

COMET CONNECTION

A publication of South Gwinnett High School • 2288 East Main Street • Snellville, GA 30078 • 770.972.4840

February 2011

Volume II, Issue V

In this Issue:

- Scholarship Information
- Credit Recovery Sign-Up
- Yearbook Order Form
- Yearbook Senior AD info
- Sports News
- FBLA Week (this week!)
- SGHS celebrates Black History Month
- Health Tips
- *and more*



COUNSELING INFO



SCHOLARSHIPS

ATTENTION ALL GRADUATING SENIORS:

If you don't think that you qualify for a college scholarship, think again! Does this sound like you? You don't consider yourself a straight "A" student but your grades have improved since you were a freshman. You could use financial assistance to help make your dreams of attending a two or four year college come true.

If this sounds like you, then apply for a Broad Prize Scholarship. As the winner of the 2010 Broad Prize, seniors in Gwinnett County Public Schools are eligible for scholarships ranging from \$5000 to \$20000. Visit the College and Career Center during lunch for more information or apply online at www.broadprize.org. The deadline for the applications is March 1, 2011.



SCHOLARSHIPS

COUNSELING INFO

The Counseling Office

The Counseling Office has undergone some changes. Students are assigned to a counselor based on the first letter of your last name. See the list below to determine your counselor. Get to know your counselor and the other members of the Counseling Department as they can help you with various academic, personal, and social needs.

Mr. AyresA-Da
 Ms. Dunlap.....De-I
 Ms. RangelJ-O
 Ms. Thompson.....P-T
 Ms. ReddickU-Z
 Ms. Ortiz.....Registrar
 Ms. Edmondson.....Receptionist
 Ms. WoodsRecords Clerk

Ms. Edmondson will assist you in making an appointment to see your counselor.

The College and Career Center is now located in the former Front Office space. The CCC will be open for walk-ins during 4th period. Students with a pass from their 4th period teacher may:

- pick up SAT/ACT information and waivers
- sign up for an event
- pick up a counselor recommendation packet
- obtain quick answers to college and career questions
- use an available computer for college and career purposes

College Admissions Testing:

If you are planning to attend a two-year or technical college upon graduation, you will take the Compass Test. After you submit your admissions application to your school of choice, contact the Admissions Office to schedule the Compass Test. GAcademy411.org offers a Compass preparation program.

SAT and ACT registration information and preparation booklets are available in the College and Career Center. You may register online at www.collegeboard.com (SAT) or www.act.org (ACT).

If you receive free or reduced lunch, you may qualify for a fee waiver. If you use the SAT waiver, you may be able to qualify for admissions fee waivers, too. See your counselor for more information. Waivers may be obtained at the main office desk.

When registering for the SAT/ACT, the high school code is: 112755.

SAT Test Date	Registration Deadline	Late Deadline
3/12	2/11	2/25
5/7	4/8	4/22
Registration Fee: \$47.00		

ACT Test Date	Registration Deadline	Late Deadline
4/9	3/4	3/18
6/11	5/6	5/20
Registration Fee (with Writing): \$48.00		
Registration Fee (without Writing): \$33.00		

Common Black College Application

Using the Common Black College Application allows students to apply to all 35 participating colleges for a one time fee of \$35. Check it out online: www.eduinonline.com.

FAFSA

FAFSA stands for Free Application for Federal Student Aid. You may use the FAFSA to apply for the HOPE Scholarship and many other forms of financial aid, including grants, loans, and work-study programs.

The FAFSA will be available for the 2010-2011 school year on January 1. The best way to access the form is on GAcademy411. Be careful of websites that help you complete the form for a fee. The first word in FAFSA is FREE! You should not be charged any money to complete it.

If you are anxious to get started on your financial aid pursuit, go to the U.S. Department of Education website to obtain



your PIN. Go to www.pin.ed.gov to apply; you will receive your PIN in a few days.

College Goal Sunday – February 28, 2 pm College Goal Sunday is a one-day event to help students and families complete the FAFSA (Free Application for Federal Student Aid). Students and parents can:

- Get free professional assistance completing the FAFSA.
- Talk to financial aid professionals.
- Obtain general information about financial aid services and products.

There are several locations set up around the state. In Gwinnett County, Georgia Gwinnett College will host this year's event. Spanish interpreters will be available.

For more information, go to: <http://collegegoalsundayga.com>

NACAC College Fair

The National Association of College Admissions Counselors welcomes all high school students and their parents to the NACAC Fair on Sunday, February 13 from 12:00 – 4:00 p.m. at the Georgia International Convention Center in College Park. It is definitely worth the trip to visit with over 100 colleges and universities from across the United States. Visit the NACAC website at www.nacacnet.org.

