

November 2020
Volume 9 • Issue 2

The Dog on News



Principals Message

Dear FPC Family,

Due to the pandemic, the start of the school year has been like no other, yet we are adjusting well at FPC. The bulk of our students are on campus for face-to-face instruction, and roughly a third of our students are learning remotely. On campus, the student and staff compliance with the CDC guidelines has been exceptional. When it comes to education during these times, there are new approaches and new experiences almost daily. Despite many obstacles we have strived to bring back some sense of normalcy to FPC.

Over the past two months, we have taken advantage of every opportunity to build community at FPC. Our face-to-face and remote learners are participating in clubs, band and athletics. Clubs are meeting both live and virtually and community service such as the beach clean-ups are occurring. Band practice and performances at home football games continues to exhibit the rich musical talents here at FPC. Our Fall Sports are being played, and we are so happy that our teams have held their Senior Nights. Even though there have been so many limitations this fall, we still want our students to have rich experiences.

When the Covid restrictions are loosened, I look forward to seeing our community on Florida's Proudest Campus.

Go Bulldogs,
Tom Russell



Principal - Tom Russell
Assistant Principals
Abude Koushakjy
Nathan Lovelette
Michael Rinaldi
Kiera Roe
Kerri Sands

Flagler Palm Coast High School
5500 East Highway 100
Palm Coast, FL 32164
(386) 437-7540
<http://fpcbulldogs.com>



FPCHS 2021 Yearbook

With each family having the opportunity to select their own learning style, “IN” the school building or “OUT” through the virtual platform, the 2021 yearbook staff is reimagining Volume 47 of the FPC Yearbook. The 2020-2021 book will be a chronological account of the school year (both IN and OUT of the building) partnered with a historical account of the world around us. This will be a book you don’t want to miss out on. To opt IN, follow the instructions below. Don’t wait too long, or you will miss OUT on what is sure to be an epic yearbook. Books can be pre-ordered at www.yearbookordercenter.com with the school code 15737. We will sell out, so please order early. If you would like to create a special shout-out for your Class of 2021 Senior, Senior ads can be purchased through November 20th. See prices below. Ads are created and paid for online (same as above.)

- 1/8 page - \$50
- 1/4 page - \$85
- 1/2 page - \$160
- Full Page - \$300

News from the Literacy Coach

We are in the middle of testing season! Our current juniors were unable to take the ELA FSA test last spring, so they are all taking it this fall, as well as any seniors who have not yet passed it or earned a concordant score. Here are a few tips to help you prepare for the ELA FSA, whether you’re taking it this fall or in the spring as a freshman or sophomore.



- Familiarize yourself with www.fsassessments.org Testing Resources and Practice Tests
- Understand the essay rubric; know what categories you will be graded on and how many points you can earn
- Know the types of essay you may be asked to write
- Know how to write a well-developed paragraph (hint: your English teacher will help you with this!)
- Understand the types of questions you will be asked
- Practice reading in your everyday life by asking yourself questions about what you’re reading
- Improve your vocabulary with sites like vocabulary.com, Quizlet, Kahoot, and Freerice

Don’t stress yourself out. Know that you’ve been building towards and preparing for this test in all your years of schooling. You have the tools necessary to do well; now is the time to put them into action! Your teachers are here to help you do your best, but you are the only one who can take the test and prove your knowledge.

A few spots are left!

We need you!

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

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Coaching On Another Level

The term “Job Coaching” in the world of education for students with disabilities often brings to mind stereotypes of a person with a disability working on a simplified assembly line, and completing a boring task. At FPC, we teach the appropriate fundamentals and we empower students with the right ingredients and the recipe to reach their full potential. Training, teaching, and engaging students is not a one size fits all scenario. Some students require reinforcement with motivators; some students require different accommodations such as environmental settings including music or conversely, a quiet place; some students require the camaraderie of a group while others need one-on-one coaching.



Our job coaches, Rachael Huzior (new to our staff) and Cat Bradley (in her second year), have provided our students with the opportunity to participate, learn and grow from their job related experiences both on and off campus. From working on real-life task boxes on campus, where students are able to

assemble, identify and sort objects; to traveling off campus to Carrabbas, where students are able to encounter a typical day at work, our students are showing us and themselves that they can achieve tasks that at one point in their educational journey seemed impossible.

In the words of Mrs. Huzior, “Being a job coach at FPC is more than teaching students the fundamentals, filling out a job application, and completing a resume. To me, it’s having heart and creating a feeling for them to think and believe in themselves. They are the most important ingredient in their recipes, and they are capable of accomplishing their goals and reaching those stars.”

We look forward to connecting with many more Palm Coast businesses and organizations and we can’t wait to see how these connections will help our students reach for the stars and complete their own recipes for success.

