

THE CHARGER UPDATE

April 12 - 16, 2021

Teacher Work Day – Friday, April 16, 2021
No School for Students

PRINCIPAL'S MESSAGE

Senior Shindig **Thursday, April 15, 6:00 pm – 9:00 pm** **SHS Campus**

The evening will consist of four (4) rotations of food, fun, entertainment, and games. The cafe (1) will host dinner and door prizes, the auditorium (2) will have a comedian/magician, the gym (3) will house games in an arcade set up, and the courtyard (4) will stage a DJ, fair food, and large, outdoor tailgate-style activities (giant Jenga, corn hole, an oversized Connect 4, etc.). Students will reserve a group spot when purchasing their tickets on school cash online. The groups are identified with wristbands and will rotate together for safety and contact tracing purposes.

Check-in starts at 5:30 pm and there is no school on Friday, April 16. Mrs. Mary Meloy and Mrs. Laura Smith are co-chairs for the planning committee. Please reach them directly regarding volunteer opportunities, sponsorships, door prize donations, etc. at Suncoastseniorshindig@gmail.com.

April 30th is College Shirt Day – Seniors, show off your new college colors or wear a shirt from the college you plan to attend this Summer or Fall 2021. Ready, Set, Go !! Congratulations !!

COVID Reminder: Students must not come to school if feeling ill; including, but not limited to: symptoms of fever, cough, sore throat, diarrhea, headache, body ache, shortness of breath, fatigue, loss of appetite and sense of smell, and other flu-like symptoms, or if someone in their household has tested positive for COVID-19. See the [Updated CDC guidelines](#) regarding social distancing in classrooms.

SCHOOL BUSINESS

Virtual Welcome Week for Our New Chargers **April 12 - 15**

Suncoast will welcome incoming students to the Charger Nation during the week of April 12, 2021. Students, staff, and parent groups are a part of our videos and presentations. Information and links for our *Virtual Welcome Week* will be emailed to all of our incoming student families. Thank you for your support of our new families!

Incoming Freshmen Magnet Program Information and Course Selection Q & A
April 14, 5:30 pm – 7:00 pm

Diamond Daze – Celebration of Spring Sports **April 19 – 23**

Dress up Days and Activities Schedule is on the way...
Chargers, you already know that April 23rd is *Green & Gold Shirt Day!*

You Should Have a New Student Password By Now...

It is the student's obligation to protect his/her school login credentials. No user should share account information, student ID number, or password with anyone for any reason. Your school IT Department is asking all students to reset their District passwords to a strong, unique, and memorable password. The password reset utility is on the School District Portal. It is for your protection!

Yearbook, Yearbook! Purchase your yearbook for just \$90 at [Balfour](#).



TESTING? TESTING! ONE, TWO...

State Assessments Start Next Week!

April 13 – 9th; April 14 – 10th

The **ELA Writing State Assessments** will take place ON CAMPUS on **Tuesday, April 13th for Grade 9** and **Wednesday, April 14th for Grade 10**. These assessments will begin at 8:00 am and have a standard testing time of 120 minutes. **Look for specific Test Day Information sent from Ms. Rawson to student emails.**

Important Reminders for State Assessments:

- All students testing must **report to their testing rooms by 7:45 am with a student ID**. (If you do NOT have a student ID or a driver's license - report to Student Services to get a temporary ID).
- All students **MUST BRING THEIR DISTRICT ISSUED COMPUTER DEVICES - CHARGED** in order to participate in the assessments. *(If you need to check out a Chromebook for testing, please report to the Main Office by 7:30 am.)*
- All students **must wear masks covering their noses and mouths**, at all times, while on campus.
- All students **must** bring 2 pens or pencils for note taking/planning purposes.
- All students **must** bring some form of headphones that can be used with your Chromebooks.
- All students may bring water or snacks to drink/eat during the break.

