

PANTHER PRESS

Main Office Hours: 8:45am – 4:30pm

[School Website](#)

ALLEN D. NEASE HIGH SCHOOL

VOLUME 338 January 4, 2026



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Happy New Year Panther Families,

We hope your families had a wonderful Winter Break! We are excited to get started with the second semester.

Please see the Week at a Glance schedule, as we have a very busy week coming up. We plan to hold our Grade Level Expectation Assemblies, this Wednesday, for all grade levels. We will be sure to follow up with the information shared with our students.

Let's start the year off strong, Panthers! Check out the 20 positive tips from Jon Gordon for the New Year in the Extra Extra section of this edition of the Panther Press.



TRADITION LIVES HERE!!

**Gina Fonseca
Principal**

Tradition Lives Here!

Week at a Glance

WEEK 19: JAN 5TH - 10TH

JAN

5

Mon, Jan 5
GREEN DAY

- Boys Soccer @Fleming Island 5:30/7:30p
- JV Wrestling @Beachside
- Boys Basketball vs Mandarin 6/7:30p

JAN

6

Tues, Jan 6
GOLD DAY

- Girls Soccer vs Oakleaf 5:30/7:30p
- Girls Basketball vs Oakleaf 6/7:30p

JAN

7

Wed, Jan 7
STRAIGHT 6/3 LUNCHES
EARLY RELEASE

- Straight 6 w/3 Lunches Early Release
- Class Assemblies
- Girls Weightlifting vs Ponte Vedra (Senior Night)
- National Spanish Honors Society Induction Ceremony

JAN

8

Thur, Jan 8
GREEN DAY

- Cheerleading @Ponte Vedra (County Competition)
- Boys Soccer vs Fletcher 5:30/7:30p
- Girls Soccer @Beachside 5:30p/7:30p
- Varsity Girls Basketball @Fletcher 7p
- Boys Basketball @Wolfson 6/7:30p

JAN

9

Fri, Jan 9
GOLD DAY

- Varsity Boys Soccer @University Christian 6p
- Varsity Girls Soccer vs West Nassau 5:30p
- Girls Basketball vs Episcopal 6/7:30p

JAN

10

Sat, Jan 10

- Girls Wrestling @Cypress Creek
- Nease NJROTC Drill Meet @Mandarin
- Boys Basketball @Sunbash Tournament

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Wednesday's Bell Schedule

WEDNESDAY W/NO EXCEL

***NO Zero Hour Class**

1st

9:35-10:18 (43m)

9th Grade Assembly

2nd

10:24-11:04 (40m)

10th Grade Assembly

3rd

11:10-11:50 (40m)

12th Grade Assembly

4th

11:56-1:32 (63m)

- A Lunch: 11:56 – 12:26

- B Lunch: 12:29 – 12:59

- C Lunch: 1:02 – 1:32

5th

1:38-2:18 (40m)

11th Grade Assembly

6th

2:24 – 3:05 (41m)

***NO 7th Hour Class**

Students will report to class FIRST for attendance and will be called to the Assembly by grade level via the school intercom.

Extra, Extra!

JON GORDON'S 20 TIPS FOR A POSITIVE NEW YEAR 2026

1 STAY POSITIVE

You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.

3 BE MORE ACTIVE

When possible, spend less time sitting and more time exercising, lifting, stretching, and moving. Like a river you were made to move.

5 NO ENERGY VAMPIRES ALLOWED

Post a sign that says "No Energy Vampires Allowed." Gandhi said, "I will not let anyone walk through my mind with their dirty feet," and neither should you! Download my Neutralize Negativity Kit.

7 FIGHT THE RIGHT BATTLES

Fight the battles that keep you going forward, not the ones that keep you stuck in the past.

9 DON'T WASTE YOUR ENERGY

Don't waste your precious energy on gossip, naysayers, issues of the past, negative thoughts or things you cannot control.

11 FUEL YOUR LIFE WITH LOVE

Instead of fear. Fear is draining. Love is sustaining. Fear weakens you. Love strengthens you.

13 NO COMPLAINING RULE

Implement the No Complaining Rule. If you are complaining, you're not leading. Download a free No Complaining Kit here.

15 DON'T SEEK HAPPINESS

Don't seek happiness. Instead live with love, passion and purpose and happiness will find you.

