

NPHS



BOBCAT PRIDE

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**OCTOBER
2022**

**VOLUME 4
ISSUE 1**

ADMINISTRATION

Shannon Fusco,
Principal

Linda Copeland,
Assistant Principal

Dr. Agnes Pelopida,
Assistant Principal

Courtney Appolloni,
Assistant Principal

Ron Corso,
Assistant Principal

Luke Behringer,
NPHS Administration

Stephanie Parziale,
NPHS Administration

MISSION STATEMENT:

North Port High School will inspire tomorrow's leaders by providing rigorous instruction, maintaining a safe and respectful environment and developing socially responsible individuals in their community and beyond.

SCHOOL WEBSITE:

<http://northporthighschool.net>

**NORTH PORT WORKS,
NORTH PORT WINS!**

REDUCE THE RISK OF CHILDHOOD OBESITY WITH 4 EASY STEPS

Story courtesy of NPHS Nurse, Angela Clarke, R.N.

REMEMBER TO:

- Drink more water
- Move more
- Sleep consistently
- Decrease screen time

Childhood obesity is a complex disease with many contributing factors, including genetics, eating patterns, physical activity levels, and sleep routines. Conditions where we live, learn, work, and play can make healthy eating and getting enough physical activity difficult if these conditions do not support health.

About 1 in 5 American children has obesity. Compared to children with healthy weight, children with overweight or obesity are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, and heart disease. Adults with obesity have higher risks for stroke, cancer, premature death, and mental illness, such as clinical depression and anxiety. Though there is no one solution to addressing obesity, there are many ways adolescents can have a healthy weight and set up lifelong healthy habits at home.

EAT AND DRINK FRESH

Frozen and canned fruits and vegetables are often less expensive than fresh and still good for you.

Look for low sodium or no salt added vegetables & fruits packed in 100% fruit juice.

Adopting healthy eating patterns helps children reach and maintain a healthy weight as they age. Eating a variety of vegetables and fruits, whole grains, lean protein foods, and low-fat and fat-free dairy products sets you up to follow nutritional guidelines for optimal health.

Get the nutrients needed by making half your plate fruits and vegetables.

Rethink your drink by replacing sugary drinks, such as soda, coffee drinks, fruit drinks, and flavored milk, with water, 100% juice, or plain low-fat milk.

GET MOVING

Physically active youth have stronger muscles and bones, better cardiovascular fitness, and lower body fat than those who are inactive. Adolescents/children aged 6–17 years need at least 60 minutes of physical activity every day.

Walk the family pet before and after school, ride bikes, and have races in the yard or whatever movement YOU enjoy, all count toward physical activity. Active chores, such as washing the car, vacuuming a room, or raking leaves, also count.

SET CONSISTENT SLEEP ROUTINES

Good sleep helps prevent type 2 diabetes, obesity, injuries, and problems with attention and behavior. Kids who don't get enough sleep are at risk for unhealthy weight gain. Researchers are still trying to learn how sleep is linked to weight gain. Some reasons might include causing an adolescent to eat more or to be less physically active because of lack of energy.

How Much Sleep Do Kids Need? Youth aged 13–18 need 8–10 hours. Sticking to a consistent sleep schedule, including on weekends, can help youth sleep better.

REPLACE SCREEN TIME

In young people, too much screen time can lead to poor sleep, weight gain, lower grades in school, and poor mental health. Reducing screen time can free up time for activities with friends and family and can remove cues to eat unhealthy food.

Turning screens off an hour before bed and removing screens from children's bedrooms can help reduce screen time and improve sleep.

STAY INFORMED

Daily video announcements may be viewed from anywhere by accessing the student news site at <http://nphsbobcats.net>. Bobcat News content is produced by Journalism students.

For official school news, follow @northporthighscs on Facebook & Instagram.

For athletics, follow @nophonation and use the #nophonation hashtag on Twitter.



"WHAT MAKES YOU HEALTHY" ART CONTEST WINNERS

Students from NPBS won a total of \$2250 in the Rotary Club of Sarasota Bay's "What Makes You Healthy" Art/Media Contest. Entries were submitted during the 2021-2022 school year.

- Channon Southwell (Class of 2023) is a \$1000 Poster Winner
- Julia Kobzar (Class of 2022) is a \$1000 Poster Winner
- Kaitlyn Schoenthal (Class of 2024) is a \$250 Graphic Design Winner

OUT-OF-FIELD TEACHERS

In compliance with state mandates, parents are hereby notified that the teacher(s) listed below are categorized as "out-of-field" for the 2022-2023 school year, according to start-of-school certifications. Questions about this list may be directed to Mrs. Linda Copeland, Assistant Principal of Curriculum, North Port High School.

