

# The *Tech Tiger Times* will



# See you all next year!

## Coming up at ATC:

Please see [page 2](#) for the full testing calendar of the rest of the year.

- 5/27: Underclassmen Awards Ceremony
- 5/27: Senior Final Exams
- 5/31: Memorial Day—**No School**
- 6/2: Senior Breakfast & Award Ceremony, ATC Patio
- 6/7: **ATC Graduation 4PM Dillard Gymnasium**
- 6/8: 3rd & 4th Period Final Exams—**Dismissal 11:50**
- 6/9: 1st & 2nd Period Final Exams—**Dismissal 11:50**  
**Last Day of School!!!**

# Full Testing Calendar for May and June 2021

If you have any questions about testing please contact

Ms. Mari Lee, [Mari.Lee@browardschools.com](mailto:Mari.Lee@browardschools.com)

754-321-5144

MAY / JUNE				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4 11:30am-2:45pm AP Human Geography Paper (6) Bldg. 11-215 Lee	5	6 7:30AM–11:45AM AP US History Paper (7) Bldg.11-215 Lee	7
10	11 11:30am-2:30pm AP Psychology Paper (17) Bldg. 11-215 Lee	12 7:15-11:45am FSA ELA 9 <sup>th</sup> READING 1 & 2	13 7:15-11:45am FSA ELA 10 <sup>th</sup> READING 1 & 2	14
17 7:30AM-10:10AM AP Computer Science Principles Paper (69)	18 FSA ELA Makeup Testing 9 <sup>th</sup> 10 <sup>th</sup> 11 <sup>th</sup> Bldg. 11-215 Lee	19 FSA ELA Makeup Testing 9 <sup>th</sup> , 10 <sup>th</sup> , 11 <sup>th</sup>  12PM APUSH Digital	20  4PM AP Psychology Digital	21 7:30AM–1:00PM AP Spanish Language & Culture (15) Paper Lee 11-215
24	25 7:15am – 1:50pm EOC Biology (88)	26 7:15am-1:50pm EOC US History (56)  4PM AP Comp Sci Principles Digital	27 7:15am-1:50pm EOC Geometry (63)	28 12pm AP Human Geography Digital
31 NO SCHOOL	June 1 7:15AM –1:50PM Make-up for EOC EXAMS	2 7:15AM –1:50PM Make-up for EOC EXAMS  12pm APUSH Digital	3 7:15AM – 1:50PM Make-up for EOC EXAMS 4pm Digital AP Psychology	4 8:00AM–1:00PM Only MU AP Spanish Language & Culture
7  4pm Digital AP Computer Science Principles	8 ER Final Exams  12pm Digital AP Human Geography	9 ER Last Day	10 Planning  Last day for EOC/FSA testing	11

## Mindfulness Moment with Mrs. Fort, School Social Worker

[Kimberly.A.Fort@browardschools.com](mailto:Kimberly.A.Fort@browardschools.com)

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We did it! The finish line to one of the most challenging school years in history is approaching. I hope on June 9<sup>th</sup> you all take a moment and celebrate. Reflect on the past year and think about what worked well for you, and what you need to do to prepare for next school year in person. Before the year ends, I wanted to share some life and social-emotional (remember that word?) skills that this year has taught many of us. I hope these are skills that you continue to focus on and strengthen.

### Life Skills Every Teen Should Develop

**Be Flexible** – Things may not turn out as you hope, but being able to adjust as needed will help you become more resilient.

Think about how you adjusted to distance learning and social distancing. Did you fight it every step of the way because you didn't like it, or did you learn how to adjust your mindset and skill set to make the best out of the situation?

**Coping with Emotions** – Feelings are neither good nor bad, they just are. Finding healthy ways to deal with them are crucial as you navigate the journey to adulthood. Throwing tantrums and crying no longer work. Instead you need to find activities that work for you, such as exercise, journaling, talking to a friend, or breathing exercises.

**Turn Your Phone off When You Need to Focus** – Know your distractions and be your own advocate. Do not wait for your parent to walk in the room and take your phone away. Create an environment that will lead you to success. This is also important as you check in with your mental health; sometimes too much social media can have a negative impact. Recognize when you need a break from the comparisons and feeling like you are not enough.

**Keep a Planner and Use It** – Time management and organizational skills will help you not only in high school, but in life. Find tools that will help you structure your day and week, such as a planner, calendar, and to-do lists. When life becomes busy and overwhelming, having a visual aid can help keep you productive and remember things better.

