2ND QUARTER RECAP
By Kellie Moulin, Assistant Principal GSA Academy

With the new year comes the end of quarter 2 and the beginning of quarter 3. The students have been working hard on college applications, winter sports, and keeping their grades up. The Winter Concert and Art Exhibit was held on December 17th; it was an amazing display of talent, beautiful music and artistry. Artwork from all the art students was on display which included a variety of mediums such as pencil, tempera paint, pen and ink, collage and acrylic paint. We are thrilled to have so many talented students. The band played an assortment of fantastic arrangements from Carol of the Bells to a Yiddish Lullaby. The Chorus thrilled us with many different musical pieces from Stand by Me to Non Nobis Domine.

We are in full gear with the winter sports including boys’ and girls’ basketball, cheerleading, ice hockey, indoor track, swimming and wrestling. Check with your student for a schedule of events. On January 24th, 10th grade students will be attending a field trip to the Lowell Mills. It has been a terrific experience for the students in the past and is expected to educate and entertain students again this year. Andy’s Attic has Saturday volunteer days on January 11th, March 7th, and April 4th. It is an amazing organization that helps families in Worcester with gently used items. You are welcome to get involved with Ms. Foley and the Andy’s Attic family. On February 29th the band will be having their annual mattress sale in the South High School gym, 10 am to 4 pm. The proceeds support the band trip to Washington DC in April.

In December SHCS hosted a GSA Open house to recruit 8th grade students to apply to the GSA program. The 8th graders from the Sullivan GSA program do not re-apply, they will be matriculated into the program. However, there are 20+ openings each year for 9th grade GSA students. It was a wonderful event with a great deal of interest from families across Worcester. There will be a second GSA Open House on Wednesday, March 4th, at 6:00 pm @ SHCS, (snow date March 5th). Feel free to invite anyone you feel would be interested. Wednesday, March 4th is also the AP Night for SHCS students. Students wanting to take an AP class in the 2020-2021 school year are required to attend AP Night. Students will meet with the AP teachers, as well as learn more about the AP classes and the required summer work. Parents are encouraged to attend as well, so you understand the requirements of taking an AP course.
The goal of education is the advancement of knowledge and the dissemination of truth.

~ John F. Kennedy

### Guidance Support

Guidance Counselors are assigned by the student’s last name. Students can request appointments with their guidance counselor, visit during lunch, or after school.

<table>
<thead>
<tr>
<th>Student’s Last Name begins with</th>
<th>Guidance Counselor</th>
<th>Guidance Counselor Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>A (seniors &amp; all new enrollments)</td>
<td>Courtney Harper</td>
<td><a href="mailto:Harperc@worcesterschools.net">Harperc@worcesterschools.net</a></td>
</tr>
<tr>
<td>A-C (A—9-11th)</td>
<td>Delma Kusy</td>
<td><a href="mailto:Kusyd@worcesterschools.net">Kusyd@worcesterschools.net</a></td>
</tr>
<tr>
<td>D-H</td>
<td>Colleen Goodhue</td>
<td><a href="mailto:Goodhuec@worcesterschools.net">Goodhuec@worcesterschools.net</a></td>
</tr>
<tr>
<td>I-M</td>
<td>Marrisa Cosenza</td>
<td><a href="mailto:Cosenzam@worcesterschools.net">Cosenzam@worcesterschools.net</a></td>
</tr>
<tr>
<td>N-Rom</td>
<td>Cherise Potenti</td>
<td><a href="mailto:Potentic@worcesterschools.net">Potentic@worcesterschools.net</a></td>
</tr>
<tr>
<td>Ron-Z</td>
<td>Kladia Dang</td>
<td><a href="mailto:Dangk@worcesterschools.net">Dangk@worcesterschools.net</a></td>
</tr>
</tbody>
</table>

Guidance Counselors can be reached at: 508-799-3345

### Did You Know...

GSA Students scored the following on the MCAS exams

**Graduating class of 2020**

**Advanced Scores**
- ELA—95%
- Mathematics—100%
- Biology—81%

**Graduating class of 2021**

**Advanced Scores**
- ELA—98%
- Mathematics—98%
- Biology—86%

GSA students awarded the John and Abigail Adams Scholarship:
- 1 of the 3 MCAS exam score is advanced
- The other 2 exams are at least proficient
- Combination of the three scores are in the top 25% of the district scores.