COUNSELING INFO

Scholarships

There are many places to search for scholarships. The schools to which you are applying offer various scholarships and other forms of financial aid. There are also scholarships that are awarded to students regardless of where they choose to go to school. Scholarships are granted for achievements in various areas, such as grades, test scores, community service, athletics, essay writing, and leadership potential. For another great source of scholarship information, visit these sites:

www.gacollege411.org

www.careercruising.com

www.scholarshipamerica.org

Other Great Opportunities

- Armstrong Atlantic State University will host an open house: March 27. To reserve your spot, go to www.es.armstrong.edu/admissions/openhouse.htm
- Wendy's High School Heisman recognizes seniors who participate in at least one sport and serve as leaders in school or community. For more information and to apply, visit www.wendysheisman.com
- Augusta State University – is hosting an open house: Saturday, March 19. Both events will be conducted from 10:00 am until 4:00 pm. Register online at www.aug.edu/admissions.
- Agnes Scott University - take advantage of their overnight program. From September through April, immerse yourself in college life with an overnight visit. Spend the night in a residence hall with a current student, attend class the next day, eat in the dining hall, tour the campus and interview with an admission counselor. Overnight visits are available to high school seniors and transfer students on Sunday through Wednesday nights during the academic year.
- Columbus State University invites you to be their guest on campus and discover what Columbus State University has to offer you by attending one of our Visitation Days. These visits allow you and your parents to be a Columbus State University student for the day and the next one is held on February 26.
- DeVry University is conducting Her World, a program for young women in science and technology on Thursday, November 18 at the Holiday Inn Conference Center in Decatur. For more information, email bwright@devry.edu.

Athletes

If you are interested in playing a sport in college, you must complete the NCAA Clearinghouse Application. The website, www.ncaaclearinghouse.net, offers a plethora of information and instructions on how to register.

You may send your transcript directly to NCAA, using www.GAcollge411.org.

Transcripts

Official transcripts may be sent directly to colleges using GAcollge411 at no cost to the student. You must first establish you're MY 411 account to have access to this feature.

Students may also request transcripts in the Counseling Office. Transcripts are \$2.00 each and require 48 hours to process. Students are responsible for picking up and mailing their transcripts; they will not be mailed by the Counseling Office. Plan ahead to meet your deadlines.

Letters of Recommendation

If you need a counselor recommendation for college admissions and/or scholarships, pick up your recommendation packet on the revolving display outside of the College and Career Center. Plan for the recommendation process to take at least three weeks. Do not wait until the week before your deadline to request a recommendation.

Career Cruising

Career Cruising is an excellent program for those searching for career options and planning for postsecondary education. Go to www.careercruising.com.

Username: SG

Password: Comets



SCHOLARSHIPS



SCHOLARSHIPS

COUNSELING INFO

The College Bound Comet (*info for underclassmen*)

Academy Day 2011

Sponsored by U.S. Senators and members of Georgia's Congressional Delegation, Academy Day features briefings from all the different service academies including the Air Force Academy, West Point, the Naval Academy, Merchant Marine Academy, and Coast Guard Academy. The date for the Spring 2011 event has not been set, but interested students and families may visit <http://isakson.senate.gov/academies.html> to obtain more information and find the details when the event is scheduled.

HOBY

The Hugh O'Brian Youth Leadership (HOBY) program is designed to promote character and leadership in students. Tenth grade nominees compete in an essay competition for a chance to attend the summer HOBY weekend seminar. Congratulations to Caitlin Brainard, our SGHS winner and Chelsea Benjamin, our SGHS alternate.

C-CATS

Clemson's Challenge for Academically Talented Students (C-CATS) offers an exciting weekend of team-building and academic sessions for outstanding tenth grade students. Based on their excellent academic standing, the following students have been nominated for C-CATS: Jamiscia McBride, Jonelle Salmon, Mary Williamson, Kystal Wilson, John Harrison, Lashan Coburn, and Desiree Watkis.

Dual Enrollment

South Gwinnett High School will host a Dual Enrollment meeting on March 15th at 6:30 PM in the theatre. To learn more, visit the SGHS website. The University of Alabama offers an Early College program designed for high school students who have a cumulative 3.0 high school GPA and are prepared for college level study. To learn more about this exciting opportunity, visit the College and Career Center.

Maxwell High School Open House

Have you been thinking about jump starting your career while earning high school credit? Take a look at all Maxwell High School of Technology has to offer: <http://www.maxwellhigh.com/programs.htm>. Plan to attend Maxwell's open house on February 17 from 4:00 p.m. until 7:00 p.m.

Summer Learning and Fun

Have you been dreaming of summer already? Check out the opportunities below. This is just a sample of what is available. Many summer program application deadlines are early second semester, so now is the time to start planning your summer.

