



HCS_ECHS



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HCS Early College
High School
@HCSECHS

Website:

EC.HORRYCOUNTYSCHOOLS.NET

Week of April 8th - 12th

The Principal's Desk

April is a very busy month at Early College High School! This month we have several field trips planned (Special Olympics and HCS Tech Fair). On Saturday, April 6th, we will send thirty students to Columbia, SC for the National History Day South Carolina Finals. We are so excited about this and hope to come away with numerous state winners who will move onto the national level of competition.

As we head into May, the final full month of school, we will have lots of exciting activities going on for our students. The biggest events are the HGTC Graduation (May 14th), ECHS Graduation (June 6th) and the end of the year exams.

Our graduation will be held at Carolina Forest High School Gym. Graduation will be held on June 6th at 6:00 p.m. Seniors and their parents have received an email that contains all information needed for graduation.

I wish each of you a warm spring filled with fun and family.

As always, please feel free to call or email me.

-Kandi Fleming, ECHS Principal

Calendar

April 6th - NHD - State

April 9th - Special Olympics

April 10th - HCS Tech Fair

Upcoming Dates

April 15-22- Spring Break

May 14th - HGTC Graduation

June 6th - ECHS Graduation
at CFHS



"We are Early College, being the best we can be."

Tutoring

Math Tutoring – 2:30 – 4:15

Tuesday – Fall (229) and/or Thompson (209A)

Wednesday - Rautsaw (222)

Thursday – Hunt (210) and/or Thompson (209A)

S.S. Tutoring with Mr. Chappell – 7:00 a.m. – 7:30 a.m. – Tuesday and Thursday (223)

Spanish & Writing Tutoring – Wednesday – 3:00 – 4:00 – Mrs. Calos

Guidance



Corner



Accepted

to College?

When you get college acceptance letters or scholarship awards, please bring the letters to guidance so that we can make a copy and recognize you for your accomplishments on Senior Awards Night.



Test Date	Registration Deadline
August 25	July 27
October 6	September 7
November 3	October 5
December 1	November 2
March 9	February 8
May 4	April 5
June 1	May 3



Test Date	Registration Deadline
September 8	August 10
October 27	September 28
December 8	November 2
February 9	January 11
April 13	March 8
June 8	May 3
July 13	June 14

\$40

2018-2019
Yearbooks available through MyPaymentsPlus or you can bring cash/check/credit card to the front office to pay in person.

A YEARBOOK is one OF THE MOST IMPORTANT BOOKS YOU WILL EVER OWN

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Message from **Recycle Club:**

The 2nd Thursday of each month, the recycle club is open to the entire school. Our next open meeting is **April 11th from 2:30-4:15**. This is an opportunity to get community service on campus.



TRAILBLAZER

DAILY LUNCH SPECIALS



MONDAY 4/8

- Chicken Taco*
- Chef salad*
- Tuna sandwich*

Tuesday 4/9

- Pizza*
- Popcorn chicken*
- Turkey wrap*



Wednesday 4/10

- Shepard's Pie*
- Turkey and cheese sandwich*
- Chicken sandwich*

Thursday 4/11

- BBQ teriyaki chicken*
- Chef salad*
- Chicken wrap*



Friday 4/12

- Pizza*
- Bosco cheese stick*
- Grilled cheese*



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What is TEXT NECK?

Text Neck is an overuse syndrome or a repetitive stress injury to the neck caused by holding your head in a forward and downward position for extended periods of time. When holding your head in this position, excessive amounts of tension are created in the deep muscles of your neck and across the shoulders causing both acute and chronic neck pain. Chronic headaches have also been linked to this condition. The increased prevalence of these pains is due to the increasing popularity and hours people spend on handheld devices such as smartphones, laptops, and e-readers.

What Exactly Causes Text Neck?

When in an upright posture, when the ears are aligned with the center of your shoulders, the weight of the average head exerts approximately 10-12 lbs of force through the muscles of the neck. But when your head is moved forward by one 1 inch, away from this neutral position, the weight of your head dramatically increases. Approximately 6 times as much force can be generated!!! **That is the same weight as an average 8 year old, or six Ten-pin bowling balls!!!**

If left untreated, a 'text neck' can lead to the inflammation of the neck ligaments, nerve irritation and increased curvature in the spine.

Signs and Symptoms of Text Neck

- § Instant upper back or neck pain when using a handheld device
- § Nagging or sharp pain in the neck or shoulders at the end of the day.
 - § General shoulder pain and tightness.
- § Intermittent or constant headache made worse when looking down or using the computer

Text Neck Treatment Goals

1. Reduce Pain and Inflammation
2. Restore Normal Range of Motion and Strength
3. Restore Full Function
4. Prevent a Reoccurrence

For more information, please consult your doctor.

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