

Principal's Newsletter

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Dates to

remember:

- December 17-18 final exams—noon dismissal
- December 19—holiday celebration— noon dismissal
- December 19—end of 1st semester
- December 22—January 228 — no school — Winter Break
- January 5, 2009 — classes resume—grades are due
- January 7, - faculty meeting—2 pm dismissal

A Message from your Principal

Parents/Guardians/Patrons,

The winter holidays are upon us. Our boy's basketball teams both won 1st in tournaments the week ending December 5, 2008. Girls basketball and wrestling are both underway and doing well.

The freshmen won the attendance contest for mid-quarter and look poised to win it again. The seniors are giving them a run for it. Free pizza is the prize for the class with the best attendance ending on December 19, 2008. Encourage your students to get here and be

on time.

We are still having issues with students being left here with no rides home way after tutoring or practices are over. Please make arrangements to pick up or have your student picked up as soon as their activity is over. Once in a while is understandable, but this problem is becoming an everyday occurrence.

Please note that December 17, 18, and 19, 2008 are all 12 noon dismissals due to finals. Please make sure your student(s) gets plenty of rest and studies



hard for these ever important exams.

As always, if you ever have any questions or concerns, please do not hesitate to call me.

Your principal,

Danny Tipton

Beating the Educator's Pre-Holiday Blues

By Dacia L. Moore, MA,
LPC – December 2008
www.secondwindcc.com

We've all heard about "Holiday Blues" and how they affect people. But teachers and school counselors have the Educator pre-holiday blues! The Educator Pre-Holiday blues occur during the 3 week span after Thanksgiving and before Christmas. The weariness and stress come from managing multiple priorities at school, grading papers, end of semester tests, managing inappropriate classroom behavior, and teaching those kids you don't particularly care for, who are *still* in your classroom or on your case load.

Tips to Help Combat the Educator Pre-Holiday Blues

• Recognize that you can't do it all

Set realistic goals and expectations for what you can accomplish each day and allow yourself to let some things go until after the holidays. Ask yourself "What are the **3 most important things** I need to accomplish before Christmas break?" Concentrate on completing those things. Don't try to do everything before you leave on break. Remember you don't have to be perfect; it will be there when you return

• Establish Pre –

Christmas priorities and pace yourself

With small steps, tackle one problem at a time, one day at a time. Make a priority list each Sunday and try to accomplish those those things each week.

• Focus on what you can control, rather than on what you can't

Evaluate your job demands and focus your energy on what is most achievable.

Many times we get weary when we think to ourselves "This is too much, I can't handle this stress. I can't wait until the break." The truth is that you can handle continued on page 2

EMAIL ALERTS

Parents can now sign up for email alerts on Hogan's webpage. By registering to receive class email alerts, parents can keep up to date on announcements, upcoming events, homework assignments, and other class information on any schedule they prefer (e.g., daily, 2x/week, weekly), or only when relevant new content is added.

Please go to hoganprep.echalk.com and go to the left side of the page to **PARENT REGISTRATION**, fill in the registration form and click the **Register** button when you are finished. Once your information is received we will email you your username and password.

Holiday Blues—contd from page 1 the stress; but maybe you are expecting too much from yourself. Focus on what you have control over and leave the rest behind.

- **Take time for yourself on the break**

Many of us are looking forward to the holidays that we put unrealistic expectations on our friends and family during that time. Don't cram too much into your holiday break (like house work, painting, cooking, and visiting *all* the relatives). Try to use at least a portion of the Christmas break to give yourself some much needed rest and relaxation. Schedule down time by putting it in your calendar or day timer if you have to!

- **Stay Healthy**

Exercise, eat properly, get enough rest, and limit the use of alcohol and caffeine before and during the holidays. Try not to overindulge so that you can be healthy happy and guilt free (at least somewhat) once January rolls around!

- **Leave your worries behind when you leave the classroom**

I don't think anyone will have a problem with this, but just in case you are an 'A' personality - overachiever, try not to go into school on your holiday break! You need time to get away. A change of scenery will do you some good and make you a better more effective teacher/counselor in the long run.

