

# CROOM HIGH SCHOOL

9400 Surratts Road, Cheltenham, MD 20623

301-372-8846



## COUGAR CHRONICLE



Volume 4 Issue 8

May 2021

**Wanted:  
Parenting  
Page  
Suggestions  
We Need  
Your Help!**

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## Senior News

**Seniors,  
COMMUNITY  
SERVICE  
HOURS  
HAVE  
BEEN  
WAIVED**



### SENIOR PACKAGES ARE DONE

We have placed the order of the Cap and Gowns for our 2021 Graduation.

They will be distributed on Thursday May 20.

Get on the mailing list  
eMail:

[Gary.puzzella@pgcps.org](mailto:Gary.puzzella@pgcps.org)

If you have any questions, contact Mrs. Tunstall or Mrs. Gaines for more information



## Important Senior Dates

1. Seniors last day is **Friday May 14th**
2. End of Year Awards Assembly is **Tuesday May 18, at 10am.**
3. Cap & Gowns, Stoles and 2 Graduation Tickets will be distributed **Thursday, May 20**
4. Graduation will be on **Thursday May 27 at 9:am** at Wise H.S. RAIN DATE: **Thursday June 3.**

## The Croom Cougar Positive Parenting Page

### WE NEED YOUR HELP

The Positive Parenting Page is in need of your idea and suggestions.

We want to provide a resource for parents. We hope to provide some Information, and some inspiration!

One of the things we hope to provide would be tips for parents from other parents. This is your opportunity to share your knowledge with others.

We will also provide links for parents to find help for all different situations.

We welcome your advice, anecdotes and suggestions for our future issues.

email us at



Silence is Golden...  
unless you have a child,  
then it is just suspicious

### Helpful Links for Parents

Are you, or anyone you know, a victim of Domestic Violence? [CLICK HERE](#) for important phone numbers and resources.

Have you or anyone you know lost someone to homicide? Rays of Hope Support Group meets every Wednesday. [301-880-5100](tel:301-880-5100) for more info.

[CLICK HERE](#) for 10 tips for a health life when you are 50 and over.

Don't let depression keep you down. [CLICK HERE](#) for some help coping with depression.

### Free One-On-One Counseling

Pro Bono counseling is free service available to adults and family who are unemployed, uninsured, under insured, or unable to afford traditional counseling services. Including individuals and couples that are struggling with situations such as COVID-19, unemployment, life changes, depression, anxiety, grief or marital

### Staff News

We would like to wish a Happy May Birthdays to:

Mr. Puzzella (2)  
Ms. Gilliam (18)



# Faculty & Staff



## Just for Fun! - "May" I show you?

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### THE MONTH OF MAY 2021: HOLIDAYS AND FUN FACTS

"May" is likely named for the Roman goddess Maia, who oversaw the growth of plants.

### MAY CALENDAR

**May 1** is [May Day](#). Mark the return of spring by bringing in branches of forsythia, [lilacs](#), or other flowering shrubs from your region.

**May 1** is [Lei Day](#) in Hawaii. Leis are garlands or wreaths that are often made with native Hawaiian flowers and leaves.

**May 5** is [Cinco de Mayo](#). This day celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862.

**May 9** is [Mother's Day](#)—don't forget! Do you have something planned to show appreciation for your mother? [Learn about Mother's Day.](#)

**May 16** is [Armed Forces Day](#), which honors those who serve in all branches of the United States military.

**May 22** is [National Maritime Day](#). Created in commemoration of the first transoceanic voyage via steamboat.

**May 31** is [Memorial Day](#)—a poignant reminder of the tenacity of life. It's tradition to raise the flag on this day; [know how to fly your American flag properly.](#)

### "JUST FOR FUN" DAYS

**May 1:** School Principals' Day

**May 2:** World Tuna Day

**May 4–11:** Root Canal Awareness Week

**May 8:** No Socks Day

**May 14:** Dance Like a Chicken Day

**May 28:** Slugs Return from Capistrano Day

### MAY ASTRONOMY

The Full Flower Moon

May's full Moon, the **Flower Moon**,

occurs on Wednesday, May 26. It reaches peak illumination at 7:14 A.M. (EDT) that morning, so for the best view of this full Moon, step outside on the night of Tuesday the 25th and look for that big, bright, shining lunar disk! Two more interesting things about this month's full Moon: it will be a supermoon and will coincide with a total lunar eclipse (visible in some parts of North America)! [Learn more about May's full Moon here.](#)

### MAY'S MOON PHASES

Last Quarter: May 3, 3:50 p.m. EDT

New Moon: May 11, 3:00 p.m. EDT

First Quarter: May 19, 3:13 p.m. EDT

Full Moon: May 26, 7:14 a.m. EDT

### RECIPES FOR THE SEASON

'Tis the season of fresh, spring ingredients! Check out our list of [Spring Recipes](#) to get inspired.

