



JACQUELINE
KENNEDY ONASSIS
High School of International Careers

120 West 46th Street New York, NY 10036

Manuel A. Ureña, Principal
murena4@schools.nyc.gov
Daniel Vincent, Assistant Principal
DVincent2@schools.nyc.gov
Telephone # 212-391-0041
Fax #: 212-391-1293

2022-23 Parent Newsletter #5

January is National Blood Donor Month



By [Amy Bair](#)

Were you aware January is National Blood Donor Month? Why January you ask? Because the winter months are typically the leanest in donations due to inclement weather and seasonal illnesses. This recognition, inspired by the American Red Cross, was first begun in 1970. The need is enormous.

Here are some statistics.

- Around 5.6 million donations are collected by the Red Cross every year. There are 3.3 million people who are blood donors, creating over 8 million transfusable blood products, which are then distributed to 2,700 hospitals and transfusion centers. That's a lot of blood!
- Someone in this country needs blood every two seconds. In fact, blood transfusions save 4.5 million American's lives each year.
- 1 out of 10 people who enter a hospital needs blood.
- 43,000 pints of blood are used daily. One pint of blood can save up to three people's lives.
- Blood centers typically run short of type O and type B blood.

This donated blood is not just used to save lives. It is also used for research in bloodborne diseases. The Red Cross can take credit for being a leader in testing for deadly diseases such as HIV, hepatitis B, hepatitis C, and West Nile virus.

Some surgeries and diseases that rely heavily on blood donors are cancer treatments,

transplants, open heart surgery, anemia and sickle cell disease. Every year around 4.5 million Americans need blood transfusions. Some people with sickle cell disease receive up to four pints of blood every month in order to stay alive.

Approximately one-third of patients who are undergoing heart surgery require a transfusion. In 2005, this equated to almost 200,000 people. Now that we have established how important it is that we do not run out of our blood supply, would you like to get involved? Great! We knew you would say yes.

The Red Cross website will tell you where the nearest blood drive is to your home. You can also find your local Red Cross location here. Additionally, the same website will tell you how you can host your own blood drive. What a great way to support your community AND give back!

Right now, due to the harsh winter conditions in our country, there is a severe shortage of blood and platelets and they are asking for our help to donate both blood and platelets. Will you be someone who saves a life? Maybe someday that saved life will be your own thanks to a blood donation.



NATIONAL
Blood
Donor
MONTH

MAKE
LIFESAVING
A HABIT

PARENT COORDINATOR CONNECTIONS

From the Desk of the
Parent Coordinator
Ms. Bernabel
ABernabel@schools.nyc.gov
Tel #929-617-0122

Announcements

- Please complete the NYC financial forms, formerly known as Lunch Forms. While lunch is currently given to all students regardless of income, schools still need parents to complete in order to qualify for federal Title I funding. All information submitted by parents is completely confidential. A hard copy will be given to students on the first day of school to be completed and returned to Ms. Bernabel.
- PTA/SLT Meetings: PTA/SLT meetings will be held on the following dates: 2/6, 3/6, 4/3, 5/1, and 6/5. SLT commences at 4:30 pm and ends at 5:30 pm. PTA meetings commence at 6 pm to 7 pm. Additionally, meetings will be held virtually and in person (hybrid). An email with the Zoom links will be sent to parents ten days in advance week.
- There will be no school from February 20th to February 24th due to the mid-winter break/recess.
- On December 19th, we will conduct a workshop on how to read a transcript. This will take place at 6 pm and will be facilitated by Mr. Vincent.
- NYS Regents exams will be administered from Tuesday, January 24th, to Friday, January 27th, to students who are retaking one of those exams or to students who need the exam for graduation. In other words, not all students will be scheduled to take an exam. Regents invitations will be given to students next week and mailed out with report cards for the second marking period. Below please find the January regents schedule. Students are not required to be in attendance during Regents week. They are allowed to be in the building, however, if they have an activity they plan to engage in (e.g., tutoring, club, etc.)

January 2023 Regents Examination Schedule

Students must verify with their schools the exact times that they are to report for their State examinations.

