

**Vol 128
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The longest, continuously published public high school newspaper in the United States!

JOURNAL

The Show Must Go On!!

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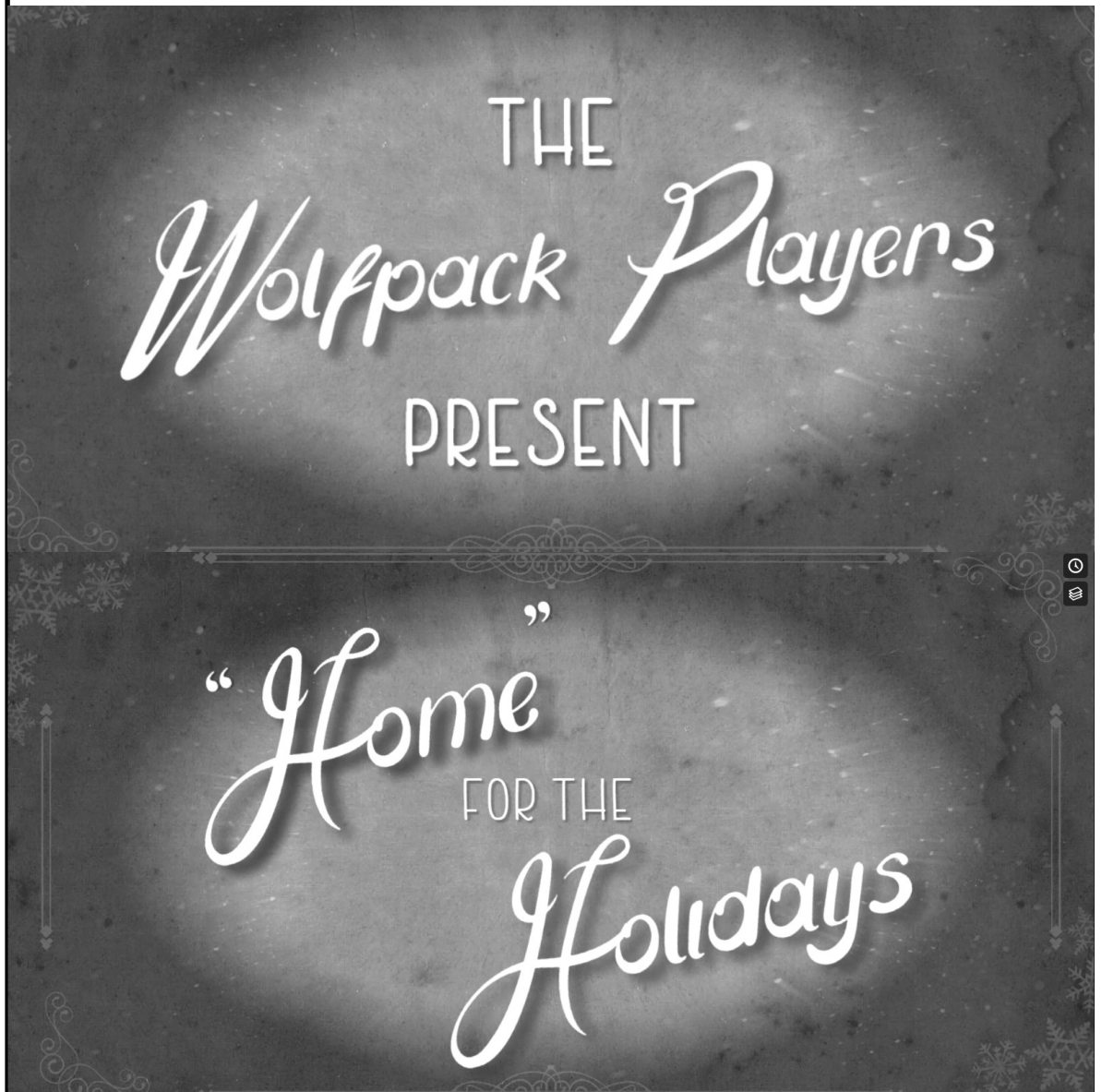
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Wolfpack Players Take Performance Virtual



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Wolfpack Players Go Virtual

The Wolfpack Players, featuring CAPAA theater and music students demonstrated that the show must go on, despite a global pandemic, with the production of "Home for the Holidays," a virtual performance, featuring 20 solo musical pieces and dramatic monologues with various holiday themes.

