

Fischer Middle School

Parent Handbook



Navigating your way
to success with your
Middle School Student!



Be Safe

Be Kind

Be Ready

Be ONE



Technology Support



Logging into your Chromebook

Step #1: Determine your Username

- Username: First Name+1st 3 letters of Last Name +last 4 digits of your ID#
- Example: Mickey Mouse 2004321
Username: mickeymou4321

Step #2: Change your Password

- Password: access sso.ipsd.org
- Click on profile icon and select “change password”

When creating a password, remember:

- 8 characters long
- can't use your name
- must use at least one CAPITAL letter, one lowercase letter, one NUMBER
- Be sure it's something you will remember!

This password will work for:

- Chromebook
- Single Sign-On (SSO)
 - Apps in the SSO as well
- Google Apps (GMail, Classroom, Drive, etc.)

Step #3: Learn your Email

- Email: Username@k12.ipsd.org
- Ex: Mickeymou4321@k12.ipsd.org

Helpful Hints

If the Chromebook isn't working (barring physical damage), try the above steps first. Doing these steps, especially if they are not a habit, will clean up many issues. After that, try:

- Removing the user
 - Next to your name on the sign-in page there is a little arrow (v) (or click signout to see this)
 - Click the arrow and select Remove Account
 - Select Remove Account again
 - Use the shutdown button to shut down
 - After a minute, restart the Chromebook and log in
 - Removing the user must happen if an orange arrow appears next to the student's name on the sign in screen
 - This means the user profile is corrupted and the device will not work correctly until this is fixed
- If you need assistance with Chromebook issues, access this link: <http://bit.ly/204Chromebook>

- Check your email daily
- Join your grade level LMC Google Classroom:
 - 6th grade code - oluafhz
 - 7th grade code - twxfh5
 - 8th grade code - oztp7dy
- Launch all apps from your SSO (Dashboard/Rapididentity)
- Get your class period zooms from StudentVue in your SSO
- Check the library Destiny app for books from your SSO!
- Need to do some research? Click on these database apps from your SSO!



Keep your Chromebook Healthy

- Daily
 - Sign out when finished
 - In the box with the time, click on the button that says sign out. This does not happen when you just shut the lid
 - Shut down when finished
 - After signing out, wait until the shutdown button appears in the lower left. Select that button. Please do not use the power button to force a shutdown
- Weekly
 - Check for Chrome OS Updates
 - Go to Settings
 - Click on About Chrome OS
 - Click Check for Updates
 - Click restart once updates are finished
 - Clear Cookies and Cache
 - Go to three dots in upper right corner
 - Click on more tools
 - Click on Clear Browsing Data
 - Click on Cookies
 - Click on Cached Images and Files
 - Change time frame to All Time

Attendance



Calling in an absence

630-375-3110 Attendance Voicemail Line

Leave a brief message with your child's name and grade. Indicate the reason as to why they are absent.

In accordance with Section 26-2a of the School Code, valid causes for absence include:

1. Illness, including mental or behavioral health issues;
2. Observance of a religious holiday;
3. Death in the immediate family or a family emergency;
4. Other situations beyond the control of the student, as determined by the Board of Education or nonpublic school administration;
5. Any circumstances that reasonably concern the parent regarding the mental, emotional, or physical health or safety of the student.

Please note vacations, practices/competitions, birthday celebrations, and similar leisure activities are **not** considered valid causes for absences, and we discourage these types of activities during school hours. If any absence is due to a *doctor appointment* we require the appointment to be confirmed by a note from the doctor.

Parents are responsible for the daily attendance of their children; however, Illinois School Code does not grant parents the authority to excuse their children from attending classes without valid cause.

Please refer to Attendance Section of Student Handbook

Synergy: ParentVue

We recognize that consistent student attendance is crucial for success. The learning opportunities and experiences provided at school are invaluable.

The dropdown menu and screen will now appear as follows (web version and app version):

You select a reason for the absence from the dropdown menu. In the notes section you will provide additional details - when you select sick, please include the symptoms. This note section is required.

(*Family Emergency reason* is only for true emergencies involving funerals, family court or serious illness of a family member. You may contact the main office if you are unsure of your reason for absence.)

Checking Assignments



What did my child work on today or what is their homework?

You can find out what your child is working on by visiting this website.



Once you have navigated to the website you can click on the team your child is on to view their core classes (Math, Science, Social Studies and ELA). For Encore classes, please visit their Google Classroom.

On this screen you will see a calendar view OR a link to view assignments your child is working on (see example below).

