



CANES COUNSELORS

October Newsletter 2024



Important Dates

- October 9 – PSAT (10 & 11)
- October 11 – Q1 Ends
- October 14 – Professional Day (no students)
- October 17 – Report Cards posted to FOCUS
- October 21-26 – Homecoming Week
- November 1 – Professional Day (no students)

Teacher of the Year Nominations

Coral Shores High School Teacher of the Year nominations are now open! All students and the community are encouraged to nominate an eligible Teacher (Teachers with 3+ years of experience teaching in MCSD). Nominations must be received by 10/09. Click here to nominate a Coral Shores Teacher today:
<https://forms.gle/gL3gvAqu9hGD4QSE7>

College Corner

Bright Futures – Registration opened October 1st. For more information check the [Bright Futures Handbook](#).

ASVAB – Test will be administered November 18th. Sign up in the main office or with Ms. Haddad.

FAFSA – Registration opens up December 1st
Students – make sure to join the counselor google classroom to keep up on scholarship and other important information.

Parents – you can follow along on the CSHS [College and Careers website](#) and the Cane's Counselors [Parent resource page](#).

Early Action Deadlines:

- **October 15th** – FAU, FSU
- **November 1st** – FAMU, FGCU, FIU, UF, UNF, USF

Tutoring is back!

After school tutoring started up Monday, September 30th! Tutoring is Mondays and Thursdays after school and there is bus transportation available at 4:15.

Homecoming Week October 21–26

- **Monday 10/21 – Greek gods vs Greek Life:** *Dress like your favorite Greek god or Dress up like a frat boy or sorority girl!*
- **Tuesday 10/22 – APOLLO AND ARTEMIS DAY:** *Dress like twins or a dynamic duo*
 - 6:30PM Powder Puff
- **Wednesday 10/23 – CLASS COLOR DAY:** *Dress in your classes color!*
- **Thursday 10/24 – ARISTOTLE DAY:** *Dress like your favorite teacher!*
- **Friday 10/25 – GREEN & GOLD DAY:** *Dress in Coral shores colors!*
 - 5PM Parade
 - 7PM Football Game
- **Saturday 10/26:** Homecoming Dance 7PM

On Friday 10/25 Coral Shores students will be released at 11:30 for Homecoming Activities. All spirit week outfits MUST be school appropriate. See page 4 for important information about dance eligibility.



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End of First Quarter Tips

(Adapted from End of 1st Quarter Tips by: By Shannon Needham, Upper School Learning Specialist)

Can you believe that the first quarter is coming to an end already? Don't stress! The end of the first quarter is a great time to review your student's academic progress. One important thing to remember: Only semester grades (distributed in January and June) appear on a student's transcript. Quarter grades are just a halfway check-in on the way to semester grades, so while they are important, they are also an opportunity to modify systems and increase supports if necessary. Still, the two weeks leading up to the end of the quarter can be a stressful time for students (and therefore, families!). The volume of unit tests and culminating projects may increase as teachers assess student learning in preparation for grade reports and parent conferences. Read on for tips to prepare for this potential increase and reduce unnecessary stress.

End-of-Quarter Tips

Stress is a normal part of life. The right amount of stress contributes to motivation, and when we manage that stress well, we often achieve and innovate in remarkable ways! End-of-quarter assessments logically contribute to cognitive stress, since that is a natural part of learning, but this stress can be compounded by stress in the other domains: physical, emotional, social, and prosocial. For example, if your student arrives home, slams their backpack to the floor, is rude to their sibling, and stomps off to their room in the next couple of weeks, it could be that academic stress of the quarter ending is contributing to it. Helping your student identify and meet some of their biological, social, and emotional stressors will leave them with more energy to meet the cognitive challenge of the moment.

So what can we do?

Encourage habits that meet biological needs

- Model and promote healthy sleep habits. Our brains don't work efficiently without adequate sleep!
- Encourage healthy meals and snacks. Brains need good fuel!
- Schedule and model movement breaks for yourself and your family. Our bodies and brains are connected!
- As the weather turns colder, make sure your student has clothes that fit/are warm and comfortable. This may seem silly, but adolescent humans often find that the clothes from last year no longer fit at all! It's important that our bodies feel good when we are asking a lot of our brains.

