ANCHOR BAY HIGH SCHOOL MISSION STATEMENT: “Empowering all students to succeed in an ever-changing world.”

Administration

Jeffrey LaPerriere  
Principal

Jason Battle  
Assistant Principal/Athletic Director

David Boeskool  
Assistant Principal

Richard Palmer  
Assistant Principal

Mark Prebay  
Assistant Principal

Counseling Office

Sherry Kenward  
Director

Lindsay Ahedo  
Counselor (A-Di)

Gregory Fowler  
Counselor (Dj-K)

Nicholas Champine  
Counselor (L-R)

Melanie George  
Counselor (S-Z)

Marc Patyi  
Social Worker

Amy Distefano  
Teacher Consultant

Carol Selby  
Teacher Consultant

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Anchor Bay High School December Newsletter

**2020 JANUARY CALENDAR**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Dec 23 - Jan 3</td>
<td>No School - Holiday Break</td>
</tr>
<tr>
<td>Jan 6 - Jan 9</td>
<td>ABHS Practice for Jazz Ensemble Concert</td>
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<tr>
<td>Jan 9</td>
<td>ABHS Jazz Ensemble Concert</td>
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<tr>
<td>Jan 13</td>
<td>Band Booster Meeting</td>
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<tr>
<td>Jan 20</td>
<td>No School - MLK Day/Professional Development Day</td>
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<tr>
<td>Jan 22</td>
<td>ABHS First Semester Exams - Periods 1-2 (Students 1/2 day dismissal at 10:47 a.m.)</td>
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<tr>
<td>Jan 22</td>
<td>Half Day MS &amp; HS for Exams (Full Day Elem)</td>
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<td>Jan 22</td>
<td>ABHS Teen Intervene</td>
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<tr>
<td>Jan 22</td>
<td>Board of Education Meeting</td>
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<tr>
<td>Jan 23</td>
<td>ABHS First Semester Exams - Periods 2-3 (Students 1/2 day dismissal at 10:47 a.m.)</td>
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<tr>
<td>Jan 23</td>
<td>Half Day MS &amp; HS for Exams (Full Day Elem)</td>
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<tr>
<td>Jan 24</td>
<td>ABHS 2nd Quarter Ends</td>
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<tr>
<td>Jan 24</td>
<td>ABHS First Semester Exams - Periods 5-6 (Students 1/2 day dismissal at 10:47 a.m.)</td>
</tr>
<tr>
<td>Jan 24</td>
<td>Half Day MS &amp; HS for Exams</td>
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<tr>
<td>Jan 28</td>
<td>ABHS Band Boosters Annual “A Taste of Music” TasteFest</td>
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<tr>
<td>Jan 31</td>
<td>ABHS 2nd Quarter Report Cards Emailed &amp; Mailed Home</td>
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<tr>
<td>Jan 31</td>
<td>ABHS Report Card (Semester 1) Emailed &amp; Mailed Home</td>
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- DATES ARE SUBJECT TO CHANGE -
REMINDERS

School Messenger

We found that several parents were not receiving text messages from the District notifying them of school cancellation. We checked the reports that are issued by “School Messenger” and found that many of the text messages (SMS) were being reported as BLOCKED. This means that when you received a text message from School Messenger (number: 68453) during the initial setup, no response was sent back. School Messenger assumes that you DO NOT want text messages if they do not receive a response. To correct this, please do the following:

- If you would like to receive text messages from Anchor Bay School District, send a text message to (67587) with the words “opt in” or “subscribe” as the message.
- If you are already receiving text message from Anchor Bay School District no further action is required.
- For more information you can visit http://schoolmessenger.com/txtmsg/

School Notes:

When there is no school, all school activities will be cancelled.

Also, please be careful . . .
When temperatures fall below 10 degrees the salt may not melt the ice.

ABHS FIRST SEMESTER EXAMS
JANUARY 22 PERIODS 1-2 (1/2 DAY)
JANUARY 23 PERIODS 3-4 (1/2 DAY)
JANUARY 24 PERIODS 5-6 (1/2 DAY)

ABHS Band Boosters Annual “A Taste of Music” Tastefest
January 28th, 2020
6:00 p.m. — 8:00 p.m.

