FROM THE PRINCIPAL’S DESK.

Dear Parents, Guardians, Students, Friends, and Alumni of Sarasota High School,

With joy, I just attended our SHS home openers for softball and baseball; it’s hard to believe, but spring has sprung! We are in the final countdown of the 2018-2019 school year, and it has flown by quickly! Our annual ritual of testing numerous courses and content is about to commence, and this can become a season where the temptation to let effort wane increases.

In case you didn’t know, we have four “pillars” in which we want all our students anchored:

✓ Respect
✓ Reliability
✓ Responsibility
✓ Resilience

With so little time and so much to do, spring can be a challenging time to maintain the highest threshold of these “four R’s”. With serendipitous timing, I recently read Angela Duckworth’s fresh and original NY Times bestseller, Grit – The Power of Passion and Perseverance. This deeply researched book offers a good deal of wisdom for anyone hoping to work smarter and live better. It also elaborates the deeper meaning of reliability, responsibility, and resilience. A big part of her message is “as much as talent counts, effort counts twice.” Without effort, our talent is nothing more than unmet potential. Without effort, our skill is nothing more than what we could have done but didn’t.

Going with Duckworth’s theme during this timeframe in which our greatest efforts are needed, I thought I’d pass along a few nuggets garnered from the book and other quotable authors:

• “Yes, but the main thing is that greatness is doable. Greatness is many, many individual feats, and each of them is doable.” - Angela Duckworth

• “Persistence and resilience only come from having been given the chance to work through difficult problems.” - Gever Tulley

• “It’s your reaction to adversity, not adversity itself that determines how your life’s story will develop.” - Dieter F. Uchtdorf

• “Do not judge me by my success, judge me by how many times I fell down and got back up again.” - Nelson Mandela

Angela Duckworth reminds us that one form of perseverance is the daily discipline of trying to do things better than we did yesterday. She argues we need to do so with no “whining, no complaining, and no excuses.”

...continued on next page
MISSION STATEMENT
Sarasota High School is dedicated to providing a culturally, socially, and intellectually diverse student population with an education that will allow them to be successful in today’s ever-changing society.

Creating a learning environment that is challenging, relevant, and active is essential to ensure our students are equipped for success in their post-secondary pursuits. In doing so, we aim to develop in each student the skills of leadership, accountability, and self-reliance that are essential to become a productive citizen.

VISION
To Teach, Challenge, Support and Inspire

‘Main Sail’
December 2018
Published Five Times Per Year
Sarasota County District Schools
1960 Landings Blvd.,
Sarasota, FL 34231
Issue # 1

FROM THE PRINCIPAL’S DESK, continued...

Our morning announcements often end with the phrase, “You are the best of the best, so be the best you can be.” With the hope that the entire extended Sailor Family can come together and remain steadfast for the remainder of the school year, I leave you with this one final quote:

“Enthusiasm is common. Endurance is rare. Staying on the treadmill is one thing, and I do think it’s related to staying true to our commitments even when we’re not comfortable. But getting back on the treadmill the next day, eager to try again, is in my view even more reflective of grit. Because when you don’t come back the next day—when you permanently turn your back on a commitment—your effort plummet to zero. As a consequence, your skills stop improving, and at the same time, you stop producing anything with whatever skills you have.”

Here’s to the most productive spring ever! May your days be filled with optimism and hope!

Warmly, David Jones

SCHOOL RELATED EMPLOYEE OF THE YEAR

Congratulations to Mr. Lou McElyea, who was selected by the faculty and staff as this year’s “School Related Employee of the Year.” Mr. McElyea is a retired Chief Petty Officer of the United States Navy and after retiring from the U.S. Postal Service, has dedicated many of his post-retirement years to serving in various capacities on the Sarasota High campus. After working as a Campus Security Monitor for several years, Lou has been our receptionist at the front desk for the past 4 ½ years.

Mr. McElyea’s work ethic is bar none and his punctuality and dependability are incomparable. As he fields phone calls, questions and situations throughout the school day, he does so with tact and professionalism. One of Lou’s top attributes is the ability to remain calm under pressure and to handle each situation accordingly.