- Oxbridge Academic Programs: Various summer programs for students in grades 8 -12 will be conducted throughout Europe. For more information, call 800-828-8349 or visit www.oxbridgeprograms.com
- Georgetown University: Summer classes for high school students are offered during several summer sessions. For more information, visit scs.georgetown.edu/dcsummerclasses.
- Phillip Exeter Academy: New Hampshire summer programs will be offered in academics, fine arts, athletics, and test prep from July 3 – August 6. Call 800-828-4325 or go to www.exeter.edu/summer.
- Otis College of Art and Design: Summer of Art is an intensive four-week, pre-college program for students ages 15 and older conducted in Los Angeles. Visit www.otis.edu/soa or call 800-527-OTIS.
- United States Military Academy: Summer Leaders Seminar 2011 will be conducted in West Point, New York. For more information, go to www.admissions.usma.edu and click on Summer Leaders Seminar at West Point.
- Princeton University: Eleventh grade students are invited to apply for an all-expense paid summer journalism program. Visit: <http://www.princeton.edu/sjp/> for more information and to apply.
- University of Georgia: Summer programs for high school students are offered in various disciplines, including animal science, plant science, journalism, business, and test prep. For more information, visit: https://www.admissions.uga.edu/article/precollegiate_programs.html
- Clemson University: Science and academic enrichment programs are offered during several summer sessions for rising 7th – 12th graders. Go to: <http://www.clemson.edu/summer/summer-science/> for more information and to apply.
- Emory University: Rising juniors and seniors are invited to apply for Emory's Pre-College Summer Programs.

Arts and Entertainment

Fine Arts Recap



Around Town:

The **SGHS Marching Band** and the **Blue ICE Step team** participated in the MLK celebration and parade in Lawrenceville and did a fabulous job representing South Gwinnett!

The **South Dance Alliance** presented "An Unexpected Journey", choreographed by the South Dance Alliance Performing Ensemble on Friday, January 28th @ 7:30pm. Pieces were choreographed by : **Jorge Castillo. Chelsia Dixon, Lea Nelson, Destyn'ee Brooks, Nia Bentham, Jackie Adkins-Marshall, Elly Olinger, Samantha Scavella, Princess Burton, and Ernecia Maccius.**



Coming Soon: "Saturday School: The Musical" brought to you by the Drama Department

Congratulations to Joseph Johnson, Alexis Gaymon, Dorian Robinson, Eyoury Body, Dameon D. Daswell, Sade Thomas, Jareyl Slate, Lance McNair, Rachel Gaymon, Kennedy Richards, Montreal Perry, Ricardo Holmes, Nia Bentham and Michael Keys for making the cast!

SCIENCE CREDIT RECOVERY BIOLOGY, CHEMISTRY, PHYSICS

South Gwinnett High School will be offering credit recovery again this semester for all students who were not successful in Biology, Chemistry, or Physics. Credit Recovery is an after school program offered to students at South Gwinnett High School who were not successful the first time they took their science course. To be eligible to take the after school class the student must have scored between a 60-69 percent the first time taking the class. The cost of the class will be \$100.00 paid to South Gwinnett Community School before the class starts. Applications can be picked up from the science teacher or at the main office in the commons area.

The students will need to be responsible for showing up to class on time and staying for the entire class. The classes will be held from 2:45-4:45 on the days listed. The student may not miss more than 3 hours of the class to receive the credit. Tardy to class counts as missed time. The students need to be motivated and self directed to be successful in these classes. The AKS objectives will be identified for each student. Students will be expected to follow all rules as outlined in the Gwinnett County Student/Parent Disciplinary Handbook and the South Gwinnett student agenda book. Any disciplinary problems will be asked to leave the class and this will count as an absence for the student.

An average of 70 percent or above will receive credit for the course taken, and receive a separate grade for the course. **The credit recovery grade does not replace the original failing grade; it counts as an additional grade.**

Students' grades will consist of:

❖ Grades

- Passing cumulative exam for each unit
- Passing the cumulative Final Exam (Biology 2nd semester will need to take the EOCT)

❖ TIME: 2:45- 4:45

❖ DATES:

1ST SEMESTER

Tues., Wed., Thurs - February 1,2,3

Tues., Wed., Thurs. - February 8,9,10

Tues., Wed., Thurs. - February 15,16,17

Tues., Wed., Thurs - February 22,23,24

2ND SEMESTER

Tues., Wed., Thurs. – March 8,9,10

Tues., Wed., Thurs. - March 15,16,17

Tues., Wed. Thurs - March 22,23,24

Tues., Wed Thurs - March 29,30,31

If you have any questions about Credit Recovery, please contact your student's science teacher.

Science Credit Recovery - Application
Please Print All Information

Student Name _____ **Student ID** _____

Parent(s) Name(1) _____ **(2)** _____

Address _____

Phone Number(s) _____

Email Address(es) _____

Course (Check One)

- Biology 1st semester- February**
- Chemistry 1st semester- February**
- Physics 1st semester- February**

- Biology 2nd semester- March**
- Chemistry 2nd semester- March**
- Physics 2nd semester- March**

Grade made first time taken _____

I have read the information for this program and understand its contents.

