Greetings Cuda Families,

September 201

For the parents, staff, students, and community of

Smyrna

Volume 16/Issue 2

Welcome to the 2017-2018 school year. Our Freshmen Only First Day on August 14th was a great success. The freshmen met their teachers, interacted with staff members during a popsicle break mid-morning, attended a class meeting to learn more from our administrators and Student Government Association, and then wrapped up the day with an amazing pep rally. Special thanks to our Student Government Association who coordinated the event with us, and to the ShowDolls, Barracuda Band, and Cheerleaders who participated with SGA in the Pep Rally. It was a great day! We look forward to working with all of our students throughout the year to achieve their very best.

One of our goals this year is to ensure that every student attends school regularly. Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and in life. We realize some absences are unavoidable due to health problems or other circumstances. But, we also know that when students miss too much school, it can cause them to fall behind academically. You can monitor your student's attendance by listening to the Connect Ed messages that go home each evening when your student has missed one or more periods, or by watching the attendance in the Pinnacle Gradebook. If we can assist you in any way, please call the school.

Finally, we have communication platforms we use to help our families stay connected. Connect Ed messages are one say. You can sign up through the district website at www.myvolusiaschools.org to receive all of our phone calls in a notification to the district app. This allows you to read the message and hold it for future use. Our school website, www.nsbhigh.com is updated regularly to provide important information. Seniors who are not on campus all day, should check the website regularly for information they need. A school Twitter account has been established @NSBHSBarracudas. Important news and recognitions will be posted here. Lastly, this newsletter provides another opportunity to keep our families informed of all the wonderful things happening at our school. If you are not receiving any correspondence, please contact the school to update your contact information.

I look forward to working with you all during the 2017-2018 school year.

Sincerely,

Karen

Karen Chenoweth, Principal

NSBHS Mission Statement:

Working together with parents, school personnel and community members, New Smyrna Beach High School students will graduate with the knowledge, skills and values necessary to be positive contributors to society.

VISIT NEW SMYRNA BEACH H.S. AT <u>www.NSBHIGH.com</u>

Students Earn Perfect Scores on State Assessments

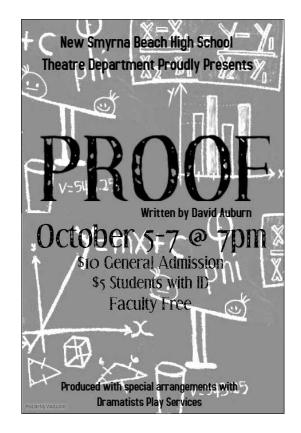
Congratulations to the following students who earned perfect scores on their Spring 2017 state assessments.

- Alex Cobean Biology 1 EOC and Algebra 1 EOC
- Lauren Halpin Grade 9 English Language Arts FSA
- Taylor Hibel US History EOC
- Michael Mitchum Grade 10 English Language Arts
- Michael Saljanin *Biology 1 EOC*
- Alexis Welsh *Biology 1 EOC*

Cudas In The Spotlight

The New Smyrna High theatre department are proud to present "Proof" by David Auburn. This Pulitzer Prize winning play follows Catherine, a young woman who has spent years caring for her brilliant but unstable father, Robert. She must deal not only with his death, but with the arrival of her estranged sister, Claire, and with the attentions of Hal, a former student of her father's who hopes to find valuable work in the 103 notebooks that Robert left behind. As Catherine confronts Hal's affections and Claire's plans for her life, she struggles to solve the most perplexing problem of all: How much of her father's madness—or genius—will she inherit?

The show will run from October 5-7 at 7pm in the NSBHS Auditorium. Tickets are \$10 for general admission, \$5 for students and faculty are free. This show does contain adult themes and mild language.