17 GET BACK UP

The next time you "fail" remember that it's not meant to define you. It's meant to refine you.

19 CREATE YOUR CIRCLE

Create your Circle of Supporters. Who is in your circle determines how fast and high you rise.

2 TAKE A DAILY "THANK YOU WALK"

You can't be stressed and thankful at the same time. Feel blessed and you won't be stressed.

4 TALK TO YOURSELF

Instead of listen to yourself. Instead of listening to your complaints, fears and doubts, talk to yourself with words of truth and encouragement.

6 WRITE YOUR SUCCESS OF THE DAY

Each night before you go to bed write down your success of the day. What you focus on shows up more in your life. Create a success journal.

8 GET MORE SLEEP

You can't replace sleep with a double latte.

10 LIVE YOUR PURPOSE

Remember your why. We don't get burned out because of what we do. We get burned out because we forget why we do it.

12 HAVE A MISSION

Make sure you have a mission, a team and a scoreboard. You need all three to thrive and go to the next level.

14 READ MORE

Read more books than you did in 2025. I happen to know of a few good ones.

16 FOCUS ON "GET TO"

Focus on "Get to" vs "Have to." Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.

18 SMILE AND LAUGH MORE

They are natural anti-depressants.

20 ENJOY THE RIDE

You only have one ride through life so make the most of it and enjoy it.

DOWNLOAD THESE TIPS AT JONGORDON.COM/20TIPS

Tradition Lives Here!

Extra, Extra!

Cross Country Students Represent !!

Dear Principal Fonseca, Athletic Director Buckley, and Nease Cross Country Coaches,

I hope this message finds you well. My name is Andrea Richardson, and I am the coordinator of the Healthy Kids Running Series, a five-week kids running program held here in Nocatee. I wanted to take a moment to express my sincere gratitude to you and your program, as the majority of our volunteers this season have been Nease High School students and athletes. Your students have been absolutely exceptional. From the very first week, they were consistently the first to arrive and the last to leave, helping with course setup and breakdown, all while maintaining positive, encouraging attitudes. Their interactions with the kids were truly special—warming them up for the races, running alongside them, cheering them on, and sharing their own love of running and personal experiences in the sport. They didn't just volunteer; they inspired these kids! One particular week, it was pouring rain, yet every single one of them still showed up with smiles on their faces, ready to serve. That moment alone spoke volumes about their character. I am beyond impressed with the young adults they are becoming and the way they give back to the community. They represent Nease High School with integrity, kindness, and leadership, and you should be incredibly proud.

I would love to specifically recognize the following students for their outstanding service:

*Matthew Ishee
Rishi Chopra
Ryan Kolhoff
Edward Farmer
Ava Reynolds
Lucia Misasi
Emma Rodenkirch
Kavya Sathiyan
Henry Ronsman
Juliette Weber
Lyla Herrigel
Annaleigh Vlahovich
Brenden Laughlin (8th grader)
Kylie Shipp (8th grader)*

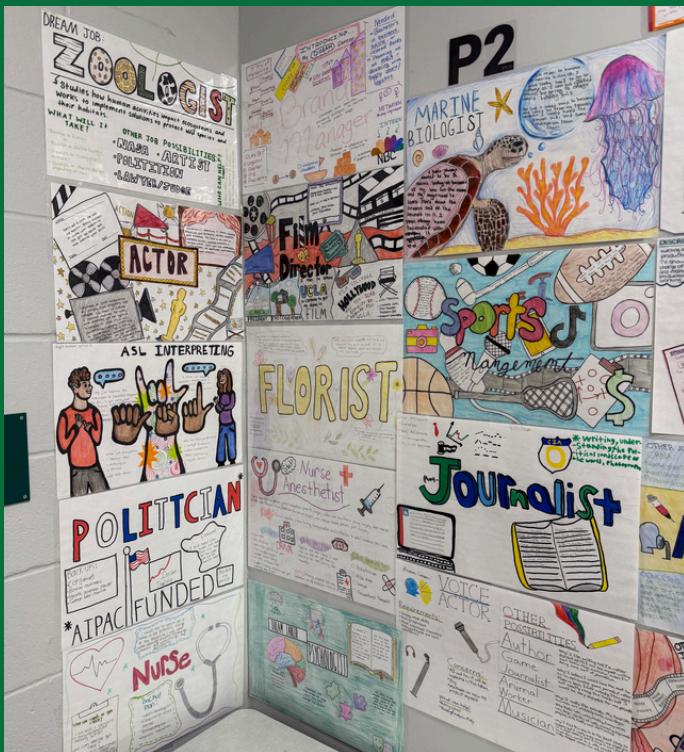
Thank you for fostering such an incredible group of students and athletes. It has been an honor to work alongside them, and our families and young runners have benefited greatly from their time, effort, and encouragement.

