

## Coming up at ATC:

- **Feb 3rd:** Report Cards Issued
- **Feb 9th:** Interim Reports Issued
- **Feb 12th:** MSD Remembrance—Day of Service and Love

## Quote of Week:

*“Love cures people – both the ones who give it and the ones who receive it.”*

*– Karl A. Menninger*

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## Tiger News Updates:

- Day of Service and Love—What will you do?
- ATC will be planting a Roots of Love Remembrance Tree at 11am on Wednesday February 10th
- Yearbook needs our help to make the 2020-2021 Yearbook a virtual success. Go to <https://linktr.ee/ATCYearbook> to pre-order and to see how you can participate in the yearbook photo ops—even from home!

# Virtual Senior Expo

## February 4th



The Virtual Senior Expo is where our seniors can share their experiences and expertise with the underclassmen, it will be this Thursday February 4th from 9:00 to 11:05 am. All 9th, 10th, and 11th graders are expected to attend. For more information reach out to Ms. Miller at [Rebecca.Miller@browardschools.com](mailto:Rebecca.Miller@browardschools.com).

# STUDENT ENRICHMENT THROUGH THE ARTS (SEAS)

## VIRTUAL FIELD TRIPS

Presented through The Broward Performing Arts Center, Ms. Sevalia's African America Studies class will explore three Black American culture films as virtual field trips. The featured films and dates are as followed:

- |               |                          |
|---------------|--------------------------|
| <b>Feb 2</b>  | <b>Black Violinists</b>  |
| <b>Feb 5</b>  | <b>Ain't I A Woman</b>   |
| <b>Feb 16</b> | <b>Rhapsody in Black</b> |

<https://www.browardcenter.org/seas>



**BROWARD CENTER**  
FOR THE PERFORMING ARTS

# SPIRIT WEEK

## FEBRUARY 1 - 5

**MONDAY**

### Pajama Day

Dress up in your favorite school board appropriate pajamas

**TUESDAY**

### TIE DYE Day

Wear your tie dye gear for tie dye Tuesday!

**WEDNESDAY**

### DRESS TO IMPRESS

Dress to the nines for Dress to Impress Day!

**THURSDAY**

### THROWBACK Day

Recreate a picture of your younger self and DM us both the original and recreated picture

**FRIDAY**

### COLOR WARS!

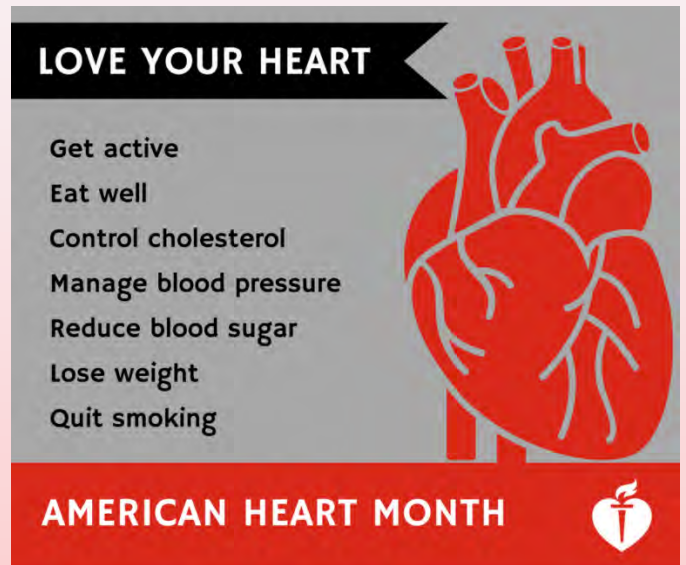
FRESHMEN - PURPLE  
SOPHOMORES - RED  
JUNIORS - BLUE  
SENIORS - BLACK

DM YOUR PICTURES TO  
**@ATHS\_SGA** OR SEND TO  
**atc.sga2020@gmail.com**




# HEART HEALTH

February is American Heart Month. What does that mean? Many programs, including The American Heart Association, dedicate this month to the awareness of Heart Disease. They do so by educating others on how to prevent heart disease and how to take proactive steps NOW to keep our hearts healthy. We are encouraged to take care of ourselves at ALL AGES. Why not think of ways you can “Love your heart” and share it with others.



**LOVE YOUR HEART**

- Get active
- Eat well
- Control cholesterol
- Manage blood pressure
- Reduce blood sugar
- Lose weight
- Quit smoking

**AMERICAN HEART MONTH** 

## February is National Heart Health Month

**Celebrate someone you love!**



- Take a walk 3 times this week**
- Cook a heart-healthy meal together**
- Schedule a health check-up for them**



## Local & Current Events

- **Open Play Chess Program.** Coral Spring's Park and Recreation Department is hosting a 4-month open play chess program to lead up to the inaugural King of Coral Springs Chess Tournament taking place on Saturday May 15, 2021. Participants and spectators must register. [Link to register](#). For more information, please call 954-345-2110.
- **Drive-In Movies and Sunset Concerts.** Join the City of Coconut Creek for Creek Palooza! All month long enjoy Drive-In movies and a series of concerts featuring live bands, every Friday and Saturday. Go to <https://www.coconutcreek.net/parks/special-events/creek-palooza> for more information.

**Drive-In movies:** First 250 cars receive a bag of popcorn. No registration required. Movie begins at 7pm.

**Sunset Concerts:** Limited capacity and registration required. It is a free concert.

