

Central Academy of Technology and Arts

Cougar Chronicle



Volume 1; Issue 19
January 5, 2014

Central Academy Families

Best wishes for a very happy New Year to all CATA families, both student and staff. It will be wonderful to welcome students back tomorrow and to help them prepare to finish out the first semester in a stellar fashion. Speaking of fashion, administration had the opportunity to thank each and every CATA staff member during December for all of their hard work and dedication to our students. Each staff member received spirit wear on behalf of all administration, students, and families. You can see some candid shots of this celebratory token in the Cougar Chronicle.

As of tomorrow, we will have five days of instruction and review before final exams in all courses. Remember that each 6 week grade counts for 25% of your final semester grade, and the final exam itself counts for 25% of the final semester grade. Students should take advantage of all tutoring and review opportunities with teachers. The final exam schedule and study tips are posted in each classroom and are on the last pages of the Cougar Chronicle this week. We will be starting with the 4th period exam on Monday 1/13, so be sure you check out the schedule. All students are required to stay for all exam reviews. ALL students are required to take their final exams during finals week, and on the days scheduled. The final exams from the state are rigorous and students must sit down to study for every final exam they have.

Processed waiver forms for students that were over on absences that were mailed home prior to break. If enough absences were waived through the process, the student has finished the process unless they accumulate more absences. If enough absences were not waived, then the student must complete all recovery hours documented on the waiver form. Recovery opportunities will occur after school and on Saturdays starting tomorrow. Questions about waived absences should be directed to your child's grade level administrator: 9th grade—Mr. Howard, 10th and 12th grade—Mr. Pusser, 11th grade—Ms. White.

We have a few athletic events this week and hope that you will come out to cheer on the Cougars!! Concessions will be open at all home events. Encourage your children to come out, join the Blue Crew, and cheer on the Cougars. Our Juniors in Theatre will be putting on the Junior Show this weekend. Please come out and watch—it should be a great show.

The Cougar Chronicle, our Facebook page, in addition to our website, will be the main form of communication from school to home. At CATA we will continue to work toward Leading the Way so that your child can lead the way in the future! Go Cougars! And of course—Best Wishes for a Happy New Year!!

- Mrs. Kim Fisenne, Principal

In this issue:

Principal's Message	1
Senior News	2
Guidance	3
Got Spirit??	4
Cougar Athletics	5
Philippines Fundraiser	6
Local Holiday Support	
Student Recognition	7
Tech Tips&Reminders	
Cougar Pride	8
Air Pollution Simulation	
Around Campus	9
Driver's Ed	
PTSO	10
Parent Portal for Grades	
Grade Level Admin	
School Safety	11
School Information	
Final Exam Schedule,	12-
Facts, and Study Tips	13
Candid Staff pictures	14

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<http://cata.ucps.k12.nc.us>

Look for text that is blue and underlined. This text is hyper-linked to the corresponding information available on the web. Click on the text to be taken to the corresponding webpage.

~Class of 2014~Seniors



Graduation Day: *Thursday, June 12, 2014 at Winthrop University in Rock Hill, SC*
3:00 pm

Scholarships:

- The Herff Jones 'Believe in You' Scholarship will be awarded to one student who demonstrates academic success, community service, and exemplary leadership. If you are interested, please let Mrs. Cameron know. Scholarships could be awarded for \$2,000, \$5,000, \$8,500, or \$12,000. For more information, and to apply, please visit: <http://www.herffjones.com/biuscholarship> . Deadline is February 8, 2014.

College Visits: Go on line and check the college web site for the visitation dates. You may visit three colleges a year; bring something back stating you were involved in a college visit, and the days are excused.

Seniors, Check your email frequently for Counselor Information.

Transcript Changes:

Effective *January 6, 2014* transcript request guidelines will change. The new guidelines are as follows:

- o after the first 3 transcripts students will need to pay \$2 for each additional transcript
- o student will be handed an official transcript in a CATA envelope, upon receipt of the \$2 fee
- o student will be responsible for addressing and mailing the envelope containing their transcript
- o If you are applying to a N.C. college or university, please send your transcripts through the Transcript Manager on CFNC's website.
- o [Click here](#) for directions on the revised Transcript Process.

