Principal’s Update
The add/drop portion of our schedule closed on Friday, and we are just a couple of weeks away from term one progress reports being issued on Friday 9/30. Students should be getting acclimated to the in-class and homework expectations of their current teachers and making sure they are preparing appropriately to achieve academic success. Now that the first round of assessments are likely in the books, this is also a good time for students to identify a class or two that they find challenging and to access available extra help supports.

Speaking of extra supports, the high school continues to try to creatively address specific sub-groups of students in order to maximize their success at FHS. In addition to our long-standing Phoenix and RFL programs, current math teacher Mr. Bowen is directing a new program named Cornerstones, in which he serves as the homeroom teacher and academic liaison for many retained students. Reducing our retention rates (while maintaining our academic rigor) has been an on-going goal at FHS, and Cornerstones will be a big help in this regard. In addition, Mr. Menna, Mr. Geoghegan, and Mr. Bowen have also launched a program called Co-Pilots, which pairs FHS seniors with current freshmen. These pairings are designed to help ease the academic, social, and extra-curricular transition into the high school for these freshmen. Finally, we have also begun to develop a SLIFE (Students with Limited or Interrupted Formal Education) program, run by Ms. Lord, to help support students that fit that profile.

Late buses will return again this year and will begin on Tuesday, September 27th. Similar
to last year, late buses will run every Tuesday and Thursday afternoon and will pick up in front of the high school at 4:10 PM. Any student qualified to ride any bus is eligible to ride the late bus. Students will need to show their bus pass and a pass from a teacher/faculty member before being allowed on the bus. Both students and teachers should keep Tuesdays and Thursdays in mind as possible target dates for extra help. Also, we have asked many of our clubs to meet on Tuesdays and/or Thursdays when possible to increase accessibility for all students.

With the return of the late buses, Mr. Braggs and Ms. MacKinnon will also be commencing the Opportunity to Improve after-school program (OTI). This program is designed to give students an opportunity to catch up on academics in a controlled quiet environment. The Opportunity to Improve program is designed to provide consequences for disciplinary, academic and attendance problems and to encourage proper behavior in the regular high school setting. Students are welcome to volunteer to participate as an opportunity to work on their academics in a quiet environment. The program is also there to provide resources such as time, space, and tutors to assist with academics. The Opportunity to Improve program will be located in the ADC. The Guidelines are as follows:

- Students are supervised at all times by teaching faculty. Academics will be emphasized with the appropriate resource materials made available. This includes access to online learning when appropriate.
- Students will receive written or verbal notification when assigned to OTI.
- Any difficulties or changes must be cleared with the Grade Administrator before the scheduled OTI.
- Students must come to OTI prepared to work for the full period. An atmosphere of academic study will be maintained at all times.
- Students who must stay for academic help may arrive late with a pass signed by the helping teacher.
- If a student is absent on a day of an assigned OTI, they will automatically make it up the next day it is held.
- Unexcused absences or tardies will be reported to Grade Administrators.

More information about this program, including the start date will appear in the next Frequent Flyer.

Finally, please mark your calendars for the Framingham High School Open House which will be held from 7-9 PM on Thursday, September 29th. This night is always one of the most important events of the year in terms of establishing school-to-home connections that help support student learning, and it is an invaluable experience to walk in your children’s shoes for an evening and get a quick feel for their daily experience at the high school. Parking is limited so please try to get here early.
Classroom Connections - Engineering by Design

Students in the new STEAM class “Engineering by Design” co-taught by Physics Teacher Todd Witherow and Art Teacher Jessica Cormier designed, built and tested bridges made of dried spaghetti pasta. Students tested their bridges to see how much weight each bridge could support, paying particular attention to the ratio between the mass of the supported weight versus the mass of the bridge.
Proud Alumni Accomplishment

Abbey Roy, Recent Graduate of FHS Class of 2016, is now attending Hofstra University. Hofstra was selected to host the first of three presidential Debates on Monday, September 26, 2016. Abbey was selected by the Presidential Debate Committee as one of four photographers for the event! Abbey’s mom states, “Abbey’s passion for photography started at FHS and continues to grow!”