### Expectations of GSA Students

The GSA program is a unique program offered to the students of WPS. It is an advanced math and science program designed for students seeking challenging and rigorous academics. To ensure the success of students and maintain the fidelity of the program, GSA student’s grades and progress are monitored. GSA students are expected to:

- Maintain Honor Roll status on all courses, Grade of 80 or higher
- Maintain a “B” average in Effort in all subjects
- Maintain an “A” average in Conduct in all subjects
- Complete a minimum of 5 AP courses before graduation

If a student fails to meet these expectations, they will receive a letter informing them they are on probation for the next semester. We will provide extra help and tutoring to help students progress towards meeting the standards. If there is no improvement, parents and students may be called before the GSA Board of Directors for a meeting. We have no doubt all GSA students can meet and exceed these expectations and we will do everything we can to ensure their success.

### 9th Grade English, By Mrs. Eressy

Happy New Year! It feels like quarter 2 has flown by between all of the breaks and snow days! As quarter 3 gets underway, 9th grade GSA students are wrapping up the novel *To Kill a Mockingbird*. Once *To Kill a Mockingbird* projects are over, students will begin working on a cross-curricular research project with their World History 1 classes. The goal of this project is to help prepare students for time management with longer-term assignments as well as to utilize research tools and to practice accessing information via the school library and online databases. In addition to the research papers, students will also be reading a contemporary novel to discuss and analyze with small groups. I am looking forward to the remainder of the school year!
9th Grade World History II
By Mr. Eressy

In World History throughout quarter two students studied the Renaissance and Reformation through primary source documents, DBQs, and even assuming the identity of a great Renaissance thinker. We are ending the quarter with an analysis of Imperialism, its global consequences starting with South America, its colonization by the Spanish Empire, and how this still has a lasting impact on our world today. Next quarter in conjunction with their English Language Arts class, students will be completing research papers on a topic of their choosing which should both challenge and excite them with the opportunity to explore an aspect of our global history that interests them. As always, feel free to reach out to me at eressym@worcesterschools.net.

US History I
By Ms. Houlihan

GSA students in US History I have spent the past ten weeks learning about the early 1800s in America. This includes the further development of political parties, westward expansion, immigration, the Industrial Revolution and the growing sectionalism in America as the Civil War approaches. We have completed various projects during this quarter including a War of 1812 Timeline and a Manifest Destiny R.A.F.T. that some students completed by writing raps, performing original songs and creating Tik-Toks. Students completed their second Document Based Question Essay where they analyzed various primary and secondary sources surrounding the presidency of Andrew Jackson. Students then synthesized the information from the documents to decide how democratic Andrew Jackson was. Moving forward, GSA students will explore the causes, major events and various effects of the Civil War through a project based approach that will allow students the chance to be creative and dive deeper into the topics that pique their interest.
10 GOOD STUDY HABITS TO HELP YOU SUCCEED IN SCHOOL

It is important to know how to study, many people don’t. If you need help seek advice from your peers, teachers, counselors and the web. From Sylvan Learning here are 10 good study habits:

1. Get organized
2. Know the expectations
3. Designate a Study Area
4. Develop a Study Plan
5. Think Positively
6. Create a Study Group
7. Practice Active Listening
8. Review Test Taking Strategies
9. Read Actively
10. Look to the Future


Effective Stress Management Tools for High School Students

1. Manage your time properly
2. Use Pareto Principal “80/20 Rule” 80% of the results come from 20% of the work you do. Work smarter and focus your energy on 20% of work that is likely to yield 80% of your results.
3. Keep things organized
4. Learn to study effectively
5. Practice Self Care: 7-8 hours of sleep Eat properly Stay active
6. Try some proven stress management techniques:
   - Listen to music
   - Deep Breathing
   - Meditation
   - Keep a journal
7. Create your own support group:
   - Join clubs and extra curricular activities
   - Seek support at home
   - Take advantage of student services

Adjustment Counselors
Lisa Bolshaw (last names M-Z) bolshawl@worcesterschools.net, 508-799-3343
Sarah Noble-Young (last names A-L) nobleyoungs@worcesterschools.net, 508-799-3337

Algebra II  
By Ms. Rossi

Quarter 3 brings many different kinds of functions that we will be exploring! We will finish our study of Quadratic Functions and then study Polynomial functions, Radical functions, and Rational functions. With all function types, we will be focusing on studying them so that we can use technology, such as graphing calculators, to solve real-life application problems. Students continue to have the opportunity to do test revisions after school to increase their understanding and improve their grades. Half-way through Quarter 3, I will be going out on maternity leave. The school will assign someone to take over the classes and they will know what curriculum to cover so that students still move through the material until I return after April vacation.