College / Career Questions or Concerns?

Make an appointment to see your counselor if you have questions or concerns about where to go to school or possible career choices.

GUIDANCE INFORMATION

Leadership Conference for High School Women at Meredith College:

On *Saturday, February 1, 2014* Meredith College will offer its annual women's leadership development conference for *female juniors* who are currently in leadership positions or who aspire to assume leadership positions their senior year. This leadership conference intends to help students become more effective leaders in their schools and communities.

Pre-registration is required. Only 250 slots are available, so register ASAP! For more information, and to register, please visit <http://www.meredith.edu/admissions/lc> . There is no cost to attend the conference, and lunch will be provided; however, the student must provide their own transportation. If you have questions, please feel free to contact Meredith College at (919)760-8581 or 1-800-MEREDITH. **Registration deadline: January 24, 2014.**

GUIDANCE INFORMATION

Thinking Ahead—Senior Honor Awards' Opportunities

Seniors have the opportunity to be recognized at graduation for two UCPS honor programs.

The first one is the *North Carolina Academic Scholars Program* and the second program is the *UCPS Global Scholars Program*. Both programs are similar in that students must meet the North Carolina graduation requirements and both award a special seal for the student's diploma, an honor cord, and recognition in the program at graduation.

With the *NC Scholar's Program*, students must have an over-all un-weighted GPA of a 3.5. and take combinations of elective requirements including three extra honor or AP level courses in the student's junior and/or senior year.

To receive the *Global Scholar's Award*, the student must submit a proposal to the school's Graduation/Scholarship Committee outlining their plans for completing a Service Learning Project that will allow them to contribute to the local, national, or world community. The project must have a global theme and if approved, the student would present a written artifact to the committee. The student must also take a global awareness class and include two honor electives in recommended electives.

The specific requirements for each program can be found on page 17 and 18 in the *UCPS Program of Studies*.

ACT—All Juniors will take the ACT in March. This is a college readiness exam and can help students to gain entry into college and qualify for scholarships. Resources to help students prepare have been added to the Students Page of the CATA website.

March 2 Success is an **online test preparation course** that provides help with standardized tests, and improving math, language arts, and science skills. This site is FREE and there is no obligation. To get started, visit: <https://www.march2success.com/index.cfm>

Summer Ventures offers a 4-week FREE residential academic program in science and math for rising juniors and seniors. The programs will be offered at ASU, East Carolina, NC Central, and UNC Charlotte. **Deadline to apply: January 31st.** Applications can be found online at www.summerventures.org. Stop by the Guidance Office for more information.

Handling AND Regrouping after Disappointing College News: Sometimes answers don't turn out the way your child might want them to. [Click here](#) to read some tips about helping your child handle disappointing college news.

On January 9, 2014 **representatives from the University of South Carolina, the University of Alabama, and the University of Tennessee** will be here in the cafeteria between noon and 2:00 p.m. to speak with interested students.

~Class of 2014~



Central Academy - Cougar Spirit Got Spirit?? Yes, We Do!!

CATA Lacrosse club dues are due by Friday, January 17th. This will determine if CATA will move forward in fielding a lacrosse club this spring.



CATA Seniors at Bronko Nagurski Leadership Forum

For information about Baseball workouts please contact Coach Rowell at nelson.rowell@ucps.k12.nc.us. For information about softball and volleyball workouts please contact Coach Mayhew at doug.mayhew@ucps.k12.nc.us

The mandatory parent meeting for ALL spring sports athletes will take place in the CATA Gym on Monday, February 3rd at 7:00 pm. Please contact Coach Niessner if you have any questions.

CATA Athletic Gear is on sale at all home basketball games this week.



T-Shirts \$15.00



Hats \$15.00



T-Shirts \$15.00



Winter Hats \$15.00

All athletic forms should be filled out prior to tryouts for spring sports, all papers can be found on the CATA website, these include:

- Current Physical
- Insurance Waiver
- UCPS Eligibility Form
- UCPS Release Form
- NCHSAA Concussion Form

Student athletes should check with Coach Niessner to see if they have all paperwork turned in before trying out for a sport.

Be sure to check out this week's athletic schedules!!! We need that Blue Crew Spirit at home and away games!!!! Come out and Support your Cougars!!!!!!

