



Blake High School GEAR UP Newsletter

March, 2003

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Layout

Important Dates

- April 15, 2003 - Awards Banquet Ceremony
- April 24, 2003 - Parent Meeting (Summer Camp)
- April 26, 2003 - Field Trip/Busch Gardens
- May 8, 2003 - Parent Meeting (Summer Camp)
- May 27, 2003 - Graduation Ceremony
- June 2-20 Summer Program

Gaining Early Awareness and Readiness for Undergraduate Programs

Congratulations Honor Roll Students!

**Blake High School 9th,
10th & 11th Graders
Honor Students.**



Principal's Honor Roll

Reyes, Rafael	Thornton, Desaka
Walsh, Rachel	Burney, Ashley
Smith, Abeni	Hornsby, Gregory

High Honor Roll

Albury, Amanda	Alfonso, Yazmin	Ayala, Kimberly	Ball, Mijuan
Casellas, Elizabeth	Lake, Kreig	Lane, Sherran	Brim, Auriel
Pringle, Andreka	Thompson, Rebecca	Hawkins, Antonio	Alfonso, Kaci
Arhin, Victoria	Brown, Ariele	Brown, Franceta	Fonseca, Luis
Glass, Krystle	Heggs, Tiara	Kirby, Victoria	Lewis, Tiffany
McLeod, Brinet	Belton, Marlon	Mitchell, Justin	Berry, Bianca
Hawkins, Antonio	Johnson, Victoria		

Honor Roll

Bonilla, Nadia	Byrd, De'nario	Davis, Kayla	Jackson, Ashley
Jackson, Ketavia	Jimenez, Ricardo	Jones, Joshua	Ortiz, Crystal
Plair, Gwendolyn	Underwood, Shaunte	Vickers, Kayla D.	Puryear, Ariel
Graham, Sophia	Scott, Jordan D.	Jackson, Angelina	Prawl, Renee



Parents' Corner News

High School demands the best study skills in order to succeed. If your child does not have them already, now is the time to help him/her learn them. Here are things teachers say will help your child do their best:

- **Know** when he/she needs help and ask for it



- **Pay attention** in class

- **Show up for class** unless there is a valid excuse.
- **Come to class prepared** with the right materials.
- **Start about a week** in advance to study for most tests, even more for finals.



- **Hand in assignments** when they are due
- **Save social time** for between classes, and before and after school.

- **Spend quiet class time** on studying or reading.



Check these points with your child's teachers at your next conference, or by phone. If your child needs to work on any of these, ask the teacher for suggestions. Then sit down with your child and work out a plan.

Source: Michael Martin and Cynthia Waltman-Greenwood, "Solve Your Child's School-Related Problems"



USF Field trip provides information on scholarships and college



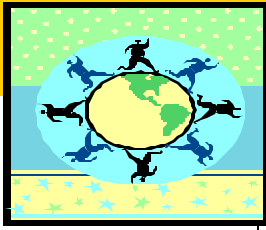
Blake students with USF t-shirts

Blake's Mrs. Haynes talks to students at first Gear Up meeting



Saturday programs help prepare students for FCAT





Parents Still Make a Difference

A Parents' Bill of Rights

Parents do have legal rights—and they are very important, but perhaps even more important are the rights which are not legally defined. The Right to Feel.

Everyone has the right to his or her own negative feelings (anger, disappointment, etc) as well as positive feelings (pride, excitement). Their emotions are valid and normal. Only by acknowledging their feelings can parents work through them and gain more positive attitudes.

The Right to be Informed.

Although parents are legally entitled to all of the information that is gathered by professionals, they are required to request this information.

The Right to Be Empowered.

Many parents feel inadequate when dealing with professionals in the medical, mental health, or educational fields. They have a right to feel that they are equally essential to their child's well being.

The Right to Be Accepted.

How parents raise their children

has much to do with their own beliefs on child-rearing, culture, and spirituality. Each family has a right to be a unique entity, and each family member has a right to be accepted as an individual.

The Right to Take Care of Themselves.

Most parents feel overwhelmed at times. When stress levels are high and time is short, one of the first things that happens is that parents stop taking care of themselves. They need to get enough sleep, eat regular meals, and take time for their other relationships.

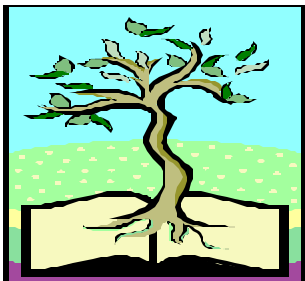
The Right to Gather with other Parents.

From other parents you can gain insight, invaluable information, and resources. Parent support groups provide hope and encouragement to parents and their families.

For more information contact:

A project of The Florida Partnership for Parent Involvement *Center of Excellence Louis de la Parte Florida Mental Health Institute* Florida's Children's Forum

Home Instruction Program for Preschool Youngsters* Hillsborough county Head Start * Hillsborough county Even Start



Your Child's Self-Esteem

What is Self-Esteem?

Your child's self-esteem is simply how "good" he/she feel about him/herself. These feelings come from the perception that they are valued and accepted by people who are close to them.

Try to avoid...

- Expecting too much or too little.
- Criticizing alone or in front of others.
- Calling your child names (stupid, lazy).
- Overprotecting or neglecting.

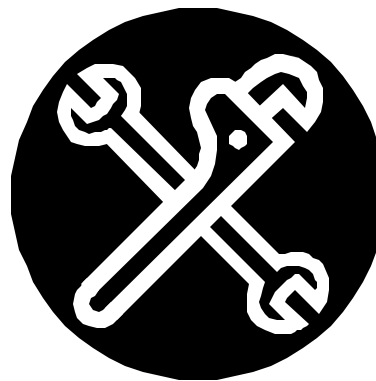
How is your child's self-esteem?

Children with high self-esteem:

- Show enthusiasm for new activities
- Make friends easily
- Generally control their behavior
- Play by themselves and with other children
- Like to be creative, have their own ideas
- are happy and full of energy
- talk to others with little encouragement

Children with low self-esteem:

- "I can't do anything well."
- "I know I can't do it."
- "I know that I will fail."
- "I wish I were someone else."



USF University of South Florida
Escuela de la Florida Municipal Health Institute