Parent signature _____

Office Use Only Please give Money to Mrs. Carol M. Smith room D114

Teacher Signature _____

Payment Type **Cash** _____ **Check #** _____ **Money Order** _____

On January 5th, 2011, SGHS held their annual school science fair. The following students won first place awards and will be representing South at the county science fair:

- Sarah Lawley
- Ivy Stokes
- Chris Hodges
- Alexander Trotter and Chanice Alexander
- Shakori Fletcher and Ryan Forston
- Stacia Burke and Wayne Issacs

Second Place awards went to:

- Liz Burghaus
- Stella Belonwu and Melissa Bishop
- Danyelle Wilson and Victoria West
- Alex Mocuta and Autumn Huston

Third place awards went to:

- Malnie Bhoodai and Jalea Hunt
- Kelly Geary and Kelsey Austin
- Danielle Reid and Makila St.Luce
- Jared Hopkins and Jasmin Fields



FCCLA made and delivered baked goods to local fire station.

FCCLA in coordination with the Family and Consumer Science classes collected canned goods for the Southeast Food Co-op in Snellville. They are also collecting canned goods in December as well.

Family and Consumer Science classes held annual Thanksgiving feast in each of the five classes. Students used their culinary skills and all brought in home cooked items to share and enjoy. Mr. Hunter and Billy Ray (principal for the day) attended the feast as well. Each student invited one teacher to attend also.

FCCLA took 24 students to visit Le Cordon Bleu culinary school on November 18th. Students enjoyed a tour of the facilities, demo from a chef and the field trip ended with students sitting down to a 3 course meal prepared by chefs in training.

Testing, Testing, 123

The Georgia High School
Writing Re-Test is
February 23, 2011.

Attention to all Sophomore students interested in becoming a member of the South Gwinnett High School 2011-2012 Gwinnett Student Leadership Team. Applications are available now. Requirements to Apply: 10th grade students only, GPA 3.0 or above, Club & Community Service Experience preferred

Applications can be picked up at Mrs. Lee's office in C200, and are due back by *February 21, 2011* or see the following page.

South Gwinnett High School
2011-2012 Gwinnett Student Leadership Team Application
Requirements to Apply: 10th grade students only; GPA 3.0 or above;
Club & Community Service Experience preferred

Please print legibly or type. Applications due to Mrs. Lee in room C200 by *February 21, 2011*
*****Please provide a photo of yourself with the completed application*****

Student:
Name: _____

Address: _____

Home Phone: _____ **Cell Phone:** _____

E-mail Address: _____

Parent or Guardian:
Name: _____

Address: _____

Telephone: (Home) _____ (Cell) _____

E-mail: _____

Student Information (A-D, must be typed):






- A. List extracurricular activities in which you are involved (school, church, etc.). List all community service excluding school activities.
- B. Briefly describe yourself in a short paragraph.
- C. Please attach to this application a short essay on "The Importance of Youth Leadership." Your essay should be completely developed (approximately one double-spaced typewritten page).
- D. Briefly describe the role student leadership should play in the continuous improvement of a school.
- E. Provide one teacher recommendation focused on your communication and leadership skills.

As an applicant for the Gwinnett Student Leadership Team, I understand my selection encompasses a commitment on my behalf to attend all student leadership activities and events. If selected, I understand I am a representative of Gwinnett County Public Schools or Buford City Schools and the Gwinnett Community. I will conduct myself in an appropriate manner and represent the high standards of the Gwinnett Student Leadership Team.

Student's Signature **Date** _____
Parent's Signature **Date**

Parent's Signature **Date** _____
Principal's Signature **Date**

CLUBS and ORGANIZATIONS

MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY
Feb. 7	Feb. 8	Feb. 9	Feb. 10	Feb. 11
<p>KRAZY SOCKS DAY LET'S GET WILD WITH FBLA, AND SHOW OFF YOUR CRAZY SOCKS!!!</p> 	<p>Baking in the FCS Lab</p> 	<p>Dress for Success</p>  <p>Stop by and see Ms. Haynes to qualify for a free lunch on Friday.</p>	<p>Teacher/SGHS Club Appreciation Day</p> 	<p>Member Appreciation Day Members who Dressed for Success on Wednesday *and saw Mrs. Haynes* get a Chick-fil-a Lunch today!</p> 

FEBRUARY 7 – 11 is FBLA Week!



Congratulations to South Gwinnett FBLA students. They did OUTSTANDING at the FBLA Region Competition on January 26 with 6 - 1st place finishes, 1 – 2nd place finish, and 12 qualifying for State!!