ABHS Jazz Ensemble Concert 7 p.m.
on Thursday, January 9th, 2020 at
ABHS Auditorium

It’s a Great Day to be a Tar!
#TarSpirit
MAKE YOUR SENIOR YEAR COUNT

Seniors have worked hard for three years, taking tests, completing projects, and preparing for college admission. When senior year rolls around, some students just want to get through college applications and relax before they head off to the college of their choice.

Also known as senioritis, taking it easy senior year may seem like a nice break, but is likely to do more harm than good. Incomplete high school preparation can contribute to academic problems in college.

Senior year is your opportunity to strengthen your skills and broaden your experiences, in school and out, and to prepare for all of the challenges ahead. A successful senior year can help launch you on the path to a successful future.

Your continued involvement in activities, sports, and volunteer work will help you stay active and focused throughout your final year. Meaningful and significant experiences will help prepare you to make informed decisions about your education and career goals. (Taken from: The College Board website).

SENIOR REMINDERS

- Confirm that mid-year transcripts have been sent to colleges through Parchment as needed (includes NCAA eligibility).
- If applying for financial aid, try to submit the FAFSA by March 1, 2020 or as soon as possible. Log on to www.fafsa.ed.gov
- Be sure to visit the high school counseling website to access scholarship information at http://www.anchorbay.misd.net/schools/high-school/counseling-center/scholarships/

It is anticipated that information about Local Scholarships for this year will be available in late February via the counseling website as well as in the counseling office. Many local organizations including the Anchor Bay Community Foundation, New Baltimore Lions, Anchor Bay Lions, Chesterfield Lions, New Baltimore Civic Club, Bay-Rama, Rotary, Am-Vets, Selfridge Spouse Club and the Anchor Bay Artists provide excellent opportunities for seniors seeking scholarship money to finance their college education.

CONTINUED ON NEXT PAGE-
Additional websites for scholarship searches are:
www.MI-StudentAid.org
www.freescholarships.com
www.msfaa.org
www.fastweb.com
http://scholarships.salliemae.com
www.collegenet.com
www.collegeboard.com/paying
www.scholarshiphelp.org

Be Wary of Scholarship Scams
Scam Warning Signs
· You have to pay a fee
· Money-Back offers or guarantees
· Credit card or bank account information required
· Provides “exclusive” information

Scams: “Phishing” & “Pharming”
“Phishing”
· Unsolicited emails that bear the logo of your bank or credit card
· Appear legitimate but are traps to lure you into giving out your personal or account information.

Never give out Social Security, credit card, or bank account numbers to unsolicited emails or calls.
“Pharming”
· Unsolicited emails that encourage you to visit a website or click on suspicious links
· Make sure your inbox spam filters are up to date
BE CAREFUL to whom you give out your contact information or email address.

Reporting Scams
National Fraud Information Center (NFIC)
Call 1-877-FTC-HELP (382-4357), or write to:
Federal Trade Commission
Consumer Response Center
600 Pennsylvania Avenue, NW
Washington, DC 20580

State Attorney General’s Office
File your complaint with the Consumer Protection Division in your state. Visit www.naag.org to find your state Attorney General’s Office

US Postal Inspection Service (USPIS)
Fill an online complaint involving mail fraud at http://postalinspectors.uspis.gov or call the Crime Hotline at 1-877-876-2455, or write to:
Inspection Service Support Group
222 S. Riverside Plaza
Chicago, IL 60606-6100
· Money-Back offers or guarantees
· Credit card or bank account information required
· Provides “exclusive” information
A huge BRAVO to all the students and parents who helped to make **December’s Winter Concert** a huge success! The students played beautifully while the parent volunteer crew created a wonderfully warm atmosphere in the auditorium and commons area. Thank you to all who attended in support of the students and/or volunteered their time to help the concert run smoothly!

January is the start of **Solo & Ensemble Festival** season! The District XVI S&E Festivals will be held at Rochester HS on **Saturday, January 25th, Friday, January 31, and Saturday, February 1st**. Only the larger “chamber ensembles” perform on the 1/25, while all the other standard events perform on the 2/1 (most students). Most percussion students will perform on Friday, 1/31 (see schedule when available). For maps, schedules, etc. check out the band’s website homepage at [www-anchorbaybands.org](http://www-anchorbaybands.org). This will be updated when information becomes available.

