

PARKLAND HIGH SCHOOL

Parent Newsletter

November 2020

All Information is Subject to Change

FROM THE PRINCIPAL'S DESK

PHS Awarded 15 Commended Students in the 2021 National Merit Scholarship Program

Dear Parents:

Academic excellence is always something special to celebrate and this year Parkland High School students Susan Ahmed, Anam Ali, Jane Cho, Avimukta Dokuparthi. Benjamin Esquieres, Aditi Jasapara, Raviteia Kanthamneni, Samin Latif, Tanya Mehta, Ee-Ning Ooi, Sanjiv Parthasarathy, Benedict Pursell, Aishani Ramoju, Mustapha Salau, and Dharshan Tharumia have been named Commended Students in the 2021 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 1.4 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.

Through many challenges and tribulations for students, staff and families, the school year has kicked into high gear as we near the completion of the first marking period on November 5. Marking period grades will be finalized and made available to families on

November 19. I am very impressed by the cooperation and resiliency demonstrated by our students and staff as they overcame many hurdles in the new learning environment. As a staff, we are continuing to streamline some instructional practices and procedures to ensure a more efficient learning process. I would like to thank you for your continued support and the productive feedback you have provided. As the pandemic impacts our community, we will need to remain flexible as we adapt to pending changes in our daily schedule and instructional practices, depending on short- or long-term school closures. If and when we transition into these new modes of educating, parents and students will be provided with expectations about what the virtual environment will entail.

We were thrilled to celebrate our annual Homecoming Week (October 26-30) and recognize **Humza Imam** and **Kyleigh Duff** as King and Queen respectively. I also want to give huge thanks and congratulations to all the thespians who participated in our first virtual play, *All I Really Need to Know I Learned in Kindergarten*. Our fall sports teams have battled through this pandemic adversity to enjoy extremely successful seasons. Several teams are continuing their play into this year's playoff format and we wish them continued success!

On Thursday, November 12, the Parkland Education Foundation has brought JC Pohl of Teen Truth to virtually present about developing mental health traits to build resilient students. Below is the Zoom link to the presentation: https:// us02web.zoom.us/j/82812055309? pwd=eEQ10GluL3I3NWpOR3hZSi9aQ2 pmdz09. Last month's "Post-Secondary Planning Workshop" was postponed until Wednesday, November 18. I hope the Financial Aid presentation was beneficial to all who attended the October Parent Forum.

Please note on Tuesday, November 3 and Wednesday, November 25 we are dismissing at 1 PM. On these days, PHS

> will operate on a "C" schedule. I hope everyone has a safe and Happy Thanksgiving!

Sincerely,

James E. Moniz I

James E. Moniz II Principal monizj@parklandsd.org



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COUNSELING CORNER

COLLEGE APPLICATIONS

SENIORS

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, 2021 deadline date requiring a letter of recommendation and/or secondary school report must be reported no later than Thursday, December 10, 2020. Please contact your child's counselor if you have any questions.

TUTORING SERVICES

First marking period report cards will be available on Home Access Center on Thursday, November 19, 2020. If you have concerns regarding your son's 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 tab. Simply click on NHS Tutor Requests 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.

NOVEMBER SAT/ACT TESTING DATES

November 5, 2020 Regular registration deadline for the December 5, 2020 SAT I: Reasoning Test and SAT Subject Tests. November 6, 2020 Regular registration deadline for the December 12, 2020 ACT. November 7, 2020 SAT Reasoning and Subject Tests Administration (Parkland High School is a test center).

DECEMBER SAT/ACT TESTING DATES

December 5, 2020 SAT Reasoning and Subject Tests Administration (Parkland High School is NOT a test center).

December 12, 2020 ACT Administration (Parkland High School is NOT a test center).

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

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KEYSTONE EXAM BOOT CAMPS

Boot Camps for Winter Biology and Algebra Keystones are underway. 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 is 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

GREAT IDEAS

PHS teacher, Mrs. Fitch, put this **10-minute video** together to give parents tips on how to help their students get organized.



telp students



ORGANIZED

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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. ≻

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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.

