



PARKLAND NEWSLETTER

VOLUME 52 NUMBER 1
SEPTEMBER 2019

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PARKLAND'S TOP 3% RECOGNIZED AT COMMENCEMENT

During the Parkland graduation ceremony, students graduating within the top 3% of the class are recognized. The students graduating with highest honors in the top 3% of the class wore a red and gray honor cord over their graduation gowns. Their names in alphabetical order are: Thwisha Reddy Anantasagar (Case Western Reserve University), John Joseph Angelella (Villanova University), Coltrane Edward Conner (Penn State University Schreyer Honors College), Alison Fang (Massachusetts Institute of Technology), Jason Patrick Feichtel (Penn State University), Seth Joseph Fine (Massachusetts Institute of Technology), Louise W. Gottwald (Stevens Institute of Technology), Nehali Gupta (Johns Hopkins University), Priyanka Hanumaihgari (Johns Hopkins University), Rhea Rakesh Kadakia (Georgia Institute of Technology), Aanika Priya Kapoor (College of William and Mary), Grace Bethyan Knauss (Drexel University), Olivia M. Latshaw (Emory University), Conrad Daniel Lee (Cornell University), Matthew Liu (University of Pennsylvania), Saniya Yogesh Pangare (North Carolina State University), Rayhan Rahman (Penn State University Schreyer Honors College), Sriyaa Suresh (University of Pennsylvania), Sabrina Abigail Toland (University of Pittsburgh), Valmiki Oliveira Kothare (Carnegie Mellon University), Daniel Wilcox (University of Michigan), Murong Yao (UC Berkeley), Kaylea Zhang (University of Pittsburgh). Congratulations to our top 3% and all 749 of our 2019 graduates!



Class of 2019 Exit Survey

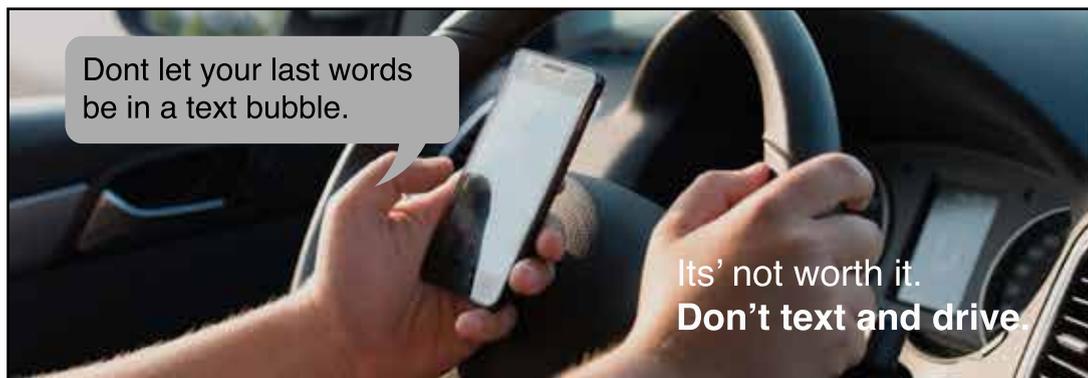
- Entering College - 87%
- Four-Year College - 65%
- Two-Year College - 22%
- Business/Tech - 4%
- Workforce - 6%
- Military - 3%

WHAT LIES AHEAD FOR THE CLASS OF 2019?

This fall, many Parkland graduates will head off to schools across Pennsylvania and beyond. Enrollment at Penn State University's Main Campus is 53 students, and 40 will attend a Penn State branch campus. Locally, college enrollment includes Cedar Crest (5), DeSales University (18), Kutztown University (28), Lafayette College (1), Lehigh University (8), Moravian College (2), Muhlenberg College (9), Lehigh Carbon Community College (142), and Northampton Community College (7). Some other popular choices include Temple University (38), University of Pittsburgh (20), Bloomsburg University (16), West Chester University (16), and Millersville University (8).



Join Us for Homecoming Week!
Homecoming Football Game and Float Parade
Friday, October 11, 2019
Parkland vs. Stroudsburg



Don't let your last words be in a text bubble.

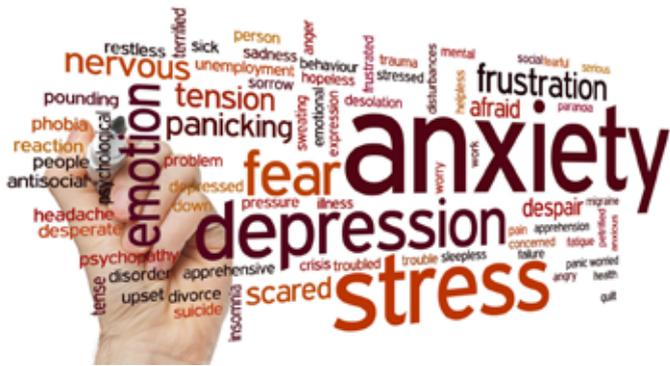
It's not worth it.
Don't text and drive.

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WHAT PARENTS CAN DO WHEN THEIR CHILD IS ANXIOUS

By Matthew A. Carlson, Psy.D., ABPP, School Psychologist for Parkland School District



When anxiety and avoidance behavior interfere with life activities in the family, school, or the community, a child may have an anxiety disorder. Anxiety disorders are the most common mental health condition among adolescents with close to 32% of youth experiencing an anxiety disorder at some point in their childhood or adolescence. Fortunately, anxiety disorders are treatable.

Anxiety disorders tend to persist without treatment. A psychotherapist or a psychiatrist can determine if your child has an anxiety disorder and what type of treatment is needed. Psychotherapy is the first line of treatment and can be an effective method for treating childhood anxiety disorders. Family interventions that focus on changing parent behavior have been shown to be effective in treating childhood anxiety disorders even when the child is not receptive to treatment. In general, psychotherapy for anxiety disorders involves increasing exposure to anxiety-related things and situations while teaching coping strategies.

Different types of professionals provide psychotherapy, such as licensed clinical social workers, licensed professional counselors, and licensed psychologists. The most important thing is to find a psychotherapist who is a good fit for your family.

Psychotherapy is most effective when you feel understood, participate in creating therapy goals, and provide the therapist with feedback.

Psychotropic medications are used to treat anxiety disorders. If you want to consider psychotropic medication to treat your child's anxiety disorder, speaking with your child's pediatrician is likely the first step. Some pediatricians prescribe psychotropic medication and others prefer that a psychiatrist prescribe the medication.

Create a Plan to Approach Anxiety-Related Things or Situations

An anxiety disorder involves anxiety and fear in reaction to a thing or situation that does not pose a real danger. Parents will often accommodate their child's need to avoid or escape things or situations that evoke anxiety. However, encouraging your child to face situations that evoke anxiety can help them manage their anxiety as they mature. Children with anxiety often have strong, negative reactions to facing situations that they fear. Create a plan to help your child to take gradual steps toward facing fearful situations. Getting support from others such as family members, a psychotherapist, and your child's educators will be important to help you successfully put this plan into action.

Validate Your Child's Feelings and Communicate Confidence

Validate your child's feelings while communicating confidence that your child can handle anxiety-provoking situations. Validation involves acknowledging your child's feelings, but it does not mean that you agree with your child's fears or your child's request to avoid things or situations.

