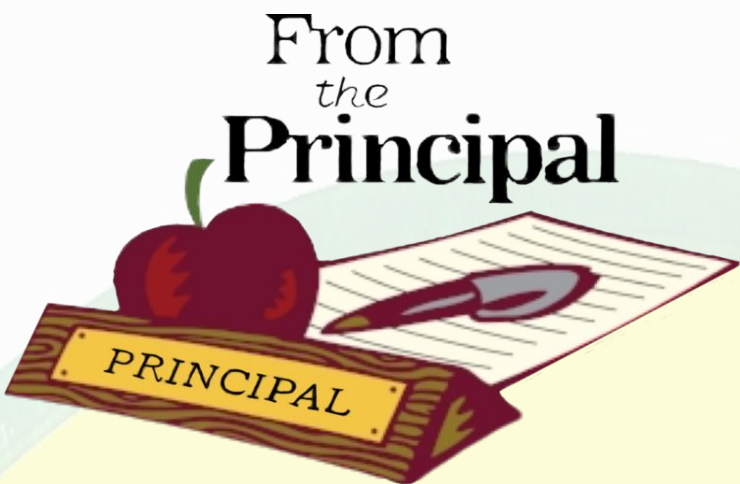


Comet Comments

SCHOOL ISSUE - NOVEMBER 2023



The holiday season is upon us. This time of the year can be extra busy and stressful. I hope all of you are looking forward to spending extra time with friends and family. Before we get to break on December 22nd, high school students should be pushing themselves to finish this first semester strong. Final exams will be December 21st and 22nd. Both days are half days for students. All classwork needs to be turned in before the holiday break. Report cards will be posted online in PowerSchool on January 10, 2024 and mailed home on January 11, 2024.

One thing students at the high school level seem to always struggle with is self-advocacy. Sometimes students can be intimidated or too prideful to ask for help. This is completely normal for their age, but it is a skill that needs to be sharpened. Students who struggle with independently asking for help or assistance usually have a tendency to have a lot of missing assignments. Missing assignments do nothing but hurt a student's chances for success.

Talk to your child about their classes, but also speak to them about trying to specify where they are struggling in a certain subject. Instead of "I don't get it," try to get your child to add to that statement like, "I don't get it because of..., " or "I am struggling to understand what..."

Your child can either ask a teacher for help during class, or before/after school. Our teachers and staff at Coloma High School are willing to help all of our students be successful. Learning to express exactly where a student is struggling can lead to a snowball effect. If a student struggles with one skill but does not express their struggles, then that one struggle becomes many. Usually skills build on top of one another. If a student expresses their struggles early enough, then their struggle will not become a major problem. A student will also see an improvement in their success.

Coloma High School still offers Homework Hour Mondays-Thursdays from 3:00-4:00pm. If students want a place to get their homework done or have a question, we have a teacher ready to help students. Sometimes a smaller environment with not as many people around can help a student express their questions or struggles. Your child can take advantage of this time to help study for final exams.

We can see the end coming to the first semester. It is time for all students to tighten down and focus on making it to that finish line. We can all help support students at Coloma High School by having conversations with students about their classes and how they can improve.



Vision Screening will be conducted on December 12th at Coloma High School by the Berrien County Health Department for all 9th graders. The Health Department has requested that you complete this form. Your child will be bringing home a copy of this form to turn it into the high school office ASAP.

BERRIEN COUNTY
HEALTH DEPARTMENT
better health. stronger communities.

FREE School Vision Screening
To assist the technician, please complete the following:

Screening Date: _____ Grade: _____ Teacher: _____

Student's Legal Name _____ Birthdate _____

Parent Name: _____ Phone: _____

Mailing Address: _____

Has your child ever had an eye exam? @ YES @ NO
If YES, date of last exam. _____

When your child is ill or tired, do their eyes cross or one eye wander? @ YES @ NO
If yes, please explain _____

Does your child wear glasses/contacts? ☐ YES @ NO

Condition of glasses: @ New @ Good @ Broken @ Lost

If you have any questions please call (269)926-7121 ext. 5293 Melissa, ext. 5693 Danielle or ext. 6525 Amber

HV-11 3/22/22

MARK YOUR
CALENDAR!