COUGAR ATHLETICS

Varsity Results:

Wrestling: placed 24th of 57 teams at Bojangles Tournament, CATA 32—Monroe 42; CATA 63 – Forest Hills 24, CATA 63 – Charlotte Country Day 18

Men's Basketball: CATA 61– SVHS 55; CATA 59—Piedmont 56; CATA 61—Pageland 50; CATA 68 – Bessemer City 61, CATA 57– Cuthbertson 43, CATA 81 – Pageland Central 60

Women's Basketball: CATA 24—Piedmont 61; CATA 48—Pageland 60; CATA 53 – Bessemer City 34, CATA 30 – Cuthbertson 79, CATA 56 – Pageland Central 68

Men's and Women's Swimming: Holiday Invitational—men 2nd, women 4th

Upcoming Events:

Monday 1/6: No Athletic Events

Tuesday 1/7: AWAY Wrestling @ West Stanly

Wednesday 1/8: AWAY Basketball @ Union Academy; Swim @ Pfeiffer University

Thursday 1/9: No Athletic Events

Friday 1/10: HOME Basketball vs. Monroe

Saturday 1/11: AWAY Wrestling @ Ardrey Kell

Other Athletic News:

The NCHSAA athletic dead period is now over and spring/fall sports may resume offseason workouts. Student athletes **MUST** have a **current physical and insurance waiver** on file to participate in workouts. All athletic forms can be found on the CATA website.

The first official day of spring sports is Wednesday, February 12th

The first day for spring games is Wednesday, February 26th.

Spring sports schedules are being finalized and will be posted on the CATA website following winter break.

Men's Tennis workouts are taking place on Monday's and Thursday's from 4:00-5:30 pm each day. Contact Coach Niessner if you have any questions.

Women's Soccer Workouts will continue on the following dates from 4:00-5:15 pm. Be prepared for indoor & outdoor activity every day, Meet @ the weight room, January: 6, 7, 8, 9, 23, 27, 28, 29, 30, 31, February: 3, 4, 6, 7, 10, 11, Contact Coach Niessner if you have any questions.

Fundraiser for the Philippines

A group of students from a variety of clubs launched a campaign to raise money to donate to the Red Cross to help with the efforts to bring relief to the survivors of Typhoon Haiyan. This money will be used to buy medicine, clean water, food, and provide shelter for people in the Philippines.

Congratulations to all CATA students and clubs that participated in this global fundraiser! Way to Go!!



CATA Clubs Act Locally

Hats off to all CATA students, teachers, and clubs that participated in making the holidays of local families a little brighter. Many classes and clubs participated in efforts to support organizations that helped the local community.



Student Recognition Program



The Cougar Council PTSO is spearheading a new student academic recognition program at CATA. Each semester teachers will recognize a student in each of their courses.

Criteria for selection may include the following: students who have shown the most improvement in a grading period, students who are most attentive and helpful in class, students who follow the class rules, students who participate in class regularly, students who seek help when needed, and students who work very hard to do the best that they can.

As part of this program, the students will be invited to a breakfast on Wednesday, January 8th, 2014. Thank you to those that have donated for this event.

All items are requested to be delivered by Monday, January 6th, 2014 (the first day back from break). If donating Chick-fil-a gift cards, please bring those to the school as soon as possible so we can order the needed amount of biscuits.

If you have any questions, please contact Deb Christensen at the school - 704-296-3088. Please click the link in the box below to sign up.

Please click on the link below to review the online sign up sheet.

To sign up, go to:

www.SignUpGenius.com/go/30E0E4BABAA2AA31-student/4676386

Central Academy Tech Tips

Have you visited the Technology page on the CATA Website lately? Please do visit for an updated page with a wealth of information for students, teachers, and families. [Click here.](#)



Important Reminder—Students are NOT permitted to use proxy's or "find ways" to get to unapproved websites, or download materials to their school laptops. This includes downloading movies. Remember that you must follow the UCPS rules for computer use. If you violate them, you may be restricted from internet access or computer use. The firewalls in place are for overall student safety. If a student thinks there is a website that should be accessible, speak to your teacher or our Technology staff. This is an important life lesson to be learned as all computer systems have safeguards put in, and at both college and in the workplace, you will need to abide by those policies. You can review those policies on the page above.

