



PAHS IB NEWSLETTER

Friday October 9

Letter from IB Support Staff

Congratulations, you made it through the first quarter! We were very excited to welcome our freshman back in the building this week! This newsletter will highlight World Mental Health Day and volunteer opportunities. We hope everyone has a great start to the second quarter and a smooth transition for our freshman into the building!

Sincerely,

Katelyn Smith (Middle Years Programme Project Coordinator)

Katie Liakos (Diploma Programme Project Coordinator)

Contents

Important Dates	2
Teacher Highlight	3
Project Updates	4
World Mental Health Day (Saturday October 10)	4
Volunteering Opportunities	5
Contact Information	5

Important Dates

Below are assessments that are due through the next newsletter (10/23), with the exception of large IB due dates. Please note that there may be more assessments than listed and the dates are subject to change. If you have any questions in regards to the assessments, please email the teacher directly.

Course Assessment Dates:

Date	9th Grade	10th Grade	11th Grade	12th Grade
12 M	<u>IBMYP Algebra 2 & Trig</u> : Test on Unit 2B: Quadratic Functions and Relations		<u>IB Bio I</u> : Cells Assessment	
13 Tu			<u>IB English 11</u> : C&P Parts 1 & 2 Reading Check	<u>IBDP A&A HL II (Math)</u> : Assessment (due on 19th)
14 W			<u>IB History of Europe</u> : Alexander 2&3 assessment	
15 Th				
16 F			<u>IB English 11</u> : End of TSL Unit Test	
19 M	<u>MYP Bio</u> : Cells and transport assessment		<u>IB Bio I</u> : Magnification/Microscopes Assessment	<u>IBDP A&A HL II (Math)</u> : IA Rough Draft
20 Tu		<u>English: Why We Hate</u> project due		
21 W				
22 Th			<u>IB English 11</u> : C&P Part 3, 4, 5.I-III Reading Check	
23 F			<u>IB History of Europe</u> : Nicholas II Assessment	

IB Due Dates:

- **Personal Project Deadlines (SOPHOMORES ONLY)**
 - **October-November**: Implementation of Personal Project
 - **Sunday 12/20**: Rough Draft Due in Schoology
 - **Friday 2/5/21**: Final Report Due in Schoology

● **Extended Essay Deadlines (SENIORS ONLY)**

- **Friday 10/23:** Last day for students to virtually meet with adviser for feedback on their Extended Essay rough draft (**Note** This should be done well in advance of this date)
- **Monday 11/16:** Final Extended Essay Due in Schoology by 11:59pm
- **Friday 12/11:** Last day to meet with adviser, complete RPPF, and upload all RPPFs in Schoology by 11:59 pm (**Note** This should be done well in advance of this date)

Teacher Highlight

Each newsletter we will highlight an MYP/IB teacher or support staff so you can get to know our faculty more in this virtual time.

MYP	DP
<p>Tina Garfield</p> 	<p>Angela Hamrick</p> 
<p>Role at PA IB/MYP Spanish 1-2; IB/DP Spanish 4</p>	<p>Role at PA IB English 11 Teacher</p>
<p>Why they love their subject Being proficient in more than one language opens so many doors personally and professionally. this includes an appreciation for diversity and heightened empathy toward others not like you. So, to afford my students this opportunity for increased awareness is why I love to teach Spanish.</p>	<p>Why they love their subject I love this course because texts (novels, poetry, nonfiction) are a door to discussions about life and its big questions (power, individuality, freedom, relationships, etc.)</p>
<p>Favorite Animal Koala Bear</p>	<p>Fun Fact I like road trips!</p>
<p>Hobby I love to dance for fun!</p>	<p>Favorite Color Purple</p>

Project Updates

Personal Project:

- Last week, MYP students should have completed a very ROUGH DRAFT of the research portion of their essay. Students were encouraged to have their parents read their paragraphs to see whether their intentions flowed and came across clearly.
- This week, we started the next phase of the Personal Project-- the planning section. Students have three process journals to complete by October 16. They will share those journals with their advisors, who will help them determine how to proceed with the implementation of their projects.
- Parents, you are welcome to access the resources for the Personal Project on Schoology to help your child complete this assignment.
- Click [HERE](#) to get the latest link to Personal Project due dates and to see how we are accommodating for students with English courses term two.