This performance was not the easiest of tasks to pull off, as performers needed to rely on family members to film their performances, which may have involved a number of repeat run-throughs and takes to make these performances film-worthy, fit for a video production.

The Coughlin students who appear on these two pages lit up the screen with their variety of talents. They joined fellow



Home for the Holidays A Success!



Wolfpack CAPAA members from G.A.R., Meyers, and STEM, as well as students from Holy Redeemer and Crestwood and created one fantastic production which brought holiday cheer into all of the homes.

The production was under the direction of Mrs. Alice Y. Lyons, and featured the big man himself — Santa Claus, making a guest appearance. A special thanks went out to Mike Wawrzynnek, who edited the video.

Congratulations to everyone who made this production a success. Be on the lookout for the next Wolfpack CAPAA production. We have been told it is something featuring beloved cartoon character Charlie Brown.

**Focus on
One Day
at a
Time!**

**Create
and
Follow a
Routine!**

**Take
Breaks
When
Needed!**

Pointers for Students Grappling with Online Learning

By Gary Kogoy, Jr.

Junior Editor

With COVID continuing to ravage our nation, many schools have once again opted to continue the school year wholly online. While this reduces the risk of COVID transmission, it also brings about education-related concerns; complaints abound from students who find that online learning is much less effective for them than in-person education for a host of reasons, including a lack of incentive to continue on and personal interaction with one's teachers being noticeably absent (in a cyber setting, and virtually present in the virtual setting). It's difficult to fix these problems entirely, but the following tips are tried-and-true and have helped plenty of students deal with the stresses of online learning over the past several months

One upside of online learning is that a struggling student has the internet and its wealth of knowledge at their fingertips at nearly all times. Using this to your advantage would certainly be a disservice to yourself; if you're having trouble comprehending the subjects that your teacher is covering — or if you simply want to brush up on your knowledge — you could make use of the various interactive learning platforms, such as Khan Academy, that are available throughout the internet. In addition, you could find reliable sources that pertain to the subjects you want to learn and take notes on them as you would when learning in-person. For some, taking notes significantly bolsters their ability to remember information and then later retrieve and use that information.

However, it's also worth noting that writing down important information on the subjects you need to learn more about may be all for naught if

you fail to keep your writings organized. Many students organize their notes by titling different sections of notes instead of letting them messily blend together and using bullet points and dashes to create lists of relevant material. It is also important to only write down the information that will be essential for you in the future instead of writing everything that you possibly can; if you introduce droves of filler into your notes, it will prove difficult to find or retain the information that you truly need when the time comes for tests and quizzes.

Finally, keeping in touch with your teachers and paying close attention to what they have to say is paramount. Your teachers are there to help you; contacting your teachers when you're having difficulty with a certain part of their curriculum allows them to assist you so that you can reach your full potential in the (virtual) classroom. But, of course, if you aren't paying attention during class, then you may not even know *what they're teaching, which, obviously, puts you at an immense disadvantage and is a great disservice to yourself. Online school has been difficult for many, but with these pointers, along with effort and continued determination, hopefully it will be easier for you, personally, to make it to the other side of this challenge. On the bright side, when we, as a society, make it to the other side, we will be stronger people for it — after all, dire circumstances build character and tenacity in spades.*

More Pointers for Students Grappling with Online Learning

- ♦ Set up a workspace. Establishing a place to work that has all needed supplies such as pencils, pens, notebooks, notepaper, post-it notes, highlighters, your computer or chromebook, and your needed books and reference materials. Having a place to store these items together eliminates the last minute scramble to find everything needed for the lesson.
- ♦ Keep a calendar/planner. This could be electronic or pencil paper. That way you can see all of the important dates coming up. This is where you should write down due dates of projects in order to see all of the projects, tests, quizzes in one spot, making planning easier.
- ♦ Log in on time. So many students arrive late to class that by the time that they arrive, their classmates are grouped up to work on the class assignment, requiring the teacher to stop class and reinstruct the late student.
- ♦ Take notes in class each day, even if it is just a note to keep track of what happened in class that day. (Make sure to write down due dates for homework, projects, tests and quizzes if they are mentioned.)
- ♦ Establish a schedule to handle your school work. Keep in mind that your teacher will only be available during certain hours, and sometimes does not have a chance to check email, so always make sure to ask any questions you have on assignments and work before the end of the class.
- ♦ Set up a routine. Try to get up at the same time every day, try to have breakfast and the rest of your meals at the same time each day. A routine will keep you on the track to success. If you have a study hall during the course of the day, always try to use the time in the study hall to work on your school work. If you start giving yourself an extended break during the study hall, it will lead to scrambling around looking for the lost time when you have to finish projects and larger homework assignments.
- ♦ Give yourself time away from all technology — go for a walk, go outside and shoot some baskets or kick around a soccer ball, knit, or do any activities you enjoy that do not involve technology. Remember that screens and technology here include television, cell phones, and video games.
- ♦ Get to know your teachers, and make sure that they know you. Students who participate regularly or even stay after class to ask questions feel more comfortable asking teachers for help and in some cases (work extensions for when assignments truly do become overwhelming). In addition, today's world of online learning makes it more difficult for you to know your teachers and for them to know you. Make sure you spend time on that relationship. It will be useful when you are applying for jobs and college and need a reference or help on a project or questions about school-related and non-school related topics.
- ♦ Do not ever be afraid to ask for help. When doing so, it shows that you are a conscientious student who cares about learning and making an investment in yourself. That is a quality that will give you the respect of your peers as well as teachers and administrators in your school.

