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A Weekly Update for Our Rhodes Ram Students



RSES HAPPENINGS

November 2, 2020

*Mark Your Calendars >>>*

Upcoming Events

- * **District PD Day and Election Day – No School for Students Tues. 11/3**
- * **Tri-C Application Day Weds. 11/4 1-3pm (email Ms. Duvall to register)**
- * **Calculating GPAs: Weds. 11/4 @ 1:00pm**
- * **The Benefits of College Workshop: Weds. 11/4 @ 1:55pm**
- * **Virtual GREEN DAY Thurs. 11/5**
- * **End of Quarter I Fri. 11/6**
- * **Veteran's Day – No School Weds. 11/11**
- * **Thanksgiving Break – No School Weds. 11/25 – Fri. 11/27**

From the Principal Bringing Quarter I to a Close

Welcome to the last week of Quarter I! This week is going to be a little different. You DO NOT have classes on Tuesday. Wednesday will be a normal schedule—advisory and whole class meetings. Thursday will be Green Day! This is something we always enjoy doing when we are in the building and we're excited about trying it virtually this year. You will need to CHECK YOUR EMAIL and ATTEND ADVISORY on Wednesday to receive your plan for Green Day.

In addition to being off on Tuesday 11/3, you also do not have classes on Wednesday November 11—all CMSD schools are closed that day to observe Veteran's Day. And Wednesday November 25 – Friday November 27 will be our Thanksgiving Break.

Special shout out this week to Mrs. Daily and the members of Student Council for putting on a great Halloween party on Friday for our students and staff. Aramis Otero won the costume contest and Gio Carrillo won the Halloween Kahoot! Thank you also to the teachers and students who came to trick-or-treat outside the school!

Also a very special shout out to senior Micah Charles-Carson for his acceptance at Hiram College and Tri-C! Way to go!! Seniors, as you receive acceptance letters please send them to us so we can recognize you!

I know many of you may be frustrated with being at home all the time. I encourage you to find something positive to get you moving and out of the house if possible. There are plenty of clubs you can get involved with even though we are virtual (check the last page of this newsletter). Lastly, if you, your family or a friend of yours are in need of resources – food, housing, health care – please reach out to Ms. Negron, our family support specialist

(ivelisse.negron@clevelandmetroschools.org). She knows of many places around Cleveland where you can get help.

As always Rams, I am so proud of all you've done so far and know you are going to do great things. GO RAMS!



MENTAL HEALTH TIPS FROM A FELLOW STUDENT



Challenges approach us every day in life. As teenagers, we often face challenges that revolve around relationships, sports, peer pressure, bullying, obesity, school stressors, the list goes on. It

is important to remember that these challenges do not mean the world is ending. In fact, most of our challenges are temporary, and with a little bit of work, we can overcome our difficulties.

Take it from me. I am a teen, and I am struggling with many of the same challenges as you. Over the past few years, I have found there are 10 main things that every teen should know about dealing with a mental health issue. These tips apply to teens who are struggling with their mental health maintenance as well as teens who know somebody who is struggling with their mental health maintenance. Here are my top strategies—I'll share one with you each week for the next few weeks!

#3 You have power.

"I have control over my life." "I am smart." "I am unique." "I have a purpose!" Telling yourself these affirmations everyday is the best reminder that you have power.

We all possess incredibly positive qualities. They should not be overlooked. They should be constant reminders that you can overcome and that positive outcomes are possible.

As I dealt (and continue to deal) with my mental health challenges, I think about all the great things about myself. I remember being told that I was ugly, dumb, and worthless. For the longest time, those were the only words I listened to. I came to realize that my power trumped those words. I am capable of proving everyone wrong. It took a little bit of determination, but a mental health issue did not defeat me. That is because I used power to thrive.



Bahjah Eckstein
School counselor

Bahjah.eckstein@rhodesenvstu.org

Scheduling Questions

Should you have further questions about your schedule, your transcript or credit recovery, please complete my Google Form so I am able to follow-up with you.

[Schedule Concerns](#)
[Credit Recovery](#)

SAVE THE DATES



Tri-C Application Day with break out sessions to complete the application
WEDS. NOV. 4 from 1-3pm

Calculating GPAs: Weds. 11/4 @ 1:00pm

The Benefits of College Workshop: Weds. 11/4 @ 1:55pm

College Now Virtual College Tour Bus 11/2-5:
MON – University of Dayton
TUES – College of Wooster
WEDS – Kenyon College

College Now Virtual College Tour Bus 11/10-12:
MON – John Carroll University
WEDS – Hiram College

To register for these virtual rep visits, email bduvall@collegenowgc.org

SAY YES DIGEST >>>

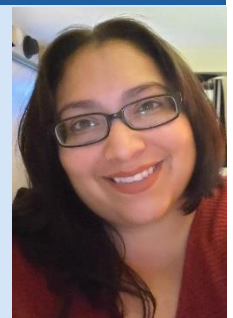
SAY YES and FAFSA Are Open! Have you applied yet?

