



# *Central Academy of Technology & Arts*

## **Cougar Chronicle**

Volume 7

Issue 29

March 26, 2020

**Link to CATA  
Social Media Sites  
Click the Crest**



Instagram



Dear CATA Family,

Merritt Message

- If you need to contact a school counselor, then there is a page in here for assistance.
- UCPS is serving free lunches to those 18 years and younger during the closure. Please look for locations in this edition.

**Here's what you need to know from CATA at this time:**

- Students should check their UCPS email DAILY!
- **Extended Learning Opportunities from UCPS website:** <https://www.ucps.k12.nc.us/Page/7313>

**Testing Updates:**

- The March 25th SAT has been postponed and the new date is TBA.
- The May 2nd SAT has been canceled. Any student that has signed up for this SAT will get a refund from the College Board. The June 6th SAT is still scheduled at this time. Students can go to the College Board sites for review and a schedule is posted in this edition. This is a full course schedule for the free, live online AP classes available, along with information about what will be covered this week. Links to upcoming classes are [here](#).

**Online Class Information:**

- Students enrolled in NC Virtual Public School (NCVPS) or South Piedmont Community College (SPCC) classes are expected to continue working during this time. Please contact your professor with questions and concerns. Students enrolled in Union County Virtual (UCV) and APEX courses work has been suspended through March 30.

**Registration Information:**

- CATA Registration 2020 - 2021 will open on Monday, March 30th at 9:00 am and remain open until Friday, April 3rd at 4:00 pm. Please view the CATA Registration video by [clicking here](#) for directions. Please reach out to your assigned counselor with any questions that you may have. Please look for more information next week on how your assigned counselor will "meet" with their assigned students to review course selections. Thank you!
- If you are currently enrolled in SPCC classes and plan to take classes again next year (this is for any junior) please make sure you have checked your SPCC email for the most updated registration information from Ms. Moody on how to register online by March 30.
- Students interested in taking a class next year at SPCC but who are not currently taking classes at SPCC please make sure to apply to SPCC as soon as you can by going to [SPCC.edu](https://spcc.edu) and click Apply Online. Registration for new students is not scheduled until April 20.

**More Important Information on the next page.**



## More Information from Page One

### Scholarships:

- It is that time of year to REPORT your SCHOLARSHIPS!!!
- Please send a copy of your scholarship letter to Ms. [Ashley Cole](#)- even those scholarships you are not going to use- by Friday, May 8.
- Your scholarship totals will be listed in the Scholarship Slide Show.
- Please continue to review scholarship opportunities on the CATA School Counseling Website. If you have questions please ask your assigned counselor.

**"Builders Bridge Internship Program** is now accepting applications. This is an 8-week program in a home-building skilled trade. Pay ranges from \$10-15/hr and interns will work 30-40+ hours a week. More info and application links are on the Opportunities for Students page on our website."

- ♦ The Performing Arts Academy at Central Academy Presents our Spring Musical **"In the Heights"** Tickets are \$10.00, but online sales are postponed at this time. We have rescheduled for May and more information will be forthcoming.
- ♦ **Junior/Senior Prom 2020:** The prom's new tentative date is Saturday 5/23 at Rolling Hills from 8pm to midnight. Online ticket sales are available here. Tickets are \$70. Tickets may be purchased in the cafeteria once we return to school. Students who purchase tickets must click [HERE](#) to complete the purchase form. Students must fill out the purchase form once the online purchase is completed or when they purchase in person. This form is what allows students to get into the prom. Complementary tickets will be given out once the student has checked in at the door. Past due student fees must be paid for admittance into the prom. Students who are bringing a non CATA student as a guest must fill out a Prom Guest form. Forms are located in the front office and are due on Wednesday 5/20.
- ♦ **2019-2020 Yearbooks:** Yearbooks are now \$85.00. Send check or cash to Ms. Christensen in The Den or order online at [yearbookforever.com](http://yearbookforever.com) (search for CATA).

Please take time to read over this newsletter. The Cougar Chronicle, in addition to our website, will be the main form of communication from school to home.

Go Cougars! Ms. Merritt

### 2019-2020 Yearbooks

**2019-2020 Yearbooks:** Yearbooks are now \$85.00. Send check or cash to Ms. Christensen in The Den or order online at [yearbookforever.com](http://yearbookforever.com) (search for CATA).





## *Counseling Center Assistance & Lunches*

Hello, Cougars! We want to let everyone know that we are still here to support you during this break. Our students' mental and physical health and wellbeing is always our top priority. Please know you can reach out to your counselor if you need to. We have also listed some resources in case you or anyone you know should need them. Make sure you are checking your email and school & county social media pages so you can stay informed about what is happening.

