

Dear Silex R-I Parents, Students, and Staff:

*I hope everyone enjoyed Spring Break and successfully returned to the routine last week. I spent a couple of days visiting two colleges with my sister, niece, and daughter. Maybe, some of you did as well. I thought I'd share a few tidbits from my tours of Northwest Missouri State University and Truman State University. Both my sister and I received our undergraduate degrees at Truman, but neither of us had been on campus for 30 years, so that was interesting. My observations are below...*

*As I type today's newsletter, I have just received the long-awaited February ACT test scores. Your juniors should all have received their scores by now. This initial testing provides a baseline by which to gauge whether future attempts are potentially beneficial or warranted.*

Have a great week!

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## SECONDARY SUBJECTS:

Here's the Latest Listing (3 New Ones Added):

*Your students have done a great job applying for scholarships over the last several weeks. I am proud of several of them who have filled out a great many; I feel confident that they will see the fruits of their labor. The list is now shrinking, and I added only three to the group this time.*

#	Name of Scholarship	Due Date	\$ Amount
40	Lincoln County Bar Association Scholarship	April 15, 2018	\$500
24	Northwestern Mutual Insurance Company Scholarship	April 15, 2018	\$500
25	The Edgar I. Lanvermeier Scholarship	April 15, 2018	\$250
26	The Lucille Heitman 4-H Scholarship	April 15, 2018	\$300
48	Equifax Finance Scholarship (Business Majors)	April 16, 2018	Up to \$10,000
50	Rise Above Scholarship Application	April 27, 2018	Varies
49	Star of Life (Lincoln County Ambulance District)	April 30, 2018	\$1,500 (1)
41	Cuivre River Electric Cooperative, Inc. Scholarship	May 1, 2018	\$750 (50+)
12	Injury Lawyers Scholarship	May 31, 2018	\$1,500
47	Hammett, Bellin & Oswald, LLC	May 31, 2018	\$750
46	Alpha Gamma Sigma Leaders of Tomorrow (Males Attending Mizzou Only)	June 1, 2018	\$500 (2)
51	Horatio Alger Assoc. Career & Technical Scholarship	June 15, 2018	Varies
13	Groth & Associates	July 31, 2018	\$1,000
32	Pottroff and Karlin Law Firm Scholarship	August 1, 2018	\$1,000

- #12 <https://www.bestinjurylawyer.com/injury-scholarship/>
- #13 <http://www.grothlaw.com/scholarship/>
- #32 <https://www.pottroff.com/scholarship/>
- #41 [www.cuivre.com](http://www.cuivre.com)
- #46 <http://agsiq.org/scholarship/>
- #47 <http://hbolawfirm.com/law-justice-scholarship/>
- #48 <http://bit.ly/2BiWMBZ>

For Mr. O’Brien’s students, the link below will take you to another list of FFA-specific scholarships:

<http://www.silex.k12.mo.us/o/silex-r-i/browse/2318>

**Important Dates and/or Opportunities:**

- ◆ **FAFSA Frenzy Dates at SCC:** April 25, May 24 (5:30–7:00) RSVP at: [financialail@stchas.edu](mailto:financialail@stchas.edu) or by calling 636-922-8601, Admin. Bldg. #3103.
- ◆ **SCC Be Ready Visits:** April 17<sup>th</sup> (Field Trip to SCCC)
- ◆ **SOAR (Student Orientation and Registration):** May 18, June 8, June 22, and July 13. This event is designed to simplify the enrollment process. SOAR includes a campus tour, a parent panel, and getting registered for classes for incoming freshmen. Learn more at: [stchas.edu/soar](http://stchas.edu/soar).
- ◆ **Cuivre River Electric Cooperative, Inc. CYCLE** is a leadership program held in Jefferson City for sophomores. Dates are July 18-20. All expenses are paid, and students may be nominated or apply directly. **The deadline to apply is April 25.** Applications can be found at [www.cuivre.com](http://www.cuivre.com), or you may contact Tim Schmidt for more info. at [tschmidt@cuivre.com](mailto:tschmidt@cuivre.com) or 636-695-4837.

