

Central Academy of Technology and Arts

Cougar Chronicle

Volume 3; Issue 8
October 1, 2015



CATA families,

Way to go Theatre Academy for wonderful performances at Mime Less Chatter this week!!

Parents and students should read inside the Cougar Chronicle for information on attendance and grading platforms. This is important information. **Parents, please also remember that all Free and Reduced Lunch applications must be turned in immediately. The cutoff date for obtaining**

free and reduced lunches based on last school year is October 7th.

Attention ALL Sophomores!!! On Friday, October 2nd the PLAN will be administered to each sophomore at CATA during 1st and 2nd period. **ALL 10th Graders - Please make sure to bring your calculator for the PLAN test on Friday during 1st and 2nd period.** PLAN is a practice test for the ACT. The ACT is an entrance exam for all colleges and universities. The practice test will include an English, Math, Reading, and Science section. The results of PLAN will be returned to students at the beginning of November and can be used to better prepare for the ACT. The ACT is taken by all Juniors in North Carolina on Tuesday, March 1st.

Seniors don't forget to reserve your spot on the Oct. 15 field trip to the Carolina Renaissance Festival by the Oct. 8 deadline. You must pay the \$25 fee and turn in the permission form by this date. Also, parent volunteers are needed for this field trip. Please see Mr. Wall if available. See Mrs. Henry or Ms. Barron if you have questions about this field trip.

Check out all of our athletic teams in this week's Cougar Chronicle. We have some exciting matches coming up that you won't want to miss!! On Tuesday, October 6th the Women's Tennis team will host Mount Pleasant for first place in the Rocky River Conference come on out to Monroe High and support your Women's Tennis team they are having a great season and need your support!

Please take time to read over this newsletter. The Cougar Chronicles are also available on the website. The Cougar Chronicle, 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! - Dr. Kim Fisenne,
Principal

Please enjoy this issue of
STEM Magazine!! Click
on the magazine cover
to be taken to the elec-
tronic
magazine!



Athletic Program Fundraising - A Huge Success for Fall Athletics!!

A **HUGE** thank you to all who donated to the CATA fundraiser this fall.

The money is already being put to good use:

- Football – team will be purchasing new shoulder pads at the end of the season for next year! Some new helmets were also added this year.
- Volleyball – padded indoor chairs will be coming soon to a CATA gym near you!
- Men's Soccer – team purchased a training goal – already being used every day at practice!
- Cheerleading – new pom-poms can already be seen on Friday Nights and new uniforms for the squad will be debuting in 2016!
- Cross Country & Women's Tennis - have new tents ordered and on the way to offer shelter and shade to our athletes during competition!
- Women's Golf – polo shirts for the girls, and covering the costs of new equipment for 2016!

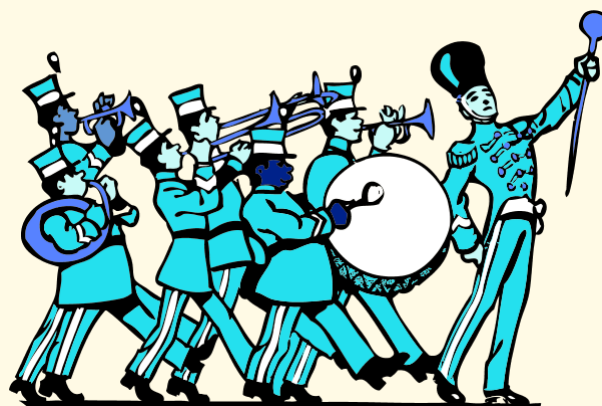


Stay tuned for more updates and pictures as items come in - of what CATA fundraising has helped to do for all of our athletic teams! Go Cougars!

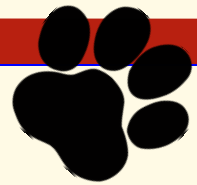
The CATA Band Program is running its annual "Bank for Band" Fund-raiser Thursday, September 24th through Monday, October 12th.

