



# Central Academy of Technology & Arts Cougar Chronicle

Volume 7

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May 7, 2020

Link to CATA  
Social Media Sites  
Click the Crest



Instagram

Dear CATA Family,

This past week was **teacher appreciation week**. We encourage you to send our teachers a message of appreciation and encouragement. **School is closed for the remainder of the school year and remote learning will continue. We will have more information for seniors in the coming weeks. Stay tuned for details about returning items that belong to the school. (Uniforms, textbooks, calculators, library books, Chromebooks, and chargers).**



**AP Testing begins next week** - May 11th to May 22nd. If you are an AP student and plan to take the AP exam please do the following - 1) Make sure you are receiving emails from AP, 2) Make sure to read the AP Testing Guide posted on the College Board Website before your exam date, and 3) Make sure to go through the AP Testing Demo posted on the College Board Website before your exam date. The online AP testing schedule is on page 3. Please contact [Ms. Lawson](#) if you have any issues.

**ATTENTION SENIORS MUST DO - The UCPS Graduation Survey is located in your Naviance Account and needs to be completed in order for you to be honored properly for our Academic Signing/Destination presentations and displays.** Log into Naviance, Click About Me - My Surveys - Surveys Not Started - 2020 UCPS Graduate Survey. Answer the questions and if you have a question reach out to your assigned counselor. You do not have to upload your scholarship letters to Naviance in the Journal section, you can send directly to Ms. Cole ([ashley.cole@ucps.k12.nc.us](mailto:ashley.cole@ucps.k12.nc.us)).

**Senior Pick Up Day-** Jostens will be at CATA on Thursday, May 14 from 2:00-4:00 for our seniors to pick up caps, gowns, announcements and yearbooks. No other items are being collected at this time. More details to come about the process for safely distributing these items to you during this window of time.

**2020 - 2021 Registration Update:** Your school counselors will begin "meeting" with you to review your course selections starting on Monday, May 4th based on your 2nd block class. Please see the schedule on **page 3**. Your assigned counselor will contact you on the phone number you listed in the CATA Remote Learning Survey. Due to the school building being closed for the remainder of the school year we do need students to fill out the Virtual Registration Google Form by clicking [here](#). for any required forms needed - Waiver Form, AP Contract, Online Course Request, Peer Tutor Form, Flex Form, Yearbook Interest. Please reach out to your assigned counselor with any questions or concerns. We look forward to talking with you over the next three weeks!!

**UCPS Remote Learning Plan:** During Phase 4 students will proceed with checking in with their 1st and 2nd block classes on Mon. & Weds. and 3rd and 4th block classes on Tues. & Thurs. Fridays are Teacher Office Hours. Students are encouraged to participate in the **NEW LEARNING** 180 mins. per week/per class or 90 mins. per class/per day. Until otherwise announced, teachers are to only provide ongoing feedback, there will be no numerical grades. As a reminder, the [Empowered Family Portal](#) is available for free learning resources for all grade levels. Click [here](#) to review the UCPS Remote Learning Plan. **Technical Support:** A Special technical support line has been established for student technical support, device troubleshooting, and maintenance issues: Student Technical support may be accessed at [studenthelpdesk.ucps.k12.nc.us](http://studenthelpdesk.ucps.k12.nc.us). Students should check their UCPS email DAILY! [UCPS Remote Learning Frequently Asked Questions](#) - Click Here

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



## More Information from Page One

**Grading Policy for Grades 9 to 11:** Students will have **two options** for each final course grade:

**1. Numeric grade, the highest grade representing learning as of March 13 or as improved through the semester as remote learning continued.**

**2. PC19 or WC19**

- -Students will determine how each final course grade will appear on the transcript at the end of the semester after advising from the teacher/school and in consultation with the parent/guardian.
- -When students choose to report a numeric grade as the final grade on the transcript, the numeric grade will be calculated into the cumulative GPA, following the guidelines in SBE policy GRAD-009.
- -When students choose to report a PC19 or WC19 as the final grade on the transcript, there is no GPA impact when using these grades.
- 
- -When students in a yearlong course choose a PC19 or WC19 for the spring portion of the course, the fall term grade will be counted into the GPA.
- -Students will not receive a failing grade. LEAs/Charters will advise the use of WC19 for any student who is failing as of March 13 and was unable to improve through remote learning opportunities.
- -A final grade of PC19 does award a full unit of credit for a high school course while a grade of WC19 does not award a unit of credit.
- -WC19 does not equate to a failing course grade but indicates a lack of evidence of mastery of standards addressed in the particular course and that the school is unable to award a unit of credit.
- --Students will maintain the grades for fall courses as already stored, year-long and semester. Fall 2019 final grades will be calculated into a student's GPA.

