

Cavalier Circular

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Thursday, March 26, 2020

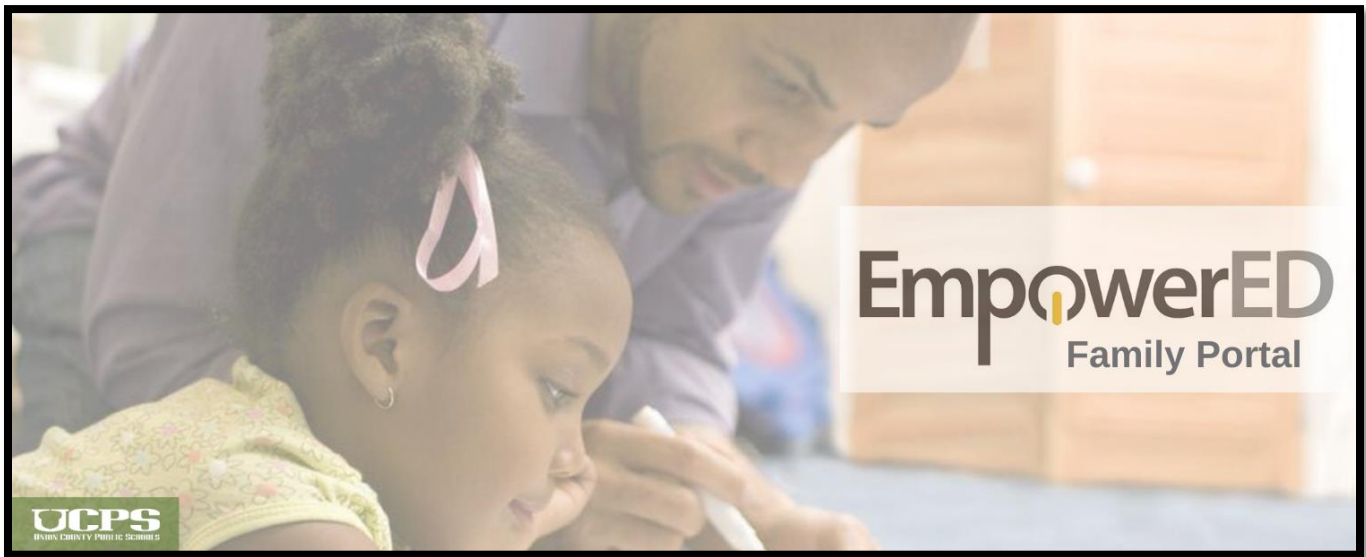
"Through rigorous academics, integrative technology, expressive arts, and competitive athletics, the mission of Cuthbertson High School is to empower all students to be leaders in a changing global community."

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Stay Connected!

We invite you to stay connected with Cuthbertson High School on **Facebook** (Cuthbertson High School) on **Twitter** (#CHSCavaliers) and on **Instagram** (cuthbertsonhs_nc) You may subscribe to **CHS Enews** at <http://cuthbertson.ptsamail.com/>. We also update our school website regularly at <http://chs.ucps.k12.nc.us/>. Information and announcements are shared regularly, so please follow us so you never miss any Cavalier news!



EmpowerED Family Portal

Looking for resources during school closing? Click [here](#) to access the UCPS EmpowerED Family Portal.

[EmpowerED Family](#) Searchable table or district provided resources organized by level and searchable by subject and grade.

[EmpowerED Family Q&A](#)- Answers to frequently asked questions about digital teaching and learning.

Self-Care Strategies

During the Coronavirus Pandemic

www.thepathway2success.com



List 5 things you are grateful for



Take one day at a time



Take a break when you need one



Use positive self-talk



Go for a walk or spend time outside



Read a good book



Video chat with family and friends



Stay active and eat well



Make memories with family at home



Spend less time on social media



Accomplish something on your to do list



Turn off the news

Clipart by Kate Hadfield & Sarah Pecorino

If You Need To Contact Us

CHS families, please know that our front office receptionist, Mrs. Kim Helms, is working remotely and checking email and voicemail. She will be glad to assist you with questions or send your question to someone that can help you. We are all working remotely but we are available!

704-296-0105

kim.helms@ucps.k12.nc.us

Stay Healthy

Every expert says the best way to fight most illnesses including the flu and the Coronavirus is to wash your hands for a minimum of 20 seconds. Need help getting to 20 seconds in hand washing? You can sing "Happy Birthday" twice or to slowly do your ABC's. Proper hand washing can help prevent illness.



Stay Informed...

