



PARKLAND HIGH SCHOOL

Parent Newsletter

November 2019

FROM THE PRINCIPAL'S DESK

PHS Awarded 16 Commended Students in the 2020 National Merit Scholarship Program

Academic excellence is always something special to celebrate and this year Parkland High School students **Aishani Agrawal, Olivia Denman, Ojas Gupta, Suzanne Kozloski, Andrew Laudenslager, Coby Lindenmuth, Sophia Liu, Nishitha Mandapati, Neha Pamidi, Nathan Reimer, Meghna Sequeira, Jacob Shaffer, Emma Stolinas, Alan Uthuppan, Arjun Vedantham and Jerry Zhang** have been named Commended Students in the 2020 National Merit Scholarship Program. Each of these excellent students has received a Letter of Commendation from the school and the National Merit Scholarship Corporation. They represent a select group of 34,000 Commended Students across the nation who scored among the top five percent of the more than 1.5 million students who entered the National Merit Scholarship Program. The administration, faculty, and student body congratulate these Commended Students and their parents for these outstanding accomplishments.

The school year has kicked into high gear as we near the completion of the first marking period on November 6. Report cards will be distributed on Thursday, November 21. October was a busy month highlighted by a terrific Homecoming Week (October 8-12). Student Council is very proud to announce that PHS, spearheaded by Student Council's Garter Bowl, raised \$3,000 for the Parkland Caring Closets and Food Pantry. I'm also extremely proud of our various school clubs and organizations for collaborating to collect over 3,700 food items for families in need. The Garter Bowl was filled with exciting plays and a high level of competitiveness. I would like to commend all the Garter Bowl participants while issuing congratulations to the Senior girls' Garter Bowl team who won the championship game.

Our fall sports teams have enjoyed very successful seasons and district playoffs. We wish them the best as they continue to pursue their goals in District XI and State Competition.

For families, do not miss out on our theater program's production of *Disney's Beauty and the Beast, Jr.*, with performances on November 8-10. The cast and crew can't wait to perform and I highly recommend coming out to what will be a very entertaining show.

On Monday, October 21 we held an assembly to showcase to students the dangers of vaping and the dangers of using THC while vaping. Too many teenagers today have turned to vaping as experimental practice in lieu of past generations use of cigarettes. That, combined with the heavy media influence minimizing marijuana's or THC's impact on society, has quickly escalated the use of vape pens as part of the teenage culture. Case in point, in a recent study the University of Michigan found that 20% of high school seniors are using e-cigarettes (vaping, etc). To help parents learn more about this issue, a Parent Forum will be held on Wednesday, November 13 at 6 PM in room C200.

Please note on Wednesday, November 27, Parkland High School will have a 1:00 PM early dismissal. Happy Thanksgiving!

Sincerely,

James E. Moniz II
Principal

monizj@parklandsd.org

COUNSELING CORNER

COLLEGE APPLICATIONS

Seniors need to remember a minimum of ten working days is needed to process college/scholarship applications. Please pay close attention to your deadlines. Applications with a January 1 deadline date requiring a letter of recommendation and/or secondary school report must be reported no later than **Friday, December 6**. Please contact your child's counselor if you have any questions.

TUTORING SERVICES

First marking period report cards will be distributed in homeroom to all students on Thursday, November 21. If you have concerns regarding your son or daughter's progress in an academic subject area, please contact the classroom teacher or your child's guidance counselor. Tutoring is available to all students through the National Honor Society. Online tutor request forms are available on the high school website under the "Students" link. Simply click on "NHS Tutor Request" and fill out the online form. Tutoring is typically scheduled during a study hall or after school. Math tutors are also available before and after school. Please contact your child's math teacher for a referral to this service.

HOMEWORK REQUESTS

Requests for homework can be made only if the student is absent from school for at least three consecutive days due to illness. Requests should be made early in the day in order to give the teachers time to collect missing assignments. All calls for homework should be directed to Mrs. Bodnar in the Counseling Office at 610-351-5610. Students are encouraged to check Schoology for additional information.

NOVEMBER SAT/ACT TESTING DATES

November 2, 2019

SAT Reasoning and Subject Tests Administration.

Parkland High School is a test center.

November 8, 2019

Regular registration deadline for the December 7, 2019 SAT I: Reasoning Test and SAT Subject Tests.

November 8, 2019

Regular registration deadline for the December 14, 2019 ACT.

December 7, 2019

SAT Reasoning and Subject Tests Administration.

Parkland High School is not a test center.

You can register for the SAT at www.sat.org/register or for the ACT at www.actstudent.org.

PAR KEY'S 2020 YEARBOOK GET YOURS TODAY!

TO ORDER

<https://sites.google.com/a/parklandsd.net/par-key/>

DEADLINES AND PRICING

Today through December 27, 2019, the price is \$82**
December 28, 2019 – April 25, 2020*, the price is \$85**

** This is the last day for advance orders.*

*** Prices do not include tax.*

*** Personalization offered online for \$7 extra until January 31, 2020.*

DID YOU MISS OUT ON ORDERING PREVIOUS YEARS OF THE PAR KEY YEARBOOK?

2019 yearbooks will be sold for \$75 at the Cafeteria Par Key Table.

2019 supplement pages can be picked up at the Cafeteria Par Key Table if you did not receive yours in the mail.

2006–2018 yearbooks are also available for \$75 at the Cafeteria Par Key Table.

