



For the Parents, Students & Staff of Atlantic High School

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

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Tara Dellegrotti -Ocampo
Principal

Principal's Message

Dear Eagle Family,

Our students are working hard to wind down the school year and completing their IB/AP/AICE/EOC and semester exams. Our teachers are working diligently to ensure your child's success and will continue to provide quality instruction up to the very last day! This has been a great year for Atlantic, and I am proud of all of the hard work by our students, faculty, and staff.

I would like to congratulate our Senior Class of 2019 on a great year. Our seniors have achieved so many great things! This class has excelled in academics, athletics, and scholarships. This is a busy and exciting time for our seniors as we celebrate their success and transition to the next phase of their lives. I know that our Eagles will continue to impress us, and look forward to having them share their post-secondary success.

I would like to wish everyone a great summer vacation. Relax, recharge, and stay safe. Don't forget to read a book or two, practice some math equations, stay up to date on current events to get a jump start for the next school year.

All the best,
Mrs. Dellegrotti -Ocampo



From the Desk of Nurse Kara...

SUMMERTIME TIPS FROM THE CLINIC

Summer is right around the corner! Time to have SMART & SAFE fun!

Summer in Florida is very sunny and hot! Be certain to always put on your SUNSCREEN before walking out your door! CDC recommends sunscreen with SPF of 15 with UVA & UVB protection. Protective clothing (hats/long sleeves...) is a smart choice also. Next you need to watch out for DEHYDRATION from not replenishing the excess water lost through heat and activity! Don't think you can trick your body by replenishing with soda and juice! Pure water is the way to go! And be sure to drink extra water every 15-20 minutes when you are sweating. Carry your own container from home filled with cool water!

Those mosquitos are here on summer vacation too! Use INSECT REPELLANT to steer them away. Oil of lemon eucalyptus is a natural repellent recommended by CDC. Follow your doctor's guidelines for repellent and reapply as needed. Patch holes in screens and keep your doors SHUT!

July 4th is the holiday for fabulous fireworks! But be SMART and SAFE by practicing FIREWORK SAFETY, staying at a distance from them and letting the professionals set them off! Injuries are serious and include severe burns, objects in eyes, cuts, and head injuries. Don't let fun be ruined by being foolish.

If you have a friend with a boat learn BOATING safety before going! Put on your SUNSCREEN then your life jacket and do not jump in the water where inappropriate! Sharks are in the water, just as other boats are! Also be aware of the carbon monoxide emitted by engines and generators. Go to the National Safety Council for more information.

Keep your mind active every day! For BRAIN HEALTH you can simply go outside into the fresh air and quietness and count the beautiful items you see in nature. Read a good book and time yourself. See if you can read a page more quickly by the end of the summer! Take a walk to get your endorphins going! Visit a museum then teach

others what you learned! Do cross word puzzles! Have fun challenging your memory!

Have a Fun, Smart & Safe Summer!

Nurse Kara

While on VACATION get your IMMUNIZATIONS!

We all know that "school shots" are recommended and needed, but may not understand which, and what it is for! **Here is a recommended high school vaccine update we all need to know:**

(The NUMBERS (digit) noted below= the standard number of vaccines given in allotted time)

- 1. VARICELLA= TWO (2):** This is AKA Chicken Pox Prevention. Chicken Pox causes very irritating small, itchy blisters and is very CONTAGIOUS.
- 2. TDAP = ONE (1):** This actually helps prevent diphtheria, tetanus, and pertussis (whooping cough) which can cause life-threatening breathing difficulty, plus more.
- 3. MMR = TWO (2):** Very effective in helping prevent measles, mumps, and rubella, diseases that may be fatal.
- 4. POLIO = FOUR (4):** This vaccine helps prevent a disease caused by poliovirus, which may cause paralysis and may be fatal.
- 5. HEPATITIS B = THREE (3):** Hepatitis B vaccine very effectively helps prevent Liver disease that may lead to a very serious lifelong illness.
- 6. HEPATITIS A= TWO (2):** Hepatitis A vaccine protects the liver from getting a disease that very easily spread through contaminated food or water.
- 7. HPV= (3)** This vaccine helps prevent a common disease that may cause cancer, which affects 14 million people each year.

