



PARKLAND HIGH SCHOOL

Parent Newsletter

October 2020

All Information is Subject to Change

FROM THE PRINCIPAL'S

DESK

Dear Parents:

From all perspectives the start of school has been challenging for everyone, but I am exceptionally proud of the work that is being done. I want to thank our students for their flexibility and overwhelming support of our COVID-19 safety procedures. As October arrives we know cold and flu season is nearly upon us, so please remember to complete the online Wellness Form for your child each day. We are thankful to have students in attendance and are working to address new concerns as they arise in these Hybrid and Online educational environments.

The greatest hurdle in the past month has been creating new routines for everyone in this new paradigm. I am sure as a parent it has been emotionally taxing at times and I thank you for your patience and support. Your children, our teachers, and the administration are in a whole new world where so many new routines have been introduced and implemented that it has overwhelmed everyone at various times. Our Student Assistance Program has created an Online/Hybrid Organizational Group to help our students become more successful in this new environment. More details about this program are on page 10 of this Parent Newsletter.

We understand there are certainly areas everyone (staff, students, and administration) can improve upon in this situation and we will continue to work to create the best possible learning environment for everyone. If you have questions or concerns, the first step should be to talk with your child's teacher to build understanding of what is occurring. Personally, I know many folks are swamped with e-mails, so sometimes a personal call may be a better way to communicate. If you are in a

situation that is unresolved and need to talk with an administrator, please do not hesitate to reach out to your child's assigned assistant principal.

I want to thank everyone for visiting our Virtual Open House and Parent Orientation, which were held in early September. We know and value the importance parental support holds in the academic success of a student. Student activities present challenges for everyone and as we move into October, decisions are being made about Homecoming events. It obviously will be different and once details are ready to be announced we will communicate directly to students via Schoology.

The Parkland Theater program retakes the stage virtually with the Fall Play, *All I Really Need to Know I Learned in Kindergarten*, which will be broadcast in mid-October. Once we have an official launch date it will be communicated to our families and community. This year has presented so many challenges for the performing arts, so I am thrilled they are meeting the challenges in this unique environment.

Special congratulations to the following eighteen students for being selected as 2021 National Merit Semifinalists:

Suchir Agarwal, Taran Anantasagar, Pranav Balabhadra, Meaghan Crites,

Stephanie Dean, Alexander Gannon, Udit Garg, Rahul Inaganti, Prathysha Kothare, Ankit Lenka, Akshatha Manjunatha, Ankhitha Manjunatha, Krishna Narramneni, Hasun Noh, Samuel Oxfeld, Janam Patel, Srijan Sharma, and Alexander Tang. Earning this level of distinction is a remarkable honor and serves as a testament to the intellectual aptitude and work ethic of these students. Congratulations to the parents of our semifinalists as well.

We are currently holding "Summer Keystones" for students who were enrolled in Keystone courses last year and opted to take the assessments. We also have "Winter Keystones" during December and January. For any student preparing to retake a Keystone Exam this year, PHS will be holding Keystone "Boot Camps" to review important test content in Algebra and Biology. These camps will begin at various times the first full week in October and information can be viewed from Mr. Monahan's post on Schoology from September 28 or on page 9 of this Parent Newsletter.

For any parent looking to learn more about the college admissions process, I highly suggest virtually attending our parent workshop, "Post-secondary Planning Workshop." Mr. Roberts will present this on Wednesday, October 21 at 7 PM. This program is very informative and includes COVID-19 updates which impact our Junior and Senior students. I hope you enjoy the program.

Sincerely,

James E. Moniz II
Principal
monizj@parklandsd.org



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COUNSELING CORNER

College Bound Sophomores and Juniors

On **Saturday, October 17**, the PSAT/NMSQT (Preliminary SAT/National Merit Scholarship Qualifying Test) will be administered at Parkland High School. We strongly encourage all college bound sophomores and juniors to take the PSAT, which is designed to prepare students for the SAT. Please remember October 17 is the only date the PSAT/NMSQT can be administered to students at Parkland High School for the 2020-2021 school year. PSAT registration information, including cost, was announced throughout September.