Out-of-Field Area: ESE
Teacher Name: Wendy Crumbaugh
Department: Science

STUDENT CLUBS ON CAMPUS

Beginning this school year, all students must have a signed permission form to attend club meetings. Please contact the club advisor listed to obtain a permission form. All meeting dates/times are subject to change. Stay tuned to the Bobcat News (<http://nphsbobcats.net>) for the most current information.

Club Name	Advisor Name	Room #	Meeting Days / AM or PM
Academic Olympics	Robert Foust	7-215	Tuesday PM
Anime Club	Gabrielle Dugan	8-214	Wednesday PM
Coexistence Club	David Mannino	8-204	3rd Wednesday PM
DFY/Catch Club	Jennifer Stringer	5-216	1st/3rd Tuesday AM
FCA	Mark Kemble (5-209)	4-102	Friday Lunches
Film Club	David Mannino	8-204	2nd Thursday PM
FFEA	Tracey Grundtisch	5-202B	1st/3rd Wednesday PM
French Club *new*	Cathy M'Bark	8-217	2nd/4th Thurs PM
Gaming Club *new*	David Nelson	4-209	Thursday PM
HOSA	Greta Backstrom	5-102	Thursday PM
Key Club	Cymon Copley-Pomerleau	5-105	Tuesday PM
K-Pop Club	Katt Mano	5-101	Thursday PM
Mu Alpha Theta	David Nelson	4-209	
National Art Honor Society	Chloe DuBois	2-118	Thursday PM
National Honor Society for Dance Arts	Michelle Slay (2nd Tu.) Heather Nelson (4th Tu.)	2-119	2nd/4th Tuesday PM
National Honor Society	Jennifer Stoutjesdyk	8-107	Every other Weds. AM
Speech & Debate Club *new*	Nichole Kennedy	8-114	Thursday PM
Student Government Association	Janelle Barnes	4-102	every other Monday PM
Sustainability Club *new*	Zachary Ward	5-108	Monday/Wednesday PM
Thespian Troupe 6328	Ryan Oliver	PAC	varies
TSA	Ken Jakoby	4-107	Wednesday PM
Tri-M Honor Society	David Sommer	2-114	1st/3rd Monday PM
True Colors (PM)	Jennifer Wood	4-216	2nd Tuesday PM
True Colors (AM)	Elysia Lord	4-110	Monday AM



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'Bobcat Pride'
October 2022
Issue # 1
Published Four
Times Per Year
Sarasota County
District Schools
1960 Landings Blvd.
Sarasota, FL 34231

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2022
2023



VOLUNTEERING IN THE COMMUNITY

Members of the CoExistence Club and National Honor Society assisted with the Ribbon Cutting for the New mural at the North Port Art Center on Friday, September 16, then volunteered for the Coastal Cleanup on Saturday, September 17 removing trash and recyclable materials from the streets and waterways of North Port. Photos courtesy of David Mannino, CoExistence Club Sponsor.



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SENIORS! ORDER YOUR CAP AND GOWN!

Class of 2023! Order your Cap & Gown as soon as possible from Jostens. Use the provided QR code or go to www.jostens.com to place your order today. All seniors must have a cap & gown to participate in graduation. The basic Cap & Gown package (Package C) costs \$73.94 if you pre-order soon. All Cap & Gown packages include cap, gown, tassel, medallion, and diploma cover. Monitor the Class of 2023 Blackboard Page for the most up-to-date information. Email Mrs. Sheilah Thomas (Sheilah.Thomas@sarasotacountyschools.net) if you have any individual questions.

PHOTOGRAPHY BY CADY STUDIOS

Class of 2023: Senior Portrait Appointments scheduled for October 14 must be rescheduled due to the school closure. Appointments are available here at NPHS on November 30. We will open up an additional date if these appointments fill up. The minimum appointment, "Simple Session" costs \$29 and includes Cap & Gown, Formal Yearbook, and one fashion scene of your choice.

Yearbooks & Yearbook Ads



Your **2023 North Port High School Legend Yearbook** may be pre-ordered online at www.yearbookforever.com. The price increases as the year goes on, so order now and save money!

Local businesses and families of graduates are invited to purchase advertising space in our 2023 yearbook. Full-color ads start at \$80. You can design your own ad, or our talented journalism staff can design it for you. Place your order before Thanksgiving break at www.yearbookforever.com. All advertising dollars go directly toward paying for the yearbook – our advertisers helped us reduce the end-of-year book price from \$110 in 2017 to \$80 in 2022! Make sure to choose North Port High School when placing your order.

Athletes and VPA Performers: Team, individual, and event photos for fall sports are available on the Cady Studios website to view and purchase. Go to www.cady.com/athletics and enter your information to view your photos. Contact Cady Studios directly if you have any questions.

Contact Cady Studios: www.cady.com, customerservice@cadystudios.com, or call (678)-722-3449.

Got your photos taken, but still need to order your yearbook? Purchase online at www.yearbookforever.com.

