

THE EAGLE EYE

The background of the page features a stack of books on the left, a red apple on top of them, and a silver mesh pencil holder on the right containing several colorful pencils. The text is overlaid on this background.

Back To School Edition

(ADVICE FROM THE EDITORS)

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5 IMPORTANT Changes for the School Year That You MUST Know

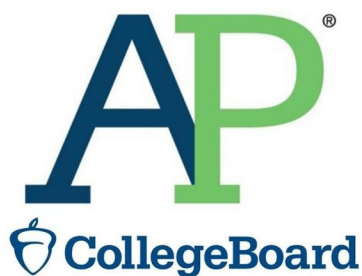
By: Rocco Tropea

Three summer months have passed, and now...we are back. But for those other than the new freshmen, things might look a little different than how we left them in June. There have been several major changes to the Academy for the 2019-2020 school year, so let's break some of them down, shall we?



1. Friday is the new Monday

One of the Academy's staple features, the block schedule, has received a major change that is sure to throw off some students in the early months. Rather than having all of your classes on Monday, you will have all of your classes on Friday in order to make more college class options on Monday available for upperclassmen. Thus, Friday has become the new Monday, at least from a scheduling perspective. There is some positive in this, as Mondays are made a little less stressful with fewer classes. Also, work assigned over the weekend will not all be due on Monday, thus freeing up some time during that period. However, as is to be expected, the new scheduling will take some adjustment for the veterans of the classic block scheduling.



2. AP program expansion

Many will recall from last year the addition of *all* AP exams being offered at the school (key word being *exam*, not *class*). This will continue this year, with a new program being used to help streamline the registration process: Total Registration. Registration will be carried out between October 15th and November 15th, so be ready.

However, this year will not just be all about the exams, as new, never-before-seen AP classes will now be available at the Academy. These include AP Physics 1 (for juniors) and AP English Language and Composition (for sophomores). The seniors are certainly in a tough spot with this one, having just barely missed the additions, but for the school as a whole, this is a major plus.

3. Where is APES?

Perhaps a more unexpected change this year has been the loss (for now) of a classic Academy AP class, AP Environmental Science. The change was a bit last-minute, resulting in a considerable scheduling change for the seniors. Seniors have been given the option to take an MCC course to fill the gap or to opt for a “study hall” block.

4. Changes to the Media Center

There are two new developments relating to the Media Center that students should be aware of. The first is a new printer, as well as a new printer *policy*. Students cannot simply walk into the Media Center, hop on a computer, and print out assignments. A pass from the student’s teacher is now required to print.



In addition, there are plans to add a MakerSpace to the Media Center very soon. This will allow students to make and design their own creations for school projects or other miscellaneous tasks.

5. New lanyards!!!! :D

The greatest and most notable change of all has surely been the new Academy lanyards. With a sleeker, thicker design choice, the new lanyards now feature the Academy name and logo right on the side, and the distinct yellow color makes them visible from miles away! On top of this, there are now not just one, but *two* detachment points. Coupled with fresh, new ID holders and an easier ID attachment mechanism, you will be proud to don your Academy lanyards each and every day.

The year may have just begun, but adapting to your new Academy environment will be even easier now that you know all the juicy details.

Back to School Supplies: Computers

By: Roshan Patel

With the school year just beginning, it's time to talk about one of the most important things to bring: a laptop. Whether you are an Apple person or a PC person, there are still a lot of options for you to explore. Below are some of the five best computers on the market for high school students.



1. Apple MacBook Pro (\$1,299)

Apple is by no means known for creating cheap products, especially after the \$999 computer stand controversy earlier this year. But while its products may be expensive, the MacBook Pro tends to have an average lifespan that dwarfs other laptops of its caliber.

Another notable feature of the MacBook Pro is the handoff and integration between Apple devices. If a student takes notes on his iPad, the notes will automatically sync over to his Macbook Pro, allowing him to study them on a bigger screen. If a student takes photos on his iPhone during a science experiment, those same photos will automatically upload themselves to the MacBook Pro.

