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#### Chattahoochee High School

## **Corrigan's Corner:** A Message From The Principal



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#### Administration

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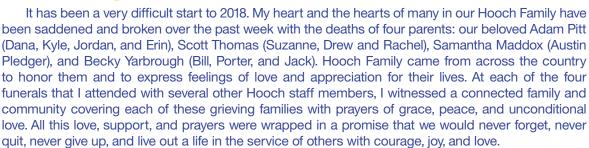
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What do you want to be said about you at your funeral? I think it is only fitting to end this message with words from Martin Luther King. (King's "Drum Major Instinct" sermon, given on 4 February 1968, was an adaptation of the 1952 homily "Drum-Major Instincts" by J. Wallace Hamilton, a well-known, liberal, white Methodist preacher. King encouraged his congregation to seek greatness, but to do so through service and love. King concluded the sermon by imagining his own funeral, downplaying his famous achievements and emphasizing his heart to do right. - http://kingencyclopedia.stanford.edu)

Every now and then I guess we all think realistically about that day when we will be victimized with what is life's final common denominator—that something that we call death. We all think about it. And every now and then I think about my own death and I think about my own funeral. And I don't think of it in a morbid sense. And every now and then I ask myself, "What is it that I would want said?" And I leave the word to you this morning.

If any of you are around when I have to meet my day, I don't want a long funeral. And if you get somebody to deliver the eulogy, tell them not to talk too long. And every now and then I wonder what I want them to say. Tell them not to mention that I have a Nobel Peace Prize—that isn't important. Tell them not to mention that I have three or four hundred other awards—that's not important. Tell them not to mention where I went to school.

I'd like somebody to mention that day that Martin Luther King, Jr., tried to give his life serving others.

I'd like for somebody to say that day that Martin Luther King, Jr., tried to love somebody. I

It's going to be a great semester - let your light shine!

Blessings,

Tim Corrigan, *Principal*  want you to say that day that I tried to be right on the war question.

I want you to be able to say that day that I did try to feed the hungry.

And I want you to be able to say that day that I did try in my life to clothe those who were naked.

I want you to say on that day that I did try in my life to visit those who were in prison.

I want you to say that I tried to love and serve humanity.

Yes, if you want to say that I was a drum major, say that I was a drum major for justice. Say that I was a drum major for peace.

I was a drum major for righteousness. And all of the other shallow things will not matter.

I won't have any money to leave behind.

I won't have the fine and luxurious things of life to leave behind.

But I just want to leave a committed life behind. And that's all I want to say.

If I can help somebody as I pass along,

If I can cheer somebody with a word or song, If I can show somebody he's traveling wrong, Then my living will not be in vain.



#### **Second Semester** Calendar

February 16	Inclement Weather Make-up Day
February 19	President's Day Holiday (schools closed)
March 9	Digital Learning Inclement Weather Make-up Day
March 12	Inclement Weather Make-up Day
April 2 – 6	Spring Break (schools closed)
May 24	Last Day of School
May 25	Post Planning
May 28	Memorial Day Holiday (schools closed)



#### **HOOCH Happenings**

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completed first.

- Reviewing notes can help make sure you are doing an assignment correctly. Also, the notes may include information that will help in completing the assignment.
- 8. Call another student when having difficulty with an assignment. This is a case where "two heads may be better than one."

Look over or preview material for the coming week. This will help you be ready to go Monday morning when another school week begins.

These and other tips/resources to support your student can be found at:

- www.princetonreview.com/college-advice/back-to-school-study-tips
- www.edutopia.org/blog/good-study-habits-minute-by-minute-heather-lambert
- www.mangrum-strichart.com/

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#### From the Desk of Dr. Mike Todd **Assistant Principal**

As we begin the second semester (and by the time you read this issue), did you know that your student has less than 80 school days of the 2017-2018 school year left? Crazy, right!? Not including finals week, this means that students have approximately 15 weeks to learn and apply new concepts within the six content areas in which they are enrolled. So, knowing that we all have different ways of grasping, understanding, and retaining information, I wanted to provide you some good practices for studying that you may be able to use in support of your teenager's learning.

