



The Advocate

Official Newsletter of the St. Petersburg High School International Baccalaureate Program *Winter 2014*

IB Booster Board Annual General Meeting/Elections

WHEN: Tuesday, April 8, at 6:00 p.m. **WHERE:** SPHS Little Theatre **WHO:** ALL IB Parents!

The IB Booster Board, the parent volunteer organization that supports our IB Program, needs you!

Come out and run or vote for the 2014-15 IB Booster Executive Board. All IB Booster members can run and vote for office, and you can sign up/renew your membership at the meeting if needed. Elected Officers must commit to one year of service starting July 1st.

With many officers and committee heads being parents of seniors, we are actively seeking to fill the positions of President, Vice President, and Communications and Proctoring committee chairs for next year. Below are the officer positions and their responsibilities:

President

Prepares agenda and runs the IB Booster Board and General Membership Meetings; assigns Treasurer to complete an annual audit of the finances; and has signature authority for IB Booster bank account.

Vice President

Recruits and manages IB Booster Membership; assists President with Booster meetings and activities;

assumes role of President in his/her absence; and has signature authority for IB Booster bank account.

Secretary

Keeps accurate records and minutes of all meetings of the Booster Board and general membership; prepares minutes of the meeting which are available to all members; and conducts any correspondence or official business of the Booster Organization.

Treasurer

Creates and maintains an auditable set of financial records; provides monthly financial reports to IB Booster Board; and has signature authority for IB Booster bank account. The Treasurer (or his/her designee) also attends the annual insurance workshop and files annual insurance with the President and an annual Florida Corporation report. At the end of the school year, the Treasurer conducts an annual audit of the bank account and provides an annual report to the Executive Board, IB Coordinator and Principal of SPHS.

Non-Elected Board Members (Committee Chairpersons)

- Communications Open
- Hospitality Cindee Connon
- Graduation Celebration Julie DelVecchio
- Proctoring..... Open
- Pinning Dena Minning

If you are interested in running for any of these positions or serving as a committee chair, please contact Susan Farias at farriass@pcsb.org before April 3, 2014, and your name will be added to the ballot. You must be an IB Booster member to run for office or serve as a committee chair.

By getting involved, you will get an opportunity to connect with other IB parents, the IB teachers and administrators, and create your own memories of your student's high school years. Your student will be gone before you know it, and volunteering will help keep you connected, so please join us!

First Semester Disappointing? Resources Abound to Help You Reach Success!

By the time you're reading this either you, the student; or your child, if you are a parent, has made it through the first semester of the 2013-14 IB school year. With the first half of the proverbial "war" in the books, it's time to check for wounds and engage in a moment or two of triage, laying out the best plan of action to vanquish the enemy that still lies ahead: spring semester (and unless this is the senior year, more battles beyond this one). During this short period of voluntary self-reflection, or perhaps less "voluntary" and more "outside motivated" (possibly driven by a strongly worded probationary letter from the IB office, a scolding from an impassioned teacher, or a threat to take away social media by a parent) many musings will come to mind as to how to improve upon whatever the outcome of the first semester was. The thing about these flights of fantasy is that often they will never manifest into action or purposeful decisions; instead, many of the best laid plans to improve upon the works of the past become "should've's" or "could've's." But, it does not have to be this way, and in reality, with the resources available it certainly should never be this way.

One of the best ways to ensure the highest chance of mediocrity and lackluster results is to take a reactionary, "wait-and-see" approach. This affliction is oft most prevalent in the freshmen, as they come in as the former "big fish" expecting to produce the same results here during the Pre-DP years as they had in middle school while offering only that same level of effort. By now, however, the reality has set in for most 9th graders that this is far from being true, yet there is a prevailing behavioral pattern that has emerged that if the struggling students just read a little more or

study a little longer everything will get better. Essentially, these two practices are simply doing more of the same (see Einstein's thoughts on this) and at some point the law of diminishing returns sets in, leading to a much decreased return on the investment. For some of the 9th graders, by the time they truly realize this it is too late, leading to their exodus from the program.

