

# Over the Fence

## My Voice, My Choice

*Students in Fraser Public Schools know where they are in their learning. They know the ways they learn best, and how to set goals to push themselves even further. Teachers support them and give them the tools they need to succeed. This is Part One of a series of articles that will highlight stories of how personalized learning is taking shape in our district.*



### DISTRICT UNVEILS NEW VIDEO

Each year, Fraser Public Schools creates a video snapshot of what learning looks like in our district. This year our video focuses on student voice and agency. It made its debut at the "Welcome Back" gathering in August before more than 700 Fraser staff members. You can view the video on our website, at [www.fraser.k12.mi.us/DistrictVideos](http://www.fraser.k12.mi.us/DistrictVideos).

We also created a second video, "Any Time, Any Place," which highlights how students are able to personalize their learning and work at a pace that is comfortable to them. It can also be viewed on our website.

**> WATCH VIDEOS**

### PERSONALIZED LEARNING IN FRASER PUBLIC SCHOOLS

Fraser Public Schools is changing the traditional view of school to a new personalized, engaging and customized learning environment for each student. Our transition to a personalized learning environment began many years ago through a combined effort of staff, parents and our Board of Education. Students are given both voice and choice in their learning.

Before we dive in, we want to make sure everyone understands the work that has already been done.



#### What is Personalized Learning?

Personalized learning is an approach that fosters increased student engagement, ownership and motivation for their own learning; the ability for students to move at different paces; instruction based on students' needs; and multiple ways for students to show mastery, according to "Teacher as Architect, Instructional Design and Delivery for the Modern Teacher."

Another important aspect of personalized

... continued on page 6

### SUPERINTENDENT'S MESSAGE

Dear Fraser Families,



Every new school year is a time for new beginnings. Whether those are social-, academic-, or athletics-based, it is a chance to hit the reset button. As our students meet their new teachers and begin new friendships, I wanted to reflect for a moment on the work that has taken place during the summer here in Fraser Public Schools.

Fraser High School students have embarked on a new beginning in our 1:1 learning environment. Every one of our FHS students received a MacBook laptop this year. This transition from an iPad brings a host of new beginnings and opportunities for our students and teachers. Students will be able to complete tasks, research and author work. Additionally, fluency on a laptop will help them build the skills they will need to succeed after high school, in both college and careers.

This year, our elementary students and teachers will embark on a new beginning with Eureka Math. This program helps students make real world connections with math and builds mastery of concepts. It also allows teachers to personalize learning for every student. All of our teachers have received and will continue to receive professional development to ensure a smooth transition for all students. In addition, we are hosting a Eureka Math **Parent Night on October 4** for all elementary parents. Beginning this month, we will highlight the steps we are taking to further our competency-based learning model and meeting students where they are academically. Stories will appear in this newsletter, as well as on our district website. Our dedicated team of teachers, support staff, and building and district leaders have worked hard to lay a strong foundation and transform what learning looks like so all students can show mastery and succeed.

All of these things lead me to believe that once again, it is a new day in Fraser.

With Fraser Pride,

**Dr. Richards**

# CURRICULUM CORNER

## FRASER PUBLIC SCHOOLS M-STEP RESULTS

For the second year in a row, students in grades 3–7 in Fraser Public Schools are demonstrating higher levels of proficiency on the M-STEP assessment in math and English language arts when compared to students in Macomb County and the state of Michigan.

All students in grades 3–8 and 11 took the M-STEP this past April and May. The assessment expects students to show problem solving and critical thinking skills in an age-appropriate way. This aligns with the Competency-Based Learning model we are developing in Fraser.

“We work throughout the year to provide a high-quality education and focus on personalizing learning for every student,” said Carrie Wozniak, Assistant Superintendent for Curriculum and Instruction. “While we are pleased with our students’ performance on this assessment, we know there is room for improvement, and we will use this data to help us continue to improve our instructional strategies.”

At Fraser High School, we are excited that students showed improvement in every category when compared to our 2016 data. Juniors are assessed on both M-STEP and SAT.