Sticks and Stones

According to its founder, Juicy Campus was started to give college students an "unfiltered forum for college kids to talk about whatever they wanted and share funny stories and crazy high jinks." Unfortunately, this site has also become a place where students post discussion threads which may invite rude or hurtful comments about others such as:

- What do you think of [John Smith]
- HOT RAs
- Girls here are snobby
- Racism is good

Posters to Juicy Campus do not have to prove that their comments are true, even when those comments accuse people of immoral or illegal behavior and damage their reputation on campus.



Some students who have been slandered on Juicy Campus worry that their reputations may be damaged with future employers as well.

As parents and guardians it is important that you talk to your children now about the comments that they make online. Comments by them, and about them, may have devastating effects on their lives and leave a trail which may influence opinions from future admissions officers, dorm mates, employers, and even friends. After all, sticks and stones may break your bones, but at least bones heal! Cruel words and insults said over the Internet? *Those* can last a lifetime.

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You just can't hide that
RAM PRIDE!!

Hogan Prep's Characters of the Month November

Two freshmen were selected as Hogan Prep's Characters of the Month for November.

Riquea White was chosen for her strong academic standing and the importance she places on herself to achieve high grades. The preparation Riquea exhibits in school is a very impressive character trait. Along with Riquea's success in school, her personality, compassion, and perseverance make her very

deserving of this recognition.

Dominic Broils has dedicated impressive time and efforts towards his studies, and his progress is demonstrable. He also has been a contributing member of the Obama club which made dozens of phone calls weekly along with registering voters during the presidential campaign. Dominic also displays perseverance while staying focused in doing his best in the classroom.



Gobble, Gobble...or Not!!!

By Gehrig Coleman—Freshman Geography

In my classes each year, I ask my students, “What is the single best food dish that you are thankful for at Thanksgiving dinner?” Over some years of teaching different places, I can tell you that approximately 75% to 80% of us have more than one meat at our Thanksgiving dinners. The most common combination is turkey and ham. In the rural areas outside the city, fresh venison and wild duck commonly join the turkey. Wild game is rare at urban dinners.

This year, the Hogan freshmen boys and girls may have set a record for variety with their responses. The 84 students who were present voted for 24 *different* dishes. We truly live in a society that has a cornucopia of food items available and a lot of different family traditions.

Highlighting the cooking skills of Hogan parents and grandparents, side dishes as a category with 38 total votes trounced desserts, with 24. Desserts edged meats 24 to 19.

The *second* most favorite item was a tie between stuffing or dressing and sweet potato pie at 10 votes apiece. We should note that if we added the 5 votes for sweet potatoes or pureed sweet potato casserole as side dishes to the votes for pie, sweet potatoes as an ingredient are the defining Thanksgiving dish for Hogan students (15 total votes). I can also attest that dressing/stuffing is an enduring favorite both here and out in the country.

In the side dish category after dressing’s ten votes, homemade macaroni and cheese was second with 7 votes. This was followed by greens with 6 votes, and sweet potatoes and homemade chitlins (alternatively, chitlings or chitterlings are common and acceptable pronunciations and spellings) tied for third with 5 votes apiece. Real mashed potatoes and gravy secured 2 votes, with both home-

made egg noodles and cabbage and *posole* (Mexican hominy) getting 1 vote each.

As mentioned, sweet potato pie crushed the alternatives in desserts with 10 votes, but pumpkin pie and peach cobbler both received 4 votes. Banana pudding was chosen by 2 students. Pecan pie, apple pie, and German chocolate cake each received 1 vote.

One student chose his aunt’s homemade rolls, and another chose his family’s cornbread.

Perhaps the most interesting single voting result was that the overall competition was won by ham. The 11 total votes for ham barely nipped stuffing and sweet potato pie’s 10 each. However, the fact that ham secured 11 votes of the 19 total cast for meats makes ham stand out in a way some of us might not expect. Broken down, 8 students attested that *honeybaked* ham was their favorite dish. Two students chose their families’ home hickory-smoked hams, while one listed boneless ham (all the others were bone-in).

Turkey was chosen by only 3 students, 2 of them noting that their families deep-fried the turkeys. The other student’s family smoked the turkey. Therefore, the classic oven-baked turkey that the media seems to believe defines our Thanksgiving dinners was actually not cited by a single student as his or her favorite dish. One student chose his family’s home-fried chicken, and yet another’s favorite dish was the individual Cornish hens his family serves.

Are we undergoing a shift in our traditions? Well, not so fast.

