



Urbana High School

OWN IT DO THE WORK RESPECT

December 13, 2019



STUDENTS OF THE MONTH

Congratulations to sophomores **Josh Ferguson** and **Lexi Prince** for being nominated and chosen as Students of the Month for December.

SEMESTER EXAMS

Semester Exams are scheduled for December 18,19,20. Early release/late arrival Permission slips were distributed in homerooms. Semester and final exams for high school level courses are not eligible for reassessment. Students who do not return a parental permission slip completed and signed to the main office will be required to be in attendance from 7:35am to 2:37pm each exam day. Extra permission slips are available in the main office. Buses will run at the normal time. Students who ride a bus home will be required to attend the afternoon study hall. Students may not leave school property and return to ride a school bus. All absences for exam periods must be approved through the high school office. Unexcused absences will result in a failing score on the exam, as there is no reassessment option for exams.



Exam Exemptions

Students may qualify for up to three (3) exam exemptions for a final exam for the 2019-2020 school year.

Semester Courses – December or May/June and yearlong courses-May/June Only

Exemption Qualification – A's and/or B's in the course and teacher permission.

TOWER

The UHS Tower makes a great Christmas gift! Don't wait until the last minute. *Second quarter price is \$50*



NOW HIRING

The Urbana City School District is now hiring substitute staff for many positions including teachers, lunchroom aides, paraprofessionals, custodians, secretaries, and bus drivers. Contact the Central Office at 937-653-1402 for more information.

ATHLETIC EVENTS

Urbana High School and the Urbana Athletic Department appreciates your support of district athletic programs by attending events. Please show your support by cheering for our team not against the opposing team and being respectful to all players, officials, coaches, and fans. **Book bags are not permitted at sporting events.**

SENIOR INFORMATION

Information regarding senior pictures, baby pictures, and senior ads has been loaded to the Class of 2020 Google Classroom. For those of you who haven't joined the class, the code is 2m8y0v

SEMESTER AVERAGE/SEMESTER CREDIT

Semester credit, in most cases 0.5 credit, is awarded if the students passes two (2) of the three (3) factors and earning a passing average for the semester grade. The three factors are 1st quarter grade, 2nd quarter grade, and semester exam grade.

Example 1: 1st Q=C counts double
2nd Q=B+ counts double
Sem. Exam=C- counts single

$C \times 2 + B+ \times 2 + C /5$
 $2.0 \times 2 + 3.33 \times 2 + 1.67/5$
 $4 + 6.66 + 1.67/5$
 $12.33/5$
 2.466
Semester Average = C+. (0.5 credit)

Example 2: 1st Q = B
2nd Q = F
Sem. Exam = F

Failed two factors (semester average calculation does not matter)
Semester Average = F (0.0 credit)

PARENT ACCESS

If you have not yet set up your Parent Access account, now is a great time to do so! You can use your Parent Access account to view grades, check attendance and email teachers. If you have not received information on how to set up your account please send your name, your child's name and your email address to Kelli Marsh: kelli.marsh@urbanacityschools.org 653-1453 ext 2126.

REMIND

The staff at Urbana City Schools will be using Remind to share pertinent information with parents. Remind allows our staff to share information through messages that can be received by text, email or through the Remind app. Please make sure your mobile number is updated with your child's office to ensure that the Remind system works properly. Parents/Guardians can login to their Remind accounts through the mobile app or the Remind website (www.remind.com). Once you are logged into your account, you can see which classes you are assigned to and control your communication preferences. If you are not receiving information through Remind, or need help with your account, please contact Kelli Marsh: kelli.marsh@urbanacityschools.org 937-653-1453 ext. 2126 for further assistance.