On the M-STEP, student proficiency improved in both science and social studies. Students who met the standard for proficiency increased from 26 percent to 28 percent on the science assessment, and from 39 percent to 41 percent in social studies.

Mean scores on the SAT, which replaced the ACT at the state level two years ago, showed an increase of more than 14 points overall. The mean score on the math section increased more than 8 points to 492.2. On the evidence-based reading section, Fraser students’ mean

score increased more than 6 points to 512.2. Overall, Fraser students’ mean SAT score jumped from 990 in 2016 to 1004.4 in 2017.

“Our dedicated staff worked very hard to prepare our juniors for the test last year,” said Dr. Michael Lonze, FHS principal. “Our mean SAT score jumped more than 14 points, and it is now above the county average and closing the gap on the state average. This reaffirms that the steps we took were in the right direction. We will use the data to make sure we continue moving in this direction.”

2017 FRASER HIGH SCHOOL 11TH GRADE	2016 FRASER	2017 FRASER
M-STEP Science	26	28
M-STEP Social Studies	39	41
SAT Evidence-Based Reading	506	512.2
SAT Math	484	492.2
Mean SAT Total Score	990	1004.4



## Verizon Wireless Donates 200 Backpacks

The week before school started, every elementary school in Fraser welcomed the new kindergarten class with a Meet the Teacher night. In addition to preparing parents and students for what to expect on the first day and welcoming them to their school, a generous donation from the TCC – Verizon Wireless authorized retailer store in Macomb Township provided 200 of them with new backpacks stuffed with school supplies.

The backpacks were donated through the TCC Culture of Good program’s School Rock Campaign. Nationwide, TCC donated 125,000 backpacks to schools. Store Manager Alonzo Thomas II reached out to the district to donate the backpacks after his store also donated 10 classroom supply boxes last February during the Teachers Rock Campaign.

Backpacks were available on a first-come, first-serve basis at the Meet the Teacher nights. Students eagerly picked out the color or pattern they liked best.

# Welcome New Administrators



## Mrs. Lynn Sossi, Director of Special Education

Fraser Public Schools is proud to welcome Mrs. Lynn Sossi as the new Director of Special Education. Mrs. Sossi was presented to the Board of Education at the August 14 meeting.

Mrs. Sossi attended Wayne State University, earning a Bachelor of Arts degree in elementary education and a master's degree in special education/learning disabilities. She also received her Directorship in Special Education from Saginaw Valley State University.

Mrs. Sossi brings 17 years of special education experience to Fraser. She has served as Associate Principal at Burger School for

Students with Autism in Garden City Public Schools for the past eight years. The center-based school serves students aged 3–26 diagnosed with Autism Spectrum Disorders. Prior to joining Garden City, Mrs. Sossi worked in New Haven Community Schools as a high school special education English teacher, and in Warren Woods Public Schools as an elementary resource room teacher.

"Fraser Public Schools has a strong reputation for exploring new ways to reach all of their students," she said. "I am excited to be a part of Fraser as it continues to grow and explore."

She lives in Macomb County with her husband, Dan. Please join Fraser Public Schools in welcoming Mrs. Lynn Sossi as the new Director of Special Education.

## Mrs. Laura Woods, Mark Twain Elementary Principal

Fraser Public Schools is proud to welcome Mrs. Laura Woods as the new Principal at Mark Twain Elementary School. Mrs. Woods was presented to the Board of Education at the August 14 meeting.

Mrs. Woods is a Fraser High School and Mark Twain Elementary alumna. She has taught in the English Department at FHS since 2002, including serving as a 21st Century teacher and, most recently, as the English Department Chair.

Mrs. Woods attended Wayne State University and received a bachelor's degree in secondary English and a master's degree in early childhood education. She also received her Education Leadership certification from Oakland University.

"When I earned my administration certification (that allows me to be a principal) and began thinking about where I might want to one day end up as an instructional leader, I was drawn to the elementary level due to my background in early childhood education, my interest in the continuum of learning from preschool through high school, and my desire for greater community and family involvement with my students," she said. "I was particularly drawn to Mark Twain Elementary, because I attended this school for kindergarten through 6th grade. I grew up across the street from the school, and my 6th-grade graduation picture still hangs in the hallway. This community still feels like home to me, and I'm humbled to get to serve here in this role."

