



"Established 1902"

NOLES NEWS

For the Parents, Staff, Students & Community of Seminole High School

Issue 1
August 2019

Vision Statement

Every student will achieve at his or her maximum potential in an engaging, inspiring, and challenging learning environment.

Mission Statement

Our mission is to cultivate the potential in every student to thrive as a global citizen by inspiring a love of learning, encouraging civic engagement, challenging and supporting every student to achieve academic excellence while embracing the full richness and diversity of our community.



SEMINOLE COUNTY
PUBLIC SCHOOLS

Principal

Dr. Jordan Rodriguez

Assistant Principals

Mr. Lance Abney

Dr. Michelle Backel

Mr. Barry Coleman

Dr. Orvie Mizzell-Bullock

Ms. Cindy Nelson

Mr. Marc Pitters

Mrs. Jaime Washington

School Administration Managers

Mr. Mark Cammack

Mrs. Veronica Kelley

Mrs. Shelly Prom

Mr. Sylvester Wynn

Dean

Ms. Chilora Oulds

Director of Guidance

Mrs. Kay Williamson

Athletic Director

Mr. Michael Kintz

Seminole High School

2701 Ridgewood Avenue
Sanford, Florida 32773-4999
407-320-5050
Fax # 407-320-5024

Letter From The Principal



Dear SHS Community,

The 2019-2020 school year is upon us and your proud principal is thrilled to have our great students back on campus. It is my goal to ensure that each and every one of our nearly 4000 students has the opportunity to succeed in a safe and fun learning environment. We have had a busy summer at SHS. While the students and teachers were away, school administration was busy hiring some great new faculty and staff members. I am very excited about these new SHS family members.

This year, our goal is to once again reclaim our status as an "A" rated school. To accomplish this goal, it is going to take a great effort on behalf of our student body, faculty and staff, and our community. I encourage each of our students to join me in taking pride in the accomplishments of Seminole High School and not settling for anything less than an "A" effort.

Respectfully,

Dr. Jordan Rodriguez, Principal

Visit Us on the Web

Seminole County Public Schools maintains a website at www.scps.k12.fl.us. This site contains valuable information for parents, including the school calendar, bus routes, attendance zones, links to each school's web site, homework help sites, and school board policies and procedures as well as informative and timely articles. Seminole High School's web site may be accessed at <http://www.seminolehs.scps.k12.fl.us>. While a few of our pages are still under development, there are many informative pages already developed. Here you will find e-mail links to our faculty and administration, as well as their voicemail phone numbers. Also included are the curriculum guide, a link to our parent newsletter, Noles News, and other items of interest.



What to Expect at SHS in 2019-2020

Opportunities:

We are always looking for opportunities for our students. If a student has an interest in starting a club or joining a club, approach any member of the SHS administrative team and we will point that student in the right direction.

Sharing Our Success:

When our students are doing great things, we are going to showcase them! The enhanced volume of social media recognition will continue.

Dress Code:

The dress code that has been in place in the Seminole County Code of Conduct will be enforced. Please ensure you familiarize yourself with the SCPS Dress Code at the link below. The main areas targeted for improvement are keeping the excessively ripped jeans at home, keeping tank tops at home, and avoiding wearing headgear / hats. You never know who is going to be on campus who can provide you with opportunities down the road. It is in everyone's interest that our students are presentable. First impressions are lasting!
https://www.scps.k12.fl.us/_resources/documents/StudentConductDisciplineCode.pdf.



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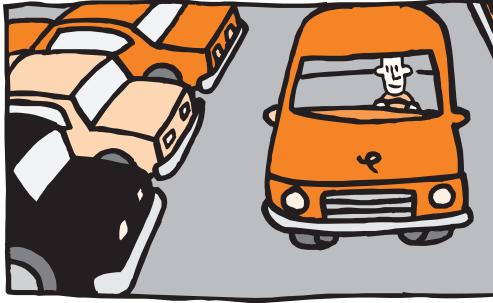
407.322.4854

1311 East 2nd Street
 Sanford, FL 32771-1415



Tardy Hero

Tardy Hero is gone. The days of having to walk from one building to another to obtain a pass are over. That being said, we must renew our urgency and ensure we get to class on time.