We are proud to have Mr. McElyea representing Sarasota High School as this year’s School Related Employee of the Year. Congratulations Mr. McElyea!

Proud Supporter of Sarasota High School

Honda Certified Pre-Owned Car Dealer
For the Entire West Coast of Florida**

When you check out our inventory, check out ALL we have to offer:

- ✓ Honesty - ✓ Transparent Process - ✓ Giant Selection
- ✓ Integrity - ✓ Hassle Free - ✓ Incredible Offers

5515 14th Street W., Bradenton, FL 34207 • 941-758-7997

*#1 Honda Dealer based on AHM Number One New Car Sales for 2017. **#1 Honda Certified Pre-Owned Car Dealer based on AHM Number One Volume Certified Pre-Owned Car Sales for 2017. ©2018 Sterling Automotive Merchandising. All Rights Reserved.
SHS Theater Presents Disney’s Beauty and the Beast
April 24th - April 27th at 7 PM
Saturday Matinee, April 27th at 2 PM
For tickets, go to shstheater.com.

Cambridge University Announces 2019 Dedicated Teacher Awards
Thousands of amazing entries were received from around the world for this prestigious award and Dr. Sandy Crihfield, AICE U.S. History and AICE Global Perspectives teacher, was named a Top 50 Finalist. Our congratulations to Dr. Crihfield for her outstanding achievements and recognition from Cambridge University.

Isabella Brush Selected As Sunshine State Scholar For Sarasota County
Isabella Brush has been selected as a Sunshine State Scholar for Sarasota County. Each of the school districts throughout the state of Florida selects their top 11th grade students in the areas of Science, Technology, Engineering or Mathematics (STEM). The scholars, along with their parents, will travel to Orlando for an extraordinary two-day program. The 2019 Sunshine State Scholars program will be held June 13-14, 2019 in Orlando, Florida. This year’s program will bring 100 high school STEM scholars together to conduct a “think tank” on tough Florida challenges.
The two-day program culminates with the Commissioner of Education honoring each scholar for their significant academic accomplishments and celebrated for the potential they represent for our communities and state. In addition to bringing together the scholars to be honored by the Commissioner of Education, representatives from Florida’s colleges and universities will meet with the students and discuss higher education opportunities available to them in Florida.

Congratulations Isabella! One of only two selected in Sarasota County!
**SARASOTA HIGH WELCOMES ALLISON PHINNEY**

Sarasota High is excited to welcome Allison Phinney to our campus as Student Assistance Program Specialist. Her placement at SHS is the result of a partnership between First Step and Sarasota County Schools. The goal of the Student Assistance Program is to provide early intervention and ongoing support to students experiencing difficulties that can impede their growth and academic success.

In her role, Mrs. Phinney offers daily support to students and facilitates referrals to community providers that can provide more intensive services, as needed.

With over 17 years in the mental health industry, Mrs. Phinney brings invaluable knowledge, insight and experience from a varied background. Past work has included case management in the foster care system, counseling children and families in the private and non-profit sectors and facilitating groups and workshops for young adults.

Mrs. Phinney is the initiative volunteer for D-FY (Drug Free Youth) on our campus. Sarasota High School was the first high school in the city of Sarasota to allow the D-FY initiative to be established. Drug Free Youth is a voluntary youth initiative that provides praise, reward and recognition to youth for one calendar year and submit a drug screen to validate that pledge. Once youth join the initiative by presenting a negative drug screen they are given an ID card that allows them to go to local businesses to get discounts and freebies to support their pledge to be drug and alcohol free. Current local businesses include, PDQ, Cruizers, Coldstone, Jersey Mikes and Tropical Smoothie. Local businesses who are interested in becoming a partner in the initiative to support these youth may contact the chapter representative, Kameroon Boykins at 941-552-2078 or by emailing kboykins@fsos.org.

Welcome Mrs. Phinney to the Sailor family!

---

**Spring Testing Dates**

Below is the estimated window of test dates. Exact dates subject to change.