Please invest in our band by contributing \$5.00 each. If you want to contribute, please see Mr. Retzlaff in the band room, or parents, email him at

Craig.retzlaff.ucps.k12.nc.us



Yearbook NEWS!!! Yearbooks are on sale for the lowest price of the year, but only for a VERY limited time. From now until September 30th yearbooks can be purchased for ONLY \$65. This is a \$20 savings over the regular price. Yearbooks were completely sold out last year, so don't get left out in the cold. Reserve your copy TODAY! www.yearbooksforever.com



Cougar Pride

- Congratulations to Malasia McClendon and Josiah Dayton for being named CATA's Morehead-Cain nominees by the Scholarship Committee.
- Congratulations to Christopher Verrill and Stephanie Eberly for being named CATA's Park Scholarship nominees by the Scholarship Committee.
- Congratulations to the students named to the Superintendent Advisory Council - Malasia McClendon, Raygan Hansley, Halen Mattison, Sarah De-Couto, and Evan Whiteside

Help support our neighbor—Wolfe School—by sending your Box Tops and Labels for Education into the CATA main office. Your support will help some of our most wonderful children in UCPS have a great school experience.

Bus Info: Students who are athletes or who have not been riding the bus home need to see Mr. Wall in order to have the appropriate paper work filled out to obtain a new bus route home. Students who do not ride in 10 days are not on routes at this time. If you have a morning route and have been riding you are fine, but if you have missed 10 or more days, see Mr. Wall to obtain a new bus route home in the afternoon when your sports season is over. This will take 5-7 days to set up, so please see Mr. Wall soon and let him know when you expect to ride again.

Attendance Information for Parents and Students

Ninth grade parents, please note that High School Attendance is different than middle school. It is taken by class, not by day. Students with more than 7 absences in a course can fail the class due to Absences alone, regardless of their grade average in the class.

Attendance at school is Priority. It is so important to be present in order to learn and to gain opportunities for mastering coursework. This is also a very important life lesson for our children to learn—in life we have expectations of going to work and working to the best of our ability, and this good life habit starts with attendance at school.

- To ensure maximum student attendance we will be contacting students and parents when students reach 3, 6, and 8 absences. The numbers 3, 6, and 8 are for Total absences, both excused and unexcused.
- According to UCPS attendance policy students should not miss more than 7 classes in each class. **The goal is to not miss ANY school**, but if a student has a valid reason, such as an illness or other excused absence, they can have up to 7 absences and still pass the class.
- **It is important that excuse notes be written and turned into the office within 3 days after an absence. After the three days, then the absences are recorded as unexcused permanently.**
- At each absence threshold (3,6,8) CATA staff will make the determination if the student needs to begin the recovery process to make up absences and notify parents and students on how to make up time missed from school. Recovery should be done during the semester and in the two week time span given or the student will not be allowed to recover the absences at a later date. There are UCPS limits on how many classes can be recovered. Recovery will be held on Tuesdays and Thursdays after school with Ms. Riley, or with the student's individual teacher. Students are expected to work on content during recovery time. This plan is in place so that your student makes up content close to the date it was delivered in class. CATA feels this is most effective.
- [Click here to be taken to the Parent Page of the CATA website where you can click to see an "Attendance Letter Example".](#)

CATA PTSO NEWS

JOIN THE PTSO - Don't forget to join the CATA PTSO. The homeroom from each grade level with the highest percent of participation will be treated to a **pizza party**. **Membership forms went home with your student. The third block class with the highest percent of participation will be treated to a pizza party on Friday, October 9, 2015. Please return your membership application and \$10.00 for your membership by Friday, October 2nd—TOMORROW!!!!**



PTSO Volunteers—The CATA PTSO welcomes anyone who is interested in participating with us. There are many facets of the school and areas that are always seeking an extra hand. From selling concessions at a sports game, to proctoring an exam, to helping to raise money and organize and serve at teacher hospitality and appreciation events. You are welcome and invited to participate. our goal this year is to engage our membership and our community to get involved in our events at school.

Invest in Excellence will roll out to you in October! Be on alert for an email and additional information! Your support will assist each academy in the school. Your gift will play a key role in helping CATA remain a strong academic school.

The executive committee approved a motion in September to hold 4 General Membership Meetings with the goal of providing an educational/service to our members as well as seek your input into our events and activities. We are confirming speakers and dates and will post them in the cougar chronicle and promote them throughout the school! We are partnering with the goal of the school to make connections within Academies and the community to involve families with the mission and vision of CATA!!!

Upcoming events:

Invest In Excellence

Executive Committee Mtg – Tuesday, October 6 at 6:30

Kathie McKain kathieptsocata@gmail.com

301-514-1890, cell

Simple ways to support CATA - you must re-link each year!! Thank you!!

