



Rockledge Cambridge Program NEWSLETTER

December 2023



Punting along the River Cam as it snows

Take a Break

The winter holiday is approaching. You will have 2 weeks to enjoy the holidays and take some time to relax. And, it is important for you to do just that - relax.

The first semester will be complete once you finish your last exam on December 22, and your focus will then shift to the new semester you'll start in January. A new semester means a blank slate in terms of grades, so if first semester did not go exactly as you intended, you get to begin fresh with second semester.

Until we return from break, however, you want to take some time for yourself. This doesn't mean turning into a couch potato who plays video games non-stop for 2 weeks, but it does mean letting go of the stress of studying for a few days. Focus on something other than academics for these 2 weeks so that you can return to school in January refreshed and ready to learn.

This winter break is your opportunity to do

Important Upcoming Dates

- **ACT Test** - December 9
- **Exam Dates** - 12/19 7th period
12/20 1 and 2
12/21 3 and 4
12/22 5 and 6

****12-19 - Regular school day - 7th period exam will be from 8:45 - 10:45 a.m. and then students will go to the rest of their classes**

****12/20 - 12/22 are early dismissal days - Check-out forms MUST be submitted to leave early after exams**

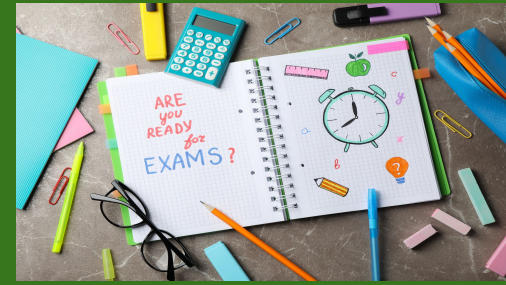
some of the things you've been putting off: read that book you've heard is really good; take your dog for longer walks than usual; bake something yummy; play a board game or two with your family; hang out with your friends and just talk.

These 2 weeks are also a great time for you to do some things that you've put off because of your focus on school work like completing some SAT/ACT prep, filling out a few scholarship applications, or researching some colleges you might be interested in.

Use your time productively over break but remember that taking time to simply relax is sometimes the exact thing you need most.

Mentally Preparing for Semester Exams

It is now December and in a few weeks, you will be taking your 1st semester exams. Your exams are 20% of your 1st semester grade, so preparing for them is essential. What you have to figure out is what preparation method will work best for you.



There are many ways to study for exams. Below are a few suggestions to consider as you begin your preparations.

Focus on Understanding - Before you begin studying, remember that exams will ask you to understand the material you've learned. Most of the concepts you've learned this semester build upon one another, so you need to have a good working knowledge of each of them in order to be successful on your exams.

Create Your Own Study Guide - It is likely your teachers will provide study guides for you, but creating your own can help you understand the material better. Outline the overall topics you need to learn and then record everything you remember about each of them.

Listen! - While this may seem obvious, remember that your best source for information about the exams you'll take is your teacher.

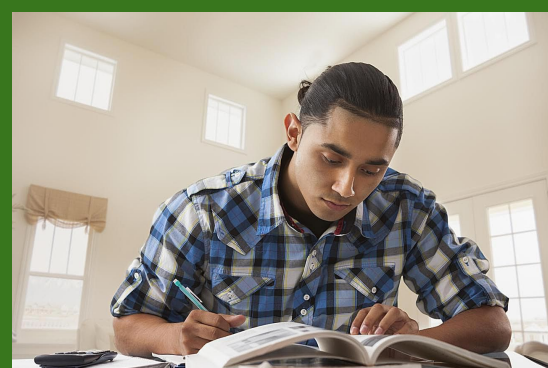
Ask Questions - If there are concepts you aren't certain about, talk to your teachers and ask questions.

Organize a Study Session - What better way to study than to be with people from the same class. You may struggle with a concept that someone else in your study group does not, and that person may be able to help you better understand what is causing you problems.

Reorganize, Color Code, and Use Your Notes - Rereading notes is not enough to study for exams. It is too easy to forget what you've read. To make better use of your notes: rewrite them, highlight them, or organize your notes to emphasize what's important.

Quiz Yourself - One of the best ways to prepare for an exam is to use old quizzes, tests, and homework assignments. Rewrite the questions from those old the tests and quizzes and answer them again. Create flashcards that you can use to study.

TIP: If it is written on the board, add it to your notes. It just might be on the test.



SAT Testing: When to Take It & How to Prepare

Most juniors know that the spring will bring an opportunity to take the school day SAT test at no cost.

The first mistake you want to avoid is going into this test without preparing for it. Too often, students look at the spring SAT test as a “practice.” This can lead to you not scoring as well

as you could on the test. Instead, you want to use the next few months to prepare the SAT you’ll take in the Spring. **DON’T WAIT. START NOW!**

Where should your preparations start?

- **Find a sample SAT test online.** Look over the format and the types of questions asked.
- **Create a Khan Academy account** (if you haven’t already).
- If you took the PSAT (which most of you did in your sophomore year), **connect your PSAT score to your Khan Academy account.** Doing so will allow Khan Academy to provide you with specific individualized practice for FREE.

Then What?

- **Create a study plan.** Choose a set time each week to study for the test. Try to spend between 30 minutes to an hour practicing. Remember you’re not trying to learn everything at once. If you start now, you have a little over 3 months to build up your knowledge base.
- **Stay on track.** Once you create your study plan, stick to it. It is going to be easy to say, “I’ll do that tomorrow” and “I have 3 months to do this.” That kind of thinking will end with you being no more prepared than you already are.
- **Determine a Score Goal.** As you start preparing for the SAT, use your PSAT score to establish a target score you want to achieve. You want this score to help motivate you and keep you on track. So, make it a realistic goal but also a little bit of a stretch for you.

