

Comet Comments

SCHOOL ISSUE - March 2024



Comet Families,

As the standardized testing season approaches, we want to provide you with some helpful tips to ensure that your child performs to the best of their ability. Standardized tests are an important part of the academic year and can play a significant role in determining a child's future academic opportunities. Therefore, it is essential to prepare your child thoroughly for the test.

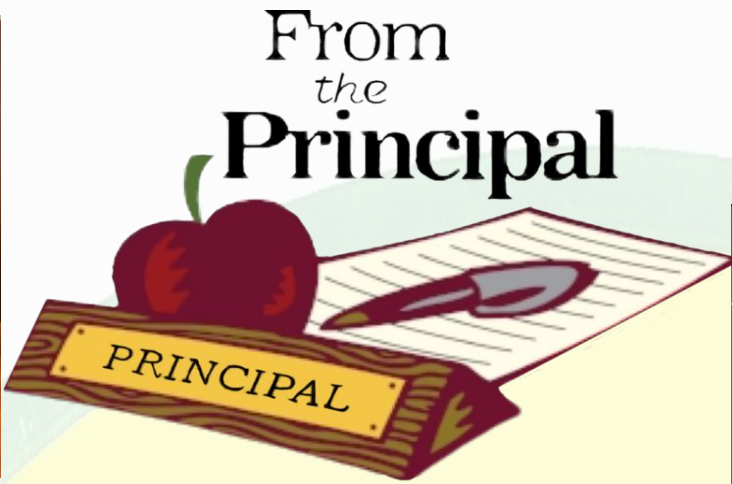
Here are some standardized testing tips that you can share with your child to help them succeed:

1. Get plenty of rest the night before the test. Lack of sleep can affect a child's ability to concentrate and perform to their best ability.
2. Eat a healthy breakfast on the day of the test. Studies have shown that a good breakfast can improve a child's cognitive function and help them focus better during the test.
3. Practice relaxation techniques. Deep breathing, stretching, and meditation can help reduce test anxiety and help your child feel more relaxed and confident during the test.
4. Read and follow instructions carefully. It is crucial to read all instructions carefully and thoroughly before starting the test to avoid making careless mistakes.
5. Manage your time effectively. Encourage your child to pace themselves during the test and manage their time effectively to ensure they complete all questions within the given time frame.
6. Answer the easy questions first. Advise your child to start with the questions they feel most comfortable with and then move on to more challenging questions.
7. Check your work. Encourage your child to double-check their answers to avoid making any careless mistakes.

By following these tips, your child will feel more confident and better prepared for standardized testing. We encourage you to reinforce these tips with your child and help them feel supported during this crucial time.

Below is the testing schedule beginning April 10, 2024. The chart will give you information about breakfast and lunch schedules for each grade and day, transportation changes, and arrival and dismissal times.

Thank you for your support, and we wish your child the best of luck on their standardized tests.



COLOMA HIGH SCHOOL STANDARDIZED TESTING SCHEDULE

	Wednesday, April 10, 2024	Thursday, April 11, 2024	Friday, April 12, 2024
9th & 10th Grades	PSAT 8:00-10:45 <ul style="list-style-type: none">• Breakfast available in cafeteria at 7:40• Bagged lunches available at dismissal.• Students are dismissed immediately after testing.• Students must provide their own transportation home.	Delayed start <ul style="list-style-type: none">• school begins at 11:30am• Students must provide their own transportation to school.	Normal day <ul style="list-style-type: none">• School will begin at 8:00am
11th Grade	SAT 8:00-11:40 <ul style="list-style-type: none">• Breakfast available in cafeteria at 7:40• Bagged lunches available at dismissal.• Students are dismissed immediately after testing.• Students must provide their own transportation home.	ACT WorkKeys 8:00-11:30 am <ul style="list-style-type: none">• Breakfast available in cafeteria at 7:40 am• Normal day resumes at 11:30	M-STEP 8:00-10:30 am <ul style="list-style-type: none">• Breakfast available in the cafeteria at 7:40am• Normal day after testing
12th Grade	Virtual day <ul style="list-style-type: none">• Students will work at home through their Google classrooms	Delayed start <ul style="list-style-type: none">• school begins at 11:30 am• Students must provide their own transportation to school.	Normal day <ul style="list-style-type: none">• School begins at 8:00 am

MISSION STATEMENT:

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

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Testing season is upon us! Students in grades 9, 10, and 11 will be participating in state testing after Spring Break, beginning Wednesday, April 10th.

In addition to familiarizing yourself with our testing schedule listed below, please review the below tips for a positive test taking experience:

- **Study:** The best resource for preparing for the PSAT 9, PSAT 10, and SAT is Khan Academy. All CHS students have a free, online account and can access full length practice tests, videos, and specific test strategies. Students are encouraged to take at least one full length practice test in the weeks leading up to the real thing.
- **Stay healthy:** Students should aim for a full 8-9 hours of sleep each night in the week leading up to the test (and every night beyond that!). As much as possible, students should also incorporate movement, a healthy diet, and relaxation in the days leading up to the test. Students should practice extra hygienic precautions by regularly washing their hands to reduce the chance of illness and ensure they can attend school on the day of their test.
- **Plan ahead:** A few days before the test, students should finalize their transportation plans, collect all of the materials they will need on test day, and familiarize themselves with the test day schedule. On the day of the test, students should arrive on time, well-rested, and ready to go.
- **Attend:** Every single student needs to be in attendance and on time on their testing date. State testing is mandatory for all students in the State of Michigan and it is required for students to be present for each scheduled test.

