



# FALCON

## FLIGHT PLAN

### BUILDING A LEGACY OF EXCELLENCE

For the Parents, Staff, Students & Community of East River High School

## East River High School

407-956-8550 Fax: 407-956-8565

### Assistant Principals

Mr. Daniel Abalo 633-2239

Daniel.Abalo@ocps.net

Mr. Donald Smart 633-2236

Donald.Smart@ocps.net

Mrs. Erin Vacchio 633-2238

Erin.Vacchio@ocps.net

### Deans

Ms. Kathy Snow 633-2125

Katherine.Snow@ocps.net *students with last name A-G*

Mr. Corey Futrell 633-2228

Corey.Futrell@ocps.net *students with last name H-O*

Mrs. Kelly Fate-Quinn 633-2927

Kelly.Fate-Quinn@ocps.net *students with last name P-Z*

### Athletic Director

Mr. Kristopher Klein 633-2315

Kristopher.Klein@ocps.net

### Testing Coordinator

Mrs. Christina Banuche 633-2401

Christina.Banuche@ocps.net

### Media Specialist

Mrs. Lisa Cangemillo

Lisa.Cangemillo@ocps.net

Guidance 407-956-8550

MARCH 2017

Volume 1

Issue 2

## PRINCIPAL'S MESSAGE

Dear Falcon Parents, Students, and Community Members,

We have reached that time of year when testing becomes a regular part of student life. Whether that be AP exams, Florida FSA and EOC exams, or even the final exams that students take at the end of each year, there are some great pieces of advice that can support students through this time.

Teachers tell us that successful test-takers tend to be students with good attendance, homework, and study habits; therefore, your daily assistance with homework and attitude toward school have the biggest impact on your child's performance. However, there are key ways you can improve his test-taking ability.

### Standardized tests: How can you help your student prepare?

#### Optimize brain power.

Teachers say the students who struggle the most on testing days are the ones who didn't have enough sleep or a good breakfast the day of the test. Also, students who are physically or mentally unprepared often encounter problems. Make sure she has every tool she needs — charged laptop, pencils, an eraser, paper, a calculator, etc. laid out the night before, as well as any preliminary paperwork filled out, if possible. If she isn't feeling well on the test day, it's better to keep her home and let her make up the test later rather than risk poor performance.

#### Know what to expect.

Information about test schedules are available at [erhs.ocps.net](http://erhs.ocps.net) and elsewhere in this newsletter. You should learn...

- What is the test and what will it measure?
- What's the format? (multiple choice, essay, short answer, etc.)
- How is it scored? Will students be penalized for incorrect answers or should they guess when stumped on a question?

#### Relax and remain positive.

The best test-takers are confident, committed, and at ease. Even if you are nervous about her performance, be wary of transferring that concern to your student. You never know, some kids actually enjoy tests! If she is likely to get nervous, practice a few relaxation techniques, such as counting from

...continued on next page



**PTSA**<sup>®</sup>  
*every child. one voice.®*

## PTSA NEWS

Keep informed via PTSA social media outlets. Visit East River PTSA on Facebook and @EastRiverPTSA on Twitter. Contact us anytime at [erhsptsal@gmail.com](mailto:erhsptsal@gmail.com).

Have you seen our new Falcon plushy or socks? Personalized Varsity jackets are also available for \$65. Come check out our continually updating apparel in the PTSA Store. It's open everyday during both lunches.

### Upcoming events:

- March- Scholarship opportunity for all seniors that are PTSA members. Look for more information coming soon on social media and morning announcements.
- May 19- Movie Night following the spring football game. Visit the PTSA store to vote for your movie choice!

## PRINCIPAL'S MESSAGE

*...continued from previous page*

one to ten or taking deep breaths, which can help her relieve tension during the test.

### Discuss the experience.

Talk to your student about how the test went, what he did well and what he would have done differently. Think of it as a mini-debriefing or brainstorming session. You can talk about test-taking strategies after the fact as easily as beforehand and these discussions will improve performance on future tests.

Our teachers have been working diligently to engage students in the standards they need to know for these key exams. Please help us as we move into testing season by being another positive support for students. Our students have the ability to pass these exams.

Go Falcons!

Sincerely,  
 Heather Hilton

## GUIDANCE CORNER

- On March 10th, there will be a FAFSA Help Session from 7:30am-2:00pm in the CCC.
- Scholarships labs are open to seniors every Friday during the day and after school until 4:00pm.
- All Seniors should submit community service hours to Guidance by May 1st.
- The third nine weeks ends on 3/16/17.
- All seniors please stop by guidance with your college acceptance letters so we can take your picture for our recognition board!
- There is a new Dual Enrollment opportunity with The University of Florida online! For more information, please see your guidance counselor.
- Dual Enrollment for Valencia opens to rising juniors and senior on February 27th. The application is online for the first time.
- Dual enrollment applications for Valencia Community College are due on April 7. Any interested student who wishes to take VCC courses at East River next year must have their application in through VCC by this date.
- Underclassmen make sure you sign up to take your online class! This is a graduation requirement.
- Parents, please mark your calendars for March 9th for our next Coffee Talk. Counselors will be available for questions and advising from 8-10am.