UCPS has a webpage dedicated to Coronavirus information:

<https://www.ucps.k12.nc.us/Domain/3350>

CORONAVIRUS UPDATE

Click to learn more:

<https://www.ucps.k12.nc.us/Page/733>



FREE DAILY MEALS DURING CLOSURE

Beginning Tuesday, March 17 • 11 a.m. to 1 p.m.

📍 **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





**UCPS Parent College
Readiness Series:
*College Recruiting for Athletes***



**We are going
virtual!**

Thursday, March 26, 2020

6:00 pm - 7:00 pm

Online Meeting

TONIGHT!

Register at:

<http://bit.ly/collegerecruiting4athletes>

@UCPSCollegePrep

Student Email and Canvas Reminder

Students, remember to stay connected and check your school email and Canvas sites so that you can see messages and information from your own specific teachers. UCPS and Principal Stout will continue to send out general updates and resources, but individual teachers might have other sites or information geared toward your specific course, plus you can also see any personalized messages from them as well.

AP Course Info from College Board

Click [here](#) to access important information for 'AP Students Affected by Coronavirus' posted by the College Board.

Ebook Sources

Can't get to the Media Center or Public Library? No problem! Check out our Media Center web page for LOTS of great resources of Ebooks (books you can read on your chromebooks – or any computers!)

Click here: <https://www.ucps.k12.nc.us/Page/3843>.

And while you're reading – be sure to join the Chat! The Canvas course **CHS Chapter Chat** is a great way to socialize and share what you're reading with other Cav readers. The self-enrollment key is also on our MC webpage!

The Union County Public Library has even more options! Check them out with the link below – the login info is on the MC webpage listed above... <https://unioncounty.overdrive.com/>.

Chromebooks and Home Internet Access

A common problem that students may experience with connecting to the Internet from home on their chromebooks is that they will get a gray ZScaler screen asking for a login. This will always happen the first time a student tries to log in at home on the school device. To get past this issue, students should log in with their usual login – LEAVING OUT THE WORD 'student' and using their normal password.

Example: If their regular login is 1234567@student.ucps.k12.nc.us, then to get past this ZScaler screen they should type in 1234567@ucps.k12.nc.us and then their usual password.

Senior Video

Attention seniors! We know that you are missing out on Senior events while we are out of school, but we don't want you to miss out on your senior video for this year. The yearbook staff will use pictures we have taken this school year for the video, but we would also LOVE to have you share some pictures with us as well. Please submit any pictures or videos you would like to have included in the video to Dr. Whitt at camey.whitt@ucps.k12.nc.us. We can't wait to make this video for YOU!

Senior Reminders

Seniors - Keep On Keeping On! Even though you are not in the school building you should continue requesting your college transcripts and completing your applications through your naviance account. If you are receiving admission and scholarship letters, please email them to Guidance at agnes.mcaleer@ucps.k12.nc.us.

Resources From Our School Social Worker

Our School Social Worker, Sarah Porter, has shared her contact information below – feel free to contact her with any issues:

Sarah Porter, MSW, LCSW-A

Cell: 980-699-8848

Email: sarah.tamburini@unioncountync.gov

In addition, she has provided the following helpful resources:

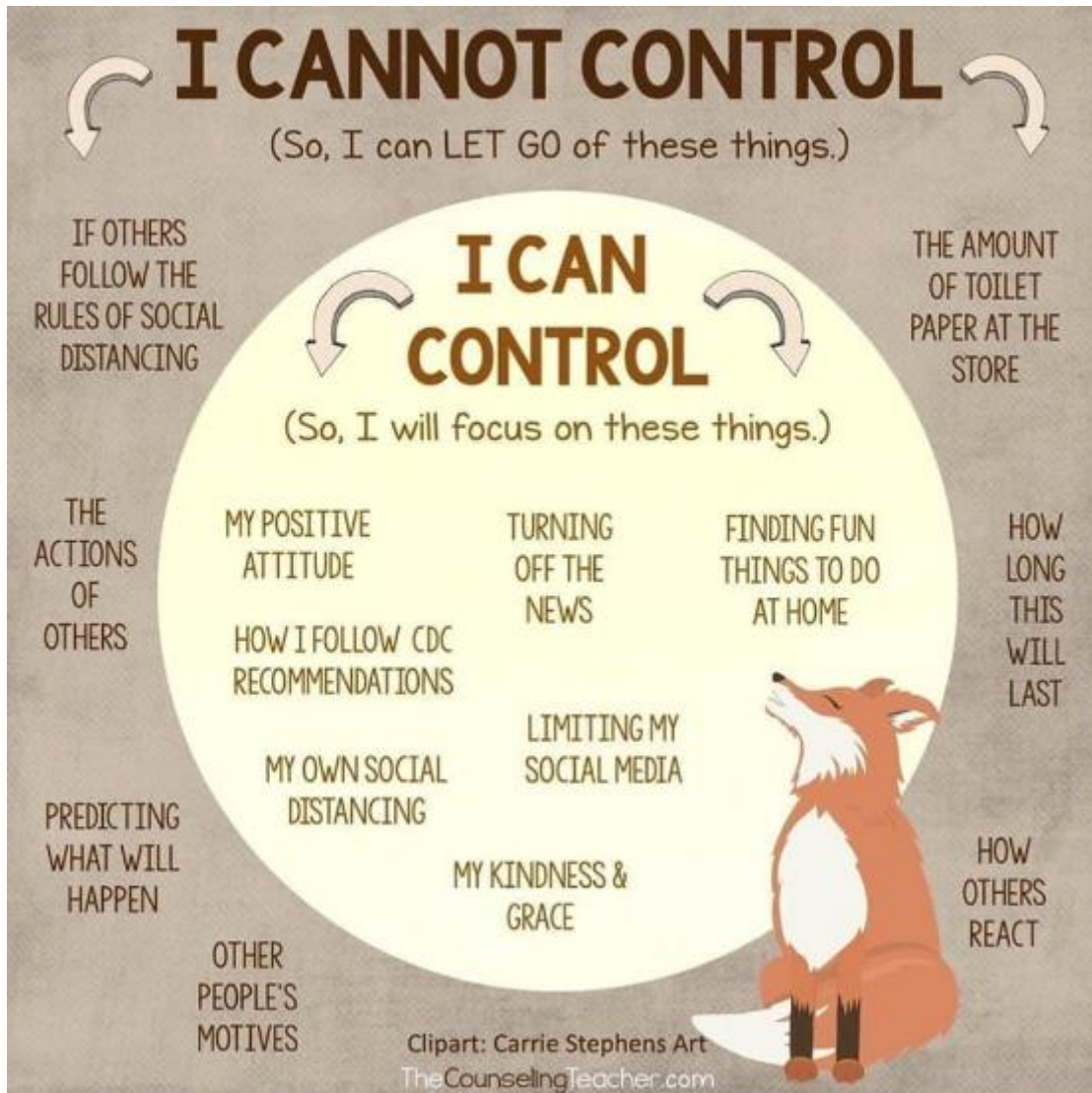
Please click [here](#) for a list of Community Resources that include the following topics:

- Coping with Stress and Anxiety
- Behavioral Health
- Physical Health
- Utilities and Financial

- Educational Enrichment
- Free Educational Websites for Kids
- Food

Click [here](#) to view a child-friendly handout that answers common questions about Covid-19.

Click [here](#) to access the National Alliance on Mental Illness (NAMI) 13-page Covid-19 Information and Resources booklet.



World Down Syndrome Awareness Day!

Special thanks to all the teachers and staff who responded to the call to ROCK YOUR SOCKS last weekend in support of / and to raise awareness of Down Syndrome! Here are a few of the photos submitted:



2020 UCPS Secondary Databases and Extended Learning Resources For Students

Most of these paid resources are directly accessible through a UCPS provided device using the login information provided. Those using a personal device may need a unique username and/or password. To obtain password information or for additional help accessing these resources please complete the form linked at the bottom of the document.



Destiny is the K-12 library management system for UCPS. It provides a visually appealing and highly graphic online searching experience where students can conduct a single search and have appropriate results (books, websites, database articles, DVDs, etc. returned in one list.)

- <http://destiny.ucps.k12.nc.us>
- Students should log in using their student ID # and password "student"



Teaching Books is an online, multimedia collection of resources about K-12 books, authors and illustrators that help encourage students to read and enjoy reading.

- www.teachingbooks.net
- Home access is available using the following link.
- Submit the "request access" form linked below to receive the username and password to access this resource.



CultureGrams details 25 different aspects of every country recognized by the United Nations. Local experts document unique, intimate details of each country's customs, traditions and daily life.

- <http://online.culturegrams.com>
- Submit the "request access" form linked below to receive the username and password to access this resource.



NC WiseOwl, funded by the NC Department of Public Instruction, provides free online resources for the public and charter schools in North Carolina.

- www.ncwiseowl.org
- Includes Britannica Online, Amazing Animals, and much more
- Submit the "request access" form linked below to receive the username and password to access this resource.



Discovery Education is an online resource, best known for video resources, but also includes images, clipart, sounds, encyclopedia articles, activities, writing prompts, lesson plans, curriculum correlation and more.

- Teachers and students login via NCEdcloud.