#### Try not to do too much studying at one time. 1.

Too much studying at one time can make you tired and your studying will not be very effective. Space out the work you have to do and take short breaks to restore your mental energy.

2. Plan specific times for studying.

Study time is any time you are doing something related to schoolwork. It can be completing assigned reading, working on a paper or project, or studying for a test. Schedule specific times throughout the week for your study time.

#### 3. Try to study at the same times each day.

You will establish a routine that becomes a regular part of the daily schedule, just like sleeping and eating. When a scheduled study time comes up during the day, you will be more mentally prepared to begin working.

4. Set specific goals for studying.

Goals help you to stay focused and monitor progress. Simply sitting down to study has little value. Be clear about what you want to achieve during your study time.

- 5. Start studying when planned. Not beginning when planned can result in "cutting corners" and rushing to make up the time wasted getting started, resulting in careless work and errors.
- 6. Work on the most difficult assignment first. The most difficult assignment will require the most effort and mental energy. Get it
- Review notes before beginning an assignment. 7.

# 9. Review schoolwork over the weekend.



#### **Counseling Department** PHONE (470) 254-7559 • FAX (470) 254-7615

The mission of Chattahoochee High School's Counseling Department is to provide a comprehensive, developmental, and preventative counseling program designed to promote academic achievement, college/career readiness, and social/emotional growth for all students. As advocates for students, Counselors help to identify and remove barriers to success so all students can become responsible, productive citizens and lifelong learners.

#### Check out the Counseling Blog at: http://hoochcounselors.blogspot.com/

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### **Parents: Three Tips For** Second Semester

January marks the beginning of our second semester. Each year during second semester, all schools experience an increase in absences and late arrivals as well as a gradual decline in academic performance. So prevalent is this trend that it has been referred to as the "Second Semester Slide." We are determined to improve this trend and you the parents can play a major role. Here are three ways you can ensure your student's continued success.

- 1 Monitor your student's performance and attendance by utilizing your Home Access Center account. Staying informed and engaged with your student's school life - and talking about it - has a tremendous positive effect.
- 2. Be vigilant in making sure your student attends school every day and arrives on time. MAKE DAILY ATTENDANCE THE EXPECTATION. Very few things have as much negative effect on academic performance as poor attendance. Be clear in your attitude towards attending school every day. In the working world, attendance is equated with dependability.
- 3. Re-establish your student's homework and study routine. Help him/her to reclaim the space and time meant for this important purpose. Encouraging and supporting this vital activity will improve your student's attitude and performance at school and instill a work ethic that endures for a lifetime. SET A SCHEDULE. Establish a regular timeslot for this important daily activity. Seek your child's agreement and commitment to dedicate this time each day for homework and study.

These efforts - staying informed and talking about your student's progress, re-establishing a solid homestudy routine, and making certain that your student attends every day and arrives on time - will have an enormous positive result and eliminate "Second Semester Slide".



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#### From the Desk of Garin Berry Assistant Principal & AP Coordinator

#### **SAT and ACT Prep Options**

#### Khan Academy SAT Prep Online

• Take Advantage of the partnership between College Board and Khan Academy via goo.gl/HswTas

## Zero Period SAT/ACT Test Prep - Next Course begins Mar 12

You can request registration starting Feb 26th for the next **Zero Period Course** that provides prep support for SAT and ACT and starts Mon, 12. These sessions meet in the mornings before school from 7:30-8:10 four days per week. Math sessions normally meet on Mondays and Wednesdays in Ms. Northcutt's room, M1505 (modular). English sessions normally meet on Tuesdays and Thursdays in Ms. Hayes' room, E105. If interested, please request to register starting Feb 26 through the following link with the deadline by Mar 5. https://goo.gl/forms/6NZNPn2PFRbPVXGB3

#### Test Prep with Princeton Review

 ACT Course Wed and Sat from Feb 17 – April 11 for \$125 via goo.gl/ApTQpk

#### Test Prep Options with Cornerstone Academic

 SAT/ACT Preparation Courses Cornerstone Academic has SAT and ACT Prep courses in Alpharetta backed by their Unlimited Retake Guarantee.