TUESDAY, January 24	WEDNESDAY, January 25	THURSDAY, January 26	FRIDAY, January 27
9:15 a.m.	9:15 a.m.	9:15 a.m.	9:15 a.m.
English Language Arts	Geometry	Global History and Geography II	Physical Setting/Chemistry Physical Setting/Earth Science
1:15 p.m.	1:15 p.m.	1:15 p.m.	Uniform Admission Deadline
Living Environment	Algebra I Physical Setting/Physics*	Algebra II	Morning Examinations: 10:00 a.m. Afternoon Examinations: 2:00 p.m.

*Available in Restricted Form only. Each copy of a restricted test is numbered and sealed in its own envelope and must be returned, whether used or unused, to the Department at the end of the examination period.

JRO SCHOOL COUNSELOR

CONNECT



From the counseling department:

- ❖ **If your child is or will be absent**, please contact Ms. Garcia (9-10th Grade Students) at ext. 5092 or email at NGarcia33@schools.nyc.gov ; Mrs. Vega-Beltran (11-12th Grade Students) at ext. 5091 or via email at NVega11@schools.nyc.gov . You may also contact Ms. Bernabel, Parent Coordinator, at ext. 1012 or email at ABernabel@schools.nyc.gov . **Please be sure to send a doctor's note if your child has a medical appointment.**
- ❖ **Students have No School:**
 - **No Classes – January 24th – January 30th (Regents Week/Staff Development Day)**
- ❖ **NYS Regents Exams will take place January 24th – January 27th. Classes will NOT be held these days.** If your child is taking an exam, they will receive an invitation. Please see the Dates and Exams below:
 - January 24 – 9:00 am English ; 1:00 pm Living Environment
 - January 25th – 9:00 am Geometry; 1:00 pm Algebra I
 - January 26th – 9:00 am Global History ; 1:00 pm Algebra II/Trigonometry
 - January 27th – 9:00 am Chemistry
- ❖ **FIRST DAY of Second Semester – January 31st**
- ❖ **1st period Class begins at 8:20 am.** Please ensure that your child arrives to school before 8:20 AM and on time regularly so that they are able to effectively engage in their first period lesson. Lateness adversely impacts a child's academic performance.
- ❖ **Please keep track of your child's academic progress, grades, and attendance in their classes staying in contact with their teacher and counselor.** You can schedule meetings with teachers on Tuesdays, please contact your child's school counselor.
- ❖ School Counselors continue to conduct in class workshops on various social, emotional, learning topics on a weekly and monthly basis.
- ❖ **During the cold weather, please make sure your child is dressed appropriately for the school environment. If you need assistance providing your child with a coat or other needed clothing, please contact your child's counselor.**
- ❖ **Please have your child attend tutoring for academic support and regents tutoring.**





Tutoring

SUBJECT	TEACHER	DAY	TIME	ROOM
ENGLISH 9 AND 12TH GRADE	MS. NICOLETTA	THURSDAY	2:45 – 3:45 PM	301
ENGLISH 9, 10, AND 11TH GRADES	MS. WICKS	THURSDAY	2:45 – 3:45 PM	306
ENGLISH 9 – 12TH GRADES	MS. KADISON	THURSDAY	2:45 – 3:45 PM	303
LIVING ENVIRONMENT & GEOMETRY	MS. TULI	WEDNESDAY	3:00 – 5:00 PM	307
CHEMISTRY & CODING	MS. OKWABI	THURSDAY	2:45 – 3:45 PM	308
VARIOUS SCIENCE/HISTORY CLASSES	MS. CUMBERBATCH	THURSDAY	2:45 – 3:45 PM	305
INTEGRATED ALGEBRA	MR. HASAN	FRIDAY	2:45 – 3:45 PM	406
INTEGRATED ALGEBRA & GEOMETRY	MR. CHEN	FRIDAY	2:45 – 3:45 PM	402
GEOMETRY & TRIGONOMETRY	MR. ZHANG	THURSDAY	2:45 – 3:45 PM	402
US HISTORY & PART IN GOV'T	MR. COLON	WEDNESDAY	2:45 – 3:45 PM	102
VARIOUS HISTORY CLASSES	MS. GORDON	THURSDAY	2:45 – 3:45 PM	408
BUISNESS	MS. NEWELL	WEDNESDAY	2:45 – 3:45 PM	409

- ❖ **Please have your child join extra-curricular activities** to join the school community. This a great way for students to make new friends, network, be exposed to various activities/hobbies, and put on their college applications.

