Reflecting and setting goals
Creating plans for success in 2015

By Amy DeMarco, Teacher

As we charge into the second semester, the end of the year is just around the bend. This is a good time to think about helping our children reflect upon their progress and think about where they want to be in June. Setting goals helps students focus on a purpose or something they can aim for and achieve in the long-term. It is a great way to help students plan for and prepare for their future, and for parents and families to learn more about their child’s aspirations. By understanding where they want to “end up,” students will be able to determine the steps they need to take in order to get there, and what obstacles they might have to overcome.

After a goal has been set, it is important that it is broken down into smaller steps. This will help make the goal achievable and will ease any anxiety that teenagers might have. By breaking the goal into smaller tasks of about 4-5 steps, students can see their progress throughout the months and celebrate each step and victory they take towards achieving their overall goal. By creating a plan, students will have a better understanding of what they need to do on a daily and weekly basis in order to be successful.

A useful acronym we use at school is SMART. SMART goals are specific, measurable, action-oriented, reasonable, and time-bound. This helps move students away from the “I want to improve in mathematics” mindset to “I will achieve an 80% or better on the Algebra I Regents exam in June by increasing my use of ALEKS and attendance at tutoring sessions.” It is also useful to think about non-academic goals that your children might have. Are they working on developing a hobby or outside interest? Have they been working on time-management, or perhaps looking for an after-school job?

Having conversations with your children about their goals may be helpful at this point in the year. Please reach out to the school if you would like more resources.
What’s happening at Energy Tech

Monthly Summary
The months of January and February were filled with special programs and events, and were marked both by excitement and a lot of hard work as the first semester came to a close. In January, students prepared to re-take some of the Regents examinations, and we had a lot of students staying after school each day to work on final projects, type final drafts of essays, fine-tune designs for pre-engineering class, and study for midterms.

Now in February, we are currently in the first marking period of the second semester, and many students enjoyed some small changes we made to schedules. This month, we celebrated our second annual Respect for All Week, planned by Ms. Quinones and Mr. Ng. Students shared their cultures, watched documentaries, signed the Bully-Free Pledge, and more. We took an exciting trip to Brookhaven Laboratory, and are about to embark upon a revamped Women in STEM initiative and many more trips and special events.

Throughout this newsletter, you will find pictures and summaries about the many activities we have enjoyed so far in 2015. We closed our robotics “build season”, and we will continue to work on programming and preparing for competition in Manhattan in March. We hope to see many of our families there to cheer us on!

Please enjoy the classroom updates, announcements, and other information over the next few pages. We look forward to seeing you at upcoming parent meetings and Community Coffee Hours, at which we will present our updated cell phone/electronics policy (per new city-wide policies) and host a variety of informative and interactive presentations and workshops. As always, do not hesitate to reach out with any questions about what’s happening at Energy Tech.

Giving Thanks
• Thank you to the parents who participated in a focus group for our first Quality Review. We are very proud of our ratings, which will be posted on the NYCDOE website soon!
• Thank you to the parents who joined us during Respect for All Week for special activities, such as culture night.
• Thank you, Liberty Partnership, for sponsoring our recent trip to Brookhaven Laboratory.
• Thank you, Energy Tech Parents Association, for sponsoring our first Dessert Social on the last Saturday of Regents prep classes before January Regents exams.
• Thank you to all of our partners for their ongoing support in planning, mentoring, field trips, guest speakers, special programs, robotics, and much more!
English Language Arts
In 9th grade ELA, we are wrapping up our reading of Ender’s Game and connecting the issues of government control to real-world issues. We have increased our reading of non-fiction articles and have been delineating and evaluating author arguments. Upon return from mid-winter recess, we will be completing a major writing assessment for this unit.

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The students in 10th grade English will be working in Literature Circles for the coming marking period. In their Literature Circles, students will be analyzing the classic novels 1984 and Brave New World, and applying the themes of the novels to various schools of literary criticism. Students will also begin working on a semester-long humanities research paper, that combines historical content with English skills.

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Mathematics
In Geometry, we have begun Unit 6: Dilations and Similarity. We began this week by using compass-and-straightedge techniques to construct proportional scale drawings. We’ll then apply this concept of proportionality to take a rigorous look at similar triangles and some related ideas. Towards the end of the month, students will get a chance to apply their knowledge in a project where they use similar triangles to model the patterns made by coffee cups rolling along the floor!

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In Algebra I, we are starting a new unit on quadratics expressions, equations and functions. Some of the topics include: difference of two squares, greatest common factor (GCF Method), product sum method for factoring, factor by grouping method, the zero product property, solving basic single-variable quadratic equations, creating and solving quadratic equations in one variable, exploring the symmetry in graphs of quadratic functions, graphing quadratic functions from factored form, interpreting quadratic functions from graphs. There will be a test in mid-March.

Contact: nfolwell@energytechhs.org, dkaneris@energytechhs.org

The Algebra II/Trig class has just completed their midterm and grades are up on PowerSchool. We have just begun our Trigonometry units and it is very important that students study on a daily basis and attend extra help if they have any questions.

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Chemistry
In Chemistry, students have been learning about the Law of the Conservation of Matter and how it applies to chemical reactions. Students have already observed conservation of mass in action during a lab experiment that they completed before Regents Week. Students are now learning how to translate much of what we have learned about individual atoms into real-world and tangible units of measurements, specifically moles! A mole is one of, if not the most important unit in chemistry and soon our students will be using it to help them further understand many of the chemical reactions that surround us in our daily lives as well as setting up their own chemical reactions here in the lab.