**PTSO Needs You.** We would like to ask for volunteers for positions on the board: President, VP, secretary, membership, fundraising (only 1 per year event) and a member for the Performing arts from the dance and MPRA academies. Please contact Nicole D'Amico at this email, [noledoc2@comcast.net](mailto:noledoc2@comcast.net)

**Senior Scholarships:** It is that time of year to **REPORT your SCHOLARSHIPS!** Please send a copy of your scholarship letter to Ms. [Ashley Cole](#)- even those scholarships you are not going to use- by Friday, May 8. Your scholarship totals will be listed in the Scholarship Slide Show. Please continue to review scholarship opportunities on the CATA School Counseling Website. If you have questions please ask your assigned counselor.

**BETA Club-**Due to the current situation the Beta application process will take place at the beginning of next school year. We just want to make sure parents know we are waiting until next year instead of the end of this year like we normally do.

**ATTENTION JUNIORS - Common App Essay Prompts** have been released. This is something you can work on now and it will make your senior year much easier. The prompts are listed in this edition.

**Here's what you need to know from CATA at this time:**

- **If you need to contact a school counselor, then there is a page in this edition for assistance.**
- **UCPS is serving free lunches to those 18 years and younger during the closure. Please look for locations in this edition.**

**2019-2020 Yearbooks:** Yearbooks are now \$85.00. Send check or cash to Ms. Christensen in The Den or order online at [yearbookforever.com](http://yearbookforever.com) (search for CATA). Stay tuned to details about distribution.

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! Ms. Merritt



## Online Registration Schedule & AP Testing Schedule

### CATA Registration—Updated May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Your Assigned Counselor will contact you to review your course selections based on your 2nd block class.</i>						
3	4 <i>Aldridge Markle Recher (Minsk)</i>	5 <i>Black Casey Falla King</i>	6 <i>Daniels Hackett Morse (Glas)</i>	7 <i>Inuwa Tesar Watts</i>	8 <i>Bryan Henry Starkey Turner</i>	9
10	11 <i>O'Connor Rowell</i>	12 <i>Bounds Cyphers Hammers</i>	13 <i>Foreman McAbee</i>	14 <i>Peacock Retzlaff</i>	15 <i>Allman Hidalgo Home</i>	16
17	18 <i>Calandro Hibberd</i>	19 <i>McDowell Smithson</i>	20	21	22	23

### **CATA Online AP TESTING May 2020**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 <i>4:00—US Government</i>	12 <i>2:00—Calculus AB &amp; BC</i>	13 <i>2:00—English Literature</i>	14 <i>4:00—Physics I</i>	15 <i>2:00—US History  4:00—Computer Science A</i>	16
17	18 <i>2:00—Biology  4:00—Environmental Science</i>	19 <i>2:00—Psychology</i>	20 <i>2:00—English Language</i>	21 <i>2:00—World History</i>	22	23
24	25	26 <i>Computer Science Principles &amp; Drawing due at 11:59 pm</i>	27	28	29	30



## UCPS Remote Learning Guide

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### Phase 4: Continuation of Teaching and Learning Via Remote Learning (April 20 – May 15)

- ┌ HS and MS new instructional content will begin on April 20<sup>th</sup> and April 21<sup>st</sup>, respectively; ES will follow with new instructional content later in the week
- ┌ Goal will be to continue with the introduction of new instructional content, as well as new standards for instruction, via online and print teaching and learning

Monday	Tuesday	Wednesday	Thursday	Friday
First Block (90mins)	Third Block (90mins)	First Block (90mins)	Third Block (90mins)	Office Hours (120 mins)
Second Block (90mins)	Fourth Block (90mins)	Second Block (90mins)	Fourth Block (90mins)	

