







#### **Mission Statement**

The Mission of Gulf Coast High School is to provide a safe learning environment in which students have the opportunity to receive the highest quality education to facilitate future academic and career success

# ESHARK'S TOOTH

7878 Shark Way | Naples, FL 34119 | PH (239) 377-1400 | FX (239) 377-1401

FOR THE PARENTS, STAFF, STUDENTS AND COMMUNITY OF GULF COAST HIGH SCHOOL

#### From The Principal's Desk

Gulf Coast Shark Families,

The school year is moving along extremely well both academically and athletically. Here are some of the highlights from the start of the school year:

- 5 National Merit Semifinalists and 10 National Merit Students with Accolades
- An award winning band who will be performing in Philadelphia for the Dunkin Thanksgiving Day Parade
- Our drama department preparing for a performance of "Footloose"
- Our cheerleaders, dance line, and flag line are providing young girls in the community an opportunity to perform with them at football games
- Accolades to all students who have joined a school club during "Club Rush"
- The incredible school spirit that has been displayed during Homecoming Week
- An amazing Homecoming Dance
- A School Advisory Council (SAC) who are dedicated to continue to make Gulf Coast the best high school in the state
- Our amazing fall sports programs which continue to entertain our home crowds as they prepare for possible state playoff runs

As the year moves forward, I will continue to send out weekly email newsletters (5 Things Happening at Gulf Coast) informing our community of upcoming events and activities. I encourage everyone to come out and support your SHARKS.

As always parents, if you ever have any questions or concerns, please do not hesitate to call or email.

Thank you for trusting us to educate your child.

Joe Mikulski "Shark Pride" 239-377-1404 mikulsjo@collierschools.com

#### **Administrative Team**

Mr. Joe Mikulski, Principal
Mr. Eric Nelson, Assistant Principal, Curriculum
Mrs. Caroline Hylemon, Assistant Principal
Mr. John Lambcke, Assistant Principal, Discipline
Mrs. Catherine Crawford-Brown, Assistant Principal
Mrs. Jocelyn Jones, Assistant Principal
Mr. Greg Maniscalco, Instructional Support Specialist
Mr. Alan Scott, Activities/Athletic Director
Mrs. Cindy Giles, Guidance Department Chair
Mr. Mike Shaw, Plant Operator

### OCTOBER 2019

**VOLUME 13 • ISSUE 3** 

http://www.collierschools.com/gch





#### **Nurse Corner**

#### Is it a cold or the flu?

Influenza (flu) and a cold are both respiratory (breathing) infections caused by viruses. Some of the symptoms are similar, and it can sometimes be difficult to tell if you have the flu or a very bad cold. The flu can cause more serious illness than a common cold. Your best protection against the flu is an annual flu shot. You can decrease your chances of getting a cold by frequently washing your hands and avoid touching your nose, eyes, and mouth. The average adult gets 1-3 respiratory (breathing) illnesses each year, and children get even more. However, it would be unusual to get the flu more than once a Year.

Sometimes you can get a bacterial infection of the middle ear or sinuses at the same time or following a cold or the flu. These bacterial infections can be treated with antibiotics. The flu, however, can lead to more serious complications such as pneumonia and sometimes death. People that have the greatest risk of severe complications from flu are those 65 years old and older, those with certain medical conditions, and some young children.

Colds usually begin slowly, two to three days after infection by the virus and normally last only two to seven days. A bad cold can last up to two weeks, but this is unusual. You will first notice a scratchy, sore throat, followed by sneezing and a runny nose. You may get a mild cough several days later. Adults and older children usually do not have a fever, but if they do, it will be very mild. Infants and young children, however, sometimes run temperatures up to 102° F (39° C).

If you have the flu, you will have a sudden headache, dry cough, and you might have a runny nose and a sore throat. Your muscles will ache, you will be very tired, and you can have a fever up to 104° F (40° C). Most people feel better in a couple of days, but the tiredness and cough can last for two weeks or longer.

The flu is a respiratory (breathing) illness. You cannot have a "stomach flu." Symptoms such as nausea, diarrhea, and vomiting are uncommon with the flu, except in very young children. Check with your health care provider if you have questions about the diagnosis and treatment of these illnesses.

Stay Healthy, Nurse Marjorie Reda, 239-377-1409



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#### SEIN MOE, D.D.S.