PSAT

Reminder to Juniors

All juniors planning to take the SAT I: Reasoning Test should register for the PSAT/NMSQT, since it will provide an excellent review of the writing, reading and mathematical reasoning skills needed for later testing. The PSAT/NMSQT score is not posted on the high school transcript and therefore is an excellent opportunity to practice for future SAT Reasoning and SAT Subject tests. As a junior, students taking the PSAT may also qualify for National Merit Scholarships.

Message for Sophomores

Sophomores are encouraged to take the PSAT as an opportunity to practice critical reading, writing and math problem solving skills. However, sophomores are not eligible for any merit scholarships. Please contact your child's guidance counselor if you have any questions regarding the PSAT and/or SAT offered by the College Board. Additional information regarding both tests can be found at the College Board website at www.collegeboard.com.

FAFSA
UPDATE

College Bound Seniors

The FAFSA (Free Application for Federal Student Aid) is the most important form to complete in order to qualify for most types of financial aid including federal, state, local and private grants and scholarships. **The FAFSA becomes available to current seniors on October 1, 2020.** Families will use "prior-prior" year tax information (2019) to complete the FAFSA. The form can be accessed online at www.FAFSA.gov.

ASVAB for Juniors and Seniors

The ASVAB (Armed Services Vocational Aptitude Battery) will be offered at Parkland High School on **Tuesday, October 6** and again on **Thursday, October 8**. The ASVAB is an excellent opportunity for juniors and seniors to complete a career aptitude test that examines different academic, mechanical and technical areas. Students interested in a military career must take this 3-hour exam. The exam is free of charge and administered by military testing personnel at the high school; however, there is no obligation to meet with military recruiters if a student completes the test. Registration for the ASVAB test will take place in the Counseling Office in early October.

Upcoming Calendar

October 1, 2020

FAFSA (Free Application For Federal Student Aid) becomes available to seniors at www.FAFSA.gov.

October 7, 2020

Regular registration deadline for the November 7th SAT (Parkland High School is a test center for the November SAT).

October 17, 2020

PSAT/NMSQT administration at Parkland High School.

— Parchment Exchange —

Electronic Transcript System

Parkland High School partners with Parchment Exchange, a service offering new technology to deliver electronic transcripts (eTranscripts) to many colleges, scholarship organizations, the military, NCAA Clearinghouse, and employers worldwide.

Current students should never be charged a fee for transcript requests through Parchment Exchange. If Parchment asks for your credit card information, please log out of the system and bring your request directly to the Counseling Office. Seniors can open their Parchment accounts by logging into www.parchment.com.

SENIORS

Advanced Placement Testing

There are some changes to College Board's AP program. Students will now need to register for Advanced Placement exams using an online portal system through College Board's website. Registration will begin on Monday, September 14, and run through **Friday, November 6**. Teachers will be distributing the link and access code to all AP students starting in mid-September. Students will need to know their College Board username and password. If they do not have an account, one will need to be created. Once logged in, students will use the access code to join their AP class(es). On the portal they will have access to many beneficial resources to assist them in the course. Additionally, they will have to indicate if they are taking the AP exam. All AP students will need to indicate their exam status sometime in early November. For the students taking the exam, a fee of \$95, per exam, must be paid. Please make checks payable to Parkland High School. You cannot pay using the portal. No test will be ordered for a student indicating 'yes' to the exam without paying the fee. Information regarding fee waivers is available to those students and families experiencing financial hardship. A processing fee will be charged for each exam ordered from the College Board but cancelled by the student. The 2020-2021 Advanced Placement Bulletins will be available in the Counseling Office in January. Please contact Mr. Jeremy Gordon in the Counseling Office at 610-351-5600, ext. 73521 regarding any questions about Advanced Placement Testing.