Go Panthers! Sincerely, Andrea Richardson-Coordinator, Healthy Kids Running Series - Nocatee

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Extra, Extra!

TV Production DREAM CAREER WALL



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Nease Academies

SUMMER INTERNSHIPS: OPEN TO JUNIORS IN THE HOSPITALITY, ENGINEERING, AND COMMUNICATIONS ACADEMIES

The Summer Internship application process starts in January, and spans the second semester. Juniors can join us for an informational student meeting to learn more during Excel A on January 14th, in Mrs. Soto's Digital Design classroom, Panther Hall 233 (upstairs over Media Center). If you are a Junior in the Hospitality, Engineering, or Communications Academy, and would like to fill out an application, do so here:

<https://forms.office.com/r/ju9bwrc68j>.

Career Academy
2026 Summer Internship Overview & Timeline

Benefits of Participation:

- Develop technical and employability skills.
- Boost engagement with education and career clarity.
- Enhance resume and application competitiveness.
- Build industry connections.

Qualifications:

- Enrolled in a Career Academy or approved CTE program.
- At least 16 years old, in grade 11 and a SJCS student (not post-graduation).
- GPA of 2.5 or higher and eligible to work in the U.S.
- Good disciplinary and attendance record.
- CTE teacher recommendation and completed Career Readiness training.

Matching Process:

- Career Specialists arrange interviews with potential worksites; students may propose their own with approval.

Internship Details:

- Paid or unpaid internships may qualify for community service hours.
- Average 20 hours/week for six weeks. The projected dates are June 1 – July 10, 2026, but could vary depending on business needs.

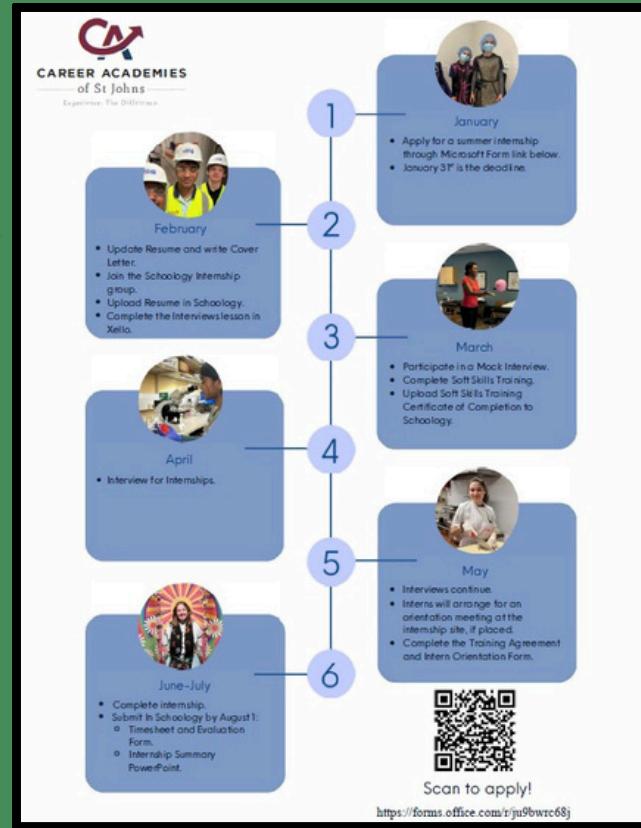
Application Process:

- Confirm qualifications, availability, and transportation.
- Submit the Student Internship Application by January 31, 2026.
- Upload your resume in Schoology by February 28, 2026.
- Complete the Job Ready lesson in Xello by February 28, 2026.
- Complete Florida Ready to Work Soft Skills training by March 31, 2026.
- Attend interviews arranged in April and May.