The survey *only* asks about students’ absolute favorites. We have no evidence that oven-baked turkey is disappearing...only that other items are tastier to our students. Several of the students’ favorite dishes “play off”

the turkey, such as stuffing. One conclusion about meats does seem justified. That would be that honey-injected hams are a relatively recent food innovation in our society that many find delicious. Most of us would agree with that, and I would note that deep-fried turkeys are also injected with flavorings.

It could also be that given the huge size and price of a whole ham and the shrinking size of American families, it takes a gathering of people like Thanksgiving or Christmas to justify purchasing a whole ham of any sort (This is the case in my family, for sure.).

However, I believe that the incredible variety on our list of a moderately-sized sample of only 84 students points out one inescapable fact. Hogan families can COOK. The skills necessary to put such a variety of delectable foods on our holiday tables are impressive indeed! A big “Thank YOU” goes out to all those who labored for our enjoyment at Thanksgiving and will bring their skills to bear at whatever your particular winter holiday is, yet again.

Our feet are earthbound, but our hearts and minds have WINGS.

RAM ALERTS

Parents, Students, Teachers, sign up for **RAM ALERTS!** and get important information about HOGAN PREPARATORY ACADEMY sent via email and text message directly to your mobile phone, wireless PDA or pager. Get information about EMERGENCY INFORMATION, SCHOOL CLOSINGS, EARLY DISMISSALS and SCHOOL EVENT REMINDERS. Sign-up is easy... and it's free! Go to hoganprep.echalk.com and click on SIGN UP NOW.

December 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Dress down	6
7	8	9	10	11	12 Dress down	13
14	15 Finals/review	16 Finals/review	17 Finals Noon dismissal	18 Finals Noon dismissal	19 Finals makeup Holiday program Noon dismissal	20
21	22 No school winter break	23 No school winter break	24 No school winter break	25 No school winter break	26 No school winter break	27
28	29 No school winter break	30 No school winter break	31 No school winter break			

January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 No school winter break	2 No school winter break	3
4	5 Classes Resume	6	7 Faculty mtg 2 pm dismissal	8	9	10

Teacher Qualification Information

Hogan Preparatory Academy is required to inform you of certain information that you, according to The No Child Left Behind Act of 2001 (Public Law 107-110), have the right to know.

Upon your request, we are required to provide to you in a timely manner, the following information:

Whether a teacher has met state qualification and licensing criteria for the grade levels and subject areas in which the teacher provides instruction.



Whether a teacher is teaching under emergency or other provisional status through which state qualification or licensing criteria have been waived.

Whether your child is provided services by para-professionals and, if so, their qualifications.

What baccalaureate degree major a teacher has and any other graduate certification or degree held by the teacher, and the

field of discipline of the certification.

In addition to the information that parents may request, districts must provide to each individual achievement parent –

Information on the level of the parent's child in each of the state academic assessments as required under this part; and

Timely notice that the parent's child has been assigned, or has been taught for four or more consecutive weeks by, a teacher who is not highly qualified.

Standard Complaint Resolution Procedure — For No Child Left Behind Programs

This complaint resolution procedure applies to all programs administered by the Missouri Department of Elementary and Secondary Education (DESE) under the No Child Left Behind Act (NCLB).

A complaint is a formal allegation that a specific federal or state law or regulation has been violated, misapplied, or misinterpreted by school personnel or by DESE personnel.

Any parent or guardian, surrogate parent, teacher, administrator, school board member, or other person directly involved with an activity, program, or

project operated under the general supervision of DESE may file a complaint. Such a complaint must be in writing and signed; it will provide specific details of the situation and indicate the law or regulation that is allegedly being violated, misapplied, or misinterpreted. The written, signed complaint must be submitted to the Principal of Hogan Preparatory Academy.

If the issue cannot be resolved at the local level, the complainant may file a complaint with DESE. If there is not evidence that the parties have attempted in good faith to resolve the

complaint at the local level, DESE may require the parties to do so and may provide technical assistance to facilitate such resolution.

Any persons directly affected by the actions of DESE may file a similarly written complaint if they believe state or federal laws or regulations have been violated, misapplied, or misinterpreted by DESE itself.

Anyone wishing more information about this procedure or how complaints are resolved may contact the Principal of Hogan Preparatory Academy.

