



SHERIDAN TECHNICAL HIGH SCHOOL NEWS



Special Note from the Administration

Greetings Parents/Guardians & STHS Wolves,

It is hard to believe that we have just six weeks of school left. Interim reports were just issued for this final semester, so now is the time to encourage your child to keep working hard and remain focused...all the way to the end of the school year.

The week of May 2nd kicks off the first Advanced Placement (AP) and End of Course (EOC) exams. Monday, May 2nd, 10th grade students will take AP Environmental Science in the morning and AP Psychology in the afternoon. Please note that the afternoon exam will end at 3:00 p.m. Therefore, students will need to arrange transportation home. If you are picking up your child, students will be dismissed at 3:15 p.m. Students who wish to ride the after-school activity bus will need to sign up in the front office. Please review the **AP Flyer on page 10** for all test days and times.

I am pleased to announce that the 2015-2016 yearbook is ready to go! We are taking orders at this time, with an expected delivery date the week of May 30th. The yearbooks cost \$40 and can be paid for in school or through the [e-store \(click here\)](#).

I am also thrilled about our upcoming end-of-the-year field trip to Islands of Adventure. What an exciting way to wrap up the school year! Thank you for your continued support!

MAY				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

Dates to Remember:

May 2 - AP Exams Kick off this week!

May 26 - Red Nose Day

May 27 - Employee Planning Day
(No School for Students)

May 30 - School Closed



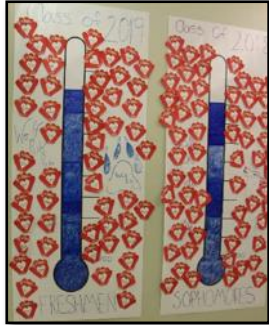
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Joe DiMaggio Glove Challenge

S.G.A. Club Sponsor, Mrs. Wendy Payne



S.G.A.'s fundraiser, the Joe DiMaggio Glove Challenge has ended, generating over 105% participation! Students and staff came through with flying colors producing a total

\$280 benefitting the Joe DiMaggio Children's Hospital! We will learn in May whether or not we beat out the Plantation High School Colonels. *Stay tuned!*

Earth Day Beach Cleanup

~ Ms. Brittney Smith, AP Environmental Science Teacher

On April 16th in honor of Earth Day, Sheridan Technical High School AP Environmental Science class and Ecology club partnered with *One Beautiful World* who organizes 6 beach cleanups a year through Hugh Taylor Birch State Park. We had 13 students come to clean up the beach in both rain and shine. The students picked up over 20 pounds of trash including tiny pieces of plastic, glass bottles, candy wrappers, and bottle tops, along with numerous other items. *One Beautiful World* is having another cleanup on May 22nd. Hope to see students there! *[Pictured on Right]*

Butterfly Garden ... Flourishing!

Ecology Club Sponsor, Ms. Brittney Smith



The Sheridan Technical High School S.G.A. and Ecology club have created a fabulous Monarch butterfly and herb garden next to the greenhouse on the Northwest side of campus.

This would not have been possible without the incredibly generous donation from Living Color Garden Center on Griffin Road. Living Color gave us all of our herbs and some of the more unusual plants such as Giant Milkweed, Plumbago and Passion Vine.



Currently covered in monarch caterpillars, the garden will soon host dozens of chrysalis which will transform



into gorgeous Monarch butterflies. Thanks to all of the students who have helped plant and

tend the garden and a big thanks to Living Color!



Beach Cleanup: Over 20 lbs. of trash collected! 2

Teaching & Learning Spotlight



Debate Team Wraps Up the Year!

~ Indiana Aleman, Debate Coach

The STHS Debate Team competed at the 2016 Florida Forensic League (FFL) Novice State Championship Tournament at Wellington High School in Wellington, FL on Friday and Saturday, 4/15-4/16. Please join me in congratulating **Bellenda Fertil** and **Ryan Rowe** for their outstanding participation in Lincoln-Douglas, and **Davanithe Evra** for her outstanding participation in Oral Interpretation! A huge thank you also to our Debate Team President, **Sierra Richardson**, and to our Debate Team Vice President, **Vivianna Tijerino**, for accompanying us on this fun-filled and exciting weekend tournament, and for providing their services as Assistant Coaches!