Have Fun, Be Safe, and Get Updated on your vaccines during your school summer vacation!

For further detailed information please go to the CDC website, <https://www.cdc.gov/vaccines/index.html>, or feel free to call the clinic at 561-266-0901.

Nurse Kara



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NHS Induction

On Thursday, April 18th, the Atlantic High National Honor Society inducted 70 new members. The 10th and 11th grade inductees were invited to join based on their GPA, teacher recommendations, and a personal statement. *Pictured below are the 2018-2019 NHS officers (2 were absent).*



FBLA News

We recently went to the state competition. We had a great time! I'm proud to announce that 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!



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Atlantic War Eagle Marching Band

It's time to look ahead into the future. We are getting ready for next year. If you are interested in joining the Atlantic War Eagles's Marching Band the time is now!! Please note the following important dates!

- 5/13 and 5/14 5:30-7:30 pm (no experience necessary)- Colorguard Try-outs
Wear athletic clothes and tennis shoes.
- 6/4, 6/5, & 6/6 from 10 am- 5 pm-Guard mini-camp will be held on.
- 5/17 at 7 pm Freshman Night Meeting in the band room.
- 7/22 through 8/2- Band Camp (no band camp scheduled on weekends or Friday 7/26)

If you have any questions or concerns please email William.Bowman@palmbeachschools.org.

Cross Country

Tryouts for Cross Country will be August 13th 3-4:45pm. The team will also be doing summer group runs, please email Coach Kitchens or Coach Rizzocascio for more information. callie.kitchens@palmbeachschools.org and mary.rizzocascio@palmbeachschools.org.

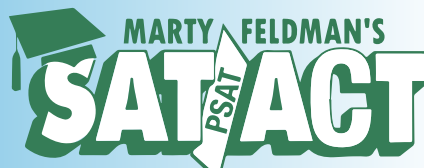
School Spirit

ALMA MATER

Atlantic High we hail and praise you.
Forward we shall go
Peace will reign throughout our futures.
As we live and know.
Teach us now to know thy wisdom,
To show our loyalty.
Atlantic High we are all brothers,
Proud we all shall be.

FIGHT SONG

Come on and fight for Atlantic.
Win a victory today.
Go right on Atlantic,
We're behind you all the way.
You've got us all uptight for Atlantic,
You're the greatest team we know.
So fight right down the line and
Watch Atlantic go!!!



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Summer Ideas for Parents

The summer break provides a much needed rest from the rigors of school life, but a complete disconnect from education can make the start of the new school year more difficult for your student. Consider a few ways to engage your child in activities that stimulate learning and provide an opportunity to enhance your relationship. Pick two or three of the following summer opportunities and commit to achieving a common goal with your child.

- **READING:** Read two books with your child over the summer. Each of you select a book, read it independently, and talk about it. Everyone identifies different meanings and ideas. These conversations lead to insights, not only about the books but perhaps more importantly, about each other. You may discover that some of your child's interests and perceptions surprise you.
- **MOVIES:** See two movies with your child over the summer. Again, each of you pick a movie, see it together, and talk about its effect on you. The benefits of these conversations cannot be overstated. It's not uncommon to discover a point of view that you had never considered. As a result, you will become closer to your child. Many movies are adaptations of popular books or series. Watching them may motivate your child to read the books or others with similar or opposing themes.
- **HOMEWORK:** Yes, yards must be tended, cars washed, kitchens cleaned, and trash taken out, but perhaps there are budgets to be discussed, correspondences to write, and bills to be paid. If

appropriate, you might consider getting your child involved. Practical applications of math, reading, and writing skills reinforce the importance of education. These skills are vital for a fulfilling life!