FINANCIAL AID PRESENTATION AVAILABLE IN MULTIPLE LANGUAGES

The Financial Aid Parent Night Presentation that occurred at PHS on Sept 26, 2019

has been posted in English, Arabic, Chinese, German and Spanish on our website at this link:

<https://phs.parklandsd.org/parents/parent-resources>

PHS UPCOMING EVENTS

Saturday	11/2	SAT Exam
Sunday	11/3	Daylight Savings Time Ends
Monday	11/4	Scholastic Scrimmage 3 PM (C200 & C210)
Tuesday	11/5	NEHS Meeting 3 PM (C200) Tri-M Honor Society Inductions 7 PM (C200)
Wednesday	11/6	End of First Marking Period Key Club Meeting 7 AM (C220) LEO Club Meeting 7:15 AM (C200) Indoor Track Sign-up Meeting 3 PM (C200)
Thursday	11/7	Jostens Representative Available during all Lunches for Class Ring, Cap and Gown, Accessories Orders
Friday	11/8	Family Show – <i>Disney's Beauty and the Beast, Jr.</i> 7 PM (Auditorium)
Saturday	11/9	Family Show – <i>Disney's Beauty and the Beast, Jr.</i> 3 PM & 7 PM (Auditorium)
Sunday	11/10	Family Show – <i>Disney's Beauty and the Beast, Jr.</i> 3 PM (Auditorium)
Monday	11/11	Scholastic Scrimmage 3 PM (C200 & C210)
Tuesday	11/12	Senior Vision Screenings German Honor Society Inductions 7 PM (C200) Post Prom Committee Meeting 7 PM (Library Classroom)
Wednesday	11/13	Parent Forum Meeting 6 PM (C200)
Thursday	11/14	PLTW White Coat Ceremony 4 PM (C200) National Honor Society Inductions 7 PM (Auditorium)
Monday	11/18	First Day of Winter Sports Scholastic Scrimmage 3 PM (C200 & C210)
Wednesday	11/20	Leo Club Meeting 7:15 AM (C200) Key Club Meeting 7 PM (C200)
Thursday	11/21	Report Cards Distributed "B" Schedule
Monday	11/25	Scholastic Scrimmage 3 PM (C200 & C210)
Wednesday	11/27	Early Dismissal 1 PM "C" Schedule
Thursday	11/28	Happy Thanksgiving! – School Closed
Friday	11/29	Thanksgiving Holiday – School Closed

SOPHOMORES CLASS OF 2022

Please remember to pay your class dues of \$20. Send cash or check to Mrs. Sarah Yenser in Room C241. Make checks payable to Parkland High School and put "Class of 2022" in the memo space. Contact Mrs. Yenser with any questions.

JUNIORS CLASS OF 2021

The class of 2021 and the Parkland TV Studio are having a fundraiser with the **Philadelphia Flyers**. Everyone may purchase tickets to any games in our promotional feature. The proceeds will be shared by the Class of 2021 and the Parkland TV Studio.

<https://groupmatics.events/s/other/ParklandSD>



SENIORS CLASS OF 2020

Class of 2020 dues must be paid by **April 3, 2020**. Dues are a one-time payment of \$20. Cash or checks should be made payable to Parkland School District. Payments may be dropped off or mailed to Mrs. Greth in B118. If you have any questions please e-mail Mrs. Greth at gretha@parklandsd.org.

VISUAL AND PERFORMING ARTS

As the days get shorter and the temperatures finally become more fall-like, the A-wing is filled with the colors and sounds of autumn. The Marching Band begins its final drive towards the season's end while the stage at PHS prepares for musicals and concerts. The Department of Visual and Performing Arts wishes everyone a safe and happy Thanksgiving. When we return from break, the A-wing will be alive with concerts almost every night. We hope you will join us!

FAMILY SHOW

The 2019 Family Show will be the classic *Disney's Beauty and the Beast, Jr.* This "tale as old as time" features all of the favorite songs from the original animated film along with ones created especially for the stage show. Join Belle, Gaston, Lumiere, Mrs. Potts and the rest of the familiar characters as they sing and dance their way to become "Human Again." Songs like "Be Our Guest," "Gaston," and "Beauty and the Beast" are all part of this special Disney experience. Performances are **Friday, November 8 at 7 PM, Saturday, November 9 at 3 PM and 7 PM, and Sunday, November 10 at 3 PM.**

Tickets for this production are now available online. Go to www.showtix4u.com and search for Parkland High School. Choose your own seats and print your tickets from the comfort of your home or office. Tickets for *Disney's Beauty and the Beast, Jr.* will also be available at the box office one hour before curtain, but we strongly recommend buying them online ahead of time for the best seat selection. Tickets are \$11 for adults and \$9 for students, kids, and senior citizens 65 and older (prices include processing fee).

SPRING MUSICAL

While we are preparing to release the title of our always exciting Spring Musical, there are a few dates to keep in mind. The show will be presented **Wednesday, April 15 – Saturday, April 18 at 7:30 PM and will close with a matinee on Sunday, April 19 at 3 PM.** Tickets for the Spring Musical will go on sale at 12 noon on Tuesday, December 3 at www.showtix4u.com.

Audition materials for this year's Spring Musical will be available by November 4 from Mr. Anonia in Room A119. Auditions will begin November 23. Specific requirements for the auditions are detailed in the audition packet. Auditions for the pit orchestra and sign-ups for stage crew will occur in early December.

CHILDREN'S THEATRE WORKSHOPS

Kids in grades K-5 are invited to take part in the *Toy Story* themed Children's Theatre Workshops taking place the third weekend of the month, **Saturday, November 16 and Sunday, November 17.** Registration is open now through November 1, and the form is available on the main District Arts page at www.parklandsd.org/departments/arts. Students will have a blast singing, dancing, acting, and more during this fun weekend.