- **FSA ELA Writing - Grade 9**: April 2 – April 4
- **FSA ELA Writing - Grade 10**: April 9 – April 11
- **PERT Test**: April 23
- **U.S. History EOC**: May 1
- **Biology EOC**: May 2-May 3
- **U.S. History EOC**: May 6
- **ELA Reading - Grade 9**: May 7-May 8
- **ELA Reading - Grade 10**: May 9-May 10
- **Geometry EOC**: May 13-May 14
- **Algebra 1 EOC**: May 15-May 16
- *AICE Testing Calendars available on-line at shsaice.com, under “Calendar” tab.

**Important Dates**

- **End of 3rd Grading Period**: March 13
- **Professional Day**: March 15
- **Spring Break**: March 18-22
- **Prom**: April 6
- **Mini Break**: April 19
- **Graduation**: May 17
- **Last day of School**: May 24

---

**“CLEAR SKIN 101”**

Talk to our skin experts about your skin concerns

*Let us help you achieve a Clear, Healthy and Glowing Skin*

Schedule a **Free Consultation**

with Therese Sotir, LMA to learn how to eliminate breakouts, calm redness, diminish scars, and reduce pore size for the clear confidence you desire.

*Hydrafacials Now Available at Abrams Dermatology!*

3328 Bee Ridge Road • 941-926-2300
www.AbramsDerm.com

Bradley Abrams, D.O
Sheryl Wilson, ARNP-C
Therese Sotir, LMA

**20% OFF** your first treatment when you mention this ad.

---

**SHS Sailors**

Please Support Your Local Advertisers

Let the sponsors know you appreciate them!
Award Winning Science

Sarasota High MaST and CTE students have been busy combining their talents, winning awards and making presentations at prestigious competitions. Sarasota High’s awesome CTE department took first place in the district and are the 2019 STEMsmart Champions.

Regional STEM Fair

Overall Winners/State Finalists were Christine Gruttadauria, Samantha Jackson, Kathryn Savage, Isabella Brush, Christian Knuth, Lily Sikorski and Alexa Vansuch. Sailors were 1st Place and Runner Up winners in 11 categories—Animal Sciences, Behavioral & Social Sciences, Biomedical & Health Sciences, Cellular/Molecular Biology & Biochemistry, Chemistry, Environmental Engineering, Intelligent Machines, Robotics & System Software, Mathematics & Computations, Microbiology and Plant Sciences.

Next up was the Florida Junior Science Engineering and Humanities Symposium at the University of Florida where Katie Savage, Aryanna Wolf-Herman and Carolina Titus were selected for the Speaker Session, and Ryan McKeever, Hunter Burgin and Samantha Jackson presented for the Poster Session.


Traveling all the way to Washington D.C., Samantha Jackson, Ryan McKeever and Christine Gruttadauria presented for the American Junior Academy of Science in February.

Back home, four teams competed at the Manasota Regional Envirothon. In a field of 15 teams from across Sarasota County, the SHS teams took 1st, 2nd, 3rd and 4th places! The 1st Place team will move on to the state competition in April. Our award winning sailors are as follows: 1st Place – Lettuce League: Jasmine McCobb-Pratt, Hunter Homeister, Taylor Sawyer (Alternate); 2nd Place – Tree Huggers: Ryan McKeever, Kaitlyn King, Christian Knuth, Bella Brush, Laney Gerard; 3rd Place – Mighty Morphing Flower Arrangers: Alison Westberry, Kirsten Pruitt, Dante Garcia, Kelli Elliott, Sabrina Verdecia and 4th Place – Bad Birches: Helena Wood-Barron, Garrett Gruttadauria, Kelsey Drummond, Matthew King, Sam Zelin.

Award Winning Science

Sarasota High MaST and CTE students have been busy combining their talents, winning awards and making presentations at prestigious competitions. Sarasota High’s awesome CTE department took first place in the district and are the 2019 STEMsmart Champions.

