

There are no assigned seats as of right now
You must choose where you sit. If you know you
have preferences, please let us know. Remember,



N/A due to COVID-19

Or I will choose for you.

Mr. Smetana

Science

-Biology

Rules, Regulations, and basic stuff you need to know



About Me

- ❑ Born August 23, 1981 in Portland, Oregon
- ❑ Moved to Cleveland, Ohio with my family when I was three
- ❑ Raised/lived in Cleveland until I was 22
- ❑ Went to three different high schools
- ❑ Finished at Trinity High School (small Catholic school, there was 154 students in my graduating class)



In High School

- ❖ Was a member of various clubs/honors

- National Honor Society
- Poetry Club
- Academic Challenge Team
- Latin club



- ❖ Played various sports for the Trinity Trojans

- Football (offensive and defensive line)
- Wrestling
- Track and field (shotput/discus)



- ❖ Also had an after-school job

- worked at a movie theater all through high school

In College

- Went to Thiel (pronounced teal) College in Pennsylvania
- Was recruited for football and wrestling
- Honors
 - Lambda Sigma Honorary Society
 - Beta Beta Beta Biology Club
 - Senior class president
- Athletics
 - Football (defensive tackle) for two years until injured
 - Wrestling
 - Cheerleading
 - Track and Field (shotput/discus/hammer/javelin)
- Extra-curriculars
 - Alpha Chi Rho fraternity
 - Radio on air DJ (WTGP 88.1 FM)
 - Resident assistant (RA)
- Graduated in 2003 with a bachelor's degree in Biology and Secondary Education



Motto: "Lux Mundi Verbum Dei"
(Light of the world, word of God)

Est. : 1866

Type: Private, Liberal Arts

Undergraduates: 1,279

Location: Greenville, PA
(halfway between Cleveland, OH
and Pittsburgh, PA)

Campus: Rural

School Colors: Blue and Gold

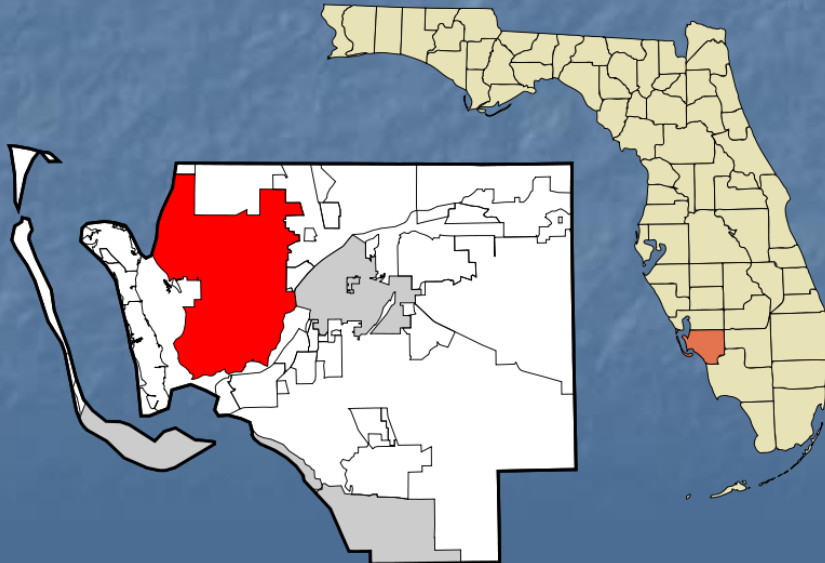
Division III Athletics

Mascot: Tomcat



After College

- Moved to southwest Florida for a full time teaching job
- Started teaching 8th Grade science at a K-8 Public School
- I then transferred to Cape Coral High School where I taught Freshman Biology and Sophomore Integrated Science
 - At CCHS, I was head freshman football coach and assistant varsity wrestling coach
- I then taught middle school science at ALC-West -that stands for Alternative Learning Center