- Optum has a toll-free 24-hour Emotional Support Help Line at 866-342-6892 for people who may be experiencing anxiety or stress related to COVID-19.
- Cardinal Innovations (mental health referrals - multiple languages) 1-800-939-5911
- Mobile Crisis 1-866-275-9552
- The National Suicide Prevention Hotline (1-800-273-TALK) offers free and confidential support for people in distress, prevention and crisis resources 24/7
- Text HOME to 741741 to connect with a Trained Crisis Counselor 24/7
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746 (TTY 1-800-846-8517)
- 911 when someone needs help right away because of an injury or an immediate danger

Please stay safe and know we are here for you!

The CATA Counseling Department

[ashley.lawson@ucps.k12.nc.us](mailto:ashley.lawson@ucps.k12.nc.us) - Medical and Transportation Academies

[ashley.cole@ucps.k12.nc.us](mailto:ashley.cole@ucps.k12.nc.us) - Dance, Theatre, and Pre-Engineering Academies

[sarah.goodwin@ucps.k12.nc.us](mailto:sarah.goodwin@ucps.k12.nc.us) - Information Systems and MPRA Academies

## **FREE DAILY MEALS DURING CLOSURE**

Beginning Tuesday, March 17 • 11 a.m. to 1 p.m.

📍 Health Sciences Academy  
at Monroe Middle  
601 E. Sunset Drive  
Monroe, NC 28112

📍 Rocky River Elementary  
500 N. Rocky River Road  
Monroe, NC 28110

📍 Sardis Elementary  
4416 Sardis Church Road  
Monroe, NC 28110

📍 Wingate Elementary  
301 Bivens Street  
Wingate, NC 28174





# COUGAR ATHLETICS

If you have questions about athletics or want to volunteer to help with athletics, please send an email to Athletic Director, [Coach Jay Niessner](#). Make sure to follow all of CATA's athletic teams on Twitter: [@CATA\\_Athletics](#)

**The North Carolina High School Athletic Association (NCHSAA) has suspended all games, practices, workouts, skill development, and meetings until Monday April 6<sup>th</sup>. All athletic facilities on the CATA campus are closed to all teams. We will update you as further decisions are made.**

**New Athletic Attendance Eligibility Requirements:** Please [click here](#) for more information. this Spring to be eligible this coming Fall of 2020.

## Fall Sports - 2020

**Summer Workouts** will start on June 15<sup>th</sup>. Summer workout calendars & schedules will be posted after spring break, please contact your sports coach for more details.

**Summer Dead Weeks NO ATHLETIC:** June 29<sup>th</sup> – July 5<sup>th</sup>, July 20<sup>th</sup> – July 26<sup>th</sup>. All athletic facilities are closed during these dead weeks

**Fall sports parent night – Monday, July 27<sup>th</sup>, 2020 – 6:30 pm**

Fall sports will start on Saturday – **August 1<sup>st</sup>, 2020**, First week of games – **August 17<sup>th</sup> – August 22<sup>nd</sup>**

