



For the Parents, Students & Staff of Atlantic High School

School Contact Information

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Student Services Office

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Guidance Office

561-243-1531
IB Office

561-330-8952
ELL Office

To download a PDF version of this newsletter, go to <http://academypublishing.com/schools/atlantic/atlantic.php>

Tara Dellegrotti - Ocampo
Principal

Principal's Message

Now more than ever, I want to say how proud I am to be principal of Atlantic Community High School. The tragedy in Parkland with our fellow Eagles has weighed heavy on all of our hearts, and our Atlantic Eagle community has truly come together as a family.

In light of the recent tragedy at Parkland, we are all ensuring campus safety is our utmost priority. Many new safety measures are in place and more will be coming in the near future. I also encourage our students to Say Something if they See Something! Thank you for your support in helping make our campus safe where learning is the top priority for ALL students.

Now is the time for our students to shine and show how much they have learned throughout the year. We offer many opportunities for students to receive the help they need to succeed through afterschool and school day tutorials as well as boot camps. With the many opportunities available to our students they will be better prepared for FSA, EOCs and end of the year exams. Please encourage your student to attend! Testing season is right around the corner!

I am confident the rest of the year will be great for our Eagle family. The graduation date has been set. May 16, 2020 8:00 a.m. at the South Florida Fairgrounds. I am very proud and excited for our class of 2020! Thank you for your continued support!

Sincerely,
Tara Dellegrotti-Ocampo

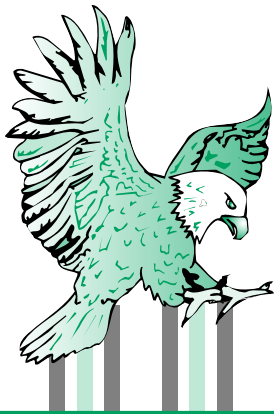


Finishing Strong

We are rapidly approaching the conclusion of this school year. Right now, the focus of your student should be on maintaining and improving school life and you can help. Your attention and involvement in this effort will reinforce the importance you place on your child's school experience and have a tremendous positive effect on his/her school life.

1. Talk to your student about his/her social, extra-curricular, and academic realities. High school can be stressful and these conversations will help you both by providing insight and new perspectives. Academics are important, but few of us have memories of those challenges. Instead, we tend to remember high school relationships and social experiences, but life was better during this time if we were confident about grades.
2. Reinforce positive and successful school habits. Attention in class, homework, test preparation, and attendance are key factors.
3. Access and review your student's class progress, attendance, and testing schedules on Parent Portal.
4. Talk to your student about ways to improve school life. You've 'been there/done that', and probably know how you might have improved your experience.
5. Identify and encourage tutoring and study assistance classes available at the school.
6. Help your student to increase focus and effort. 'Coasting' is a natural, but deadly tendency at the conclusion of the school year.

Your involvement is a tremendous positive factor for a successful high school experience. Your interest, willingness, and dedication to helping your child succeed provides an unmistakable message. Your child will thank you for it - someday.



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 Issue # 1

Study Strategies That Work

Whether it's for a unit assessment, an AP test, or a final exam, knowing and using effective study techniques can make a huge difference in your performance and confidence. Test anxiety is generated from a number of factors, but one of the biggest is the lack of study skills and time devoted to studying. The following strategies will not only help you get a better grade on the test, but you will retain more of the information you're learning as well.

Keep the following tips in mind the next time you have a big exam:

- **FREQUENCY** - Cramming all of your studying into a short period of time is bad practice. Studying should happen in 20-40 minute increments with short breaks in between. Walk around, do some pushups, stretch, and then get back to work.
- **SLEEP** - All-nighters are still a thing for some students, but research has clearly found them to be detrimental. If your body cannot sink into a deep sleep and achieve R.E.M., the result will be a drop in retention, focus, and reasoning - the exact opposite of what you're shooting for.
- **TIMING** - On that note, scientists have found that reviewing difficult material right before bed will help in retention. Skip the social media and review some notes before flipping the lights off.
- **MIX IT UP** - Games, flashcards, rhymes, pictures, and practice tests all contribute to the retention of material. Don't just re-read your notes or texts, but rather challenge yourself to take good notes, create visual cues, and use flashcards to quickly review important topics and vocabulary.
- **DIET** - Avoiding junk food and choosing healthy proteins (nuts), fruits, and vegetables can help feed your body and brain. Eating a filling breakfast is important as well as having healthy snacks on hand. Your brain consumes glucose as you study and perform hard tasks, so make sure you're feeding it!
- **DISTRACTIONS** - Studying with music has proven to be distracting at the subconscious level, so finding a quiet space is important. Other distractions like cell phones, TV, and conversations with friends are even more of a deterrent.
- **ANXIETY** - If you are stressed out, your brain cannot perform well on difficult tasks. Working on stress relief techniques, taking study breaks, and avoiding the temptation to cram will allow you to approach exams with more confidence and less stress.