A+ News A+ News A+ News

9th and 10th grade Parents and Students, it is not too late to join A+ before the end of the semester. Ninth graders have until the end of the semester during their 10th grade year. Tenth graders who still want to join need to do so before the winter break. Please see Ms. Chaney in the A+ office or email at kchaney@hoganprepl.echalk.com for more information on how to join. Here are the requirements to receive A+ benefits for college:

1. Attend an A+ designated school

for at least three consecutive years prior to high school graduation.

2. Graduate from high school with a cumulative GPA of 2.5 (C+) or higher.

3. Maintain at least a 95% attendance record for the four years of high school.

4. Perform at least 50 hours of unpaid tutoring or mentoring for other students.

5. Maintain a record of good citizenship and avoidance of the unlawful use of drugs.

6. Make a documented, good faith effort to secure all available federal post-secondary financial assistance funds that do not require repayment (FAFSA).

7. Register for Selective Service, if applicable.

Here are the benefits:

Possibly receive tuition, fees, and up to 50% of books paid for the two years of community college.

Hogan Preparatory Academy

1221 E Meyer Blvd
Kansas City, MO 64134

Phone: 816-444-3464
Fax: 816-363-0473
Website: hoganprep@echalk.com

An Education For Life!

**Check out the Website at
hoganprep@echalk.com**

ORDER LONG SLEEVE UNIFORM SHIRTS NOW!!

The weather is beginning to change, so get your orders in for White Long Sleeve Hogan shirts. The cost is: 1 for \$15 – 2 for \$29 (discounts for larger quantities). Please note that prices are slightly higher for sizes over XL.

Orders for long sleeve shirts can be placed with Kendra Young in the front office and payment (Cash or Money Order only) is due at the time of the order. Orders will be placed each Friday and will take about two weeks to arrive, so please place your order soon to ensure delivery before the cold weather sets in.

We still have a limited quantity of Maroon and White short sleeve Uniform Shirts in stock and available for purchase. The cost is: 1 for \$14 – 2 for \$27 (discounts for larger quantities). Please note that prices are slightly higher for sizes over XL.

Please note that payments for shirts already received are overdue, please contact Penni Aubut in the Business Office regarding payment arrangements.

Contact the school at (816) 444-3464 with any questions.

Attention Parents: Computer Workshop

The administration of Hogan Preparatory Academy is aware that much of our success is tied to our relation with our parents. In response to our parents who are concerned about their teen's online safety and possible negative effects of over use of the computer and the Internet, our Business Department will offer a two part parenting workshop. The workshop entitled "Teen Cyber (Internet) Safety for Parents" will be presented by Barbara Wright with part one held on Tuesday, January 27, and part two held on Thursday, January 29 beginning at 6:30 pm each night.

The four hour workshop has been developed to offer a hands-on approach to topics ranging from identity theft, protecting personal safety, safeguarding privacy, social networking, collaborating, and communicating online.



GO RAMS!

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Words Every Graduate Should Know

e-piph-a-ny

noun

1. A Christian feast celebrating the manifestation of the divine nature of Jesus to the Gentiles as represented by the Magi.
2. A revelatory manifestation of a divine being.
3. A sudden manifestation of the essence of meaning of something; a revelation.

Research on School Violence

By Dacia L. Moore, MA, LPC

If we can reduce the anger in our schools, then we have a higher likelihood of reducing the violence in our school and we increase the possibility of success for our students. Managing negative emotions is an important skill that our students need to develop in order to be successful in the workforce.

The Report on Youth Violence from the Surgeon General states that "Even though youth violence is less lethal today than it was in 1993, the percentage of adolescents involved in violent behavior remains alarmingly high". According to a 2007 nationally representative sample of youth in grades 9-12, 12.4% reported being in a physical fight on school property in the 12 months preceding the survey, 16.3% of male students and 8.5% of female students reported being in a physical fight on school property, and 5.5% did not go to school on one or more days in the 30 days preceding the survey because they felt unsafe at school or on their way to or from school (CDC 2008).

For more statistics related to school violence go to my website, www.secondwindcc.com



PTSA Needs You!

The Hogan Prep chapter of the PTSA is still looking for members and your support. If you haven't signed up for PTSA yet please contact Tracy Jackson, our membership chair for more information. The cost is low — \$10 for adults and \$5 for students.

For information:

Contact -

Tracy Jackson/Membership
Chair,
816-822-0401,