

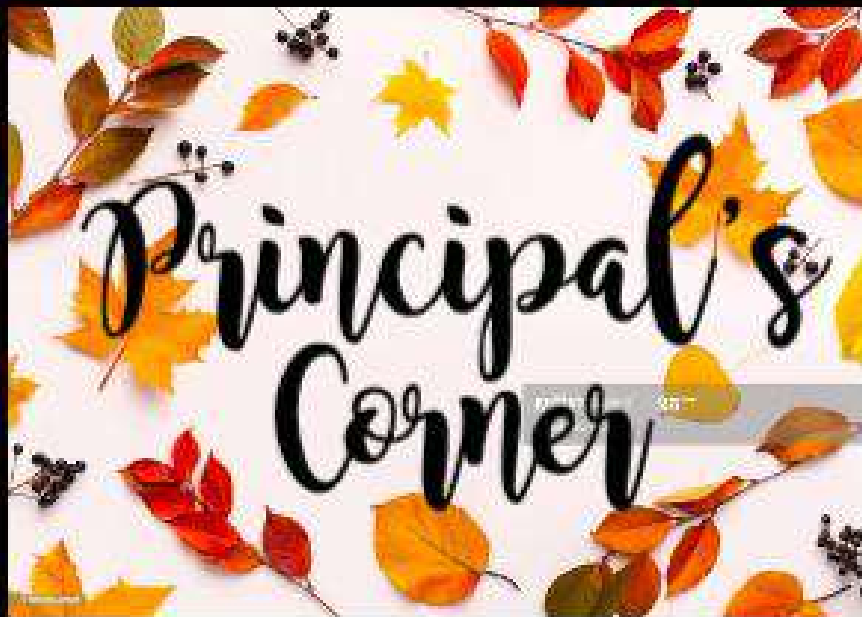
# Seminole High School

9TH GRADE CENTER

21 LAKEVIEW DR. SANFORD FL 32773

407-320-8250

November Edition



Greetings SHS NGC Family! What a wonderful time of the year! The weather is becoming comfortable and our freshmen are smooth sailing through their transition as high school students. I can't believe we are already in our 2nd quarter of the school year. Parents don't blink too quickly; you will find yourself at your child's high school graduation. Our students finished up their 1st quarter exams during the week of October 6th – 9th. I want to take this time to highlight some essential dates and highlight some great accomplishments happening from your Ninth Grade Center.

We acknowledged our first teacher and employee personnel of the month for September (voting occurred through our students' email accounts): Ms. Painter (our AP Human Geography teacher) and Ms. Ross (our attendance specialist). We truly appreciate this amazing recognition for our teachers and staff members from our students. We are excited as we continue to recognize our teachers and staff and appreciate them for all their hard work and dedication.

Homecoming 2020 was quite an eventful and festive time for our students, the following freshmen:

Delaney Burrier  
Dorrell Dillon  
Sha'nyah Ingram

\* Red Ribbon Week ~ October 26-30, our amazing leadership team of students held an "All RED OUT Day ~ October 27th.

\* Our students participated in "Pink Out" Thursday, October 29th ~ it was truly a great sight to see all the great school spirit and support for breast cancer awareness month.

Please mark your calendar for the following future dates:

2nd quarter midterm grades (via Skyward): November 16th

Semester 1 Grades (via Skyward): January 11th

Tentative 2nd quarter final exam schedule: December 15th ~ 18th

December 15: 6th period

December 16: 1st and 3rd periods

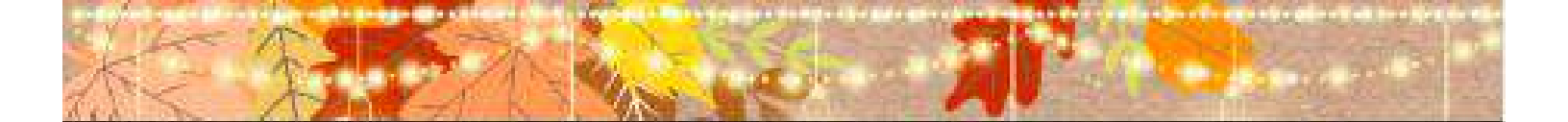
December 17: 2nd and 4th periods

December 18: 5th and 7th periods

Please help us continue to prepare our students for those important testing dates by ensuring homework is completed and they are resting and eating well. Also, please maintain open communication with our teachers every week and consistently monitor Skyward to help our students be their absolute best ~ socially, emotionally, and academically.