Family Engagement Workshops

As a way of providing support and increasing parent and family engagement, FPC is instituting a series of family engagement workshops. The workshops are designed to help parents and families utilize technology, access school resources, understand graduations requirements, and provide families with information about educational opportunities available through FPC. Workshops will cover an array of topics from Schoology and Skyward to Graduation and college preparation. These workshops will last approximately 30 to 45 minutes and take place over zoom in the evenings. Throughout the administration of these workshops we will be asking for feedback to better meet the needs of our FPC families. Please check the FPC website for dates and times.

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Counselors Corner

Seniors: Scholarships

The Flagler County Ed Foundation will host an informational night to apply for our local scholarships on Thursday October 29th at 6:30 PM in the Bulldog Learning Commons. Space for the in person presentations limited to 50 spots. Please RSVP to Rebecca Bower at bowerr@flaglerschools.com If you would like to attend the workshop via zoom, refer to www.flagleredfoundation.org for the zoom link information. Nearly \$500,000 in local scholarships will be awarded. Don't miss out on this amazing opportunity!

College Applications

It is college application time. Seniors should be completing their college applications, and asking for recommendation letters if needed. Please allow teachers, staff, counselors, and community members time to write a letter on your behalf, and provide them with a resume.

All Students:

1st Quarter Grades

Bulldogs, the first quarter is over. Check your grades and credits towards graduation and seek assistance if needed. Remember tutoring is available at varying times online for each subject. This is especially important for the block classes as they are already half way over for full credit courses and ended for half credit courses on the block.

Appointments with your school counselor:

If you would like to make an appointment with your school counselor fill out the google form 2020-2021 Guidance Appointment Form. The actual link can be found on the guidance page.

Tips for Zoom Fatigue

For our remote learners...

Tips to fight Zoom fatigue:

1. Schedules breaks. When the bell rings, make a point of getting up from your computer. You have 4 minutes to stretch, use the bathroom, or take a brain break. At the end of the day, spend some time away from your computer and other screens to recharge.
2. Limit distractions. Keep your phone out of sight and on silent.
3. Avoid the sugar crash. Make sure you're eating a healthy breakfast packed with protein.
4. Get some fresh air. Either on one of your breaks or at the end of the day, get outside and take a breather.
5. Stretch. This will get oxygen into your bloodstream and help you feel re-energized!
6. Create a "classroom" environment at home. Prepare for your school day as if you were attending in person. Keeping as many positive habits as possible will help normalize your school day as if you were at FPC.

Sincerely, The FPC Guidance Team



you belong
HERE

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1st Quarter in the Books

Lets Hunker Down and Finish The Semester With Success

By Dave Halliday – Graduation Coach & Anthony Campanella – Graduation Coach

First and Foremost, the Entire Bulldog Family hopes everyone is being safe and healthy during these unprecedented times. This school year is flying by! Let's all start the next quarter working as hard as we can, by putting in the time and effort to be highly successful in every class. Whether you're a remote learner, or face to face student, It's your obligation to set a personal goal to graduate. Students, make sure to check your grades on Skyward or Schoology and your email daily. Please advocate for yourself. Teachers want to see you succeed, make sure you have an open line of communication with each of them.

It is of great importance not only to pass all of your classes but to earn C's or higher. Simply earning a D in a class is almost as detrimental to your GPA as failing a class. Every student must maintain a 2.0 cumulative GPA to participate in Athletics as well as to Graduate with a diploma in four years. Earning all C's in each of your classes will keep you at a 2.0. Just one D or F will drop you below a 2.0. A huge key to your success is daily attendance. Students who are absent from class tend to fall behind in their work and grades and that can be very overwhelming. Be here (whether remote or face to face), be on time, be prepared!

Students needing additional support in their core subject areas have the opportunity to stay after school on Tuesdays and Thursdays from 2:30 – 4:30pm. FPC also offers online tutoring. Dates, Teachers, and Times vary.

After-School Face to Face Tutoring Schedule for Tuesdays and Thursdays:

<https://fpcbulldogs.com/students/tutoring>

Online Tutoring Schedule - Dates, Teachers, and Times Vary:

See document for Zoom links: <http://bit.ly/fpctutoring20>

Graduation requirements can be found online on the school website:

http://fpcbulldogs.com/school_services/guidance/graduation_requirements

Skyward Instructions:

http://fpcbulldogs.com/UserFiles/Servers/Server_1365706/file/fpcskywardinstructions.pdf



Sporting Events

FPC facilities are at 20% capacity. In order to ensure social distancing for home games all tickets must be purchased in advance through gofan.co. Tickets for games will be posted on this website the week of the game.



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The i3 Student...More Than Meets the Eye

For the past 7 years and now into our 8th, the i3 Academy at FPCHS has continued to grow and produce successful, well rounded students. This year 125 students have chosen to be a part of something special and take ownership in their learning whether face to face or through remote learning. Our i3 students come from a variety of backgrounds and paths through their educational journey. They all have their own reasons for taking advantage of this unique learning opportunity and have set individual goals for themselves.

