CONGRATULATIONS!
At the 89th Annual New Jersey Association of Student Councils Winter Convention, OCHS was recognized for its 31st HONORS SCHOOL AWARD!

Congratulations to Lauren McNally. She was chosen as NJEA (New Jersey Education Association) and 97.5 The Fanatic athlete of the week. Through the South Jersey Scholar Athlete program, NJEA and 97.5 The Fanatic honors 12 students who are the best on the field and the brightest in the classroom. The winners are featured on the 97.5 website with a write up about their achievements, as well as in on-air commercials describing their successes in the classroom and on the field/court. At the end of January, all twelve Scholar Athlete winners will be honored at a dinner at Dave n Busters in Philadelphia with special guest, former Philadelphia Eagle, Jeremiah Trotter.

Ocean City Celebrates Dr. Martin Luther King
Seven Ocean City High School students and a support staff member were honored for their contributions to the community in the spirit of Dr. King: Matthew Catanoso, Benjamin Fischer, Enrique Gaytan, Darby Grant, Gretchen Keyser, Christopher Lechner, Celena White and Kathy Sykes. The students were presented with proclamations and a Key to the City from Mayor Jay Gillian. Rev. Greg Johnson’s message and recitation of King’s “I Have a Dream” speech is the highlight of the annual event.

STUDENT OF THE MONTH
Each student was chosen to be Student of the Month because of exemplary behavior, character and performance. We appreciate the support of each of the community organizations. There is a critical connection between a successful public high school and a strong relationship with its community.

Kristen Marshall was the Rotary Club Student of the Month.
Exchange Club Student of the Month was Amber Angelucci.
The first annual Raider-thon was held on January 23, 2015. This event, sponsored by Ocean City High School and The Ocean City Education Foundation, is a fundraiser that benefits children in our local community suffering from chronic health conditions.

Similar to a dance-a-thon, students are required to dance and move from 5pm to 12am; 7 hours straight with no sitting! SOJO 104.9, with Townsquare Media Group will be sponsoring the event and choreographers from all over South Jersey will be providing dance lessons throughout the evening to help keep the energy going! Students are being asked to RAISE a minimum of $50 as an entrance fee. 100% of proceeds will be donated to The Ocean City Education Foundation and The Sunshine Foundation.

- Every other half hour choreographers from Dance Dynamics, The Dance Place, New Motion and Ocean City School District’s very own Carrie Merritt, fitness instructor, kept students moving with various types of dance and workouts.
➢ Over 30 food establishments from all over South Jersey donated food for the participants.
➢ Did we mention our PRIZES? Ipad * GoPros * Nike Fitbit * Nixon Wireless speakers * A day at OC Water Park for you and 10 friends * Membership to Aquatic and Fitness Center * Brand new Cruiser bike from Tuckahoe bike shop * Autographed NFL apparel * Gym Membership to Local Gym & Fitness * Gift Certificates from OC’s downtown shops

**Flash Mob**

On Friday, January 9th our student committee performed a surprise flash mob during community lunch to promote the Raider-thon. Follow the link below to check it out!

https://www.youtube.com/watch?v=uCsest0PGjI&feature=youtu.be

**Student Committee "Paying it Forward" on Tuesday January 6th**

Special thanks to Ocean City Home Bank for sponsoring this event! Each student committee member was given $5 to "pay it forward" to random student who wished to register for the raider-thon. The event was a huge success with tons of new participants!
Wetlands Institute
On January 7, 2015 students in Mrs. Georges’ biology classes traveled to the Ocean City Public Library for a Saltwater Gene Pools Activity. This activity allowed our biology students a unique opportunity to interact with and classify a variety of living wetland organisms. Ms. Kaitlin Gannon, an education-outreach coordinator for the Wetlands Institute, brought a variety of live organisms ranging from horseshoe crabs to sea urchins to oyster toadfish and gave a brief description of each creature. Students were then given time to physically examine each organism and then charged with the task of classifying them into Phyla. A grant from the Ocean City Library made this exceptional experience possible and allowed many students to incorporate lessons learned in the classroom to real world experiences.
STUDENT COUNCIL

In the month of January, Student Council has achieved a lot. Our first event was the NJASC’s (New Jersey Association of Student Councils) Winter Conference, held at The College of New Jersey. On January 7th, 2015 our entire board attended, also inviting 20 of our best student council members to join. The day was filled with inspirational speakers, and workshops our members and board could attend so they could learn new events and how to make our student council run better. While at this conference, our student council was awarded with the “Honors School” award and “Top Ten Projects” award. This was Ocean City High School’s 31st year being recognized with the Honors School Award, which means our student council has been a dedicated member of the NJASC and all the events they hold. Each year, the NJASC recognizes 10 schools that have outstanding events. Our second award “Top Ten Projects” was for Student Council’s dedication to the annual Red Cross Blood Drive and the major impact it has on OCHS and the service it provides for those in need.