Regional STEM Fair

Overall Winners/State Finalists were Christine Gruttadauria, Samantha Jackson, Kathryn Savage, Isabella Brush, Christian Knuth, Lily Sikorski and Alexa Vansuch. Sailors were 1st Place and Runner Up winners in 11 categories—Animal Sciences, Behavioral & Social Sciences, Biomedical & Health Sciences, Cellular/Molecular Biology & Biochemistry, Chemistry, Environmental Engineering, Intelligent Machines, Robotics & System Software, Mathematics & Computations, Microbiology and Plant Sciences.

Next up was the Florida Junior Science Engineering and Humanities Symposium at the University of Florida where Katie Savage, Aryanna Wolf-Herman and Carolina Titus were selected for the Speaker Session, and Ryan McKeever, Hunter Burgin and Samantha Jackson presented for the Poster Session.


Traveling all the way to Washington D.C., Samantha Jackson, Ryan McKeever and Christine Gruttadauria presented for the American Junior Academy of Science in February.

Back home, four teams competed at the Manasota Regional Envirothon. In a field of 15 teams from across Sarasota County, the SHS teams took 1st, 2nd, 3rd and 4th places! The 1st Place team will move on to the state competition in April. Our award winning sailors are as follows: 1st Place – Lettuce League: Jasmine McCobb-Pratt, Hunter Homeister, Taylor Sawyer (Alternate); 2nd Place – Tree Huggers: Ryan McKeever, Kaitlyn King, Christian Knuth, Bella Brush, Laney Gerard; 3rd Place – Mighty Morphing Flower Arrangers: Alison Westberry, Kirsten Pruitt, Dante Garcia, Kelli Elliott, Sabrina Verdecia and 4th Place – Bad Birches: Helena Wood-Barron, Garrett Gruttadauria, Kelsey Drummond, Matthew King, Sam Zelin.

Award Winning Science

Sarasota High MaST and CTE students have been busy combining their talents, winning awards and making presentations at prestigious competitions. Sarasota High’s awesome CTE department took first place in the district and are the 2019 STEMsmart Champions.

Regional STEM Fair

Overall Winners/State Finalists were Christine Gruttadauria, Samantha Jackson, Kathryn Savage, Isabella Brush, Christian Knuth, Lily Sikorski and Alexa Vansuch. Sailors were 1st Place and Runner Up winners in 11 categories—Animal Sciences, Behavioral & Social Sciences, Biomedical & Health Sciences, Cellular/Molecular Biology & Biochemistry, Chemistry, Environmental Engineering, Intelligent Machines, Robotics & System Software, Mathematics & Computations, Microbiology and Plant Sciences.

Next up was the Florida Junior Science Engineering and Humanities Symposium at the University of Florida where Katie Savage, Aryanna Wolf-Herman and Carolina Titus were selected for the Speaker Session, and Ryan McKeever, Hunter Burgin and Samantha Jackson presented for the Poster Session.


Traveling all the way to Washington D.C., Samantha Jackson, Ryan McKeever and Christine Gruttadauria presented for the American Junior Academy of Science in February.

Back home, four teams competed at the Manasota Regional Envirothon. In a field of 15 teams from across Sarasota County, the SHS teams took 1st, 2nd, 3rd and 4th places! The 1st Place team will move on to the state competition in April. Our award winning sailors are as follows: 1st Place – Lettuce League: Jasmine McCobb-Pratt, Hunter Homeister, Taylor Sawyer (Alternate); 2nd Place – Tree Huggers: Ryan McKeever, Kaitlyn King, Christian Knuth, Bella Brush, Laney Gerard; 3rd Place – Mighty Morphing Flower Arrangers: Alison Westberry, Kirsten Pruitt, Dante Garcia, Kelli Elliott, Sabrina Verdecia and 4th Place – Bad Birches: Helena Wood-Barron, Garrett Gruttadauria, Kelsey Drummond, Matthew King, Sam Zelin.

Award Winning Science

Sarasota High MaST and CTE students have been busy combining their talents, winning awards and making presentations at prestigious competitions. Sarasota High’s awesome CTE department took first place in the district and are the 2019 STEMsmart Champions.