2020 UCPS Secondary Databases (Students)



Union County Public Library Use this link to access the following resources from the Union County Public library

<http://www.unioncountync.gov/departments/library/students-teachers>.

- **Login to the following resources with student ID# as username and birth year as password.**



- Powered by OverDrive and curated by North Carolina State Library, this group of digital books is kid-friendly and age appropriate.



- The eReading Room is a dedicated collection of the OverDrive-powered website that displays content geared to kids. Children can browse and borrow books that are age, grade and reading-level appropriate.



- Language learning tool for 80 different languages and English as a second language for 50 non-English languages, including audio lessons, interactive textbooks, quizzes, phrasebooks and pronunciation analysis.



- NC LIVE offers access to a core selection of digital content and services. Content formats include eBooks, audiobooks, films and videos, magazines, newspapers, and journals.



**FIND
YOUR
NEXT
GREAT
READ.**

- NoveList connects readers to their next book by making recommendations for what to read next. Covering both fiction and nonfiction titles for all ages, this database will suggest titles that are “just like” the one you love.

Request Access Form

For assistance accessing any of these resources, please complete this form:

<https://forms.gle/xeZLodFPGaiAwa437>

Quick Links In Every Issue

Driver's Ed Information	Welcome to CHS Video	PowerSchool Parent Portal
Senior Breakfast Dates	UCPS Testing Calendar	Order Yearbooks Here
UCPS School Calendars	UCPS Parent Resources	Here Comes the Bus
School Menus	CHS Parent Resource Page	Prepay for School Meals
CHS PTSO Website	Cuthbertson Athletic Booster Club	Online School Payments
CHS CHAOS Website	Cuthbertson Band Boosters	CHS School Website
Senior & Graduation Information	UCPS Influencers	Meningococcal Vaccine Letter
Say Something Reporting System	EmpowerED Family Portal	

Questions or suggestions for Enews may be submitted to Mrs. Taufest at paula.taufest@ucps.k12.nc.us.



**Rise
As
One!**

PTSO NEWS

Support the PTSO!

Class of 2021 - Senior Events Planning Begins

Attention Parents, is your student a member of the class of 2021, and are you interested in being part of the senior events planning team? Organization efforts are getting underway! Please email allisonbmatthews@yahoo.com if you would like to participate.

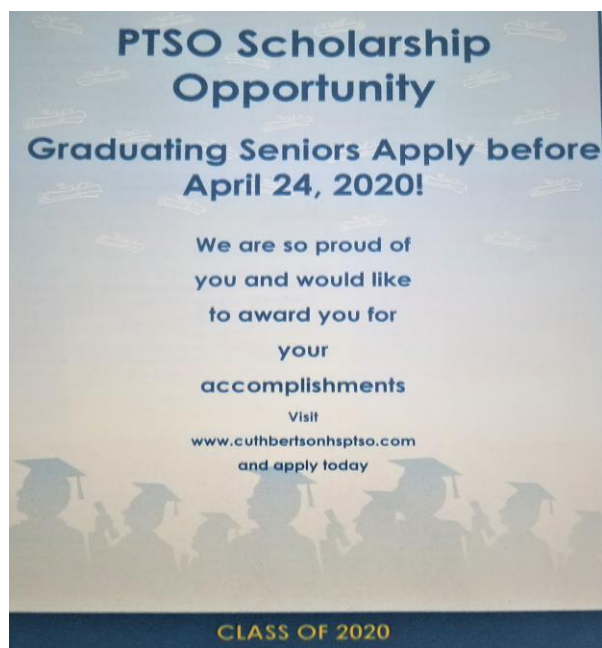
Thank you!!!

Have you joined yet?

Join the best thing around...the CHS PTSO! Where else can the whole family join and make a such big difference for only \$10? [To join please click here!!](#)

Calling All Seniors!

PTSO Scholarship Opportunity! The CHS PTSO is proud of you and would love to award you for your accomplishments! Graduating Seniors please apply before April 24, 2020 [by clicking here](#) or downloading from the PTSO website. For additional information please email chscommunitypartnerships@gmail.com



Want to volunteer?

If you would like to be added to our volunteer list, please sign up on the link below. This is THE list that the PTSO uses for all volunteer requests, event notifications, and requests for food/drink/supplies for our various events! [Click here to be notified of volunteer opportunities throughout the year!](#)

If you are interested in getting more involved as a member of one of our committees, please contact Allison Matthews at allisonbmatthews@yahoo.com

Have You Invested in CHS?

A donation to the PTSO's INVEST IN CHS is tax deductible.