Often times if you ask someone on the outside what i3 is and who goes there, you hear comments like, "It's a technology school", "The students are secluded from FPC", "It's a smaller environment", and "Most students are very shy and quiet". While this may be their perception it's not actually the truth. At the i3 Academy we have



students with a wide variety of personalities, academic levels, talents and interests. Our campus is located in Building 3 on the FPC main campus and offers a smaller learning environment.

The i3 Academy and the students are very much a part of Flagler Palm Coast High School. Over 95% of our students take at least one course on the main campus. Numerous students are a part of our athletic programs like baseball, softball, track and field and cheer. We have students who also take part in the other FPC Flagships, the Fire Academy, Aeronautics and the Medical Academy. Our students take part in clubs on the main campus and have the opportunity to attend all events held on the main campus. Quite a few of our students are taking advantage of dual enrollment opportunities through Daytona State College and Embry Riddle University. Upon completion of their high school careers we have had students that have headed to college, the military and even directly into the workforce.

From introverts to extroverts our students run the full gambit. Some common themes among the students that choose the i3 Academy, and stick with it over the years, are the desire to be in control of their education, a draw to project based learning and the development of soft skills, and a desire to be successful past the walls of high school. The connections they are making today in school and with the community are ones that can potentially change the path of their lives and is something we are very proud of.

For more information please check out:

Website: https://fpcbulldogs.com/about_us/flagship_program/i3_academy

Facebook: i3 Academy at FPCHS

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International Baccalaureate News

IBDP Class of 2024

The IB Diploma Program welcomes the new IBDP Class of 2024 to Flagler Palm Coast High School. Some sixty strong, the newest group of IB scholars transitioned from seven different middle schools in Flagler and Volusia counties including Florida Virtual School. We wish our latest candidates the best for a successful high school experience as they strive for their IB diplomas.



Changes in IB Exams and Internal Assessments for May 2021

In view of the COVID-19 pandemic, the IBO has announced significant changes regarding assessments for the May 2021 session. While IB has resumed traditional testing with the November 2020 session and intends to proceed similarly in the spring of 2021, the organization is developing a contingency plan should the need arise to alter the exam session further due to potential disruption caused by the pandemic.

Changes by IB Subject:

- English Higher Level (HL): Exam paper 2 is removed.
- Spanish Standard (SL) and HL: Exam paper 2 listening comprehension section removed; Internal assessment SL slightly changed to allow five visual stimuli, one per theme.
- History HL: Exam paper 2 students answer one question only; Exam paper 3 students answer two questions rather than three.
- Psychology SL: Exam paper 2 removed; HL: Exam paper 2 students answer one question only. Exam paper 3 removed.
- All Sciences SL & HL: Exam paper 3 removed; Group 4 Project requirement removed.
- All Mathematics: No changes at this time.
- Music SL: Group performance audio amended to 13-20 minutes. HL: Solo performance amended to two music pieces at 13 minutes.
- Visual Arts SL: art-making forms table requirements removed; students complete 4-6 resolved works of art; HL: art-making forms table requirements removed; students complete 7-10 Resolved works of art.
- IB teachers are aware of these assessment amendments and are adjusting their lessons accordingly.

Advanced Placement News

As of this date, AP College Board, like IB, intends to conduct traditional exams returning to the assessment format prior to the COVID-19 pandemic of May 2020. AP utilized digital, abbreviated exams students completed at home last spring. Students taking AP courses this year should make sure they are registered for their exams by 16 October 2020. AP students should access their accounts at myap.collegeboard.org and check with their respective AP teachers.





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FPCHS School Improvement Plan 2021

The School Improvement Plan is intended to be the primary artifact used by Flagler Palm Coast High School to review data, set goals, create an action plan, and monitor progress. The School Improvement Plan is a “living document” and through the 2020-2021 school year FPC will continue updating, refining and using the plan to guide the school throughout the year. This year, Flagler Palm Coast High School has set the following goals:

- **Area of Focus #1:** In the 2018-2019 school only 21% of students in the lowest quartile achieved a level 3 or higher on the English Language Arts FSA.
- **Area of Focus #2:** The percent of students that graduate with a high school diploma in four years.
- **Area of Focus #3:** The percent of Flagler Palm Coast High School students attending school less than 90% of the time.
- **Area of Focus #4:** The percent of students at Flagler Palm Coast High School that earn an acceleration point before graduation.
- **Area of Focus #5:** According to the Every Student Succeeds Act, schools must have a Federal Index percentage of 41% or above for each subgroup. The ESSA subgroup, Students with Disabilities (SWD), federal index number 30%.
- **Area of Focus #6:** In the 20-21 school year, due to the learning loss caused by Covid 19, FPCHS will focus on addressing student acceleration.



FLAGLER PALM COAST HIGH SCHOOL