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NSBHS 9th Annual Seaside Fiesta Event T-shirt Design Competition



SMYRNA SAFARI CLUB PARTNERS WITH NSBHS SCHOOL OF THE VISUAL AND PERFORMING ARTS PHOTO CLASSES 2017

The School of Performing and Visual Arts and photography teacher Tina Curry are thankful for the opportunity the Smyrna Safari Club was able to host the ninth annual T-Shirt contest, 2017 **Seaside Fiesta Summer Surf Contest.** This partnership teaches striving young arts to use their creative skills to promote their artwork and it also gives a real-world experience in today's competitive creative job world. Students from Creative Photography classes at New Smyrna Beach High School created custom t-shirt designs for the New Smyrna Beach, Smyrna

Surfari Club's annual Surf Contest during Flagger Avenue's summer block celebration . This is an annual NSBH Senior Scholarship fundraiser event hosted by the Smyrna Beach Surfari Club, devoting their time to surfing and serving their local community to raise money to create a scholarship opportunity for a senior at their local community high school. This was the ninth year photo students have competed in the T-shirt contest.

This year's winning contest design was created by **Starr Shaver, Grade 12**, (AP ART) was awarded the winner of the contest. Her diligent work, creative talent and constant enthusiasm with this project definitely had its benefits. She received one hundred dollars for her effort and creativity, as well as the excellent form of publicity of his artistic talents. The club also donated \$150.00 to the photo department for printing supplies. Her design was printed on hundreds of t-shirts that were given to the contestants and sold to the public. It was also used to print informational posters for advertisement of the contest.





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Travel the World Mrs. Rizzo, Mrs. Everidge and Mrs. Wood

We are excited to announce there are some amazing travel opportunities coming up in 2019!

Mrs. Rizzo will be leading a trip to the Galapagos Islands for 11 days in June 2019. If you are interested in standing on the equator then traveling through some of the most ecologically diverse islands in the world then this is the adventure for you! Please visit the travel page: www.tinyurl.com/travelwithrizzo2019.

Mrs. Everidge and Mrs. Wood will be leading a trip to England, Scotland and France for 11 days in June of 2019. If you are interested in seeing some of the historical treasures these countries have to offer and would like to see them for yourself please visit the travel page: www.tinyurl.com/travelwitheveridge2019.

Students must be enrolled in high school or college at the time of the trip. Parents and family are always welcome. Please e-mail Mrs. Rizzo, Mrs. Wood or Mrs. Everidge directly for more information or visit the travel pages above.

*These are not school-sponsored events, but EF tours has been working with our school for over 15 years.



Galapagos



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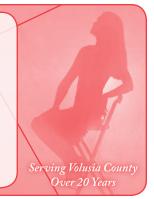
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International Club and World Languages

ZUMBATHON TO CELEBRATE HISPANIC HERITAGE MONTH AND SUPPORT PROJECT GAITU, KENYA AFRICA.

The international club sent 250 brand new backpacks to the high school in Gaitu, Kenya this past summer. We still need 400 backpacks for the elementary and middle school students. We need your help.

As part of the celebration of Hispanic Heritage Month the international club and the World Languages department are having another Zumbathon on Sept 16th from 3pm to 5 pm. Tickets are \$10 for adults and \$5 for students and we are also collecting donations of backpacks and school supplies for Project Gaitu, Kenya. All money raised will be used for scholarships for graduating seniors and to help build a cafeteria and a modern toilet for the school in Gaitu, Kenya.

HISPANIC HERITAGE MONTH SEPTEMBER 15TH – OCTOBER 15TH

The World Language Department and the International Club will celebrate Hispanic Heritage Month with activities throughout the month. The kick off will be Saturday, September 16th from 12 noon- 5pm at the NSB Campus. From noon – 3pm a variety of activities will be held culminating with the Zumbathon from 3-5pm.









MORE THAN YOU NEED TO KNOW ABOUT SCHOOL WAY CAFÉ (SWC) AND THE FEDERAL GUIDELINES WE FOLLOW

By Evelyn Klironomos, RDN, LD/N

Concerned about the nutritional adequacy of SWC breakfasts and lunches? Concerned about nutrition and learning, especially during testing week? Does sugar make children hyper? I am the registered dietitian at your Volusia County's School Way Café and will answer all those questions and more below.

Great News!: School Way Café received a perfect federal audit this April. No citations!

FEDERAL REQUIREMENTS

SUGAR MAKES KIDS HYPER?