Here are 6 effective tips to getting your sleep-deprived teen to sleep better.

1. Make your teen's bedroom a dark and quiet place. Make sure they turn off their computer before they get in bed. Also make sure to urge your teen to shut off all headphones and music electronics. Contrary to what they believe, heavy metal isn't helping them get quality sleep. If your house is loud at night recommend earplugs for your teen. Advise your teen to keep their door shut when they go to bed. Turn their clock to face the wall so they don't make it a habit to check the time while they're in bed. You can also buy them a lightweight and comfortable sleep mask that prevents light entry.
2. Recommend a hot soak before bed. Try to keep your teen's room cool (about 68 F). A study found that sleep occurs faster when the body cools down. It's common for us to wake up when the room gets hotter.
3. Get them in the habit of bringing light in when they wake. Tell your teen to open the shades or turn on the lights when they wake. The early light of the day helps them "reset" their brain to push their bedtime to an earlier hour.
4. Get your teen to "chill out" before bedtime. If your teen is frequently stressed out, recommend that they do yoga or meditation to help them ease their racing thoughts. Going to bed worried decreases the quality of their sleep, so recommend relaxation techniques for your teen. If they have a problem relaxing, then the issue should be checked out by a doctor.
5. Consider giving them high-carb snacks if they have trouble falling asleep. In their book Smart Cookies Don't Get Stale <<http://www.amazon.com/Smart-Cookies-Dont-Get-Stale/dp/1575664127>>, dietitians Catherine Christie, PhD, and Susan Mitchell, PhD, recommend that eating high-carb snacks before bed does the trick. These snacks make you warm and sleepy. Consider trying these snacks out: pretzels, cereal, graham crackers, fresh fruit, dried fruit, fruit juice, vanilla wafers, saltines, popcorn, or toast with jam or jelly. (Christie and Mitchell also recommend aromatherapy to boost sleep. Orange blossom, marjoram, chamomile, and lavender scents are some examples of soothing smells for bedtime.)
6. Set rules of no caffeine a couple of hours before bedtime. This one might seem like a no-brainer, but sometimes teens forget that caffeine can be hidden in some of their favorite sodas and snacks. Make sure to get your teen into the habit of monitoring caffeine intake throughout the day. If they're craving something hot to drink, then recommend a warm cup of herbal tea. One or two strong cups of tea can help them mellow out.



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Test Taking Tips for Parents

- Tip #1: Make attendance a priority, especially on days that you know standardized testing will be administered. Though it's important for your student to be in school every day, making sure he's there when the test is taken helps to ensure he won't lose more learning time because he has to make up a test during school. Make a note of test days on the calendar. That way both you and your student know what's coming and will be prepared.
- Tip #2: Monitor your student's progress and check for understanding. Subjects like science, social studies and math often have cumulative exams at the end of learning units. If your student is struggling with something now, it won't be easy for her to have time to try again to learn it just before the test.
- Tip #3: Set a reasonable bedtime and stick to it. Eight hours of sleep is preferable. Many parents underestimate the importance of a rested mind and body. Tired children have difficulty focusing and are easily flustered by challenges.
- Tip #4: Make sure your child has enough time to wake up fully before he has to go to school. Just as rest is important, so is having enough time to get his brain engaged and in gear. If his test is first thing in the morning, he can't afford to spend the first hour of school groggy and unfocused.
- Tip #5: Provide a high-protein, healthy, low-sugar breakfast for your student. Kids learn better on full stomachs, but if their stomachs are full of sugary, heavy foods that will make them sleepy or slightly queasy, it's not much better than an empty stomach.
- Tip #6: Talk to your student about how the test went, what he did well and what he would have done differently. Think of it as a mini-debriefing or brainstorming session. You can talk about test-taking strategies after the fact as easily as beforehand and these discussions will improve performance on future tests.