Dec 1 - 3: Robotics Competition - Gym

Dec 12 - 9th grade vision testing

Dec 13 - Late Start: School starts at 10am

Dec 14 - HS band concert 6pm

Dec 20 - HS Choir Showcase 7pm: end of
Marking Period 2 (Semester 1)

Dec 21/22 - ½ day exams: School ends at
11:37am

Dec 25 - Jan 5 - Christmas Break

Jan 8 - Semester 2 begins

MISSION STATEMENT:

We will inspire all students to achieve at high levels
and empower them for their future success.

INSPIRE TO ACHIEVE –EMPOWER FOR SUCCESS



Sophomores

Interested in possibly earning a college degree while in high school...for FREE? You may want to consider applying for the Early/Middle College (EMC) program. Students are ONLY able to apply for the EMC program in their sophomore year and there is an application process. Don't pass up this amazing opportunity!

Informational Meetings for Early/Middle College (EMC):

December 7, 2023 6 PM at Berrien RESA

December 12, 2023 6 PM at Bertrand Innovation Center

December 13, 2023 6 PM at Berrien RESA

!!! EMC Applications OPEN on DECEMBER 15th !!!

Click [HERE](#) for more information and for the EMC application!!

Seniors

Please use the time during Christmas Break to work on completing FAFSA, scholarships, and college applications.

Importance of Completing FAFSA *(Anticipated to open late December)*

Paying for college might feel overwhelming, but there are many ways to reduce the cost to your family.

- 1. **The first step in securing any kind of financial aid is completing the FAFSA.** To complete the FAFSA, go to www.studentaid.gov and create an account. The earlier you complete the FAFSA, the more financial aid is available.
- 2. Has your student received Medicaid for two consecutive years between ages 9 and now? They may be eligible for the Michigan Tuition Incentive Program (TIP), which provides significant financial assistance at various institutions. Complete your FAFSA and go to the MiSSG Student Portal to determine your eligibility at: www.michigan.gov/mistudentaid.
- 3. Whether or not students qualify for financial aid, everyone can apply for scholarships. Scholarships fall into three general categories:
 - a. **National/state scholarships** are often large prizes with large applicant pools and can be found through reliable websites such as Fastweb and CollegeBoard.
 - b. **Local scholarships** are available to CHS students or Berrien County students only, and applications are available, beginning late December at: www.berriencommunity.org.
 - c. **School/program-based scholarships** are listed on college websites and are only available to accepted students who meet certain eligibility requirements. We recommend that students focus on local and college-based scholarships.

One search engine that I have personally used and love (but cannot “officially” endorse) is GoingMerry for both FAFSA completion and scholarship search. Click [HERE](#) to create your free account or go directly to GoingMerry.com!

Questions?

Please feel free to contact Mr. Shaffer with any questions at: gshaffer@ccs.coloma.org or our College and Career Advisor, Chris Coburn, at ccoburn@ccs.coloma.org



The Comet Bands wrapped up a busy marching season and wasted no time beginning preparations for their winter concert! This concert is on Thursday, December 14th at 6pm in the CHS Auditorium and is open to the public. The bands have also wrapped up a very successful poinsettia fundraiser! Students are also signing up to participate in MSBOA Solo and Ensemble in February. This is a voluntary event that is tailored to students' individual goals and abilities. Winter brings on a busy season for the band program, and our Comets are ready!





