

# Central Academy of Technology and Arts

## Cougar Chronicle

Volume 4; Issue 23 February 9, 2017

### U.S. Department of Education National Blue Ribbon School

Dear CATA Family,

Please see the spotlight on Medical Science, as well as, AP Science classes in this edition. We will have spotlights on the Transportation, Information Systems, and Pre-Engineering Academies in the upcoming editions. Performing Arts Academy and Bands had the spotlight in last week's edition. The City of Monroe and Mayor Kilgore honored CATA with a proclamation of recognition of our school's National Blue Ribbon Status. Congratulations to Jesse Ballew & Evan Wunder qualified for the NCHSAA State meet on Friday in Winston Salem in Indoor Track. Congrats to Steven Bausinger, Mitch Palmer, Josh Reeder, Cameron Klovstad, Matt Warren, & Sara Everhart for qualifying for the NCHSAA State Meet this Thursday in Cary for our swimming team. Thank you to our wonderful guidance department who was honored this past week during School Counselors Week! This past week our Pre-engineering, Medical Sciences, and Dance academies presented their curriculum and learning opportunities at the PTSO meeting. Thank you to those that attended. We hope to post a video clip from this event soon for those that could not attend.

Congratulations to Ms. Lingle's classes who had over 50 students earn Microsoft Office Certifications this past week.

A flyer showing how CATA Academy students have access to programs linked to their academies in universities and colleges in North Carolina is in this edition. The Medical Science Academy has designed a great academy t-shirt—see ordering information in the Chronicle. The NHS is sponsoring their annual talent show and information is in this addition on how to audition next week is in the Chronicle. CATA students are involved in our community and will have the chance to support the Union County Homeless shelter through a hat and pajama day fundraiser on Friday 2/24. Parents feel free to donate to this worthy cause as well. Details are in this edition. Next week, February 13-17, is Love the Bus Week. Students are welcome to send their drivers a thank you Valentine's card or thank them in person.

The PTSO sponsoring the Invest in Excellence Program, so please see information in this edition on how you can specifically help our school. The PTSO is selling carnations and teddy bears for Valentine's Day, so see details in this edition. Please see information about parking spaces availability the rest of the school year for students in this edition.

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. Fisenne



## **Spotlight on the Medical Science Academy**

The goal of the Project Lead the Way Biomedical Sciences (BMS) Program is to provide a sequence of courses, all aligned with appropriate national learning standards, which follows a proven hands-on, real-world problem-solving approach to learning. Students explore the concepts of human medicine and are introduced to topics such as physiology, genetics, microbiology and public health. Through activities, like dissection and experimentation, students examine the processes, structures and interactions of the human body. They also explore the prevention, diagnosis and treatment of disease. Students work collaboratively to investigate and design innovative solutions to the health challenges like fighting cancer with nanotechnology.

### **Work-based Learning Opportunities**

Partnerships with the business community have been developed to allow qualified students in the Biomedical Sciences Academy to participate in job shadowing, internship or cooperative learning experiences.

### **College Advantage**

Whether a student plans to attend a four-year university or two year associate program CATA offers all the required subjects necessary for post-secondary education. Many required courses in the Medical Science Academy carry honors credit. Advanced Placement (AP) opportunities also exist within the core curriculum. Successful completion of Honors and/or AP courses can boost a student's GPA.

### **Student Organization**

HOSA's twofold mission is to promote career opportunities in the health care industry and to enhance the delivery of quality health care to all people. Participation in HOSA provides students with the critical soft-skills development that is essential in the 21st century employee.

### **Stop Motion in Ms. Turner's Classes**

The students used the Stop Motion app on their phones to create projects that show the steps of an ELISA test. The ELISA is used in our curriculum to diagnose and help find patient zero in a meningitis outbreak on a college campus. A strep test and a pregnancy test are other examples of this type of antigen/antibody detection tests. We will show samples in future editions.

### **Medical Academy Students and Medical Spanish I**

Did you know that CATA offers Medical Spanish I and II classes?

These classes meet NC Graduation requirements and may be taken in place of regular Spanish I and II. How is Medical Spanish I different from Spanish I? If your student is contemplating going into the Medical Field this is a great option. The vocabulary and context for learning is different from the traditional Spanish I class, but the grammar concepts are the same. This course was crafted with great care so that students learn the same grammar concepts as the traditional Spanish classes. The teacher uses the Medical Spanish textbook as the basis for the class and pulls from the internet to enrich the course. In the pictures, students are working collaboratively to identify vocabulary and meaning from children's books.