Latest on Vaping

From the CDC: September 19, 2019

The Center for Disease Control, the U.S. Food and Drug Administration (FDA), state and local health departments, and other clinical and public health partners are investigating a multistate outbreak of lung injury associated with e-cigarette product (devices, liquids, refill pods, and/or cartridges) use.

Key Facts about E-Cigarette Use, or Vaping

- Electronic cigarettes - or e-cigarettes - are also called vapes, e-hookahs, vape pens, and electronic nicotine delivery systems (ENDS).
- Using an e-cigarette product is commonly called vaping.
- E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs.
- The liquid can contain: nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, and other substances and additives.

What we know

- There are 530 cases of lung injury reported from 38 states and 1 U.S. territory. Seven deaths have been confirmed in 6 states.
- CDC has received complete sex and age data on 373 of 530 cases.
 - Nearly three fourths (72%) of cases are male
 - Two thirds (67%) of cases are 18 to 34 years old
 - 16% of cases are under 18 years and 17% are 35 years or older
- All reported cases have a history of e-cigarette product use or vaping.
- Based on initial data from certain states we know: Most patients have reported a history of using e-cigarette products containing THC. Many patients have reported using THC and nicotine. Some have reported the use of e-cigarette products containing only nicotine.



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Five “Must Do’s” For Parents To Assure Success In High School

1. **GET AND STAY CONNECTED.** Register and access our online parent access software, monitor your child’s progress on a weekly basis and communicate with your child’s teachers if you have questions, concerns, or if you’d like to request additional information regarding resources that may help your child master course standards. Be aware of what’s happening in your student’s school life and **TALK ABOUT IT.** Your interest and involvement has a tremendous effect on your student’s performance and attitude at school.
2. **ESTABLISH A SOLID HOME STUDY ROUTINE.** 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 reserve this time each day for homework and study. Encourage this discipline. **CREATE THE ENVIRONMENT** Students can be easily distracted. Teach them to create an atmosphere conducive for concentration. Minimizing social media access, loud music, and other detractors will improve effectiveness and retention. Having a defined study area works with some students but not all. The most important factor is the discipline of doing it every day. **OBSERVE AND ENGAGE.** Psychologists suggest that it takes three weeks to break or establish a habit. Commit three weeks to assisting with your student’s daily routine. Make good homework practices a habit for both of you.
3. **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.
4. **ENCOURAGE EXTRA-CURRICULAR ACTIVITY:** Involvement in any of our many clubs, sports, and arts programs improves academic performance, attendance, and discipline issues. We have something for everyone. Participation in these activities enhances school life and looks good on career and college applications. Also, help your child plan and execute community service, which is a requirement for earning Bright Futures scholarship money.
5. **HELP YOUR STUDENT PLAN FOR POST-GRADUATION:** Talk to your student about career interests and passions. Several free online career assessment questionnaires are available such as <https://www.sokanu.com/> that may help. Assist with a search for colleges or technical training programs that will prepare them for a career that interests them. Learn the entrance requirements and costs associated with attending those colleges or programs. They should be asking questions about career opportunities but may not know the right questions to ask. Our guidance counselors can help. No matter what they dream of doing after graduation, planning for the next step is a wise choice. Post high school education contributes to a better quality of life. But whether or not they go on to a college, university, career or technical school, the information and skills they learn in high school will always be important in the working world. Everyone, in every kind of job, needs to be able to write and speak clearly, listen carefully, understand what is written and spoken, and use math effectively.

Helping Your Teen Get the Most Out of High School

From NEA and National Parent Teacher Association

Parents want their children to do well in high school but sometimes it is a challenge to figure out how to support them. High school is a time when parent involvement is critical; teens need your help even if they don’t realize it. Following are some hints on how to help your teen get the most out of high school.

HELP YOUR CHILD SHOW UP AT SCHOOL WITH A GOOD ATTITUDE AND READY TO LEARN

Studies indicate that showing up is important but not sufficient for school success. Physical and mental states are important factors in getting the most from school.

- Keep tabs on school attendance. Check report card attendance reports. If you suspect a problem, immediately call the school. Do not encourage your child to skip school for special trips or activities not related to school such as a family vacation or an outing with friends. That makes school seem less important than having fun.
- Make sure your teen gets plenty of sleep. Recent studies show that teenagers need nine or more hours of sleep nightly and that students earning As and Bs generally are getting to bed earlier than students with lower grades.
- Don’t accept the “I’m never gonna use this after high school” excuse for not working hard in a particular class. For example, algebra may not be everybody’s favorite subject, but studies show that courses like algebra are critically important in college acceptance decisions and achievement.
- If you have a senior, beware of “senior slump.” Recent reports indicate that students may consider the last year of high school a waste of time. However, students who waste their senior year are often unprepared for college-level work even if they took challenging courses during their earlier high school years.