Nathalia “JMag” Castrillon, FHS Graduate of the Class of 2012, member of the Resiliency for Life Program and FSU Graduate of the Class of 2016, has been chosen as a cast member for the 15th season of the Lifetime hit series Project Runway. The season just had its premiere last Thursday, September 15th.
FHS Library
The Framingham High School library is open during the following hours: Mondays and Wednesdays from 7 AM - 3 PM, Tuesdays and Thursdays from 7 AM - 4 PM, and Fridays from 7 AM - 2:30 PM. Students can use the library as a quiet place to do work, receive tutoring (either through National Honors Society or through the Framingham Public Library’s Homework Club), or do research. We encourage all students to login to their student email accounts during the next few weeks. If you have trouble logging in, you can go to the library for assistance.

The Library Teaching Assistants have also created a bulletin board that lists information about all of the clubs and activities in the school. This bulletin board is located across from the Library, next to the ADC.

Medical
During the upcoming school year the following school health screenings will take place. All 9th graders will be screened for vision, hearing and scoliosis. All 10th graders will have their heights and weights recorded. If you do not want your child to be involved in any of the above mentioned screenings, please contact the school nurses in writing. Our email addresses are jspigel@framingham.k12.ma.us, abeaudet@framingham.k12.ma.us and
In addition, the vision and hearing screenings will occur Monday, September 26th through Thursday 29th. If you are interested in volunteering, please contact us.

Over-The-Counter Medication permission forms for acetaminophen (Tylenol), ibuprofen (Motrin/Advil), Benadryl, Tums, and Visine Allergy Relief must be signed by a parent unless the student is 18 years or older. These forms will be distributed in homeroom and available in our medical office, Room D107.

All prescribed medications and over-the-counter medications not included in the above list must be brought into school by a parent/guardian and accompanied by a written order from a physician. Students are not allowed to carry medications with them unless they are an emergency medication such as an Epipen, Inhaler and/or Insulin.

The Edward M. Kennedy Community Health Center
The satellite office of The Edward M. Kennedy Community Health Center at Framingham High School does not have a practitioner working here at this time. Students and families can contact their practitioner at 508-270-5700. The address is 354 Waverly St. Please see the attached letter for more information.

Internship Opportunity
Matt Osber, a software engineer and former FHS parent, will be hosting an after-school internship program on Thursdays for students interested in working on the website, My Moral Compass. The site’s URL is http://my-moral-compass.com. FHS students will have the opportunity to work on website content, technology, and social media. See Ms. Gorman in the Career Center or contact mattosber@gmail.com for more information.

Counseling Department
Mark your calendars for Senior College & Career Planning Night in the FHS Auditorium on Thursday, September 22nd 2016, 7:00 - 9:00pm. The School Counseling Department will review post-secondary pathways for next year and will go over the steps and required elements of the college application process. A panel of college representatives from a range of colleges and universities will also be there to provide insights and to answer any/all questions. "Senior College & Career Planning Night" is a great opportunity to ensure that your student is on track with college and career planning and to get answers to any questions you may have. We strongly encourage parents/guardians of rising seniors to attend and to bring their student with them.

*Please note: this event was originally scheduled for 9/29, but has been re-scheduled due to FHS Open House taking place that evening.

