – School reopens following Thanksgiving Break

Thursday, December 5 – Firelands Senior Citizen Holiday Review

Thursday, December 12 – Firelands Holiday Concert

December 18 – 20 – First Semester Exams – Schedule coming in mid-November

December 20 – First Semester concludes

December 21 – January 5, 2020 – WINTER BREAK

Monday, January 6, 2020 – School Resumes – 2nd Semester Begins

Have a great week, and good luck to our students who have been selected to participate in the OMEA Honors Band and Choir events this weekend.

Bob Maver
Principal
Firelands High School