



Central Academy of Technology & Arts Cougar Chronicle

Volume 8

Issue 1

July 23, 2020

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Social Media Sites
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Dear CATA Family,

This is the first Cougar Chronicle Newsletter edition for the 2020-21 school year. We will send this newsletter and school communication out each week on Thursday after this first edition. We know these are unprecedented times and will keep you updated weekly. We are working diligently to ensure our students are engaged, learning, and safe. We are following the protocols set forth by the North Carolina Department of Health and Human Services. Click [here](#) for the health guidelines. In the coming weeks we will continue to communicate with you via this newsletter, social media, our website, and videos. **Please follow our social media sites which are linked on the icons above.**

The Governor of North Carolina has ordered schools open with a plan of 50 percent capacity and UCPS has chosen a plan with a 25 percent capacity rotation of students going to school one day a week Monday to Thursday and learning remotely on Friday which is called **Plan B**. Students do have an option for a Virtual Academy which is called **Plan D**. Please click [here](#) for UCPS information about the upcoming school year in order to make a decision to choose Plan B or D. The application process for the Plan D Virtual Academy ends Sunday July 26. Click [here](#) for the Plan D Application. **The day that your student is assigned to attend school face-to face will be shared next Thursday, July 30.**

Our **bell schedule** for this year has changed. And our new school time is from 9:05-3:45. Students will be assigned to a group to come to school on Monday, Tuesday, Wednesday, or Thursday, and then learn remotely on Friday. Students are expected to follow our daily schedule and complete 90 minutes of work per class each day. Teachers will use our Canvas platform and virtual platforms such as Zoom, Google Classroom, and Microsoft Teams.

Student Schedules will be distributed by email. Schedules will be given out the week of August 10-14. **Schedule Corrections:** Students will fill out the appropriate online form for a schedule change once it is released by guidance after the final schedules are released. **Bus information** will be sent out the week before school begins.

Safety Procedures: Please go to page 4 to see an outline of our safety plan.

Students without Chromebook and Textbook distribution: This will take place on Friday, August 14 in the front roundabout of the school. This is only for the 68 new students to UCPS OR students who must have a textbook that is not a part of a classroom set. We will notify you if you are to come to school this day for a Chromebook or textbook.

Student attendance will be taken for student participation on their assigned day at school and virtually each day in Power School. School is in session and students are expected to be in class or logged into a class session at the appropriate time each day.

Parking Passes- Parking passes will become available August 10-13 with priority given to seniors. Students will fill out an online form. Once approved, the student will be notified and directed to make an online payment. Student passes will be handed out on Friday, August 14 in the student parking lot.

Freshmen and New Sophomore Orientations: These events will be virtual and will take place Tuesday, August 11 or Wednesday, August 12. We will let you know the exact date and time in the coming weeks. We will offer a virtual tour of the school, provide important back to school information, and introduce our new students to the CATA family.

More Important Information on the next page.....



Page One Continued & Media Center Information– The Den

Senior Night: This event will be on Tuesday, September the 8 and is virtual. This is all the information our Seniors need about the college application process, essays, and scholarships.

Summer Read: Students will participate in an online virtual summer read discussion the first or second week of school on Friday. We will send out more information in the coming weeks. Students who attended CATA last year chose their book at the end of the year last year. Those students can check their student email for their reading assignments. The Freshman book is *The Boy, the Mole, the Fox and the Horse* by Charlie Mackesy.

AP Summer Assignments and reading: Please click [here](#) to for a list of the assignments

Athletics: Please check out the CATA Sports page in this edition. The NCHSAA has mandated fall sports are not to begin until 9/1. Our fall sports are currently having work out sessions. Please contact our athletic director [Jay Niessner](#) if you have questions.

Student Life Organizations and Clubs: We will have a Student Life Fair the Second week of school. All organizations will meet remotely at this time.

Juniors & Junior Parents, Class of 2021 Information about your senior portraits: Congratulations Class of 2021! You're finally a senior and we have some information regarding your senior portraits. Please click on the link for a 90-second video from our school's exclusive photographer, Cady Studios. Be sure to watch the entire video and fill out the contact form, so you will receive information on how to schedule your senior portraits. [cady.com/2021](#)" You must fill this out to schedule your senior portraits.

Juniors & Junior Parents: Attention Rising Seniors - **Senior T-Shirts, Yard Signs and Event Passes** are now available to order through the PTSO website <http://www.cataptso.org>. This is a great way to show your CATA Senior Spirit and enjoy special treats throughout the year. If you have any questions, please reach out to PTSO (catacougarcouncil@gmail.com). An order form is in this edition on the last page.

