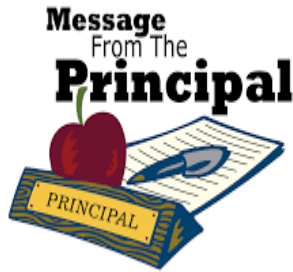


COLOMA COMMENTS

September Issue 2024



October: College and Career Month at Coloma High School

At Coloma High School, October is all about preparing students for life beyond high school with our **College and Career Month!** Throughout the month, students will have the opportunity to explore their future educational and career options through a series of exciting events and activities designed to inspire and guide them toward success.

Coloma High School is proud to offer a wide array of **Career and Technical Education (CTE)** classes that equip students with real-world skills. Our CTE programs include:

- **Welding**
- **Machine Tool**
- **PHCA (Pre-Hospital Care Assistant)**
- **CNA (Certified Nursing Assistant)**
- **Business Classes**

In addition to CTE opportunities, Coloma students can also **earn college credits** during their high school years through **Early Middle College (EMC)** and **Dual Enrollment** courses at **Lake Michigan College (LMC)**, providing a head start on higher education.

For those seeking an academic challenge, Coloma High School offers **Advanced Placement (AP)** courses in:

- **English**
- **Math**
- **Social Studies**

These AP classes help students develop college-level skills and can lead to college credits with successful exam scores.

Why It Matters

College and Career Month is a vital part of Coloma High School's mission to prepare students for their futures, whether they choose to pursue higher education or enter the workforce. These activities, along with our CTE programs, dual enrollment options, and AP courses, are designed to equip students with the knowledge, skills, and confidence they need to take their next steps after graduation.

We encourage students of all grade levels to take full advantage of the resources available this month. It's never too early to start planning for your future!

Let's make October a month of discovery, preparation, and excitement as we help our students pave the way to their dreams!

For more details and a full calendar of events, visit our school website or contact the guidance office.





Counselor's Corner

**Are you a senior unsure of your next steps?
Don't worry—we've got you covered!**

Follow the steps below to stay on track for life after high school.

Important: Always use a personal email, not your school email, for these steps.

STEP 1: Start in October

Begin visiting and applying to colleges, trade schools, or potential employers.

To simplify the college application process, use **CommonApp** commonapp.org, which lets you apply to multiple schools and track your applications. Create a free account and list Mr. Shaffer as your counselor (gshaffer@ccs.coloma.org). Please do not forget to mark that you qualify for free/reduced lunch.

You may need the following when applying:

- **Official transcripts:** Order them at parchment.com by creating an account.
- **SAT scores:** Access your scores by logging in at collegeboard.org.

STEP 2: Start in November

Scholarship season is here!

Finding scholarships can feel overwhelming, but these resources can help:

- **Berrien Community Foundation:** Click [HERE](#) to apply for multiple local scholarships with one application. (Application opens late 2024).
- **Going Merry:** Personalized scholarship matches based on your profile. Sign up [HERE](#).
- **Student Scholarships Newsletter:** Get regular emails with scholarship opportunities and deadlines. Sign up [HERE](#).

STEP 3: Start in December

FAFSA opens on December 1, 2024.

The Free Application for Federal Student Aid (FAFSA) is required to access scholarships, grants, and loans for college. Visit [HERE](#) for detailed instructions on completing FAFSA.

That's it!

Following these steps will help ensure you're prepared for life after high school. As always, please feel free to reach out to me with any questions to gshaffer@ccs.coloma.org OR our College/Career Advisor, Chris Coburn, at ccoburn@ccs.coloma.org.

Respectfully,

Gregory Shaffer, MBA, MA
School Counselor



COLOMA HIGH SCHOOL ENGLISH DEPARTMENT

READING PHILOSOPHY

Reading is a language process which from the earliest stages involves reader interaction with the ideas of the author. Combining personal knowledge of language and the world, the reader uses information from three cueing systems: semantic, syntactic, and graphophonic, to make sense of print. Thus reading goes beyond simple decoding to become a search for patterns in meaning, problem-solving, judgment, evaluation and synthesis. An integrated approach to language programming which provides the reader with extensive oral language and practical experience with the subject area seems the most appropriate vehicle for reading instruction. In this approach reading skills are taught when the need is apparent.

There are, however, certain elements of the reading process which should receive emphasis if students are to become high-progress learners. These elements are not specifically isolated skills but rather are certain reader behaviors which emerge at various stages of development when appropriate learning conditions are provided. Underlying all reading instruction and provision of appropriate learning conditions must be a concern for the affective development of the child. A child's attitude toward reading is of such importance that more often than not it determines his/her scholastic fate. Therefore, the aim of the reading instruction must go beyond the achievement of simple competency, to the development of readers who come to the activity willingly with the feeling that "I can read because I am a reader".