On **Tuesday, January 28th**, in the **ABHS Commons**, the AB Band Boosters are sponsoring "**A Taste of Music Tastefest**." This is a fundraiser for the AB Bands that will include an evening of food from local establishments with music provided by our AB student ensembles. Many local restaurants will be awaiting you to sample their food! Doors open at 6:00pm and ends at 8pm. Tickets will be sold at the door and ALL are welcome and invited! Tickets prices are as follows: Adults: $10, Seniors: $8, Students: $6, Children 6 and under $1. See the [website](http://www.anchorbaybands.org) for details on restaurants attending and students scheduled to perform.

Congratulations to the following students who made it into various honors ensembles this past semester:

**MSBOA All-State Jazz Ensemble:**
Blake Brdak, Guitar (12)

**MSBOA District XVI All-Star Jazz Band:**
Blake Brdak, Guitar (12)
Deven Mallamo, Piano (12)
Jackson Stone, Bass (12)
Jonathan Tezak, Bass Trombone (12)

**Bowling Green State University Honors Band:**
Lexa Becker, Flute (11)
Jackson Stone, Double Bass (12)

**Detroit Symphony Youth Civic Ensemble:**
Dylan Grace, French Horn (12)

**Michigan State University Spartan Youth Jazz Ensembles:**
Jackson Stone, Double Bass (12)

**Eastern Michigan University High School Honors Band:**
Halie Schmidlin, Flute (10)

Congratulations to the ABHS student-musicians who were selected to the **MSBOA District 16 Honors Jazz Ensemble**. This honors ensemble is made up of a select group of students from Macomb, Oakland, and St. Clair county high schools. The District 16 Honors Jazz Ensemble will perform a concert in March. Those students include:

Blake Brdak, Guitar (12)
Deven Mallamo, Piano (12)
Jackson Stone, Bass (12)
Jonathan Tezak, Bass Trombone (12)
Oakland University Honors Band:
David Ludwig, Euphonium (12)
Matthew Taylor, Trombone (12)
Jonathan Tezak, Trombone (12)

MSBOA District 16 Honors Band:
Samantha Slabaugh, Clarinet (12)
Matilyn Daughtry, Clarinet (11)
Jackson Stone, Double Bass (12)
Matthew Taylor, Trombone (12)
Jonathan Taylor, Trumpet (11)
Channelle Mayle, Clarinet (10)
Halie Schmidlin, Flute (10)
Veronica Ludwig, Tuba (10)

Upcoming Events (check www.anchorbaybands.org/events/ for more details):

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>01/09</td>
<td>Jazz Ensemble Concert</td>
<td>7:00 PM</td>
<td>(ABHS)</td>
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<tr>
<td>01/13</td>
<td>Band Booster Meeting in ABHS Band Room</td>
<td>7:00PM</td>
<td>(ABHS)</td>
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<tr>
<td>01/25</td>
<td>MSBOA HS Chamber Ensemble Festival</td>
<td>Rochester HS</td>
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</tr>
<tr>
<td>01/28</td>
<td>Taste of Music Tastefest</td>
<td>6:00PM-8:00PM</td>
<td>(ABHS commons)</td>
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<tr>
<td>01/31</td>
<td>MSBOA HS PERCUSSION District Solo &amp; Ensemble</td>
<td>Rochester HS</td>
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<tr>
<td>02/01</td>
<td>MSBOA HS District Solo &amp; Ensemble Festival</td>
<td>Rochester HS</td>
<td></td>
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<tr>
<td>02/06-02/07</td>
<td>Jazz Ensemble at CMU Jazz Festival</td>
<td>CMU, Mt. Pleasant</td>
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<tr>
<td>02/03</td>
<td>Symphonic Band After School Rehearsal</td>
<td>2:30pm-3:45pm</td>
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<tr>
<td>02/19</td>
<td>Symphonic Band After School Rehearsal</td>
<td>2:30pm-3:45pm</td>
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<tr>
<td>02/20</td>
<td>Pre-Festival Concert (all concert bands)</td>
<td>TBA (ABHS)</td>
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<tr>
<td>02/25</td>
<td>Symphonic Band After School Rehearsal</td>
<td>2:30pm-3:45pm</td>
<td></td>
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<tr>
<td>03/05-03/07</td>
<td>MSBOA District XVI Band Festival (All Bands)</td>
<td>TBA (ABHS)</td>
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For more information, please visit our web site at WWW.ANCHORBAYBANDS.ORG! You can follow the AB Bands on Facebook (http://www.facebook.com/groups/anchorbaybands/), Twitter (@abbands), and Remind!
Greetings from your award-winning Air Force Junior Reserve Officer Training Corps (AFJROTC) program! Our cadets are energized and taking on many challenges. Take a peek and see what we have been up to.

