

Cheektowaga Central High School

Monthly Bulletin

"Where Character, Curriculum & Community Connect"



February, 2025

PRINCIPAL'S CORNER

I am excited to share information about the free ["Brainy Bulls Tutor-Mentoring Program"](#) available to all students.

Who can participate?

Students in WNY Schools (grades 5-12)

Subjects covered:

ELA, math, science & social studies

Availability:

Virtual tutoring sessions are offered Tues, Wed & Thurs from 2:30p.m. to 6:30 p.m. Schedule an appointment or drop in using this link:

<https://ed.buffalo.edu/tutoring>

Tutor-Mentors:

Current UB students who have undergone training in culturally responsive teaching & completed NYS fingerprinting requirements.

Session structure:

Each session lasts approximately 30 minutes and is designed to maximize student engagement & learning.

UPCOMING DATES AND EVENTS

2/11 - Board of Ed Meeting at 6pm

2/13 - Band Festival 7pm

2/17 - 2/21 – Mid-Winter Recess

(No Classes)

Character Word of the Month

Empowering



HIGH SCHOOL INFORMATION

Doors Open for Students	7:00 am
Warning Bell for 1 st Period	7:14 am
1 st Period Starts	7:17 am

Remedial (Mon, Tues, Thurs, Fri)	1:54pm – 2:32pm
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HS Main Office	716-686-3601
HS Student Services	716-686-3634
HS Athletic Office	716-686-3659

Black History Month can be traced back to 1926, founded by Carter G Woodson, when he created a week in which he wanted to encourage Black students to learn about their heritage. During the Civil Rights Movement of the 1960s, Black History Week was expanded to Black History Month. In 1976, President Ford officially designated February as Black History Month. February was chosen because it is the birth month of both Abraham Lincoln and Frederick Douglass.

The theme for Black History Month 2025 is African Americans and Labor. The theme specifically aims to recognize the role African Americans have played in the workforce, whether it was done for free or not. The focus can range from vocational studies, entrepreneurship, organized labor's role in fighting for economic and social justices, as well as government and public service.

Mrs. Bradberry





Chemistry: Regents students have been learning about kinetics & equilibrium. AP students used stoichiometry to determine a mass of magnesium that reacted with hydrochloric acid without using a scale!

Biology: Students used scientific data to discover the cause of tuskless elephants in an African nature preserve. They developed claims that they supported with evidence after looking at graphs, tables and population surveys.

Physics: By looking into the Feb 2021 massive power outage in Texas, students are learning what makes a power source reliable, and how the energy grid works.

Advanced Engineering: Students have been challenged with creating a device using multiple hydraulics, using syringes, simple materials & CAD designed 3D printed parts.



Environmental Science: Students were tasked with researching an organism of their choice that has been negatively impacted by humans. They then presented on how the organism is hurt & how we can help save that organism from being harmed in the future.

Forensics: Forensics students just wrapped up a unit on blood spatter analysis. They learned about the different types of blood patterns as well as how height, angle, and speed affect the size and direction of blood drops.

Medical Terms: Students acted as doctors using what they learned throughout the course to assess, investigate and diagnose patients.

Anatomy: Students are starting to learn about the nervous system. They have discovered the functions of the lobes of the brain & solved a medical mystery about a brain infection.



Band and chorus students spent a Saturday in January traveling to other schools to audition for the ECMEA all county band and chorus. 9th grade choral students prepared a short chorus excerpt and had to sight sing a short selection, while the 10-12 chorus students had to sing the actual all county pieces in a 4-part quartet. Our band students had to prepare a 10-minute solo on their instrument. All students were evaluated and given feedback by a judge. Results come in February!!

Band Students- *Evan Thomas, Alexis Hoover*

Chorus Students- *Felicia Dorman, Kai Cole, Riley Speaker, Robert Swiatowski*



Law Enforcement class members recently had the opportunity to visit the Cheektowaga Police Station and experience firsthand what it's like behind the scenes of law enforcement operations. This field trip was particularly special because it was built on an in-class mock trial that the students conducted prior to the visit. During the mock trial, students assumed the roles of attorneys, witnesses, and jurors, allowing them to engage in the judicial process in a hands-on way. For many, this was their first exposure to the complexities of courtroom procedures, making it an invaluable learning experience.

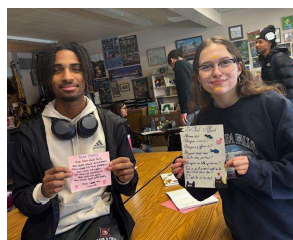




Upon return from Winter Break, Checkpoint B students have been studying Health and Wellness. Now that they can tell all about their aches, pains, and symptoms, they can offer advice for staying healthy! Meanwhile, Checkpoint C classes are doing a mini unit call “L’Inspiration/ La Inspiración” where they talked about how to express feelings in the target language and looked for examples of unit vocabulary in song lyrics and famous quotes. They wrote original poetry and will prepare a presentational speaking on someone that inspires them.



French 5 students, Bruk Terrell and Alexandra Osepchugova, show off the poems they created. Students partnered up to read each other’s work and discuss the significance.



Presenters from Erie 1 BOCES & Northland Workforce Training Center came to our high school to speak with our students about vocational training/career opportunities beyond high school.