Encourage Your Child to Learn Ways to Manage Anxiety

Experiencing anxiety is unpleasant. However, it is not harmful or dangerous to feel anxious. Children can learn ways to manage their anxiety. Help your child to find healthy strategies that work to manage anxiety such as physical exercise, meditation or hobby.

Highlight Successes and Compliment Your Child

Anxiety ebbs and flows. Your child may seem very anxious when in certain circumstances, and at other times, your child may have less anxiety in a similar situation. Look for times when your child successfully tolerates anxiety and approaches a situation that usually evokes anxiety. When you notice successes, highlight them in your conversation by complimenting your child.

Manage Your Stress and Stay Calm

Parents often experience stress in reaction to their child's anxiety. Find ways to manage your own anxiety and to stay calm when you are helping your child learn to manage anxiety. When you handle these situations in a healthy way, your child learns from your example.

Collaborate with Educators

Communicate with your child's educational team about anxiety-related issues that may affect school performance. You and your child's educational team can develop a plan to address your child's anxiety and behavioral avoidance in the school setting. The team may include your child's school counselor, principal or assistant principal, teacher(s), and/or school psychologist. The plan should be designed to support your child so that he or she can participate in school activities as much as possible and learn to manage anxiety. The strategies in the plan should be based on your child's specific anxiety-related needs. For instance, if your child benefits from periodically meeting with the school counselor, the plan may include providing your child with a permanent pass to the school counselor's office. Talk with your child's educational team about your child's needs and strategies that might help.

Let's Talk About It!



Health & Wellness Symposium

presented by
Parkland School District
at Orefield Middle School



September 21, 2019
8:45 a.m. to 12 noon

You may choose up to 3 sessions to attend on the following subjects:



addressing your child's anxiety

vaping

social media: know the dangers

building/maintaining healthy relationships



mindfulness for all ages

current drug trends

addiction

mock teen bedroom

making mental health a priority in college



yoga for relaxation

setting clear expectations at home

conflict resolution



Please sign up for the sessions at <http://bit.do/hwsymposium>



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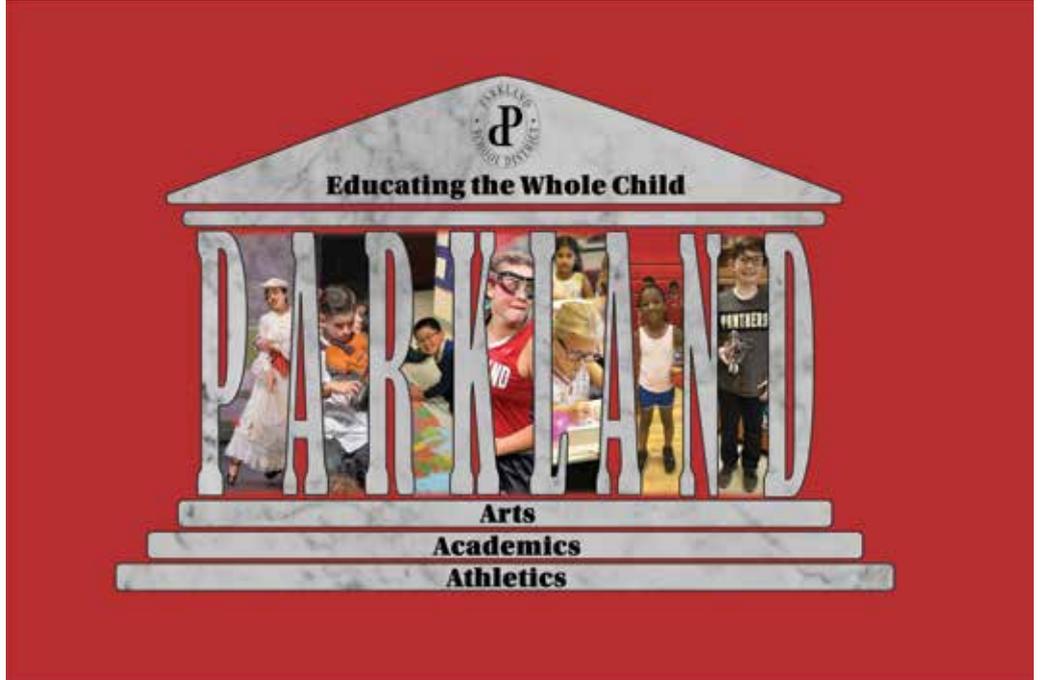

SUPERINTENDENT'S MESSAGE

Dear Parkland Community,

Welcome back to school! Nurturing and retaining the right people at every level of our organization is critical to our success. Parkland's strength lies in the collective talents of a well-trained and dedicated staff. To that end, we will continue to focus on the theme "Academics, Arts, and Athletics Educating the Whole Child" as we start the 2019-20 school year. Our leadership team believes that this theme has become synonymous with Parkland School District and describes best the values that our community desires in the delivery of a Parkland education.

Among the most gratifying experiences we can have in education involves our daily interactions with students. I continuously reinforce with our staff this thought from Steven Covey, "Students do not care how much you

know, until they know how much you care." Building relationships with children opens the door for improved student achievement. Social Emotional Learning (SEL) is the key we utilize to unlock the door, allowing our students access to learning. SEL is an educational process for learning life skills. Many aspects of SEL are contained in our educational programming, such as: Character Education, Mindfulness, Bullying Prevention, Drug/Alcohol Prevention, and Positive Behavior Supports. SEL is a process through which children and adults understand and manage emotions, which allows them to set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. That is why, on opening day, I challenged each staff member to establish and maintain at least one new positive relationship with a student each day this school year. In thinking back over my 36 years of working in education, I shared that retired PHS teacher Bob Steckel, Sr. was a person who exhibited care and concern for children in his role as a teacher and coach. I witnessed him work magic, building relationships with children, and I have seen his work through my experience as a high school student, a teacher, a coach, a principal, an assistant superintendent and superintendent. It was a pleasure to honor him in front of our full faculty on August 27th. Bob intrinsically understood how a social and emotional focus would allow students to be actively engaged in their learning. And, after hearing from community leaders via video about their most memorable teachers, I discussed how little had to do with content and much had to do with building relationships. We went on to recognize Parkland educators who best employ characteristics focused upon building and maintaining positive relationships with students and/or staff in each of our schools. The commended staff members are listed here and I thank them for their dedication to children:



Cetronia Elementary School – Jessica Brans, Julian Taibi
Fogelsville Elementary School – Daniel Ryan, Liz Blose
Ironton Elementary School – Tiffany Houser, Matt DeFazio
Jaindl Elementary School – Sara Bartos, Lauren Meeker
Kernsville Elementary School – Adrienne Kashner, Deb Newhard
Kratzer Elementary School – Nicole Jones, Tara Kuder

Parkway Manor Elementary School – Meghan Thomas, Kelly Richenaker
Schnecksville Elementary School – Sarah Marsh, Joanne Marshalek
Orefield Middle School – Danielle Condly, Thomas Bryant, Christie Schlaner
Springhouse Middle School – Jim Haines, Kerin Steigerwalt, Sara Yazujian-Wehr
Parkland High School – Frank Lane, Dave Martin, Jen Smith, Eric Roberts

Veterans Memorial Elementary School Update

If you've driven down Schantz Road lately, you may have seen that Veterans Memorial Elementary School is fully erect and starting to look just about finished from the outside. We are pleased with its progress and it is our goal to announce new sending area boundaries at the end of October. And, in my eyes, it can't open soon enough. Our southern elementary schools are crowded and some grade levels are closed, forcing the displacement of families from their community elementary schools. We understand that this causes stress and we appreciate everyone's cooperation as we excitedly await the opening of a new elementary school in Upper Macungie Township. All families who will be affected by the new boundaries when the school opens next fall will receive a letter by November. Karen Dopera, previous Principal at Schnecksville, has been appointed the Veterans Memorial Principal and is already spending lots of time at Fred J. Jaindl and Fogelsville Schools with the goal of getting to know many families. We will have much more to report on with regards to the new elementary school in the next edition of the Parkland Newsletter.