Cougar Pride

- * Congratulations to Katy Smith for being selected to represent CATA at the Hugh O'Brien Leadership Foundation seminar. This program recognizes 10th grade students with demonstrated or potential leadership skills. We would also like to congratulate Halen Mattison who was selected as our alternate in the event that Katy cannot attend.
- * Congratulations to Kelly Manning, a senior from Ms. Cable's Honors English IV class, who took the top honors at CATA's annual Poetry Out Loud Competition. In second place was Roni Rose, of Dr. Tarlton's AP English III class, and tied for third place was Siyah Reed of Ms. Cable's Honors English IV class and Alisha Hartley of Ms. Henry's Honors English IV class. Congratulations to all CATA students that participated. Way to Go!!!
- * Did you know that our Yearbook team participated in a workshop this summer? Our team won 3rd place overall for team spirit; 2nd place in beginner's design; 2nd place in marketing; and 3rd place in business management. Reap the benefits of the work of this great team and order your yearbook today!!



Air Pollution Simulation

Earth Science students in Ms. Kopchick's classes participated in an Air Pollution Simulation earlier this semester. Students examined their personal actions and those of their family that contribute to air pollution. Students led an interactive simulation of their daily activities. For each activity they were able to visualize the amount of air pollution they put into their personal "air shed." Clear water was turned a dark green brown color to represent smog. Once the simulated day was done, the personal "air shed" was placed in a community "air shed" to demonstrate how quickly clean air becomes fouled. After the lab, small group discussions were held. Students talked about specific activities they can change to make less air pollution. William Potts said, "I would use less air conditioning and turn off lights when I don't need them." Other discussions involved how our consumer-driven society attempts to pressure us into buying more things. Some students considered giving up some of those things they felt they didn't need.



Conor Flood explained, "Our consumer society is trying to get us to buy things that are cheap and not very good, but they make them look good in commercials. The more we buy, the more emissions and waste is produced." Students learned many of their daily activities have the potential to produce air pollution, but there is also a way to act responsibly and minimize those activities to produce less air pollution.

Around Campus... (for all home and away sports times, see Athletics section)

The CATA website **Calendar** is a great resource—please see that on the [main page](#).

Monday, 1/6 am ; pm—Recovery (3:30-5:00); Theatre Rehearsal

Tuesday, 1/7— am NHS (8:15); Cougar Time; pm—Recovery (3:30-5:00); FTA; Hands Helping Others; NHS; Theatre Rehearsals

Wednesday, 1/8—am—Student Recognition Breakfast for recognized students; pm—Recovery (3:30-5:00); 3:30 Debate Team (Ms. Cochran's room); 4:00 AP Art Studio(102); Student Council Meeting (3:45); Theatre Rehearsals

Thursday, 1/9—am 8:00 FCA Huddles (Sholar and Gundersen's rooms); Cougar Time; pm—Recovery (3:30-5:00); Environmental Club Meeting; 7:00 Junior Class Show Auditorium

Friday, 1/10— am 8:20 YCI meetings (Robinson); pm—Recovery (3:30-5:00); HOME Basketball vs. Monroe (jv and varsity (starts @ 6:00 for V women's); 7:00 Junior Class Show Auditorium

Saturday, 1/11—am Recovery (9:00—12:00 am); HOSA District Competition @ Hickory Ridge HS; All District Band Auditions @ South Point HS; Junior Class Show Auditorium at CATA 7:00

Upcoming Dates:

1/13/2014—Final Exams begin

1/14/2014—PTSO meeting 7:00 pm in media center; all welcome

1/20/2014—1/22/2014—No School for Students

1/23/14—Second Semester begins

Final Exams: Exams will be given on dates listed below. Students may not take exams early and must be present, unless sick, for all exams.