## Ms. Turner's Medical Science Academy Class Spotlight

Freshmen students in Principles of Biomedical Science jumped into their Forensics unit this week as they investigated the death of a fictional character, Anna Garcia. She was found dead in her home after a concerned neighbor called 911. Students investigated the scene, gathered evidence, created a crime scene sketch and then moved to the lab to analyze their findings. So far, the students have analyzed blood, matched fingerprints, identified hair and a shoeprint discovered at the crime scene. The final evidence lab tested the unknown pills found by Anna's body. We will determine the factors that led to Anna's death over the whole semester as we piece together evidence found in her medical history and autopsy reports.



## Mr. Peters Medical Science Academy Class Spotlight

Mr. Peters HBS class used a revised version of The Amazing Race called Maniken Race in order to review for EOC testing. Maniken is the name of the 2 ½ foot mannequin that the student used to replicate the human body systems out of clay. The race was divide into 5 legs (5 weeks), with each leg covering a unit from the semester. Each leg of the race required students to deduce clues and solve activities dealing with that unit. The students were timed for each leg and the team that complete the leg first would go out first the next week until final week. The first team that completed the race the final leg would win. The students were divided in team of two and had a blast compete for the final prize.



## Ms. Gastreich's Medical Science Academy Class Spotlight

In Ms. Gastreich's Bio Innovations class, we are currently learning how to make effective presentations, both visually and orally. We are being taught about the importance of how we communicate information in the world of biomedical sciences! It is important that we learn how to effectively convey our information to an audience, in order to get our message across. This lesson consists of several activities, one in particular is reflecting on previous experiences with giving presentations in the past, and trading strategies with a partner.



There is a wealth of information on the internet. As medicine progresses, we much know what sources are credible and which one's aren't. In this lesson also we are learning what sources are credible or not credible. Its important to know when doing our research to be clear that the information is correct and current. Although we are being taught these skills to help us in this particular class, it is an important skill we can all carry with us into the future and use in other classes, college, and work.





Cata's  
Got  
Talent  
PRESENTED BY  
CATA NHS

Sign up for the annual CATA's Got Talent show presented by NHS. Auditions will be held on Tuesday, February 14th and Thursday, February 16th at 3:30pm in the media center conference room. A sign up sheet is in the main office.

The talent show will be held on Friday, February 24th at 7pm in the auditorium. This year the winner will be determined by audience votes and a panel of judges. All proceeds raised will be donated to a local non-profit.

Show us your talent!



## AP Chemistry Spotlight

In AP Chemistry you can explore topics you learned in regular chemistry and go more in

depth. You create visuals to help with understanding these topics like for example surface tension. You can do a lab that help you get a better understanding for surface tension by trying to make a paper clip float on water. You also get to do some fun and unique labs that help you get a different perspective on fields like calorimetry. One of the labs you get to do is burn food to see how many calories that food contains by measuring the difference in temperature. You will also learn about the atomic spectrum and how to use a spectro-scope to determine different colors present for a particular light sources.



## **MEDICAL ACADEMY T-Shirts for current students**

*Don't miss out on ordering our new academy t-shirts*

**We are offering the teal color in short sleeve for \$15/ea**

**Red long sleeve will be \$20/ea or**

**One of each for \$30**

**Fundraiser sponsored by HOSA-Future Health Professionals**

Get yours today! Here's how:

Go to CATA homepage and On right hand side is a link "Online School Payments"

Choose "high school" Choose "Central Academy"

You will see a list of things available for purchase.

Carefully choose the size with corresponding color that you wish to purchase

Add to cart and complete purchase following the instructions on the screen.

Any questions? Please stop by and see Mrs. Turner



## AP Environmental Science Spotlight

On February 2nd, AP Environmental Sciences students participated in their first lab. The lab was used to help students better understand the effects that abiotic factors have on organisms and their environment. This is one of the fundamental concepts of environmental studies. The AP course is taught by Ms. Kopchick and is very rigorous; therefore, classes actually began during Cougar Time. Those first few sessions allowed for students to hit the ground running. They've completed their first lab just one week into the semester. Students will spend the remainder of the year exploring the pivotal role that the environment plays in our lives. They will examine how humans have altered the environment and the inverse consequences that are often felt. Equipped with this knowledge AP Earth and Environmental students are slated to not only be more prepared for studying in a college setting, they will also become more environmentally conscious. The lab on Thursday highlighted just that. Brine Shrimp also known as "Sea Monkeys" were exposed to various environmental factors to see how they reacted. Students divided into groups and conducted separate experiments, the data collected from each group was compiled to represent a full scale experiment. The Brine Shrimp were exposed to varying factors such as extreme temperatures, chemicals, and light. The lab was used to see which environmental conditions were ideal for shrimp survival. Students left the shrimp exposed to their varied conditions for fifteen minutes and then calculated the shrimp mortality. While the experiment was fun for students it represented something larger. The conditions students exposed the shrimp to are similar to what occurs in the actual marine environment. The students used temperature, chemicals, and light to mimic environmental issues such as Global Warming and ocean pollution. Students learned that Brine Shrimp form the base of many food chains in marine ecosystems. Without them many larger organisms could be jeopardized. These labs are important because they allow students to make real world connects as it pertains to the environment around them. These labs are often simulations of what is happening in the world today. AP Environmental Sciences seeks to educate students on issues in our environment, students in turn become more aware. The hope is that students will become more responsible in their use of natural resources and practice environmentally sustainable habits. The goal is to maintain a healthy environment for not only ourselves but for future generations as well. Written by student: Daniel Morrison