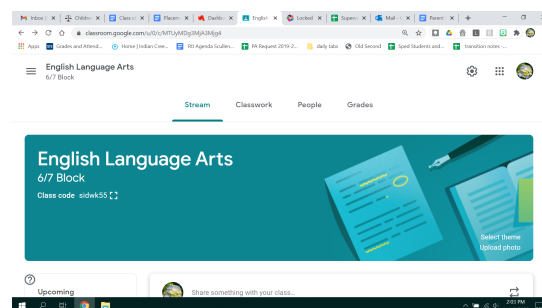
Team 6-0 Homework Slides (2024-25)

Subject		Monday 11/18		Tuesday 11/19	
HIMES	ELA - 1/2 block	Personal Reading, 20 min.			
	ELA - 8/9 block	Personal Reading, 20 min.			
	Social Studies	None			
DAILING	PA ELA - 1/2 block	None		None	
	PA ELA - 8/9 block	None		None	
	PA Social Studies	Finish Chapter 2.3 Vocab & Guided Reading Finish Ch. 2.3 Two-Column Notes (if not finished in class)		Finish NewsELA Article: Women R	

*Remember this is to find out the assignments they are working on, not the grades they have received.
Grades can be found on Synergy.*

Google Classroom

Each class that your child is enrolled in has a Google Classroom attached to it with an individual code. Since it can be difficult to keep track of all the codes, it is best to have your child log in to their Google classrooms themselves. Have them navigate through their assignments and due dates with you. You will notice that on the homepage of the classroom are 4 tabs: stream, classwork, people and grades.



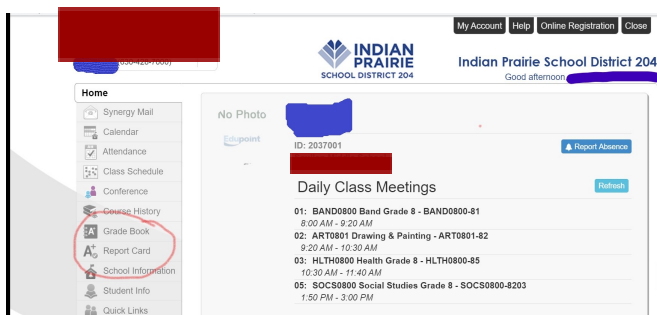
Select classwork to see what your child has turned in and what is still left to be completed. To check grades on completed assignments you will need to use Synergy.

Checking Grades



What are my child's current grades?

To locate your child's most current grades you will need to login to ParentVue on Synergy.



Select Grade Book for current grades. Teachers update grades weekly. Make sure that you click the specific quarter, not progress/date.

Class Schedule	1: Band Grade 8		Room: E114
Conference	Quarter 1	A	0 Missing Assignments Classroom
Course History		110.43%	
Grade Book	2: Drawing & Painting		Room: C104
Report Card	Quarter 1	A	0 Missing Assignments Classroom
School Information		100.00%	
Student Info	3: P.E. Grade 8		Room: GYM
Quick Links	Quarter 1	A	0 Missing Assignments Classroom
Digital Locker		97.50%	
Documents	5: Social Studies Grade 8		Room: A108
	Quarter 1	A	0 Missing Assignments Classroom
		100.00%	

Select Report Card to see the final grade for the quarter.



You can click on individual courses to find specific assignments.

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Tips for Successful Learning



We know that families are taking on much more responsibility with their kids' learning than ever before. In order for students to be successful, parents and caregivers need support. Here is a list of some strategies for setting your student up for SUCCESS!

1. Provide an Environment Conducive to Learning

- ❖ Create a personalized section of a room dedicated to just learning, creating and reading. Allow your student to decorate and organize their space for learning. Additionally, provide materials needed at the workspace for the students to utilize during learning.

2. Set Up a Regular Routine

- ❖ Students need structure. You can create a visual schedule they can follow or encourage the use of their student planner or digital calendar. Have them follow a routine when they get home from school to make sure their homework/assignments get completed. Lastly, breaks are really important, so make sure to build those into your routine.

3. Review Expectations

- ❖ Go over what the school and teacher expect around online learning or co-create a learning agreement with your student to help set the tone for learning. Set some expectations of your own as well. Come up with a list of "must dos" and "may dos" together to cover the essentials: When can your child expect to spend time with you? When should they avoid interrupting you?

4. Stay Engaged and Focused

- ❖ If possible, we encourage families to keep students as close as possible during remote learning to ensure active participation. The expectation is that students are ready to go and logged in to their classes a few minutes before their class begins, turning on their camera feature and accessing the chat feature for learning conversations only. If unable to physically supervise, consider checking in via phone or text throughout the day. Consider removing additional devices (phones, remote controls, etc.) from your child's workspace so that the student is not tempted to use them. Set goals with your student and when those goals are accomplished, praise and celebrate those accomplishments together.

