

THE JAG PTSA NEWSLETTER

SEPTEMBER 16, 2009

Charles. Herbert Flowers
PTSA Meeting 2009-2010

Executive Meetings 6: 30pm

10/13/09 11/10/09

12/08/09 2/09/10

3/09/10 4/13/10

5/11/10 6/08/10

General Meeting: 7:00pm

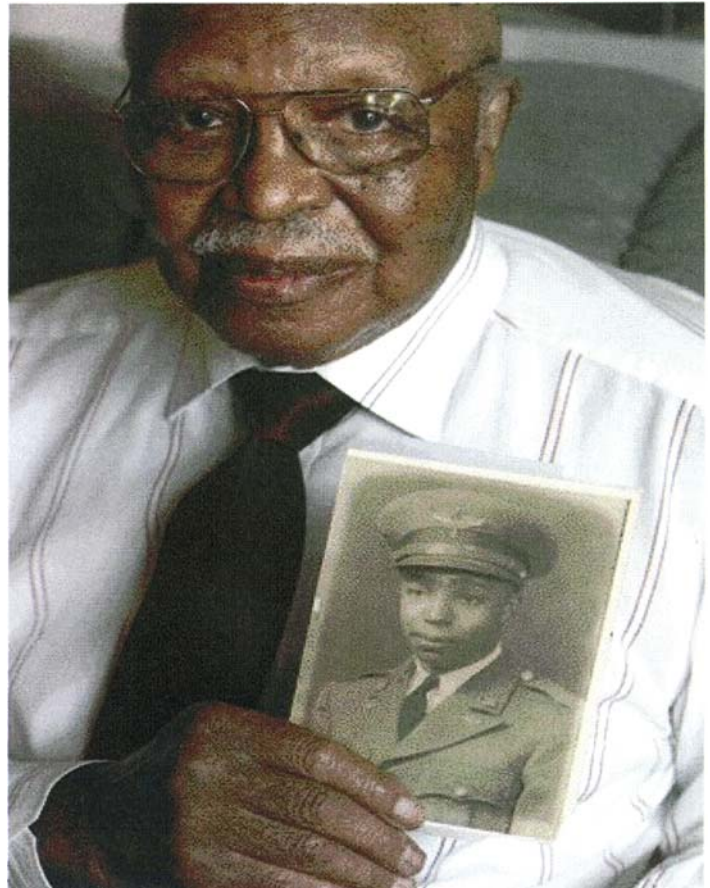
10/20/09 11/17/09

2/16/10 3/16/10

4/20/10 5/18/10

WELCOME TO CHARLECHHERBERT FLOWERS HIGH SCHOOL

Charles Herbert Flowers High School is a "Mecca of Excellence". The school has many programs such as the Science and Technology, Project Lead The Way, Pro Start, Academy of Finance, Air Force JROTC, and College Summit. The students at CHF excel in academic achievement and the school has continued to meet State Adequate Yearly Progress goals (AYP) for many years few years.



More Information

To learn join the CHFHSPTSA group, please visit <http://groups.yahoo.com/group/CHFHSPTSA>

President

Cynthia Williams

Vice President

Betty Tingle

Treasurer

Felton Magee

Secretary

Dorshawn Marshall

Delegates

Michael Sedgewick-

Marcia Watson

LETTER FROM THE PRSIDENT

Dear CHFHS Parents, Teachers and Students,

As the Charles Herbert Flowers High School PTSA President, I would like to welcome you to our new school year. Your PTSA Executive Board is very excited about this school year. Our theme this year is "PTSA , Your Information Highway." Our endeavor this year is to keep you informed with all the up-to-date information for your success this school year. We are looking forward to working together with each class level, teacher, staff, parent and especially our students. Join us in working for our school. Become a PTSA member today.

Enjoy our first newsletter created and designed by our very own Journalism Class students here at Charles Herbert Flowers High School, under the direction of Ms. Tiffany White.

Mrs. Cynthia Williams, President

H.S.A. YOU HAVE TO PASS!

Starting in 2009 all students must pass all HSAs in order to receive a high school diploma. In P.G. County extended learning opportunities are available before and after school for Biology and Algebra. The passing score are; Algebra 412, Biology 400, LSN 394 and English 396. Exam resources are hsaexam.org and mdk12.org

SWINE FLU AND YOU

What is Swine Flu and How Can You Protect Your Self?

Swine influenza is the flu virus found in pigs. An acute and highly contagious respiratory disease of swine caused by the orthomyxovirus thought to be the same virus. The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with novel H1N1 flu virus also have reported diarrhea and vomiting. The high risk groups for novel H1N1 flu are not known at this time, but it's possible that they may be the same as for seasonal influenza.



People at higher risk of serious complications from seasonal flu include people age 65 years and older, children younger than 5 years old, pregnant women, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), and people who are immunosuppressed.

To protect your self stay informed. Health officials will provide additional information as it becomes available. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners* are also effective. Avoid touching your eyes, nose and mouth. Germs spread this way. Try to avoid close contact with sick people. If feeling sick stay home at least 24 hours after fever is gone. Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.

PSAT Freshman and Juniors should sign up in English Classes starting 9-21. Only \$15

High school juniors may qualify for National Merit Scholarships by receiving a high score on the PSAT taken in October of the junior year. Juniors need a high selectivity index score in the 99 percentile range. Not all students in the 99 percentile range will be National Merit Semifinalists. Each state has a different cut off for the selection of National Merit Semifinalists. The score is obtained from the total of three sections on the PSAT: the critical reading, math and writing scores. The highest score would be 240 (80+80+80=240) since each section of the PSAT ranges from 20 to 80 points. If a student receives a high PSAT score as a sophomore, the student will not be considered for a National Merit Scholarship. The PSAT must be taken in the junior year in order to be considered for National Merit status. Not all colleges provide National Merit scholarships. However, it is a great honor to be a National Merit Semifinalist and to compete for National Merit Scholarships. Colleges are very interested in students who are National Merit Semifinalists. Student who are National Merit Semifinalists have an opportunity to compete for National Merit Scholarships. The student must take a SAT test and send a letter of recommendation from their counselor. This information will be mailed to the student. National Merit Scholarships can come from the colleges or from corporate sponsors. The Ivies, Stanford and other highly selective colleges do not participate in the program. See the Official Student Guide to the PSAT/NMSQT for a list of college merit scholarship sponsors. This booklet is available from you high school or at the NMSC website at: www.nationalmerit.org

PSAT results are mailed to the high school in December.