



# Cavalier Circular

Volume 13, Issue 4  
September 6, 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 CHS!

[Facebook](#)

[Twitter](#)

[Instagram](#)

[Website](#)

We send out our Enews on Sunday evenings via Blackboard Connect. If you don't receive it, update your contact information [here](#)! Enews editions are also sent out on our Twitter and Facebook and are collected [on this page](#).



## FFA Fall Mum Sale

The CHS FFA mum is underway! Mums come in yellow, orange, purple, red, pink, and white. All mum orders are due by 9/15 at 3:00pm. Pickups will begin the week of the 21st. Pickups will be drive-thru and will be staggered throughout the week to help maintain social distance due to COVID-19. Specific details about pick up will be sent to customers by 9/17. [Click here for the order form](#). Thank you for your support!



## Labor Day Holiday

Monday, September 7, 2020 is the Labor Day holiday. There will be no school that day. Monday students will not have a makeup day.

## National Suicide Prevention Month



September is National Suicide Prevention Month. You are not alone; help is available.

We encourage our students to reach out to their school counselors, a trusted adult or utilize the [Say Something Anonymous Reporting System](#) for help.

U Matter in UCPS

## New Meal Options Announced

**Free breakfast and lunch  
now available for all  
UCPS students  
until Dec. 31, 2020**

Student ID numbers are required  
for in-school meals.

A la carte items are also available for  
purchase at regular prices.




**New Meal Option  
for 2020-2021**

**Monday – Friday  
11 a.m. – 1 p.m.**

Meal sites are open to serve students who are learning virtually  
and/or on remote learning days.

Open to any person 18 years and under.  
Student ID numbers are not required.



**Curbside Pickup Locations**

- Cuthbertson High
- Forest Hills High
- Health Sciences Academy at Monroe Middle
- Parkwood Middle
- Porter Ridge Elementary
- Rock Rest Elementary
- Rocky River Elementary
- Sardis Elementary
- Shiloh Valley Primary

Important News! The U.S. Dept. of Agriculture has extended a waiver that will allow all UCPS students to receive breakfast and lunch free of charge until Dec. 31, 2020. CHS is a lunch pick-up location. Read more [here](#).

## Hope 4 NC Helpline

### Stressed? Need to talk?

**Call 24/7**

Fear and anxiety about COVID-19 can be overwhelming for adults, youth and children. Everyone has different stress responses that may include:

- Feeling alone
- Irritable or feeling out of sorts
- Head, stomach or body aches
- Changes in sleep or eating patterns
- Difficulty concentrating, forgetful
- Fear for your own health
- Worried about the health of your family or friends
- Increased use of alcohol, tobacco or other drugs
- Feeling stuck, no time for self-care
- Looking for ideas to stay calm and healthy

**HOPE 4 NC HELPLINE**  
**1-855-587-3463**

Find hope.  
Find help.

### ¿Siente estrés? ¿Necesita hablar?

**Llame las 24 horas, los 7 días**

El miedo y la ansiedad por COVID-19 pueden ser abrumadores para adultos, jóvenes y niños. Todos tienen diferentes respuestas al estrés, que pueden incluir:

- Sentirse solo
- Irritación o de mal humor
- Dolores de cabeza, estómago o corporales
- Cambios en patrones de sueño o alimentación
- Dificultad para concentrarse, olvidar cosas
- Temor por la salud propia
- Preocupación por la salud de familiares o amigos
- Mayor consumo de alcohol, tabaco u otras drogas
- Sentirse enfrascado, sin hay tiempo para cuidarse a sí mismo
- Búsqueda de ideas para mantener la calma y la salud

**LÍNEA TELEFÓNICA DE AYUDA HOPE 4 NC**  
**1-855-587-3463**

Encuentre esperanza.  
Encuentre ayuda.