World Mental Health Day (Saturday October 10)

The past six months have been trying for everyone and it is important to acknowledge our mental health. In school teachers are incorporating SEL (social and emotional learning) strategies into classes and advisory. Below are just a few resources that can be used both in and out of school!

- **Headspace:**
 - Free App (can also access online) that offers guided meditation
- **Good things form the Day!**
 - Have a family conversation about good things that happened from the day. Each person can share at least one good thing that happened from the day. This helps to focus on the positive even on the most challenging days.
- **Go for a walk outside:**
 - Virginia Beach has several free locations to walk outside, but your neighborhood is a great place to start!
 - Brock Environmental Center
 - Mount Trashmore
 - First Landing State Park (park on 64th street and walk into the park for free)
 - Red Wing Park
 - Virginia Beach Boardwalk
 - Other places in Hampton Roads
 - Noland Trail (Newport News)
 - Windsor Castle Park (Smithfield)
 - Elizabeth River Trail (Norfolk)
 - Hoffler Creek Wildlife Reserve (Portsmouth)
- **Breathing Exercises:**
 - Taking 5 minutes from your day to notice your surroundings, like [this](#) exercise, can help you feel grounded and to “take a moment” in stressful situations. For other techniques to help during stressful times, you can look at the [World Health Organization’s](#) *Doing What Matters in Times of Stress: An Illustrated Guide*.

Volunteering Opportunities

We will highlight volunteer opportunities as they arise in order for students to meet their Service and Action (9th & 10th grade) and Creativity, Activity, and Service: CAS (11th & 12th grade) requirements. Please note there is no longer an hour requirement for Service and Action and CAS.

Performance Poetry Project

The City of Virginia Beach Cultural Affairs Department, together with our Virginia Beach History Museums (VBHM) team, have partnered with Teens with a Purpose (TWP) and the Princess Anne Country Training School/Union Kempsville High School Alumni Association (PACTS/UK) to develop ImmortALL: Performance Poetry Project, retelling Hampton Roads' Black History through performance poetry. This is a new, FREE after-school program for 13-19 year-old students in VB.

The Registration Packet is [here](#).

The program features:

- TWP's signature, high-quality workshops in both socially distanced live and virtual formats,
- PACTS/UK Alumni Panel discussions and interviews with alumni from 1943-1969,
- and a public performance in Spring 2021 (live or virtual based on recommendations at the time).

Students will connect with members of our community who experienced first-hand the only exclusively African American school in Virginia Beach. These are community members who lived the Civil Rights Movement, and whose museum (located at the Renaissance Academy) and members remain committed to civic engagement that encourages youth to embrace a more inclusive future by looking at the past with fresh eyes.

Students will work with TWP professional poets on their own written interpretations of their experiences, enhancing literacy skills, public speaking skills, and developing critical social-emotional tools for wellbeing in this very challenging time.

Clubs at PAHS

Even though school looks a little different this year, PA clubs are still meeting (following social distance guidelines)! [Here](#) is a link to clubs and activities at PA!

Contact Information

- Katelyn Smith (Middle Years Programme Project Coordinator): katelyn.taylor@vbschools.com
- Katie Liakos (Diploma Programme Project Coordinator): katie.liakos@vbschools.com
- Jamie LaCava-Owen (Administrative Assistant): jamie.lacava-owen@vbschools.com
- Helen Cox (IB Programme Coordinator): helen.cox@vbschools.com
- Danny Little (Principal): danny.little@vbschools.com