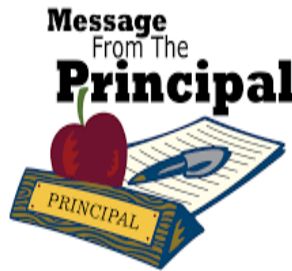


COLOMA COMMENTS

November Issue 2024



THE HOLIDAY SEASON IS APON US

This time of the year can be extra busy and stressful. I hope all of you are looking forward to spending extra time with friends and family. Before we get to break on December 20th, high school students should be pushing themselves to finish this first semester strong. Final exams will be December 19th and 20th. Both days are half days for students. All classwork needs to be turned in before the holiday break. Report cards will be posted online in PowerSchool on January 7, 2024 and mailed home on January 8, 2024.

STUDENT SELF-ADVOCACY

One thing students at the high school level seem to always struggle with is self-advocacy. Sometimes students can be intimidated or too prideful to ask for help. This is completely normal for their age, but it is a skill that needs to be sharpened. Students who struggle with independently asking for help or assistance usually have a tendency to have a lot of missing assignments. Missing assignments do nothing but hurt a student's chances for success.

Talk to your child about their classes, but also speak to them about trying to specify where they are struggling in a certain subject. Instead of "I don't get it," try to get your child to add to that statement like, "I don't get it because of...", "or "I am struggling to understand what..."

Your child can either ask a teacher for help during class, or before/after school. Our teachers and staff at Coloma High School are willing to help all of our students be successful. Learning to express exactly where a student is struggling can lead to a snowball effect. If a student struggles with one skill but does not express their struggles, then that one struggle becomes many. Usually, skills build on top of one another. If a student expresses their struggles early enough, then their struggle will not become a major problem. A student will also see an improvement in their success.

AFTER SCHOOL HOMEWORK HOUR

Coloma High School still offers Homework Hour Mondays-Thursdays from 3:00-4:00pm. If students want a place to get their homework done or have a question, we have a teacher ready to help students. Sometimes a smaller environment with not as many people around can help a student express their questions or struggles. Your child can take advantage of this time to help study for final exams.

We can see the end coming to the first semester. It is time for all students to tighten down and focus on making it to that finish line. We can all help support students at Coloma High School by having conversations with students about their classes and how they can improve.



December 5:
Choir Concert 6:00 pm

December 11:
Delayed Start

December 12:
Band Concert 6:00 pm

December 19 & 20:
Half Day

December 23-January 3:
Christmas Break



English Department

I Am Poems

English 9 students in Mrs. Ickes and Mr. Sheehan's class recently completed the unit on the novel *Speak*. The final assignment in the unit was to write an "I Am" Poem. Each student was asked to describe two things about themselves, two special things that would set each student apart from the rest. Once this was completed each student then followed a template to complete the three stanza poems. After their draft was complete, the students typed their poem into the on-line graphic design tool called Canva. Below are just a few of the amazing samples from the students,

