



Tech Tiger Times

Coming up at ATC:

- Feb 15th: **NO SCHOOL**—
President's Day
- Feb 18th: **Early Release Day**
- Feb 23rd-25th: FSA ELA Re-takes for 11th grade

Quote of Week:

"The future belongs to those who prepare for it today"

-Malcolm X

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Celebrate

Black History Month

To celebrate Black History Month at ATC we encourage all teachers, staff, and students to join us by wearing the following throughout the last week of February.

Monday February 22:

Wear All Black

Tuesday February 23:

Wear Red, Black, and Green

Wednesday February 24:

Wear any Black Athletic gear

Thursday February 25:

Wear African Attire

Friday February 26:

Wear a Black History T-shirt, a Black College or University (HBCU) T-shirt, or ANY college T-shirt

Mindfulness Moment with Mrs. Fort, School Social Worker

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Self-compassion is a topic that I have been discussing a lot with the students lately. Take a moment and listen to your thoughts. How do you motivate and encourage yourself? What do you say to yourself after a failure or mistake? Having self-compassion for ourselves is no different than having compassion for others. Now think about how you motivate and encourage a friend. What do you say to your friend after they have made a mistake or failed at something? Did you notice a change in the way you spoke to your friend versus yourself? If so, in what way?

At times, students will say that they feel like when they are hard on themselves, it will make them be more productive. There is fear that if they are “easy on themselves” they will become less motivated. However, this act of shaming yourself into action may actually backfire. Researchers have found that when we feel shamed and judged, the parts of the brain that have to do with learning, growth, and change shut down. It is self-compassion that makes you more resilient to setbacks and motivated to change.

Kristin Neff is a researcher who is focused on self-compassion. She has found that individuals with high levels of self-compassion demonstrate three behaviors. First, they are kind rather than judgmental about their personal failures and mistakes. Second, they identify that failures are part of the human experience and perfectionism does not exist (sorry for my self-proclaimed perfectionists). And lastly, they have a balanced approach to their negative emotions (it is a normal reaction to feel disappointment after failure). These individuals allow themselves to feel (rather than stuffing it deep inside) but they don't let the negative emotions take over. Once you identify mistakes and failures are part of life (you cannot escape them nor should you want to), you are able to learn and grow from them. Self-compassion also helps you to develop a growth mindset.

Sometimes accessing that compassionate voice can be difficult, especially if you are not used to doing it. An activity that I would recommend is to write yourself a letter using your “friend voice” – this is the voice and language you would use with your friends. Write yourself a letter that is kind, motivational, encouraging, and compassionate. Keep this letter someplace safe. Take it out and read it during times when you need a reminder that you are human, like the rest of us. Another great thing that can grow with self-compassion, is compassion towards others.





Local & Current Events

- **Music Under the Stars (Virtual).** Join the City of Pompano Beach on the city's Facebook page or website for some good music without leaving the comfort of your home. The concert will go live at **7pm on February 26th.**



- **Drive thru Food Distribution.** The city of Deerfield beach will be hosting a Food Distribution on **February 19, 2021**, 9:30 AM - 11:30 AM @ Quiet Waters Park. No special requirements are needed.
- **Kahoot Trivia for Teens (Black History Month Edition).** Hosted through the Africa American Research Library, Broward County Library will be having a series of Kahoot trivia for all ages, and on **February 18th at 4:30** it will be for all teens. Come test your Black History knowledge and win a prize! Go to <https://broward.libnet.info/event/4780781> to register.



ATC ACADEMIC ASSISTANCE AND ENRICHMENT PROGRAM

Subject	Instructor	Day and Times
English	Mr. Hutchison	Monday, Tuesday, and Thursday 2:30-3:30
Math	Ms. Collier	Monday thru Thursday 2:30-3:30
Social Studies (includes World History, U.S. History, Government/Economics, Psychology, African American History, and History of the Holocaust)	Ms. Lederer	Monday, Wednesday, Thursday 3:30-5:00
Science	Ms. Kelly	Tuesday and Wednesday 2:30-4:30
Spanish	Ms. Palacio	Tuesday and Thursday 3:30-5:30
*SAT Prep—Reading	Ms. Castelli	February: 16, 18, 23, 25 March: 2, 11 April: 1, 8, 22, 27, 29 May: 4, 6, 13, 20, 25, 27 3:30-4:30 *these are the only available dates for this subject
*SAT Prep—Math	Ms. Williams	February: 17, 22, 24 March: 1, 3, 8, 9, 10, 15, 16, 17, 29, 30, 31 April: 5, 6, 7, 12, 13, 14, 19, 20, 21, 26, 28 May: 3, 5, 10, 12, 17, 19, 24, 26 3:00-5:00 *these are the only available dates for this subject



Attention Students and Parents!

HOMWORK SUPPORT FOR BCPS K-12 STUDENTS

Free, Live and Exclusive Homework Help from Certified Teachers and Subject Matter Experts
Available Mondays-Thursdays on School Days!

Rave Reviews for Ask BRIA

"To me, this is the absolute best version of tutoring possible during these unprecedented times. It highlights how our district is coming together to help our students the best way we know how."

Literacy Coach Melissa Cabrera

"When I heard about Ask BRIA I didn't want to join because I thought I'd be seen as dumb. I thought "why would someone need help with homework if they're smart?" I was having trouble with my Algebra 1 Honors course, so I joined the 8th grade math Teams meeting. I was skeptical at first, but the teacher helped me with the problem I was having and even called me smart for catching on quick. My experience with Ask BRIA was great! I recommend it - it's a ten out of ten!"

Middle School Student, Justin E.

"I think it's awesome that BCPS is offering a free tutoring service...It's giving kids quick and easy access to get help at the click of a button after school if they find they're really struggling with the day's lesson."

High School Senior William B.

Elementary (Grades K-5) Students:

Homework support available Mondays to Thursdays from 3:15 to 7:15 p.m.

1. Login into SSO/Canvas and click on the Ask BRIA link.
2. Complete and submit a request form.
3. Open Microsoft Teams and wait for a call from Ask BRIA for a one-on-one session with a certified teacher.

Subjects: English Language Arts, Math, Science, Social Studies and more!

Secondary (Grades 6-12) Students:

Homework support available Mondays to Thursdays from 3:30 to 8:30 p.m.

1. Login into SSO/Canvas and click the Ask BRIA link in your Canvas course or the tile on your Clever Launchpad.
2. On the Ask BRIA landing page, scroll down to select school level and then select region for your school.
3. Choose subject you need help with and wait in the lobby of the Teams meeting until an Ask BRIA teacher lets you in to help you with your assignment.

Subjects: English Language Arts, Math, Science, Social Studies, AP/Honors, Cambridge International and more!



BROWARD REMOTE INSTRUCTIONAL ASSISTANT



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