### Grades 9-12 Communication Highlights

- Schedule will begin on April 20 and assignments will be posted in Canvas by 8:00 a.m. each day.
- Students will spend no more than 90 minutes on activities per subject/course each day.
- Students receive instruction, assignments, and/or activities in each course for which they are enrolled.
- Students/parents should direct questions to teachers of the subject/course.
- Teachers will maintain “remote” office hours for a minimum of 2 hours on designated office hours days and should respond to student/parent inquiries within 24 hours to the greatest extent possible.
- Flexibility is key – instruction and activities should take into account each student’s current situation
- New standards of instruction will be introduced and students are encouraged to stay engaged and participate in the learning opportunities.
- In order to support all students, teachers will track student participation and monitor student progress through feedback. This will be done in order to make sure our teachers know which students may need additional support once UCPS has completed remote learning due to COVID-19 school closure and students and staff are back in school after May 15<sup>th</sup>.
- Until UCPS receives further guidance by the North Carolina State Board of Education (NCSBE) and the North Carolina Department of Public Instruction (NCDPI), there is no formal grading of assignments.



## College and Career Corner

### Class Information from the Guidance Counselors

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

#### [UCPS Remote Learning Frequently Asked Questions](#)

#### [Most Recent Guidance Link for Remote Learning](#)

#### [Advanced Placement Updates](#)

#### [Online Instruction for AP Courses](#)

#### [AP Course Schedule](#)

#### [UCPS Policy on Conferencing Platforms](#)

**ATTENTION JUNIORS - Common App Essay Prompts have been released. This is something you can work on now and it will make your senior year much easier. The prompts are listed below -**

1. Some students have a background, identity, interest, or talent so meaningful they believe their application would be incomplete without it. If this sounds like you, please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma — anything of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

#### **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 acade-

my:

[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



## College and Career Corner

### Class Information from the Guidance Counselors

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

**Attention Seniors Class of 2020– Stay tuned for updated Information**

**Graduation is on Thursday, June 11, 2020 at 1:00 PM at the Winthrop Coliseum in Rock Hill, SC**

**The Fall Senior Letter is on our website. Senior students & parents [click here](#)**

**The Spring Senior Letter will come out once we have more information.**

**Sign up for College Visits [Click Here](#)**

**Dates for College Visits are posted in this Newsletter on the [Around CATA Page](#)**

**Scholarship Spotlight– Click [HERE](#) for more scholarships**

#### **Testing Updates:**

- The June 6th SAT is still scheduled at this time.
- **AP Classes:** Students can go to the College Board sites for review and a schedule is posted in this edition. This is a full course schedule for the free, live online AP classes available, along with information about what will be covered this week. Links to upcoming classes are [here](#):
- **CATA's Test Prep partner, Future Prep Educational Services,** is offering online **SAT prep** options for students wishing to prep for this important test while they are at home. Future Prep currently has availability for one on one and small group tutoring through the Zoom platform. You can contact them directly at 704-307-8975 or [customerservice@futureprep.com](mailto:customerservice@futureprep.com) to discuss what will work best for your student.

**More Registration Information:** Students interested in taking a class next year at SPCC but who are not currently taking classes at SPCC please make sure to apply to SPCC as soon as you can by going to [SPCC.edu](http://SPCC.edu) and click Apply Online. Registration for new students is not scheduled until April 20.

**Board of Education approves changes to graduation requirements for Class of 2020:** During the April 7 Union County Board of Education meeting, board members approved changes to graduation requirements for the UCPS Senior Class of 2020. The changes, which were adopted because of COVID-19 and the associated school closure, align with the amended graduation plan approved by the NC Board of Education . As part of the updated graduation requirements, UCPS high school seniors are now required to have a minimum of 22 credits by their originally scheduled graduation date. Prior to the change, current UCPS seniors would have been required to have a minimum of 28 credits to graduate with a high school diploma. Parents of high school seniors will receive more detailed information.