Leaving the program due to a lack of success never needs to be the case; the only time that students in the infancy of their IB tenure should withdraw is based on IB not being the right fit for them. One of the predominant reasons that the former is true is premised on the new schedule model incorporated here. This meticulously cultivated schedule was forged with many factors considered; and at, or near, the top of the list was increased student performance. Though there are certainly some inherent limitations tied to the ability to truly take full advantage of the schedule during the 9th and 10th grade years, the schedule does afford students at this highly impressionable stage of their academic journey the opportunity to seek out additional support from their teachers on a level that has previously been unheard of at this school, largely based on the restrictive nature of the traditional schedule that had been in place prior. As teachers feel less burdened in the day-to-day, the efficiency level that they are able to bring heightens as does their ability to offer additional support outside of the specified classroom meeting time.

The benefits of this schedule certainly do not stop at the ripple-effect created by decreased teacher stress, but rather, they just begin at this point. During the CTSS block (which is available to

Pre-DP students once each rotation, twice for DP candidates), the classes are interspersed with students of all grades, which, if an industrious young student wants to take full advantage, has a buffet of students to provide assistance to the difficulties that he or she may be facing. Additionally, during these CTSS blocks, teachers lead students in spirited TOK-focused discussions which help stimulate the cognitive process which provides more thoughtful responses to the work produced during that class time.

Moving past the benefits most relevant to underclassmen, we arrive at perhaps the largest benefit of the schedule, and certainly one of the most underutilized: the ability for a student to attend another course. Students are able pre-sit a class that is going to be missed for any reason. If the course lines up exactly with a CTSS, then it is a simple matter of clearing that with both teachers (the CTSS instructor and the teacher of the class to be pre-sat). However, the options are not this limited, as there is the ability to do a three-class move with relative ease. This fraction of a Rubik's cube is readily available but mostly remains untouched by the student body.

What has an even larger untapped potential for students to find success where they may otherwise find difficulty and stress is the option to re-sit a class. Often students don't know what they don't know until it's too late. Realizing that the former statement sounds somewhat tautological, if the initial conundrum of the "reactionary approach" to improving one's academics is considered, then the idea takes a more tangible shape. When a student listens to an in-class lecture, the gravity of that content is often not fully embraced even when the student

believes that she has a full grasp of the material. This can easily be checked if the student goes home and reviews the notes taken for that day. If the material then resembles Klingon more than it does English (or Spanish/French in a foreign language course), then the scholarly youth can easily arrange to re-sit the course and be able to focus on filling in the holes and the cognitive reflection of the content without having to worry about writing down the voluminous material—having done that during the original sitting.

Thus far the schedule, increased faculty access, and interactions with IB classmates have been expounded upon as avenues to strengthen the academics of students here. However, the one thing that has been the root factor for success, and will remain that catalyst, is the student himself. Being proactive means doing more than feigning passion and commitment; it means sending e-mails, asking questions (even if that means “standing out”), following up with instructors, taking advantage of extending learning

opportunities, and seizing the chance to work with strong classmates among other things, but, above all . . . above all, being proactive means embracing the belief that directed, efficient time invested into academics early, and often, is exponentially more valuable than the same time invested down the road as a reaction to an outcome or obstacle.

Todd Maxwell
IB History faculty

Student Achievement



IB Senior Yuri Couto, a percussionist, was selected to participate in the prestigious U.S. Army All-American Band that performed during halftime of the U.S. Army All-American Bowl on January 4 at the Alamodome in San Antonio, Texas. Only 125 band members from across the country are selected for this honor.

The U.S. Army All-American Bowl is the premier high school football game in the nation, and the selection to participate in the game’s band is a yearlong process. The band members, who are all seniors, are nominated by their band directors during their junior year. They must then submit an

online application and several videos that demonstrate their musical and marching ability.

