



Dragon's Lair

October 2017 ~ 1st Nine Weeks

A Publication of Fred Moore High School

Principal's Message

Greetings Dragon parents and students!

It is a truly a pleasure to have over fifty full-time students and nearly twenty-five part-time students actively engaged at our campus for the first quarter of the 2017-18 school year. We want all the students we serve to have a rewarding experience. Our goal is to guide students to be successful both academically and socially. We strive to accomplish these goals through our strengths-based initiatives, mentoring program, clubs and organizations, counseling and support services, and accelerated instruction.

The instructional and support staff of Fred Moore High School are passionate about developing responsible citizens by teaching core values and character education alongside our rigorous curriculum. Because we are an online learning community, we also stress the importance of responsible digital citizenship.

As always, we are committed to partnering with parents, the district, and the community to provide the best resources for Fred Moore High School students.

Marilyn Rabsatt,
Principal



The staff and students are excited about Fred Moore High School's 2nd

Annual College and Career Day, "Passport 2 Success". The fair is being held Tuesday, October 24th from 11:00 am - 4 pm.

Information Fair 11am - 12:30 pm (gym)

General Session 1:00pm -1:30pm

Keynote Speaker

Retired Major General Mary Saunders, Executive Director Staff Leadership, Texas Woman's University



Breakout Sessions 1:30 pm - 3:30 pm

General Session 3:30pm - 3:50pm

(Door prizes and giveaways!!!)



What's for Lunch? By Dedjanae Lucas

An Interview with Christopher Alanis and Lirio Linares

The 2017-2018 school year brought many changes with it for Fred Moore High School. There are many new students and new staff members and also some building updates. One of the changes the students are most grateful for is the change in the breakfast and lunch menu.

Q: Did you go to Fred Moore last year?

A: Yes, we did.

Q: Okay, did you eat the lunch here?

A: Yes, lunch and also breakfast everyday.

Q: What was the food like last year?

A: It came from Davis, so it tasted pretty bad like it was bland.

Q: Was there at least a variety?

A: No, it was the same menu every week. Every Monday was the same, every Tuesday, etc.

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2017-18 Calendar

by Christopher Alanis

September

- *9/4 – Labor Day Holiday
- *9/12 – Suicide Prevention Advisory
- *9/25 – Field Trip to Flower Mound HS for Jostens's Renaissance Tour

October

- *10/6 – Substance Abuse Prevention Advisory
- *10/12 – Early Release 1:05 pm
- *10/13 & 10/16 – Campus Staff Development Days (No school for students)
- *10/18 – Blood Drive; Bell Ringing Ceremony 3 pm
- *10/20 – Student Recognition Ceremony; End of 1st 9 Week Grading Period
- *10/21 – College and Career Fair @ ATC (Advanced Technology Complex)
- *10/23–10/27 – Red Ribbon Week
- *10/24 – FMHS Passport 2 Success (College and Career Day) 11am - 4 pm
- *10/30 - 11/1 – Graduate Cap & Gown Pictures (by appointment in Library)

November

- *11/8 – Bell Ringing Ceremony, 3 pm
- *11/10 – Veteran's Day Program, 1 pm
- *11/14 – Bully Prevention Advisory
- *11/20 - 11/24 – Thanksgiving Holiday

December

- *12/4 - 12/5 – STAAR End of Course Testing
- *12/8 – Last day for Fall Graduates to submit work
- *12/13 – Bell Ringing Ceremony
- *12/15 – Graduation Rehearsal & Graduate Handprints, 1 pm - 3 pm
- *12/19 – Graduation @ UNT Gateway Center 7 pm; Early Release 12:55 pm
- *12/20 – Early Release 1:05 pm
- *12/21 - 1/3 – Winter Break
- *1/4 - 2nd Semester Classes Start

"Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway."

Earl Nightingale



Aiden Sipe



Lirio Linares

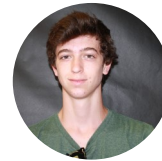
CONGRATULATIONS!

The winners of the 9-weeks Student Recognition Awards:

Student of the 9 Weeks – Aiden Sipe
High Academic Achievement – Lirio Linares
Most Positive Influence – Sierra Pasley
Best Attendance – Quanessa Freeman
New Leaf – Michael Fitzpatrick



Sierra Pasley



Michael Fitzpatrick



Quanessa Freeman

What's for Lunch? (continued)

Q: What was your favorite dish, if you had to choose?

A: Chicken nuggets.

Q: How has the food changed since last year?

A: It's actually warm now and pretty good for the most part.

Q: Where does the food come from?

A: Last year it came from Davis School but this year it comes from Ryan High School.

Q: And Davis is the discipline school, right?

A: Yeah, and that's why it was unfair to give us that food last year.

Q: Do you know who was in charge of the change?

A: Mrs. Rabsatt, the principal, was the person that requested we get hot food because she said we weren't being punished for going to Fred Moore so we should have more variety in our meal selections.

