



PARKLAND HIGH SCHOOL

Parent Newsletter

January 2021

All Information is Subject to Change

FROM THE PRINCIPAL'S

DESK

Happy New Year!

Dear Parents:

Each new year is marked by resolutions and opportunities for a fresh start for students, parents, teachers and administrators. At PHS, students will quickly be reacquainted with their curricular opportunities as our course registration process begins as soon as we return on January 4. **During first period on January 4, school counselors Ms. Witkowski and Mrs. Tabarani will present the course selection guide and highlight the upcoming process on Parkland TV. Hybrid students attending PHS will view this presentation in class and online students should watch this live through the [Parkland TV & Film YouTube link](#).** Over the next month each student's 2021-2022 educational program will be created through various meetings with teachers, counselors, parents, and administrators.

Parkland High School offers a rigorous and standards-aligned curriculum for students of all ability levels. Our students for the 2021-2022 school year will receive a course offerings menu unparalleled in its diversity and quality. Hybrid students currently in grades 9, 10 and 11 will receive their course registration books on Monday, January 4 (last names A-L) or Thursday, January 7 (last names M-Z). Online students can pick up their course book at PHS beginning January 4, but it is always accessible on the [PHS Website](#).

Our annual "Parent Meeting for Course Registration for Classes of 2022, 2023, 2024, and 2025" will be conducted virtually this year. A link to this presentation will be e-mailed to all parents on Tuesday, January 5 consisting of recorded

videos from myself, Mr. Roberts, and each department head. A Google doc is included in this presentation so your questions can be answered by our department heads in a follow up FAQ to be released later that week.

This will be our second year of online registration. Students will use Home Access Center to see teacher recommendations and choose their courses for next year. **Students should complete their course registration selections by Friday, January 15.** Throughout the months of January and February counselors will meet with students during English classes to finalize the course selection process.

The high school and middle schools use a team approach to provide course registration information to our current 8th grade students and parents. Activities involving career inventories will take place at the middle schools during early January to aid our students in selecting a career pathway. Course registration books will be provided to each 8th grade student at Orefield Middle School and Springhouse Middle School by January 8, 2021. The course registration book is always available [here](#).

All parents of 8th grade students at Orefield Middle School and Springhouse Middle School will also receive a link to the parent

presentation noted earlier on January 5. A PHS School Counselor will also meet with your child's team to review the process and answer student questions.

All 8th grade students must submit their 2021-2022 course requests online through Home Access Center by Friday, January 15. New to parents and students will be the selection from various elective programs which are available at the high school. Parents will also receive directions to support them through this course selection process. Throughout the month of January, teachers, counselors, and administration will assist your child with the course selection process.

We hope everyone is staying healthy and safe during the holidays. The pandemic has quieted what is typically a busy time of year for student activity. Athletics is on hold for now but is expected to start with league competition in mid-January. The A-wing at PHS has been significantly impacted by the pandemic and with all the hurdles they have faced, I could not be more proud of what Mr. Anonia and Mrs. Figueroa created for this year's Chorale Concert. With some exceptional out-of-the-box thinking and creative touches, it speaks volumes about their commitment to our students' success. You can enjoy the concert at [this link](#).

Goodbye 2020 and Happy New Year!

Sincerely,

James E. Moniz II

James E. Moniz II
Principal
Parkland High School
monizj@parklandsd.org



COUNSELING CORNER

COURSE REGISTRATION

The registration and scheduling process for the 2021-2022 school year begins at Parkland High School during the month of January. Throughout the next few months, students will be selecting courses that best meet their academic goals, administrators will be calculating student enrollments, staffing assignments will be prepared, and a master schedule will be created for next school year.

To begin the registration process, all students, eighth through eleventh grade, will receive a copy of the 2021-2022 Parkland High School Course Study Guide. This is a valuable resource and reference guide for students and parents selecting a program of study for the next school year. Several informational meetings will be held for parents and students throughout the month of January to highlight new course offerings, review graduation requirements and provide guidelines for selecting appropriate course levels. Parkland High School will once again have students register via the **ONLINE COURSE REGISTRATION** process. Students will receive instruction on how to enter their courses on January 4. Students will then enter their course requests by Friday, January 15. More detailed information regarding the online course registration process will follow. Planning your child's program of study is one of the most important tasks completed each school year. Counselors, faculty, and administrators will work closely together to guide your child through this important process.