What are the Best Ways to Study?

- **Take practice tests.** When you first start your practice, don’t take an entire practice test at once. Instead, focus on one section at a time. Spend a few weeks on the reading test sections. Then, move on to the Writing and Language test sections. Finally, work on the math sections. Want to start with math first? Go for it. Just make sure you put some time in on each section.
- **Use the College Board Website.** The College Board website offers diagnostic quizzes, practice questions, hints, review videos, and tips for taking the SAT.
- **When you practice, figure out why you got questions wrong.** Most test takers preparing for an examination make a common mistake. They take a practice test and then see how many answers they got correct. The problem with this is that seeing how many you got right is not enough. You will want to then figure out why you got the questions wrong that you did. This is how you will improve for skills.

SAT Testing: When to Take It & How to Prepare, Cont'd.

What Do You Need to Know Going Into the Test?

- **SAT Test-Taking Strategies**
 - Know the test structure
 - Know the types of questions that will be asked
 - Use elimination of wrong answers to help you narrow down answers
 - Time Management is key - know how long you have for each section & for each question
- **The SAT is meant to be challenging.** The SAT is designed to test your academic skills, so be mentally prepared on test day for a challenge.
- **Digital SAT.** It is likely that the spring SAT will be the new digital version, so be prepared to take this test on the computer rather than the pencil/paper version.

What Should You Do After the Spring SAT?

- **Analyze your Score.** After taking the SAT in the spring, if you don't get the score you were aiming for, remember you can take the SAT again. While you can take the SAT as many times as you want, remember that you will want to use your spring SAT score to help you study before you take the SAT again.
- **Take the Test Again.** If you do not score as you were hoping on the spring SAT, plan to take the SAT again. You don't want to rush into another testing session, but since you will be applying to colleges in the fall, you don't want to put off taking the test again too long either. Taking the SAT in June or in the early fall is probably the ideal time to try again. Just make sure you continue to prepare for taking the test again.
- **Consider taking the ACT test.** Some students find the ACT test to be a better fit for them. Look at the ACT test structure and decide if you want to also take the ACT test in the spring or summer.

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2024-2025 FAFSA

Attention Seniors! Before you complete the FAFSA, you can use the Federal Student Aid Estimator to find out how much student aid you may be eligible for. Visit <https://studentaid.gov/aid-estimator/> to try it out.

To prepare for filling out the FAFSA form, make sure you first create an account on StudentAid.gov - as you create your account, write down your username and password so that you can access the 2024-2025 FAFSA form when it becomes available. To create an account, you'll need your social security number and a phone or email address.

The FAFSA form for students entering college in the fall of 2024 will be available by December 31, 2023. Most colleges and universities require that this form be completed in order for you to be eligible for any financial aid they might offer, so make sure to fill out the form once the form opens. **The new form does require that each “contributor” have their own account.** For more information on who is considered to be a contributor and for other changes to the form, visit the FAFSA Frequently Asked Questions page on YouTube. (https://www.youtube.com/playlist?list=PLtr3wy4M_CJ2Hrd0UwCAWJ_OgOPu8l_ZLf)

Looking for Scholarships?

If you are a high school senior, now is this time to begin (if you haven't already) searching for available scholarships. There are many different types of scholarships. Some of the available scholarships are locally based. Others are national scholarships that are open to students from across the country. While many scholarships are meant for graduating seniors, there are some scholarships that are open to underclassmen as well.

Seniors should check out Mrs. Larson's Google Classroom page for updates about available scholarships and also check out Google Sheet Mrs. Matthews has created that lists available scholarships by due date. Link: <https://tinyurl.com/4tyzspwf>

Best Careers in U.S. Right Now

At the beginning of 2023, U.S. News and World Report released its ranking of the 100 best jobs in America for 2023. As you are thinking about future careers to pursue, this list is one that you might want to pay attention to because it focuses on occupations with the largest projected growth between now and 2031 and also ranks them by stress levels, median salary, unemployment rate, work-life balance among other factors.

Curious about which careers made the list? Here are the 10 best U.S. jobs in 2023 according to the report.

1. Software developer

Median salary: \$120,730

Projected job growth by 2031: 370,600 positions

Education requirements: Bachelor's degree



2. Nurse practitioner

Median salary: \$120,680

Projected job growth by 2031: 112,700 positions

Education requirements: Master's degree

3. Medical and health services manager

Median salary: \$101,340

Projected job growth by 2031: 136,200 positions

Education requirements: Bachelor's degree



4. Physician assistant

Median salary: \$121,530

Projected job growth by 2031: 38,400 positions

Education requirements: Master's degree

5. Information security analyst

Median salary: \$102,600

Projected job growth by 2031: 56,500 positions

Education requirements: Bachelor's degree



6. Physical therapist

Median salary: \$95,620

Projected job growth by 2031: 40,400 positions

Education requirements: Doctorate degree

Cambridge Spring Testing Schedule

The Cambridge spring testing schedule has been released. Below are the dates of the pre-AICE and AICE exams. Pre-AICE exams are optional BUT AICE Exams are mandatory. Please look closely at these dates as RHS cannot change the dates or times of exams.

