



JULIUS L. **CHAMBERS**  
HIGH SCHOOL

JULIUS L. CHAMBERS STUDENT SERVICES

# NEWSLETTER

October 2024

## UPCOMING EVENTS + IMPORTANT DATES

- Homecoming Dance: 10/3
- Homecoming Game: 10/4
- Career Week 10/7 - 10/11: Register [here!](#)
- 10/14: Governor's School Applications Due
- 10/17: Curriculum Night
- 10/17: CACRAO College Fair
- 10/21 - 10/27: NC College Application Week
- 10/30: Early Release

## GENERAL UPDATES

- ★ We are less than 1 month away from the end of Quarter 1. Q1 Ends on November 1st. Stay focused and finish strong Cougars!
- ★ Please join us on October 17th for Curriculum Night. Families will have the opportunity to meet teachers and counselors!
- ★ The Media Center is closed to all students for Chromebook issues. The Tech staff will visit classrooms to resolve any Chromebook issues. To request assistance, please complete the [Tech Assistance Form](#).
- ★ Ms. Saunders is now the counselor for students with last names PR - SP. Her email address is [amanda.saunders@cms.k12.nc.us](mailto:amanda.saunders@cms.k12.nc.us)
- ★ For questions or information regarding Driver's Ed, please visit the [Driver's Education Website](#)

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## GRADE LEVEL UPDATES

### Freshmen:

- Do Greater Charlotte is offering Free after school programs focused on Entrepreneurship and Digital Creativity. For more information please reach out to Ms. Colon ([yewandec.olugbuyi@cms.k12.nc.us](mailto:yewandec.olugbuyi@cms.k12.nc.us)) or visit [Dogreater.org](http://Dogreater.org)

### Sophomores:

- Do Greater Charlotte is offering Free after school programs focused on Entrepreneurship and Digital Creativity. For more information please reach out to Ms. Colon ([yewandec.olugbuyi@cms.k12.nc.us](mailto:yewandec.olugbuyi@cms.k12.nc.us)) or visit [Dogreater.org](http://Dogreater.org)
- CPCC will host a (Nursing and Medical Pathway) Dual Enrollment info session on (Tuesday, October 15th at 9am). This is an opportunity to complete a college credential/college transfer pathway for FREE while completing your high school diploma. If you are interested and want to learn more, click [this link](#) and sign up!
- The NC School of Science & Math is looking for high achieving 10th grade students with at least a 3.5 GPA, who are interested in at least one of their Art programs. These include: Art, Choral Music, Instrumental Music, Dance, Theatre. Applications due 10/14. For more information, please visit <https://www.ncssm.edu/> or contact [tamiam.lipscomb@cms.k12.nc.us](mailto:tamiam.lipscomb@cms.k12.nc.us)

### Juniors:

- CPCC will host a (Nursing and Medical Pathway) Dual Enrollment info session on (Tuesday, October 15th at 9am). This is an opportunity to complete a college credential/college transfer pathway for FREE while completing your high school diploma. If you are interested and want to learn more, click [this link](#) and sign up!
- The NC School of Science & Math is looking for high achieving 11th grade students with at least a 3.5 GPA, who are interested in at least

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one of their programs. These include: English, Science, Math, Social Science, Spanish, Art, Choral Music, Instrumental Music, Dance, Theatre. Applications due 10/14. For more information, please visit <https://www.ncssm.edu/> or contact [tamiam.lipscomb@cms.k12.nc.us](mailto:tamiam.lipscomb@cms.k12.nc.us)

## Seniors:

- Register for [2025 Senior Experience](#) (Cost \$45)
- Order your [2025 Senior Sweatshirt](#)
- Cap & Gown ordering is now available at [www.HJCharlotte.com](http://www.HJCharlotte.com)

**CAREER Week!**  
<https://bit.ly/Cougars4COct>

**OCT. 7TH - OCT. 11TH**

**RESUME WORKSHOP!**  
MONDAY - OCT. 7TH  
2ND BLOCK

**SIGN UP FOR ANY EVENT HERE!**

**MOCK INTERVIEWS!**  
TUESDAY - OCT. 8TH  
1ST, 2ND, AND 4TH BLOCK

**BRANDING YOURSELF PRESENTATION!**  
WEDNESDAY - OCT. 9TH  
2ND BLOCK

**WHAT'S MY VISION?  
VISION BOARD WORKSHOP!**  
THURSDAY - OCT. 10TH  
1ST AND 4TH BLOCK

**NETWORKING 101**  
FRIDAY - OCT. 11TH  
4TH BLOCK

# \$SCHOLARSHIP\$

Scan QR Code for our Cougar Scholarship Newsletter!

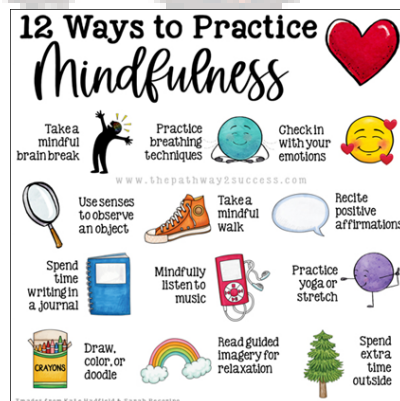


# SOCIAL/EMOTIONAL SUPPORT

The magic of mindfulness:

Do you ever feel overwhelmed? Stressed out about multiple things?

- One thing that you can try is to practice mindfulness. Think of this as “being where your feet are”. There are many ways to practice mindfulness and one popular method is 5-4-3-2-1. Begin by taking a pause where you are and consider what is happening at this very moment....
  - **5** things you can **see**
  - **4** things you can **feel**
  - **3** things you can **hear**
  - **2** things you can **smell**
  - **1** thing you can **taste**



# FOLLOW US!

## Counselor Corner's Website



### Student Services Team

Counselors will assist students/families by first letter of the student's last name in PowerSchool

Last Name	Counselor	Email
A-B	Ms. Lipscomb	tamiam.lipscomb@cms.k12.nc.us
C-Er	Ms. Rodriguez	samantha1.rodriguez@cms.k12.nc.us
Es-Hi	Mrs. Simmons	yasmineh.simmons@cms.k12.nc.us
Ho-McCo	Mrs. Cochran	amym.cochran@cms.k12.nc.us
McCr- Po	Mr. Sloan	corneliusj.sloan@cms.k12.nc.us
Pr-Sp	Ms. Saunders	Amanda.Saunders@cms.k12.nc.us
St- Z	Mr. Regalado	jorgee.regalado@cms.k12.nc.us
Support Team	Name	Email
Career & College Advisor	Ms. Capers	alysons.capers@cms.k12.nc.us
CPCO College & Career Coach	Mr. Rawley	adair1.rawley@cms.k12.nc.us
Social Worker	Ms. Bynum	jeannette.bynum@cms.k12.nc.us
Social Worker- McKinney Vento	Mrs. Hawkins	courtney.hawkins@cms.k12.nc.us
Family Advocates	Mr. Ellis & Ms. Luisa	saadiq1.ellis@cms.k12.nc.us luisae.martir@cms.k12.nc.us
Registrar/Data Manager	Ms. Ortega	irisd.ortega@cms.k12.nc.us
Psychologist	Ms. Parker	jaynai.parker@cms.k12.nc.us
Administrative Support	Dr. Hicks	gregoryg.hicks@cms.k12.nc.us
Administrative Support	Ms. Weathers	shannonj.weathers@cms.k12.nc.us



**jc\_cougars**  
Julius Chambers High School  
1,530 followers  
302 posts