### **HAT and PAJAMA DAY 2/24**

**Cost \$1 to wear a hat, and \$1 to wear pajamas. A student can pay \$2 and wear both. Souper Bowl of Caring fundraiser to raise money for the Union**

**County Community Shelter to fight homelessness and hunger. Sales will be February 20-23 at lunch. All PJs must meet the school dress code.**



# Guidance News

**Seniors....Graduation—Saturday, June 10, 2017, 7:30 PM at Winthrop Coliseum**

**SENIORS – did you miss Financial Aid night last Fall??** Check out CFNC's presentation [here!](#) The link will be at the top of the page. You can learn about the FAFSA, financial aid basics, and more! **See your Counselor about Federal Financial Aid. Create an Account, have your parents fill out the information, and see if you qualify for MONEY** [See the Fall Senior Letter by clicking here!!](#)



**Henry S. and Carolyn Adams Scholarship:** Foundation For The Carolinas is awarding a \$4,000 scholarship to high school seniors in Union County. To be eligible the student must be a legal resident of Union County, have a minimum GPA of 3.0, and demonstrate a substantial need for financial assistance. This student must be nominated by their principal. For more information please visit: <https://fftcsholarships.communityforce.com> **Deadline: March 3, 2017.**

**Medical and Nursing Scholarships through the DAR:** The Daughters of the American Revolution (DAR) are offering several scholarships (ranging from \$2,500 to \$5,000) to students interested in studying nursing or other medical fields. Each scholarship has its own criteria; however, all applicants must be citizens of the United States and must attend or plan to attend an accredited college or university in the United States. DAR chapter sponsorship is not required. For more information, please visit: <http://www.dar.org/national-society/scholarships/nursing-medical-scholarships>. Applications are available here: [http://members.dar.org/sites/default/files/members/darnet/forms/SCH-1001.pdf?ver=071714\\_38843](http://members.dar.org/sites/default/files/members/darnet/forms/SCH-1001.pdf?ver=071714_38843). **Deadline: February 10, 2017.**

**The Jackie Robinson Foundation:** The Jackie Robinson Foundation provides resources and scholarships for under-served minority high school seniors who plan to attend an accredited four-year institution. The amount is \$28,000 for four years. For more information visit: <http://www.jackierobinson.org/> **Deadline: February 15, 2017**

## **College Presentations: Juniors or Seniors**

The following colleges plan to visit at the dates and times listed. If you are interested in attending one of these information sessions, please sign up in the Guidance Office.

- **Campbell University** - *February 13, 2017 @ 11:00 a.m.*

## **Union County Education Foundation Scholarship**

This scholarship is open to any UCPS high school senior and the recipient will be awarded between \$1000-\$2000. One of the requirements is a 500 word maximum written "Teacher Tribute" to a UCPS teacher outlining what this teacher has meant to you personally and to your education. For more information, please **Click [HERE](#) to apply. Deadline Friday, February 24, 2017 at midnight.**





**Seniors** – Your NEW Scholarship Newsletter is available! Find a copy [here!](#)

## Class Information and College and Career Corner

### “2017-2018 CTE Internship”

**Attention Rising 12<sup>th</sup> graders,** if you have taken at least two Career & Technical Education (CTE) courses, and are interested in participating in a CTE Internship next school year, stop by the guidance office and pick up an application from Mrs. Webb. If you have any questions, please contact Sarah Webb at [sarah.webb@ucps.k12.nc.us](mailto:sarah.webb@ucps.k12.nc.us).

**Summer Opportunities for all Students:** Does this cold weather have you thinking about the summer? If so, you should check out our [Summer Opportunities](#) page to check out summer camps and programs that will be offered this upcoming summer. Registration deadlines will be here before you know it, and some camps fill up on a first come, first served basis, so check out these opportunities today!



**JUNIORS**—All juniors will be taking the **ACT**, a college entrance exam, on February 28, 2017. In order to best prepare all juniors will work on ACT preparation during Cougar Time two times per week.

