

WINTER EDITION 2022



Career Readiness Academy

3702 Princess Place Drive, Wilmington, NC 28405 | Phone: 910-251-6161 | Fax: 910-251-6022



ONLINE EXPRESS

CAREER READINESS ACADEMY AT MOSLEY ONLINE NEWSLETTER



In This Issue

- Updates From Our Principal. p. 2
- TPYA, pp. 4-5
- Counselor's Corner, p. 7
- Black History Month, pp. 9-10
- Olympics, p. 12
- Career Insider, pp. 2-3
- Pre-K News, p. 6
- ACT Information, p. 8
- Daily Holidays, p. 11

UPDATES FROM OUR PRINCIPAL:

CONGRATULATIONS TO OUR TEACHER OF THE YEAR!!!

- **Mr. Motley**

Congratulations to Mr. Freeman

- A featured article posted in the latest addition of [INSIDE NHCS](#)

Welcome our new staff!!

- IPG Coach: Ms. Coleman
- Literacy Coach: Ms. Lambe
- SEL Teacher: Ms. Branch

February is "Love the Bus Month !!

- Thanks to our drivers and monitors!

National School Counseling Week (February 7-11, 2022)

- Thank you, Mrs. Cobb, for everything you do!

March 2022 Dates:

- 2 ACT test date
- 8 Undesignated Teacher Workday
- 11 End of the Grading Period
- 14 Designated Teacher Workday
- 17 Report Cards
- 28 -31 Spring Break



CAREER INSIDER:

CTE- Career and Technical Education (courtesy of ACTE)

What is CTE?

CTE is a broad term for education that combines academic and technical skills with the knowledge and training needed to succeed in today's labor market. CTE prepares students for the world of work by introducing them to workplace competencies in a real-world, applied context.

Why CTE?

A Career and Technical Education will help you be more than just an average student. A Career and Technical Education prepares you to be college-and career-ready by providing you with the core academic skills, employability skills, and technical, job-specific skills needed in today's workforce.

The Value of Career & Technical Education

High School



93%

of students who participate in CTE programs graduate high school.

College



91%

of students who earned 2-3 CTE credits enrolled in college.

Career



2%

wage increase for each year students took a CTE course.

CAREER DEVELOPMENT SPOTLIGHTS

Ethan Montgomery has completed his internship at Live Oak Bank. Ethan will present his Capstone Project in the coming weeks to LOB and CTE Central. Good Luck Ethan!

Kudos to our HUMP DAY participants, Keren Moreira and David Dela Torre Zubiria. These two students along with other selected NHCS students will spend a day learning about health careers during the annual HUMP Day at Campbell University on Feb. 26th.

KUDOS to ALL students who actively participated in the "Reality Check" with Ms. Brittany Pivot, our CFNC.org representative for the southeast region of the state.

KUDOS to ALL our **XELLO Lesson 2** completers for each grade level! **Great Job!**

THANK YOU to all who participated in CTE Month/Spirit Week!

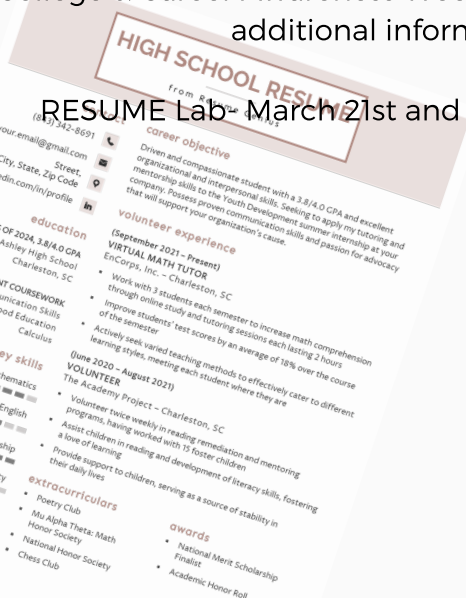
UPCOMING Career Events

HUMP Day @ Campbell University-Feb. 26, 2022.

