

THE CHARGER UPDATE

May 10 - 14, 2021

PRINCIPAL'S MESSAGE

We had an amazing time celebrating our teachers this past week! Their dedication to the profession is evident in the wonderful news we receive daily on college acceptances, scholarships awards, and other notables accomplished by our students.

Our students have been coming to campus, by the droves, to meet their on-campus testing appointments. It has been exciting to see our students together, in one place, again. Please note, with testing in full swing, parents should plan to drop students off to school earlier on testing days to blend in with the increased traffic coming into Suncoast. (See the testing schedule in this newsletter).

Currently, facial covering rules remain in place for students walking through hallways, during class changes, while the School District continues to review the latest health guidelines. We will keep you informed, as we anticipate the School District's plan to bring all students back to campus for the 2021-2022 school year.

TESTING? TESTING! ONE, TWO...

Testing Outlook

Week of May 10

(Look for **Test Day Information** emails from Ms. Rawson throughout the months of May and June.)

Arrive 15 minutes early to your testing rooms.

Date	Start Time	Subject Test	Test Format
May 10	8:00 am	10th Grade FSA/ELA Reading Session 1 (for AICE Lit Students)	Computer-based/On campus
May 10	8:00 am	AP World History	Paper-based/On campus
May 10	12:00 noon	AP MACRO Economics	Paper-based/On campus
May 11	8:00 am	10th Grade FSA/ELA Reading Session 2 (for AICE Lit Students)	Computer-based/On campus
May 11	8:00 am	AP Seminar	Paper-based/On campus
May 11	12:00 noon	AP Psychology	Paper-based/On campus
May 12	8:00 am	AP English Language & Composition	Paper-based/On campus
May 12	12:00 noon	AP MICRO Economics	Paper-based/On campus
May 13	8:00 am	11th Grade US History EOC	Paper-based/On campus
May 13	8:00 am	9th & 10th Grade FSA/ELA Writing Make-up	Computer-based/On campus
May 14	8:00 am	10th Grade FSA/ELA Reading Session 1 (for AP Lang Students)	Computer-based/On campus
May 14	8:00 am	AP Biology	Paper-based/On campus
May 14	8:00 am	AICE English Literature Paper 1	Paper-based/On campus
May 14	12:00 noon	AP Environmental Science	Paper-based/On campus
May 14	12:00 noon	AP Chinese Language & Culture	Computer-based/On campus



Week of May 17

***Note: AP Digital testing starts this week. Students taking a DIGITAL AP exam MUST complete the EXAM READINESS procedures in order to test on their test day.**

Date	Start Time	Subject Test	Test Format
May 17	8:00 am	10th Grade FSA/ELA Reading Session 2 (for AP Lang Students)	Computer-based/On campus
May 17	8:00 am	AP Comparative Government	Paper-based/On campus
May 17	12:00 noon	AP Statistics	Paper-based/On campus
May 18	8:00 am	AICE English Literature Paper 2	Paper-based/On campus
May 18	12:00 noon	AP English Literature & Composition Digital 1	AT home or ON campus
May 18	4:00 pm	AP Computer Science A Digital 1	AT home or ON campus
May 19	8:00 am	Algebra 1 EOC Session 1	Computer-based/On campus
May 19	12:00 noon	AP US History Digital 1	AT home or ON campus
May 19	4:00 pm	AP Art History Digital 1	AT home or ON campus
May 19	4:00 pm	AP MACRO Economics Digital 1	AT home or ON campus
May 20	8:00 am	Algebra 1 EOC Session 2	Computer-based/On campus
May 20	12:00 noon	AP Government Digital 1	AT home or ON campus
May 20	12:00 noon	AP World History Digital 1	AT home or ON campus
May 20	4:00 pm	AP Psychology Digital 1	AT home or ON campus
May 21	8:00 am	AP Spanish Language & Culture	Paper-based/On campus
May 21	12:00 noon	AP French Language & Culture	Paper-based/On campus
May 21	12:00 noon	AP Spanish Literature & Culture	Paper-based/On campus
May 21	12:00 noon	AP Music Theory	Paper-based/On campus

SCHOOL COUNSELOR CORNER

College and Career Information for Sophomore and Junior Students

Families, be sure to join the Google Meet hosted by your school counselor!