NC Department of Health and Human Services • [www.ncdhhs.gov](http://www.ncdhhs.gov) • NCDHHS is an equal opportunity employer and provider. • 7/20 CFDA#s: 97.032 & 93.982

Departamento de Salud y Servicios Humanos de Carolina del Norte • [www.ncdhhs.gov](http://www.ncdhhs.gov) • NCDHHS es un empleador y proveedor que ofrece igualdad de oportunidades. • 7/20 CFDA#s: 97.032 & 93.982

## Jostens Cap & Gown Orders

CuthbertsonHS  
Class of 2021

### Senior Order Schedule

**ORDER DAY**  
**October 9th**  
By Assigned Schedule  
Outside Front of School

Last Name	Scheduled Time
A B	11:00 11:30
C D	11:30 12:00
E F G H	12:00 12:30
I J K L	12:30 1:00
M N O	1:00 1:30
P Q R	1:30 2:00
S T U V	2:00 2:30
W X Y Z	2:30 3:00

**Jostens®**

Jostens will be set up outside for your convenience to order at school. Mask and social distancing required. If you are unable to attend, you may place your order online at [Jostens.com](http://Jostens.com)



[Click here for the Jostens CHS Cap & Gown Ordering Packet](#)



This packet includes ALL of the information that you will need to order your Cap & Gown, Graduation Announcements, Senior Clothing, & 2021 Keepsakes.

It is important that Seniors and Parents review this packet together, in its entirety, and decide which package is best for you!



## Tech Services Help Desk

If any student is experiencing a technical issue with their Chromebook, help is available by accessing the help desk available [at this link](#).

Our engineer "Mr. Schevi" is available at school during the hours shown (subject to change.) Students should still enter their help desk ticket prior to coming to see him.

Chromebook tips – including how to print from your Chromebooks – are [available here](#).

Engineer Hours	
Mr. Schevi is available in the Media Center	
Monday	8:00 - 11:30 am
Tuesday	12:00 - 3:00 pm
Wednesday	8:00 - 11:30 am
Thursday	12:00 - 3:00 pm
Students should submit a help desk ticket for their chromebook prior to coming to see Mr. Schevi. Hours are subject to change.	

## EmpowerED Family Resources



Do you need additional assistance with Canvas? Our EmpowerED Family Portal has you covered! Logging into Canvas, creating Observer Accounts, navigating courses and more can be found in this one location. [Take a look!](#)



## SCOIR (Pronounced "Score")

Our new college and career readiness platform is up and running! UCPS is now using **SCOIR** to send electronic application documents and assist throughout the search and selection process. This platform is replacing the previously used program - Naviance.

Learn more about **SCOIR** through the following overview videos: [Student Video](#) [Parent Video](#)

If you have already begun the application process on Common App or Coalition please reference this information for working with **SCOIR** and those platforms: [Using Common App w SCOIR](#) [Using Coalition App w SCOIR](#)

If you missed the UCPS SCOIR Parent webinar, you may watch the recording [here](#).

As a reminder, please do not request teacher or counselor recommendations through Common App or Coalition.

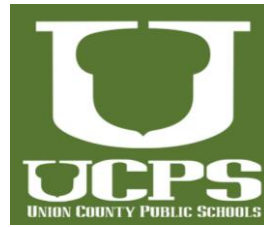
Please remember that **transcripts** will not be available to send to colleges and universities until after the 10<sup>th</sup> day of school. This is to allow for the inclusion of all schedule changes, new enrollments and ensure an accurate updated rank. If you are in need of an unofficial transcript for application information, please reach out to [Ms. McAleer](#).