Mock Interviews- Feb. 28th and March 3rd- Sign up in room 210 with Mrs. Kirby

CFES Early College & Career Awareness Week (ECCAW)- March 7th - 11th. Check your google classroom for additional information about this upcoming event

RESUME Lab March 21st and March 23rd- Location-TBD-Sign-up in room 210



TPYA

The Gift to be Free

by Christina Beam

A exert from Mr. Freeman's news story published in INSIDE NHCS, February 4, 2022

Mr. Freeman was just seven years old when he was run down by a car. The accident left him temporarily paralyzed on his right side, and with a traumatic brain injury that rendered him unable to find the words to speak.

But as soon as he learned to walk and talk again, he was thrown back into the classroom and treated as if the accident — and the trauma it inflicted on his young body — had never happened.

As an adult he found a career as a corporeal mime...“Nonverbal theatre really interested me because I was kind of doing that when I was a little kid and I had to learn to walk and talk all over again,” he said...Corporeal mime takes shared human experiences and emotions, he said, and both simplifies and amplifies them through movement.

...Now a teacher assistant known as “Mr. Will” in the TPYA program at Mosley, Freeman brings his understanding of traumatic brain injury and disability — and the memory of feeling trapped in a world others don’t understand — to his students. Several times a week he offers yoga and mime practice in the library.

When words fail, he shows them, you can express your pain and joy and humanity in other ways. “For these students, from the time they get up in the morning, there’s just so much stimulation coming in,” he said. “The practice of combining breath and movement and slowing down and focusing inward, it helps for sure.”

...In a world that can draw so much out of young people, he asked them to look inward.

Mr. Freeman still feels the effects of his childhood trauma, and he teaches yoga to other traumatic brain injury survivors as a tool to cope and calm and manage their bodies and minds. “There’s plenty of repercussions left,” he said, “but I’m aware of them and I deal with them.”

The acceptance is empowering, for Freeman and his students. As the session at Mosley progressed, Freeman walked them through mime exercises, bodies and faces deflating and re-energizing on command.

“I want to make sure you’re breathing, so what are we going to do?” he asks.

“We’re going to sing!” the students respond.

He leads them in the old Shaker song

“Simple Things,” circling arms in front of themselves

to “’Tis a gift to be simple/,” punctuating with

open arms and chests “’Tis a gift to be free.”

Focused, calm, and energized, they outstretch

their arms and elevate one leg as if they’re

about to take flight, singing, together,

“’Tis a gift to come down where we ought to be.”

Simple Gifts

www.franzdorfer.com

G Am7

'Tis the gift to be sim-ple, 'tis the gift to be free 'Tis the gift to come down

4 D7 G Am7

where we ought to be, And when we find our-selves in the place just right, 'Twill be in the val-ley of

8 G

love and de-light. When true sim-ple-ci-ty is gain'd, To bow and to bend we

12 D7 G

shan't be a-sham'd, To turn, turn will be our de-light, Till by

15 Am D7 G

tur-nin-gand tur-ning we come 'round right.

TP YA

Students preforming in Theater For All. An all inclusive theater program that works with people that have disabilities. They go there every Tuesday, work with Ms. Kim Henry. They work on skits, dances and learn different theatrical skills.



PRE-K NEWS

NHCS Early Education Program is accepting applications for
next school year

New Hanover County Schools Early Childhood Education Program

Families with children living in New Hanover County, who will be **3** or **4** on or before **August 31, 2022** are encouraged to apply for NHCS Early Childhood Education Program.



**SCAN TO START
APPLYING FOR PRESCHOOL**

or visit nhcs.net

Required Child Documents

- ☐ Certified Birth Certificate
- ☐ Immunization Record
- ☐ Insurance Card

If applicable,

- ☐ Individualized Education Plan
- ☐ Individualized Family Service Plan
- ☐ Goals for Private Speech, Physical, Occupational Therapy, etc.

