



Skyline High School

Early College

Issue No. 10 | May, 2024



Congratulations Cohort 2024!

Congratulations on your early college graduation! Your hard work, dedication, and determination have paid off. You have accomplished a remarkable feat by completing your education ahead of schedule, and the Skyline Early College Team has no doubt that your future holds great success. Best wishes as you embark on the next chapter of your journey!





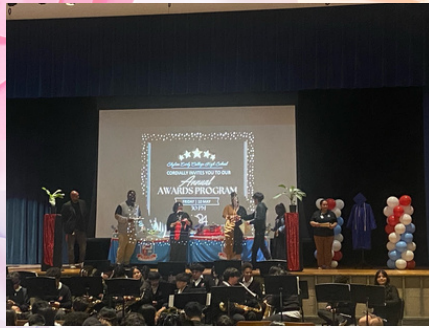
Principal's Playbook: Ms. Johnson

Happy Mother's Day!



Award Ceremony!

College Success was amazing!
The Scholars were celebrated and had a ton of fun.



Self care tips

- Plant some flowers.
- Journal- write it down!
- Talk a walk.

Classroom Expectations

- Testing PREP: Testing has began for STAAR and AP test will follow.
- TSIA Prep in all classes daily.
- Collaborative Grouping.
- Student Engagement.

Important Upcoming Dates:

- ACP exam week of May 20th - 23rd
- Return device on May 24th
- Parent University 2.10.24
- High School Graduation May 19 @ 9 am



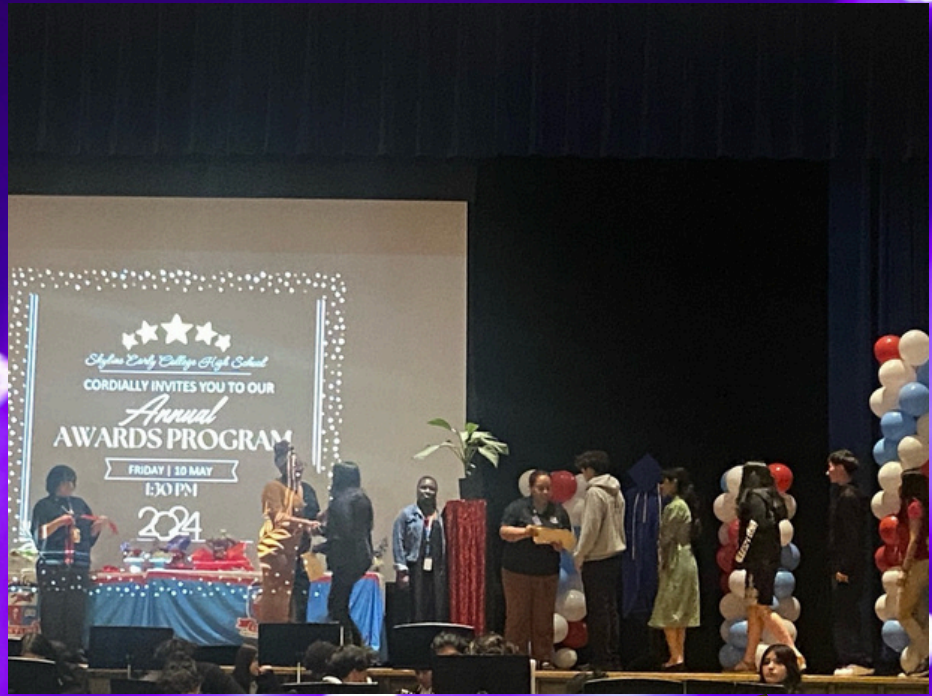
***Dress Code Enforced Daily. MON: Black Polo, TUE:- FRI Collegiate Uniform.**

The uniform includes a Blue, White, Black or Red Early College Polo and on khakis, tan , blue or black.

Award Ceremony 2024

- In pictures...

ECCHS the loop...



Ms. Sims

COUNSELOR'S CORNER...

MENTAL HEALTH CHECKLIST:

Everyday:

- move my body
- take a break from screens
- say 3 things I am grateful for
- eat healthy
- sleep for 7-9 hours

Once a week:

- connect with a friend/family member
- plan an outdoor activity
- set a new goal (school, home, or activity)
- claim and celebrate a win

Once a month:

- try a creative activity or new hobby
- finish a book
- take a 1 day break from social media
- help someone

MONTHLY HIGHLIGHTS

Eating for Optimal Learning

Healthy eating is essential for optimal brain function and learning. By providing your body with the right nutrients, you can enhance cognitive performance, focus, and memory. Here are some guidelines for healthy eating to support learning:

