



DEC-2024

EAST WAKE MAGNET HIGH SCHOOL
Student Services Monthly Newsletter

STAFF

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Dr. Bradshaw

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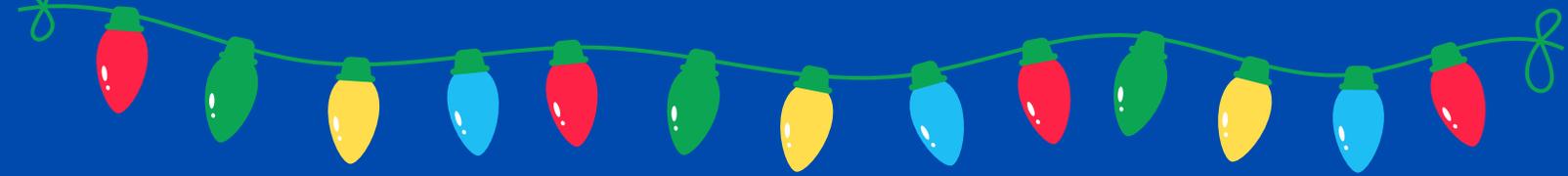
Dr. Price

Mrs. Wall

Ms. Scalzo

Mrs. Potts

Mrs. Winters



Winter break is a great opportunity for students to relax, recharge, and pursue interests they might not have time for during the school year.

Here are some ideas on how to make the most of it:

Rest and Recharge

- Sleep well: Catch up on sleep to recover from busy school schedules
- Relax: Enjoy downtime with family, friends, or alone. Watch movies, play games, or engage in hobbies.

Spend Quality Time with Loved Ones

- Celebrate traditions: Enjoy family holiday customs and meals
- Reconnect: Spend time with friends and relatives you don't see often

Volunteer or Work

- Give back: Volunteer at local charities, food banks, or community events
- Gain experience: Take up a part-time job or internship for extra income and skills

Stay Active

- Exercise: Try winter sports or go for walks or jogs
- Join activities: Sign up for a short-term fitness class or group activity

Explore Your Community or Travel

- Visit new places: Explore local museums, parks, or cultural events
- Plan trips: If possible, travel to new destinations, even for a day trip

A mix of relaxation, productivity, and fun can make winter break enjoyable and meaningful!

How do you plan to spend yours?

From the Dean's Desk, Mrs. Ewais



Develop and Deepen Existing Extracurriculars and Skills

Just as 11th grade is the time to really up the game when it comes to academics, the same holds true for extracurriculars. Many awards and honors are granted only once per year, at the end of the school year, so 11th grade is often the last chance you will have to earn recognition for your accomplishments outside of the classroom. 11th grade may even be time to drop an activity or two if it's something that doesn't contribute to building your overall profile. Activities that you aren't deeply connected to and which are unrelated to your intended major or career path might need to yield for those that are more important from an admissions perspective. Dropping out of activities that take up time and energy without offering much in return can mean more time and energy for those that do bolster a college application.

From Mr. Hendricks' Desk

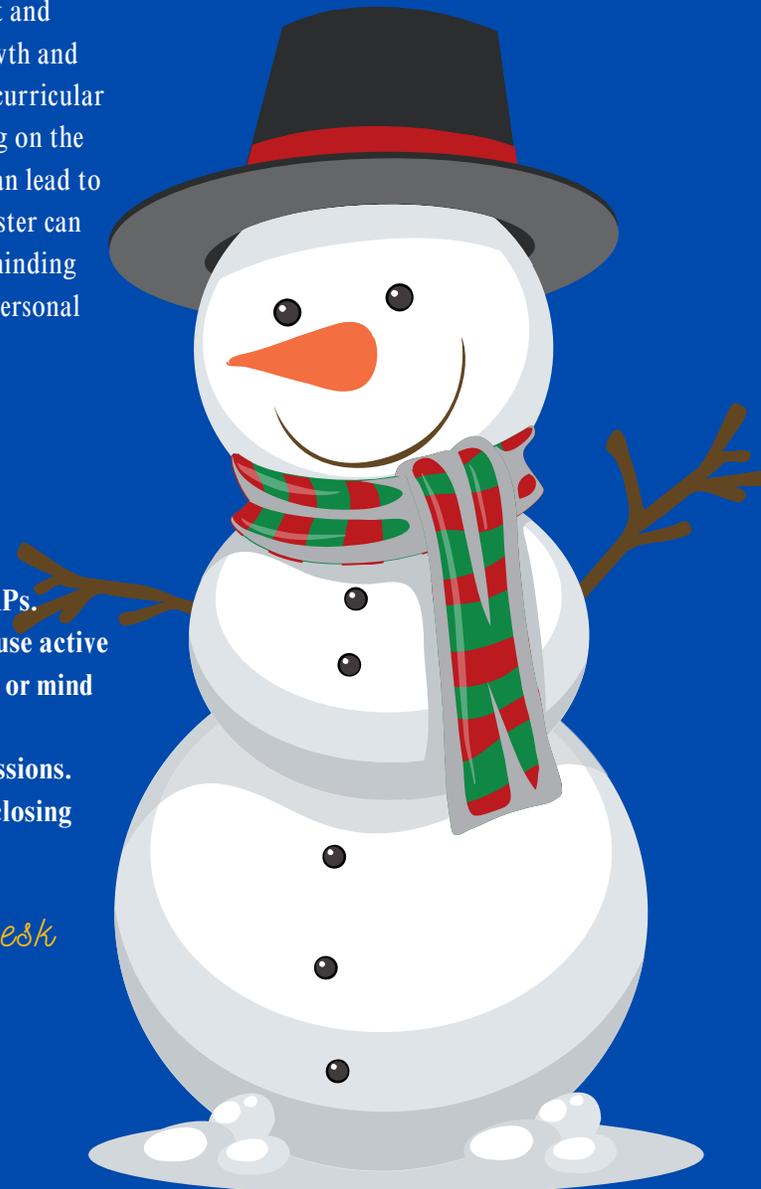
Finishing Strong: Your First Semester of High School

