



ROARING Report

A Message From Our Principal

Dear Lion Community,

Can you believe the 2019-2020 school year is almost over? Our seniors are excited with our upcoming senior events, particularly, graduation day on May 27, 2020. Once again, our school has reached new levels of excellence. We have much to celebrate just in the last few weeks. Our Lions continue to excel at all levels. Let me share just a few:

- We again have a National Merit Finalist one again: Shamika Chavda.
- National Center for Women and Information Technology Awards honored our teacher, Ms. LaCresha Allen, and several of our students Nicole Briceno, Isabella Cavagnaro, Juliana Guerrero, Meghana Komuravelli, Racquel Misra, Brianna Orgill, Ana Pacheco, Aurora Rivera, Victoria Sawyer, Alayna Serra, Sophia Shah, Jahiyah Smiley, Emma Thatcher, and Briana Vidal.
- This year we have three students qualify for the National Debate Competition, congratulations to Jordyn Fu, Akshar Panchal, and Connor Darwish.
- Lake Nona High School made history in OCPS on Friday, February 28, 2020. LNHS was the first high school with a Psi Alpha National Honor Society in Psychology Chapter and they inducted their first group of students.
- Our bands, orchestra, and choir have received SUPERIOR ratings at MPA Evaluations.
- Multicultural Night was a huge success with performances and delicious food; special shout out to the Asian Student Association, Muslim Student Association, and both the Spanish Club and Spanish Honor Society.
- Special kudos to the African American Culture Club and the West Indian Cultural Society for working together and putting on an AMAZING assembly for Black History Month along with a plethora of other activities for students.
- Our boys' varsity basketball team won the district for the second time in the school's history and beat top seeded Oak Ridge High School.
- Thank you to the Student Services Department for hosting the largest College & Career Fair at LNHS. We had over 80 schools represented this year.

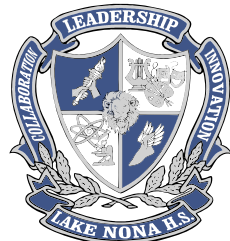
This is just a snapshot of how great our students and staff demonstrate daily. All of this is possible through our parents and communities support and encouragement. I also want to take a minute to remind parents about upcoming extended Wednesday dates. Please mark your calendars for March 4, April 1, and May 6, 2020. Please be reminded to check the school calendar for upcoming state assessments dates and advanced placement testing dates. We ask parents to schedule appointments around testing. In addition, parents be on the lookout for information about summer school, rising senior camps, and advanced placement camps this coming summer for students.

Thank you so much for the support and please continue to come out to Lake Nona High's sporting events, performances, and cultural activities. Our students' successes are possible with our community and parents involvement, so we need you.

Respectfully,

Martha C. Chang
Principal

March 2020
Volume 8 • Issue 3



After Homework Help Hour

Subjects: Math and English
Days: Tuesdays and Thursdays
Time: 2:45 PM to 4:45 PM

Location: Media Center
Signup for FREE!!!

Link: tinyurl.com/tutoring3h

Contact Mrs. Marciano with Questions.



Yearbook PRICE CHANGE

January 7 - April 30 are your last chance to preorder a yearbook online.	\$85
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*unfortunately, we no longer accept checks.

Join PTSA

<https://lnhsptsa.ourschoolpages.com/Packet/Join/FamilyInfoPacketPage/0> this is a link to join

Mission: To help our students succeed by building strong community partnerships, supporting teachers and staff, providing quality STEM opportunities and making college and career connections.

Lake Nona High School PTSA members are an integral part of the success of Lake Nona High School by supporting:

- NONA Science/STEM
- Teacher/Staff Appreciation
- LNHS College & Career Readiness Center
- LNHS Clubs
- OCCPTA Scholarship Program

Our students depend on adult involvement at home and at school. The PTSA invites you to support us to make a difference. Our programs, materials, resources and services are supported by your membership fee. Your involvement is important! Even if you are unable to actively participate, your membership helps support our efforts!

Parents, Get Involved!