Parking Spaces

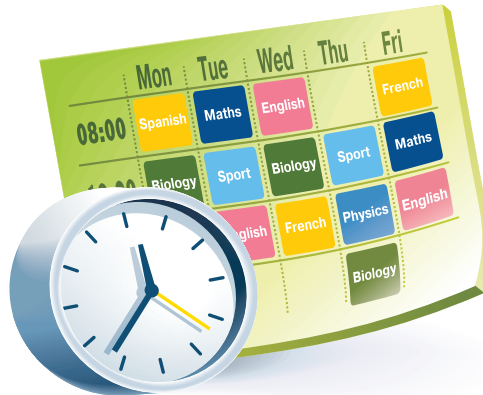
The parking spaces have been numbered. For those who have purchased parking passes, there is now a more efficient means of reporting those who are parked illegally. All students will be assigned a parking space.

Character Comes First

Last year, our upper classmen (juniors and seniors) accounted for 1028 discipline referrals (Juniors produced 733, Seniors produced 295). This is not the kind of example I expect from those on campus who should be setting a positive example. If a junior or senior accumulates 5 or more discipline referrals, they are ineligible from attending prom or other school related activities. Please note: school administration reserves the ability to reinstate privileges if a student demonstrates improved behavior. Our goal is for everyone who wants to participate in fun activities to do so. You get what you give. Those who choose to be difficult throughout the year will not get to partake in the fun.

Attendance Matters

One of the greatest predictors of student success is consistent attendance. Please join us in ensuring our students are here to the absolute extent possible. Remember: students who accumulate 10 or more unexcused absences are not eligible to attend prom or other school activities.



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August 2019

Published Five Times Per Year
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Know Where You Stand

A responsible adult should know exactly how much money they have in their checking account to ensure they do not overspend, bounce checks, or receive an insufficient funds notice. Similarly, all SHS students should know where they stand as it relates to their grades in each class. Additionally, every student should know where they stand in terms of their performance levels on all End of Course Exams (EOCs), FSA Exams, or PSAT / SAT. Ideally, students should know the level in which they scored and close they were to the next level. That which is measured is often improved.

Remind 101 Has Been Deactivated in SCPS

As many of you have undoubtedly heard, SCPS is longer permitting our faculty / staff members to utilize Remind 101. SHS teachers will utilize Microsoft Teams and/or School Messenger to communicate information to their students / parents. Please note, School Messenger allows for communication to both parents and students, while Microsoft Teams allows for communication to students only. The rationale for this decision is as follows:

Remind101, or "Remind", is currently on the "Not for use in SCPS" list since we are moving communication of this nature to our enterprise system, SchoolMessenger. The school district has visibility into communication sent through SchoolMessenger along with a Data Sharing & Privacy Agreement (DSPA), as part of the paid service for this application.

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Seminole High School

Home-Study Discipline

PARENTS, ESTABLISH A SOLID HOME-STUDY DISCIPLINE with your student. Encouraging and supporting this vital activity will improve your student's attitude and performance at school and instill a work ethic that endures for a lifetime.

1. **SET A SCHEDULE:** Establish a regular timeslot for this important daily activity. Seek your child's agreement and commitment to reserve this time each day for homework and study. Encourage this discipline. In many ways, it's his/her job and should be an important part of the daily routine. Your support and involvement in your student's home-study effort makes a huge difference in the high school experience.
2. **CREATE THE ENVIRONMENT:** Students can be easily distracted. Teach them to create an atmosphere conducive for concentration. Minimizing social media access, loud music, and other detractors will improve effectiveness and retention. If you notice distractions or deterrents, suggest possible remedies. Having a defined study area works with some students but not all. The most important factor is the discipline of doing it every day.
3. **OBSERVE AND ENGAGE:** Psychologists suggest that it takes three weeks to break or establish a habit. When school resumes this month, commit three weeks to observing your students daily routine. Make good homework practices a habit for both of you. Your daily assistance and attitude toward school have a huge impact on your child's success.

