

Canes Counselors Newsletter



Coral Shores High School 24-25

Message from Administration

Welcome back, students! As we begin this exciting new school year, we want to remind you that our school is a place where you can grow, learn, and achieve your goals. We are committed to supporting you every step of the way and encourage you to take advantage of the resources and opportunities available. Let's work together to make this year one of success, growth, and memorable experiences. We're thrilled to have you back and can't wait to see all that you'll accomplish!

-Ms. Lietaert, Mr. Poelma & Mrs. Ward

Important Dates:

Aug 21st - SAC Meeting 6PM

Aug 24th - SAT Test

Sept 2nd - Labor Day (No School)

Sept 9th - College Fair

Coming Soon:

After School Tutoring

FAST Progress Monitoring Test

A note from your Counselors

Welcome Back!

We are very excited to be back for another great year. We want to remind you that the School Counselors are following the students! Mrs. Michelini is now the Counselor for all 10th and 11th grade students, Ms. MacKenzie is now the Counselor for 9th and 12th grade students and we want to welcome Ms. Haddad as your new College and Career Counselor for all students. We are also happy to welcome back our two school Social Workers - Ms. Mailen and Ms. Jackie

Parents Corner

Parents - just because your child is in high school does not mean they don't still need you involved. Please continue to utilize FOCUS to follow your students grades - if you don't already have a parent FOCUS account see the flyer on page 3 to create your account. If you have questions or concerns about your child reach out to the school. Questions about your child's grades? Call or email the teacher. Have other concerns and not sure who to talk to? Call the main office and they will put you in touch with can best can help you. We are all here to help you and your child(ren) have a positive and successful high school experience!



Who's who? - At a glance:

Who?	What?	Where?
Ms. Lietaert	Principal	Main Office
Mr. Polema	Assistant Principal 9 & 12	Main Office
Mrs. Ward	Assistant Principal 10 & 11	Main Office
Ms. MacKenzie	Counselor 9 & 12	2-220 (pod 2B)
Mrs. Michelin	Counselor 10 & 11	4-217 (pod 4B)
Ms. Haddad	College & Career Counselor	4-101K (Media Center)
Ms. Mailen	Social Worker	Main Office
Ms. Jackie	Social Worker	Media Center

15 Back to School Tips

Adapted from: <https://kdcollegeprep.com/back-to-school-student-tips/>

- 1. Stay Ahead as Long as You Can** - While starting new classes, remember that your outlook about this school year can impact your performance all year long.
- 2. Create a Daily Routine and Stick to It** - Put a finger down if you've ever woken up less than 15 minutes before heading out the door, leaving little to no time for getting ready, gathering your things, or eating breakfast. Put another finger down if you've ever been tardy.
- 3. Make a To-Do List** - We recommend setting a list of goals for each day, month, and year. This to-do list may include homework, chores, healthy habits, test prep, creative projects, goals, or other items you plan to accomplish during a specific time frame.
- 4. Keep Track of More Than Just Homework Deadlines** - As a high school student, you have a lot on your mind. That's why we recommend that you write down your deadlines all in one place.
- 5. Create a Comfortable, Distraction-Free Study Space** - Rummaging through a cluttered desk or overhearing your family members talking can easily break your focus. Find a quiet, clean space within your home to sit while studying or working on homework.
- 6. Communicate Your Schedule with Family and Friends** - Spending time and making memories with your people is important, especially since the high school years go by so fast! But it shouldn't take away from time spent working toward your college goals. Most of the time, your loved ones will understand if you have to focus on your homework before you can hang out.
- 7. Take Breaks** - For some students, studying does not come easy. Sometimes we lack focus, even when we carve time out of our day for it. If this sounds like you, try to trick your mind by pairing this not-so-fun task with something you enjoy.
- 8. Stay Engaged by Participating and Asking Questions** - When attending classes day-in and day-out, it can be challenging to stay engaged. Physically writing your notes can help you follow along and stay alert throughout class. And don't be afraid to speak up! Answering your teacher's questions will help you retain what
- 9. Ask for Help** - Another benefit of getting to know your teachers is that you can go to them when you have trouble understanding a concept or need more direction on a school project or essay. If you're struggling, don't be afraid to ask for help! If you can't catch them after class, send an email, go see them before or after school, or schedule a time for you to work on a problem one-on-one.
- 10. Try to Socialize Every Day** - A high school education should extend beyond academics. Knowing how to socialize and interact with others is an important skill that many colleges and employers look for in applicants.
- 11. Stay Involved** - You probably already know that how you spend your time outside of school is an important component of your college application.
- 12. Plan Ahead for the SAT®, ACT®, or PSAT Tests** - While some colleges will not require a test score when submitting college applications for general admission, the vast majority will still look at them when reviewing college applications.
- 13. Use Your Time Wisely** - As we already mentioned, time management is an important life skill that has an impact on high school and college performance. During these formative years, small acts like learning how to show up on time or planning ahead so you can follow through with your commitments will give the discipline necessary to achieve goals throughout your life.
- 14. Find Healthy Ways to Manage Stress** - The high school years are stressful. In a [2014 study](#) by the American Psychological Association, teens on average reported that their stress level during the school year far exceeds what they believe to be healthy. In 2020, the same organization [reported](#) that nearly half of teenagers said that COVID-19 made them feel like it's impossible to plan for the future.
- 15. Explore Potential Majors and Career Paths** - It seems unfair to force students to decide what they'll do for the rest of their lives when there's still so much left to learn about the world. However, the college and job system tends to reward students who have matured enough to make this decision at 17 or 18 years old. For example, competitive degree programs and career-specific scholarships want to know that you've decided on a college major.

Other Important Information

Free & Reduced Lunch

Reminder! Families must apply for free/reduced lunch each school year. We only need 1 application for all the children that attend schools in the same school district. To access the application and other information click here:

<https://www.keysschools.com/Page/4509>



Meal Prices

Category	Item	Price
Reduced	Breakfast	\$0.30
	Lunch	\$0.40
Student	Breakfast	\$2.00
	Lunch Elementary	\$2.75
	Lunch Middle/High	\$3.10
Adult	Breakfast	\$2.50
	Lunch	\$4.00
	Second Meals	\$4.00

APPLY NOW FOR FREE OR REDUCED MEALS FOR THE 2024-2025 SCHOOL YEAR!

SCAN THE QR CODE ABOVE OR VISIT [ERAPPS.HORIZONSOLANA.COM/MC/02](https://www.keysschools.com/ERAPPS/HORIZONSOLANA.COM/MC/02)

Beginning of the year forms

Every year, Coral Shores and Monroe County School District send home important forms that need to be completed. As these forms go home over the first month, please help us to provide the best possible services to your student by completing each form in its entirety and ensuring your student returns them in a timely manner.

Important Parent Links

FOCUS Parent Portal



Keep track of your student's grades, attendance and more. Register for the FOCUS parent portal.



My MCSD App

Student information and more...at your fingertips! Install today!



JOIN THE CANE'S COUNSELORS GOOGLE CLASSROOM



Class Code: m57gdja

FIND INFORMATION ABOUT:
COMMUNITY SERVICE
TUTORING
CLUBS AND SPORTS
FAMILY RESOURCES
AND MORE!

ATTENTION CORAL SHORES PARENTS!
PLEASE VISIT THE NEW

CANE'S COUNSELORS PARENT RESOURCES WEBSITE

<https://www.keysschools.com/Page/7300>



**Monthly Newsletters,
Family Resources,
Tutoring Information
& More!**