

For the Parents, Students & Staff of Atlantic High School

Principal's Message

Hello Eagle Family,

4th nine weeks is here? Can you believe it? The end of the year is fast approaching and our teachers and staff are working very hard to ensure our students are staying focused and completing all their assignments. Graduation for our Class of 2021 is June 19, 2021 at 8:00 a.m. at the South Florida Fairgrounds! Our Eagles are super excited for this very special day and will be sending out information and details regarding tickets, rehearsal, and all the COVID protocols and social distancing protocols are communicated prior to graduation day!

Testing season is fast approaching and our Eagles started FSA testing April 5th and we will be testing throughout the remainder of the year. Online and in person tutoring is available for our students to help them be successful. Atlantic is proudly offering Boot Camp Tutorials for all students every Tuesday and Wednesday during the day and during lunches Monday through Thursday. Each Boot Camp Tutorial Session is 45 minutes long and we offer a range of contents to support our learners. We currently have sections and classes of virtual and small group face-to-face tutorials taking place for Algebra 1, Geometry, English I and II, General Paper, Reading, and Writing.

Atlantic started the 2021 Boot Camp Tutorials the first week of February 2021 and we will continue to hold sessions through May 27, 2021. The students involved have already earned one brick and mortar reward pizza party for participation and we are looking forward to planning another Socially Distant reward for our participating students.

We will be offering a **Senior Summer Enrichment and Tutoring Program (virtual and in person option available)**. The focus is on **credit recovery using the Edgenuity platform. Beginning June 28th through July 22nd 7:30 am - 12:30 pm**. All sessions are FREE! Transportation, breakfast, and lunch will be provided. For more information please email Mr. George patrick.george@palmbeachschools.org.

Thank you to our parents for their continued support throughout the school year. We know there are many challenges our students are facing and we are here to support our Eagles. Please don't hesitate to reach out to your child's guidance counselor or administration. Thanks for your continued support and stay safe

Mrs. Ocampo



School Contact Information

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Student Services Office

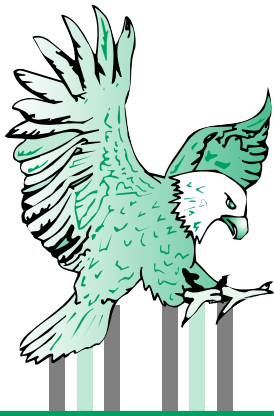
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Tara Dellegrotti - Ocampo
Principal



'Eagles For Excellence'
 May 2021
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 Delray Beach, FL 33445
 Issue # 3

Testing 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.



Scholarship Opportunities

Kappa Alpha Psi Fraternity Inc.

Kappa Alpha Psi Fraternity Inc. has awarded thousands of dollars to Atlantic High School seniors in past years. **This year, not one senior has submitted an application.**

Applications were due on 4/9 but they have graciously extended the due date to 4/30/21. Don't let this opportunity pass you by! Download the application here: http://www.atlantichighschool.org/UserFiles/Servers/Server_1961605/File/Students%20&%20Parents/School%20Counseling%20and%20College%20Bound%20Information/Scholarship%20Applications/KappaAlphaPsiScholarship.pdf

You may either mail your application to the PO Box listed at the bottom OR you may email it to Kelly.Bruce@palmbeachschools.org no later than 4/30/21.

Steve's Club

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 professional 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



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IBMYP

The Miracle League of Palm Beach County is a baseball league for kids with physical and mental disabilities. Located in Delray Beach and Palm Beach Gardens, the Miracle League fields are handicap accessible and rely on volunteers to operate each Saturday's games. IBMYP freshmen recently volunteered to get the Delray Beach fields ready for opening day, as well as dress up as the mascot to keep the players and fans excited on closing day in Palm Beach Gardens. For more information or to volunteer with the Miracle League, visit www.mlpbc.com.



9th grade IBMYP students, (L-R_ Kamila Toro Ramirez, Sawyer Kingham, Brooke Nixon, and Owen Hill) preparing the Delray Beach field for opening day.



9th grade IBMYP student, Jacob Jlidat, as the Miracle League of Palm Beach County mascot.

National Honor Society Scholarship

We're proud to announce that seniors Darrel Creary and Charles Viola have been selected as National Honor Society Scholarship recipients. Darrel and Charles were chosen from nearly 10,000 applicants and will each receive a \$3,200 scholarship toward higher education. Recipients are chosen based on their demonstrated work to support the four pillars of NHS: scholarship, service, leadership, and character. Join us in congratulating Darrel and Charles and their accomplishments!



Art Club

Art Club continues to strive online, where students engage in weekly drawing activities, fun surveys, and show & tell discussions. The club has endured the test of a virtual setting allowing students to interact with like minded peers. Club Sponsor: Mr. Badome | Club President: Maya Sharma (11th grade)

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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.

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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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.

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.

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