SCHOOL COUNSELOR CORNER

March 2 – May 2 – Virtual NACAC College Fairs: <https://virtualcollegefairs.org/events>

Got College Acceptance Letters? Did You Apply for Scholarships? [Apply for Scholarships](#)

SAT and ACT Dates

Please see the available Saturday dates and registration deadlines for SAT and ACT through to the summer months. Don't miss these opportunities to get ready for college admissions or to gain a concordant score.

| Test | Test Date | Registration Deadline | Late Registration Deadline |
|------|----------------|-----------------------|--|
| SAT | May 8, 2021 | April 8, 2021 | April 20, 2021 (for mailed registrations) |
| | | | April 27, 2021 (for registrations made online or by phone) |
| SAT | June 5, 2021 | May 6, 2021 | May 18, 2021 (for mailed registrations) |
| | | | May 26, 2021 (for registrations made online or by phone) |
| ACT | April 17, 2021 | March 12, 2021 | March 13-26, 2021 |
| ACT | June 12, 2021 | May 7, 2021 | May 8-21, 2021 |
| ACT | July 17, 2021 | June 18, 2021 | June 19-25, 2021 |

VOLUNTEERS MAKE IT HAPPEN

We Need Your Support for “Operation Graduation!”

All Suncoast Families, funding is needed to purchase graduation items that will be utilized by students over the next **8 - 10 years**. Donations will be used to purchase Magnet Program Stoles, Stoles for the Valedictorian and Salutatorian, Student Government Association Stoles, Senior Class Stoles, Scholar Cords, AP Capstone Cords, National Honor Society Regalia. We thank you for assisting us with ensuring all seniors, from the Class of 2021-2031, will be recognized for their hard work and accomplishments.

To donate follow this link: <https://suncoastptsa.memberhub.store/store/items/697927>.

The Suncoast Foundation is co-sponsoring this effort with PTSA! You can donate here as well:

<https://betterunite.com/SuncoastCommunityHighSchoolFoundation-suncoasthighschooloperationgraduation>

YOUR BEHAVIORAL HEALTH SPECIALIST SAYS...

Everyone has feelings of anxiety, nervousness, tension, and stress from time to time. Here are 5 ways to help manage them:

Become a relaxation expert. We all think we know how to relax. But chilling out in front of the TV or computer isn't true relaxation. (Depending on what you're watching or doing, it could even make you more tense.) The same is true for alcohol, drugs, or tobacco. They may seem to relieve anxiety or stress, but it is a false state of relaxation that's only temporary. What the body really needs is daily practice of a relaxation technique — like deep breathing, tai chi, or yoga — that has a physical effect on the mind. For example, deep breathing helps to relax a major nerve that runs from the diaphragm to the brain, sending a message to the entire body to let go and loosen up.

Get enough sleep, nourishment, and exercise. Want your mind and body to feel peaceful and strong enough to handle life's ups and downs? Get the right amount of sleep for your needs — not too much or too little. Eat well: Choose fruit, vegetables, lean proteins, and whole grains for long-term energy (instead of the short bursts that come from too much sugar or caffeine). And exercise to send oxygen to every cell in the body so your brain and body can operate at their best.

Connect with others. Spend time with friends or family. Organized activities are great, but just hanging out works too. Doing things with those we feel close to deepens our bonds, allowing us to feel supported and secure. The fun and sharing that go with it allow us to feel happier and less upset about things. If you feel worried or nervous about something, talking about it with someone who listens and cares can help you feel more understood and better able to cope. You'll be reminded that everyone has these feelings sometimes. You're not alone.

Connect with nature. Heading out for a walk in the park or a stroll on the beach can help anyone feel peaceful and grounded. (Choose somewhere you feel safe so you can relax and enjoy your surroundings.) Walking, hiking, biking, or swimming offer the additional benefit of exercise. Invite a friend or two — or a family member — along and enjoy feeling connected to people as well.