Q: Since the change in food selection, how has your outlook of the school changed as well?

A: Now that I know we'll have a good lunch, it makes the day go by faster and when I eat my mood changes even if I'm having a bad day it gets better.

We'll celebrate **Red Ribbon Week** this year October 23-27 with the following dress up days:

Monday - Crazy Sock Day "Sock it to drugs."

Tuesday - College and Career Day "Go down a path to your career, not drugs."

Wednesday - Hat Day "Use your head; don't do drugs."

Thursday - School Spirit "Stay in school; don't do drugs."

Friday - Remembrance Day "Remembering those who have died from addiction"

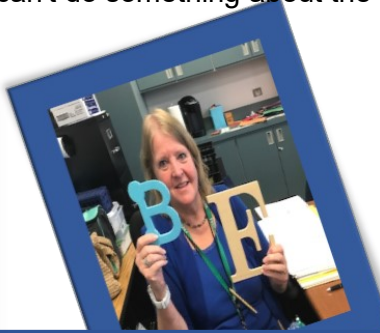


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#SAFE

Stress by Francis Lopez

On September 12, a guest speaker from the Grant Halliburton Foundation, John, was proud to come to Fred Moore High School to talk to our fellow students about stress. He discussed different ways to overcome it and how to get the help you need. "Being stressed, we may feel tense, nervous or on edge." He gave examples of negative stress relievers as well as positive ways to deal with stress. He said sometimes the need to feel in control can lead to addiction or self injury. One way he suggested for dealing with stress in a positive manner is to have a short list of people who you can vent to when needed. "Do something to enjoy yourself, especially if you can't do something about the stressful situation at that moment."



BE THE CHANGE

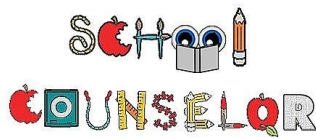
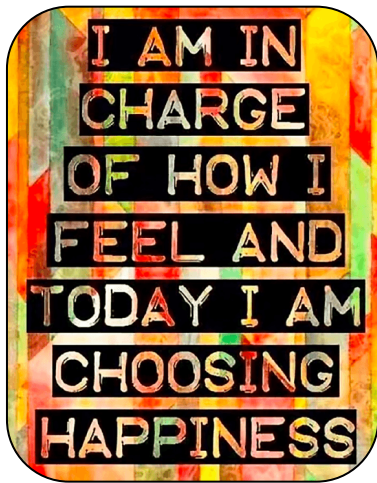


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Halloween Safety Tips

The following general safety tips are offered by the American Red Cross for parents on Halloween to ensure safe trick-or-treating practices:

- ⚡ Don't allow children to trick-or-treat alone. Older kids should take a friend and young children should be accompanied by an adult.
- ⚡ Accompany children to the door of every house they approach.
- ⚡ Familiarize yourself with every house you visit and all people from whom your children receive treats
- ⚡ Tell kids NOT to enter any home without permission from their parents or guardians
- ⚡ Tell kids NOT to approach vehicles, occupied or vacant, unless they are accompanied by a parent or guardian
- ⚡ Give children lights to carry – like a glow stick or flash light – along with reflective clothing.
- ⚡ Make sure that children can see and breathe properly and easily through facial masks.
- ⚡ Warn children NEVER to approach any house that is not well lit.
- ⚡ Remind children to make note of suspicious incidents and report them to parents, guardians and/or the proper official.
- ⚡ Instruct children to run away, scream, and make a scene if anyone tries to grab them or force them, in any way, to go with them.



POSITIVE AFFIRMATIONS

WORDS TO HELP YOU DESCRIBE YOURSELF

I AM...



Red Ribbon PLEDGE

I pledge allegiance to myself,
 And to who I want to be
 'Cause I can make my dreams come true
 If I believe in me.
 I pledge to stay in school and learn
 The things I need to know
 To make the world a better place
 For kids like me to grow.
 I pledge to keep my dreams alive
 And be all I can be.
 I know I can
 and that's because
 I pledge to stay drug free.

W	I	L	L	I	S
WILLING	INSPIRED	LIBRA	LIBRA	INSPIRED	SPLENDID
WHOLE	INTELLIGENT	LOVING	LOVING	INTELLIGENT	SUCCESSFUL
WONDERFUL	INDEPENDENT	LIVELY	LIVELY	INDEPENDENT	SASSY
WISE	INITIATOR	LITERATE	LITERATE	INITIATOR	STRONG
WOMAN	INDUSTRIOUS	LOGICAL	LOGICAL	INDUSTRIOUS	SENSITIVE

YOU CHOOSE YOUR **OWN WORD**

Bring your list by the Counseling office to receive a prize!

Thank you to all the faculty, staff and students who submitted content and ideas to the Dragon's Lair.

Lirio Linares - Editor • C. Ware Jones - Advisor

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