



WOLVES' HOWL

A NOTE FROM ADMINISTRATION

MS. BARBA, INTERN PRINCIPAL

Greetings Wolf Pack Stakeholders.

November is upon us and I am so proud of our students who are doing an amazing job staying focused on their academics each and every day. This focus is important, as students will take their EOC's in just 23 days.

After school tutoring and homework help is available every Monday, Tuesday, Thursday, and Friday. See the full schedule at the end of this newsletter. We now have three activity buses to get your child home after tutoring and/or club meetings.

In addition to academics, we have a lot of events and activities coming up this month for students and parents. Unless otherwise indicated, the event will take place during school hours.



Last week, we held a Pink Parade raising funds for the fight against cancer. We raised just under \$400 for the cause. This week we are finishing up our first Spirit Week of the school year. A good time was had by all. I am not sure who had more fun...the students or the teachers!!

I am thrilled to share with you that our Debate Team traveled to Gainesville this week for the Florida Blue Key speech and Debate Tournament, one of the top national high school debate tournaments in the nation. I couldn't be any prouder of the young ladies and gentlemen representing our school.

Our seniors are spending more time with Mrs. DiAlberto as they begin applying to colleges and universities. Parents, if you haven't had a chance to schedule an appointment with your child's BRACE advisor, be sure to do so before winter break. Also, encourage your child to continue earning service hours. They need 40 to graduate, but 75 to 100 for Bright Futures Scholarship opportunities.

NOVEMBER EVENTS

- **November 6:** Senior's Cap & Gown Assembly 10:45 a.m. cafeteria
- Junior's Ring Ceremony 1pm cafeteria
- Financial Aid Information Session #1 for Seniors & Parents 6pm. - 8pm
- **November 8:** All Juniors will attend the play "Angels over Tuskegee" @ no cost.
- **November 11:** No School in observance of Veteran's Day.
- **November 12:** Soccer -Sheridan Tech vs. Atlantic Tech 3pm STHS Field
- **November 13:** College Tips for Juniors (parents and students attend) 6pm – 8pm cafeteria (This is a rescheduled event.)
- **November 14:** Soccer -Sheridan Tech vs. McFatter Tech 3pm STHS Field
- **November 14 & 15:** Senior Cap & Gown Orders taken during Lunch in cafeteria
- **November 15:** Picture Makeup Day in the ILC
- **November 16:** Key Club's Mega Garage Sale held at Sheridan Technical College 7am – 1pm
- **November 18:** Soccer -Sheridan Tech vs. Atlantic Tech 3pm STHS Field
- **November 21 & 22:** Senior Cap & Gown Orders taken during Lunch in cafeteria
- **November 27, 28, 29 -** Thanksgiving break. Enjoy!



On a final note, don't forget...Clocks "fall" back an hour Saturday night when you go to bed, as daylight saving time comes to an end.

Wishing you a fruitful November. Thanks for all that you!

Mary Barba, Intern Principal



CLASS OF 2020

The Purpose of Mu Alpha Theta

Mu Alpha Theta, the National High School and Two-Year College Mathematics Honor Society, was formed in 1957 at the University of Oklahoma. We are dedicated to inspiring a keen interest in mathematics, developing strong scholarship in the subject, and promoting the enjoyment of mathematics in high school and two-year college students. As of June 2017, more than 110,000 students are Mu Alpha Theta members at more than 2,400 schools in the United States and in 20 foreign countries.



Mu Alpha Theta:

- Provides a method for schools to recognize and encourage students who enjoy and excel in mathematics.
- Organizes a national convention for students and teachers to participate in math-related events and interact with others from across the country.
- Rewards outstanding extracurricular achievement by offering special awards, scholarships, and grants to students and their faculty advisers.

Any students who are interested to join Mu Alpha Theta, should have completed Geometry Honors and signed up for Algebra 2 Honors. Please see Mr. Kesinkaya at room 165M for further details to become a member at Mu Alpha Theta.

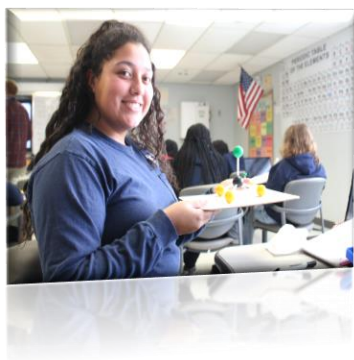
College Preparation

Essays: Seniors, remember you can ask any teacher/staff member/guidance counselor (not just your English teacher) to read your college essay. You should include the prompt/requirements that you are responding to and a minimum 2-week notice. Don't forget to use Ms. DiAlberto as a source to go to as well!