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	

E-LEARNING WEDNESDAYS BELL

* Exception: November 25 will follow a "C" Schedule

2:17 - 2:50

Period 9

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

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	Sunday 1	Daylight Savings Time Ends — Clocks Fall Back One Hour
	Monday 2	Fall SAT Prep Class 3-5 PM or 6:30-8:30 PM (Virtual)
NOVEMBER	Tuesday 3	"C" Schedule (Early Dismissal 1 PM) Picture Retakes for A – L Hybrid Students Picture Retakes for All Online Students 1:30-4 PM (Auditorium Lobby) Election Day
UPCOMING	Wednesday 4	Fall SAT Prep Class 3-5 PM or 6:30-8:30 PM (Virtual)
EVENTS	Thursday 5	First Marking Period Ends
	Saturday 7	SAT Testing 7:45 AM
	Tuesday 10	Post Prom Committee Meeting 7 PM (Virtual)
	Wednesday 11	Veteran's Day
	Thursday 12	Presentation by JC Pohl of Teen Truth 7 PM (Virtual)
*****	Wednesday 18	Parent Forum — Post Secondary Planning Workshop 7 PM (Virtual)
	Thursday 19	National Honor Society Inductions 7 PM (Virtual)
	Friday 20	Winter Sports Begin
HAPPY THANKSGIVING	Wednesday 25	"C" Schedule–Early Dismissal 1 PM
	Thursday 26	Thanksgiving Holiday – School Closed
	Friday 27	Thanksgiving Holiday – School Closed
* / * * * *	Monday 30	Thanksgiving Holiday — School Closed
	*	***

VISUAL AND PERFORMING ARTS

As the trees begin to shed the remainder of their leaves and the days get shorter and the evenings chillier, November starts and the countdown to the official end of autumn is around the corner. The A-wing is doing its part to help keep everyone safe while still creating art. Everywhere you look there is something going on.

The Marching Band has been attending Friday night football games in groups of about 50, and those band members play their hearts out and fill the air with the traditional sounds of the high school football experience. Senior night was held on October 30 and it was great to see our seniors on the field in their uniforms for one last time. A big thank you to the seniors for their years of participation in the Parkland Band program.

The premier of the Fall Play "All I Really Need to Know I Learned in Kindergarten" was shown on the Parkland TV and Film YouTube channel and will continue to be available at https://www.youtube.com/watch?v=u602UmfyDNO.

The Dance Team is hard at work preparing for the upcoming basketball season. At this point, we are not sure at which games they will be performing, but we will get the word out as soon as that is decided.

The Parkland Color Guard has been practicing basic moves and building up their skills with outside evening rehearsals. They are utilizing this unique time to focus on the individual growth of their members so that they are ready for the opportunity to perform again.

The Trojan Art Gallery will feature the 3D crafts and quilts of Sarah Locke during the month of November.

All of our music and theater groups are busy honing their skills and are hopeful that their hard work will pay off as we continue to do everything we can to bring live performing arts back into the school. Look for future announcements about virtual auditions or performances.

Parkland High School "Trojan" Marching Band members support the football team at a Friday night game.

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GIRLS SOCCER



GIRLS VOLLEYBALL

ATHLETIC NEWS

FALL SEASON

The fall regular season is almost complete. Golf finished with a record of 4-6. Girls Tennis was 9-1. Girls Soccer is currently 11-0. Field Hockey is 8-2. Football is 3-1. Girls Volleyball is 11-0. Boys Soccer ended their season with an 8-3 record. Boys Cross Country finished with a perfect 5-0 record. Girls Cross Country finished second in the division with a 4-1 record.

District Playoffs begin this week in Soccer, Field Hockey, Volleyball and Football.

CONGRATULATIONS TO OUR EPC DIVISION CHAMPIONS: Girls Tennis Boys Cross Country Girls Soccer Girls Volleyball

CONGRATULATIONS TO OUR DISTRICT XI CHAMPIONS: Erin Joo and Leah Zolotareva in Tennis Doubles and Boys Cross Country

WINTER SPORTS

Winter sports tryouts are right around the corner. All student athletes must have a current physical to try out. Visit the Parkland High School website 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 winter sports is Friday, November 20. As of now, we plan to have all winter sports at every level. Look for further information on our website as we get closer to the start date for updates.

INFORMATION FROM THE

HEALTH ROOM



REMINDER TO ALL STUDENTS

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 high school's Wellness Form, please refer to the Parkland School District <u>website</u>.

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/she is experiencing any of the following symptoms:

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

vomiting

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

PHYSICAL REQUIRED

JUNIORS

All eleventh grade students should return their completed physical form to the Health Room as soon as possible. Forms are available on the <u>PHS website</u>.

IMMUNIZATION REQUIRED

The meningitis vaccine is required on or after the day your student turns 16 years old. Students in the eleventh grade will be required to have this immunization on the on the first day of their senior year of high school. The eleventh grade physical is a good time to be sure this immunization is completed.

MEDICATIONS

COLD OR ALLERGY

Please be advised that 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.

