



NOVEMBER  
2020

EAST RIVER  
HIGH SCHOOL

## DIRECTOR'S CORNER

Happy November RISE scholars, parents, and East River family. November is known as the month of gratitude. We have all experienced some challenging times due to COVID-19. However, in this season of thanksgiving, I would like to express how grateful I am to work with each of you. Sometimes it's easy to focus on the negative when there is so much going on around us. Therefore, I have decided to accept the November challenge of being grateful for at least one thing each day. I invite each of you to join me in this challenge. See the calendar below for suggestions or create your own calendar. Invite others to join in! I look forward to hearing all of the creative ways you express your gratitude this month!

Seniors there is still time to improve your test scores. The remaining test dates for Fall 2020 for ACT is December 12th and the SAT dates are November 7th and December 5th. Don't forget that Kaplan and tutor.com is available to help you prepare. As a reminder tutor.com is available for all grades.

Scholars don't forget to update us on all your accomplishments. We love bragging on you and may feature you as student of the month. Let's make this a month to remember!



Angelina Jaylin Guerra  
Mari Irizarry  
Coretta Cotton



## UPCOMING EVENTS



NOVEMBER 



10:00am Virtual Senior Meeting



5:00pm Virtual College Tour

# STUDENT SPOTLIGHT

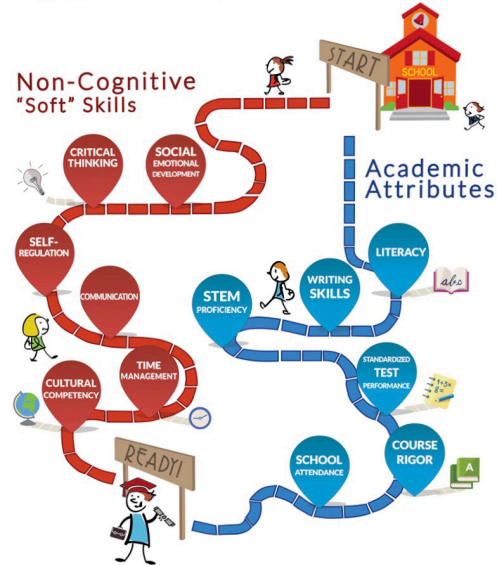


## Reese Roberson

Our student of the month is Reese Roberson. Reese is a new addition to the Project Rise program. We are so proud of the way that Reese has come in and embraced what the program has to offer. Since joining the program, Reese has participated in every activity and completed all assignments. We are recognizing Reese for the dedication and commitment he has shown. We are so excited about your future and so proud to be a part of it. Keep soaring Reese!

### COLLEGE & CAREER **READY**

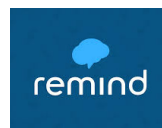
"READINESS" is more than just a test score, but a journey our students take throughout their educational career to become productive citizens in today's global economy.



30 Days of Gratitude	<b>Day 1</b> Write down three things that you are thankful for.	<b>Day 2</b> Express gratitude to at least one important person in your life.	<b>Day 3</b> Go one full day without complaining.	<b>Day 4</b> Meditate for 10 minutes.	<b>Day 5</b> Make an effort to smile more throughout the day.
	<b>Day 6</b> Engage in a random act of kindness.	<b>Day 7</b> Write thank-you notes to five people in your life.	<b>Day 8</b> Send flowers to someone you care about.	<b>Day 9</b> Spend 30 minutes practicing self-care.	<b>Day 10</b> Go outside and appreciate the beauty of nature.
	<b>Day 11</b> Write down 5 things you like about yourself.	<b>Day 12</b> Recognize today as a gift.	<b>Day 13</b> List three things that you like about school.	<b>Day 14</b> Spend the day being an optimist.	<b>Day 15</b> Do something nice for another student.
	<b>Day 16</b> Catch someone doing a good job and thank them for it.	<b>Day 17</b> Sign up to volunteer for a day in your community.	<b>Day 18</b> Write about your favorite part of the school day.	<b>Day 19</b> Think of what you are grateful for before going to bed.	<b>Day 20</b> Recognize three things that you usually take for granted.
	<b>Day 21</b> Think of a way someone has helped you today.	<b>Day 22</b> Think of something great that has happened to you in the last year.	<b>Day 23</b> Write a thank-you note to your school Principal, administrator, or guidance counselor.	<b>Day 24</b> Write down three things that you appreciate about your teacher.	<b>Day 25</b> Notice positive traits about your classmates.
<b>Day 26</b> Express your thankfulness for life.	<b>Day 27</b> Spend time with loved ones.	<b>Day 28</b> Compliment a stranger.	<b>Day 29</b> Refrain from gossip or speaking negatively about others.	<b>Day 30</b> Start a gratitude journal.	

## STAY CONNECTED

For the latest updates, follow us on social media:



Student Remind:  
rmd.at/ucfub or text @ucfub to 81010

Parent Chat:  
rmd.at/2644kg or text @2644kg to 81010

For more information please visit our website:

<https://trio.sdes.ucf.edu/project-rise/>