Support CATA when you use your VIC card at Harris Teeter. Link your card to our school's account - # 3612.

Support CATA when you use your Target REDcard. Link your card to our school's account - # 81011.



CATA PTSO MEMBERSHIP CONTEST – TAKE THE CHALLENGE....JOIN TODAY!

Parent or Guardian Name: _____

Student Name (s): _____

Grade Level: _____ **Academy** _____

E-Mail Address: _____ **Home Phone:** _____

Mobile _____ **3rd Block Class** _____

Volunteering your time and investing in your student's future is very much appreciated.

Please check the committee or activity in which you are interested in helping.

Hospitality ____ Teacher Appreciation Committee ____ Fundraising ____ Volunteer

Return this form and contribution of \$10.00 per family to the front office or a teacher. Checks should be made out to Cougar Council, PTSO. Thank you.

THIRD BLOCK CLASS WITH THE MOST PTSO MEMBERS WILL WIN A PIZZA PARTY!!

Deadline to return to CATA is Friday, 10/2! Pizza Party October 9th!

CATA PTSO NEWS *(continued)*

Senior Tees and Signs Thanks to all the seniors who ordered signs and senior tees. We will not be taking any more orders. The last order will be placed on Friday, October 2 . We will send you an email when it arrives. Orders can be picked up in the B+Media Center. There are still orders there waiting for pick up!!!

Senior T-Shirt Perk: Seniors that wear the official Senior T-Shirt with CATA Pride will receive a concession/special at a Fall/Winter & Spring SENIOR NIGHT .

We have hit the 100 member mark!!! Thanks to all who have joined! The Performing Arts Academy has outdone itself!!! Come one come all to the PTSO!!!

Thanks to all who signed up on the sign up genius to bring in cake monthly to celebrate our great teachers and staff!

Next event of the Hospitality Committee is the Thanksgiving Luncheon! More information to follow! Watch your email!

Special thanks to all the teachers and staff who purchased a blue jean pass to support the PTSO membership and Scholarship Fund! Your efforts are greatly appreciated! Contact Deb Christensen if you have not and would like to purchase a Blue Jean Pass!

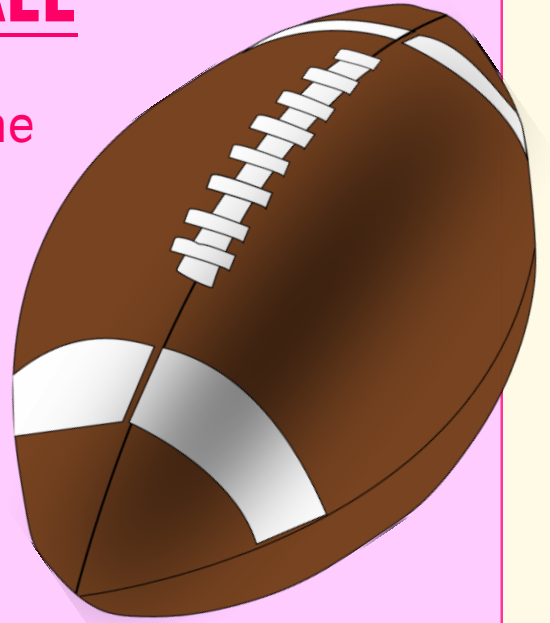
CAN CAN CAN YOU HELP US OUT



FOURTH BLOCK classes are collecting "Canned Food" in order to help supply our local Union County food pantries. This event is sponsored by CATA's Hands Helping Others and HOSA. The class that collects the most cans will be rewarded with a Pizza party! The Drive runs from Sept. 28 to Oct. 9.

POWDER PUFF FOOTBALL

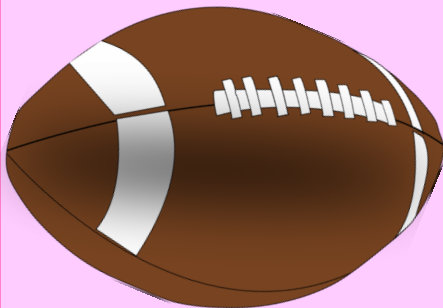
Kick off your spirit week by attending the Powder Puff Game on Monday, 10/5.



Every student that attends will be entered into a drawing for a chance to win 2 tickets to the Homecoming Football game against Monroe Friday, October 9th. Please come out and show your support to your Lady Cougars. Concessions will be available.