May/June 2024 AICE Testing Schedule

Date of Exam	Course Title	Paper	Length of Test	Time of Test
Wednesday, April 17	AS Info Technology	Paper 2 - Practical	2 hours 30 min	8:45 a.m.
Thursday, April 25	AS Eng General Paper	Paper 1 - Essay	1 hour 15 min	8:45 a.m.
Thursday, April 25	AS Psychology	Paper 1 Approaches & Issue	1 hour 30 min	8:45 a.m.
Friday, April 26	AS Environmental Management	Paper 1 – Principles of Environ Manage	1 hour 45 min	11:45 a.m.
Friday, April 26	AS Marine Science	Paper 1 – AS Level Theory	1 hour 45 min	11:45 a.m.
Monday, April 29	AS Thinking Skills	Paper 1 – Problem Solving	1 hour 30 min	12:50 p.m.
Wednesday, May 1	AS Eng General Paper	Paper 2 - Comprehension	1 hour 45 min	8:45 a.m.
Wednesday, May 1	AS Literature in English	Paper 1 – Drama & Poetry	2 hours	8:45 a.m.
Wednesday, May 1	AS Environmental Management	Paper 2 – Management in context	1 hour 45 min	12:50 p.m.
Wednesday, May 1	AS Marine Science	Paper 2 – Data-handling & Investigation skills	1 hour 45 min	12:50 p.m.
Thursday, May 2	AS Global Perspectives	Paper 1 – Written Exam	1 hour 30 min	8:45 a.m.
Thursday, May 2	Pre-AICE Biology	Paper 4 – Theory Questions	1 hour 15 min	8:45 a.m.
Thursday, May 2	AS Mathematics	Paper 1 – Pure Math 1	1 hour 50 min	12:50 p.m.
Friday, May 3	AS English Language	Paper 1 – Reading Analysis	2 hours 15 min	8:45 a.m.
Friday, May 3	AS Geography	Paper 1 - Core Physical Geography	1 hour 30 min	8:45 a.m.
Friday, May 3	AS Business	Paper 1 – Short Answer & Essay	1 hour 15 min	11:45 a.m.
Friday, May 3	AS History	Paper 1 – Document Ques.	1 hour 15 min	11:45 a.m.
Monday, May 6	AS English Language	Paper 2 - Writing	2 hours	8:45 a.m.
Monday, May 6	A Level Marine Science	Paper 3 – Structured Ques.	1 hour 45 min	12:50 p.m.
Monday, May 6	AS Spanish Language	Paper 3 - Writing	1 hour 30 min	12:50 p.m.
Tuesday, May 7	A Level Biology	Paper 4 – Structured Ques.	2 hours	8:45 a.m.
Tuesday, May 7	Pre-AICE Biology	Paper 6 – Alternative to Practical	1 hour	8:45 a.m.
Tuesday, May 7	A Level Mathematics	Paper 6 – Probability & Stats 2	1 hour 15 min	12:50 p.m.
Tuesday, May 7	AS Mathematics (only certain students in A-Level)	Paper 2 - Pure Math 2	1 hour 15 min	12:50 p.m.
Wednesday, May 8	Pre-AICE English Lang	Paper 1 - Reading	2 hours	8:45 a.m.
Wednesday, May 8	AS Info Technology	Paper 1 - Theory	1 hour 45 min	12:50 p.m.
Wednesday, May 8	AS Thinking Skills	Paper 2 – Critical Thinking	1 hour 45 min	12:50 p.m.
Thursday, May 9	AS Biology	Paper 3 – Lab Practical	2 hours	8:45 a.m.
Thursday, May 9	AS Psychology	Paper 2 – Research Methods	1 hour 30 min	8:45 a.m.
Friday, May 10	Pre-AICE History	Paper 1 – Written Paper	2 hours	11:45 a.m.
Friday, May 10	AS History	Paper 2 – Outline Study	1 hour 45 min	11:45 a.m.
Friday, May 10	AS Business	Paper 2 – Data Response	1 hour 30 min	11:45 a.m.

Cambridge Spring Testing Schedule, Cont.

Monday, May 13	Pre-AICE English Lang	Paper 2 – Directed Writing	2 hours	8:45 a.m.
Monday, May 13	AS Literature in English	Paper 2 – Prose & Unseen	2 hours	8:45 a.m.
Monday, May 13	AS Mathematics	Paper 5–Probability&Stats 1	1 hour 15 min	12:50 p.m.
Monday, May 13	AS Spanish Language	Paper 1 - Listening - Multiple Choice	1 hour	12:50 p.m.
Tuesday, May 14	AS Biology	Paper 2 – Structured Ques.	1 hour 15 min	8:45 a.m.
Tuesday, May 14	A Level Biology	Paper 5 – Planning, Analysis, Evaluation	1 hour 15 min	8:45 a.m.
Tuesday, May 14	Pre-AICE History	Paper 2 – Written Paper	1 hour 45 min	12:50 p.m.
Tuesday, May 14	A Level Thinking Skills	Paper 3 – Problem Analysis	2 hours	12:50 p.m.
Wednesday, May 15	A Level Mathematics	Paper 3 – Pure Math 3	1 hour 50 min	12:50 p.m.
Thursday, May 16	AS Physics	Paper 2 – Structured Ques.	1 hour 15 min	8:45 a.m.
Thursday, May 16	A Level Thinking Skills	Paper 4 – Applied Reasoning	1 hour 45 min	12:50 p.m.
Thursday, May 16	A Level Business	Paper 3 - Business Decision-Making	1 hour 45 min	12:50 p.m.
Friday, May 17	AS Geography	Paper 2 - Core Human Geography	1 hour 30 min	8:45 a.m.
Monday, May 20	Pre-AICE History	Paper 4 – Alternative to Coursework	1 hour	12:50 p.m.
Monday, May 20	A Level Business	Paper 4 - Business Strategy	1 hour 15 min	12:50 p.m.
Tuesday, May 21	A Level Lit in English	Paper 3–Shakespeare & Drama	2 hours	8:45 a.m.
Wednesday, May 22	AS Spanish Language	Paper 2 - Reading - Multiple Choice	1 hour 30 min	12:15 p.m.
Thursday, May 23	AS Physics	Paper 3 – Practical	2 hours	8:45 a.m.
Thursday, May 23	A Level Lit in English	Paper 4 – Pre/Post 1900 Lit	2 hours	8:45 a.m.
Friday, May 24	AS Drama	Paper 1 - Written Exam	2 hours	11:50 a.m.
Friday, May 24	A Level Marine Science	Paper 4 – Data-handling	1 hour 45 min	11:50 a.m.
Thursday, June 6	AS Physics	Paper 1 – Multiple Choice	1 hour 15 min	8:45 a.m.
Tuesday, June 11	AS Biology	Paper 1 – Multiple Choice	1 hour 15 min	8:45 a.m.
Thursday, June 13	Pre-AICE Biology	Paper 2 – Multiple Choice	45 min	8:45 a.m.