- **Sophomore Career Lesson Schedule with Google Meet Codes:**
<https://docs.google.com/presentation/d/1Zu32eDqR0qkQ6HM6xKsrGY5LAWb3Wan0VyYzJYez2Xw/edit?usp=sharing>
- **Junior College Readiness Workshop Schedule with Google Meet Codes:**
https://docs.google.com/presentation/d/1DvdgX8JQQ46rTARdAgJLNrmV7tj9rihR_tL0kTIKzJg/edit?usp=sharing

Fall 2021 Dual Enrollment (Off Campus) Registration

Students who want to take PBSC Dual Enrollment courses that are not offered at Suncoast High School, please join the Google Classroom below to complete essential steps A, B, and C by June 1st. Find your Fall Dual Enrollment Authorization forms here: <https://classroom.google.com/c/MzI0MzY3MTcyOTU5?cjc=imm45b7>. Here is the Meet code: **imm45b7**

VOLUNTEERS MAKE IT HAPPEN

General Assembly Meeting & Parent Workshop Thursday, May 13, 6:00 pm

Greetings, Suncoast Families! Please join us on Thursday night, May 13, at 6:00 pm via Zoom for our PTSA General Assembly Meeting and Parent Workshop. We will start with a brief General Assembly Meeting for the PTSA which will include our elections for 2021-2022. Following the meeting, Julie Simons of Helios College Counseling will present "How to Use Summer to Strengthen College Applications." All families are invited to join us online for this important and useful information. *We ask to limit attendance to one device per household. Zoom meetings have attendance limits at 100.*

Log on to: <https://us02web.zoom.us/j/2335568537?pwd=TFIleCtwTIBKTTI5WGpQN1NhQWpyUT09>

Meeting ID: 233 556 8537

Passcode: 223143

A Big Thank you!

Thank you to all the families who donated and supported the Suncoast Teacher & Staff Appreciation Luncheon, Operation Graduation, the Charger Commons Book Drive, Adopt-A- Class, and so much more. If you would like to make contributions to any of these items, please feel free to do so at:

<https://suncoastptsa.memberhub.store/store/items/754695> or visit suncoastptsa.com and click on the PTSA Store.

A MESSAGE FROM OUR SCHOOL NURSE

Important Information for Virtual Students Who will be On Campus for Testing

I have received several inquiries about what to do if a virtual student who plans to be on campus for testing has been exposed to someone with COVID-19, develops symptoms of, or has taken a COVID-19 test for any reason.

In short, students must not come to school when in this situation. Instead, please contact the school nurse at (561) 882-3484 to discuss your symptoms and plans to test for COVID-19, or to discuss COVID-19 test results, if they are already available.

Per School Board policy 5.326 on Student Protocols due to COVID-19, a student may return back to school once:

- S/he tests negative for COVID-19 and provides a copy of the results to the school nurse for verification
- OR
- Remains isolated for 10 days and is symptom free (including no fever of 100.4 degrees or higher) in the past 24 hours.

Your Suncoast Testing Coordinator can provide additional guidance about the missed test day.

Colleen Long, MBA, RN

Health Care District of Palm Beach County School Nurse

Suncoast High School

Phone: (561) 882-3484

CHARGER SHOUT-OUTS!

Charger Shout-out to our **Suncoast National Honor Society** for their latest service project with Loggerhead Marinelife Center and the School District of PBC for our sister school, Mary McLeod Bethune Elementary, check out the video and smiling faces! <https://youtu.be/K8f-igkVCuE>

Kovner Scholarship recipients were notified last Saturday (Suncoast had 4 of the 11 recipients):

Eduardo Arteaga, Annabelle Fautot, Alana Ferguson, and Russell Perez.

Janelle Whiteside will receive the **Award of Merit.** *Way to go, Chargers!!*

To learn more about the Kovner Opportunity Scholarship, visit [The Kovner Foundation](http://TheKovnerFoundation.com).

April Super Charger of the Month is Mr. Joseph Schwab: *Comments from their nominators...*

"Mr. Schwab is someone with a lot of energy and enthusiasm who always wants his students to do the best they can!"

April Chargers of the Month are Inquirers

Williams Wells – IIT, GS Senior. "Even though he is virtual, he asks all kinds of questions - mainly about life in general. He is truly interested in knowing things."