The positive effects of parent involvement does not just benefit the students. Parents, teachers, and schools come out ahead, too. Children with parents who are involved in their education are more likely to:

- Earn better grades.
- Score higher on tests.
- Attend school regularly.
- Have better social skills.
- Show improved behavior.
- Be more positive in their attitude toward school.
- Complete homework assignments.
- Graduate and continue their education.

Parents who are involved in their children's education are more likely to:

- Be more confident at school.
- Be more confident in themselves as parents and in their abilities to help their children learn.
- Be held in higher esteem by teachers.

- Continue their own education.

Schools with highly involved parents are more likely to have:

- Better morale among teachers.
- Higher ratings of teachers by parents.
- More support from families.
- A better reputation in the community.

Two major studies by Anne Henderson in the 1990s and 2000s showed that parent involvement has a hugely positive effect on student achievement and other indicators of success. These studies were so influential that researchers today are still referencing them. More recently, a study published in 2012 by researchers at North Carolina State University, Brigham Young University, and the University of California, Irvine, reinforced Henderson's earlier findings—and also found that family involvement has an even bigger effect on positive academic performance than the quality of the school building.

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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*, 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.



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Tutoring

Contact Ms. Marcano for more information about tutoring.

After School Homework Help Hour

Subjects: Math & English

Days: Tuesdays & Thursdays

Time: 2:45 PM-3:45 PM

Location: Media Center

Registration: Click here to register for After School Homework Help Hour

Saturday Success Academy

Subjects: Algebra I, Geometry, English, Biology, US History, SAT and ACT Practice

Dates: Saturdays beginning October 5, 2019
(There will be no SSA on long/holiday weekends)

Time: 9:00 PM-12:00 PM (Breakfast and sign-in begins at 8:30 PM in the cafeteria)

Location: 520 Hallway

Special information: Breakfast and snack is provided. Transportation provided upon request.

Registration: Click here to register Saturday Success Academy Registration (space is limited)

ESOL Tutoring

Click here https://lakenonahs.ocps.net/academics/e_l_l_e_s_o_l for ESOL Tutoring Information

AP Tutoring

Click here https://lakenonahs.ocps.net/academics/programs/advanced_placement for AP Tutoring Schedule

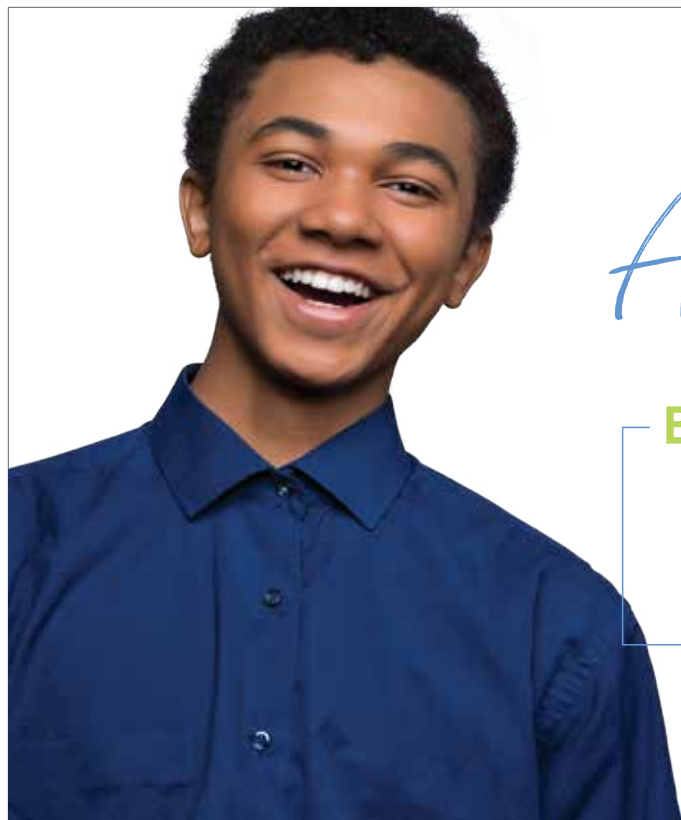
Finishing Strong

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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Mission, Vision & Goals