5. Utilize your Assignment Notebook

- ❖ Encourage your student to utilize their assignment notebook in all of their classes. This is a great resource for students to record important information such as tests, quizzes, homework, due dates, etc. Additionally, you could utilize the assignment notebook as a way to process the information learned for each

class by summarizing the key concepts addressed in each class and then review those concepts together at the end of the day.

6. Make Sure All Work is Complete

- ❖ Whether you are at home or at work during the day, set up a scheduled time at night with your student. This is a great time to check your student's assignment notebook, have your student showcase some of the work that is due or needs to be turned in, and ask how the student is doing in their classes. Additionally, check your student's Synergy account to view updated grades and assignments.

7. Help Students Check Messages and Communicate with Staff

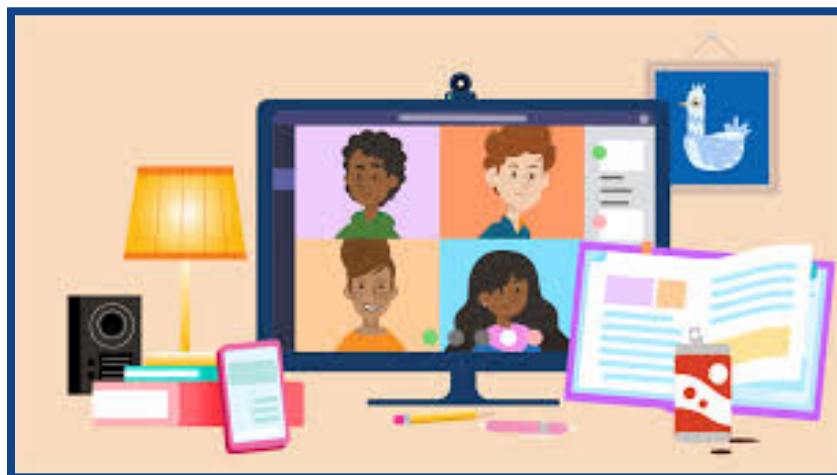
- ❖ Throughout the school year, Fischer teachers and staff will send emails and updates through Outlook Mail or Synergy. Set up a daily time with your student where you can check email together and respond to emails that require a response. Encourage your student to reach out to their teachers if they have questions or need clarification.

8. Use School Resources

- ❖ As always, Fischer Staff are happy to help and assist in any way possible. Keep open communication with your student's teachers, counselor and Assistant Principal. Utilize the Fischer webpage to access homework links and other resources that are important to your student's education.

9. Encourage Learning

- ❖ We know that these are difficult times, especially for students. Let your child know often that you believe in him or her. Take the time each day to reflect on the day with your child, find out how they are doing, how things are going, etc. Continue to have a positive attitude toward school and learning and continuously praise them each and every day for the hard work that they are putting forth.



Community Resources



Mental Health Support:

Samara Care

Website: <http://samaracarecounseling.org/>
1819 Bay Scott Cir #109
Naperville, IL 60540
Phone: (630) 357-2456
Sliding scale available

Plainfield Counseling Center, LLC

Website: <http://www.plainfieldcounselingcenter.com/>
24012 W. Renwick Rd
Unit 204A
Plainfield, IL 60544
Phone: (815) 676-4688
Plans and Insurance Accepted:
BlueCross BlueShield PPO
ComPsych
Magellan
Cigna PPO
DO NOT accept Medicare or Medicaid
Sliding scale available

Fox Valley Institute

Website: <https://fvinstitute.com/welcome/>
640 North River Road, Suite 108
Naperville, IL 60563
(630) 718-0717
Plans and Insurance Accepted:
Private insurance
Reduced rate available

Family Counseling Service – Aurora

Website: <https://aurorafcs.org/>
70 S. River Street
Aurora, IL 60506
(630) 844-2662
Plans and Insurance Accepted:
Private insurance
Medicaid
Sliding scale available

Meier Clinics

<https://www.meierclinics.com/>
2100 Manchester Rd., Suite 1510
Wheaton, IL 60187-4561

Metropolitan Family Services

Website:
<https://www.metrofamily.org/community-centers/duplicate/>
Wheaton
222 East Willow Avenue
Wheaton, Illinois 60187
Phone: (630) 784-4800
Naperville/Warrenville
27475 Ferry Road, Suite 120
Warrenville, IL 60555
Phone: 630-784-4801

VNA Health Care

Website:
<https://www.vnahealth.com/services/mental-behavioral-health/>
400 N Highland Avenue
Aurora, IL 60506
(630) 892-4355
1400 Indian Avenue
Aurora, IL 60505
(630) 892-4355
Plans/Insurance Accepted:
Medicaid
Private insurance

Aunt Martha's

Website:
<https://www.auntmarthas.org/mental-health/>
877) 692-8686

Locations:

Aurora Community Health Center

2124 Ogden Avenue
Unit 201
Aurora, IL 60504

Aurora Health and Outreach Center

680 S. River St
Aurora, IL 60506

West Joliet Community Health Center

333 N. Madison St.
Suite 150
Joliet, IL 60435

East Joliet Community Health Center

1200 Eagle St.
Joliet, IL 60432

(630) 653-1717

You may also contact your primary care physician for referrals as well as search for private practices in your area that offer sliding scales.

