

Comet Comments

SCHOOL ISSUE - MARCH 2023



FROM THE
DESK OF:
Craig Fisher



Comet Families,

As the standardized testing season approaches I wanted to make sure you were aware ahead of time of the dates that students at will be taking the standardized tests for their grade:

- April 12, 2023
 - 12th graders will have a virtual day. Students will work from home in Google Classroom
 - 11th graders will take the SAT w/ Essay
 - 9th and 10th graders will take the PSAT
- April 13, 2023
 - 11th grade students will take the ACT WorkKeys
- April 14, 2023
 - 11th grade students will take the M-Step

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. 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.

There will be more information coming in the next few weeks. Thank you for your support, and we wish your child the best of luck on their standardized tests!

VAPE DETECTORS INSTALLED

E-cigarettes are a problem nationwide. Coloma is no different. The Coloma Community School District works to ensure a safe environment for all. Identifying when and where vaping is occurring is a challenge because staff members cannot be everywhere all at once. The district has invested in a tool to help identify when and where vaping is occurring.

On Monday, March 13th, the installation of vape detectors at the high school was completed. We will be using these vape detectors to help ensure the safety and well being of our students. If a student is present where a vape detector has identified where vaping has happened, the student will be questioned and asked to empty his/her pockets. Parents/Guardians will be contacted if any nicotine or THC paraphernalia is found. Suspensions for vaping/e-cigarette use will be progressive. Also, the school resource officer will be notified. A ticket may be issued for the violation as well.



April 5 - Late start; school starts at 10am

April 7 -½ day of School; school ends at 11:37 :
STR8TALK Presentation

April 12, 13, 14 - State Testing

April 19 - Late start; school starts at 10am

April 22 - Prom

May 1 - M4 Progress Reports due

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Testing season is upon us! Students in grades 9, 10, and 11 will be participating in state testing three weeks after Spring Break, **beginning Wednesday, April 12th.**

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.

	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
9th Grade	PSAT 8:00-11:05 - Breakfast available in cafeteria at 7:40 - Bagged lunches available at dismissal. - Leave school immediately after testing. - Must provide own transportation home. *Bring a calculator!	Delayed start - school begins 11:30 *Must provide own transportation to school.	Normal day: begin at 8:00am
10th Grade	PSAT 8:00-11:25 - Breakfast available in cafeteria at 7:40 - Bagged lunches available at dismissal. - Leave school immediately after testing. - Must provide own transportation home. *Bring a calculator!		
11th Grade	SAT 8:00-12:50 - Breakfast available in cafeteria at 7:40- Bagged lunches available at dismissal. - Leave school immediately after testing. - Must provide own transportation home. *Bring a calculator!	ACT WorkKeys 8:00-11:30 - Breakfast available in cafeteria at 7:40 - Normal day resumes at 11:30	M-STEP 8:00-10:30am - Breakfast available in the cafeteria at 7:40am *Chromebooks must be charged! Normal day after testing
12th Grade	Virtual day - work at home in Google classroom	Delayed start - school begins 11:30 *Must provide own transportation to school.	Normal day: begin at 8:00am



The Health classes recently finished up a unit on nutrition. They discussed the Dietary Guidelines which the US Department of Health and Human Services (HHS) and Agriculture (USDA) work on and release an updated version every five years based on the current body of nutrition science. They also discussed My Plate which is the model for healthy eating in the United States. Experts at the United States Department of Agriculture (USDA), the agency in charge of nutrition, created the colorful plate to help people plan nutritious, balanced meals. My Plate features: vegetables, fruits, grains, protein, and a side order of dairy. The main take from My Plate is that fruits and vegetables take up half the plate and grains and protein take up about one-quarter of the plate. Portion sizes are also controlled, as too much can lead to weight gain.

Key Dietary Principles

- ❖ **Meet nutritional needs primarily from nutrient-dense foods and beverages.**
- ❖ **Choose a variety of options from each food group.**
- ❖ **Pay attention to portion size.**

Protein: Beef, poultry, fish, eggs, nuts, seeds, beans, peas, lentils, and tofu Grains: Whole-wheat bread, cereal, rice, tortillas, pasta, oatmeal, and brown rice Dairy: Milk, yogurt, cheese, fortified soy milk and soy yogurt. Choose low-fat or nonfat dairy most of the time.