Required Parent/Guardian Documents

- ☐ Parent/Guardian Picture ID
- ☐ Proof of Current Residency
- ☐ Income Verification for the year 2021

If applicable,

- ☐ Legal Guardianship /Custody Papers

Phone Number

910-254-4340

910-254-4119 (español)

Address

4905 S. College Rd.
Wilmington, NC 28412

Website

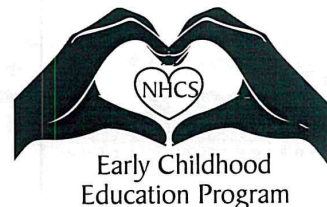
www.nhcs.net

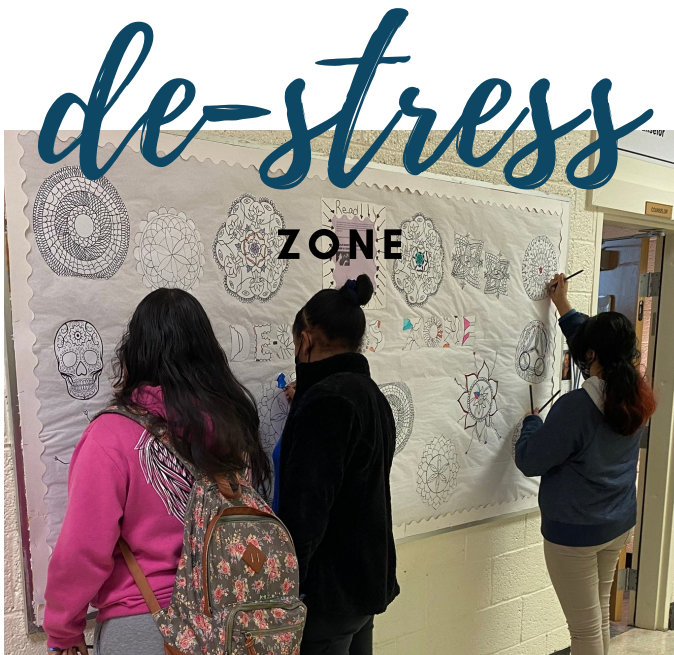


**SCAN TO LEARN
ABOUT THE NHCS
ECE PROGRAM**

Our program application is digital!

Apply from your device or call to schedule an appointment for assistance.





**CFES (College Careers
For Every Student)
college scholarship
workshop**





March 2, 2022

All 11th graders are expected to take the ACT which will be given on our campus March 2, 2022.

If you work remotely, please make arrangements to attend school in person that day. We ask that students arrive no later than 8:45. Necessary materials will be provided and the test is given in an online format.

Make sure you eat a good breakfast that morning and get plenty of sleep the night before to be ready to test.

Please contact Ms. Hazelwood with any questions or concerns: 910-251-6161 Ext. 73733 or susanna.hazelwood@nhcs.net