OCTOBER HYBRID CALENDAR						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Last Names M-Z Day 3	2 Last Names M-Z Day 4	3
4	5 Last Names A-L Day 5	6 Last Names A-L Day 6	7 e-Learning Day ODD DAY SCHEDULE	8 Last Names M-Z Day 5	9 Last Names M-Z Day 6	10
11	12 COLUMBUS DAY	13 Last Names A-L Day 1	14 Last Names A-L Day 2	15 Last Names M-Z Day 1	16 Last Names M-Z Day 2	17
18	19 Last Names A-L Day 3	20 Last Names A-L Day 4	21 e-Learning Day EVEN DAY SCHEDULE	22 Last Names M-Z Day 3	23 Last Names M-Z Day 4	24
25	26 Last Names A-L Day 5	27 Last Names A-L Day 6	28 e-Learning Day ODD DAY SCHEDULE	29 Last Names M-Z Day 5	30 Last Names M-Z Day 6	31

REGULAR BELL SCHEDULES

Period	A Schedule (Regular Day)	C Schedule (Early Dismissal)	D Schedule (2-Hour Delay)
	7:35 Warning Bell	7:35 Warning Bell	9:35 Warning Bell
1	7:40-8:24	7:40-8:12	9:40-10:06
2	8:30-9:09	8:18-8:48	10:12-10:36
3	9:15-9:54	8:54-9:24	10:42-11:06
4	10:00-10:39	9:30-10:00	11:12-11:42
5	10:45-11:24	10:06-10:36	11:48-12:18
6	11:30-12:09	10:42-11:12	12:24-12:54
7	12:15-12:54	11:18-11:48	1:00-1:30
8	1:00-1:44	11:54-12:24	1:36-2:00
9	1:50-2:30	12:30-1:00	2:06-2:30
5 Minute Warning Bell for Bus Departure	2:32 Buses Depart at 2:37	1:02 Buses Depart at 1:07	2:32 Buses Depart at 2:37

- Lunch periods will be assigned during periods: 4, 5, 6 or 7.
- PM LCTI will eat lunch period 4 or 5 and are dismissed at 11:20.
- AM LCTI will eat lunch at LCTI and return for class Period 6.
- ❖ Students approved for "early dismissal" must leave the school property immediately upon dismissal.
- ❖ Students approved for "late arrival" may not enter the school until 10 minutes before their first class.
- ❖ All students must leave the school property immediately upon dismissal, unless they are involved in a PHS-sponsored and supervised after-school activity.

E-LEARNING WEDNESDAYS BELL SCHEDULE (33 minute classes)

- Period 1 9:15 – 9:47
- Period 2 9:52 – 10:25
- Period 3 10:30 – 11:03
- Period 4 11:08 – 11:41
- Period 5 11:46 – 12:29
- Period 6 12:24 – 12:57
- Period 7 1:02 – 1:35
- Period 8 1:40 – 2:12
- Period 9 2:17 – 2:50

ATTENDANCE REMINDER FOR ALL STUDENTS

Please remember that regardless of the program that you are in, **HYBRID or ONLINE**, our PHS Attendance Policy and Procedures still apply to all students at all times. If, for some reason, you are absent from school, a parent/guardian must contact the PHS Attendance Office at 610-351-5655 to report a student's absence. This attendance hotline is available 24 hours a day/7 days a week. If a call is not received, then a Student Leave of Absence Form must be presented upon the student's return to school, which is accessible on the [PHS website](#). Students and their families should review pages 26 - 30 in the PHS Student Handbook, keeping in mind that these apply on all school days and for all students regardless of the program assigned, hybrid or online. Should parents or guardians have any questions about attendance, please contact the Main Office at 610-351-5600 and connect to Ms. Landis at x73662 (Attendance, grades 11 and 12) or Mrs. Rosa at x73663 (Attendance, grades 9 and 10).