This year, two of our board members, Gretchen Keyser and Darby Grant, were awarded “Honorary Citizens” for being excellent student council members, their leadership potential, and contributing to our school and the community as well. Both received a key to the city of Ocean City for their services.

Each year, the Student Council participates in the Martin Luther King Jr. Day Clean up. Held on January 19th, 2015, student council had about 15 members meet at the community center to be assigned an area to clean. We cleaned the baseball fields and marshes on 35th street. It’s a fun event to participate in and a great way to service the city.

Our board member decided that this year we are going to attend a conference called “L.E.A.D.”, held by the NASC (National Association of Student Councils) in Washington D.C. LEAD stands for Leadership Experience and Development. The conference is held from January 30th-February 1st, 2015. We will attend many workshops and explore Washington D.C. as a board to experience other student councils and widen our knowledge. We are excited to gain this experience and share it with our school.

The 2015 Executive Board at Winter Conference!
CLASSROOM ACTIVITIES

On January 13, 2015, students in Mrs. Georges’ Advanced Anatomy & Physiology classes were able to determine their blood types using Eldon cards. Nurse Millar began the class by speaking about nursing as a career. Next, Nurse Millar and Nurse Geller were able to come to both classes and blood type each student.

Photography II students once again impressed the local cafe patrons with their work. Students exhibited their 2D-3D large format self-portraits. Exhibit took place in Positively 4th Street Cafe during the first two weeks in January.
Miss Pohlidal and Mrs. Cook’s Family and Consumer Sciences cooking classes teamed up with Ocean City School District’s food service director, Miss DeVault, to create a recipe contest challenge. Miss DeVault discussed with the students the importance that the USDA regulations and My Plate have on the foods that cafeteria is able to serve. Miss Pohlidal, Mrs. Cook, and Miss DeVault challenged each of the cooking classes to create a pasta recipe that fit...
into these strict food regulations. The winning recipe will be featured in the cafeteria in February. The wellness committee voted on the recipes and Miss Pohlidal’s 6th period class won in the made-to-order pasta dish category and Mrs. Cook’s 7th period class won in the baked pasta dish category. Miss Pohlidal’s 6th period class recipe consists of a made-to-order spaghetti medley, chicken, and a blush sauce seasoned with garlic, red pepper flakes and basil. Mrs. Cook’s 7th period class recipe consists of baked Penne pasta with blush sauce, chicken, mushrooms, onions, peppers, garlic, basil, topped with parmesan crumbs. Be sure to try these winning class recipes in February!

**CLUB ACTIVITIES**

In December, the Interact Club hosted its annual Christmas Cookie Walk to accompany the OCHS Choir Concert. The club members and bakeries and members of the Ocean City community donated hundreds of delicious cookies to sell to the concert audience. After a busy night of selling the holiday treats, the club members raised almost $400, which will be matched at 100% by the Community FoodBank of South Jersey. As a result of the generosity and hard work of the students and the community, Interact is happy to donate almost $4,000 to the FoodBank.
JANUARY FITNESS RESULTS:

Challenge: Maximum Sit-ups in 2 minutes

High School:
1st Place Girl = Brigit Hadam 89
2nd Place Girl = Dominque Evans 77
3rd Place Girl = Ashley Ogurek

1st Place Boy = Jacob Davis 104
2nd Place Boy = Patrick Kistler 98
3rd Place Boy = Joe Pagano 95

Staff:
1st Place Female = Mrs. Georges 69
1st Place Male = Mr. DiBartolo 78

Thank you to the following High School Participants:

John Sheldon, Jacob Davis, Britney Stein, Jany Anderson, Ashley Ogurek, Ellie Frankle, Adam King, Josh Rolls, Natalie Greene, Patrick Kistler, Will Smith, Joe Pagano, Dominique Evans, Brigit Hadam, Steve Savage, Dan Hederson, Dylan Pittman, Danta Meola, Avi Rabia, Caitlin Aldridge, Justin Angelastro, Logan Avena, Clare Blumberg, Kate Blumberg, Olivia Briggs, Logan Byrne, Joseph Clifford, Anna Colbert, Trevon Dorn, Jeff Edwards, Madison Fluharty, Mike Gardner, Annabelle Gartner, Tyler Gillian, Sarah Hehre, Madison Howell, Matt Kelly, Mike Kimball, Connor Laverty, Danielle Lloyd, Travis Longstaff, James Matinog, Brendan McClure, Sarah Olandt, Erica Rush, Colin Stewart, and Justin Trowbridge

Thank you to the following Staff participants:

Mr. DiBartolo, Mrs. Georges, Mrs. Heather Kelly, Mr. Latorre