**Find Solutions to Problems** – Finding ways to resolve problems will help you to become independent. Trust your judgement and learn from your mistakes.

**Admit When You've Made a Mistake** – Everyone makes mistakes; it is how you handle those mistakes that will set you apart. Take accountability for your actions. Make effort to do or be better rather than blaming everyone else. Outcomes do not change unless actions do.

**How to Cook** – Never underestimate the power of a good home-cooked meal. Taking care of yourself includes healthy eating. Money management tip: Learning how to cook will also save you money so you will not have to eat out all the time.

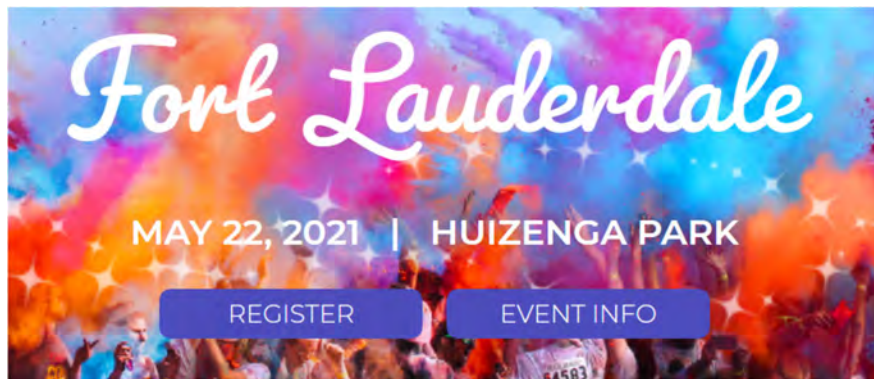
**I hope you all have a restful summer and look forward to seeing everyone back on campus next school year!**





## Summer Time Events!

- Fort Lauderdale Color Run! Saturday May 22nd @ 8AM.** The Color Run is a five-kilometer, untimed event. At each kilometer mark, Color Runners are doused from head to toe in a different colored powder. Participants wear white at the starting line and finish the race plastered in color. Once the race is over, the fun continues at the Finish Festival, a larger-than-life party equipped with music, dancing, photo ops, activity booths, vendors, and more massive color throws, which create millions of vivid color combinations. Trust us, this is the best post-5K party on the planet! **Click on the picture to register.**



- Juneteenth Celebration 2021.** A virtual multi-generational Juneteenth presentation by the community Friends commemorating the cultural heritage through narrative and music. Sponsored by the Broward County Library Foundation. Go to <http://broward.libnet.info/event/4944152> to register.
- July Fourth Celebration!** Your favorite Independence Day celebrations are back! Don't miss the festivities set for **Sunday, July 4, 2021**, in the City of Sunrise. Parade beginning at 9 AM along Sunset strip and then the celebration will continue with a concert and fireworks from 5 to 9:30 PM at **the BB&T Center, One Panther Parkway**. There's something for everyone at our nighttime celebration, including a children's fun zone and an assortment of food and beverage vendors. Stay tuned for details about this year's lineup of bands - which will be followed by an amazing fireworks display. Parking and admission are free! For more information, call the City of Sunrise Leisure Services Department: (954) 747-4600.

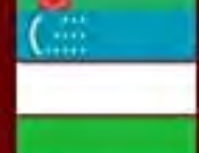


# 2020- 2021 YEAR BOOK

Atlantic Technical  
High School's 2020-  
2021 yearbook is  
available for purchase  
until May 31st for only  
\$55!

Use this link to place  
your order:  
<https://linktr.ee/ATCYearbook>



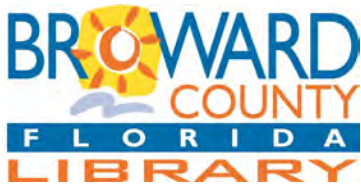


National Asian Americans & Pacific Islanders Heritage Month  
Unite Our Voices By Speaking Together

May

Box 14 PITT COBBI Co. PO Box 25344 Jacksonville FL 32228-0344 (904) 271-4225, 888-264-9444 (904) 271-4229 Email: [info@pittcobbi.com](mailto:info@pittcobbi.com) Website: [www.pittcobbi.com](http://www.pittcobbi.com) Art & Graphic Design: JJ





# Ready for College Free SAT/ACT Workshop

Open to High School  
Juniors and Seniors



This eight session online program, which includes practice tests and intensive test-taking strategies, focuses on four components per subject: fundamentals, technique, recognition/reaction, and timing manipulation.