In North Carolina

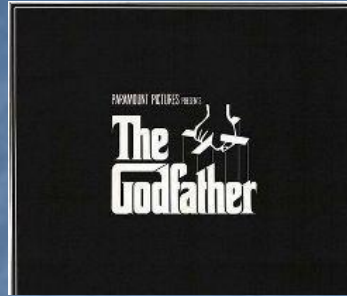
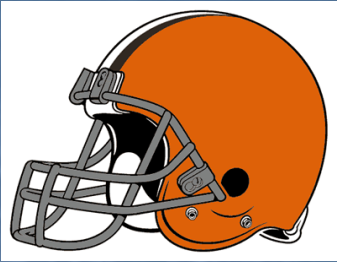
- o Moved to Louisburg, NC in August of 2009
- o Worked at Cedar Creek Middle School (Youngsville, NC) 2009-2014
- o Starting my 7th year at Rolesville High School
 - Head wrestling coach
 - assistant track coach
 - sponsor of the Brain Game team
 - Student Council Advisor



Sports I have played/coached:

- Head freshman football coach (CCHS)
 - Head Boys Soccer Coach (CCMS)
 - Head Wrestling Coach (CCMS)
 - Head Softball Coach (CCMS)
 - Shotput & Discus coach (CMS)
 - Head Women's Soccer Coach (RHS,2016)
 - indoor soccer
 - cheerleading
- o As a side job, I am a DJ
 - o I have over 500 GB of music

My favorites/interests



Music

- Rap/Hip Hop
- Metal
- Swing
- Pop
- Country



My family



Mrs. Smetana



Advisory Schedule (First 10 Days of Classes)

Period	Live Instruction (40 minutes)	Non-Live Instruction (35 minutes)
1st Period	7:30 am to 8:10 am	8:10 am to 8:45 am
2nd Period <i>includes Advisory at beginning</i>	8:50 <u>am</u> to 9:50 am	9:50 am to 10:15 am
Lunch Break	NA	NA
3rd Period	11:30 am to 12:10 pm	12:10 pm to 12:45 pm
4th Period	1:00 pm to 1:40 pm	1:40 pm to 2:15 pm

Plan B Transition, Plan C & Virtual Academy

Daily Schedule		
Period	Live Instruction (40 minutes)	Non-Live Instruction (35 minutes)
1st Period	7:30 am to 8:10 am	8:10 am to 8:45 am
2nd Period	9:00 <u>am</u> to 9:40 am	9:40 am to 10:15 am
Lunch Break	NA	NA
3rd Period	11:30 am to 12:10 pm	12:10 pm to 12:45 pm
4th Period	1:00 pm to 1:40 pm	1:40 pm to 2:15 pm

Fall 2019 Lunch Assignments

Accountability Block class

Accountability Block Lunch

Financial
Special Edu
GradPoint
Health/PE

Accountability Lunch

Johnson
Minnick
Farrell
Kozar
Graham
Molo
Merry

Rivera
Monroe
Harris
Hector

N/A Due to COVID-19

Academy classes report to lunch assigned to first block department during the 2-hour delay schedule.

15/15 Rule Times

15 Ends

5-8:53	40	8:
2 8-10:30	9:	10:
	10:50	8
3 w/ Academy Lunch 10:35 - 12:43		12:28

N/A Due to COVID-19

My Classroom Rules

- All materials should be brought to the class EVERY DAY.
- LISTEN!
- Be in your seat with your materials out and ready to begin working.
- Raise your hand to be recognized.
- Personal grooming should be done elsewhere other than the classroom.
- Keep your hands clean and to yourself.
- Respect all individuals in the classroom, including the teacher.
- Food and drink in the classroom is not allowed (regularly scheduled science classrooms).
- Restroom visits will be kept to a minimum. Medical emergencies are the only exceptions.
- The use and disturbance of cell phones in the classroom will follow the BYOD policy.
- Cell phone specifics: - NO SELFIES N/A Due to COVID-19
- Traffic light rule

EVEN WITH COVID-19, THE FOLLOWING RULE ALWAYS APPLIES (digital, in-person, adulthood, etc. .)

GOLDEN RULE: Treat others as you would like to be treated.

Respect given = Respect earned.

