

The WOLFPACK ~ eT

EDGEWOOD JR./SR. HIGH SCHOOL

180 E. MERRITT AVE., MERRITT ISLAND, FL 32953
PHONE 321-454-1030

JACQUELINE INGRATTA, PRINCIPAL

DR. JULIA DIAKAKIS, ASSISTANT PRINCIPAL

NICHOLAS STEWART, ASSISTANT PRINCIPAL

A Message from our Administrators...

Dear Parents and Students,

Our hope is that the Thanksgiving Holiday was relaxing and enjoyable for all. With the approach of the Winter Break comes the approach of midterm testing. Exams begin on December 16th. Please see the full schedule in our Monday Report. In preparation for closing out the semester, please continue to keep the lines of communication open with teachers; be sure to include students in conversations. Teachers may be contacted through Focus, email, or phone.

Semester Exams: Midterm exams will take place December 16th, 17th, 20th and 21st. Please call the school or contact your child's teacher to plan for make-ups. Exams will not be given in advance, but arrangements can be made for individual courses. The shortened day schedule will be in effect for December 17th, 20th and 21st.

We would like to give a warm welcome to Ms. Jaymette (Jayme) Howard as our new front office clerk. She started on November 29th and has hit the ground running ever since. Ms. Howard came to us from Suntree Elementary where she served as an Instructional Assistant.

As most are aware, Ms. Laura Vickers is leaving us to go teach Kindergarten at Lewis Carroll Elementary School. Her last day will be January 5, 2022, and while we are sad to see her depart Edgewood, we are excited for her. Administration is in the process of hiring her replacement, so stay tuned for an update in the coming weeks.

Upcoming in January: Students and teachers report back to Edgewood on January 6, 2022. First semester does not end until January 6, 2022, and report cards will be issued on January 18, 2022. Please note that 2nd semester does not begin until January 7, 2022.

On a final note, I want to thank the entire Edgewood community for such a wonderful first semester thus far. While this year has been challenging, I am so proud of our academic and athletic programs. Thank you for your continued support in our mission to serve our students with excellence as the standard.

Warmest wishes for a wonderful Winter Holiday.

Sincerely,

Nick Stewart
Assistant Principal

STUDENTS OF THE MONTH



OCTOBER 2021

STUDENT OF THE
MONTH:

SENIOR STUDENT OF THE MONTH:
Molly Clark



NOVEMBER 2021

STUDENT OF THE
MONTH:

SENIOR STUDENT OF THE MONTH:
Maisy Davis



DECEMBER 2021

STUDENT OF THE
MONTH:

SENIOR STUDENT OF THE MONTH:
Aiden Kelleher

SECOND SEMESTER IMPORTANT DATES

Jan 6	Students Return End of 1 st Semester
Jan 17	MLK Holiday for All
Jan 18	Report Cards
Feb 18	Student/Teacher Holiday
Feb 21	Student Holiday/Teacher Inservice Day*
March 11	Student Holiday
March 14-18	Spring Break
May 21	Graduation – 11:00am
May 23-26	Exams Days/Early
May 28	Last Day of School Early Release

Club News:

HOSA/FUTURE HEALTH PROFESSIONALS



HOSA/Future Health Professionals students recently competed in Regional Competition at Deltona High School. All the participants did a fantastic job in preparation for the competition and their performance in both individual and team events.

- Brian Cheng 2nd place - Nutrition
- Nirvaan Dalal 1st place - Math for Health Careers
- Julia Froemming 2nd place - Cultural Diversities & Disparities in Healthcare
- Thanmay Kumar 3rd place - Medical Math
- Emerson McCleery 1st place - Research Persuasive Writing and Speaking
- Noah Paredes 1st place - Medical Law and Ethics
- Esha Savani 3rd place - Pathophysiology
- Abby Shepard 1st place - Health Career Photography

2nd place - Public Health Presentation Akhil Chinnasamy Christian Lamothe Manan Patel	3rd place - Health Education Presentation Ami Patel Anshi Patel Su Sueri Miriam Vayda
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These students have qualified to represent Edgewood at the HOSA State Leadership Conference in April 2022.

ACADEMIC TEAM COUNTY CHAMPIONS



In the final round, the Edgewood team stayed composed, aggressive, and carefully accurate, controlling the room. In the end, they handily defeated all the top teams in the county, besting 2nd place West shore by around 70 points, 3rd place Cocoa Beach by around 120 points, and 4th place Holy Trinity by around 180 points.

Jon Wang

1st in the county in total points (roughly double the score of the 2nd place student) and was 1st mathematics, 1st in history, 1st in art, and tied for 1st in miscellaneous

Phoenix Boggs

3rd in the county in total points, 1st in English, 2nd in humanities, and tied for 2nd in foreign language

Nikhil Iyer

4th in the county in total points, 1st in science, 1st in music, and tied for 1st in technology

If you see any of these star individual players, or anyone else on the team below, feel free to congratulate them.

Ria Prasad

Abbie Shepard

Thanmay Kumar

Andrew Matsoukis

William Struble

Yuliang Huang (Manager)

Alicia Gleacher (Manager)

News From the Clinic

Chronic stress!! It's good for nothing!! When we are in a state of stress our bodies release a hormone called cortisol. Cortisol then raises blood sugar so our body has energy to deal with the stressor. This is normal in short bursts, but when you let stress play a chronic role in your life it is damaging your body and mind. The constant high levels of cortisol contribute to poor digestion, headaches, fatigue, pain, heart disease, organ damage, high blood sugar, self-esteem, and the worst of all weight gain. When you start to feel the "squeeze" of stress it is important to pause and assess your reaction. Think of it as "your reactions are showing". You can't always control the stressors in your life, but you can try to control your reaction and limit your exposure. I'll share with you my 10 favorite stress busters. They seem like simple common-sense ideas, but funny thing is we forget to do them.

1. Stop! Stop, deep breathe, and take an honest assessment of your life including "stuff".
2. Reflect! Whatever reflection means to you, do it! Even if it is just talking it over with yourself and meditating on your problems and possible solutions.
3. Say no! Say no to others as appropriate so you can say yes to yourself and your family.
4. Make a list and check it twice! Take time to organize and plan. It is satisfying to check items off the list and throw it in the trash.
5. Fuel up! Make healthier choices and drink lots of water. Icky sugars fuel us for a moment and then drop us like we would drop a hot potato fresh from the grill.
6. Exercise! Ride your bike, take a walk, go to the gym, play with dog, whatever makes you get moving. Enjoy nature. It's free.
7. Hobbies! They don't have to take all day. Ten minutes here and twenty minutes there are minutes well spent.
8. Limit time on social media! Who really cares if Sally had porkchops and applesauce for breakfast this morning?
9. Make time for social interaction! Laugh with friends and family about silly stuff.
10. Enjoy the moment. Be grateful for nothing. Consider it all joy. This makes all the difference in our attitude and reaction to the stress we can't control.



Travel Club News

Are you interested in traveling to Portugal and Spain for Spring Break 2023?

Portugal and Spain Spring Break 2023, sign up by 12/31 midnight EST for \$200 discount

<https://youtu.be/ZsSH6Crg8kQ>

Q and A link

<https://forms.gle/c8MCdH5XHfGyxciv5>

Please note, this trip is through Education First and is not sponsored by Brevard Public Schools.