Plan Ahead

- Take a look at the family calendar between now and the beginning of November. Are weekends packed? Are sports tournaments filling every spare moment? Are there upcoming holidays or family celebrations that require travel? Help your student anticipate the ways these "life events" may impact any upcoming homework and study time. Is there anything that can be rescheduled or delayed until after the end of the quarter?
- Make sure your student has access to basic office/school supplies at home. Consider basic arts & crafts items as well. If possible, keeping a few pieces of poster board and markers around might save you the stress of a last minute trip to buy some!

Continued on the next page...



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End of First Quarter Tips Continued

In the Moment

- Take care of yourself! Take a deep breath, take a walk, do what you need to do to calm your own stress and be present for your student.
- When your student is responding emotionally to stress, comfort them and engage in listening before reacting or problem solving.
- Help your student identify non-cognitive stressors that might be easily addressed. Do they need to spend some time in their favorite sweatshirt listening to music before they start working? Can you take a quick walk together?
- Help your student organize and prioritize their current academic stress and workload. A whiteboard works well for this! Some students have a hard time working through school work with their family members.

At the Start of Quarter 2:

- Remember, quarter grades are only a snapshot of student progress and will not appear on your student's transcript.
- Review your student's quarter grade with them, and ask the following questions:
 - In which classes did you feel the most successful? What helped you be successful in those classes?
 - In which classes did you learn the most? Do you feel like your grades in those classes reflect that?
 - Are you disappointed by any of your grades? What actions can you take to work towards a different grade?
 - What additional support might you need to increase your learning and/or performance?

Full article: <https://www.ssfs.org/news-media/ssfs-blogs/article/~board/sandy-spring-friends-school-blog/post/end-of-1st-quarter-tips>

FORTIFYFL
SUSPICIOUS ACTIVITY REPORTING APP

FortifyFL is a suspicious activity reporting tool that allows you to instantly relay information to appropriate law enforcement agencies and school officials.

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

SCAN THE QR CODE ABOVE OR VISIT FRAPPS.HORIZONSOLANA.COM/NOV2024

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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!

Coral Shores High School Important Requirements* to attend 2024 Homecoming Dance



At the time of the event, the student cannot have 4 or more Tardies to any one period or 4 or more Unexcused Absences beginning October 1, 2024.



At the time of the event, the student cannot have any referrals or discipline issues beginning October 1, 2024.



Any student that fails to meet this criteria will not be able to attend the 2024 Homecoming Dance and will not receive a refund.

*See ticketing site for full list of rules and regulations to participate.

Coral Shores High School

FIELD TRIP REQUIREMENTS



AT THE TIME OF THE FIELD TRIP, THE STUDENT CANNOT HAVE 4 OR MORE TARDIES TO ANY ONE PERIOD OR 4 OR MORE UNEXCUSED ABSENCES FOR 4 SCHOOL WEEKS PRIOR TO THE TRIP.

AT THE TIME OF THE FIELD TRIP, THE STUDENT CANNOT HAVE ANY REFERRALS OR DISCIPLINE ISSUES FOR THE 4 SCHOOL WEEKS PRIOR TO THE FIELD TRIP.

AT THE TIME OF THE FIELD TRIP, THE STUDENT MUST HAVE A "C" OR BETTER IN THE CLASS AND BE UP TO DATE ON ASSIGNMENTS.

AT THE TIME OF THE FIELD TRIP, THE STUDENT MUST HAVE SUBMITTED ALL FIELD TRIP FORMS TO THE TEACHER BY THE STATED DUE DATE.

CORAL SHORES After School Tutoring

Mondays & Thursdays
2:35-4:15

STARTS
SEPTEMBER 30TH

SUBJECTS AVAILABLE:

- Math
- English
- Science
- Social Studies
- Spanish
- SAT/ACT Test Prep
- Study Hall

Bus transportation provided
No registration needed