HELP ORGANIZE TIME AND MATERIALS

- Just because students are in high school does not guarantee they are all prepared to do high school work, especially long-term projects, on their own.
- Help your teen keep an assignment calendar with dates for long-term projects as well as daily homework. Review the calendar at the beginning of the week to plan how time will be used and make allowances for other activities such as sports and clubs.
- Help your teen divide long-term assignments into smaller tasks and develop a timeline for when tasks should be finished in order to have the entire assignment completed on time.
- Make sure there is a place for quiet study away from the television and telephone along with a place to keep school materials, including materials necessary for long-term assignments.

TAKE AN INTEREST

Studies show that parent involvement drops dramatically as students move from elementary school into middle and high school. Yet given the complexities of today’s high schools, this is a time when many students are most in need of parental support and involvement.

- You might not understand a subject such as physics or early American literature but you can still listen to your teen talk about what is happening in class. Also listen to what is happening outside of class. Listen to what your teen is trying to say without immediately judging or offering advice. Encourage your teen to join a club or sport at school. Outside activities are educational and often increase students’ interest in school.
- Help your teens put their concerns or problems into words and encourage them to try and figure out possible solutions or coping strategies.
- Try to find at least one teacher with whom you can communicate regularly for updates or advice on your teen’s general well-being in high school. The ultimate goal is to help students become self-sufficient managers of their time and resources in order to get the most out of high school. They may need your help even if they don’t realize it. Help them to develop habits and strategies for greater achievement while encouraging them to take increasing responsibility for their work.



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Highlighting Greatness from Mrs. Kingham



IB Sophomore Trista Merkel participated in the Superbowl halftime show. She was on the 50-yard line with her dance team.



Photo: (L-R: Police Chief Javaro Sims, Prentice Mobley, Vice Mayor Shirley Johnson, FAU Professor Dr. Melanie Acosta, Mrs. Yvonne Odom, Assistant State Attorney Cheo Reid)

Students from Mrs. Kingham, Ms. Adams, and Mrs. Stephens-Miller's classes participated in a Black History Month speakers' panel. Six public service members came to inspire and educate students about their careers and their motivations.



AICE English General Paper students had the privilege of hearing from a Holocaust survivor. Ms. Zelda Fuksman came to tell her story of being a child survivor during WW2. Students were inspired by her message of forgiveness and doing the right thing, no matter what.

National Honor Society and Key Club combined to raise \$994 for the Australia Red Cross in hopes of helping the Australians overcome the devastating effects of the bushfire.

Interact Club members volunteered with Boys Town at the Candy Cane Skate. This event was held for families who receive services from Boys Town. Our volunteers helped with check-in, shirt distribution, and concessions.

The Interact Club raised over \$300 for the Leukemia and Lymphoma Society through the Pennies for Patients program.



Students serving the staff at our holiday party.



Seniors attended the HBCU/HSI Recruitment Fair on 1/22/20 and had great success.

Our students had 105 total acceptances to various colleges and universities and were offered \$378,484 in scholarships, including 5 full ride scholarships!

YOU ARE THE MISSING PIECE!

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2020 Census FAQ

What is the census?

The census is a count of every person who lives in the United States and its territories. It happens every 10 years. In early 2020, you will be asked to count everyone who lives in your home as of April 1. Responding to the 2020 Census is a chance to shape your future.

What's in it for me?



Your responses inform where over \$675 billion is distributed each year to communities nationwide for clinics, schools, roads, and more.



Census data gives community leaders vital information to make decisions about building community centers, opening businesses, and planning for the future.



Responding also fulfills your civic duty because it's mandated by the U.S. Constitution. The United States has counted its population every 10 years since 1790.



Your responses are used to redraw legislative districts and determine the number of seats your state has in the U.S. House of Representatives.

Is my information safe?

Your responses to the 2020 Census are safe, secure, and protected by federal law. Your answers can only be used to produce statistics. They cannot be used against you by any government agency or court in any way—not by the FBI, not by the CIA, not by the DHS, and not by ICE.

When can I respond to the census?