I wish you all a wonderful BACK TO SCHOOL season.

Sincerely,

Richard T. Sniscak
Superintendent of Schools

VETERANS MEMORIAL will open Fall 2020



STAY TUNED!

New school boundaries for the southern elementary schools will be announced in late October.



Stay informed by following @ParklandSchools on Twitter or like Parkland School District on Facebook.



CHECK OUT PARKLAND TV!
A FREE public access channel provided by RCN Cable on Channel 65 and Service Electric Cable on Channel 264 or 102.9 for digital subscribers.

16 PARKLAND STAFF RECEIVE SUPERINTENDENT'S PARKLAND PRIDE AWARDS FOR GOING ABOVE AND BEYOND

The Superintendent's Parkland Pride Award is a program that recognizes outstanding achievements of employees and volunteers within Parkland School District. We invited you to tell us about a Parkland School District staff member or volunteer who had gone the extra mile this school year to make you proud to live in Parkland or be a part of the Parkland staff. Sixteen winners were announced on August 27th. There were 212 nominations in all - a stunning number of people who took time to nominate someone! The winners are listed alphabetically by last name below and all who were nominated received copies of the comments that were submitted on the nomination form:



Megan Barry, 2nd Grade Teacher at Ironton
 Richard Clee, 8th Grade Teacher at Springhouse
 Robert M. Cohen, School Board Director
 Danielle Creighton, Learning Support Teacher at Springhouse
 Michael Dobil, Assistant Athletic Director
 JoAnne Fedok, Volunteer at Kernsville
 Trevor Fick, 3rd Grade Teacher at Cetronia
 Kimberlee Goodwin, Teaching Assistant at Parkway Manor

Rob Holmes, Principal at Ironton
 Mary Krupa, Paraprofessional at Parkland High School
 Melissa Macia, Kindergarten Teacher at Ironton
 Peter Pizzuto, Learning Support Teacher at Springhouse
 Erika Povilaitis, 2nd Grade Teacher at Kernsville
 Eric Roberts, Guidance Counselor at Parkland High School
 Jean Wisler, Head Cook at Orefield
 Paula Yukich, Bus Driver

Visit our Parkland Pride Awards web page to view the Honorable Mentions and all of the nominations as well as a video about our winners at <https://www.parklandsd.org/departments/superintendents-office/parkland-pride-awards>. The names of each year's Superintendent's Parkland Pride Award Winners don a plaque that is displayed in the Administration Center. In addition, each winner was treated to a luncheon with the Superintendent, sponsored by the Parkland School District Education Foundation.

WHAT'S NEW FOR BACK TO SCHOOL?

Here are some Back to School Highlights that are new for the Fall of 2019:

DIGITAL LEARNING DEVICES FOR EVERY STUDENT - Students in grades K and 1 will be assigned their own iPad for the year and students in grades 2-12 will be assigned a Chromebook. Students in grades 5-12 will be allowed to carry their device to and from school.

WiFi FOR ALL - Students who do not have WiFi access at home will be able to sign out Kajeets from their school library. Also, families can access free or low cost WiFi at EveryoneOn.org.

SCHOOL SECURITY CAMERAS - New and upgraded cameras have been installed across the District on the inside and outside of facilities.

SCIENCE CURRICULUM - a new and hands-on science curriculum is launching at the elementary level.

VOCABULARY PROGRAM - Parkland secondary teachers wrote their own vocabulary lessons for grades 6-12 and will launch them this fall.

BIRTHDAYS - No food treats will be allowed to be brought in for birthday celebrations at the Elementary Schools. Instead, non-food items such as pencils or erasers can be brought to school, or parents can purchase birthday treats from the Parkland Food Service Department. More information about this can be found in the 1st Week of School web portal on your school website.

XELLO - a new career tool that lets students explore careers and create electronic portfolios is launching this school year.