Remember that all Cambridge exams **MUST** be taken on the assigned date. There are **NO MAKE-UP** exam dates available. This is why it is imperative that students are present for testing on the dates/times listed above.

If a student has 2 exams scheduled on the same day at the same time, the student will take one exam, have a break, and then take the second exam.

All students enrolled in an AICE course are required to take the AICE exam at the end of the year.

Our RHS Music Students are ROCKING!!!

On November 9th, RHS chorus and orchestra students participated in District 10 Vocal Association Solo and Ensemble. Each student and ensemble had to prepare two contrasting pieces. Congratulations to the following students for their stellar performances:

Carrie Pellatt- Classical Solos: Superior

Connor Howell and Kyle Brown- Classical Duets: Excellent

Jaci Brown- Musical Theater Solos: Superior

Emily Sallustio- Musical Theater Solos: Excellent

Alexander Gonzalez- Jazz Solos: Superior

Caylen Sims- Jazz Solos: Superior

Rockabelles- Special Category Jazz & Musical Theater Show Choir: Superior

The following students earned a superior rating for their violin solos: Helena Nguyen, Addyson Jones, Joskar Peguero, Sabrina Ferrell, Bryan Campos, Samantha Hibbett, Cing Lian

The following students earned a superior rating for their cello solos: Hannah Kirschenmann, Molly Peters, Aubrey Batchelor

Kai Elkins earned a superior rating for bass solo

The following students earned excellent ratings for their solos: Kamila Nieves, Connor Fung, Jeremy Blackmon, Skyler De Mendonca, Marilyn Fuentes-Barrios, Jessica Ramirez-Hernandez, Carmen Patterson, Hope Hickman

The following students earned excellent ratings for their duets: Katelyn Fung & Olivia Parks; Jeremy Blackmon & Joskar Peguero; Cing Lian & Marilyn Fuentes-Barrios

Representing our school in the All County and All State this year:

All County Chorus: Ralph Agee, Cailey Eaton, Nex Doss, Carrie Pellatt, Emily Sallustio, Shelby Ward

All County Orchestra: Sabrina Ferrell

All State Chorus: Carrie Pellatt Concert Choir

All State Orchestra: Sabrina Ferrell Honors Orchestra

Additionally, the following band students were accepted into the all-county honor band. These students were selected as top scorers during a blind audition out of many talented musicians from across Brevard County:

Lorraine Alanson, Isaac Bonilla, Kyle Brown, Joel Lewis, Emilie Sneed, and Anthony Viggiano

RHS Thespian Troupe 5244 Dazzles Again

On Saturday, November 4, the RHS Thespian Troupe 5244 competed at the 2023 Theatre Performance Assessments at Melbourne High School. The troupe competed in 44 different events and brought home lots of awards in a fantastic day representing the ROCK!



Some of the day's highlights included:

- Taylor Carlton received a **\$1000 scholarship** (one of only two given out in the District) as well as the **Critics Choice Award** for her technical event in costume design. She will represent our entire District at the Florida State Thespian Festival in March in front of over 12,000 students.
- Ysabel Alexander & Alexandra Boveil also received **Best of Show** in the District for their duet acting performance.
- Ysabel Alexander, Blair Fowler, Ashley Merrick, & Melissa Melo also received **Best of Show** in the District for their ensemble acting scene.

The following students also receive **superior** ratings for their events:

- In solo acting, earning perfect scores: Alexandra Boveil & Wesley Reed
- In solo musical: Destiny Bryant, Carrie Pellatt, Raphael Agee, and Alaya Byrd
- In solo acting: Jacob Camodeca, Alexander Gonzalez & Blair Fowler
- In Theatre marketing: KaeLynn Clark & Isabella Silva
- In Play Writing: Link Heaslet
- In duet musical: Alaya Byrd & Destiny Bryant & Raphael Agee & Andrew Haysbrook
- In scene design: Terrick Williams
- In costume design: Sophia France
- In senior scholarship: Raphael Agee
- In large group musical: Raphael Agee, Justin Kracht, Wesley Reed, KaeLynn Clark, Arianna Giordano, Alexandra Boveil, Destiny Bryant, Alaya Byrd, Jacob Camodeca, Melissa Melo, Keira Davis, Sophia Guignardi, Carrie Pellatt, Zachary Grandey, Jasmine Cook, & Andrew Haysbrook