**Come out to watch the annual
powder puff games.
Walter Bickett Stadium
Monday, October 5 at 6:30 pm.**

**Freshmen vs. Sophomores
Juniors Vs Seniors
Winner vs Winner**



**Tickets are \$3
ON sale at lunch and at the gate
Friday, October 2nd
Monday, October 5th**

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 CATA page](#).

Friday, October 2: PLAN Test for all 10th graders; SADD Meeting, 8:15 am (Rm. 604); NHS Retreat, 4:00 pm (Media Center)

Sunday, October 4: Shooting Sports Practice, 2 PM (Take Aim Training)

Monday, October 5: SPIRIT WEEK: America Day Debate Club, 3:45 PM (Rm. 209); Debate Team Practice, 4:30 PM ; Powder Puff Games, 6:30 PM (Walter Bickett Stadium) (Rm. 209);

Tuesday, October 6: SPIRIT WEEK: Tacky Tourist Day; National Honor Society Meetings at 8:15 am and 3:40 9Media Center); Student Council Officer meeting, 3:30 (Rm. 208); Gamers Unite, 3:30 pm (Rm. 217); Fishing Club, 4:45 pm (Rm. 621); Travel Club, 3:40 pm (Ms. Pentecost's Room);

Wednesday, October 7: SPIRIT WEEK: 60s Tye Dye Day

Thursday, October 8: SPIRIT WEEK: Mathlete vs. Athlete; Student Council Junior Class Meeting, 3:40 (Media Center)

Friday, October 9: SPIRIT WEEK: Color Wars (Seniors: Black, Juniors: White, Sophomore: Blue, Freshman: Red); Homecoming PEP Rally

Saturday, October 10: Homecoming Dance, 8-11 pm (Gym)

Upcoming Dates:

10/1 to 10/9—Fourth Period Canned Food Drive Competition

10/2—PLAN Test for all Sophomores

10/5 to 10/9—Homecoming Week

10/5— Powder Puff, 6:30 Walter Bickett Stadium

10/6—Fishing Club Meeting, Rm. 621, 4:45 pm

10/6—End of Grading Period

10/10—Homecoming Dance, 8-11 pm

10/12—No School, Optional Teacher Workday

10/13—PTSO Meeting, 7 pm, Media Center

10/14—PSAT for all Juniors

10/20—Underclassmen Make up Pictures

10/21—Report Cards

10/27— Winter Sports Parent Night, 7 pm (Auditorium)

10/28—Site Based Team Meeting, 3:40 (Media Conference Room)

10/30—Trunk or Treat

11/2-11/6—Free College Application Week

11/4—Progress Reports

11/11—NO SCHOOL, Veterans Day

11/14—NCASC Western District Conference, All Day at CATA

11/23—Jostens Senior Make-up Day

11/23—Poetry Out Loud

1/25-11/27—NO SCHOOL, Thanksgiving Break

12/2—Report Cards



Students, please return PTSO membership forms and payments to the main office or the media center by Friday, October 2nd. The third block class with the highest percentage of members will win a pizza party! Students can join as well!

Student Life Notes

Upcoming Events:

Speech and Debate meets every Monday as a CLUB—from 3:45 – 4:30 and as a competitive TEAM—from 4:30 – 5:30 pm.

The new CATA fishing club will be starting up on October 6th. The meeting will take place in room 621 and will last from 4:45-5:30.

Join the Society of Women Engineers, please see Mr. Recher for details

CATA's Annual Powder Puff Game will take place on Monday, October 5th at 6:30 pm at Walter Bickett Stadium.

Science Olympiad needs a few more Scientists!!! See Ms. Cross if you are interested!

The Travel Club will be hosting it's first meeting on Tuesday, October 6th at 3:40 in Ms. Pentecost's room.

Two New Clubs may be forming—Biology Tutoring Club and Fencing Club. If you are interested—leave your name in the office, or via email, for Mr. Wall to get you connected with the groups.

Looking to join a club, but not sure what to do? Talk to your teacher, advisor, administrator or your guidance counselor for suggestions....

BE a LEADER JOIN a STUDENT LIFE ORGANIZATION TODAY

Questions??? OR an announcement needed, please e-mail Mr. Wall at josh.wall@ucps.k12.nc.us

CATA Spirit Wear available online and at home Football Games. Support the Band and CATA and get your spirit on.