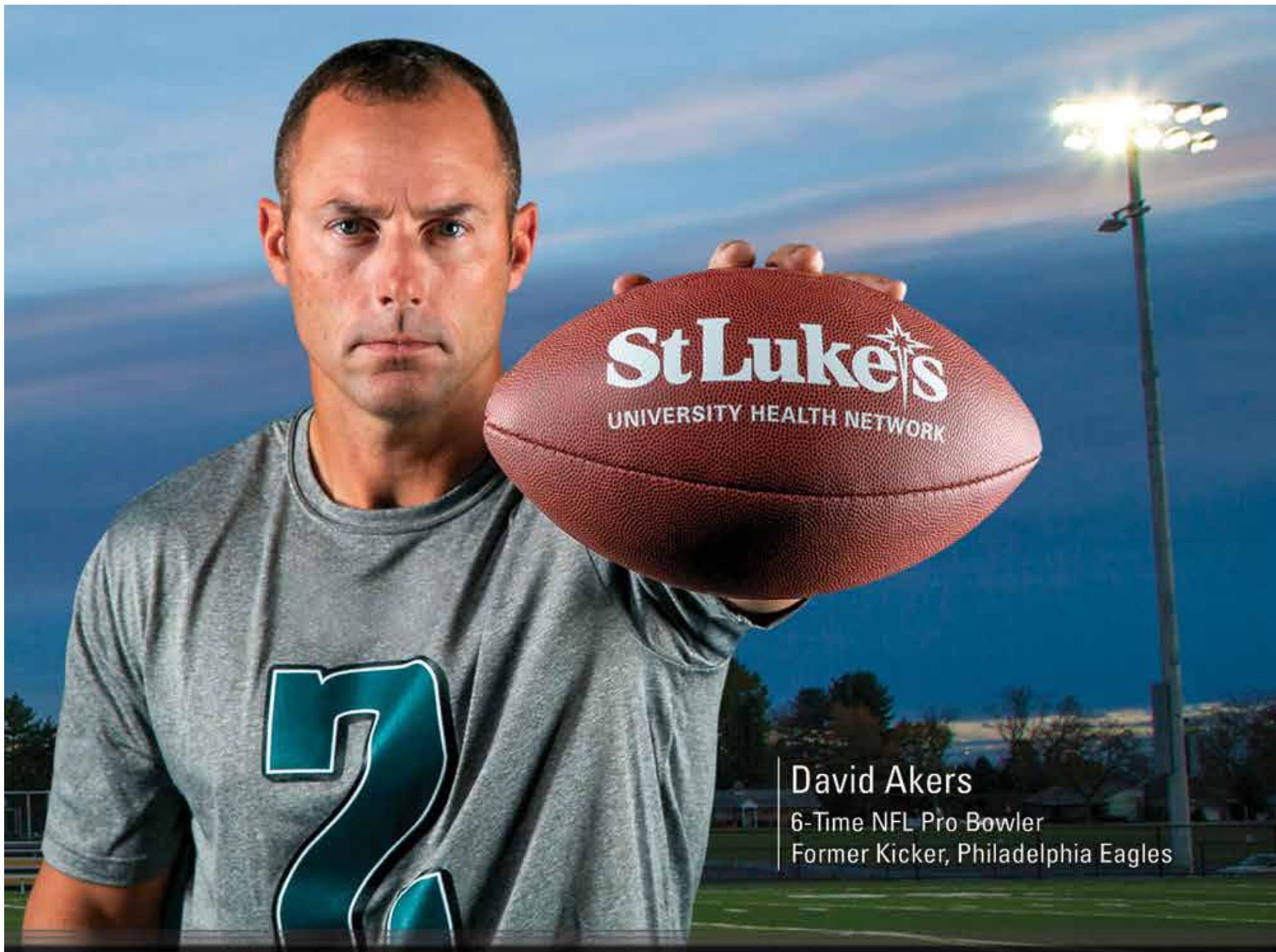
YOUR TAX DOLLARS AT WORK



DID YOU KNOW?

RESEARCH SHOWS THAT EVERY MINUTE IN SCHOOL COUNTS! KINDERGARTEN, 1ST AND 2ND GRADE ARE FORMATIVE YEARS AND EVERY MINUTE OF INSTRUCTION HELPS AID A CHILD IN LEARNING HOW TO READ. GETTING YOUR CHILD TO SCHOOL EACH DAY THAT THEY ARE HEALTHY IS IMPORTANT AND WE APPRECIATE ALL PARENT SUPPORT IN THIS ENDEAVOR!

CLASS OF 2019		
ACADEMICS		
81 SENIORS HAVE ACHIEVED A GPA OF 4.0 OR HIGHER	563 LCCC COLLEGE CREDITS ATTEMPTED BY PHS STUDENTS	8 NATIONAL MERIT FINALISTS
\$4.5 MILLION OF SCHOLARSHIPS AWARDED	129 SENIORS GRADUATING WITH NATIONAL HONOR SOCIETY HONORS	
18 COMPLETED PROJECT LEAD THE WAY	15,876 COMMUNITY SERVICE HOURS	10 FULL SCHOLARSHIP WINNERS
LEHIGH CAREER AND TECHNICAL INSTITUTE		
3 INDUCTED INTO THE NATIONAL TECHNICAL HONOR SOCIETY	2 STATE DECA COMPETITION GOLD MEDAL WINNERS	
ARTS AND ATHLETICS		
4 ATHLETIC DISTRICT XI CHAMPIONS	11 STATE MUSIC AWARD WINNERS	12 FREDDY NOMINATIONS



David Akers
6-Time NFL Pro Bowler
Former Kicker, Philadelphia Eagles

“CHAMPIONS ARE MADE WHEN THE LIGHTS ARE OUT, THE CAMERAS ARE OFF AND NO ONE IS WATCHING.”

They say it's just a game... but not to us.
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We're the best in *our* field to keep you on *your* field.

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PARKLAND SENIOR CITIZENS

A Community of Learners

The following classes will be offered this fall to Senior Citizens, ages 55 and older, who reside in the Parkland School District. The classes are FREE of charge. Please register before the class deadline of September 13, 2019 either online at www.parklandsd.org/seniors/ or complete the registration form on the facing page and mail to: Community Relations, Parkland School District, 1210 Springhouse Rd., Allentown, PA 18104 or FAX 610-351-5509. Because this program is very popular, we ask that people do not register unless they can attend a majority of the sessions. All classes will be reserved via a lottery system. Please note that registration forms received after September 13th will be added to a waiting list and will be notified after class rosters are finalized if a class spot becomes available. Parkland School District will send out course notifications starting on September 20th. Kindly refrain from contacting the office until after September 23rd if you have not yet received confirmation. Thank you.

WATER AEROBICS

**Parkland High School Pool Saturdays
Wednesdays, Oct 2 – Nov 20, 6-7 PM
(no class Oct 9)**

Saturdays, Oct 5 – Nov 23, 2-3 PM

The class features low impact aerobics (conducted in shallow water) specifically geared to seniors. The class will focus on the use of all muscles and limbs, breathing and stretching. Water shoes or old clean sneakers are suggested for safety along with swim noodles. Swimmers should enter through the lower entrance at the back of the Athletic Wing. Two classes will be offered this fall in the Parkland High School Pool located at 2700 North Cedar Crest Blvd., Allentown, PA 18104.

**DOABLE YOGA FOR SENIORS - Sponsored by
South Whitehall Township Recreation**

Cetronia Elementary School Gym

**Mondays, Sept 23 - Nov 18, 4:30-5:30 PM (No
class Oct 14)**

**Wednesdays, Sept 25 - Nov 20, 4:30-5:30 PM
(No class on Oct 9)**

Marie will once again be sponsored by South Whitehall Township Recreation to instruct yoga for Parkland seniors. The class will provide a gentle practice to improve the connection between body and mind. Through a combination of a seated floor positions (no chairs) and standing flow, you will learn to maintain or increase range of motion as well as improve balance. Guided meditation will also focus on stress relief. Please bring your own yoga mat. All classes will be offered at Cetronia Elementary School, 3635 Broadway, Allentown, PA 18104.

QIGONG (pronounced "chee gong")

**Parkland Administration Center Board Room
Mondays, Sept 30 – Nov 18, 10:30-11:30 AM**

Qigong is an exercise for health and longevity and an essential part of Classical Chinese Medicine. Qigong focuses on coordinating one's intention, breath and movement. No equipment is needed; the exercises are done standing. Please wear comfortable shoes and clothing that allows free movement. The Parkland Administration Center is located at 1210 Springhouse Rd., Allentown, PA 18104.

THERE'S AN APP FOR THAT

**Troxell Building Computer Lab
Thursday, Oct 17, 5:30-8 PM**

Learn about the fast-emerging world of mobile applications (apps, for short). An app is a piece of software that can run on the Internet, on your computer, or on your mobile phone, tablet or other electronic device. In this class you will learn how to search for, download and add apps to your mobile devices and then, learn how to have fun with them. Prerequisite: A valid email address (will need to download apps), an iPhone or mobile 'smart' phone, iPad or a mobile tablet. The Troxell Building is located at 2219 N. Cedar Crest Blvd., Allentown, PA 18104. Please enter the building through the back parking lot.

**ELDER ABUSE AND NEGLECT: WHAT YOU NEED
TO KNOW**

**Parkland Administration Center Board Room
Thursday, Oct 3, 10 AM**

Members of the Lehigh County District Attorney's Elder Abuse Task Force will present information about the various forms of elder abuse, including how to identify and report them. In addition, their presentation will provide tips about what to do to keep personal finances and credit cards secure as well as how to avoid telephone scams. The Parkland Administration Center is located at 1210 Springhouse Rd., Allentown, PA 18104.

