

Message from Dr Perkins, Principal

Black History Month: Reflect, Rise, and Reach

Dear Connections Academy Families,

Black History Month is a time to honor resilience, brilliance, and triumph. We celebrate pioneers who overcame great obstacles with faith and determination. Their stories inspire us to persevere and achieve greatness.

Learning from the Past - History is filled with individuals who refused to let barriers define them. Harriet Tubman, Frederick Douglass, Dr. Martin Luther King Jr., Rosa Parks, and Ruby Bridges carved paths of change. Their courage created opportunities for us to rise beyond challenges.

Education: The Key to Success - Education has always been a powerful tool. Students, embrace learning—it opens doors. Parents, your encouragement shapes your child's future. Together, we build a foundation for success.

Overcoming Challenges - Struggles strengthen us. Like Oprah Winfrey and Barack Obama, persistence leads to triumph. Students, keep pushing forward. Parents, remind them setbacks are stepping stones.

Honoring Our Legacy - We are the continuation of our ancestors' dreams. This is our time to shine, dream, and uplift. As Maya Angelou said, "I rise." Let's rise together in pursuit of excellence.

With determination and hope,

Dr. Janet Perkins

Principal, Connections Academy

School Calendar

Feb 13 - Honor Roll

Breakfast

Feb 17 - Teacher Workday

Feb 21 - Field trip to

[North Carolina Museum of Art](#)

Feb 24 - Interim Reports

March 5 - [Inter-Faith](#)

[Food Shuttle](#)

Every Tuesday -

[BackPack Buddies](#)

delivery (See Mr C)

Quarter 2 Honor Roll:

A Honor Roll - Osmar Romero-Flores

A & B Honor Roll- Josiah Bass, Leia Peters, and Eduardo Martinez

Writing Tip:

Revising your draft will make your ideas clearer. Set your draft aside for a while. Then, read it again and add more details.

Test-Taking Tip:

Show your work on math problems.

Wellness Moment:

Utilize breathing exercises, visualization, and other mindfulness activities to help overcome challenges.

Special Education Teacher Highlight: Ms Armlin

Hello. My name is Sarah Armlin and I am one of the Special Education teachers at Connections Academy. This is my 20th year in education and my 7th year at CAM. While here, I have taught Essentials Language Arts, Essentials Math, and Literacy. Currently, I am an In-Class Resource Teacher for math.

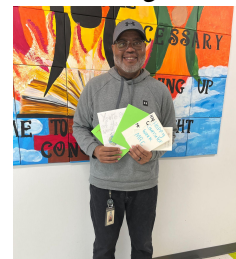
Here are some really great resources for parents of children with disabilities that I always like to share:

Exceptional Children's Assistance Center (ECAC)

<http://www.ecac-parentcenter.org>

1 (800) 962-6817

Happy National School Counseling Week!



We enjoyed celebrating our favorite school counselor, Mr Cormier, during [National School Counseling Week](#) (February 3-7). Thank you for all you do for our students and staff, Mr C!

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→ [Facebook Page](#)

→ [School Website](#)