Place	Student Name(s)	Competition	State Qualifier?
1 st	Stacia Burke	Job Interview	X
1 st	Shakori Fletcher	Impromptu Speaking	X
1 st	Kyle Likely	Personal Finance	X
1 st	Tiffany McNeish (Individual)	Global Business	X
1 st	Stacia Burke and Tiffany McNeish (Team)	Global Business	X
1 st	DeJaun Lillie (Individual)	Management Decision Making	X
2 nd	Sonya Phillips-Frazier	Client Service	X
5 th	LeAnn Hunter	Intro Business Communication	X
5 th	Damir Ljubuskic and Hieu Nguyen	Global Business	
5 th	Whitney Serebour, DeJaun Lillie, and Akilah Frazier	Management Decision Making	
6 th	Shakori Fletcher	Business Communications	X
9 th	Erika Galdamez	Business Calculations	X
9 th	Natalie Varkey	Intro to Business Communication	X
14 th	Xavier Grant	Personal Finance	X

ATTENTION!

Homeless teens are in need of gently used jeans. Our students have contributed over 100 pair in our month long drive. Shiloh has contributed over 1,000 pair! We can give more!

DECA is collecting slightly used jeans through the end of next week. Students can drop them by Mr. Allen's classroom or the school store between now and the end of next week. For every pair dropped off, you will receive a coupon for 25% off a pair of Aeropostale jeans.



CLUBS and ORGANIZATIONS



SGHS



International Festival and Bazaar

March 12, 2011

3pm – 7pm

*Calling all dancers, singers,
International Costume models and Vendors*

African, Jamaican, Ethiopian, Indian, Spanish, Irish, Japanese, Chinese and all other ethnicities
and cultures are invited to participate in our

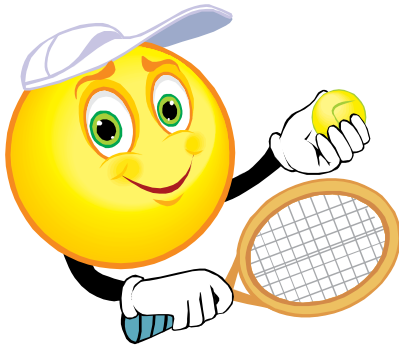
3rd Annual International Festival and Bazaar

*Informational meeting on
February 3, 2011,
2:30pm in D313.*



SPORTS

Congrats to the following for making the 2011 tennis team:



Castillo	Jared
Pepe	Emirami
Thalos	Isaac
Tseng	Jasper
George	Jaibu
Duty	Keaton
Sowell	Jamell
Freeland	Tyler
Douglas	Asinia

The Boys tennis team needs a couple more players for this season. *Any guy interested see Dr. Logging or Mr. Day*

Last Name	First Name	
Bartelmez	Mariah	
Pena	Jacqueline	
Rohrer	Claire	
VanDeCruze	Aaliyah	
Edwards	Jasmine	
Oakley	Danisha	
Griggs	Briana	
Fletcher	Shakori	
Vasquez	Daniela	
Burghaus	Liz	
Ceracero	Myra	
Tappin	Tashina	
Brown	Brealle	
Brown	Paige	
Sinclair	Richeda	
Blake	Lauren---	See Loggins in A122
Farquharson	Asante---	See Loggins in A122

College Bound Athletes



On Wednesday, Feb. 2, the following Students-Athletes signed with the following schools:

- Kent Rollins – Air Force Academy**
- Edward Muldrow – University of South Carolina**
- Adrian Ranson – The Citadel**
- Richard Shankle – Georgetown University**
- Kevin Gary – Georgia Military College**
- Tryheme Mitchell – State University of West Georgia**
- Trevon Walker – Iowa Western Community College**
- Aaron Wimberly - Iowa Western Community College**
- Joe Hillin - Mars Hill**

Swim and Dive...

The Boys swim team has their first state qualifying relay team in six years. Senior Malik Phillips, junior Keaton Batye, and sophomores Chas Reid and Jamon Stephens qualified for the state swim championships in the 200 yard Freestyle Relay. They will compete at the state meet in February at the Georgia Tech Aquatic Center.

Also, South Gwinnett's county qualifying swim team includes:

Boys Team

Keaton Batye - qualified in 50 Free, 100 Free, 100 Fly, 200 Free, 200 IM, 100 Back, 200 Medley Relay, 200 Free Relay, 400 Free Relay

Malik Phillips - qualified in 50 Free, 100 Free, 100 Fly, 200 Medley Relay, 200 Free Relay, 400 Free Relay

Chas Reid - qualified in 50 Free, 100 Free, 200 Free, 200 IM, 100 Back, 200 Medley Relay, 200 Free Relay, 400 Free Relay

