

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

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

Tara Dellegrotti - Ocampo
Principal

Principal's Message

Our teachers, staff, administrators, and students are working very hard to keep safety top priority. Please encourage your child to wear their ID, be on time for class, and make good choices daily. Our teachers have put excellent rigorous strategies into their classroom lessons to help students be successful.

Fall is here and that brings about cooler weather and holiday season. Homecoming is the week of October 21st, 2019! Our Eagles are excited to plan out their week! Homecoming football game is October 25th and the dance is October 26th beginning at 6:00 pm.

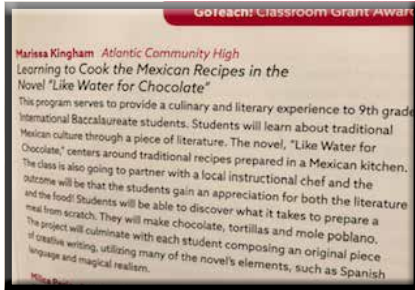
I encourage all students to become involved in at least one extra-curricular activity; we have something for everyone! Whether it's a club, sport, tutorial program or one of the many other options available at Atlantic, there are opportunities for all students to develop their unique talents and interest.

We always look for opportunities to celebrate our student's success.



Congratulations Mrs. Kingham

She has been awarded a GoTeach! Classroom Grant from the Education Foundation of Palm Beach County.



Alexia Ramos is Back Bowling Again

Atlantic High School senior Alexia Ramos is back bowling again after a knee injury in her freshman year curtailed her participation in the sport. She returned with a high game of 178 recently. (Gary Curreri/Contributor)



Chick-Fil-A Leader Academy Kick-off

The Chick-Fil-A Leader Academy Kick-off meeting held on Sept. 19, 2019. This is our 2nd year, and we are very excited about it. During the kick-off meeting, the students participated in various activities ranging from writing thank you letters to our troops, creating hygiene kits for them, and discussing their future goals. They also discussed some prominent leaders of the past and present, and the qualities of being a good leader. This year, CFLA students will participate in 2 impact projects that will make a difference in our school and community. Chick-Fil-A provided free meals for the students and a meal gift card. The students will give the gift card to someone else, as a way to say "Thank you" for making a difference. CFLA Club Sponsors: Mr. George and Ms. Grant

News You Can Use From the IB World

- IB Freshmen first community service deadline is Jan. 7
- IB Sophomores final community service deadline is April 1.
- IB Sopomores proof of their Personal Project is due Oct. 28 at 7 am in ManageBac
- International Baccalaureate updates
- 100 CAS hours and reflections recorded in ManageBac
- IB Exam registration in ManageBac
- IB Extended Essay Rough Draft to Advisor

Diya Kohli was recently interviewed by the Education Network to spotlight her personal project. Diya has created a handbag company that she took to India to help give impoverished women a job. Proceeds from her handbags are being donated back to India to help patients with cancer. To help Diya reach her monetary goal, visit her website <https://www.redoneitbydiya.com/>

IB policies can be located under the IB program tab on Atlantic Website.





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2020 National Merit Semi-Finalists

Two Atlantic High School seniors have been named Semi-Finalists in the 2020 National Merit Scholarship Program. The National Merit Scholarship Award is generally regarded as one of the highest honors possible for U.S. high school students. These academically talented high school seniors will continue in the competition for approximately 7,600 National Merit Scholarships worth more than 31 million dollars.

Students were named semifinalists by ranking among the highest scorers in Florida on the 2018 PSAT/National Merit Scholarship Qualifying Test. Semifinalists represent less than 1 percent of all American high school seniors.

To become a finalist, a semifinalist must have a record of high academic performance, be recommended by their school principal and earn SAT scores that confirm their qualifying test performance. A personal essay and information about the student's leadership in school and community activities are required to obtain finalist standing.

The National Merit Semifinalists from Atlantic High School are James DeLoye and Megan O'Connor. Congratulations to these high achieving students! We wish them further success as they continue on in the scholarship competition!