A video of the band’s halftime performance and an interview featuring Yuri may be viewed at the following links:

www.youtube.com/watch?v=HwhOIW17dfQ

www.youtube.com/watch?v=YbXwZmKEzG4

IB Seniors Adela Lillolari and Noor Tasnim have been named semifinalists for the Barnes Scholarship awarded by the *Tampa Bay Times*. A Barnes

Scholarship is worth up to \$60,000 over four years of study at an accredited U.S. college or university. Each year, up to four winners are selected from applicants who are high academic achievers and have overcome significant obstacles.

IB Juniors Shayn McClellan and Adam Torres and **IB Sophomore Nathan Huynh** had their artwork selected for exhibition in the Pinellas County Schools Administration Building Annual Art Exhibition in November. Additionally, the following IB students had work selected for the annual Scholastics Art and Writing Awards Exhibition, which will be on February 11 from 6:30 p.m. – 8:30 p.m. at Gibbs High School:

IB Sophomore Tiya Chounlamountry – Honorable Mention, *Jacqueline Frost*

IB Junior Erika Riffe - Honorable Mention, *Cold Shoulder*

IB Junior Kayla Shirley - Honorable Mention, *The Recurring Path*

Club and Sports Activities

Debate: Two SPHS debaters qualified for the National Forensic League’s national tournament in June at the Student Congress regional qualifying tournament in November. **IB Sophomore Sam Joyce** and **IB Senior Saagar Gupta** took first and second place in the Senate chamber, locking up bids. Additionally, **IB Senior Ben Connelly** and **IB Sophomore Kevin Solomon** each finished third in their House chambers, making them second alternates for the national tournament. Only the top two Senate finishers and the top finisher in each House receive bids.

February will be a very busy month for the Green Devils as they compete in qualifiers for the Catholic Forensic League’s national tournament. Also, several debaters will be making the trip to Boston for the Harvard Invitational over Presidents’ Day weekend.

Goldfever 2014: On Friday, January 10th, many IB students put away the books and put on their dancing shoes for the annual Goldfever lip synching/dancing competition among SPHS clubs. The club teams put many hours into the choreography and dance routines, with the Drama Club taking this year’s top prize. See a mini documentary about Goldfever on You Tube, “SPHS Goldfever 2104 Mini Mini Documentary.” The link is available on IB Boosters Facebook group page.

Cross Country: The cross country teams had another successful season, with the girls’ team finishing 4th overall in the city championship, 7th overall in the county, and 5th overall in their district. The boys’ team was strong as well, finishing 2nd overall in the city championship, 3rd overall in county, 4th overall in the district, and 6th overall in the regional. The boys’ team qualified for the state meet for the second straight year, where they finished 22nd. Members of the boys’ team included **IB Senior Declan Abernethy**, who also received honorable mention all county honors.

Thespians: SPHS Thespians did an outstanding job during the three-day District Thespian Competition in December. Over 50 students competed in the festival in over 27 individual events, including auditions for scholarships. All three SPHS entries for solo musical won superior ratings, the highest that can be received.

IB Senior Anna Tobin was selected as Critic’s Choice (Best in Show) in Solo Musical for the second year in a row, and she received a \$1,000 Florida State Thespian Scholarship. **IB Junior Meghan Cashmore** also received Critic’s Choice for costume construction.

Evan Snyder won a place in the All-Star Cast for his outstanding performance in SPHS’s competition one act, “Pugilist” an award winning play written by SPHS and IB alumnus Zack Hartman. Honorable Mention Awards for second place overall were given to **IB Sophomore Tucker DeGregory** and Asianna Williams in Dance, **IB Junior Amanda Sherwin** in Dance, and Joey Evans in Student Directed Scene.