Try some of these recipes that feature the first crops of the season:

[Asparagus Salad with Peas and](#)

[Toasted Almonds](#)

[Asparagus Frittata](#)

[Spinach Lasagna](#)

[Rhubarb Pie](#)

Spring cleaning? See [homemade cleaning remedies](#) and other tips to help you around the home.

### GARDENING

See our free [vegetable, herb, and fruit growing guides](#) for tips on planting, growing, and harvesting your favorite home crops.

In May, enjoy new life by attracting hummingbirds and butterflies to your garden! See our lists of [plants that attract hummingbirds](#) and [plants that attract butterflies](#).

Celebrate a new season of flowers by [planting window boxes!](#)

### MAY ZODIAC SIGNS

*Taurus:* April 21 to May 20

*Gemini:* May 21 to June 20

### MAY BIRTH SYMBOLS

May's **birth flowers** are the Hawthorn and the Lily-of-the-Valley.

The hawthorn means hope, while the lily-of-the-valley symbolizes sweetness or the return of happiness. Learn more about [May's birth flowers](#).

May's **birthstone** is the emerald. [See birthstone meanings.](#)

### FINALLY

-The 3rd Monday of May and the rest of the week: American Craft Beer Week

-ALS Awareness Month

-Barbecue Month

-Bike Month

-National Blood Pressure Month

-Brain Tumor Awareness Month.

-Burger Month

-Celiac Awareness Month

-Chocolate Custard Month

-Cystic Fibrosis Awareness Month

-Date Your Mate Month

-Egg Month

-Electrical Safety Month

-Foster Care Month

-Garden for Wildlife Month

-National Golf Month

-Hamburger Month

-Loaded Potato Month

-Mental Health Awareness Month

-Military Appreciation Month

-Mobility Awareness Month

-Moving Month

-Older Americans Month

-Salad Month

-Salsa Month

-National Smile Month

-Strawberry Month

-Water Safety Month

## Wonderful Wednesdays at Croom

Wednesdays at Croom High School are an awesome way to start your day. Our staff goes above and beyond to bring us some beneficial, informative, and even life changing information every week.

On April 7th We continued with our 1st Wednesday Assembly programs. The topic was "Hopeful Future".

Mr. Henderson and Mrs. Malloy lead the discussion sharing some information to create "HOPE" for a prosperous future as we prepare our students for a strong 4th Quarter finish and graduation.

We asked if the team to prepare to support and participate in the discussion by sharing one, "Villager Tip Toward Success", to include a lesson learned or a helpful strategy or practice that assisted with being successful in college, trade school, or military training.

The meeting was very well done and some good information was shared. All the participants enjoyed the assembly very much.

On April 14th, we had 2 very dynamic and engaging speakers present to the students.

Dr. Robert Evans aka Dr. E, is the owner of Empowerment Counseling & Training Center and is a culturally competent licensed counselor.

He is a native of Washington, D.C., and had a wonderful

presentation to share with us around the topic of Hope, Healing & Entrepreneurship!

In preparation for the assembly, The staff was asked to think about the following:

1. What is your "Why"? (Meaning: Why do you get up and do what you do every day? What motivates you to be better? What keeps you taking a licking and keep on ticking?)
2. What are you passionate about? (When you look at the world, the nation you live in, your state/city/community, what upsets you most?) It can be one or multiple things...
3. Refer to question #2 and ask yourself, What special gifts/ talents do you have that can help you to solve the problem/problems you identified.
4. What does success mean to you?
5. Who do you follow for guidance and why? (This could be family, friend, someone you don't know)
6. What number best describes your desire to maximize your potential? Any number between (1-10) with 1 meaning no desire to improve and you only see yourself being the way you currently are and thinking the way you currently think forever, and 10 being you want to maximize

your fullest potential and be outstanding in everything you do.