- **Eat a Balanced Diet:** Include a variety of nutrient-dense foods from all food groups, such as fruits, vegetables, whole grains, lean proteins, and healthy fats. This ensures you get a wide range of vitamins, minerals, and antioxidants essential for brain health.
 - **Omega-3 Fatty Acids:** Include foods rich in omega-3 fatty acids, such as fatty fish (salmon, mackerel, sardines), chia seeds, flaxseeds, and walnuts. Omega-3s have been linked to improved cognitive function and can support learning and memory.
 - **Hydrate Well:** Staying hydrated is crucial for optimal brain function. Drink plenty of water throughout the day to maintain proper hydration levels, as even mild dehydration can affect cognitive abilities.
 - **Avoid Skipping Meals:** Skipping meals, especially breakfast, can negatively impact your concentration and energy levels. Aim to have regular, balanced meals and healthy snacks to keep your blood sugar stable and provide a steady supply of energy.
 - **Limit Processed Foods and Added Sugars:** Highly processed foods and foods high in added sugars can lead to energy crashes and decreased focus. Opt for whole, unprocessed foods whenever possible and choose natural sweeteners like honey or fruit instead of refined sugar.
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- Include Antioxidant-Rich Foods: Antioxidants help protect the brain from oxidative stress and inflammation. Incorporate foods rich in antioxidants, such as berries (blueberries, strawberries), dark chocolate, green leafy vegetables, and colorful fruits.
- Moderate Caffeine Intake: Moderate caffeine consumption can have short-term benefits for focus and alertness. However, excessive caffeine intake can lead to jitters and disrupt sleep patterns. Limit your intake and be mindful of how caffeine affects your individual tolerance.
- Eat Regularly: Irregular eating patterns and long gaps between meals can cause fluctuations in blood sugar levels, leading to decreased energy and focus. Aim to eat regular, smaller meals throughout the day to maintain stable blood sugar levels.
- Don't Neglect Breakfast: Breakfast is important for replenishing glucose levels after an overnight fast. Opt for a balanced meal containing protein (e.g., eggs, Greek yogurt), whole grains (e.g., oatmeal, whole wheat bread), and fruits/vegetables.
- Practice Mindful Eating: Slow down and pay attention to your eating experience. Chew your food thoroughly and savor each bite. Mindful eating can enhance digestion and help you make healthier food choices.

Remember, a healthy eating plan is just one aspect of overall well-being. Adequate sleep, regular physical activity, stress management, and a balanced lifestyle are equally important for optimal learning and cognitive function.



Mr. MEJIA COORDINATOR'S CORNER...

HAPPENING THIS MONTH!

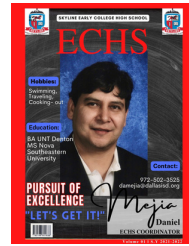
Cohort 2028 Onboarding:

1. Skyline HS Registration (to ensure schedules are completed timely)
2. Dallas College Application (all Early College students will obtain a college ID so that we can register them for their first college course EDUC-1300)
3. Complete the TSIA Pre-Assessment Test.
4. Study for TSIA ELAR (the Texas Success Initiative Assessment 2.0 is a series of placement tests for students enrolling in public colleges and universities in Texas.

MONTHLY HIGHLIGHTS

The Texas Success Initiative Assessment 2.0 (TSIA2) exams are important for several reasons. Here are some key points highlighting their significance:

- **College Readiness:** The TSIA2 exams are designed to assess a student's readiness for college-level coursework in reading, writing, and mathematics. By passing these exams, students demonstrate that they possess the necessary skills and knowledge to succeed academically at the college level.
- **College Placement:** The TSIA2 scores are often used by colleges and universities in Texas to determine the appropriate placement of students into the appropriate courses. Based on TSIA2 results, students may be placed into college-level courses or, if additional preparation is needed, developmental or remedial courses to bridge any skill gaps.
- **Time and Cost Savings:** Passing the TSIA2 exams can help students save time and money. By placing directly into college-level courses, students can avoid taking developmental courses, which may not count towards their degree requirements. This allows them to progress more quickly through their academic program and potentially graduate earlier.
- **Academic Preparedness:** Successfully passing the TSIA2 exams indicates that students have a solid foundation in core subjects like reading, writing, and mathematics. These skills are not only crucial for success in college but also for various professional endeavors and lifelong learning.



- **Increased Opportunities:** Passing the TSIA2 exams opens up a range of academic and career opportunities. It allows students to pursue their desired degree programs and explore diverse fields of study. Moreover, it provides a solid foundation for future academic and professional achievements.
- **Personal Confidence:** Passing the TSIA2 exams can boost a student's self-confidence and sense of accomplishment. It validates their abilities and signifies their readiness to take on the challenges of higher education. This confidence can extend beyond academics and positively impact other areas of their lives.
- **Academic Support:** For students who do not pass the TSIA2 exams initially, it highlights areas where additional support and resources may be needed. Institutions often offer support services such as tutoring, workshops, and academic counseling to help students strengthen their skills and improve their exam performance.
- **Graduation Requirements:** In some cases, passing the TSIA2 exams may be a requirement for graduation from certain degree programs or institutions. Meeting these requirements ensures that students fulfill the necessary academic standards set by their institution.
- **Overall,** passing the TSIA2 exams is important for college readiness, placement, academic preparedness, and opening doors to academic and career opportunities. It serves as a milestone in a student's educational journey, providing a foundation for success in higher education and beyond.



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)
 - Some institutions may also use "+" and "-" modifiers (e.g., A+, B-) that slightly adjust the numerical values.
 - 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.
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- **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. Phillips
Tue/Wed 4:30-5:30 pm
Thursday by appt only

MATH:

Mr. Nguyen
Mon/Wed 4:30-5:30
Fri 8-8:45 am

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

SCIENCE:

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

Ms. Malakar
Mon/Tue/Fri 8-8:30
Other by appointment

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 specific rooms for Reading/Writing and Math. Other Instructors offer tutoring information available in their respective syllabus