

Comet Comments

March 2020

Coloma High School



FROM THE DESK OF *Mike Churchill*

Comet Families, it has been an interesting month, to say the least! First, I would like to say that our staff and students have shown a level of resiliency and relentlessness second to none; I am proud to be a Comet! I have learned a lot over the last few weeks that I would like to share with everyone.

- ★ Parents are learning on the cuff to be teachers!
- ★ Parents are supportive of the online/distance learning experience!
- ★ Teachers are great at being creative!
- ★ Teachers adapt to online learning and have even been holding class meetings online through zoom and Google Meet!
- ★ Everyone is taking this seriously and doing a great job of being available during the day!
- ★ I love seeing my kids every day but, I miss school and the kids!

This is just to name a few, however, this is a sacred place for me as many know... It is important that EVERYONE does their part to continue education, relationships and, Comet Pride! Again as we move forward through Covid-19, please be healthy and be well, wash your hands and respect the distance rule as well as Stay Home, Stay Safe stance taken by Michigan and many surrounding states. Get outside to take a walk and share your Comet Pride whenever possible!

Mike Churchill
CHS Principal



Seniors and Parents: There are several seniors who are not passing their required classes for graduation at this time. Please remind your senior student to complete and turn in all necessary course work. I will contact the student weekly as well as their parent to keep everyone informed of their graduation progress.



What's Happening

APRIL 1st-

The Covid-19 closure hasn't stopped Coloma HS Student Council from fulfilling their community obligations. They are still working with the Blood Center of Michigan for the blood drive at Salem Lutheran Church in Coloma.

We need blood now more than ever. Refer to the flyer on the last page for more information.

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After 3 years of saving and fundraising the Visual Arts Program is proud to announce their purchase of a brand new kiln! With the installation of this new tool, the program will be able to offer ceramics and clay again! Students are encouraged to sign up for the new class being offered next year called 3D Media. This class will offer students a chance to work with clay, wire, and plaster all while satisfying their required art credit. The class is a great way for students who feel they are not strong at drawing or art to explore their creative side in a different way! Posted with the kiln are some photo examples of other projects the course will offer. There is no prerequisite for this course.



Art Club President, senior Emily Schramm encourages everyone to “Stay home, stay safe, and make art!” during this unusual time thanks to the Covid-19 virus. Our last art club meeting; students created sock creatures out of donated materials. Art Club has had a lot of positive changes this year including presence from Officer Dan, student directed projects, a reward-point system for students to earn prizes, and many other unique opportunities. The club has meetings on Mondays from 3:10-4:30 and is always open to new visitors, even if you can’t come every week. Club members below pose with their own sock creations along with Art Club Treasurer, junior Charlene Archut (bottom right).



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MEANWHILE, IN THE ARTROOM.....Mrs. Ferguson's classes are going strong with their E-learning assignments. Their latest assignment asked students to respond to a teacher from Grand-Rapids. Mrs. Ruggles put out a request, asking students to make postcard sized artwork based on how they feel about Covid-19. Here are some of the works Coloma students have responded with!



"This is a response to how I feel about COVID-19. We may not have to go to school but staying at home is boring. This image explains how school can be dumb and boring but staying home for a whole month is even boring."

Cristian Quintana

This is how I feel about the Covid-19 virus. I have all the time in the world to do stuff right now but everything is happening so slowly. I just kinda sit around all day and stay up all night, the hours really start to blend.

Elyce Smith



This COVID-19 is tough for some people. A happy thought wouldn't hurt. Even on the darkest days you are the brightest star! Remember that! Everyone is important. Quarantine sucks so a happy thought could make someone's day way better.

Addy Milnickel

This is a response of how I feel during Covid-19. I spend most of my time sitting and laying in bed watching Netflix with my siblings. I've been bored to the point where time is going really slow overtime.

Evelyn Morales



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WAS IMPERIALISM JUSTIFIED?



World History is covering the roots of Imperialism. As a class we first defined **Imperialism**: the domination by one country of the political, economic, or cultural life of another country or region. Then we compared imperialism of the 1800's to 2020. Class was divided into groups based on regions of the world: Africa, China, India, and the Middle East. Each group had two lead lawyers picked by Mr. Marfia. One lawyer was Pro-Imperialism and the other lawyer was Anti-Imperialism. Each lawyer took turns drafting the remaining students in the group. They prepared their case using evidence and the point of view of the people of the time. Each group would get five minutes to plead their case in front of Judge Marfia. The group that used the most evidence would win. Mr Marfia's court opinion/ summary would then cover the standards that were found on that week's quiz. It is always great to give the students a chance to role play and try to feel or act like people of the past eras. The challenge was to look through different lenses at events in our past and present.



Riley Davis presenting his Pro-Imperialism case to Judge Marfia.

Coping with COVID 19

Color or doodle

[Studies](#) have shown that “structured coloring of a reasonably complex geometric pattern,” such as a symmetrical mandala pattern or coloring book, can lead to a meditative state that helps reduce anxiety.

Go for a walk

Walking not only counts as physical activity, but also provides some mental health benefits. If you can get outside to walk, studies have shown that a brisk walk can [make you feel more creative](#). FYI - [Walking outside](#) and staying at least six feet from other people is safe during the COVID-19 pandemic.

Sleep

to get seven to eight hours of sleep, because you're sleep-deprived your body has a harder fighting infectious diseases, according to the [Clinic](#). Just keep in mind that sleeping too little much can be a [symptom of depression](#).

Aim.

when
time
[Mayo](#)
or too

Do yoga

Consider doing some yoga. Not only does it count as physical activity, but [studies](#) have shown that yoga can boost your mood, lower stress and anxiety and boost your self-esteem.

Chat with a friend

family. Just because you're socially distancing doesn't mean that you can't connect. [Research](#) has shown that social support can make you more resilient to stress.

Listen to (or play) music

Singing has been shown to [improve people's mental health](#) and sense of belong.

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STUDENT COUNCIL GIVES BACK!!!



**Wednesday
April**

1

8:00 AM – 1:45 PM

Helpful tip:
Make sure to eat a healthy
meal and drink plenty of
water before donating.

**Coloma HS Blood Drive held at
Salem Lutheran Church -Fellowship Hall**

275 Marvin St. Coloma

Due to the closure of high schools and several other blood drives throughout Michigan, we have lost over 6100 lifesaving blood donations and that number is rapidly increasing. Our Neighbors, friends and family's in our Michigan Hospitals need us more now than ever.

Donate and receive a pair of Versiti Ear buds!

Walk-ins welcomed and appointments honored.

Use the Link below to schedule your appointment!

<http://bit.ly/ColomaHS>

866-642-5663 or visit
www.versiti.org/MI



Students and parents I hope you are all staying safe during this extraordinary time we are going through. A yearbook is very important to capture the memories of students throughout the year. None more important than what is going on right now. We want to make sure that when your students are home we can capture these moments. Grocery store trips, e-learning and social distancing. This is all great material that can be covered in the book. In order to capture these moments we need your help! Herff Jones, the yearbook company that we work with, has a feature called eShare. eShare is a tool used to collect photos through an app and also online. eShare allows you to upload 10 photos at a time. Below, are the app and website instructions.

www.hjeshare.com There are step by step directions listed on the site.

Herff Jones eShare App. This can be found in the App Store for both iPhone and Android

School Code: Comets

Please let me know if you have any questions. We appreciate your help during help during this tough time.

Tonya Kimmerly

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