In addition, SPHS Thespians garnered the following Superior (First Place) and Excellent (Second Place) marks in their division:

SUPERIOR:

- Solo Musical:*Paige Crockett*, Trenton Sweigart*◇, Anna Tobin*◇
- Duet Musical:* Anna Tobin*, Trenton Sweigart*
- Monologues:* Lara McCallister*◇
- Ensemble Scene*◇: Tucker Degregory*, Lara McCallister*, Sara Cappelli
- Student Directed Scene:*Joey Evans◇
- Small Group Musical*◇:Anna Tobin*, Sarah Rooney*, Zoe Turtle*, Michelle Lynch*, Samantha Wassmer*, Connor Akers, Maude Murphy
- Publicity Design:* J.T. Hadley*◇
- Costume Construction:* Meghan Cashmore*◇
- Dance:* Tucker DeGregory* & Asianna Williams (duet), Amanda Sherwin*

EXCELLENT:

- Costume Construction:*Melissa Morgan
- Small Group Musical:*..... Anna Cappelli, Camille Torres*, Olivia Buckley*, Derek Hubler, Tucker DeGregory*, Michael Knapp, Joey Evans
- Ensemble Acting:*..... Francis Phimphivong, Derek Hubler, William Gross*, Joey Evans,
- Playwriting:*..... Caroline Ramsburg*
- Duet Musical:*Connor Akers & Nyssa Hartman*, Brett Buchert* & Maude Murphy
- Duet Acting:* Trenton Sweigart* & Michelle Lynch*
- Large Group Musical:* Anna Cappelli, Lara McCallister*, Camille Torres*, Olivia Buckley* Michelle Lynch*, Danielle Sackett*, Asianna Williams, Maude Murphy

* denotes IB student | ◇ denotes students or groups who will compete at the state festival in March

Class & CAS

Spanish: In late October, IB seniors from Sra. Torres' class visited The Dalí Museum and participated in a Spanish tour given by Sra. Risco, a former Spanish IB teacher. As a result of this visit, an additional student was recruited to be part of the Dalí Docent Program.



On December 13th, students from Sra. Torres' class observed a Day of Solidarity (El Día de la Solidaridad) after completing a unit on La Guerra Sucia in Argentina. The students learned about the missing children and their families, and later selected a Spanish country to further investigate human rights violations. Following the step of Las Madres de la Plaza de Mayo, they wore white handkerchiefs with the name of the victim they were representing. Students spread awareness of these cases throughout the school.



ITGS: A note of thanks from Carol Mathis to parents of ITGS seniors:

As our months-long Internal Assessment projects come to a close, I would like to sincerely thank the many parents who served as clients for their students. Your time commitment did not go unnoticed as many of

you provided content and photos in addition to the initial and final interviews. The websites, booklets and databases are excellent as usual; hopefully you are as pleased with the results as I am!

Psychology & CAS: IB Seniors Jennie Mason, Tien Weber, Kate Kolarova, Nick Walker, and Azmeer Khamisani are taking on the ultimate CAS perseverance challenge by spending a year studying the 108-move Yang style Tai Chi form with IB Psychology teacher Jennie Jamison. Tai Chi for CAS started when students studying a short segment of the form as a health psychology activity asked to learn the entire form and count it for CAS.

Tai Chi is a centuries-old discipline for health, relaxation, meditation, self-defense, and self-cultivation that promotes balance between body and mind through slow movements coordinated with the breath. It helps students meet CAS action and creativity requirements and targets many learning outcomes, including awareness, challenge, commitment, global values, and learning new skills. Tai Chi practice develops the IB Learner Profile attributes "balanced" for achieving well-being and "risk-taking" for exploring new roles. It also increases internationalism in SPSH's IB program.

Further, Tai Chi for CAS is a natural extension of studying psychology, as a growing body of scientific research shows that it reduces stress and improves many conditions including viruses, arthritis, heart disease, respiratory disease, anxiety, depression, obesity, diabetes, pain, balance problems, and multiple sclerosis. Tai Chi training is an internal style of training, meaning it cultivates inner energy, or chi, and moves it outward. Students analyze causes and treatments of health and mental health problems from both western and

nonwestern points of view, and with Tai Chi as a CAS activity, get a chance to see its benefits firsthand. Jennie Mason practices Tai Chi daily for stress relief and feels calmer and focused.

The hardest part of practicing Tai Chi is clearing the mind! Achieving serenity during Tai Chi practice requires effort to focus one's breathing and take the mind away from all the little things we must do each day.

