



# Cavalier Circular

Volume 13, Issue 22  
January 31, 2021

"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 Sundays 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.](#)



## Cross Country

Congratulations to our Men's and Women's Cross Country Teams after an incredible showing at the State Championship meet on January 23. Our guys' team finished 4th out of the 12 finalist teams, making 3 straight years of finishing Top 5 overall in the State. Mickey Schihl and Gage Austin led the way up front, with Will Walsh, Pete Schihl, and Shaun Roughley rounding out the scoring 5 CAVS.

Our ladies' team once again outran everyone, claiming their 3rd straight State Title. Madeline Hill won her 2nd Individual Title, with Alyssa Preisano finishing 2nd and Lily Nasta in 4th; all 3 CAVS earned All-State honors. Behind them, freshmen Justine Preisano and Charlotte Bell completed the scoring 5. Also for the 3rd year in a row, our Ladies were the Top Ranked team for all divisions in the state of North Carolina. Way to go, Cavs!

# CHS COVID Safety & Attendance Reminders

Please do not send your student to school if they:

- Have been diagnosed with COVID-19 in the past two weeks.
- Have been exposed to someone with COVID-19 in the past two weeks.
- Currently have any symptoms of COVID-19.

**If your student falls into any of these categories, is currently being tested, or if you need to report a COVID diagnosis or possible exposure**, please reach out as soon as possible to Nurse Haislip at [amy.haislip@ucps.k12.nc.us](mailto:amy.haislip@ucps.k12.nc.us).

All students and staff must wear a mask and practice social distancing while on campus.

**Attendance on an Assigned Face-to-Face Day:** Per UCPS policy, students on Plan B are expected to attend school face-to-face on their scheduled days. Failure to do so will result in an absence. When students are absent, they are encouraged to participate remotely and complete assignments since participation and attendance are separate.]

**Attendance on an Assigned Remote Day:** Students are expected to access and participate in daily activities. Failure to do so will result in an absence.

Excused absence notes should be submitted to the front office or emailed to Ms. Rutowski at [michelle.rutowski@ucps.k12.nc.us](mailto:michelle.rutowski@ucps.k12.nc.us). A list of excused absences may be found in the UCPS High School Student Handbook.



## All-A Honor Roll

All-A Honor Roll lists for fall semester are located on the ["For Parents" page of the CHS website](#). Great job, Cavs!

## Notable February Dates

February is... Black History Month & Love the Bus Month

February 1 - National Freedom Day

February 1-5 - National School Counseling Week

February 2 - Groundhog Day

February 7 - Super Bowl Sunday

February 8-12 - School Bus Driver Appreciation Week

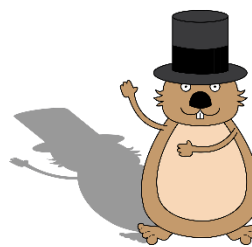
February 12 - Chinese New Year - Year of the Ox

February 14 - Valentine's Day

February 15 - Presidents' Day

February 16 - Fat Tuesday / Mardis Gras

February 23 - ACT at school for all UCPS 11<sup>th</sup> graders



February 2 is Groundhog Day. Will Phil see his shadow? Visit the official [Punxsutawney Groundhog Club website](#) to follow the fun through the live feed!

## BigFuture Days from College Board



# BigFuture Days

## SIGN UP FOR COLLEGE BOARD'S FIRST-EVER VIRTUAL COLLEGE FAIRS

Whether you've already started your college search or have no idea where to begin, we want to connect you with colleges that might be a good fit for you. BigFuture™ Days gives you a chance to get information about multiple colleges from college admissions officers and current college students.