Say Yes Cleveland is a local organization that provides two big things for CMSD students: **support services** in school and **scholarships** after high school.



October is here! That means the SAY YES SCHOLARSHIP APPLICATION and FAFSA ARE OPEN! Are you ready?

Don't forget, in order to get that **FREE** tuition money from Say Yes Cleveland, you and your grown up(s) will have to complete the FAFSA.



Ivelisse Negron
SAY YES Family Support Specialist
inegron@sayyescleveland.org

- ❖ Here is the link for the Say Yes Scholarship Application to apply (it's a short one): <https://sayyestoeducation.escholarshipsolutions.com/#>
- ❖ Here is the link to create your FSA ID (needed before applying for the FAFSA): <https://fsaid.ed.gov>
- ❖ Here is the link to apply for the FAFSA: <https://studentaid.gov/h/apply-for-aid>

If you need help with the Say Yes Scholarship application, contact Ms. Negron at 216-402-7143 or inegron@sayyescleveland.org.

If you need help with creating the FSA ID and/or FAFSA, contact Ms. DuVall at 216-326-3497 or bduvall@collegenowgc.org.

STUDENT AND FAMILY RESOURCES

For expectant or new mothers:

- For first time moms: <https://www.nursefamilypartnership.org/first-time-moms/>
- Some resources thru the NFP program for the moms: <https://www.nursefamilypartnership.org/national-resources-for-moms/>
- Other resources for teen mothers: <https://216teens.org/about-you/for-teen-parents-2/resources-teen-parents/>

If your family is facing eviction: You may qualify for free legal representation at your eviction hearing if you have at least one minor child in the household and meet income guidelines. Call us or apply online to find out if you are eligible for free legal help. The sooner you call, the more a lawyer can do for you.

216-861-5835 or 2-1-1 FreeEvictionHelp.org

If your family is dealing with Lead in your home: Legal Aid is committed to making the communities we serve in Northeast Ohio lead-safe. Our staff are actively engaged in the Lead Safe Cleveland Coalition, which helped influence Cleveland's 2019 law requiring all occupied rental units to be certified "lead-safe" by 2023. Legal Aid represents clients who are living in homes with lead hazards, including clients whose children have been poisoned by lead. Anyone struggling with lead safety issues should contact Legal Aid by visiting laslev.org/contact/, or by calling 888-817-3777 during select business hours.

If you need a place to do your schoolwork: There are Learning Pods with work stations available all over Cleveland. Go here to find the one closest to you: [Learning Pods Cleveland](#)

If your family is in need of food: CMSD school sites are offering meal pick-up. Pick up a day's meal supply 10:30 a.m. – 2 p.m. Monday, Tuesday, Thursday and Friday at any K-8 school. Double meals provided on Tuesdays. Sites closed on Wednesdays for cleaning and sanitizing. Stock up for the week 10:30 a.m. – 2 p.m. on Tuesday at most high schools. No service at the Lakeside Campus (Cleveland High School for Digital Arts, Davis Aerospace & Maritime), John Hay Campus or MC2 STEM locations.

For more information, please reach out to our Family Support Specialist, Ivelisse Negron at ivelisse.negron@clevelandmetroschools.org or 216.402.7143.

NOVEMBER BIRTHDAYS

KYLE GRALEY
MARILITZA CLAUDIO

VICTOR SIMPSON
DAVONTA NIXON

AALIYAH HILLS
BRIAN CARTAGENA

JOSE ROLDAN
DYLAN WESNER

AIDAN RAMIREZ

EMILIANYS ROSADO ROSADO

DJ JOHNSON

KEITH REED

BENEDICTE MUHINDO

NAYELI CAMARGO

CHARLIE WEBB

EMMETT CRAYTON

JOE G

RANDY MORALES

KAMAREE PARKS

D'NAJAH STARLING
REYNALDO DELANUEZ

NICK PORTIS
JISZEL YANUS

KYLE PALSA

GAMALIEL SANTIAGO

MYEA DELABOIN

DEANGELO CANNON

DOMANIC CORENO

NEHKI CALLAHAN

GABRIEL DeJESUS

JOSE ROMAN GARCIA

GABRIELLA LOZIPONE

NIKKI HENDERSON

TONI ANNA WRIGHT

MR. HUBBARD

MR. WOLF

MR. RODGERS

SHOUT OUTS

NIKKI HENDERSON

For being ALL GREEN and never missing a day of class!

ALLEN FERGUSON

For being ALL GREEN and showing resilience in getting your work done!

DENARIO GAINS

For being ALL GREEN and for showing us your determination to be successful in school!

NICK PORTIS

For showing up to office hours and rocking it out on your English I checkpoint to get it green!