PARKLAND CHORALE WINTER CONCERT

The Parkland Chorale is gearing up for their annual winter concert at Neffs UCC. This year's concert is **Sunday, December 8 at 7 PM.** The concert is free and open to the public. Please join the Chorale for an exciting evening of choral music to usher in the winter season.

TROJAN ART GALLERY

This month, the Trojan Art Gallery will feature the art work of current Parkland High School Physics teacher, **Jeff Wetherhold.**

TRI-M MUSIC HONOR SOCIETY INDUCTIONS

The Induction Ceremony for the TRI-M Music Honor Society will take place on November 5 at 7 PM in Room C200. Congratulations to the newest members:

Mari Adamson	Adrian Maghacot
Suchir Agarwal	Lily Mayer
Anam Ali	Owen Replogle
Brianna Baer	Taylor Shortell
Keriann Braim	Emma Stolinis
Jane Cho	Alana Strock
Isaac Daniels	Megumi Takahashi
Jenny Delorimier	Alexander Tang
Logan Edelman	Gianna Tully
Paige Herman	Alexis Weaver
Brianna Hoysan	Andrew Weiss
Amanda Lane	Kenny Yip

PMEA DISTRICT 10 CHORUS

The following 25 students have qualified for the 2020 PMEA District 10 Chorus:

Soprano 1: **Michaiah Watkins, Taylor Shortell, Jenny Delorimier and Sophia Morgan**

Soprano 2: **Natalie St. Hill and Rachel Kanter**

Alto 1: **Abigail Hill and Shanyn Kaiser**

Alto 2: **Isabella Fedele, Jessica Guziak, Emily Bachl, Paige Herman, Catharine Aboulhouda and Magdalena Gareca**

Tenor 1: **Luke Saad**

Tenor 2: **Jovanne Cortez, Carter Sachse and Robert Moore**

Bass 1: **Jacob Roth, Brycen Geiger, Zachary Evans and Marcus Shin**

Bass 2: **Raphael Ettinger-Finley – 1st Place, Akaash Kapoor and Justin Kuhlman**

Congratulations to these talented students. The 2020 PMEA District 10 Chorus Festival will be held January 15 – 17, 2020. This year's festival will be held at Boyertown High School and will include 200 of the best high school musicians from Berks, Carbon, Lehigh, Monroe, Northampton, Pike, and Schuylkill Counties.

ATHLETIC NEWS

FALL SPORTS: TEAM ACCOMPLISHMENTS AND RECORDS

Football: 6-2

Cross Country: Girls 15-2, Boys 16-1

Golf: 8-5

Volleyball: 11-5, EPC League champions

Boys Soccer: 14-4, EPC Division champions

Girls Soccer: 17-0-1, EPC Division champions and overall EPC League champions

Field Hockey: 15-0-1, EPC League runner-up

Tennis: 19-1, EPC regular season champions, EPC tournament champions, and District XI champions



FALL SPORTS: INDIVIDUAL ACCOMPLISHMENTS

Football: Coordinated Health Athlete of the Week — **Nicholas Johnston**

Golf: District Champion — **Trevor Grimm**

EPC League Honors

Volleyball: 1st team — **Amber Resendez**

2nd team — **Brynn Dreisbach** and **Leah Brunnabend**

3rd team — **Lauren Ceh**

Field Hockey: 1st team — **Maddison Molchany** and **Olivia Vaccari**

2nd team — **Aubrey Semler** and **Erica Steele**

Girls Soccer: 1st team — **Jocelyn Fowler**, **Alexis Marsteller** and **Ava Schaller**

2nd team — **Erica Lincoln** and **Zoe Schutter**

3rd team — **Maeve Leonzi**

Boys Soccer: 2nd team — **Alexander Wilsterman**

3rd team — **Jacob Seed** and **Bryce Shalbert**

Girls Cross Country: **Brooke Labenberg** and **Ava Bendetti**

Boys Cross Country: **Ethan Warren** and **Benjamin Esquieres**

Singles Tennis: 1st team and District XI runner-up — **Joanna Wu**

Doubles Tennis: 1st team — **Erin Joo** and **Anshika Gupta**

2nd team — **Sophia Lee** and **Maya Paul**

District XI runners-up — **Jessica Tseo** and **Erin Joo**

Golf: 1st team — **Trevor Grimm**

3rd team — **Samuel Mortazavi**

WINTER SPORTS

Winter sports are right around the corner. **November 18 is the first official day of tryouts.**

All student athletes must have a current physical to try out. **Middle School Girls Basketball** will hold their tryouts at Springhouse Middle School. **Middle School Boys Basketball and Wrestling** will be held at Orefield Middle School. **Boys Junior High, Junior Varsity and Varsity Basketball** practice will be held at PHS right after school. **Wrestling and Swimming** will also practice at the high school right after school. **Girls Junior High, Junior Varsity and Varsity Basketball** will practice at 6 PM at the high school. All of the times are for the first day of tryouts. Please check with your coaches for the rest of the schedule.

MARK YOUR SPORTS CALENDAR!

Spring 2019-2020 sports physicals will be held
Saturday, February 8, 2020 at PHS.

Boys 8 — 9:30 AM, Girls 9:30 — 11:00 AM

They are free.

