

# CENTRAL HIGH SCHOOL MISSION STATEMENT

- ❖ The mission of Central High School is to improve student achievement through high standards, rigorous and diversified instruction, and the overall development of a well-rounded student. As a result, there will be an increase in our graduation rate, a decrease in the dropout rate and more students prepared for the workforce and/or post-secondary educational opportunities.

# CENTRAL HIGH SCHOOL BELIEF STATEMENT

- ❖ At Central High School, we believe that:  
*Our school exists to prepare competent, confident citizens who are self-directed, life-long learners.*  
*Our school exists for students; consequently, the curriculum and instructional practices incorporate activities that accommodate various learning styles.*

# CENTRAL HIGH SCHOOL BELIEF STATEMENTS

- ❖ *All students can learn and are to be actively engaged in the learning process.*
- ❖ *Each individual deserves a safe, orderly learning environment.*
- ❖ *Each student has the right to the best possible education.*  
*Each individual will be treated with the concern, dignity, and respect he/she deserves.*
- ❖ *Each individual has the opportunity to participate in extracurricular activities.*



# UPLIFT MENTORING

A PROGRAM FOR AT-RISK GIRLS  
A PROGRAM TO MENTOR YOUNG LADIES  
FOR THE DURATION OF THEIR HIGH  
SCHOOL CAREER TO ENSURE THEY  
ADVANCE TO THE NEXT LEVEL AFTER  
HIGH SCHOOL WHETHER COLLEGE,  
MILITARY, OR THE WORKFORCE.

# PROGRAM GOALS

- ❖ LADIES WILL BE EXPOSED TO DIFFERENT CULTURES TO MAKE THEM WELL-ROUNDED INDIVIDUALS.
- ❖ LADIES WILL RECEIVE TUTORING FOR CLASSES THEY ARE FAILING AS WELL AS FOR THE ACT AND SAT.
- ❖ LADIES WILL BE EXPOSED TO MOTIVATIONAL SPEAKERS.
- ❖ LADIES WILL BE EXPOSED TO MINI- RESEARCH PROJECTS.
- ❖ LADIES WILL ATTEND CAMPUS VISITS.
- ❖ LADIES WILL PARTICIPATE IN COUNSELING WORKSHOPS AND CLASSES.
- ❖ LADIES WILL PARTICIPATE IN YEARLY GIRLS ROCK GALA TO PROMOTE SELF –ESTEEM.

# ELIGIBILITY REQUIREMENTS

- ❖ LADIES WHO DEMONSTRATE LACK OF CONFIDENCE OR SELF-ESTEEM TO SUCCEED AT HIGH SCHOOL LEVEL AND BEYOND
- ❖ LADIES WHO ARE STRUGGLING ACADEMICALLY AND SOCIALLY
- ❖ LADIES WHO SEEK TO GROW ACADEMICALLY OR SOCIALLY
- ❖ LADIES WHO ARE RECOMMENDED BY COUNSELOR, TEACHER, OR ADMINISTRATOR
- ❖ LADIES WHO SELF-RECOMMEND FOR PROGRAM
- ❖ LADIES AND PARENTS MUST SIGN A CONTRACT AGREEING TO THE TERMS OF THE PROGRAM.

# TERMS OF THE PROGRAM

- ❖ LADIES MUST MAINTAIN A **2.5** GPA OR SHOW IMPROVEMENT IN GRADES. (MANY YOUNG LADIES WERE FAILING AT BEGINNING OF PROGRAM.)
- ❖ LADIES MUST BE PRESENT AT ALL MEETINGS. CANNOT MISS MORE THAN **4** UNEXCUSED ABSENCES
- ❖ LADIES MUST PARTICIPATE IN FUNDRAISERS TO ATTEND FIELDTRIPS
- ❖ LADIES MUST DRESS BUSINESS CASUAL FOR EACH MEETING
- ❖ GRADES WILL BE REVIEWED PERIODICALLY TO ASSESS PROGRESS

# WORKSHOPS/CLASSES

- ❖ STUDY SKILLS
- ❖ GOAL SETTING
- ❖ CONFLICT RESOLUTION
- ❖ ANGER MANAGEMENT
- ❖ SELF-ESTEEM
- ❖ ETIQUETTE CLASS
- ❖ PHYSICAL FITNESS AND NUTRITION
- ❖ SELF-DEFENSE CLASS
- ❖ ACCEPTANCE/TOLERANCE
- ❖ HEALTHY RELATIONSHIPS
- ❖ EMBRACING YOUR TALENTS



# MOTIVATIONAL SPEAKERS

- ❖ GIRLS ROCK GALA-WOMEN FROM THE COMMUNITY ARE NOMINATED WHO HAVE MADE A DIFFERENCE IN THEIR COMMUNITY THROUGH THEIR SCHOOL, CHURCH, OR CAREER. WINNERS GIVE SPEECHES.  
(YEARLY)
- ❖ COLLEGE STUDENTS COME TO MEETINGS AND MENTOR YOUNG LADIES.
- ❖ FORMER STUDENTS COME TO MOTIVATE YOUNG LADIES.
- ❖ PROMINENT WOMEN IN THE COMMUNITY MOTIVATE YOUNG LADIES.
- ❖ GIRLS IN GROUP MOTIVATE ONE ANOTHER.

# PREVIOUS CAMPUS VISITS

- ❖ UNIVERSITY OF ALABAMA AT BIRMINGHAM
- ❖ ALABAMA STATE UNIVERSITY
- ❖ TUSKEGEE UNIVERSITY
- ❖ UNIVERSITY OF ALABAMA
- ❖ FLORIDA A & M UNIVERSITY
- ❖ AUBURN UNIVERSITY AT MONTGOMERY
- ❖ AUBURN UNIVERSITY

# SPECIAL ACTIVITIES

- ❖ GIRLS ROCK GALA
- ❖ RED RIBBON PARADE
- ❖ HOMECOMING PACKETS FOR TEACHERS
- ❖ HURRICANE SANDY VICTIMS
- ❖ STOMPING OUT THE DROP OUT RATE-  
FASHION SHOW/STEP SHOW THAT  
INVOLVED HIGH SCHOOL AND COLLEGE  
STUDENTS
- ❖ UPCOMING-EACH GIRL TO ADOPT A  
LITTLE SISTER FROM THE ELEMENTARY  
SCHOOLS TO MENTOR

# WAYS TO DONATE

- ❖ Attend Girl's Rock Gala (Annually)  
Central High School  
Cost - \$20 includes dinner
- ❖ Make monetary donation  
Goes toward scholarships  
Campus visits  
Supplies