OCTOBER PHS UPCOMING EVENTS

Thursday	1	Biology Keystone Testing (M – Z students)
Friday	2	Literature Keystone Testing (M – Z students)
Monday	5	Biology Keystone Testing (Online students) Fall SAT Prep Class 3-5 PM or 6:30-8:30 PM (Virtual) Football Game vs. Allentown Central Catholic 7 PM (Orefield Stadium)
Tuesday	6	Literature Keystone Testing (Online students) ASVAB Testing
Wednesday	7	Fall SAT Prep Class 3-5 PM or 6:30-8:30 PM (Virtual)
Thursday	8	ASVAB Testing
Saturday	10	Football Game vs. Whitehall 7 PM (Orefield Stadium)
Monday	12	School Closed – Professional Development
Tuesday	13	Post Prom Committee Meeting 7 PM (Virtual)
Wednesday	14	Fall SAT Prep Class 3-5 PM or 6:30-8:30 PM (Virtual)
Thursday	15	Fall Play (Virtual)*
Friday	16	Fall Play (Virtual)* Football Game vs. Dieruff 7PM (J. Birney Crum Stadium)
Saturday	17	PSAT Testing 7:45 AM Fall Play (Virtual)*
Monday	19	Fall SAT Prep Class 3-5 PM or 6:30-8:30 PM (Virtual)
Wednesday	21	Fall SAT Prep Class 3-5 PM or 6:30-8:30 PM (Virtual) Parent Forum – Fall Workshop 7 PM (Virtual)
Friday	23	Football Game vs. William Allen 7PM (J. Birney Crum Stadium)
Saturday	24	Sports Physicals 8 AM-12 NOON (Auxiliary Gym)
Monday	26	Fall SAT Prep Class 3-5 PM or 6:30-8:30 PM (Virtual)
Wednesday	28	Fall SAT Prep Class 3-5 PM or 6:30-8:30 PM (Virtual)
Thursday	29	Picture Retakes (M – Z Hybrid students)
Friday	30	Football Game vs. Emmaus 7 PM (Orefield Stadium)

* Tentative

VISUAL AND PERFORMING ARTS

October is always a fun month in the A-wing. The Fall season means [Marching Band](#) and [Percussion Line](#), Fall play rehearsals and performances. The sounds of [Chorus](#) and [Chorale](#) practice, as well as [Strolling Strings](#) and [Orchestra](#) rehearsals. While this year lacks some of the larger crowds, and includes many more Zoom and Google Meet sessions, we are still working hard in the arts to bring creativity to our students in a safe environment.

With the most recent rulings regarding crowd sizes in outdoor facilities, we are excited to know that once again there will be music in the stands at football games and, as an extra bonus this year, the band will be playing at some selected home soccer games. No field shows are planned, but the opportunity to be part of the great Friday night high school football tradition will be represented.

FALL PLAY

The Fall play, [All I Really Need To Know I Learned in Kindergarten](#) will be pushed back about a week until the middle of October due to the late start and the technical needs we face in this challenging time. This clever, warm, and poignant series of monologues and small scenes reflects the growth from childhood to adulthood and will be a collaboration between the theater group and the Parkland News Studio students. [Once we have an official launch date, it will be posted on all school social media.](#)

