

MAIN SAIL



MAY 2022

Volume 6, Issue 3

FROM THE PRINCIPAL'S DESK

Dear Parents, Guardians, Students, and Alumni of Sarasota High School,

So the old joke goes, "Why are you so ignorant and apathetic?" The answer, "I don't know, and I don't care!"

Apathy, I believe, is a symptom which may stem from one of several causes. Chief among them, demoralizing events, negative thoughts, and tedious routines can all lead to apathy. Regardless of the causal agent, apathy is destructive. When we give up caring, we give up hope. Imagine how well students perform who no longer care about how hard they work in any given class, whether or not they attend school or specific classes, and whether or not they maintain healthy friendships with others who will inspire them to reach their full potential in life. It is unimaginable those students would thrive in school, let alone life in general. Sadly, I'm not lying when I say that motivation in our post-Covid world is waning, and apathy is waxing.

Negative thoughts can lead to apathy. The "Tale of Two Wolves" is a story of a grandfather using a metaphor of two wolves fighting within him to explain his inner conflicts to his grandson. When his grandson asks which wolf wins, the grandfather answers whichever he chooses to feed is the one that wins. Might we use this metaphor to ask what we are feeding? Let me be more specific, are we feeding our history (our past) and our difficult circumstances, or are we feeding our destiny (our future)? A significant remedy for apathy is to change our outlook.

Being a realist, I believe apathy is something that each of us has encountered at some point in our existence. Regardless of what initially causes us to feel so unmotivated, it's likely our outlook that keeps us stuck. We must choose not to feed a mindset of indifference, and our immediate task, perhaps, is to alter our outlook. Since we can't typically fix circumstances and things outside our heads, we are much better off focusing on fixing what's *inside* our heads.

Whatever it takes, let's personally model healthy pursuits and encourage our kids to use time this summer to rekindle passion, to put down the electronics, reconnect with others in meaningful ways, and reestablish our personal purpose for the next school year.

Let's commit to challenging apathy in every way we can. Let's push ourselves to get out and spend time with friends, even when we don't feel like going. Let's engage in things we used to love, and let's try to exercise every day, move our bodies, and get sufficient sleep.

I wish you and your family an abundance of joy this summer, and I look forward to working with your AWESOME refreshed and motivated kids in a couple months!

Warmly,

David Jones

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MISSION STATEMENT

Sarasota High School is dedicated to providing a culturally, socially, and intellectually diverse student population with an education that will allow them to be successful in today's ever-changing society.

Creating a learning environment that is challenging, relevant, and active is essential to ensure our students are equipped for success in their post-secondary pursuits. In doing so, we aim to develop in each student the skills of leadership, accountability, and self-reliance that are essential to become a productive citizen.

VISION

To Teach, Challenge, Support and Inspire

"Main Sail"
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Issue #3

NEWS FROM THE STUDENT SUCCESS CENTER

COLLEGE CAREER READINESS GOALS FOR THE SUMMER

Rising Seniors (c/o 2023):

- Work towards completing **Community Service** hours. 100 hours are required for 100% Bright Futures (BF) eligibility.
- Prepare for **ACT and SAT tests**. These scores can help you qualify for scholarship money for college through Bright Futures and many other available scholarships. Graduating seniors need certain minimum scores for BF eligibility and university entrance. Remember to use the Red Book, the Blue Book or free ACT and/or SAT tests online. Khan Academy is a great resource to help you prepare.
- The **ASVAB** Test is available for students who are military bound and those students wanting to explore careers.
- Prepare/update your **resume**. Your resume will be attached to university or college applications, used for career entrance programs, and internships.
- If attending a college or university, work on your **Common App Essay**. Be sure to research **college admissions requirements**. Make note of admission due dates and requirements.
- The **Common App** opens August 1st. Do not submit until a Sarasota High School College Advisor reviews your app.
- Research **merit-based and financial need scholarships** on college websites. Valuable and important scholarship opportunities are provided through the Education Foundation of Sarasota County website during the school year.
- Prepare a **scholarship essay**. Why should the donor give you money for college or trade school? Tell your story.
- Research colleges and trade schools. Try to visit their campuses.