- 1) **Warm up and cool down**-You can walk or run in place, jump rope, and stretch to prepare yourself for your workout. It is also important to cool down and stretch to restore your muscles after a workout.
- 2) **Dress appropriately**-Dress in several layers of loose clothing so that the warm air can be trapped between the clothes. Don't forget to wear a hat, gloves, and a scarf. Wear waterproof clothing if it's snowing or raining.
- 3) **Be careful on snowy and icy sidewalks**-Wear appropriate shoes that will give you proper footing.
- 4) **Be aware of hypothermia**-A drop in body temperature can cause serious health issues.
- 5) **Check the weather forecast**-If it is too cold, rainy, or wet consider an indoor workout. You could use an online workout, dvd workout, or your own workout. Some suggestions are using a set of dumbbells to work out your biceps, triceps, and core. Some core exercises may also include a bridge, abdominal crunch, push-ups, single-leg abdominal press, plank variations, superman, squats, lunges, and a one-legged squat.



Planaria: The Masters of Regeneration

Behavioral Science Class



This fall Behavioral Science students had the unique opportunity to experiment with live flatworms called planaria. After making realistic models of the worm and then testing how real ones respond to various stimuli, students performed microsurgies to cut them up into tiny pieces in order to observe their regenerative ability. Students put the worms on top of ice to anesthetize them, and then used a sharp razor blade to inflict a wound according to one of four schemes. Over the period of a few weeks, we were astounded to see the body parts growing back! Here are some student testimonies about the experience:

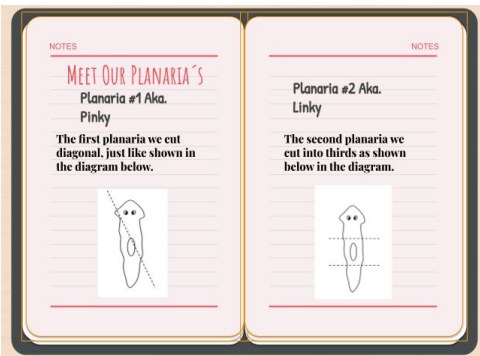
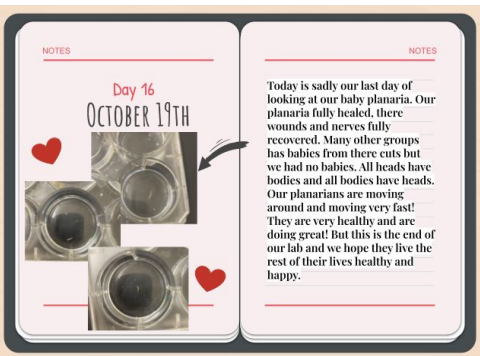
“In my group, I was the one who chose the two planaria we had to dissect. I felt confident about the surgery our group performed. Our cuts were nice and precise. Overall, this was a fun experiment and I'm glad our class got to do it. I enjoy being hands-on with things.” - Eddy Granados

“The lab was unique. I thought it was fun and we learned a lot from it. I was the one who put the different guys into the wells. It was my job to kinda watch over them and they were restoring their wounds in just the short amount of time that I watched them! Overall, I thought this was a cool, fun lab! Definitely one I will remember!” - Lylah Hyska

“We had to perform microsurgery on planaria to observe its regeneration ability. I played the role of surgeon of the planaria. It was a very fun experience and being able to see the worm mend its wounds was really cool. I hope that being able to observe the worms over the next few days will be insightful and useful in the future. I hope all the worms will live.” - Callen Hickmon

After slicing and dicing, students documented their observations for the next few weeks. We learned that stem cells are the reason that planaria, starfish and even humans can regenerate lost body parts. The medical possibilities for using stem cells to treat diseases like Alzheimers, diabetes and spinal cord injuries are exciting to the scientific community. There is much to be learned from the lowly flatworm that could benefit the human race.

Digital student notebook entries:



MISSION STATEMENT:

We will inspire all students to achieve at high levels
and empower them for their future success.