BUSY BAND!

It is a busy time of year for the High School concert band! On March 6th, the concert band traveled to Andrews University and performed at MSBOA District 6 Band and Orchestra Festival (picture below). The band played incredibly well and earned a Division I (Superior) rating! Quickly after that, you might have noticed the band decked out in glow sticks at the St. Patty's Day Lighted Parade here in Coloma on Saturday, March 11th. We also had several students qualify for MSBOA State Solo and Ensemble based on their rating received at the District event in February. This is a huge accomplishment, and on Saturday, March 18th, Bella Kiser will be performing her trombone solo and Lily Contreras will perform her clarinet solo at the State event hosted at Portage Northern High School. We wish them the best of luck!

The band has quickly transitioned into preparations for the spring concert which will be on Thursday, May 18th. This is the final performance for our senior members and we will be recognizing them that evening. There is also our performance at the Blossomtime Grand Floral Parade on Saturday, May 13th to look forward to. And we will of course be in attendance at Graduation to help send off the Class of 2023! The music making never ends, and as we approach the final stretch of the year, our attention will begin to turn towards the Fall as students eagerly await the announcement of next year's marching show.



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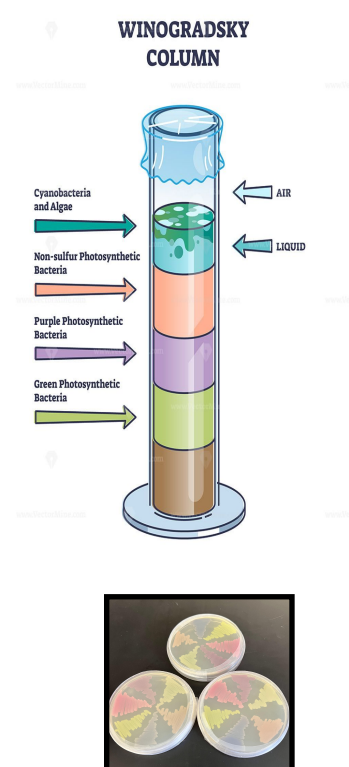
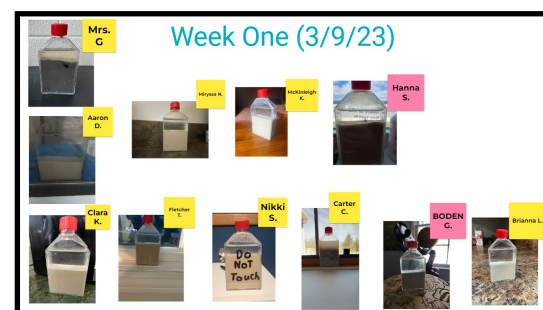
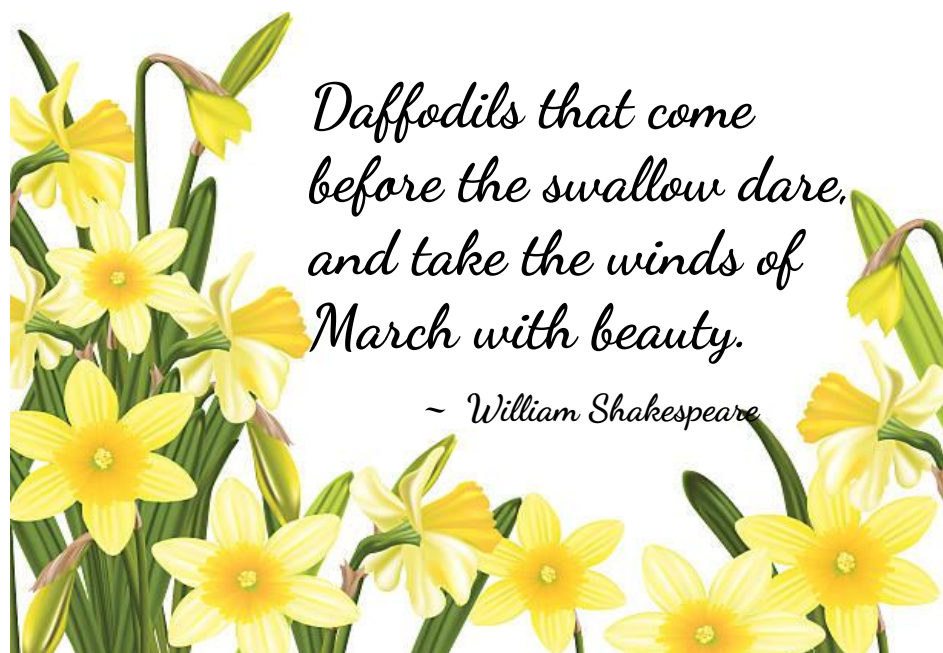
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Classroom News