To see all [available spirit wear for CATA click here!!](#)

Support our athletics and our Band of Blue at once by showing school spirit!!

Spirit Week— starts Monday 10/5

Monday: Merica Monday

Tuesday: Tacky Tourist

Wednesday: 60's Tye Dye Day

Thursday: Mathlete vs. Athlete

Friday: Color Wars

Seniors: Black

Juniors :White

Sophomore: Blue

Freshmen: Red



Game Theme: Pink Out for Breast Cancer Awareness

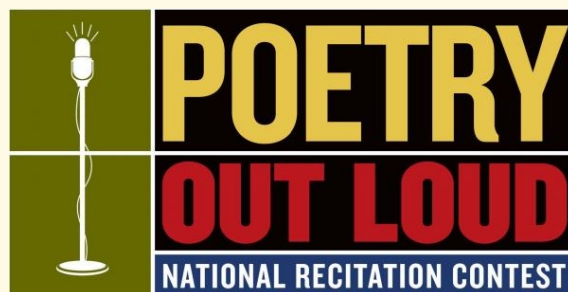
Throughout Spirit Week we will have a spirit out contest where people will post photos of themselves and their friends in their spirit day outfits with the hashtag #CATASpiritWeek. Contestants will be voted for on Twitter and winners will be announced at the Pep Rally on Friday.



Join us for a carnival in Paris on Saturday, October 10th at 8:00 PM. Tickets for this year's homecoming dance will be on sale during lunches. Listen for announcements next week.



Poetry Out Loud Students will participate in the annual classroom competitions for Poetry-Out-Loud beginning in October. If you are interested in participating in the poetry recitation contest but don't have English this semester, please see Mrs. Henry for how to get involved. Your participation is welcome and we will happily "compare thee to a summer's day"!



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](#).

Varsity Results:

Football: CATA 0 – Piedmont 35

Men's Soccer: CATA 0 – Monroe 0 – Monroe Wins 3-1 in Penalty Kicks

Volleyball: CATA 3 – Forest Hills 0, CATA 0 – Parkwood 3

Tennis: No Matches due to Rain

Cross Country: Union County Meet – Men 6th, Women 6th

Women's Golf: @ Red Bridge Country Club – 2nd

Upcoming Events:

October 1st

AWAY Tennis @ West Stanly 4:00 pm

AWAY Volleyball @ Monroe 4:30/6:00 pm

AWAY Golf @ Green Oaks Country Club – Cabarrus County

October 2nd

HOME Tennis vs. Monroe 4:00 pm @ Monroe High School

Football – Bye Week

October 3rd AWAY Cross Country – MacAlpine Park – Morning Event

October 5th AWAY Soccer @ Mt. Pleasant 6:00 pm

October 6th AWAY Cross Country @ Parkwood 4:30 pm

HOME Tennis vs. Mt. Pleasant 4:00 pm @ Monroe High School

HOME Volleyball vs. West Stanly 4:30/6:00 pm

October 7th HOME Soccer vs. Forest Hills 5:00/6:30 pm

AWAY Golf @ Chester Country Club, SC 4:00 pm

October 8th HOME Tennis vs. Forest Hills @ Monroe High School 4:00 pm

AWAY Volleyball vs. Mt. Pleasant 4:30/6:00 pm

October 9th HOME Football vs. Monroe 7:30 pm @ Walter Bickett Stadium

Homecoming – Gates Open @ 6:00 pm

Band performs @ 7:00 pm

News & Information:

- Winter & Spring Sports Workouts are underway – please contact your coach for more information.
- Anyone attending workouts MUST have a current physical on file with the athletic department
- Winter Sports Parent Night will be on **Tuesday October 27th @ 7:00 pm** in the auditorium.
- Fall Sports Awards Night will be **Monday November 16th @ 7:00 pm** in the auditorium.



CATA Athletics Continued....

