



"Established 1902"

NOLES NEWS

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

Issue 2
November 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.



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

To download a PDF version of this newsletter, go to
http://academypublishing.com/schools/seminole_seminolecounty/seminole_seminolecounty.php

Letter From The Principal



Greetings Seminole High School Community,

As we near the mid-point of the 1st semester of the 2019-2020 school year, I want highlight some of the great things going on at SHS. We are very proud in that we continue to find and implement opportunities for students to get involved on campus. Our recently added Chic-Fil-A Leadership Academy, Color Guard, and Olympic Style Archery programs have given over 130 students an opportunity to participate in something that they may have otherwise not be a part of. We also successfully completed our first Campus Clean Up, with 100 students coming out to volunteer with campus beautification.

Our campus continues to receive overwhelmingly positive news coverage from local media outlets with multiple stories on our growing Aviation Academy, SHS swimmer and concert pianist Stephanie Akakabota being featured on WOFL Fox 35, David Cowan going viral with his homecoming proposal to his girlfriend Saris, and Advent Health's Take Over of our Academy of Health Careers. Additionally, our Varsity Football team earned WESH's Game of the Week for the third time this year.

It is my hope that the positive tide of momentum washing over our campus will be a catalyst in our school making our way back to an "A" rating.

Respectfully yours,

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.



MySchoolBucks.com – More than just lunch funds

Did you know you could submit payments for many student activities and fees online through MySchoolBucks.com? You may have been using MySchoolBucks.com to add funds to your student's lunch account, but now you can access our school store to pay for club dues, student debt, donations, etc. using a credit or debit card in the comfort of your home, or while out of town. We are happy to provide you with this secure and convenient option that

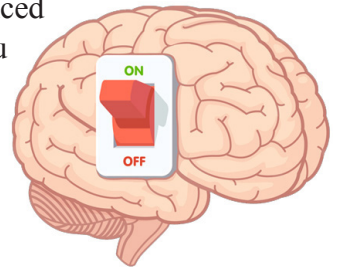


also eliminates the risk of lost checks and cash, which often appear months too late at the bottom of the student's backpack. Yes, we've seen it happen.

If you already have a MySchoolBucks.com account just click on School Store to access the options available for payment. If you do not have a MySchoolBucks.com account, simply visit the MySchoolBucks.com website, and click on the "Sign up today!" link. Once you create your account, you will need to link your student's information to your account by providing the student's legal name as it appears in Skyward, student ID number and birthday. The Help button on the website provides easy to follow how-to videos to assist you in the process. Take advantage of this secure and convenient payment option today.

Level Up!

Soon after our return from Winter Break, students will select their courses for the 2020-2021 school year. We offer many levels of rigor for most of our academic courses and electives, and encourage you to challenge yourself by taking the next level up. Like our bodies, the harder your brain works, the stronger it becomes. Honors and Advanced Placement (AP) courses not only help you exercise your brain, but provide benefits to your GPA with multipliers, and make your transcript look better for getting into colleges and vocational schools. Don't just settle for standard, when you could do more for yourself!



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PSAT/SAT School Day

On Wednesday, October 16th, all high school students in SCPS were expected to sit for the PSAT or SAT. Our 9th, 10th, and 11th graders took the PSAT, with our 12th graders taking the SAT. SCPS is a leader within the State of Florida as we commit the funds necessary to ensure all students can sit for these exams at no cost. PSAT / SAT School Day are valuable to our students for several reasons:

- There is no cost to students take the exams.
- Students can earn National Merit Scholar status with strong PSAT scores.
- For students who have not passed the Algebra I EOC, they can earn a concordant score with the PSAT. This means students can use their successful PSAT Math score to fulfill the graduation requirement that was not fulfilled with their previous Algebra I EOC score.
- Students can earn the SAT score necessary for college admission or earn an SAT score that helps them meet the qualification for various scholarships.
- The SAT can earn a student a concordant score to take the place of their non-passing score on the Algebra I EOC or FSA English 10.



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Testing Schedule

Here are some upcoming Testing Dates:

- **November 13:** Post-Secondary Education Readiness Test (PERT) for Juniors and Seniors who have not passed the Algebra 1 EOC
- **December 3:** Biology and US History EOC Retakes
- **December 4 and 5:** Algebra 1 EOC and Geometry EOC Retakes (2-day tests)
- **December 16 through December 19:** Nine Week Exams
- **March 4:** School Day SAT for Juniors

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One Seminole. One Community. One Field. One Seminole.

SHS Community: We are thrilled to roll out our official Field and Track Renovation web page: OneSeminole.org! Please take a minute to check it out. It includes a video showcasing several of our wonderful students and also has the ability to accept donations. Please share this page. Be one of the first to contribute to this great cause. Go Noles!

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We need you!

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This is a wonderful way for your company to get community recognition and exposure, and at the same time help support your local schools!

Veronica L. Kelley
veronica_kelley@scps.k12.fl.us
Seminole High School



Senior Information

Graduation is on Thursday, May 21 at 2 p.m. at the Addition Financial Arena on the UCF Campus!

