



Skyline High School

Early College

Issue No. 5 | December, 2023



**Happy
Holidays
Skyline Early
College
Families!**



*Thank you!
¡Gracias!*





Principal's Playbook: Ms. Johnson

Greetings and Happy Winter Break!

It's hard to believe that the winter break is almost upon us. This time of year is my favorite as it provides an opportunity for introspection and outdoor activities while indulging in warm beverages like hot cocoa, coffee, and my personal favorite, tea. It's a perfect chance to visit a pumpkin patch and enjoy the cool weather outdoors. Take advantage of the season and enjoy some time outdoors.



Self care tips

- It's nice outside, so go for a walk.
- Visit a pumpkin patch.
- Write a list of ALL the things you are thankful for and see it grow!.

Important Upcoming Dates:

- 12/19-12/22 ACP Exams
- 12/22-1/8 Christmas Break (Winter Break))



ECHS the loop...

UPCOMING EVENTS

- Cohort 2028 Interviews will continue after the Winter Break.

MONTHLY HIGHLIGHTS

Students attempting TSIA for ELAR or MATH may schedule testing at a Dallas Colleges Testing Center . Login to econnect.dcccd.edu or go to <https://www.dallascollege.edu/admissions/tsi/pages/faq-tsi-assessment.aspx> for FAQ's about TSIA test taking at the Dallas College Campuses.



ANNOUNCEMENTS:

Ongoing TSIA testing is available at Skyline during both the Fall and Spring semesters.

To participate, please register for a Saturday Boot Camp. Details regarding registration can be found in the ECHS office and classrooms.



Ms. Sims COUNSELOR'S CORNER...

HELPFUL HOTLINE NUMBERS

Crisis Textline

Available 24/7 | Text "HELLO" to 741741

Support to all individuals in crisis.

www.crisistextline.org

National Suicide Prevention Lifeline

Available 24/7 | 1-800-273-8255 (English) | 1-888-628-9454 (Spanish)

Helps individuals in need of support for thoughts of suicide.

<https://suicidepreventionlifeline.org>

TEEN LINE

Call: 1-800-852-8336 or 310-855-4673 (8p - 12a)

Text: "Teen" to 839863 (8p-11p)

TEEN LINE is a non-profit, community based organization that provides emotional support to youth.

www.teenlineonline.org

HOTLINES

<https://www.dallasisd.org/Page/73307>

COMMUNITY RESOURCES

<https://dallasareahabitat.org/community-resources/>

COMMON TEEN MENTAL HEALTH ISSUES...

HELPING YOUR TEEN DEAL WITH HOLIDAY STRESS:

It's the time for joy and merriment – but despite being the jolliest of holidays, the holiday season is also a common source of stress and teen mental health issues. According to VISIONS Teen Mental Health, over 80 percent of Americans experience more stress and lower mood during the holiday season, and a surprising one-third of adults in the US would rather skip the holiday season altogether.

The holiday season is a time for feasting and celebration, but for some it can be a time of shopping rushes, large crowds of people, anxiety-inducing social events, transit nightmares, and depressingly long nights. For teens with existing mental health issues, they can get a lot worse underneath all the stress.

Here are some common teen mental health issues and how to manage them during the holidays.

- **Reunions and Social Anxiety:** Teens who struggle with anxiety may have issues relaxing around people they aren't used to interacting with. Large events, multiple people coming together, and the added stress and buzz that comes with making preparations to receive and host others can put a large toll on teenagers with anxiety issues and exacerbate their symptoms.
- **Winter and Seasonal Depression:** Seasonal affective disorder is a type of mood disorder characterized by low mood and symptoms of depression during the winter months, most often. It also just so happens that the holidays cluster around the winter months. For many, the shift towards colder winter months, longer nights, and less overall sunlight can play a role in their low mood. The added stress of the preparatory holiday season can make things even harder.
- **Getting Through the Season with ADHD:** Teens and adults diagnosed with ADHD generally experience heightened anxiety and stress symptoms during the holiday months. The excitement and lack of structure can become a bit too much for some teens, and boil over into stress.