No student can participate in a spring sport without a full PIAA physical. Recertification forms may be used for a spring sport if the athlete had a full physical for a fall or winter sport in 2019. The Parkland Athletic Department understands that it may not be convenient to come to our scheduled free physical event. However, those who miss must get a PIAA physical on their own prior to March 2, 2020. Paperwork for this is on the website <https://phs.parklandsd.org/> under Departments - Athletics - Forms. All Parkland athletes must get an IMPACT test once during their four years at PHS and before participation. **The first day of spring sports is Monday, March 2.**

PARKLAND TV & FILM ANNOUNCES NEW WEBSITE:

www.parklandtvfilm.org

We are proud to announce the unveiling of the new Parkland TV & Film website. This website is designed to help you stay up-to-date with what is happening daily at Parkland High School, as well as connect you to student-produced content highlighting both the school and community. Parkland TV & Film is the high school's student-run video-production studio and is responsible for covering the arts, athletics, and academics at PHS, as well as local community events and news. This website was created by senior **Lynsey Reynard**, who is the artistic director of Parkland TV & Film. On this website you will find both the morning and midday announcements that are played during the school day. You will also find one of the studio's most recent projects titled "Parkland Profile," which is a series of feature stories. In addition, the studio highlights some of its most recent content including a Philadelphia 76er's promotion video, a commercial for C.E. Roth Formal Wear, a special presentation for journalists Keith Groller and Paul Reinhard of *The Morning Call*, and student-made short films. You can also find a feature story about Native American culture, which Parkland students created at the Student Television Network Convention in Seattle last year. Linked throughout our website are the studio's social media accounts, including our Twitter, **@parklandtvfilm**, where the morning and midday announcements are streamed live every day. If you have any questions, make sure to check out the Contact link on the website.

HOMECOMING 2019

HOMECOMING COURT AND DANCE

Congratulations to all the senior students who were nominated for the Homecoming Court this year. This year's court included: **Erica Steele**, **Abigail Hill**, **Natalie St. Hill**, **Ashley Molchany**, **Claire Todaro**, **Adam Andreoli**, **Joshua Mede**, **Benjamin Dobbs**, **Jared Kucharczuk**, and **Kyle Schantz**. **Ashley Molchany** and **Joshua Mede** were named Homecoming Queen and King at the Homecoming Dance on Saturday, October 12.



The 2019 Homecoming Court poses for a photo before the Friday evening football game. (above)



The cafeteria is decorated and ready for the Homecoming Dance on Saturday evening. (left)



GARTER BOWL

Congratulations to the senior girls' Garter Bowl team that won the annual championship on Thursday, October 10. The senior team was coached by Mr. Ryan Nunamaker, Mr. Kyle Wolfe & Mr. Bernard Dugan. This year's game yielded \$3,000 to donate to the Parkland Caring Closets and Food Pantry.



The senior girls' team won the Garter Bowl. (above)



Student Council members work together at the Garter Bowl. (right)

HOMECOMING 2019

HOMECOMING FLOATS

The Homecoming floats were a big success again this year as all participating clubs followed the “Caring is Sharing” theme. The following clubs were awarded prizes:

- 1st place** — PALS Club “Avengers,” advised by Mrs. Amanda Keifer
- 2nd place** — National Art Honor Society, advised by Mrs. Kay Coval
- 3rd place** — Dance Team “Care Bears,” advised by Ms. Alexa Muhr
- Rookie of the Year** — Ice Hockey Team, advised by Mr. Tom Yankanich
- Most Sustainable** — Conservation Club, advised by Mrs. Sarah Yenser
- Best Set** — Class of 2021 “Friends,” advised by Mrs. Andrea Greth
- Spirit of Parkland** — Interact Club “Stuff the Bus,” advised by Mrs. Lori Peters
- Best Theme** — SADD Club “Organ and Tissue Donations,” advised by Mrs. Deborah Andreoli
- Best Skit** — Muslim Student Association, advised by Mrs. Souad Azim

The Class of 2021 Homecoming float was voted the “Best Set” in this year’s Homecoming Float Parade at halftime.



STUFF THE BUS EVENT

The Interact Club not only participated in the float parade this year, but they also organized a club competition within the school to collect donated items for the Caring Closets and Food Pantry. The students collected 3,719 items to “Stuff the Bus” before Homecoming. What a great endeavor led by advisor Mrs. Lori Peters. Other clubs or classes with leading donations included:

- Math League, advised by Ms. Kristin Yudt: 636 items
- National Art Honor Society, advised by Mrs. Kay Coval: 571 items
- AP Psychology Class, led by Mrs. Maureen Kautzmann: 459 items



The students who helped with float building pose in front of the bus used for the Interact Club’s “Stuff the Bus” event. The bus held the many donations that were collected for Parkland’s Caring Closets and Food Pantry.

INFORMATION FROM THE HEALTH ROOM

Now that the school year is in full swing, the Health Room would like to remind you of some important information.

FLU SEASON PREVENTATIVE ACTIONS

The flu season occurs from October through April. Check with your doctor about getting the flu vaccine for your student. The Health Room would like to remind you of some information on prevention of the flu and other viruses:

- Wash hands frequently
- Get a flu shot
- Cover your cough
- Get adequate rest
- Maintain a healthy diet

GUIDELINES FOR ILLNESS

To help stay healthy and decrease the spread of illness in the school, we are encouraging all families to adhere to the following guidelines for sending your child to school. Please keep your child home from school if he/she is experiencing any of the following symptoms:

- Fever of 100 degrees or more
- Vomiting
- Diarrhea
- Severe head cold
- Persistent cough
- Severe sore throat

It is advised that a student should be fever free for twenty-four hours before returning to school.

MEDICATION

Students who need medication during the school day will need to submit a parent authorization **and** a physician's order for prescription or over the counter medications. **All medication must be brought to the Health Room by a parent and/or guardian.** Students may not transport medication to or from school. Forms are available on the [PHS website](#).