Responsibilities:

- Professionally complete internship tasks and follow the worksite rules.
- Submit timesheets and evaluations via Schoology.
- Create a PowerPoint Summary (5 slides, 3 photos) due by August 1, 2026.
- Possibly present internship experience during the next school year's advisory board meeting.

Note: Internships are not guaranteed and may be unpaid.



Jaime Combs, Nease Academy Coordinator

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Nease Academies

ACADEMY INTENT TO RETURN PROCESS: CONTINUING IN A PROGRAM OR DROPPING ONE FOR 2026-27

In December, all Communications, Hospitality, and Engineering Academy students were asked to indicate if they want to remain in their current Academy for the 2026-27 school year by signing an Intent to Return roster. If the student checked “Yes,” then that student will be automatically re-enrolled in the Academy for 2026-27. The student will also receive a recommendation to move on to the next level Academy course, as long as they are meeting Academy requirements. If an Academy student checked “No” on the roster to indicate that they do not want to continue in the Academy next year, a Program of Interest Drop Form will be sent home with those students in January. The drop form must be completed by the student and parent and returned to Mrs. Combs in order to remove the student from the program for 2026-27. If you have any questions about the Intent to Return process, please reach out to Jaime Combs at

Jaime.combs@stjohns.k12.fl.us

IMPORTANT DATES

Rising 9th and 10th grade students for the 2026-27 school year, who currently live in St. Johns County, are eligible to apply to Programs of Interest during the application window.

ACADEMY APPLICATION WINDOW OPENS 1.5.26 / CLOSES 1.26.26

- If your student is a current St. Johns County School District Student, you will apply via HAC
- If your student is a St. Johns County resident, but currently a home, virtual, or private school student, you will complete a pre-registration process via the district website, and then complete an application

NEASE'S ACADEMY OPEN HOUSE 1.21.26 5:30 PM

Tour Nease's campus, attend a general information session, then head to breakout sessions on IB, the Career Academies, or the NJROTC Program

ACADEMY/ PROGRAM OF INTEREST LOTTERY FOR PLACEMENT & RESULTS NOTIFICATION VIA HAC FEBRUARY 2026

- Nearly all Programs of Interest/Career Academies accept students via a computerized lottery system. The only programs that do not utilize the lottery system are the IB and AICE programs, which are based on rubric systems for potential acceptance

St. Johns County School District prohibits discrimination in the terms and conditions of employment and in access to educational programs and activities and prohibits harassment of any individual or group on the basis of race, color, religion, gender, pregnancy, age, ethnicity, national origin, marital status, disability, gender identity, sexual orientation or genetic information (and any other protected classes included in the district's nondiscrimination policies and in applicable state and federal laws and regulations), political or religious beliefs and national or ethnic origin. A copy of the policy can be found at: https://www.stjohns.k12.fl.us/boardwp-content/uploads/sites/11/2019/02/27_16.pdf

CURRENT 9TH GRADE STUDENTS ARE ELIGIBLE TO APPLY TO A CAREER ACADEMY/PROGRAM OF INTEREST FOR 2026-27

If a 9th grade student is interested in starting in a Career Academy/Program of Interest for the 2026-27 school year, the application window opens in HAC on January 5th, and closes January 26th, at 5 pm. Students can find directions on how to apply on our Academy website:

<https://www-nhs.stjohns.k12.fl.us/academies/>

Jaime Combs, Nease Academy Coordinator

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Media Center

Carolyn Milian – School Librarian Media Specialist

Email: carolyn.milian@stjohns.k12.fl.us

Lorna Patterson – Media Clerk

Media Center phone number – 904-547-8367



HAPPY NEW YEAR!!!

We hope everyone had a safe, restful, and wonderful Winter Break! Welcome back to the 2nd half of our school year and the BUSIEST semester for our media center and all the activities/events we have planned! Please be sure to stay tuned to the Panther Press and have your students check our media center Schoology group page in the upcoming weeks with contests and events planned in our media center.

AFTER SCHOOL TUTORING-IMPORTANT DATES TO REMEMBER!