Tai Chi movements take place in circular patterns representing yin and yang, coexisting opposite forces similar to day and night. Day turns into night and night turns into day. Both are necessary and represent balance, something hard for westerners to achieve. Yin and yang are everywhere and relate to all aspects of life. For example, the Internet is useful and gives us more access to information, but its overuse contributes to stress and even depression.

Ms. Jamison likes sharing something she is passionate about with students and providing an activity right after school promoting the real spirit of CAS. Tai Chi is harder than it seems, requiring the coordination of hands, feet, and breath, and she hopes students become lifelong practitioners.



IB Seniors Tien Weber, Kate Kolarova, and Jennie Mason practice Tai Chi moves.

CALENDAR

February

- Feb 17 Professional Development Day – schools closed for students
- Feb 18 Senior Celebration Committee meeting -6:30pm, Room 151
Training to be an IB Proctor – 6:30pm IB Office
- Feb 23 National College Fair 12-3pm
Tampa Convention Center
(www.nacacnet.org)
- Feb 26 Mandatory meeting for IB juniors and parents – SPHS (college information)

March

- Mar 4 End of 4th six weeks
- Mar 5 IB Sophomore parent meeting (mandatory meeting) 6pm -auditorium
- Mar 11 IB Booster Board Meeting – 6pm.
- Mar 12 Report cards distributed
- Mar 13 Mandatory parent meeting for IB Seniors & Parents – 6:00pm-Cafeteria
- Mar 18 Senior Celebration Committee meeting – 6:30pm- Room 151
IB Proctor training-6:30pm-IB Office
- Mar 20-22 Spring Musical
- Mar 24-28 Spring Holiday-school closed

April

- Apr 8 IB Booster Board Meeting 6pm- General Membership meeting 6:30pm election of new officers.
- Apr 15-16* Passover (Observance begins at sunset April 14)
- Apr 18 *Eastern Orthodox Holy Friday
*Good Friday
Professional Development Day – no school for students
- Apr 21-22 *Seventh & Eighth Day of Passover
- Apr 22 Senior Celebration Committee meeting -6:30pm- Room 151
IB Proctor training – 6:30pm-IB Office
- Apr 23 End of 5th six weeks
- Apr 26 Junior/Senior Prom - Coliseum

May

- May 1 Report cards distributed
National College Decision Day
Last day for IB seniors
- May 2 Grad Bash-Universal Studios, \$105.00 for seniors only
- May 5-16 Advance Placement exam session –various locations
- May 5-23 IB Testing session, USF – St. Pete
- May 13 IB Booster Board Meeting 6pm

- May 20 Senior Celebration Committee meeting – 6:30pm
- May 21 Senior Dinner 6pm-SPHS gym (Traditional & IB)
- May 22 Yearbook Assembly and yearbook distribution
Cap & Gown distribution
No IB exams on this date
- May 23 Last day of IB exams
- May 26 Memorial Day – schools closed
- May 27 IB Seniors return to school
Final Exams Day**One 2 hour 15 minute exam
- May 28 **Two exam periods
IB Senior Celebration at The Coliseum
- May 29 **Two exam periods
- May 30 **Two exam periods

June

- Jun 1 Commemorative Sunday-3pm, First United Methodist Church
- Jun 2 Move-Up Ceremony-auditorium
Senior Graduation meeting immediately following Move-Up
IB Freshman Award Assembly-location TBA
- Jun 3 SPHS Graduation - Tropicana Field, 7:30am
- Jun 4 Shavuot (Observance begins at sunset on June 3rd)
Last day of school for students

* **Special Observance Day**- The parent or guardian of a student who is to be absent on a designated Special Observance Day shall provide to the school, at least three (3) days prior to the absence, a signed

notice of the student's intent to be absent. The notice shall contain the name and address of the student to be absent and the date and/or time of the absence.

** **No abbreviated days for exams**

Thanks To Our Shadow Keepers!

