

Tech Tiger Times

Coming up at ATC:

- **Dec 17th:** 3rd & 4th period Exams (**Dismissal 11:50**)*
- **Dec 18th:** 1st & 2nd period Exams (**Dismissal 11:50**)*
- **Dec 21-Jan 1: WINTER BREAK**

* Full Exam Schedule is on [page 3](#)

In this Issue...

- ⇒ Mindfulness Moment for the Holiday Break
- ⇒ Keep Your Eye on the Tiger

Quote of Week:

"Develop an attitude of gratitude this year, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation."

-Brian Tracy

Tiger News Updates:

- Updated **Attendance Policy 5.5** requires that all student cameras must be on during instruction. If not, it could result in a marked absence. Go to [page 8](#) for more information.
- Study for exams!

*Have a safe, fun, and relaxing
Winter Break...*

See you in 2021 Tech Tigers!



Mindfulness Moment with Mrs. Fort, School Social Worker

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Holiday season is officially upon us! Holidays can be a time filled with joy, fun, and gatherings, but it can also lead to increased levels of stress, depression, and anxiety for many. This holiday season will be unlike any other with the threat of COVID-19 continuing to have a major impact on our community. Family gatherings may be smaller this year, the budget for gifts, food, and expenses may be tighter, and feelings of grief and loss may feel heavier this season. Continue reading for some helpful tips to help you thrive over the next several weeks.

Don't wait to make plans: Predictability can be helpful for individuals, especially kids, during uncertain times. Setting expectations as to what the holidays will look like this year will help everyone process their feelings and create strategies to feel better. Planning ahead will help to reduce feelings of last-minute disappointment or frustrations that could lead to additional stress.

Be realistic: For most, this holiday season will probably be different this year. Be flexible and realistic during this time! The holidays do not need to be the same as last year to still celebrate. Focus on creating new traditions in the absence of the old. If the budget is tight this year, find ways to appreciate one another in service or gratitude. If you are not able to be physically together, have a meal virtually. Write letters to loved ones who may be feeling isolated. Work on that puzzle or family photo album you have been putting off all year. Shift your perspective to what you are gaining or creating, rather than what you are losing.

Acknowledge your feelings: Shifting your perspective can be helpful to cope through difficult challenges, but acknowledging your feelings is equally important. Recognize it is normal to feel grief, loss, sadness, (insert emotion here) when routine changes and loss occurs. Acknowledge your feelings with compassion; just because it is the holidays doesn't mean you need to force yourself to be happy.

Communicate comfort levels: If there is one thing this pandemic has shown us is everyone has different levels to what they feel comfortable with in regards to COVID-19 and safety measures. Make sure to discuss what the safety plans are prior to any family gathering or outing to decrease anxiety and discomfort. For example, are masks required? Do individuals need to quarantine before the gathering? Is hugging allowed? Make sure to follow all CDC guidelines and stay safe!

Don't lose sight of your healthy habits: Although the holidays can feel like a time to indulge, if you feel like you are struggling this year, try to keep up your healthy habits. Make sure you are getting enough sleep, you are exercising, eating a well-balanced diet, and stay connected! Never forget to ask for help when needed!





Atlantic Technical College & Technical High School
Exam Class Schedule
2020 - 2021

7:05 - 9:10	Exam
9:12 - 9:42	Break / Lunch
9:45 - 11:50	Exam
11:50	Dismissal

October 15th	3rd & 4th Period Exams (No Early Release, normal class times)
October 16th	1st & 2nd Period Exams
December 17th	3rd & 4th Period Exams
December 18th	1st & 2nd Period Exams
March 17th	1st & 2nd Period Exams
March 18th	3rd & 4th Period Exams
June 8th	3rd & 4th Period Exams
June 9th	1st & 2nd Period Exams

Keep Your Eye on the Tiger

Get to know your fellow Tech Tiger

Julian Rodriguez, 12th



1. What is your present or desired technical trade?

I am currently taking Automotive Service and Technology

2. If you could have a theme song that played when you entered a room, what would it be?

Walk Through by Rich Homie Quan

3. Describe yourself in three words.

Smart, athletic, and respectful

4. Describe something that annoys you.

"Drying" myself with a wet towel.