COLD MEDICATION

Please be advised that **the Health Room does not have cold medication.** If your student has cold symptoms, please medicate as needed before or after school.

If you have any questions for the Health Room staff do not hesitate to call 610-351-5616.

JUNIORS

11th GRADE PHYSICALS

All eleventh grade students should return their physicals to the Health Room as soon as possible. Forms are available on the [PHS website](#).

IMMUNIZATION REQUIREMENT

The Meningitis Vaccine is required on or after the student's 16th birthday.

Students in the 11th grade will be required to have this immunization on the first day of their senior year.

The 11th grade physical is a good time to be sure this immunization is completed.

PARKLAND TRUMPET NEWSPAPER ANNOUNCES

NEW WEBSITE: www.phstrumpet.org

For the first time in Parkland School District history, we are proud to announce the new Parkland Trumpet Newspaper website. *The Trumpet* is the high school's student-run newspaper and is responsible for covering the arts, athletics, and academics at Parkland High School, as well as local community events and world news. This website was created by students in the newspaper class. On this website, you will find announcements, student life, Trojan Corner, sports, news, entertainment and many other features including polls and breaking news.

Presented on the website, you will find a weekly update to the content. The website can be found on the Clever portal under links or you can download the SNS web app to your Android or iPhone. We are proud to cover the news and student events for the Parkland School District and hope you will see our staff page which features the 12 person staff of *The Trumpet*. If you have any questions, make sure to check out the Contact link on the website. In addition to the new website, we will still produce print editions of *The Trumpet*. Please look for the newspaper in the rotunda of the high school.



LIBRARY LINES

RESEARCH ASSISTANCE

Keep the PHS Library in mind when you are doing research papers. Certified School Librarians, Mrs. Dickerson and Mrs. Brader, are on hand to help with all aspects of the research process. If we don't have books on a specific topic, students can search the over one million books on Power Library (located in the Library section of Clever), and we will order the book to borrow for two weeks, at no charge to students.

NOVEMBER MAKERSPACE EVENTS

November 5

Resin Art with Mr. Kline

November 8

Pre-Adulting 101:

How To Make Soup

(using our Library-grown herbs)

November 13

How To Use the Circuit Air 2

November 15

Lunch and Learn: Miniatures Part II

November 22

Pre-Adulting 101:

How To Make Spaghetti Sauce

November 25

Pre-Adulting 101:

Table Setting, Tablescares, Table Manners

DRIVER'S EDUCATION

WATCH FOR DEER

Autumn brings an increase in deer activity, and drivers are reminded to watch carefully for deer darting across and along roadways.

Fall marks the deer's breeding season, and deer pay less attention and become bolder as they move around more and travel greater distances seeking mates. Primarily nocturnal feeders, deer are most active between sunset and sunrise. Other factors that affect the travel patterns of deer in the fall are farmers actively harvesting the last of their crops and preparing for spring planting, increased activity in the woods from hunters seeking game and outdoor enthusiasts enjoying the last remaining days of warmer weather.

By following a few safety tips, motorists and outdoor enthusiasts can help reduce the possibility of being involved in a crash with a deer:

- Remember to slow down and use caution, particularly where deer-crossing signs are posted.
- Increase following distance between vehicles.
- Make young drivers aware of increased deer movement.
- Be especially watchful during morning and evening hours when wildlife is most active.
- Exercise caution when one deer crosses a roadway. Since deer often travel in small herds, one deer will usually be followed by others.
- Always wear your seat belt.
- Never drive impaired.
- Turn on your headlights if your wipers are on — it's the law.

If a dead deer presents an obvious safety hazard on State roadways, motorists can call 1-800-FIX-ROAD to have the deer removed.

BEHIND-THE-WHEEL PROGRAM

If your child has recently obtained their learner's permit and are interested in the Behind-the-Wheel program, register online at www.cliu.org/driversed. Call 610-769-4111 x1299 or e-mail driversed@cliu.org for specific questions regarding the program.

CONGRATULATIONS

The following PHS students were selected as Lehigh Career & Technical Institute's September 2019 Students of the Month:

ACADEMIC CENTER — Zane Tyler, Pre-Engineering & Engineering Technology

MORNING SESSION — Michael Grella, Computer-Aided Drafting & Design

Max Waddell, Auto Technology

Savannah Weider, Painting & Decorating

Douglas Bartholomew, SOC Building Trades Maintenance

Mikayla Knowles, Plumbing & Heating

AFTERNOON SESSION — Matthew Lyle, Carpentry

Christina Krop, Early Care & Education of Young Children

Allysa Fitzgerald, Exercise Science & Rehabilitation Services

Paige Knowles, Plumbing & Heating

STUDENT ASSISTANCE PROGRAM (SAP)

A growing number of students are stating that they have some issue with anxiety and/or depression. Many students find it difficult to continue with daily activities that they once enjoyed or tolerated. They have difficulty with school attendance, refuse to join or drop out of extracurricular activities, and spend a great deal of time on devices. Parkland High School offers a vast array of services geared to move children forward through learning a variety of coping strategies. However, many students are refusing the services both inside of school and counseling services independent of the school. Parents can find this very difficult.

HELPING RESISTANT TEENS INTO TREATMENT

It is important to get to the bottom of why kids are being resistant and try to change their minds. Here are some common reasons why a kid might say no to treatment:

- She doesn't think she needs help. She might say, "This is just how I am."
- She doesn't think therapy or medicine would work.
- She's already tried it and didn't like it.
- She thinks getting help is embarrassing.
- She's feeling defensive. Not only is this a common posture for teens, it's also an understandable reaction from someone who is tired of repeatedly struggling or getting negative attention over something.
- She's feeling hopeless. She can't imagine that it's possible for her to feel better.