Mrs. Woods lives in Macomb County with her husband and three children, who all attend Fraser Public Schools.



## BUS DRIVERS PREPARE FOR THE NEW YEAR

Every year before school starts, our bus drivers come in for training and drive their routes so the beginning of the year is as smooth as possible.

This August, drivers also spent time driving through simulated real-life scenarios to refresh their skills and have a friendly competition.

"We needed to go back to the basics of training to ensure all of our drivers have the tools necessary to do their jobs the best they can," said Transportation Director Steve Burnett. "School bus drivers are more challenged today — texting of other drivers and impatience have made their jobs harder. The bus is a very large vehicle that requires a different set of skills than driving a family vehicle."

The District's 32 drivers filed onto three buses and took turns through the various skill obstacles, which included curbside parking, making a left turn, and driving down a lane that gradually became narrower.

Drivers were given points for each skill, and the five drivers with the highest point totals won a \$5 gift card.

The skills will help drivers throughout the next few years as the district replaces its bus fleet through the Fraser Difference bond.

"These skills are important to maintain our safety record and to keep our students safe," Burnett said. "Understanding how their buses handle in certain situations is critical to driving safely. These skills can be even more useful when the weather turns bad."

Burnett added that he has plans to repeat the hands-on training again next summer. He said he is working with Fraser Public Safety to create a collaborative training experience.



## Welcome New Students

Starting the new school year can be hard for returning students, and especially hard for new students. More than 50 students new to Edison Elementary this year were welcomed to their new school with a pizza luncheon. Students got to meet teachers, ask questions about their new school, and enjoy some chips and pizza. It was a wonderful way to kick off a new school year!

# FIRST DAY OF SCHOOL

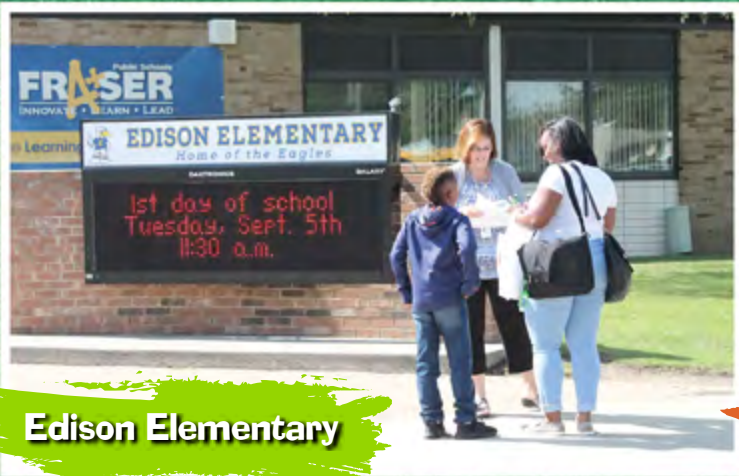
We welcomed more than 5,100 students to Fraser Public Schools this year. The first day of school was filled with excitement and lots of smiles as students and staff jumped right in to make 2017–2018 a great year.



Disney Elementary



Dooley Center



Edison Elementary



Eisenhower Elementary



Emerson Elementary



Fraser High School



Richards Middle School



Salk Elementary



Twain Elementary

# Soccer Team Helps Family Hit By Hurricane Harvey

When a family they knew in Texas lost everything in Hurricane Harvey, Fraser High School parent Kendra Lowe wanted to help out. Since her son Noah was on the soccer team, she worked with the varsity and junior varsity teams to organize a bottle drive.

Boys from the teams went door to door around the district and collected empty bottles. Some families even donated checks and cash.

"It was a great effort from all of the boys and families in the soccer program and a special thank-you goes out to all of the Fraser community that donated their pop cans and bottles to the soccer program," said Athletics Director Shane Redshaw.

After a few hours of returning bottles, the teams were able to send a check for \$1,225 to the family in Texas.



