

CENTER I

9/15/2023

Director's Note:

Please make sure to fill out the field trip permission form for IT Fundamentals. See below. Reposting some dates of interest. While some of these dates may change. Our goal is to continue to build a community here at Center I between the families, the students, and the staff. We know that an environment in which students feel safe, visible, and valued leads to increased learning opportunities.

September 21st: College Fair at Monticello High School (see School Counselor's blurb below for more information)

September 28th: Back to School Night 6:00-7:30

This will include a state of the school presentation from 6:00-6:30 and give everyone a chance to talk with teachers afterwards

October 6th: Center I Game Night - Settlers of Cataan, Chess, Backgammon, Monopoly, Risk, Ticket to Ride, Jenga, Uno, and more. Come prepared to have some snacks and play some games. A super fun Center I Family/Student/Staff event.

October 18th: College and Career Planning -- This night has information that will be interesting to all center I students and parents and will cover a variety of topics from course selection to college essays. Applicable for any student interested in pursuing a 2-year or 4-year degree.

November 7th and November 8th: Fall Parent/Teacher conferences

November 14th: Learning and the Teenage Brain along with other Self-Care Seminar classes: One thing that we have learned over the last several years is today's students learn differently than many of their parents. Many have issues of work avoidance, along with attention spans that are diminished to the point we have a special name for it -- TikTok Brain and stress levels are more elevated contributing to other issues plus the above. We are hoping to bring in some area experts to discuss student learning post-covid to see how we can best support our students in this shifted learning environment.

Student/Faculty Book Study:

<https://www.amazon.com/Power-Moments-Certain-Experiences-Extraordinary/dp/0593079264>

We will have at least two faculty and would like to have a half dozen students or more. This book by Chip and Dan Heath is a fun read and discusses how a single event - a unique experience - can be impactful in your life and become

something that you recall years later. I still vividly recall a specific lab from a college class from 40 years ago (of course learning to use dynamite tends to stick with you). This is a fun read and should be a fun discussion. If any student is interested please shoot me an email, or stop by my office to express interest, so we can order the right amount of books.

School Counselor's Message:

**CENTRAL VIRGINIA
REGIONAL
COLLEGE FAIR**

Also featuring information about:

- Military programs
- Workforce programs

MONTICELLO HIGH SCHOOL
9 / 21 / 2023
5:00 - 8:00 PM

STUDENTS, GET YOUR STRIVE SCAN BARCODE HERE!

STRIVE SCAN

1928 VACRAO

Anxiety affects teens differently than it does children. If you are interested in learning more, check out this [article](#) located on the Child Mind Institute website.

Anxiety is a common and natural response to stress, but when it becomes overwhelming and persistent, it can negatively impact a person's mental and physical well-being. Fortunately, there are several effective ways to alleviate anxiety and regain a sense of control over your life. Here are some of the best strategies:

Deep Breathing and Relaxation Techniques: Deep, diaphragmatic breathing can activate the body's relaxation response. Try inhaling deeply through your nose for a count of four, holding your breath for a count of four, and exhaling slowly through your mouth for a count of four. Repeat this process several times. Other relaxation techniques, such as progressive muscle relaxation and meditation, can also help reduce anxiety.

Regular Exercise: Physical activity has been shown to reduce anxiety and improve mood. Exercise releases endorphins, which are natural mood lifters. Aim for at least 30 minutes of moderate exercise most days of the week.

Healthy Diet: What you eat can influence your mood and anxiety levels. Avoid excessive caffeine, sugar, and processed foods, which can exacerbate anxiety. Instead, focus on a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and omega-3 fatty acids, which can support brain health and reduce anxiety.

Adequate Sleep: Lack of sleep can significantly contribute to anxiety. Ensure you are getting enough quality sleep each night, aiming for 7-9 hours for most adults. Establishing a consistent sleep schedule and creating a relaxing bedtime routine can be helpful.

Mindfulness and Meditation: Mindfulness practices, such as mindfulness meditation, can be effective in reducing anxiety. These techniques involve paying attention to the present moment without judgment. Regular practice can help you become more aware of your thoughts and emotions and better manage them.

Cognitive Behavioral Therapy (CBT): CBT is a widely recognized therapeutic approach for managing anxiety. It helps individuals identify and challenge negative thought patterns and develop more adaptive coping strategies.

Social Support: Don't underestimate the power of connecting with friends and family. Talking to someone you trust about your worries and concerns can provide emotional support and reduce feelings of isolation.