There are many misconceptions about our program and I would like to take this opportunity to clarify a few important points. First, we are not a funnel for the military. Second, the majority of our students do not even want to join the military. Third, only about 1 to 3 of our total student population will join the military upon graduation. We are not a boot camp; we teach a world-class curriculum. In fact, our curriculum is AdvancED accredited. Lastly, did you know that if a student did enlist in the military and they were part of our program for 2-3 years they would receive increased pay anywhere from $500 to $1000 more per month. If they went the college ROTC route they would receive higher priority for potentially a full-ride scholarship, worth up to $120,000 depending on the college they attend. There are numerous benefits from being part of our program please contact us for additional information.

JROTC has been busy trying to gain a better foothold with recruiting new students into our program with the overall goal of maintaining the Air Force minimum of 100 students. We need your support to achieve this goal.

On Saturday 7 December we teamed up with the New Baltimore Goodfellows and helped them sell newspapers for donations. This annual event helps provide gifts to less fortunate children we helped raise over $1K. On 6 Dec we hosted the Armed Services Vocational Aptitude Battery (ASVAB) test where 19 high school students took the test. The following week we hosted our winter blood drive, 23 pints of blood was collected. On 14 Dec we participated in the Nation-wide Wreaths Across America effort helping lay 808 wreaths on deceased Veteran’s graves. Here is a quick run-down on what we have planned for the future;

- 20 Dec – Cadet Christmas Party
- 7 & 21 Jan – Chesterfield Township Board Meeting Color Guard
- 19 Jan – JROTC Bowling Fundraiser at Premier Lanes; Everyone is invited
- 22 Jan – School Board Meeting Color Guard
- 7, 10, 21 & 31 Jan – Boys Varsity B-Ball Color Guard
- 7, 14, 17 & 28 Jan – Girls Varsity B-Ball Color Guard
- 1 Feb – Drill Team Competition at Howell HS, Howell MI
- 22 Feb – Annual Penny Auction

We are always looking for interesting guest speakers. If you think you could address our cadets in a manner to spark their interests in planning for their future, or could help with our Aviation History or Leadership Education curriculum. Please contact Senior Master Sergeant Quintana at 586-648-2525, extension 2356 or email sq quintana@abs.misd.net.

Students interested in becoming cadets should contact their school counselor. If you have any questions about our program, please feel free to contact Sergeant Quintana.

We would like personally invite you to attend our next AFJROTC Booster Club meeting on Tuesday, January 14th, at 7:00 PM, in Room E-104 at the high school. EVERYONE is welcome and encouraged to attend. We need parent/guardian participation/support for our program to succeed. We hope to see you there.
The Performing Arts Center’s fall production of *Alice in Wonderland*, Brainerd Duffield’s adaptation of Lewis Carroll’s classic novel, ran November 21st, 22nd, and 23rd. We had amazing audiences and truly appreciate all of the help our program received in preparing for and presenting our show. Thank you to all of our students, parents, staff, and community for their support, and congratulations to all of the students who worked so diligently to make the show such a tremendous success.

The Performing Arts Center is now preparing for our next show: the Michigan Interscholastic Forensics Association’s (MIFA) One Act Theatre Festival production—a show that travels to other schools and is rated on a scale of I to III and may advance to state level competition with other schools. Each year, Anchor Bay places well in the festivals and has qualified for state-level competition for the a number of times in previous years. We hope to do so again this year. The genre for this year is serious, and the title of our show is *The Children’s Hour* by Lillian Hellman. The show will feature the following performers.

The festivals are open to the public and scheduled to occur Saturdays: January 25th for Districts and February 8th for Regionals—both sites have yet to be determined. The state festival will occur Friday and Saturday, February 14th and 15th, at Avondale High School in Auburn Hills; whether Anchor Bay qualifies or not, it is a tremendously talent-filled and entertaining event that should be attended by all who appreciate the theatre. Hope you can be there!