Please take time to read over this newsletter. The Cougar Chronicle, in addition to our website, will be the main form of communication from school to home.

Go Cougars!

The Den Digest

The CATA Media Center website has been transformed into a Virtual Learning Commons. Check out the website and see what is offered. Find links to databases, research help, reading lists, how to evaluate news sources and more.

<https://sites.google.com/a/ucps.k12.nc.us/cata-media-center/>

Remember that you can still access e-books and other resources through our online catalog

<https://search.follettsoftware.com/metasearch/ui/105625>

Please make time for reading this summer!

CDC Information About the Coronavirus—<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



Bell Schedule

New School Time- 9:05-3:45

1st period 9:05 to 10:35

2nd Period 10:40 to 12:10

3rd Period 12:15 to 2:10

Lunch (one person to a table, café, small café, outside, gym) Approximately 80 students in each lunch distanced in line.

Lunch Schedules and Times may vary and are subject to change

A Lunch 12:20 to 12:50

B Lunch 1:00 to 1:30

C Lunch 1:40 to 2:10

4th Period 2:15 to 3:45

Students will come to school once a week from Monday to Thursday and Friday will be an online learning day for all. Students will be notified of their groups in the coming weeks.

Monday	Tuesday	Wednesday	Thursday	Friday
Group 1 (At School)	Group 1 (Remote Learning)	Group 1 (Remote Learning)	Group 1 (Remote Learning)	Remote Learning for all Students
Group 2 (Remote Learning)	Group 2 (At School)	Group 2 (Remote Learning)	Group 2 (Remote Learning)	
Group 3 (Remote Learning)	Group 3 (Remote Learning)	Group 3 (At school)	Group 3 (Remote Learning)	Teacher Planning
Group 4 (Remote learning)	Group 4 (Remote Learning)	Group 4 (Remote Learning)	Group 4 (At School)	Office Hours

Students will follow their schedule in person and/or virtually each day. The suggested schedule is below. If students are at home, then this is the suggested schedule.

9:05 to 10:35: Complete Activities/Assignments for 1st Block Class (may include live or on-demand teacher instruction)

10:40 to 12:10: Complete Activities/ Assignments for 2nd Block Class (may include live or on-demand teacher instruction)

Lunch based on the time you would eat lunch at school during third block.

12:15 to 2:10: Complete Activities/ Assignments for 3rd Block Class (may include live or on-demand teacher instruction). Take note of the time your teacher would have scheduled for lunch.

2:15 to 3:45: Complete Activities/ Assignments for 4th Block Class (may include live or on-demand teacher instruction)



School Protocols Safety

Click [here](#) for state Guidelines

- ◆ Each teacher will answer health screening questions and have their temperature taken each day.
- ◆ Each student must answer a series of health questions and have their temperature taken each day.
- ◆ If your child is sick or exhibiting the following symptoms then please do not send them to school.
 1. Fever of 100.4 or above
 2. New cough
 3. New trouble breathing, shortness of breath or severe wheezing
 4. New Chills
 5. New Muscle Aches
 6. Sore Throat
 7. Diarrhea
 8. New loss of smell, taste, or change in taste
 9. Have been within 6 feet of a person with a lab confirmed case of the current novel virus for at least five minutes, or had direct contact with their mucus or saliva, in the past 14 days
 10. These protocols may also call for additional measures to be put in place based on future guidelines.
- ◆ Please do not come to school if you are awaiting a test result for the current novel virus.
- ◆ We will have a separate nurses state for students who exhibit symptoms at school.
- ◆ Everyone at school must wear a mask and keep physical distance of six feet apart or more
- ◆ Our hallways will have a marked one way walking pattern
- ◆ Classroom doors will be left open
- ◆ Student desks will be sanitized and students will rotate the desks and work stations used per period.
- ◆ UCPS will provide masks that are washable
- ◆ Students are encouraged to bring their own personal hand sanitizer
- ◆ **Students may not enter the building until 8:35 AM**
- ◆ **All students will go directly to their first period classes**
- ◆ A student may eat breakfast but will be distanced in line and in the dining area.
- ◆ We will have distancing measures for the line and eating at lunch.
- ◆ We will dismiss by car rider, bus rider, and student driver and students must exit the building.
- ◆ All students should follow the directions of coaches if they are an athlete.
- ◆ All Student Life Organizations will meet remotely (Clubs)
- ◆ Morning Protocols
- ◆ **Bus Lot:** Students must stay on the bus and be dismissed one at time and then stand on the marked areas outside of the school for health questions and temperature checks.
- ◆ **Student Parking Lot:** Students must exit their cars immediately and stand on the marked spots in the 100 hallway entrance for health questions and temperature checks. Students must not congregate in the parking lot
- ◆ **Front Entrance:** Students must exit their cars when prompted and stand on the marked spots for health questions and temperature checks. Students must not congregate in the parking lot
- ◆ Students will use individual stalls in bathrooms only
- ◆ The school will have disinfecting items and hand sanitizers in each classroom.
- ◆ All IEP and 504 meetings will be held virtually