- **Alcoholism and Addiction in the Yuletide:** Heightened life stressors are always an immense risk factor for teens with a history of substance or alcohol abuse. Teens with substance use disorders may struggle with greater cravings and risk of relapse when faced with overwhelming situations. Parents, other family members, and friends might be busy preparing or celebrating – making it easier and more tempting to fall back on old habits to deal with the overstimulation and lack of structure. There are resources available to help your loved one during the holiday season.
- **Create a Healthy Schedule:** Trying to structure and schedule things reliably and consistently during the holidays can be a nightmare. But you can still help make an impact in your life or your teen’s life by helping them develop a basic schedule to keep things going during most of the holidays. Even when it’s something as simple as giving them cutoff hours for social gatherings or electronics, or helping them continue to schedule things like studying, practice, and hobbies even during the holidays. Help keep structure alive by sticking to curfews and the usual wake-up calls to avoid oversleeping or deteriorating sleep schedules.
- **Carve Time for Peace and Quiet:** Teens with a lower tolerance for the stressors of the season will have tighter boundaries for how much they can interact and engage with others before it takes a toll on their mental health.
- **Sleep is Critical:** Maintaining a healthy sleep schedule throughout the holiday season can be maddening, but will go a long way towards improving your teen’s mood and mental state throughout the holidays.
- **Seeking Assistance:** A healthier, balanced approach to the holiday season can help reduce the impact of its stressors, but sometimes professional help is necessary. If you or a loved one are struggling during the upcoming holiday season, there are resources listed on the previous page are available to help.



Parent Portal



Parent University -

Academic GPA (Grade Point Average) is a numerical representation of a student's overall academic performance. It is commonly used in educational institutions to assess a student's level of achievement and to determine eligibility for various academic honors, scholarships, and admission to higher education programs. Here are some key points to help you understand academic GPA:

- Grading Scale: GPA is typically calculated on a scale of 0 to 4.0, although some institutions may use a different scale. The specific values assigned to letter grades may vary, but a common scale is as follows:
 - A: 4.0 (Excellent)
 - B: 3.0 (Good)
 - C: 2.0 (Average)
 - D: 1.0 (Below Average)
 - F: 0.0 (Fail)
- Course Credits: Each course you take is typically assigned a specific credit value that represents the amount of instructional time or workload associated with the course. A standard course may be worth 3 credits, but it can vary depending on the institution and the level of the course.
- Grade Calculation: To calculate your GPA, each course grade is multiplied by the number of credits for that course. The resulting value, called the grade points, is then added together for all courses taken in a specific period (e.g., semester or academic year). Finally, the total grade points are divided by the total number of credits taken to obtain the GPA.



- **Weighted and Unweighted GPA:** In some educational systems, a weighted GPA is used to account for the difficulty level of certain courses. Weighted GPAs assign higher values to grades earned in advanced or honors courses, reflecting the additional challenge and rigor. Unweighted GPAs, on the other hand, treat all courses equally.
- **Cumulative GPA:** A cumulative GPA represents the overall average of all courses taken throughout a student's academic career or a specific period, such as a semester, year, or entire program. It provides a comprehensive evaluation of academic performance.
- **GPA Scale Interpretation:** GPA scales provide a standardized way to interpret academic performance. Generally, higher GPAs indicate better performance and academic excellence, while lower GPAs may indicate room for improvement or challenges in certain subjects.
- **Importance and Use:** Academic GPA is used by educational institutions to evaluate student performance, determine class rankings, make decisions about academic honors and awards, assess eligibility for scholarships or grants, and in some cases, for admission to higher education programs.
- **Transcripts:** GPA is often reported on academic transcripts, which provide a comprehensive record of a student's grades and courses taken during their academic journey. Transcripts are frequently requested by colleges, universities, employers, and other institutions as part of the application or evaluation process.

Remember that GPA is just one measure of academic achievement, and it is important to consider other factors like extracurricular activities, personal achievements, and personal growth when evaluating an individual's overall capabilities and potential.