Tutoring will resume on Jan. 13th and will take place every Tuesday and Thursday after school in the media center. And a reminder if these hours do not work for your student, have them come speak to me directly about the possibility of making arrangements for other mornings/days. Thank you.



Holiday Reading Bingo

Having trouble finishing a row of column? Use a Space Cover! Replace any space with one of the 5 Space Covers below!

A Florida Teen Reads Book 2025-2026	LISTEN TO A PODCAST (from the curated list on the MC website)	We Were Liars by E. Lockhart	Graphic Novel (from our media center)	Horror Novel
Re-Read Your Favorite Children's Picture Book (attach a copy of the front cover)	An Article from Opposing Viewpoints in our Gale Database	A Book Set During the Holidays	A Bio or Memoir Published between 2015-2025	Midnight at the Houdini by Leilah Dawson
A Book by Neal Shusterman	A Book Published 10+ Years Ago	Free Choice! ANY BOOK	A Book That Made You CRY	Florida Teen Reads Book 2024-2025
Read a Book with a NUMBER in the Title	Based on a True Story	LIFE AS WE KNEW IT by Susan Meier	Last Book in a Series	Read 3 Articles from the Nease Vertical
The Tipping Point by Malcolm Gladwell	An EPIC Love Story	Science Fiction Novel	The After Life of Holly Chase by Cynthia Hand	A Book Set in the Future
A Book from the 100's Dewey Section in our Media Center	A SHORT STORY or Poetry Collection	A Book by Marie Lu	A Biography	A MYSTERY BOOK

STUDENTS! You still have time to earn some GREAT PRIZES by reading a variety of books, articles, listen to podcasts, etc. and earn some of these prizes in this year's "Holiday Reading Bingo" program. Bingo boards and reading logs will be due on Friday, Jan. 16th, 2026, so there's plenty of time to earn prizes! Prizes students can earn range from \$5 Starbucks gift card to a chance for a \$50 Amazon gift card if they BLACK OUT the board. Students would need to complete the online "editable reading log" to document all their selections on our media center webpage. For more details, please check our media center webpage. Students can pick up a COLOR Bingo board from me in the media center!

Athletics

NHS Sports THIS WEEK

4	5	6	7	8	9	10
Boys Soccer @ Fleming Island 5:30/7:20p	Girls Soccer vs Oakleaf 5:30/7:30p	Girls Weightlifting vs Ponte Vedra (Senior Night)	Boys Soccer vs Fletcher 5:30/7:20p	Varsity Boys Soccer @ University Christian 6p	Boys Basketball @ Sunbash TBA	
JV Wrestling @ Beachside	6pm Girls Basketball vs Oakleaf 6/7:30p		Cheerleading @ County Comp Ponte Vedra HS	Varsity Girls Soccer vs West Nassau 5:30p	Girls JV Basketball @ Oakleaf Tournament	
6pm Boys Basketball vs Mandarin 6/7:30pm			Girls Soccer @ Beachside 5:30/7:30p	6pm Girls Basketball vs Episcopal 6/7:30p	Girls Wrestling @ Lady Bear Classic (Cypress Creek)	JV Wrestling @ District Duals
			6pm Boys Basketball @ Wolfson 6/7:30pm	6pm Girls Basketball @ Fletcher 6p (Varsity Only)		Varsity Wrestling @ Marine Corp Invite (Terry Parker)



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Athletics



2026 NEASE FLAG FOOTBALL TRYOUTS

January 26th-28th

**To try out, upload your Sports Physical and complete the information on The Home Campus Athletic Clearance.
(See the link Below)**