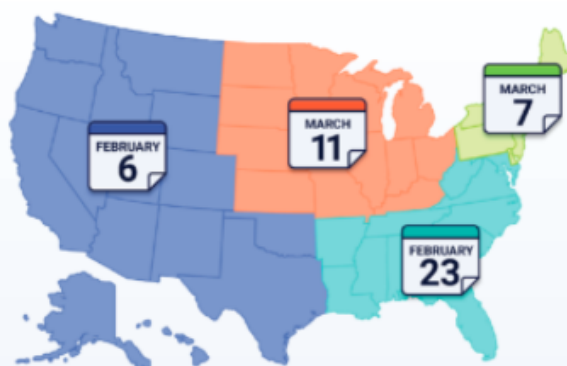
Here are five reasons to attend BigFuture Days:

- 1 Explore colleges in a way that's informative but not overwhelming.
- 2 Connect directly with colleges to get answers to your questions and show your interest in attending.
- 3 Hear from current college students who know what it's like on campus.
- 4 Take key college planning steps like searching for colleges and exploring scholarships.
- 5 Join these free events from a computer or mobile device.

### Sophomores and Juniors: Save These Dates

Explore your college options in each region—attend any or all of these events.

- **BigFuture Day West + Southwest**, Saturday, February 6
- **BigFuture Day Southeast**, Tuesday, February 23
- **BigFuture Day Northeast**, Sunday, March 7
- **BigFuture Day Midwest**, Thursday, March 11



Go to [cb.org/bigfuturedays](https://cb.org/bigfuturedays) to register and learn more!

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## **Registration for the 2021-2022 School Year is right around the corner!**

- Virtual students will pick up their registration materials (transcript, Power School instructions and course worksheet) in the bus parking lot on Friday, February 12<sup>th</sup>, between noon and 3 pm. If a virtual student is unable to pick up their items that day, their items will be available for pick-up in the main office.
- Students who attend class in person will receive their registration materials during Cav Time on Monday, February 15<sup>th</sup>, and Wednesday, February 17<sup>th</sup>.
- During the week of February 15<sup>th</sup>, all students, in-person and virtual, will view the registration video during Cav Time and have an opportunity for a question and answer session with counselors.

Additional information regarding parent information sessions and individual student appointments will be communicated in the upcoming weeks. Ask your student to be sure to check their emails and listen and/or read the announcements for important details. Daily announcements are located on the Announcements tab of the homepage of the CHS website and [available here](#).

### **Tips for Success – Get Engaged – Stay Engaged!**

Courses that include in-person instruction are designed to offer daily live instructional opportunities. We highly recommend that students not attending school face-to-face attend these remote sessions.

Courses designed for virtual students only (Plan D) have office hours set by the instructor to offer interactive support opportunities.

Students that regularly engage in the live interactive opportunities are generally outperforming those that are not.

Get engaged... stay engaged!

If you have questions regarding live interactive opportunities, please reach out to your child's teacher(s).

### **Band Boosters Fundraiser**

Band Boosters is very excited to announce a new Band fundraising event! This year we are working with a great company SHOP WITH SCRIP. This fundraiser will make purchasing gift cards easy all while helping support the Cuthbertson band program. We have 250 retailers that are participating, including Amazon, Best Buy, Dick's Sporting Goods and many retailers like Yankee Candle and Starbucks. All proceeds from this fundraiser will help to purchase music, instruments, supplies, and bring in instructors and clinicians for the school bands. While this fundraiser is not mandatory, every card purchased will earn a percentage for our music program. [Please click here to learn more!](#)

**Free breakfast and lunch  
now available for all  
UCPS students  
until May 28, 2021**

Student ID numbers are required  
for in-school meals.

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

**#LoveServingTheU**



## **School Meal Reminders!**

Just a reminder to families that one complimentary breakfast and lunch are available for students every day in the school cafeteria. Extra entrees and additional snacks and drinks are also available for purchase daily. One complimentary lunch and snack are available every day for all children 18 years and younger at any of the 8 curbside locations.

Friday curbside service includes 3 complimentary lunches and 3 complimentary snacks to be enjoyed over the weekend. Complimentary meals are free of charge for the remainder of the school year. Curbside locations are as follows: Cuthbertson High, Parkwood Middle, Rocky River Elementary, Porter Ridge Elementary, Forest Hills High, Monroe Middle, Sardis Elementary, and Shiloh Valley Primary.



## **CHS Graduation**

CHS will hold commencement on Thursday, June 3, at 8:00 p.m. at the CHS Stadium. The UCPS Graduation schedule [is available here](#).