In early 2020, every household in America will receive a notice to complete the census online, by phone, or by mail. In May, the U.S. Census Bureau will begin following up in person with households that have yet to respond.

What will I be asked?

You will be asked a few simple questions, like age, sex, and the number of people who live in your home, including children.

What won't be asked?

The census will never ask for Social Security numbers, bank or credit card numbers, money or donations, or anything related to political parties.

For more information, visit:

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Second Semester

January marks the beginning of our second semester. Each year, during the second semester all schools experience an increase in absences and late arrivals, and a gradual decline in academic performance. So prevalent is this trend, 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. Absences and tardiness are two of the reasons that grades decline. Please be vigilant in making sure your student attends school every day and arrives on time. Your attention to this issue will have a positive effect on your student, reinforcing the importance you place on attendance.

To assure continued academic success and not fall victim to "Second Semester Slide", re-establish your student's homework and study routine. Help him/her to reclaim the space and time meant for this important purpose. Determine if any supplies or devices are needed. They make great holiday gifts. Also, monitor your student's grades, attendance, and classwork by accessing Parent Portal. Learn what tutoring and support opportunities are available here at school to improve results. Again, your attention to your student's school work will have a tremendous positive effect. When students are prepared for class each day, they will attend each day, arrive on time, and perform with confidence.

These efforts; staying informed about your student's progress, re-establishing a solid home-study routine, and making certain that your student attends every day and arrives on time will have an enormous positive result and help us all overcome "Second Semester Slide".

Scholarship Opportunity

Steve's Club is an after school club specially for students who have had at least one parent or caregiver pass away. The club is designed to give the students a safe, private, and confidential network of students and teachers who have lost a parent before the age of 18 who "get it". Steve's Club gives students an opportunity to have a space to talk about and celebrate their their loved one. Besides giving a listening ear, the club will direct students to profession mental health if needed, address any academic or personal issues, help with college plans and looking for scholarships to pay for post secondary education.

Recently, Steve's Club was offered a small annual scholarship for students specifically in Steve's Club. Organizers of Steve's Club are looking for business and personal donations to grow the scholarship.

There is never too little or too much to donate to help students who don't have parents to help pay for college.

Scholarship Eligibility:

- Minimum GPA of 2.0
- Use toward college or vocational expenses
- Attend 80% of Club meetings
- Write a 500-word essay on how Steve's Club has benefited you and what your aspirations are after graduation



Congratulations to our FBLA (Future Business Leaders of America) Winners in the District competition!



FBLA (Future Business Leaders of America) District competition accolades include:

1st place-- So many took 1st place!!

- Emma Idoni
- Samy Kushwah
- Ryan Patipa
- Daniel Traczyk
- Caroline Valenzuela
- Yuriy Muravia
- Kassi Correia
- Chase Correia
- Sumon Sonty
- Keya Chokshi
- Rajvi Shah
- Alexandria Portillo
- Ellen Polyakov
- Bendgy Dauphin
- Nikola Stanimirovic

2nd place

- Lejla Najarro
- Natalie Zlatev

3rd place

- Brooke Bingo
- Alixandra Adler
- Celia Boyajian
- Catherine Deyoe
- Chelsea Mason

- ❖ Calleigh Deyoe 2nd- Business Communication
- ❖ Eden Kincade & Meghan Uppu 2nd- Business Financial Plan
- ❖ Lushana Elie 3rd- Intro to Business Communication
- ❖ Amulya Lakum & Jiazhen Li Ruan 1st!!!- Management Decision Making
- ❖ Alix Adler, Brooke Bingo, Rebecca Brummer, & Daniel Traczyk 1st!!!- Parliamentary Procedures
- ❖ Emma Idoni, Samy Kushwah, Kyle Tavoletti, & Caroline Valenzuela 2nd - Parliamentary Procedures
- ❖ Tony Luo, Atishay Narayanan, Vraj Shah 2nd- Sports Marketing
- ❖ Claire Deyoe, Parthivi Shah, & Cathleen Valenzuela 2nd- Website Design
- ❖ Keya Chokshi & Rajvi Shah 2nd- Emerging Business Issues
- ❖ ***Yuriy Muravia placed 3rd in the state for Sales Presentation! That's a VERY difficult category to place in so we couldn't be any prouder of him. He also has qualified for Nationals!

A few spots are left!



We need you!

Advertise in the Eagles for Excellence!