<https://athleticclearance.fhsaahome.org/>

Meet on January 26th at 4:30 in Room PH203

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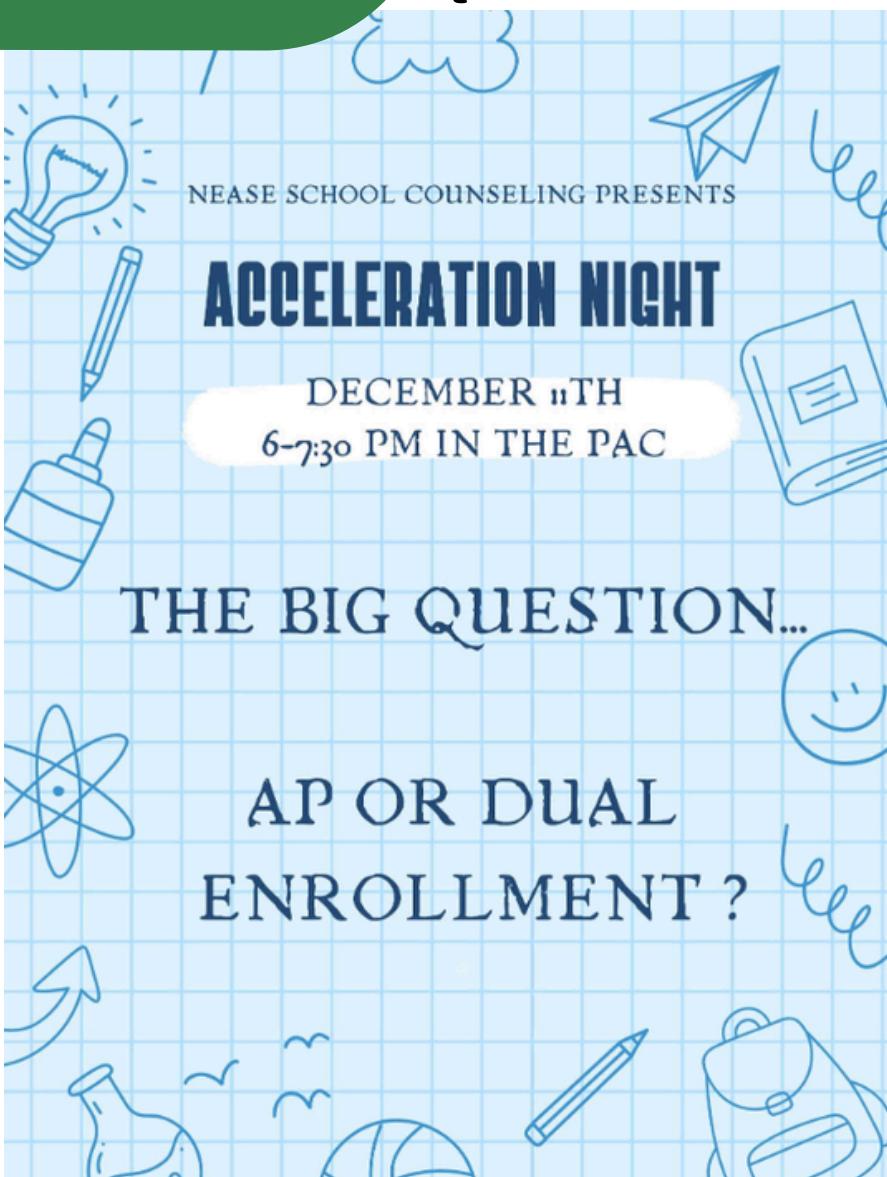
Counselor's Corner

*Thank you to our Counseling Team for presenting....
Nease Acceleration Night.*

If you have questions please reach out to your School Counselor.

Click Here

**To view the
presentation!**



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PTSO

STAFF APPRECIATION BREAKFAST 2025!



THANK YOU!

DUE TO YOUR
GENEROSITY,
ALL NEASE STAFF
MEMBERS RECEIVED
A \$25 GIFT CARD AT THE
HOLIDAY BREAKFAST.



NEASE PTSO

THANK YOU TO THE PTSO BUSINESS PARTNERS FOR ALL THEIR SUPPORT

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ORTHODONTIST


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904.347.2363


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ORTHODONTICS


Tutoring
Club


YMCA AT NOCATEE
400 COLONNADE DR.
904.671.9622

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Senior Class Information

A GUIDE TO SENIOR YEAR

[Click Here >>](#)

SENIOR DUES

This \$85 fee covers graduation expenses (facility rental, security, parking, flowers, diplomas, honor cords, tickets, programs), an exclusive senior t-shirt, and seniors-only activities throughout the year. Senior dues must be paid in order to be eligible to purchase tickets for prom, attend graduation, and receive a printed diploma. If you would like the opportunity to purchase a Grad Bash ticket, students MUST pay their senior dues by August 24. The link below is NOW ACTIVE:

- <https://www.schoolpay.com/pay/for/Nease-Class-of-2026-Senior-Dues/SbbtXq2>

SENIOR PHOTO INFORMATION

This year, Allen D. Nease High School has partnered with CADY Studios as our official photography studio. Please see the following flyers below to help plan your student's senior photos:

- [CADY Senior Booking Flyer](#)
- [CADY Adviser Communication Kit for Senior Portraits](#)

For more assistance, please go to <https://home.cady.com/>

CAP & GOWN INFORMATION

Herff Jones will be back on campus on September 2nd to assist with cap and gown orders during all lunches. Deadline to order is December 1st.

