



THE FLYING L NEWSLETTER

FORT LAUDERDALE HIGH SCHOOL

DETERMINED TO LEVEL UP

Quarter 3, is the time of year, where students need to establish and re-evaluate routines to elevate their academic success, such as attending STAR Tutoring, checking FOCUS and Canvas, and using their Study Hall time to get assistance with their assignments. We will be holding review sessions this semester to prepare for upcoming testing. Please have students reach out to teachers for these opportunities. We look forward to continuing to work collaboratively with students and their families to foster a school environment that is safe, inclusive, and focused on student achievement. Hopefully, you were able to join us for our EOC/FAST Parent Night on 2/19/26 @ 5:30 PM. We had a great turnout, thank you to all the parents that attended.

X Follow us on X @FlhsOfficial, @PrincipalFLHigh, @flhs_magnet and/or Instagram to get up to date information on what is happening at our school



SENIORS! Our Senior BBQ was amazing! This is your year. At Fort Lauderdale High School we want to continue to make your Senior year as memorable as possible. We are excited to continue to celebrate you and all of your accomplishments!

- **Grad Bash:** April 30th
- **Top 10% Dinner:** April 16th
- **Senior Prom:** April 24th
- **Senior Award Night:** TBA
- **Cap and Gown Distribution:** TBA
- **Graduation:** June 1st at 2:00 PM @ NSU

Please follow FLHS Class of 2026 on Instagram @flhs.sga2026 or visit our school website for more information.

IMPORTANT DATES

- Early Release** - March 12th
- Employee Planning** - March 13th
- Spring Break** - March 16th-20th
- Professional Study Day**- April 2nd
- End of Quarter 3**- April 6th
- AICE Testing Starts**- April 23rd
- AP Testing Starts**- May 4th
- Finals Week**- May 29th-June 3rd
- Last Day Of School**- June 3rd

BROWARD County Public Schools
Established 1915

See Something, Say Something

Be a Broward Buddy, Report a Tip!

In an emergency, call 911 immediately. To submit a safety or security concern that is not an emergency, please use one of the tip reporting methods provided below. Please remember you can choose to remain anonymous.

- Anonymous Tip Submission Box**
Submit a tip easily via our Anonymous Tip Submission Box (no download required). Provide as much detail as you can, including names of people involved, physical descriptions, school name, social media handles, etc.
[BrowardSchools.com/SecurityTips](https://www.browardschools.com/SecurityTips)
- Call Us Anytime (Even on Holidays)**
Call our District Security Operations Center (DSOC) 24 hours a day, 7 days a week (including holidays). One of our friendly DSOC Specialists will take your tip over the phone and submit it immediately to our investigators. Please let the DSOC Specialist know if you wish to remain anonymous.
754-321-3500
- Send Us an Email**
Submit a tip using the email address below. Although your email address is displayed using this tip reporting method, you can choose to remain anonymous by simply requesting it in your message.
SecurityTips@BrowardSchools.com
- FortifyFL**
Submit a tip via FortifyFL online (no download required) or download the app for easier use. Visit FortifyFL using the link below. Your tip will immediately reach law enforcement and Broward Schools investigators.
[GetFortifyFL.com](https://www.getfortifyfl.com)

Broward County Public Schools

WELLNESS & MENTAL HEALTH

At FLHS we know that mental and psychological wellness are integral to school success. Therefore, we want to remind you that you are never alone. If you are feeling overwhelmed, stressed, anxious, or want to talk to someone regarding anything else you are going through, please come by our Guidance office to speak to one of our school counselors, social worker, family therapist, or any other trusted adult. You do not need an appointment for these types of visits. We are in this together.

We also invite you to take some time to visit our [website](#), or the [BCPS Mental Health Services page](#) to learn how we can support each other. There are a vast amount of community agencies and centers that are readily available to support you and your family at any time. Take a moment to review this [document](#) which highlights different community agencies that you may reach out to.