**Stay in
Touch
with
Teacher!**

**Ask for
Help
When
Needed!**

**Use a
Planner
or
Calendar**



Mya Corcoran
Senior Editor
Columnist

A School Year Like No Other

By

Mya Corcoran

Senior Editor/Crusader Chronicle Columnist

Last spring, Coughlin High School, along with countless other schools around the world were forced to close due to the unprecedented Coronavirus. Although Coughlin had only planned to be closed for two weeks, the exponential rise in COVID-19 cases forced the school to remain closed for the rest of (2020). This school year brought new hope to students as they were once again allowed to return to school. The reopening of Coughlin and the restart of sports and other activities made life seem normal once again for many students. However, this re-found sense of normalcy was short-lived, and after 25 days of school, Coughlin was forced to once again, shut down due to a rise in cases.

Although this school year will surely not be traditional, the teachers and administration of Wilkes-Barre Area School District are doing everything they can to make the most out of this unconventional school year. While students currently are not able to attend in-person school, they are required to attend virtual classes. This way, students can see, talk to, and learn from their teachers and classmates all through their computer. While online learning is definitely not ideal, teachers have made it so students will learn everything they would have learned in school all while being at home.

Coronavirus has also affected many sports teams at Coughlin High School. Fall sports were able to resume this school year. Student athletes were ecstatic that they were able to participate in practices and

playoffs were approaching, many teams required players to get tested for coronavirus in order to ensure that their team can safely enter into playoffs.

Parent-teacher conferences were held virtually this year. Many parents use parent-teacher conferences as a way to meet their child's teacher and discuss their child's progress this far into the school year. Instead of parents coming into Coughlin to meet with their child's teacher, they were able to virtually meet the teachers using the online video conferencing app, Zoom.

Normally senior class officer elections are held at the end of the school year and elected participants begin their duties the following year. However, the school closing at the end of last year pushed elections into this school year. Instead of the candidates giving a speech in front of the student body, this year's candidates made short videos explaining why they should be elected. These videos, posted on the district website, are meant to be viewed by students in order for them to choose which of their peers would make the best class officers. Voting took place on November 3rd, and all Coughlin seniors were able to vote using an online ballot. This school year has so far proved to be very unconventional. With so many changes to our normal school routine, teachers and students have been adaptable and flexible to the changing circumstances. Even though this year will not be a normal school year for Coughlin High School, it will definitely be a year to remember.

Please note — this article was submitted to The Citizens Voice and published in the Schools section under the Crusader Chronicle Column.

A Message From Mr. Gabriel, Principal of James M. Coughlin High School



Dear Coughlin High School Faculty, Staff and Students,

I wanted to take this moment to express just how proud I am of the efforts that you have all made during this most difficult time. The majority of our students have made the necessary adjustments needed to do the best that they can academically.

Our faculty and staff have gone above and beyond, working diligently both during school and after school hours, trying to find the best methods and materials to effectively foster learning during this challenge.

To the seniors, I tip my hat off to all of you. This was something that none of you envisioned when you began your high school journeys. However, because of your aptitude to adjust and adapt, you are doing your very best to make the most of a very tough situation. Please keep that determination, and sometime soon, I know you will see greater days come your way.

Keep up the outstanding work, and continue to BE COUGHLIN PROUD!

