

COUNSELOR'S CORNER

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Odem Jr. High School

The year is going fast. Students are half-way through the 4th six weeks. Fourth six weeks progress reports will be distributed on Thursday, February 1. Reports cards will be distributed on February 22, as the reporting period ends on the 16th.

Please make sure you are checking grades. Students and parents can access their grades online. If teacher conferences are needed please do not hesitate to contact your student's teacher. The counselor can help you set up conferences as well. Junior high students need to pass for the year to receive credit. If a student fails two or more core classes, they will be in jeopardy to be retained.

Congratulations to OJH 3rd Place in UIL

BENCHMARK DATES SET

TEA has created an interim STAAR assessment for grades 3-8. The interim assessments are an optional TEA tool to help school districts and open-enrollment charter schools identify students' strengths and weaknesses and help predict student performance on the STAAR. The spring 2018 interim assessments are a pilot administration; the functionalities are in a trial phase. Feedback from the pilot will be incorporated into the full launch of the interim assessments, which will be available in two administrations during the 2018-2019 school year. Odem Junior High has decided to take part in this

Dates to Remember

- Feb. 6, Tuesday- Parent STAAR information meeting OJH Library
- Feb. 15- Benchmark 6th,7th Math
- Feb. 21- Benchmark 7th, 8th Reading
- Feb. 22- Benchmark 8th Math, 6th reading, 7th writing.
- Feb. 23- Cheer money & forms due

online opportunity.

Odem Junior High will benchmark online 6th and 7th grade math on February 15. 7th and 8th graders will test reading online on Wednesday, February 21. On Thursday, February 22 eighth grade will benchmark in math, seventh grade in writing, and sixth grade in reading. 8th grade social studies and science will not benchmark until April, as will 6th and 7th grade Math.

It is imperative all students take the Benchmark seriously. These benchmarks will give teachers an indicator of where our students are in the curriculum. Tutorials and enrichment classes may be set up based on these results. The benchmark will also be a test grade for the six weeks.

Anxiety /Stress Relievers

Before the Test:

- Do not overwhelm yourself. Review Material a little at a time in the days following up to the test.
- Allow yourself time in the morning.

Stress Busters:

- Engage in deep breathing for 2-5 minutes.
- Tense and relax different muscle groups.
- Engage in guided imagery for a few minutes.
- Try to describe the anxiety.
- Aerobic exercise will help you release anxiety and stress.
- Engage in positive self- talk.

During the Test:

- Use the stress busters.
- Get a drink of water.
- Move to an easier question.
- Chew gum.
- Ask for help to help clear up directions.
- Continue the positive self talk.

February 2018
 Odem Jr. High School
 Committed to Excellence

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 4th six weeks Progress Reports distributed	2 Cheer Forms due	3
4	5	6 Too Good for Drugs Parent STAAR presentation 6pm OJH library	7	8	9	10
11	12	13 Too Good for Drugs	14	15 Benchmark 6th and 7th grade Math online	16	17
18 Counselor Confer- ence	19	20 Too Good for Drugs	21 Benchmark 7th and 8th grade reading	22 4th six weeks Report Cards Distributed Benchmark 8th grade Math, 7th grade Writ- ing, 6th grade Reading	23 Cheer money and forms due	24
25	26	27 Too Good for Drugs	28			