NEED TO TALK?

First Call for Help: 2-1-1

Mental Health Hotline: 754-321-HELP (4357)

National Crisis Text Line: 741741

National Suicide Prevention Lifeline: 9-8-8

CODE OF CONDUCT



We strongly encourage our students to behave in a positive manner and we are continuously rewarding our Flying Ls for displaying positive traits and behaviors.

With that, students and families should continue to familiarize themselves with the Broward County Code of Student Conduct and Policy 5006 as it pertains to disciplinary infractions and criteria for expulsion.

The Code of Student Conduct provides specific information regarding the rules that all students are expected to adhere to, including but not limited to dress code, technology use, as well as items that are prohibited such as weapons, drugs, e-cigarettes and other vaping devices; as well as consequences for violations.

You can access the complete Broward County Code of Student Conduct found online: <https://www.browardschools.com/global6> or search the Broward County Public Schools website under the School Climate and Discipline Section. It is imperative that Code of Conduct and Emergency Contact forms are up to date in our system.



COUNSELOR & STUDENT SUPPORT CORNER

Fort Lauderdale High School Support



Rachel Montrose/ School Counselor
10th-12th Last Names A-K



Andrea Amison/ School Counseling Director
10th-12th Last Names L-Z



Kathleen Jackson/ School Counselor
9th Grade Counselor



Jessica Francois
BRACE Advisor



Danielle Riddle Price
Family Therapist



Valerie Fieds
School Social Worker



Ashley Gordon
Mental Health Specialist



Donisha Brewley
CTACE Advisor

2026 CTACE

SUMMER INTERNSHIP PROGRAM (SIP)
June 15th – July 19th, 2026

Required Hours: 🕒 120 Hours	Typical Schedule: 📅 24 Hours Per Week (5 Weeks)	Student Population: 🎓 Rising 12th Grade CTE Students
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GAIN REAL-WORLD EXPERIENCE!

The Career, Technical, Adult & Community Education (CTACE) department provides **all students** with:

- ★ **Academic & Technical Skills**
- ★ **Hands-On Training**
- ★ **Workplace Competencies**

Preparing You for Future Careers!

All Students. All Futures. All Success.

FORT LAUDERDALE HIGHT SCHOOL

DOES IT AGAIN!

Our Cambridge International magnet program is a National Magnet School of **EXCELLENCE!**



Our Pre-Law & Public Affairs magnet program is a National Magnet School of **DISTINCTION!**



Congratulations to our dedicated staff, students, families, and community partners on this amazing accomplishment!

NEW VENUE UPDATE!



Class of '26
GRADUATION!

June 1, 2026 @ 2:00 pm
Nova Southeastern University



FLHS MAGNET PROGRAMS

Future Flying Ls: If you are a student living within the FLHS boundary zone and interested in enrolling as a Cambridge International or Pre-Law & Public Affairs magnet student, you will be guaranteed a seat at our school. To be eligible for one of our magnet programs, students must have a 2.5 GPA or higher AND a Level 3 or higher on their FAST or EOC exams for Reading and Math.

If you live outside the FLHS boundary zone, you must apply to our program through the District. Visit the Broward County Schools' [School Choice website](https://www.browardschools.com/schoolchoice), complete the application, and select Fort Lauderdale High School as your desired high school!



[browardschools.com/schoolchoice](https://www.browardschools.com/schoolchoice)

STAR TUTORING



FLHS students are invited to join us every Tuesday and Wednesday for this free tutoring opportunity, located in the media center, where they will get support from one of our highly qualified teachers in any of the subject areas listed below.

COURSES/TOPICS OFFERED

- ★ Algebra 1 & 2
- ★ Geometry
- ★ Pre-Calculus & Calculus
- ★ Biology & Chemistry
- ★ FAST ELA
- ★ US and European History
- ★ SAT/ACT PREP

SCHEDULING UPDATES

Now until February 11, students will choose their classes for the 26/27 school year.



