

PARKLAND HIGH SCHOOL

Parent Newsletter

December 2020

All Information is Subject to Change

FROM THE PRINCIPAL'S

DESK

Dear Parents:

While this year has certainly brought constant trials to everyone, I hope you found time during Thanksgiving to appreciate the most important things in life. During this pandemic, the appreciation of even the smallest things has kept me going when times are tough, and I've tried to impart this perspective on my own high-school-age sons as they endure a very atypical school experience. To get through this I'm focused solely on the positive so that I can enjoy the holiday season and keep momentum as we proceed through the school year.

After a marking period of unprecedented schooling, I want to issue my sincerest congratulations to our students for their perseverance and with Mrs. Fitch or Mrs. Greth regarding success. Our students have made remarkable strides in their education this year in ways we could never have assessed in previous years. Regardless of where their skills were before September, our students have demonstrated growth in self-advocacy, time management, initiative, collaboration, independence, organization, adaptability, and accountability. Not every student was equally ready for this pandemic, but I'm impressed by the performance of our students who have risen to the challenges of this year. Congratulations to all our students who have attained Distinguished Principal's List, High Honor, and Honor Rolls. Truly incredible accomplishments to be exceptionally proud of in our new learning environment. More obstacles lie ahead so I hope all our students

meet these challenges head on with all their energy, so they can continue to grow as students and measure their own personal success in many ways.

For any parents who would like additional support for their child, I recommend accessing our Student Assistance Program for options. This year the program has expanded to focus on pandemic-related challenges facing students and I know some parents may be exploring resources to access supports. Mrs. Lori Fitch and Mrs. Andrea Greth spearhead this program at PHS and are only a phone call away. They've developed numerous seminars (organization, academic coaching, and mental health) which are critical for our students during this pandemic. Should you wish to speak SAP services, please call 610-351-5600 x72108.

Parkland is working diligently to keep our school open as long as possible during the pandemic. Prior to Thanksgiving, the District informed all stakeholders of its commitment to remain open through the signing of an Attestation Form being sent to the Governor. An important factor in this decision is the fact that we know our



students are not spreading COVID-19 at school. This is clearly the result of our school community's willingness to wear face coverings, properly social distance, and practice good hygiene. In order for us to continue to successfully mitigate the spread of coronavirus and remain open, we will need to reinforce these behaviors and have an exceptional level of commitment from our students and staff. No matter where our Parkland families and staff members are, we need to fight against complacency so we can protect the health and safety of ourselves and our community.

One important change has been made regarding final course grade determination for the 20-21 school year. The PHS administrative team, with the blessings of the Superintendent's Office and the School Board, is eliminating Midterms and Finals for 2020-2021. For this school year only, final grades will be determined by the average of a student's 4 marking period grades. For those students who are expecting to take the Keystone Exams this winter, we rescheduled them for mid-January through early February. On a final note, October PSAT takers should be able to access their

scores online on December 7 and 8 on their College Board account.

Wishing everyone a safe and healthy winter holiday season.

Sincerely,

James E. Monig I

James E. Moniz II Principal monizi@parklandsd.org

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COUNSELING CORNER

COLLEGE APPLICATIONS

January 1 college application deadlines must be reported to the Counseling Office no later than

Wednesday, December 9. Ten working days are required to process all college/scholarship applications.

SCHOLARSHIPS

Seniors interested in college scholarship

opportunities should check out the college scholarship link on the Parkland High School website, or on Schoology. New listings are posted weekly. Be sure to meet all deadline dates.

PSAT RESULTS

Preliminary Scholastic Assessment Test (PSAT) results will be available online, sometime in mid December. If they have not already done so, students will need to create a College Board account to access their online score. After viewing their PSAT results, students are encouraged to connect their College Board and Khan Academy accounts to get free personalized SAT study recommendations.

DECEMBER SAT/ACT TESTING DATES

December 5, 2020 SAT I: Reasoning Test SAT II: Subject Tests administration (Parkland High School

(Parkland High School is NOT a test center on this date) December 12, 2020

ACT Administration (Parkland High School is NOT a test center).