Pay attention to the good things. A great way to keep our minds off the worry track is to focus our thoughts on things that are good, beautiful, and positive. Appreciate the small, everyday blessings. Allow yourself to dream, wish, and imagine the best that could happen. Don't forget to ask for help if you need it. We are here to support you!!!

CHARGER SHOUT-OUTS!

March Super Charger of the Month is Madame Caron Morton: *Comments from their nominators...*

"Madame Morton goes above and beyond for others through her selfless and patient demeanor. She is always willing to help someone work through difficult French words and topics, and she always brightens my day with her big smile!! She spends time throughout her day to help eager students better understand French! She also has always encouraged me in my abilities, which has given me so much confidence throughout my high school experience."

March Chargers of the Month are Risk-Takers

Lauren Brensel – IB Diploma Senior: "Lauren is a dedicated debater. She competes in several competitions all year and she performs well. She isn't afraid to talk about subjects that most people wouldn't think of. ASMR and Extreme Couponing are just two of them."

Derick Hall – IB Diploma Senior: "Derick is a risk-taker because he came to the girls weightlifting practices and all the meets - being the only male among a sea of females. He recorded on his camera the progress of our entire season. He put it all together in an 8-minute film documentary. He debuted his production at our end of season team get together in front of all the girls and parents. This is a must-see film. Two thumbs up!"

IN THE COMMUNITY

Ballet Florida is coming to Rosemary Square and Other Cool Events!

Here is the link: <https://www.rosemarysquarewpb.com/>

Local Culture Celebrated at The Historical Society of PB County <https://pbchistory.org/>

TUTORIAL ROCKS !

The Suncoast Writing Lab is Open! We have qualified one on one peer tutoring appointments available in all subject areas. We can assist in every stage of the writing process, from planning, to final revisions, and serve to assist students at all ability levels - sometimes students mistakenly think they should only go if they are failing a class or assignment. **Join the Writing Lab Google Classroom, code: cbwlxts - virtual and in-person appointments available! No excuses -** [Suncoast Writing Lab Appointment](#).

The Suncoast Spring Tutorial Schedule is on our website

Need CAS Help? Join the CAS for 2022 Candidates Google Classroom (Code: **tb33zuq**) for a CAS Coach.

All Things IB! Wednesdays, 3:00 pm – 4:00 pm with Dr. Busse, Ms. Armbruster, and Ms. Edgar – Google Meet code <https://meet.google.com/fkh-uhmk-txz> or use nickname **atib**.

Mu Alpha Theta Offers Free Virtual Lunch Math Tutoring: Monday – Thursday [MAO Lunch Tutoring Sign-Up](#) for All Math subjects.

OUR BUSINESS PARTNERS

Thank you to our Suncoast Business Partners!

| | |
|--|---|
| Spanish Academy | https://www.littlemindsbigdreams.com/ |
| Center for Essay Excellence | http://www.centerforessayexcellence.com/ |
| Helios College Counseling | https://www.helioscollegecounseling.com/ |
| Revolution Prep | https://www.revolutionprep.com/ |
| Best College Consulting | http://bestcollegeconsulting.com/ |
| Score at the Top/Judi Robinovitz Associates | https://www.scoreatthetop.com/ |
| International College Counselors | https://internationalcollegecounselors.com/ |
| Greene Education Foundation | http://www.greene-educationfoundation.org/ |

If you would like to become a Suncoast Business Partner, please contact Ms. Kessel: nk14@comcast.net.

SPORTS EVENTS

Athletic Event Procedures, Ticketing, Security and Health Screenings

Guests must pre-purchase tickets online using the cashless [GoFan](#) app- **GoFan Ticketing Directions:** <https://www.youtube.com/watch?v=tkZqTY5d6Bg>

Permitted Items: There will NOT be any concessions at athletic events. Fans are permitted to bring **one unopened, sealed, unfrozen bottle of water**. **Face masks must be worn by fans at all times**. Neck gaiters are not an approved mask for Palm Beach County School District functions. All guests will have a temperature check before entering the facility.

