

Comet Comments

SCHOOL ISSUE - JANUARY 2023



FROM THE
DESK OF:
Craig Fisher



Comet Families,

The class of 2023 is coming into the home stretch! This is a busy time for families of seniors, but also extended families and friends.

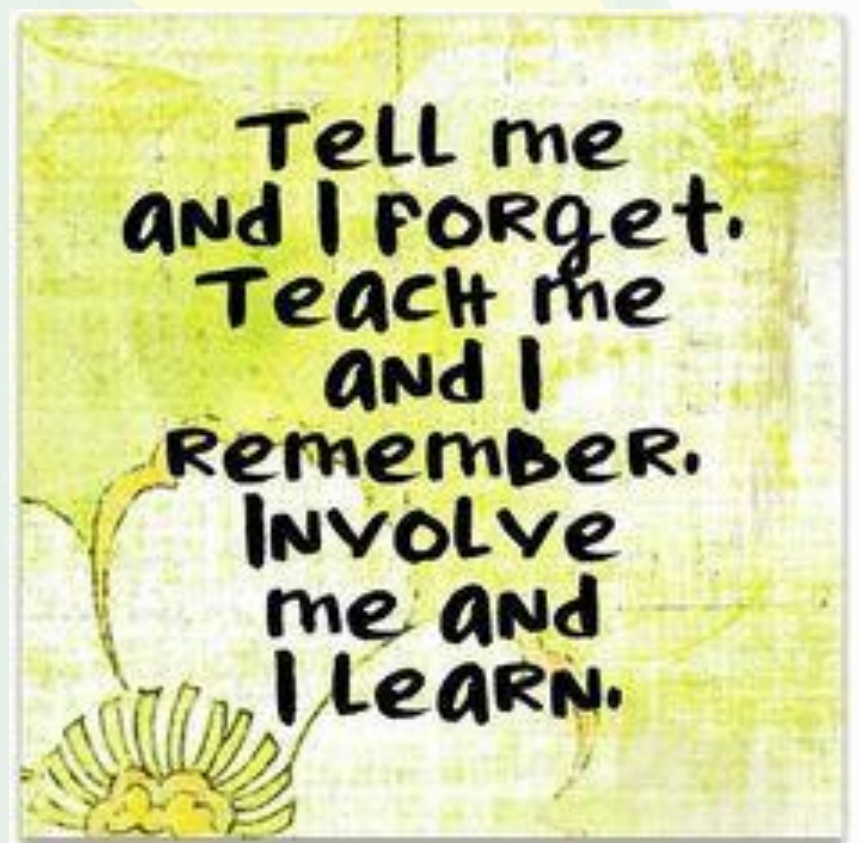
Families of seniors are planning graduation parties, ordering announcements, making sure tickets are available for family members and friends who want to come to the graduation ceremony. Not to mention the usual busy parts and responsibilities of everyday life. Same thing can be said for your senior. Not only are they worried about their future and helping plan for the end of the year, he or she needs to finish this semester strong. We all want the Class of 2023 to help make a memorable year that each of them can look back on through the years with a smile on their face. The most important thing that each member of the Class of 2023 can do to ensure that happens is to finish strong.

Seniors can feel like they are being pulled in hundreds of directions. I am sure you will help your senior stay the course and help your child prioritize as the mad rush to the end of the year gets more stressful.

I would like to remind our seniors and their families about ordering cap and gowns:

- If you have not already done so, order your cap and gown from Jostens ASAP. The cost of the cap and gown is approximately \$60.00. We suggest making sure you place your order by February 15, 2023 through Jostens. You can contact Jostens at 1-800-JOSTENS or through their website at jostens.com.
- Cap and gowns will be shipped to Coloma High School and will be handed out the last day the Seniors are in school.

Coloma High School will be in touch in the coming months with updates throughout this semester. Please be on the lookout for these updates as they will have information you will find useful and hopefully keep stress levels down for all involved. We look forward in helping any way we can. If you have any questions, please don't hesitate to contact the high school office.