## **UCPS Announces Application Period**

### **IMPORTANT DATES**

Application Period for CATA, IB Program at Marvin Ridge High,  
Union County Early College and Health Sciences Academy at Monroe High

**(Apply via Scribbles Jan. 4 - Feb. 15)**

[Applications are available here.](#)





Digital resources are readily available for your student. Visit the [EmpowerED Family Portal](#) for quick links to Khan Academy, Discovery Education, Dreambox, BrainPOP and more!



Cavs, [attached is a google](#) link for mid-year transcript requests. Prior to completing the document make sure you check the college(s) website you have applied to and follow their instructions. Please only list those colleges/universities that require or request a mid-year transcript. Also, as a reminder transcripts cannot be sent out until grades

have been finalized and rank has been updated. We anticipate sending transcripts through SCOIR during mid-to-late January - you can check your SCOIR account for updates.

## Is Your Child Feeling Stressed?

Try these coping strategies with your son or daughter. [#UMatterinUCPS](#)

# 5 Tips TO HELP TEENS COPE WITH STRESS

### GET SOME SLEEP

Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about **8-10 hours each night**.

### FOCUS ON YOUR STRENGTHS

Take time to **think about what you're good at** and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.

### DO THINGS THAT MAKE YOU HAPPY

**Find activities or hobbies that make you happy** and incorporate them into your daily life.

### ENGAGE IN PHYSICAL ACTIVITY

**Exercise takes our mind off stress** and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.

### TALK TO SOMEONE

It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find **ways to manage your stress**.

**USA MENTAL HEALTH FIRST AID**  
[MHFA.org/teens](http://MHFA.org/teens)

## Scholarships Available

There are many great scholarship opportunities for students available on our [Scholarships webpage](#)! Be sure and check them out! Many have deadlines coming up. A few are highlighted below.

### SECU Foundation

#### "People Helping People"® Scholarships

## \$10,000 Scholarship

All eligible high school seniors must meet the following requirements:

- Must be a senior at a North Carolina public high school
- Must be an SECU member or is eligible for membership through a parent/guardian
- Must be a United States citizen, a resident of North Carolina, and eligible for in-state tuition
- Must be accepted to attend one of the 16 UNC system universities as a full-time undergraduate
- Must have demonstrated scholastic achievement with a 2.5 or higher unweighted GPA on a 4.0 scale
- Must have demonstrated leadership, excellence of character, integrity and community involvement
- Must file FAFSA as part of the application

The State Employees Credit Union offers scholarships to students accepted to one of the 16 UNC system universities as a full-time undergraduate.



**The Weddington Optimist Club Scholarship / Essay Contest** is for area students. Applicants must write on the topic "Reaching your Dreams by Choosing Optimism." Click [here](#) to apply. To download the application click the "Essay Contest Application." Deadline: February 13.



**The Jackie Robinson Foundation Scholarship** is for seniors who plan to attend a four year college, show leadership potential, demonstrate a dedication to community service, and present evidence of financial need. Visit <https://www.jackierobinson.org> to apply. Deadline: February 1.



A Touchstone Energy® Cooperative

Union Power Cooperative is awarding 10 - \$1,000 College Scholarships to Seniors! Apply now at: [union-power.com/collegescholarships](http://union-power.com/collegescholarships). Deadline: March 19.





## CAVALIERS Live Streaming

Cuthbertson High School is happy to announce the return of our live streaming initiative for the 2020-2021 school year! Our school's automated live streaming cameras will allow student-athletes, parents, and fans to watch hundreds of athletic events throughout the year LIVE and ON-DEMAND from any device.

FOOTBALL – BASKETBALL – SOCCER – LACROSSE  
VOLLEYBALL – WRESTLING

### A Subscription With Cuthbertson Athletics Includes:

- Access to the entire NFHS Network
- JV and Varsity Games
- Watch Live and On-Demand



Annual Pass - \$5.83/mo.

Billed at \$69.99

30% Goes Back to Cuthbertson

Monthly Pass - \$10.99/mo.

