



An Early College High School

Parent Newsletter

The Busy Parent's Checklist¹

So what's a parent to do? We know that you are busy navigating the Teen years. There are so many things to remember! To help, we've boiled down some key advice into a convenient checklist that helps you keep in a mind simple, easy steps you can take each day, week and month to stay connected to your teen. Here they are:

TRY TO DO DAILY:

- ✓ Know where your teens are when you are at work or not otherwise with them, and who they are likely to be with.
- ✓ If appropriate for that day, remind your teen about relevant rules.
- ✓ At the end of the day, ask about your teen's activities
- ✓ Praise and thank your teen for good behavior.
- ✓ Check that homework and other responsibilities have been completed.
- ✓ Try to have family meals together or engage in a family activity on a regular basis.

TRY TO DO WEEKLY

- ✓ Take some time to check in with each child. Set 20 minutes aside to find out how friendships are going, what's happening at school and what other events are important in your teen's life.
- ✓ Ask your teen mid-week if there are any special plans for the weekend that require your input, Do this early to avoid last-minute conflict.
- ✓ Every once in a while, check that your teens are where they say they are going to be.
- ✓ Encourage your teen to have a friend over or engage in fun activities together.
- ✓ Remind your teen about weekday/weekend rules when appropriate.

TRY TO DO MONTHLY:

- ✓ Make sure you've had at least a couple of individual activities or outings with your teen.

- ✓ Check in with your teen to see what has taken up his or her time and interest this month, and discuss it. Ask if there's anything you can do to help.
- ✓ Make sure you've followed through on any recent promises to your teen.
- ✓ Plan one special family event or activity. Try to do things that your teens enjoy.
- ✓ Get a report from teachers on your teen's school progress. Check in with coaches or a guidance counselor about extracurricular activities.
- ✓ Take a monitoring inventory. Who has your teen been spending time with? What has he been doing? Follow up on any red flags or concerns.
- ✓ What have they been spending their money on?
- ✓ Stay up-to-date on news and trends among teens in the area. Talk with other parents and discuss concerns with your kids. Check with local youth organizations to find out about problems in your community.
- ✓ Check in with your teens about rules. If they've been doing well, then be flexible and reward them in meaningful ways. When your teens are ready, allow them more freedoms. Discuss any new rules or limits for new activities.

Important Dates

Parent Meeting	October 8 10:00 a.m.
Professional Day No Classes at TCS	October 10
TCS Enrollment Session	October 12 6:00 p.m.
No ODU classes – Midterm Break	October 17-18
PSAT- required for all 11th graders	October 15 8:45 a.m.
Fall OGT	Oct. 24-Nov. 6
End of first quarter	October 28
Parent-Student- Teacher Conferences	November 2-3
Professional Day No Classes at TCS	November 4
TCS Enrollment Session	November 9 6:00 p.m.
TCS Early Release	November 22 2:00 p.m.
No TCS/ODU classes- Thanksgiving Holiday	November 23- 25

Bell Schedule

1st Period	7:35-8:35
2nd Period	8:40-9:45
3rd Period	9:50-10:50
4th Period	10:55-11:20
<i>First Lunch</i>	
5th Period	11:25-11:50
<i>Second Lunch</i>	
6th Period	11:55-12:20
<i>Third Lunch</i>	
7th Period	12:25-1:25
8th Period	1:30-2:30

¹Article taken from [Navigating the Teen Years. A parent's Handbook for Raising Healthy Teens](#), p.16-17 Office of National Drug Control Policy 2010

URGENT: See enclosed form and return ASAP!

The Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT) will be administered to 11th grade students on Saturday, October 15th. The test begins promptly at 8:45AM, and will last until approximately 11:30AM. The PSAT/NMSQT is an important step on the road to college because it is an opportunity to practice for the SAT and ACT exams needed to get into colleges, as well as offering a way for students to sign up to receive scholarship information from colleges. TCS requires all 11th grade students to take this test. Please sign and return the enclosed form acknowledging that your student will be attending the test date.

Please turn in all forms ASAP.

TCS Wish List

Please consider providing the following items in order to support the Charles School community. Thank you for your support!

Boxes of tissues	Reams of paper
Cereal/granola bars	Disinfectant wipes
Juice boxes	Bottled water
Cotton balls	Post-its
Peroxide	Glue sticks
Rubbing alcohol	Scotch tape
Acetaminophen and ibuprofen	Envelopes (standard business)
Antibiotic ointment	Cough drops

If you would like to talk with your student's teacher please call the front desk and make an appointment. Teachers are not able to talk with you during the day without an appointment. Please call 614.258.8588 with any questions. Thank you for your cooperation.