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Living Environment
Living Environment students have just completed their unit on the reproductive systems, and are continuing their exploration of the human body as we move through the respiratory, circulatory, excretory and digestive systems. Students will be completing their second New York State required lab when we return from February break, and there will be two more state labs to come this semester. Of course, students can continue to expect about a lab per week, along with their vocabulary quizzes and daily homework. Looking ahead, we will begin our study of genetics in March.
Contact: eyablon@energytechhs.org

Global Studies
In 10th Grade Global History students are just finishing up the Industrial Revolution Unit and are getting ready to move on to a unit on Nationalism. The students are also busy picking topics for their Humanities Research Paper. The 10th Grade Social Studies and English Team have collaborated on a project that will result in a 20-25 page research paper on a topic of the student’s choice and presentation in June. Students will present their topic proposals to a board of teachers the first week back from break. We are very excited to see how they all turn out.
Contact: (blutterbein@energytechhs.org), (jfried@energytechhs.org), (ademarco@energytechhs.org)

Physical Education
In physical education classes, students are practicing the fundamental skills of basketball. These drills will continue toward the end of February before moving into scrimmages and tournament play.
Contact: lpetrocelli@energytechhs.org

UPDATED CELL PHONE POLICY
In March, we expect to see changing policies across the city regarding the possession of cell phones and electronics in schools. In most ways, Energy Tech’s policy will not change, as it was already aligned with the new expectations. We will be discussing changes at upcoming parent meetings, in Town Hall and advisories with students, and we will also send information via e-mail and/or letter.

In the pictures to the left, students in 9th grade ELA participate in Socratic Circles. Students are encouraged to build richer classroom discussions, and to listen closely to classmates, even taking notes as they talk. This is a more academic way of talking about texts in the classroom.

In the pictures to the left are students and mentors from our FIRST Robotics Team - Team 5298. Students practice driving the robot, carefully cut perforated polycarbonate sheets, discuss tasks to be completed, and review schematics. Build season officially ended on February 17th.

Students pictured on the left participate in weekly Shakespeare Club with Ms. Mohammed, who is preparing the group to perform at the annual Shakespeare Festival. Many of the returning actors are using the skills they developed last year, and continuing to grow.
Dates to Note

- **Tuesday, Feb. 24th:** College Orientation Night for students enrolled in HUP 102 or MATH 115 this spring - 5-6pm; General PA Meeting, 6pm
- **Friday, Mar. 6th:** Community Coffee Hour and presentation about NYS diplomas and credentials - 9-10am
- **Saturday, Mar. 14th:** Join us at the Javits Center to cheer on our robotics team, Team 5298, as they compete with other teams from NYC, around the country, and all over the world! Contact Mr. Rogerson for more details - mrogerson@energytechhs.org
- **Monday, Mar. 16th:** ETHS free fitness class - Zumba - 5-6pm
- **Tuesday, Mar. 17th:** General PA Meeting, 6pm
- **Thursday/Friday, Mar. 26th/27th:** Student-Led Conferences, 1st Marking Period - more details TBA

**LATER ON...**

- **February 24th** – General PA Meeting, 6pm
- **March 6th** – Community Coffee Hour: NY State Diplomas and Credentials, 9am-10am
- **March 13th and 14th** - FIRST Robotics competition (NY Regional) at Jacob Javits Center
- **March 16th** - Community Zumba class, 5-6pm
- **March 17th** – General PA Meeting, 6pm
- **March 26-27th** - Parent/Teacher Conferences (26th in evening, 27th in afternoon)
- **April 3-10th** – Spring Recess (schools closed)
- **April 21st** – General PA Meeting, 6pm
- **May 7th** - Open School Night (details TBA)
- **May 19th** – General PA Meeting, 6pm
- **June 13th** – Annual Family Potluck Luncheon
- **June 16th** – Last General PA Meeting of 2014-2015, 6pm

MONTHLY CHALLENGE

We challenge you to review with your child his/her first semester report card and transcript in order to have a conversation about goals. We encourage you to talk about the following:

- Based on how you did during first semester, what should some academic and personal goals be?
- How can you break these up into smaller steps?
- What progress or work products can you expect to see at the March student-led conferences?

Upcoming Events & Announcements

Important Announcements

- If your child requires a 504 plan, needs to take medication while at school, or has an allergy, please contact the school as soon as possible to complete the required paperwork. The school medical team is in the process of going through student records, and updated physical and immunization information is required.
- Please ensure that your child is completing weekly online ALEKS homework for mathematics class, and Achieve3000 if applicable.
- Please note that by popular demand we will offer a free Zumba class on Monday, 3/16/15 from 5-6pm!
- We are adding after-school classes for students to prepare for Regents examinations. Letters will be sent home during the week after vacation to suggest student participation. If you would like to enroll your child in additional after school or Saturday classes, please contact Ms. Alvarez.
- This is a general reminder to contact us to update any contact information - phone numbers, e-mail, or home address.
- The Academy for American Studies has invited Energy Tech students to participate in an exciting Saturday program, which includes a variety of interesting classes and field trips focused on history. Flyers were distributed to students. If you would like more information, please contact Ms. Wissmann - kwissmann@energytechhs.org.
- Please note that Parent Conferences will take place in late March - there will be both afternoon and evening sessions. More information will be sent home soon.

Above, students in Community Service Club create and sell Valentine’s Day candy-grams to raise money for cancer research. At the right, students, families, and staff enjoy a dessert social sponsored by the Parents Association.