5. If you could live anywhere, where would you live and why?

I would stay right here in Florida. I love the beaches that we have and although our weather is bipolar, the good days outweigh the bad ones.

Want to be featured? All you have to do is send a written/emailed consent from your parent along with the answers to 5 out of 10 of the following questions to TechTigerTimes@gmail.com. Feel free to send a picture. We look forward to learning about you!

1. What's your present or desired Technical Trade?

2. Who is someone you consider a hero in your life? Why?

3. If you could have a theme song that played when you entered a room, what would it be?

4. Describe yourself in three words

5. When do you feel stressed? How do you deal with stress?

6. Share a favorite memory

7. If you could pick one person (dead or alive) to have lunch with, who would it be? Why?

8. Describe something that annoys you.

9. If you could live anywhere, where would you live? Why?

10. If you became invisible for 10 minutes RIGHT NOW, what **(school appropriate!)** things would you do?



Club and Activity Announcements



CLUB DE ESPAÑOL



¿Quién? Anyone can attend. Yes even if you don't have Spanish Class.

¿Cuándo? First meeting will be January 5, 2021 at 2:00 p.m.

¿Dónde? Teams

¿Por qué? To prepare a Team for Broward County's World Language Virtual Competition, learn about the Hispanic Culture, and have fun!!!

¿Cómo? Send Gloria.Palacio@browardschools.com a message notifying that you would like to participate in the club before December 18, 2020. She will send a link for the first meeting. Please write "Spanish Club" on the Subject line.

¿Cuánto? Admission and membership are free and besides fun and learning, you may receive extra credit on your next Spanish course if you participate in the academic competition. Don't forget club memberships and participation on academic competitions look MUY BIEN on your resume and college applications.

Te esperamos,

Sra. Palacio, Sra. Guzmán y Srta. Lozada



Local Events: Holiday Edition

- Kwanzaa Kickoff Celebration at Broward County Library.** On December 26th join the staff of African American Research Library and Cultural Center for the virtual Celebration of Kwanzaa. Learn the 7 Principles of Kwanzaa on December 26. This Kwanzaa event will feature several workshops geared toward each principle. To register [Click Here](#).
- Promenade Santa Selfie Sweepstakes November 21-December 18.** Enter to win shopping & dining spree, enter selfie or selfies from holiday displays at Promenade at Coconut Creek, 4467 Lyons Road, Coconut Creek 33073. Upload on Instagram with hashtag **#PACCSantaSelfie** and tag **@promenadecc**. For more information and rules go to [Click Here](#).
- The Nutcracker by Miami City Ballet.** Miami City Ballet's iconic production of George Balanchine's The Nutcracker is going outdoors! From a socially distanced pod on the lawn, watch this magical holiday classic come to life through live performance, animation and video on a giant screen. This show is in Downtown Doral. For more information visit <https://www.miamicityballet.org/nutcracker>
- Holiday Lights Cruise.** Check out the lights that line the shore while cruising the Intracoastal by way of Water Taxi. Tour includes sightseeing, holiday music and sing-alongs. Space limited. \$35/adult, \$15/child. Advance purchase [online here](#). Provided by Fort Lauderdale Water Taxi by Riverside Hotel.



New Years Fun Facts!

December 31, 1903

In 1903, The New York Times newspaper was about to open their new headquarters, the city's second tallest building, in what was then known as Longacre Square. The paper's owner, Adolph Ochs, decided to commemorate their opening with a midnight fireworks show on the roof of the building on December 31, 1903. After four years of New Year's Eve fireworks celebrations, Ochs wanted a bigger spectacle at the building to draw more attention to the newly-renamed Times Square. An electrician was hired to construct a lighted Ball to be lowered from the flagpole on the roof of One Times Square. The iron Ball was only 5 feet in diameter! The very first drop was on New Year's Eve 1907, one second after midnight. Though the Times would later move its headquarters, the New Year's Eve celebration at One Times Square remains a focal celebration for the world.