<https://online.flippingbook.com/view/790829945/>

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Student Life

Tutoring EVERY Tuesday & Thursday from 4-5 p.m. and will be run by National Honor Society students.



NEASE NATIONAL HONOR SOCIETY

NEED HELP WITH YOUR ACADEMICS?

FREE after school tutoring for
ALL students in ALL subjects!



TUESDAYS & THURSDAYS AFTER SCHOOL
IN THE MEDIA CENTER - STARTS 9/11

Please see Mrs. Milian in the media center if
you need different times and days.

Students may sign up at NHS Tutoring,
but it is not necessary.

NHS After School Tutoring



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Nease Bell Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Zero 8:30-9:25	*Zero 8:30-9:25	*NO Zero Hour Class	*Zero 8:30-9:25	*Zero 8:30-9:25
1st 9:35-11:07 (92mins)	2nd 9:35-11:07 (92mins)	1st 9:35-10:17 (42m) 2nd 10:22-11:02 (40m) 3rd 11:08-11:48 (40m)	1st 9:35-11:07 (92mins)	2nd 9:35-11:07 (92mins)
3rd 11:13 – 1:25 Class – 91mins Lunch 30mins WIRED – 7mins	4th 11:13 – 1:25 Class – 91mins Lunch 30mins WIRED – 7mins	EXCEL 11:50-12:50 4th 12:52-1:32 (40m) 5th 1:38-2:18 (40m)	3rd 11:13 – 1:25 Class – 91mins Lunch 30mins WIRED – 7mins	4th 11:13 – 1:25 Class – 91mins Lunch 30mins WIRED – 7mins
5th 1:31 – 3:02 (91mins)	6th 1:31 – 3:02 (91mins)	6th 2:24-3:05 (41m)	5th 1:31 – 3:02 (91mins)	6th 1:31 – 3:02 (91mins)
7th 3:08 – 4:05 (57mins)	7th 3:08 – 4:05 (57mins)		7th 3:08 – 4:05 (57mins)	7th 3:08 – 4:05 (57mins)

Lunch	Time	Green & Gold Days
A Lunch	11:13 – 11:43	Art, Band, PE, Science, TOK, Theatre & World Languages
B Lunch	11:47 – 12:17	English, Intensive Reading & Math
C Lunch	12:21 – 12:51	Academies, Computers, Learning Strategies, Social Studies & Virtual Lab

Extra Help During Excel A: Math, English, Academies, Computers, World Language

Extra Help During Excel B: Science, Social Studies, Band, Theatre, Art, ESE, PE

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FortifyFL

FortifyFL is a website and app developed at the direction of the Florida Legislature.

Any student, educator, parent or member of the public can report school safety concerns directly to law enforcement and school administrators anonymously and easily through the FortifyFL app or at the following link:

- <https://getfortifyfl.com/>



The image is a promotional graphic for the FortifyFL app. It features a dark blue background with the Florida Department of Education logo at the top left. In the center is a large red icon of a megaphone. Below the icon, the word "FORTIFYFL" is written in large, bold, white capital letters, with "SUSPICIOUS ACTIVITY REPORTING APP" in smaller white capital letters underneath. At the bottom, two smartphones are shown displaying the app's interface. The left phone shows "Tip Report - Step 2 of 4" with a text input field containing "I see a suspicious person in a green car near my school." The right phone shows "Tip Report - Step 4 of 4" with fields for "Your Name (Optional)", "Your Email Address (Optional)", and "Your Phone Number (Optional)". Both phones have a "Submit Tip" button at the bottom. At the very bottom of the image, the text "#FORTIFYFL" and "GETFORTIFYFL.COM" is displayed in white.

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