The works selected at Coloma High School represent a broad spectrum of literature. We are committed to reflecting our dedication to racial and gender equity in the works of literature in the classroom. We will do everything that we can do to reflect the values of the community in our choices. We respect the rights of each person to learn in a comfortable environment. If a student finds any book unacceptable, an alternate work will be provided without any negative inference of any kind. We welcome parental involvement in selecting or suggesting suitable books for study.



Why Physical Education is a Graduation Requirement

While some may consider gym class a second-rate period for kids to blow off steam and fill some time in the school day, the benefits are quite intriguing. From improving health on a physical and emotional level to promoting social skills, this class needs more notoriety. While it may not be considered an academic class in many curriculums, it is just as important because of the benefits of physical education.

Physical activity can have a significant impact on people of all ages, but it is particularly important for school-aged children. As children grow and learn, this is one facet of their development that should not be overlooked. It is so beneficial, in fact, that schools should have mandatory physical education (P.E.) time built into their curriculum if they do not already.

Physical Benefits

It is well-documented knowledge that exercising for at least 30 minutes daily is a great way to stay physically healthy. Physical health can delay the onset of disease and statistically increase lifespans. Daily P.E. classes, particularly at the junior high and high school levels, are a great way to keep teens active who might otherwise begin an early onset to a sedentary lifestyle. With this class built into their school day, students do not have to be involved in extracurricular activities or get a gym

membership to achieve this recommended daily level of exercise. It is clear that physical health contributes to living longer, but it can also be a cause for improving the quality of life. Physical activity is vital for promoting long-term health. It also contributes to health benefits beyond the physical sense.

Psychological Benefits

It is no secret that many teenagers go through phases where they struggle with self-body image issues. Weight gain can be a major issue with young people physically speaking and psychologically, which can contribute to mental health issues. Regular exercise achieved in physical education classes can combat this issue.

Exercise also has other benefits to promote mental health, such as reduced stress, improved mood, better self-esteem, and increased mental alertness.

In an era when students are struggling with mental health at an alarming rate, physical education classes can certainly help combat this major issue. It is more important now than ever before to find ways to curb these issues. Requiring students to have 30 minutes of daily activity through physical education class can assist students with their coping mechanisms and reduce depression and suicidal thoughts.



COLOMA MARCHING BAND



The Performing Arts of Coloma High School has had a strong beginning to the 2024-2025 school year. Students in the Marching Band and the Choir are eager to develop in their artistic endeavors.

The Marching Band is under the direction of Mr. Hartman. They continue to excel both on the football field with their halftime show as well as recent and upcoming area Marching Band Competitions at Rockford, Portage Northern, Hastings, Paw Paw, and Lakeshore High Schools. The band is continually improving and looking forward to the remainder of their season.

The Choir is under the direction of Mr. Prather this year. They are working towards their fall concert with selections based upon a theme by Beethoven, the song "A Million Dreams" from the musical The Greatest Showman as well as others. The Choir has begun playing the Hand Chimes, too.

This is an exciting time for the Fine Arts Department at Coloma High School.



Observation and Experimentation in Chemistry

By: Brande Van Niel

Chemistry is defined as the study of matter. Matter is anything that has mass and takes up space. Chemists observe what substances are made of, the structure and properties of matter and the many changes it can undergo. Experiments in chemistry should be designed so that the effects of different variables on the behavior of a substance can be studied independently. Scientists and students can do this by making observations under controlled conditions, where only one variable is changed at a time. Controlled experiments make it possible to separate the variables that are responsible for a given observation in a complex series of events.