Below is the link to a **FREE online tutorial for the SAT** that ALL of our HS students should be taking advantage of! Get College Ready by preparing for the SAT—an important college entrance exam. Need help paying for the SAT? You may qualify for a fee waiver—contact your counselor.. <https://www.khanacademy.org/test-prep/sat>

### “Empowering Males of Color to Meet High Standards of Achievement”: My Brother’s Keeper Leadership Summit for Males of Color and Educators

9<sup>th</sup> grade males of color are encouraged to attend Day One of this three-day conference in Charlotte. Students will attend a two and a half hour session. This session will take place at 8 a.m. at Friendship MBC Conference Center, located at 3400 Beatties Ford Road, Charlotte, NC 22816. Students need to provide their own transportation, it would be a "school event" and approved students attending will be counted present. **student entry is \$10 before February 5, and \$15 after February 5. To pick up a registration form, please see Ms. Cole in the guidance office.**

### 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)

[Melody Carr](#): Information Systems (CyberSecurity, Computer Engineering, Software & Game Design) and Music Production & Recording Arts.

## Cougar Pride - Way to go!!!!

- ◆ Congratulations to the runner up of the county wide Poetry Out Loud Competition, Kaitlyn Speiser.
- ◆ Jesse Balley & Evan Wunder qualified for the NCHSAA State meet on Friday in Winston Salem in wrestling.
- ◆ Congrats to Steven Bausinger, Mitch Palmer, Josh Reeder, Cameron Klovstad, Matt Warren, & Sara Everhart for qualifying for the NCHSAA State Meet this Thursday in Cary for the swimming team

## Student Life Notes

### Student Life Organizations Sponsor Filtered Water Bottle Stations

- ◆ The Environmental Club, BETA Club, National Honor Society, Student Council, and HOSA Club all sponsored new **water bottle filling stations** to cut down on student use of plastic water bottles. Students and Staff may fill up with cool refreshing water at filling stations throughout the school.
- ◆ **A men's Volleyball interest meeting** will be February 22 at 3:30 in room 608. Please come if you would like to play, coach, or manage. Ladies are welcome to help coach and manage. If you cannot make it, please get in touch with Isaiah Hamilton or Mrs. Peacock.



THERE IS NO GREATER AGONY THAN  
BEARING AN UNTOLD STORY INSIDE YOU.  
Kelley Anderson

Join us in the

## WRITING LAB

**NO WORRIES!**

CAN'T GET STARTED WRITING?  
NEED HELP GETTING STARTED?  
NEED A SUBJECT?  
UNSURE OF YOUR GRAMMAR SKILLS?  
WORRIED YOU WILL PLAGIARIZE?  
CONCERNED ABOUT CITING YOUR SOURCES?

**Tuesdays**  
*Ms. Foreman*  
Room 208  
3:30pm – 4:30pm

**Wednesdays**  
*Ms. Barron*  
Room 110  
3:30pm – 4:30pm



Support the Wolfe School,  
a school for students with  
very special needs, by  
brining in the following  
items for Box tops for Edu-  
cation: Bring items to the  
guidance suite. Please  
click on the link to see

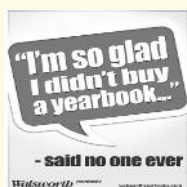
### Get Your Yearbooks!

Yearbooks are now on sale for \$85!

Buy your 2017 yearbook today!

Order online at

[www.yearbookforever.com](http://www.yearbookforever.com), and  
search for CATA or bring a check  
(made out to Central Academy) or  
cash to Ms. Christensen.



THE ONLY WAY TO LEARN  
MATHEMATICS IS TO DO MATHEMATICS.  
Paul Halmos

# Math Lab

Trouble with MATH?

Bring your math problems!

Improve your math skills with  
**NHS Peer Tutors**  
Every  
Monday, Tuesday  
and Thursday  
8:15am – 8:40am  
Media Center

**Mr. Broome**  
Every Monday and Wednesday  
3:30pm – 4:30pm  
Room 519

DO THE MATH



# ***Around CATA***

**Friday, February 10**—WorkKeys Testing Day; Science Olympiad, 3:30 (Rm. 605)

**Sunday, February 12**—Shooting Sports Practice, 2 PM (Take Aim Sports); BOAL Dinner and Show, 5:30 PM (Café and Auditorium)

**Monday, February 13**—Robotics Club, 3:30 (Rm. 118); Student Council Officer Meeting, 3:30 (Media Center); Society of Women Engineers, 3:30 PM (Rm. 525);

**Tuesday, February 14**—BETA Club Meeting, 8:25 AM and 3:35 (Media Center); Talent Show auditions, 3:30 (Media Conference Room); MPA Woodwind practice, 4:00 PM (Band Rm.)