## *Counseling Center Assistance & Lunches*

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](mailto:ashley.lawson@ucps.k12.nc.us) - Medical and Transportation Academies

[ashley.cole@ucps.k12.nc.us](mailto:ashley.cole@ucps.k12.nc.us) - Dance, Theatre, and Pre-Engineering Academies

[sarah.goodwin@ucps.k12.nc.us](mailto:sarah.goodwin@ucps.k12.nc.us) - Information Systems and MPRA Academies

**Health Sciences Academy at Monroe Middle**  
601 E. Sunset Drive  
Monroe, NC 28112

**Rocky River Elementary**  
500 N. Rocky River Road  
Monroe, NC 28110

**Sardis Elementary**  
4416 Sardis Church Road  
Monroe, NC 28110

**Wingate Elementary**  
301 Bivens Street  
Wingate, NC 28174

# FREE MEALS DURING SCHOOL CLOSURE

**What's New?**

Monday – Friday  
11 a.m. – 1 p.m.

(two meals served on Friday)



## Media Center (The Den) News & AP Information

# The Den Digest

**May is...**

**Get Caught Reading Month**—<http://www.getcaughtreading.org/about-get-caught-reading.php>, tag @cata\_monroe and @librarian\_deb with pictures of what you're reading while you're learning at home!

**National Mental Health Awareness Month**—<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Month>

**Nurse's Week, May 6-12.** Send an email to Monica Newsome, our awesome nurse! [monica.newsome@ucps.k12.nc.us](mailto:monica.newsome@ucps.k12.nc.us)

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

**Visit our website for many resources**—<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>

**We have a special section just on Evaluating News Resources**—<https://sites.google.com/a/ucps.k12.nc.us/cata-media-center/online-resources/identifying->

## AP<sup>®</sup> Classes and Review YouTube Live



**DAILY COURSE SCHEDULE — ALL TIMES ARE EASTERN TIME**  
[youtube.com/advancedplacement](https://youtube.com/advancedplacement)

Period	Eastern Time	Live Stream 1	Live Stream 2	Live Stream 3	Live Stream 4	Live Stream 5
Period 1	9-9:45am	Calculus BC	*	*	*	*
Period 2	10-10:45am	Chemistry	Music Theory	*	*	*
Period 3	11-11:45am	Physics C: Mechanics	U.S. History	European History	*	*
Period 4	12-12:45pm	English Lit	Physics 1	Italian	*	*
Period 5	1-1:45pm	Art History	Environmental Science	German	*	*
Period 6	2-2:45pm	Statistics	Spanish Lit	Calculus AB	*	*
Period 7	3-3:45pm	Spanish Lang	Microeconomics	U.S. Government and Politics	English Long	*
Period 8	4-4:45pm	Biology	Psychology	Comparative Government & Politics	Computer Science A	Japanese
Period 9	5-5:45pm	Chinese	Physics 2	Human Geography	Macroeconomics	*
Period 10	6-6:45pm	World History: Modern	Physics C: E&M	French	Latin	*



## *Around CATA & Yearbooks*

### 2019-2020 Yearbooks

**2019-2020 Yearbooks:** Yearbooks are now \$85.00. Send check or cash to Ms. Christensen in The Den or order online at [yearbookforever.com](https://yearbookforever.com) (search for CATA).

**BUY YOUR**  
*Yearbook*



**Buy Your CATA Yearbook Today**  
*Order online at <https://yearbookforever.com>, search for CATA*  
*Distribution plans will be communicated when plans are set.*  
*A limited number of copies of the yearbook remain  
so buy yours today!*  
*Follow on Instagram at [catalyst.yearbook](https://www.instagram.com/catalyst.yearbook)*

**Our student life organizations are listed on our website. [Click here.](#)**

**BETA Club-**Due to the current situation the Beta application process will take place at the beginning of next school year. We just want to make sure parents know we are waiting until next year instead of the end of this year like we normally do.



# 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](#)

**The North Carolina High School Athletic Association (NCHSAA) has suspended all games, practices, workouts, skill development, and meetings until Monday April 6<sup>th</sup>. All athletic facilities on the CATA campus are closed to all teams. We will update you as further decisions are made.**

**New Athletic Attendance Eligibility Requirements:** Please [click here](#) for more information. this Spring to be eligible this coming Fall of 2020.