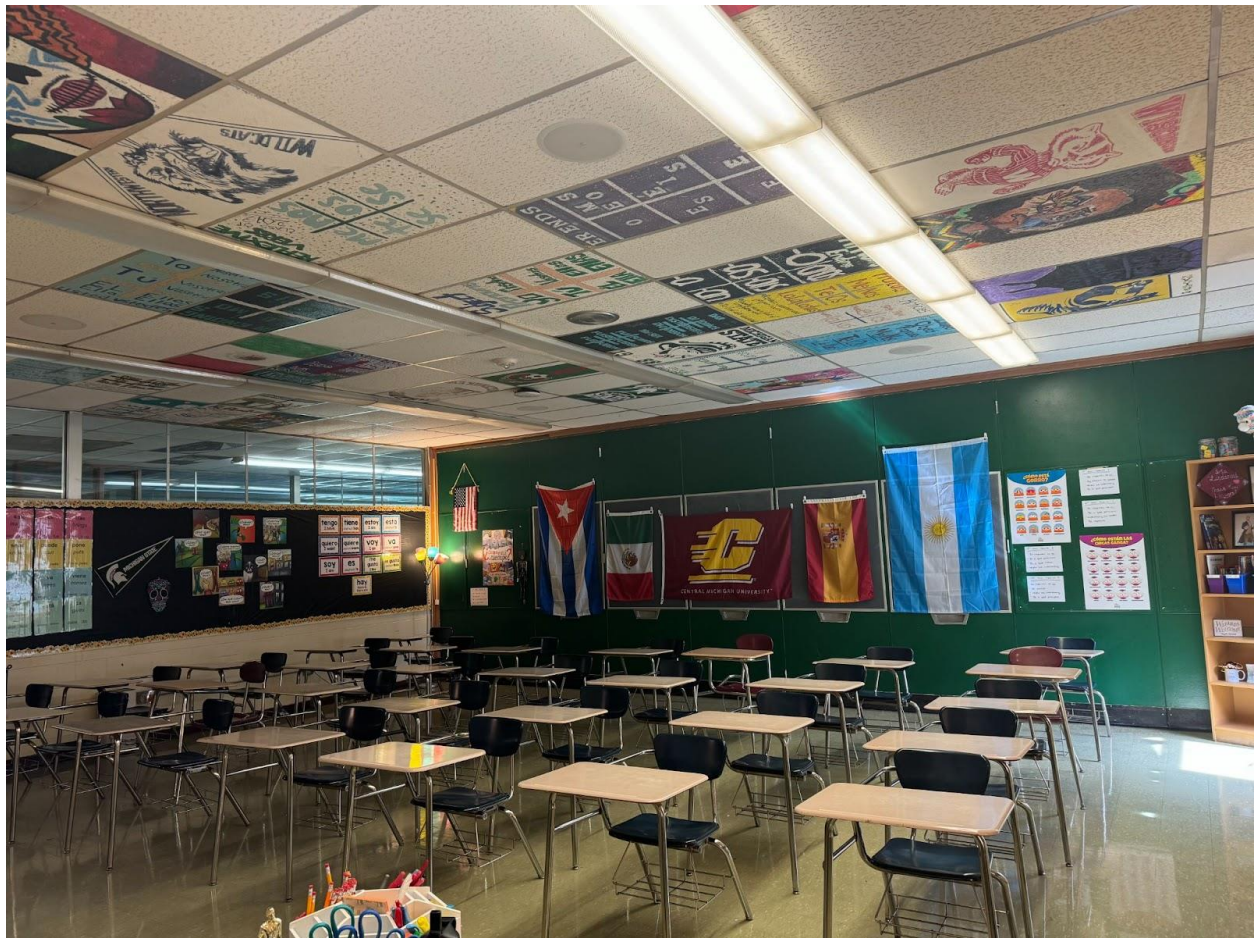


For the first lab of the school year, chemistry students designed and conducted controlled experiments as they attempted to explain the complex series of chemical reactions that occurred in the Observation and Experimentation lab. When calcium chloride, sodium bicarbonate and a solution of bromothymol blue and water are combined, a series of temperature, color, and states of matter changes can be observed. Students, working in collaborative groups, were then tasked

¡Bienvenidos a la clase de español!

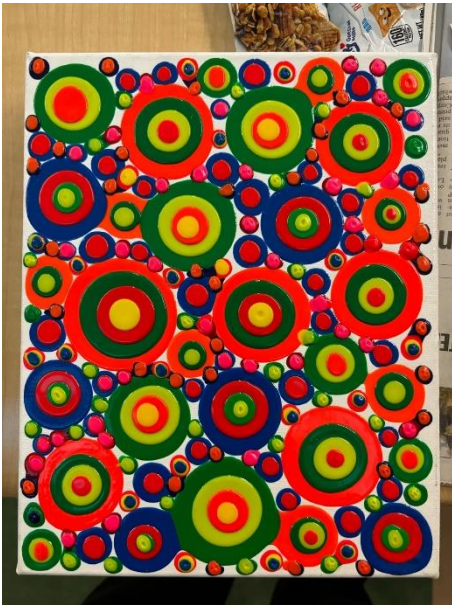
¡Hola! I'm Amanda Ferris, the new Spanish teacher at Coloma High School. This is my 6th year teaching in Coloma, the last 5 years I was the Spanish teacher at the Junior High. I am very excited to be in this position and teach Spanish levels 1-4. Spanish is a huge passion of mine and I can't wait to teach through comprehensible input and cultural experiences from my time abroad.