Limit Stressors: Identify sources of stress in your life and work on reducing or eliminating them. This may involve setting boundaries, saying no when necessary, and prioritizing self-care.

Relaxation and Self-Care: Engaging in activities you enjoy, such as reading, listening to music, taking a bath, or spending time in nature, can provide a mental break and promote relaxation.

Professional Help: If anxiety is severely impacting your life, seeking help from a mental health professional, such as a therapist or psychiatrist, can be immensely beneficial. They can provide specialized strategies and, if needed, prescribe medications.

It's important to note that everyone is unique, and what works best to alleviate anxiety may vary from person to person. It's often helpful to combine several of these strategies and tailor them to your specific needs. Additionally, practicing patience and self-compassion is essential as you work towards managing anxiety. Over time, with consistent effort and the right support, you can find relief and improve your overall well-being.

*Kudos to anyone who can identify the source of the above!

Nurse's Message:

COVID, Colds and Flu are making their way into our schools.
You can find COVID guidelines for [Students here](#).

Please let me know if you have a confirmed case of COVID or FLU as we keep a record for the Virginia Department of Health. This is only to monitor the number of cases reported and does not include any personal information. Annie Richardson: arichardson2@k12albemarle.org

Remember: As you move through your day, try not to touch your face or rub your eyes AND wash your hands often!

Do you have a special interest in Community Health and Teen advocacy?
See below for a very interesting opportunity with the VDH!!!

VDH VIRGINIA DEPARTMENT OF HEALTH

YOUTH ADVISORY COUNCIL

Are you between the ages of 14 and 21*? Are you interested in Public Health initiatives such as [mental health](#), [community empowerment](#), and [LGBTQIA advocacy](#)? If you want your voice to be heard and to represent youth in state policies or projects, apply to join the Youth Advisory Council!



**Apply Here: <https://forms.office.com/g/VyfUpcztem>
Or scan the QR Code!**



***Parental Permission required for those under 18**

English 10/English 11:

Mr. Schultz has a new member of the family and has been out all week. However, learning does not stop. Andrea Heapes will be the substitute teacher for the next several weeks until Mr. Schultz returns.

English 12: This week in [Mrs. Blevins'](#) English 12 class, students chose Common App prompts and began building an inventory of details to include in their essays. Some students began writing their drafts while others needed some additional time and guidance to find a topic they wanted to explore. Knowing that writing is something that many students avoid, dislike, or struggle to begin, I explicitly taught lessons on executive

function, providing tips and tricks to help students "fight the blank page." Students will continue working on their drafts next week and once students have been given feedback and revise, these essays will be ready for the college admissions process.

**Please make sure to sign and return our course syllabus which includes a [parent opt-in form](#) for our class texts.

Dual Enrollment English: This week in [Mrs. Blevins'](#) PVCC English course, we discussed themes I saw from students' first essays. This assignment asked students to reflect on their strengths and challenges when approaching a writing task. Students repeatedly discussed procrastination, perfectionism, distraction, and an over-reliance on writing formulas or prescribed outlines to get an assignment completed. I wasn't surprised by what students wrote because I see the same general responses from year to year. To address students' admitted self-sabotaging behaviors, I explicitly taught multiple lessons on executive function, providing tips and tricks to help students regulate the behaviors that prevent growth in writing. Then, in class, when I provided longer chunks of writing time, I invited students to try flashdrafting, a technique that has proven to lessen stress and accomplish more during the early drafting stage than outlines or formulas. Next week, I will conference with students, coaching them where they feel like they need individual guidance.

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Creative Writing: This week in [Mrs. Blevins'](#) Creative Writing class, we spent a day discussing various ways to convey imagery. We read and discussed the impact of techniques such as personification and syntax through poems by Clint Smith as well as scenes from Ron Rash's novel *Saints at the River*. We noticed how these writers emphasized physical imagery and through vivid word choice developed both internal and external conflict. Students then began writing a 500-word fictional scene. I will provide feedback on these scenes next week as we continue to study how various writers craft fiction.

World History 2 and AP World

This week, Dr. Mound's (jmound@k12albemarle.org) World History II students connected their knowledge of Islam in the 1500s to the treatment of Muslims today by learning about present-day Islam, the experiences of Muslim Americans, and "Islamophobia." After watching a TED talk on the lives of American Muslims and reviewing several pieces of public opinion data, students began working -- either individually or in small groups -- on a short video "PSA" or infographic poster addressing misconceptions about Islam and Muslims.