Pre-production meetings for the spring musical production will be held in mid-February. Please watch for announcements and attend one of the meetings for more information.

For further information about the theatre or forensics programs or events at Anchor Bay High School, contact Ms. Battice at the high school, extension 2360 or at dbattice@abs.misd.net.
HOSA Club News — Jennifer Dixon BSN, RN

Our Health Occupations Students of America (HOSA) Club participated in the HOSA Regional Competition on Saturday December 7, 2019. Five students are moving on to the HOSA State Competition in Traverse City, March 8-10, 2020. Please join me in congratulating the following students.

- Jordan Grabowski, Justin Grabowski, and Scarlett Martell: Community Awareness
- Jacob Hoffman: Medical Terminology
- Gabriella Palombo: Medical Terminology

HOSA Club fundraiser with Biggby Coffee New Baltimore! HOSA Club members are selling unique Anchor Bay Tars Biggby coffee mugs. Please consider purchasing a mug and if you bring your mug to Biggby Coffee, they will give you a dollar off your beverage!!!! All funds will support the HOSA Club and the competitors at State.

Our HOSA Club was selected to participate in the Strive for a Safer Drive 2019/2020 campaign/competition. The program is designed to make teenagers safer drivers and is a peer-led program that seeks to reduce traffic crashes involving teens. The program is a partnership between Ford Driving Skills for Life and the Michigan Office of Highway Safety Planning. Cash prizes are awarded to the top 5 schools by Ford. Final projects are due March 30, 2020. Keep an eye out for fun and creative activities around the high school about safe driving!!!

Stay tuned for more HOSA Club updates and happenings!!!
**Prom 2020**
Saturday, May 16
Zuccaro’s
Details TBD

**Event Details**
Dave and Buster’s in Utica
Thursday, May 21
11pm – 5am
Ticket Order and Parental Consent/Volunteer Form
Tickets are $75 each
• Checks until April 3
• Cash until May 15

**Graduation**
Sunday, May 31 @ Noon
McMorran Auditorium in Port Huron
Tickets will be issued in the Spring based on number of students graduating (typically six)

**Attention Seniors**
Have you purchased your yard sign?
Order forms available online and in the SA Office.
Senior All-Night Party Forms also available

**Other 2020 Events**
Information Coming in January (until May):
Senior Outfits
Senior Awards
Senior Week
Senior Exams
Senior Luncheon
Graduation Details
Anchor Bay High School's S.A.D.D. created a Why Not To Make Destructive Decisions Wall. S.A.D.D. is trying to encourage students to make the right decisions and help them with reasons why it's a good idea.

For Christmas this year, they will be delivering Elf-Grams to students who are in need of a little pick me up. The students receiving the Elf-Gram's have been recommended by teachers, administrators and other staff members.
National Honor Society has been busy this holiday season. They co-sponsored a successful Toys for Tots drive again this December to help ensure a happy holiday to all children.

Members took on the challenge to perform 100 Acts of Kindness during the past 10 weeks. They realized that an act of kindness can be big or small and doesn't have a cost anything. Students said that it was "fun" and "easier to accomplish than anticipated."

Denise O'Hearn
Anchor Bay High School
Government Teacher
Mock Trial Teacher Coach
NHS Adviser
abhsgovernment.weebly.com

"The only thing necessary for the triumph of evil is for good men to do nothing."  -Edmund Burke
Sports Boosters Reverse Raffle—Tickets are now available to the Reverse Raffle Event being held on March 7, 2020. Tickets are $60 each and includes dinner, beverages and a chance to win $4000. This event is being held at Zucarro’s this year. Presale 50/50 is also available and you do not need to be present to win. Please contact Erin Polisano
Anchor Bay High School junior, Avonleigh Blenkhorn, is about to go on the adventure of a lifetime!

In January she will be leaving her fellow Tars behind and heading to The Netherlands for a semester study abroad. Set up through the Aspect Foundation, Avonleigh will be living with a Dutch host family from her arrival in January through the end of June. She will be taking a full school load of 6 courses: English, Dutch, math, sports, art, and history, but is excited to do most of her learning outside of the classroom. Her “why” for participating in this program is to learn about a new culture and she can’t wait to immerse herself and experience their way of living in the Netherlands.