We Love Learning

by ECHS Teachers

TUTORING HOURS

ENGLISH:

Mr. Stewart
Tue 8:30 - 9 and 5-5:45 pm

Mr. Strickland
Wed 6-7 pm
Thur 8-8:45 am
by appointment

Mr. Phillips
Tue/Wed 4:30-5:30 pm
Thursday by appt only

MATH:

Ms. Anthony
Mon/Wed 4:30-5:30 pm
Fri 8:00-8:45

Ms. Gaius- Obaseki
Tuesday 4:30-5:30 pm
Mon/Fri 8:00-8:45

Dr. Neal
Mon/Tue 4:30-5:30 pm
Fri 8:40 - 9:05 am

SCIENCE:

Ms. Donkor
Mon 8-8:45 am
Tue 4:30-5:30 pm 8-8:45 am

Dr Tirrey
Mon/Wed 8.00-8:30am
Other by appointment

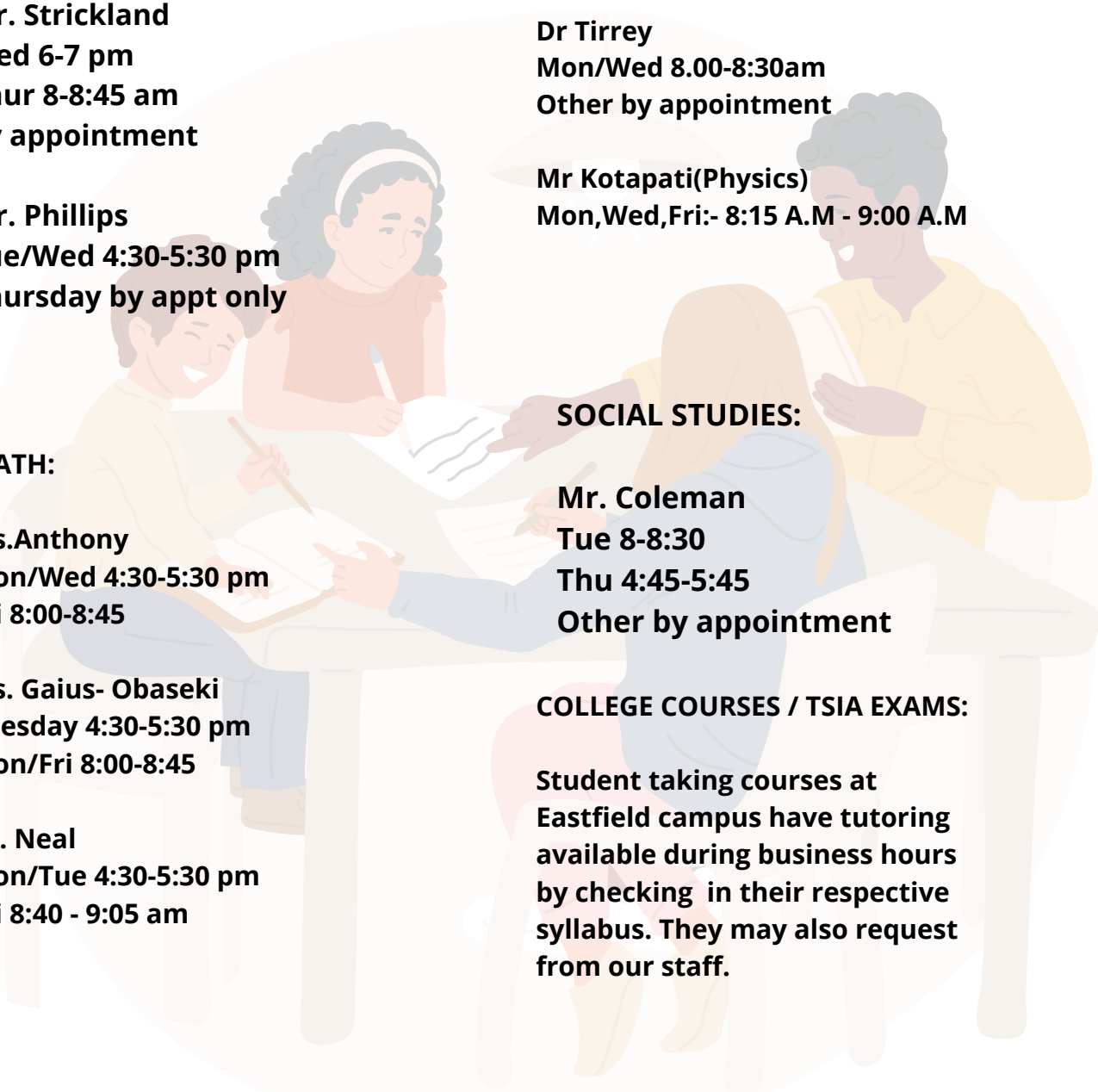
Mr Kotapati(Physics)
Mon,Wed,Fri:- 8:15 A.M - 9:00 A.M

