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Student of the month

November:
Brandon Phister



Thanksgiving Dinner at Eagle Academy

On Wednesday, November 24th, the kitchen at Eagle Academy was a little busier than usual. Mrs. McGinnis and her students were busy preparing for our Thanksgiving feast. Chris Gist was busy making stuffing and Casey Cruz was working on a pie. The last period of the day a fine feast of turkey, stuffing, ham, sweet potatoes, macaroni and cheese, corn, green beans and of course pumpkin pie was served by Ms. Dee, Mrs. Montecalvo and Mr. Liddell. Students Chris Gist, Jordan Blomdahl, Nick Roman, Ja' Darius Hall, Phillip Gonzalez, Kiara Santos, Samir Belazrak, Emily Holmes, Boris Lainez, and Casey McHale were busy at work under the direction of Mrs. McGinnis. All students at Eagle Academy ate until they were full. A big thank you to the culinary program for such a great meal.

Now you may not have had an opportunity to taste a delicious pie from the Eagle Academy Culinary class yet, but hopefully one day you will get a chance. The week of thanksgiving the students were busy making not only pumpkin pies but also cherry and apple.

During the holiday season, the hallways and classrooms of Eagle Academy have the delicious smell of pies, cookies, and gingerbread.



So what is special about Fridays?

Fridays are the day we change up the schedule a little and have our life skills/workplace readiness day.



Some of the courses offered to students on Fridays:

- Financial literacy
- Workplace readiness
- Design challenge
- Workplace safety
- Economics
- Mindfulness
- Learning to breathe
- Leadership
- Yoga
- Math and English review
- Basketball
- Art
- Spanish

Learning to Breathe

Last month, Beth Levy, a retired history and Women's Studies teacher from our district, launched a new program with some of our Eagle Academy girls. It's called "Learning to Breathe" and focuses on using the breath to improve the quality of students inner and outer lives. The latest brain research suggests that stress and distraction are major causes of both physical and mental health problems for young adults. This program aims to help students improve their ability to concentrate on learning tasks and cope better with their social/emotional lives.

The weekly sessions combine a "breathing centered" mindfulness practice with activities that are meant to provide tools that students can use to replace their reactive habits with non-judgmental, awareness based actions.

The course is divided into units that focus on the mind/body connection, coping with troubling thoughts and emotions, and using the breathe to calm the mind and body. The students have worked with their senses; smell, taste, sound and movement to help them learn to stay in the present moment and are learning that the only thing we have total control over is our attitude about events and relationships. It's a simple concept but hard to achieve so it requires both patience and practice which our brave group of girls are working to achieve!

Design challenge

Every week the students in Ms. Walters Design challenge class are presented with a new problem to solve. Using the engineering design process and household scraps the student teams turn ordinary scraps into something extraordinary.

So what makes these STEM activities? Not only is the engineering design process used but also the science and math of the project is emphasized. The projects are then taken to the math classroom where Ms. Vogt further explores the math connections.

I found I could say things with color and shapes that I couldn't say any other way- things I had no words for.

