



## The Race Has Started!

*Let's Work Together to Get to the Finish Line*

As you know the race to college is a competitive one. Just like any other race, you must start preparing early. GCMC is a great start to college preparation. Initially many students were feeling overwhelmed with the uncertainty of the unknown. However, we have noticed a lot of growth and independence demonstrated by students over the last couple of weeks. I am confident students will finish the amazing GCMC race like champions. As students continue to run the race please know we are here to coach and support them every step of the way.

### Attendance Matters

At GCMC our expectation is for students to be on time and present for school every day. We realize there will be times when students are absent from school. However, this should be as minimal as possible. Please try to schedule appointments as late as possible in the day or afterschool. Many students have jobs and will often advise us that "they can't be late for work or miss work." We need for them to have this same attitude and persistence about getting to school. We are still trying to learn the students so if you know that your child struggles with attendance or if there are outside factors that your child is struggling with please reach out to me. Don't allow the situation to spin out of control. We want to be proactive rather than reactive! An attendance incentive is scheduled

for October 11<sup>th</sup>. We want all students to be able to participate so please encourage your student to be on time present for school.



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### Upcoming College Campus Visits

On October 4<sup>th</sup> we will visit Winston Salem State University and Wake Forest University. This trip is for seniors. Juniors will still need to attend class on this day. More information to come!

## Online Classes

If your child is enrolled in an online class please make sure they are completing their work and attending class daily. Online classes are part of student's academic records and will be reported on transcripts.

## FERPA Forms

Students were given a Family Education Rights of Privacy Acts (FERPA) form. This federal law is designed to protect the privacy of a student's educational records. FERPA gives parents certain rights with respect to their children's education records. These rights transfer to the student when he or she reaches the age of 18 or attends a school beyond the high school level. Please be sure that your student completes this form and list you (parent/guardian) on the form if you want access to your child's college records.

## Facts about Vaping

Vaping has become very popular and widely used by many individuals, especially young people. Although I cannot make students stop vaping outside of school hours, I think it is important for teens to understand that along with vaping comes significant health risks.

- ✓ Nicotine is the primary agent in both regular cigarettes and e-cigarettes, and it is highly addictive. Nicotine is a toxic substance. It raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a heart attack.
- ✓ There is growing research to support that e-cigarettes may induce acute lung disease and contribute to tumor growth in humans.
- ✓ Side effects associated with vaping are seizures, vomiting, congestive heart failure, chest pain, rapid heart-beat, depression and insomnia.



**Anika Wright**—students were overwhelmed with their college class and Anika said, “don’t give up, I will help you with the class. I felt the same way when I first saw the assignments but once I started doing the work, it wasn’t that bad.” **--Thanks for the support Anika--**

**Paris Young**—when I sent out the email notifying students that their college ID’s were ready for pick-up, she was the first student in my office. **--Thanks for checking your email Paris--**

**Darius Cozart**—took the initiative to clean the tables after lunch in the commons area. **--Thanks Darius for jumping right in and cleaning the tables.--**

**Benjamin Woods**-- is being recognized by Ms. Swindell for always being respectful and cordial. “I love his enthusiasm and inquisitiveness during my lectures. Benjamin is very organized and seems to be on a constructive path to being successful.”

**Mr. Turner’s 2<sup>nd</sup> Period Online Class (Amaliya Brown-Doyoyo, Rowan Meinecke, Saadiyah Pennix, Callie Roberts, Treylan Savage, Landon Tuttle and Paris Young)**—He is super proud of this class. All students come to class prepared, focused and they work extremely hard!

**Traci Blue**—is so bubbly and excited about school. Her smile is infectious.**--Thanks for being so pleasant!--**