Sophomore Goddard Scholar ELA 10th grade 
By Ms. Ledoux

In the sophomore Goddard English class, we are finishing up units centered around literary analysis. Before vacation, students are practicing timed analysis writing and will wrap up the units by designing a creative project (based in art, music, writing, acting - their choice!) that aims to extend their thinking on the overall meaning of the novels we have been studying.

Once we return from Winter Vacation, we will be reading George Orwell’s novel 1984 - a novel whose popularity has surged in the last few years, even ending up on Amazon’s list of bestsellers. While we study the novel’s use of structure and symbolism, we will also be heavily discussing and debating the important ideas the novel brings up about fearsome scenarios that an all-powerful government can create, and if we believe we witness issues of power in our society today. Additionally, we will practice argument and synthesis writing, developing opinions in a sub-unit on the role that technology plays in our lives. At one point this winter, I will be asking the students to keep a journal of their phone/technology use over a long weekend - this assignment is usually very eye opening for them, and a good time to have conversations on the way technology influences our lives in both positive and negative ways.

After 1984 we will be moving into another classic work - Shakespeare’s Othello. The students will practice close reading techniques in our study of Shakespeare’s language and will critique various actor performances. We will have some fun acting out our own interpretations and will finish the unit with creative group projects centered around important themes in the novel.

We will continue to prepare for the MCAS test, sharpening our analysis skills and continuing to grow our writing styles. We have also begun studying vocab and grammar founded in SAT prep, which will not only help students excel on the MCAS but also prepare them for the SATs and standardized testing in the future.
Google Classroom and Online Grades

Teachers have created Google Classroom posting assignments, projects and announcements for their students. Once added to the Google Classroom, you will be able to view the status of assignments, submitted or missing. Parents are welcome to turn off announcements by students to eliminate a barrage of emails. Many teachers also have an online gradebook, Thinkwave, for you to view your student’s grades. You can be added to the Google Classrooms by requesting access with an email your student’s teachers. You are invited to communicate with the 9th grade teachers and administration via their email or Google Classroom.

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing it is stupid.”
~Albert Einstein

Science—Biology I

By Ms. Brown

What’s happening in Bio?
Third quarter is almost here! During Quarter 3, we will be finishing up our work in the Cell biology unit and head into the unit on Genetics. Thus far students have reviewed all of the cell organelles. Now it is time to go into depth with some cellular processes such as cell division, cellular respiration and photosynthesis. The competency skill students will gain in this unit is the ability to explain how organisms survive, grow, and develop. Students will use microscopes to visualize cells at work during mitosis. Next, students will spend time learning how cells utilize energy. We will do a lab activity where students will compare how their cells utilize cellular respiration at a resting state and after a state of brief exercise. They will do this by measuring how much of their own expelled CO₂ (in a balloon) is needed to change the pH of a color changing indicator solution from blue to yellow. Trust me, they’ll explain it to you later.

This year I hope to do a new lab where students will generate living algae encased in tiny balls. They will then perform experiments with their own grown algae balls that will help them visualize what is going on during the process of photosynthesis. This hopefully will be a fun learning experience!
Moving on to genetics, students will learn how the characteristics of organisms are influenced by heredity and environment. We will practice punnett squares and pedigrees to make predictions about the inheritance of traits. A great deal of time will be spent on the role of DNA and RNA in relation to the production of proteins. Students will learn an easy technique for extracting DNA from fruit in order to see what the molecule looks like outside an organism. This can easily be done at home with ingredients from most convenience stores. Perhaps your student can demonstrate this at home for you!

AP Math, Science and English Saturday Study Sessions

AP Math, Science and English students are required to attend Saturday Study Sessions to help prepare them for the AP exams and obtain qualifying scores. In June, 2019 students signed a contract establishing a commitment to attend the sessions. Sessions are from 8 am to Noon, transportation provided from SHS.