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We also acknowledged our first group of freshmen "students of the month" for September:

Rodney Hayes  
Jeremiah Hidayat  
Elizabeth Kersey  
Cori Smith

Congratulations and we are so very proud of our students receiving this awesome recognition.

Let's take a moment to review 1st quarter's highlights:

\* Freshmen elections were conducted in September and the results are as follows:

President- Mekhi Raines  
Vice Pres.-Jordyn Fleuelleteau  
Sec-Imani Kimbrew Cross  
Tres-William Henderson  
Marketing- Beautifull Joiner  
Social Media - Lindsey Chavez Cruz, Laila Voiers

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## A FEW MESSAGES FROM YOUR SEMINOLE SAMS, MR. CAMMACK AND MRS. SMITH,

Students, keep in mind that we have recently changed our bell schedule. You will have 15 minutes between the 1st block and 2nd block of the school day and then 5 minutes for every other class change. This includes lunches. Please be mindful of this change and make sure you are responsible getting to class in a timely fashion as Administration will continue to conduct Tardy Sweeps.

We would like to send out a huge congratulations to our newly elected Justice League Members:

- Destiny Schutt
- Marvin Brown
- Dallas Hudson
- Annabelle Mak
- Genesis Aguiar

This group of students have been selected by our Administration Team to help other students on campus understand how negative actions impact others and the overall culture of the school. More information will be forthcoming as how to sign up for their services.

And lastly, as we are halfway through the 2nd 9 Weeks and almost done with the first semester. Students now is the time to finish strong and work on completing and turning in any assignments. The end is fast approaching so start now and do not get behind so that you can be successful with your 9-week exams.





## PARENT GUIDE TO MULTI-TIERED SYSTEM OF SUPPORTS

### WHAT CAN I EXPECT FROM SCHOOLS USING A MULTI-TIERED SYSTEM OF SUPPORTS?

- ◆ Information on my child's progress in meeting grade-level standards;
- ◆ Notice of academic or behavior concerns (early identification);
- ◆ Instruction and intervention that is matched to my child's needs;
- ◆ Feedback on how my child is responding and making progress; and
- ◆ Involvement in individual, data-based problem solving for my child

### WHO DO I CONTACT IF MY CHILD IS STRUGGLING AND NEEDS HELP?

- ◆ Contact your child's educator, the school administrator or the school counselor with your concerns.



## Where can I find additional information on Multi-Tiered System of Supports?

Parent Frequently Asked Questions about RtI – National Center on Response to Intervention

<http://www.rti4success.org/resource/parent-frequently-asked-questions-faqs-about-response-intervention>

A Parent's Guide to RtI – National Center for Learning Disabilities

<https://www.understood.org/~media/acc8e8c166c7432582494ece864cb16c.pdf>

Family Guide to Response to Intervention

<http://www.rti4success.org/resource/family-guide-response-intervention>

[http://famielsttogetherinc.org/wp-content/uploads/2011/08/MTSS\\_KS\\_Booklet\\_Final.pdf](http://famielsttogetherinc.org/wp-content/uploads/2011/08/MTSS_KS_Booklet_Final.pdf)

RTI Action Network – Resources for Parents and Families

<http://www.rtinetwork.org/parents-a-families>

## INTRODUCTION

Your child's school is committed to providing high-quality instruction and support to promote the highest achievement of all students. At the school level, the Multi-Tiered System of Supports (MTSS) is a framework used to maximize the success of all students. This brochure provides an overview of the Multi-Tiered System of Supports for parents and answers common questions parents have about it. A parent video explaining the Multi-Tiered System of Supports can be viewed at <http://www.florida-rti.org/parentResources/videos.htm>.