EXTRACURRICULAR ACTIVITIES

<u>CLUB</u>	<u>TEACHER</u>	<u>DAY</u>	<u>TIME</u>	<u>ROOM</u>
COOKING CLUB	MR. URENA	TUESDAY	3:00 – 4:00 PM	CAFE
NEWSPAPER/JOURNALISM	MR. DE LA CRUZ	THURSDAY	3:00 – 4:00 PM	303
FITNESS	MS. TULI	THURSDAY	3:00 – 4:00 PM	101
NATIONAL HONOR SOCIETY	MS. DE GREGORIO	WEDNESDAY	3:00 – 4:00 PM	201
SMASH ARTS	MS. DE GREGORIO	FRIDAY	3:00 – 4:00 PM	AUD
VOLLEYBALL	MRS. RUSHFORTH	MONDAY	4:00 – 5:00 PM	305
HELPING HANDS SOCIETY	MS. KADISON	WEDNESDAY	3:00 – 4:00 PM	303
YEARBOOK	MS. KADISON	WEDNESDAY	3:00 – 4:00 PM	303
GARDENING	MS. WICKS	WEDNESDAY	3:00 – 4:00 PM	306
ANIME	MS. WICKS	THURSDAY	3:00 – 4:00 PM	306
SENIOR COUNCIL	MS. OKWABI	WEDNESDAY	3:00 – 4:00 PM	308
SLAM!	MS. NICOLETTA	FRIDAY	3:00 – 4:00 PM	301
MUSIC	MR. CHEN	THURSDAY	3:00 – 4:00 PM	405

- ❖ **Please have your child meet for one on one academic/personal progress meetings with their counselor immediately:** Ms. Garcia (9-10th Graders) and Mrs. Vega-Beltran (11-12th Graders). This meeting is important to ensure they are on track academically with their progress towards graduation and to check in on their personal well-being.
- ❖ **Please reach out to Ms. Garcia (9-10th Grades) or Mrs. Vega-Beltran (11-12th Grade) if you feel that your child needs social/emotional support.** We have an abundance of services for students at the school and can refer your family to outside resources/assistance.

Please feel free to contact your child's School Counselor directly with any questions, concerns, or if you need assistance:

Ms. Niurkary Garcia, 9 & 10th Grade Counselor (212)391-0041 Ext. 5052
 Email: NGarcia33@schools.nyc.gov
Mrs. Nicole Vega-Beltran, 11 & 12th Grade Counselor 212-391-0041 Ext. 5091
 Email: NVega11@schools.nyc.gov



In the Spotlight

Prior to the holiday break Ms. Acosta (Superwoman/Do It All Secretary), Ms. Vega-Beltran (Bat woman/School Counselor), and Ms. Garcia (Wonder woman/School Counselor) had our migrant students fill out their wish list for the holidays. Next, they went above and beyond by purchasing and wrapping the gifts for the students. The students and their families were invited for a luncheon at the school where the gifts were tendered to them with great fanfare, enthusiasm, and gratitude. Thank you to Ms. Vega-Beltran, Ms. Garcia, and Ms. Acosta for spearheading this!!!



In the Spotlight

JK Cooking CLUB

EST. 2021

On Tuesday, January 10th, the Cooking Club was led by Carolina Vile. She facilitated the class of students in making cheese steak sandwiches as well as buffalo chicken rolls-AMAZING!!! THANK YOU Carolina!!! A special thank you to Ms. Acosta, Ms. Bernabel, and Ms. Jimenez for always helping and supporting the cooking club!!!

See pics below...



In the Spotlight

JKO



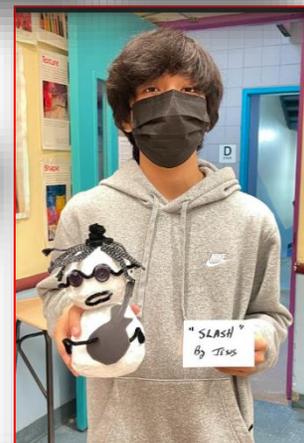
On Friday, December 23rd JKO voted for who we thought should be crowned "Best in Snow!" Students only had 4 days to make them!



1st place wins a \$50 Amazon gift card
 2nd place \$30 Amazon gift card
 3rd place \$20 Amazon gift card. And the winners were...