PERSONAL SAFETY FOR SENIORS

**Parkland Administration Center Board Room
Wednesday, Nov 13, 10 AM**

The Crime Victims Council of the Lehigh Valley will be presenting tips on personal safety for seniors. Tips will cover areas of safety such as: home safety (for both inside and outside of the home), car safety, body safety, and scam prevention and awareness. Crime Victims Council will also provide an agency overview, as well as community resources available to victims and potential victims of crime. The Parkland Administration Center is located at 1210 Springhouse Rd., Allentown, PA 18104.

CREATE MEMORIES IN A SNAP

**Cetronia Elementary Media Center
Wednesday, Nov 6, 5:30-8 PM**

(Note: Doors will open at 5:20 PM)

If a picture is worth a thousand words, then let us show you how to create memories in a SNAP...with Snapfish and Animoto. With a free account in Snapfish, you can upload and store your photos, share with others, order prints, and create unique gifts such as photo albums, cards, and calendars. Animoto allows you to tell your story using your photos and video clips. By selecting one of their many designs, you can create a professional looking video, add music and share your memories. Cetronia Elementary School is located at 3635 Broadway, Allentown, PA 18104.

GOOGLE WORKSHOP

**Troxell Building Computer Lab
Monday, Oct 28 5:30-8 PM**

(Note: Doors will open at 5:15 PM)

Google is one of the top internet brands in today's age. There are countless things you can use in Google. Saving files (with basically unlimited space!), video chat with friends and other classes around the world, saving passwords, as well as sharing documents, calendars, and classroom activities. This class will show you easy ways to navigate Google Drive, Gmail, and many other applications that Google has to offer. There will be computers provided for the class. The Troxell Building is located at 2219 N. Cedar Crest Blvd., Allentown, PA 18104. Please enter the building through the back parking lot.

**55 ALIVE/SAFE DRIVER AARP REFRESHER
COURSE**

**Parkland Administration Center Board Room
Four or eight-hour sessions as follows:**

Weds, Oct 9, 9 AM-1PM; Thurs, Oct 24, 5-9 PM; Thurs, Dec 5, 9 AM-1 PM; Fri, Nov 22, 9 AM-1 PM (for renewals)* and Mon & Tues, Nov 11 & 12 9 AM-1 PM; Tues & Wed, Dec 10 & 11, 9 AM-1 PM (for first time course takers or expired certificate holders only)

Sponsored by the American Association of Retired Persons (AARP), the course includes either four or eight hours of classroom instruction that refines existing skills and knowledge and develops safe, defensive driving techniques. Upon completion, Pennsylvania residents age 55 and over may be eligible for auto insurance discounts. PennDot has approved a four-hour AARP Driver Safety Class for any senior who has previously taken the "55 Alive" eight-hour Driver Safety class in the past. *To be admitted to the four-hour course, you must present to the instructor written proof that you have taken a Pennsylvania approved Driver Safety Course within the past three years. Therefore, if it's been 37 months since you have completed a class, you will be required to take the eight-hour class to qualify for the insurance discount. Proof may be in the form of a copy of the course certificate or the insurance policy that shows the driver course discount. Please also bring your driver's license, a pen, and your AARP membership card with you if you are a member. The Parkland Administration Center is located at 1210 Springhouse Rd., Allentown, PA 18104.

COMPUTERS FOR BEGINNERS

Troxell Building Computer Lab

**Monday and Wednesday, Nov 18 and 20
5:30 - 8 PM**

To become acquainted with your computer there are certain basic skills needed. Personalize your computer to work for you. Learn to set up your Mouse, Keyboard and Monitor while working with Windows and installed programs. Learn to organize and save documents and files. Get familiar with computer terminology. Work with word processing, graphics and drawing tools using software available on all Windows computers and laptops. The Troxell Building is located at 2219 N. Cedar Crest Blvd., Allentown, PA 18104. Please enter the building through the back parking lot.

ZUMBA GOLD - NO REGISTRATION REQUIRED

**Parkway Manor Elementary School Gym
Thursdays, Sept 12 - Dec 19, 5:30-6:30 PM
(No class on Nov 28)**

Zumba Gold is a dance fitness class designed for the active senior and will be taught by a certified instructor who is volunteering her time to teach Parkland seniors. The class will feature dance routines set to Latin music as well as some pop hits. Parkway Manor is located at 768 Parkway Rd., Allentown, PA 18104.

SENIOR CITIZENS ANNUAL WINTER CONCERT & DINNER

The hotline opens Oct 1st to reserve a spot at the this favorite event!

Seniors should call
610-351-5597

on or after

Tuesday, October 1 at 1 PM
to Allow Equal Access for
all Seniors in the Community

Parkland School District is pleased to announce the dates for our popular Senior Citizen Holiday Dinner Concerts that promise a fun-filled evening of food and entertainment. Parkland Senior Citizens are invited to enjoy a complimentary dinner at Parkland High School and then adjourn to the auditorium for sounds of the holidays. Seniors can choose to attend the Parkland High School Chorus Concert on Thursday, December 5th or the Orchestra Concert on Tuesday, December 10th. On both nights, doors open at 5 PM in the high school cafeteria. Dinner will be served at 5:30 PM and the concerts begin at 7 PM. Residents should RSVP to only one event so that we can host as many people as possible.

Please call 610-351-5597 and follow the prompts to leave your reservation on our automated voice message system. In order to ensure that all seniors in the community have equal access to both dinner concerts, **WE WILL NOT OPEN OUR RESERVATION HOTLINE UNTIL 1 PM ON OCTOBER 1, 2019.**

At that time, reservation requests will be accommodated in the order they are received until the dinner concerts are full.

You will only receive a call back if you have a specific question. Your RSVP will be recorded and you can simply check in under your last name when you attend the dinner.

NOTE: ALL GUESTS MUST BE 55 OR OLDER AND RESIDE WITHIN THE PARKLAND SCHOOL DISTRICT.

For any questions pertaining to the Senior Citizen Program at Parkland, please contact Nicole Mehta McGalla, Director of Community Relations & Development, at 610-351-5630 or mcgallan@parklandsd.org.

REGISTRATION FORM PARKLAND SENIORS *A Community of Learners*

COURSE CONFIRMATIONS WILL BE SENT TO PARTICIPANTS THE WEEK OF 9/23.

Please register online at www.parklandsd.org/seniors/ or complete the registration form below **by 9/13/19** by checking only (1) date per class. If you are available for alternate dates, indicate preference by number. Be sure to write clearly and include your phone number. Room locations will be posted in the main lobby of schools.