Any student (grade 10 or above) interested in signing up for a BOCES program next school year should contact their counselor ASAP to register for the 2025-2026 school year.

Juniors & Seniors can register to take the SAT School Day at CCHS on Thursday 4/3. Payment is needed in order to sign up. The cost is \$29 (cash or check) and must be submitted by February 14th to ensure a test is ordered.

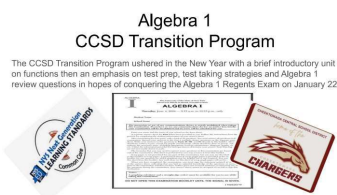
Upcoming Spring Dates:

- 3/3 - Women In Construction Trip
- 3/20 - NACAC College Fair (11th+12th)
- 4/3 - SAT School Day
- 4/8 - BYOH Skilled Trades Fair

ATHLETICS

Home Matches

- 2/01: Girls Basketball vs Academy of Science
- 2/04: Boys JV/V Basketball vs Clarence
- 2/05: Wrestling vs Starpoint
- 2/06: Wrestling vs L. Shore
- 2/07: Unified Bowling vs E. Aurora
- 2/08: Girls Basketball vs New Life Christian
- 2/10: Boys JV/V Basketball vs L. Shore
- 2/10: Unified Bowling vs Iroquois
- 2/12: Boys JV/V Basketball vs Iroquois
- 2/14: Girls Basketball vs Global Concepts
- 2/24: Unified Bowling vs Amherst



WINTER SPIRIT WEEK

FEB
10TH-
14TH

10

FEB, 2025

TEACHER/
STUDENT
SWAP DAY



11

FEB, 2025



CULTURE
DAY

12

FEB, 2025

GREEN OUT FOR
MENTAL
AWARENESS



13

FEB, 2025

MEME DAY

Come dressed as your favorite meme!
Vines, videos and Insta-viral posts
welcome! (Just be sure to keep it school
appropriate)

14

FEB, 2025

MAROON
AND
GOLD

IT'S
MAROON & GOLD
DAY!

CHEEKTOWAGA

CENTRAL

Winter Spirit week

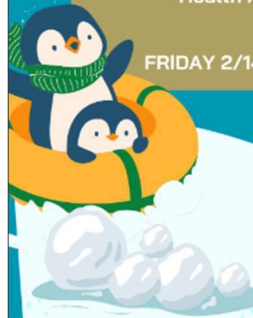
MONDAY 2/10: Teacher/Student Swap Day

TUESDAY 2/11: Culture Day

WEDNESDAY 2/12: Green Out for Mental
Health Awareness!!

THURSDAY 2/13: Meme Day

FRIDAY 2/14: Maroon and Gold Day



American
Heart
Association

CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?

In a **CARDIAC ARREST** the heart suddenly stops beating. This is usually caused by an electrical problem that makes the heart beat irregularly.

When the heart stops pumping, it can't send blood to the brain, lungs and other vital organs.

WHAT HAPPENS

Someone having a cardiac arrest may become unresponsive. They may stop breathing or only gasp for air.

If they don't get help right away, they can die.

WHAT TO DO



If someone has cardiac arrest, doing CPR right away can double or triple their chances of survival.

1. First, call 911 (or local emergency response number).
2. Then start CPR. If there's an automated external defibrillator (AED) nearby, use it as soon as you can.

If two people are helping, one should start CPR. The other should call 911 and find the AED.

Every minute counts. The odds for survival drop by 10% each minute without help. Emergency staff can also help revive someone whose heart has stopped.

For more information on American Heart Association CPR, including training classes in your area, go to heart.org/NATION.

WHAT IS A HEART ATTACK?

In a **HEART ATTACK**, blood can't get to part of the heart because a key blood vessel is blocked.

If this circulation problem isn't cleared quickly, the part of the heart that isn't getting enough blood can start to die.

WHAT HAPPENS

Heart attack symptoms can be sudden. They may include:

- Severe chest pain
- Discomfort in other parts of the upper body
- Shortness of breath
- Cold sweats
- Feeling sick to the stomach

Sometimes, symptoms start slowly and last for hours or days. Unlike cardiac arrest, the heart usually keeps beating during a heart attack.

The longer it takes to get help, the greater the risk to the heart.



Anyone can have a heart attack. In women, people with diabetes and older adults, symptoms might not be obvious. For example, they might not include chest pain.

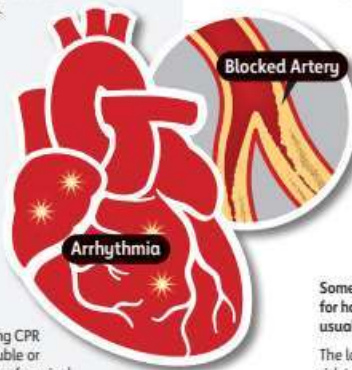
WHAT TO DO



Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters!

It's best to call your local emergency number to get to the emergency room right away.

Emergency medical services (EMS) staff can begin treatment when they arrive. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.



WHAT IS THE LINK?

Most heart attacks don't lead to cardiac arrest. But a heart attack is a common cause when cardiac arrest does happen.

Other problems can also cause the heart to stop beating.