Monday 1/13—**Fourth** Period Exam Tuesday 1/14—Third Period Exam

Wednesday 1/15—Second Period Exam Thursday 1/16—First Period Exam

Friday 1/17—Make up Exams and Regular Instructional Day for ALL students

Second Semester Starts on Thursday 1/23/14

SEE MORE FINALS INFORMATION AT THE END OF THE COUGAR CHRONICLE.....*****



Yearbooks—Be sure to buy your yearbook!!!!
Yearbookforever.com

Driver's Education—Sign Up Now!! Driver's Ed classes must meet the minimum number of students or the class will be cancelled. Please sign up early so that classes are filled and do not have to be cancelled. If we have to cancel a class, the student will be moved to the next scheduled class. Refunds are not permitted. The fee is \$55.00. A student must be at least 14 1/2 years old on the first day of class. Classes will run Monday through Friday from 4:00-6:00 pm. To sign up please contact Ms. Tammy Tweed in the guidance office **as soon as possible**. The next class is Feb. 18- March 14. After that: March 17- April 9



PTSO

Are you looking to get involved at CATA? Join the Cougar Council, PTSO! We plan events for the teachers and provide resources for students. We would love to have you join us! Please fill out the [information sheet](#) on the PTSO website.

PTSO is continuing to sell CATA senior Yard Signs! Honor your senior CATA student with a great yard sign!!! Contact the PTSO at the email below for more information and GET YOURS TODAY !!!!!

Graduating seniors may be eligible to participate in the Cougar Council Senior Scholarship awards which will be given in the spring. The student, parent or guardian must be a paid PTSO member for the graduating senior to participate in the scholarship award.

We need new faces to help come up with new ideas and accomplish plans we already have. Please join PTSO and then join us for the meeting! **NEXT MEETING TUESDAY 1/14 AT 7:00 PM.**

To contact the PTSO, please email us at thecougarcouncil@gmail.com. You may also call the school at 704-296-3088 and ask for Deb Christensen.

PTSO membership - \$10 per family (which includes the student and parents), \$5 per student, \$5 per staff
PTSO is seeking volunteers to help with hospitality/teacher events, and many other areas. Contact thecougarcouncil@gmail.com to sign up

Support CATA when you use your VIC card at Harris Teeter. Link your card to our school's account - #3612. [Click here](#) to re-link online or visit any Harris Teeter store. We appreciate your support!



Parent access to grades through the Parent Portal on PowerSchool

Parent access to grades requires a new Username and Password. To obtain the information, parent or legal guardian must bring photo ID to CATA. Parents may pick up their username and password during regular office hours, from 7:30 am—5:00 pm.

Please remember that you must show a photo ID to get the username and password. We will also be asking you to verify contact information when you come in, so if you have any changes to emergency contacts, please bring them with you.

Thank you to all who have already come in to collect their password. If you have problems with the account set up, please contact Ms. Penny Lewis at CATA. If you have a question about grades, please contact the teacher directly.

Grade Level Administrators—

9th grade—[Mr. Willie Howard III](#)

10th grade—[Mr. Jeff Pusser](#)

11th grade—[Ms. Deanna White](#)

12th grade—[Mr. Jeff Pusser](#)

School Safety Reminders - Healthy Youth

The link below is to the current issue of *The Safety Net*, UCPS Support and Prevention's quarterly newsletter. *The Safety Net* strives to include relevant and timely topics that impact the health and safety of our youth, with the belief that knowledge is our best weapon to protect them.

If there are particular topics or subject matter you would like to see included in future issues, please feel free to contact me.

This newsletter, as well as archived issues, may also be found on our web site at <http://sdfs.ucps.k12.nc.us/sdfs/newsletters.php>.

In this issue you will find information on:

Drugs and Driving: A Fatal Mix

Gun Violence in Movies

(Not So) New and Emerging Drugs

Sports/Diet Supplements May Contain Meth-Like Chemical

Teen Dating Violence

Media Influence on Adolescent Alcohol Use

School Reminders—All visitors must enter through the front doors and sign in at the office. Students coming to school tardy **MUST** enter through front doors only.

Remind your children to **NEVER** open exterior doors and to get an adult if someone comes to an exterior door.

In November, all students and staff participated in an important safety drill—a lockdown drill. Students and staff practice procedures that would be used in the event there was an intruder in the school building. The Monroe Police Department joined with CATA Administrators in overseeing this practice. The Monroe Police Officers were very complimentary of our students and staff and the efficiency of our procedures.