SOCIAL STUDIES:

Mr. Coleman
Tue 8-8:30
Thu 4:45-5:45
Other by appointment

COLLEGE COURSES / TSIA EXAMS:

Student taking courses at Eastfield campus have tutoring available during business hours by checking in their respective syllabus. They may also request from our staff.



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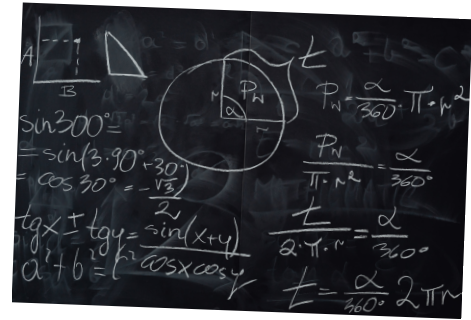
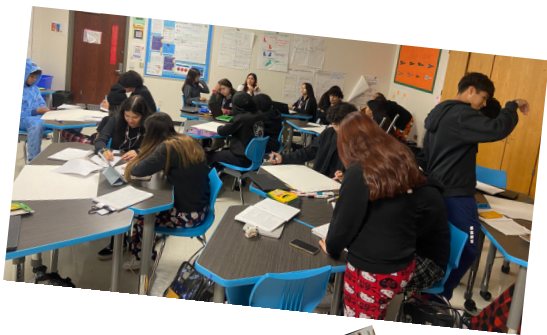
MATHEMATICS

Algebra I Honors- Dr. George Neal

Scholars are focused on analyzing graphs, studying formulas, solving equations Synthesizing and problem-solving skills for this unit . This will better prepare our scholars for the future.

Geometry Honors - Ms. Obaseki

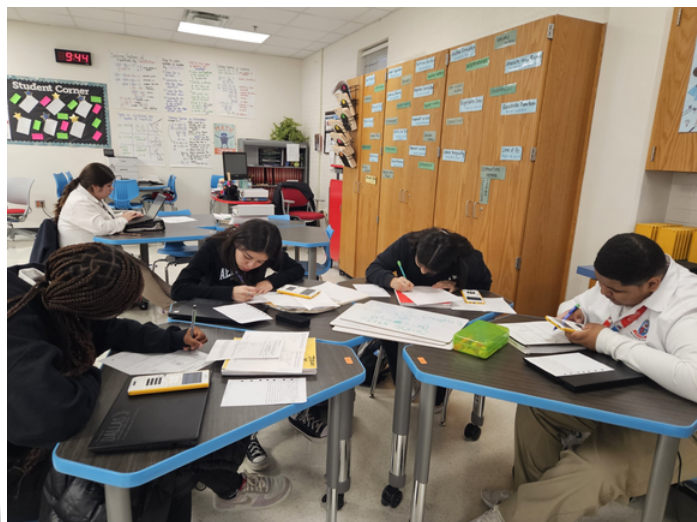
Scholars are moving up the hierarchy analyzing transformations. The are learning how to determine the image of a pre-image of a given two-dimension figure under a composition of rigid transformations and identifying congruent figures.



Algebra II Honors - Ms. Anthony

This is it!! This week, scholars focus on reviewing for semester 1 ACP exam. Students are solving various problems through: stations' rotation, jigsaw activity, search and rescue activity, write to learn, and individual practice time. Test questions from variety of resources are recycled through listed activities for scholars to familiarize themselves with how questions are asked on assessments.

Students can continue to review from home online using Mathia, Delta Math or review the posted on google classroom.



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ENGLISH

English I - Mr. Stewart

As we finished "The Bet" text, we are preparing to finish our first full essay. We are preparing for ACP exam at the end of the semester.