ARAMIS OTERO

For your great participation and communication, and for having a killer Halloween costume!

TARIQ SPENCER

For showing up to office hours and showing us how resilient and determined you are!

-Love, Mrs. Gittleman

FRESHMEN

Who participated and helped one another with the Cells Inquiry Project, checkpoint 2—great collaboration y'all!

THE 41 FRESHMEN

Who are ALL GREEN in Summit! Your hard work hasn't gone unnoticed!

- Love, Mrs. Nieves

CHLOE VANCE AND JOSEPH LEWIS

For turning in a checkpoint a week early and being ALL GREEN!

- Love, Mr. Stewart

JENNIFER MEJIAS, PATRICK FRYMIER,
DONNELL MAYS, LA VOCIA CALLAHAN,
DEBBREONNA STOVALL

For your amazing participation in Chemistry!

CHRIS RODECKER, GABRIEL DeJESUS,
MADISON LIEGL AND ISABELLA SHEPPARD for
your amazing participation in Physics!

- Love, Ms. Bala

Spotlighted Student Opportunities

There are plenty of things to get involved with this year even though we are in a virtual environment!



NASA GLENN RESEARCH CENTER HIGH SCHOOL SHADOWING DAYS

Application Deadline – October 30

APPLICATION

Shadowing provides high school students with an opportunity to explore career possibilities in a research and development environment while under the guidance of a NASA scientist, engineer, technician, or administrative professional that serves as the student's mentor. Participants will spend time with a mentor, receive career information, virtually visit some of NASA's unique facilities, and receive information about NASA internships and other educational resources and programs. Due to current health restrictions, Shadowing will be conducted virtually during the 2020-2021 school year. These events will include virtual tours of NASA facilities presented by scientists and engineers based on student interest. Due to software limitations, the event will be limited to the first 80 eligible applications received for each session. Dates are **November 20** and **April 16**.

ACE – ARCHITECTURE, CONSTRUCTION AND ENGINEERING PROGRAM Accepting 11th and 12th Grade Students

More Info

Founded in 1994, the ACE Mentor Program of America (ACE) is a free, award-winning, afterschool program designed to attract high school students into pursuing careers in the Architecture, Construction and Engineering industry, including skilled trades.

- Over 10,000 students participate annually, drawn from approximately 1,100 high schools.
- The majority of ACE students (69%) are minority, and one-third female.
- One-quarter of ACE seniors entering college are first generation students.
- More than 4,100 volunteer industry professionals mentor student teams through a 35-hour-long simulation of designing and constructing a project.
- Approximately \$2.5 million in scholarships are awarded annually to high school seniors and alumni studying to pursue industry-related careers.
- ACE also offers students summer camp and internship opportunities.

Email Mr. Meyers if you're interested in this program William.meyers@rhodesenvstu.org



CENTER FOR ARTS-INSPIRED LEARNING AFTERSCHOOL ART PROGRAMMING

Our Fall programming will be virtual. Each week, programming will include a one hour live virtual class along with access to a pre-recorded lesson. All supplies included.

CAL'S FALL 2020 SCHEDULE – 10 WEEK SESSION: OCTOBER 12 - DECEMBER 18, 2020

- MONDAYS & WEDNESDAYS from 3:30-4:30pm: Fashion Design and Entrepreneurship
- TUESDAYS from 3:30-4:30pm: Character Illustration
- THURSDAYS from 3:30-4:30pm: Acting and Theater
- FRIDAYS from 3:30-4:30pm: Dance Choreography

Zoom links will be provided once registration has been completed.

COST FREE! to students in Grades 6-12

REGISTER arts-inspiredlearning.org/community-programs/afterschool-art



BRAND AMBASSADOR- INTERNSHIP OPPORTUNITY

All About Your Health is a volunteer based nonprofit organization that focuses on health awareness and accessibility to healthy resources. The work was initiated when a group of mentees simply asked, how can our peers do better if they don't know about positive and affordable programs in our community? Inspired by the need, caring mentors have hosted fifteen health & empowerment summits (9 Girls Health Summits and 7 Boys Health Summits), lunch and learn youth workshop series, national leadership trainings and ongoing youth mentorship since 2011. Since the inception of our programming our goal has been to educate and connect families to free and low cost health centered programming throughout Northeast Ohio. We aim to ensure that every participant will receive relevant information from over 25 local resources and programs that will further engage them in living a healthier life mentally, physically and emotionally.



As a Student Brand Ambassador, you will:

- Use your existing connections and your networking skills to build and strengthen AAYH partnerships with clubs and other organizations in your school and community.
- Deliver presentations to inform students about AAYH and how we can help them achieve their goals.
- Leverage your social media networks to get students engaged with our brand and our expertise.
- Help to research fun swag to use to promote AAYH
- Receive a monthly stipend of \$100 for hours completed.