Did you know...?

- In 2007, for the 100th anniversary of the Times Square Ball Drop tradition, Waterford Crystal crafted a spectacular new crystal Ball with 2,688 Waterford Crystal triangles.
- Today's Ball is 12 feet in diameter, weighing 11,875 pounds.





Character Trait of December is...

Kindness

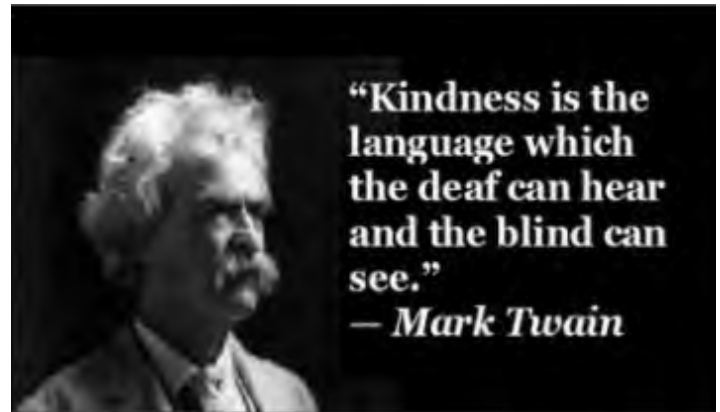
Kindness is being helpful, thoughtful, caring, compassionate, and considerate.

How can you fulfill that through academics?

- Actively listen to teacher directions

How can you fulfill it interpersonally?

- Posses the ability to stay focused and on-point
- Exhibit empathy toward others
- Actively listen to other's perspective



Try it out...

- ◇ Do something for someone without being asked
- ◇ Say or do something to make someone feel included in the class or group
- ◇ Help someone to solve a problem or complete a task
- ◇ Think of someone else's needs before your own
- ◇ Greet someone with a smile and friendly word
- ◇ Say and do things that let others know you care about their feelings

*Students make sure to check your **Naviance** notifications from your **Guidance Counselors Ms. Jackson and Ms. Guadalupe** for mindfulness activities, academic/interpersonal skills, and goals related to the monthly character trait.*

SBBC Policy 5.5 Update:

Policy 5.5: Attendance Updated Guidance for Schools BCPS Attendance Office December 2, 2020

Policy 5.5: Attendance was revised at the November 17, 2020 Special School Board Meeting. *Distance Learning for Emergency School Closures* is included in the policy to adapt to our needs to teach students remotely during the COVID-19 pandemic.

Section VIII, paragraph A2:

2. During distance learning, the use of student cameras is required for attendance and instruction. Students will be counted in attendance in the learning environment during their scheduled class time. Teachers should be flexible and consider any extenuating circumstances of individual students who may be unable to turn on a camera. Teachers may consider other evidence of attendance for individual cases.



Hello Amazing ATC students! I want to reinforce the necessity of having your cameras on during classroom attendance and instruction. Even though we are in an eLearning situation, your behavior should be the same as if you were in a classroom in a school building—minus needing to wear a uniform. As I have said a number of times, you need to be in the learning mindset to be involved in your courses. This means being fully present—camera on, out of bed and appropriately dressed, breakfast/lunch before class begins, and participating in classroom activities and discussions. You will only get out of your education what you put into your learning, so make it count. Have a fun and relaxing Winter Break!

- Take care, Ms. LaPorte

FYI: You will be marked absent if you do not turn on your camera; however, you are still expected to remain in the Teams meeting. Make sure you get credit for being present in class by having your camera on during attendance and instruction.