

# Cavalier Caller

December 2019

## Odds and ends

Steven Lucas

Hello again Cavalier family!

I would be remiss if I did not start this month's newsletter with holiday greetings and the wish from my family to yours to have a safe and enjoyable month. I pray that we can be thankful for the many riches and opportunities we have here in our community, and that we love and respect our neighbors like we love and respect ourselves. Please enjoy the holidays and if you are traveling, return to us safely.

Now that we have made it through the first quarter of the year, it is a great time to confer with your student and ask them how the year is going. The best way to do this is to ask open ended questions and exercise the best listening skills you can without offering advice. Most students know what they need to do. They just need to arrive at what, for us, are the obvious conclusions.

The other thing which is a great habit get into is going over your student's report card with them each interim and marking period. Try to give them encouragement and praise wherever it is due, ask them how they think the quarter went, and if they think they did their very best. Follow those questions up with more questions about how they can improve or at least stay at a very high level. Refrain as much as possible from offering direct advice and just give them the chance to figure things out on their own. They will appreciate your support and be willing to ask for advice when they need it.

As for what's happening here at school, December marks the kick-off for winter sports and is also the time for our winter concerts. Our first home sports event is wrestling on December 5 and Indoor Track will travel to the PG Sports Complex that same day. Girls' basketball will start their home slate on Friday December 6, and the first Boy's home basketball contest is December 9. Swimmers get underway at the Hall Aquatics Center on December 11. Winter concerts will be held December 10 (Band), December 11 (Orchestra), and December 12 (Choir). I am sure these concerts will be amongst the best entertainment you'll see this season so please try to get out and see a show.

Something great is always happening here at Calvert High and I invite you to be part of it. Please feel free to contact me any time at 443-550-8880. As always, I look forward to hearing from you, or even better, seeing you on campus soon. I thank you for your attention and I look forward to continuing to serve our students, staff, and community as your school principal.

Sincerely,

*Steven Lucas*



**Principal**  
Steven Lucas

**Vice Principals**  
Rebecca Hoffman  
Catherine Sutton  
Mark Whidden

**Student Services Team Lead**  
Michelle Stover

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# HERE'S WHAT'S HAPPENING

## December

- 4<sup>th</sup> Two hour early dismissal
- 7<sup>th</sup> Saturday School 8-11am
- 7<sup>th</sup> Robotics Tournament, all day
- 10<sup>th</sup> Band Winter Concert, 7pm
- 11<sup>th</sup> Herff Jones here for ordering rings and graduation items
- 11<sup>th</sup> Chick Fil A Spirit Night, 5-9pm, support the class of 2022
- 11<sup>th</sup> Orchestra Winter Concert, 7 pm
- 12<sup>th</sup> Winter Chorus Concert, 7 pm
- 13<sup>th</sup> 2<sup>nd</sup> quarter interim reports available on the HAC
- 14<sup>th</sup> Robotics Snow Date, all day
- 15<sup>th</sup> Football Banquet
- 16<sup>th</sup> NJROTC Area Inspection
- 17<sup>th</sup> Advisory
- 18<sup>th</sup> Student Assemblies
- 20<sup>th</sup> Two hour early dismissal
- 23<sup>rd</sup>-27<sup>th</sup> No School, Winter Recess

## January

- 1<sup>st</sup> No School
- 2<sup>nd</sup> School reopens
- 5<sup>th</sup> Tri County Band Concert at CHS, 2 pm
- 9<sup>th</sup> Herff Jones here for ordering rings and graduation items
- 11<sup>th</sup> Saturday School, 8–11am
- 17<sup>th</sup> CHS Theater Black Box Show, 7 pm
- 19<sup>th</sup> CHS Theater Black Box Show, 7 pm
- 20<sup>th</sup> No School, Martin Luther King Jr. Day
- 24<sup>th</sup> Two hour early dismissal
- 27<sup>th</sup> CHS History Fair
- 28<sup>th</sup> CHS History Fair
- 30<sup>th</sup> All County Jazz Concert at PHS, 7 pm
- 31<sup>st</sup> 2<sup>nd</sup> quarter report cards available on the HAC

## School News

**Class of 2022 information:**

Spirit Night at Chick-fil-a December 11

Follow on Twitter @2022cavs

Signup for remind by texting @cavs2022 to 81010



Head to Chick-Fil-A  
on December 11th from 5-9 pm  
and support the class of 2022  
plus get some yummy food.