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

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





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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	2:32	1:02	2:32	
Warning Bell for	Buses	Buses	Buses	
Bus	Depart	Depart	Depart	
Departure	at 2:37	at 1:07	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.
- ٠ Students approved for "late arrival" may not enter the school until 10 minutes before their first class.

M-Z

Day 2

WINTER HOLIDAY

29

A-L

Day 2

WINTER HOLIDAY

28

27

All students must leave the school property immediately upon ÷ dismissal, unless they are involved in a PHS-sponsored and *c*.

supervised after-school activity.									
DECEMBER HYBRID CALENDAR									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
		1 Last Names A-L Day 2	2 Last Names A-L Day 3	3 Last Names M-Z Day 2	4 Last Names M-Z Day 3	5			
6	7 Last Names A-L Day 4	8 Last Names A-L Day 5	9 e-Learning Day EVEN DAY	10 Last Names M-Z Day 4	11 Last Names M-Z Day 5	12			
			SCHEDULE		24,2				
13	14 Last Names A-L	15 Last Names A-L	16 e-Learning Day	17 Last Names M-Z	18 Last Names M-Z	19			
	Day 6	Day 1	ODD DAY SCHEDULE	Day 6	Day 1		X		
20	21 Last Names	22 Last Names	23 e-Learning	24 CHRISTMAS EVE	25 CHRISTMAS DAY	26	. 11		

Day

EVEN DAY

SCHEDULE

WINTER HOLIDAY

30

31

NEW YEAR'S EVE

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



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FRESHMEN ~ CLASS OF 2024

Please pay your one-time class dues of \$20 by sending cash or check payable to Parkland High School to Miss Gruver. Payments may be dropped off in Miss Gruver's mailbox in the Main Office or mailed to her attention to the school. Send any questions to gruverc@parklandsd.org

SOPHOMORES CLASS OF 2023

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

December 2020

VISUAL AND PERFORMING ARTS

As the final sunny and cold days of November flow into December, the A-wing continues to work to hone their crafts in both the Visual and the Performing Arts areas. While the ability to gather together to enjoy the sights and sounds of the season is challenged by current events, there is no shortage of beauty being worked on in our classrooms and art studios. Virtual activities and performances will pepper the website as soon as they can be recorded and uploaded. Everyone is working together to be ready for a new start in the new year.

MUSIC GROUPS PLAN VIRTUAL PERFORMANCES

Festival of the Arts held a virtual **Coffee House** last month with plans to have another one in mid-December underway. It is a fun way for the students to still be able to perform for each other and to have a "Zoom" cup of coffee together.

The **Parkland Chorale** is hard at work putting together a winter concert to be recorded at some special venues. There is currently no scheduled date for that release but it will be advertised on the Parkland website when a date is formalized.

PARKLAND STUDENTS TO PERFORM AT WINTER FESTIVAL

The South Whitehall Township Department of Parks and Recreation is planning a **Covered Bridge Winter Festival** to be held the evenings of **December 18 and 19**. This drive-through event will be filled with lights, storybook areas, and music. Parkland students from the Dance Team and Music Department have been invited to be part of the event. More information on this event will be available on the South Whitehall Township website as soon as it becomes available.

All of us in the A-wing, the students and teachers, wish all of you the happiest holiday season and a joyous, healthy, and happy new year.

TROJAN ART GALLERY

The Trojan Art Gallery will feature the art of Ashley Foster in December.

Textured monoprint made with hand cut stencil by Ashley Foster.



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 questions.

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 grethj@parklandsd.org.

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ATHLETIC NEWS

CONGRATULATIONS TO OUR DISTRICT XI CHAMPIONS

Erin Joo and Leah Zolotareva

Boys Cross Country Finished 7th at the State meet. **Girls Vollevball** Finished top 4 in the State. **Girls Soccer** Finished top 4 in the State.

Parkland Girls Soccer Wins 5th **District Title in 6 Seasons**



Parkland Girls Volleyball Wins 7th District Title in a Row

The fall regular season is complete. Golf finished with a record of 4-6. Girls Tennis was 9-1. Girls Soccer and Girls Volleyball ended up 14-1 and made it to the State Semifinals. Field Hockey was 8-3.