Understanding the reason or reasons your child has for being resistant will help you tailor how you respond. As parents of teens know, convincing older kids to do something they don't want to do is difficult. That's because teens are growing up, which means they want — and, developmentally speaking, they need — to have more control and independence. Teens might not always be the best judge of what they need, but it's essential for parents to give them a chance to explain how they feel and then give a thoughtful response. Not only will it improve your relationship with your teen, it will also make her more likely to listen to you. Here are some strategies to try:

Frame it differently.

For reluctant patients, psychologist Jerry Bubrick sometimes compares therapy to working with a coach: "If your son is playing basketball, of course he's going to have a basketball coach. Even professional basketball players need coaches to learn new strategies, learn new skills, think about different ways to succeed. Your son can do therapy to learn these skills and practice them over and over, and eventually he won't need the coach anymore." Depending on what your teen needs help with, it might also be a good idea if the entire family came in for treatment. This is a good strategy to use when kids are getting defensive because it doesn't single your teen out as the patient — the whole family is working on this issue.

Focus on your teen's priorities.

Sometimes teens will disagree that they have a problem, or think that what they are struggling with is a part of them that can't or shouldn't be treated. When kids think that they can't get better it is sometimes a symptom of their disorder. For example when kids are depressed it affects how they think, so they might not be able to imagine feeling better. Kids can also start identifying with their disorder and even find comfort in it, so the idea of getting treatment can actually be scary. When kids don't think they have a problem or are ambivalent about what treatment can do for them, psychologist David Anderson recommends starting by asking the teen what he wants to get out of it — not what you or his teachers or anyone else wants: "We would work on getting buy-in by focusing initially on *his* priorities. What is he looking for at this stage? What kinds of things would he like to be able to improve, like homework or making friends? Then we can outline how the things he's motivated toward might be achieved in our work together." This is similar to a technique called motivational interviewing, which is a collaborative approach some therapists use to help kids resolve their ambivalence and find their motivation for getting better.

Find the right doctor.

It is important to find a treatment provider who is a good match for your child's personality. If she doesn't like or respect the person that she's working with, or thinks she can outsmart him, it isn't going to be a good fit. Although it's very frustrating, you may need to keep looking until you find the right person for your teen. Sometimes parents decide to come in first themselves, without their child, to meet the clinician and ask some questions (a good one is how she would approach working with a reluctant teen). Clinicians should also have good pointers on what you can be doing at home to help. If your teen has already tried getting treatment but it hasn't helped, or she didn't like the person she was working with, psychologist Stephanie Dowd recommends asking her why she thinks that is. For example, what wasn't helpful or what didn't she like about therapy? What did she like? You can keep these qualities in mind and work together to find a therapist who does more of the positive things. Many kids prefer working with clinicians who are active participants in conversations — not just passive listeners. Dr. Dowd suggests, "Find two or three therapists she can interview and tell her that she can choose the one that she feels most comfortable with, and thinks will help the most. Finding a therapist who is a good fit is extremely important, and making the choice hers will help her feel ownership over her own treatment, which is extremely important to teens and sets the stage for effective therapy."

Don't give up.

If your child says no the first time you talk about starting treatment, keep trying. Use the strategies above and try asking clinicians what they would recommend. It's also important to continue making an effort to listen to how your teen is feeling and what he thinks he needs. Important things usually aren't settled in one conversation. Progress may come gradually. "If you lay the groundwork by strengthening your connection with him now, he'll be more likely to turn to you for support when he's finally ready," says Dr. Dowd.

Rachel Ehmke

Childmind.org/article/helping-resistant-teens-into-treatment/

(continued on page 11)

STUDENT ASSISTANCE PROGRAM (SAP)

(continued from page 10)

OTHER OPTIONS

If your teen refuses to go to counseling, don't despair. You still have several options about how to get help.

- **Seek counseling on your own without your teen.** Often, parent-training can be one of the most effective ways to help teens. A therapist may be able to teach you how to coach your child. If your teen knows you're going to counseling to talk about him, he might also be interested in going to share 'his side' of the story.
- **Create a contract with your teen.** If it's a mild issue that you're concerned about, create a contract with your teen. Tell your teen he has to go to a certain number of sessions, such as five, before he can make a decision about whether to continue treatment.
- **Consider online counseling.** Sometimes, teens who won't speak to someone face-to-face will consider talking to a therapist online. Online treatment isn't appropriate for every condition so it's important to talk to a therapist or your teen's physician about the potential pros and cons before you begin treatment.

Verywellmind.com/what-to-do-if-your-teen-refuses-to-go-to-counseling-2610463

STUDENT SEMINARS

- **Expressing Anger in a Healthy Manner**
Audience: 9th-12th grade students of PHS
Date: November 5 during student's lunch (recommended to pack a lunch)
Location: B108
Register at this link: <https://forms.gle/kEnvrQSyLbxVhJZK7>
- **Improving Organization and Time Management Skills**
Audience: 9th-12th grade students of PHS
Date: November 8 during student's lunch (recommended to pack a lunch)
Location: B108
Register at this link: <https://forms.gle/t1Ne9y4KtEPzNKZW7>
- **Mindfulness Practices to Calm the Anxious Mind**
Audience: 9th-12th grade students of PHS
Date: November 15 during student's lunch (recommended to pack a lunch)
Location: B108
Register at this link: <https://forms.gle/7jVrVfYoeTkyn7e8A>
- **Building a Depression and/or Anxiety Survival Guide to Use at School**
Audience: 9th-12th grade students of PHS
Date: November 19 during student's lunch (recommended to pack a lunch)
Location: B108
Register at this link: <https://forms.gle/866FnKZeDorfSdoCA>
- **Having Gratitude to Pave a Pathway of Happiness**
Audience: 9th-12th grade students of PHS
Date: November 22 during student's lunch (recommended to pack a lunch)
Location: B108
Register at this link: <https://forms.gle/Ehrw5ZKHjYyq5D8AA>