Science
February 1, 2020 – North High
March 14, 2020 – Mock Exam @ SHS

English
January 11, 2020 – Mock Exam @ SHS
March 28, 2020 – North High

Math
March 7, 2020 – North High
April 4, 2020 – Mock Exam @ SHS

Computer Science
March 21, 2020 – North High
April 4, 2020 – Mock Exam @ SHS
9th Grade Geometry

By Mr. Jackson

We’re making a lot of headway through Geometry. We’re halfway through the book and finished our Triangle portion of Geometry. Currently, we’re finishing quadrilaterals before moving onto our spatial portion which notably includes: area, surface area, volume, and matrices. We finished a massive project which involves Euler’s line and finding a notable role for each of the major segments. After that, our fourth quarter will be devoted entirely to Analytical Geometry which will allow for the students to prepare adequately for Algebra II. Like Algebra, here are a few of the unit quotes intended to help the students connect the curriculum with real life.

“For Rhombuses and Rectangles they come together like a perfect compromise of governments. For a society to be regulated (Equilateral and Equiangular), all of the rights (90 degrees, complementary, perpendicular, equiangular) must be recognized as equal (congruency, equilateral, bisector).” (Unit 8 Section 4)

“To make two similar things in life congruent, they ought to have the same side” (Unit 7 Section 1).

“So be sure when you step, step with care and great tact. And remember that life’s A Great Balancing Act. And will you succeed? Yes! You will, indeed! (98 and ¾ percent guaranteed) Kid, you’ll move mountains.”  ~ Dr. Seuss

Fine Arts

By Ms. Smith

The South High Band has just completed their first two quarters with the new configuration: 1) Combined class every day 2) The addition of an assistant band director. We continue to learn the most efficient way to utilize these very positive changes.

Quarter 3 holds the opportunity for every band member to distinguish themselves, through preparation for our chamber music recital on March 3rd. Students will be breaking into small groups (think 8 or less) selecting their own music and leading their rehearsals. This is always a highlight and time of significant musical growth.

The band will also be brushing up on marching technique in time to march in the St. Patrick’s Day Parade on Sunday, March 15. In addition, they will be hard at work, preparing repertoire for the very challenging MICCA Festival. Families can support their students by encouraging them to practice outside of school at least 5 times per week. Arranging for transportation so the student can stay after school to practice or providing a space at home makes all of the difference. Besides playing their instruments, students should be counting aloud and clapping the rhythms.

The South High Bands Goes to Washington D.C.

GSA students make up 88% of the South High Band and are very involved in fundraising. The band is hard at work raising money to support our trip to Washington D.C. that is coming up in April. South High band students will have an opportunity to perform for veterans, take part in a musical exchange with a military service band, and experience the grandeur and solemn history of our nation’s capital. If you are interested in supporting our efforts, please consider a donation through one of our fundraising channels. There is the mattress sale February 29th at SHCS Gym, 10 am– 4 pm. The band members also sell sweatshirts, orders can be placed with Ms. Smith at smithj@worcesterschools.net. Please visit the band website: www.shcsband.org.

YOUR COLLEGE ESSAY

Essay Most Important “Soft Factor”

Whether you’re a US or international applicant, the college application essay is the most important “soft factor” that schools will evaluate, with over 75% of colleges assigning some level of importance to that application element. We can’t stress enough how important it is in the holistic admissions process to have strong hard and soft factors – with the essay being your opportunity to speak directly to the admissions officer. Students should write about something in their personal statement that can’t be found anywhere else in the application. In addition to the personal statement, students should also spend time crafting compelling supplements – including any quirky or unusual essay prompts or short answer questions. According to Ivywize, (https://www.ivywise.com/ivywise-knowledgebase/newsletter/article/2019-college-admissions-trends-insights-from-the-experts/)

Grades Continue to Be Most Important

According to NACAC, grades are once again the most important factor that colleges consider when evaluating applications. This isn’t anything new, but it is notable as it relates to college prep courses, like AP or IB classes, and strength of curriculum. Especially as more and more schools become test optional, the “hard factors” like grades and the types of classes students are taking are even more important in order to predict a student’s college readiness. Colleges don’t just want to see good grades; they want to see students taking advanced courses and doing well in them. According to the survey, 71% of colleges rated grades in college prep courses as “of considerable importance.” Students need to pay particular attention to their courses and evaluate whether their curriculum is challenging enough. They also need to know how to recognize grade problems and how to seek help to improve their academic performance.
I won’t just have a job, I’ll have a calling, I’ll challenge myself everyday. When I get knocked down, I’ll get back up. I may not be the smartest person in the room, but I’ll be the grittiest.