Partnership Between WMU Department of Biological Sciences and CHS

This March Dr. Koestler, a bacterial geneticist from WMU, visited our Advanced Biology class and gave a fascinating presentation on the “Importance of Microbes in Our Lives.” He brought along some bioluminescent and fluorescent bacterial samples for students to observe. In addition, he brought along supplies so that each student could build a Winogradsky column. These columns are self-contained ecosystems that will be used to teach students about microbial communities, nutrient cycles, metabolic niches, methods in microbiology and other interesting concepts. Mrs. Glisson supplied the mud and water from Paw Paw Lake and Dr. Koestler provided the flasks and diatomaceous earth. Students were able to take their Winogradsky columns home and will be submitting weekly photographs to demonstrate the evolution of bacterial communities over the next 6-8 weeks.

This partnership was made possible by a grant from the National Science Foundation and a program called BIORETS in which Mrs. Glisson participated in a 7 week research project in the Koestler Lab. The focus of her research was in the collection, culturing and taxonomic naming of bacteriophages (viruses) that consume *Shigella* bacteria. This was an intensive program that has provided long-term benefits such as the learning opportunity for Coloma students mentioned above. Many thanks to Dr. Koestler for sharing his enthusiasm and expertise with our upperclassmen who are exploring possible science careers and degree programs.



*Daffodils that come
before the swallow dare,
and take the winds of
March with beauty.*

~ William Shakespeare

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WHY TAKE AP ENGLISH

Advanced Placement (AP) courses are college-level courses offered by high schools in the United States and Canada. These courses provide students with the opportunity to earn college credit while still in high school and prepare them for the rigor of college-level coursework.

The Coloma High School English Department offers two AP courses that alternate every other year—AP English Literature and Composition and AP English Language and Composition. Both are intensive college-level courses taught to students in their junior and senior years that prepare students to read and write analytically. Although the courses are designed to prepare students for the AP Exam, it is not just a test prep course. This is a college level course where students will be required to engage on a daily basis with their peers in discussion of their reading perspectives, literary analysis, rhetorical analysis, an author's purpose, and an author's use of language.

As a college-level class, AP English clearly is not for every high student; it is for those students who are ready to participate and thrive in a college-level environment. The program exists for those students who enjoy and appreciate reading—and who do so independently; who write thoughtfully and articulately; and who strive to become discriminating, life-long analysts of literature and writing. Perhaps most importantly, successful AP English students must be open to new ideas and viewpoints of what they are reading, and be willing to share new insights and opinions with their classmates. At its core the class is a community of learners and, as such, must be discussion-oriented. Thus, active participation is essential to students' success in the course.

AP English is designed for students willing to accept an intellectual challenge and is intended to engage creative and analytical thinking skills. These courses are intended to engage students in becoming skilled readers of prose from various periods,



disciplines, and rhetorical contexts, and in becoming skilled writers who compose for a variety of purposes. It brings into focus the interactions among a writer's purposes, audience expectations, and subjects, as it promotes examination of the conventions and resources of language that contribute to effective writing. Students will experience, interpret, and evaluate challenging imaginative literature of recognized importance.

Reading and writing are approached as reciprocal processes in AP English, and students will have multiple opportunities to recognize and implement good writing and appreciate exemplary literature. What a student reads lends itself to what a student writes; what a student writes enhances and extends their understanding of literature and the writer's craft. Students will write to understand, explain, and evaluate literature in a clear and cogent style. Although critical analysis of the text is a primary focus of AP English, students will have the opportunity to write creatively.