THANK YOU for your help and support! SO PROUD OF YOU! Much LOVE & RESPECT! Go Wolves!!!



Janelle, Ileissa., and Niang

Please join me in welcoming our new STHS Debate Team Novices: **Niang Dim, Ileissa Ovalle, and Janelle Michel!** WELCOME ABOARD AND GREAT JOB, ladies!!

Lastly, I want to thank the Team for their excellent teamwork, ongoing dedication and commitment to the Team, for their talents, hard work, collaboration, combined and individual efforts, and participation in all events! We had a wonderfully successful 2015-2016 Season, with the Novices earning 11 medals among them, and our Debate Team President and last year's Novice State Champion, **Sierra Richardson**, qualifying at Districts this year. Per Coach Logan, "We made a big splash there with two breaks and a 2nd alt for a team that's two years old. We made a big name for ourselves this year with those Infos and I plan to do that again next year. I want to continue this success for next year." WE WILL!!! Go Wolves!!!

FANTASTIC JOB! Proud of you ALL! "Keep Calm & Debate On!!" - Coach Aleman

Bellenda, Davanithe, and Ryan



Sierra and Vivianna



2015-2016 Debate Team

Teaching & Learning Spotlight

Health Life & Physical Fitness Pair Up for a Workout!

~ Ms. Judy Bracken, Health Life Management Teacher

Students in the Weight Training/Health Life collaboration classes began Week 4 formulating workout logs for themselves, friends, and families. The objective for this lesson: To perform a beginning level of interval training for cardiovascular fitness and muscular strength.

The guidelines included:



Use the following guidelines to implement your Beginner Training Program

1. Begin with 1-2 sets of each exercise listed on the training log.
2. Upper Body: start with 10 reps per set and gradually increase to 12 and then 15.
3. Lower Body: start with 10 reps per set and gradually increase to 20.
4. Once you have reached the max reps in your set, increase the weight by 5-10 lbs. and start working at 10 reps again. Gradually increase to max reps.
5. After 6-10 weeks - progress to the Intermediate Training Program.
6. Aerobic activity may be performed on the same day or alternating days from weight exercises.

Training Program: Beginner

Perform this program 3 times a week.

Day 1:

Exercises	Number of Sets	Number of Repetitions	Weight
Leg Extension			
Lying Leg Curl			
Bent-Over Row			
Push-Ups			
Dumbbell Curl			
Crunches			
Back Extension			
Aerobic Activity			
Stretches			

Day 2:

Exercises	Number of Sets	Number of Repetitions	Weight
Leg Extension			
Lying Leg Curl			
Bent-Over Row			
Push-Ups			

FITBIT Challenge. Anyone who wears a Fitbit and would like to join a Fitbit Challenge, please see Kamari Cargill or Mrs. Bracken for details.



Pictured from L to R:

Edward L. & Nicolas M., Richard M., George E. and Abdiel G. exhibit their strength and stamina.

Teaching & Learning Spotlight

STHS students compete in the 2016 Broward County Literary Fair!



And the winners are: **Angie Benitez-Garcia** and **Sheyla Hernandez**! The awards ceremony will be held on May 10 at 6:00 p.m. at the Broward Center for the Performing Arts, when they will find out exactly how they placed: 1st, 2nd or 3rd. Regardless of the size of the trophy they bring home, we already know how amazingly talented these two students are, so congratulations to Sheyla and Angie for their outstanding poems! **See WINNERS, 6.**

I Am Who I Am Not

Free Verse by Sheyla Hernandez

She – her – daughter – sister – girl – lesbian – dike

All words used to describe me as I am not

I am not a girl, I am not your daughter nor your “girlfriend”

I was born a way I was not meant to be and who are you to tell me I am...

Confused

Lost

Or “going through a phase”

To tell me I am simply going through a phase

That I do not love the way I should

I say to them...

Sadness

For this is what I feel towards you

That they would rather live in darkness than be surrounded by my light

To be told that I am not as I should is like telling the stars they do not shine as bright as they must.

But for a split second I agree.

My mind thinks one way but my eyes see another

It is clear that I appear as what I do not feel

For my voice is not as deep as I wish it to be and my body causes me to shed the tears only my pillow sees.