## Fall Sports Coaches Contact Information:

**Cheerleading** - Ashley Lawson – [Ashley.lawson@ucps.k12.nc.us](mailto:Ashley.lawson@ucps.k12.nc.us)

**Cross Country** - Kim Inuwa – [kimberly.inuwa@ucps.k12.nc.us](mailto:kimberly.inuwa@ucps.k12.nc.us)

**Football** – TBA

**Men's Soccer** - Jay Niessner – [jay.niessner@ucps.k12.nc.us](mailto:jay.niessner@ucps.k12.nc.us)

**Volleyball** - Stephanie Peacock – [Stephanie.peacock@ucps.k12.nc.us](mailto:Stephanie.peacock@ucps.k12.nc.us)

**Women's Golf** - Nelson Rowell – [nelson.rowell@ucps.k12.nc.us](mailto:nelson.rowell@ucps.k12.nc.us)

**Women's Tennis** - Terry Lewis – [soldbyterrylewis@gmail.com](mailto:soldbyterrylewis@gmail.com)

## Winter Sports Coaches Contact Information:

**Cheerleading** – Ashley Lawson – [Ashley.lawson@ucps.k12.nc.us](mailto:Ashley.lawson@ucps.k12.nc.us)

**Indoor Track & Field** – Kim Inuwa – [kimberly.inuwa@ucps.k12.nc.us](mailto:kimberly.inuwa@ucps.k12.nc.us)

**Women's Basketball** – Kevin Allran – [kevin.allran@ucps.k12.nc.us](mailto:kevin.allran@ucps.k12.nc.us)

**Men's Basketball** – Sam Smithson – [Samuel.smithson@ucps.k12.nc.us](mailto:Samuel.smithson@ucps.k12.nc.us)

**Swimming** – Sally Goodwin – [sarah.goodwin@ucps.k12.nc.us](mailto:sarah.goodwin@ucps.k12.nc.us)

**Wrestling** – Mike Jacobus – [mike.jacobus@ucps.k12.nc.us](mailto:mike.jacobus@ucps.k12.nc.us)

## Spring Sports Contact Information:

**Baseball** – Matt Garcia – [matthew.garcia@ucps.k12.nc.us](mailto:matthew.garcia@ucps.k12.nc.us)

**Men's Golf** – Mike Jacobus – [mike.jacobus@ucps.k12.nc.us](mailto:mike.jacobus@ucps.k12.nc.us)

**Men's Tennis** – Terry Lewis – [soldbyterrylewis@gmail.com](mailto:soldbyterrylewis@gmail.com)

**Softball** – Aaron Hammers – [aaron.hammers@ucps.k12.nc.us](mailto:aaron.hammers@ucps.k12.nc.us)

**Track & Field** – Kim Inuwa – [kimberly.inuwa@ucps.k12.nc.us](mailto:kimberly.inuwa@ucps.k12.nc.us)

**Women's Soccer** – Jay Niessner – [jay.niessner@ucps.k12.nc.us](mailto:jay.niessner@ucps.k12.nc.us)

## **CATA COUGAR SPIRIT WEAR**

**CATA Spirit Wear will  
be on sale online.  
Our Band Boosters  
sell Cougar Spirit  
Wear!**

**Click [here](#) to purchase  
online.**

Please call or text Mickie  
Carter at 980-257-4174





## Performing Arts Events & Spring Musical

<https://cataperformingarts.org/>

The Performing Arts Academy at Central Academy Presents our **Spring Musical “In the Heights”** Tickets will be available at a cost \$10.00 online at a later date.