In the meantime, order your cap and gown for graduation through Herff Jones. ALL seniors MUST go through Herff Jones to order a cap/gown/tassel for 2020. The senior fee is \$100 if at least \$60 is paid by 12/31/19. The senior fee increases to \$120 on 1/1/20 if at least \$60 has not been paid by 12/31/19. All seniors' fees must be paid in their entirety by 5/1/20.

Seniors may order caps/gowns/tassels one of three ways:

- Phone 407-647-4373
- In person at 112 Wymore Rd, Winter Park
- Online at HerffOrlando.com

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
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11th/12th Grade Discipline	407.320.5042



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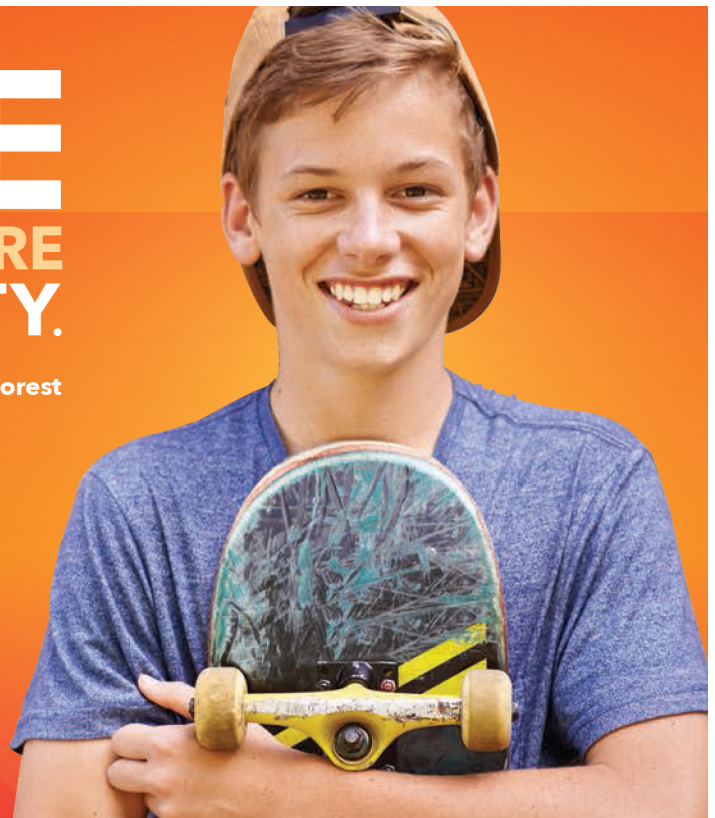
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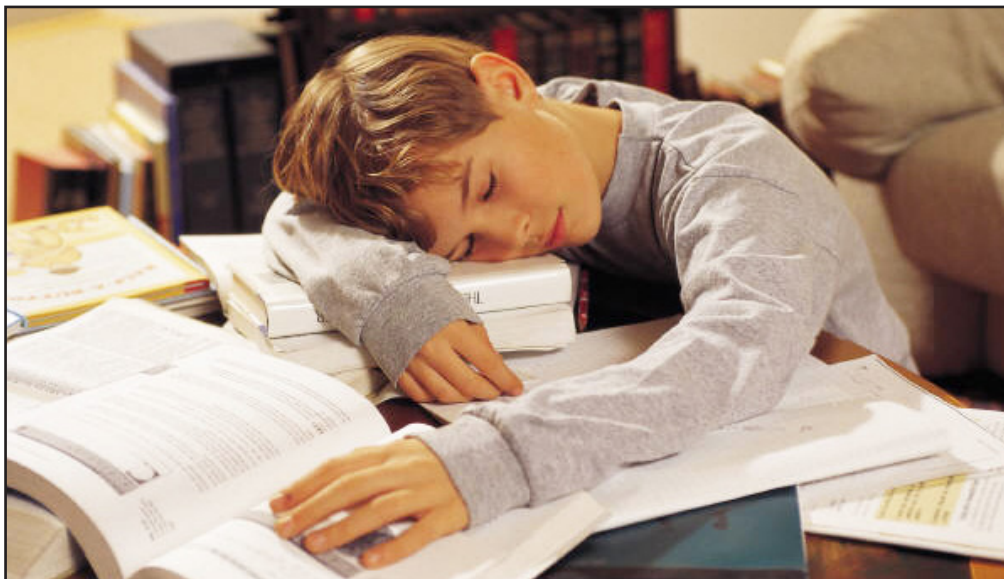