**From the Finance Office:** Don't wait until the last minute to pay your financial obligations. You can come to the main office and pay them anytime.



## From the Nurse's office....

### **Tis the Season for Coughs and Colds**

The single most effective way to fight the spread of infection is through hand washing. Wash hands vigorously in hot soapy water for at least 20 seconds. Singing “Twinkle Twinkle Little Star”, at a moderate pace, while washing your hands will get you through the 20 seconds. If soap and water are not available, use alcohol-based hand cleaners. Remember to cover coughs and sneezes with a tissue or the upper sleeve of your shirt.

### **Sick Children ...Send to School or Keep Home?**

**Deciding when a child is too sick to go to school** can be a difficult decision for parents to make. When trying to decide, use the guidelines below to help you.

**Stay at Home** - If your child has any of the following symptoms, please keep your child at home or make appropriate childcare arrangements:

**APPEARANCE, BEHAVIOR** - unusually tired, pale, lack of appetite, difficult to wake, confused or irritable. This is sufficient reason to exclude a child.

**EYES** - thick mucus or pus draining from the eye or pink eye. With pink eye (conjunctivitis), you may see a white or yellow discharge, matted eyelids after sleep, eye pain and/or redness.

**FEVER** - temperature of **100 degrees** Fahrenheit or higher. Remember that a child must be fever-free without the use of fever-reducing medications for 24 hours before returning to school.

**GREENISH NOSE DISCHARGE AND/OR CHRONIC COUGH** - should be seen by a health care provider. These conditions may be contagious and require treatment.

**SORE THROAT** - especially with fever or swollen glands in the neck. With Strep throat, the child may return to school after 24 hours on antibiotics.

**VOMITING** - needs to have ended for 24 hours before a student returns to school.

**RASH** - body rash, especially with fever or itching. Heat rashes and allergic reactions are not contagious.

Sending a child to school with any of the above symptoms puts other children and staff at risk of getting sick. If all parents keep their sick children at home, we will have stronger, healthier and happier children.

While we regret any inconvenience this may cause, in the long run this means fewer lost workdays and less illness for parents.

### **Miscellaneous**

Health Rooms will be closed for ½ hour each day to allow school nurses to have lunch. Calvert High School's health room will be closed daily from 11:25-11:55. Anyone needing emergency assistance during this time will be seen by the nurse and/or administration.

# CHS Guidance News

December 2019

## Counselor assignments:

- Mrs. Sinclair– Last names A – E
- Ms. Aris – Last names F – J
- Mrs. Ponti – Last names K – Q
- Mr. Verlich – Last names R – Z

## Upcoming Dates:

**December 12: Junior Breakfast Session – College Search – 7:20 AM – Room 406**

December 13: 2nd Quarter interims available on HAC

January 12: Deadline to register for the February ACT

**January 9: Junior Breakfast Session – SAT/ACT and Standardized Testing – 7:20 AM – Room 406**

January 24: End of 2<sup>nd</sup> Quarter/First semester

January 31: 2<sup>nd</sup> Quarter report cards available on HAC

## ACT/SAT

- The next SAT deadlines are **February 14** for the March 14 test and **April 3** to register for the May 2 test (offered at CHS!). Students can register online for the SAT at [www.collegeboard.org/SAT](http://www.collegeboard.org/SAT).
- The next ACT deadlines are **January 10** to register for the February 8 test and **February 29** for the April 4 test. Students can register on line for the ACT at [www.actstudent.org](http://www.actstudent.org).
- The SAT and ACT are tests used for college admissions. Fee waivers are available; students should see their counselor for more information.