1st place: "Powerpuff Girls" by Delinda, Faiza, Kiara, Aracelli & Jamarie

2nd place it's a tie between: "Ohcha" by Damian & Choki & "Jack" by Evelyn



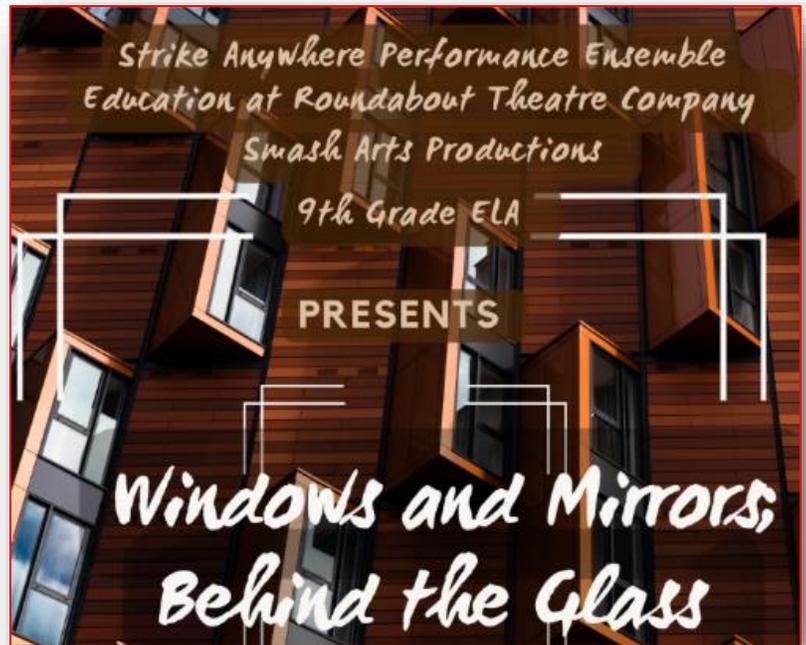




A message from Ms. De Gregorio:

On December 15th Ms. De Gregorio's students presented "*Windows and Mirrors; Behind the Glass*" a theatrical storytelling program based on our students' lived experiences with family, friends, cultural identity and what it's like to feel like an "insider" or "outsider." This was the culmination of their classroom residencies with Strike Anywhere Performance Ensemble and Roundabout Theatre Company. It is through the sharing of our stories that we find the commonalities of experiences that remind us we are all human. The stories had moments where we saw ourselves and moments where we glimpsed what it's like to walk in another's shoes. Empathy and understanding are what we hoped to foster.

The program featured writing and performances by our 9th grade ELA students and our Advanced Art *Smash Arts Productions* students, along with a sculpture gallery "*In My Shoes*" created by students in Studio Art.



Thank you, Ms. D for spearheading this!!!





In the Spotlight



A message from Ms. De Gregorio: Studio Art students have been working on paper shoe sculptures for their "In My Shoes" project. Students learned about how artists can use objects to express identity and were asked to select a pair of shoes that they feel represents their identity the most. They built prototypes from newspaper and then constructed their sculpture with craft paper. The shoe sculptures will be a part of our upcoming "Windows and Mirrors; Behind the Glass" gallery and production on December 15th. Each shoe tells a story.



In the Spotlight

Monday, December 5, 2022

On Monday December 5th, 21 of JKO's Virtual Enterprise, Entrepreneurship, and selected CFM students were invited to visit the Payoneer Market-site to engage in a day of Mock Interview Simulation activities and competition.



VIRTUAL ENTERPRISES INTERNATIONAL



GUARDIAN INSURANCE

Every job has a journey. Every journey needs a Guardian.

After a 15 minute meet and greet with a wide range of industry mentors of varying departments and roles, students were able to observe and critique a series of mock interviews facilitated by our host organization, SUIT UP! Students were then placed in teams of 4 to engage in a large collection of activities aimed at conquering the art of public speaking, networking, and more specifically job interviewing.