To build a better understanding of test preparation and the college admissions process,

**Open to 2020 High School Graduates and current Juniors and Seniors**

## DATES & TIMES

- Session 1: Thu, Nov 12, 4:00—5:15 pm
- Session 2: Mon, Nov 16, 4:00—5:15 pm
- Session 3: Thu, Nov 19, 4:00—5:15 pm
- Session 4: Mon, Nov 23, 4:00—5:15 pm
- Session 5: Mon, Nov 30, 4:00—5:15 pm
- Session 6: Thu, Dec 03, 4:00—5:15 pm
- Session 7: Mon, Dec 10, 4:00—5:15 pm
- Session 8: Thu, Dec 10, 4:00—5:15 pm

## SESSION DESCRIPTION

- Math Practice Test & Strategies (part 1)
- Math Practice Test & Strategies (part 2)
- Grammar Practice Test & Strategies (part 1)
- Grammar Practice Test & Strategies (part 2)
- Reading Practice Test & Strategies (part 1)
- Reading Practice Test & Strategies (part 2)
- Reading & Grammar Practice Test & Strategies
- Grammar & Math Practice Test & Strategies

**Registration is required.** This workshop prepares for the **December 5th SAT** and the **December 12th ACT**

-Registration is for **all eight sessions**), **space is limited**

**(Check the first box under “Upcoming Events” to select all eight sessions)**

[Click to Register](#)































Sponsored by the Broward Public Library Foundation  
Workshops are presented by Alberto Howe,  
Founder of [Affordable College Solutions.com](http://Affordable College Solutions.com)



**[Questions about November 12th SAT/ACT session? Click HERE](#)**

# Choosing Safer Activities

	Unvaccinated People	Your Activity	Fully Vaccinated People
		<b>Outdoor</b>	
<b>Safest</b>		Walk, run, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
<b>Less Safe</b>		Dine at an outdoor restaurant with friends from multiple households	
		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		<b>Indoor</b>	
<b>Less Safe</b>		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
<b>Least Safe</b>		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

## Get a COVID-19 vaccine



**Prevention measures not needed**



**Take prevention measures**

Fully vaccinated people: wear a mask  
Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.



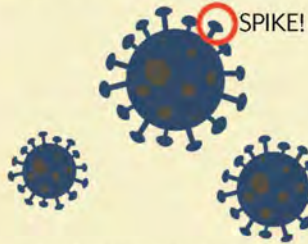
# Moderna & Pfizer vaccines—how do they work?

It's important to know that scientists had a head start making these COVID-19 vaccines.



Scientists at the National Institutes of Health and the University of Pennsylvania started working on these vaccines after previous coronavirus outbreaks.

They isolated one part of the virus—the spike. This would help them make the vaccines.



These COVID-19 vaccines are mRNA vaccines. Basically, they're instructions for bodies to make examples of COVID-19 spikes.

## HERE'S HOW THE VACCINE WORKS IN YOUR BODY



After the vaccine, your body will build spike examples.



Your immune system will recognize the spikes as new and unusual.



Your immune system will attack the spikes.

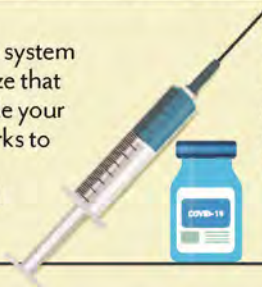


While your immune system attacks, your body will remember what the spikes look like.

## THE SECOND SHOT HELPS THE VACCINE BECOME EVEN MORE EFFECTIVE.



**Without vaccine**, your immune system won't be fast enough to recognize that the COVID-19 virus is bad. While your immune system desperately works to protect your body, the virus has plenty of time to spread and make you sick.



**With vaccine**, your body already knows to be on the lookout for the spike. If the virus enters your body, your immune system quickly gets to work destroying the virus.



You won't get sick when your body builds spike examples because the spikes aren't virus. The vaccine does NOT involve injecting you with the COVID-19 virus and it does NOT change your DNA or your genetic code.

After vaccine, you might have some side effects—they will go away in a few days. Side effects are normal signs your body is building protection. Side effects include:

- Pain and swelling on the arm with the shot.
- Fever, chills, tiredness and headache.



Visit [MyVaccine.FL.gov](https://www.myvaccine.fl.gov) for more information or to pre-register for vaccine at state-supported sites in your area.