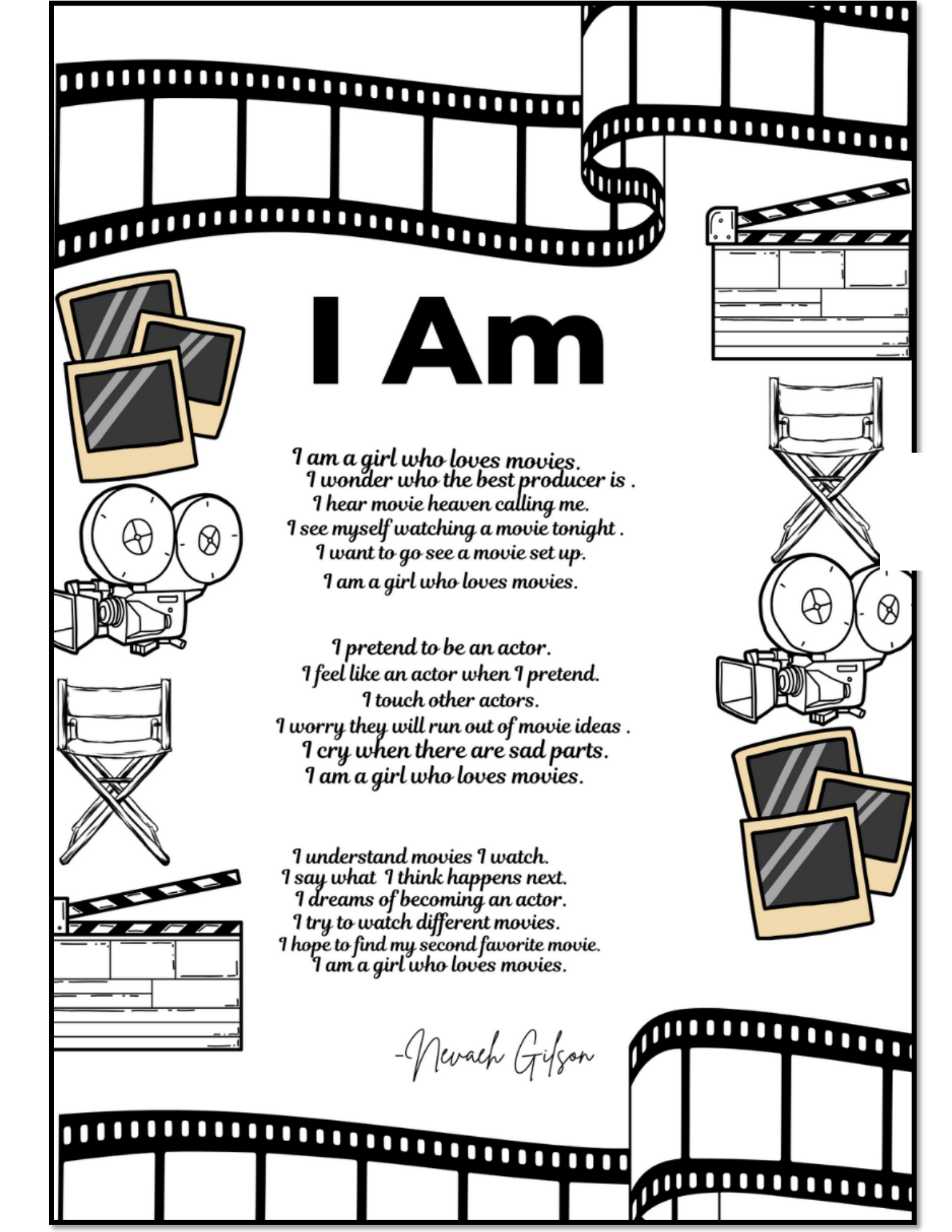
I Am

*I am a kind soul who longs for peace.
I wonder what the world would be like if people had
patience.
I hear the wars we rage against ourselves.
I see the bloodshed and families who have been hurt.
I want to close my eyes.
I am a kind soul who longs for peace.*

*I pretend that we have respect for each other.
I feel the end of the battles fought.
I worry my imagination isn't big enough for us all.
I cry when I wake up and see the truth.
I am a kind soul who longs for peace.*

*I understand that I am just one of the few trying.
I say all the words I can for my longing.
I dream that it was easier for peace to come.
I try again with more courage and strength.
I hope my kind soul will be enough for everyone.
I am a kind soul who longs for peace.*

-Nadia Swan



I Am

*I am a girl who loves movies.
I wonder who the best producer is .
I hear movie heaven calling me.
I see myself watching a movie tonight .
I want to go see a movie set up.
I am a girl who loves movies.*

*I pretend to be an actor.
I feel like an actor when I pretend.
I touch other actors.
I worry they will run out of movie ideas .
I cry when there are sad parts.
I am a girl who loves movies.*

*I understand movies I watch.
I say what I think happens next.
I dreams of becoming an actor.
I try to watch different movies.
I hope to find my second favorite movie.
I am a girl who loves movies.*

-Newach Gilson

Spanish

Cultura y Música

In October, all students participated in our music competition of Locotubre. This year's theme was Battle of the Genres: Banda Regional, Merengue, Flamenco, and Salsa. Students created brackets and we voted along with thousands of other students around the world to determine the #1 song. In the beginning of November, *No Se Va* by Grupo Frontera was announced as the winner. This is a great way to expose students to Spanish music and it is always fun to hear that students add some of these class songs to their own playlists!