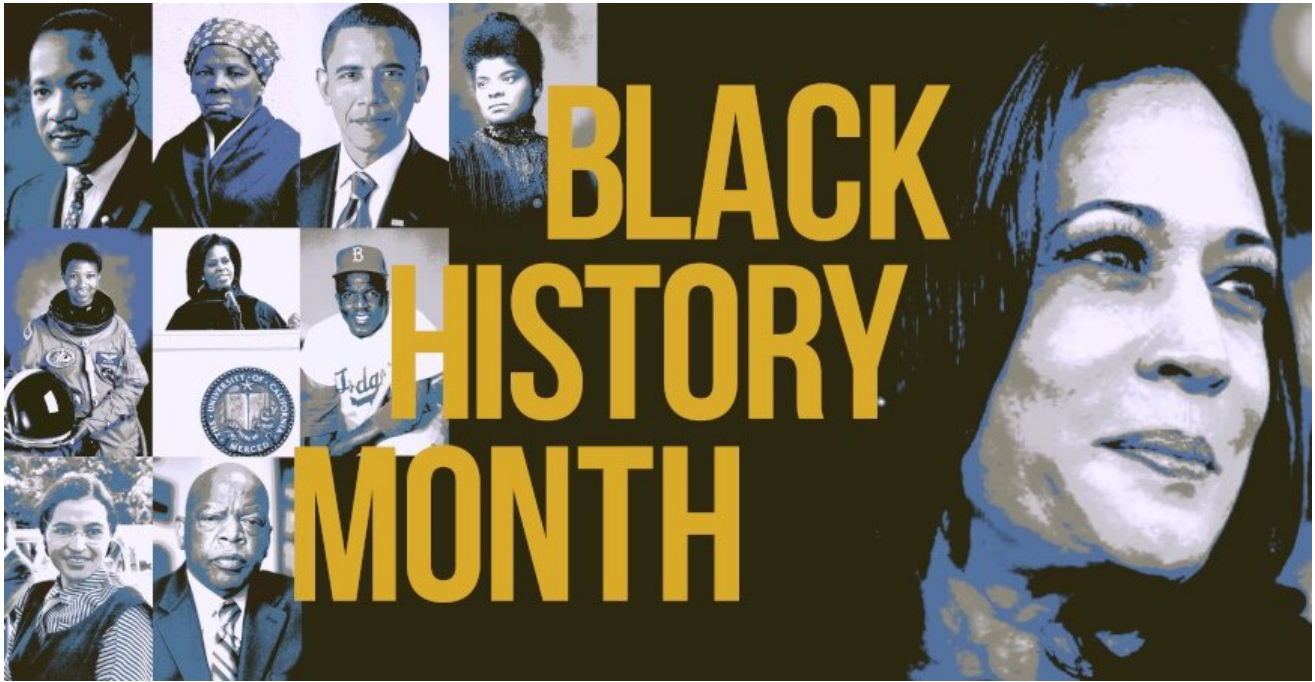
Free Test Prep

<https://www.act.org/content/act/en/products-and-services/the-act/test-preparation/free-act-test-prep.html>



Click on link then scroll down for an overview of the test:

<https://www.act.org/content/act/en/products-and-services/the-act.html>



Black History Month is an annual celebration that started in the US in 1926 by historian Carter G Woodson who proposed marking a time to honor African Americans and raise awareness of Black history. The United States, Canada and Germany observe February as Black History Month to acknowledge the contributions and achievements of the country's Black populations and their role in US history. The month of February was chosen to coincide with the birthdays of Abraham Lincoln, the US president who issued the Emancipation Proclamation in 1863, and Frederick Douglass, an African American orator, social reformer, writer and abolitionist.

The Month also honors the contribution and legacy of activists, politicians and civil rights pioneers, including Harriet Tubman, Martin Luther King Jr, Malcolm X, Rosa Parks, among others. In Canada, Black History Month is seen as an opportunity to celebrate “the achievements and contributions of Black Canadians and their communities who ... have done so much to take make Canada a culturally diverse, compassionate, and prosperous country”.



Martin Luther King, Jr. was a social activist and Baptist minister who played a key role in the American civil rights movement from the mid-1950s until his assassination in 1968. King sought equality and human rights for African Americans, the economically disadvantaged and all victims of injustice through peaceful protest. He was the driving force behind watershed events such as the Montgomery Bus Boycott and the 1963 March on Washington, which helped bring about such landmark legislation as the Civil Rights Act and the Voting Rights Act. King was awarded the Nobel Peace Prize in 1964 and is remembered each year on Martin Luther King Jr. Day, a U.S. federal holiday since 1986.



Birthplaces of 50 African American

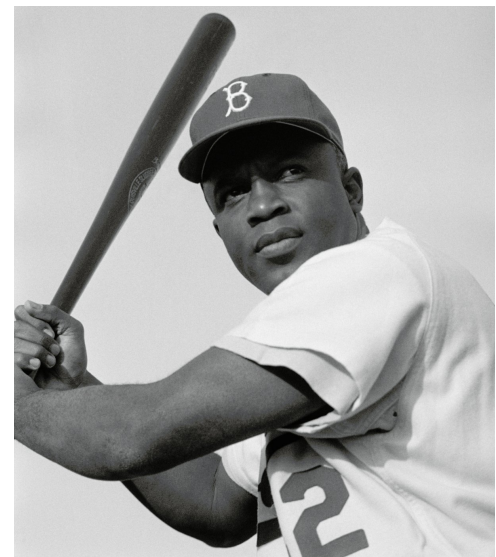
Birthplaces of 50 African American History Makers

Click on the map or the title to open interactive map website



Jackie Robinson Breaks The Race Barrier In Sports:

- Jackie Robinson was an Officer in the US Army During World War 2. Something of huge notoriety in itself
- He was not allowed to serve in combat because he refused to sit in a segregated section of a bus in America
- He was rookie of the year his first year of Major League Baseball
- His number is retired from ALL of baseball...Not Just a Team.
- He received the Presidential Medal Of Freedom, the highest award an American can receive out of the military
- He was a huge figure in fighting for civil rights
- He struggled with diabetes
- He was the first African American Vice President of an American Corporation
- Every MLB must wear number 42 on Jackie Robinson day, which honors him
- He was the first African American TV Sports Analyst On Television For ABC