GET CAUGHT
DOING SOMETHING GREAT!

WE ENCOURAGE ALL FLYING L'S TO S.O.A.R & HAVE P.R.I.D.E FOR A CHANCE TO EARN FLYING L PRIDE BUCKS AND BE NOMINATED TO BE OUR KID OF CHARACTER OF THE MONTH AND BE INVITED TO A SPECIAL LUNCH WITH MRS. BROWN.

Saturday, February 21st @ 10:00 am
In-Boundary Magnet Registration

Cambridge Magnet and
Pre-Law & Public Affairs Magnet

FLHS MAGNET IN-BOUNDARY REGISTRATION

- Are you an incoming 9th grader?
- Are you zoned for Fort Lauderdale High School based on your home address?
- Do you want to take part in one of our prestigious magnet programs **and** have a level 3 or higher for FAST math and reading?

Scan the QR code to request more information and the required paperwork (to be completed before the registration event).



LITERACY & MATH SUPPORT



Students are encouraged to click on the icons below to access helpful educational websites for both literacy and math support. These sites provide students with additional practice opportunities where they can continue to reinforce the skills that they will be reviewing all year. **Extra time on these online programs will increase student achievement.**





EQUITY & DIVERSITY

Fort Lauderdale High School will recognize various day, week, & month long observances during the school year. Below are the observances for Quarter 3:

- **February:**
 - Black History Month
 - Teen Dating Violence Prevention Awareness
 - 10th: Safer Internet Day
 - 10th-14th: Respect Week
- **March:**
 - Women's History Month
 - TBA: Above the Influence Rally
 - 21st: International Day for the Elimination of Racial Discrimination
- **April:**
 - Stress Awareness Month
 - 1st: April Fools Day
 - 5th: Easter
- **May:**
 - Mental Health Awareness Month
 - Jewish American Heritage Month
 - Haitian Heritage Month & Haitian Flag Day
 - American Muslim Heritage Month

CHARACTER EDUCATION

At Fort Lauderdale High School we take pride in celebrating our students. The School Board of Broward County is committed to the teaching of Character Education and has adopted eight core character traits as part of the Standards of Service Policy. Each month the faculty and staff at FLHS recognizes and highlights students who display the characteristics of various traits.

Character Education
Suggested Activities: High

February **Honesty**

Character Education
Suggested Activities: High

March **Self-Control**



ATHLETICS

We want to **CONGRATULATE** the 15 scholars that signed during Athletic Signing Day. As our winter sports season is coming to an end, we are excited to cheer on our athletes who will be participating in the following spring sports:

Baseball Lacrosse Softball Tennis
Track and Field Volleyball Water Polo

Introducing Girls Flag Football! If you have any questions regarding athletics, please contact our Athletic Director, TJ Lawrence, at tjlawrence@browardschools.com.

You can also follow our twitter page to stay up to date with the latest news [@FlyingLsAthlete](https://twitter.com/FlyingLsAthlete).

- * Congratulations Girls Soccer District Champions!
- * Diving State Champions FL Proclamation 1/20/26.



COLLEGE & CAREER READINESS

Juniors: You will be taking a real SAT exam in school on March 31, 2026. [Click here to begin building your SAT study plan!](#)

We will be holding SAT tutoring after school at STAR for math and reading.

Seniors: Are your test scores close to the Bright Futures requirements, but not quite there? Unless you are earning the AICE Diploma, you need a **1210 SAT or 25 on the ACT** to receive the **75% tuition scholarship!** Bright Futures will accept test scores through the end of June so keep testing! Also, if you work you can submit work hours to meet the service hours requirements for Bright Futures. See Ms. Francois or Ms. Irvin for details.