Fall Sports Head Coach Contact Information:

Athletic Director & Men's Soccer – Jay Niessner –

jay.niessner@ucps.k12.nc.us

Football – Shane Griffin – edward.griffin@ucps.k12.nc.us

Volleyball – Doug Mayhew – doug.mayhew@ucps.k12.nc.us

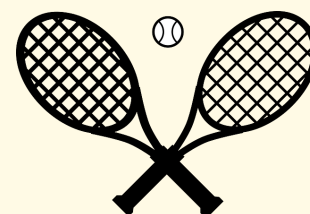
Cheerleading – Ashley Lawson – ashley.lawson@ucps.k12.nc.us

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

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

Cross Country – Field Miller – field.miller@aol.com

Athletic Trainer – Sarak Hang – sarak.hang@ucps.k12.nc.us



Winter Sports Head Coach Contact Information:

Athletic Director – Jay Niessner – jay.niessner@ucps.k12.nc.us

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

Women's Basketball – TBA

Men's Basketball – David Daniels – david.daniels@ucps.k12.nc.us

Men's & Women's Swimming – Kelly Lepsig – Kelly.lepsig@ucps.k12.nc.us

Men's & Women's Indoor Track – Field Miller – field.miller@aol.com

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



Spring Sports Head Coach Contact Information:

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

Baseball – Nelson Rowell – nelson.rowell@ucps.k12.nc.us

Softball – Doug Mayhew – doug.mayhew@ucps.k12.nc.us

Track & Field – Field Miller – field.miller@aol.com

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

Men's Tennis – Ken Neese – keneese@gmail.com



Make sure to follow all of CATA's athletic teams on Twitter: **@CATA_Athletics**

Hello, Parents!

You have been invited by your CATA coaches to sign up for **"Cougar Concessions."** Please click on the link below to view the online sign up sheet.

[Cougar Concessions—Please Click Here to Sign Up!!](#)

We need your help in our concession stands! Please sign up for a game date that you are available. Please notice that some games are at CATA and some are at Walter Bickett Stadium. Thank you for your support. We could not do this without you!





Seniors Graduation—Fri., June 10, 2016 6:00 PM at Winthrop Coliseum

Senior Graduation Packages: You can contact Jostens by calling 1-800-582-6376 or email Mr. Honrine at Honrine@jostens.com. Please note that to participate in the graduation ceremony you must wear the correct cap and gown.

Seniors don't forget to reserve your spot on the Oct. 15 field trip to the **Carolina Renaissance Festival** by the Oct. 8 deadline. You must pay the \$25 fee and turn in the permission form by this date. Also, **parent volunteers** are needed for this field trip. Please see Mr. Wall if available. See Mrs. Henry or Ms. Barron if you have questions about this field trip.

College Recommendations: Be sure to provide staff with a minimum of 3—4 weeks time to complete a recommendation for you. Remember that it is your responsibility to meet deadlines, teachers cannot put aside their teaching or family responsibilities because you neglected to ask them in advance.

More Senior Information: Guidance has begun scheduling college visits. A representative from the college(s) listed below will be here at the dates and times listed to discuss the admissions process and answer questions. Please sign up in Guidance if you are interested. Each session will be limited to 40 students. Students will be limited in the number of college visits they can attend. Students must get approval from their classroom teacher and guidance counselor:

- **October 2 , 2015** - *Elon University @ 11:00 a.m.*
- **October 5 , 2015** - *Navy ROTC Scholarship Information @ 11:00 a.m.***
- **October 5 , 2015** - *UNC Asheville @ 2:15 p.m.*
- **October 15, 2015** - *Gardner-Webb University @ 2:15 p.m.*
- **October 16 , 2015** - *UNC Greensboro @ 10:45 a.m.*
- **October 16 , 2015** - *Greensboro College @ 2:30 p.m.*
- **October 19 , 2015** - *Virginia Commonwealth University @ 11:30 p.m.*
- **October 19 , 2015** - *Montreat College @ 2:30 p.m.*
- **October 20 , 2015** - *Columbia International University @ 2:30 p.m.*
- **October 22, 2015** - *University of Alabama @ 11 a.m.*
- **October 26, 2015** - *Johnson & Wales University @ 10:45 a.m.*
- **October 26, 2015** - *Davidson College @ 2:15 p.m.*
- **November 3, 2015** - *North Carolina Wesleyan College @ 11:00 a.m.*
- **November 4, 2015** - *Savannah College of Art and Design (SCAD) @ 11:00 a.m.*

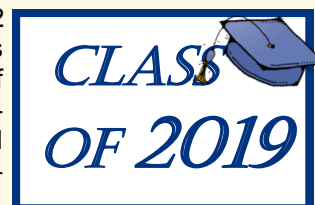
**Any student interested in any Military Academy, any branch of the Military, or the NROTC Scholarship itself are encouraged to attend!