Dr. E. paraphrased and stressed the importance of being prepared, motivated and inspired at all cost as it relates to your survival, career and personal aspirations.

He's educated us on his 5 Keys to Success:

1. Persistence- a must have.
2. Passion- personally centered.
3. Purpose- must be innate.
4. Preparation- in order to discover the best version of yourself.
5. Professionalism- PRODUCES PRODUCTIVITY and INTEGRITY.

Some of his quotes were:

"We are all blessed with gifts; you have to be resilient, patient and display perseverance."

"You must become UNCOMFORTABLE in order to be MOTIVATED; you must be able to ENVISION yourself doing it."

"You must be more/better prepared than the next person."

"Be the director of your energy and of your positivity."

These are just 2 of the amazing presentations we have been fortunate enough to have here at Croom High School. We look forward to more engaging, informative and beneficial Wonderful Wednesdays!

## Important Dates To Remember

Croom High School  
9400 Surratts Road  
Cheltenham, MD 20623  
301-372-8846

**Cougar Chronicle  
Staff**

**Editor** Gary Puzzella  
**Asst. Editor** Maybe You?  
**Sports** Maybe You?  
**Photographer** Maybe You?  
**Editorials** Mr. Stephenson

IMPORTANT DATES TO REMEMBER				
May	4	T	Staff Meeting	
May	5	W	Cinco de Mayo	
May	9	Su	Mother's Day	
May	14	F	Last day for Seniors	
May	18	T	Final Awards Assembly 10am	
May	20	Th	Cap & Gowns Distributed	
May	27	Th	GRADUATION 9AM WISE HS	
Rain Day is JUNE 3rd				
May	28	F	4th Quarter Progress Reports Out	
May	31	M	Memorial Day—No School	

## Letters to the Editor

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**Dear Editor,**

*I have a hard time getting started in the morning, My mom says I am just not a "morning person". Is there anything I can do to become a "Morning Person"?*

*Signed - What Can I do*

**Dear WCID,**

You are not alone, and "morning People" generally start off their mornings in a good way.

I asked Mr. Stephenson to give us some advice, and here it is:

You need to fuel yourself and prepare for he day, I have three steps that might help.

**STEP1: FUEL YOUR BODY.**

Eat some protein rich foods like eggs , cheese or peanut butter

because it helps you feel full.

Hydrate your body by drinking 8 ounces of water in the morning. It will help rehydrate the water you lost overnight and help clear your head.

Exercising like jumping jack or push ups helps get the blood flowing and make you more alert.

**STEP 2: FUEL YOUR MIND**

Breath in and out a few times taking deep, steady breaths. This helps you focus and prepare for the day.

Put the phone on hold for a few minutes. Wait a few minutes before you start scrolling on your phone. This will help regulate your brain chemistry and improve concentration.

Don't snooze, because you lose focus. Hitting the snooze buton

confuses yor body about weather it is time to rise or not.

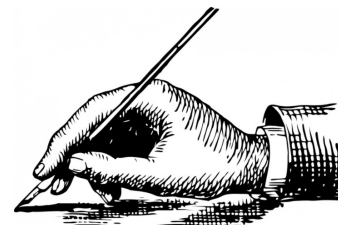
**STEP 3: FUEL YOU MOOD**

Take a few moments to jot down some thoughts. This helps get your creativity going.

Set goals by making a list of what you want to accomplish each day. This will help keep you on traqck and productive.

I hope that helps you out, and good luck! Remember how important your mental AND physical health is!

- Mr. Stephenson



## Croom High School Sponsors

**Very Reasonable Rates to Advertise Your Event, Business, or to just get your own message out!**

**As Low As**

**\$5**

**Happy Mothers Day**

**Happy B'Day Ms. G!**

**Plant a Tree**

**GO COUGARS**

**\$1 Shout Outs**

**Yay!!!**

**For Rent**

**Say it Here**

**What Mr. Henderson "C's"**

**What do you C?**

**This is what we want everybody to C;**

**A Caring and Committed Campus Community where a Challenging Curriculum produces Citizens that are College**