This is a wonderful way for your company to get community recognition and exposure, and at the same time help support your local schools!

Chelsea Williams
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| | | | | | | | |
|----------------------------------|-----------------------|------|-------|--|----------------------------|------|-------|
| Feb. 11 (Tue) | Highlands Christian + | Away | 4:30 | Apr. 1 (Wed) | West Boca * | Home | 6:30 |
| Feb. 13 (Thur) | Somerset Canyons + | Away | 4:30 | Apr. 2 (Thur) | Southfork | Home | 6:30 |
| Feb. 17 (Mon) | Olympic Heights *# | Home | 6:30 | Apr. 3 (Fri) | Seminole Ridge | Home | 6:30 |
| Feb. 19 (Wed) | Royal Palm | Away | 6:30 | Apr. 4 (Sat) | Olympic Heights | Home | 10:00 |
| Feb. 20 (Thur) | Somerset Canyons | Home | 6:30 | Apr. 6 (Mon) | Boca Raton | Away | 6:30 |
| Feb. 21 (Fri) | Royal Palm * | Away | 6:30 | Apr. 7 (Tue) | Santaluces | Away | 6:30 |
| Feb. 24 (Mon) | Forest Hill | Away | 6:30 | Apr. 8 (Wed) | Lake Worth | Away | 6:30 |
| Feb. 26 (Wed) | John I Leonard | Home | 6:30 | Apr. 9 (Thur) | John I Leonard | Away | 6:30 |
| Feb. 27 (Thur) | Suncoast | Away | 6:30 | Apr. 11 (Sat) | Santaluces J.V. Tournament | Away | TBA |
| Feb. 28 (Fri) | Spanish River # | Home | 6:30 | Apr. 14 (Tue) | Royal Palm * | Home | 6:30 |
| Mar. 2 (Mon) | Boca Raton | Away | 6:30 | Apr. 16 (Thur) | Boynton Beach | Away | 4:00 |
| Mar. 3 (Tue) | Spanish River | Away | 6:30 | Apr. 17 (Fri) | Seminole Ridge | Away | 6:30 |
| Mar. 5 (Thur) | Boca Raton # | Away | 6:30 | Apr. 21 (Tue) | Forest Hill | Home | 6:30 |
| Mar. 6 (Fri) | West Boca *# | Away | 6:30 | Apr. 22 (Wed) | Centennial % | Home | 7:00 |
| Mar. 10 (Tue) | Boynton Beach | Home | 6:30 | Apr. 27-30, May 1 Class 6A, District 13 Baseball Tourn. Martin Co. TBA | | | |
| Mar. 11 (Wed) | Suncoast | Away | 6:30 | May 8, 12, 16 | Regional Tournament | TBA | TBA |
| Mar. 12 (Thur) | Wellington | Home | 6:30 | May 20 - 23 | State Championship | TBA | TBA |
| Mar. 13 (Fri) | Martin County * | Home | 7:00 | VARSITY GAMES; JUNIOR VARSITY GAMES | | | |
| Mar. 14 (Sat) | Olympic Heights | Away | 10:00 | ALL HOME GAMES WILL BE PLAYED AT MILLER PARK, "LITTLE FENWAY" | | | |
| Mar. 16 (Mon) | Kings Academy | Away | 6:30 | + HSNB South Florida Preseason Challenge—at Highlands Christian | | | |
| Mar. 17 (Tue) | Olympic Heights * | Away | 6:30 | * District | | | |
| Mar. 18 (Wed) | Royal Palm | Away | 6:30 | # Conference Game | | | |
| Mar. 19 (Thur) | Boca Raton | Home | 6:30 | % Senior Night | | | |
| SPRING BREAK (MARCH 21—MARCH 29) | | | | | | | |
| Mar. 30 (Mon) | Forest Hill | Away | 6:30 | | | | |
| Mar. 31 (Tue) | Spanish River | Away | 6:30 | | | | |

**2020-2021 Atlantic High School
 Cheerleading Try-Outs
 Varsity & JV**



When: Saturday, April 11th
Where: Atlantic High School Gymnasium
What Time: Clinic Starts 8am
 &
 Tryout judging begins at 1:30pm

***Informational meeting will be held Monday, March 16th
 at 4pm Atlantic Community High School Media Center**

**Any Questions or Concerns Please Contact
 Nyla Williams (Head Cheer Coach)
 561-243-1500
 Nyla.williams@palmbeachschools.com**