NOODLES

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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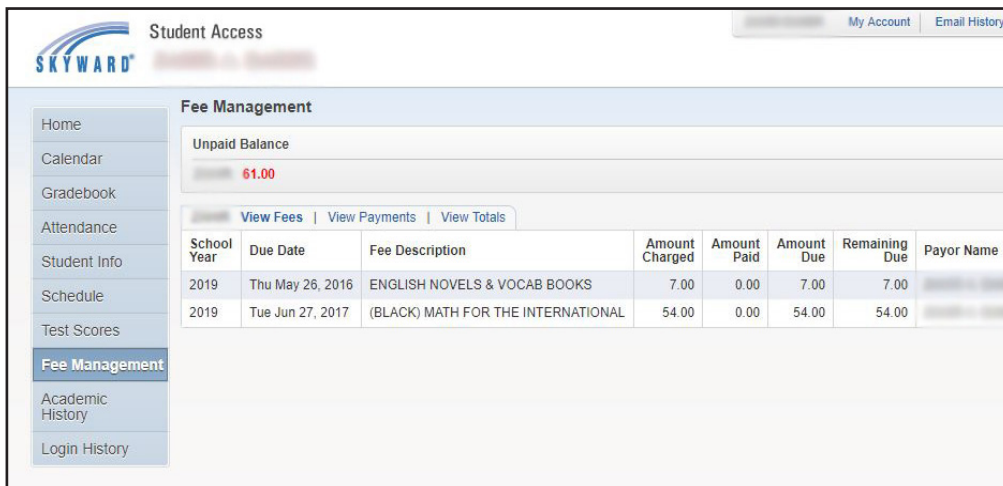
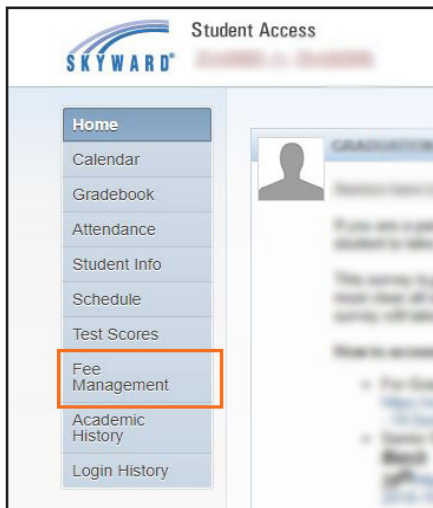
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Know Where You Stand

Skyward is a great resource for monitoring grades and progress in class. But did you know that standardized testing scores can be found in Skyward too? Just simply click on the Test Scores button in the Navigation Menu in Skyward Student Access and Skyward Family Access to view your testing history. Many of these tests are graduation requirements in the State of Florida. Check on your test scores today to make sure you are meeting your requirements.

Skyward Fee Management Feature

When a student owes money for lost or unreturned items, such as athletic uniforms, textbooks or library books, the debt is entered and tracked through Skyward. You can check your outstanding balance through Skyward Family Access and Skyward Student Access by clicking Fee Management on the main menu.

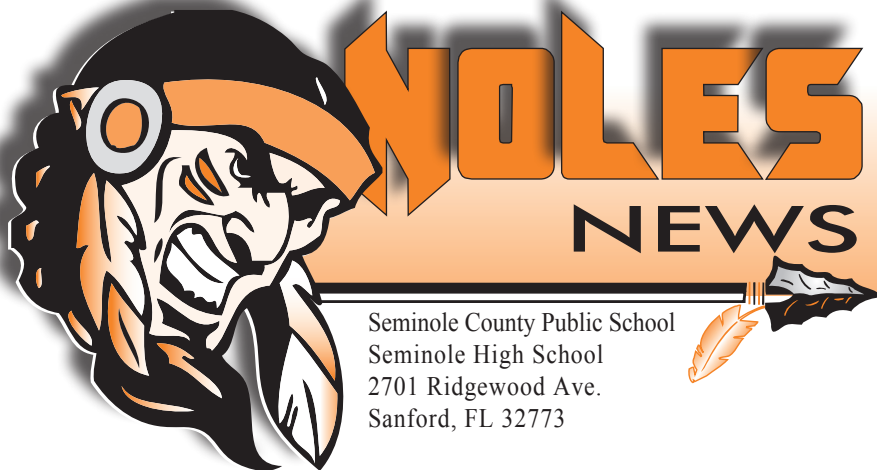


School Communications & Digital Resources

Parents, please take some time to verify that your contact information is correct and up-to-date in Skyward Family Access. In addition to checking your student's progress in Skyward, the email addresses, telephone numbers and physical address in Skyward are used by our School Messenger service to deliver important messages to you via email, voice calls, and SMS text messages. **You can now also include your student's cell phone number in Skyward to ensure that they receive text message alerts in the event of a school emergency.** Login to Skyward Family Access to check your information and update. If you do not have Family Access, please visit the Guidance Office on the appropriate campus for your students' grade, to complete an access form. You must present valid ID to sign up.

We also encourage you explore the digital resources available to you at <https://www.scps.k12.fl.us/district/departments/information-services/digital-resources> to help keep you connected with your students education, such as enrolling in eCampus as an "Observer" to monitor your student's work and assignments in class.





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Seminole High School
2701 Ridgewood Ave.
Sanford, FL 32773

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