UPCOMING EVENTS

Friday, December 13

2:00pm. Winter Pep Rally
4:45pm. Fr. Boys Bball @ Home
6:00pm. JV Boys Bball @ Home
7:30pm. Var. Boys Bball @ Home

Saturday, December 14

12:30pm. Bowling @ Columbus Square Bowling
1:00pm. JV Girls Bball @ Home
2:30pm. Var. Girls Bball @ Home

Sunday, December 15

11:20am Competition Cheer @ Kenton Ridge HS
2:00pm. Swimming @ Wittenberg University
5:00pm. *Band & Choir Concert in Auditorium*

Monday, December 16

5:30pm. JV Girls Bball @ Bethel Elementary
7:00pm. Var. Girls Bball @ Bethel elementary

Tuesday, December 17

4:45pm. Boys Bball @ Home
6:00pm. JV Boys Bball @ Home
7:30pm. Var. Boys Bball @ Home



Wednesday, December 18

Semester Exams 1,3,5

4:00pm. Bowling @ Dragon Lanes
6:00pm. JV Girls Bball @ Home
Var. Girls Bball @ Home
Board of Education Meeting @ Central Office

Thursday, December 19

Semester Exams 2,4,6

4:00pm. Bowling @ Southwest Bowl

Friday, December 20

Semester Exams 7,8, Make-up

4:45pm. Fr. Boys Bball @ Graham HS
6:00pm. JV Boys Bball @ Graham HS
7:30pm. Var. Boys Bball @ Graham HS

Saturday, December 21

7:00pm. Swimming @ Miami County YMCA

December 23-January 2

Winter Break

Friday, December 27

11:00am. Wrestling @ Butler HS



Saturday, December 28

9:30am. Swimming @ Bellefontaine YMCA
10:00am. Bowling @ Southwest Bowl
11:00am. Wrestling @ Butler HS

Monday, December 30

3:30pm. Bowling @ TP Bowling
6:00pm. JV Girls @ Southeastern HS
7:30pm. Var. Girls @ Southeastern HS

Friday, January 3

Teacher Work Day - No School

4:45pm. Fr. Boys Bball @ Northwestern HS
6:00pm. JV Boys Bball @ Northwestern HS
7:30pm. Var. Boys Bball @ Northwestern HS

Saturday, January 4

10:00am. Bowling @ HPL Bowling Center
1:00pm. JV Girls Bball @ Indian Lake HS
2:30pm. Var. Girls Bball @ Indian Lake HS
4:30pm. Fr. Boys Bball @ Home
6:00pm. Swimming @ West Carrollton HS
JV Boys Bball @ West Carrollton HS
7:30pm. Var. Boys Bball @ West Carrollton HS

Monday, January 6

School Resumes

Tuesday, January 7

4:00pm. Bowling @ TP Bowling
4:45pm. Fr. Boys Bball @ Home
6:00pm. JV Boys Bball @ Home
7:30pm. Var. Boys Bball @ Home

Thursday, January 9

4:00pm. Bowling @ Southwest Bowl
6:00pm. JV Girls Bball @ Fairlawn HS
7:30pm. Var. Girls Bball @ Fairlawn HS

Friday, January 10

4:45pm. Fr. Boys Bball @ Ben Logan HS
6:00pm. JV Boys Bball @ Ben Logan HS
7:30pm. Var. Boys Bball @ Ben Logan HS

Saturday, January 11

6:00pm. Swimming @ Sidney-Shelby County YMCA
JV Girls Bball @ North Union HS
7:30pm. Var. Girls Bball @ North Union HS

Sunday, January 12

TBA Competition Cheer @ Marysville HS





Know! The Red Flags of Teen Depression!

Teachers: We encourage you to share the following Know! Parent Tip with parents you know via email, a parent newsletter, during parent-teacher conferences, or however you communicate with them. The holidays can often be a stressful and difficult time for some teens. The more parents and teachers know what to look for and how to help, the more likely those teens will have the skills and strategies they need to thrive.

It's December; 'tis the season to be jolly. That's easier said than done for many people, adults and teens alike. All the hustle and bustle can worsen the symptoms of those who already suffer from anxiety and depression into. And for others, the holidays can create the perfect storm for the onset of symptoms.