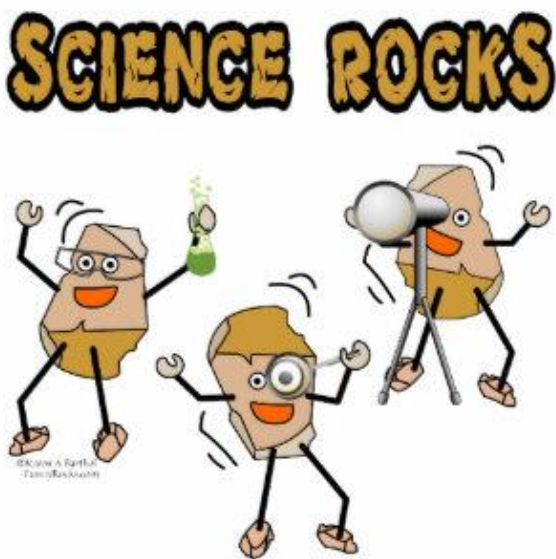
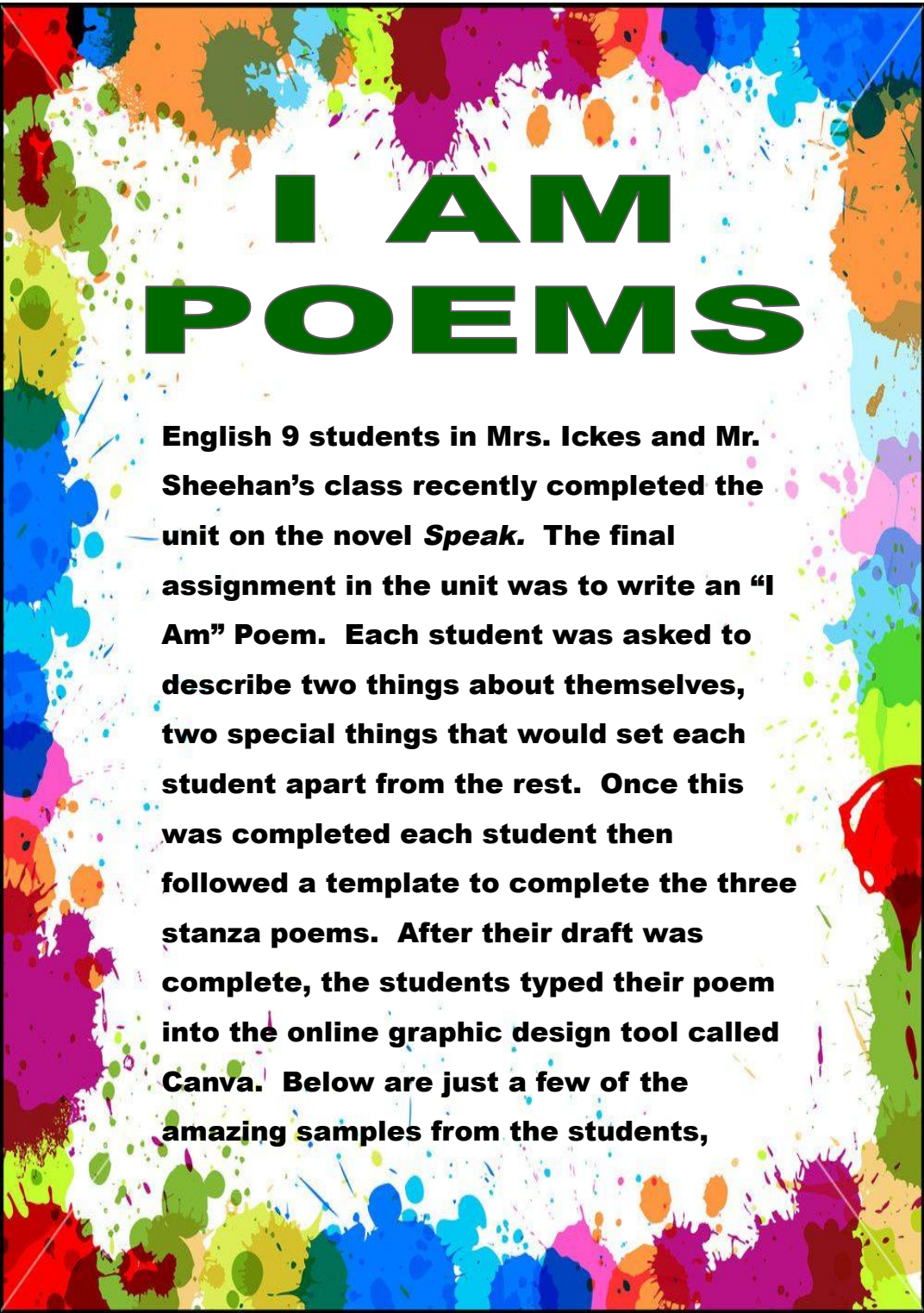
INSPIRE TO ACHIEVE –EMPOWER FOR SUCCESS