Each year, scores of 8th graders visit the IB Program to help decide if it is right for them. Many of our freshman and sophomore students volunteer their time to serve as “Shadow Keepers,” accompanying the 8th graders through a typical IB day. This year’s Shadow Keepers are:

9th Grade: Kylie Begin, MaKayla Bender, David Buckley, Brenden Burrows, Reid Carlisle, Maranda Centeno, Wehman Cohen, Tyler Crane, Paige Crockett, Minor Denson, Hannah Deson, Kyle Fansler, Ericka Gaye, Emily Goodis, Cristen Gunn, Conlan Hale, Rachel Harvard, Jordan Hessinger, Chloe Jackson, Emery Jones, Ann Martin, Rose McCoy, Taylor McDonald, Darci McLellan, Joy Michael, Tricia Monte, Jared Peters, Hunter Poirier, Olivia Prouty, Max Rothman, David Silverberg, Caroline Stiles, Patrick Tobin, Owen Turtle, Jack Wang, James Wang, Jamia Washington,

Weston Willingham, Megan Wilgus, Emily Wilson, and Ally Zamitalo.

10th Grade: Sead Alisic, Francis Ameng, Caroline Barnett, Chloe Beaver, Amanda Bjurmark, Katie Carroll, Bailey Coats, Kasee Connon, Monica Dang, Tucker DeGregory, Peter Franzek, Julia Gaesser, Matthew Hannan, Allie Hellier, Sonya Ivanova, Jordan Kriseman, Anna Larangeira, Maddy Lee, Gabe Lopez-Cecetazite, CJ Macari, Ben Martin, Caitlin Maselli, Lara McCallister, Mariana Ocano, Param Patel, Sean Pittman, Riley Redington, Daniel Segundo, Tysen Singletary, Caroline Stroud, Gianna Tsesmelis, Kayla Zovac, Tarek Ziad, and Abby Ziegler.

The IB Boosters will treat the Shadow Keepers to a pizza party to thank them for their service. Also, the IB Program wishes to thank Sheila Plant for all of her assistance in scheduling the shadow visits.

Senior Celebration Reminders!

Families of seniors, the end is near! And what better way to honor your student’s completion of the IB Program than with your attendance at the IB Senior Graduation Celebration? This year’s event will be held at the Coliseum in downtown St. Petersburg on May 28, with doors opening at 5:45 p.m. and the program beginning at 6:30 p.m. Tickets are \$25 per person and there is no limit to the number you can purchase. As honorees, our senior IB students attend for free!

Ticket sales will begin at the Senior Class Meeting on March 13 at 6:00 p.m. in the Cafeteria. Seating is assigned by order of purchase, so buy early for the best seats!

In addition to attending the Senior Celebration, you also can honor the IB graduates by purchasing a business or personal ad in the Celebration program. More information on this opportunity will also be available on March 13.

Alumni News

Two 2013 IB graduates, both members of last year’s SPHS National High School Ethics Bowl winning team, faced each other in the first round of the Southeast Regional College Ethics Bowl in November. **Jared Morgenstein**, captain of the St. Petersburg College team, squared off against **Devidas (David) Gustanis** on the University of Miami team. Jared’s SPC team defeated David’s UM team, and SPC went on to win the regional championship. It will compete at the National College Ethics Bowl next May.

Faculty News

IB Spanish teacher Gisela Torres is a finalist for Pinellas County Educator of the Year. She is one of just 10 teachers in the county chosen for this honor. The winning teacher will be announced on February 18.

Is There A Proctor In The House?

Before our seniors can celebrate, they must take their IB exams, which are scheduled this year for May 5-23. We need parent volunteers to proctor these exams. If you’ve already been trained, you’re good to go! But if you haven’t, the next training session will be February 18 at 6:30 p.m. at SPHS. Additional training sessions will be scheduled prior to May.

If you have any questions, please contact the Proctoring chair, Sandra Rosenthal, at arosenh@tampabay.rr.com. Since Sandra’s youngest child graduated from the IB Program last year and she graciously volunteered to help us one more time, we are actively seeking a new Proctoring chair for the 2014-15 school year.

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