The following students also receive **excellent** ratings for their events:

- In solo events: Nicholas Tecua, Breanne Wright, Averi Boyer, Isabella Silva, MJ Guignardi, Joseph Hamilton, Ellia Uminn, Sophia Guignardi, Jess Hopp, Keira Davis, Carrie Pellatt, Wesley Reed, & Ysabel Alexander
- In duet events: Caylen Sims & Arianna Giordano; Kaelynn Clark & Jeremiah Perez; Zachary Grandey & Jacob Camodeca; Justin Kracht & Alexander Gonzalez
- In ensemble events: Alexandra Boveil, Jeremiah Perez, Kaelynn Clark, Sophia Guignardi, Keira Davis, Jasmine Cook, Justin Kracht, Ellia Uminn, MJ Guignardi, Zachary Grandey, Jess Hopp, Joseph Hamilton, Arianna Giordano, Averi Boyer, Isabella Silva, Sophia France, Taylor Carlton, Wesley Reed, Andrew Haysbrook & Alexander Gonzalez.

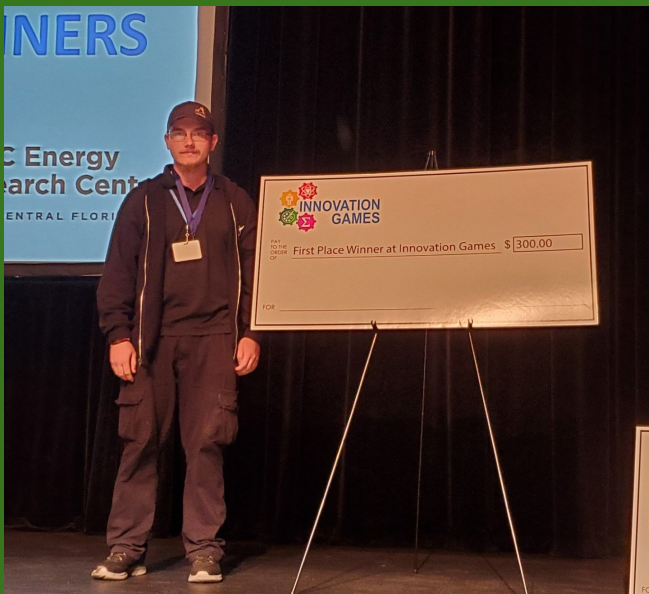
Raiders Excel at The 2023 Innovation Games

On November 17, Brevard Public Schools in conjunction with Northrop Grumman, Jacobs, L3Harris, Codecraft Works, UCF Solar Energy Center, Larsen Motorsports, and the 45th Space Wing hosted the 2023 Innovation Games at Satellite High School.

This STEM competition event was composed of coding challenges, drone racing competitions, underwater robotics demonstrations, and videography and invention competitions for students in 4th through 12th grades.

Senior Nicholas Morrison took 1st place in the High School Coding Competition, winning \$300.

Henry Cousins, Tyler Middlehurst, and Landon Norton took 3rd place in the E-sports Rocket League competition, winning \$100.



DECEMBER SPORTING EVENTS

Looking for something to do? Want to show your school spirit? Come out to one of the November sporting events and support the Raiders as they play their favorite sports.

December 2023

Mon	Tue	Wed	Thu	Fri	Sat
				1 GBB vs Okeechobee @ 6:00	2 WR @ Sebastian River Duals @ 9:30 a.m.
4 GSC vs EHS @ 5:30 BBB @ Jones @ 5:30 GBB @ CHS @ 5:30	5 BSC @ EHS @ 5:30	6 BBB @ MHS @ 5:00 GBB @ MIHS @ 5:30 GSC @ AHS @ 5:30	7 BSC vs. AHS @ 6:00	8 BBB @ Olympia @ 5:30 GBB vs. Lincoln Park @ 5:00 BSC vs. Okeechobee @ 6:00	9 WR @ St. Cloud Bulldog Brawl @ 9:30 a.m.
11 SAC Meeting @ 5:00 BBB vs Osceola @ 6:00 BSC vs. CBHS @ 5:30	12 WinterBand Concert @ 6:00 GBB vs. VHS @ 5:30 WR @ SHS @ 6:00 SC @ CBHS @ 5:30	13 BBB @ FPC @ 4:00 GBB vs. THS @ 5:30 BSC @ MIHS @ 5:30	14 Winter Chorus/Orchestra Concert @ 6:00 GSC vs. MIHS @ 5:30	15 BBB vs Gateway @ 5:30 GBB @ New Smyrna Beach Tournament @ TBA	16 WR @ Harmony @ 10 a.m. BBB vs. Wekiva @ 2:00 GBB @ New Smyrna Beach Tournament @ TBA
18 Anderson / Williams Feeder Concert @ 6:00 GSC vs. VHS @ 5:30	19 SEMESTER EXAMS	20 SEMESTER EXAMS	21 SEMESTER EXAMS	22 SEMESTER EXAMS	23
25 CHRISTMAS DAY	26	27 BBB @ Kingdom of the Sun Tournament @ 4:30	28 WR @ Palm Bay Ship Duals @ 11:00 a.m. BBB @ Kingdom of the Sun Tournament @ TBA	29 WR @ Palm Bay Ship Duals @ 9:30 a.m. BBB @ Kingdom of the Sun Tournament @ TBA	30

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Give Kindness This Season

The Science Behind Why Giving Kindness is a Great Choice

Science has proven that prioritizing kindness can have many physical, emotional, and mental health benefits. Below are some of the benefits of focusing on adding kindness to your life.