College and Career Corner

Class Information from the Guidance Counselors

[Counseling Twitter @CATA_Counseling](#)
[Counseling Instagram @CATA.counseling](#)

Scholarship Spotlight– Click [HERE](#) for more scholarships
[Please click here for all information from our Counseling Department](#)

COUNSELING DEPARTMENT PROCEDURES

To ensure the safety of students and staff we are implementing the following procedures for the 2020-2021 school year.

MEETING BY APPOINTMENT ONLY

Email your counselor to schedule an in-person or virtual appointment. If a student is in crisis they will need permission from their teacher to visit a counselor.

SAFETY MEASURES

*One student in a counselor's office at a time
Masks are required
Remain 6ft apart
Entrance doors will remain shut*

REASONS TO CONTACT US

<p style="font-size: x-small; margin: 0;">COUNSELORS Ms. Lawson, Ms. Cole, Ms. Goodwin</p> <p style="font-size: x-small; margin: 5px 0 0 0;"><i>To discuss academic, social/emotional, and career questions. This includes, but is not limited to: Class selection, college/career choices, scholarships, and friendship/relationship/family issues.</i></p>	<p style="font-size: x-small; margin: 0;">CAREER DEVELOPMENT COORDINATOR Mrs. Corbett</p> <p style="font-size: x-small; margin: 5px 0 0 0;"><i>To discuss career fields and job qualifications. To discuss internship options within the county. Students enrolled at SPCC can discuss class options. Students interested in SPCC can discuss how to get enrolled.</i></p>	<p style="font-size: x-small; margin: 0;">COUNSELING SECRETARY Mrs. Tweed</p> <p style="font-size: x-small; margin: 5px 0 0 0;"><i>The first person you see when entering our office. Mrs. Tweed can provide transcripts and bus passes. She can help with most school-related questions and can help students determine if they should meet with a counselor.</i></p>
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MARK YOUR CALENDAR!

VIRTUAL SENIOR NIGHT

Sept. 8, 2020
7:00 pm

A link to the meeting will be provided at a later date.

CATA Guidance Department

A high school guidance department can help your student with a LOT during high school—counseling during a problem/or stress, college planning, career/college questions, interview skills, problem solving with classes/teachers, friendship/social issues. Counselors also help with scheduling and what courses to take. Counselors are available to answer parent questions as well.

Please see the list of counselors by academy:

- [Ashley Lawson](#): Medical Science, Transportation & Guidance Department Chairperson
- [Ashley Cole](#) : Pre-Engineering and Performing Arts (theatre & dance)
- [Sarah Goodwin](#): Information Systems (Cybersecurity, Computer Engineering, Software & Game Design) and Music Production & Recording Arts



Counseling Center Assistance

Hello, Cougars! We want to let everyone know that we are still here to support you during this break. Our students' mental and physical health and wellbeing is always our top priority. Please know you can reach out to your counselor if you need to. We have also listed some resources in case you or anyone you know should need them. Make sure you are checking your email and school & county social media pages so you can stay informed about what is happening.

- Optum has a toll-free 24-hour Emotional Support Help Line at 866-342-6892 for people who may be experiencing anxiety or stress related to COVID-19.
- Cardinal Innovations (mental health referrals - multiple languages) 1-800-939-5911
- Mobile Crisis 1-866-275-9552
- The National Suicide Prevention Hotline (1-800-273-TALK) offers free and confidential support for people in distress, prevention and crisis resources 24/7
- Text HOME to 741741 to connect with a Trained Crisis Counselor 24/7
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746 (TTY 1-800-846-8517)
- 911 when someone needs help right away because of an injury or an immediate danger

Please stay safe and know we are here for you!

The CATA Counseling Department

ashley.lawson@ucps.k12.nc.us - Medical and Transportation Academies

ashley.cole@ucps.k12.nc.us - Dance, Theatre, and Pre-Engineering Academies

sarah.goodwin@ucps.k12.nc.us - Information Systems and MPRA Academies



COUGAR ATHLETICS

If you have questions about athletics or want to volunteer to help with athletics, please send an email to Athletic Director, Coach Jay Niessner. Make sure to follow all of CATA's athletic teams on Twitter: [@CATA_Athletics](https://twitter.com/CATA_Athletics)

The North Carolina High School Athletic Association (NCHSAA) has ruled Fall sports may not begin until September 1. Please contact your coaches about summer workout protocols and plans.