Financial Support in Naperville

- **Loaves & Fishes CARES.** TEL: (630) 355-3663.
- **Aurora Township residents.** TEL: (630) 897-8777
- **KANE COUNTY CENTER FOR COMMUNITY CONCERNS**
TEL: 630-232-3400
- **ILLINOIS DEPARTMENT OF HUMAN SERVICES**
TEL: (630)844-7400 (also known as "Public Aid" or "DHS")
- **ILLINOIS DEPARTMENT OF REVENUE**
TEL: (217) 782-3336 or (800) 732-8866
TDD: (800) 544-5304
- **INTERNAL REVENUE SERVICE**
TEL: (800) 829-1040
- **SOCIAL SECURITY ADMINISTRATION**
TEL: (800) 772-1213

What's 'Appening...

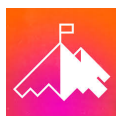
Explore different apps for coping and relaxing

MoodFit



free mental health app whose tools and insight are meant to "shape up" your mood.

MoodMission



empower you to overcome feelings of depression and anxiety by discovering new and better ways of coping.

Joliet Office

409 W. Jefferson St.

Joliet, IL 60435

(815) 768-8750

Plans and Insurance Accepted:

Sliding scale is available

Activities available in our community

Check out these sites for fun things to do as a family.

<https://mykidlist.com/>

Go on a virtual museum tour

Louvre in Paris, **Smithsonian's National Museum of Natural History**, which is based in Washington, D.C, **Monterey Bay Aquarium** in Monterey Bay, Calif.

Create your very own "Top Chef" competition in your kitchen

Come up with new silly products and challenge your kids to "pitch" the products to you as their very own version of "Shark Tank."

Create yard signs with inspirational messages to spread positivity and kindness.

Join a virtual choir through timeout.com

Geocache: basically a worldwide multiplayer digital treasure hunt where you search for scavenger items by GPS coordinates. Download a free app, see what's in your area and get on 'caching

20 Simple Health Habits

Healthy eating is essential for memory, mood, and focus — the **brain** uses more than 20% of **our** caloric needs. Healthy habits create happiness for both mind and body.



Happify

science-based activities and games can help you overcome negative thoughts, stress, and life's challenges.



Sanvello

provides users with cognitive behavioral therapy tools. They teach mindfulness skills and provide mood and health tracking tools that can be used to improve mental and physical health.



Talkspace

popular therapy **app** that allows you to interact with a licensed mental health professional from your smartphone, tablet, or laptop.



HeadSpace

learn the essentials of [meditation](#) and mindfulness



STOP, BREATHE & THINK

meditation and mindfulness **app** that helps you find your quiet place.

[Neurotransmitters](#) are chemical messengers that carry electrical signals between neurons in the brain. Dopamine and serotonin are two important neurotransmitters for mental health. They affect your [mood](#), [memory](#), [sleep](#), [libido](#), [appetite](#), and more. Imbalances can contribute to [addictions](#), mood conditions, memory issues, and attention difficulties. Below are 10 ways to increase dopamine and serotonin that don't require a pill:

1. Exercise
2. Spend Time in Nature
3. Drink a gallon of water throughout your day every day.
4. Eat a balanced meal of healthy foods and fats like Omega-3 fatty acid, fruit, and high fiber food,
5. Try to walk for 30 minutes daily.
6. Eat your last meal at least 3 hours before bed.
7. Try to plan out your meals for the week to avoid scrambling for non-healthy choices.
8. Get enough sleep. At least 8 hours a night.
9. Express Gratitude. Gratitude has been directly linked to increased happiness.
10. Experience novelty. You can naturally increase your dopamine by seeking out new experiences. Any kind of experience will work. You can do something simple like a new hobby or recipe. Or you can try something grand like skydiving. The less familiar you are with the activity, the more likely your brain will reward you with dopamine.



Breathe2relax



stress management tool which will help you learn how to perform and use diaphragmatic breathing techniques for stress control.

Fischer Coping Site

<https://sites.google.com/ipisd.org/fischer-student-services-copin/home>

WE ARE
Stronger
TOGETHER

Words of inspiration and encouragement to help you gain perspective, joy, and peace of mind.



EVERY DAY
MAY NOT
BE GOOD
BUT THERE'S
GOOD IN
EVERY DAY

If you can't figure out your purpose, figure out your passion. For your passion will lead you right into your purpose.

T.D. Jakes