Classroom Materials

- 3-ring binder used solely for science class or spiral notebook
 - Dividers/tabs for the binder

BASICALLY SOMETHING TO TAKE NOTES IN (write stuff down)

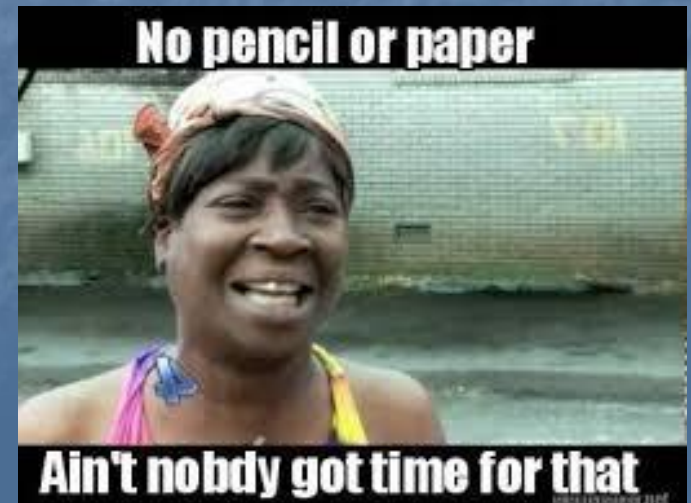
- Pen, pencil, notebook paper

Two main websites:

-www.sciencewithsmet.weebly.com (general info, syllabus, etc.) Google: Science with Smet

-Google Classroom (link will be on Science with Smet; used for all notes & assignments)

I haven't written in my notebook in months . . .



Homework

This is what is considered “asynchronous” work. Things you do on your own.

Absent? Missing work?

YOU are responsible for your own work. If you are absent, check Google Classroom to see what was done that day. Then upon return ask Mr. Smetana for any worksheets or things handed out in class.

Late work: RHS deadline dates will be used for each quarter. Work cannot be accepted after a new unit has started. WCPSS Late Work policy will be followed regarding points/percentage deducted.

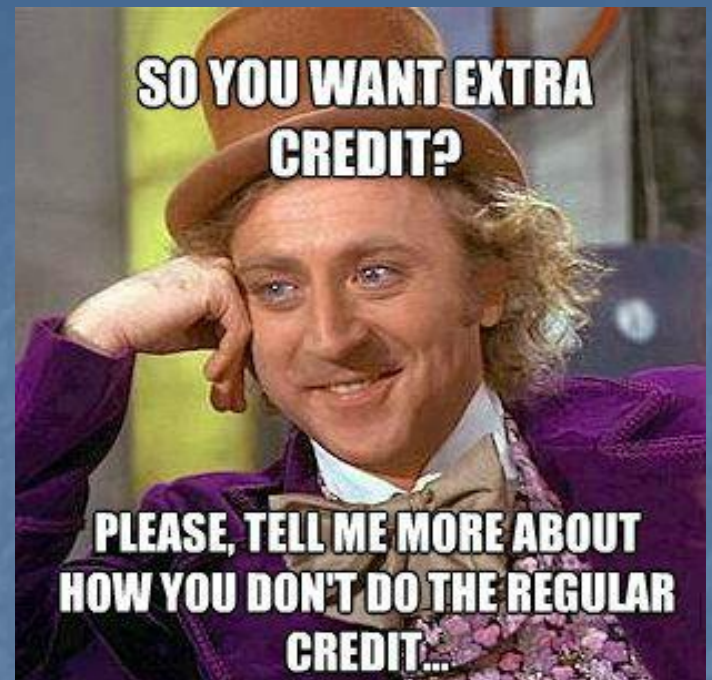
IF YA WANTED A GRADE



YA SHOULDA PUT YA NAME ON IT

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**SO YOU WANT EXTRA
CREDIT?**



**PLEASE, TELL ME MORE ABOUT
HOW YOU DON'T DO THE REGULAR
CREDIT...**

YOUR TEACHER TOOK YOUR PHONE?



MINE TOOK MY LEGS

**DID WE DO ANYTHING
WHILE I WAS GONE?**



**NO, WE STOPPED CLASS TO
MOURN YOUR ABSENCE**



**"We all make choices, but in
the end our choices make
us."**

~Andrew Ryan
(Bioshock)

LYRICS TO LIVE BY:

№157

**"IF YOU CHOOSE NOT TO DECIDE,
YOU STILL HAVE MADE A CHOICE."**

RUSH, FREEWILL