

# ANCHOR NEWS

— CLEVELAND NJROTC NEWSLETTER, NOVEMBER 2, 2020 —

## PRINCIPAL MESSAGE

**School Reopening Plans for Semester One.** The school reopening survey is now closed, and we have 60 parents who selected in-person option for their students. The breakdown by grade is:

9th - 23 cadets

10th - 11 cadets

11th - 13 cadets

12th - 13 cadets

We are finalizing our plans for safe student re-acclimation, and will be reaching out with details. Here is what you should expect in the last three weeks of semester one. School hours will be adjusted to 7:10 am - 1:07 pm, we will send the new bell schedule in the next couple of weeks.

### **Student Re-Acclimation Plan:**

**Week of November 30th** -- students' orientation by grade levels, your child will attend one day that week.

**Week of December 7th** -- all grade levels are in school, regular classes and regular school day.

**Week of December 14th** -- Final Exams, with students' last day on December 17th.

Please make sure to check Cleveland website for up-to-date information on Re-Acclimation Plans, and other details.

## CLEVELAND HONOR ROLL

Congratulations to these outstanding cadets, who earned 3.5 GPA on their report cards. We are so proud of your academic achievements!

**Delta Company:** Jacoby Bailey, Robyn Brockmire, Jayden Goodson, Quinn Hollins, Demirah Johnson, Da'Vion Kee, Makayla Mack, Ethan Phanthavongsa, Jazlyn Robinson, Kaden Scola.

**Charlie Company:** Ajia Davis, Travon Forte, Zachi Grant, Alish Gurung, Michelle Hernandez, Daryl Jamison, Maria Maldonado Meza, Anastacia Moore, Chasity Nicks, Madison Rogers.

**Bravo Company:** Clara Abad, Keiale Atkins, Zachary Boling, Robert Cunningham, Jeremiah Dippel, Mekhi Franklin, Lashawn Grant, Taniya Hoye, Annalisia Parks, Kaylon Whitley, Hallie Wright.

**Alpha Company:** Sydney Clay, Jailah Cohen-Cody, Keon Franklin, Juan Jimenez, Kevin Mendez, Yusuf Palada, Aydin Faith, Makyah Pool, Joshua Siu, Sandy Stokes, Jadarrias Welch, Anastasia Williams, Dajuan Woods.

## STELLAR CADETS SHOUT OUTS

**Gabriele Collins, Jeremiah Dippel, and Stefanie Spencer** (from Mr. Rieder) – always on time for class, ready to work, very serious about their writing and success in class.

**Nariah Gandy and Hallie Wright** (from Ms. Rench) for their constant participation in ACT Prep Math class

## THANKSGIVING BASKETS FOR SLPS FAMILIES

You can receive a turkey and a dinner basket filled with Thanksgiving favorites from the St. Louis Dream Center. Baskets are limited to those who register first. You can register Monday through Thursday between 8:00 a.m. and 4:00 p.m. until November 19th. To register or for more information, please contact Ms. Henderson at 314-381-0700 ext. 8035 or email her at [ehenderson@stldreamcenter.org](mailto:ehenderson@stldreamcenter.org).

## SAVE THE DATE

**November 3** - No school for students, Election Day

**November 4 and 6** - Algebra students will have Chapter 2 test, good luck!

**November 9** – Winter Sports practices begin

**November 13** - Progress 2 report cards will be emailed to parents.

**November 23 - 27** – Thanksgiving Break

## COUNSELOR CORNER

Schedule a meeting with Ms. Dennis, Cleveland college advisor, please use this [form](#).

If you would like to schedule a one-on-one meeting with our counselor, **Ms. Schaffer**, please complete [Counselor Meeting Request Form](#) and indicate your preferred time, date, and nature of the meeting. After submission, you will receive a confirmation email with a meeting link.

\*Please note all individual student meetings must have another adult present or be recorded.\*

## DESTINATION COLLEGE

SENIORS: Fontbonne University is hosting two FAFSA Workshops if anyone needs any assistance completing their application. Remember the FAFSA must be completed for anyone wanting to receive financial aid in college.

Tuesday, Nov. 10, 2020 @ 6:00 PM- <http://bit.ly/FBUFrenzy>.

Thursday, Nov. 12, 2020 @ 6:00 PM- <http://bit.ly/FontbonneFrenzy>.

## HAPPY BIRTHDAY: NOVEMBER

Lamontez Jackson, Abdul Aldahi, Karveon Buress, Travon Forte, Anastasia Williams, Jacoby Bailey, Kylic Johnson-Mitchell, Ahniya Primus, Jahidi Troupe, Dontel Price, Anthony Vastine, William Spurlin, Amaud Greene, Christopher Williams, Marcus Laney, Juwan Wilson, Emily Foster

## TECHNOLOGY UPDATE AND USEFUL RESOURCES

On Monday, Sept. 21, SLPS will open Technology Technical Support Centers at two of our schools: [Vashon, 3035 Cass](#) and [Hodgen, 1616 California](#). These locations will provide tech support for any District equipment distributed to students: iPads, laptops and hot spots. If families have not received equipment for their student(s), they should contact their home school. Technology Technical Support Centers are open from 8:15am to 3:30pm Monday through Friday.

- [Parent Virtual Learning Resources page on the SLPS website](#)
- [Ten Tips for Parents Supporting Virtual Learning](#)
- **TECH SUPPORT:** For technology-related issues on District devices, contact the IT Help Desk at 314-345-5757 or email [techhelp@slps.org](mailto:techhelp@slps.org)

## WELLNESS SERIES: PHYSICAL WELLNESS

Positive physical health habits can help decrease your stress, lower your risk of disease, and increase your energy. Here are tips for improving your physical health.

### EAT HEALTHY DIET

We make dozens of decisions every day. When it comes to deciding what to eat and feed our families, it can be a lot easier than you might think to make smart choices. A healthy eating plan



not only limits unhealthy foods, but also includes a variety of healthy foods. Find out which foods to add to your diet and which to avoid.

**To eat a healthier diet:**

- Replace saturated fats, like butter or meat fat, with unsaturated fats, like vegetable oils.
- Cut back on sodium. Choose fresh foods and those that have no added salt of less than 5% of the Daily Value of sodium per serving.
- Choose more complex carbs, like whole-grain breads, cereals, starchy vegetables, and legumes.
- Cut added sugars. Pick food with little or no added sugar.
- Get more fiber. Switch to whole grains and eat more vegetables, beans, nuts, and seeds.

For more information please follow this [link](#).



## CLEVELAND NJROTC ACADEMY

 @NJROTCleveland

Dr. Victoria Shearing - Principal

Dr. Jameelah Spann - Assistant Principal

Capt. Davenport - Senior Naval Science Instructor

School Visitor Hours: 12 pm - 2 pm

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 314-776-1301

 slps.org/cleveland

## SIGN UP FOR THE NEWSLETTER

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