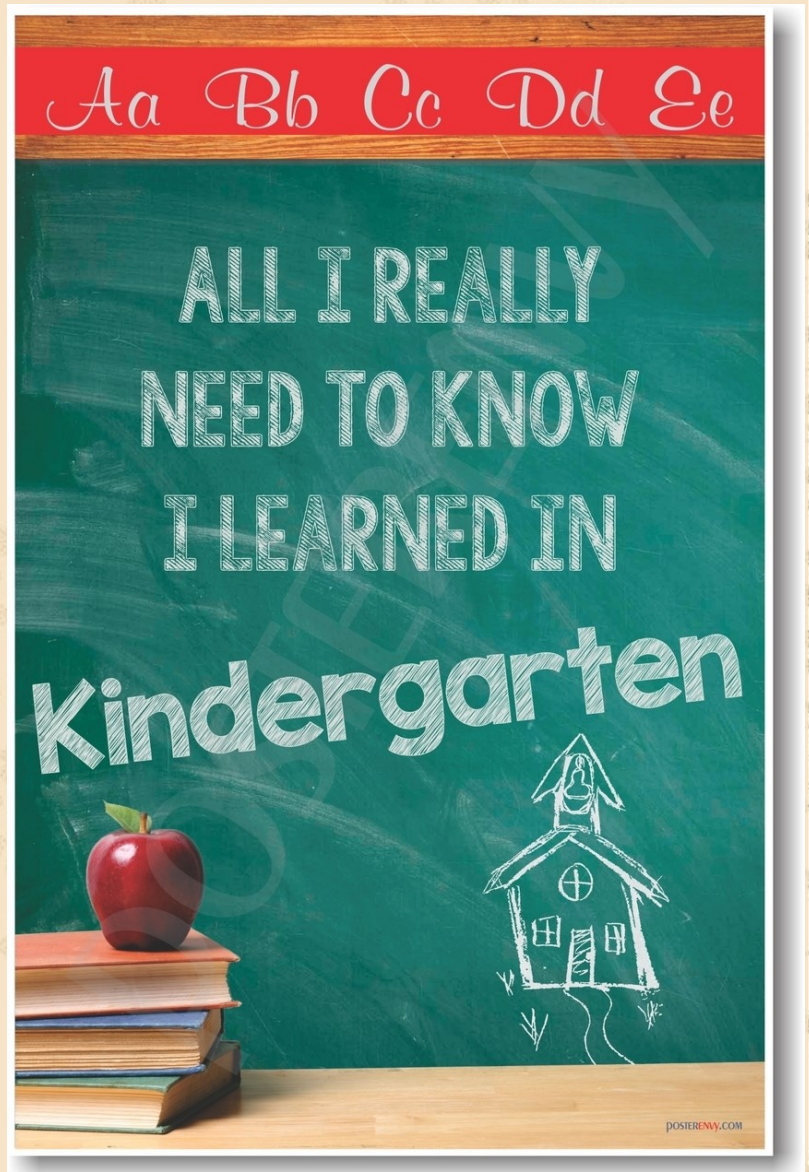
CLUBS

Both the [Performing Arts Club](#) and the [Festival of the Arts Club](#) are busy getting their year off to a flying start by having membership Zoom meetings and planning activities to be sponsored by the clubs in a safe and socially distant scenario. The same is true of the [Stage Crew Club](#) who will spend a good part of their fall clearing off the stage and introducing new potential members to the many opportunities available in the auditorium area.

VISUAL ARTS

The Visual Art classes are hard at work preparing their latest paintings, photographs, jewelry and pottery for the upcoming shows and festivals. This month the [Trojan Art Gallery](#) will feature the winners of the East Central Pennsylvania Scholastic Art Awards.

In short, we are all working hard to make this as normal a year as possible. We ask for your support and your patience as we figure it out as we go along. Happy Halloween.



ATHLETIC NEWS

GUIDELINES FOR SPECTATORS

Parkland School District will follow the Eastern Pennsylvania Lehigh County Division recommendations for spectators at **High School Boys and Girls Soccer, Girls Volleyball and Field Hockey** as follows:

- We will divide the facility into 3 sections: **Essential Personnel/Players** (including trainers, press, scorekeepers and announcers), **Visitor Bleachers** and **Home Bleachers**.
- Four tickets will be given to each home team player and 2 tickets will be given to each visiting team player. Any unused tickets must be returned to the coach.
- No tickets will be available at the gate.
- Concession stands will not be open.
- Face coverings must be worn at all times and 6 feet of social distancing must be followed throughout the facilities.
- Family members may sit in a pod.
- Seating will be marked with three rows of separation and all family pods must sit six feet apart from any other spectator/spectator pod.
- No one will be admitted into the stadium without a ticket.
- There will be no charge for admission in any facility for fall 2020 sports.
- Everyone needs a ticket for admission to the game, **NO EXCEPTIONS!!**