February 8: Late Start, School starts at 10am

SPRING COUNT DAY!

February 10: Winterfest

February 13: M3 Progress Reports

February 17 & 20; No School, Mid Winter Break

February 22: Late Start, School starts at 10am

Pre-festival Band Concert

February 28: Freshman Orientation 6:30pm

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!

Just a friendly reminder that Early Middle College (EMC) applications are now open and the **deadline to apply is FEBRUARY 3, 2023.**

Scheduling!

All high school students, along with current 8th graders, will have a presentation on February 13th during RTI to discuss elective options for scheduling. We will then move into scheduling your student(s) for the next school year on the following dates during RTI:

STUDENTS - Please make sure you are here on these dates!

- **Tuesday, February 14th = Current 8th Graders**
- **Wednesday, February 15th = Current 9th Graders**
- **Thursday, February 16th = Current 10th Graders**
- **Tuesday, February 21st = Current 11th Graders**

NOTE: All college classes and CTE classes will be scheduled at a later date.

PARENTS/GUARDIANS - You will be able to see your student(s) class choices in PowerSchool **beginning on Feb 14th and may make changes until Feb 27th.**

I am more than willing to meet with parents/guardians face-to-face to discuss scheduling if needed.



RECOGNITION: Lilly Gast - Dual Enrollment (DE)

Why did you choose to enroll in Dual Enrollment (DE) classes? I enrolled in DE classes because I wanted to get ahead in college. It is an excellent opportunity to get free education for the future.

What college classes are you currently enrolled in? I am enrolled in Sociology 101 and Philosophy 101.

What was your favorite DE class? My favorite DE class I have taken so far was Criminology 101. I found it interesting and I want to get a criminal justice degree so it was just the kind of class I wanted to take.

What are your plans after graduation from Coloma High School? After graduation, I plan to continue going to college and eventually get my criminal justice degree. I plan to stay at LMC for as long as I can and maybe do some traveling while in college.

What are some likes you want to share about taking DE classes? DE is such a great opportunity for students who would like to get ahead. There is always someone to help you if you are struggling. Also, college can be intimidating for some students. DE allows students to ease into college and show them it's not that much different.

What are some things you would like to say to anyone interested in taking DE classes? If you are interested in Dual Enrollment it is a great opportunity but, you do have to apply yourself because it does take work. So, before signing up really consider if you are prepared and ready and if so it will be a great experience in helping you take that next educational step into college.



Thank you, Lilly, for exemplifying "Inspire to Achieve. Empower for Success"!

RECOGNITION: Preston Scott - Early Middle College (EMC)

Why did you choose to enroll in the EMC program? I've heard only good things about the EMC program and I was recommended to enroll by friends and family. My goal was to go to college after high school but I thought it was a beneficial program to allow me to receive my associate's while in high school. It is a huge time saver and a great early step in college life.

What college classes are you currently enrolled in? I am currently enrolled in D.C. Electricity, Intermediate Algebra, and English Composition.

What was your favorite EMC class? My favorite EMC class so far was "History of Rock Music". Although it didn't relate to my major, it was still a very interesting class. I discovered a lot of new artists and genres.

What are your plans after completing EMC? After completing EMC, my plan is to transfer to Ferris State University to get my bachelor's degree in networking.

What are some likes you want to share about the EMC program? One of my favorite aspects of the EMC program is the advisors and assistants. They're very helpful when it comes to figuring out your career path, what classes to take next, if you're on track with credits, and many other useful things. They are always there to remind you and help you out along the way. Another aspect I like is its flexibility. I work a part-time job along with volunteering in the National Honor Society, so things can get quite busy for me. However, when it comes to choosing classes, there are in-person and online courses. Choosing online courses is easier as I can work more easily around things outside of school.

What would you like to say to anyone interested in applying to the EMC program? To those who are interested, just know that it may seem stressful starting the first semester but about a week or two in you'll get used to it and the following years will be a breeze. Also if you not only want to save time but also want to save money, then I really recommend this program. Not only is it just the time and money but it's the people and lessons you learn along the way.