## WHAT IS A MULTI-TIERED SYSTEM OF SUPPORTS?

- ◆ A Multi-Tiered System of Supports is not a separate program, class or intervention but rather a way of organizing instruction and intervention to help all students. The goal of the multi-tiered framework is to provide high-quality instruction and supports based on student need.
- ◆ This framework also helps educators by providing information (data) to identify students needing additional support (academic and behavioral) and also identify students whomay need special education.



## WHAT IS RESPONSE TO INTERVENTION?

- ◆ Response to Intervention (RtI) is the practice of using data to help educators match the correct level of support to what students need.
- ◆ Educators monitor student Response to Intervention to find out what works.

## WHAT ARE THE KEY COMPONENTS OF A MULTI-TIERED SYSTEM OF SUPPORTS?

- ◆ High-quality instruction
- ◆ Universal screening to identify students needing supplemental support;
- ◆ Multiple tiers of academic and behavioral support that are progressively more intensive;
- ◆ Evidence-based interventions matched to student need; and
- ◆ Ongoing progress monitoring of student performance (RtI)

## WHAT ARE TIERED SUPPORTS?

A Multi-Tiered System of Supports organizes instruction and intervention into tiers, or levels of support:

- ◆ Tier 1 – All students receive high-quality instruction in academics.
- ◆ Tier 2 – In addition to Tier 1, students needing more support also receive small-group intervention and supports. The difference is increased time, smaller groups of students or narrowed focus of instruction.
- ◆ Tier 3 – In addition to Tiers 1 and 2, students receiving Tier 3 intervention receive the most intensive supports based on individual need. The difference is individual team-based problem-solving, increased time, smaller groups of students and narrowed focus of instruction.

## HOW DOES THE SCHOOL IDENTIFY AND SUPPORT STUDENTS?

- ◆ During the year, schools screen all students to see which students are meeting gradelevel standards and which students need additional support.
- ◆ For the students needing more support, a school-based team uses a problem-solving process to plan interventions and monitor progress (Tiers 2 and 3).
- ◆ Tier 2 small-group problem-solving teams may include principals, educators, school counselors, school psychologists, school social workers, instructional coaches, intervention specialists and parents.
- ◆ Tier 3 individual problem-solving teams should include parents and staff knowledgeable about the student, grade-level expectations and the problem-solving process.
- ◆ At Tier 3, individual diagnostic assessments may be administered to help plan the intervention.
- ◆ Parents are not required to attend problem-solving meetings, but must be given opportunities to participate in problem-solving for their child.



# Mental Health During the Holidays...

In an increasingly fast-paced, technology-driven world, teen stress, depression, and anxiety are on the rise. A survey by the American Psychological Association found that younger Americans report the highest level of stress among all age groups. In addition to peer, academic, social, and family pressures, the holiday season can bring seasonal stressors.


**Less daylight.** Seasonal Affective Disorder (SAD) is a common cause of the blues in the winter months due to a decrease in sunlight.

**Changes in schedules and a.** Teens are already overscheduled these days. Holiday festivities and family get-togethers can make for an even tighter schedule.

**Financial worries.** Adults aren't the only ones stressing over finances. Not only do teens pick up on our worries and react to them, they often have the same worries, like how to pay for college or what to do after graduation. And during the holiday season, there is the added financial strain of gift-giving.

**Changes in diet and sleep routines.** The holiday season comes with extra sweets and indulgences. In moderation that's not usually a problem. But too much sugar can have a negative impact on blood sugar and mood.

**Increased grief about divorce, death, or other family changes.** The holidays are often a reminder of loved ones that are no longer with us.



Some stress, sadness, and anxiety are normal feelings around the holidays. But sometimes seasonal stress can be enough to cause clinical signs of depression and anxiety. It can be hard to distinguish normal teenage angst from signs of something more serious. Here are some signs to look out for:

- General health complaints, especially frequent headaches and stomach aches.
- An increase in irritability or moodiness.
- Declining grades at school.
- Losing interest in things they used to enjoy.
- Changes in eating and hygiene habits.
- Behavioral changes such as acting out or isolating themselves.