We are a private-non profit health care organization, offering a variety of medical services under one roof.

We accept most major health insurances including Medicaid and Medicare and offer a sliding fee scale to those who are uninsured.

For questions or appointments call  
 (407) 322-8645

Appointments can also be made online at [www.mytruehealth.org](http://www.mytruehealth.org)



448 S. Alafaya Trail #10  
 407-381-3335

**PREMIERE**  
 ORTHODONTICS

Jason Battle DDS CAGS | Orthodontic Specialist

Did you know?: The American Association of Orthodontists recommends that most children should have an orthodontic screening by age 7



Dr. Battle is Orlando's Clear Choice for Invisible Orthodontics. We treat Adults and Children.



## TESTING UPDATE

Please take note of the dates listed below. It is very important that students be in school on the testing dates for their courses and grade levels.

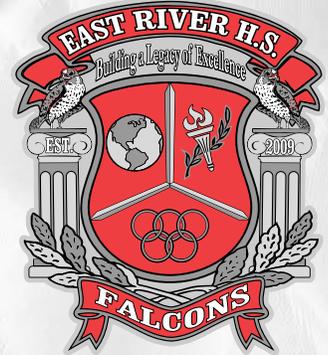
Please keep in mind two items:

1. Students are not permitted to have any electronic devices, including but not limited to cell phones and smartphones, at any time during testing OR during breaks (e.g., restroom), **even if they are turned off or students do not use them.** If your child is found with an electronic device, his or her test will be invalidated.
2. If your child leaves campus before completing a test session (for lunch, an appointment, or illness, etc.), he or she **WILL NOT** be allowed to complete the test session. If your child does not feel well on the day of testing, it may be best for him or her to wait and be tested on a make-up day. Please remember not to schedule appointments on testing days.

AP Exams begin May 1, 2017.

Assessment	Total # of Sessions	Minutes per session	Max minutes per session	Tentative 2017 Test Schedule	Grade
SAT	4 Sections (no essay)	Varies	Finished testing by 12:00pm [Standard rooms]	March 1	Grade 11
FSA ELA 9TH and 10th Writing *	1 Session	120	120	March 6	Grade 9 - 10
FSA ELA 9TH and 10th Reading*	2 Sessions over 2 DAYS	90	90	Session 1 - April 17 Session 2 - April 18	Grade 9 - 10
Senior Final Exams	1 Session	80	80	April 24 - 26	Grade 12
ALG 1, ALG 2, and GEO EOC**	2 sessions over 2 days	90	Up to 1/2 of a school day if needed	Session 1 - April 27 Session 2 - April 28	Course Based
PERT	1 Session	Untimed	Untimed	May 4	MCR Students Only (Grade 12)
US History EOC	1 Session	80	Up to a full school day if needed	May 8	Course Based
Biology EOC	1 Session	80	Up to a full school day if needed	May 9	Course Based
PERT	1 Session	Untimed	Untimed	May 15	Grade 9 - 11
Underclassmen Final Exams	1 Session	80	80	May 22 - 24	Grade 9 - 11

\*Students must complete all 3 sessions to earn a final score.  
\*\*Students must complete both sessions to earn a final score.



'Falcon Flight Plan'  
 March 2017  
 Published Four Times Per Year  
 Orange County Public Schools  
 PO Box 271  
 Orlando, FL 32802  
 Issue # 2



# THE SMARTER CHOICE FOR ALL

testprep.ucf.edu

407-882-TEST

## Prepare for the SAT & ACT!

SAVE by bundling with our Core Math Concepts Review!



Avalon Park's

Neighborhood Dental Office

**Dr. Mark Ashy**  
**Dr. Chris Chard**

## ELITE DENTISTRY

1ST CLASS DENTISTRY IN A SPA LIKE ATMOSPHERE

www.EliteDentistry.com • 407.658.0103

13000 Avalon Lake Dr., Ste 201 • Orlando, FL 32828



Specializing in

- Adult Acute Mental Health Inpatient Treatment
- Adult Detox Program
- Adult Substance Abuse and Co-occurring Disorder Treatment
- Adult Substance Abuse Intensive Outpatient Program
- Children and Adolescent Acute Care
- Adolescent Residential Treatment
- Adolescent Partial Hospitalization

FOR A FREE AND CONFIDENTIAL ASSESSMENT CALL

407-281-7000

Most insurances accepted and Medicare approved

We are Here with Answers and Caring Hearts

www.universitybehavioral.com 2500 Discovery Dr. • Orlando, FL 32826

# ANNOUNCEMENTS

High student academic achievement is a goal East River strives for and celebrates. The Top Ten honors 10 graduating seniors who have the highest GPA of their class. These students have gone above and beyond with achieving high scores in many honors, APEX, AP, and dual enrollment courses. It is through their continued perseverance and dedication to academic excellence throughout their years at ERHS that has earned them this recognition. We are proud to recognize the Top Ten for the Class of 2017: Sasha Vagos, Andrea Styles, Nasser Yousef, Nicholas Maddron, Diana Quiroga Huertas, Karen Bruchs, Nicole Wolfe, Nathan Wood, Eric Gershman, and Katherine Shim.