## MISD HOSTING FREE SPECIAL EDUCATION FAIR

The Macomb Intermediate School District's Parent Advisory Committee is hosting a free half-day conference to help parents and others better understand special education issues.

The conference is scheduled for Saturday, October 21. It is free, but registration is required by October 14. You can find out more information by visiting our website at [www.fraser.k12.mi.us](http://www.fraser.k12.mi.us).

Attendees have their choice of six sessions, with topics ranging from understanding IEPs and Section 504, to preparing for college and the future. Internationally acclaimed teacher, speaker, inspirational trainer and singer/songwriter Jerry Mills will keynote the conference.

## THE FRASER DIFFERENCE BOND UPDATE

The first round of projects from the Fraser Difference are now finished — including the purchase and deployment of 1,600 MacBooks and roughly 4,000 iPads, installation of new scoreboards and cafeteria lights at Fraser High School, and new clocks at Richards Middle School.

"It was a team effort to get the required software installed on the new student devices and deployed as quickly as possible," said Troy Lindner, Director of Technology for Fraser Public Schools. "This was especially evident at the high school, where a team of support staff, IT staff, teachers and Apple representatives came together to deploy about 1,600 MacBooks to students in just five days."

New scoreboards were installed at the stadium, and softball and baseball fields. The stadium board has the ability to play video and is updated to include both the FHS Rambler and RMS Knights

logos. Additional bond improvements to the athletic facilities will take place during the next few years.

The leaking roof over the 80s wing and art wing at RMS is in the process of being replaced. Work will only take place during the afternoon shift so it will not disrupt the school day.

The Board of Education also approved bids to replace the stage curtains at Richards Middle School, as well as the stage curtains and auditorium seating at Fraser High School. The work is scheduled for winter break in order to minimize the disruption to students and staff.

Additionally, the Board approved the purchase of four new school buses.

Our bond website, [www.TheFraserDifference.com](http://www.TheFraserDifference.com), is full of the latest project pictures and a tentative timeline for future projects. You can also follow us on Facebook and Twitter for the latest updates.



## EISENHOWER TEACHER WINS GRANT

Jamie Hammer, 2nd grade teacher at Eisenhower Elementary, won \$500 and 500 bonus points from Scholastic Books and author James Patterson. Mrs. Hammer's essay was selected from more than 82,000 entries submitted to the James Patterson \$1.75 Million Giveaway.

As part of the School Libraries campaign, author James Patterson has personally donated over \$1.75 million to enhance and supplement classroom libraries. Scholastic has matched each dollar granted with bonus points, which teachers can use to acquire more books and other materials.

"I want to use the money to add various levels of books in my library to pique my students' interest in reading. I want to give my students more opportunity to find various books at their level to read and enjoy," said Mrs. Hammer. "I love putting new books on my shelves to excite and motivate students to read. The \$500 and 500 bonus points will help expand my library for all of my students. We are very excited to order books!"

### ATHLETIC BOOSTER CLUB

# VENDOR & CRAFT SHOW

**OCTOBER 21, 2017**

AT FRASER HIGH SCHOOL

**10:00 A.M. – 4:00 P.M.**

\$2 ENTRY FEE

**VENDORS & CRAFTERS ARE STILL NEEDED!**

Registration forms are available at [www.fraser.k12.mi.us](http://www.fraser.k12.mi.us)

Contact [FraserAthleticBoosterClub@gmail.com](mailto:FraserAthleticBoosterClub@gmail.com) for more information.

*No Strollers Please*



# BULLDOGS ROAR

Emerson Elementary is off to an amazing start in the 2017–2018 school year. All Bulldogs went through positive behavior training during the first two weeks of school. They learned about expectations for good behavior in the classrooms, hallways, bathroom, cafeteria, playground and more.

Their training completed with a fantastic “ROAR” assembly from AI “The Respect Guy” who shared several great messages about Respect Others – Act Responsibly!

The ROAR show is a fun, educational elementary assembly program with a serious message about bullying prevention. AI “The Respect Guy” used storytelling, magic and audience participation to enrich Emerson’s PBIS program.