Good self-care can help combat stress and prevent it from becoming a more serious problem. Here are some things you and your teen can do:

- Get active. Exercise is a great way to reduce stress. Something as simple as taking a walk helps.
- Rest. Teens need between eight to 10 hours of sleep a night but rarely get it. Creating a nightly routine is a good way to start better sleep habits.
- Eat well. The holidays can wreak havoc on a healthy diet. -Remember to eat plenty of fresh fruits and vegetables, lean protein, and drink lots of water. A healthy diet can help regulate your mood.
- Meditation, breathing techniques, and yoga are great stress relievers.
- Giving back can foster gratitude and help your teen gain perspective.
- Slow Down. Take time to slow down and enjoy the season.

Stress isn't always a bad thing. In fact, it can motivate us to work harder and be more efficient. However, prolonged stress can have a negative impact on our physical and emotional wellbeing. If you notice yourself or your teen continuing to feel overwhelmed with stress, sadness, or anxiety beyond the holiday season, it is important to see a mental health professional.



Would you like to be a part of something special here on campus? Do you wish there were a space where you could feel connected, included, and talk about things that are important to you?

If so, come join us for Healthy Minds Club Wednesdays at 1:30 pm starting next Wednesday, November 11, 2020 in Glover Hall. This club

began last year to create a space for you all to have voice and discuss mental health and related topics and to be able to do various activities led by you. The club will give you the opportunity to connect with others, to learn and discuss ways to cope with stress and anxiety, improve your mental health and reduce stigma around mental illness. The club is not a therapy group but will give you the opportunity to express yourself and receive support from other club members.

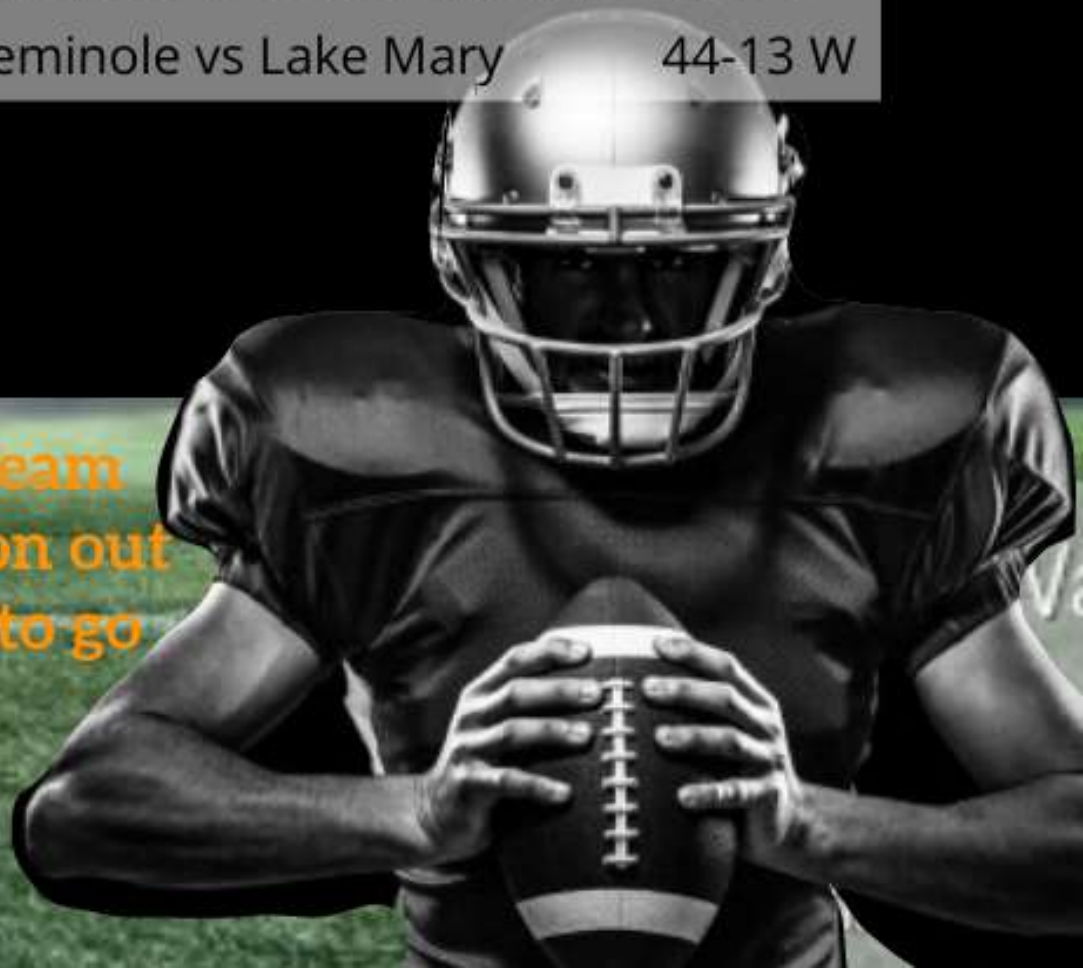
Although the club will have an adult staff member sponsoring, you will have a voice in how the club develops. The club is optional, and it is intended to be a way to connect with others. All are welcome. Hope to see you there!