Knowing it will be tough with the language barrier and without the comfort of family and friends around, she is very much looking forward to her upcoming adventure. Avonleigh is eager to meet new people and try new things, including learning Dutch. More than that, however, she is anxious to grow as person with this upcoming journey. We wish her well and cannot wait to hear about her study abroad experience when she returns!

(From the ABHS Counselors)
NHS TUTORING
Mondays in N126
2:15-3:00

FOOD AND FUNCTIONS
Tue, Wed and Thursdays
ALL LUNCHES
Meet in E100

MATH TUTORING
Wednesday and Thursday
2:20-3:20
In room S113
**ABHS CLUBS**

**Join Key Club**
- Student led organization with a community service focus
- Great addition to college resume
- Meet in the DLL every other Monday

**YFC CORE**
- Youth For Christ
- We meet every Monday during lunch in room E100. Come and join us!
- Talk about faith, life and connect. ALL ARE WELCOME!!!!

**SADD**
- Students Against Destructive Decisions (SADD)
- Help to educate fellow students about how to not make destructive decisions such as using distracted driving, vaping or using alcohol or drugs.
- Advisor: Mrs. Gunst (sgunst@abhs.misd.net)
- Meeting Info: Every Tuesday after school (E131)
- Who can join: Open to anyone
- Cost: $5.00 donation

**Love Chess? Join the Club!**
- Informational Meeting: Wednesday, October 30
- Where: S206
- Time: 2:20 P.M.

**Chinese Culture Club**
- Time: 2:30 - 3:30 (every other Monday starting from Nov.11)
- Location: N115
- Activities: Handcraft, Chinese, Game, and ... CUISINE!

**RELAY FOR LIFE**
- Meetings will be the 2nd and 4th Thursday of each month
- Next Meeting: November 14

**No Bullying Club**
- We meet on the Second Monday of every month to plan events and educate students about what Bullying is and how you can stop it.
- Our Next meeting is: December 9
- Mr. Kirsten’s Room N202

It’s a Great Day to be a Tar! #TarSpirit
MISD—Juniors SAT Prep Workshop

To register online:
- Go to www.misd.net
- Click on the COURSE OFFERINGS tab
- Select Upcoming Courses & Events
- Select the Assessment category from Related Content column on the right.
- Select Student SAT Prep Workshop from list
- Click on the date you wish to attend
- Follow the registration instructions to complete your registration!
- Please remember online registration is a commitment to attend and pay.
- Registration/cancellation deadline is 7 days prior to registered prep class

Payment must be received 7 days prior to class!

Send payment (made payable to MISD) along with a copy of your printed registration to:
Lauri Jurcak/Consultant Services Dept.
Macomb ISD
44001 Garfield, Road
Clinton Township, MI 48038

For questions regarding registration and payments:
Lauri Jurcak, ljurcak@misd.net, (586)228.3492

For questions regarding this workshop:
Emily McEvoy, Testing & Assessment Consultant emcevoy@misd.net, (586)228.3459

Student SAT Prep Workshop 2019 – 2020

The MISD is pleased to announce multiple offerings of this 1 day workshop:

Dates

January 11, 2020
February 8, 2020
March 14, 2020
March 28, 2020

From 8:00am to 2:00 pm
* Book and lunch included in fee

It’s a Great Day to be a Tar!  #TarSpirit
How to Keep Healthy During the Holiday Season

As we know, the holiday season is upon us. If you’re like me, these holidays are all about eating... and being with our loved ones of course. However, we all know that holiday recipes consist of high amounts of sugar, cream, salt, butter, etc. With so many foods and snacks available, how do you make the healthy choices that will keep you on track towards your health goals? It’s not always the easiest, but it’s possible. Let’s take a look at a few different ways we can keep healthy this holiday season.

Let’s start off with menu picking and grocery shopping. When helping your parents pick their holiday menu, you should take into consideration the winter season and what’s available. For example, in Michigan, food items like mushrooms, potatoes, squash, onions, carrots and cauliflower are most popular. It’s important to shop for what’s in season because not only will it be easier on their wallet, these foods will taste better and be more nutritious too. Generally, when a food item is in season, their nutrients tend to be more readily available for us to utilize, in turn making us feel stronger and healthier.