FALL SEASON

Football was 4-1. Boys Soccer finished 8-3. Boys Cross Country ended up 5-0 Girls Cross Country was 4-1. Congratulations to all our teams.

EPC First Team - Emma Brayford,

FIELD HOCKEY

INDIVIDUAL HONORS

TENNIS

EPC First Team Singles - Erin Joo (MVP) Second Team Singles - Leah Zolatareva First Team Doubles - Sophia Lee and Gabrielle Leonzi Second Team Doubles - Julianne Dee and Kaila Miles GOLF EPC Second Team - James Kelly VOLLEYBALL District XI First Team - Leah Brunnabend. Brynn Dreisbach (MVP) and Jacqueline Malitzki District XI Second Team - Sydney Esquieres

EPC First Team - Leah Brunnabend, Brynn Dreisbach (MVP), Scarlett Jago and Jacqueline Malitzki

GIRLS SOCCER

- EPC First Team Jocelvn Fowler. Teresa Gonzalez-Herrera, Maeve Leonzi, Alexis Marsteller, Zainab Mohamed, Marissa Olenwine and Emma Schock EPC Second Team - Abigail Lytle and
- **Oludemilade Olatilo**

BOYS SOCCER

EPC First Team - Michael Li, Mustapha Salau and Jacob Seed EPC Second Team - Victor Baran and

Zachary Morales

Logan Oswald and Aubrey Semler EPC Second Team - Darby Reyburn FOOTBALL EPC Offense First Team - Jakob Koren EPC Offense Second Team - Brock Boyer, Garrett Fitzgerald, Isiah Rico, John Siggins and Ty Tremba EPC Defense First Team - Garrett Fitzgerald, Connor Neith, Jayden Sanchez and Isiah Rico EPC Defence Second Team - Brock Boyer, Marcus Loch and John Siggins

Makayla Brunnabend, Aurora Gery,

EPC Punter First Team - Ty Tremba **CROSS COUNTRY**

- EPC Girls First Team Brooke Labenberg and Elena Wenger
- EPC Girls Second Team Ava Bendetti and Gracie Trexler
- EPC Boys First Team Paul Abeln. Joshua Beltrame and

Benjamin Esquieres

EPC Boys Second Team - Brady Hoffman, Cameron Price and Brian Warren

CONGRATULATIONS TO OUR FALL EPC SCHOLAR ATHLETES

Boys Cross Country - Benjamin Esquieres Girls Cross Country - Ava Bendetti Field Hockey - Aubrey Semler Football - Isiah Rico Golf - Alexander Doe

Boys Soccer - Mustapha Salau Girls Soccer - Abigayle Lytle Girls Tennis - Sophia Lee Girls Volleyball - Jacqueline Malitzki

WINTER SPORTS Winter sports teams began practice on November 20. Competitions will start December 15.

Good luck to all our teams.

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INFORMATION FROM THE HEALTH ROOM



HELP MITIGATE THE SPREAD OF CORONAVIRUS

- Wear masks, wash your hands, and social distance.
- Complete the <u>Wellness Form</u> for each of your students every morning prior to coming to school.

For information regarding the Coronavirus (COVID- 19), please see the district website.

HOLIDAY SEASON REMINDER

GUIDELINES FOR SENDING YOUR CHILD TO SCHOOL The upcoming holiday season offers the opportunity for more social interaction and the opportunity to spread more than holiday cheer. The flu season continues to be in full swing through April. It is recommended that your student receive their flu vaccine at this time. Please schedule this vaccine with your physician.

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 (even if they have a test or sporting event) if he or she is experiencing any of the following symptoms:

- Fever of 100 degrees or more
- Vomiting and/or diarrhea
- Severe head cold
- Persistent cough
- Severe sore throat
- These are the same criteria the Health Room uses as a guideline when sending students home ill from school.
- Students should not return to school until they are fever free for 24 hours without the use of fever reducing medications.

ATTENTION JUNIORS

PHYSICAL FORMS

All eleventh grade students should return their completed physical form to the Health Room as soon as possible.

IMMUNIZATION REQUIRMENT

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 first day of their senior year of high school. The eleventh grade physical is a good time to be sure this immunization is completed.