USDA United States Department of Agriculture Our menus are analyzed to meet USDA requirements for: ⊠ Fats ⊠ Sodium ⊠ Sugar Calories For Breakfast we must offer: Grain Item 1 Fruit Item Lowfat and Fat-Free Milk For Lunch we must offer: Grain Item Protein Item Vegetable Item Fruit Item Lowfat and Fat-Free Milk In addition, most of our grain products contain 50% or more whole grain. SWC LUNCHES We must offer 5 components at lunch & students must take at least 3, one being a fruit and/or vegetable. Grain Protein (Meat) Fruit Vegetable Milk Students DO NOT have to take an entrée. Students DO NOT have to take a milk. Students may choose to take 1 or 2 fruit. Students may choose to take 1 or 2 vegetables. Vegetables from the following group must be offered weekly: Dark Green; Red/Orange; Beans/Peas; Starchy; Other. Soy milk is available for students with a milk

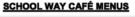
 Soy milk is available for students with a milk allergy or intolerance. Students with a note from a medical authority will receive it with their meal if they want it; all others may purchase it.
 Students may request vegetarian salads daily. vi ev ki cc wi

Sugar definitely has a "bad rap". Everywhere you turn, parents, teachers, administrators, even SWC employees say that "sugar makes kids hyper!" Unfortunately, it is difficult to convince most people that this is false, but I will trv.....

- ✓ For over 20 years, studies supported by the Food and Drug Administration, the New England Journal of Medicine, and the American Dietetic Association, have been unable to support these claims.
- ✓ Research concludes that it is perceived that sugar causes hyperactivity because it can make kids appear "jittery" – for a short period of time. But that effect is extremely small and fleeting, lasting only a few minutes & doesn't show any change in behavior in any of the studies.
- ✓ In fact, being jittery is most common when people feel the need to eat. Once the person has eaten, within 20 minutes, the jitteriness will go away. The sugar in the meal causes people to become calm, or even sleepy, which is an effect caused by sugar raising the level of calming brain chemical called serotonin.
- ✓ Parents, teachers, and others should consider the possibility that the situations in which such foods are consumed (child is hungry, lunch at school, parties, holidays, etc.) may be the contributing factor to increased activity levels rather than the foods themselves
- ✓ Sugar is not a villain and does not cause diabetes, heart disease, or anxiety.
- Sugar does not "cause" weight gain; too many calories causes weight gain. Unfortunately, many of the delicious high calorie things we like to eat have sugar in them.

So, what is sugar? A quick source of delicious energy that provides no nutrients other than carbohydrates; too much may cause cavities and definitely provides empty calories.





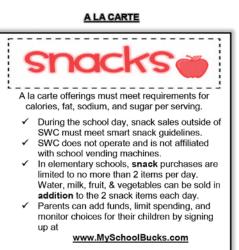


Menus are created for Elementary, Middle, & High Schools. They are planned on a cycle and analyzed by the week for nutrient compliance. The foods we offer are the

lowfat, low sodium versions of items available on the market & in restaurants.

- Offer at least 4 entrée options daily at all schools.
- ✓ Offer 2 vegetables daily, portions are larger than specified by the USDA guidelines.
- Offer at least 2 fruit items daily, portions are larger than specified by the USDA guidelines.
- ✓ Fresh fruit is offered daily.
- Flavored milk is fat free and low sugar.
 Students choose want they want; they cannot be forced to take items, not even the entrée, except that they have to have at least 1 fruit and/or 1 vegetable for the meal to count.
- Nothing is fried. (A few High schools have fryers but are only allowed to fry French fries.)
 Food cannot be restricted or withheld as
- Food cannot be restricted or withheld as punishment.

Menus are posted on the SWC Homepage.



Contact SWC managers for details.

This institution is an equal opportunity provider. This newsletter is provided as a wellness resource by our school system's School Way Café





ADULT MEALS



Adult meals are higher priced because SWC does not receive reimbursement for those meals.

- ✓ SWC is a Federally Funded program.
- Funds received are bases on student meal status.
 Reimbursement for free student meals equals the
- difference of the cost of an adult meal. ✓ Adults who purchase a full meal may receive a
- Addits who purchase a full meal may receive a 16.9 oz. bottled water, tea, or lemonade, where available instead of milk.

SWC BREAKFAST

What makes up a nutritious breakfast? It should contain:

- ✓ Carbohydrate for quick energy.
- Protein for staying power,
- And Fat to pick up the slack between meals when our bodies have used up the carbohydrate and protein.