In summary, there are a lot of benefits offered by the MacBook Pro. The only downside, however, is the pricing.

2. Lenovo Yoga 700 (\$750)

A classic 4-in-1 laptop, the Lenovo Yoga 700 features a touch-screen display coupled with 360 degrees of screen rotation. Students can write on the laptop in tablet mode while solving a math problem, or type up an essay in standard mode, whichever they choose. The laptop can also turn into a stand, meaning students can read music off of it without ever having to prop up the laptop at awkward angles.

Perhaps most importantly, the computer boasts a battery life of 11.5 hours, meaning users will not need a charger to get them through the day. The laptop clocks in at 2.47 pounds and features Dolby Atmos sound, meaning it would be the perfect computer for playing high-quality content.

3. HP Pavilion x360 (\$369)

Esteemed for its ultra-thin bezels and large keypad, this computer is perfect

for high-schoolers and beyond. The HP Pavilion x360 includes a wide assortment of ports, including USB 3.1, Kensington lock, microSD card reader, HDMI, and USB Type-C. Like the Yoga, the computer allows for 360-degree screen rotation and is highly versatile.

As with many HP computers, however, customers have complained about overheating and loud fan noises. Though it may not be as fast as the other computers and offer as much customizability, the laptop is still a great affordable option for the average student.



4. Microsoft Surface Pro 6 (\$699)

The latest and greatest in the famous Microsoft Surface Pro lineage, the Surface Pro 6 certainly packs a punch. Unlike the other computers, it offers a detachable keyboard that doubles as a screen cover. The computer is also very light compared to its competitors, at 1.70 pounds.

In terms of security, it provides face authentication software, meaning all it takes to unlock is a simple look at the camera. In addition, the Surface Pro also comes with an 8.0MP rear-facing autofocus camera with a 1080p full HD video. The only downside with the laptop, however, is that is difficult to use on one's lap and requires a flat surface to be used.

5. Chromebook Series

Perhaps the most popular and simple of all the computers comes the Chromebook. Known for its simple user interface and easy-to-use layout, the Chromebook series is especially popular in schools, where many school districts buy in bulk and distribute the laptops in classes and or even loan them to students to keep at home.



The glaring downside to the Chromebook is the software. ChromeOS is limited to Google-based applications only, meaning Academy favorites such as The Geometer's Sketchpad or SolidWorks cannot be used on the Chromebook. Despite this, the Chromebook covers most of what a student needs. Students can easily access Google Classroom, Google Drive, and much more, including the Google Play services. Despite the clear software limitations, the Chromebook does exactly what it is designed to do.

Back to School Mode: How to Operate Without Stress

By: Shefali Awasthi

With the school year, rolling back into our daily schedules, it can be a little grueling to juggle school with the rest of your extracurriculars. Whether it be a hobby or just a self-care routine, it's important to exercise good habits and break the bad ones before school work really starts piling up. The last thing that you need this year is a feeble mind and the anxiety of not finishing your assignments on time. To help, I've gathered up some feasible tips that will help you effortlessly stroll through the year.



First and foremost, it is vital to understand that high school is not supposed to be “the best four years of your life,” but rather one of the biggest learning experiences of your life.

Freshmen, high school is not at all intimidating. You are at the bottom of the academic food chain, so I suggest that you find a group of friends you can share your experiences with each other. There seems to be a lot of pressure to be someone else to just fit in, but you can avoid it. People at our school come from all over the county, so in your class of about 40 students, I'm sure one of them is destined to be your best friend. Just go with the flow and try not to worry about what's going to happen next.