The ERHS Beta Club has been recognized as a National Distinguished Chapter due to their outstanding service within our community. Congratulations to all of those hard working students and Ms. McFerren their dedicated sponsor!

College Board is promoting that a student who spends 9 hours working in the Official SAT practice within the Khan Academy site can see an increase of 100 points on their SAT score. What are you doing to improve your test scores for college?

On Wednesday, March 1, Wednesday, March 29, and Wednesday, April 12, all students will be scheduled for a full school day instead of their normal early release. This is so students can take the SAT and/or FSA tests during the school day without the concern of running out of time due to an hour shorter student day on Wednesday.

## WHAT'S GOING ON IN THEATRE?

- Sat. Feb 25th- Trojan Women Encore Performance PAC 7:00pm
- Thursday-Saturday, April 6th -8th- Wedding Singer-Spring Musical PAC 7:00pm (2:00 & 7:00pm on 4/8)
- Tuesday May 9th- Spring Improv Show 7:00pm PAC
- Saturday May 27th- Trojan Women performance at Orlando Fringe Festival at 5:00pm in the Orlando Repertory Theatre

### Accolades earned this school year:

- Best In Show One Act for Trojan Women Best Actress for the District Thespian Festival- Alyssa Zabel
- Critic's Choice for Best Tech
- Superior rated Acting and Technical Design for Trojan Women, Monologues, Duet Acting, Ensemble Acting, Solo Musical



We're Hiring



AFFORDABLE  
**Medical Care**

2 MILES EAST ON 50

**BITHLO**  
19108 E Colonial Dr  
Orlando, FL 32820

**(407) 905-8827**

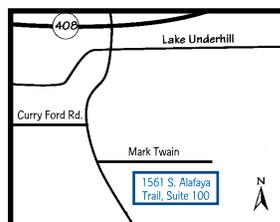
[WWW.CHCFL.ORG](http://WWW.CHCFL.ORG)

LOCATIONS THROUGHOUT CENTRAL FLORIDA

MEDICAID, MEDICARE & MOST PRIVATE INSURANCES ACCEPTED.  
A SLIDING DISCOUNT PROGRAM IS AVAILABLE



Braces for Children and Adults



Call (407) 482-3700 · 1561 S. Alafaya Trail · Ste 100 · Orlando, FL 32828 · [www.DrTaddeo.com](http://www.DrTaddeo.com)

SERVING EAST ORLANDO

## Dr. Ross Taddeo Orthodontics

*Home of the Killer Smile!*

Now Taking Appointments

Dr. Taddeo and his staff use the newest technology and the latest techniques to provide gentle, more comfortable orthodontic treatment.

Convenient office hours, flexible payment plans and insurance claim filing will assure your visit is relaxed and stress-free.

Make an appointment today to get started on your killer smile!

Conveniently located a half a mile North of the Shoppes of Eastwood. 2.5 miles south of Highway 50/Colonial Dr. on Alafaya Trail.

## PARENTS' GUIDE TO SOCIAL MEDIA AND TECHNOLOGY

### APPS TO KNOW

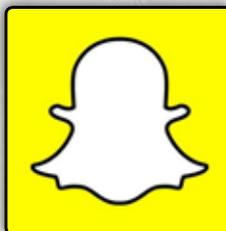
#### Kik

- **What is it?** Free text messaging app. Will not show up on the phones messaging service due to it being an app.
- **Why should I know about this app?** Kik will allow students to have communication with anyone who simply shares their Kik information to find people to chat with, this could include people who are complete strangers.
- **Why is this App popular with students?** Only a username is needed to sign up. Students do not have to tie their phone number to an account. This app is also loaded with ads and in-app purchases.



#### Snapchat

- **What is it?** Messaging application that allows users to put time limits on how long a picture and/or video can be seen before it goes away.
- **Why should I know about this app?** There is a myth about this app; whatever is posted goes away forever. Unfortunately, digital footprints can always be recovered, and this is no different for snapchats. Furthermore, students who receive snapchats can simply take a screenshot of any picture and store it in their photo album on their phone.
- **Why is this site popular with students?** Because of the time limits placed on pictures, students like to use this site for sharing pictures that could be silly, goofy, embarrassing, or in some cases, inappropriate.