AI made the messages relatable to students and he gave them examples that they can immediately put to use. He reinforced the idea that in order to gain respect, you must first give respect, and that includes respecting the environment, others and property.

The students were engaged during the assembly through audience participation and magic tricks. They learned that a good friend will never ask you to do something wrong, and that when they or someone else is being bullied, to use their WITS: Walk away ... Ignore them ... Tell someone ... Say something.

The Bulldogs had so much fun learning about respect and taking responsibility that, at the end of the assembly, they all ROARED!

## Fraser Alum Wins Design Contest, Attends New York Fashion Week

Emily Bankes, Class of 2013, recently attended New York Fashion Week after winning a contest through Michigan State University. Bankes had to create a collection of 11 illustrations and one concept piece. Students were provided MSU-branded materials.

Bankes based her collection on the MSU alma mater, “MSU Shadows.” As the color guard section leader in the Spartan Marching Band, Bankes sings the song at every football game.

“I aimed to create a collection that celebrated MSU and showcased that Spartans are all around us in the world, even if we aren’t always aware of it. My dress reflected this concept by having tulle layered over top of different MSU logos. The designs were still visible, but more easily seen from different angles,” she said.

While at FHS, she took fashion design and art classes, and participated in the color guard.

The fashion design classes “taught me to love all the small intricacies that go into developing designs,” she said. “Ms. Yokhana taught me to love what I was doing and to push myself. The art department

also continued to teach me to push my creativity.

The music program at FHS taught me to persevere, to be determined, and that you can never get enough practice.

All of the hours I would spend practicing and great habits that I developed, I now apply to practicing and developing my technique in designing.”

Bankes and one other winner from MSU had the VIP treatment in New York earlier this month attending shows and an industry panel, and networking opportunities all week.

“To see Emily so successful and striving to reach her dreams is the best reward to have as a teacher,” said Ms. Stacie Yokhana, who teaches fashion design at FHS. “My heart is exploding with pride, there is nothing better.”



### PERSONALIZED LEARNING ... continued from front page

learning in Fraser is the opportunity for remediation. “Students need to have a solid educational foundation in order to build upon and succeed in the future. In Fraser, students have opportunities to relearn and remediate,” said Carrie Wozniak, Assistant Superintendent of Curriculum and Instruction.

Each student learns at a different pace, and by personalizing learning we are meeting students where they are in their learning progression.

#### What is Competency-Based Learning?

In Fraser, CBL refers to systems of instruction, assessment, grading, and academic reporting that are based on students demonstrating that they have learned the knowledge and skills they are expected to learn as they progress through their education.

Learning objectives or ‘I can’ statements, which are aligned to standards, support each competency.

#### How has Fraser implemented CBL?

In order to uniformly implement CBL throughout the District, we started at the very core of our instructional practices.

Teachers and district staff created three-dimensional learning for students by combining content, skill and conceptual competencies. Competencies include explicit, measurable and transferable learning objectives that empower students.

Our learning management systems, itslearning at the elementary level and BlackBoard at the secondary level, allow students to access their learning at any time and in any place. This access provides transparent understanding to both students and parents of the learning that will be happening.

#### What is the difference between traditional or standards-based learning and CBL?

In a standards-based model, teachers typically deliver whole-group instruction and students memorize facts. Often, everyone in the class moves at the same pace. In this model, the standards drive the learning instead of the student owning their learning.

In a CBL model, students must show proficiency in the competencies. Teachers set clear, achievable goals and learning objectives, and students have a clear path on how to meet the competency as well as choice in showing their mastery. Teachers are facilitators of learning, and students work both collaboratively and independently to achieve their goals.

Our teachers work together throughout the year to ensure consistency in lesson design and implementation across the district. The district also works with personalized learning and CBL experts. As we move forward in the school year, we will share stories of the impact of personalized learning from schools, grades and even individual students.

# Dooley Center Preschool Program Earns Top Rating

Dooley Little Learners Center Preschool Program received a top rating by Great Start to Quality, which was developed to help Michigan build an efficient and effective early childhood development system.