2023

DISASTER DISTRESS HELPLINE

Disaster Distress Helpline, Other Resources Available If you or someone you know needs help, resources are available. The Disaster Distress Helpline is a great resource if you need someone to talk to. You can call or text 24 hours a day, 1-800-985-5990.

The Sarasota County School District website has many available resources for students and families in need. Simply log on to www.sarasotacountyschools.net or follow @sarasotaschools on Social Media for information about services and resources

Applications for Free and Reduced lunch may also be updated based on changing circumstances. If you wish to apply for free or reduced lunch based on income or employment loss, visit the school district website at <http://www.sarasotacountyschools.net>. If you applied and were denied at the start of the school year, email Lisa.Wood@sarasotacountyschools.net for assistance. If you are not living at home, contact Safe Children's Coalition/Schoolhouse Links at (941)-923-6100.

Disaster Distress Helpline

Call or Text 1-800-985-5990 || disasterdistress.samhsa.gov

Call or text

1-800-985-5990

to get help and support for any distress that you or someone you care about may be feeling related to any disaster.

The **Helpline** and **Text Service** are:

- Available 24 hours a day, 7 days a week, year-round
- Free (standard data/text messaging rates may apply for the texting service)
- Answered by trained crisis counselors.



For people who are Deaf or hard of hearing and for whom American Sign Language (ASL) is your primary or preferred language, use your videophone-enabled device to call 1-800-985-5990 or click on "ASL Now" at disasterdistress.samhsa.gov to be connected with a DDH crisis worker fluent in ASL.

For Spanish Call or Text:
1-800-985-5990
and press "2"

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2023

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YOUR SCHOOL COUNSELORS



ALL SENIORS

Jennica Thomas (Seniors Last Names A–L)	Jennica.Thomas@sarasotacountyschools.net https://jennicathomas.youcanbook.me	
Lee Thomas (Seniors Last Names M–Z)	<i>Department Chair</i> Lee.Thomas@sarasotacountyschools.net https://leethomas.youcanbook.me	



GRADES 9–11 STUDENTS

Drew Grissell (Last Names A–D)	Drew.Grissell@sarasotacountyschools.net https://drewgrissell.youcanbook.me	
Shannon McDougall (Last Names E–K)	Shannon.McDougall@sarasotacountyschools.net https://shannonmcdougall128.youcanbook.me	
Brittany McKeith (Last Names L–Q)	Brittany.McKeith@sarasotacountyschools.net https://brittanymckeith.youcanbook.me	
Jessica Rutherford (Last Names R–Z)	Jessica.Rutherford@sarasotacountyschools.net https://jessicarutherford.youcanbook.me	

GRADES 9–11 AICE DIPLOMA STUDENTS

Christine McKay (Last Names A–L AICE)	Christine.McKay@sarasotacountyschools.net https://christinemckay.youcanbook.me AICE	
Adria Kayser (Last Names M–Z AICE)	Adria.Kayser@sarasotacountyschools.net https://adriakayser.youcanbook.me/ AICE	

STUDENT SUCCESS CENTER APPOINTMENTS

Becky Halbert (College, Scholarships, Community Service)	Becky.Halbert@sarasotacountyschools.net https://becky-collegecoordinator.youcanbook.me	
Ryan Coulson (Career Advisor)	Ryan.Coulson@sarasotacountyschools.net https://ryancoulson-schoolteacher.youcanbook.me/	

SCHOOL AND CAREER COUNSELOR APPOINTMENTS

To make an appointment with your school counselor, use the provided QR code to access their YouCanBook.Me calendar. Students should make an effort to schedule appointments during elective classes, rather than core subjects. Counselors may also be reached by email. If it's an emergency, ask any NPHS staff member for help.

STUDENT ID CARDS

Students are expected to wear their school-issued picture ID card visibly at all times while on campus. All students were provided a lanyard and ID card. Students needing a replacement due to lost or destroyed ID card will be charged a \$5 fee to their school account. Outstanding fees may prevent students from participating in special events such as Prom and Graduation. Ask any teacher if you need an appointment to have a new ID card made.

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Algebra 1, Algebra 2, and Geometry students looking for homework help or test preparation are invited to Math Lab. Math teachers host these supervised tutoring sessions every Monday and Thursday from 2:30-3:30pm in the Media Center. Make sure to check in for attendance credit and ask your math teacher if they offer extra credit for attending Math Lab!

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BASEBALL GOLF TOURNAMENT

Story by Chloe Halbert ('26)

The NPBS Baseball team hosts a fundraiser is at the Port Charlotte Golf Club (2400 Gleneagles Terrace) for their 2nd annual golf tournament on Saturday, December 17, 2022. This event includes 18 holes of golf, carts, greens fee, range balls, continental breakfast, lunch, and goodie bags. Early registration (before 11/21) is \$300 per team. After November 21, the cost is \$340 per team or \$85 per individual.

