

FRMA families,

Please take a moment to read these important messages:

Calendar

November 25- Tuesday Late Start

November 26-28 Thanksgiving Break-District Closed

November 19th Coffee with the Principal Presentation

If you weren't able to attend this month's meeting, you are welcome to click [here](#) to view the presentation that was given.

Message from Health Office

Winter sports are well into season and spring sports start in March! Let's keep our Pumas ready to win with a current sport's physical in the Health Office!

Reminder to turn in any updated dental and vision exams, as we are looking to keep in compliance with the State requirements.

Also, cold and flu season is here! Knowing the difference between a cold and the flu could save a life. So remember to cover your cough and wash your hands often for the prevention of the spread of illness.

Know when to keep your child home, fever over 100.5, vomiting or diarrhea (must stay home until symptom free without the use of medication). ([See here for cold or flu image](#))

Attendance

If your student is going to miss a day and you report their absence on ParentVUE, please leave a reason for the absence. If you leave a voicemail in the morning to our attendance line: (630) 299-7198 you must say your name, student's name and the reason for their absence. When a parent/guardian doesn't report a student's absence, a phone call will be made home.

Message from the Counselor

8th Grade families: it is almost time for your child to select their classes for high school. I will be providing information at the parent coffee on January 15th, 2026. Information will be shared from the high school as well as suggestions from my own experience as a counselor. On January 21st, counselors from the high school will come to present to 8th grade students in the morning regarding course selection, and the following week on January 28th, students will have the opportunity to meet with a high school counselor to submit their course selections.

Upward Bound Program: There are two Upward Bound programs available to 8th grade students which will start the summer after their 8th grade year:

Waubonsee: Waubonsee's Upward Bound program provides support for college readiness and has an office at EAHS. More information will be provided as soon as I receive it.

Northern Illinois University: NIU's Upward Bound program is a college preparatory program that provides academic counseling, skill development, general preparation and placement for students who plan to continue their education after high school. Students are not required to attend NIU after high school to be part of the Upward Bound Program. Applications are currently available in my office- encourage your student to stop by and grab one from me. We will also have a representative from NIU Upward Bound come to speak with interested students- details coming soon! More information about NIU's Upward Bound program can be found [here](#).

Illinois Math and Science Academy (IMSA) Presentation: Representatives from IMSA will be providing a presentation to eligible students and parents on Thursday, December 11th from 5:00pm-6:00pm in the LRC. The presentation will be provided in both English and Spanish. There are two IMSA programs that will be discussed- IMSA Promise and IMSA Admissions.

IMSA Promise eligibility:

- Current 7th or 8th grade student
- A's and B's in all classes since 6th grade (No grades below a "B")
- Scores greater than the 50th percentile on NWEA MAP assessments
- Interest in STEM

IMSA Admissions eligibility (high school):

- Current 8th grade student
- Mostly A's in all classes since 6th grade (All A's preferred)
- Must take the ACT or SAT
- Must be enrolled in or have completed the equivalent of Algebra 1 and a high school equivalent science course (science course must be taken online as we do not provide a high school level science course at FRMA). Most students opt to take Biology.

More information on eligibility can be found here: <https://www.imsa.edu/admissions/eligibility/>.

Resilience Education Center (REC)

The REC has classes for families of Pre-K to High School students available for the month of December. Please take a look at the catalog [here](#). To register for a class, please call the REC at: (630) 299-7915.

Have a great weekend!