Your donation will directly fund teacher appreciation activities, student programs, and additional funding for classroom supplies and educational support items to benefit our students. Our 2019-2020 goal is \$9,500. We need your support!

Please make your INVEST donation on line today via credit card or PayPal [here!](#)

WE WOULD LIKE TO THANK THE FOLLOWING FAMILIES FOR THEIR INVEST IN CHS DONATIONS . IT IS GREATLY

APPRECIATED!!!!

Acevedo, Ackerson, Anderson, Atkins, Baldwin, Ballantyne, Benz, Best, Black, Borgelt, Boutilier, Campbell, Cannon, Chester, Chettri, Christensen, Clayson, Connor, Cotton, Cushing, Cutler, Daniels, Dannaker, Darfler, Das Gupta, D'Errico, Dion, DiPiazza, Eaton, Eblen, Fahy, Faulkner, Gettinger, Giglio, Gilchrist, Gist, Green, Groce, Gunaseelan, Harper, Harris, Hayner, Herdeggen, Hicks, Hoffman, Holmes, Holt, Horne, Hrenyo, Hubatka, Huelle, Hunter, Jipson, Johnson, Kim, Knibbel, Kroeger, Kruszewski, Kwaku, Lim, Lopez, Mackey, Maddex, Mahoney, Malinowski, Margulies, Markiewicz, Marton, Matthews, McConnell, Melton, Mills, Misurale, Mrozienski, Mulvihill, Nali, Ngwainmbi, Norwood, Omoletski, Osterberg, Pistani, Recher, Reinartz, Renda, Riley, Rivers, Sanfilippo, Sarno, Satina, Schwarzmman, Seaman, Shaffer, Sills, Simmons, Sinople, Smith, Sparks, Spizzirri, Steinhaus, Stone, Stover, Strasswimmer, Swafford, Swan, Sweeney, Sweeter, Tate, Terry, Terwilliger, Thomas, Tunstall, Tyree, Valdez, Walser, Ward, Warren, Weisberg, Whalen, White, Williams, Williams, Woland, Wooten

Amazon Smile

Don't forget to add CHS to your Amazon account at

www.smile.amazon.com. Amazon will donate 0.5% back to

CUTHBERTSON HIGH SCHOOL. Please note that this allows the school to benefit every time you make a purchase from Amazon – at absolutely **NO ADDITIONAL COST** to you, making it a win/win for everyone! For senior parents, it's a great way to give back to the school while you are shopping for graduation gifts and outfitting your child's dorm room. Please click on the above link and designate Cuthbertson High School as the beneficiary of this program.



Stay Up to Date

Don't miss out on the news and happenings of the PTSO and CHS this year! "LIKE" us on [Facebook](#) and Bookmark our [website!](#)



Cuthbertson High School PTSO

1400 Cuthbertson Road, Waxhaw, NC 28173 Phone: 704-296-0105 cuthbertsonhsptso@gmail.com ~

INVEST IN CHS! (FORMERLY KNOWN AS INVEST IN A STUDENT)
FUNDRAISER CAMPAIGN!
2019-2020 GOAL = \$9,500 = WE NEED YOU!!

Cuthbertson High School appreciates your support! Your tax deductible donation to the CHS PTSO will directly fund CHS needs and programs during the 2019--2020 school year, including educational support items and PTSO student scholarships. **AS OUR ONLY FUNDRAISER**, the CHS PTSO is asking parents and other supporters of CHS to invest in our present and future by *Investing in CHS*. This benefits **ALL** of OUR students!

Please consider a tax-deductible gift in the amount of \$50. However, any amount you can contribute is tax-deductible and is **GREATLY APPRECIATED!**

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We have ONE convenient way for you to make your donation-

**\*\*\*ONLINE\*\*\*** - Visit the PTSO website via [www.cuthbertsonhsptso.com](http://www.cuthbertsonhsptso.com) then go to the tab "Support the PTSO" and then go to the tab "INVEST in CHS" to make your donation online either by Credit Card or PayPal. We greatly appreciate your Support!!

Parents/Guardian Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Student's Name \_\_\_\_\_ Grade \_\_\_\_\_

\_\_\_\_\_ Grade \_\_\_\_\_

Email \_\_\_\_\_

Do you need a receipt? Yes / No

**THANK YOU** FOR CONTINUING TO SUPPORT CHS AND OUR STUDENTS – WE COULD NOT BE THE GREAT SCHOOL WE ARE WITHOUT YOUR SUPPORT!

**\*\*\*Cuthbertson High School PTSO is an IRS 501 (3)(c) registered Non-Profit Organization, please consider contacting your company's HR Dept to see if they participate in a Matching Gift Program!!**