## Junior Breakfasts

We will again be offering Junior Breakfast sessions to parents of junior students this year. We will cover topics to help juniors prepare for life after graduation, like College Search, ACT/SAT, College Application Process, and Scholarships/Financial Aid. The breakfasts will take place on the second Thursday of December, January, February, and March at 7:20 AM. Our first session will be on Thursday, December 12 in room 406, and we'll be discussing the College Search process. Please call guidance at 443-550-8893 to reserve your seat!

## Junior Update

Counselors will also be meeting with juniors in January/February to discuss ways to prepare for life after high school. We will be discussing college admission requirements, SAT/ACT, job application process, course selection for next year, and other things that juniors should be considering as they get ready to finish out their junior year. Junior year is a busy year as students are getting ready for their post-graduation plans. Please contact your child's counselor if we can help in any way!

## ASVAB

An announcement will be made when scores are available for any student who took the ASVAB at CHS on November 13. A session to review results will be offered on December 17; students who took the ASVAB at CHS will be given more information soon.

## Wall of Acceptance

This is a very exciting time of year for our seniors and their families. Acceptance letters from colleges are slowly coming in the mail. Students are bravely signing with branches of our armed forces. Apprenticeships and job offers are being accepted. We want to hear your child's good news! Be sure to share any information with us so that we can celebrate our awesome seniors by posting their accomplishments on the Wall of Acceptance outside of the main office!

**Sign up for guidance texts:  
SENIORS: text @Calvert20 to 81010  
JUNIORS: text @Calvert21 to 81010**

**Transcripts & Recommendations**

Students are reminded that they must submit a fully completed paper copy of the transcript request form to their counselor when applying to colleges or when requesting transcripts to be used for scholarship applications. Without this form, your counselor cannot send your transcript to the college or university. If your transcript has to be sent through the mail, we will print out a copy, prepare it, and give it back to the student for mailing. The recommendation request form must also be submitted to your counselor and any teachers that you are asking for recommendations. **Be mindful of deadlines and allow AT LEAST 10 school days for processing.** If you need a copy of the transcript request or recommendation form, they are available on the guidance website or in the guidance office.

**FAFSA**

**For seniors only..** FAFSA is the Free Application for Federal Student Aid. The FAFSA is FREE and helps students access grants and federal loans to help pay for college or technical school. The FAFSA determines student's eligibility for financial aid, and all students who plan on attending any college (**including CSM!**), trade, or technical school should be filling out the FAFSA! Students can complete the FAFSA beginning October 1 online at [www.fafsa.gov](http://www.fafsa.gov). (If you completed it before October 1, you will need to complete it again!) The Maryland state deadline to complete the FAFSA is March 1, but individual colleges may have earlier deadlines. **The sooner you do this, the more financial aid you will be eligible to receive!** If you need assistance, please contact your child's counselor; they can connect you with Mrs. Kidwell from Chesapeake College Plan to get assistance.

**CSM Promise Scholarship**

Thanks to new legislature put into play by Governor Hogan, students can potentially attend CSM FOR FREE after graduating from high school! To be eligible for this program, seniors must have a GPA of at least 2.3 and a household income of no more than \$100,000 for a single-parent home and \$150,000 for a two-parent household. Students must also complete their FAFSA and complete an application through MDCAPS. **Money is limited, so interested students should act quickly and complete their FAFSA and Promise Scholarship application right after October 1!** See guidance for more information. **FOR SENIORS ONLY!**

**Scholarships**

Scholarships are FREE money to help pay for college! Students who are attending 2 year colleges, 4 year colleges, and technical schools are eligible to apply for and receive scholarship money.

**3 ways to receive scholarship info from CHS guidance:**

1. Check the CHS guidance website for the most up-to-date postings.
2. Text @CalvertHS1 to 81010 to get scholarship information texted right to your phone. (We use Remind101 service for this.)
3. Follow us on Twitter - @CalvertGuidance

**Follow us on Twitter!  
@CalvertGuidance**

*CHS Guidance wishes you a healthy and happy  
holiday season!*

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