Important Phone Numbers

Athletic Secretary.....	407.320.5057
Clinic.....	407.320.5110
Front Desk (Main Campus)	407.320.5050
Front Desk (9th Grade Center)...	407.320.8205
Guidance (Main Campus)	407.320.5111
Guidance (9th Grade Center)	407.320.8212
Attendance (Main Campus)	407.320.5096
Attendance (9th Grade Center) ...	407.320.8208
Principal Office	407.320.5100
9th Grade Discipline	407.320.8219
10th Grade Discipline	407.320.5053
11th/12th Grade Discipline	407.320.5042



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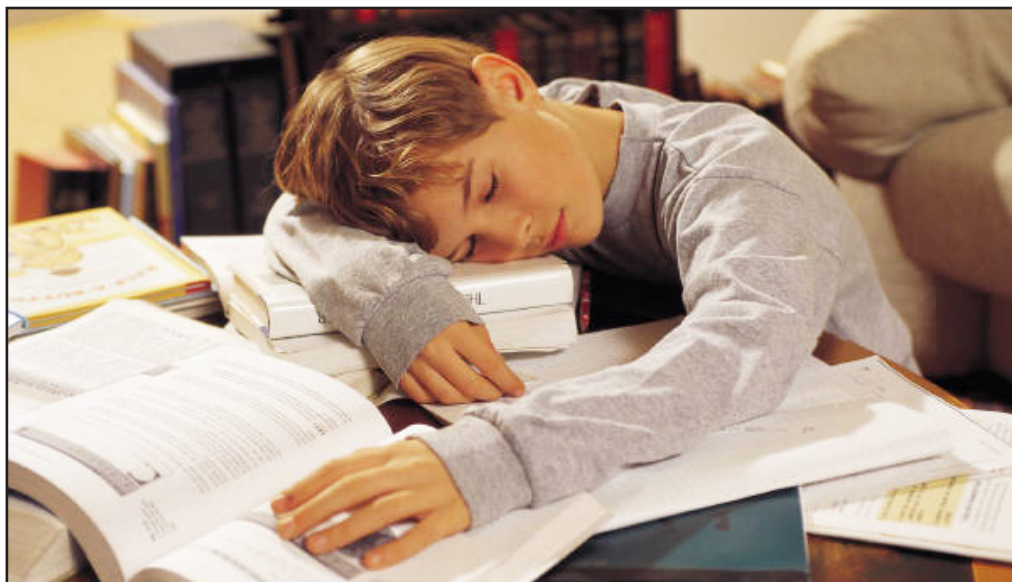
How Much Sleep Do Students Need?

Many U. S. students of all ages do not get enough sleep. About 85 percent of adolescents are reported to be mildly sleep deprived, and 10-40 percent may be significantly sleep deprived (Dahl & Lewin, 2002).

Several changes in adolescence contribute to sleep deprivation. First, adolescents wake up more easily during the night than younger children (Carskadon & Dement, 2000). Second, adolescents stay up late for sports, homework, and jobs. Third, adolescents easily shift to a “night-owl” pattern. From ages 3 to 17, children tend to get up at the same time, about 7 A.M., but adolescents stay up about two and one-half hours later than young children (Snell, Adam, & Duncan, 2007).

Adolescents often get less sleep on school nights and then sleep excessively on weekends (Ohayon, Carskadon, Guilleminault, & Vitiello, 2004). When they go to bed later on weekends than on school nights, they experience a “jetlag” effect each week, and their school achievement may suffer. Research has shown that high school students who earn As or Bs tend to have a small discrepancy between school-night and weekend bedtimes. In contrast, students with a discrepancy of two hours or more are likely to earn lower grades (Wolfson & Carskadon, 1998).

Given the evidence above, improving students’ sleep should be of great concern to educators. Indeed, it may be among the lowest-cost approaches to improving student learning.