Healthy Alternatives. Most holiday recipes, as mentioned earlier, will contain high amounts of fat, sugar, salt, cream, etc. All these ingredients are the main reason why our foods taste so good! Unfortunately, they’re also the reason why our pants may not fit after the holidays. Making simple substitutions to your favorite recipes can be your savior and not make you feel so bad about having that extra piece. Here are some easy alternatives: Instead of sour cream, use plain Greek yogurt. Try mashed cauliflower or sweet potato rather than regular mashed potatoes. Those fatty dips like ranch or spinach that we can’t seem to get enough of? Trade them in for hummus or a black bean dip. Use lighter cheeses like mozzarella, cheddar or parmesan (try purchasing unprocessed cheese and grate it yourself if you need shredded cheese). Sugar substitutes such as monk fruit, stevia, Splenda or brown sugar are good alternatives to regular table sugar. Using these alternative items will leave you feeling full without all the guilt — all while still tasting as delicious as before.

Stay hydrated. It’s the holidays and you want to partake in the holiday festivities and getting into the holiday spirit by having eggnog. No problem. However, most of the eggnog varieties around this time of year are loaded with sugar and contain empty calories. By empty calories, we mean, foods/ drinks that are high in sugars/fats that serve absolutely no nutritional value. In moderation, it’s okay to enjoy. To prevent yourself from having more than just one glass, try having a full glass of cold water just before or directly after. This can help signal our body that we are full. This concept works with eating too! Generally, having a glass of cold water 30 minutes before a meal may prevent us from overeating. Having the glass of water after may restrict us from going up for seconds or thirds.
SPANISH 2 - THANKFUL ESSAYS

Spanish 2 students wrote essays about why they are thankful this holiday season. Students described their parents, siblings, teachers, and coaches. It was wonderful to see them being so thoughtful and candid about the important people in their lives!

Katie Okray
Spanish Teacher
Anchor Bay High School
Sra. Okray’s Class Website
GENERAL NOTICES

SCHOOL BUS SAFETY

The Anchor Bay School District insures you that school bus safety is a high priority. Misbehavior will not be tolerated on school buses or at bus stops, and consequences will be assigned to students who do not behave properly. Riding a school bus to and from school is a privilege. Middle school and high school students who abuse this privilege will be subject to disciplinary consequences.

If a student misbehaves, the driver issues a warning. This communication is the driver’s notification of a problem with the student’s behavior and notification to the parents / guardians. Depending on the severity of the first incident, a recommendation for bus suspension is still possible at this level. Parents are responsible to provide transportation to and from school for their students if they are suspended from the school bus.

These are the levels of progressive bus discipline that high school and middle school administrators will follow:

1. Warning
2. Five (5) days suspension from the bus
3. Ten (10) days suspension from the bus
4. Suspension from the bus for the remainder of the school year.

The administrator may determine that the severity of the infraction may warrant an accelerated consequence. The consequences may include suspension out of school in addition to suspension from the school bus. When an assault by a student occurs on a school bus, the student who commits the assault will be subject to the consequence cited in the School District Student Code of Conduct. If a student enrolled in grade 6 or above commits a physical assault on a school bus against another student, that student shall be suspended or expelled from the school district for up to 180 school days. An assault shall mean intentionally causing or attempting to cause harm to another through force or violence.

Your student’s school handbook and the Transportation Department handbook contain further information about bus behavior. Any questions about this can be answered by Transportation Department personnel by calling (586) 725-4220 or your school administrator.

NONDISCRIMINATION POLICY

In compliance with Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, The American with Disability Act of 1990, and the Elliott-Larsen Civil Rights Act of 1977, it is the policy of the Anchor Bay School District that no person shall, on the basis of race, color, religion, national origin or ancestry, sex, disability, height, weight, or marital status be excluded from participation in, be denied the benefits of, or be subjected to, discrimination during any program, activity, service or employment. For information, contact Human Resources, 5201 County Line Rd., Suite 100, Casco, MI 48064, (586) 725-2861.
GENERAL NOTICES

STUDENTS SIGNING OUT

When a parent or guardian gives permission for their student to leave school for emergency or medical appointments, the following must be adhered to for dismissal:

1. If parent/guardian is picking the student up, the parent needs to come into the counseling office (I.D. is required) and sign the student out.