For the rest of us, I think it's safe to say that high school is meant to make you more independent. You have to look after yourself, and it is essential that you are disciplined with regard to your sleeping schedule so that you are in bed at a reasonable time. Try to stay away from using electronics before bed. Squeezing in a quick 15 minute read will help you relax. A consistent pattern is going to keep you well rested. You shouldn't be awake until 2 am finishing up homework every night. If you are focused and cut out distractions, you should have time for yourself at the end of the day. The school year does not mean that you drop everything and just focus on academics. You are still allowed to have fun, but you just have to be organized and set a time limit to the number of hours you are willing to commit to a certain occasion. **7**

Despite the traditional academy practice of being a procrastinator, I think it's best if you start planning big projects the day you get them. This will help you keep track of how much you have to do every day to finish in time without rushing or even having the possibility of accidentally submitting your work a minute late. Doing your homework the day you get it will really help you manage your time better and allow you to shuffle your assignments around your schedule. In fact, to be even more efficient at studying, you might consider making flash cards, rewriting your notes, and rereading your notes even when you don't have any homework. The whole point of our classes are to get you to actually understand the material--not memorizing. If you can't explain a concept to someone or if your mind keeps wandering, you're not focused. Try to take breaks between homework assignments and set small goals for yourself so that you feel more motivated to accomplish them.

Overall, your year will probably just sum out to be "pretty good." High school seems to be the best and worst times of your life, but it will be over before you know it. You might as well do something amazing with your life in those four years, rather than stressing out about polishing your knowledge of the Krebs Cycle before you're even taught it in class.



10 Things I Wish I Knew as a Freshman: Advice from a Senior

By Adhya Khare

1. Don't procrastinate.

You will hear this 10 billion times, and I assure you it will take the 10 billionth time for this to finally settle in, but procrastination for school or anything will not lead to good results. Sure, you might be able to finesse and get a good grade, but there will be very high, not to mention unnecessary, stress levels. Break big projects down into small tasks, and get them done. It won't be easy, especially if you are a major procrastinator like me. However, small steps towards being prepared will help a lot in the long run, and it's always better to start early.



2. Try Everything

Our school is not perfect, but it still has quite a few opportunities you should check out and be aware of. You have many opportunities to advance your studies with college classes and your resume with extracurriculars. Especially in a small school like ours, it's not hard to go to most club meetings and figure out what you are interested in.

3. Don't make cliques

Following behind the previous tip is this one. Try not to stick to one group of people all the time. As a freshman, it can be hard to make new friends and explore. At the same time, you have small class sizes. Get to know everyone in your grade — trust me, it's not that hard. This will also help for future years when you switch classes. Also, without a doubt, you should always be nice to others. MCA is a very small school: news travels fast. Don't start beef with someone. It's drama you don't need in your life.

4. Mr. Fernandez is your best friend

Mr. Fernandez is one of the best guidance counselors ever. You can talk to him about anything — literally, anything. He's also a good problem solver. If you have any issues that arise, at home or in school, you can talk to him about them. Even if you don't have any problems, he is incredible to just chat with.

5. Email teachers before you miss school

One of the biggest confusions you are bound to encounter in this school, sooner or later, is absenteeism. We don't want to skip school, but flus and fevers don't really listen to that. Make sure you email *all* of your teachers when you are missing school, whether it be an excused absence or not. It gives you a chance to talk to your teachers to better understand how exactly absenteeism works in their particular class. If you know you will be missing days in advance, it's best to see teachers in person to see if you can get work before you leave.



In any case, if you don't get a chance to see the teacher or don't get an email response, see the teacher immediately when you get back to school. If you have assignments which were due on the day you were absent, hand them in the minute you return to school. You don't want to get bad grades for silly mistakes like these.

6. Ask for help

You have many resources at this school to help you. Mr. Fernandez, teachers, and your fellow peers will all be more than happy to help. If you find that these people are not available, you can ask upperclassmen. All of us are very nice and will be more than willing to help you out. We also have a tendency to give lots of advice, so we are good sources of inside info about the school.