Diplomate, American Board of Oral & Maxillofacial Surgery Fellow, American Association of Oral & Maxillofacial Surgeons Northwestern University Dental School, 1992

#### **Curriculum Corner**

#### **Grade Reporting Periods**

August 13, 2019 - Student Start Date

September 13, 2019 - First Quarter interim period ends

September 19, 2019 - First Quarter interim grades distributed

October 16, 2019 - First Quarter grading period ends

October 24, 2019 – First Quarter grades distributed electronically

#### **Holidays**

No School - September 30, 2019

No School - October 9, 2019

No School - October 17, 2019 - Teacher Professional Learning Day

No School – October 18, 2019 – Teacher Planning Day

#### **Testing Dates**

Teachers' Mid Term Exams - December 17, 18, 19, \*20

\*Early Dismissal Day (Mid-Terms will not be given before these dates.)

#### Testing Accommodation for Students with Disabilities

A student with a documented disability may be eligible for accommodations on national college exams including ACT, SAT, PSAT, AP, and/or Certification Exams including Adobe, Microsoft, Autodesk, QuickBooks and ServSafe Exam.

ACT and SAT Accommodation Request must be started early and the request process may take up to seven (7) weeks and does not begin until all required documentation are received.

For guidelines and documentation requirements see the following testing links:

<u>College Board: SAT, PSAT, AP:</u> https://www.collegeboard.org/students-with-disabilities <u>ACT:</u> http://www.act.org/content/act/en/products-and-services/the-act-educator/accommodations.html <u>Certiport, Certification Exams:</u> http://www.certiport.com/PORTAL/desktopdefault.aspx?page=common/pagelibrary/Disabilities.htm#Process

<u>ServSafe Exam:</u> https://www.servsafe.com/ServSafe/media/ServSafe/Documents/SSFS\_Exam\_Accomodation-1-3-2018.pdf

2019-2020 Test Dates	Accommodation Request and Documentation (Where Required) Must Be Received By		
SAT December 7, 2019*	October 18, 2019		
PSAT 10 Testing Window February 24 - March 27, 2020	December 13, 2019		
SAT March 14, 2020*	January 24, 2020		
PSAT 10 Testing Window April 13 - April 30, 2020	February 21, 2020		
AP Exam May 6-10, 13-17, 2020	January 17, 2020		
SAT May 2, 2020*	March 13, 2020		
SAT June 6, 2020*	April 17, 2020		

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#### **College Bound**

If you plan to attend college in the 19-20 school year, you will be able to submit a 2019-20 <u>Free Application for Federal Student Aid (FAFSA)</u> beginning Oct. 1, 2019. Find more details https://fafsa.ed.gov/.

#### **FAFSA Information Nights**

FAFSA ID Lab Available @5:00pm October 1, 2019 at 6:30pm Naples High School 1100 Golden Eagle Circle

October 7, 2019 at 6:30pm FSA ID Lab Available @ 5:00 pm Gulf Coast High School 7878 Shark Way

#### **National Merit Semi-Finalist**

Please congratulate Nicolas Borowski, Naila Conlazo-Martinez, Alec Liberman, Anna Mazzone and Thai Tran for their selection as *National Merit Semi-Finalists*. They were selected as semi-finalists based on their 11th grade PSAT scores. Semi-finalists are the highest scorers in each of the fifty states and represent less than one percent of each state's high school seniors. They will now compete for a National Merit Finalist Award.

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#### From the Counseling Corner

#### **Senior Scholarships**

Seniors should check our website (www.gulfcoastsharks.com) for scholarship search engines and begin researching/applying for scholarships. Students can find the district posting of state, national and local scholarships on the CCPS website. Counselors will be visiting Government and Economics classes to show students the websites

#### **Bright Futures**

- Seniors will have the opportunity to register for Florida Financial Aid (Bright Futures Scholarship) this fall. The GCH counseling department will have all senior students register in the GCH computer labs. Government and Economics classes will be scheduled in the computer lab to complete the application. If you are a senior and are not in a government or economic class at GCHS, you can register on your own or stop by the counseling office and we can help you out.
- www.floridastudentfinancialaid.org/ SSFAD/bf

#### **Dual Enrollment**

Students must meet deadlines for Florida Southwestern College and Florida Gulf Coast University regarding dual enrollment programs. The last testing date is February 8, 2020. All dual enrollment criteria must be met which includes tests scores and grade point averages. Please schedule an appointment with your counselor for FGCU and FSW by Feb 28, 2020.