Kaitlyn Hassan – CS Junior: "I admire Kaitlyn because she is always willing to ask questions during class. Many students are shy to speak up and ask questions, especially in the virtual format. When Kaitlyn asks a question, I am sure that other students are also not sure about the concept. Because she speaks up, I also answer questions that other students also have. I admire her for her inquisitive nature and that she searches for a deeper level of understanding rather than just learning and applying a formula."

The Election Results are In!!

SGA Officer Candidates	
Position	Elected Officers
President (SR)	Alana Ferguson
First Vice President (SR)	Liam Farrell
Recording Secretary (SR)	Vanessa Blemur
Treasurer (SR)	Jennifer Stein
Second Vice President (JR)	OPEN
Corresponding Secretary (JR)	OPEN
Historian (JR)	OPEN
Parliamentarian (JR)	Shefali Vansadia
Senior Class Officer Candidates (Class of 22)	
Position	Elected Officers
President	Tess Romine
Vice President	Aranka Varsani
Secretary	Arpon Sakar
Treasurer	Patrick Iteghie
Junior Class Officer Candidates (Class of 23)	
Position	Elected Officers
President	Aarnav Gautam
Vice President	Chelsea Brooks
Secretary	Kate DePeralta
Treasurer	Katelyn Smith
Sophomore Class Officer Candidates (Class of 24)	
Position	Elected Officers
President	Scout Balda
Vice President	Diana Aviles
Secretary	Ainsley Miller
Treasurer	Celestino Ruiz

FOR YOUR BEHAVIORAL HEALTH NEEDS

Test Anxiety Tips According to the ADAA, causes of test anxiety may include a fear of failure, lack of adequate prep time, or bad experiences taking tests in the past. You're not alone! Here's what you can do to stay calm in the days leading up to and during your test.

1. **Be prepared.** Yes, this seems obvious, but it bears repeating. If you feel confident that you've prepped thoroughly, you'll feel more confident walking into the test.
2. **Get a good night's sleep.** Cramming is never the answer, and pulling an all-nighter can exacerbate your nerves. Having adequate rest (9–10 hours per night) is likely to be more beneficial than rereading a text until dawn.
3. **Fuel up.** Eat a nutritious breakfast before the test and pack smart snacks for ongoing energy. Look for foods that offer a steady stream of nutrients, rather than a sugar high followed by a crash.
4. **Get to class—or the testing site—early.** Feeling rushed will only amp up the anxiety. Pack everything you need for the exam the night before and set the alarm, so you can get out the door on time.
5. **Have a positive mental attitude .** Bring a picture of your happy place or come up with a morale-boosting mantra like “I can do this” or “I worked hard and deserve this.” Peek at your picture or recite your mantra, right before the test begins.
6. **Read carefully.** Read the directions thoroughly and read all answers before making a choice or starting the essay. There is nothing worse than putting time into a question and realizing you are not solving for x, or the essay is off target. Slowing down can help you stay focused.
7. **Just start.** The blank page can maximize your anxiety. After you've read the directions, dive right in by making an outline for an essay answer. Or, find some questions you can ace to build up your confidence and momentum. You can always go back and change things later if needed, but a few quick answers can get the ball rolling.
8. **Don't pay attention to what other people are doing.** Everyone else is scribbling away? Ack! What do they know that you don't? It doesn't matter. Pay attention to your own test and pace, and forget about the other students in the room.
9. **Watch the clock .**Realizing that time is almost up and there are lots of test questions left can make it hard to do anything useful in those final minutes. Stay on pace by scoping out the whole test before getting started. Mentally allocate how much time you'll spend on each section. If there's time to recheck, even better.
10. **Focus on calm breathing and positive thoughts .**Deep breathing can slow down a beating heart or a racing mind, so practice these techniques at home. The very act of concentrating on breathing and thinking can biometrically alter those anxious feelings.

IN THE COMMUNITY

Rosemary Square and Other Cool Events!

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

Be sure to watch the **2021 Virtual Pathfinder Scholarship Awards Recognition on Thursday, May 27, 6:00 p.m.** The pre-recorded event will recognize all 516 nominees and announce the winners. Nominees and winners will also be recognized in our printed edition on May 23rd and May 28th. Watch the event at <https://pathfinderawards.org/>.

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.

RESOURCES

Next Year's School Calendar: [2021 - 20222 School Calendar](#)

SAT and ACT Dates

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

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