Lockdown drills are one of many safety procedures that we follow. We also conduct Fire and Tornado drills. In addition, this year our staff and students have made a concerted effort to ensure that all exterior doors are locked and secure during the school day. All visitors are required to enter through the main entrance and enter the front office to check in.

Information resources from Central Academy include:

Central Academy of Technology and Arts website at : <http://cata.ucps.k12.nc.us/>

Central Academy of Technology and Arts Facebook page at: <https://www.facebook.com/CentralAcademyCATA>

Central Academy of Technology and Arts Twitter at: https://twitter.com/cata_monroe

Central Academy of Technology and Arts Athletic Twitter at: https://twitter.com/CATA_Athletics

Central Academy of Technology and Arts Band page at: <http://cataband.blogspot.com/>

Any other sites are not sites that are sanctioned by the school. We caution parents and families to get current and accurate information from the official sites listed above.

If a school club or school organization has an additional page, please notify Administration so that we can properly authorize the site. Thank you.

Want MORE info?? Go to the CATA website, click on Parents and Community, then click on link for the newsletters—the Cougar Chronicle. Past issues are posted there each week!!

Student Testing Calendar January 2014

EOC, IMS, NC Final, and Teacher

Made Exams

Monday January 13, 2014	Tuesday January 14, 2014	Wednesday January 15, 2014	Thursday January 16, 2014	Friday January 17, 2014
8:50 – 12:50 All 4th period exams 12:55 – 1:40 Lunch 1:45 – 3:30 3rd period re- view	8:50 – 12:50 All 3rd period exams 12:55 – 1:40 Lunch 1:45 – 3:30 2nd period re- view	8:50 – 12:50 All 2nd peri- od exams 12:55 – 1:40 Lunch 1:45 – 3:30 1st period re- view	8:50 – 12:50 All 1st period exams 12:55 – 1:40 Lunch 1:45 – 3:30 Community Building	8:50 – 12:50 All make-up exams 8:50 – 3:30 All students will follow a regular schedule, unless making up an exam.

January 13 – January 17, 2014: All students must attend review sessions, exams, and regular school day. Failure to attend will be counted as additional absences. Trips will not be considered excused absences and the student will not be given a makeup exam. Only exams that are missed due to documented illness or court will be excused.

EVERY class will be given a comprehensive final exam that will count for 25% of the student's final grade. Students can significantly increase or decrease their semester average with their final exam. Students should utilize notes, study guides provided by the teacher, and other resources to prepare for the final exam. Teachers will provide review sessions as listed above. The review session for the 4th period exam will occur on Friday, January 10th during the last block of the day.

Central Academy expects students to display their learning with academic integrity. Per student code of conduct, any student that is “cheating” will earn a ZERO for that final exam. As final exams account for 25% of the cumulative grade, we are reminding students that cheating on a final exam will have serious ramifications to their grade.

ALL Cell phones will be collected from students prior to final exams each day. Students should turn phones off prior to collection. Phones will be returned to students at the end of the testing window (12:50). NO exceptions. If a student does not turn in their cell phone and is found with it during the test, it will be considered cheating.

There will be NO extra-curricular events after school during exam week. Afterschool activities may resume on Thursday 1/16. Note—Athletic practices can occur until 5:00 each day as needed.

Cougar Final Exam Tips

- * Create a study calendar and stick to it
- * Ask your teacher for a study guide and USE IT!!
- * Use your notebook to guide you through a review of the course
- * Attend all review sessions offered
- * Go to tutoring for extra support
- * Make a study group, assign each person a topic to re-teach
- * Make a study group and discuss each topic
- * Have your parents ask you questions
- * Use diagrams, graphs, pictures, and drawings in your textbook to serve as a talking point for you to review
- * Make flashcards on your computer or phone to practice important vocabulary words
- * Look at your scores from the semester and identify topics you struggled in – ask your teacher or a friend for help
- * Stay after school to study – let an administrator know which days your study group needs to stay and study and we will make arrangements for you to stay to study
- * Rewrite important points, the act of writing or typing helps some people remember specific information
- * Create an acronym, or a funny saying, or song to remember specific information
- * Draw a quick sketch to help with definitions or concepts
- * Practice math problems
- * What other suggestions can your class come up with?

Thanks for all you do!!!!





And you, and you,
and you, too!!!!