US/VA History and Dual Enrollment US History

This week, Dr. Mound's (jmound@k12albemarle.org) U.S. History class finished the first lesson's lecture, which looked at the causes and effects of the historically close presidential election of 2000. Students then began working on that lesson's assignment, which asks them to debate the value of third-party candidates and examine the impact of the 2000 election on the politicization of voting laws. Next week, students will finish that assignment and take a quiz on the first lesson.

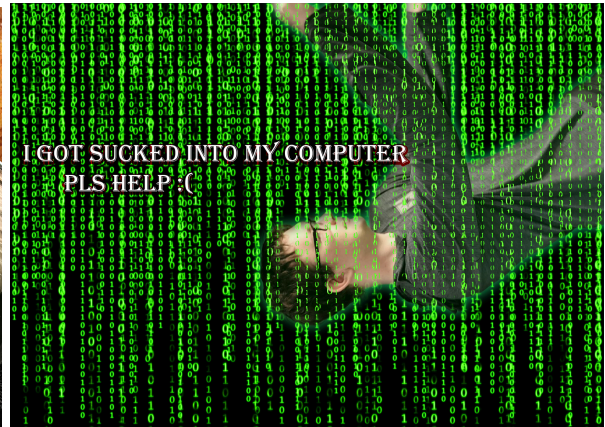
US/VA Government and Dual Enrollment Government

IT Fundamentals

[Mr. Glover](#) (Media & Comm.) [Ms. Schmidt](#) (Cyber) [Mr. Sills](#) (Game Design) [Mr. Stalker](#) (Game Design)

Escape Room Permission Form

This week in IT fundamentals, students jumped into Adobe Photoshop to learn the basics of the software, including layer adjustments, object transformations, and the text, move, and crop tools. The class was tasked with creating fake, clickbaity YouTube thumbnails. Here are a few examples, including the one I used in our lesson:



In addition to the photoshop lesson, students also learned about the exposure triangle and learned how to take pictures in manual mode using Canon DSLRs.

On Friday students had the opportunity to catch up on any outstanding projects or assignments. Students not needing additional time participated in an Advanced (Google) Search lesson and a Capture the Flag cybersecurity activity, putting their searching skills to the test. Categories for the CTF included popular cybersecurity topics such as Cryptography, Network Ports, Reconnaissance, and Web. Ready Player One trivia and Discworld haikus were also included. Top 3 players scored 300 or more points, and the top score was 385.



GAME DESIGN

Game Design - Year 2

The students were introduced to the 3D modeling and animation software Maya this week. The controlling objects are very similar to their experiences in Unity so they were able to jump very quickly into their first project; using basic geometric shapes to create a house and yard. Furthermore, they gave color and texture to each of the objects in their scenes.

CYBERSECURITY

Cybersecurity - Year 2 [Ms. Schmidt](#)

This week students began their summative project on securing Windows 10 operating system. Utilizing the CyberPatriot Training Round image, they worked in small groups to create a standard checklist of tasks, building on their knowledge from labs and Defending Windows 10 activity. Students then launched into identifying the insecurities on the training image, both scoring points and gaining hands-on experience. Demonstrations of their batch file scripts began Friday and will continue into next week.

Cybersecurity - Year 3

Students pursuing CompTIA Security+ certification should have registered for their online course and completed lesson 1 as of Friday to stay on track. Time will pass faster than 6 months with no payments, no interest financing, so it's important to stay on schedule with the work.

Congratulations to students passing their GIAC Foundational Cybersecurity Technologies (GFACT) Certification test this week!

MEDIA COMMUNICATIONS

Media Communications: Year 2 and Capstone

This week in Media Communications, students continued diving into media centered project work. Here are a few things that were completed since the school year began:

[The Car Chase](#) (a short sketch, by CJ, Marly, and Sam)

[Koala](#) (a piece of music, by Krys)

Students are currently doing everything from web design, to photography, to illustration, to music video production. It's been a great start to the year! If you need anything, please email me at dglover@k12albemarle.org.

Virginia Colleges Current Rankings

Virginia

Virginia Tech

William and Mary

George Mason

James Madison University

Virginia Commonwealth University

Hampton University

Old Dominion University

Radford University

Regent University

Mary Baldwin

Marymount University

University of Lynchburg

Liberty University