Regional STEM Fair

Overall Winners/State Finalists were Christine Gruttadauria, Samantha Jackson, Kathryn Savage, Isabella Brush, Christian Knuth, Lily Sikorski and Alexa Vansuch. Sailors were 1st Place and Runner Up winners in 11 categories—Animal Sciences, Behavioral & Social Sciences, Biomedical & Health Sciences, Cellular/Molecular Biology & Biochemistry, Chemistry, Environmental Engineering, Intelligent Machines, Robotics & System Software, Mathematics & Computations, Microbiology and Plant Sciences.

Next up was the Florida Junior Science Engineering and Humanities Symposium at the University of Florida where Katie Savage, Aryanna Wolf-Herman and Carolina Titus were selected for the Speaker Session, and Ryan McKeever, Hunter Burgin and Samantha Jackson presented for the Poster Session.


Traveling all the way to Washington D.C., Samantha Jackson, Ryan McKeever and Christine Gruttadauria presented for the American Junior Academy of Science in February.

Back home, four teams competed at the Manasota Regional Envirothon. In a field of 15 teams from across Sarasota County, the SHS teams took 1st, 2nd, 3rd and 4th places! The 1st Place team will move on to the state competition in April. Our award winning sailors are as follows: 1st Place – Lettuce League: Jasmine McCobb-Pratt, Hunter Homeister, Taylor Sawyer (Alternate); 2nd Place – Tree Huggers: Ryan McKeever, Kaitlyn King, Christian Knuth, Bella Brush, Laney Gerard; 3rd Place – Mighty Morphing Flower Arrangers: Alison Westberry, Kirsten Pruitt, Dante Garcia, Kelli Elliott, Sabrina Verdecia and 4th Place – Bad Birches: Helena Wood-Barron, Garrett Gruttadauria, Kelsey Drummond, Matthew King, Sam Zelin.
Senior Kirsten Pruitt Wins 1st Place

Kirsten Pruitt’s watercolor painting won 1st place in the National Art Honor Society Art Show. Kirsten is a current AP Drawing student who completed AICE Art & Design as a junior. She also received a Gold Key from the Scholastic Art & Writing Show in February and her winning acrylic painting has been sent to New York to compete nationally. Kirsten has been accepted to Ringling College of Art & Design.

Prom FAQ

When is prom?
- Saturday, April 6 at 7 PM
- You must be there promptly at 7 PM; dinner will be served at 7:20 PM.

Where is prom?
- Hyatt Regency Sarasota

What is this year’s prom theme?
- Vintage Romantic

What do I wear to prom?
- Formal Attire

What is included in my ticket?
- Dinner, beverages, dinner buffet, and dance.

What do I bring to prom?
- Your ticket and a valid photo ID.

How much are tickets?
- Tickets are $85.
- March 27 is the last day to purchase a ticket.
- NO tickets will be sold after March 27.

Who can buy a ticket?
- Currently enrolled Sarasota High School juniors and seniors.

How do I buy a ticket?
- Pick up a waiver in 14-203, get it signed.
- Return the signed waiver to 14-203 with your money – cash or check.

What if I bought a Senior Package?
- Simply bring your signed waiver back to 14-203.

Who can attend?
- SHS juniors and seniors can bring a date, age 21 and under. Students from other schools are permitted to attend as the date of a current SHS students. A waiver must be completed, signed and returned.

ANYONE ATTENDING PROM MUST HAVE A SIGNED WAIVER!

SHS Class of 2019 Graduation
Cleland Stadium at Ihrig Field
Friday, May 17th at 8 PM

A few spots are left!
We need you!

Advertise in the Main Sail! This is a wonderful way for your company to get community recognition and exposure, and at the same time help support your local schools!