WATER AEROBICS

Please choose only (1) class below:

___ Class 1: Wednesdays, Oct 2-Nov 20, 6 - 7 PM, PHS Pool

___ Class 2: Saturdays, Oct 5-Nov 23, 2 - 3 PM, PHS Pool

DOABLE YOGA FOR SENIORS

___ Mondays, Sept 23-Nov 18, 4:30 - 5:30 PM, Cetronia Elementary Gym

___ Wednesdays, Sept 25-Nov 20, 4:30 - 5:30 PM, Cetronia Elementary Gym

QIGONG

___ Mondays, Sept 30-Nov 18, 10:30 - 11:30 AM

THERE'S AN APP FOR THAT

___ Thursday, Oct 17, 5:30 - 8 PM, Troxell Building Computer Lab

ELDER ABUSE AND NEGLECT: WHAT YOU NEED TO KNOW

___ Thursday, October 3, 10 AM, Administration Center Board Room

PERSONAL SAFETY FOR SENIORS

___ Wednesday, Nov 13, 10 AM, Administration Center Board Room

CREATE MEMORIES IN A SNAP

___ Wednesday, Nov 6, 5:30 - 8 PM, Cetronia Elementary School Media Center

GOOGLE WORKSHOP

___ Monday, Oct 28, 5:30 - 8 PM, Troxell Building Computer Lab

55 ALIVE/SAFE DRIVER AARP REFRESHER COURSES

Please choose only (1) class below. *Note: 4-hour sessions listed below are for those who have completed 8-hour Driver Training Safety courses in the past or have not taken a course within the last 3 years. Refer to details on facing page for more info.*

___ Class #1 Wednesday, Oct 9, 9 AM-1 PM, Administration Center Board Room

___ Class #2 Thursday, Oct 24, 5-9 PM, Administration Center Board Room

___ Class #3 Thursday, Dec 5, 9 AM-1 PM, Administration Center Board Room

___ Class #4 Friday, Nov 22, 9 AM-1 PM, Administration Center Board Room

___ Class #5 Monday & Tuesday, Nov 11 & 12, 9 AM-1 PM, Administration Center Board Room (for first time course takers or expired certificate holders only)

___ Class #6 Tuesday & Wednesday, Dec 10 & 11, 9 AM-1 PM, Administration Center Board Room (for first time course takers or expired certificate holders only)

COMPUTERS FOR BEGINNERS

___ Monday and Wednesday, Nov 18 and 20, 5:30 - 8 PM, Troxell Building Computer Lab

ZUMBA GOLD - NO REGISTRATION REQUIRED, ALL ARE WELCOME

Thursdays, Sept 12-Dec 19, 5:30-6:30 PM, Parkway Manor Gym

To register online for the lottery process, please complete the form at www.parklandsd.org/seniors/ or MAIL a copy of this form to:
Community Relations, Parkland School District,
1210 Springhouse Rd., Allentown, PA 18104
or FAX to 610-351-5509.
Thank you for your interest!

NAME _____

PHONE: _____

ADDRESS _____

ZIP CODE: _____ EMAIL: _____

SAYING FAREWELL.... Congratulations 2019 Retirees

Parkland celebrated 39 retirees with a combined 1,150 years in public education at the end of the school year. Outback Steakhouse generously donated and served food during a retirement lunch in June. We wish the following people a wonderful new life journey:

Parkland High School

Maryann Hacker
Louise Haines
Amy New
Colleen Schleicher
Melodie Stinner

Springhouse

Wendy Albertson
Joanne Hartranft
Dawn Maynard
Suzanne Nelson
Tana Yellak



Orefield

Jane Angelino
Elsa Benincasa
Robert Clark
Margaret Goll
Diane Nolfe

Fred J. Jaindl

Colleen Hallman
Jeanne Puskaritz

Kernsville

Ann Anderson
Lorraine McGuirk
Lynn Moller

Parkway Manor

Lisa Nyce
Dorothy Stahl

Schnecksville

Denise Dietrich

Transportation

Cindy Gerancher
Scott Gore
Thomas Kuhns
William Signarovitz
Andrea Stoudt

Food Service

Nancy Eck
Beverly Maurer

Custodians

Joseph Csencitz
Patricia Mangiaruga
Robert McKenna
Donna Rex-Franz
Edwin Rohrer
Kathleen Walck
Barbara Woods

Curriculum

Kathleen Black

Elementary Music

Patricia Bartolacci

Congratulations to Newly Appointed Administrators

Patricia Bernadyn – Coordinator of Benefits

Andrew Kravelick – Network Administrator

Paul Frantz – Garage Foreman

Val Stroock – Assistant

Director of School Services for Transportation

Andrew Hargrove -

Transportation Coordinator

Karen Dopera – Principal, Veterans Memorial Elementary

Karen Gensey – Supervisor, Payroll and Benefits

Damian Goodman - Principal, Schnecksville Elementary

Craig Waters – Assistant

Principal, Parkland High School

Tony Naradko - Director, District Safety and Security

SPECIAL EDUCATION SERVICES AND PROGRAMS, SERVICES FOR PROTECTED HANDICAPPED STUDENTS, AND SERVICES FOR GIFTED STUDENTS

In compliance with state and federal law, notice is hereby given by the Parkland School District (PSD) that it conducts ongoing identification activities as a part of its school program for the purpose of identifying students who may be in need of special education supports and services (PA Code Chapter 14), services via section 504 of the Rehabilitation Act of 1973 (PA Code Chapter 15), and/or gifted education services (PA Code Chapter 16).

Special Education Services: If your child is identified by the District as possibly in need of such services, you will be notified of applicable procedures. Individualized services and programs are available for children who are determined to need specially designed instruction due to the following conditions: Autism; Deaf-blindness; Deafness; Emotional disturbance; Hearing impairment; Intellectual disability; Multiple disabilities; Orthopedic impairment; Other health impairment; Specific learning disability; Speech or language impairment; Traumatic brain injury; Visual impairment.

Section 504/Chapter 15 Services: Parkland School District will provide each protected handicapped student, without discrimination or cost to the student or family, those related aids, services or accommodations which are needed to provide equal opportunity to participate in and obtain the benefits of the school program and co- and non-curricular activities to the maximum extent appropriate to the student's abilities. In order to qualify as a protected handicapped student, the child must be of school age with a physical or mental disability which substantially limits or prohibits participation in or access to an aspect of the school program. These services and protections for "protected handicapped students" are distinct from those applicable to all eligible or exceptional students enrolled (or seeking enrollment) in special education programs.

Chapter 16: While gifted is not included as one of the disabilities categories under the IDEA 2004, the Pennsylvania State Board of Education's regulations as set forth in Chapter 16, Special Education for Gifted Students, provide that gifted students are considered to be children with exceptionalities and are in need of specially designed instruction. If you believe that your school age child may be in need of special education services and related programs, Section 504/Chapter 15 services, Chapter 16 services, screening, and evaluation processes are available to you at no cost, upon written request. Whether or not your child is enrolled in the district's public school program.

Consent: School entities cannot proceed with an evaluation, or with the initial provision of special education, Section 504/Chapter 15, Chapter 16, and related services, without the written consent of the parents. For additional information related to consent, please refer to the Procedural Safeguards Notice which can be found at the PaTTAN website, www.Pattan.net

Requests for school-age evaluation and screening should be made in writing to the Director of Student Services, 1210 Springhouse Road, Allentown, PA 18104.

Preschool Services and Programs: Children age three through the age of admission to first grade are eligible for Early Intervention services if they have developmental delays and, as a result, need Special Education and related services. A child is considered to have a developmental delay when one of the following exists: (i) The child's score, on a developmental assessment device, on an assessment instrument which yields a score in months, indicates that the child is delayed by 25% of the child's chronological age in one or more developmental areas; or (ii) The child is delayed in one or more of the developmental areas, as documented by test performance of 1.5 standard deviations below the mean on standardized tests. Developmental areas include cognitive, communicative, physical, social/emotional and self-help.