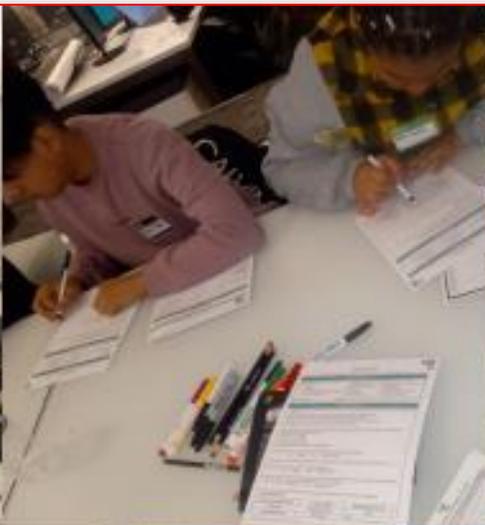
- TEAM 1: Diop Chinnery, Cristal Garcia, Cathleen Conte-Marrero, Gabriel Diaz, Dorothy Sykes
- TEAM 2: Jorolin Castillo Sosa, Vanessa Loma, Brendon Martin, Deisy Quezada, David Telloz
- TEAM 3: Estofani Mejia Jerez, Shayla Mantilla, Juan Pacheco Romano, Prem Rohilla
- TEAM 4: Erik Aspiroz, Isaih Brevard, Marlon Clough, Eveleyn Ortiz-Carpio, Anuva Singha



Working with their teams and coaches, students spent 25 minutes practicing various interviewing techniques for common questions they might encounter on a typical job interview along with mentor feedback for further growth throughout the process.

The big moment came when each team was able to take part in a mock panel discussion interview. Selected volunteers served as the hiring committee to determine which group of candidates would be distinct honor of mock employment at Payoneer. It was Congratulations for JKO TEAM 1 for the win! Well Done, Congratulations to: Diop Chinnery, Cristal Garcia, Cathleen Conte-Marrero, Gabriel Diaz, Dorothy Sykes







JKO VE GUARDIAN INSURANCE WINNING WOMEN LEADERSHIP CONFERENCE at Deloitte.

JKO GI Participants:

Cathleen Conte-Marrero (CEO), Cristal Garcia (CFO), Amira Abraham (VP Finances & Risk Management), Emily Harrygin (Client Account Manager & Corporate Responsibility), Kinverlin Cajilima (Chief Human Resource Officer), Emely Sanchez (Human Resource Associate)

Winning Women Leadership Conference Brings High-Level Mentorship and Coaching to VE Students

November 22, 2022 | New York City, New York City Metro Area, Students, Winning Women

November 22, 2022 | New York City, New York City Metro Area, Students, Winning Women

as posted on VEInternational.org:

Virtual Enterprises International's (VEI) mission to transform students by providing real-world business experiences in the classroom and beyond specifically supported young women on November 18, 2022, when over 100 VE students from the tri-state area attended the organization's bi-annual Winning Women Leadership Conference. Sponsored by Deloitte and held at its corporate headquarters in Rockefeller Center, students spent the day receiving professional insights and mentoring from more than 30 women business leaders in finance, insurance, media, education, retail, advertising, and banking industries.

"I see the brilliance in this room," said VEI President M. Ali Shama in his welcome remarks to attendees. "I am excited for your future, and I am honored that you are VE students."

Offering networking opportunities, a panel discussion, leadership coaching and mentoring roundtables, Winning Women is a day-long, early career development program specifically for young women enrolled in the VE program and serving in leadership roles.

Through Winning Women and numerous other events and offerings, one of VEI's aims is inclusivity, including developing more females actively pursuing business careers and entrepreneurship. According to the latest Census survey*, only 19.9 percent of all U.S. firms that employ people are women-owned. In the VE program, half of the simulated student businesses are led by women.

"Since its inception, the Winning Women Leadership Conference has been well-received not only by our students and educators but by the generous volunteers and partners who have supported the event and make it such a rich experience," said VEI Founder Iris Blanc. "By providing opportunities for professional and personal growth of our youth through events like this, we hope to inspire and empower our female students to become future business leaders and entrepreneurs."

After kicking off with a student icebreaker, the day started with a leadership coaching session, where students learned the importance of their personal brand, professional presence and communication skills. These topics were discussed more intimately and in-depth later in the day through mentor roundtable sessions.

A panel discussion moderated by Carol Anne Riddell, a host and reporter for CUNY TV, who served as facilitator for the event, followed.