Sincerely,

Mr. Gabriel

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Adviser

PREP: Prevention Resources and Education for Parents

Caron Treatment Centers, in conjunction with Wyoming Valley Alcohol and Drug Services, Inc. is proud to offer a FREE virtual presentation of PREP: Prevention Resources and Education for Parents on February 21, 2021, from 12 p.m. to 1 p.m.

This one hour live presentation provides parents and caregivers of middle and high school students with information that research shows can help reduce chances that their teen will engage in substance use. To register, please email Nicole Rex at nrex@caron.org.



IMPORTANT DATES TO REMEMBER

JANUARY

Thursday, January 14, 2021

Afternoon Secondary In-Service

Monday, January 18, 2021

Martin Luther King Jr. Day School Closed

Thursday, January 28, 2021

Second Quarter/First Semester Ends

Friday, January 29, 2021

Third Quarter/Second Semester Starts

FEBRUARY

Tuesday, February 9, 2021

Second Quarter Report Cards Distributed

Friday, February 12, 2021

Afternoon Secondary In-Service

Monday, February 15, 2021

President's Day School Closed

MARCH

Monday, March 8, 2021

Third Quarter Progress Reports Distributed

Thursday, March 18, 2021

Parent Teacher Conferences

APRIL

**Thursday, April 1, Friday,
April 2, and Monday, April
5**

Easter Break School Closed

Wednesday, April 7, 2021

Third Quarter Ends

Thursday, April 8, 2021

Afternoon Secondary In-Service

Monday, April 19, 2021

Third Quarter Report Cards Distributed

MAY

Wednesday, May 12, 2021

Afternoon Secondary In-Service

Thursday, May 13, 2021

Fourth Quarter Progress Reports Distributed

Monday, May 31, 2021

Memorial Day School Closed

JUNE

*** All dates are subject to change pending revisions to the school calendar.**

ATTENTION SOPHOMORES: APPLICATIONS FOR JUNIOR LEADERSHIP WILKES-BARRE ARE NOW BEING ACCEPTED

The application deadline is March 8, 2021. Please return your completed application with a \$20 fee (check or money order) according to your Guidance Counselor's directions. Applications must be typed. Students interested should contact Mrs. Saporito (jsaporito@wbasd.k12.pa.us for an application or visit the Junior Leadership Section of the Leadership Wilkes-Barre Website or contact [Jessica Cronauer](#) at (570) 270-5323.

Junior Leadership Wilkes-Barre (JLWB) is a transformative leadership development program for high school juniors that provides training techniques to advance leadership skills while increasing community awareness and civic responsibility to affect positive change.

JLWB offers students the opportunity to work with adult leaders in their community through seminars held from 8:00am to 3:30pm over nine months. An in-depth curriculum acquaints participants with community needs, opportunities, challenges and resources, featuring topics including interpersonal communication skills, emotional intelligence, government and citizenship, levels of diversity, the justice system, and other community issues. These sessions are held at various locations throughout Luzerne County.

PROGRAM OBJECTIVES

- Develop leadership skills and encourage students to interact with community leaders
- Challenge emerging leaders to apply skills to community impact projects
- Acquaint students with community needs, resources and other factors that influence the direction of NEPA
- Encourage accountability and empower students to affect positive change in their own lives and community
- Foster students' interest in servant leadership and volunteer community service

PROGRAM STRUCTURE

- JLWB takes place monthly from September through April. School attendance credit will be granted per
- Programs will be held at locations throughout Luzerne County (transportation is the responsibility of the participant)
- Breakfast and lunch will be provided at every program, unless otherwise specified

Participants complete a Community Impact Project and are required to attend meetings outside of scheduled program.

PROGRAM ELIGIBILITY

Students participate in JLWB during their Junior year of high school. Applications to the JLWB program must be completed during the Sophomore year and are subject to our Selection Process. Any sophomore in good academic standing from public, parochial, charter, and/or private schools in Northeast Pennsylvania may apply (with permission from their school Guidance Office and Administration).

Student Assistance Program Still Operating During Pandemic

The Pennsylvania Student Assistance Program (SAP) is a systematic team process used to mobilize school resources to remove barriers to learning. SAP is designed to assist in identifying issues including alcohol, tobacco, other drugs, and mental health issues which pose a barrier to a student's success. The primary goal of the Student Assistance Program is to help students overcome these barriers so that they may achieve, advance, and remain in school. While Student Assistance Programs exist in other areas of the country, the structure and operation of the program in Pennsylvania is a unique expression of an integrated model serving the needs of Pennsylvania families and students.