#### Upcoming ACT Courses Upcoming SAT Courses

Mar 03 – Mar 25 (for Apr ACT) Feb 10 – Mar 04 (for Mar SAT) Mar 24 – Apr 29 (for May SAT)

• For more information, visit http://www. cornerstoneacademic.com or call (404) 919-7227. Use code "**CHS100**"

#### Other Partners in Education and Additional Info

- Additional courses are available through business partners Peach State Tutoring and Test Prep & C2.
- Please visit our informational web page at http:// school.fultonschools.org/hs/chattahoochee/ Pages/Hooch-SAT-Prep.aspx.

#### From the Desk of Camille Christopher Curriculum Assistant Principal & Master Scheduler

#### Scheduling & Course Selection

We are already beginning to plan for the 2018-2019 school vear. During the month of January. our teachers met with students and recommended courses for next year. Students will receive their first course verification on February 14th and will include courses for which students have been recommended. Students will have one week to select elective courses that they would like to take next year and will return their first verification to their 2nd period teachers on February 21st. We will go through a total of three verifications to ensure accuracy and to ensure students are choosing the correct courses. This process is extremely important as this drives our staffing and our master schedule for next year.

I encourage our parents and students to consider the teacher recommendations prior to making changes. Our teachers will make the best recommendation based on grades, standardized testing, work ethic, and motivation. I also encourage a balanced schedule for our students to ensure that they are successful. Please consider the number of Advanced Placement, honors and accelerated courses when making course decisions.

Here is a link to our course registration page on our website: http://school.fultonschools.org/ hs/chattahoochee/Pages/Course-Registration.aspx.





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#### **About Student Stress, Anxiety, and Depression**

## What symptoms might suggest a student is experiencing something more serious than normal anxiety and stress?

When feelings like sadness, fear, social disinterest, or low motivation begin to affect a student's ability to carry out the necessary steps to be successful, then it's time to reach out for help. Never ignore a problem; both academic and emotional challenges are most successfully managed early, when small. If sleep is consistently disturbed because of anxiety or racing thoughts, if his mood is so low that his appetite is gone, or if getting out of bed feels like a struggle, there is cause for concern.

## If a student is experiencing debilitating stress, anxiety, or depression, what resources are available to them at school?

Our Counseling Department and Clinic are available to support all students. Some are experiencing the normal developmental hurdles of the high school years. One of the benefits of seeking assistance is the sharing of these issues with a trained and supportive professional. Someone experiencing stressors related to academics may be encouraged to speak with their teacher or counselor. Others who feel isolated or down are encouraged to speak to family members for advice and support.

## Do you have specific tips about what parents can do to help their children handle stress and anxiety?

Normalize the stressors your child is experiencing. High school is an exciting journey, filled with lots of changes and challenges. Navigating social, academic, and family stress is compounded by the basics of time management, social acceptance, and academic success. In general, don't downplay how hard this can be. Encourage them to be patient. With a generation of students who expect immediacy, sometimes the biggest challenge is patience. Helping them to recognize that it takes time to establish a routine, relationships, and a sense of security is a great place to start. Suggest that they make plans with classmates to explore study groups, clubs, or activities. Remind them about things that help them feel secure and provide support at home.

#### What signs indicating their student might be in trouble should parents be aware of?

A phone call or text from a child who is upset or anxious is difficult for any parent to experience. But sometimes the signs are less clear. While grades are a good indicator of academic success, they don't capture the whole picture. Ask them if they are enjoying school and feeling connected. If parents see their child continuing to struggle beyond normal growing pains, it may be cause for concern. Pay specific attention if your child is socially withdrawing or communicating in a way that's different from how they normally do. Pay attention to other

clues: a daughter who had been thriving academically but is now struggling to pass or a son who was a social butterfly and now eats alone can be indicators of distress.