Holiday parties, family gatherings, the overabundance of social media pics and posts, the loss of a loved one, divorce or other family separation, financial concerns, less sleep, indulging in unhealthy foods and drinks, are all contributing factors to people of all ages feeling overwhelmed, anxious and many times, depressed this time of the year.

For some teens, feeling depressed can cause them to withdraw and avoid social interactions, which oftentimes leads to further sadness and loneliness – a downward spiral that can easily spin out of control. These feelings, which may be more easily managed during other times of the year, may be intensified in the midst of the holiday season.

As parents and other caregivers of young people, it is vital to be aware of the many signs and symptoms of teen depression (according to HelpGuide: Parent's Guide to Teen Depression):

- Irritability, anger, or hostility
- Sadness or hopelessness
- Tearfulness or frequent crying
- Withdrawal from friends and family
- Loss of interest in activities
- Poor school performance
- Changes in eating and sleeping habits
- Restlessness and agitation
- Feelings of worthlessness and guilt
- Lack of enthusiasm and motivation
- Fatigue or lack of energy
- Difficulty concentrating
- Unexplained aches and pains
- Thoughts of death or suicide

When considering the red flags for depression, it is important to know that they may look very different in young people versus adults.

Irritability, anger, or hostility: The predominant mood in a depressed teen is oftentimes irritability, as opposed to sadness. It is common for a depressed youth to be grumpy, hostile, easily frustrated, or prone to angry outbursts.

Unexplained aches and pains: When a physical exam turns up zero answers to your child's chronic headaches, stomachaches and such, the cause may be due to depression.

Extreme sensitivity to criticism: It is common for young people who are depressed to experience feelings of worthlessness, which makes them even more vulnerable to criticism, rejection, and failure than their teenage peers.

Withdrawing from some, but not all people: Depressed teens typically maintain at least some friendships, while depressed adults tend to isolate themselves. Depressed youth, however, are known to socialize less, pull away from their parents, and start hanging out with a new crowd.

You are now aware of the many potential triggers of teen depression this time of the year. You are also aware of the signs and symptoms to look out for when it comes to youth who are depressed. Now it's time to start up a conversation with your child, as communication is key.

How you communicate is as important as **what** you communicate. When talking with your child, focus on listening, not lecturing. Be gentle but persistent, knowing that it can be extremely difficult for a teen to express having feelings of sadness and depression. Acknowledge their feelings, even if it seems silly or irrational to you. In the end, trust your gut. If your child won't open up to you, but you know there is something more going on, consider reaching out to a school counselor, teacher, or mental health professional. The essential piece is to get them talking.

Whether you question if there is a potential issue of depression or not, talking regularly with your son or daughter on topics such as this will help to build and foster a strong relationship between the two of you.

In the tip to follow, we will share information on how to help depressed teens navigate through the holiday season and beyond.

Sources

- [Melinda Smith, M.A., Lawrence Robinson, and Jeanne Segal, Ph.D. HelpGuide: Parent's Guide to Teen Depression. October 2019.](#)
- [Jennifer Salerno, NP, Teen Depression and the Holidays. The Struggle is Real. October 2017.](#)

About Know! Teachable Moments

Everyone has a role in prevention. By reading this Know! Teachable Moment today, you're doing your part to prevent substance misuse and create a healthier world for all.

We created these free tips to empower teachers and educators like you to protect your students from alcohol, tobacco, and other drugs. However, we rely on donations from people like you to provide these tips. If you found this tip interesting or helpful, [please consider donating at preventionactionalliance.org/donate](https://www.preventionactionalliance.org/donate).

Know! Teachable Moments are provided by Prevention Action Alliance with support from the Ohio Department of Mental Health & Addiction Services, the Ohio Department of Education, and Start Talking!.

[Know! Parent Tips are also available in Spanish at the Know! archives.](#)



Prevention
Action Alliance