But nonetheless, I am a boy

With a soul just as strong and a heart that beats as yours.

Teaching & Learning Spotlight

WINNERS, Continued from page 5

Haiku:

Thorns - by Angie Benitez

A pretty rose blooms
The thorns cleverly hidden
Just like many loves.



Counselor's Corner:

Mrs. Rattray (Gr. 10) & Mrs. Schiling (Gr. 9)

Word of Encouragement:



As the testing week approaches, Ms. Schiling and Ms. Rattray would like to encourage each one of you to stay motivated, stay positive, and remember that you are masterfully equipped to succeed. We know you are feeling stressed, however, with good time management, completing your assignments, and staying focused you will overcome the testing blues and excel. Keep your eye on the prize. You can do it!



Magnet Update ... Last chance to join our Sheridan family! The online application window will open again on May 1st. We are accepting eligible students for grades 9-11th.

Please go to <http://browardschools.com> and click on Magnet Programs.

Laugh. Give. Save a Kid!

In 2014, 21% of all children (15.5 million kids) lived in Poverty USA—that's about 1 in every 5 children.



In 2012, the National Center on Family Homelessness analyzed state-level data and found that nationwide, 1.6 million children experience homelessness in a year.

(Sources: Income, Poverty, and Health Insurance Coverage in the United States: 2014, U.S. Census Bureau; National Center for Family Homelessness; USDS Food and Nutrition Services, 2014)

Fortunately, there are many programs whose mission is to help impoverished children. People all across the country will be wearing red noses and organizing FUN -raisers all to help kids who need it most. The “power of one” can make a significant difference if we all pool together to help! **Find out how @ <http://rednoseday.org/>.**

Food Drive to Support Red Nose Day Campaign

STHS will be doing their part by participating in a food drive to help the Pantry of Broward, Inc. The drive will run through Thursday, May 26th. Please help us by sending in the following non-perishable items:

- Cereal
- Hamburger Helper
- Mac & Cheese
- Peanut Butter
- Jelly



Book Bytes & More
Michele Rivera, Digital Learning Specialist

Twitter: @STHSReads



2015-2016

"Battle of the Books"

STHS Teen Readers competed in the *"Battle of the Books,"* a district-wide academic competition held on April 8th at South Plantation High, based on the 15 Florida 'Teens Read' award winning books!

Questions on each of the 15 books were statements or quotes from the books, with the answers being the TITLE of the book. Teams had 10 seconds to col-



laborate and decide on their answer. Team captains would then reveal their final answer.

In preparation for the event, the STHS Teens Read members met weekly to discuss book plots, conflicts, characters, settings, nuances, etc., and practice as well as simulate the competition protocols and procedures.



Our STHS team competed against peers from 10 other high schools. We congratulate Marjorie Stoneman Douglas for placing 1st, and Taravella High and Pembroke Pines Charter placing 2nd and 3rd, respectively.

Kudos also to our *Battle of the Books*—*STHS Teens Read* members: Coach Rivera, Shelby J., Abeeda L., Jennifer O., Kristin O., Ryan R., David S., David R., Viviana T., and Ariana W.

Although STHS did not rank in the top 3, our students exhibited a strong sense of team spirit and collaboration!



The "battle" was a fun way to do what these students love to do - READ - and participate in healthy competition against their peers. Everyone was treated to a pizza and salad lunch along with new books to add to the students' personal libraries.

Looking forward to reading next year's award winning books and expanding our team! These can be found at: [http://](http://www.floridamediaed.org/florida-teens-read.html)



www.floridamediaed.org/florida-teens-read.html .

***Looking for avid readers to join
our 2016-2017***

Teens Read Club

Details forthcoming!



Book Bytes & More, continued from page 5

**Lynne Matson, Award-winning Author,
Visits Sheridan Technical High School**

~ By *Ileissa Ovalle, Teens Read Member*

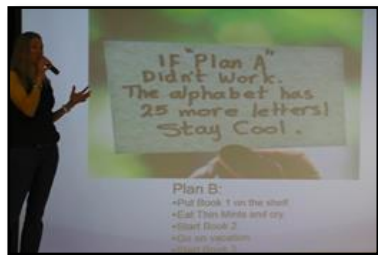
Sheridan Technical High School, joined by Atlantic Technical and Taravella High Schools, had the honor of a special visit by award-winning author, Lynne Matson. Lynne Matson is the author of the acclaimed *Nil* series, a thrilling trilogy in which teens trapped on a mysterious island have exactly 365 days to escape, or die.



