

WELCOME NOLES!



SEMINOLE HIGH SCHOOL NINTH GRADE CENTER

21 Lakeview Dr, Sanford, FL 32773

407-320-8250



2020-2021



EVERY STUDENT WILL ACHIEVE AT HIS OR HER MAXIMUM
POTENTIAL IN AN ENGAGING, INSPIRING, AND CHALLENGING
LEARNING ENVIROMENT.



PRINCIPAL'S CORNER

Welcome Seminole High School Ninth Grade Center families,

It brings me great pleasure to extend a warm welcome to each and every one of you. Since the opening of the Edward Blacksheare Ninth Grade Center, we have experienced amazing achievements and learning experiences with our freshmen. It is definitely a momentous time in your child's life as they embark on a new journey entering into their first year of high school.

There are so many opportunities for our ninth graders to explore different electives and extracurricular activities relative to their personal and career goals. It is extremely important to me to provide our ninth graders any assistance, encouragement, and motivation to try new interests and achieve their greatest level of achievement.

High school is the time to aim high. Teachers have higher academic expectations. This is the time to decide one's career, college, or industry pathway. It is very important for students to take advantage of all the opportunities available to them throughout high school. The varied options can guide them to make strong and coherent decisions for their future. I strongly encourage each of you to get involved in our athletics, arts or extra-curricular activities with a club and/or organization.

I want to extend my sincerest best wishes as we become a united team with your family to ensure each student of Seminole High School's Edward Blacksheare Ninth Grade Center achieves at his or her maximum potential in an engaging, inspiring and challenging learning environment. I know it will be our most successful year yet

Sincerely,

Jaime B. Washington
Principal
9th Grade Center

**SEMINOLE HIGH SCHOOL
9TH GRADE CENTER
EDWARD BLACKSHEARE
CAMPUS**

**21 Lakeview Drive
Sanford, FL 32773**

**Phone: 407-320-8250
Fax: 407-320-8299**



A Message from your Student Services:

Please be mindful the first nine weeks' exams are scheduled for the week of October 6-9.

PSAT is quickly approaching! We are testing all of our freshmen October 14, 2020! The PSAT/NMSQT and PSAT 10 are highly relevant to your future success because they focus on the skills and knowledge at the heart of education. They'll measure: what you learn in high school, what you need to succeed in college. If you think the key to a high score is memorizing words and facts you'll never use in the real world, think again. You don't have to discover secret tricks or cram the night before. The best way to prepare for the test is to: take challenging courses, do your homework, prepare for tests and quizzes, ask and answer lots of questions. In short, take charge of your education and learn as much as you can. Please make sure your child rest well the evening prior to the test and eat well the morning of the test.

Please help us 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.

We are honored and truly appreciate being able to provide our students with any need to guide them to BE THEIR BEST SELF!

SEM1NOLE

Academy of Health Careers | International Baccalaureate | PSI High | Performing Arts | Aviation | Mass Media | Athletics

What is MTSS?

Some students struggle with academics. Others struggle with behavioral challenges. Still others struggle with both. How do schools respond to students with challenges or struggles that interfere with their ability to learn?

Many schools use a framework of interventions and supports designed to address these behavioral and academic challenges. This framework, known as MTSS, helps schools to identify struggling students early so that they may receive assistance quickly. But what is MTSS?

Defining MTSS

Multi-Tiered System of Supports (MTSS) is a framework that helps educators provide academic and behavioral strategies for students with various needs. MTSS grew out of the integration of two other intervention-based frameworks: Response to Intervention (RtI) and PBIS.

As part of the Individuals with Disabilities Education Act (IDEA) updated by Congress in 2004, the Response to Intervention model of assessment originally sought to identify students who would benefit from more intensive supports. From these beginnings as a tool to help improve educational outcomes for students in special education, MTSS has grown to encompass all students at every level.