Registration on December 17 starts at 7:00AM and the shotgun start will be at 8:30AM. There will be a putting contest, mulligans, 50/50 raffles, closest to pin, longest drive, and prizes. If you can't come up with a foursome, they will set you up with a team. To register, or you're not a golfer but still want to support the baseball team, you can donate using the QR code provided.

If you have any questions, please email catsbaseball.info@gmail.com.



NORTH PORT HIGH BOBCAT BASEBALL

2ND ANNUAL GOLF TOURNAMENT

SATURDAY, DECEMBER 17TH
PORT CHARLOTTE GOLF CLUB
2400 GLENEAGLES TERRACE



EARLY REGISTRATION BEFORE 11/21:

PER TEAM: \$300
AFTER 11/21:
PER TEAM: \$340
PER PERSON: \$85

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VARSITY FOOTBALL SEASON-OPENER VS. GATEWAY CHARTER

Story by Ricky Walton ('25)

The game on September second was against Gateway Charter and was very eventful. Because this was the first home game, the team ran onto the field as part of a ribbon cutting ceremony and the crowd cheered. Even though we lost 32 to 47 the game was still exciting for all that played and attended. After the game everyone huddled around as Head Coach, Garon Belser, gave a speech. "We worked hard out there and gave it our best. We gave it our all in this game. You guys didn't give up and pulled through to the end. Even though we didn't win, I am proud of all of you."

For me personally being on the field was intense and gave a sense of partnership by being able to witness the game close while it was happening. These games really do have a good set of spirited players and show what it takes to be a determined team. Even after Coach Belser's speech, Senior Joey Adebayo stood up and said "I love you guys; you guys are like family to me. It's like we are all brothers. We did what we always do, we went out there and we did our best. You young 'Cats are one day going to be right here too, you guys have so much talent. Just practice hard and have the right mindset. I'm glad to say I am a part of this team. Love you guys."



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WE WELCOME NEW SMILES!

WRESTLING

As recovery from Hurricane Ian began, members of the NPHS Wrestling Team put their strength training to good use to help distribute food and supplies to families in the community who were affected by the storm. Thank you, wrestlers Canon LoCastro, Markell Porter, Dominic Joyce, Austin Nappi, Tamen Prada, Vincent Donatelle, Meagan Hill, and Coach Hill for your hard work!



Photos courtesy of Eugene Hill, Wrestling Coach.

NEW PRESERVE FOOTBALL FIELD

In a ceremony before the September 2 Varsity Football game against Gateway Charter, Principal Shannon Fusco joined Sarasota County School District Superintendent, Dr. Brennan Asplen, in cutting the ribbon officially opening the new Preserve football field.

Photo by Ronald Dupont ('23).



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MORNING MUSIC BECOMES AFTERNOON MUSIC, BAND SHOW “PANDORA’S LAMENT”

Story by Jenna Nicastro, Sports Editor ('24)

After school on Friday, the marching band performed *Afternoon Music* for the first time ever. In the past, the band performed “Morning Music,” on Fridays, but this year they are playing in the afternoon right after the 2:15 bell. It went smoothly; the majority of the band was in the courtyard while a few players from each section went to the bus loop to play. After the afternoon music, the band got food and hung out while passing time, waiting for it to be time to start getting ready for the first home game of the season.

At 6pm, the band went out to the courtyard and got inspections from the band captain, Hanna Borntrager ('23), and then they started their warmups. When it was around 6:30, they lined up and started to march to the field. Starting off down on the track, the band played a few songs, including Fireball and Hail Purdue. For the ribbon cutting ceremony to open the new football field, the band learned the ESPN theme song, specifically for that event. They then went onto the bleachers to await the start of the game and the beginning of a long night of fun and music.

Marching band member Jenna Nicastro ('24) says, “Stand tunes are definitely one of the best parts of marching band, aside from competitions, and I think everyone in the band probably would agree.” With stand tunes being such a big part of marching band, it is good that most of the members enjoy playing them. This not only makes it more fun for both the band and the crowd, but also influences the members to practice the songs more and improve how they sound.

The band’s halftime show went well for how much practice they have been able to get lately due to the rain. This year’s show, titled “Pandora’s Lament,” features color guard member Jessica Wilcek ('23) as Pandora and other soloists, including clarinet player Hanna Borntrager ('23) and baritone and trombone player Sal Sampiere ('24). When the show is choreographed and performed as a whole, it will show the guard members representing evil spirits who come out of Pandora’s box and try to take over the band.



The Alliance Marching Band Color Guard poses to celebrate the first Afternoon Music performance of the year. Senior Jessica Wilcek, center, performs as Pandora in the Marching Band field show, titled “Pandora’s Lament.” Photo by Enid Marrero ('24).