Letters of Recommendation: When asking an adult to write a letter of recommendation, provide a resume and Brag sheet. The adult can be a teacher/staff member/coach/mentor/family friend. Ask someone who knows you well, not just someone who “you earned an A in their class.” Give this adult ample time (at least 2 weeks) to write this letter.

Senior Class Activities

- **October-**
 - Prom tickets are on Sale through the first week in November for \$50 on the e-store
- **November-**
 - November 6th Cap & Gown Assembly: students will receive information pertaining to the cost of and ordering cap and gowns
 - November 9th- CAR WASH at STC from 8am-12pm (\$10 per car)
 - November 14th & 15th Cap & Gown Orders: students will turn in payments and forms for cap and gowns
 - November 21st-22nd Cap & Gown Orders Make up
- **December-**
 - 2nd Grad Bash Payment of \$100



CLASS OF 2021

For the junior class, October was filled with lots of testing. From the PSAT to Midterms, the juniors took these tests in stride. However, the stress of the academic rigors of the school was relieved with a fun filled spirit week. Some of the highlights included Super Hero Tuesday, Wayback Wednesday, and Costume Day on Halloween!

Furthermore, November promises to be packed with many activities that the class of 2021 can get involved in!

- **Ring Ceremony:** The class ring ceremony will take place on November 6th at 12 p.m. Parents of students are welcome to attend and watch as their students pass on through the next journey of their high school career.
- **Financial Aid Night:** On November 6th from 6-8 p.m. there is a Financial Aid Expert coming to speak to the parents of juniors and seniors in the Cafeteria. Junior year is the perfect time to start planning for college and gather information regarding financial aid. Take advantage of this opportunity! Students are welcome to attend; however, this information is more relevant for parents.
- **Field Trip:** All 11th graders will take a field trip to the Miramar Cultural Center on November 8th to see “Black Angles Over Tuskegee,” the story of the first African-American pilots of the US Army Airforce.
- **ASVAB Follow Up:** Several juniors took the ASVAB on October 29th to explore potential careers. Mrs. DiAlberto will pass back the results and explain them to the students in the Cafeteria on November 25th from 7:00-8:30 a.m. in the cafeteria.
- **Harvest Drive:** The collection of non-perishable items has begun! Students are asked to bring in items that are not in a glass container. Foods like canned sweet potatoes, canned cranberries, gravy, pancake mix, oatmeal, rice, and cookies can be brought as well as hygiene products like laundry detergent, soap, and paper towels.
- **Brag sheet Info:** Junior year is the ideal time to fine tune your brag sheet. Begin by filling out this word document [Brag sheet](#). Make sure to include your CTE Program Name, any certifications or awards that you have as well as your GPA and class rank. When filling out your volunteer hours, include your title, what your job consisted of, and the organization that you served. Finally, it is also beneficial to have your potential major/field of study in college as well as some goals that you have set for yourself. All of these pieces of information will greatly help someone write your letter of recommendation.

- **Microsoft Office Certifications:** Twice a month, upperclassmen will be able to test to earn their certification as Microsoft Office Specialists in Word, PowerPoint, or Excel. If you are interested in earning these certifications, see Mr. Decker in his office 108A (near the nurse) or email him at robert.decker@browardschools.com.
- **BRACE Advisor:** Ms. DiAlberto organizes lots of events for the Juniors regarding their futures. Students should check their Outlook emails daily to see the information regarding internships, college applications, campus tours, and scholarships. Don't let these valuable opportunities go by! For any questions, please visit Ms. DiAlberto in her room 115 or email her at barbara.dialberto@browardschools.com.



CLASS OF 2022

The sophomores are moving along in their classes. Please have students continue to work on NoRedInk and Algebra Nation. Both of these tools are to aid your student in being the best they can be for the EOC's and the FSA. Report cards will be sent home on the 13th. Interim's will be sent home on the 19th. Please check your child's grade in Focus often so we all can work together to keep the students on track for success.



A WORD FROM GUIDANCE

By Andie Segal

It was October. The streets were painted pink, the NFL players had pink details on their uniforms, and the multitude of ads remind us to be aware of breast cancer. While the kids are settling into their school year and the weather (in places other than Florida) starts to change, it's also a great time to check in with ourselves and, in the midst of caring for others, make sure we are considering our own needs. Self-care is a vital part of being available for others and what that means may vary from one individual to the next. Self-care encompasses a variety of techniques that sometimes have to be learned. Like anything else, the more we practice it, the better we can get at it. Whatever "it" is.