October 1st SAT at Framingham High School- Attention Seniors! There is still time to sign up for the October 1st SAT at FHS. Although the regular deadline has passed, the late registration deadline is Tuesday, September 20th.
The College and Career Center
The College and Career Center is currently hosting college visits! Please visit Naviance for a list of upcoming college visits and to sign up. Once you sign up for the college visit, you must get your teacher’s permission to attend. Teachers have the right to deny your request to attend a college visit (e.g. if there is a quiz or test, presentation or project due that day, if you are behind in the class, or if you have multiple absences and tardies). If your teacher approves, you need to obtain a pass. Print your confirmation from Naviance and have the teacher sign it OR pick up a pass from Ms. Wong ahead of time to bring to your teacher to sign. Bring the signed pass to Ms. Wong in D110 when you attend the college visit.
Calendar of Events

**Monday, September 19th - Day 1: ABCDE**
3:30PM Varsity Golf vs. Needham @Needham
3:45 PM Varsity Girls Field Hockey vs. Milton @FHS

**Tuesday, September 20th - Day 2: CADGF**
3:45 PM Varsity Golf vs. Milton @Milton
3:45 PM Varsity Girls Volleyball vs. Milton @Milton
3:45 PM Varsity Boys Soccer vs. Milton @FHS
7:00 PM Varsity Girls Soccer vs. Milton @Milton
7:00 PM Varsity Girls Swimming vs. Needham @Needham

**Wednesday, September 21st - Day 3: BAEGF**
AM Collaboration - Homeroom begins at 8:15 AM - Students can be dropped off later. Buses will run at normal times and students will have a choice to go to the library, cafeteria, or gym.
3:45 PM Varsity Boys and Girls Cross Country vs. Weymouth @FHS

**Thursday, September 22nd - Day 4: ACDEF**
3:45 PM Varsity Girls Field Hockey vs. Brookline @Brookline
3:45 PM Varsity Golf vs. Braintree @Braintree
3:45 PM Varsity Boys Soccer vs. Brookline @Brookline
3:45 PM Varsity Girls Soccer vs. Brookline @FHS
5:15 PM Varsity Girls Volleyball vs. Brookline @FHS

**Friday, September 23rd - Day 5: BDCGF**
3:45 PM Varsity Girls Swimming vs. Wellesley @FHS
3:45 PM Varsity Girls Field Hockey vs. Newton South @Newton South
7:00 PM Varsity Boys Football vs. Weymouth @FHS

**Monday, September 26th - Day 6: DABEG**
Vision and Hearing Screening
Extended Day for Faculty
2:15 PM Faculty Senate Meeting
3:45 PM Varsity Golf vs. Weymouth @FHS

**Tuesday, September 27th - Day 7: CADGF**
Vision and Hearing Screening
3:45 PM Varsity Girls Field Hockey vs. Weymouth @Weymouth
3:45 PM Varsity Girls Soccer vs. Weymouth @FHS
3:45 PM Varsity Girls Swimming vs. Newton North @FHS
4:30 PM Varsity Boys Soccer vs. Weymouth @Weymouth
5:15 PM Varsity Girls Volleyball vs. Weymouth @FHS
Wednesday, September 28th - Day 1: ABCDE
Vision and Hearing Screening
3:45 PM Varsity Girls Field Hockey vs. Dover-Sherborn @Dover-Sherborn
3:45 PM Varsity Boys Golf vs. Weymouth @FHS
3:45 PM Varsity Boys and Girls Cross Country vs. Braintree @Braintree

Thursday, September 29th - Day 2: CADGF
Vision and Hearing Screening
3:45 PM Varsity Boys Soccer vs. Norwood @Norwood
3:45 PM Varsity Girls Soccer vs. Norwood @FHS
5:15 PM Varsity Girls Volleyball vs. Norwood @FHS
7:00 PM FHS Open House

Friday, September 30th - Day 3: BAEFG
TERM 1 PROGRESS REPORTS issued in Homeroom
Vision and Hearing Screening
3:45 PM Varsity Girls Field Hockey vs. Norwood @Norwood
3:45 PM Varsity Girls Swimming vs. Walpole @Walpole
5:00 PM Varsity Girls Volleyball vs.Cambridge Rindge and Latin @FHS
7:00 PM Varsity Boys Football vs. Braintree @Braintree

Saturday, October 1st - Weekend
5:00 PM Varsity Girls Soccer vs. Natick @FHS
7:00 PM Varsity Boys Soccer vs. Natick @FHS