Parents of young children with concerns about their child's seeing, hearing, learning, talking, moving about, manipulating objects, understanding, showing emotions, getting along with others, playing with toys, taking care of himself/herself, should contact the Carbon Lehigh Intermediate Unit – Project Connect at (610) 769-4111. Project Connect can provide information to parents about evaluations, programs, therapy, parent supports, and referral to community agencies at no cost to the parent.

Potential Signs of Developmental Delays: For a list of general "warning signs" of possible delay, please refer to "Related Files" on the following webpage:

<http://www.parklandsd.org/departments/student-services/special-education/public-notice/>

District Asbestos & Environmental Plans can be found online at:

www.parklandsd.org/departments/school-services/

PARKLAND SCHOOL DISTRICT HEALTH AND WELLNESS COUNCIL

Healthy choices at school keep our children ready to learn. The school wellness policy helps our school create an action plan for nutrition and physical activity at school. Parents can share their opinions and help make sure the policy is meeting the needs of our students.



Our wellness policy is available at:

<https://www.parklandsd.org/departments/student-services/health-services/health-wellness-council>

If you'd like to be involved on the Health and Wellness Council, contact Lori Seier, Director of Food Services at seierl1@parklandsd.org or call 610-351-5670.

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AT PARKLAND HS
NOVEMBER 21ST
7 PM IN THE GYM
TICKETS ON SALE SEPTEMBER 26
WWW.HARLEMWIZARDS.COM



THE PARKLAND FOUNDATION WILL BE RAFFLING OFF A 1969 MG ROADSTER CONVERTIBLE AT HALF-TIME
 Raffle ticket order forms available at www.parklandsd.org/foundation

graciously donated by Barry and Marcy Dobil

and generously restored by:



Get Prepared Parkland!

September is National Emergency Preparedness Month so... Let's Get Prepared!

Live Fire Extinguisher Training, Generator Safety, Vehicle Preparedness Kits, Burglar Prevention, Junior Firefighter Obstacle Course, Emergency Bag Prep, School Bus Demo, Gun Safety, Hands Only CPR And MUCH MORE!

WHEN: September 14th, 2019 from 11:00am-3:00pm
WHERE: Parkland High School, 2700 N. Cedar Crest Blvd., Allentown PA 18104
WHAT: Participate in demonstrations, presentations, and Trainings to earn giveaways just by having fun!
 This fun, activity-packed family event will educate you and demonstrate how Police, Fire, and Ambulance Personnel respond to emergencies, and **HOW YOU** can properly respond to emergency situations.

This special event is brought to you by Upper Macungie, South Whitehall and North Whitehall Townships.

St Luke's

UNIVERSITY HEALTH NETWORK
 in partnership with the

PARKLAND EDUCATION FOUNDATION

TAILGATE

Parkland vs. Nazareth
at Parkland Football Stadium
Friday, September 27, 2019

Pre Game Event begins at 5:30 p.m.
Kick-off at 7:05 p.m.

\$30 per person/\$50 per couple
 RSVP by September 20

Order tickets online at
www.parklandsd.org/foundation

Includes: admission to the game, networking, food, games, & mocktails

Parkland School District Policy prohibits alcohol and tobacco products on school property



Parkland School District
 Education Foundation

For more information,
 contact the Parkland Education Foundation
 610-351-5572 or ervinl@parklandsd.org

FOR KIDS AND FAMILIES
2019-20 CALENDAR AT A GLANCE – IMPORTANT DATES

FIRST DAY OF SCHOOL
September 3, 2019

OPEN HOUSES

Schnecksville Elementary	Thursday, September 5, 2019
Kernsville Elementary	Thursday, September 5, 2019
Parkway Manor Elementary	Thursday, September 5, 2019
Cetronia Elementary	Thursday, September 5, 2019
Fogelsville Elementary	Thursday, September 5, 2019
Ironton Elementary	Thursday, September 5, 2019
Kratzer Elementary	Thursday, September 5, 2019
Parkland High School	Wednesday, September 11, 2019
Springhouse Middle School	Thursday, September 12, 2019
Orefield Middle School	Thursday, September 12, 2019
Fred J. Jandl Elementary	Thursday, September 19, 2019

DISTRICT-WIDE EARLY DISMISSAL DAYS

Monday, September 30
Wednesday, November 27
Friday, January 24
Friday, April 24
Friday, May 15

PARENT-TEACHER CONFERENCES

Elementary Parent-Teacher Conferences – November 21-27
(note: Elementary Students will dismiss at 1:45 PM on these days)
Middle School Parent-Teacher Conferences – November 26-27
(note: Middle School Students will dismiss at 1 PM on these days)

LENGTH OF SCHOOL DAYS

Elementary School (K-5)	8:50 AM - 3:30 PM
Middle School (Grades 6-8)	7:45 AM - 2:38 PM
High School (Grades 9-12)	7:40 AM - 2:53 PM

PROFESSIONAL DEVELOPMENT DAYS – SCHOOLS CLOSED

October 9, October 14, January 20, March 13

CAFETERIA PRICES

Elementary Lunch \$2.60
Secondary Lunch \$2.85
Elementary Breakfast \$1.40
Secondary Breakfast \$1.60
Adult Lunch \$3.85
Adult Breakfast \$2.35
Milk \$.50
Reduced Price Lunch \$.40
Reduced Price Breakfast \$.30

KEYSTONE TESTS - Winter

Literature – December 4-5
Biology – January 7-8
Algebra I – January 9-10

KEYSTONE TESTS - Spring

Literature – May 11-12
Algebra I – May 13-14
Biology – May 18-19

OTIS LENNON TEST

Grade 1 - February 3-7

PENNSYLVANIA SYSTEM OF SCHOOL ASSESSMENT (PSSA TESTS)

Grades 3-8, English/Language Arts – PSSA Testing Window April 20-24
Grades 3-8 Mathematics – PSSA Testing Window April 27-May 1
Grades 4 and 8 Science – PSSA Testing Window April 20-May 8



PARKLAND FREE AND REDUCED MEAL APPLICATIONS MUST BE SUBMITTED ONLINE
www.schoolcafe.com

BREAKFAST IS AVAILABLE TO ALL STUDENTS. STUDENTS MAY USE THEIR EXISTING LUNCH ACCOUNTS TO PAY FOR BREAKFAST.

Parkland School District is pleased to offer parents the opportunity to participate in the YMCA's

Y-Care Program

Offered in all Parkland Elementary Schools, Y-Care is a before and after-school program for grades K-5.

More information on this program and other Pre and After-school programs in our region can be found at www.parklandsd.org under the "Community" tab.

Muhlenberg College
Going Above and Beyond

Graduation Dinners, Sports Banquets, Business Meetings and Trainings, Galas, Receptions

Kosher Catering Available

JoEllen Rooney, Conference Manager: 484-664-3810 • joellenrooney@muhlenberg.edu
For more information, please visit: muhlenberg.edu/main/aboutus/events

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Let our family care for your family.

Family General & Cosmetic Dentistry, Oral Surgery, Implants, and Sedation.

NurtureDentalHealth.com
240 Cetronia Road #121South, Allentown, PA, 18104



Parkland School District
Education Foundation
 PreServing Excellence, Building a Dream

KNOW AN OUTSTANDING ALUM WHO HAS MADE AN IMPACT ON THE WORLD?