~Angela Duckworth

AP Human Geography

By Ms. Avellino

Halfway through the school year, AP Human Geography will focus on understanding the concepts of state and sovereignty and how states evolve. We look at and research the impact of colonialism and imperialism on current territorial boundaries. Students will debate the legitimacy of multiple nations claiming land areas newly created as the result of global warming in the arctic as well as take a closer look at the wall constructed by Israel in the West Bank.

Towards the end of the quarter we will cover the topic of agricultural geography. We look at the origins of agriculture, evaluate the Green Revolution, Bio-tech revolution – is genetically engineered and fast food really so bad? We research the “vertical integration” of the agricultural industry in the U.S. and compare and contrast agricultural practices from different world areas.

AP SPOTLIGHT

AP Microeconomics

AP Microeconomics is a class that exposes students to a new way of thinking. We open the class by talking about opportunity cost which is one of the main themes of the class. Students learn to think like an economist and learn that nothing is free, and everything has a cost. The class moves from that topic to supply and demand. The students learn about how the prices of goods are impacted due to outside factors. From there they learn about market structures including a monopoly. The class concludes with a study of government intervention in markets. We discuss why certain goods are taxed and why some are subsidized. We also discuss why the government breaks up a monopoly and issues patents.

Students take away multiple useful skills from this class. The first is the ability to succeed in an AP class. Students can gain college credit and save money. The second is the knowledge. Students will learn and understand certain government interventions and will be more informed voters. The final skill is the ability to learn from failure. The class is something brand new to all students like many of their college classes will be. Unlike Math or English class, they are not building on familiar skills. It is inevitable that the students stumble at some point. The class is designed to support these students through these challenges and help them succeed. Figuring out how to learn from their mistakes and be successful makes all students that take AP Microeconomics better learners.

With all these useful life skills, and the abundance of fun we have, all students should take AP Microeconomics.
SOUTH HIGH OFFERS 23 AP COURSES, WITH AWARD WINNING TEACHERS

AP Art History (off campus, after school)  
AP Art- Studio 2D  
AP Art- Studio Drawing  
AP Biology  
AP Calculus  
AP Chemistry  
AP Computer Science  
AP English Language  
AP English Literature  
AP Environmental Science  
AP Government and Politics  
AP Human Geography  
AP Microeconomics  
AP Physics I  
AP Physics II  
AP Psychology  
AP Spanish Language  
AP Spanish Lit  
AP Statistics  
AP US History  
AP World History  
AP Seminar  
AP Research

27% of South students are currently enrolled in an AP course.  
25% of South seniors received a qualifying score on an AP exam.  
Approximately 60% of the SHS’s AP teachers have received recognition for their excellence in teaching including:

ALL YOU HAVE TO DO IS ASK...
EXTRA HELP IS AVAILABLE, ITS YOURS FOR THE ASKING

SHS offers an Academic Recovery program which offers extra help to our students every Tuesday and Thursday after school from 2:00-3:00 in classroom areas. Students are encouraged to confirm teachers are staying after on those days. Students are required to stay for the entire extra help session which ends at 3:00. Snacks and transportation home, (an afterschool bus) will be provided. All students are highly encouraged to attend for this additional support, especially those who are not passing a course. Grades are available online, as well as an interim report card which is mailed home.

Go Colonels!

The South High Colonels on the move!

Athletics at South High are booming this year. With over 300 students having participated in fall and winter sports.

Did you know we have ALL of these athletic teams at South High?

Fall
- Cheerleading
- Crew
- Cross Country
- Field Hockey
- Football
- Boys Soccer
- Girls Soccer
- Girls Volleyball

Winter
- Boys Basketball
- Girls Basketball
- Cheerleading
- Ice Hockey *
- Indoor Track
- Swimming *
- Wrestling *
- * City Wide Team

Spring
- Baseball
- Crew
- Lacrosse
- Outdoor Track
- Softball
- Tennis
- Boys Volleyball

“I love having my students participate in extracurricular activities — learning is more than paper, pencil and books.”