

# RTC NEWS: WE START

## CAREERS

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QUARTERLY PUBLICATION

• RTC STUDENTS ARE ON THE MOVE

• First Quarter, 2020

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### A GLIMPSE OF NEW BEGINNINGS



RTC New Logo  
Jeff Taylor, Design

#### Words in poetry by Maya Angelou “Caged Bird”

A free bird leaps  
on the back of the wind  
and floats downstream  
till the current ends  
and dips his wing  
in the orange sun rays  
and dares to claim the sky.

But a bird that stalks  
down his narrow cage  
can seldom see through  
his bars of rage  
his wings are clipped and  
his feet are tied  
so he opens his throat to sing.

The caged bird sings  
with a fearful trill  
of things unknown  
but longed for still  
and his tune is heard  
on the distant hill  
for the caged bird  
sings of freedom.

The free bird thinks of another breeze  
and the trade winds soft through the sighing trees  
and the fat worms waiting on a dawn bright lawn  
and he names the sky his own

But a caged bird stands on the grave of dreams  
his shadow shouts on a nightmare scream  
his wings are clipped and his feet are tied  
so he opens his throat to sing.

The caged bird sings  
with a fearful trill  
of things unknown  
but longed for still  
and his tune is heard  
on the distant hill  
for the caged bird  
sings of freedom.

# Wise Words from Our Principal!

Greetings parents, guardians, students and friends,

We made it to October and it was so refreshing to feel that burst of cool air outside. Our students are adapting to the virtual learning platform and we are very excited. Our teachers are making every effort to make sure our students will remain successful despite the absence of face-to-face instruction.

We are delighted to have several new teachers and staff members join our Richmond Technical Center Family. You can read more about them throughout this publication. They have already rolled up their sleeves and become great assets to our school.

Interim report cards were issued on October 15, 2020. Report cards will be issued the week of November 23<sup>rd</sup>. The grades that show up on the report cards are the same ones that appear on ASPEN for parents to view. Please follow-up with your child and discuss any necessary steps to make improvements. Parent-Teacher conferences are scheduled for Wednesday, November 4 and November 11, 2020. Of course, they will be virtual.

We are pleased to have your child study at Richmond Technical Center. If you have questions or concerns, please don't hesitate to contact me at 804-780-6237. Also, feel free to contact the classroom teacher if you have questions or want to discuss ways for your student to improve in their classes. We care about you and your child and want to be as supportive as we can.

Stay safe and be well.



Principal, Jonathan Mitchum

## A New School Year: Virtually

### How to handle Stress **Fitness Tips: Stay Healthy, Manage Stress**

For the biggest benefits of exercise, try to include at least 2½ hours of moderate-intensity physical activity (e.g. brisk walking) each week, 1¼ hours of a vigorous-intensity activity (such as jogging or swimming laps), or a combination of the two.

- **5 x 30:** Jog, walk, bike, or dance three to five times a week for 30 minutes.
- **Set small daily goals** and aim for daily consistency rather than perfect workouts. It's better to walk every day for 15-20 minutes than to wait until the weekend for a three-hour fitness marathon. Lots of scientific data suggests that frequency is most important.
- **Find forms of exercise** that are fun or enjoyable. Extroverted people often like classes and group activities. People who are more introverted often prefer solo pursuits.

- **Distract yourself** with an iPod or other portable media player to download audiobooks, podcasts, or music. Many people find it's more fun to exercise while listening to something they enjoy.
- **Recruit** an "exercise buddy." It's often easier to stick to your exercise routine when you have to stay committed to a friend, partner, or colleague.
- **Be patient** when you start a new exercise program. Most sedentary people require about four to eight weeks to feel coordinated and sufficiently in shape so that exercise feels easier.

Resource: "Tips to Manage Anxiety and Stress. <https://adaa.org/tips>





Richmond Technical Center: **Teaching with love and commitment**

## Kudos To Our Students!

**Students in Criminal Justice:** Jumeka Jones was selected to have her picture placed on a billboard advertising *Decrease Violence in the City*. Janiya Crews, Sha'Mya Green, and a RTC alumna, Alexis Gresham, were nominated to be members of the Virginia Department of Criminal Justice Services Youth Board.

*-D. Miller, Instructor*



## A Look At Our New Staff

### Ms. Mya Cousins, Nurse

**Ms. Mya Cousins** is the Health Care professional and is a Registered Nurse for 17 years, with 13 years at Richmond Public Schools. **Be on the lookout for Virtual Clinic.**  
**Email: [mcousins@rvaschools.net](mailto:mcousins@rvaschools.net)**



My Cousins

## Dr. Vonita Foster, Media Specialist

**Dr. Foster** earned graduate degrees from Virginia State University, B.S. and MED; Clark Atlanta University, MLS; and Virginia Commonwealth University, Ph.D. She has held professional appointments at the Library of Virginia, Virginia State University, Virginia Commonwealth University, Virginia Union University, Dominion Energy, and has served as Executive Director of the U.S. National Slavery Museum. Currently, she is the media specialist at Richmond Technical School. Dr. Foster was appointed the first black woman to serve on the Hanover County School Board for more than nine years; the first black elected president of the Virginia Independent College and University Library Association, and the first black librarian hired by the Library of Virginia who received a grant from Commonwealth of Virginia to attend a licensed graduate library school. She was one of more than 1700 students denied a public school education in Prince Edward County, Virginia in 1954-65 due to massive resistance to desegregation. She has published a variety of resources: *Silent Trumpets of Justice*, *Black Hanoverians*, *The Great Little Boy Who Grew Up to Be a Great Man: Lawrence Douglas Wilder*, *A Museum of Her Own*, *Rocks in the Box*, and numerous professional articles in the *Dictionary of Virginia Biography*, Vol. 3, *Notable Black American Women*, Book 2, as well as library journals.

