



# Tech Tiger Times

## Coming up at ATC:

**Nov 11: NO SCHOOL –  
VETERAN'S DAY**

**Nov 12: Report Cards Issued**  
(for Quarter 1 grades)

**Nov 17: Interim Reports Issued**  
(half-way point for Quarter 2)

**Nov 23-27: NO SCHOOL—  
THANKSGIVING BREAK WEEK**

## In this Issue...

- ⇒ Mindfulness Moment
- ⇒ FSA ELA Testing dates

## Quote of Week:

*"Coming together is a beginning; keeping together is progress; working together is success."*

*-Edward Everett Hale*

## Tiger News Updates:

- For students on campus, don't forget your free meal on Fridays. Come to the Kiosk after school to pick up pre-packaged meals for the weekend.

# FSA ELA Writing and Reading Testing Dates

Juniors! You have the opportunity to take the FSA ELA Assessment. Contact Ms. Mari Lee with questions on how, when, and registration. Please [Click Here](#) to register.

November 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		NO SCHOOL		FSA WRITING 7:15am -11:45 am	FSA READING 7:15am -1:45 pm	
8	9	10	11	12	13	14
			NO SCHOOL VETERANS DAY	FSA WRITING 7:15am -11:45am	FSA READING 7:15am -1:45 pm	
15	16	17	18	19	20	21
		FSA WRITING 7:15am -11:45am	FSA READING 7:15am -1:45 pm	FSA WRITING 7:15am -11:45am	FSA READING 7:15am -1:45 pm	
22	23	24	25	26	27	28
	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL THANKSGIVING DAY	NO SCHOOL	
29	30	December 1		December 2		
		FSA WRITING 7:15am -11:45am	FSA READING 7:15am -1:45 pm			

There will be dates coming up in December as well. However, if you prefer to wait, the next testing sessions will be in February 2021.

Thank you and Good Luck!

**Ms. Mari Lee**  
**School Assessment Coordinator**  
[Mari.Lee@browardschools.com](mailto:Mari.Lee@browardschools.com)  
 754-321-5144

# What is ROAR?

We are committed to making a difference in our community, Atlantic Technical College & Technical High School is continually seeking methods to improve student achievement, foster character development, and encourage a disciplined work ethic. When a student receives a **ROAR**, a staff member has recognized him or her for having and exemplifying these qualities:

- \*Ready to Work
- \*On Time
- \*Attentive
- \*Respectful

The **ROAR** cards are entered into a monthly drawing for prizes such as gift cards to local restaurants.

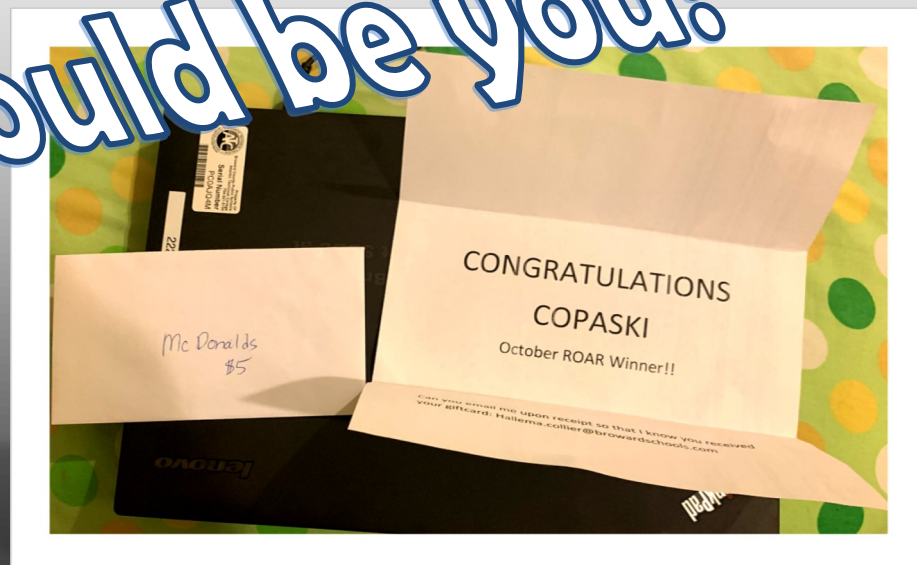


Staff Members can email nominations to Hallema Collier and they will be deposited into the monthly drawing by the 25th of the month.