Its five-star rating system is designed to help parents find the best childcare and preschool for their children and helps providers improve the care and education they give to children. Standards set by Great Start to Quality are used to rate preschool and childcare programs to ensure that Michigan's youngest children have high-quality early learning experiences. Dooley's Preschool program received 4 stars — they demonstrate high quality!

Dooley's curriculum is developmentally appropriate for preschool children. They are licensed by the State of Michigan and follow the maximum class sizes. Three-year-old students have one qualified teacher and an aide for no more than 16 children. Four-year-old children have one qualified teacher and an aide for no more than 20 children.

The main goal is for every child to develop a positive self-image and positive attitude toward learning and school. Dooley staff use the research-based Creative Curriculum.



**The following are four main areas of development:**

- |   |   |
|---|---|
| <p><b>1. Social and Emotional Development</b></p> <ul style="list-style-type: none"> <li>a. Achieving a sense of self</li> <li>b. Taking responsibility for self and others</li> <li>c. Behaving in a pro-social way</li> </ul> <p><b>2. Physical Development</b></p> <ul style="list-style-type: none"> <li>a. Gross Motor</li> <li>b. Fine Motor</li> </ul> | <p><b>3. Cognitive Development</b></p> <ul style="list-style-type: none"> <li>a. Learning and problem solving</li> <li>b. Thinking logically</li> <li>c. Representing and thinking</li> </ul> <p><b>4. Language Development</b></p> <ul style="list-style-type: none"> <li>a. Listening and speaking</li> <li>b. Reading and Writing</li> </ul> |
|---|---|

While the preschool program introduces math, science, language and social studies, the staff makes sure it is presented with a big dose of fun. Teachers plan lessons to deepen students' understanding of basic academic concepts through exploration, investigation and play. They work to ensure that the children are successful students in kindergarten and beyond.

To learn more about this program and others offered at the Dooley Center, please [click here](#).

## STAY CONNECTED



Become a fan of Fraser Public Schools on Facebook and Twitter to keep up with the latest news and updates.



Don't forget to check out the District's website for a calendar of events at: [www.Fraser.k12.mi.us](http://www.Fraser.k12.mi.us)

# Fraser 'Ed' Talks Welcome Staff Back to New Year

Every year before school starts for students, all 600+ district employees gather for two days of catching up, professional development and preparation for the new year. This year, instead of bringing in an outside speaker to motivate and inspire the crowd, four Fraser teachers took the stage.

Done in the style of Ted Talks, the four Fraser "Ed" Talks were about five minutes each and each speaker shared what they are passionate about in their classrooms.

Eisenhower Elementary 2nd-grade teacher Amy Laidlaw talked about flexible seating and giving students options to be comfortable. Richards Middle School science teacher Andy Brodi shared how he empowers students to accomplish anything by giving them choice in how assignments are completed. Edison Elementary 21st century teacher Tina Frazier shared how she has gone beyond Genius Hour to empower students all day and all year. Finally RMS English language arts teacher Tanya Leon shared how she built up her tribe, shared all 7th-grade students among the ELA team, and group students by skill sets to help them all succeed.

All four talks had the same unifying theme: when students are comfortable, engaged and empowered, they can succeed in ways never thought possible.





## For the Love of Reading

Seventh-grade students at Richards Middle School have been challenged with reading 40 different books this year. In order to expose them to some books in various genres, teachers set up a book speed dating opportunity for students to get to know multiple titles that might fulfill their reading/genre requirement.

To foster a love of reading, book “speed dating” tables were set up. Each table was a different genre and had several books for students to browse.

Students were asked to choose a table that interested them and begin the “first impression” period. They looked at book covers, flipped through the pages and read the synopses. During this first impression period, students learned that they must delve beyond a book’s front cover. They then compiled a list of potential book “love interests” that they will get to know better in their reading journey this year.

RMS teacher, Tanya Leon, commented “Students had so much fun getting quick exposure to a wide variety of books. Some students knew right away that a title or format didn’t speak to them or that others were exactly the kind of book they’d wanted to read. It was great to watch, and even better listening to the conversations students were having with their peers about the reading that’s shaping their learning.”