# Reminder about Community Service Hours Pre Approval Form

We have forms available on the Gulf Coast website or in the student services office.

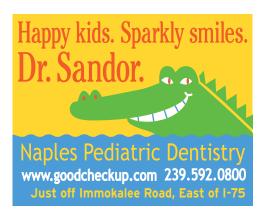
You should think about the following questions before selecting a community service project:

- What need or problem exists in the community that interest you?
- What project can you develop in order to work on this need or problem?
- Will your project provide an important service?
- Are there any special qualifications you need in order to work on the project?
- Will you be able to spend the necessary time on the project?
- What planning steps are needed before beginning the project?
- Who needs to be contacted before the

project begins?

You will need to decide if you are serving a social issue, civic issue or professional area of intent. You will need to develop a plan for personal involvement in addressing the issue or learning about the professional area, as well as evaluating and reflecting on such experience through a paper/reflection.

Counselors 2019-2020			
		12th	9th-11th
Mrs. Dombroski	377-1425	A-CL	A-CAR
Mrs. Gallegos	377-1434		CAS-CL
Mrs. Giles	377-1417	CO-D, SA	CO-D
Ms. Minsker	377-1418	E-J	E-HO
Ms. Szilagyi	377-1424	K-M	HU-MAF
Mrs. Gallegos	377-1434		MAG-PAL
Ms. Marvin	377-1419	N-R	PAN-SC
Ms. Garber	377-1423	SC-Z	SE-Z
Mrs. Reale	377-1406	GIFTED	







#### **Facts About School Mental Health Services**

Mental Health Page on CCPS website- www.collierschools.com/domain/1448

#### **Need for School Mental Health Services**

- Approximately 2.2 million adolescents aged 12 to 17 reported a major depressive episode in the past year and nearly 60% of them did not receive any treatment (Substance Abuse and Mental Health Services Administration, 2005a).
- According to the U.S. Surgeon General, in the course of a year approximately 20% of children
  and adolescents in the U.S. experience signs and symptoms of a mental health problem
  and 5% experience "extreme functional impairment" (U.S. Department of Health and Human
  Services, 1999).
- The dropout rate for students with severe emotional and behavioral needs is approximately twice that of other students (Lehr et al., 2004).

#### **Rationale for Providing Mental Health Services in Schools**

- To effectively address barriers to learning, schools must weave resources into a cohesive
  and integrated continuum of interventions that promote healthy development and prevent
  problems; allow early intervention to address problems as soon after onset as feasible; and
  provide assistance to those with chronic and severe problems (Adelman & Taylor, 2006).
- The U.S. Surgeon General considers schools to be a major setting for the potential recognition
  of mental disorders in children and adolescents, while acknowledging that trained staff and
  options for referral to specialty care are limited (U.S. Department of Health and Human
  Services, 1999).
- Students are substantially more likely to seek help when school-based mental health services are available (Slade, 2002).

#### **Positive Outcomes for Children and Adolescents**

- Students who receive social-emotional support and prevention services achieve better academically in school (Greenberg et al., 2003; Welsh et al., 2001; Zins et al., 2004).
- A recent major study revealed that higher levels of school bonding and better social, emotional, and decision-making skills predict higher standardized test scores and grades, while attention problems, negative behavior of peers, and disruptive and aggressive behavior

predict lower test scores and grades (Fleming et al., 2005).

• Expanded school mental health services in elementary schools have been found to reduce special education referrals, improve aspects of the school climate (Bruns et al., 2004), and produce declines in disciplinary referrals, suspension, grade retention, and special education referrals and placement among at-risk students (Shonkoff & Phillips, 2000; Substance Abuse and Mental Health Services Administration, 2005b).





Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson. In 1988, it was expanded by President Ronald Reagan to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402.

The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September18, respectively. In addition, Columbus Day or Día de la Raza, which is October 12, falls within this 30- day period.