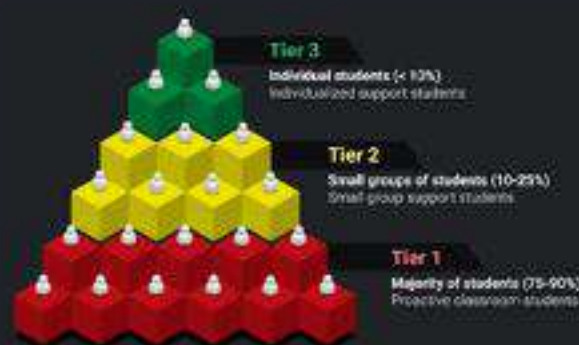
Key Components

Instead of the “waiting for failure” assessment model of pre-IDEA days, MTSS takes a proactive approach to identifying students with academic or behavioral needs. Early assessment and intervention for these students can help them catch up with their peers sooner.

The key components of MTSS include:

- Universal screening of all students early in the school year
- Tiers of interventions that can be amplified in response to levels of need
- Ongoing data collection and continual assessment
- Schoolwide approach to expectations and supports
- Parent involvement

The integrated instruction model of MTSS uses collected data to assess student needs and provide them with interventions in appropriate tiers.





MENTAL HEALTH

corner

On behalf of your school counselors, you will find helpful snippets in each issue of Spearing News to help you manage your mental health concerns. Please remember, you can always come see your counselor about anything you want to communicate.

In this issue, we felt it was befitting to talk about stress as we are beginning a new 9 weeks and moving swiftly in to the holiday season. Finding yourself stressed? Overwhelmed? Too many things going on at once? Please start with these approachable relaxing techniques that you can put into practice starting today:

Progressive muscle relaxation

Progressive muscle relaxation is a useful tool for teens to relax, especially at night when having trouble falling asleep. They can sit or lay on the floor. Instruct them to relax each part of the body, starting with their toes and working up until they get to their heads. Take time to address each part in detail. Instruct them to repeat what you say in their heads, "I'm relaxing my toes, relaxing the top of my foot, bottom of my foot, etc."

Diaphragmatic breathing

Because breathing becomes erratic when we are stressed, it's helpful to practice breathing from the diaphragm which is the natural method. Lie down, place a hand on your chest and a hand on abs. Breathe in through nose and out through mouth.

Experience classical music

Classical music slows your pulse and heart rate, lowers your blood pressure and decreases stress hormones. Make it a habit to play classical music in the classroom and at home to reduce stress and prevent distractions. Free classical music is available on Spotify and YouTube.

Football!!

16
SEP

HAGERTY **FRESHMAN: GET YOUR GAME ON!**
OVIEDO, FL | 6:000 PM

23
SEP

LAKE BRANTLEY
ALTAMONTE SPRINGS, FL | 6:000 PM

30
SEP

OVIEDO
OVIEDO, FL | 6:000 PM

07
OCT

LAKE HOWELL
WINTER PARK, FL | 6:000 PM

14
OCT

LYMAN
SANFORD, FL | 6:000 PM

21
OCT

WINTER SPRINGS
SANFORD, FL | 6:000 PM

28
OCT

LAKE MARY
LAKE MARY, FL | 6:000 PM



Softball

Schedule

Sep 16	6:30 PM	Seminole vs. Lake Mary	Hagerty
Sep 16	7:30 PM	Seminole vs. Hagerty	Hagerty
Sep 23	5:30 PM	Seminole vs. Winter Springs	Lake Mary
Sep 23	6:30 PM	Seminole vs. Lyman	Lake Mary
Sep 30	4:30 PM	Seminole vs. Lake Brantley	Lake Brantley
Sep 30	5:30 PM	Seminole vs. Oviedo	Lake Brantley
Oct 07	4:30 PM	Seminole Vs. Lake Howell	Seminole
Oct 07	7:30 PM	Seminole Vs. Oviedo	Seminole
Oct 13	0:00 PM	TBD	Lyman
Oct 14	0:00 PM	TBD	Seminole