2020 National Merit Commended Students

Eight Atlantic High School seniors have been named National Merit Commended Students in the annual competitive academic recognition program. Commended students are recognized for exemplary academic promise as demonstrated by their 2018 PSAT/ National Merit Scholarship Qualifying Test score taken their junior year. About 34,000 commended students throughout the nation are recognized for their exceptional academic promise. Although they will not continue in the competition for National Merit awards, Commended Students placed among the top 50,000 scorers of more than 1.5 million students who entered the 2020 competition. Congratulations to our commended students- Chekuba Chukwuma, Simran Das, Carmelina Gorski, Yash Gupta, Helena He, Samradhi Kushwah, Alexia Ramos, and Shravya Vasireddy.

Attentions Parents

Parents please complete the application for Free/Reduced Meals for your child on the school district's website under School Food Services @ https://www.palmbeachschools.org/departments/school_food_service.



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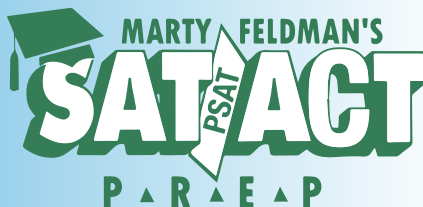
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3 Tips for Parents to Teach Healthy Study Habits to Teens

Setting a daily study routine can help high school students balance sleep and studying. Teens often struggle to manage studying, sleeping, and their social life, and when given the choice, a little shut-eye is often sacrificed. But compromising sleep for studying can do more harm than good, according to a recent study <http://onlinelibrary.wiley.com/doi/10.1111/j.1467-8624.2012.01834.x/abstract> in the journal *Child Development*. High school students <https://www.usnews.com/education/best-high-schools> who sacrificed sleep to hit the books had trouble understanding new material and struggled on tests and assignments the next day, researchers report. An adequate amount of sleep is critical for academic success. The impact of a few missed hours of sleep is amplified by the fact that most high school students are already sleep deprived. Adolescents devote less time to sleep as they age, and when they sacrifice the precious little sleep they get for extra studying, it has negative consequences for their daily academic performance. Parents can help their students by monitoring sleep time and developing consistent study routines that help their teens stay on top of due dates and deadlines. It's important for parents to be in the know. They need to have an idea of the upcoming expectations or projects, because parents are the ultimate prompt. These three tips can help parents promote healthy sleep and study habits with their teens.

1. Set a schedule: Studying should be part of your student's daily routine, not something he or she tries to cram in the night before a test. Advising students to parse out their study time over the course of the week, rather than letting due dates dictate their study time, will produce better results. Preparing for tests ahead of time can reduce anxiety, and finishing assignments ahead of schedule can be rewarding for students. Parents and students should write testing/project dates and major deadlines on a calendar or planner to serve as a visual reminder.
2. Eliminate distractions: Cell phones, Facebook, and TV can quickly interrupt a productive study session. Curb your teen's temptation to tune in, text, or update their status by shutting down any unnecessary electronics during scheduled study times. Especially cell phones, it's like their third eye at this point. That's such a distraction. Since students often need a computer to complete online assignments or type papers, parents should periodically check in with their studious teens. It's pretty easy to gauge if they're going onto social media sites versus typing out an essay.
3. Break it up: Maintaining focus during a two-hour study session may be challenging, so know your teen's limits and divvy up study time accordingly. Being aware of their attention span can help you structure their study time so that it will be successful. Parents might also set milestones for large projects or important tests such as midterms or college entrance exams <https://www.usnews.com/education/best-colleges/test-prep>. Don't attempt it all in one piece, but break it up into smaller tasks.



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Attendance

Showing up for school has a huge impact on a student's academic success. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

WHAT YOU CAN DO:

Make school attendance a priority.

- Talk about the importance of showing up to school every day, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

Help your teen stay engaged.

- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.

Communicate with the school.

- Know the school's attendance policy - incentives and penalties
- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child's attendance to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.



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Afterschool Tutorial Schedule

Subject	Tuesday	Thursday
Math	Mrs. Baxter Rm. 4-105	Mr. Baxter Rm. 4-105
Reading & Writing	Ms. Massenat 9th and 10th grade Reading and Writing Rm. 4-101	Ms. Massenat 9th and 10th grade Reading and Writing Rm. 4-101
S A T / ACT	ACT/SAT 11th & 12th grade Mrs. Lawton 4-202	ACT/SAT 11th & 12th grade Mrs. Lawton 4-202

SAT/ACT Testing Schedule



higherscorestestprep.com/start

ACT & SAT Test Dates (2019-2020)