MARK YOUR
CALENDAR!

April 1- 5: Spring Break

April 10, 11, 12: State Testing

April 20: Junior/Senior Prom

April 22: Senior Composite Pictures

April 24: Late Start- School starts at 10am

April 25: Top Ten Continental Breakfast

April 29: M4 Progress Reports



Students are you interested in earning cash awards for your art? Then you may want to consider entering the Roti Roti Art Center Art Show in Buchanan. All materials and subjects are welcome including: drawings, paintings, sculptures, photographs, and more. Works should be original and there is no entry fee.

Mrs. Ferguson will help you prepare your art but students are responsible for making arrangements to take their entries to the center and pick the artwork back up. All work needs to be dropped off by April 8th.

Please email Mrs. Ferguson for more information.

ROTI ROTI ART CENTER

FEATURING TRI-COUNTY AREA ART STUDENTS

April 9 through May 15

Reception and Awards Presentation, April 14, 2-4 PM

Cash Awards!

ALL STUDENTS, MEDIA AND SUBJECTS ARE WELCOME.
WORKS SHOULD BE ORIGINAL. NO ENTRY FEE.

STUDENTS ENTERING IINDEPENDENTLY should stop in the Center or contact marieremington@sbcglobal.net for an INDEPENDENT entry packet. Use subject line in CAPS: INDEPENDENT STUDENT ENTRIES
Independent students should drop off Monday, April 8, 10 am. to 5 pm.

All work must be picked up on Thursday, May 16, noon to 5 pm.

Roti Roti Art Center, 117 W. Front St., Buchanan MI 49107

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Spring WORKOUT

SIMPLE HARMONIC MOTION



Spring is the perfect time for a fresh start and changing up your workout! After a cold winter, the weather warms up making it easier to engage in a variety of outdoor activities.

The CDC recommends a minimum of 150 minutes of moderate aerobic exercise each week. A more intense workout would only need 75 minutes each week.

A few ideas for working out outside would be running, walking, hiking, or cycling. If you are a beginner then start slowly and increase your levels of time and intensity gradually. You may want to incorporate interval training with a two minute warm-up, 30 seconds of all out effort, followed by 90 seconds of low-moderate effort. Repeat this for eight rounds and then cool down for two minutes.

Walking can be a good activity to engage in with family or friends after dinner. You could get into a routine of getting in more steps each day. Hiking is a popular outdoor activity along trails, forests, and the beach. Cycling is an activity for beginners and experts that is easy on one's joints, benefits one's cardiovascular fitness, strengthens bones, and can help in reducing stress.



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STARFISH AWARD



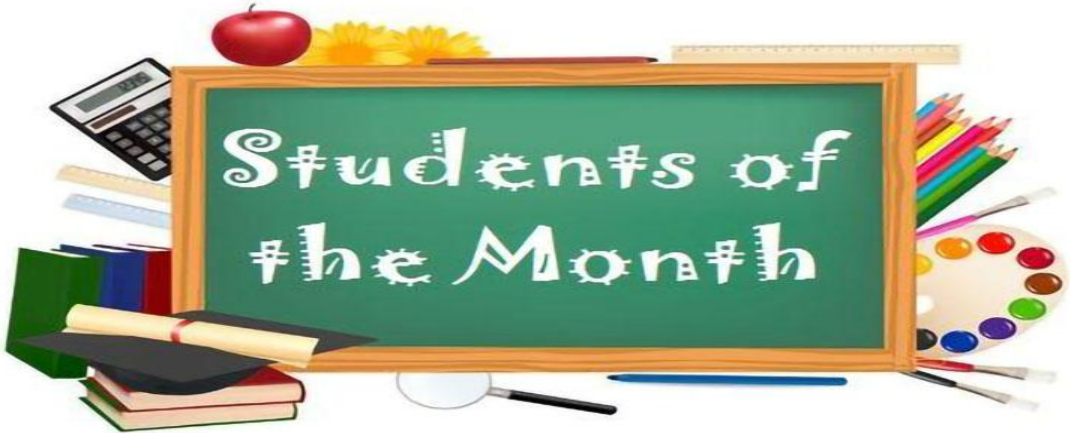
BEFORE 'TODAY AND YESTERDAY' EXISTED, ETERNITY EXISTED. TODAY AND YESTERDAY ARE BOTH BOUND BY THE ELEMENT OF TIME. TIME FLIES OVER US, BUT LEAVES ITS SHADOW BEHIND.

Terry Sheehan has worked in the Coloma Community School system for 23 years teaching English 9 and 11, Film I and II, and AP English. His favorite part of teaching is, of course, the students! Terry shows his passion for teaching books, film and learning in a way that a few forget. Former students are always asking if Mr. Sheehan is still teaching at Coloma and then they go on to tell some little story of their time in his class.

Not only is reading and film a part of Terry’s classes, they are also a favorite part of his down time as well as Hockey and Sports Cards.

Terry’s support of his fellow educators as CEA President and his work on the bargaining team exemplifies the ethos that should be aspired for this work is always aimed at bellering conditions for teachers and students here at Coloma Community Schools.

A “BIG THANK YOU” to Terry Sheehan!



Ryann Axsom
9th grade



Colten Megna
11th grade



Fatima Avelino-Reza
11th grade



Robert Wagner
12th grade

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