**Wednesday, February 15**—**Early Release Day (8:50 to 12:30)**; FCA Leadership, 8:00 AM; Buffalo Wild Wing Night, Band

**Thursday, February 16**—FCA Mtg. 8 AM (Gym); Robotics Club, 3:30 (Rm. 118); HOSA Meeting, 8:15 AM and 3:35 (Medical Labs); Talent Show auditions, 3:30 (Media Center Conference Rm.). MPA Brass Sectionals practice, 4:00 (Band Rm.) BOAL Performance, 7 PM (Auditorium); World Language Club Mtg, 3:30 (Ms. McAbee's Rm.)

## **Upcoming Events**

2/12—BOAL Dinner and Show, 5:30 PM

2/13 to 2/17—Love the Bus Week (Bus Driver Appreciation Week)

2/15—Early Release Day, 12:30

2/15—Buffalo Wild Wing Night, 5:00 PM (Band)

2/16 to 2/23—Souper Bowl of Caring Hat and PJ Day Sales

2/24—Souper Bowl of Caring Hat and PJ Day

2/16—BOAL Performance, 7:00 PM

2/20—Spring Sports Pictures (After School)

2/21—Progress Reports

2/21 & 2/23—CATA Crawl, 6:30 PM

2/22—Men's Intramural Volleyball Interest Meeting, 3:30 (Rm. 608)

2/22—Site Based Team Meeting

2/24—NHS Talent Show

2/27 & 2/28—Josten's Ring Orders for Sophomores

2/28—ACT Administration for all Juniors

2/28—Josten's Ring Order Parent Night, 3:30-6:00 PM

3/3 to 3/4—Student Dance Choreography, 7 PM

3/6—Winter Sport's Awards Night, 7 PM (Auditorium)

3/6 to 3/17—Benchmark Window

3/8—End of Grading Period

3/9—CATA Band Boosters, 6:30 PM

3/10—NO SCHOOL—Teacher Workday

3/21—Josten's Senior Delivery Day

3/21—Report Cards

3/22—Early Release Day, 12:30

3/24 to 3/26—Spring Musical

3/29—Site Based Team Meeting

3/30 to 4/2—Spring Musical

### **Attendance Letters and Recovery**

-Attendance at school is a 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.

-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.

## 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**

### Last Week's Results:

**Wrestling** – No events...headed to Regionals on Friday

**Men's Basketball** – Lost vs. Mt. Pleasant, Lost vs. Forest Hills

**Women's Basketball** – Lost vs Mt. Pleasant, Lost vs. Forest Hills

**Indoor Track** – Jesse Ballew & Evan Wunder qualified for the NCHSAA State meet on Friday in Winston Salem.

**Swimming** – Congrats to Steven Bausinger, Mitch Palmer, Josh Reeder, Cameron Klovstad, Matt Warren, & Sara Everhart for qualifying for the NCHSAA State Meet this Thursday in Cary.



### Upcoming Events:

#### Thursday, February 9<sup>th</sup>

HOME Basketball vs. Piedmont Charter – 6:00 & 7:30 pm – Senior Night for Basketball & Cheerleading

AWAY Swim @ NCHSAA 1A/2A State Championship Meet – 8:00 am start

#### Friday, February 10<sup>th</sup>

AWAY Basketball vs. Parkwood – 4:30 JV Boys Start

AWAY Indoor Track – JDL Fasttrack – Winston Salem – NCHSAA 2A State Meet – 2:30 pm Facility Opens – 4:00 pm Running Starts

AWAY Wrestling @ 2A Midwest Individual Regional Tournament – West Wilkes High School – 5:00 pm start

#### Saturday, February 11<sup>th</sup>

AWAY Wrestling @ 2A Midwest Individual Regional Tournament – West Wilkes High School – All Day Event

#### Monday, February 13<sup>th</sup>

Start of Spring Sports – After School

AWAY – 1<sup>st</sup> RD RRC Basketball Tournament – Women's Basketball – 6:00 pm – Opponent TBA

#### Tuesday, February 14<sup>th</sup>

AWAY – 1<sup>st</sup> RD RRC Basketball Tournament – Men's Basketball – 6:00 pm – Opponent TBA

#### Thursday, February 16<sup>th</sup> – Saturday, February 18<sup>th</sup>

AWAY – Wrestling – NCHSAA State Tournament – Greensboro Coliseum – All Day Event

#### Monday, February 20<sup>th</sup>

SPRING SPORTS Pictures – After School



**Love the Bus Week:  
Bus Driver Appreciation  
2/13 to 2/17**

**Let your drivers know you appreciate them!**

## Cougar Athletics

### Other News:

Spring sports start on **Monday, February 13<sup>th</sup>**. All paperwork must be turned into Coach Niessner prior to trying out for a spring sport. If you have already played a sport this year, you should check with Coach Niessner to make sure that your physical does not expire.