2. If the student has a vehicle at school the Parent/guardian can call the counseling office and speak to a secretary. A secretary will then call the student out of class, sign them out, and give them a pass.

3. Parents can write a note stating date, time, reason for student to be released, and a phone number where they can be reached. The note must be brought to the counseling office before school in the morning. The secretary will then call the parent to confirm the note and times indicated. PARENTS WILL BE CALLED ON ALL NOTES FOR THE SAFETY OF YOUR SON/DAUGHTER. If we are unable to get in contact with the parent to confirm note, your student will be unable to be released. Once we have contacted parents and an excused pass has been written, it is the student’s responsibility to come to the office to get the pass before he/she leaves the campus. If he/she leaves without signing out in the office, the student will be unexcused.

ABHS CLOSED CAMPUS POLICY

We have a closed campus policy at Anchor Bay High School which means that students are required to stay in school during lunch hour. Student may not exit the cafeteria during lunch without permission since classes are in session. Students may obtain permission to use the rest room during lunch period.

ABHS ENTRANCE & LOT POLICY

Students and parents who are dropping off and picking up their students should use the North and South driveway entrances and proceed to the student pick-up and drop-off areas as indicated by an area marked with diagonal lines. There are four of these areas, one on each side of the building and two in the rear of the building. The front of the high school is for staff, visitors, and buses ONLY. There will be signs in front of the staff and bus parking lots to remind parents and students not to use those driveways. Please follow this policy so that students, staff, and buses can provide a safe and timely arrival in the morning and departure in the afternoon.
Remember, you’re not just walking the dog.

Did you know that pet waste contains bacteria that makes our lakes and rivers unsafe for swimming and other recreational activities? Did you also know?

...There are over 53 million dogs in the United States, which produce 6.3 billion pounds of waste and bacteria per year?

...Residential lawns and streets are among the highest contributors of bacteria in storm water, which drains directly to our lakes and rivers?

Southeast Michigan loves dogs, too. Nearly one-third of the regions households have at least one dog. Most of us pick up after our pets to be good neighbors and keep our yards clean. But there’s another important reason to clean up after our pets. Leaving pet waste on the sidewalk or in the yard means that harmful bacterial can get washed into storm drains and roadside ditches and then flow directly into our lakes and rivers untreated.

What can you do? Simple. No matter where you are, dispose of your pet’s waste promptly by throwing it in the trash or toilet.
### Final 2019-2020 School Year Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Jan. 6</td>
<td>School Resumes</td>
</tr>
<tr>
<td>Jan. 20</td>
<td>No School - Professional Development Day</td>
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<tr>
<td>Jan. 22 - 24</td>
<td>Half Day for High School and Middle School Students - Exams</td>
</tr>
<tr>
<td>Jan. 24</td>
<td>No School for Elementary Students - Elementary Teacher Records Day</td>
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<tr>
<td>Feb. 14 - 17</td>
<td>No School - Winter Break</td>
</tr>
<tr>
<td>Feb. 18</td>
<td>No School - Professional Development Day</td>
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<tr>
<td>March 10</td>
<td>No School - Professional Development Day</td>
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<tr>
<td>April 3</td>
<td>No School - Professional Development Day</td>
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<tr>
<td>April 6 - 12</td>
<td>No School - Spring Break</td>
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<tr>
<td>April 13</td>
<td>School Resumes</td>
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<tr>
<td>May 5</td>
<td>No School - Professional Development Day</td>
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<tr>
<td>May 22</td>
<td>No School Memorial Day Break</td>
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<tr>
<td>May 25</td>
<td>No School - Memorial Day</td>
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<tr>
<td>May 26</td>
<td>School Resumes</td>
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<tr>
<td>June 9</td>
<td>Half Day for High School and Middle School Students - Exams</td>
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<tr>
<td>June 10</td>
<td>Half Day for All Students (Middle School and High School Exams)</td>
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<tr>
<td>June 11</td>
<td>Half Day for All Students - Last Day (Middle School and High School Exams)</td>
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*This calendar reflects changes due to the State amending of Section 101(10) of the State School Aid Act to permit the district to count up to 38 hours of qualifying Professional Development for teachers as hours of pupil instruction. Calendar is Subject to Change*