## WAYS TO KNOW WHAT’S HAPPENING AT YOUR CHILD’S SCHOOL

We have all heard that the most successful students are those whose parents are supportive, involved and “in the know.” While this sounds like an easy solution, it may not always be easy to achieve.

To keep from feeling frustrated and out of the loop, here are several suggestions for how to know what is happening at your child’s school:

- 1. Ask Open-Ended Questions** — Avoid questions that can be answered with one word responses like “yes” or “no.” Instead, try more specific questions. For example, “What was the best thing you did at school today?” “Whom did you sit with at lunch?” “What did your teacher say is his/her favorite thing to do?”
- 2. Check Your Child’s Backpack** — Often newsletters, permission slips, school picture information, lunch menus, etc. are sent home with students. Kids can’t be counted on to pass along this information, so it is important to check their backpacks for valuable information.
- 3. Use the School’s Website** — The school and District websites are a great source of information. Here you can find a calendar of events, lunch menus, bus schedules, school supply lists, athletic forms, program information, newsletters, weekly updates and much more.

**4. Volunteer** — everyone’s time is limited, but consider attending a PTO or Parent Club meeting at your school. Meetings are one of the best sources to learn what is happening at your child’s school. If you have an older student, consider joining a Booster Club.

**5. Attend Events** — Being present at school events is a great way to let your child know that his/her education is important. Attend conferences, board meetings, plays, assemblies and sporting events. Your support is important to your child, and these events are a nice way to get to know teachers, staff and other parents.

**6. Stay Connected** — Fraser Public Schools uses SchoolMessenger, Facebook and Twitter to keep families up-to-date on all the district happenings. Follow along with #FraserFamily to see tweets and posts from everyone in our community. You can even join in and share your own!

The teachers, staff and administrators of Fraser Public Schools want to ensure your child’s educational success. Feel free to ask your child’s teacher or school administrator for additional options.

## Finding the Balance Between Academics and Athletics

Most students know about the negative effects a poor diet, use of alcohol or drugs, and lack of sleep can have on their academic and athletic performance. But, a recent presentation from a former Olympic coach actually showed them what each negative choice does.

John Underwood spoke to 7th-grade athletes at Richards Middle School, as well as the RISE Leadership Academy and current student-athletes at Fraser High School. In total, about 400 students heard his message, and saw pictures and charts that illustrated how different elements can impact the brain and performance.

Mr. Underwood has spent decades researching the human brain and is the founder and director of the Life of an Athlete-Pure Performance-Human Performance Project.

“This is important for you to see,” he told students as he showed how different amounts of sleep affected memory and muscle recall. “Sleeping is like hitting the save button, so the next day you can find it. If you have a good workout or a good practice, you need a good night’s sleep for it to stick and have a lasting impact.”

Mr. Underwood has worked with more than two dozen Olympic athletes, as well as the Navy SEALs.



His presentations were motivational and inspirational for students and encouraged them to start the year out with healthy habits.

“Our 7th-grade student athletes have a lot of transitions this year — navigating a new school, keeping up with a more rigorous schedule, and balancing all of that with practice and games,” said RMS Principal Huston Julian. “We wanted to make sure Mr. Underwood was able to speak to this group of students to help set them up for success as they continue their athletic career and academic success.”

“Your whole life is waiting for you,” Underwood told the students at RMS. “Make good choices, do good things, surround yourself with positive people.”