NATIONAL SAT DATES	NATIONAL ACT DATES
March 14, 2026 <i>Registration Deadline: 2/27/26</i>	February 14, 2026 <i>Registration Deadline: 1/09/26</i>
May 2, 2026 <i>Registration Deadline: 4/17/2026</i>	April 11, 2026 <i>Registration Deadline: 3/06/26</i>
June 6, 2026 <i>Registration Deadline: 5/22/2026</i>	June 13, 2026 <i>Registration Deadline: 5/8/26</i>

****Juniors and Seniors:** You may be able to receive test and application fee benefits for the SAT and ACT. Please click below to learn more:

- [SAT Fee Waiver Service](#)
- [ACT Fee Waiver Program](#)

FLHS

FAST READING CAMP

ATTENTION 9TH AND 10TH GRADE STUDENTS! JOIN US AFTER SCHOOL ON WEDNESDAYS DURING STAR TUTORING TO PRACTICE THE SKILLS NECESSARY TO PASS THE FAST ASSESSMENT.



3:00 PM - 4:40 PM



MEDIA CENTER

Week	Date	Skills/Standard
1	January 21st	Central Idea (R.2.2)
2	January 28th	Author's Purpose and Perspective (R.2.3)
3	February 4th	Text Structure (R.2.1) and Central Idea (R.2.2)
4	February 11th	Opposing Arguments (R.2.4)
5	February 18th	Key Elements in Literature (R.1.1)
6	February 25th	Epic Poetry & Layers of Meaning (R.1.4)
7	March 4th	Universal Themes (R.1.2)
8	March 11th	Coming of Age Experience (R.1.3)





VAPING

The cool and dangerous new alternative to cigarettes

We have seen historic declines in alcohol use, binge drinking, and cigarette smoking among Florida's high school students. However, vaping, or e-cigarette use, is becoming more and more popular among teenagers and are now the most commonly used tobacco product among youth. Although originally marketed to replace cigarettes and reduce the number of smokers, the data indicates vaping is actually creating more people addicted to nicotine and increasing the number of smokers.

Click on the link below to find out how you can help yourself and your child avoid the dangers of vaping.

[FAMILY RESOURCES LINK](#)

#KNOWTHEFACTS



03 Electronic cigarettes can be used with marijuana or CBD oil*

04 66% of teens think that there is "just flavoring" in their electronic cigarettes.?

02

Nicotine can harm adolescent brain development.†

05

21% Florida high school students get their electronic cigarettes from convenience stores and/or gas stations.

01

Electronic cigarettes can have nicotine levels equal to a pack of cigarettes.

06

41% of Broward County high school students said they have used an electronic cigarette.

* Youth Initiative
† National Institute on Drug Abuse
‡ Florida Youth Tobacco Survey 2015
§ Youth Risk Behavior Survey 2017



Secondary Schools (6-12)

- 1st Offense: 1-2 day in-school suspension with required intervention assignments and a referral to the District Substance Abuse Case Manager
- 2nd Offense: 6-day suspension with required intervention program assignments and a referral to the District Substance Abuse Case Manager
- 3rd and Subsequent Offenses: 10-day suspension, recommendation for expulsion and a referral to the District Substance Abuse Case Manager

For more information on Substance Abuse Preventions: E-Cigarette and Vaping Family Resources visit

<https://www.browardschools.com/SubstancePrevention>

STEPS TO AWARENESS AND MAKING WISE DECISIONS

1

BE HONEST.

E-cigarette use is a fairly new area of study, and using scare tactics only offer accurate information when discussing with your teen.

2

BE AWARE.

Be familiar with the products of the top five brands representing over 97% of the market: JUUL, Vuse, blu, and Logic.

3

BE ON THE LOOKOUT.

Know that many e-cigarettes now use USB memory sticks and keep an eye out for your teen may be vaping.

4

START A DIALOGUE.

Suggest your teen speak to a medicine specialist for expert advice.

5

BE SUPPORTIVE.

Teens can call 1-800-QUIT-NOW (or 1-800-784-8669) for additional help.