Rising Juniors (c/o 2024) & Sophomores (c/o 2025):

- Work towards completing **Community Service** hours. 100 hours are required for 100% Bright Futures (BF) eligibility.
- Start preparing for **ACT and SAT** by reviewing math concepts (Algebra, Geometry, Computation) and read, read, read. Preparation and practice tests are available at the websites for SAT and ACT.
- Explore careers through job shadowing and community service. Visit websites such as *My Next Move*.
- Juniors consider taking the **PSAT/NMSQT** for the National Merit Scholarship Program.
- Sophomores will all take the **PSAT in October, 2022**.
- Student Athletes--Review the **NCAA** process. (*note the ACT/SAT requirement*)
- Research colleges and trade schools and their requirements. Schedule a visit. Check out Naviance College Supermatch.



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CONGRATULATIONS SARASOTA HIGH SCHOOL CLASS OF 2022

SAILORS SHINE

ABC 7 and Carl Reynolds Law named **American Sign Language teacher Rebecca Paquette** as their Chalkboard Champion for Sarasota County for the month of April. Conjoined with the honor, Ms. Paquette received a check for \$500!

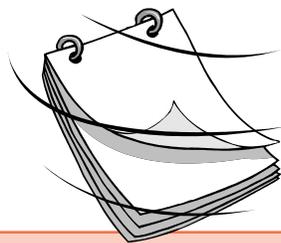
ESE Liaison Shannon Nelson was awarded the Florida District 16 Congressional Teacher of the Year by Congressman Vern Buchanan.

Jaed Jones was crowned **Florida Miss Agriculture Teen Division Queen!**



*Rebecca Paquette
Sarasota County
Chalkboard Champion*

*Shannon Nelson
Florida District 16
Congressional
Teacher of the Year*



LESSONS I LEARNED

*By Michael Havener, Former SHS AICE English Language Teacher
Article first appeared in the May 2019 Main Sail*

Graduates, when you flip that tassel to the left side of your graduation cap, and you find mom or dad or your best friend, or your older sister on that football field, they are going to look at you in the eyes, with tears in theirs and say something to you. They are going to say, "I Love You". And this time it's different. Proud love is the most important type of love because what they are really saying is: "I love you also means I love you more than anyone loves you, or has loved you, or will love you, and also, I love you in a way that no one loves you, or has loved you, or will love you, and also, I love you in a way that I love no one else, and never have loved anyone else, and never will love anyone else."

-Jonathan Safran Foer

Learn the power of hello. After the drive to college, after the trip to Target for twin sized bedsheets, you will say goodbye to your parents, close your door, take a sigh that is a mix of relief and pure terror and wonder what to do next. Keep in mind that in that exact moment, there are thousands of others who are sitting in a dorm literally a wall away from you thinking the same exact thing. You will want to make friends, they want to make friends. Nobody on campus that day is sitting in their new dorm room thinking "I don't want to make any friends while I am here". One word, one simple word—hello—changes everything. The friends you make on that first day will be your friends for the rest of your life. The sooner you understand the power of that word, the sooner you will enjoy life at college.

Grow up. With this newfound freedom there is newfound responsibility. You can snapchat during class now without someone telling you to put your phone away. You can skip biology and not get grounded. You can choose a bar over the library. You can come home late and sleep all day. The only person you can hurt now is yourself. It is one thing to let your parents down in high school and deal with the consequences. It is a whole new ball game when you let yourself down.

Stop taking selfies. I cannot stress this one enough. By having followers, it implies that you are leaders. Use your platforms to inspire inclusion. Stop making exclusivity a cool thing. Start including others in your pictures, in your stories, in your world and watch social media become social again. Your generation can break barriers if you can use your image to turn division into multiplication.

Last but not least, be nice. To everybody. That weird kid in Statistics class has a mother and a father just like you, he wants to work in the same office as you one day. He has the same dreams and the same fears as you have. He wants a friend as much as you want a friend. When you look past his goofy hair and bad style you will realize his heart beats, his mind is beautiful and he would do anything for you, if you would only take the time to get to know him.

