



Cavalier Circular

Volume 13, Issue 5
September 13, 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 and will be drive-thru, staggered throughout the week to help maintain social distance. Specific details about pick up will be sent to customers by 9/17. [Click here for the order form](#). Thank you for your support!



Blood Drive

NHS is sponsoring our upcoming blood drive. It will be held on Sept. 25 in the CHS auxiliary gym. All donors will need to enter the gym from the bus lot. Sign up [here](#).



Photo Days Coming Up

Underclassmen will be photographed at school on September 21-24. We will announce a schedule for that soon. Senior picture retakes have been rescheduled for the week of October 12-15.

Appointment times will be shared with students through their school email accounts. This is for seniors who did not make photo appointments at the Lifetouch Studio on their own. Please contact [Dr. Whitt](#) with any questions.

College Panel Night

October 1, 2020
6:00PM

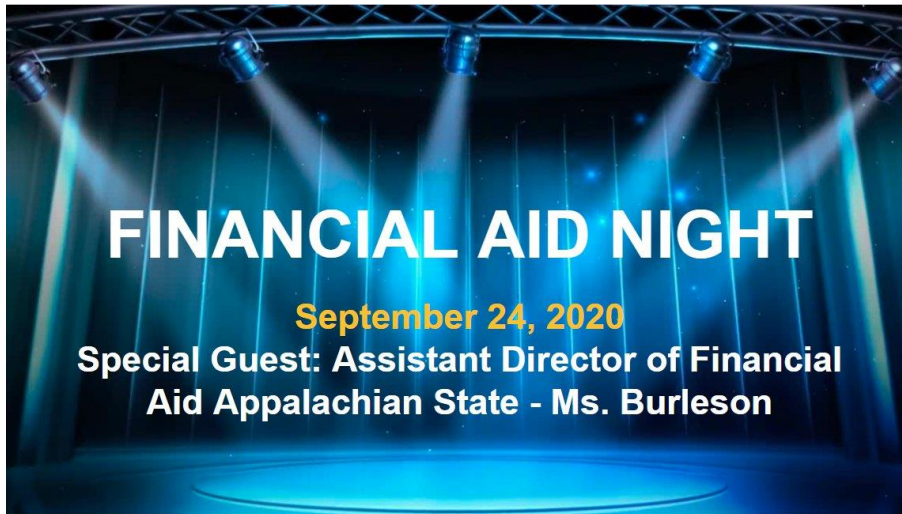


Learn about college admissions, scholarships, COVID updates, and more from the perspectives of an NC State School, Out of State School, Private School and Community College. Come with your questions. Find the right fit for you! Link will be emailed to Seniors On October 1st.

College Panel Night

Cavalier Nation! We understand this year may look different, but we are still working as hard as we can to provide opportunities for you! On October 1, 2020 at 6:00 PM, the School Counseling Department will be hosting a "Virtual College Panel Night." Representatives from a Private College, NC Public School, out of state Public School and Community College will be

accessible for all attendees. This event will be hosted live, with a Q & A session. Please fill out this form listing the top 3 topics you would like to learn more about during this event. Each representative will be able to answer your college related questions through different perspectives. Once again, this is a great opportunity, and we look forward to hosting this for you! Rise As One! [Sign up to attend!](#)



Virtual Financial Aid Night

Seniors! On September 24th, 2020 @ 6:00 PM, the Assistant Director of Financial Aid from Appalachian State, Ms. Burleson will be presenting to all of you virtually! Please sign up via the link below to participate. She will be holding a Q & A session after her presentation. We look forward to seeing you! [Sign up to attend!](#)



Daily Announcements

Did you know our Daily Announcements that are read over intercom at school are also posted on the Announcements section of the [CHS web page](#) each day? This way, all parents and students can stay informed no matter what school day or plan you may be on!

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 • 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 • 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 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

[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.

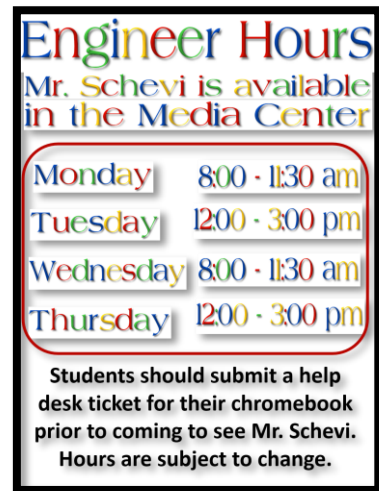
It is important that Seniors and Parents review this packet together, in its entirety, and decide which package is best for you!