Daily Holidays

Feb 1: National Dark Chocolate Day

**Feb 2: Ground Hog Day
National Girls & Women in Sports Day**

Feb 3: National Day the Music Died Day

Feb 4: National Homemade Soup Day

Feb 5: World Nutella Day

Feb 6: National Frozen Yogurt Day

Feb 7: National Fettucine Alfredo Day

Feb 8: National Kite Flying Day

Feb 9: National Pizza Day

Feb 10: National Umbrella Day

Feb 11: National Make a Friend Day

Feb 13: National Cheddar Day

**Feb 14: Valentine's Day
National Organ Donor Day**

Feb 17: National Random Acts of Kindness Day

**Feb 20: National Leadership Day
National Love Your Pet Day**

Feb 23: National Banana Bread Day

Feb 24: National Tortilla Chip Day

Feb 25: National Skip the Straw Day

**Feb 27: National Strawberry Day
National Polar Bear Day**

Feb 28: National Tooth Fairy Day

Mar 1: Mardi Gras Fat Tuesday (date varies)

Mar 2: Old Stuff Day

Mar 3: National Anthem Day

Mar 4: Employee Appreciation Day

Mar 6: National Oreo Cookie Day

Mar 7: National Cereal Day

Mar 10: Popcorn Lover's Day

Mar 12: Girl Scouts Day (and Mrs. Reed's birthday)

Mar 14: National Potato Chip Day

Mar 15: Ides of March

Mar 16: Giant Panda Bear Day

Mar 17: Saint Patrick's Day - wear green!!

Mar 19: Let's Laugh Day

Mar 20: International Day of Happiness

Mar 21: World Poetry Day

Mar 22: As Young As You Feel Day

Mar 23: National Puppy Day

Mar 24: National Cheesesteak Day

Mar 25: Waffle Day

Mar 28: Something on a Stick Day

Mar 30: Take a Walk in the Park Day

Mar 31: National Crayon Day





The first ancient Olympic Games can be traced back to Olympia in 776 BC. The ancient games included running, long jump, shot put, javelin, boxing, and equestrian events. The site became deteriorated by enemy invasions, earthquakes and floods. They came to an end around 394 AD when Roman emperor Theodosius I outlawed pagan celebrations. Th

They were revived in the late 19th century and have become the world's preeminent sporting competition. ... The first modern Olympics took place in 1896 in Athens, and featured 280 participants from 12 nations, competing in 43 events.

On April 6, 1896, the Olympic Games, a long-lost tradition of ancient Greece, are reborn in Athens 1,500 years after being banned. At the opening of the Athens Games, King Georgios I of Greece and a crowd of 60,000 spectators welcomed athletes from 13 nations to the international competition. 280 participants competed in 43 events, covering track-and-field, swimming, gymnastics, cycling, wrestling, weightlifting, fencing, shooting, and tennis. All the competitors were men, and a few of the entrants were tourists who stumbled upon the Games and were allowed to sign up. In 2004, the Summer Olympics returned to Athens, with more than 11,000 athletes competing from 202 countries. In a proud moment for Greeks and an exciting one for spectators, the shotput competition was held at the site of the classical Games in Olympia..



BEIJING 2022



The first Winter Olympic Games were held in 1924 in France. The original five sports were bobsleigh, curling, ice hockey, Nordic skiing, and skating (figure skating and speed skating). The Winter Olympic Games have been hosted on three continents by twelve countries and held four times in the United States (1932, 1960, 1980, and 2002).

This year, the Chinese capital is making Olympic history as the first city to stage both the Summer and Winter Games. For 19 days, some 2,900 athletes from 91 countries will be competing in 109 different winter sporting events—seven more than the 2018 Games in Pyeongchang, South Korea. The largest delegation is the USA with 224 athletes, followed by Canada with 215, and the Russian Olympic Committee with 212. There are 19 nations with just one athlete in their teams. 55% of athletes are male, with 45% female, which is the most gender-balanced edition of the Olympic Winter Games to date.