PRESCRIPTION OR NONPRESCRIPTION

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 <u>PHS website</u>.

If you have any questions, please contact your student's school nurse. Contact information for the Health Room staff is located on the <u>PHS website</u>.

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DRIVER'S EDUCATION

DRIVING LESSONS AVAILABLE

The Behind-the-Wheel driving lessons are available through the Carbon Lehigh Intermediate Unit 21. To learn more or to register, go to <u>www.cliu.org/driversed</u>. Questions? Call 610-769-4111 x1299 or e-mail <u>driversed@cliu.org</u>.

REINFORCE FALL SAFETY TIPS WITH YOUR NEW DRIVER

Increase Your Following

Distance

Increase your following distance in severe weather, at dusk and dawn and when in an area with wet leaves. If you are being tailgated, let the other driver pass.



Signals

Check your vehicle's headlights, taillights and turn signals to ensure they are working properly since darkness will be a part of many driver's morning and/or evening commutes. Make sure you turn on your headlights as the sunlight fades.

Check Your Heat and

Wipers

Have your vehicle's heating and wiper systems checked to ensure they are working properly.

Check Your Tire Tread

Be sure you have tires with sufficient tread depth in case of an early snow.



Overdue Notices

Notices of overdue items are now sent out electronically. If your student receives one, please have him/her return all overdue materials, including any middle school books. Currently we are not charging late fees. Books can be put on hold through Destiny and picked up by your student.

Help Is Available

Don't procrastinate on a school project. Our PHS librarians are always willing to help you out with research projects and locating materials. Contact Mrs. Dickerson at <u>dickersonc@parklandsd.org</u> or Mrs. Brader at <u>bradera@parklandsd.org</u> with your questions, or stop in the Library before school, during study halls or after school.

Need a Notebook?

The library has a stock of supplies available to students at no charge.



PSD HISTORICAL ARCHIVE DISPLAY

Check out our PSD archive display located in front of the circulation desk. The librarians are working on sorting and cataloging all of the rich history and culture of the Parkland School District.









STUDENT ASSISTANCE PROGRAM (SAP)



can irritate respiratory tissue. 2. Cannabis smoking can have negative impacts on lung health. It is related to a greater incidence of chronic cough and phlegm production. Other respiratory symptoms, include wheezing, sore throat, chest tightness and hoarse voice. Long Coronavirus disease 2019 (COVID-19) is a infectious respiratory illness first identified in humans in December 2019. It is caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infecting the human respiratory tract. SARS-CoV-2 originates from mammals other than hu-mans. SARS-CoV-2 causes mild to moderate respiratory illness in the majority of people. There is an increased risk of more severe symptoms and deaths in vulnerable people with compromised immune systems. COVID-19 and

With the growing attention being given to the medical effects of cannabis, there is a good deal of inaccurate information circulating on the Internet about the potential positive effects of tetrahydrocannabinol (THC) and cannabidiol (CBD), the two major compounds in cannabis, on COVID-19. There is no scientific evidence that demonstrates the benefits of either THC or CBD in preventing or treating COVID-19. On the contrary, the evidence shows that inhaling cannabis smoke, as with smoke from other sources such as tobacco, can have negative effects on the respiratory system. A compromised respiratory system might, in turn, increase susceptibility to COVID-19 and worsen the respiratory symptoms of the disease among those infected. A recent study evaluating the risk factors leading to COVID-19 complications in 78 cases of COVID-19-induced pneumonia showed that people who smoke were 14 times more likely to develop COVID-19 complications such as pneumonia compared to people who do not smoke. Here are four important things you need to know about cannabis vaping:

1. Cannabis smoke contains many chemicals and fine particles that are known to be toxic and carcinogenic, and to cause genetic mutations. These chemicals are known to cause cardiovascular and respiratory diseases and cardiovascular morbidity and mortality. When smoking cannabis, using either a joint, a bong, or pipe, individuals tend to inhale more deeply and to keep the smoke in their lungs longer. These behaviors are intended to expose greater quantities of the psychoactive ingredients in cannabis, but also result in greater exposure to toxins and chemicals that

JUNIORS - CLASS OF 2022

Please remember to pay your class dues of \$20 if you have not paid them before. 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 guestions. cannabis smoking and vaping can worsen respiratory symptoms and lead to more frequent episodes of chronic bronchitis. There is evidence that quitting cannabis smoking can reverse some of the negative respiratory symptoms associated with its use.

3. THC from cannabis smoke or in other forms can inhibit the ability of the immune system to protect the body from foreign pathogens, thus increasing susceptibility to infections. Studies have shown that THC can inhibit the functioning of several types of immune cells in the lungs, an effect that has been suggested to alter the immune system defenses of lungs and increases susceptibility to infections. The large body of evidence supports that THC has a potential affect on immune functioning.

