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pirate's parrot



From the Principal

The BCHS Community,

As the second quarter of instruction for the 2019-2020 school year continues, we encourage all students to take full advantage of our FREE after school Extended Learning Program (ELP). ELP occurs every Tuesday, Wednesday, and Thursday after school in room 4-101 from 2:00pm to 3:00pm. We have core subject area teachers there to assist our students in meeting their academic goals.

Our first semester classes will conclude with exams right before the winter vacation. During our semester one exam week we will follow a regular bell schedule with two exams per day:

	Tuesday, 12/17	Wednesday, 12/18	Thursday, 12/19	Friday, 12/20
7:05-8:38	Period 1 review	Period 2 review	Period 1 exam	Period 2 exams
8:45-10:15	Period 3 review	Period 4 review	Period 3 exam	Period 4 exams
10:52-12:20	Period 5 exam	Period 6 exam	Period 5 makeups	Period 6 makeups
12:27-1:55	Period 7 exam	Period 8 exam	Period 7 makeups	Period 8 makeups

All of our students should be regularly working on www.SATpractice.org to improve their academic skills. If you son or daughter is an 11th or 12th grader, he/she should also be preparing for the SAT and ACT assessments. Please be sure to speak with your counselor if you need help registering for either of these college readiness and entrance assessments.

Our school hosted approximately 60 college, university, technical school, and military branches for our third annual BCHS College Fair on October 7th. All of our AVID students, juniors, and seniors were able to interact with admissions advisors during the fair. Please make your calendar for our annual College and Career

Principal
Michael P. Vigue

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From the Principal *continued...*

evening session on Wednesday, January 29th, 2020. The event is from 6pm to 8pm we invite all students and parents to learn about the many opportunities and to meet with college, university, technical school, workforce, and military representatives.

Please call Ms. Bonnie Davis at 893-2780 ext. 2001 if you do not have access to FOCUS for your child's schedule, grades, and attendance. Thank for all you do for our students. We are proud of the efforts of our students and the efforts of our dedicated staff.

Sincerely,
Michael P. Vigue
Principal of The BCCHS

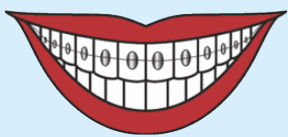
BCCHS College and Career Center

Attention Boca Ciega Students!

Please note the sign for the College and Career Center (CCC) and the sign up clipboard on the wall outside the CCC office, which is located on the left side of the Media Center. Students are welcome to sign the list IF they have a question for Ms. Forbes, or would like to learn more about how to find scholarships. Drop by the CCC during lunch to learn more about the College and Career Center. You will also have an opportunity to meet Ms. Long, the CCC Manager.

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- Career pathway and major exploration
- College exploration and match
- Application development and submission
- Financial and scholarship planning

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Visit: www.pcsb.org/ee

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3 Tips for Parents to Teach Healthy Study Habits to Teens

Setting a daily study routine can help high school students balance sleep and studying.

Teens often struggle to manage studying, sleeping, and their social life, and when given the choice, a little shut-eye is often sacrificed. But compromising sleep for studying can do more harm than good, according to a recent study (<http://onlinelibrary.wiley.com/doi/10.1111/j.1467-8624.2012.01834.x/abstract>) in the journal *Child Development*. High school students (<https://www.usnews.com/education/best-high-schools>) who sacrificed sleep to hit the books had trouble understanding new material and struggled on tests and assignments the next day, researchers report. An adequate amount of sleep is critical for academic success. The impact of a few missed hours of sleep is amplified by the fact that most high school students are already sleep deprived. Adolescents devote less time to sleep as they age, and when they sacrifice the precious little sleep they get for extra studying, it has negative consequences for their daily academic performance.

Parents can help their students by monitoring sleep time and developing consistent study routines that help their teens stay on top of due dates and deadlines. It's important for parents to be in the know. They need to have an idea of the upcoming expectations or projects, because parents are the ultimate prompt.

These three tips can help parents promote healthy sleep and study habits with their teens:

- 1. Set a schedule:** Studying should be part of your student's daily routine, not something he or she tries to cram in the night before a test. Advising students to parse out their study time over the course of the week, rather than letting due dates dictate their study time, will produce better results. Preparing for tests ahead of time can reduce anxiety, and finishing assignments ahead of schedule can be rewarding for students.

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continued from previous page

Parents and students should write testing/project dates and major deadlines on a calendar or planner to serve as a visual reminder.

- 2. Eliminate distractions:** Cell phones, Facebook, and TV can quickly interrupt a productive study session. Curb your teen's temptation to tune in, text, or update their status by shutting down any unnecessary electronics during scheduled study times. Especially cell phones, it's like their third eye at this point. That's such a distraction. Since students often need a computer to complete online assignments or type papers, parents should periodically check in with their studious teens. It's pretty easy to gauge if they're going onto social media sites versus typing out an essay.
- 3. Break it up:** Maintaining focus during a two-hour study session may be challenging, so know your teen's

limits and divvy up study time accordingly. Being aware of their attention span can help you structure their study time so that it will be successful. Parents might also set milestones for large projects or important tests such as midterms or college entrance exams (<https://www.usnews.com/education/best-colleges/test-prep>). Don't attempt it all in one piece, but break it up into smaller tasks.



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Welcome to the C.W.M.P. Apparel Website

- **Pricing:** Note all pricing is shown as a total price. All prices include apparel, custom decoration, taxes, shipping and handling. All sales are final so please order your sizes carefully. No exchanges, returns, or refunds.
- **Orders:** Orders can be made from the 1st of each month and will be closed the last day of each month.
- **Delivery:** Apparel will be delivered to the CWMP office within two weeks after the close of the month.
- **Payments:** Payments are made through PayPal - Visa, Master Card, Discover



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BCHS Work Experience Program

The BCHS Work Experience Program has several students in need of part-time employment. If you are familiar with a business that may be hiring, please email Tom Arneson (BCHS Work Program Coordinator) at arneson@pcsb.org. Thank you for your assistance.



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**PCS website scholarship posts -
Go to PCSB.ORG, choose Students, choose Financial
Aid and Scholarships.**

**Various search websites -
Create an account or follow on social media!
Fastweb, Unigo, Scholarships 360, Cappex and
many more!**

★ REMINDER

**It is never too early to start searching for money
to help pay for your education!**

**There are scholarships related to a student's culture/ heritage, interests
and hobbies, field of study, academic performance, career choice
and college choice.**

Hint: Start a scholarship search study group with your friends!

LOOK *for* **WARNING SIGNS**
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