Thank you, Preston, for exemplifying "Inspire to Achieve. Empower for Success"!





Exercise Can Improve Students' Mental Health

Research shows that exercise can be the best defense against a lot of the common mental health issues that students struggle with.

Stress

Students face enormous stress in the classroom and in their lives, including peer pressure, work overload, and high stakes testing. Exercise controls the emotional and physical feelings of stress, and it also works at the cellular level. Physical activity is a natural way to prevent the negative consequences of stress because it can ward off the ill effects of chronic stress and actually reverse them. In addition, studies show people who add physical activity to their lives become more socially active, which boosts confidence and helps establish and maintain social connections.

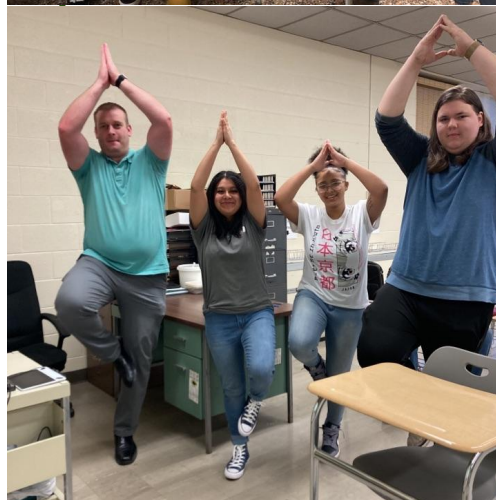
Anxiety and Panic Disorders

Anxiety is defined as a natural reaction to a threat, but worrying when there's no real threat, to the point where one can't function normally, is an anxiety disorder. Panic is the most intense form of anxiety, and I've witnessed my students having panic attacks during tests and cooperative learning situations, or sometimes just from the general pressures of school.

Studies show that the majority of studies show aerobic exercise significantly reduces symptoms of anxiety disorders. Through exercise, people learn to alleviate anxiety and rebuild their confidence. Exercise reroutes the brain's circuits, reduces muscle tension, and teaches a different outcome to an anxiety-provoking situation, ultimately setting an anxious person free from their worrisome tendencies.

Depression

Aerobic exercise is known to have a positive impact on depressive symptoms. Studies suggest that endorphins produced in the brain during exercise contribute to a general feeling of well-being. Exercise also boosts dopamine, which improves mood and jump-starts the attention span. Thirty minutes of moderate exercise a few days a week can do wonders for students who suffer from depressive moods.



GooseChase a Scavenger Hunt Resource for the Classroom

Mrs. Glisson's Behavioral Science class 1st hour students competed in a [Goosechase](#) for a lab experience. Goosechase reimagines lessons, makes high-impact learning a breeze, and boost collaboration with student engagement. This involved about 16 students running around (in teams) to different locations around the building to do tasks/snap photos & videos. You probably heard some scurrying around and possible giggles and chatter in the hallways,

"Thanks to all who agreed to do the "tree pose" with group of kids."

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in the spotlight

CTE



Preston Scott
Digital Multimedia

Preston has demonstrated high competencies in many areas of Information Technology while taking classes at CHS. Preston took Digital Multimedia 1 and 2 during his freshman and sophomore years. During this time he proved to have a strong work ethic along with being organized, and punctual, with great leadership and high moral characteristics. In addition Preston has shown the ability to learn and manipulate new software. During his tenure in my classes he has learned to use the following software and code languages: Adobe Indesign, Adobe Photoshop, Adobe Illustrator, Adobe Dreamweaver, Adobe Premiere and HTML/ XHTML. Preston has also expanded on his knowledge and transferable skills in the area of IT by taking classes at LMC while at CHS. He has taken or is currently enrolled in classes in the following areas: Foundations of IT, Web design/ development, and Networking. Preston is enrolled in the Early Middle College program so he will receive my diploma in 2024 along with an associate's degree. After graduation,he plans to transfer to Ferris State University and earn a bachelor's degree in computer networking.