Meet the TCS Staff

Debbie Addison	Director of Institutional Advancement	Addison.2@thecharlesschool.org
Barbara Blazer	Front Desk	Blazer.1@thecharlesschool.org
Kelsey Boyd	Math	Boyd.2@thecharlesschool.org
Chris Bradley	English	Bradley.1@thecharlesschool.org
Greg Brown	CEO, Academics	Brown.1@thecharlesschool.org
Lauren Brownfield	Spanish	Brownfield.1@thecharlesschool.org
Mike Butsko	IT Coordinator	Mike@thegrahamschool.org
Randi Channel	Art	rchannel@mail.thegrahamschool.org
Brice Dobler	Math	Dobler.1@thecharlesschool.org
Jennifer Duann	Science	Duann.1@thecharlesschool.org
Sara Duke	English	Duke.2@thecharlesschool.org
Elaine Fujimura	Registrar	Fujimura.1@thecharlesschool.org
Jennifer Hagood	Math	Hagood.1@thecharlesschool.org
David Hall	English	Hall.1@thecharlesschool.org
Ed Ingman	Dean of Academics	Ingman.1@thecharlesschool.org
Lauren Jacobs	Front Desk	Jacobs.1@thecharlesschool.org
Erin Johnson	Science	Johnson.10@thecharlesschool.org
Uzma Khan	French	Khan.1@thecharlesschool.org
Alexandra Konet	School Counselor	Konet.1@thecharlesschool.org
Clifford Lee	Spanish	Lee.2@thecharlesschool.org
Katie Logan-Hedges	Business Administrative Assistant/Front Office Manager	klogan@thegrahamschool.org
Cheryl Long	Business Administrator	Long.1@thecharlesschool.org
Dianthia Lowry	Dean of Community Relations	Lowry.1@thecharlesschool.org
Michelle Lowry	College Readiness Coordinator	Lowry.2@thecharlesschool.org
Scott McMullen	Dean of Collegiate Studies	Mcmullen.1@thecharlesschool.org
Eileen Meers	CEO, Students	Meers.1@thecharlesschool.org
Tim Nunn	IT Specialist/Enrollment	Nunn.1@thecharlesschool.org
Yolanda Perez	Dean of Student	Perez.1@thecharlesschool.org
Claudia Robertson	Intervention Specialist	Robertson.1@thecharlesschool.org
Chris Spackman	ESL	Spackman.1@thecharlesschool.org
Jessica Spoon	Social Studies	Spoon.1@thecharlesschool.org
Andrea Townsend	Science	Townsend.1@thecharlesschool.org
Jennifer Waddell	Development Coordinator	Waddell.1@thecharlesschool.org
Paige Webb	English	Webb.1@thecharlesschool.org
Robert Wilson	Social Studies	Wilson.4@thecharlesschool.org

Free and Reduced Lunch Program Information

The Charles School today announced its 2011-2012 program year policy for (free and reduced-price meals) for students unable to pay the full price of meals served under the National School Lunch Program. The school office has a copy of the policy, which may be reviewed by any interested party. The Federal Income Eligibility Guidelines will be used for determining eligibility. Children from families whose annual income is at or below the Federal Guidelines are eligible for free and reduced price meals. Application forms are being distributed to all homes in a letter to parents or guardians. To apply for free and reduced-price benefits, households should fill out the application and return it to the school. Additional copies are available at the principal's office in each school. A complete application is required. Households which currently receive Special Nutrition Assistance Program Benefits (SNAP, formally known as food stamps) or Ohio Works First (OWF) funds for a child must provide the child's name, the SNAP or OWF case number and signature of an adult household member on the application. Households which do not receive SNAP or OWF funds must provide the names of all household members, the last four digits of the Social Security Number of the adult signing the application or state "none" if the adult does not have a Social Security Number, the amount and source of income received by each household member, (state the monthly income) and the signature of an adult household member. If any of this information is missing, the school cannot process the application. FREE HEALTH CARE: Families with children eligible for school meals may be eligible for FREE health care coverage through Medicaid and/or Ohio's Healthy Start & Healthy Families programs. These programs include coverage for doctor visits, immunizations, physicals, prescriptions, dental, vision, mental health, substance abuse and more. Please call 1-800-324-8680 for more information or to request an application. Information can also be found on the web at <http://jfs.ohio.gov/OHP/consumers/familychild.stm>. Anyone who has an Ohio Medicaid card is already receiving these services. The information provided on the application is confidential and will be used only for the purpose of determining eligibility and may be verified at any time during the school year by school or other program official. To discourage the possibility of misrepresentation, the application forms contain

a statement above the space for signature certifying that all information furnished is true and correct. Applications are being made in connection with the receipt of federal funds. Schools or other officials may check the information on the application at any time during the school year. Deliberate misrepresentation of information may subject the applicant to prosecution under applicable state and federal laws. Households will be notified of the approval or denial of benefits. Foster children are categorically eligible for free meal benefits regardless of the household's income. If a family has foster children living with them and wishes to apply for such meals or milk for them, contact the school for more information.

2011-2012 Public Release OSHN 06/11

Under the provision of the policy Cheryl Long will review applications and determine eligibility. If a parent or guardian disagrees with the decision on the application or the result of verification, the decision may be discussed with the determining official on an informal basis. If a formal appeal is desired, the household has the right to a fair hearing. A fair hearing can be requested either orally or in writing from:
Katie Logan - Hedges
3950 Indianola Ave
Columbus, OH 43214
614- 262-1111

The policy contains an outline of the hearing procedure. Households may apply for benefits any time during the school year. If a household is not currently eligible and if the household size increases or income decreases because of unemployment or other reasons, the family should contact the school to file a new application. Such changes may make the children of the family eligible for free or reduced-price benefits if the family income falls at or below the levels shown above. Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or

call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."