## Fall Sports - 2020

**Summer Workouts** will start on June 15<sup>th</sup>. Summer workout calendars & schedules will be posted after spring break, please contact your sports coach for more details.

**Summer Dead Weeks NO ATHLETIC:** June 29<sup>th</sup> – July 5<sup>th</sup>, July 20<sup>th</sup> – July 26<sup>th</sup>. All athletic facilities are closed during these dead weeks

**Fall sports parent night – Monday, July 27<sup>th</sup>, 2020** – 6:30 pm

Fall sports will start on Saturday – **August 1<sup>st</sup>, 2020**, First week of games – **August 17<sup>th</sup> – August 22<sup>nd</sup>**

## Fall Sports Coaches Contact Information:

**Cheerleading** - Ashley Lawson – [Ashley.lawson@ucps.k12.nc.us](mailto:Ashley.lawson@ucps.k12.nc.us)

**Cross Country** - Kim Inuwa – [kimberly.inuwa@ucps.k12.nc.us](mailto:kimberly.inuwa@ucps.k12.nc.us)

**Football** – Shane Griffin-[shane.griffin@ucps.k12.nc.us](mailto:shane.griffin@ucps.k12.nc.us)

**Men's Soccer** - Jay Niessner – [jay.niessner@ucps.k12.nc.us](mailto:jay.niessner@ucps.k12.nc.us)

**Volleyball** - Stephanie Peacock – [Stephanie.peacock@ucps.k12.nc.us](mailto:Stephanie.peacock@ucps.k12.nc.us)

**Women's Golf** - Nelson Rowell – [nelson.rowell@ucps.k12.nc.us](mailto:nelson.rowell@ucps.k12.nc.us)

**Women's Tennis** - Terry Lewis – [soldbyterrylewis@gmail.com](mailto:soldbyterrylewis@gmail.com)

## Winter Sports Coaches Contact Information:

**Cheerleading** – Ashley Lawson – [Ashley.lawson@ucps.k12.nc.us](mailto:Ashley.lawson@ucps.k12.nc.us)

**Indoor Track & Field** – Kim Inuwa – [kimberly.inuwa@ucps.k12.nc.us](mailto:kimberly.inuwa@ucps.k12.nc.us)

**Women's Basketball** – Kevin Allran – [kevin.allran@ucps.k12.nc.us](mailto:kevin.allran@ucps.k12.nc.us)

**Men's Basketball** – Sam Smithson – [Samuel.smithson@ucps.k12.nc.us](mailto:Samuel.smithson@ucps.k12.nc.us)

**Swimming** – Sally Goodwin – [sarah.goodwin@ucps.k12.nc.us](mailto:sarah.goodwin@ucps.k12.nc.us)

**Wrestling** – Mike Jacobus – [mike.jacobus@ucps.k12.nc.us](mailto:mike.jacobus@ucps.k12.nc.us)

## Spring Sports Contact Information:

**Baseball** – Matt Garcia – [matthew.garcia@ucps.k12.nc.us](mailto:matthew.garcia@ucps.k12.nc.us)

**Men's Golf** – Mike Jacobus – [mike.jacobus@ucps.k12.nc.us](mailto:mike.jacobus@ucps.k12.nc.us)

**Men's Tennis** – Terry Lewis – [soldbyterrylewis@gmail.com](mailto:soldbyterrylewis@gmail.com)

**Softball** – Aaron Hammers – [aaron.hammers@ucps.k12.nc.us](mailto:aaron.hammers@ucps.k12.nc.us)

**Track & Field** – Kim Inuwa – [kimberly.inuwa@ucps.k12.nc.us](mailto:kimberly.inuwa@ucps.k12.nc.us)

**Women's Soccer** – Jay Niessner – [jay.niessner@ucps.k12.nc.us](mailto:jay.niessner@ucps.k12.nc.us)

**CATA COUGAR  
SPIRIT WEAR**  
**CATA Spirit Wear will  
be on sale online.  
Our Band Boosters  
sell Cougar Spirit  
Wear!**

Click [here](#) to purchase  
online.

Please call or text Mickie  
Carter at 980-257-4174