**Spring Break College Visits**

There is nothing like a college tour to get a sense of the culture and community of a particular school or university. I visited some Christian colleges several years ago when my son was still in high school (Lipscomb, Harding University, Freed-Hardeman), and I have been on the campuses of College of the Ozarks, Lindenwood, SCC, and Columbia College, but I had never visited Maryville, MO or the college there. I was excited to see that school and my alma mater across the state in Kirksville.

Did you know?

<b>Truman State University</b>	<b>Northwest Missouri State University</b>
The average ACT score is 27.	There is an elementary school right on campus.
Former President McClain changed the direction of NMSU in the late 80’s to compete knowing that the population of the area was declining.	Their dining plan allows for “all-access,” which means you can eat as many times per day as you want. It sounds like a recipe for a “Freshman 20”!
Tour Guide Cory’s Favorite Thing about Truman: The Faculty and Instructors	Tour Guide Morgan’s Favorite Thing at NWMSU: The Welcoming Nature and Environment
Bulldogs Rule!	Bearcats Rule!
Truman has over 500 study abroad programs.	Northwest is working hard to promote diversity.
You can have up to 150 books checked out at any given time.	You can participate in organized class study groups as a companion for most classes.



I won't tell you which school our girls were the most drawn to, because those choices are unique to every student. But, when visiting, ask questions about the academic assistance resources, food plans, dormitories, technical (computer) support available for students, Greek life and/or clubs, teams, and organizations, class sizes, and the nature of the surrounding communities. Pick the brain of your tour guide, and observe how they treat you on those visits. Oh, BTW parents, Truman is about 3.0 hours from home; Maryville is more like 4.5. Have fun!



## JOB OPENING!!!

Christopherson Concrete is seeking motivated workers for full-time, seasonal employment for this summer. The pay is competitive, and no experience is needed. Applicants must be:

- Willing To Learn New Skills
- Prompt And Dependable
- Able To Follow Instructions
- Physically Able To Perform Manual Labor
- Equipped With Reliable Transportation

Christopherson Concrete is a drug-free workplace.

Contact Greg or Michele Christopherson at 636-597-3006 to apply.

## *From the Lincoln County Resource Board -*



### **Suicide The Ripple Effect: Special Screening Wed., May 9 at 7:30 p.m.**

Join Compass Health Network at [Marcus Wehrenberg St. Charles](#) for the screening: **Suicide The Ripple Effect, which shares Kevin Hines' courageous will to survive his mental health challenges after a failed suicide attempt.** Since Hines took that potentially fatal jump off the Golden Gate Bridge in 2000, he has dedicated his life to suicide prevention and mental health awareness. Today, Hines serves as the bridge between the many

mothers, fathers, brothers, sisters, children, spouses, friends, and loved ones who made similar acts. His refreshing honesty, realism, advocacy and appreciation of the complex conditions that contribute to mental illness is a much-needed guiding light through the darkness of societal stigma and discrimination. Tickets must be purchased in advance: <https://gathr.us/screening/23134>

## ***A Word about Testing –***

While the juniors just completed the ACT test in February, students at nearly every grade level are now embarking on a period of testing that is mandated and repeated each year. This time of testing may cause stress for some of our students, and our younger students may not be as skilled at handling those nerves as our older ones.

Mrs. Plackemeier and our elementary teachers have worked hard to create a fun, yet serious environment, and they have taken time to prepare students for the testing, so that students are able to feel confident as they begin.

When I visited students in third grade last week (the youngest of those testing), we talked a bit about how to deal with stressful or upsetting situations (whether that be testing, friend conflict, frustration, or anger). And, though I didn't use this word, I introduced the idea of "Mindfulness" to them.

This is a new movement in psychology today, and it is used in some schools to help students calm down each morning for work, focus on tasks after transitions, deal with internal conflict that might be distracting them, etc. If students can take a moment to breathe deeply, close their eyes, focus on what they are feeling, stretch a bit, and release some tension, they may be able to attend better to the business of learning and make better decisions. We all might!



**M**indfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.