Spanish classes also discussed Día de Muertos that happens in the beginning of November. We read about the holiday and how it is celebrated in Mexico, the United States, and other countries. Spanish 1 students watched *Coco*, which is a fantastic representation of the holiday. Spanish 2 students decorated calaveras, a popular skull decoration. Spanish 3 and 4 students worked on a variety of crafts including calaveras, papel picado, and monarch butterflies to represent the butterfly migration to Mexico. It has been a fun couple months with culture and music that we can connect with the language.



BIOLOGY

Biology

This semester in biology, we've been diving into the fascinating field of ecology. As part of an interactive project, students explored different ecosystems right on our school campus. Over the course of four weeks, each student was assigned a plot to visit weekly. During their visits, they observed the relationships between living (biotic) and non-living (abiotic) factors, noting how these elements changed over time.



Students identified native trees and plants in their ecosystem and documented their findings with photos and diagrams illustrating the feeding relationships within their plot. This hands-on project not only gave students the chance to apply their learning, but it also allowed them to get outside and observe the beauty of nature up close. They thoroughly enjoyed the experience and gained a deeper appreciation for the environment around them!

Advanced Biology

In advanced biology this semester, students have been diving into the study of botany. They've been classifying and identifying plants, examining their structures, cells, and functions. As part of a hands-on project, students collected native wildflowers from the school campus, pressed them, and displayed them on boards with proper identification labels. They've also spent time looking at different plant cells and anatomy under the microscope to better understand how plants grow and function.



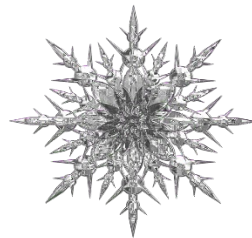
In addition to their botanical studies, we've brought in guest speakers from various science-related careers. So far, students have heard from a dentist and a therapist, who shared their career paths and the skills needed in their fields. The students loved learning about these professions and had a chance to ask questions about what these professionals do day-to-day.



Tips for Staying Healthy in the Winter



1. **Drink Water**-Drink plenty of water. A glass of water between meals can keep you hydrated and can help make your body ready to fight off germs.
2. **Stress Less**-Use time management skills to organize your work and personal time. Allow time to yourself to relax, exercise, and spend time with family and friends.
3. **Sleep Enough**-Stick to normal sleeping patterns during the holiday season. Lack of sleep can leave the body more vulnerable to illnesses.
4. **Eat Healthy**-Eat foods rich with vitamin C. It will help keep your immune system strong. Also, include plenty of fruits and vegetables in your diet.
5. **Dress Warmly when Exercising Outside**-Dress in several layers of loose clothing so that the warm air can be trapped between the clothes. Don't forget to wear a hat, gloves, and a scarf. Wear waterproof clothing if it's snowing or raining.
6. **Exercise**- It's important to exercise daily for mental and physical well-being. Even a 15 minute walk has shown beneficial health effects. If it is too cold, rainy, or wet consider an indoor workout. You could use an online workout, dvd workout, or your own workout. Some suggestions are using a set of dumbbells to work out your biceps, triceps, and core. Some core exercises may also include a bridge, abdominal crunch, push-ups, single-leg abdominal press, plank variations, superman, squats, lunges, and a one-legged squat.
7. **Keep the germs away**- Wash your hands for at least 20 seconds. This is a great way to prevent the spread of common winter illnesses, as germs accumulate through nearly everything you do.



SEPTEMBER STUDENTS OF THE MONTH

Freshman

Paula Tirado Garcia



Sophomore

Makayla Jennings



Junior

Ava Leaman



Senior

Annibelle Cole