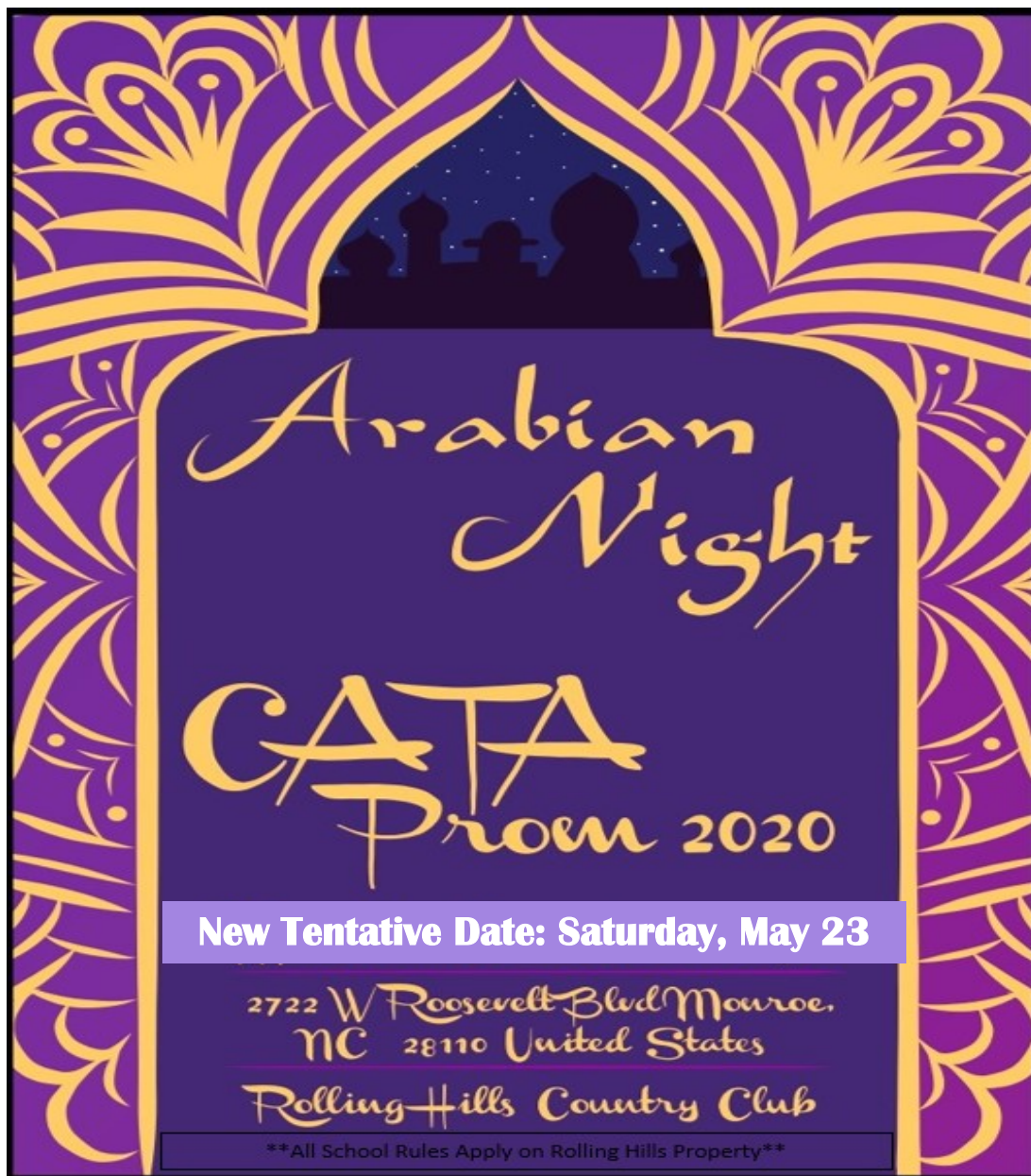




## ***Around CATA***

### **Upcoming Events– March**

No School at this time until March 30. Please follow UCPS and the NC governor's office for updates.



Our student life organizations are listed on our website. [Click here.](#)



## College and Career Corner

### Class Information from the Guidance Counselors

[Counseling Twitter @CATA\\_Counseling](#)  
[Counseling Instagram @CATA.counseling](#)

#### Attention Seniors Class of 2020

**Graduation is on Thursday, June 11, 2020 at 1:00 PM at the Winthrop Coliseum in Rock Hill, SC**

**The Fall Senior Letter is on our website. Senior students & parents [click here](#)  
The Spring Senior Letter will come out once we have more information.**

**Sign up for College Visits [Click Here](#)**

**Dates for College Visits are posted in this Newsletter on the Around CATA Page  
Scholarship Spotlight– Click [HERE](#) for more scholarships**

**SAT**—All juniors will be taking the SAT. The original date was 3/25. A new date will be communicated at a later date.

#### Scholarships & Opportunities

**CATA PTSO Scholarship** application is now posted! Six \$500 scholarships for CATA seniors. Application and criteria are on our website.

**New Century Scholars** application deadline extended to March 21. Application link on our website.

**Wake Forest Summer Immersion Program** is a great way to learn about college life and explore career pathways from 19 specialized fields of study. Application link on our website.

#### **CATA Guidance Department**

A high school guidance department can help your student with a LOT during high school—counseling during a problem/or stress, college planning, career/college questions, interview skills, problem solving with classes/teachers, friendship/social issues. Counselors also help with scheduling and what courses to take. Counselors are available to answer parent questions as well.

Please see the list of counselors by academy:

[Ashley Lawson](#): Medical Science, Transportation & Guidance Department Chairperson

[Ashley Cole](#) : Pre-Engineering and Performing Arts (theatre & dance)

[Sarah Goodwin](#): Information Systems (Cybersecurity, Computer Engineering, Software & Game Design) and Music Production & Recording Arts





## Media Center (The Den) News & AP Information

# The Den Digest

**March is...**

**National Women's History Month**—<https://nationaldaycalendar.com/national-womens-history-month-march/>

**National Music in Our Schools Month**—<https://nafme.org/programs/miosm/>

**Youth Art Month**—<http://www.ncaea.org/youth-art-month-1>

Visit our website for many resources: <https://sites.google.com/a/ucps.k12.nc.us/cata-media-center/>

We have a special section just on Evaluating News Resources:

<https://sites.google.com/a/ucps.k12.nc.us/cata-media-center/online-resources/identifying-fake-news>

## AP® Classes and Review YouTube Live

AP

CollegeBoard

**DAILY COURSE SCHEDULE — ALL TIMES ARE EASTERN TIME**  
[youtube.com/advancedplacement](https://youtube.com/advancedplacement)

Period	Eastern Time	Live Stream 1	Live Stream 2	Live Stream 3	Live Stream 4	Live Stream 5
Period 1	9-9:45am	Calculus BC	*	*	*	*
Period 2	10-10:45am	Chemistry	Music Theory	*	*	*
Period 3	11-11:45am	Physics C: Mechanics	U.S. History	European History	*	*
Period 4	12-12:45pm	English Lit	Physics 1	Italian	*	*
Period 5	1-1:45pm	Art History	Environmental Science	German	*	*
Period 6	2-2:45pm	Statistics	Spanish Lit	Calculus AB	*	*
Period 7	3-3:45pm	Spanish Lang	Microeconomics	U.S. Government and Politics	English Lang	*
Period 8	4-4:45pm	Biology	Psychology	Comparative Government & Politics	Computer Science A	Japanese
Period 9	5-5:45pm	Chinese	Physics 2	Human Geography	Macroeconomics	*
Period 10	6-6:45pm	World History: Modern	Physics C: E&M	French	Latin	*