7. Get Enough Sleep

This won't mean much now, but once school really kicks in, make sure you get enough sleep. A drowsy you won't be able to concentrate on anything in school. It will just cause you more work when you get home as you try to figure out what was taught in your classes that day. Plan your time wisely, and get enough sleep. You will generally feel a lot better about yourself if you have slept 7-8 hours the night before.



8. Don't Say Goodbye Forever to Middle School

Yes, you are in high school: congrats! However, don't abandon everything from middle school, especially your old friends. Keep in touch with everyone in your school districts. It will be a nice relief if you ever get tired of the people in your school. Also, you just spent three years of your life being

friends with some of them: don't leave them hanging just because you went to another
10 school. You can still hang out and have a lot of fun with them.

9. Figure out what's important to you

In high school, there will be many things shoved at you consciously and subconsciously. Both will entice you to believe that whatever is being shoved is very pertinent. It's good (as a freshman) to define certain words for yourself, such as success, beauty, and failure. Having your own definitions for these words will identify what you find to be important in your life. Then, later, when everyone tells you that they read somewhere you *must* do this or this course is *needed*, you will be able to make better decisions suited for you and only you. You won't be sucked into living a life defined by others.

10. Plan your senior year

This one might be intimidating, but after you follow tip #9, you should plan out your high school career. See what courses you want to take, determine what extracurriculars you plan on pursuing (and to what extent), and decide what year would be best for you to take certain APs and SAT Subject Tests. Having a general outline of when you want to accomplish things and who you want to be in four years' time will help you identify what you need to do to get there. You don't want to feel after graduating that you could've done more. Plan and don't regret.



All The Teachers

Ms. DaSilva
Media Library
Specialist

Ms. Macdonald
Honors Chemistry
AP Physics

Ms. Oakley
Honors Biology

Mr. Ocker
Spanish 1 - III
AP Spanish

Mr. Paterno
Electrical
Engineering

Mr. Price
Modern World History (9)
United States History (10&11)

Ms. Simmons
School Nurse

Ms. Simon
American Lit I
AP British Literature

Mr. Smith
9 & 12 Grade Health and
Physical Education

Ms. Lane-Cruz
World Literature
American Literature II

Ms. Southern
Honors Precalculus
AP Calc AB & BC
AP Statistics

Ms. Gomes
Honors Precalculus
Algebra II

Dr. Weinstein
Civil and Mechanical
Engineering

Ms. McNulty
10&11 Grade Health and
Physical Education

All The Clubs

Academic Team

Art and Theater Club

Book Club

Computer Science Club

Debate Club (JSA)

DNA Club

eSports Club

FBLA

Girl Up Club

Interact Club

Investment Society

Math League

Model United Nations

National Honor Society

Orchestra

Red Cross Club

Safety Ambassadors

Science League

Science Olympiad

Soccer

Spanish Honor Society

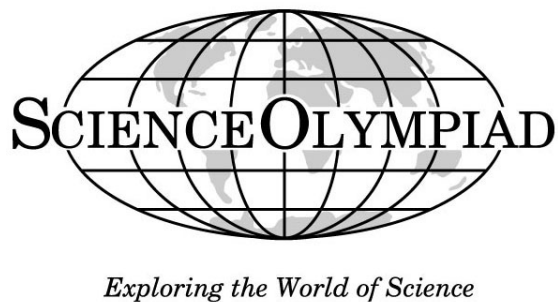
Student Council

The Eagle Eye
(Newspaper)

TSA

Unicef

Yearbook Club



September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 September 11th Ceremony	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Field Day Early Dismissal Parent's Night	27 Club Fair	28
29	30 Fall Recess: No School					

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Fall Recess: No School	2	3	4	5
6	7	8	9 Fall Recess: No School	10	11	12
13	14 School Closed for Students	15 9-11th Grade and Staff Photos	16 PSAT/ NMSQT	17	18	19
20	21		23	24	25	26
27	28	29	30 Senior Portraits	31 Senior Portraits		

SPECIAL THANKS TO...

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