



For the Parents, Students & Staff of Atlantic High School

## Principal's Message

Dear Eagle Family,

Now more than ever, it's very important for our Eagles to be focused whether they are online at home or here on campus. Our classrooms are set-up to allow students to be more than 6 feet apart allowing for students to be socially distanced. We continue to remind our students daily about all the CDC guidelines and how important it is for them to stay healthy and safe!

We want all our Eagles to do their very best in all their classes. Online tutorials are available every Tuesday and Thursday online. I encourage you or your child to reach out to their respective Guidance Counselor for additional information for the codes to log-in. Testing season is fast approaching and we need all our students to come and take the necessary tests they need for graduation. SAT School Day for all Juniors is March 3rd. The month of April begins state testing and extends through the month of May. It is very important your child is completing all their assignments and reaching out to their teachers, counselors, and administration if they need help! We are here to support our Eagles!

Class of 2021 graduation date is set for June 19, 2021 at 8:00 a.m. at the South Florida Fairgrounds. I am very excited and hope everyone is staying safe and healthy. Thank you for continued support!

Sincerely,  
Tara Dellegrotti-Ocampo



## Second Semester

February 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".

### School Contact Information

561-243-1500  
Main Office

561-266-0984  
Student Services Office

561-243-1515  
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



'Eagles For Excellence'  
 March 2021  
 Published Five Times Per Year  
 Atlantic High School  
 2455 W Atlantic Avenue  
 Delray Beach, FL 33445  
 Issue # 2

## 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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## Class of 2020 Graduation Stats

- 96.8 % of students graduated on time
- 105 students earned IB Diplomas
  - 21 students earned IB Career Certificates
- The class earned over \$13 million in scholarships

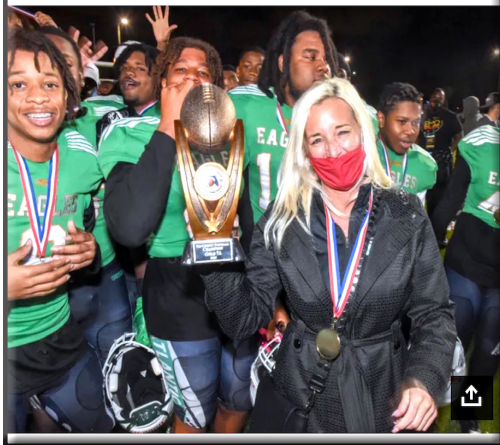


## ATL Tri-County Class 7A Champions!

**Photos: Atlantic High football wins tri-county Class 7A championship**

43 PHOTOS

1:35 a.m. EST Dec. 19, 2020



Boys Basketball heading into post-season playoffs

## Tamaya Patterson Girls BB heading into post-season playoffs!!



## Girls Weightlifting District Champs

- Jedidah Normil
- Neashi Glevis
- Kelsey Cledanor



2020-2021 Atlantic High School  
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**When:** Saturday, April 11th  
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**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](mailto:Nyla.williams@palmbeachschools.com)

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## International Baccalaureate

### INTERNATIONAL BACCALAUREATE SENIORS

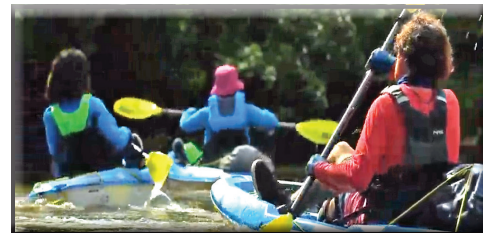
- James Liu - QuestBridge Scholar attending Northwestern University in the fall
- Joshua Yao - full scholarship to the US Air Force Academy
- Tony Luo and Vismay Sharan - National Merit Scholarship Semifinalists
- Lynce Polidor - Coca Cola Scholarship Semifinalist
- Charles Viola - South Florida Fair Scholarship winner
- Other students already accepted to Carnegie Mellon, Emory, and Tulane

### INTERNATIONAL BACCALAUREATE UNDERCLASSMEN

- Christopher Diaz built furniture for a family in need after losing their home to a fire
- 9th grade English class participated in a live Zoom with Garth Brooks and actor Christopher Sean.
- 9th grade Earth Science class participated in a Google Meet with News 12 meteorologist Zach Covey.
- The 9th grade IB cohort has already completed over 2900 community service hours since 9/1

### IB STUDENT GOES INTO THE WILD

- IB Junior Kiana Emiclar participated in the PBC ERM project and is featured in the film "Hidden Wild" which aired on PBS WXEL on 1/30 and is now available to stream online



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# International Baccalaureate... continued

EAGLES NEST #4



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# Mrs. Kingham and NHS School Supply Donation!



Education Fdn of PBC · 1/5/21  
Students from @ATL\_Eagles National Honor Society collected school supplies over the holiday break for #RedAppleSupplies. #SmileAmazon wishlist items are also being delivered right to the store. Brilliant! Thank You!

#teamworkmadesthedreamwork @pbcasd @FlaEduFoundtns



5 18

# ATL IB Is Celebrating Our 29th Year!!!

CLASS OF 2020 IB DIPLOMA CELEBRATION



# Chrys Diaz IB 10th Grade Student Giving Back!

### Atlantic High student gives back as family moves on from house fire

By RICK MENNING  
SUN SENTINEL CORRESPONDENT  
NOV 25, 2020 AT 4:52 PM



### A few spots are left!



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## Inside This Issue

Second Semester News

Latest on Vaping

Tips for Parents

Sports News

IB News