1. **Happiness and greater sense of caring**

Endorphins produce the good feelings that we experience when being kind. They activate areas of the brain affiliated with pleasure, connection, and trust. Acts of kindness also help us form connections with others, reported to be a strong factor in increasing happiness.

2. **Greater self-esteem**

Any small act of kindness can increase happiness, uplift energy, and give an incredible feeling of hope and self-worth from the rush of endorphins.

3. **Greater sense of belonging**

Everybody has a fundamental need to belong and feel connected to the people around them. Being part of a community ensures support during difficult times and helps to increase our awareness of connection.

4. **Better concentration**

Kindness increases a positive outlook, and those with a positive outlook often have greater attention spans, are more willing to learn, and are better creative thinkers with better results at school.

5. **Improved health and less stress**

Being kind has many physical and mental health benefits, including increased happiness and reduction of stress.

Kindness is a powerful tool for nurturing the well-being of everyone. It's a significant step towards empowering ourselves to being the best people we can be through kindness. It is just good to be kind.

Give Kindness This Season

24 Acts of Kindness in December

1 Leave waters on your front porch for delivery drivers.	2 Bake Christmas cookies for a neighbor.	3 Draw a card for your principal, teacher, librarian, custodian, or school nurse.	4 Paint a kindness rock and hide it somewhere in your neighborhood.	5 Offer to help a neighbor decorate the outside of their house.	6 Donate dog or cat food to a local animal shelter.	7 Help a neighbor shovel their walkway or bring in trashcans.
8 Collect warm clothes that no longer fit and donate them.	9 Make Christmas decorations and take them to a nursing home.	10 Donate canned and boxed food to a local food bank.	11 Take hot cocoa to the crossing guard near your school.	12 Donate a new toy to an "angel tree" or Toys for Tots.	13 Help a sibling do their chore.	14 Take a warm meal to someone who is hungry.
15 Purchase or make small, thoughtful gifts for your siblings.	16 Call family members to say "hi" and tell them about your day.	17 Make Christmas crafts and give them to a neighbor or friend.	18 Bring your teacher their favorite drink.	19 Bundle up and pick up trash on your street or local park.	20 Compliment neighbors' holiday decorations and lights.	21 Clean up your toys and books without being asked to.
22 Take a warm drink out to your mail carrier.	23 Read or "read" Christmas stories to your sibling.	24 Take cookies to a fire station to thank them for working tonight.	<h1>Spread kindness and cheer.</h1>			



IF YOU SEE SOMEONE WITHOUT A SMILE, GIVE THEM ONE OF YOURS.

- DOLLY PARTON

Give Kindness This Season

With gift giving season around the corner, here are some very easy and free ways to give. These take virtually no effort but will make an impact on those around you.

Simple, Normal, Everyday Acts of Kindness Scavenger Hunt

- Sit with someone who is sitting alone.
- Help an adult without being asked.
- Give someone a compliment.
- Stay to the right and let someone pass you.
- Let someone else go first.
- Return a lost thing when you find it.
- Invite another kid to join you and your group.
- Help another kid without being asked.
- Use your manners with an adult (without a reminder).
- Stand up for a friend when they need it.
- Hold a door for someone walking behind you.
- Read a book where the main character is super kind to others.
- Share supplies with a classmate who needs it.
- Cheer up another kid who is sad or upset.
- Stand to the side when you're waiting for an elevator to open.
- Ask someone what they want to play or do and then do it.
- Stand up and give your chair to someone who needs it.

2024-2025 EPO / ELO Renewal Instructions

Parents will renew the EPO/ ELO through FOCUS. If your student is here on an EPO for Cambridge, you (the parent) received an email in FOCUS and to your personal email on November 6, 2023 stating you have a new form to sign under form summary. You will need to log into our parent account on FOCUS, go to form summary and click on ELO/ EPO renewal form. You will need to answer the questions asked of you, sign, and then submit. There is NO application fee for renewing students.

If your student is going to be new to the Cambridge program, you will have to go to the school board website and make a family dashboard login (if you are not zoned for RHS). You will have a \$30 application fee. This process for new applications does not start until January 15, 2024.



ELO/EPO Renewal Application Form

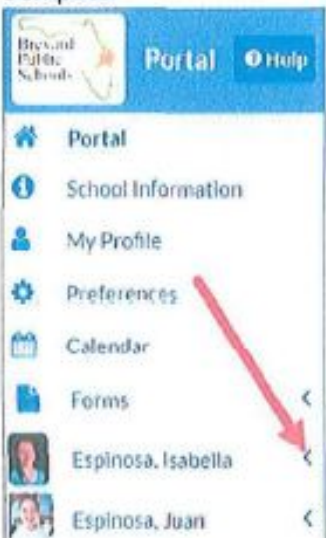
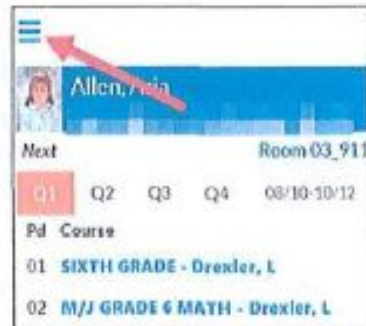


Link to this Document: <https://bit.ly/ELOEPORenewal>

Link to the Student Data Systems website: <https://bit.ly/BPSSStudentDataSystems>