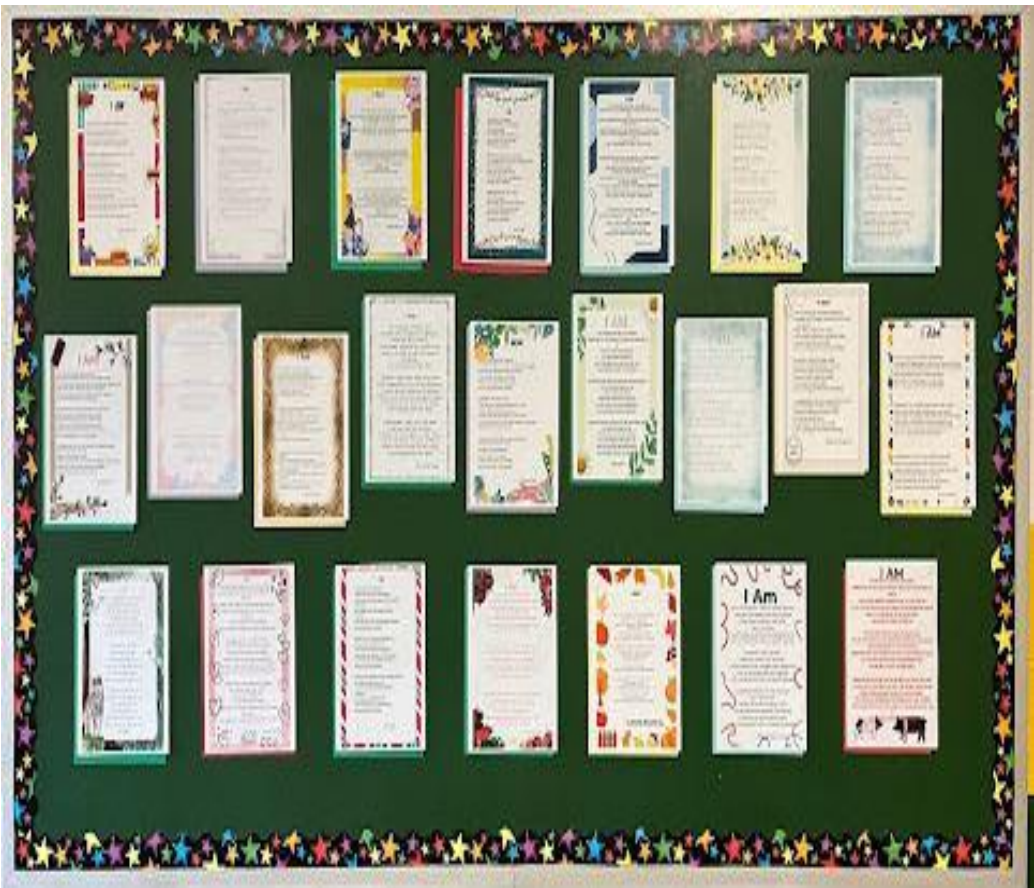
It's an exciting time in Earth Science as our students embark on a fascinating exploration of the Earth's treasures-rocks and minerals! The classroom has transformed into a vibrant hub of curiosity and discovery as our students dive deeper into the mysteries beneath our feet.



This immersive study is designed to not only broaden our student's scientific knowledge but also to ignite a passion for the natural world. The hands-on approach to learning is allowing our students to see, touch and experience the unique characteristics of various rocks and minerals. From the smooth texture of sedimentary rocks to the sparkling crystals of minerals, every specimen tells a story millions of years in the making.