"I was an education reporter for many years and feel that education is the game changer in a person's life," said Riddell, an active VE volunteer. "I was struck by the number of young women in the VE program who were excited and engaged in this conference."



Carol Anne Riddell



Laura Wang

Laura Wang, a panelist and also a 14-year VE volunteer, described the event as a sort of sisterhood. "Usually, there isn't a rapport when you're a professional on a panel, but with this event, we let ourselves be very honest and open and shared advice and situations we've encountered," said Wang, a product development leader for Capital One. "I was so impressed to hear how mature and thoughtful the students' questions were. They're already at such a high level because of this program. It gives me a lot of hope."

Following the panel discussion and lunch, breakout groups focused on challenging the students to develop a personal brand, prepare for important new business pitches, and how they handle challenging business situations.

Tom Smith, a managing director at Deloitte who has supported VE for over 12 years as a mentor, competition judge, and VE event coordinator, shared his excitement for the program and Deloitte's standing as one of the best places to work for women. He advised the students, "Expect to be respected and heard. Expect people to want what is best for the business, and then be what is best for the business!"

Maria Frangos, a five-year VE facilitator from West Orange High School in New Jersey, attended the event with five of her students. "Very often, my students come into the VE program unable to differentiate between a credit card, a debit card, or a checking account," Frangos said. "There's a huge difference in them before and after they take the VE program."

For Frangos, the event's big payoff came moments after her class boarded the bus for the return trip home. "The CEO of our VE student firm said, 'I'm so inspired - I'm going to be a real CEO one day,'" Frangos recollected. "The other girls said they would be reaching out to people to be their mentors and start creating their business profile. When they hear how important these things are from role models, it really hits home."



JKO GLAMOURgals & PALS

NATIONAL CHAPTER

More than Make Up and Manicures

DID YOU KNOW?

We have GG college chapters at...

- Mc Master University
- Tiffin University
- UC San Diego
- Connecticut College
- New York University
- University Of Florida
- New Brunswick Chapter
- University of Indianapolis
- Hofstra University
- Ohio State University
- Texas Christian University



GG MISSION MOVEMENT

Our mission is to inspire and organize teen volunteers to provide ongoing companionship and complimentary beauty makeovers to women living in senior homes. GlamourGals inspires and organizes teen volunteers to provide ongoing companionship and complimentary beauty makeovers to women in senior homes; Creating a movement of compassionate teen leaders working to end elder isolation.

Glamourgals LEADERSHIP TRAINING INSTITUTE

Fostering innovative and compassionate teen leaders

On Saturday, November 19th, JKO's Glamourgals & Pals volunteers, **Cristal Garcia, Cathleen Conte-Marrero, and Evelyn Ortiz - Carpio**, gathered in the heart of New York City for the 20th, yes 20th!, annual GlamourGals Leadership Training Institute (GLTI).

The day was filled with inspiring speakers, interactive skill-building workshops, goodies from our sponsors, in a room (and virtual room) filled with future leaders from our GG network. This event marked the official kick off the GlamourGals programming that GG National provides to our volunteer chapters all year long.

CREATING COMPASSIONATE CHANGE-MAKERS

Panel & Surprises

The creative panel was moderated by GG alum and featured panelists from beauty start ups to Fortune 500 companies. They shared advice on integrating personal passions into academic and professional careers.

The panelists emphasized the importance of creativity being pulled into GG volunteers' service.

From pink bagels to lunch, GG swag, gift bags, senior letter writing and more, GG volunteers left with their stomachs full but with a hunger for carrying out the GG mission.



KICKOFF SPEAKER

Loretta Lynch empowered volunteers

"What I love about GlamourGals is how you all have celebrated every difference there is, and how you find the beauty in our differences... You show that we can connect across the generational divide."

- Loretta Lynch former US Attorney General



OUR FOUNDER'S VISION

Rachel Doyle's closing words of encouragement

"It's one thing to define changemaker, but the action of actually being one, that's a GlamourGal."

- GlamourGals Founder & CEO



CREATIVE CHANGEMAKERS

100% of attendees learned

- skills that they can use within their GlamourGals Chapter
- something that they can use in their academic career
- something that they can use in their personal life



"To be able to maintain a relationship with someone from perhaps a different culture or certainly a different generation shows tenacity, it shows commitment, and dedication."
 — Loretta Lynch, Former U.S. Attorney General