Important Updates

- We began our novel 1st novel November 27th: Fahrenheit 451 by Ray Bradbury.

At Home

- VOCABULARY, VOCABULARY, VOCABULARY! The best way to aid your student in their English class and for their upcoming exams is to encourage and challenge them in the area of learning new words.

English II Honors - Mr. Strickland

Congratulations to my English II Honors students for their success on the Common Assessment for the 1st 9-week cycle. Overall, **95% of my students passed the exam**. In addition, **22% of them received mastery**. I could not any prouder of my amazing English scholar students!



English IV - Mr. Phillips

ENGL-1301 Composition I

This is it! We are in the last few weeks of our 16-week course and students are about to embark on their research paper final. We have had two weeks of preparation with citation and argumentative writing. We will have a timed writing assessment prior to Thanksgiving Break and wrap things up with our final paper with a topic of student's choosing. Let's Go!!!!

AP English IV

We are wrapping up our King Lear reading and will be composing our first Q3 writing assignment next week. After Thanksgiving Break we will double back to Unit 4 for a multi-week short story unit that leads us into our APMC semester exam. It is going to be intensive but that's AP for you! We've Got This!

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SCIENCE

Chemistry - Dr. Tirrey

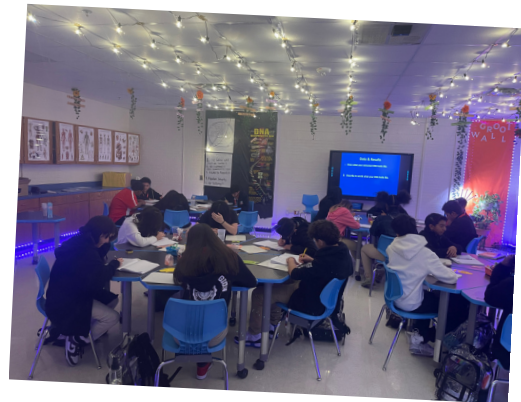
Chemical Formula and Compounds, Collaboration skill strategies have been the main focus these days

It all started by creating a list of basic collaboration skills, such as listening to others, expressing ideas and opinions, following directions, asking for help, giving and receiving compliments and constructive criticism, and negotiating.



Biology Honors - Ms. Donkor

Home stretch! Scholars are reviewing for semester 1 ACPs. Scholars are reviewing using interactive powerpoint in google classroom along with stations and fun science review games.



Physics - Mr. Kotapati

The Scholars independently designed and constructed a mouse trap-powered car as part of a hands-on project. They applied principles of physics and engineering, carefully selecting materials and components to optimize the vehicle's performance. The process involved brainstorming, prototyping, and problem-solving as The Scholars worked collaboratively to build a functional and efficient mouse trap-powered car. Through experimentation and iteration, they honed their engineering skills, gaining valuable practical experience in applying theoretical knowledge to real-world challenges.

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SOCIAL STUDIES / MAPS / COLLEGE TRANSITION



Mr. Coleman

AP Human Geography- We are well into our Cultural unit, discovering dead languages, the origin and diffusion of Hip-Hop, and analyzing McDonalds menus from all over the world. Next up is Political Geography and Midterms.

HIST 1301- The Light is at the end of the tunnel! only 2 more chapters, and 1 more exam! Don't forget, Book Review is due November 24.

HIST 1302- 1 more chapter! please make sure you take the Ch. 27 quiz before Sunday 11/12. Final draft of Book Review is due 11/24.



EDUC-1300 - Dr. Owens Seaverson

Success coach Griselda Flores visited Dr. Seaverson's College Transition classes in A9 to introduce herself and share the availability of resources. Students have access to her, as well as tutoring, library services, and tech support. Ms. Flores reassured students of the many opportunities available with our partnership at Eastfield College. If you visit L200, you can get your school-issued laptop or personal device looked at free of charge. If you need support when it comes to writing your papers, there is help! If you are hungry, there is a food pantry. If you need a bus pass, Eastfield has got your back. Before you struggle, reach out to our success coach for any and everything by emailing gflores@dccd.edu. Develop a growth mindset and do your best to grow yourself and others.