### Spring Sports Tryout Ticket Pick Up

During all lunches - February 10<sup>th</sup> & February 13<sup>th</sup>

**YOU MUST** have in all paperwork to get a tryout ticket.

### **Winter Head Coach Contact Information:**

Athletic Director: Jay Niessner – [jay.niessner@ucps.k12.nc.us](mailto:jay.niessner@ucps.k12.nc.us)

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

Women's Basketball – Tony Byrum – [tb93bball@yahoo.com](mailto:tb93bball@yahoo.com)

Men's Basketball – David Daniels – [david.daniels@ucps.k12.nc.us](mailto:david.daniels@ucps.k12.nc.us)

Indoor Track – Kim Inuwa – [kim.inuwa@gmail.com](mailto:kim.inuwa@gmail.com)

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

Swimming – Kelly Lepsig – [Kelly.lepsig@ucps.k12.nc.us](mailto:Kelly.lepsig@ucps.k12.nc.us)

### **Spring Head Coach Contact Information:**

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

Track & Field – David Daniels – [david.daniels@ucps.k12.nc.us](mailto:david.daniels@ucps.k12.nc.us)

Track & Field – Kim Inuwa – [kim.inuwa@gmail.com](mailto:kim.inuwa@gmail.com)

Softball – Doug Mayhew – [doug.mayhew@ucps.k12.nc.us](mailto:doug.mayhew@ucps.k12.nc.us)

Baseball – Aaron Hammers – [aaron.hammers@ucps.k12.nc.us](mailto:aaron.hammers@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 – Ken Neese – [keneese@gmail.com](mailto:keneese@gmail.com)

**Join the CATA Life Savers Relay for Life  
Team at the following link:**

**<https://goo.gl/rtJyjb>**

**Register TODAY!**



# Invest in Excellence at CATA

**CAMPAIGN RE-STARTS FEBRUARY 1ST AND ENDS FEBRUARY 28TH**

Central Academy of Technology & Arts Cougar Council PTSO needs your help! The mission of Central Academy of Technology & Arts is to prepare students for informed decision-making, effective citizenship, personal achievement, higher education, and rewarding careers.

We are kicking off the annual Invest in Excellence at CATA campaign.

It is a simple, one-time, straightforward way for individuals, businesses, and corporations to invest in the excellence of CATA. Please consider a tax-deductible investment! 100% of the money donated is reinvested in CATA.

## CATA Department Wish List

Examples of How We Can Help CATA Departments

**SCIENCE:** Arsenic Test Kits, Sidewalk Chalk,  
Scientific Calculators

**MATH:** Flexible Rulers, Ribbon, Paint

**ENGLISH:** Two or More Sets of Books for Classroom

**PRE-ENGINEERING:** Balsa/Bass Wood, Templates,  
Crab Crawler Mini Robot, New Head for 3D Printer

**WORLD LANGUAGE:** Class Set of Leveled Readers from  
TPRS Publishing Company and the Teacher's Guide.

**DANCE:** Yoga Balls, Exercise Ball w/Pump, Ballet Barres,  
Muscle Rollers, DVD, Therabands

**MEDIA:** Comfortable Furniture

## PTSO Sponsored Events

*Invest in a Student  
Senior Scholarships  
Staff Appreciation  
Parent Information  
Student Achievement Award  
Senior Shirts & Signs*

## Invest in Excellence

- ☐ \$25 ☐ \$50  
☐ \$75 ☐ \$100  
☐ Other

Make Checks Payable to CATA PTSO

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

# Parent Involvement

## Please Notice the Invest in Excellence Form in this edition and consider helping

**PTSO** – To get involved, please send an email to [thecougarcouncil@gmail.com](mailto:thecougarcouncil@gmail.com) or call the main office and leave a message for the PTSO. Please see the Carnations and Teddy Bear Fundraiser in this edition.

### **PTSO MEETING DATES** (the media center) **April 3<sup>rd</sup> at 6:30 pm**

**This is an opportunity to hear about what your students learn and do in their academy.**

**Don't miss out!! (4/3 will feature Transportation and Information Systems)**

Shop at Harris Teeter. Simply link your HT card to CATA. You do need to re-link after August 1st each year. **CATA school # is 3612.**

- **Band Booster Club** - Contact Band Booster president Aimi Gundersen to volunteer at [catabandpresident@gmail.com](mailto:catabandpresident@gmail.com)
- **Cougar Athletics** – contact Jay Niessner at <mailto:jay.niessner@ucps.k12.nc.us>
- **Performing Arts Committee** – contact the PTSO (see above) for information on how to help

**Connecting Families** The Cougar Council is trying to make it easier for families to connect with each other based on their student's academies, geographic location, sports played, clubs involved with, etc. We realize that since our school covers the entire county it can sometimes be hard to make connections with other families. If you are interested in participating, please fill out the form using the link below. Please know that your information will only be shared with other CATA families who are in the directory. This is a great place to go for contacts if you need to find someone to carpool with or just to network with other parents in your student's academy.

