



School Phone

239-481-2233

School Website

<http://cyh.leeschools.net>

Vision

Empowering students to succeed in a changing world.

Mission

Students graduating from CLHSCA will be independent thinkers and responsible citizens with the skills and knowledge to make quality decisions ensuring future success.

Principal's Message

Panther Family,

We have had a strong start to the school year! Our hardworking Cypress students have a lot to celebrate! Students have been busy around campus with the fall musical, National Honor Society inductions, athletics, and various arts events and competitions. Our Center for the Arts and Athletics have much to be proud of as their students garner various prestigious awards and accolades across the District and state of Florida. Cypress was named a National Banner Unified Champion School. Cypress is also Golden! We had twenty-nine CLHSCA teachers nominated for the prestigious Golden Apple award this year. Congratulations to all Panthers for wins, hard work, commitment to studies and self-improvement. Let's keep the momentum of a wonderful year going as you take on the challenge of semester exams.

It is an honor to work at Cypress Lake High School Center for the Arts. We are grateful for the kindness and support from the parents, staff, and students. This truly is a community committed to the success of their students. With the busy holiday season ahead of us, I hope you find yourself enjoying time with those who are precious to you. I enjoy every moment I have at Cypress, and I am proud to be part of the Panther family!



Blessings,

Angela Roles



To download a pdf version of this newsletter, go to <http://www.academypublishing.com/schools/cypresslake/cypresslake.php>

Translation of the newsletter is available in Spanish and Creole. Contact the Main Office for details.

CYPRESS LAKE HIGH SCHOOL
CENTER FOR THE ARTS



"Paw Prints"
December 5, 2019
Published Five Times Per Year
Cypress Lake High School
6750 Panther Ln.
Ft. Myers, FL 33919
Issue #1

Here to Help Office Hours

Office staff is happy to help you
from 6:30am-2:30pm, daily!

The School Board of Lee County, Florida

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Thrifty Panthers

Thrifty Panthers would like to remind you keep your Box Tops, Soda Tabs, Coca Cola Codes (i.e. caps from 20 oz bottles, codes on 12 or 24 pack cases), and any "points" on packages of Texas Instruments Calculators. In addition, if you have any shoe/clothing donations for our Panther Closet, feel free to drop off your donations at the front office anytime the school is open. Thank you for all donations.

Students are welcome to "shop" at the Panther Closet before/after school. Everything is completely free – take what you can use, donate what you can't.

Questions? Contact Mrs. Gleason at Tammymg@leeschools.net.

Homecoming Appreciation

Thank you to Sam Galloway Ford, as well as the Panther staff and families for donating their time and convertibles for our Homecoming court to ride in during our halftime ceremony. It really helped make the evening special.



Yearbook Sales

Yearbooks are still on sale. From now until 12/31/19, the cost of the yearbook is \$75. The cost will rise to \$80 in the new year, so order now and save \$5. Only a limited number of yearbooks are pre-ordered. If you don't pre-order and we run out, extras are not ordered. Don't risk missing out... order your copy of the 2019-2020 Cypressonian now. You can pay with cash or check (CLHS) to Ms. Atkinson in the library or order online at www.jostensyearbooks.com.

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How Do I See My School Counselor?

Students: If you need to meet with your school counselor, please submit a Counselor Appointment Request in Castle. Our counseling department will review the appointment requests at the end of each day and you will be called out of class when it is best for your schedule by your school counselor. **Finding the Counselor Request form:** 1. Log into Castle 2. On the main page located the Counselor Appointment Request button 3. Select the + next to the button 4. Fill out the form including the reason, your counselor's name and a brief description of your request 5. Select the Submit button.

Happy Holidays from the Counselors!

The counselors wish everyone a safe and enjoyable winter break! During the month of December, counselors are working to adjust schedules for all students as we transition to the second semester. We are also deep in the process of College Application season. For every senior applying to college, the counselors will be sending out supporting student documentations. Please remember that the counselors at Cypress Lake High School are available to meet with you to discuss high school graduation requirements and help support you be more successful at school.



- Kathy Moldawsky, School Counselor (A-D)
- Betsy Moreno, School Counselor (E-L)
- Rosa Skinner, School Counselor (M-R)
- Jessica Owen, School Counselor (S-Z)

ACT/SAT Test Dates Reminder

SAT TESTING DATES: VISIT SAT.ORG TO REGISTER

March 14th

May 2nd

June 6th

ACT TESTING DATES: VISIT ACT.ORG TO REGISTER

December 14th

February 8th

April 4th

June 13th

July 18th

Renaissance News

1,071 students at CLHS earned a 1st quarter Renaissance Card. This means that they had a GPA of 3.0 or higher and no discipline infractions. The different colors purple, gold, silver and bronze correlate to the following GPA's for first quarter GPA's ONLY.