Sunday - Thursday 11AM - 9PM Friday - Saturday 11AM - 10PM

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#### **Spring Sports HOME Events**

Date	Activity	Time	Gender	V, JV, 9th	Opponent	Date	Activity	Time	Gender	V, JV, 9th	Opponent
2/5	Tanaia	4.45	Boys;	Varsity	Mill Creek	3/8	Lacrosse	5:55; 7:30	Girls; Boys	JV	Alpharetta
	Tennis	4:15	Girls			3/9	Soccer	5:55; 8:00	Girls; Boys	Varsity	Centennial
2/6	Tennis	4:15	Girls	Varsity	South Forsyth	3/12	Baseball	5:55	Boys	Varsity	Cambridge
2/8	Soccer	5:55	Boys	JV	Walton	3/13	Soccer	5:55; 8:00	Girls; Boys	Varsity	Pope
2/9	Lacrosse	7:00	Boys	Varsity	Roswell	3/13	Tennis	4:30	Boys	Varsity	Centennial
					(Scrimmage)	3/14	Lacrosse	5:55; 7:30	Boys	JV; Varsity	Cambridge
2/13	Lacrosse	5:55	Boys	Varsity	Dunwoody	3/14	Baseball	5:55	Boys	Varsity	North Atlanta
2/13	Tennis	4:30	Boys	Varsity	Milton	3/15	Soccer	5:55; 7:30	Girls; Boys	JV	Johns Creek
0/15	Casaar	ccer 5:55; 7:30	Girls; Boys	JV	North Atlanta	3/15	Tennis	4:30	Boys	Varsity	Northview
2/15	Soccer					3/16	Soccer	5:55; 7:30	Boys	JV; Varsity	Columbus High
2/15	Tennis	4:30	Girls	Varsity	Dunwoody	3/16	Baseball	5:55	Boys	JV	Johns Creek
2/20	Lacrosse	5:55; 7:30	Boys	JV; Varsity	West Forsyth	3/19	Lacrosse	6:00; 7:30	Girls	JV; Varsity	Alpharetta
2/20	Tennis	4:30	Boys	Varsity	Alpharetta	3/19	Baseball	5:55	Boys	Varsity	Dunwoody
2/20	Baseball	5:55	Boys	JV	North Springs	3/20	Lacrosse	5:45; 7:45	Boys	JV; Varsity	Etowah
0/01	C	5:55	Girls	Varsity	Providence Christian	3/21	Track	5:00	COED	JV ;Varsity	TBA
2/21	Soccer					3/21	Baseball	5:55	Boys	JV	Alpharetta
2/22	Tennis	4:30	Girls	Varsity	Cambridge	3/22	Lacrosse	6:00; 7:30	Girls	JV; Varsity	South Forsyth
2/22	Baseball	5:55	Boys	JV	Duluth	3/23	Baseball	5:55	Boys	JV	Northview
2/23	Soccer	5:55; 8:00	Girls;	Varsity	Roswell	3/26	Soccer	5:55; 7:30	Boys; Girls	JV	Cambridge
			Boys			3/26	Baseball	5:55	Boys	Varsity	Centennial
0/07	Soccer	5:55; 7:30	Girls; Boys	Varsity	Northview	3/27	Lacrosse	5:30; 7:30	Boys	JV; Varsity	Forsyth Central
2/27						3/27	Baseball	5:55	Boys	JV	Sequoyah
2/27	Tennis	4:30	Boys	Varsity	Lambert	3/28	Soccer	5:55; 7:30	Girls; Boys	JV	Dululth
2/27	Baseball	5:55	Boys	JV	Cambridge	3/29	Lacrosse	5:30; 7:30	Boys	JV; Varsity	North Forsyth
3/1	Soccer	5:55; 7:30	Girls; Boys	JV	Centennial	3/29	Baseball	5:55	Boys	Varsity	Pensacola
5/1						4/11	Baseball	5:55	Boys	JV	North Atlanta
3/1	Tennis	4:30	Girls	Varsity	Pope	4/12	Lacrosse	5:30; 7:30	Boys	JV; Varsity	South Forsyth
3/1	Baseball	5:55	Boys	Varsity	Cherokee	4/13	Soccer	5:55; 8:00	Girls; Boys	Varsity	Dunwoody
3/2	Lacrosse	5:30; 7:30	Boys	JV; Varsity	Collins Hill	4/13	Baseball	5:55	Boys	Varsity	Johns Creek
3/2	Baseball	5:55	Boys	Varsity	Duluth	4/16	Lacrosse	6:00; 8:00	Girls; Boys	Varsity	Milton
3/5	Lacrosse	5:30; 7:30	Boys	JV; Varsity	P'tree Ridge	4/16	Baseball	5:55	Boys	JV	Dunwoody
3/6	Tennis	4:30	Girls	Varsity	North Atlanta	4/17	Soccer	5:55; 8:00	Girls; Boys	Varsity	Cambridge
3/6	Tennis	4:30	Girls	Varsity	North Atlanta	4/18	Baseball	5:55	Boys	Varsity	Alpharetta
3/7	Tennis	4:30	Boys	Varsity	Johns Creek	4/20	Lacrosse	6:00; 7:30	Girls	JV; Varsity	Ennis, TN
3/7	Baseball	5:55	Boys	Varsity	Pope	4/20	Baseball	5:55	Boys	Varsity	Northview