# Football!

## CONGRATULATIONS TO OUR FRESHMAN FOOTBALL TEAM!

09/15	Seminole vs Hagerty	48-0 W
09/23	Seminole vs Lake Brantley	26-0 W
09/30	Seminole vs Oviedo	24-0 W
10/07	Seminole vs Lake Howell	14-0 W
10/14	Seminole vs Lyman	38-6 W
10/14	Seminole vs Winter Springs	40-0 W
10/14	Seminole vs Lake Mary	44-13 W

Our Freshman team  
finished the season out  
unbeaten. Way to go  
Noles!





# SHS ALGEBRA 1 TUTORING

## WHAT?

Seminole High School is offering tutoring for any algebra 1 student in any class after school, 2 days a week. Stay for as long as you need and there will be two teachers in the room to help out! This is a great way get some extra help to work towards sharpening your skills in Algebra 1.

## WHERE?

Room 41-113

## WHEN?

Every Tuesday and Thursday 2:30 - 4:30 pm

## WHO?

Mr. Ordonez and Mrs. Whitten

## WHY?

The ultimate goal is to work towards achieving a 3 or higher on the FSA and to improve grades in classes. The goal of our tutoring is to help you in every way possible when it comes to Algebra 1.





# SHS 9TH GRADE YOUNG WOMEN OF EXCELLENCE

## Program Goals and Objectives:

- ✓ Develop leadership
- ✓ Provide advocacy
- ✓ Provide mentoring
- ✓ Provide cultural empowerment and enrichment opportunities
- ✓ Nurture self-image and build self-esteem

## MISSION STATEMENT:

To cultivate academic excellence and leadership, to nurture a positive self-image and cultural identity, and to foster friendship and sisterhood among the young women of color at Seminole High School.





**SEMINOLE HIGH SCHOOL**  
9TH GRADE CENTER

**LEADERSHIP, HOSA, & JROTC**



**FOOD  
DRIVE**

**DATES:**

**NOVEMBER 2 - 13, 2020**

**DROP OFF LOCATIONS:**  
**NGC FRONT OFFICE**  
**MRS. STUMP'S ROOM 44-119**

**MS. JACKSON'S ROOM 41-107**  
**MAIN CAMPUS HEALTH**  
**ACADEMY TEACHERS**

**DONATIONS NEEDED:**

**NON-PERISHABLE FOOD ITEMS THAT ARE NOT EXPIRED OR DAMAGED SUCH AS:  
PEANUT BUTTER, JELLY, CEREAL, CANNED MEATS, FRUITS, AND VEGETABLES, SOUPS,  
STUFFING MIX, GRAVY, INSTANT MASHED POTATOES, AND MACARONI AND CHEESE**