Ms. Matson facilitated an interactive presentation where she discussed the ins and outs of becoming a novelist with each school's Teen Readers/Book Club members. She began with a quote by Aristotle, "Plot is character revealed through action," to underscore those components that truly make a book enjoyable for the reader. Matson also mentioned that being a writer is not the easiest job in the world because you have to endure dozens upon dozens of rejection letters like she had; but no matter how many "no's" you may receive from



agents, she emphasized the need to be persistent in achieving one's goal. This advice is apparent in Matson's life because



she had to go through mountainous amounts of rejection letters.

She also provided aspiring readers with valuable advice about writing their own novels. Tips included adding realism to the plot and making the characters relatable to the reader on various aspects, which garnered her a fan from the Teen Readers' club.

Matson concluded her presentation with a book signing for the various Teen Reader teams in attendance. One of her fans from the Sheridan



Technical High's Teen Readers' club stated that, in the book, *Nil*, she enjoyed Matson's "character development, suspenseful plot, relatable characters,



and the realistic aspects involved within the story."

Everyone is a reader

some just haven't found their favorite book yet!





STHS “Alpha Wolves” Worthy & Honorable Character



Character Traits – 2015-2016

Sheridan Technical High School is committed to adopting policies, practices, and pedagogies that are equitable and promote the ability for all stakeholders to have a voice in the establishment of the governmental practices of the school.

With this in mind, throughout the year we have spotlighted each of the character traits reflected below on a monthly basis, aligned them to *The Coalition of Essential Schools: Common Principles*, and recognized students who have lead by example. Practicing these traits on a daily basis serve to prepare our students to handle themselves with moral and ethical integrity at school and throughout life.

- Cooperation – September
- Responsibility – October
- Citizenship – November
- Kindness – December
- Respect – January
- Honesty – February
- Self-Control – March
- Tolerance- May



“Truth be told Greatness is not found in possessions, power, position or prestige. It is discovered in goodness, humility, service and character.”

~ William Arthur Ward



The Coalition
of Essential Schools:
Common Principles



1. Learning to use one’s mind well
2. Less is more: depth over coverage
3. Goals apply to all students
4. Personalization
5. Student as worker, teacher as coach
6. Demonstration of mastery
7. A tone of decency and trust
8. Commitment to the entire school
9. Resources dedicated to teaching and learning
10. Democracy and equity



Sheridan Technical High School



Advanced Placement (AP) Examinations 2016

Important Exam Dates

➤ 10th Grade Exams

Monday, May 2nd

8:00 a.m. – 11:00 a.m. •AP Environmental Science

12:00 noon – 3:00 p.m. •AP Psychology**

**Students who need transportation home after the May 2nd AP Psychology Exam may sign up to take the Activity Bus home. Parents may also pick up students @ 3:15 p.m.

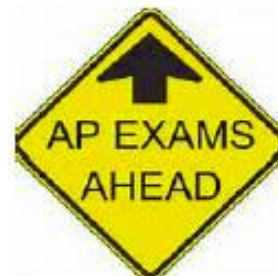
Tuesday, May 3rd

8:00 a.m. – 11:00 a.m. •AP Spanish

➤ 9th Grade Exams

Friday, May 13th

8:00 a.m. – 11:00 a.m. •AP Human Geography



End of Course Exams (EOC's) Term 2 • 9th & 10th Grade

Mathematics – 2 Session Exams

Thursday, May 5th

Day 1: 7:30 a.m. start time

FSA EOC Algebra 1

FSA EOC Geometry

FSA EOC Algebra 2

Friday, May 6th

Day 2: 7:30 a.m. start time

FSA EOC Algebra 1

FSA EOC Geometry

FSA EOC Algebra 2

Biology – 1 Session Exam

Tuesday, May 17th

7:30 a.m. start time

NGSSS EOC Biology



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Pages
Of
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Sales
End
May
27th
Don't
Miss
Out!



Wolf
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Sheridan Technical High School
2015-2016

Cost: \$40 – Pay in school or the [E-store](#)