Need a transcript?? The first 3 paper transcripts you request are FREE; for each additional transcript you will pay \$2 OR you can pay a \$10 flat fee for an unlimited amount of transcripts. However, not all colleges need a paper transcript! If you use the Common Application or CollegeNet to apply, or if your college uses SENEdu, your transcript can be sent electronically by your counselor. For more information, please visit: <http://cata.ucps.k12.nc.us/guidance/TranscriptRequests.php>



News from Guidance:

- Attention ALL Sophomores!!! On **Friday, October 2nd** the PLAN will be administered to each sophomore at CATA during 1st and 2nd period. PLAN is a practice test for the ACT - American College Testing. The ACT is an entrance exam for all colleges and universities. The practice test will include an English, Math, Reading, and Science section. The results of PLAN will be returned to students at the beginning of November and can be used to better prepare for the ACT. The ACT is taken by all Juniors in North Carolina on Tuesday, March 1st.
- On **Wednesday, October 14th** the PSAT will be given to ALL JUNIORS this year free of charge! The PSAT is a practice test for the SAT and juniors can earn National Merit Scholarship opportunities based on the earned score. 9th and 10th grade students have the opportunity to take the PSAT too. The fee is \$18. Sign ups will begin on Tuesday, September 8th and will end on Friday, September 25th. Please come to the guidance office and see Mrs. Tweed.
- **Health Careers Day on the Hill - October 23, 2015:** The NC Health Careers Access Program is sponsoring this one day conference at UNC Chapel Hill for student in grades 9-12 that are interested in pursuing a career in a health field. Students will hear presentations from UNC Admissions, UNC School of Medicine, UNC School of Dentistry, UNC School of Nursing, UNC School of Pharmacy, and UNC Department of Allied Health Sciences. Registration is \$15. The conference will take place from 9:00 a.m. to 5:00 p.m. at the Koury Oral Building - UNC School of Dentistry. For more information, and to register, please visit: nchcap.unc.edu or call Mrs. Amber McGregor at 919-966-2264.
- **SAT.... ACT.... PSAT....**LOTS of Info on the SAT and ACT is located on our School Counseling Tab of the CATA website. [Click here to go to the page for registration dates, costs, AND information on SAT and ACT prep.](#)



Please note that ALL juniors will participate in ACT prep at CATA during Cougar Time.

2016 Governor's School of North Carolina

The Governor's School of North Carolina is a five-week summer residential program for intellectually gifted high school students, integrating academic disciplines, the arts, and unique courses on each of two campuses. The curriculum focuses on the exploration of the most recent ideas and concepts in each discipline, and does not involve credit, tests, or grades.

The Governor's School is the oldest statewide summer residential program for academically or intellectually gifted high school students in the nation. The program, which is open to rising seniors only, with exceptions made for rising juniors in selected performing/visual arts areas, is located on two campuses of up to 305 students each: Governor's School West at [Salem College](#) in Winston-Salem (begun in 1963), and Governor's School East at [Meredith College](#) in Raleigh (begun in 1978). The program is administered by the Public Schools of North Carolina, the State Board of Education, and the Department of Public Instruction through the Exceptional Children Division. A Board of Governors, appointed by the State Board of Education, acts as an advisory body.

Link to the website with guidance information: <http://cata.ucps.k12.nc.us/guidance/guidance.php>

Applications are available at www.ncgovschool.org. All information will be available for downloading and printing; the forms will allow for electronic completion, saving and printing. The completed application is due to Ms. Lawson on Friday, October 16th at 3:30 pm. Please see Ms. Lawson if you are interested in applying or if you have questions.

Dance Student for a Day at App State:

Juniors and seniors interested in DANCE can be a **Dance Student for a Day @ Appalachian State University on October 12, 2015**. *Students will be able to participate in actual dance classes at ASU and will meet with dance faculty and have the chance to speak informally with current students.* For more information, and to register, please visit: <http://theatreanddance.appstate.edu/ds4d>.

College Open House Information:

Seniors - Check out the '[College Information and Events](#)' page!