Welcome to the new Focus online ELO/EPO Renewal process. Here is some important information as you get access and complete the ELO/EPO Renewal document in Focus

- ELO/EPO Renewal will be used for current BPS students that will be renewing at the same school as an ELO or EPO.
- You must complete separate forms for each child
- This is **NOT** a **NEW** application. This is for **CURRENT** students

How to Access the Re-enrollment form

<p>1.</p> <ul style="list-style-type: none"> • If using a computer, log into your Focus portal and click the arrow next to your child's name to reveal a menu. • If using a mobile device web browser, log into your Focus portal and click the "hamburger" menu icon to see the list of students and then click the arrow next to your child's name to reveal a menu. • If using the mobile app, log in and click the folder at the bottom of the page. 	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Computer</p>  </div> <div style="width: 45%;"> <p>Mobile device web browser</p>  </div> </div> <div style="margin-top: 10px;"> <p>Mobile app</p>  </div>
<p>2. If using a computer or a mobile device web browser, click the Forms Summary link.</p> <p>If using the mobile app, go to step 3.</p>	

3. A list of available forms will display. Click on the link for the form you wish to complete.

Available Forms

The district has made the following forms available:

Available forms for Aria Nicole Allen
[ELO/EPO RENEWAL FORM](#)

Available forms for Josslyn Marie Allen
[ELO/EPO RENEWAL FORM](#)

Browser view
Mobile App view

Signatures

14. There are several signatures required. Signatures are required to move forward through the application. Click the words **Click to Sign**.

Sign your name and then click the word **Sign**.

Parent Signature ELO/EPO Renewal*

[Click to Sign](#) ←

Sign Below

15. When finished, click **Submit and Finish**.

[Submit and Finish](#)

When the form is submitted to the school, you will receive a "Thank You" message.

Thank you.

Your information has been submitted for review.

[Click here to return to the Portal.](#)

Alerts

16. After the school processes your application, you will receive an alert message on your Focus portal page. Clicking the link will display the completed form and the approved/denied fields.

You may also view any changes by clicking the **View Changes** button

District & School Announcements

News
Events

Alerts

A form you submitted has been recently processed. [Click here for details.](#)

Completed Forms

ID	Form	Application	Submission	Approval	Denial	Notes
BRNKH-SAGA-20250315101-RENEWAL-ELO/EPO-RENEWAL-FORM	ELO/EPO RENEWAL FORM	2025-03-15 10:10	2025-03-15 10:10	2025-03-15 10:10	2025-03-15 10:10	

[View \(Login\)](#)

CAMBRIDGE STUDENT SHOWCASE **9TH GRADE STUDENT**

Nicholas Deweese

I'm Nicholas DeWeese, a freshman at Rockledge High School. I have been interested in the Cambridge Program since my years in middle school and plan on being involved until the end of my high school career. What I find most notable and enjoy most about the program is the challenging and rigorous courses, as well as the advanced education that is offered. With the support of the Cambridge teachers, who aim to challenge and guide you to succeed, there are many educational benefits both during and after high school that the Cambridge Program provides. I find that Cambridge is more than rewarding, and enables a student interested in their education to receive the most in their middle school and high school career. And although I haven't joined several after-school activities yet, Cambridge still allows their students to spend time with friends and family, and continue their hobbies, like my interest in fishing and flying drones. All of this, and so much more, can be handled by any student through the great support Rockledge and its Cambridge Program shows, from their communication with parents and students to the education that the teachers strive for you to achieve excellence in. This is why I highly encourage you to be interested in and join the program.



12TH GRADE STUDENT

Kaelynn Clark

My name is Kaelynn Clark and I am a senior at Rockledge High School, Class of 2024. I have a 3.8 unweighted GPA and a 4.2 weighted GPA. I am Vice-President of the National Honor Society, the President of Troupe 5244- International Thespian Society, a member of Mu Alpha Theta, and President of FCA. While working, managing the cheer team, being a student photographer for our sports and programs, and leading clubs, I have given back over 200 hours to my community including working at senior living facilities and teaching

Sunday school at my church. In the future, I plan to attend the University of Florida to study sports medicine and eventually work with college or MLB teams.

I transferred to Rockledge at the start of my sophomore year for many reasons but mainly for the Cambridge program. I wanted a program that would challenge me academically but also prepare me for life outside of high school and college. The program gives you an opportunity to earn your Cambridge Diploma and earn college credits. This year I am taking my final class required for my Cambridge Diploma and over the course of the past 2 years, I have met so many other students through this program who are equally dedicated to their education and make the classes easy to learn in. My favorite AICE classes that I have taken are AICE drama with Ms. Rose and AICE sociology with Ms. Insalaco. Both classes were academically challenging and interesting.



11TH GRADE STUDENT

Israel Montanez

My name is Israel Montanez, my friends call me Izzy. Over the summer, I transferred from Satellite High School to Rockledge High School. Since then, I have enjoyed the new school and the Cambridge Program, and I am working towards my Cambridge AICE Diploma. I like the program because I am learning lots of new things, while being actively engaged. It also provides great opportunities for me in the future. I play football and baseball after school at Rockledge High School. I also do siva afi, fire knife dance, on weekends. It can be tough to juggle schools and my other activities sometimes, but I always make sure that my school work comes first. I am very happy to be a part of Rockledge High and the Cambridge Program, and I can't wait to see where it takes me.