Cristian Quintana-Santana
Business Management

As a student in my Business Management, Finance Management, Digital Multimedia, and Accounting courses, Cristian has demonstrated a strong work ethic along with being organized, and punctual, with great leadership and high moral characteristics. In addition he has shown the ability to learn and manipulate new software. During his tenure in my classes he has learned to use the following software: Microsoft office, Adobe Indesign, Adobe Photoshop, Adobe Dreamweaver, HTML and XHTML. Skills and experiences that he has attained through classes are: Entrepreneurship, Marketing, Management, Payroll, Checking Accounts, Tax forms, Customer service techniques, Interview skills, Resume building and many more. Cristian is a team player with good leadership qualities and gives his best at whatever he does. His outside interests are:Art, Music, Traveling, Cooking and Baking. After graduation he plans to continue taking classes at a university or college and major in Biology looking to possibly pursue a career as a Physician's Assistant.



Gregory Almora Castillo
PHCA

Gregory is a senior and in the PHCA program. Gregory took PHCA because he has an interest in healthcare and wanted to explore the different types of jobs available. What he likes best so far about observing at the different clinical rotation sites, "the cool equipment they use and things they do" What he's learned so far about healthcare, "it's so much more than doctors and nurses, I didn't know there were so many different types of jobs in healthcare".
What type of healthcare job do you think you will pursue? "I'm really interested in mental health counseling"



Carsyn Goldner
Welding

Carsyn does a fantastic job in welding! He is a good all around student and is never afraid of taking on new challenges or helping other students to grow. He currently is an advanced welding student and in the internship program where he is placed at Amhawk International where he welds different products together.



Mathew Shook
Automotive Technology

Mathew is a student in the Coloma High School Automotive Technology program and is currently placed as an intern at ABC Truck Repair in Coloma, MI.
Mathew decided to take Automotive Technology when he was working on vehicles after school in our Open Lab period, with his brother who was a current student in the CHS Auto Program.
When asked about what he enjoys most about his CTE class Mathew said he likes the satisfaction of making broken things work and solving problems. Mathew has received rave reviews from his Mentors at ABC Truck Repair Orville and Dustin Teter and along with them sits on my Advisory Committee as a student member.
As Mathew's Instructor in Automotive Technology, I can say he is a problem solver and has grown into a very capable technician in the 3 years I have had him as a student. At this point he is able to handle any customer job that comes in with little to no assistance. He also demonstrates the ability to lead and teach others who have less experience than he does in the repair world.

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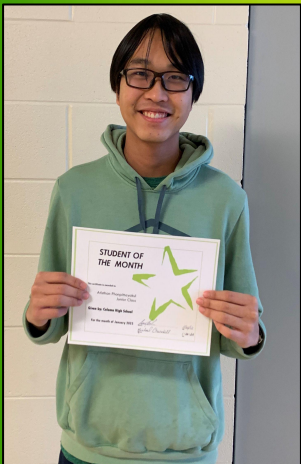
★STUDENTS OF THE ★MONTH



**9TH GRADE -
Ava Leaman**



**10TH GRADE -
Brandy Starling**



**11TH GRADE -
Atisthan Phonpittayakul**



**12TH GRADE -
Savannah Hamilton**

STARFISH AWARD

Mr. Klee has been teaching high school mathematics for 9 years and loves to watch the students be proud of their success and growth after overcoming challenges they initially struggled with. He feels blessed to have a wonderful wife and two daughters spending most of his spare time with them, as well as visiting other family members. With any spare time left and having the love for football, he also spends time watching and studying football. If you stop and visit the Klee's, he would love to impress you with his culinary skills on the grill.



"Dream big never sell yourself short. Push yourself to develop the skills you need to make those dreams come true. Then don't give up on those dreams. DON'T EVER GIVE UP!"

I chose Brian Klee for the Starfish Award because of his dedication to meeting the students where they are, and his dedication to helping students achieve more than they believe they can. Brian is not only dedicated to his own students, but to his football players, all students at Coloma High School, as well as his colleagues. Mr. Klee is an exemplary teacher, and is extremely deserving of this award.

~ Mr Fields