Jamon Stephens - qualified in 200 Medley Relay, 200 Free Relay, 400 Free Relay

Abe Thalos - qualified in 200 Medley Relay, 200 Free Relay, 400 Free Relay

Henry Moore - qualified in 200 Medley Relay, 200 Free Relay, 400 Free Relay

Lincoln Jacobs - qualified in 200 Medley Relay, 200 Free Relay, 400 Free Relay

Jasper Tsent - qualified in 200 Medley Relay, 200 Free Relay, 400 Free Relay

Girls Team

Kaleigh Gross - qualified in 50 Free, 200 Medley Relay, 200 Free Relay, 400 Free Relay

Olivia Olson - qualified in Diving

Cidney Riley - qualified in Diving

Dezirae Cooper - qualified in 200 Medley Relay, 200 Free Relay, 400 Free Relay

Karly Rutledge - qualified in 200 Medley Relay, 200 Free Relay, 400 Free Relay

Savannah Newman - qualified in 200 Medley Relay, 200 Free Relay, 400 Free Relay

Sherane Barnett - qualified in 200 Medley Relay, 200 Free Relay, 400 Free Relay

Sakeema Freeman - qualified in 200 Medley Relay, 200 Free Relay, 400 Free Relay

Jazmine Massey - qualified in 200 Medley Relay, 200 Free Relay, 400 Free Relay

Briana Griggs - qualified in 200 Medley Relay, 200 Free Relay, 400 Free Relay



The county swim championships were held 1/26 - 1/29 at the West Gwinnett Aquatic Center.

News from County Championships.

Boys swam their preliminary round on Thursday, Jan. 27. Chas Reid and Keaton Batye qualified for the finals round in the 50 and 100 yard freestyle events. Keaton Batye qualified for the State Championship meet in the 100 yard Freestyle with a time of 51.63. The 200 Medley Relay, the 200 Freestyle Relay, and the 400 Freestyle Relay teams for both boys and girls qualified for the Finals round on Saturday, January 29.

The boys 200 and 400 yard relay team of Chas Reid, Malik Phillips, Jamon Stephens, and Keaton Batye also qualified for the State Championships in both events. The 200 Free relay swam a personal best time of 1:38.43 and the 400 Relay swam a personal best time of 3:42.34.

The State Championships will be held Friday, February 11 at the Georgia Tech Aquatic Center from 9am - 1pm.

***CHECK OUT THE SWIM TEAM IN THE GWINNETT DAILY POST:

http://www.gwinnettdaily.com/sports/headlines/Work_pays_off_for_improving_South_Gwinnett_swimmers_115684834.html

DO YOU HAVE SCHOOL SPIRIT?

Be a Comet CHEERLEADER TRYOUT

Informational Meeting

Wednesday,
March 2, 2011

7:00pm

Commons



A parent must attend with you.

2011 Yearbook

**FINAL
CHANCE**

www.sghsyearbook.com

- Order your 2011 yearbook
- Upload pictures to go into the book Find out important senior information



I WANT TO GIVE A SHOUT-OUT TO...

What is a shout-out?

A short message (150 characters—same as a text).

They are less expensive than a senior ad, but just as permanent.

You can give one to ANYONE in the South community—students, teachers, coach, etc.

1 Shout-out =\$15
Add a picture for \$10

ORDER YOUR YEARBOOK

If you wait until May to purchase your yearbook, it will be TOO late! This year yearbooks will only be available to those who order those beforehand. Go to www.yearbook.com to place your order with a credit card, or stop by **10.241** with cash or check (payable to SGHS). Yearbook prices are:

\$75

ORDER YOUR BOOK NOW TO RESERVE A COPY! DON'T WAIT UNTIL BOOKS ARRIVE, OR YOU WILL NOT GET ONE!!!

SENIOR AD DEADLINE

Surprise your son, daughter, grandchild, or loved one by putting a senior ad for them in the 2010-2011 yearbook.

Wish them good luck. Pass on pearls of wisdom. Tell them how proud you are. Or embarrass them with baby pictures...anything you like. **However you show your love, they'll be sure to remember the message for the rest of their lives!**

**Last Chance DEADLINE is
FEBRUARY 11**

The Cometa Senior Ad Order Form

ORDER EARLY! Ads are accepted on a "first come first serve" basis. When all space is filled, no further ads can be accepted even if they are received before the final production deadline.

STEP 2: AD SIZE and DESIGN View designs at WWW.SGHSYEARBOOK.COM

AD SIZE	Final Deadline Price	Design # (please circle)		
Full page	\$400	A	B	C
1/2 page	\$225	A	B	C
1/4 page	\$150	A	B	C
1/8 page	\$125	A	B	C

STEP 1: CONTACT INFORMATION:

Student Name: _____ Student ID #: _____

Parent/Purchaser's Name: _____

Contact Number: _____ Is this a surprise for the student? ___ Yes ___ No

Email: _____

STEP 3: Submit your Ad

Ads can be accepted in one of the following ways:

- Online – Upload your pictures and submit your text at the Yearbook website: www.sghsyearbook.com (Your ad will not be processed until your payment is submitted)
- In-person - Bring all materials starting to 10.241 or stop by the lunch table on Friday
- Payment – cash, money order or check made payable to **SGHS** (note "senior ad" in the memo section)