#### **What options are there to help limit cell phone use for students?**

Most cell phone providers offer different options to limit cell phone use for students.

For example, with AT&T parents can block up to 30 phone numbers, time of day limits on the phone, monthly texting limits, block or limit internet access, and purchase limits. Verizon wireless offers similar restrictions as well as options to locate your child, and spam blockers.

Another option is charging your child's phone at night in your room. This will prevent the student from being on their phone late at night, and getting much needed time away from their device.

## FALCON SPORTS UPDATE

We have had a great winter season for sports here at ERHS, some of our spring sports have already started and are off to a hot start. Baseball, softball, and Boy's Lacrosse are well on their way to record breaking seasons.

Here are some of highlights as winter comes to a close:

- Taylor Scala, Morgan Scala, Kerrin Allen, & Keke Solomon qualified for states for our girl's weight lifting team with Taylor Scala earning a medal at states.
- Our Lady Falcon weight lifting team finished as the district runner up.
- Our boys and girls soccer teams each won a game in their district tournaments.
- Our girls' basketball team had a record of 18-7 and was seeded #1 for the district tournament which is the most wins in school history.
- Two of our wrestlers, Nick Hayes and Gabriel Galarza finished in 3rd place at the metro east wrestling tournament.
- The ER Lady Falcon wrestling team competed at the state championships held at Liberty HS with Karina Prieto, Allison Dreggors, Syanne Green, Nakirah Bravo, PanEI Kyaw, and Kim McBride.
- Alexa Davila was selected for the All-Metro competitive cheer squad.

Thank you to all of our coaches, athletes, and parents that help to make our athletic department successful.

For all the latest Falcon athletics information (schedules, scores, and news) please visit our website or follow us on social media:

[www.eastriverathletics.com](http://www.eastriverathletics.com)

Facebook: East River Athletics

Twitter: @ER\_Athletics

**Come out to a game and root on your Falcons!**



Waterford Lakes  
Town Center

633 N. Alafaya Trail  
Orlando, FL 32828

407-281-8897

[facebook.com/cfawaterfordlakes](https://www.facebook.com/cfawaterfordlakes)

Chick-fil-A Stylized® is a registered trademark of CFA Properties, Inc.



Advertise in the Falcon Flight Plan! This is a wonderful way for your company to get community recognition and exposure.

This advertising provides newsletters free of charge for the school. It's a win-win situation... it's inexpensive and you help support your local schools!

Heather Hilton  
[heather.hilton@ocps.net](mailto:heather.hilton@ocps.net)

**East River  
High School**



Orange County Public Schools  
**East River High School**  
650 East River Falcons Way  
Orlando, FL 32833

Non Profit Organization  
U.S. Postage Paid  
Permit # 2346  
Orlando, FL

**E**

# CLASS CORNER

class of 17

class of 18

class of 19

## SGA: Mega Rivalthon Dance Marathon

- March 31st, 5pm-10pm @East River High School
  - Music, Dancing, games, and more fun than before.
  - Open to all OCPS Middle School and High School Students.
  - Casual Dress
  - Registration:
    - \$10 for entry, unlimited games (Entry only)
    - \$10 for T-Shirt (only)
    - \$20 for unlimited games, T-Shirt and entry
    - (online Discount) \$18 for unlimited games, T-Shirt and entry order online
- All funds raised will be given to the Children's Miracle Network.**

## Class of 2017

- Any senior who has not yet ordered their cap and gown may still do so at herfforlando.com or by calling 407-647-4373.
- Grad Bash will be at Universal Studios on Friday, April 21. Jason Derulo will be performing.
- Last day of school for seniors is May 9.
- Graduation is at the UCF CFE Arena on Tuesday, May 16, 2017 at 7:00pm.

## Class of 2018

The theme for this year's **Junior/ Senior Prom** is "Diamonds are Forever" and will be held in the Pegasus Ballroom at UCF. Early Prom tickets sales begin February 21st and go through March 3rd. The ticket price during this time is \$60.00 per ticket.

During March 6-March 28th ticket prices will be \$70.00 per person.

Tickets are non-refundable and no-transferable. ID must be shown at the door. **Tickets will not be sold at the door.**

All tickets can be purchased before or after school in room 408 and every Friday at lunch.

Please remember that students must be cleared of all library, technology and club/sports obligations in order to purchase tickets. See Ms. Cangemillo in the Media Center

## Class of 2019

The Sophomore Class had a carwash fundraiser in February and is planning one additional fundraiser in the spring. We will also be attending an ERHS baseball game as a group in March. Look for the flyers posted around campus for the date, wear your red shirt, and come join your class as we cheer on the Falcons! For up to date information on the Sophomore Class, join our Google Classroom using the code av2hxph.