FraSer Performing Arts  
preSents

# Seussical

the Musical

Friday, November 10th - 7 PM  
Saturday, November 11th - 2 PM  
Friday, November 17th - 7 PM  
Saturday, November 18th - 7 PM

Ticket information:  
[www.frasertheater.org](http://www.frasertheater.org)  
(586) 439-7312

Fraser Performing Arts Center  
Fraser High School  
34270 Garfield Rd.  
Fraser, MI

# National Prescription Drug Take Back Day

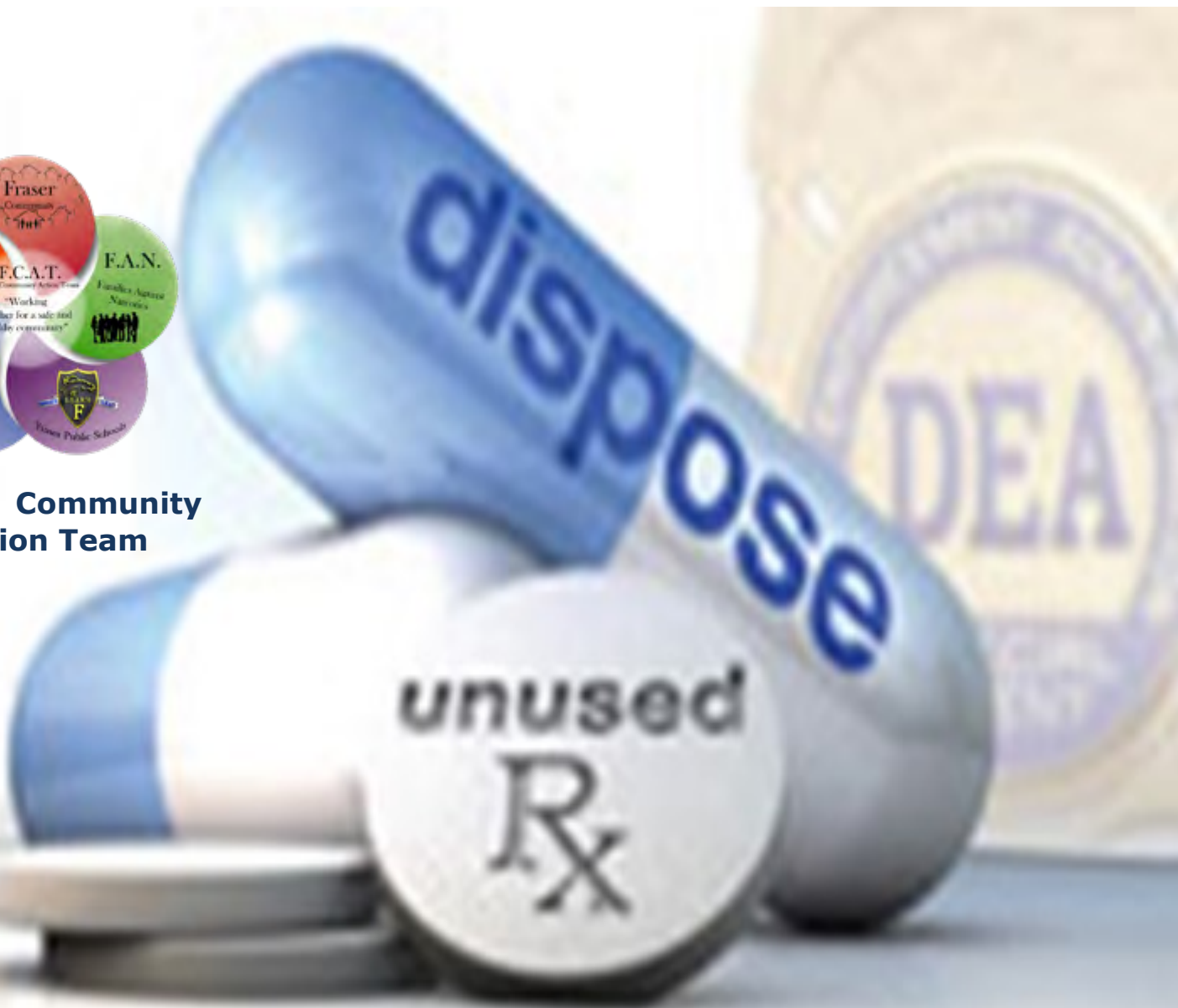
October 28, 2017

10:00 am to 2:00 pm

Turn in your unused or expired medication for safe disposal.



Fraser Community  
Action Team



Fraser Department of Public Safety  
33000 Garfield, Fraser, MI