*Vonita Foster, Media Specialist*



## Ms. Angela Hayes, CNA

**Ms. Angela K. Hayes** received her Masters of Science in Nursing Education from Hampton University. She completed her undergraduate degree in Nursing from Norfolk State University. Ms. Hayes received a Certificate of Practical Nursing from Central School of Practical Nursing. She also received a Certificate in Simulation from Drexel University and is a Certified Healthcare Simulation Educator (CHSE). In addition, she is certified as a Nurse Educator. Ms. Hayes has a passion for aiding the development of future healthcare leaders. She currently serves as a Nursing Instructor for Richmond Public School and Bryant & Stratton. Prior to coming to the Richmond area, she served at Norfolk State University as the Clinical Laboratory Coordinator. Under her leadership, she developed one of the most progressive nursing simulation laboratories in the Hampton Roads Region. Ms. Hayes was recognized by the National League of Nursing in their journal entitled "Nursing Perspectives" for her contributions to Norfolk State University's simulation laboratory. She currently serves as a board member for Virginia State Simulation Alliance (VASSA) and the Regional Director for Hampton Roads.

*Angela Hayes, Law/Safety & Health Sciences*



## Mr. Patrick Korte, History (PLC)

**Patrick Korte** currently teaches history and social studies at Richmond Technical Center's Performance Learning Center (PLC). He has an academic background in history, economics, and sociology, and a limitless passion for the social sciences! He is an alumni of the Richmond Teacher Residency (RTR) program.



*Mr. Patrick Korte, History and Social Studies*

## Mr. Philip Leid, ITRT

**Mr. Philip Leid** has previously taught Social Studies for seven years at King William High School prior to joining Richmond City Public Schools. At King William, Mr. Leid served as the Varsity Baseball Coach and was very active in the athletics there. He holds a Bachelor's Degree from Wilkes University in History, with minors in Secondary and Special Education. His wife Cora is also a teacher in Richmond City Public Schools and is currently a third grade teacher at Cardinal Elementary. Mr. Leid's incorporation and love for technology in the classroom drew him to the ITRT position at RPS. He has experience with Google Apps for Ed, Socrative Assessment, Adobe Products, Schoology, and various other programs. During his free time, he enjoys going for hikes, playing or watching sports, and socializing with friends.



*Philip Leid, ITRT*

## Mr. Hallie Oxley, Cyber Security

**Mr. Hallie Oxley**, Identity Theft Risk Management Specialist who grew up in West Virginia but relocated to Virginia in 2002. He is married, with five kids (all boys) and have eight grandchildren. He has a beautiful three-and-a-half-year-old Siberian Husky named Luna. Mr. Oxley was in the United States Marine Corps from 2000 to 2005. He is or has been at one time or another a Basketball Coach, Scoutmaster, Cub Scout Den Leader, PT(S) and an Executive Board Member (Elected, both County and Local). Moreover, he is a Certification Instructor, Martial Arts Instructor, and the past Student Veterans of America Chapter President. Mr. Oxley has started six businesses so far and the last business is still in operation for almost 10 years. His educational pursue in undergraduate studies were in Marketing, Management, and Sociology in the early '90s. Many years later, he did graduate work in Management, with an emphasis in Leadership. He recently graduated with a degree in Cyber and Network Security with a concentration in Cloud Computing. Mr. Oxley has several professional certifications, but the ones that pertains to his current profession is ITIL (Information Technology Information Library) Foundations v3, AWS (Amazon Web Services) Certified Cloud Practitioner, CompTIA A+, Cyber SAFE, and CITRMS (Certified Identity Theft Risk Management Specialist).



*Hallie Oxley, CyberSecurity*

## **Ms. Julie Taylor, Human Anatomy & Physiology**

**Ms. Julie Taylor** is originally from the Hampton Roads, Virginia area and moved to the Richmond area in February of 2020. She received a Bachelor's degree in Organismal Biology from Christopher Newport University in 2017 and a Master's in Biology from the University of Kansas in 2019 (Rock Chalk Jayhawks!). Her background is in biological research, and Ms. Taylor has published multiple scientific articles and presented at scientific conferences. She decided to switch gears and began teaching after getting a taste as a graduate student. Science is truly her passion, and she loves sharing it with her students every day! That sense of curiosity and investigation are the reasons she became a scientist and try to bring those principles to the classroom.



*Julie Taylor, Law/Safety & Health Sciences*

## **Mr. Jeffrey Taylor, Graphic Imaging and Technology**

The RTC Program, Human & Hospitality Services

**No Photo**

## **Mr. Malik Thompson, Architectural Drawing Design**

The RTC Program, Science/Technology/Engineering/Mathematics (STEM)

**No Photo**

## **Mrs. Jean Martin-Walker, Math (PLC)**

Mrs. Jean Martin-Walker attended Bennett College for two years. She received her Bachelor of Science degree from Virginia Commonwealth University. She received a Master's Degree in Education from Averett University, and a member of Alpha Kappa Alpha Sorority. She has been teaching for more than 26 years; seven years in Petersburg Public Schools and 19 years in Richmond Public Schools.