Ad orders will not be processed until all materials are submitted. We cannot reserve space

Ad Tips:

- For uniformity purposes, all ads purchased must use one of our pre-designed templates. NO EXCEPTIONS! Home designs or collages will not be accepted
- Pictures cannot contain cups, drug/tobacco products, swimsuits after the age of 12 or naked babies.
- Do not send copyrighted pictures.
- If you are not submitting your text online, please TYPE it and ATTACH it to this form.
- We take great care to return all pictures, however, mishaps do occur even at plant, so please do not send irreplaceable pictures.
- Please contact the yearbook adviser Ms. Martin with any comments or concerns at dara_martin@gwinnett.k12.ga.us or visit the yearbook website and fill out the contact form at www.sghsyearbook.com
- The Cometa Yearbook staff reserves the right to refuse publishing for senior ads that do not
- adhere to the guidelines above. In which case, payment & artwork will be returned
- Senior Ads may be hand delivered to the main office or mailed to the following address:

South Gwinnett High School, YEARBOOK OFFICE, 2288 East Main Street, Snellville, GA 30078

Order acknowledgement will be sent upon receipt of ad. Thank you for your support!

NEAT Fact Sheet

"Indoor exercising: How to stay warm in the winter"



- **Exercise recommendation:**
 - At minimum, do moderately intense activity 30 mins/day most days of the week
 - Vigorous exercise may increase health benefits
- To lose weight or maintain weight loss, 60-90 minutes of exercise is necessary.
- The 30 minute recommendation is for the average adult to maintain health and reduce the risk for chronic disease.
- The Dietary Guidelines for Americans recommends that **children engage in at least 60 minutes of physical activity on most days of the week** (can be in 15 minute intervals).

Common Indoor Exercises with calories burned per hour

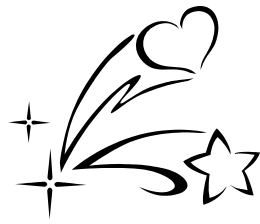
ACTIVITY	100lb	125lb	150lb	175lb	200lb
Circuit Training (push ups, sit-ups, crunches)	384	480	576	672	768
Dancing	264	330	396	462	528
High Impact Aerobics	336	420	504	588	672
House Cleaning	159	199	239	279	318
Jump Rope	480	600	720	840	960
Jumping Jacks (moderate calisthenics)	216	270	324	378	432
Low Impact Aerobics	264	330	396	462	528
Walking (13min/mile)	240	300	360	420	480
Walking upstairs	363	454	545	635	726

Benefits of exercise:

- improves self-esteem and feelings of well-being; reduces feelings of depression and anxiety
- helps build and maintain bones, muscles, and joints
- builds endurance and muscle strength
- enhances flexibility and posture, helps manage weight
- lowers risk of heart disease, colon cancer, and type 2 diabetes
- helps control blood pressure

Don't forget to stay hydrated. It is recommended that you drink water every 15 minutes during exercise!

Parent's Night Out



Keep the romance alive!
Celebrate Valentine's!

February 12, 2011

at

South Gwinnett High School

Commons Area

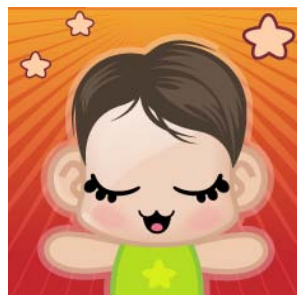
From 6pm – 10pm

For Ages 3 – 11

Drop off your child(ren) for \$10 each and
Go out and celebrate!!!

Sponsored by SGHS Beta Club

Fill out form on back, RSVP, and bring with you on Feb. 12.



Parents Night Out Information Sheet

Mom Name _____

Dad Name _____

Phone that you can be reached on Feb. 12. _____

Name of Child 1 _____ Age _____

Comments _____

Name of Child 2 _____ Age _____

Comments _____

Name of Child 3 _____ Age _____

Comments _____

Emergency Name _____

Emergency Phone Number _____

Health Insurance _____

Policy number _____ Group _____

Please call 770-845-7286 to RSVP or email donnaker2004@gmail.com and bring this form with you on February 12, 2011

I (We) understand that SGHS Beta Club will make all attempts to ensure safety and well being of my child. Unforeseen acts of God and minor accidents will not be held against the SGHS Beta Club, the sponsors, school or system.

Signature

Date

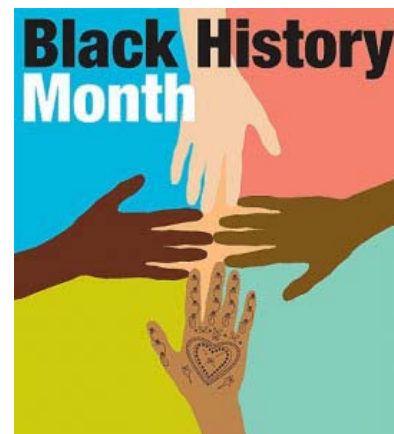
Signature

Date

February is...