<https://goo.gl/forms/MNtCilKqJRia6pNP2>

## CARNATIONS & TEDDY BEAR FUNDRAISER

**Order your Valentine's Carnations during your lunch block on Feb 8th, 9th & 10th**

***Pre-order your carnations for your friends & teachers to be distributed on Valentine's Day!***

Cost is \$1 per Carnation and \$2 per bear and includes a note card for you to write a special message.



**amazon.com**  
Smile

You shop. Amazon gives.

CATA's Link

<https://smile.amazon.com/ch/26-1542614>

**Central Academy of Technology & Arts PTSO has linked up with Amazon Smiles.**

**This is a simple and easy way to raise money for our school!**

**AmazonSmile is a simple and automatic way for you to support CATA every time you shop, at no cost to you. When you shop at [smile.amazon.com](https://smile.amazon.com), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate 5% of the purchase price to CATA.**

Use your existing account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.



# ACT BLITZ

In partnership with Huntington Learning Center-Weddington and UCPS

Are you looking to raise your ACT Scores?

Come and learn tips and tricks from Huntington Learning Center's Proven ACT Curriculum!

Pick from one of two free sessions:  
2/11 from 10:00 am-12:00 pm at PRHS  
2/18 from 10:00 am-12:00 pm at CHS

Click on this Ad to go to the sign up site.

Sign up at:

[https://docs.google.com/forms/d/1CqBhbm30y-A1XsU6G6P1KcQs\\_C8BnSID4Hc9oc25e2e/edit?usp=sharing](https://docs.google.com/forms/d/1CqBhbm30y-A1XsU6G6P1KcQs_C8BnSID4Hc9oc25e2e/edit?usp=sharing)



**CATA Rat Rod** Harper Corp of America R.A.T. Rod Round-up Challenge - \$5,000 Grant. Currently students from Transportation, Information Systems, Family and Consumer Sciences, Engineering, and Art are involved in the creation of this build. This project will create a bond between academies as they strive to a common goal. The Rat Rod vehicle will consist of a minimum of 10 different parts from 10 different vehicles, and will be road legal and drivable. [CLICK HERE FOR THE RATROD WEBSITE](#)



## STUDENT PARKING SPACES AVAILABLE

LIMITED SPOTS LEFT: ONCE GONE, THEN WE HAVE NO MORE PARKING AVAILABLE . PLEASE OBTAIN FORMS AND PAY FEES IN THE FRONT OFFICE BEFORE SCHOOL.



## CATA Computer Repair



Bring your computer to room 216  
We will give you suggestions and an estimate on cost

we can:

- get rid of viruses, malware, adware
- optimize your computer
- install upgrades
- install hardware



No additional charge other than parts



# Central Academy of Technology & Arts

Presents

# BOAL

Click on the flyer  
for advanced  
tickets



## February 12 & 16



600 Brewer Drive Monroe, NC 28112

A performance will also be held at Lake Norman Charter February 9.

Lake Norman Charter will be performing with us @ CATA Feb 16.

## The Cast and Crew of Boal are Headed to SETC!

ALL Proceeds will help to keep the costs down for each student traveling to Kentucky!  
For advance tickets go to: <http://cata.seatyourself.biz/>. For more information call: (704) 296-3088.

### Dinner Theatre Sunday, February 12 (at CATA)

#### Auguste's Favorites

- Feijenda Black bean pork loin stew served on Brazilian rice, and blanched thinly sliced collards garnished with fresh orange slices (Vegetarian option available)
- Hearts of palm, cherry tomatoes, purple onions in lime vinaigrette

#### Ania and Amir's favorites

- Chicken Shish Kabab with saffron rice pilaf (falafel vegetarian option)
- Flat bread with cucumber yogurt sauce
- Tomato, feta and cucumber salad with organic lemon vinaigrette

#### Jason's Backyard BBQ

- BBQ Pulled Pork Sliders
- Slaw, onions and Pickles
- Mac and cheese

#### Assorted Beverages and Desserts

Thur, 2/9 - Show only - at Lake Norman Charter

Sun, 2/12 - Dinner Theatre - at CATA  
Lake Norman Charter performs with us.