Forms are available on the PHS website.

CONTACT US

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

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DRIVER'S EDUCATION

FOCUS ON CAR MAINTENANCE WITH YOUR NEW DRIVER TO MINIMIZE BREAKDOWNS

Find Your Vehicle Owner's Manual: Check the glove box first. If you don't find it there, search online using your vehicle year, make and model for a manual you can download. Your owner's manual helps you locate maintenance points using easy-to-identify symbols and schematics with suggestions for keeping your vehicle properly maintained.

Check Windshield Washier Fluid Level: This is especially important before heading out when inclement weather is in the forecast. Consider keeping extra washer fluid in the trunk of your vehicle to refill as needed.

Inspect, Clean and Replace Worn Windshield Wiper Blades:

Clean residuals left from car cleaning products, road grime, sap and bugs with mild detergent or a cloth dipped in windshield washer fluid. Peeling and cracking rubber or squeaking wiper blades means it's time to replace them. Keep a Jack and an Inflated Spare Tire in the Trunk: Use the recommended tire pressure to fill your spare and keep all four tires properly inflated. Under-inflated and over-inflated tires cause tire wear and travel hazards such as blowouts. Look for the label affixed inside the driver's side door jamb which provides proper inflation pressures for your tires and spare. Check Tire Tread for Signs of Wear: Tires have built-in treadwear indicators. When these are visible or there are cracks, cords or bulges on your tires, it's time to replace them. Check tire tread using a penny. If you can see all of Lincoln's head when you insert the penny in your tire tread with Lincoln's head facing down, you need new tires.

Check Your Battery's Charge and Keep It Fully Charged: If you have a weak battery, it's sure to die when cold temperatures set in. If your battery dies, a set of jumper cables or a jump starter kept in the trunk is a lifesaver. Jump starters are preferable since no help is needed from another driver and your vehicle can be in any position when you jump it. Before jump starting, remember to turn off all accessories that draw power from the battery, including radio, heater blowers, cell phone chargers and lights.

Maintain Your Engine's Oil Level: Oil to your car's engine, is as important as blood is to the human body — it's got to be circulating.



DIGITAL RESOURCES ACCESSIBLE FROM HOME OR SCHOOL

We did not know just how important it would be, but we have been evaluating and acquiring digital resources supporting academic excellence for years. This means that our students have access to key information from home or school. All resources are accessible through CLEVER and are chosen to fit the curriculum.

VIRTUAL HELP AVAILABLE

If virtual learning occurs, Mrs. Dickerson and Mrs. Brader will be available the first ten minutes of every class period and after school to help students with locating and using resources. Go to meet.google.com and join the meeting: **askalibrarian**.

FROM THE ARCHIVES The First Commencement Did you know the Parkland High School first graduating class of Parkland High School was in 1950? class of Nineteen Hundred and Fifty commencement PROGRAM CLASS ROLL Prior to 1950 it was called South Whitehall High School.

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Cafe des Marguerites

STUDENT ASSISTANCE PROGRAM (SAP)

KEEPING YOUR TEEN IN A DAILY ROUTINE TO AID IN MENTAL HEALTH

There is no doubt that COVID-19 has caused major disruptions for our teens. Many are suffering from depressed moods or displaying symptoms of anxiety. A lack of motivation can be a key indicator of depression in teens. During this time, routine is key in helping our children stay healthy; especially with their sleep schedule. Routines help teens in many ways:

- They can make teens feel safe and secure, and help them to deal with stressful events
- They indicate what is important to your family.
- They can help family life run a little smoother.
- They teach teens about basic work and time management skills.

There are several ways to help your teen stick to a daily routine:

Design a daily schedule

Too soon, your teen will be an adult venturing out into the world. Giving them a chance to design their own routine now is valuable practice for the future, says pediatric psychologist, Kathryn Jones.

"Talk to teens about what they think will work best for them. Developing that awareness will be helpful when they eventually leave home."

She recommends focusing on the nonnegotiable tasks. "Things like schoolwork, exercise, chores, sleep. What do they need to accomplish?" she says. "You can work with them to develop a routine that makes sure those things get done every day."