Please, break the mean bones in your body. As you turn the page to begin your next chapter, remember that we are all writing our own stories. The protagonist in your story is always you, spend every page fighting, spend every page loving, and treat every page like it is a blank one.



DR. EL SHAHAWY
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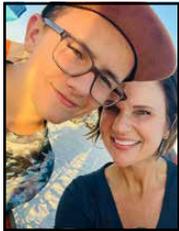
Emma Rumph & Kaenon Karas Making Brownies



Mario Rodriguez Gomez & mom Marisabel Gomez- Abreu



Mario Rodriguez Gomez in History Class



Dawn Wills and son Aleksy Wills



Dayannara Duran and daughter Mia



Emily Nelson and Mom Shannon Nelson



Kaenon Karas and Mom Stella Karas

FUTURE SAILORS TAKE CLASSROOM STAGE



On Thursday, April 28th, young future Sailors joined their parents for the *Take Our Daughters and Sons to Work Day*. This nationally recognized event provides students in grades 3-12 an opportunity to join a parent at work and be introduced to business and commerce. This special day also allows students to observe men and women in a variety of roles and responsibilities and reinforces the importance of teamwork and diversity in the workplace. Among our young Sailors for the day was Emma Rumph, Kaenon Karas, Mario Gomez, Grayson Dunk, Mia Duran, Emily Nelson and Aleksy Wills. Emma is in 3rd grade at Southside Elementary and is the daughter of Family and Consumer Science teacher Elizabeth Rumph. Kaenon Karas, son of Social Studies teacher Stella Karas, joined Emma in the Culinary kitchen where they made delicious brownies.

Also joining us that day was Mario Rodriguez Gomez, son of ESOL Paraprofessional Marisabel Gomez-Abreu. Mario attends Garden Elementary and enjoys school. The highlight of Mario's day was seeing the Marine Science aquariums. His favorite class of the day was History with Mrs. Arroyo. Emily Nelson, in 8th grade at Sarasota School of Arts and Sciences, spent the day with her mother, ESE Liaison Shannon Nelson. Emily recently made the SHS freshman cheerleading team and we look forward to welcoming her to SHS in August. Grayson Dunk, a 6th grader at Sarasota School of Arts and Sciences, joined his father Technology Education teacher Austin Dunk while Mia Duran spent the day with her mother, ESOL Paraprofessional Dayannara Duran. Mia attends high school in Manatee County. Another young student who spent the day shadowing his mother in her English classes was Aleksy Wills. Aleksy is the son of English teacher Dawn Wills and is in 6th grade at Sarasota Middle School.



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GO SAILORS!

SAILOR ATHLETICS

SAILOR TRACK & FIELD BRING HOME REGIONAL TITLE

On Saturday, May 7, our Sailor boys track team brought home the Regional title. The boys scored 75 points and won by 7½ points. This was a whole team effort with points scored by throwers, sprinters, jumpers, and distance runners. Dalton Porter scored in both the shot put and disc (3rd in both), Alec Miller placed in the 1600 and the 3200, Caleb Bradley placed in the triple jump, 200, 110 hurdles and 300 hurdles, TJ McKay scored in the long jump and 100 meter dash, Tyler Boyer scored



in the 110 and 300 hurdles, and the 4x800 relay team placed 3rd. This was the Sailors first Regional title since 2014.



Alec Miller was the 1600 regional champion and Tyler Boyer was the 300 hurdle regional champion.

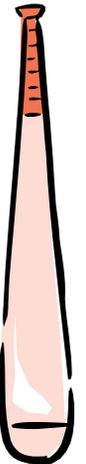
Congratulations Sailor Track & Field – Regional Champions

Congratulations Lady Sailor Softball – District Champions

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This year's Class of 2022 Sarasota High School **STRIVE** recipients are Katelyn Ginn, Desmen Lee, Ashley Pierre, Krystal Porlles and Arianna Williams. Each **STRIVER** received a laptop and a cash award of \$1,000 to help them pursue their education after high school. Junior **STRIVE** recipients were Tiffany Anderson, Eden Hernandez-Canas, Maddox Marchbank and Tony Mekhail.



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and more!