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#### Model UN

The nationally ranked GCHS Model UN team has already begun preparing for 2019-2020! Members of the club will start their competition season in October at Georgia Tech—over 50 delegates will be traveling with the team! The theme of the conference is "Water Security is Human Security," and students will research topics such as, "Expanding Access to Primary Education for Women in Developing Countries," "Promoting Water Sanitation Education," and "Addressing the Lack of Clean Water." Furthermore, the club competes in five competitions around the country every year. This year, the team will attend conferences at Georgia Tech, William and Mary, University of Florida, University of Pennsylvania, and FGCU. In addition, the school will also host its own conference where delegates from schools around the area will compete. It is never too late to join! You can attend our yearly conference at the University of Florida or even our own conference in December! If you are interested in competing, contact Mrs. Soulard in room 4-111or join us in the media center on Tuesdays after school! Remember-- it is a great day to be a shark!



Pictured left are members of our official travel team: Stephen Gauta, Jenia Browne, Kayla Mathai, Ethan Upson, Nicolas Noriega, Skylar Fry, Alec Liberman & Alex Hunter.

# **Bullies Get the Message in Collier County Public Schools**

#### What is Bullying / Harassment by Definition?

Systematically and chronically inflicting physical hurt or psychological distress on one or more students or employees that is severe or pervasive enough to create an intimidating, hostile, or offensive environment; or unreasonably interfere with the individual's school performance or participation.

### What Do You Do If You Feel Like You Have Been Bullied?

- The best way to stop bullying is to tell someone it is happening.
- The Collier County Public Schools, Collier County Sheriff's Office, and Southwest Florida Crime Stoppers have collaborated to provide the community with a textmessaging line to report bullying anonymously. Anyone wishing to report bullying anonymously can TEXT a tip to:

## 274637 (c-r-i-m-e-s) by using the keyword DNTH8 (don't hate)

 Acts of bullying in progress can be reported by calling 911 or the Collier County Sheriff's Office non-emergency line, 239-252-9300, depending on the seriousness of the act. Additionally, students can report crime anonymously by calling the Student Crime Stoppers phone number, 1-800-780-8477.

Parents go to this website to get more information: www.collierschools.com/bullying. Call the Assistant Principals of Attendance and Discipline for questions or concerns: Mrs. Crawford-Brown 239-377-1414 or Mrs. Jones 239-377-1422.

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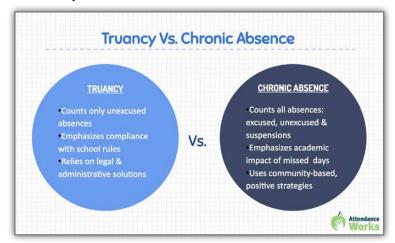
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#### Office of Attendance and Discipline

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.



While chronic absence presents academic challenges for students not in class, when it reaches high levels in a classroom or school, all students may suffer because the resulting classroom churn hampers teachers' ability to engage all students and meet their learning needs.

#### Did You Know?

**REMEMBER** 

TO CALL:

239-377-1431

for Early Release

239-377-1500

for Absent or Late

- 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 schoolwork, 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 stomachaches 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
- 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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To Addressee or Current Resident



#### Office of Activities

#### **Sports**

The fall season is underway, and the Sharks are on the prowl! Come support your fellow Sharks as they battle towards the postseason!

The winter sports season is approaching quickly! Boys and girls basketball, boys and girls soccer, and wrestling will be here before you know it! Listen for announcements at school and on social media regarding tryouts for these sports and how you can get involved. For reference, the first practice dates are listed below for each sport:

- Girls Basketball: October 28
- Boys Soccer: October 21
- Boys Basketball: November 4
- Wrestling: November 11
- Girls Soccer: October 21

If you are interested in participating in sports this winter or spring, you need to create/update your account on athleticclearance.com. You must get all the needed paperwork uploaded to the website <u>prior</u> to participating in any sport. If you have questions, please contact the Activities Office at 239-377-1428.

#### **Club Rush**

Club Rush was a huge success this year! We have a ton of great clubs so get involved Sharks!

Stay in touch with everything happening at Gulf Coast by subscribing to our Facebook (@ccpsgch) and Twitter (@GCSharks) pages!

Alan Scott, Activities Coordinator

Phone: 239-377-1427 Fax: 239-377-1594











GCHS 2019 Club Rush was AWESOME! Students were so energetic and excited to find out about and join all of the different clubs!