- **TAKE A CLASS TOGETHER:** Does your student have unexplored interests or passions? There are free online courses in art, music, dance, woodworking, gardening, writing and composition, etc., not to mention math, science, and technology. Encourage your child to select an online class of interest and complete it together. There's no way to predict undiscovered interests and talents.
- **FUN and GAMES:** Consider some outdoor activities. Go hit a bucket of golf balls, or try surfing/water skiing. Host a game of 'Capture the Flag' at home or try paint balling. (Can you remember the joy of besting mom or dad?) Introduce games and activities that you remember from childhood. Encourage your child to practice his/her research skills by looking up rules, tips and strategies before engaging in the activity. If they really enjoy it, have them look further into opportunities for continued involvement. These activities develop and improve communication and social skills. There are numerous parks and recreation centers nearby to play any game or sport inexpensively.

These types of activities not only support the learning process but enhance relationships. Summer is a wonderful time to recover, relax, and reconnect. Make a point of including opportunities to reinforce and develop your child's education. Enjoy your summer!



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Upcoming SAT / ACT Dates

Students on free and reduced lunch are eligible for two fee waivers for SAT and two for ACT, see your counselor with a copy of your eligibility letter that can be obtained from the cafeteria manager during breakfast.

SAT[®]

Remaining SAT Registration Dates and Deadlines

Test Date	Normal Deadline	Scores Released
May 4, 2019	April 5, 2019	May 17, 2019
June 1, 2019	May 3, 2019	July 10, 2019

The ACT[®]

Remaining ACT Registration Dates and Deadlines

Test Date	Registration Deadline	*(Late Fee Required)
June 8, 2019	May 3, 2019	May 4-20, 2019
July 13, 2019	June 14, 2019	June 15-24, 2019



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THE SCHOOL DISTRICT OF PALM BEACH COUNTY
SCHOOL CALENDAR 2019-2020

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SCHOOL BOARD APPROVED

- STUDENTS AND ALL EMPLOYEES EXCEPT 12 MONTH EMPLOYEES
- 12 MONTH EMPLOYEES: [SEE OTHER EMPLOYEES SEE EMPLOYEE CALENDAR NOTES](#)
- 10 HOUR DAYS FOR 12 MONTH EMPLOYEES
- TEACHER WORK DAY/PROFESSIONAL DEVELOPMENT DAY

JULY 2019					AUGUST 2019					SEPTEMBER 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4 HOLIDAY	District Closed				1	2	3	4	5	6	7
8	9	10	11	12	Pre-School for Teachers	Pre-School for Teachers	Pre-School for Teachers	Pre-School for Teachers	Pre-School for Teachers	8	9	10	11	12
15	16	17	18	19	District Closed					16	17	18	19	20
22	23	24	25	26	District Closed					23	24	25	26	27
29	30	31								30 HOLIDAY				
OCTOBER 2019					NOVEMBER 2019					DECEMBER 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4										
	7	8	9 HOLIDAY	10	4	5	6	7	8	9	10	11	12	13
	14	15	16	17										
	21	22	23	24	18	19	20	21	22	23	24	25	26	27
	28	29	30	31	25	26	27	28	29	30	31			
JANUARY 2020					FEBRUARY 2020					MARCH 2020				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	3	4	5	6	7	8	9	10	11	12
	6	7	8	9	10	11	12	13	14	15	16	17	18	19
	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	20	21	22	23	24	25	26	27	28	29	30	31		
	27	28	29	30										



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APRIL 2020					MAY 2020					JUNE 2020				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3						1	2	3	4	5
	6	7	8	9	4	5	6	7	8	6	7	8	9	10
	13	14	15	16	11	12	13	14	15	13	14	15	16	17
	20	21	22	23	18	19	20	21	22	20	21	22	23	24
	27	28	29	30	25	26	27	28	29	27	28	29	30	

School Calendar

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