- PURPLE CARD – 4.0 or higher
- GOLD CARD – 3.5 – 3.99
- SILVER CARD – 3.0 – 3.49
- BRONZE CARD - .5 GPA improvement from prior quarter

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Social Emotional Wellness

The holidays can be stressful; take care of yourself with these tips from the American Heart Association:

- 1. Positive Self-Talk** — We all talk to ourselves; sometimes we talk out loud but usually we keep self-talk in our heads. Self-talk can be positive (“I can do this” or “Things will work out”) or negative (“I’ll never get well” or “I’m so stupid”). Negative self-talk increases stress. Positive self-talk helps you calm down and control stress. **With practice, you can learn to turn negative thoughts into positive ones.**
 - Count to 10 before you speak
 - Take three to five deep breaths
 - Walk away from the stressful situation & handle it later
 - Don’t be afraid to say “I’m sorry” if you make a mistake
- 2. Emergency Stress Stoppers** — There are many stressful situations— at work, at home, on the road, and in public places. We may feel stress because of too much work, poor communication, and everyday hassles like standing in line. **You may need different emergency stress stoppers for different situations and sometimes it helps to combine them.**
 - Take up a hobby, new or old
 - Read a favorite book, short story, magazine, or newspaper friends
 - Exercise and/or Listen to music
- 3. Finding Pleasure** — When stress makes you feel bad, do something that makes you feel good. Doing things you enjoy is a natural way to fight off stress. **Try to do at least one thing you enjoy every day for 15 minutes.**
 - Take up a hobby, new or old
 - Read a favorite book, short story, magazine, or newspaper friends
 - Exercise and/or Listen to music
- 4. Daily Relaxation** — Relaxation is more than sitting in your favorite chair watching TV. To relieve stress, relaxation should calm the tension in your mind and body. Some good forms of relaxation are yoga, tai chi (a series of slow, graceful movements) and meditation. Like most skills, relaxation takes practice. **Deep breathing is a form of relaxation you can learn and practice at home.**

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Golf Champions

Congratulations to the Panther Golf Team for winning the 2019 Lee County Championship.



Team members pictured from left to right: Austin Moore, Matt Wadding, Vincent Stoll, Julian Alonso, Trevor Humphrey Tyler Humphrey, and Coach Cannon

CLHS is a National Unified Champion School

Cypress Lake was recently named 2018-2019 National Banner Unified Champion School through Special Olympics. Only 24 schools in Florida have achieved this status. A Special Olympics Unified Champion School has an inclusive school climate and exudes a sense of collaboration, engagement and respect for all members of the student body and staff.




Panther 4 News

Did you know you can access the daily live Panther 4 news show on YouTube? Check out what's happening around campus by tuning in. Search YouTube for Panther 4 News.

Steam Roller Printing

Portfolio Visual Arts Students had the opportunity to work with FGCU students this weekend Steam Roller Printing. The theme was "Life and Death of a Coral Reef". They researched and then created a Collograph plate reflecting a concept from the theme. They then worked collaboratively with FGCU Printmaking students on group compositions and printmaking techniques. They had a great time and it was once in a lifetime learning experience for our students.





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Excellence in Orchestra

Orchestra students of all levels participated in the District Solo and Ensemble Event in November where they performed for judges and received ratings. All of our students did very well and received the highest markings of Superior or Excellent!



Holiday Greeting Card Contest Winner

Congratulations to Mrs. Petcher's student, Olivia Beveillard who was recently named a winner in the LCSD Holiday Greeting Card Contest. Olivia's card will be printed in large format and on display in the lobby of the School Board building during the holiday season beginning just after Thanksgiving. Her work will also be featured on the district website and will be aired on the Educational Channel 99 throughout the annual Sounds of the Season music program.

Creative Photography

In October, students in Mrs. Amos's Creative Photography classes had the opportunity to take a hike through the Six Mile Cypress Slough. Students waded through waist deep water to take pictures of the natural beauty of this landform. They also learned about how the slough helps clean water as it travels to larger bodies of water.



Exciting News from AVID

Recently, AVID seniors in Ms. Child's class participated in the AVID/Polyup Challenge and won \$500. They are using the money to purchase stolls for their graduation gowns.

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Vivida Health Mascot Winners

Ms. Marchand's Digital Design 2/3 students recently competed in the Vivida Health Mascot competition. Alfonso Orbe Coka and Spencer Henderson won 2nd and 3rd place in the High School Division of the competition. Great job on their hard work!



New Experiences in Technology

Through a grant by the Career and Tech Ed department, students in Mrs. Petcher, Mrs. Marchand, and Mrs. Amos's digital media arts classes have the opportunity to create designs and animations on new Cintiq Pro drawing tablets.

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Wicked Walk

Our Chamber and Camerata Orchestras participated in the District Wicked Walk Event at the Sidney and Berne Davis Art Center in October. They dressed up as vampires as members of the "Done Before Dawn Orchestra" and performed for about 4 hours! This was a fun, successful opportunity for our talented string players to perform for the community.



Chicago the Musical

Talented musicians, gifted performers, a skilled ensemble and an amazing tech crew came together to make *Chicago the Musical* an outstanding experience for all who attended the show.