Spanish classes will focus on key vocabulary structures and phrases that students can relate to and use in real life situations. I hope to create a classroom environment that is positive and engaging. Music, novels, and interactive activities will be utilized in all classes. There will be many fun activities ahead including: Locotubre, Día de Muertos, Wooly Week, Locura de Marzo, and more.



Fine Arts Newsletter Article:

Students began experimenting with blob painting this week. This technique was shown to Mrs. Ferguson over the summer by Indiana artist; Gene Gamber. Gene displays his work in the art gallery Chartreuse in downtown St. Joe, Michigan. Students had to mix paint with glue and its important to get the correct ratio in order for this to work correctly. They can only layer one layer at a time and it has to dry overnight before they can layer again.



Completed blob painting by Gene Gamber.



Freshman Lila Groendyk & Eli Veal work on their blob paintings.



Senior, Makenna Baker is starting her pinch pot in Ceramics. Each student researched an artist and used that artist in some way to inspire their pinch pot design whether it is the artist's use of color, texture, or shape. Makenna's pinch pot is going to be turned into a cookie jar to hold yummy treats!

Intro to Drawing and Art Exploration students kicked off the school year by creating these unique jars that reveal ten things about themselves. Students had a choice of any material in the art room including but not limited to faux flowers/leaves, construction paper, newspaper, magazines, colored pencils, alcohol markers, and pastels. Students chose ten things about themselves and had to find a way to symbolize those choices by drawing/creating images inside their jars.



Caige Lofblad (12)



Annibelle Cole (12)



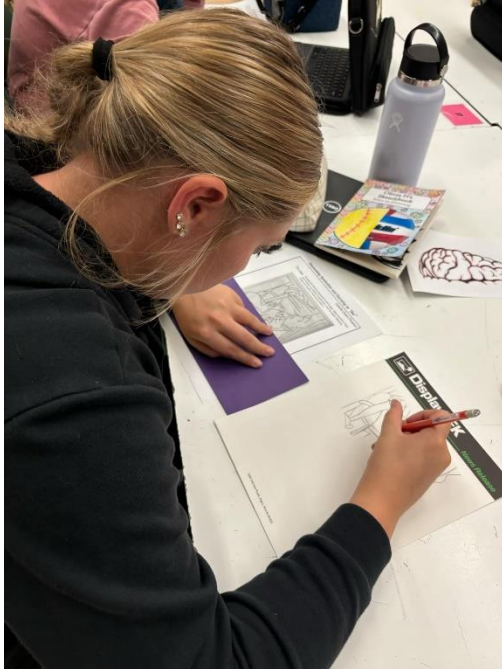
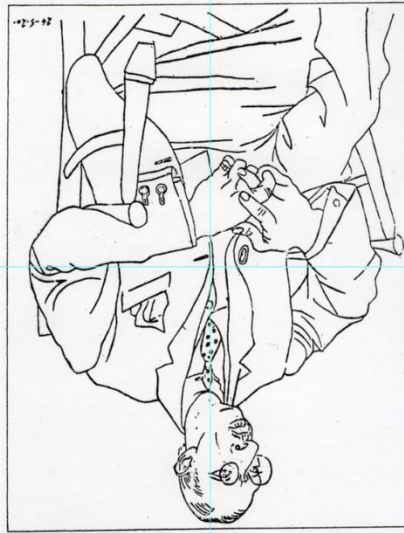
Lucy Kitchell (10)



Alizee Aviles Godinez (11)



Angely Garcia-Hernandez (9)



Intro to Drawing student, Olivia Hansen (10), is practicing transitioning into right-brain thinking by quietly focusing on her upside down drawing of Igory Stravinsky by Pablo Picasso. This is an important exercise that helps students that are new to drawing by challenging them to see the individual lines that make up an image versus the entire picture of a man upside down. They break the drawing down step by step. This exercise also helps to exercise and train the right side of the brain. The right side of the brain is associated with creativity, intuition, and spatial ability, which can help artists in many ways with creating their artworks.

October 10:
Delayed Start

October 11:
No School

October 17:
Band and Choir Fall Concert 6:30 pm – 7:30 pm

October 22:
Parent Teacher Conferences 4:00 pm – 7:00 pm

October 23:
Delayed Start

October 24:
Parent Teacher Conferences 4:00 pm – 7:00 pm

October 25:
Half-day

SEPTEMBER STUDENTS OF THE MONTH

Freshman

Victoria Perea



Sophomore

Angaleana Gales



Junior

Callie Crisenbery



Senior

Molley Haase