REQUIRED SPECTATOR BEHAVIOR

- Children must stay with their parents in the bleachers.
- After the contest, spectators are not to interact with the team, they must exit the facility to their vehicles.
- At some games, JV spectators may be asked to leave at the end of a game if attendance levels becomes a concern for the varsity event.
- Varsity spectators are asked to not arrive until 15 minutes prior to the beginning of the varsity contest.
- Spectators must sit in their assigned areas (Home and Away) which will be posted at the event.
- Everyone must be in compliance at all times during all events, or competitions may be delayed or suspended.

FALL SPORTS

We are now well into our 2020 fall sports season with Golf, Girls Tennis and Cross Country. Girls and Boys Soccer and Volleyball had their first game on Friday, September 25 vs. Allentown Central Catholic High School. Football will have their first game on Monday, October 5 vs. Allentown Central Catholic High School.

BASEBALL TRYOUTS

Anyone interested in trying out for the baseball team this school year please visit the PHS Baseball website <https://trojansandlot.teampages.com/> for information.

TO VIEW A PARKLAND ATHLETIC LIVESTREAM EVENT, CLICK [HERE](#).

Subscribe and turn on the notification bell to be told when a new game is about to start. If you are on the Parkland network, you must be signed into Google to view the Livestream events.

ATHLETIC LIVESTREAMING
GENEROUSLY MADE POSSIBLE
BY THE PARKLAND EDUCATION FOUNDATION

Mark Your October Sports Calendar

FREE WINTER 2020-2021 SPORTS PHYSICALS
Saturday, October 24, 2020
at the Parkland High School Auxiliary Gym
8 AM – 12 NOON

Appointments will be offered every 15 minutes. Please have your PIAA physical form filled out and ready when you come for your physical appointment. Forms are available on the high school [website](#) under Forms.

Please use this SignUpGenius [link](#) to make your appointment.

No student can participate in basketball, swimming or wrestling without a full PIAA physical. Recertification forms may be used for winter if athletes had full physicals for the fall of 2020. 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 November 13, 2020. Paperwork for this is on the high school [website](#) under Forms. All Parkland athletes must get an ImPACT test once during their 4 years at PHS and before participation.

The first day of winter sports is Friday, November 20, 2020.

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.

Please complete the **Wellness Form** for each of your students every morning prior to coming to school. For information regarding the Coronavirus (COVID-19) and to locate the Wellness Form, please refer to the Parkland School District [website](#).

FLU SEASON

The flu season occurs from October through April. With the Covid-19 pandemic, it is more imperative to get the flu vaccine. Check with your doctor about getting the flu vaccine for your student. 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 or she is experiencing any of the following symptoms:

- Ⓢ vomiting
- Ⓢ fever of 100 degrees or more
- Ⓢ diarrhea
- Ⓢ severe head cold, persistent cough or severe sore throat

It is advised that a student be fever free for twenty-four hours, without the use of fever reducing medications, before returning to school.

SENIORS

The required immunization deadline for 12th grade students for their second dose of meningococcal vaccine (MCV) at age 16 or older has been extended to **October 31, 2020**. Students need to show proof of this immunization to the Health Room on or before October 31, 2020 or risk exclusion.

JUNIORS

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

New 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.

COLD AND ALLERGY MEDICATIONS

The Health Room does NOT have cold or allergy medications. If your student has cold symptoms or allergies, please medicate as needed before or after school.

MEDICATION REMINDERS

EMERGENCY MEDICATIONS

Emergency medications (epinephrine auto injectors and asthma inhalers) may be carried by the student during the school day if the **physician indicates this on the Medication Form (this form needs to be returned to the Health Room)**. Carrying emergency medications at the high school level is encouraged because of the many activities the students are involved in.