English 9 students in Mrs. Ickes and Mr. Sheehan's class recently completed the unit on the novel *Speak*. The final assignment in the unit was to write an "I Am" Poem. Each student was asked to describe two things about themselves, two special things that would set each student apart from the rest. Once this was completed each student then followed a template to complete the three stanza poems. After their draft was complete, the students typed their poem into the online graphic design tool called Canva. Below are just a few of the amazing samples from the students,



MISSION STATEMENT:

We will inspire all students to achieve at high levels and empower them for their future success.

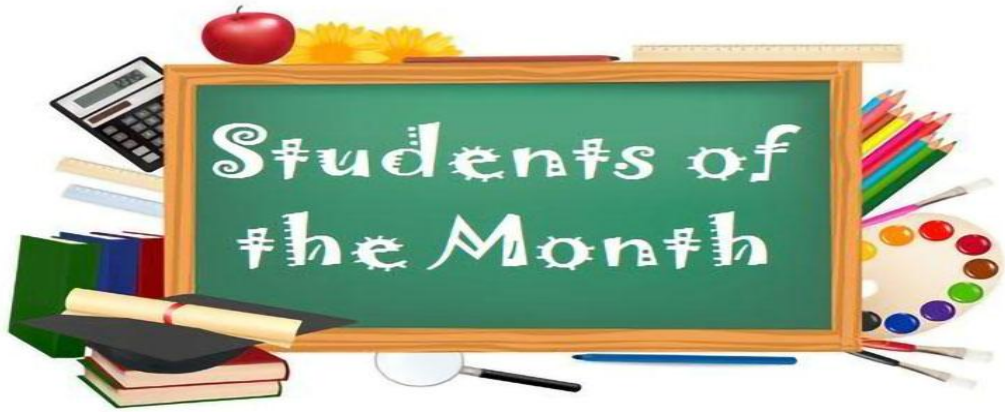
INSPIRE TO ACHIEVE –EMPOWER FOR SUCCESS

STARFISH AWARD



"BE A GOOD PERSON"

This month I got the honor of selecting our next Starfish award recipient. To me it was a clear winner! I chose somebody who bleeds green and gold and cares about all aspects of Coloma! He loves his community and wants to see both the school and community grow and prosper. He is one of the most up front and real people I have had the honor to work with. He truly gives his best everyday and cares about each student not just in the classroom but as an individual and as a citizen. He continues to push everybody he meets to be a better person. I am blessed to call Mr Churchill my friend. He is somebody to look up to and is one of the best leaders I have ever gotten the privilege to follow and team up with. Congratulations to Mr Churchill on being our Starfish award winner for November 2023.



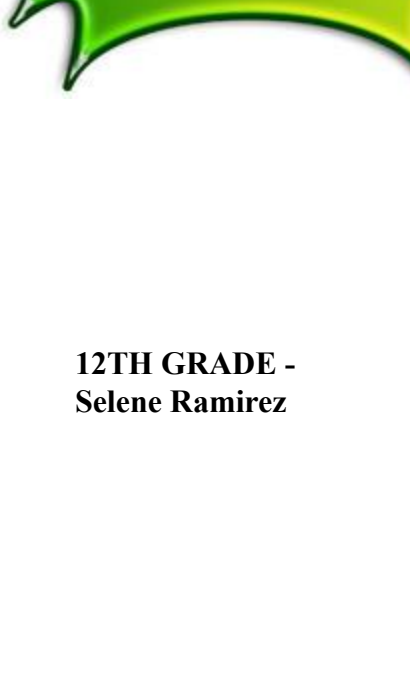
9TH GRADE -
Shelby Thomas



10TH GRADE -
Cole Brown



11TH GRADE -
Tucker Arend



12TH GRADE -
Selene Ramirez



MISSION STATEMENT:
We will inspire all students to achieve at high levels
and empower them for their future success.
INSPIRE TO ACHIEVE –EMPOWER FOR SUCCESS