

# Hornet Happenings

## ECHS Parent Online Newsletter



Volume 2, Issue 3

Winter 2017

### Principal's Letter

Dear Hornets,

Happy New Year! A new year is a time to reflect on what was and to think about what can be. Set your goals high for our students and help them get there. We are now officially half way through the 2016-17 school year with the first semester behind us. With the month of February here, we need to ensure that our students put "heart" into the second half of the school year, because it will be over before you know it! Please be sure that they are taking advantage of extra help opportunities given by their instructors

New Year's Resolutions to consider for you and your student:

- Challenge students to arrive on time to school and to class each day
- Ensure that students who are struggling seek the teacher's help and attend extra help sessions
- Check Schoology (and encourage students to do so) to monitor students' grades, attendance, and behavior.
- Partner with school: Attend a PTSA meeting, visit the Parent Center, chaperone an activity

Please be sure that we have your correct contact information so that you will receive broadcasted telephone messages from the school to alert you to things that arise in school including days off due to inclement weather.

Our students need to continue working hard to finish the year strong! We are hopeful that 2017 will bring everyone in our school's community great joy!

Sincerely,

Dr. Evelyn A. Edney

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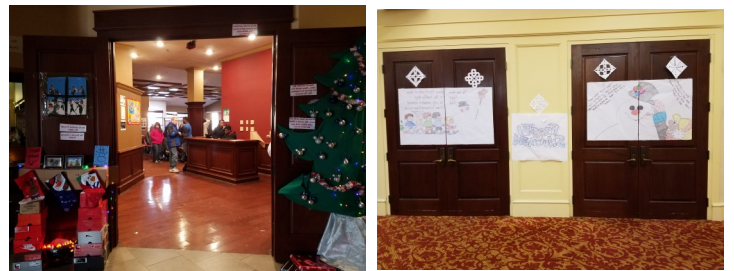


**Grade 9 student Hannah Tippy was selected to serve as a Student Advisory Board member for the Delaware Department of Education's Stand up and Speak Out anti-bullying campaign.**



*We had a holiday door decorating contest with holiday songs as the themes.*

*Mr. Sanchez' Advisory was named the winner with "All I Want for Christmas is You."*

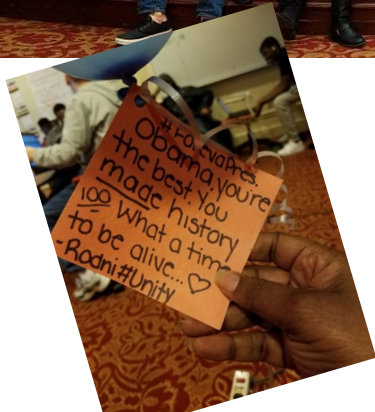


*We also had in Ugly Sweater contest. There were five students who entered the contest, and Kysair Hall-Murphy was chosen the winner. The student body used Schoolgy to vote!*





# Hornet UNITY Day



On President Trump's Inauguration Day, ECHS spread a message of unity as much of the country was divided. Students and staff wore red and blue, English 9 students posted messages of unity, took photos at the UNITY selfie station, and participated in a "Farewell, President Obama" balloon release.

Our Winter Spirit Week was tons of fun with Sports Day, Twin Day, College Day, Bow Ties and Beauties Day, and Color Wars Day that ended with a pep rally! We honored the top ten academic students in each grade, the band, chorus, step team, and cheerleaders rocked the house!

## Winter Spirit Week 2017



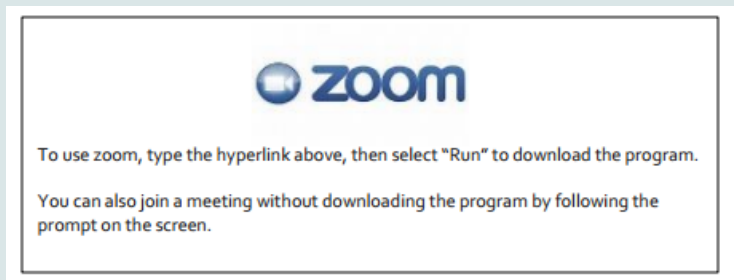
# Parent Teacher Student Association

The PTSA had a planning/restructuring meeting to discuss how the group will be moving forward. Several topics were discussed. If you have suggestions or feedback, please email Dr. Edney.

<u>Fundraisers</u> <ul style="list-style-type: none"><li>• Escape Rooms (\$5/person or \$25/team)</li><li>• Restaurant Take-Over (One in each county)</li></ul> <table><tr><td>Chick Fil A</td><td>Chipotle</td><td>Royal Farms</td></tr><tr><td>Buffalo Wild Wings</td><td>Outback</td><td>Wawa</td></tr></table>	Chick Fil A	Chipotle	Royal Farms	Buffalo Wild Wings	Outback	Wawa	<u>Social Activities</u> <ul style="list-style-type: none"><li>• Movie Night</li><li>• Paint Night</li><li>• Mother-Son Dance</li><li>• Father-Daughter Dance</li></ul>
Chick Fil A	Chipotle	Royal Farms					
Buffalo Wild Wings	Outback	Wawa					
<u>Gala</u> <ul style="list-style-type: none"><li>• Corporate sponsors</li><li>• Developers</li><li>• Civic organizations</li><li>• Sponsors</li><li>• Restaurant samplers</li><li>• Silent auction</li></ul>	<u>Senior Year Expenses</u> <ul style="list-style-type: none"><li>• Cap/Gown</li><li>• Photos</li><li>• Applications</li><li>• Prom</li><li>• Yearbook</li></ul> Job prep workshop						

February Meeting: 2/27—Sussex  
March Meeting: 3/20—New Castle County  
April Meeting: 4/24—ECHS

All meetings will be simulcast using Zoom  
video conferencing:  
<https://zoom.us/j/8334489785>



Please check your child's grade on Schoology! Parent access codes were mailed home.