Billed Monthly. Cancel Anytime

10% Goes Back to Cuthbertson

Please visit [ucpsathletics.com/livestreaming](https://ucpsathletics.com/livestreaming) to subscribe today and start streaming LIVE.

**SCOTT CLARK**  
AUTO GROUP

**UCPS**  
UNION COUNTY PUBLIC SCHOOLS

## CHS Athletic Booster Club

We are so excited to see high school and middle school sports beginning again and we're looking for all of the amazing members of Cavalier Nation to rise up and support our athletics program as we work to provide an opportunity once again for our student-athletes to compete! [Please click here](#) to register and join the Cavalier Athletic Booster Club.

Every CABC basic membership is just \$25 and helps provide facilities, equipment, and opportunity to play for our students!

Also included in your membership is a car magnet for the sport of your choice, and opportunity to vote on all CABC board elected positions this year. Please consider joining the CABC and help us Rise As One!

Let's Go Cavs!



## Recher Named Softball Coach

We are excited to announce our new Softball Coach Melanie Recher! We are also proud to say that she is a Cuthbertson alumni of the Class of 2012! Welcome back, Coach Recher! Her email: [coach.melrecher@gmail.com](mailto:coach.melrecher@gmail.com).

## Burgett Wins Writing Award

CHS Junior Darby Burgett has won a Silver Key Scholastic Writing Award for her critical essay "Desertification in Pakistan." Congratulations, Darby!



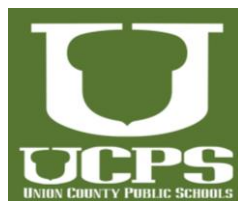


## Quick Links Specific to CHS



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

## UCPS Quick Links



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

## PTSO News

### Welcome Back!

The PTSO is excited as we kick off second semester and the New Year! We remain committed to our students, our school, and our community. We encourage all families to partner with us by joining the PTSO and contributing to our efforts through Invest in CHS. Thank you in advance for your support! Here's to 2021!



### Join the PTSO

We've made it through the first half of the school year...but there's more work to be done. Your family's \$10 PTSO membership fee goes towards meeting our goal of making a difference at CHS and in our community. The effect of your contribution is PRICELESS! If you have already joined, thank you! If you have not, please partner with us and join today. [To join the PTSO 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 23rd, 2021. The application process is all online. [Please click here to apply!](#) For additional information please email 2021 Scholarships Chair, LaDonna Baldwin, at [chscommunitypartnerships@gmail.com](mailto:chscommunitypartnerships@gmail.com).



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

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

### Spirit Wear:

Show your Cavalier love with CHS spirit wear! FREE delivery, NO taxes, NO fees!

<https://www.cuthbertsonhsptso.com/spirit-wearschool-store.html>



### 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!!!!

Abouzeide, Andress, Bain-Cummings, Bair, Baldwin, Best, Borgelt, Browning, Bryden, Campbell, Cardona, Carilli, Carrazzone, Carter, Cook, Curtis, Cushing, Dannaker, David, Deatherage, DeRonne, DeSoto, Dion, Eblen, Ellis, Fishman, Florence, Frattaroli, Freeman-Kwaku, Gaziano, Gebregiorgis, Gettinger, Giglio, Goehring, Hammond, Herdegen, Hoffman, Holt, Hrenyo, Johnson, Kalembe, Kelbede, Kovacs, Lomas, Lopez, Malinowski, Mann, Markiewicz, Matthews, Mccadden, McKinney, Melton, Misurale, Moore, Murray, Nirenberg, Patel, Rathbone, Reinartz, Renda, Roller, Sanfilippo, Saurbaugh, Salicco, Schwarzmenn, Seaman, Sepe, Simmons, Sinople, Skarbek, Spizzirri, Stephenson, Stone, Swafford, Sweeter, Terwilliger, Thoms, Ward, Williams



### 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)



### 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:

Website <https://www.cuthbertsonhsptso.com>

Facebook <https://www.facebook.com/cavsptso>

Instagram <https://www.instagram.com/cavsptso>

Twitter <https://twitter.com/cavspts>