PRESCRIPTION AND NONPRESCRIPTION MEDICATIONS

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, prescription and nonprescription, must be brought to the school by a parent and/or guardian.** Forms are available on the [PHS website](#).

If you have any questions, please contact your student's school nurse. The contact information for the Health Room staff is located on the [PHS website](#).



DRIVER'S EDUCATION

SAFE DRIVING TIP

Keep talking to your teen about safety and driving.

Talking Points to stimulate conversation with your teen:

- **Avoid the Dash to the Dashboard** – Engaging with infotainment systems takes our eyes off the road and our attention away from driving; distracted driving kills.
- **Dangers of Drowsy Driving** – Losing two hours of sleep has the same effect on driving as having three beers.
- **The Great Multitasking Lie** – Many people think they are good multitaskers, but that is actually a myth, especially when it comes to cell phone use while driving.
- **Hands-free is not Risk-free** – Think a hands-free device is safer? Think again.

Behind-The-Wheel Program

Any student who has received their learner's permit and has completed the in-class or online theory course is eligible. For more information and to register, go to www.cliu.org/driversed. Questions should be referred to driversed@cliu.org or call 610-769-4111 x1299.

Students who completed the Driver's Ed theory course last spring during the Covid-19 quarantine, or over the summer, should stop by D133 to pick up their certificates.

Class of 2021 Spirit Wear Store



Represent the Senior Class by wearing official gear. Each item will be embroidered with the Parkland Class of 2021 logo and shipped to your home.

Visit the Spirit Wear Store at <https://phsclassof2021.itemorder.com/>
Deadline to place orders is Sunday, October 11, 2020 at 11:59 PM.



LIBRARY LINES

Library Media Center Schoology Group

Students can now find library information on Schoology.

Returns

Any student with library materials or class novels can return them to the Library or the Main Office. The Library is waving all late fees from last year.

Destiny Library System

Students can now log onto our Destiny library system directly from Clever. Under the Library Media Center portion of Clever, your student can click on Destiny – Log in – Sign in with Google. From this screen students can search for books and place a hold. When the library receives a hold, a staff member will pull the book, check it out and deliver it to students in school, or leave it at the front desk for online students.

Check Book Status

Students can also check on the My Account tab in Destiny to see if they have any outstanding books.

Hours

The Library is open to students from 7:15 AM until 4:15 PM. Students may visit during study halls.

Any Questions?

Contact Mrs. Dickerson at dickersonc@parklandsd.org or Mrs. Brader at bradera@parklandsd.org.



KEYSTONE EXAM

BOOT CAMPS

Boot Camps for Winter Biology and Algebra Keystones start next week.

Parkland High School students are eligible to participate in Boot Camps if they are :

- Students in grades 9-11 who were scheduled to take the Keystone in Spring 2020.
- Students who have already taken the Keystone exam and have not yet achieved proficiency.
- Students who are new to Parkland and have no record taking the Keystone exam or similar state test.

Below you will find the flyers with sign up information for the afterschool Boot Camps:

Algebra 1 Keystone Boot Camp

<https://tinyurl.com/fall2020algbootcampflyer>

Biology Keystone Boot Camp

<https://tinyurl.com/fall2020biobootcampflyer>

JUNIORS 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.

SENIORS CLASS OF 2021



Class of 2021 dues must be paid by April 2021. 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 Mr. Greth in C146. If you have any questions please e-mail Mr. Greth at grethj@parklandsd.org.

STUDENT ASSISTANCE PROGRAM (SAP)

SUPPORT FOR STUDENTS EXPOSED TO TRAUMA

The Student Assistance Program wants to provide a more detailed explanation of the virtual group **Support for Students Exposed to Trauma (SSET)**. Mrs. Andrea Greth and Mrs. Lori Fitch have both trained to facilitate this virtual group. Covid-19 has been a significant stressor for families as jobs and income have been lost, families have not been able to visit each other, in-person socialization has decreased, extracurricular activities have changed or stopped, and schools have a completely different face. The SAP team wants to support your children in this difficult and historical challenge.