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 or get past the ZScaler at home – are [available here](#).



Senior Connection

View our Senior Connection Video "[College Applications and SCOIR](#)" created by our very own Counseling team!



UC Public Library Promotion!

Did someone say BINGO?!!! You can win a prize, sign up for a library card at your local Union County Public Library branch and read until your heart's content! For questions, [contact your branch directly](#). September is Library Card Sign Up Month @ UCPL! Complete the activities on this BINGO card and get a limited edition Super Hero Card created by artist Al Bigley! Need help with an activity? Just ask library staff!

[#librariestranform](#) [#librarycardsignupmonth](#)

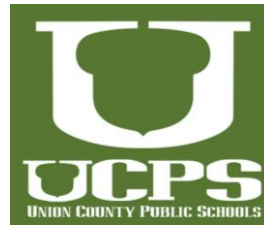
Remember also your CHS Media Center offers many books and Ebooks for students. Check out their links in our "Quick Links" below!

Quick Links Specific to CHS



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

UCPS Quick Links



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



Counselor Office Hours

Counselors are now holding office hours to talk with seniors and answer questions about early action deadlines. [Sign up here for a date and time](#). We will begin holding office hours for underclassmen once we are able to address all college application questions. In the meantime, if you have an urgent concern, please reach out to your counselor.

Virtual College Tours

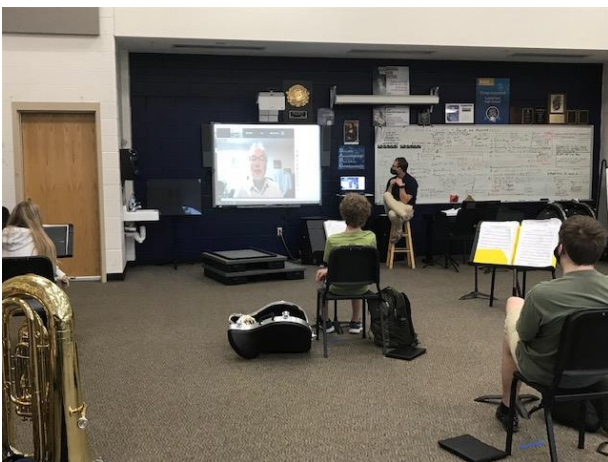


Virtual College Visits begin September 18. We have recently added more schools. Juniors and Seniors should sign up through the CHS website. Click "Quick Links" then "Counseling Page" followed by "College Rep Visits." We look forward to hosting these schools & many more. Stay tuned for more updates! And - follow us on Instagram @cavs_counselor_connect. *These Virtual College Visits are just for Juniors and Seniors!*

A Peek into CHS

Our Band class was honored last week to have a virtual clinic with Dr. Timothy Mahr, Director of Bands at St. Olaf College.

September is Suicide Prevention Month. This week focused on hope, resilience & recovery. Students participated in a Heart Wall activity to show support and provide encouragement to each other.



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 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.



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!!!!

Andress, Bair, Baldwin, Borgelt, Bryden, Carilli, Carter, Deatherage, DeRonne, DeSoto, Dion, Ellis, Fishman, Frattaroli, Gettinger, Giglio, Goehring, Hammond, Hoffman, Holt, Johnson, Lomas, Lopez, Malinowski, Mann, Matthews, McKinney, Misurale, Patel, Rathbone, Reinartz, Sanfilippo, Schwarzmans, Sepe, Spizzirri, Stephenson, Swafford, Sweeter, Ward, Williams

Calling All Seniors!

MARK YOUR CALENDARS for next Friday, SEPTEMBER 18!!

We are hosting a SENIOR drive-through event for ALL seniors to hand out custom senior 2021 MASKS and some other goodies to ALL of our seniors at the front entrance to the school. To control the traffic flow, please have your senior use the following timetable. If your student cannot make this timeframe, reach out to Trish at gigsone2001@yahoo.com to make other arrangements for pick up. We want EVERY senior to have this mask.

A-H 3:00-3:45 I-N 3:45-4:30 O-Z 4:30-5:15

THE LAST DAY TO ORDER PACKAGES IS NOW SEPTEMBER 25th

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. [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/> #SeniorYearIsHere



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
- 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.



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. Paper copies may also be picked up in our Media Center.