***Always err on the side of caution. If you feel this is an emergency situation, dial 911, contact your local authorities, call the Helpline at 211 or call the Childline at 800-932-0313. The Childline is available 24 hours to receive reports of suspected child abuse. SAP referrals are viewed during school hours only.**

The Student Assistance Program is a state-mandated K-12 program designed to assist school personnel in identifying issues including alcohol, tobacco, other drugs, and mental health issues which pose a barrier to a student's success.

Anyone may make a SAP referral. Referrals may be made anonymously except in the case of teachers or staff. It is expected that teachers and staff identify themselves when making a referral when working in their professional capacity. This information is confidential and not shared with the student. The link to the Student Assistance Program is located on the Coughlin page of the Wilkes-Barre Area School District Website.

Link to the SAP form (Copy this address into your search window):

https://docs.google.com/a/wbasd.k12.pa.us/forms/d/e/1FAIpQLSdi41dMnbjUaN418CcMSHoNuXqVDqdPrh86WKyQVFGg_--hQ/viewform

Anyone with concerns may also contact Coughlin's guidance counselors at the following numbers/emails:

Mrs. Jones — 570-826-7111 extension 2117 (kjones@wbasd.k12.pa.us)

Mrs. Saporito — 570-826-7111 extension 2306 (jsaporito@wbasd.k12.pa.us)

Individuals may also contact Coughlin's principal, Mr. Gabriel at 570-826-7111 extension 2108 or 2301 (hgabriel@wbasd.k12.pa.us)



COUGHLIN KEY CLUB WORKING HARD TO SHOW GRATITUDE TO HEALTHCARE WORKERS

Despite the fact that COVID is still rearing its ugly head and many volunteer activities have been put on hold due to mandatory quarantine orders, Key Club, under direction of Mrs. Laura McCabe, is still rolling with its many efforts to make our school and community a better place. The group's latest project involves showing gratitude to the many healthcare workers who are performing heroic acts daily.

The group's next project will be sending thank you cards to health care workers for their service during the pandemic. Each Key Club member is responsible for providing his/her own thank you cards and stamps. Students asked to pick up some cards (or make them) and start writing away. Students can choose to send just one card or many cards. It is up to the participant.

Key Club members are asked take a picture of the card(s) before sending them and post the picture on this assignment on Key Club's Google Classroom.

Key Club members should also write Coughlin Key Club somewhere on the card so they know the card is from Coughlin Students..

You can choose the following location(s) to send your cards.

General Hospital Human Resources
575 River Street
Wilkes-Barre, PA

Geisinger South Wilkes-Barre
25 Church St.
Wilkes-Barre, PA 18765

Wesley Village
209 Roberts Road
Pittston, PA 18640

This is also a great idea for students who did not have a chance to join Key Club this year but did not get a chance to join before the deadline earlier this school year.

For more information, please contact either Mrs. McCabe, the Key Club Advisor at lmccabe@wbasd.k12.pa.us or Ms. Johnson, Journal Advisor at hjohnson@wbasd.k12.pa.us.

Do you have story ideas? Please see our contact information at the bottom of this page.

Would you like to write stories, edit stories, take pictures? We are always looking for new talent. Please see the contact information below.

Journal Contact Info:

email

CHSjournal@gmail.com

or

hjohnson

@wbasd.k12.pa.us

snail mail:

JOURNAL

c/o Coughlin High School

80 N. Washington Street

Wilkes-Barre, PA 18701

In person:

See MS. JOHNSON

Mornings Room 126
Mackin

Upcoming Testing Dates and Deadlines

***** Juniors and Seniors see Ms. Jones for a fee waiver*****

Test Dates

Registration

Late Registration

2021 SAT

Mar 13th

Feb 12th

Feb 13-Mar 2

May 8th

April 8th

April 9-27

June 5th

May 6th

May 7-18

SAT SUBJECT TEST DATES

May 8, 2021

June 5, 2021

* Please check the dates for the specific test desired. Not all tests are given on all dates.

2021 ACT

Feb 6th

Jan 15th

No late registration

April 17th

March 12th

Mar 13-26

June 12th

May 7

May 8-21

July 17

June 11

June 12-25

KEYSTONE TESTING WINDOW

May 17 to 28

Tests administered:

Literature

Biology

Algebra 1

* Further information regarding a schedule will be relayed as it becomes available.