Students in AP English will work towards an appreciation of the imaginative and aesthetic dimensions that contribute to a rich and wholly satisfying reading and writing experience. Students will take the AP examination in May (possibly earning scores that lead to college English credit) and will continue to develop as appreciative life-long readers and effective writers who think deeply and analyze critically.

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BREAKING NEWS

CW TECH

ROBOTARIANS

This past weekend, the CW Tech Robotarians, FRC team #2959, competed in their first event of the season at St Joseph High School! Leading the team through cheers and dances, spirit captain Jaysen bolstered all with true FIRST spirit. For the zeal and enthusiasm in and out of the stands, 2959 won the Team Spirit Award!

The brand new drive team adapted brilliantly to challenges, solving problems in and out of the pit. Freshman driver Kyle, with co-pilot Nathan and human element Sam L, made the team proud while rapidly learning on the job. The drive team was supported by data captain Jasmine, match strategist Gabriel, programmer Samuel D and pit lead Kaylie. While the drive team was busy with the bot, Grant and Amelia were leading presentations to judges about all aspects of our team, with support of the rest of the team.

Mentor Kevin R was one of the student nominated Woodie Flowers award district finalists, celebrating effective communication in the art and science of engineering and design. These nominees advance to the state competition.

The team is now back hard at work improving the robot and presentations to get ready for next week's event at Grand Valley State University



Comet Families for your students:

We are excited to bring STR8TALK to Coloma High School on April 7, 2023.

STR8TALK is a stage presentation for schools to support enhancing the lives of students in the area. The outcomes that STR8TALK hope to achieve are:

- 1. Help student better understand addiction and recovery, by way of real-life story**
- 2. Provide tools for our youth to prevent entering the world of addiction and that there are benefits to choosing a drug and alcohol-free lifestyle**
- 3. Provide tools to students and teachers to understand the signs of a person using drugs and/or alcohol**
- 4. Inspire students to take what they learn and put it into action to spearhead their dreams and aspirations**
- 5. Break the stigma of addiction and understand judgements thus promote diversity, equity, and inclusion**
- 6. Help students understand the value of self-validation and making the most of their lives**
- 7. Students will take part in a survey before and after the presentation**

You can visit their website:

<https://www.rrclansing.org/str8talk>

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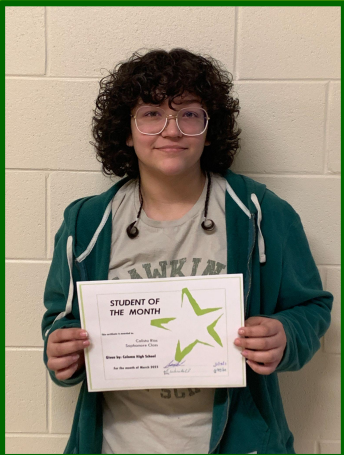
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★STUDENTS OF THE ★MONTH



9TH GRADE -
Campbell Kirby



10TH GRADE -
Calista Rios



11TH GRADE -
Jamie Dotson



12TH GRADE -
Skylar Tuttle

STARFISH AWARD

One day, as he was walking along the shore, he looked down the beach and saw a human figure moving like a dancer. He smiled to himself at the thought of someone who would dance to the day, and so, he walked faster to catch up.

As he got closer, he noticed that the figure was that of a young man, and that what he was doing was not dancing at all. The young man was reaching down to the shore, picking up small objects, and throwing them into the ocean.

He came closer still and called out "Good morning! May I ask what it is that you are doing?"

The young man paused, looked up, and replied, "Throwing starfish into the ocean."

"I must ask, then, why are you throwing starfish into the ocean?" asked the somewhat startled wise man.

To this, the young man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die."

Upon hearing this, the wise man commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"

At this, the young man bent down, picked up yet another starfish, and threw it into the ocean. As it met the water, he said, "It made a difference for that one."



"You are capable of achieving anything you put your mind to - that - You will never lose - you either win or learn!"

Mrs. Paulsen has worked in the Coloma School system for 18 years, working in the capacity of several positions during the years: an aide, Media Specialist, and a secretary in the High School office. Her favorite part of her job is the challenge of keeping everything organized and running smooth. Mrs. Paulsen loves to spend her time outside of school enjoying the time with her two sons and their families. Grandkids are the BEST!

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