ROAR donations are always accepted and appreciated.

You may contact Hallema Collier—754-321-5307—to become a sponsor.

## This could be you!



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

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

754-321-5122

Our minds and bodies are connected. What we do with our physical bodies (nutrition, exercise, sleep) can have an impact on our mental state. In return, our emotional health (thoughts, feelings, attitudes) can have an impact on our biological functioning. So how do we become physically and emotionally healthier? A great place to start is mindfulness.

Mindfulness can be described as living in the **here and now**. Dr. John Kabat-Zinn, founder of the American mindfulness movement, defines mindfulness *as the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally*. Imagine yourself watching a scary movie; how are you feeling? Are you biting your nails, is your heart racing, do you jump when the villain appears, do you gasp at the plot twist? Your physical reactions make it feel like you are in the movie until the person next to you coughs and you are transported back to your living room. You then again become a vigilant observer. This is the practice of mindfulness; you become an observer to your thoughts rather than playing the lead role in the story your mind is creating. You begin to distinguish between the reality of the moment versus the reality of the thought.

Practicing mindfulness a little bit every day helps you to build this skill. If you want to reduce your stress, be less emotional reactive, perform better in school, and improve your mood, read on!

### Mindfulness Activity – Take a Mindful Walk (Bonus: benefits both mind and body)

Sometimes we walk on autopilot and we get from point A to point B without really remembering how. This activity is focused on being present during the walk by tuning into the 5 senses. **Your mind WILL wander and that is normal. Without frustration, bring it back to the activity and repeat this as many times as needed.**



As you begin, walk at your natural pace. Begin to focus on the movement in your legs and body. Feel your feet touching the pavement and the warmth of the sun on your skin.

Now for a few minutes, pay attention to the sounds surrounding you. What do you hear?

Shift focus to your sense of smell and see what you discover.

Next is vision, what are you able to see? What colors and objects surround you?

Move your attention back to your movement and choose a place to stop. Stand still for a moment. You just completed your first mindful walk!

Ask yourself about how this experience was for you? How could you bring this kind of awareness into your daily routine?





## Club and Activity Announcements

**National Honor Society** is accepting applications for their upcoming selection process. Only Juniors and Seniors may apply. Build on your leadership and teambuilding skills through fun service activities, field trips, and more! To learn more about how to join and what National Honor Society has to offer view this entire [NHS PowerPoint](#).

For any additional information please contact

Ms. Vedra Roker at [Vedra.Roker@browardschools.com](mailto:Vedra.Roker@browardschools.com)





# Local & Current Events

**Coral Springs Museum of Art** has virtual art classes available! Explore a full schedule of art offerings open to children, teens, and adults. All classes range in skill level from beginner to advanced, where you can enjoy learning from professional teaching artists while having fun mastering your skills and techniques. Please access the Coral Springs Museum of Art's website for class registration and additional information on offerings. Visit <https://coralspringsmuseum.org/learn/> or call 954-340-5000

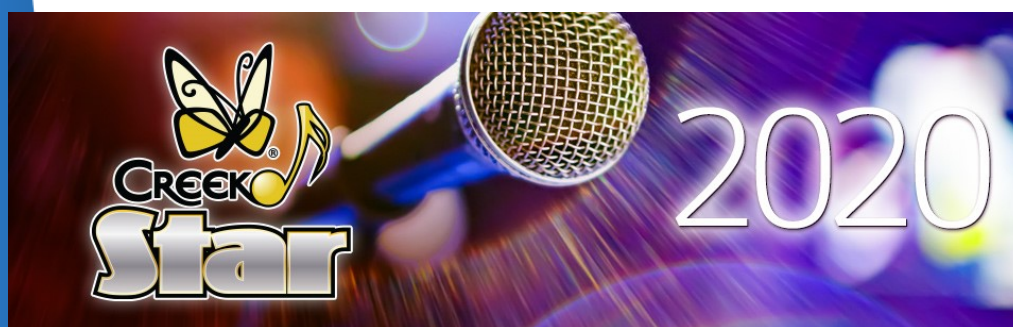


**Ready for College: Student Loans: The Good, The Bad, & The Ugly.** You've heard the good, the bad and the ugly of student loan debt. The truth is student loans may be the last resort needed to close the financial gap to attending your college. Let us clear up a few misconceptions about student loans and teach you how student loans can make your financial load manageable. This virtual event will be **November 17th 4:30-6pm** and is offered through Broward County Library Community Engagement. [CLICK HERE](#) to register.