Fall Sports - 2020

Summer Workouts: Summer workout calendars are posted on the [CATA athletic website](#). Please contact your sports coach for more details.

Fall Sports Coaches Contact Information:

Cheerleading - Ashley Lawson – Ashley.lawson@ucps.k12.nc.us

Cross Country - Kim Inuwa – kimberly.inuwa@ucps.k12.nc.us

Football – Shane Griffin-shane.griffin@ucps.k12.nc.us

Men's Soccer - Jay Niessner – jay.niessner@ucps.k12.nc.us

Volleyball - Stephanie Peacock – Stephanie.peacock@ucps.k12.nc.us

Women's Golf - Nelson Rowell – nelson.rowell@ucps.k12.nc.us

Women's Tennis - Terry Lewis – soldbyterrylewis@gmail.com

Winter Sports Coaches Contact Information:

Cheerleading – Ashley Lawson – Ashley.lawson@ucps.k12.nc.us

Indoor Track & Field – Kim Inuwa – kimberly.inuwa@ucps.k12.nc.us

Women's Basketball – Kevin Allran – kevin.allran@ucps.k12.nc.us

Men's Basketball – Sam Smithson – Samuel.smithson@ucps.k12.nc.us

Swimming – Sally Goodwin – sarah.goodwin@ucps.k12.nc.us

Wrestling – Mike Jacobus – mike.jacobus@ucps.k12.nc.us

Spring Sports Contact Information:

Baseball – Matt Garcia – matthew.garcia@ucps.k12.nc.us

Men's Golf – Mike Jacobus – mike.jacobus@ucps.k12.nc.us

Men's Tennis – Terry Lewis – soldbyterrylewis@gmail.com

Softball – Aaron Hammers – aaron.hammers@ucps.k12.nc.us

Track & Field – Kim Inuwa – kimberly.inuwa@ucps.k12.nc.us

Women's Soccer – Jay Niessner – jay.niessner@ucps.k12.nc.us

**CATA COUGAR
SPIRIT WEAR**
CATA Spirit Wear will
be on sale online
soon. We will keep
you updated.



CLASS OF '21 ORDERS



CATA Seniors Class of 2021 Senior Package Form



Senior Events, T-Shirts, Yard Signs and more! In addition to offering senior t-shirts, yard signs and senior week activities, the PTSO Senior Events Committee has planned BONUS activities to make Class of 2021 a year of special memories. These bonus activities may include an ice cream social, dessert bar and other random surprise events during the school day. Entrance into these particular BONUS Senior Events require a Senior Pass. We are offering all senior programs separately or bundled with a \$5-\$10 discount for your convenience.

PACKAGE PRICING:

Senior Items	Basic	White	Maroon	Navy
Senior Event Pass		✓	✓	✓
PTSO Membership		✓	✓	✓
Senior Class T-Shirt	✓		✓	✓
Yard Sign	✓			✓
PACKAGE PRICING	\$ 25	\$ 35	\$ 45	\$ 60

SENIOR
YARD SIGN



SENIOR CLASS T-SHIRT

(black long sleeve t-shirt w/ red text & white scratch)



ORDER FORM:

PLEASE FILL OUT THE INFORMATION BELOW AND RETURN THIS FORM TO THE FRONT OFFICE OR THE DEN/MEDIA CENTER OR VISIT WWW.CATAPTSO.ORG

PACKAGE	AMOUNT	QUANTITY	TOTAL
Basic	\$25		\$
White	\$35		\$
Maroon	\$45		\$
Navy	\$60		\$
Add On To Package Above			
Class Shirt	\$10		\$
Yard Sign	\$20		\$
Event Pass	\$30		\$
TOTAL PAYMENT:			\$

To place your order:

Order by July 15th for Open House Pick Up

ONLINE (available now): Order your package online at www.cataptso.org using your credit/debit card. Please note there will be a 3% transaction fee. Once you have paid you will be directed to an online form to fill out the required student information to complete the order.

OR

IN PERSON (available once the building re-opens): Fill out the information below and submit this form with your cash or check payment (checks made payable to CATA PTSO) to the Front Office or The Den/Media Center.

Name of 2021 Senior: _____

Cell Phone: _____ T-Shirt Size (if ordering above): _____

Parent Name: _____

Parent Email: _____

Package Type: _____ Payment: \$ _____ Online Cash Check # _____