For security reasons, please note the following rules before entering the stadium, gym, and fields:

- All persons, bags and vehicles may be subject to search.
- Only clear bags are permitted inside the stadium, gym, and fields– All other bags, wristlets or purses, with the exception of diaper bags for an infant or toddler, are prohibited.
- No re-entry – if you exit, you cannot return.
- No admittance after the second half kickoff, 3rd period, 3rd quarter, or 5th inning.
- No loitering outside of the stadium/school gates or in parking areas.
- Exit the stadium, immediately at the conclusion of the game.
- No outside food or beverages may be brought into the event.
- Unruly conduct, disruptive behavior, use of profane, obscene or abusive language of any type will result in immediate removal from the event.
- Please follow any directives given by law enforcement at all events.

| Date | Day | Sport | Start Time | Level | Location | Opponent/Title | Facility |
|-----------|-----------|------------------------|------------|----------------|----------|------------------------------|---------------------------------|
| 4/9/2021 | Friday | Softball | 4:30 PM | Varsity | Home | Martin County (Stuart) | Suncoast (Riviera Beach) |
| 4/9/2021 | Friday | Flag Football, Girls | 5:00 PM | Junior Varsity | Away | Jupiter | Jupiter |
| 4/9/2021 | Friday | Baseball | 6:30 PM | Varsity | Away | Jupiter | Jupiter |
| 4/10/2021 | Saturday | Baseball | TBD | Junior Varsity | Away | Tournament | Santaluces |
| 4/12/2021 | Monday | Tennis, Girls and Boys | 8:00 AM | Varsity | Away | Districts | Delray Tennis Center |
| 4/12/2021 | Monday | Flag Football, Girls | 5:00 PM | Freshman | Home | Jupiter | Suncoast (Riviera Beach) |
| 4/13/2021 | Tuesday | Tennis, Girls and Boys | 8:00 AM | Varsity | Away | Districts | Delray Tennis Center |
| 4/13/2021 | Tuesday | Volleyball, Boys | 6:00 PM | Junior Varsity | Away | Seminole Ridge (Loxahatchee) | Seminole Ridge (Loxahatchee) |
| 4/13/2021 | Tuesday | Volleyball, Boys | 6:00 PM | Junior Varsity | Away | Somerset Central Miramar | Somerset Central Miramar |
| 4/13/2021 | Tuesday | Softball | 6:00 PM | Varsity | Away | Forest Hill | Forest Hill (West Palm Beach) |
| 4/13/2021 | Tuesday | Volleyball, Boys | 7:00 PM | Varsity | Away | Seminole Ridge (Loxahatchee) | Seminole Ridge (Loxahatchee) |
| 4/14/2021 | Wednesday | Volleyball, Boys | 6:00 PM | Varsity | Away | Palm Beach Central | Palm Beach Central (Wellington) |
| 4/14/2021 | Wednesday | Softball | 6:00 PM | Varsity | Home | Palm Beach Gardens | Suncoast (Riviera Beach) |
| 4/14/2021 | Wednesday | Flag Football, Girls | 5:00 PM | Freshman | Home | Park Vista | Suncoast (Riviera Beach) |
| 4/15/2021 | Thursday | Flag Football, Girls | 6:00 PM | Junior Varsity | Away | Lake Worth | Lake Worth |
| 4/15/2021 | Thursday | Flag Football, Girls | 7:00 PM | Varsity | Away | Lake Worth | Lake Worth |

STAY CONNECTED

SUNCOAST HIGH SCHOOL WEBSITE: www.Suncoasthighschool.org

LIKE US ON FACEBOOK! <https://www.facebook.com/pages/Suncoast-Community-High-School/1444659332463268?fref=ts>

ON INSTAGRAM! <https://instagram.com/suncoasthighfl/>
Suncoast Chargers Athletics

ON TWITTER! <https://twitter.com/SuncoastHighFL> Suncoast High School @SuncoastHighFL