OCPS Vision

- To be the top producer of successful students in the nation

OCPS Mission

- To lead our students to success with the support and involvement of families and the community

OCPS Goals

- To focus our efforts to accomplish our mission and achieve our vision, the board and superintendent set five broad goals. Intense Focus on Student Achievement High-Performing and Dedicated Team Safe Learning and Working Environment Efficient Operations Sustained Community Engagement

OCPS EEO Non-Discrimination Statement

The School Board of Orange County, Florida, does not discriminate in admission or access to, or treatment or employment in its programs and activities, on the basis of race, color, religion, age, sex, national origin, marital status, disability, genetic information, sexual orientation, gender identity or expression, or any other reason prohibited by law. The lack of English language skills will not be a barrier to admission and participation in CTE programs. The following individuals at the Ronald Blocker Educational Leadership Center, 445 W. Amelia Street, Orlando, Florida 32801, attend to compliance matters: Equal Employment Opportunity (EEO) Officer & Title IX Coordinator: Keshara Cowans; ADA Coordinator: Michael D. Graf; Section 504 Coordinator: Tajuana Lee-Wenze.

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Test Taking 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.

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College & Career Center



ASVAB scores are in! Please stop by room 802 in Student Services to pick up your score report.

Seniors, if you have college applications due in the beginning of January, please make sure you secure any letters of recommendations from teachers or counselors before you leave for winter break. Transcript requests should also be completed immediately. No one will be available to complete any recommendations nor transcript requests over the break.

Scholarship Information:

- OCPS scholarship bulletin link: <http://bit.ly/2MhVIFc>
- Lombardi-Stamps Scholarship- this scholarship is for seniors who have applied to UF and are interested in the Honors Program at UF. This application is due by November 12!
<http://www.honors.ufl.edu/prospective/lombardi--stamps-scholarships/applications/>
- Burger King Scholars- application deadline is December 15, 2019
<https://bkmclamorefoundation.org/who-we-are/programs/burger-king-scholars-program/>
- The Picerne Family Foundation Scholarship application is now available. This is a \$10,000 scholarship payable over 8 semesters in college. Please complete the attached application and return it to Mrs. Harmon in room 802 in Students Services by the end of the school day on Thursday, February 17, 2020.
- One Pulse Foundation Scholarship- Application deadline January 31, 2020.
<https://onepulse.communityforce.com/Login.aspx>
- 49 Fund Scholarship- Application deadline February 15th, 2020.
<http://www.the49fund.org/apply-now/>
- Southern Foundation Scholarship- Student must attend: UF, FSU, FAMU, FGCU, TCC, Flagler, or Santa Fe. Application deadline April 1st, 2020.
<https://www.southernscholarship.org/>

Raise.me

- Need money to help pay for college?
- Have you created your student profile on Raise.me?
- If you haven't, what are you waiting for?
- Over 1500 LNHS students have joined Raise.me and have collectively earned over \$112 million dollars!
- It's super easy to do.
 1. To join use the link: <https://www.raise.me/join/lake-nona-high>
 2. Create your student profile and update it with your grades, community service involvement, clubs or sports you participate in, test scores, attendance and many other categories.

3. Choose which colleges you would like to follow. The colleges you choose to follow will reward you with microscholarships for all of the great things you are doing in high school. It's like a savings account for each institution you choose to follow that will grow every time you update it with the things you are doing in school.
4. Once you apply to one of the colleges you follow on Raise.me, are accepted and enroll at the institution, any money earned on the Raise.me website will be deposited to your student account at the college and will be divided up into a 4 year scholarship!

Please contact Mrs. Harmon if you have any questions.