Additionally, be on the look out for Parent review of the Delaware SSP, also known as Career Cruising. This is a requirement of the State of Delaware.

Reminder, please encourage your student to use their personal electronics at the appropriate times during school.





### Stress Awareness

Your child is now in high school and stress is a big part of their world. Tests, projects, quizzes, homework! Where does it end? Americans are known for placing great emphasis on school, work and career. Working hard, however, should not be confused with overworking at the expense of relationships and physical health. Three-quarters of Americans list work and school as a significant source of stress, with over half of those indicating that their work suffers from their stress.

Many high schoolers complain of headaches, stomachaches and tiredness during the school day many times a week. Increased stress can lead to using unhealthy behaviors such as smoking, comfort eating, poor diet choices, inactivity and drinking alcohol to manage their stress. Trust me, teenagers can get their hands on this stuff too. The APA warns that reliance on such behavior can lead to long-term, serious health problems and offers these strategies for managing your stress.

Know yourself. Be aware of your stress level and what stresses you out. People experience stress in different ways. You may have a hard time concentrating or making decisions, feel angry, irritable or out of control, or experience headaches, muscle tension or lack of energy.

Recognize how you deal with stress. Do you engage in unhealthy behaviors such as smoking, drinking or eating poorly (comfort eating) to cope with your stress? Do you lose patience with work and assignments? Are you overwhelmed by school and work pressures?

Turn off and tune in. Communication technology can take you to productivity heights never imagined, but it can also allow work and school to creep into family time, dinner and vacations. Let technology be a tool that work for you, rather than the other way around. At some point turn technology off for a while.

Keep a "TO-DO" List. Worried that you'll forget something important? Constantly thinking through all the things you need to get done? Clear your head and put those thoughts on paper or in an electronic task list by creating a list of work and personal tasks and marking those with the highest priority.

Take short breaks. Stay energized and productive by taking a minute or two periodically throughout the day to stand up, stretch, breathe deeply, and shake off the accumulating tension. Avoid the temptation to work through lunch. Make the same time to do homework. The productivity you gain will more than make up for the time you spend on break.

Find healthy ways to manage stress. Work to replace unhealthy coping strategies such as junk food eating, smoking or drinking alcohol with healthy behaviors such as exercise, meditation or talking with family and friends. Some behaviors are very difficult to change and may require the help of a licensed professional such as a psychologist.

Take care of yourself. Eat right, get enough sleep, drink plenty of water and engage in regular physical activity. Take vacations when able. No matter how hectic life gets, make time for yourself – even if it's just simple things like reading a good book, listening to your favorite music or enjoying a meal out.

Ask for professional support. Accepting help from supporting friends and family can improve your ability to manage stress. Your employer or school may also have stress management resources available for you to use, such as counseling. If you continue to feel overwhelmed by school or work stress, you may want to talk to a professional who can help you better manage stress and change unhealthy behaviors.

Get stress in check! It will make life so much easier to work on things that matter then to worry about the small things that don't matter. Enjoy life. Stress management will allow you to do this. Look for additional resources on how to manage your stress.

# February 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 3 <sup>rd</sup> Marking Period Interim	4
5 Grades Due 11:00 pm	6 Student Council Valentine's Day Grams Sale Begins	7	8 3 <sup>rd</sup> Marking Period Interims Distributed to Students 2 <sup>nd</sup> Semester Parent Night 6:00 pm	9 DSU Founders Day	10 Student Council Valentine's Day Grams Sale Ends 3 <sup>rd</sup> Marking Period College Readiness Incentive	11
12	13 DSU Mid-Terms	14 DSU Mid-Terms	15 DSU Mid-Terms	16 DSU Mid-Terms	17 DSU Mid-Terms	18 Father-Daughter Dance 12:00-2:00 pm
19	20 President's Day: ECHS has school	21	22 Black History Month Program/Mr. & Miss Pageant/Talent Show: 6:00 P.M.	23 Board Meeting 5:15 pm	24	25
26	27 PTSA Meeting 5:30 pm Sussex County	28 Mardi Gras Beads Sale				

## Receive Text Message Reminders

The teachers and the principal are using a system called Remind, where text messages go out to remind students of homework assignments or events in school. Parents can also receive these messages either for classes so they are seeing the same texts as their students or from the Principal to receive texts about school.

Just text to **81010** and plug in the **codes** below as a text message. Then you will start receiving reminders

**From the Principal @ECHSDSU**

**From Mrs. Dara Savage**

@echseng9 (students)

@echseng9P (parents)

Period 5 Advisory @ 81217

**For Ms. Charlotte Jordan**

for Period 1: @satpreppd1

for Period 2: @satpreppd2

for Period 4: @imp1pd4

**From Mrs. Sara Gildon**

Economics: @echsecon

Personal Finance: @echspf

National Honor Society: @echsnhs

**From Mr. Barry Young**

Period 1 Ant and Phy: @f8e07

Period 2. Earth Science: @ 60f574

Period 3. Earth Science: @98973

Volleyball Remind Code: @flocco

**For Bus-Specific Information**

@ECHSB1 for Bus 1

@ECHSB2 for Bus 2

@ECHSB4 for Bus 4

@ECHSB6 for Bus 6

@ECHSB7 for Bus 7

@ECHSB8 for Bus 8

@ECHSB9 for Bus 9