

# Mentor & Mentee

## Welcome 2008–09

Today's reminder: *"By far the best proof is experience."*

By Sharon Sodekson, Program Leader

Welcome to the new **Mentors and Mentees (M&M)** newsletter! As your brand-new VIPS mentor programs leader, my ears were open to the fact that having our training sessions/meetings on weekday mornings limits attendance. We decided to bring the highlights of the meeting—along with additional news and reminders—to all, via an informal newsletter. I enjoyed meeting the 12 veteran FHS mentors who attended our meeting on September 9<sup>th</sup>, and I thank every mentor for the difference you are making in your student's life.

## FHS Mentor Meeting Summary (9/9/08)

We began our meeting by taking some deep breaths, then participated in an interactive exercise on CONNECTION—how we mirror one another. We talked about how nature connects with who we are and how understanding this relationship relates back to the mentor/mentee relationship. Acknowledging the smiles, frowns, and looks of uncertainty, the exercise took all of us "out-of-out-box" and I thank you for participating!

Tracey shared an overview of the program, and the group asked questions about what is currently happening at the high school. Sonia Tellier, FHS Administrator of Academic Programs, provided current **mentee school schedules** (*if you didn't make the meeting, call us and we'll send it*). We will also provide each mentee's assigned guidance counselor's name and contact information as soon as we get that. As promised, a **FHS mentor tour** has been set-up to acclimate you to the school and provide an opportunity to meet the guidance staff on **Wednesday, October 1**.

Tracey reminded all to begin the new school year by calling your student to say hello, as well as calling the student's counselor, to help determine the best time to meet (in some cases, the student can work with the mentor to find a day/time). Also discussed was the idea of calling the high school before going to mentor to be

### REMINDERS



The **location of the main office and VIPS log book has changed!** To reach the main office, enter through the field house doors and walk down the hall. The office will be on the right, approximately 3 doors down. The VIPS log book is near the main sign-in book (look for signs, as space is tight and things may move around!).

Please be sure your **CORI form** is up to date! Not sure? Contact the VIPS office at 548-1621.

Don't forget to **log your hours!** Can't find the book? Download a form from our website!

sure the student is at school that day. This is recommended especially for students with tardiness/absentee issues.

A sign-up sheet was sent around for experienced FHS mentors who would be willing to field questions or seek advice from new mentors (**mentors helping mentors!**). If you were not at the meeting, but would be willing to have your name and contact information added to our list, please call us or e-mail (*see "Contacts" section*).

Another topic of discussion was the idea of a **mentor reference library**. This might include books, brochures, pamphlets, or references on a variety of topics, including those covered in mentor training sessions, *Parent Connection Series* presentations, and community presentations. VIPS will talk to the Falmouth Public Library (there is a parent reference section but we will look into adding or suggesting resources). We will also look into the idea of adding a reference section to the VIPS or Falmouth Public Schools website. *Do you have a book or article or other resource that you feel others would benefit from?* Please feel free to pass it along.

Is there a topic, speaker, or issue you would like to learn more about? Do you feel strongly about an issue/situation that your mentee is dealing with? Have ideas for ways to deal with it? We are willing to work with you to address mentee concerns and challenges.

**Upcoming Events/Meetings**

**VIPS Feasts of Falmouth & Beyond**

**Saturday, September 27<sup>th</sup>**

11:00 a.m. – 2:00 p.m.

Marine Park Bandshell, Falmouth Harbor

**FHS Mentor Tour**

Meet at FHS, and enter through the Field House doors

**Wednesday, October 1<sup>st</sup>**

9:30 a.m. – 10:30 a.m.

**FHS Mentor/Project RISE Meeting**

"Bullying"

Guest speaker: Amy Muldowney,  
Massachusetts Aggression Reduction Ctr.

**Tuesday, October 21<sup>st</sup>**

10:00 a.m. – 11:30 a.m.

Falmouth Public Library

**FHS Mentor Pizza Party**

**Tuesday, November 18<sup>th</sup>**

11:30 a.m. – 1:00 p.m.

FHS

Lastly, we will look into the possibility of having alternate or additional meeting times for FHS mentors recognizing the importance of these opportunities for mentor-to-mentor sharing and adding knowledge, tools, and resources to your mentor toolbox.

Witnessing your commitment to make a difference in a child's life truly moved me. I look forward to a very successful year of mentoring at FHS and connecting with you. I welcome your thoughts and ideas on networking—in person and in print (how can this M&M newsletter serve you?) Please give me a call or send an e-mail.

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