ACT			SAT		
ACT Test Date	Registration Deadline	Scores Available	SAT Test Date	Registration Deadline	Scores Available
July 13, 2019	June 14	July 23	June 1, 2019	May 3	July 10
September 14, 2019	Aug. 16	Sept. 24	August 24, 2019	July 26	Sept. 6
October 26, 2019	Sept. 20	Nov. 5	October 5, 2019	Sept. 6	Oct. 18
December 14, 2019	Nov. 8	Dec. 23	November 2, 2019	Oct. 3	Nov. 15
February 8, 2020	Jan. 10	Feb. 18	December 7, 2019	Nov. 8	Dec. 20
April 4, 2020	Feb. 28	Apr. 14	March 14, 2020	Feb. 14	Mar. 27
June 13, 2020	May 8	June 23	May 2, 2020	Apr. 3	May 15
July 18, 2020	June 19	July 28	June 6, 2020	May 8	July 15

- Which test is the better fit for me?
- When should I take the test?

- Where can I find a free practice test?
- How can I avoid common stress-making mistakes?

Please reach out to me! I have lots of resources (many free!) that I would love to share with you. Send me an email at lauren@higherscorestestprep.com or give me a call at 760-814-9655.

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2019-20 Parent and Family Engagement Plan Summary

2019-2020 Parent and Family Engagement Plan Summary

Posted on 09/27/2019

Parent and Family Engagement Mission Statement

Atlantic Community High School's mission is to strengthen parent and school partnership, solidify student/teacher relationships, and to encourage parents to increase involvement in their child's education in school and at home.

Annual Title I Meeting

Each year, families are invited to attend this meeting at the beginning of the school year to learn more about our schoolwide Title I Program and the requirements of Title I. Our meeting will be held on August 28th. Information about our Title I programs are available through our SAC meetings or by contacting the school at 561-243-1500.

Parent and Family Engagement Trainings

Based on the family survey and input from all stakeholders, we will provide the following activities and trainings to assist families in understanding the road map to success to support their child(ren)'s academic achievement.

- Academic Nights- learn specific strategies to help their students at home.
- AVID Parent Night- orientate parents to the culture of the school through tutorials, technology, and college ready information.
- Assessment Nights- parents will learn about the graduation requirements and the assessment demands.

Shared Decision Making

Stakeholders and families will be involved in the development of the plan by providing input at SAC & parent input meetings throughout the year.

Information about programs, schoolwide academic progress and incentives are discussed and shared with all. We hope you can join us in helping our school make the best possible decisions for the students we serve.

Communication

Title I information will be shared via the Title I Annual Meeting, faculty meetings, and SAC meetings. Parents will receive invites, callouts, and text messages. The school marquee and "Eagles of Excellence" newsletter will also display information. Students' academic and behavior expectations are communicated to families via parent teacher conferences, parent nights for EOC and FSA and parent training. Progress is shared via SIS, conferences, Open House/Curriculum Night, progress reports, and report cards.

Accessibility for All Families

Atlantic's Community Language Facilitators (CLFs) work with students, families and staff to facilitate and enhance communication and involvement. We will use district resources to provide interpreters as needed. Atlantic HS supports and enhances communication through services provided by the ELL coordinator, CLFs, bilingual administrators and bilingual guidance counselors. The school is also accessible through handicapped parking and ramps, and it is in compliance with ADA.

Volunteers

Families are encouraged to volunteer at our school to help students and teachers be successful. For more information please contact the school at 561-243-1500.

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Everyone Deserves the Chance to Learn...(Gloria Bluefer)

I designed this system in 2006 when I taught reading, using four inch alphabet letters for spelling words. The student need to draw and cut out the alphabet. I use the alphabet to spell out what I want the student to do along with pronouncing the word and sounding out words. I require all students to draw and cut out the alphabet so that the limited English speaking student will feel comfortable when the students see that everyone is doing the same activity and not being singled out.

Elza Martinez, a senior who took my class in the 9th grade, comes to my room during her lunch, to translate the assignment to my non-English speaking students. I use the same technique with my Students with Disabilities, in teaching them life skills. It takes one-to-one, constantly repeating and showing the student what is expected. Then I place the student with a classmate to continue to work directly with student.

I feel that everyone deserves the chance to learn and I do everything possible to achieve that goal!