When we think of self-care, at the most fundamental level, we all benefit from adequate sleep, nutritious food, and exercise. Beyond that, though, what does it mean? One of the first things I explore with a new client is their coping skills. I'm surprised by how many people have never thought about what they use to move through the difficult situations that they encounter. Most school age children don't even know the term. Coping skills are not always identified but we all need a variety of tools in our toolbox, and no one's toolbox will look the same as another's. Do we need to take time to nurture those friendships that are meaningful to us? Do we need to journal or try a new exercise class? Do we need to travel or read more? The first step is to look within and remind ourselves of what has worked in the past, what we want to incorporate in our present, how to plan for our future.



As a yoga instructor, I start each class by guiding my students to close their eyes and "check in" with themselves; to scan their bodies for any tension or soreness, and to direct their breath to that part of their body. If you've never practiced yoga, it's not likely that you've discovered the power of breathing. But learning how to breathe from our diaphragm invites a calm into our bodies and minds that is unlike anything else. We can slow down our heart rate, clear our minds of clutter, and center ourselves.

We can bring ourselves into the present moment and let go of what no longer serves us. The internet has made activities such as meditation and yoga easy to learn. New yoga studios are constantly popping up in our neighborhoods. Yoga is one way to practice self-care and whether we practice it at home or elsewhere, what matters is carving out some time for ourselves. As Anne Lamott says, “almost everything will work again if you unplug it for a few minutes...including you.”

Many of us are good at recognizing the lack of self-care in our friends, children, or co-workers, but cannot recognize the same in ourselves. By taking some time each day to assess how we feel, physically and mentally, we are taking that first crucial step in self-care. This helps make it possible to be the best version of ourselves, for all those we care for, and for ourselves. As an unknown author once said, “Put yourself at the top of your to-do list every single day, and the rest will fall into place.”



BRACE NEWS

Mrs. DiAlberto, BRACE Advisor

Barbara.dialberto@browardschools.com

As of 9/20, ACT will give students a choice of doing ACT online on on paper. Results will be much faster if students take the online version (2 business days).

If students take the ACT (whole test), they can then decide if they want to take another test or subsections of the test. So, if a student only needs to do better on 1 or 2 sections, they have that option. The thinking behind this is that they will focus just on those sections. This should alleviate test anxiety. However, every site may not offer all subsections. Students may take 3 subsections in one day. Subsections are only given online, not on paper.

ACT will give 4 fee waivers to students on free or reduced lunch, and they can use them however they like (whole test or sub-tests).

You can go to these websites to receive updates on ACT enhancements:

act.org/morechoices

act.org/newfirsts

Bright Futures 2020-2021 29 FOR ACADEMIC AND 25 instead of 26 for Medallion



JUNIORS & SENIORS & PARENTS

- **Wednesday 11/6/19** 6:00-8:00 pm – (more for parents than students) -Financial Aid Night – Cafeteria
- **Thursday 11/14/19** 1:45-3:10 pm – Sheridan Technical College Visit – location TBD
- **Monday 11/25/19** 7:00-8:30 pm – ASVAB Follow-Up and Results – Cafeteria
- **Thursday 2/13/19** 6:00-8:00 pm – Sheridan Tech. High School College Fair – Cafeteria

Testing Information



Sheridan Technical High School Exam Schedule 2019-2020



Please check dismissal times on each exam date below. Broward County School Buses will pick up students based on the information below. Car Riders, please arrange pickup based on the dismissal times as well. *Please note, there will be no club meetings or activity buses on these exam dates.

FINAL EXAM SCHEDULE: All Grades

TERM 1				
PSAT Day: October 16 th (for all 9 th , 10 th & 11 th grade) - *Dismissal @ 11:00 a.m. (study for next days' exams)				
(End of) Quarter 1		(End of) Quarter 2		
Tuesday, October 15 th	PSAT Day Oct. 16 th	Thursday, October 17 th **EARLY RELEASE DAY	Wednesday, December 18 th	Thursday, December 19 th
Block 3 exams 7:00 a.m. - 8:30 a.m. Block 4 exams 8:33 a.m. - 10:03 a.m. Lunch 10:05 a.m. - 10:45 a.m. 10:50 a.m. Dismissal*	7:00 - 10:45 a.m. Lunch 10:50 - 11:25 a.m. 11:30 a.m. Dismissal*	Block 1 exams 7:00 a.m. - 8:30 a.m. Block 2 exams 8:33 a.m. - 10:03 a.m. Lunch 10:05 - 10:40 a.m. Block 3 classes 10:43 a.m. - 11:15 a.m. Block 4 classes 11:17 a.m. - 11:50 a.m. 11:50 a.m. Dismissal*	Block 1 exams 7:00 a.m. - 8:30 a.m. Block 2 exams 8:33 a.m. - 10:03 a.m. Lunch 10:05 a.m. - 10:45 a.m. 10:50 a.m. Dismissal*	Block 3 exams 7:00 a.m. - 8:30 a.m. Block 4 exams 8:33 a.m. - 10:03 a.m. Lunch 10:05 a.m. - 10:45 a.m. 10:50 a.m. Dismissal*