A Student Brand Ambassador is: Connected, Enthusiastic, Resourceful, Social Influencer

Minimum qualifications: High school student, Skilled in using Instagram, Facebook and Twitter

Email Clarissa.Russell@gmail.com for an application



Upward Bound is a federally funded educational program that provides fundamental support to participants in their preparation for college. The goal of Upward Bound is to increase the rate at which participants complete high school and enroll in and graduate from college. Upward Bound consists of an Academic Year and Summer Residential Component.

Eligibility:

- * Income or first generation college student guidelines
- * Participants must show a strong desire to attend college
- * Students must be enrolled in the 9th, 10th or 11th grade at RSES

[Click here to be taken to the application](#)

For more information, contact Mr. Carlisle at (470) 214-1285 or Mcarlisle@bw.edu



Anyone can join Student Council – [use this link](#). Executive Board Elections will take place in October. During remote learning SC will meet once a week on Wednesday afternoons.

- **Social/Spirit/Cultural Committee** - Spirit weeks, social events, celebrations
- **Service Committee** - short and long term service projects and partnerships; promoting kindness and volunteerism
- **Fundraising and Outreach Committee** - raises funds for Student Council use; Rhodes community and alumni outreach
- **Leadership Committee** - develop leadership and citizenship skills, community activism, and promote health and safety; academics as well student voice on school issues

Email Mrs. Daily with questions Kelly.daily@rhodesenvstju.org



Ohio's fall election is fast-approaching, with the pandemic still in full swing. Election Day is scheduled for November 3, and the U.S. presidential race, all 16 Ohio congressional seats and many other state races will be on the ballot.

For more information, visit <https://www.vote.org/state/ohio/>

You can also have your voice heard by completing the 2020 Census here: <https://my2020census.gov/>



Cleveland Public Library Play will offer a different gaming experience every other Saturday.

Due to the COVID-19 pandemic, all events will be hosted online.

FREE PLAY puts the focus on new gaming experiences. From video games to board games, there's something for everyone!

VERSUS PLAY focuses on competitive gaming with live-streamed events featuring competitions, contests, & e-sports coverage!

Register & follow the Cleveland Public Library's community at [Challenge.com](https://www.challenge.com) for information on our tournaments and top players!

SATURDAYS | 2PM-6PM | [Twitch.TV](https://www.twitch.tv)

- **November:** 7 & 21
- **December:** 5 & 19



CPR PHOTO BOX

Saturdays, 2-3 pm, Grades 5-12
Explore the creative outlet of photography with artist Melinda Placko, art therapist Helen Severovich, and social emotional learning facilitator Ben Zimmer. In CPR Photo Box, students learn how to use therapeutic photography as a creative outlet. Weekly Zoom meetings are led by a group of artists and art therapists, offering a supportive community where individual student voices are encouraged and explored. The group talks about photography, and learns tools for a great creative experience. A private online workspace allows students to find inspiration, post their photographs, get feedback, and explore meaning. Students are welcome to join this free class at any time. Email emilie@clevelandprintroom.com to register.



Join your fellow female scientists on **December 9th** to create a lasting, positive experience for 7th-9th grade girls representing diverse backgrounds from schools in the Greater Cleveland area. This year's STEM event will be virtual but will inspire creativity and build confidence in young women as you discover your passion and future in STEM education and careers. For more information and to register, visit heart.org/clestemgoesred.

Email Ms. Mersheimer if you're interested: krista.mersheimer@rhodesenvstju.org

LOOKING FOR A CLUB TO JOIN THIS YEAR?



- * **LGBTQ Club**
Ms. Bonham: audrey.bonham@rhodesenvstju.org
- * **Dungeons and Dragons (DND) Club**
Ms. Bonham: audrey.bonham@rhodesenvstju.org
- * **Photography Club**
Mr. Rodgers: anthony.rodgers@rhodesenvstju.org
- * **Speech and Debate Club**
Interest Form Background Info
Mrs. Cofer: carrie.cofer@rhodesenvstju.org
- * **Hiking and Biking Club**
Ms. Niblack: leshante.niblack@rhodesenvstju.org
- * **Environmental Club**
Mr. Kamen: eliot.kamen@rhodesenvstju.org

- * **Book and Drama Club**
Mrs. Myers: michelle.myers@rhodesenvstju.org
- * **Navy JROTC**
First Sergeant Meisinger:
William.meisinger@rhodesenvstju.org
- * **Morning Meditation (9:10 am M-F)**
[Click here!](#)
Mr. Treece: lewis.treece@rhodesenvstju.org
- * **Morning Fitness Club (7a-8a M, W, F)**
Mr. Carbone:
anthony.carbone@rhodesenvstju.org
- * **Art Club (starts in November)**
Mrs. Goins: danielle.goins@rhodesenvstju.org