**Veteran's Day Illumination Celebration (click [here](#) for flyer)**

Join the City of Tamarac as they light a candle to honor our Veterans and visit the Veterans Honor Wall as it is illuminated at night.

- When:** Wednesday, November 11th, 5:30 - 6:30 pm
- Where:** Veterans' Memorial Park, 7825 Southgate Blvd.



Do you think you can sing? The City of Coconut Creek is hosting the **Creek Star Singing Competition** and are looking for talents to compete in a virtual competition. The top 3 winners will receive a trophy and a gift card to a local Coconut Creek business! Visit <https://www.coconutcreek.net/parks/events/creek-star> for more information.

# November Fun Facts!

## November 11, 1918

The US and Canada celebrate the end of WWI every year on November 11, 1918. Also known as Veterans Day.

## Did you know?

**No-Shave November is a thing.**

In North America, November is also known as National Beard Month or No Shave Month (also known as "No-Shave November") as a way to raise cancer awareness.

**International Tolerance Day is November 16.**

It is respect and appreciation of the rich variety of our world's cultures, our forms of expression, and ways of being human. Tolerance recognizes the universal human rights and fundamental freedoms of others. People are naturally diverse; only tolerance can ensure the survival of mixed communities in every region of the globe.





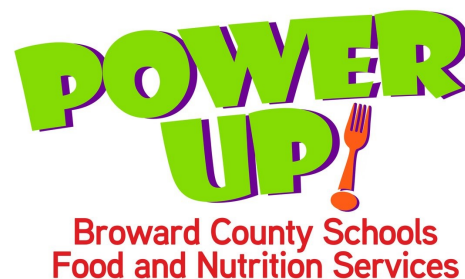
Don't forget to have your Parents/Guardians complete your back to school forms. They can go to [Back to School 2020-2021](#) to fill them out. Not having the forms filled out limits the school on contacting your parents with important information, not allowing you in the yearbook, and will hinder you from joining any school activities.

Make sure you have it complete!

-ATC High School Administration



The U.S. Department of Agriculture (USDA) recently announced it would extend the summer meals flexibility waiver, which allows BCPSFNS to provide lunch at no cost to all children through December 31, 2020!



If the child is not present, parents are required to provide identification for their child, which includes student ID, report card or birth certificate. The ID must be presented at each meal distribution.

Meals bundles will be distributed on  
**TUESDAYS AND THURSDAYS**  
11am—1pm and 3pm—5pm

Distribution times vary between school locations.

**\*Meals are not distributed at the ATC campus**



Español | Haitian-kreyòl | Português

## AT HOME DAILY HEALTH SCREENING



Broward County Public Schools is committed to the health and safety of our students, our staff and our community. The District has instituted enhanced cleaning schedules, staggered work schedules and continues to reduce the number of people in our facilities to promote physical distancing.

**In order to enter Broward County Public Schools facilities, all students, parents/caregivers, and employees should answer the following self-assessment questions at home each morning prior to coming to school:**

### DAILY HEALTH SELF ASSESSMENT QUESTIONS:



Do you feel warm, have a fever or elevated temperature (100.4), or have the chills?



Do you have a persistent cough, runny nose or sore throat?



Have you recently had a loss of taste or smell?



Has anyone in your household tested positive for COVID-19?



Have you been in close, unprotected contact with anyone who has tested positive for COVID-19?

*(spent longer than 15 minutes within six feet of someone who was sick with a fever and cough or confirmed/suspected of having COVID-19)*



Are you feeling sick or ill today?



Are you awaiting test results for COVID-19?



Have you been told to self-quarantine or self-isolate by a doctor or the Florida Department of Health?



If your child can answer "NO" to all of these questions, they may proceed to school.



If your child answered "YES" to any of these questions, you must contact the school nurse for further guidance.