FINAL EXAM SCHEDULE: All Grades

TERM 2			
(End of) Quarter 3		(End of) Quarter 4	
Wednesday, March 18 th	Thursday, March 19 th **EARLY RELEASE DAY	Friday, May 29 th	Monday, June 1 st
Block 3 exams 7:00 a.m. - 8:30 a.m. Block 4 exams 8:33 a.m. - 10:03 a.m. Lunch 10:05 a.m. - 10:45 a.m. 10:50 a.m. Dismissal*	Block 1 exams 7:00 a.m. - 8:30 a.m. Block 2 exams 8:33 a.m. - 10:03 a.m. Lunch 10:05 - 10:40 a.m. Block 3 classes 10:43 a.m. - 11:15 a.m. Block 4 classes 11:17 a.m. - 11:50 a.m. 11:50 a.m. Dismissal*	Block 1 exams 7:00 a.m. - 8:30 a.m. Block 2 exams 8:33 a.m. - 10:03 a.m. Lunch 10:05 a.m. - 10:45 a.m. 10:50 a.m. Dismissal*	Block 3 exams 7:00 a.m. - 8:30 a.m. Block 4 exams 8:33 a.m. - 10:03 a.m. Lunch 10:05 a.m. - 10:45 a.m. 10:50 a.m. Dismissal*

*BCPS bus pickup and/or parent pickup



Sheridan Technical High School Exam Schedule 2019-2020



PSAT Day: October 16th (for all 9th, 10th & 11th grade)

SAT Day: March 4th (11th grade)

EOC DATES: (subject to change based on FLDOE testing window)

Term 1 EOC's	Term 2 EOC's & FSA English
<ul style="list-style-type: none"> • December 10th – Biology (9th grade) • December 11th - Geometry – day 1 (9th/10th) • December 12th - Geometry - day 2 (9th/10th) • December 13th – U.S. History (11th grade) • December 11th – 13th MAKEUP TESTING DAYS 	<ul style="list-style-type: none"> • April 7th - FSA ELA Writing (9th/10th grade) • <i>April 8th - FSA ELA Writing MAKEUP TESTING DAY</i> • May 19th – FSA ELA Reading – day 1 (9th/10th grade) • May 20th – FSA ELA Reading – day 2 (9th/10th grade) • <i>May 21st – 22nd MAKEUP TESTING DAYS</i> • May 21st Algebra 1 & Geometry – day 1 (9th/10th) • May 22nd Algebra 1 & Geometry - day 2 (9th/10th) • <i>May 26th – 27th Alg 1 & Geo MAKEUP TESTING DAYS</i> • May 27th – Biology (9th grade) • May 27th – U.S. History (11th) • <i>May 28th – 29th MAKEUP TESTING DAYS</i>

ADVANCED PLACEMENT (AP) EXAM DATES*:

May 2020

Mon	Tue	Wed	Thu	Fri	Sat
					1
	4	5	6	7	8
	AP U.S. Government 8:00 a.m.	AP Calculus 8:00 a.m. AP Human Geography 12:00 p.m.	AP Literature & Comp 8:00 a.m.		AP U.S. History 8:00 a.m.
	11	12	13	14	15
	AP Environmental Sci 12:00 p.m.	AP Spanish Language 8:00 a.m. AP Psychology 12:00 p.m.	AP Language & Comp 8:00 a.m. AP Microeconomics 12:00 p.m.		AP Computer Science Principles 8:00 a.m. AP Statistics 12:00 p.m.

*There are no make-up dates for AP exams. If you miss an AP exam you were scheduled to take, you will be charged \$15.00 for this unused exam. This is the cost the school is charged for any missed exams. The \$15.00 will show as an obligation that must be satisfied before graduation. *This charge applies to AP exams only.*

7/2019mb