Support for Students Exposed to Trauma (SSET) is a school-based group intervention for students who have been exposed to traumatic events and are suffering from symptoms of post-traumatic stress disorder (PTSD). Designed specifically for use by teachers and school counselors, SSET is a non-clinical adaptation of the Cognitive Behavioral Intervention for Trauma in Schools (CBITS) Program. SSET teachers utilize many of the same cognitive and behavioral skills as CBITS, such as social problem solving, psychoeducation, and relaxation. SSET is delivered in an easy-to-use lesson plan format that is ideal for educators. In 10 group lessons, students who participate in SSET learn a wide variety of skill-building techniques to reduce current problems with:

anxiety or nervousness
withdrawal or isolation
depressed mood
acting out in school
impulsive or risky behavior

SSET also helps students deal with real life problems and stressors and increase levels of peer and parent support. If you are interested in your child participating in this group, please complete both the SAP referral form and parent permission. The links are below. If you have any questions, please contact Lori Fitch at fitchl@parklandsd.org or call the high school to be contacted to the SAP office. As soon as we have enough students, we will start the group.

Respectfully,
The SAP Team

[Referral Form](#)

[Permission Slip](#)

ONLINE/HYBRID ORGANIZATIONAL GROUP

In an effort to support your efforts in helping your child be academically successful, we are offering the Online/Hybrid Organizational Group. This will be a virtual group that occurs Wednesday mornings so your children do not miss classes.

We will run as many as we need to in order to address the need.

The group will discuss individual organizational struggles and provide strategies to:

- organize the home learning environment.
- organize using a calendar.
- create a daily and weekly to-do list.
- set goals.
- set up a daily structure.
- organize computer folders.

Please complete the [online form](#) to give your student permission to participate.



CLASS OF 2021!

MAKE YOUR YEARBOOK PORTRAIT
APPOINTMENT FOR THE 2020-2021 YEARBOOK!

Call Frank Mitman Photography:

(610) 433-2110

Or Visit www.FrankMitman.com

to schedule your appointment!

For More Information, visit

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

2021 *Par Key* YEARBOOK INFORMATION FOR SENIORS

PURCHASE INFORMATION

Every senior should have a yearbook!

- The price is \$85+ tax from now through **April 25, 2021**.
(This will be the last day for advance orders.)
- Order online by January 31, 2021 and for \$7 extra, students can get their yearbooks personalized.

SENIOR YEARBOOK PHOTOS

The last day to schedule an appointment at the studio of Frank Mitman, the official school photographer, is **December 21, 2020**. Call 610-433-2110. **Yearbook only photographs are free.**

The photographer will be available in the PHS auditorium lobby to take photos of seniors who have not visited the studio:

- 9 AM – 2 PM on Monday, November 23, 2020
- 9 AM – 2 PM on Tuesday, November 24, 2020.
- 9 AM – 12 PM on Wednesday, November 25, 2020.

SENIOR BABY PICTURES

The cost is \$5 and submission deadline is **November 13, 2020**.

How to submit:

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

- Drop it off at the Main Office with payment.*

* Please label the back of the photo with your student's full name.

SENIOR DEDICATIONS

These are paid advertisements to congratulate your senior.

- The deadline is **December 11, 2020**.
- Prices start at \$55; if you did not purchase from Frank Mitman, there will be a \$10 fee to have a photo sent from his studio.



All yearbook
information
is available
on the
[PHS website](#)

Tee'mWORK Makes THE DREAM WORK GOLF OUTING

BROOKSIDE COUNTRY CLUB

OCTOBER 23, 2020



REGISTER TO PLAY OR SPONSOR THE EVENT AT WWW.PARKLANDSD.ORG/GOLF