You are almost there! The first semester of classes ends on January 17th. Finishing your first semester of high school can be a significant milestone in a student's life, marking the transition from middle school to a more independent learning environment. As students navigate new classes, meet diverse peers, and adapt to increased academic expectations, they often experience a mix of excitement and anxiety. This period is not just about grades; it's also about personal growth and discovering one's identity. Many students find themselves exploring extracurricular activities, which can help develop new interests and friendships. Reflecting on the challenges faced, such as managing homework and balancing social life, can lead to valuable lessons in time management and resilience. Completing this semester can instill a sense of accomplishment and set the stage for future successes, reminding students that high school is a journey of both academic achievement and personal development.

Here are a few reminders as this semester comes to a close.

1. Take time to review your achievements and identify any areas of improvement. Celebrate your successes, no matter how small.
2. Be sure to turn in any missing assignments and/or complete any ARPs.
3. When studying for exams: break content into manageable chunks, use active recall by quizzing yourself on key concepts, create summary sheets or mind maps, or teach material to a friend or family member.
4. Stay organized by using a planner or calendar to schedule study sessions.
5. Limit distractions when studying by putting away cell phones and closing unnecessary tabs on your computer.

From Mrs. Bartleys' Desk



ATTENDANCE MATTERS NEWSLETTER

CLICK ON THE LINK TO LEARN MORE INFO. ON OUR: [Attendance Policies](#) & [Why Attendance Matters](#)

FROM THE DESK OF MRS. DONALDSON, SAP COUNSELOR



THEME: WINTER HOLIDAY TIPS

WAYS TO STAY MOTIVATED DURING THE HOLIDAYS

THE HOLIDAYS CAN BRING BOTH EXCITEMENT AND STRESS. IT IS IMPORTANT TO LEARN WAYS TO BALANCE EXCITEMENT FOR THE HOLIDAYS WITH THE RESPONSIBILITIES OF ATTENDING SCHOOL. HERE ARE SOME STRATEGIES FOR STUDENTS TO STAY MOTIVATED TO ATTEND SCHOOL AROUND THE HOLIDAYS.

CLICK ON THE LINK BELOW FOR STRATEGIES:



[Staying Motivated During The Holidays](#)

INCREASING ACADEMIC READINESS BEFORE THE NEW YEAR

GETTING CAUGHT UP ON MISSED WORK & IMPROVING ACADEMIC READINESS REQUIRES A MIX OF STRATEGY, FOCUS, & GOOD RESOURCES. HERE ARE SOME STUDY TIPS & RESOURCES TO HELP YOU EFFECTIVELY PREPARE. WITH CONSISTENT EFFORT, YOU'LL FEEL MORE CONFIDENT HEADING INTO THE NEW YEAR!

CLICK ON THE LINK BELOW FOR STUDY TIPS & RESOURCES.



[Improving Academic Readiness Before The New Year](#)



RESOURCE OF THE MONTH: CLOTHING FOR STUDENTS

- **DID YOU KNOW THAT EAST WAKE MAGNET HIGH SCHOOL HAS A REFERRAL BASED CLOTHING RESOURCE DESIGNED TO ENSURE STUDENTS HAVE ACCESS TO ADEQUATE CLOTHING FOR EVERYDAY WEAR & COLDER WEATHER, HELPING STUDENTS STAY COMFORTABLE & WARM.**
- **ANY STUDENT FACING DIFFICULTY ACQUIRING CLOTHING CAN BE REFERRED BY CONTACTING TDONALDSON2@WCPSS.NET OR MLYNCH@WCPSS.NET.**
 - **ALL REFERRALS ARE HANDLED DISCREETLY & WITH PRIVACY.**
 - **WE ARE HERE TO SUPPORT & PREPARE ALL FOR THE SEASON AHEAD.**