10TH GRADE STUDENT

Kianna Miller

My name is Kianna Miller. This is my first year in the Cambridge Program and attending Rockledge High School. Last year I attended Viera High. I like the Cambridge Program because it pushes me to challenge myself and learn in ways that are more effective in the long term. My favorite class as of right now is English General paper. I do not have extracurriculars, but outside of school I do Tahitian dance on the weekends, so I have lots of time for my classwork. Overall, Cambridge is a great program and I am excited for the years ahead.



CAMBRIDGE STUDENT ALUMNI SHOWCASE

Jacob Tawadrous

Class of 2017

The Cambridge program during high school was a pivotal moment that laid the foundation for my academic career. The rigorous curriculum and emphasis on critical thinking provided me with invaluable skills that continue to shape my path in my third and final year as a Doctor of Physical Therapy student.

Cambridge not only equipped me with a deep understanding of various subjects but also instilled in me the importance of perseverance and a strong work ethic.

To current students in the Cambridge program, I suggest you embrace the challenges that come your way, for they are opportunities in disguise. The skills you gain in this program will guide you through the difficulties of higher education and beyond. Don't shy away from curiosity; always seek to expand your horizons. Remember, the journey may be challenging, but the rewards make it well worth it. Trust your capabilities, stay dedicated, and let the knowledge you gain pave the path to your future success. The Cambridge program only sets the stage; the rest is on you.



DID YOU KNOW?

The Cambridge University Botanic Garden is one of the largest university-owned botanic gardens in the world. With a collection of over 8,000 species of plant grown to support teaching and research, the garden is visited by over 300,000 visitors annually.

The original Botanic Garden was founded in 1762 in the centre of Cambridge. When the original site was deemed too small, a parcel of land of almost 40 acres was acquired, and the garden was made accessible to the general public in 1846.

The Garden has plenty to offer for the whole family, including a garden shop and cafe, a grass maze, and a school's garden which aims to teach the younger generation about horticulture.



TEST YOUR AICE KNOWLEDGE

Check out these options from a previous AICE Geography test and see if you could answer these questions.

Atmosphere and weather

5 (a) (i) Define the atmospheric terms latent heat transfer and dew. [worth 4 marks]

(ii) Describe how the orographic uplift of air may result in precipitation. [worth 3 marks]

Answers:

5ai. Latent heat transfer is that heat which is transferred during a change in state (1) e.g. water to water vapour by evaporation or water vapour to water by condensation (1). Dew is water in the form of droplets/direct precipitation on a surface (1), caused by condensation or cooling (1).

5aii. The main points are: Moist air forced to rise by a mountain barrier Drop in temperature leads to cooling to dew point Condensation leads to water droplets Water droplets may coalesce becoming heavy enough to fall as precipitation. A diagram showing the passage of air over a mountainous region and the correct placement of rainfall is worthy of credit.

Pre-AICE & AICE Class Tutoring Permission Form

In order to participate in any form of tutoring before or after school with a pre-AICE or AICE teacher, students MUST have a signed permission form on file. Copies of the forms were emailed to all parents. If you have not turned in a form, please get it signed and returned to Mrs. Matthews or any Cambridge teacher. Forms can be submitted electronically to Mrs. Matthews at matthews.katie@brevardschools.org

Form 2430fm1

PARENT PERMISSION AND RESPONSIBILITY STATEMENT FOR STUDENT PARTICIPATION IN DISTRICT AND NON-DISTRICT SPONSORED CLUBS, EVENTS, AND ACTIVITIES

Refer to school board policies 2430 and 5730 for District and Non-District Sponsored Criteria
Rockledge High School 8/22/23
School Name Date

Cambridge AICE Class Tutoring
Activity/Event List activity/event
ON August 23, 2023 - May 24, 2024
Date(s) and time of Event
Katie Matthews (AICE Coordinator)
Adult Supervisor

AICE Teacher Classrooms
LOCATION OF EVENT/ACTIVITY
Tutoring by AICE teachers from 8:00 - 8:40 a.m. and from 3:30 - 4:30 p.m. Monday-Friday. AICE teachers will provide academic support, answer student questions, and provide exam practice.
NATURE OF EVENT/ACTIVITY

AICE Classroom Teacher
Staff/Guests who will be present during event/activity

Parents should direct questions concerning the activity to the school office
Name Katie Matthews Telephone: 321-636-3711
Adult Supervisor (School Number) (Mobile Phone)

(ALL THE ABOVE TO BE COMPLETED BY THE SCHOOL)

PARENTAL AUTHORIZATION AND ACKNOWLEDGMENT OF RISKS

1. I understand that participation in this event/activity is voluntary.
2. The parent or guardian and student are responsible for transportation to and from the event/activity unless otherwise specified.
3. The parent or guardian and student understand that the school district, its officers, agents, or employees are not responsible for the student during the time he/she is traveling to or from the event/activity, unless the school is providing transportation.
4. The parent or guardian, and student will assume the liability during the entire course of the student's participation in the event/activity and will indemnify and hold the School Board of Brevard County harmless for any injury or accident or property loss involving the student.
5. Parent or guardian permission for the student to participate in the above event/activity may be withdrawn at any time by contacting the school and/or sponsor.
6. In the event of medical emergency, I/we authorize the sponsor or chaperone in charge of the event/activity to seek emergency medical treatment for my child at my expense.

We have read and understand the information above and accept the designated responsibilities. I hereby grant participation in all aspects of the above Student Club and/or Activity/Event.

Granted Denied Granted with the following exceptions: _____
(Describe)

Student Signature - Date
(Optional for Elementary School)

Parent/Guardian Signature - Date
(Required for all)