Students and Faculty are invited to participate in the many activities that are going on this month

MORNING ANNOUNCEMENTS: Beginning Feb. 1st, students will read short summaries of notable African-American in science, literature, politics, and notable African-American youths during Planet South's announcements. School-wide trivia contest will tie in with this information.



GUEST SPEAKERS: Community and civic guest speakers will be available throughout the month of February to speak to individual classes and in the Theater.

- *A.B.Y.S.S. – Poet (February 7, 2011 Theater – 3rd period)* Abyss received a Peabody Award for his appearance on the HBO Def Poetry the “original series” season I, and returned to star on season 5 of HBO Def Poetry. He’s a published author, musician, activist, motivational speaker, songwriter, actor, mentor, etc.
- Ms. Sonja Frazier – Avon Representative (February 16th, 2011 – 4th Period) Presenting: The Skin I’m In. Ms. Frazier will speak to young ladies at South on embracing their inner and outer beauty. She will explain what it really means to “act like a lady.” Ms. Phillips will sprinkle in information on her own life and professional experiences. Several students will be given facials/makeovers. All “young ladies” in attendance will receive “free” Avon makeup products compliments of BH Committee/sponsors.
- Ryan Kilgore – Jazz Performer (Theater – Date/Period TBA) Saxophonist Ryan Kilgore, a fourth generation sax player from Atlanta, Georgia. Following a successful run performing with Tyler Perry’s “The Marriage Counselor”, Ryan is currently touring with musical icon Stevie Wonder on Stevie’s first world tour in 15 years. A native of Atlanta, Ryan attended Clark Atlanta University where he was a proud member of Phi Mu Alpha Sinfonia Fraternity of America Inc. You can catch Ryan on Stevie Wonder's new DVD entitled "Live At Last". Ryan will also be releasing his first solo project, entitled "Conversation With Love", this Spring, 2009.
- Mr. Ernie Suggs – AJC Reporter (Date (TBA)) **Ernie Suggs** is a Nieman Fellow at Harvard University. He is also a race and civil rights reporter for the *Atlanta Journal-Constitution*. A graduate of North Carolina Central University, he has worked at the AJC for the past 11 years
- Dr. Paul Harvey Internal Medicine Date/Period (TBA) Dr. Paul Harvey is one of Atlanta’s finest Internal Medicine specialists. Dr. Harvey has been practicing medicine since the age of 32. He is currently affiliated with Emory Hospital and is lead physician of his own practice. Dr. Harvey will share his educational and professional experiences with our students.

BLACK CINEMA: Two-day school-wide showing of various African-American documentaries or movies. Our 2011 selections: “Gifted Hands” and “Finding Oprah’s Roots/Dr. Henry Louis Gates”-(Genealogy subject matter)

ESSAY/POETRY CONTEST: BLACK HISTORY MONTH ESSAY AND POETRY CONTEST

Theme: Prominent African-Americans \$50.00 for essay winner; \$50.00 for poetry winner.

*Winners will recite the selection during in-school performance.

Media Center Activities:

- *School-wide showing PBS BH Month Programs
- *Writing Contest
- *Puzzle



Mark Your Calendar

FEBRUARY

- 7-11 FBLA Week
- 10 Junior Meeting for students and their parents conducted by the counselors (7am-8am)
- 11 Basketball vs. Brookwood (Home – Senior Night)
- 12 South will compete in the county-wide Reader’s Rally at Berkmar High School
Parents Night Out sponsored by the Beta Club (see flyer inside for more details)
Blue Ice Step team competition at Clark Atlanta University
- 14-18 “Sweets Week” (lunch bake sale) hosted by The Myriad
- 15 Poetry Out Loud school-wide competition
Junior Meeting for students and their parents conducted by the counselors (6pm-7pm)
Soccer at Mill Creek
- 18 Baseball vs. North Gwinnett (Home)
- 22 Soccer vs Meadowcreek (Home)
- 23 SGHS presents “A Michael Jackson Tribute” and “Lean on Me” during all lunches
Baseball at Providence
- 25 Annual School TALENT SHOW
9th Baseball vs. Monroe (Home)
Soccer at West Forsyth
- 26 Blue Ice Step team competition at Fayette High School
- 28 Miss Freshman Pageant
JV Baseball at Salem

Looking Ahead: Prom is April 30 at the Hyatt Regency in downtown Atlanta. Juniors and Seniors who plan to attend need to make sure they paid their Junior Dues. If you have not paid these dues yet, they are \$90 through the end of March. See Mr. Nice in Room C106 if you have any questions.