Sponsored by SAP

YEARBOOK INFORMATION FOR SENIORS – CLASS OF 2020

SENIOR YEARBOOK PHOTOS

The **last day to schedule an appointment** at the studio of Frank Mitman, the official school photographer, is **Friday, December 13, 2019**. Call 610-433-2110. (Yearbook only photographs are free.) The school photographer will be available at Parkland High School in the auditorium lobby on the following dates to take photos of seniors who have not visited the Frank Mitman studio: **Monday, November 25 from 9 AM to 2 PM, Tuesday, November 26 and Wednesday, November 27 from 9 AM to 12 PM.**

SENIOR BABY PICTURES

It is free of charge to include a baby picture of your student in the yearbook.

The **deadline is Friday, November 8, 2019**. Please label the back of the photo with your student's full name. Options for submitting:

- Scan and e-mail the photo to yearbook.parkland@gmail.com
- Submit it to Mrs. Abdelaal in D131 before school or during period 1.
- Mail it to Mrs. Abdelaal at Parkland High School, 2700 N. Cedar Crest Blvd., Allentown, PA 18104.
- Drop it off at the Main Office.

SENIOR DEDICATIONS

Senior dedications for the 2020 yearbook will be accepted until **Friday, December 6, 2019**.

The yearbook staff at PHS is once again offering dedication ads for parents and guardians to congratulate their graduating senior. These personal messages will appear in color in the 2020 yearbook, creating another opportunity to make this yearbook memorable for the Class of 2020. Return this form either via e-mail or mail with payment and any pictures for the dedication **by December 6**. If e-mailed, please send the payment by mail to Parkland High School. **Please do not attach pictures in word documents, all pictures must be in jpeg format.**

Guidelines Make sure to include your child's name on the back of all photographs. Please include a self-addressed, stamped envelope with your payment so we can return photos. You may crop pictures before submitting them to include only the people that you would like in the photo. If you decide to crop your photos, please make sure the photo remains a rectangle. (Do not cut out the individual in the photo.) The yearbook staff will design your ad using your photo(s) and text. A variety of fonts and sizes will be used depending on the amount of text. We encourage using fewer words so we can create your message in a larger point size. **We reserve the right to refuse any copy or photos we feel are inappropriate.**

Sizes and Prices Select one of the following:

1/8 page ads – Approximately 4 1/4" x 2 1/2" \$55 This size ad may include one color photograph.

There is a 25-word maximum with a photo and a 50-word maximum without a photo. (Word count is approximate.)

1/4 page ads – Approximately 4 1/4" x 5" \$85 Quarter page dedications may include up to two color photographs.

Text with two photographs has an 80-word limit. One photograph has a 100-word limit. A dedication with no photographs will have a 120-word limit. (Word count is approximate.) A dedication with one photograph in this size ad will have a larger picture than the 1/8 page dedication.

1/2 page ads – Approximately 4 1/4" x 10" \$145 This size ad may include up to four color photographs.

There is a 50-word maximum with four photos, a 100-word maximum with three photos, a 150-word maximum with two photos and a 200-word maximum with one photo. (Word count is approximate.)

Additional photos- \$10 each If you wish to include more photos than the dedications allow, there is an additional charge.

Reprint Permission If you submit a photo of your senior that was professionally taken, we CANNOT use it unless we receive written permission, either in letter or electronic form, from the photographer. Please ask the photographer to e-mail Mrs. Abdelaal directly at abdelaala@parklandsd.org. You do not need to ask for permission if your child's photo was taken by Frank Mitman's studio, but if you did not purchase a package there will be a \$10 fee payable to Frank Mitman to use the photo in the dedication.

Submission Please submit all materials via e-mail to yearbook.parkland@gmail.com

or in the mail with **checks payable to Parkland High School** to:

Mrs. Abdelaal at Parkland High School, 2700 N. Cedar Crest Blvd., Allentown, PA 18104.

Please contact Mrs. Abdelaal with any questions at abdelaala@parklandsd.org or 610-351-5600.

Please include the following with your submission:

Name of senior, your name and relationship to senior, address, phone number, e-mail address, size of ad, text, special instructions (if any), number of photos, Frank Mitman photos to be used (include number of images), other professional photos to be used (including photographer's permission), and payment (cash delivered to school or check mailed to school).

All yearbook information is available on the website at <https://sites.google.com/a/parklandsd.net/par-key/>

Superintendent's Message ***Closing or Delaying School for Inclement Weather- A Most Challenging Decision***

Among my most challenging responsibilities as Superintendent of Schools is making the decision regarding school delays or cancellations. And yet, given the geographical location of our school district, inclement, wintry weather will always be a seasonal challenge.

Because it is getting to be that time of year again, I want to share a few thoughts about the process that is utilized in making inclement weather decisions in Parkland. Hopefully, this information will demystify the process and minimize the frustration associated with not knowing how decisions are made.

In much the same manner as everyone else, we learn about approaching weather conditions from television, radio and computer reports. Once the weather alert occurs, our Transportation and School Services Departments begin to make preparations.