Seniors and parents/guardians of seniors. Two very important applications opened up on October 1. Both applications can help your senior earn scholarships and/or grants to help pay for college. Below is a brief description of each:

1. Free Application for Federal Student Aid (FAFSA) The FAFSA application will help some students qualify for up to \$6000 in Pell Grant (money from the Federal Government that does not need to be paid back) or additional institutional aid. You will need a copy of the parents/guardians 2017 taxes to complete this application. The Pell Grant is need based therefore based on income some families may or may not qualify. It is best for every family to complete the FAFSA as institutions may be able to provide additional institutional aid, need or merit based, if the FAFSA is on file. <https://studentaid.ed.gov/sa/fafsa>

For help with completing the FAFSA application, please take a look at this resource: <https://studentaid.ed.gov/sa/sites/default/files/2018-19-completing-fafsa.pdf>

Students will need to create an FSA ID username and password prior to starting the FAFSA application. The FSA ID serves as an electronic signature in order to submit the FAFSA application via the website. Each senior should create his/her own FSA ID username and password as one or both parents/guardians should as well. <https://fsaid.ed.gov/npas/index.htm>

2. Florida Financial Aid Application (FFAA) The FFAA must be completed in order for students to receive the Bright Futures scholarship as well as many other scholarships and grants the state of Florida may be able to offer. Students must complete this application as soon as possible and must continue to work on meeting all eligibility requirements for Bright Futures prior to the end of their senior year. Please understand there are other scholarships other than Bright Futures a student may qualify for even if they do not meet the requirements for Bright Futures. <https://www.floridastudentfinancialaidsg.org/SAPHome/SAPHome?url=home>

Seniors, as you submit your FAFSA applications, please provide your counselor or Mrs. Harmon a copy of your confirmation page via email. Thank you. (maxima.harmon@ocps.net)

continued on page 8



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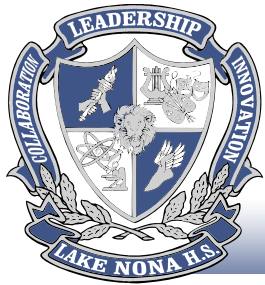
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College & Career Center *continued*

College and Career Center Contact Information 2019-2020

Mrs. Harmon- College and Career Specialist

Email- maxima.harmon@ocps.net

Located in room 802 in Student Services

No appointments necessary during A/B lunches. Seniors may choose appointment times during the school day as long as the time slot is not during a core class. All other grade levels must schedule for after school hours.

To schedule an appointment visit: mharmon.youcanbook.me.

Seniors:

Google Classroom Codes: s0ei26

Remind: @Inhsco2020 to the number 81010

Juniors:

Google Classroom Codes: 85tahl

Remind: @Inhsco2021 to the number 81010

9th and 10th grade:

Google Classroom Code: g0ugve

Senior Shout Outs!

- **Kamiriz Santana** has been accepted to the King's College, Lynn University and Regent University. Congrats Kamiriz!
- **Ethan Boudreau** has been accepted to the University of Central Florida! Well done Ethan!
- **Nicole Lange** has enlisted in the Navy. Excellent job Nicole. Thank you for choosing to serve our country!
- **Jazmyn Clark** has been accepted to Florida Southern College and has been offered \$84,000 in scholarship money! Fantastic job Jazmyn!
- **Aleena Jose** has been accepted to Nova Southeastern University and the University of Central Florida. She has earned over \$76,000 in scholarship money! Great job Aleena!
- **Khushi Patel** has been accepted to Nova Southeastern University and has earned over \$40,000 in scholarship money. Wonderful work Khushi!
- **Paola Rivas** has been accepted to La Universidad de Madrid! Fantastic job Paola!
- **Lenisha Fells** has been accepted to Jacksonville University and has earned over \$70,000 in scholarship money. Superb job Lenisha!

Seniors be sure to keep us informed of all of the incredible things you are accomplishing this year. We want to celebrate all of the amazing things you are doing. Please complete the "Brag Sheet" for the Class of 2020. You are able to complete this form as many times as it takes to share all of your wonderful news.

- Please use the link provided: <https://forms.gle/5YDtJkub2SwjSX7i9>