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## From the Desk of Dr. Najuana Lee Johnson

#### **Graduation Coach**

As the Graduation Coach and Response to Intervention Chair at Chattahoochee High School, I am passionate about student achievement and believe that a targeted approach to helping students graduate is key to their success. I support Chattahoochee students by implementing innovative strategies aimed at helping struggling students: recover from failing grades, effectively transition from one grade level to the next, and stay on track for on-time graduation.

I am the primary intervention specialist and school contact for interventions selected to impact student achievement and social/emotional well-being. Response to Intervention is an educational process designed to support students who are struggling with an academic skill or behavior. Teachers use interventions, which are a specific set of teaching procedures or steps, to facilitate student success in the classroom. Interventions are tiered and varied depending on the level of support that students need to succeed.

In order to identify students who need additional help, I analyze the data collected from Fulton County School's universal screener, FastBridge, student grades, and End of Course test scores to identify students who are below proficiency levels. Once students in need of additional help have been identified, I provide training and support for teachers for each tier of intervention. As such, I facilitate teacher's use of classroom-based, developmentally appropriate interventions for individual students to enhance their acquisition of academic, social/emotional and cognitive skills. I track the progress of students as they progress toward graduation and work with the faculty and administration to ensure instruction is offered that is designed to meet the personalized needs of each student at Chattahoochee HS.

#### **Class of 2018 Graduation**

Hooch Senior Families:

Happy New Year and congratulations on beginning your final semester at CHS! We are underway with preparations for the Class of 2018 Graduation Ceremony. Our tentative date and time for the Graduation ceremony is Friday, May 25, 2018 at 7:30PM at Verizon Wireless Amphitheatre. Our tentative date and time for Graduation practice is Tuesday, May 22, 2018 at 1:30PM at Verizon Wireless Amphitheatre. Please understand that these dates/times are tentative awaiting final confirmation from Verizon, which we usually receive in mid-to-late February. At this time, however, it is important to <u>order your cap & gown.</u>

The cap & gown is included in our Senior graduation fee – a \$65 fee paid directly to Balfour. Go to www.gabalfour.com, select Chattahoochee from the drop down list, and click the link for graduation fee/cap & gown order. <u>Caps & Gowns must be ordered before</u> <u>March 1, 2018 in order to secure the \$65 rate.</u> After that time, Balfour will add late fees to expedite ordering/shipping.

If you have any questions or concerns, please feel free to reach out to me at abelkop@ fultonschools.org or (470) 254-7553.

Thanks, and Congrats Class of 2018 – we are proud of all that you have and will continue to accomplish!

Garrett Abelkop Assistant Administrator (470) 254-7553



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#### Flu Season is Here!!!

The flu season is reaching its peak. I appreciate that no one wants to miss school and get behind; however, for the sake of other students, families, faculty and staff, please do not allow students to come to school with fever or other flu-like symptoms. Teachers will work with students who get sick to help them catch up. Let's all be extra-vigilant about handwashing and taking good care of ourselves.

- Prevention Hand washing
- Recognition Symptoms of the flu verse a cold
- Action Reminders of the importance of staying home when sick



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