Grocery Shopping Helps TCS!

When you shop at Kroger and/or Giant Eagle you can help TCS. Follow the directions bellow.

Kroger

1. Go to: www.krogercommunityrewards.com or call 1-800-837-4483 to enroll in the program. If you enrolled last year you must re-enroll each year to help TCS.
2. Add TCS to your card. You can search for TCS by name or use our school code: 90179.
3. Shop! Every time you shop and use your Kroger Rewards Card TCS gets rebates. Kroger totals those rebates and sends TCS a check.

Giant Eagle

1. Go to: www.gianteagle.com/about/apples-for-students to sign up online or by calling 1-800-474-4777.
2. Add TCS to your card. Our school ID number is 5443.
3. Shop! Every time you use your Giant Eagle Advantage Card TCS earns educational rewards.

Thank you for your support!

Please Remember

All parent and doctor excuses need to be turned in with in two days of your student being absent, or it will be marked unexcused.

Thank you for your help.

October 2011 - Lunch Menu

The Charles School at
Ohio Dominican
University

An Early College High School

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Ala king, or chicken and noodles fresh fruit Tossed salad	4 Nachos Chips Seasoned beef shredded cheese Mexican salad BG/ Mexican rice	5 Bosco sticks cheese Marinara Sauce soup of the day Tossed salad	6 sliced honey turkey cream cheese sliced bagels tossed salad Veggie of the day	7 cheese pizza pepperoni pizza veggie of the day Fresh fruit tossed salad
10 No school at Charles	11 corn dogs veggie dogs white been chili tossed salad fresh fruit	12 pasta noodles Marinara Sauce Meat sauce fresh fruit Tossed salad	13 seasoned beef veggie seasoned beef veggie or soup of the day/tossed salad	14 cheese pizza turkey Pizza Fresh fruit tossed salad
17 seafood or chicken Gumbo veggie of the day fresh fruit tossed salad	18 cod fish rice pilaf fresh fruit tossed salad	19 fried rice Asian Vegetables egg rolls fresh fruit Tossed salad	20 Gyro Lamb/beef Meat Baked Pita grilled vegetables Greek salad fresh fruit	21 cheese pizza turkey Pizza Fresh fruit tossed salad
24 seasoned pasta meat sauce marinara sauce tossed salad fresh fruit	25 Sliced deli meat sliced cheese tossed salad Veggie of the day	26 Southern Chicken / Waffles breast of chicken waffles oven potatoes fruit topping	27 All Beef Hamburger Veggie Burgers Buns sliced cheese tossed salad	28 cheese pizza turkey Pizza tossed salad Fresh fruit
31 Chili Cheese Mac chili sauce tossed salad fresh fruit		<i>served daily : Milk Veggie of the day Fruit upon avail- ability. Pizza served daily</i>	<i>Please note that the Graham Family of schools is a equal opportunity em- ployer .</i>	

**TCS Parent Meeting is Saturday,
October 8th!**

Each month we get together to discuss parenting, school activities, fundraising, and volunteer opportunities.

Meetings are always held on the second Saturday of each month and begin promptly at 10:00 am.

Snacks are welcome!

Questions? Please call Mrs. Lowry at 614.258.8588.

OSU game day parking!

GEMS (Graham Expeditionary Middle School) is located at 140 E. 16th Ave. one block South of High St. and a close walk to The Ohio State University stadium. For \$15 you can park in the GEMS lot and walk to the stadium.

Make sure and let your friends and family members know. Thank you for supporting The Graham Family of Schools.



Enrollment Information Sessions!

Attention TCS families! If you know of any students who might be interested in attending The Charles School next year, please let them know about our upcoming sessions:

- Wed., October 12th at 6pm (TCS)
- Wed., November 9th at 6pm (TCS)
- Wed., December 7th at 6pm (TCS)

Please visit www.TheCharlesSchool.org for more information.

TCS is looking for parent volunteers to help monitor in school suspensions on Mondays, Wednesdays, and/ or Fridays from 7:30 am - 2:30 pm. If you would like to help please contact Ms. Johnson at johnson.10@thecharlesschool.org.

The Charles School Parent Group has decided to continue participating in the Market Day fundraiser! Orders are placed online



Market Day
A fundraiser like no other™

or with a form turned into the Front Office, and then are delivered once a month to TCS. **November orders are due on Monday, November 1st** and may be picked up at the school on **Saturday, November 5th** from 12:15-1:30 pm in the gym.

November is pie month. The more pies you buy the more money for TCS!

Payment: Ohio Direction Card, Cash, Check, & Credit Card.
Go to www.marketday.com and enter the TCS account number, **28409**, or contact our parent coordinator, Doris Vance, at 284-1008 or doris_vance@sbcglobal.net for more information. *Bon Appétit!*