## Quick Links Specific to CHS



<a href="#"><u>Athletic Booster Club</u></a>
<a href="#"><u>Back to School Toolkit</u></a>
<a href="#"><u>Band Boosters</u></a>
<a href="#"><u>Calculator Checkout</u></a>
<a href="#"><u>CHAOS</u></a>
<a href="#"><u>Chapter Chat</u></a>
<a href="#"><u>Clubs &amp; Organizations</u></a>
<a href="#"><u>Counseling</u></a>
<a href="#"><u>Driver's Ed Information</u></a>
<a href="#"><u>Driving Eligibility Certificate Appointments</u></a>
<a href="#"><u>Enews "The Cavalier Circular"</u></a>
<a href="#"><u>Help Desk – Submit a Ticket</u></a>
<a href="#"><u>How to Check Out Books &amp; EBooks</u></a>
<a href="#"><u>Media Center Resources</u></a>
<a href="#"><u>Online School Payments</u></a>
<a href="#"><u>PTSO</u></a>
<a href="#"><u>Update Your Contact Information</u></a>
<a href="#"><u>Virtual Open House</u></a>
<a href="#"><u>Welcome to CHS Video</u></a>

## UCPS Quick Links



<a href="#"><u>Calendars</u></a>
<a href="#"><u>Canvas Help</u></a>
<a href="#"><u>Canvas Connect &amp; Chat Facebook Live Recording</u></a>
<a href="#"><u>Canvas Parent Readiness Checklist</u></a>
<a href="#"><u>Chromebook Tutorials</u></a>
<a href="#"><u>EmpowerED Family Portal</u></a>
<a href="#"><u>Here Comes the Bus</u></a>
<a href="#"><u>Menus</u></a>
<a href="#"><u>Parent Resources</u></a>
<a href="#"><u>PowerSchool Parent Portal</u></a>
<a href="#"><u>Prepay for School Meals</u></a>
<a href="#"><u>Reopening of Schools</u></a>
<a href="#"><u>Say Something Reporting System</u></a>
<a href="#"><u>Student Handbooks &amp; Curriculum Guides</u></a>
<a href="#"><u>Student Startup Page (Secondary)</u></a>
<a href="#"><u>Technology Tutorial Videos</u></a>
<a href="#"><u>Tip Line</u></a>

## Senior Connection: College Applications

Counselors are planning a college application presentation containing important information regarding the application process and its components. Additionally, we plan to begin holding some virtual opportunities for questions and answers in the upcoming weeks. Be on the lookout for additional information with dates and times!

## Virtual College Tours

CHS will be hosting a series of "Virtual College Tours!" During these visits, a representative from a respective College/University will give a general overview of their school and have a live Q&A session with attendees.

We are currently collaborating with numerous schools in an attempt to schedule a visit. All visits will be on Fridays 11:00 AM or 1:00 PM. In order to participate you must sign up through our Google Form. We will send the link to the visit a few days prior to make sure you have access. Our confirmed list will constantly be updated.

**September 18, 2020**

1. Auburn University: 11:00 AM

2. ECU: 1:00 PM

[Sign Up Here](#)

**October 2, 2020**

1.VCU: 1:00 PM

[Sign Up Here](#)

**October 16, 2020**

1. UNC Charlotte: 11:00 AM

[Sign Up Here](#)



Please continue to check on [our school website](#) for updated visits. Simply click: Quick Links> CHS Counseling> College Rep Visits. And - follow us on Instagram! [@cavs\\_counselor\\_connect](#)

## A Peek into the Classroom

Ms. Marsden works with her Pre-Calc Honors students.



Students in Ms. Austin's French I class learn how to express their preferences and ask others about their preferences in French.



# PTSO NEWS

The CHS PTSO welcomes you!

## JOIN THE PTSO!

Hello to all of our returning Cuthbertson High School families and a warm welcome to new families!

The new school year has begun! While things may look a bit different, the CHS PTSO is poised to support our school as we always have. CHS PTSO Membership for the 2020-2021 school year is open. All are welcome! Your family membership fee of \$10 will help support valuable programs, scholarships, teacher and staff appreciation initiatives and other school needs.

[Please click here to join us in supporting CHS!](#)

**Please join the CHS PTSO  
and support  
Cuthbertson High School  
2020-2021**



## September PTSO General Meeting

Are you a Member of the PTSO? If so, you are invited to join the PTSO General Meeting via zoom on Monday, September 14 at 6:30 PM. We will be discussing current plans and voting to approve the PTSO budget for the 2020-2021 school year.