Additionally, try to stick to a (mostly) regular bedtime, wake time and learning schedule, she says. "Talk together to come up with a plan that works for your family."



Teen sleep tips

Sleep is important for physical and mental health, so make sure your young adult is getting sufficient sleep. These habits can help kids get the sleep they need:

Be consistent: Stick to a consistent bedtime and wake time. (Most teens need 8 to 10 hours per night.) Bye-phone: Avoid electronics before bed. If your teen must use a gadget in the evening, try an app that filters out blue light, which can be stimulating. Wind down: Before bed, try a quiet activity like reading. See the light: Try to get natural light in the morning. Go for a walk or eat breakfast near a sunny window. Move it: Get regular exercise. Don't nap: Avoid naps longer than 45 minutes or after 5PM.

Use your bed for sleeping: Stake out another area to do schoolwork or lounge around during the day. (This helps your brain remember that bed = sleep.) Breathe in, breathe out: Use relaxation techniques to help you fall asleep. People old and young are feeling extra stress and anxiety right now. To calm a racing mind, try tools like deep breathing, mindfulness apps or progressively squeezing and releasing your muscles, starting at your toes and working to your head.

How to handle limit-testing teens

In some ways, pushback from a young adult is a good thing — a dose of normalcy in the midst of a totally abnormal situation. "Testing limits is part of being an adolescent," Dr. Jones says.

Parents should pick their battles: "Set clear expectations about what's not OK – sneaking out, lying to you – and decide together, in advance, what the consequences will be for breaking those rules," Dr. Jones says. "At the same time, figure out what you can let go of." If your child is continuing to struggle, please reach out to Mrs. Fitch and the SAP team via e-mail at

fitchl@parklandsd.org. Also, please continue to watch for our helpful student and parent seminars.

Article information from the <u>Cleveland Clinic</u>

More helpful information can be found at <u>Reachout.com</u>



December 2020





In the year that 2020 has brought us, we could all use some holiday cheer more than ever, which is why we are proud to announce a new holiday event in Winter On Broad.

www.winteronbroadstreet.com



PURCHASE TICKETS FOR WINTER ON BROAD STREET IN SUPPORT OF THE PARKLAND CLASS OF 2021



This illuminated wonderland will boast a 160,000-plus square foot blueprint housing 193 larger-than-life light sculptures and displays powered by more than a half-million light bulbs.

Using the link below, choose the date and time of your experience, select the number of tickets you purchase, and select Parkland High School as your fundraiser recipient.

Enjoy the lights, games, and the experience.





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2021 Par Key YEARBOOK INFORMATION FOR SENIORS

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.

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.



MAKE YOUR YEARBOOK PORTRAIT APPOINTMENT FOR THE 2020-2021 YEARBOOK! Call Frank Mitman Photography: (610) 433-2110

Don't

Miss

This

Or Visit www.FrankMitman.com to schedule your appointment! For More Information, visit

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

Yearbook information is available on the PHS website.

Find slides embedded in the Class of 2021 Materials on Schoology for quick access to Yearbook purchase information and Senior information.



SENIORS

GET YOUR CLASS SHIRT

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 <u>grethj@parklandsd.org</u>. Please include:

name and ID number
shirt selections/sizes
delivery choice »

» deliver to classroom <u>or</u> pickup in school lobby



Check

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Out



What: The Parkland Education Foundation gives you an opportunity to purchase a \$10 gift card to a local restaurant for your favorite teacher or staff member.

When: All orders due by December 16th. We will deliver the gift cards directly to the staff members the week of December 21st and attach a personal message from you.

Cost: The gift cards are sold in \$10 increments.

How: All you have to do is click <u>on this link</u> to pay for and place your order(s) and include your personal gift message. We take care of the rest.

Why: The Parkland Education Foundation has been working hard to support our staff and community since the beginning of the pandemic. We have supplied our staff with headsets and microphones, along with grants to help them better reach their students. We have also given masks, thermometers and food to our neediest families. The money raised will help us continue with our efforts to assist our community, all while supporting our local businesses.

Now you can feel good about crossing one more thing off your to do list while giving to a worthwhile cause at the same time. Thank you for your support!!