4. Vaping of unregulated cannabis extracts can lead to severe lung and pulmonary illnesses. Cannabis vaping products that were mostly purchased on the illegal market have been associated with severe pulmonary illness, which in some cases resulted in death. While it is unknown which substance or substances in these products led to these outcomes, the primary agent appears to be vitamin E, which is used as a thickener in cannabinoid-infused oils. A recent study has shown that heating vitamin E acetate can produce carcinogenic alkenes, benzene and toxic ketene gas chemicals that potentially played a role in the pulmonary illnesses associated with vaping unregulated cannabis extracts containing high levels of vitamin E acetate. Brought to you by the Center for Humanistic Change Student Assistant Program Liaisons

SENIORS - CLASS OF 2021

Class of 2021 dues must be paid by April 2021 if you did not pay them as an underclassman. Dues are a one-time payment of \$20 for each student. 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 <u>grethj@parklandsd.org</u>.

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JUNIORS AND SENIORS For your graduation supplies, cap/gown and custom class ring ordering, Jostens has supplied information packets (made available in your English class). On November 16, 17, 19 and 20, during all lunches, Jostens will be available to take your order. You can also ww.Jostens.com to place your order. Online visit v students are encouraged to place their orders online.





SENIORS

CLASS SHIRTS ARE AVAILABLE

White, Short Sleeve \$5

Black, Long Sleeve \$15

Both for \$10

Cash or checks (payable to Parkland School District) 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. Please include:

1. name and ID number 2. shirt selections/sizes 3. delivery choice »

» deliver to classroom or pickup in school lobby

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Homecoming looked a little different this year. Our Homecoming parade consisted of the Homecoming Court being driven around the Orefield Stadium track during the football game halftime on the evening of Friday, October 30. Each court member was driven by Parkland High School staff members in cool convertibles in *very* cool conditions.

Humza Imam and **Kyleigh Duff** were named 2020 Homecoming King and Queen. Special shout out to Mercedes-Benz and Porsche of Lehigh Valley for donating a car driven by Mr. Donato Ciampittiello. Other generous Parkland community members include: Mrs. Annette Doyle, Mrs. Kimberlee Goodwin, Mr. Keith Heffelfinger, Mr. Doug Stinebaugh, Mrs. Alice Stinebaugh, Mr. Doug Albert and Mrs. Kaye Coval.



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SOPHOMORES CLASS OF 2023

Please remember to pay your class dues of \$20, if you did not pay your dues as a freshman. Send cash or check to Mrs. Amanda Keifer. Make checks payable to Parkland High School and put "Class of 2023" in the memo space. Contact Mrs. Keifer with any questions at <u>keifera@parklandsd.org</u>.



The Parkland High School STEP Team is meeting virtually this year. Their first meeting was held in October. Any student interested in the Step Team should send an e-mail to Mrs. Ferrio at <u>ferrioj@parklandsd.org</u> or the STEP Team captain, Kimora Rodriguez, at <u>132428@parklandsd.net</u> and they will include you on the virtual meetings.

STEP TEAM

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	DEADLINE FOR SUBMITTING SENIOR BABY PICTURES IS NOVEMBER 13.
Don't Miss	The cost is \$5. Here is how to submit your photo and payment:
	Scan and e-mail the photo to: <u>vearbook.parkland@gmail.com</u>
This	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*
	 Or drop it off at the Main Office.*
	(* Please label the back of the photo with your student's full name.)
	(* 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**.
- 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.

SENIOR YEARBOOK PHOTOS

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

photographs are free. The

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

- \diamond 9 AM 2 PM on Monday, November 23.
- \diamond 9 AM 2 PM on Tuesday, November 24.
- ♦ 9 AM 12 PM on Wednesday, November 25.

PURCHASE INFORMATION

Every senior should have a yearbook!

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











JC Pohl of TEEN TRUTH

JC will be speaking about content from his book *Resilient Students*, that offers five keys to mental health that parents can use to build resilient students.

~ JC is part of TEEN TRUTH, a company focused on empowering student voice in every aspect of education. In addition to his work in schools, he is an awardwinning producer who has worked on film content for companies such as Warner Brothers, ESPN, and Disney.

~ Through his work with TEEN TRUTH, he has reached more than 10 million people around the world.

Zoom Link

https://us02web.zoom.us/j/82812055309?pwd=eEQ10GluL3I3NWpOR3hZSi9aQ2pmdz09