If the weather front is occurring in the evening or overnight, Transportation will have a couple of drivers out at about 4:00 a.m. First they will check those roads that are typically most problematic. As you know, from north to south, our school district spans 75 square miles and varies greatly in road and weather conditions. At the same time, we will be speaking with the municipalities and PennDOT about plowing/cindering/salting schedules. We also speak to key personnel in surrounding school districts to ascertain any information that may be helpful.

Typically, by 5:00 a.m., we will have gathered all of the most current information that is available. This information is coupled with our knowledge of Parkland School District demographics:

- Weather conditions vary greatly across the district
- We have in excess of 1,000 bus stops
- Our buses will travel in excess of 8,000 miles during a school day
- We transport approximately 10,000 students per day
- Our buses will be operating within the typical traffic flow
- Many of our bus stops may be affected by snow plowing
- Our Grounds Department will need time to plow parking lots and clear walkways

Based upon all the data and knowledge we have about our weather conditions and demographics, I typically make a decision by 5:30 a.m. Once I make this decision regarding a delay or cancellation, I start to make the necessary contacts. The radio and television stations are notified and key personnel are called. We will also be utilizing our rapid notification system so staff and parents will receive a personal phone call, email and/or text message designated for this purpose. If your contact information has changed, please notify the school office as soon as possible. The message is also posted on our district web site at www.parklandsd.org.

On most of these occasions we will make ONE decision early in the morning- to close or delay- and that will be final for the day. We believe this is easier for most parents as you make plans for the day. Once in a great while the timing of a weather event is such that buying a little extra time with a delay MIGHT allow us to safely open school. In these rare events, the message will state that we will provide an update by a certain time. The same means of communication will be used to provide an update when necessary.

Please remember- it is the responsibility of parents / guardians to make arrangements for the care of your children in the event that we need to close or delay our schools for weather or any other potential emergency situation.

This information is being shared to provide you with some insight into what happens behind the scenes during bad weather events in Parkland. Please know that student safety is the central focus of this exercise. Entrusted with the safety of approximately 10,000 students, we will always err on the side of caution in making weather-related decisions; no decision is more important.

THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING! Let's hope for a mild winter and an early spring!

Richard T. Sniscak
Superintendent of Schools

CLASS OF 2020 SENIOR SHIRTS ARE IN!!!

**\$10 FOR BLACK SHORT SLEEVE
AND \$15 FOR GRAY LONG SLEEVE**

OR

BUY BOTH FOR \$20

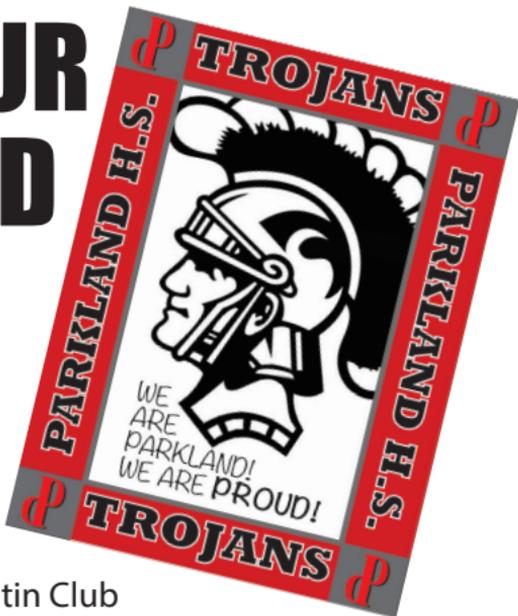


Contact
Mrs. Greth at
[gretha@
parklandsd.org](mailto:gretha@parklandsd.org)
for any
questions
about
purchasing!

SHOW YOUR PARKLAND PRIDE!

With a Cozy 48" X 64" 100% woven cotton throw
featuring the Trojan logo

Limited stock. Order while supplies last.



Sales benefit Parkland Latin Club

Name: _____

Address: _____

City: _____ State _____

Zip: _____ Phone: _____

Quantity ___ \$35.00 each

Make checks payable to:

Parkland S.D.

Mail to: Parkland Throw,
c/o Mary Redline
2700 N. Cedar Crest Blvd.
Allentown, PA 18104

Vaping-It's an Epidemic



**PARENT
UNIVERSITY**

**Nov 13, 2019
Parkland High School
Room C200
6 PM**

Presented by:
Parkland School District
Director of Safety & Security
Dr. Tony Naradko

School Resource Officer
Tom Bammer



www.thehc.org

Please join the PHS Parent Forum and SMS/OMS Parent University on November 13, 2019 at 6:00 PM at PHS to learn about...

- **Vaping devices – what to look for by seeing them in person.**
- **Health dangers associated with vaping.**
- **Gateway drugs and the risk for future drug use.**
- **Effective strategies to use when talking to your child.**

Below are some alarming facts that impact students today:

- E-cigarette **use has surged to nearly 78%** among high school students.
- Students who vape report that they are doing it **more frequently**, and many use other tobacco products, such as cigarettes, as well.
- **People are dying or getting very ill from e-cigarettes**



This project is funded, in part, under a contract with the Pennsylvania Department of Drug and Alcohol Programs with Lehigh and Northampton County Drug and Alcohol.



TOM WOLF, GOVERNOR |
JENNIFER SMITH, SECRETARY

Harlem Wizards vs. Parkland Staff Parkland High School November 21, 2019 at 7pm



**Tickets start at \$10:
www.harlemwizards.com**

**winner of
MG Roadster
to be drawn
at game halftime**

\$5 Zio's Pizzeria pre-game meal can be purchased online with tickets.