If you would like to participate, please email [allisonbmatthews@yahoo.com](mailto:allisonbmatthews@yahoo.com) to receive your official invite.

If you are not able to attend, but want to stay up to date on what was discussed, as always you can find minutes and other PTSO news on the CHS PTSO website: <https://www.cuthbertsonhsptso.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, [click here for the list of choices!](#) Any questions or to join a committee please contact PTSO President, Allison Matthews at [allisonbmatthews@yahoo.com](mailto:allisonbmatthews@yahoo.com).



## Have You Invested in CHS?

Did you know the CHS PTSO is funded almost entirely from the donations of Cuthbertson families? We don't ask you to buy wrapping paper, cookie dough, or another coupon book. Instead we encourage all families to "Invest in CHS" with a tax-deductible donation. The dollars raised are invested in teacher appreciation initiatives, special programs, specific school needs, and student scholarships. The PTSO is dedicated to supporting our teachers, students and CHS as a whole. Thank you for partnering with us as we endeavor to make a difference in our school and community. 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!!!!

Bryden, Carilli, Carter, Deatherage, DeRonne, DeSoto, Dion, Fishman, Frattaroli, Gettinger, Giglio, Hoffman, Holt, Johnson, Lopez, Malinowski, Mann, Matthews, McKinney, Patel, Sanfilippo, Sepe, Spizzirri, Stephenson, Swafford, Sweeter, Ward

### Calling All Seniors!

Please purchase your senior package today! A Gold Level Package is \$105 and includes a yard sign, t-shirt, hoodie, car magnet, lanyard and 20-21 PTSO membership. A Blue Level Package is \$65 and includes a yard sign, t-shirt and 20-21 PTSO membership. The last date to purchase is September 25th! [Click here to purchase!](#)

Please remember to like our Facebook page to stay up to date on all Class of 2021 Senior Events!

<https://www.facebook.com/CuthbertsonParents2021/> #SeniorYearsHere



### Spirit Wear

Ready to shed the pj's (or need some new ones)? Whether you and your family are learning from home or coming to school one day a week, spruce up your wardrobe and your "spirits" by purchasing a Cuthbertson spirit wear item. Now officially on sale! Plus, for every \$50 purchase you will receive a FREE Cuthbertson magnet! At home, contactless, porch drop offs or pick-ups available. [Click here to start ordering!](#)



### Amazon Smile

You shop, Amazon gives! Through the AmazonSmile program Amazon will donate 0.5% of eligible purchases to your charity of choice. You simply use your already existing Amazon account to link it with AmazonSmile and then choose "Cuthbertson High School PTSO" as your charity. You pay the same prices as always but earn money back for us! [Click here to link up!](#)

### Stay Up to Date

Don't miss out on the news and happenings of the PTSO and CHS this year!

- 1) The CHS PTSO has our own website! You'll find information all about us, how to get involved and things to take action on. [Please visit and bookmark us here!](#)
- 2) The CHS PTSO is on Facebook! Please visit our page and "Like" us to stay informed on the latest updates. Click here: [Click here!](#)





# 2020 UCPS Secondary Databases & 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 and using these resources please contact your school library media coordinator.



Use **Sora** to access thousands of digital ebooks and audiobooks provided through the UCPS library, NCKids state library and local UCPL library. Login to Sora via Clever and access all these library materials with one login.

- How to access Sora through Clever and add libraries: <https://bit.ly/Sorahowto>



**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”
- How to use Destiny - <https://bit.ly/2F8U3PD>



**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](http://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](http://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.



### ***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 UCPL resources with student ID# as username and birth year as password.**



### ***MANGO (accessed through UCPL above)***

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 (accessed through UCPL above)***

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



### ***NoveList (accessed through UCPL above)***

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.

*If students need passwords to access these resources from home, please email Mrs. Tautfest @ [paula.tautfest@ucps.k12.nc.us](mailto:paula.tautfest@ucps.k12.nc.us). Paper copies may also be picked up in our Media Center.*