Our breakfast always contains milk which provides protein as well as large amounts of calcium and not much fat. The sugar in the flavored varieties is very minimal.



whether it is cereal, toast, bagel, or French toast sticks. Grains are carbohydrates for energy, are low in fat and provide B vitamins.

They also contain whole grain items,

Students wouldn't eat the unsweetened cereals so we offer the lower sugar ones they would eat.



Students have to choose a fruit if they want a reimbursable meal. Fruits provide carbohydrate, for energy, fiber, and many nutrients. They are nutritious in any form,

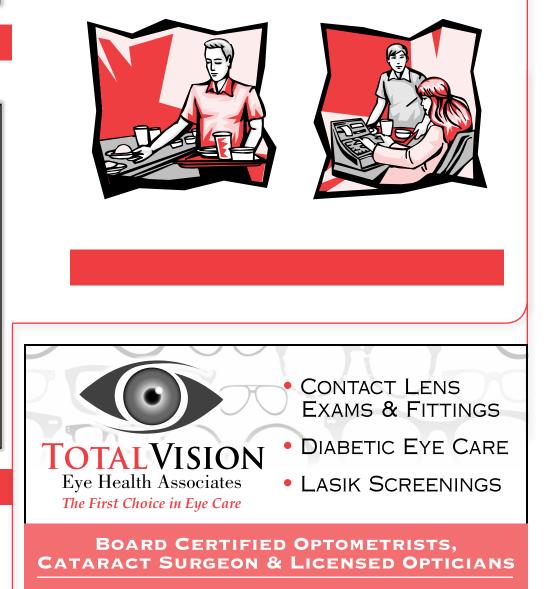
fresh, frozen, canned, dried, 100% juice. Most days we provide an extra item from the protein group: yogurt, chicken patty, pancake sausage wraps,

eggs, etc. We offer at least 4 items daily & students must take 3, one being a fruit item.

Student breakfasts are complimentary this year!

Free and Reduced Lunch Grace Period Ends 9/26

All free and reduced lunch accounts from the 2016-2017 school expire on September 26, 2017. A new application is required each year. Applications may be picked up at the school or you may complete the application online at www. myvolusiaschools.org under the Parent Tab. Please call the school if you need any assistance.



DR. PHILLIP L. STEPHENS DR. J. RYAN TIMKO

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BREAKFAST AND TESTING



Every Spring there is a big push for a nutritious breakfast during testing time, but research shows that eating a good breakfast for a short period of time is not effective for overall good health and

long-term achievement. Children need to start the day the healthy way with a good breakfast!

That said, it is definitely important to make sure they fill their "engines" the day of the big test, that is why we have been offering free breakfasts to students who are taking a test.

Rest assured, SWC breakfasts are nutritious, delicious, and will always meet their needs.



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To Addressee or Current Resident

INTERACT

The Interact Club of NSBHS meets *every* Monday during lunch and office hours in room 6-107. Pizza is generously provided by the Edgewater and NSB Rotary Clubs.

INTERACT is a service club that is driven by the motto *"SERVICE ABOVE SELF."* Joining this club will allow many service hours to be earned in meaningful and fun ways. A school, community, national or international service initiative is planned for each month. Service may be done during or after school and/or on weekends. There is something for everyone!

On August 26th, the project was RISE AGAINST HUNGER! Thousands of meals were enthusiastically packaged to provide needed food nationally and internationally. If you missed this opportunity, another is planned for the Spring.

On September 16th, service hours can be earned during the INTERNATIONAL BEACH CLEAN UP on our own beautiful beaches. For more information and to register, see Mrs. Dykes (INTERACT SPONSOR) in room 6-107.



Our American Cancer Society drive this year is themed "GIVE CANCER THE BOOT" and our fundraising efforts will be heavily donated to this RELAY FOR LIFE cause.

Club officers are excited and full of ideas for enhancing the clubs' relevance and success. A new addition to the meetings is that some time will be devoted to discussing issues of passionate concern to them and likely to other teens as well. These topics made include suicide prevention, bullying, exercise, epilepsy and so on. Your ideas and suggestions are desired too.

At least once a month we will have a guest speaker from the school or community provide information of interest to encourage our desire to be active, informed and valuable contributors to society.