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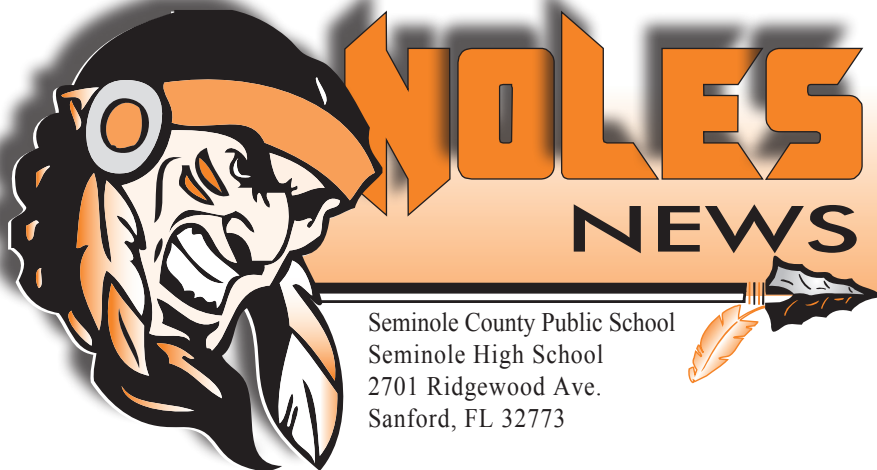
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Five "Must Do's" For Parents To Assure Success In High School

- 1. GET AND STAY CONNECTED:** Register and access our online parent access software, monitor your child's progress on a weekly basis and communicate with your child's teachers if you have questions, concerns, or if you'd like to request additional information regarding resources that may help your child master course standards. Be aware of what's happening in your student's school life and TALK ABOUT IT. Your interest and involvement has a tremendous effect on your student's performance and attitude at school.
- 2. ESTABLISH A SOLID HOME STUDY ROUTINE:** Encouraging and supporting this vital activity will improve your student's attitude and performance at school and instill a work ethic that endures for a lifetime. SET A SCHEDULE. Establish a regular timeslot for this important daily activity. Seek your child's agreement and commitment to reserve this time each day for homework and study. Encourage this discipline. CREATE THE ENVIRONMENT. Students can be easily distracted. Teach them to create an atmosphere conducive for concentration. Minimizing social media access, loud music, and other detractors will improve effectiveness and retention. Having a defined study area works with some students but not all. The most important factor is the discipline of doing it every day. OBSERVE AND ENGAGE. Psychologists suggest that it takes three weeks to break or establish a habit. Commit three weeks to assisting with your student's daily routine. Make good homework practices a habit for both of you.
- 3. MAKE DAILY ATTENDANCE THE EXPECTATION:** Very few things have as much negative effect on academic performance as poor attendance. Be clear in your attitude towards attending school every day. In the working world, attendance is equated with dependability.
- 4. ENCOURAGE EXTRA-CURRICULAR ACTIVITY:** Involvement in any of our many clubs, sports, and arts programs improves academic performance, attendance, and discipline issues. We have something for everyone. Participation in these activities enhances school life and looks good on career and college applications. Also, help your child plan and execute community service, which is a requirement for earning Bright Futures scholarship money.
- 5. HELP YOUR STUDENT PLAN FOR POST-GRADUATION:** Talk to your student about career interests and passions. Several online career questionnaires are available such as <http://www.careeroutlook.us/assessment/short.shtml> that may help. Assist with a search for colleges or technical training programs that will prepare them for a career that interests them. Learn the entrance requirements and costs associated with attending those colleges or programs. Help your child establish a career goal then plan backward for how to achieve that goal. Share what your hopes and dreams were when you were in high school and suggest family members and friends that they can talk to for insight and guidance. They should be asking questions about career opportunities but may not know the right questions to ask. Our guidance counselors can help. No matter what they dream of doing after graduation, planning for the next step is a wise choice. Post high school education contributes to a better quality of life. But whether or not they go on to a college, university, career or technical school, the information and skills they learn in high school will always be important in the working world. Everyone, in every kind of job, needs to be able to write and speak clearly, listen carefully, understand what is written and spoken, and use math effectively.





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