Georgia O'Keeffe

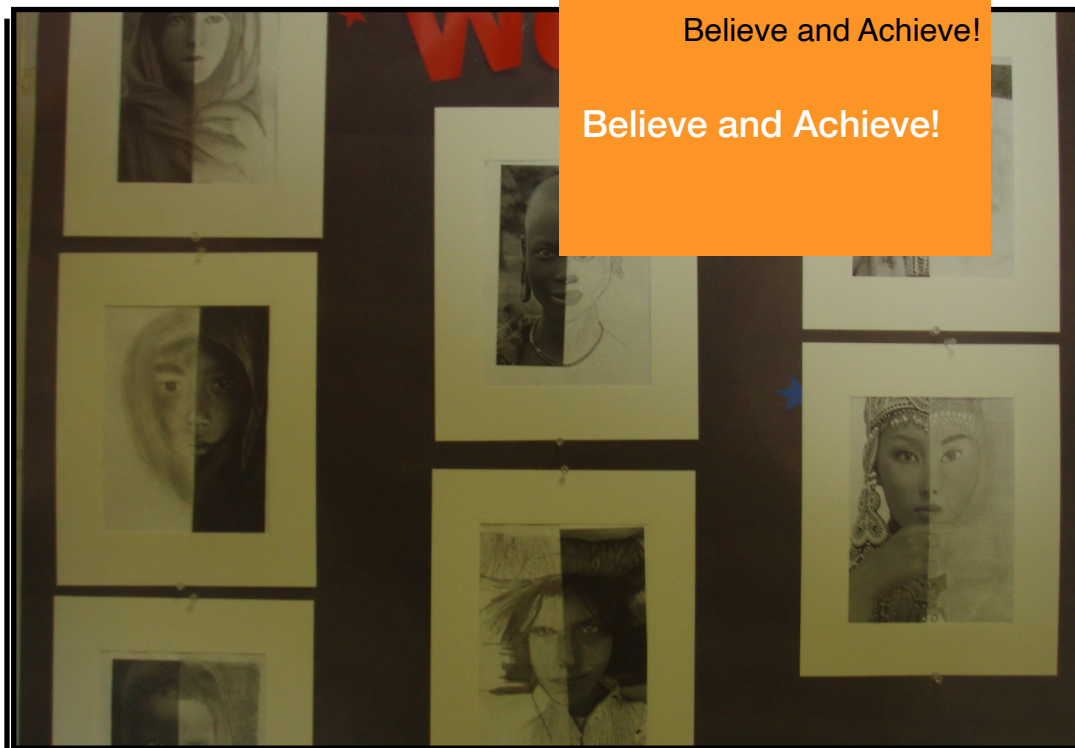


Reaching for a goal.....

- My goal is to get at least an 80 in all my classes.
- I am going to get to school on time and not miss the bus.
- I want to get my license and save for a car.
- I want to graduate this year.
- I'm interested in cosmetology.
- I think I want to be a behavioral therapist.
- I want to be a marine.

What's your goal?

What do you need to do to get there?



Believe and Achieve!

Believe and Achieve!



Finding your inner artist....

What's happening in Art class?

The students have been working on many projects from learning to draw faces, trying their hand at pointillism inspired by artist George Seurat, the floral work of Georgia O'keeffe, and collage work using small cut pieces from magazines.

Sometimes it's not easy to step out and try something new. Sometimes you just have to try. If it doesn't turn out like you planned well maybe it just might turn out to be something better. You just have to try and do your best.

Spanish class at Eagle.

Our Art teacher is not the only high school teacher who shares time at Eagle Academy. Ms. Joline the Spanish teacher also splits her time.

One project the Spanish class has worked on is labeling items in the Spanish and Science classrooms with their Spanish word translation.

Do you know the Spanish word for microscope?

NEXT ISSUE

New Year's resolutions?

Ginger bread houses

More about Fridays

Science/Math/Art projects

Basketball

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Attention
Eagle Academy
Students

Wanted:
Student writers
and student editor

Next meeting
January 14

From the director's desk

Don't Hit That Snooze Button!

So what's the big deal if I'm late once in a while to school? And why do schools have such strict rules about being on time anyway? I must have heard this complaint 100 times over the last few years. It's true that there's nothing more annoying than that early morning alarm, but continuously hitting that snooze button is never a good idea. Being on time for high school benefits a student's academic performance as well as molding future work & professional habits.

If you don't wake up early enough, then you're not really awake when you show up at school. Experts say that you need 60-90 minutes to go from pillow to peak performance. Showing up halfway through that first class means you've missed a lot already. This can lead to chronic tardiness, eventual absentee problems and poor grades.

Arriving late to school on a consistent basis can have long term academic effects. If showing up late to school becomes a habit, students may develop the notion that tardiness is acceptable behavior. This belief can negatively impact their future work ethic and employment opportunities. Alternatively, showing up on time to school every day can help students develop the habit of being punctual with important commitments. This habit can serve high school students into their future careers.

Most schools have specific policies concerning student tardiness. Schools allow for occasional lateness. But after reaching a certain number students are usually put on a structured disciplinary plan. Being late to school more than 10% of the time is considered "chronic tardiness." That comes down to about 2 times per month. Employers understand this. I got a call from an employer a few years back. A student had used me as a reference for a job she had applied for. The phone conversation was going well, until the prospective employer asked me, "is she ever late to school?" I wasn't about to lie, and had to tell him that yes indeed, about twice a week. After that incident I wrote the following on a corner of the board in my classroom, "I would be glad to be a reference for your next job: just ask me first." Teachers love to give good references to students and don't want to be put into situations where they can't

So is it a big deal if you're late to school once in a while? Let me ask a slightly different question. Is it a big deal if you are almost never late to school? Yeah a big deal, a good one!

Director of Eagle Academy, Mr. Bud Smith