Here is a list of N.C. College Open Houses with admissions deadlines: https://www.cfnc.org/static/pdf/home/sc/pdf/admissions_deadlines.pdf



The [Scholarship Website](#) has the most up-to-date information on scholarships. Here is a list of scholarships with upcoming deadlines:

County Office Scholarship (9/30); Don't Text and Drive Scholarship (9/30); Lemberg Law StopCollector.Com Scholarship (9/30); Odenza Marketing Group Scholarship (9/30); Old School Impact Scholarship (9/30); Scholarship Poetry Contest (9/30); Shout It Out Scholarship (9/30); and Tell a Friend Scholarship (9/30).

Scholarship Spotlight:

Seniors - In honor of the late John H. Crowder, the Union County Board of Education will recognize high school students that make a difference in their school and community. At each board meeting, one student will receive an award for outstanding community service. Students receiving this award must be academically sound, have no discipline referrals for the current year, and have an established history of community service in more than one area or with more than one organization. If you feel you meet these criteria, and you are interested in being nominated for this honor, please pick up an interest form in Guidance. The CATA Scholarship Committee will select one CATA student to nominate. **Deadline to return interest form and resume: October 2, 2015.**

Seniors – Are you an athlete that is dedicated to learning, leading, and performing? If so, you may have what it takes to be a **Wendy's High School Heisman** recipient. To be eligible, students must have a minimum 3.0 GPA and must be proven leaders and role models at school and in the community. **Deadline to apply: October 2, 2015.**

Union County Christmas Parade Princess/Alex Kahle Scholarship:

Senior girls who demonstrate academic excellence, leadership skills, and commitment to community service that also have good interviewing skills are encouraged to apply to represent CATA in the Christmas Parade. The Parade Princess will be crowned and awarded the Alex Kahle Memorial Scholarship on Thursday, November 5th, 2015. In order to apply, you must pick up an interest form in the Guidance Office and submit it, along with your resume, to Mrs. Cameron. **Deadline: October 6, 2015.**

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, Teacher Prep (Seniors only), Transportation & Guidance Department Chairperson

[Kendall Cameron](#) : Pre-Engineering and Performing Arts (theatre & dance)

[Mini D'Rozario](#): Information Systems (CyberSecurity, Computer Engineering, Software & Game Design) and Music Production & Recording Arts.

Rethink School Lunch.....Why?

CATA students are offered a wide variety of healthy choices including many fresh fruits and vegetables.

We have a traditional line where students can select an entrée and up to 4 sides plus low fat milk for a mere \$2.40.

We also have a combo line where students can select a hot sandwich, deli sandwich or fresh salad along with baked French fries, vegetables or fresh fruit. This lunch selection can also include low- fat milk for \$2.75. The combo lunch qualifies for free and reduced lunch prices.

Each day CATA serves a selection of at least 7 entrees and at least 8 fruits and vegetables. Many of our entrees are made from scratch—yes that's right. We make our lasagna, spaghetti, the cheese sauce for the macaroni and cheese, we roast the pork and pull it for our barbecue and countless other options are made in house. We have a fantastic Mean Green Salad that features kale, romaine and spinach—great tasting and good for you. There are many options for vegetarians.

Our website has been updated this year, which feature a free mobile menu app and our nutritional/allergens for each menu that we offer in our district can be viewed by toggling over each item. Check out our new website via UCPS website and look for the **fork icon** on the right of the UCPS homepage and it will direct you to our site. Please come dine with us. Sept 28 thru Oct. 2 as we promote our lunch program.

Anna Hurst, CATA Café. Manager



UCPS SCHOOL NUTRITION

Viewing Student's Grades

- Parents can view student grades through the Parent Portal. Contact the school office if you have never obtained information on how to set up an account. If you had an account last year, the same account still works.
- Students can view their grades by using the my.ncedcloud.org on their chromebook (3rd icon—reads "HB-SIS Student-LEA-900"). The old Parent Portal is ONLY for parents, the student logins will no longer work on that link.
- A note about Canvas grades. Canvas is an instructional platform that is new this year. Teachers are using this to store resources, assignments, and at times—assessments. Teachers can score items on the Canvas platform and students can see grades for INDIVIDUAL assignments there. Students MUST remember that grades in Canvas only include Canvas-based assignments. Most teachers are grading more than what is in Canvas. The official grades are in accessed through the my.ncedcloud.org in that "HB-SIS Student-LEA-900" link. Averages of Canvas grades are NOT official grades. If students have questions they should ask their teacher or an administrator.