Alumni Wall of Honor Nominations Due November 30

The Parkland School District Education Foundation is accepting nominations for its Distinguished Alumni Wall of Honor at Parkland High School. The program is designed to showcase notable alumni who have brought honor to the Parkland School District. Inductees will be recognized at the Foundation's 9th Annual Gala on May 20, 2020. Alumni are selected based on career accomplishments, volunteer service and contributions to others. You can find detailed selection criteria and the nomination form on the Foundation website at www.parklandsd.org/foundation. Applications must be postmarked by November 30th.

FOUNDATION ACHIEVES \$1M MILESTONE FOR EXCELLENCE



Education Foundation
ANNOUNCES

\$1,000,000

IN SUPPORT OF PARKLAND SCHOOLS
 Congrats on reaching this milestone
 in just 8 years!

This summer, the Parkland Education Foundation was pleased to announce that it has surpassed the \$1M mark in funds given back to Parkland Schools! The mission of the Parkland Education Foundation is to keep the EXCELLENCE that Parkland is known for. What does that mean? The definition of excellence is the quality of being outstanding.

At left: SMS Art Teacher Kerri Griffin's class thanks the Foundation for art supplies that allowed them to study and draw shadows that depict depth during Enrichment time.

The Parkland School District, as with many other public school districts, is faced with challenges such as government funding, changing demographics (currently 27% of students receive a free or reduced-price meal in the cafeteria), and cost and demand for services that continue to rise. To maintain excellence in light of challenges, Parkland not only faces them, the District excels in spite of them.

To excel beyond a traditional curriculum, the Foundation's mission is to provide opportunities that allow kids to learn above and beyond the standard. How do we do that? The teachers and staff at Parkland are some of the best and they come up with amazing ideas about how we can take learning to the next level. The Education Foundation asks the staff to submit grant applications every year and we choose the most impactful and innovate ideas to fund. For the upcoming school year, the Foundation funded 59 grants totaling more than \$124,000. These awarded grants allowed the Foundation to celebrate giving back just over ONE MILLION DOLLARS to Parkland Schools since its inception in 2011.

One new grant for the 2019-20 school year will help stock the SMS CARES closet. This is a food pantry at Springhouse Middle School that helps to feed students who are food insecure. The pantry fills 40 backpacks every week for identified students to discretely take home to make sure they have food over the weekend. Our District doesn't stop there though. Another funded grant will help students develop an App that can be used to track inventory of the pantry. Students will be able to scan any food received and a staff member will scan out the food that goes into the backpacks. This will allow for better tracking and aid in supplying the closet with the items needed most. The kids are not only helping students in their own school community, they are doing this while learning inventory, management and computer coding skills. We were faced with a challenge and not only did our staff overcome it, they turned it into a hands-on learning experience. The kids involved in the development of the App will understand how to face real world challenges and help make them better. This grant helps to create better citizens, a better community, and, in my opinion, this demonstrates EXCELLENCE.

EXCELLENCE is part of the culture at Parkland. It stems from the top down. The administration, the staff, the teachers and our community are committed to making our public schools the best they can be. There are so many examples of how the Parkland Education Foundation has provided EXCELLENCE to the Parkland School District. From Ozobot robots in every school, elementary ukuleles for music classes, equipment for TV studios, to digital microscopes in the middle schools, many more opportunities exist thanks to the Education Foundation. We are ensuring that, in a changing landscape, our schools can still find ways to be innovative.

We cannot do this mission alone. We need the help and support of our entire community. Our community is better when our public schools succeed. Please visit our website for more ways to support the Parkland Education Foundation at www.parklandsd.org/foundation.

Lisa Ervin
 Executive Director, Parkland Education Foundation
 ervin@parklandsd.org
 610-351-5572
www.parklandsd.org/foundation

The Foundation thanks its Corporate Partners in Education for the 2019-20 School Year!



TROJAN FOOTBALL SEASON TICKETS

are on sale for the five home varsity football games in the Parkland High School Athletic Office on weekdays from 8 AM to 3 PM. The price is \$20. Home games include:
 8/30 vs. Central Catholic
 9/6 vs. Freedom High School (Youth Night)
 9/27 vs. Nazareth Area High School (Shirt Off Your Back)
 10/11 vs. Stroudsburg (Homecoming)
 10/25 vs. Emmaus (Senior Night)
 Call 610-351-5900 ext. 75581 for more information.

PARKLAND HIGH SCHOOL MONTH-AT-A-GLANCE ATHLETIC SCHEDULE

Our new web site includes athletic schedules! Check it out at <https://www.parklandsd.org/departments/athletics/schedules-2>

PHS THEATRE - BOTH SHOWS ON SALE SEPTEMBER 11th at 12 Noon ONLINE

www.showtix4u.com



FALL PLAY
October 4 - 7:30 PM
October 5 - 3 PM & 7:30 PM
October 6 - 3 PM

Museum takes place on the final day of a group show of three fictional contemporary American artists being exhibited in a major museum of modern art. Over the course of the day some forty people walk through the show: art lovers, skeptics, foreigners, students, lost souls, fellow artists, and of course, museum guards. The play is about the movement and yearning of these people.

For the first time since the opening of the High School, this production will be produced in the Black Box theater located behind the auditorium. If you are not familiar with the space, it provides for an intimate theatre setting. Seats will be limited to 150 seats for each show. Prices are \$10 for Adults and \$8 for Students and Senior Citizens, 65 years of age and older. This is a rare opportunity to experience theater up close and personal.



CHILDREN'S SHOW
November 8 - 7 PM
November 9 - 3 & 7 PM
November 10 - 3 PM

PHS proudly presents the classic, **Disney's Beauty and the Beast, Jr.**

Based on the original Broadway production that ran for more than 13 years and was nominated for 9 Tony Awards, **Disney's Beauty and the Beast Jr.** is a fantastic adaptation of the story of transformation and tolerance. It features some of the most popular songs ever written by Alan Menken and the late Howard Ashman, along with new songs by Mr. Menken and Tim Rice. "Be Our Guest," "Gaston," "Beauty and the Beast" and "Home" are just some of the familiar songs you will hear, along with all of the spectacle and magic of a Disney musical.

The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed to his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.



Allentown Pottsville Hazleton

When someone's day is crooked or a little misaligned, a simple smile can make all the difference. Help make your school a happier and brighter place by sharing your smile.

PARKLAND NEWSLETTER

1210 SPRINGHOUSE ROAD, ALLENTOWN, PA 18104

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www.parklandsd.org

NONDISCRIMINATION IN PROGRAMS AND EMPLOYMENT POLICY

In accordance with TITLE VI, TITLE IX, Section 504 and the Americans with Disabilities Act, the Parkland School District does not discriminate either in the educational or vocational programs and activities which it operates or in the employment of personnel, on the basis of sex, handicap, disability, race, color, national origin, age, or religion. If you are physically or mentally disabled, visually or hearing impaired, you may qualify for special services/instruction/equipment modifications so you can successfully complete the education program or participate in activities. All inquiries concerning this policy/questions regarding specific programs, services, and facilities for the disabled should be directed to the District Equal Rights Officer, Assistant Superintendent, Parkland School District, 1210 Springhouse Road, Allentown, PA at (610) 351-5505.

**TO ADVERTISE IN THIS PUBLICATION,
 PLEASE CALL NICOLE AT 610-351-5630.**