Thur, 2/16 - Show only - at CATA.



RSVP Required by 2/8

<http://cata.seatyourself.biz/>  
or call: (704) 296-3088

Dinner 5:30 - Show 7:00 pm    Dinner and Show = \$30.00 - Just show = \$10.00    VIP seating for Dinner guests ONLY!



This show contains inflammatory language as well as material that some may find disturbing.  
"I'll fight for you" written by the 2015 CMU Pre-College Boal Company. Used with permission

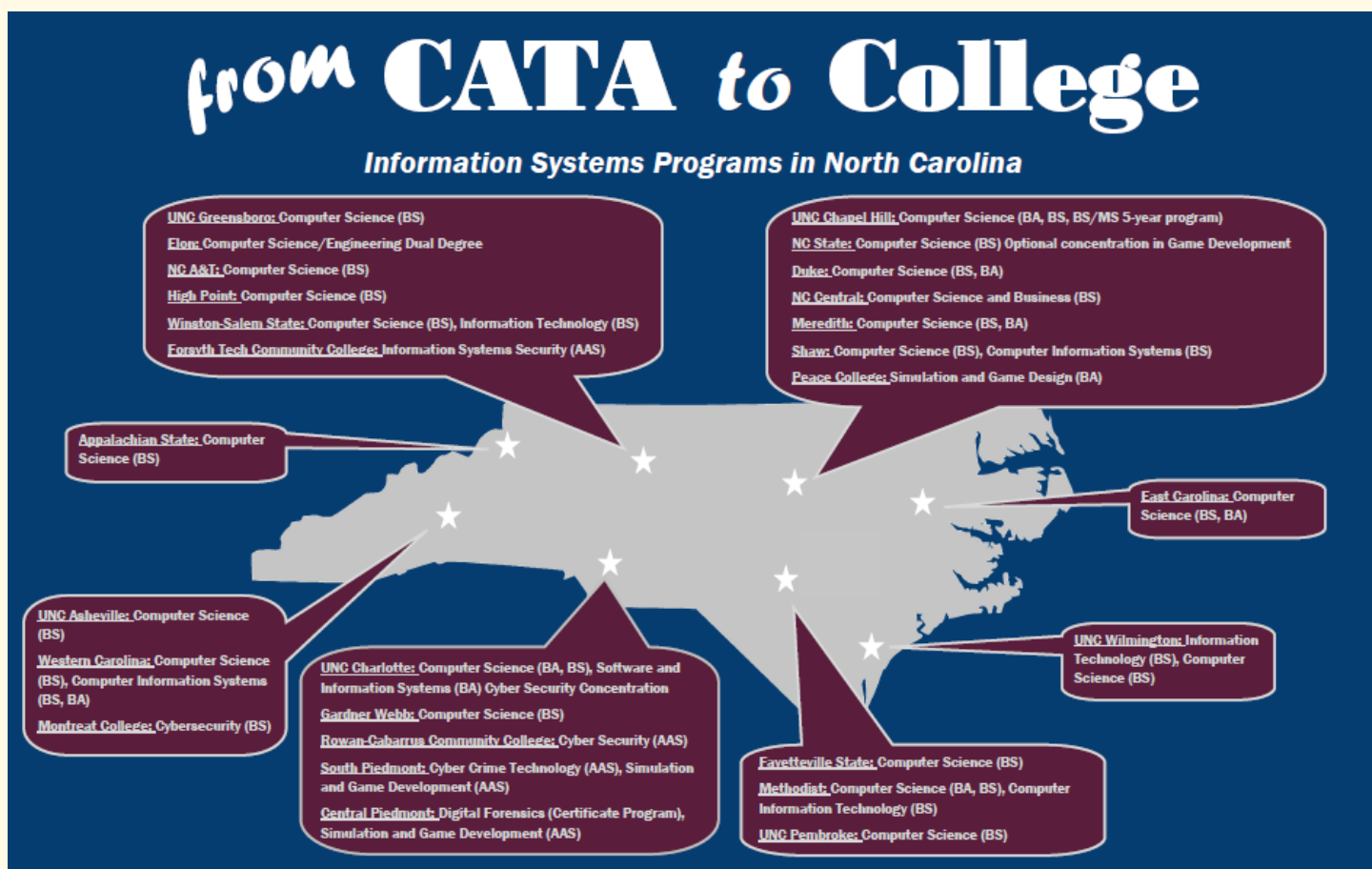
# BOAL

CATA Spirit Wear available online. 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!!





Students should be on the look-out during February for “From CATA to College” posters to surface around the school linking Academy learning to Colleges!!

Thank you to our Guidance Department for this creative and college-ready initiative.