Please contact Maggie Seres at maggie.seres@sarasotacountyschools.net
Sarasota High School

Senior Calendar

Graduation Student Speaker
Applications Available -
March 25

Graduation Student Speaker
Applications Deadline -
March 29

Senior Fee Due
($50) - April 1

Grad Bash - April 2
2 PM - 4 AM

Prom - April 6

Cap & Gown Distribution -
April 23

Mandatory Graduation
Practice - May 16
8 AM - 11 AM

Graduation - May 17
8 PM
Sailor JV Baseball
Allen Morlock, Head Coach

March 19 @ Venice 6 PM
March 20 @ Tampa Jesuit 6 PM
March 27 Riverview 6 PM
March 29 @ Chiles 4 PM
March 30 @ Lincoln TBA
April 1 @ Venice 6 PM
April 4 Venice 6 PM
April 9 @ Palmetto 6 PM
April 10 Braden River 6 PM
April 11 Palmetto 6 PM
April 13-20 Riverview JV Invitational @ SHS TBA

Sailor Varsity Baseball
Clyde Metcalf, Head Coach

March 18—21 Sarasota Baseball Classic TBA
March 25 Tampa Jesuit 7 PM
March 29 @ Chiles 7 PM
March 30 @ Lincoln TBA
April 2 @ Ft. Myers 7 PM
April 3 Parkview 7 PM
April 9 Palmetto* 7 PM
April 12 @ Palmetto* 7 PM
April 17 @ Braden River 7 PM
April 20 @ Palm Harbor 1 PM
April 23 @ North Port 7 PM
April 25 Countryside 7 PM
April 30 @ Venice 7 PM
May 1 Riverview 7 PM

*District Game

Sailor Track
John Stevenson, Boys Head Coach
Ed Sera, Girls Head Coach

March 21 Hurricane Invite @ Manatee High
March 22-23 FSU Qualifiers
March 23 UNF Qualifiers
March 28-30 UF Qualifiers
April 5 County Meet @ Booker High
April 13 Districts @ Manatee High
April 27 Regionals
May 3-4 State Meet- Jacksonville

Lady Sailor Softball
Nina Singleton, Head Coach

March 28 @ Venice 5 PM/7 PM
April 2 N. Ft. Myers 6:30 PM
April 9 @ Lakewood Ranch* 5 PM/7 PM
April 11 North Port** 5 PM/7 PM
April 16 @ Riverview 5 PM/7 PM
April 18 @ Charlotte 5 PM/7 PM
April 22 @ North Port 5 PM/7 PM

*District Game **Senior Night

Sailor Tennis
Bunner Smith, Boys Head Coach
Keith Elsbree, Girls Head Coach

March 26 Cardinal Mooney Home
March 28 Riverview Home

State College of Florida, Manatee-Sarasota is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award associate and baccalaureate degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, GA 30033-4097 or call 434-479-4600 for questions about the accreditation of State College of Florida, Manatee-Sarasota. State College of Florida, Manatee-Sarasota does not discriminate on the basis of sex, pregnancy, race, religion, age, national origin/ethnicity, color, marital status, disability, genetic information or sexual orientation in any of its educational programs, services or activities, including admissions and employment. Direct inquiries regarding nondiscrimination policies to: Equity Officer, 844-762-5325, 6840 26th St. W., Bradenton, FL 34207.

CONVENIENT
AFFORDABLE
TRANSFERABLE

Tuition is 50% less than the cost of university

Apply Today! SCF.edu

State College of Florida, Manatee-Sarasota

Bradenton • Venice • Lakewood Ranch • Online
Speech And Debate

Congratulations to the SHS Speech and Debate team who has qualified students to the NCFL Grand National Championship for the 18th year in a row! The following students will be competing at the NCFL tournament in Milwaukee, Wisconsin in May:

- Johnna Bowden & Baylee Stepina
  Duo Interpretation

- Harley Haas
  Original

- Kylie Kauffman
  Dramatic Performance

- Anya Studebaker
  Oratorical Declamation

Band

Winter Color Guard, Percussion, and Winds take 1st Place at Jupiter High and are headed to the Championships in Daytona Beach on March 29th- March 30th. Congratulations!

Speech And Debate

Congratulations to the SHS Speech and Debate team who has qualified students to the NCFL Grand National Championship for the 18th year in a row! The following students will be competing at the NCFL tournament in Milwaukee, Wisconsin in May:

- Johnna Bowden & Baylee Stepina
  Duo Interpretation

- Harley Haas
  Original

- Kylie Kauffman
  Dramatic Performance

- Anya Studebaker
  Oratorical Declamation

Congratulations Dr. Terri St. John, Speech and Debate Region III Coach of the Year