COLLEGE ADMSSTIONS TESTING

Juniors interested in taking the SAT should select and register for a March, May, June and/or August test. Registration for the SAT is now available online at www.sat.org/register. Juniors should carefully plan their spring testing schedule and follow the registration procedures required by the College Board. Juniors planning to apply to selective schools where SAT II: Subject Tests are required, need to remember that these tests are offered in the spring/summer months of March, May, June and August. Underclassmen may also want to consider registering for an SAT II: Subject Test if they are currently completing an honors or advanced placement course where no further study is available (i.e. AP United States History).

Juniors may also want to consider the ACT as a college admission test option. The ACT is offered in February, April, June and July in the Lehigh Valley. Students can register for the ACT at www.act.org/student. All colleges and universities will accept the SAT and/or the ACT for admission purposes. Please feel free to consult your counselor if you have any questions.

JUNIORS

JUNIORS

UNDERCLASSMEN

Post Secondary Planning Parent Meeting



The link to the Post Secondary Planning Parent Meeting is [here](#). Great information is shared at this meeting by Parkland's in-house Guidance Office expert, Mr. Eric Roberts about how to guide your students to plan for their years after graduation.

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 exam 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>

• BOOT CAMP.

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

JANUARY HYBRID CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ NEW YEAR'S DAY	²
³	⁴ Last Names A-L Day 3	⁵ Last Names A-L Day 4	⁶ e-Learning Day ODD DAY SCHEDULE	⁷ Last Names M-Z Day 3	⁸ Last Names M-Z Day 4	⁹
¹⁰	¹¹ Last Names A-L Day 5	¹² Last Names A-L Day 6	¹³ e-Learning Day EVEN DAY SCHEDULE	¹⁴ Last Names M-Z Day 5	¹⁵ Last Names M-Z Day 6	¹⁶
¹⁷	¹⁸ MLK Day PROFESSIONAL DEVELOPMENT DAY	¹⁹ Last Names A-L Day 1	²⁰ Last Names A-L Day 2	²¹ Last Names M-Z Day 1	²² Last Names M-Z Day 2	²³
²⁴	²⁵	²⁶	²⁷	²⁸	²⁹	³⁰
³¹	<div>  ALL INCLEMENT WEATHER DAYS WILL BE E-LEARNING DAYS FOR ALL STUDENTS THIS SCHOOL YEAR  </div>					

JANUARY UPCOMING EVENTS

Friday	1	New Year's Day — School Closed
Monday	4	2021-2022 Course Study Guide Distribution to Students — Hybrid A-L
Tuesday	5	Parent Meeting Class of '22, '23, '24, '25 7 PM (Virtual)
Thursday	7	2021-2022 Course Study Guide Distribution to Students — Hybrid M-Z
Monday	11	Algebra Keystone Exams — Hybrid Students Last Names A-E
Tuesday	12	Algebra Keystone Exams — Hybrid Students Last Names F-L Post Prom Committee Meeting 7 PM (Virtual)
Wednesday	13	Algebra Keystone Exams — Parkland Online Students
Thursday	14	Algebra Keystone Exams — Hybrid Students Last Names M-R
Friday	15	Algebra Keystone Exams — Hybrid Students Last Names S-Z
Monday	18	Martin Luther King, Jr. Day/Professional Development Day — School Closed
Tuesday	19	Biology Keystone Exams — Hybrid Students Last Names A-E
Wednesday	20	Biology Keystone Exams — Hybrid Students Last Names F-L
Thursday	21	Biology Keystone Exams — Hybrid Students Last Names M-R
Friday	22	Biology Keystone Exams — Hybrid Students Last Names S-Z "C" Schedule Early Dismissal 1 PM Second Marking Period Ends
Wednesday	27	Biology Keystone Exams — Parkland Online Students
Sunday	31	Hoop Group Basketball (Main Gym)

Jostens®

SENIORS ORDER YOUR CAP AND GOWN TODAY

Every graduating senior who wishes to participate in the commencement ceremony must have a cap and gown from Jostens. Place your order by **January 31** before the \$10 price increase goes into effect.

Visit www.Jostens.com to place your order online.





VISUAL AND PERFORMING ARTS

TROJAN ART GALLERY

We are excited
to feature
the artwork of **PHS
Drawing & Jewelry Metals 1
students** in the
Trojan Art Gallery
during the month of
January.

HELLO 2021

We don't yet know what the new year will bring us. We are constantly updating our health and safety plan and learning more ways to present opportunities to our students. Stay posted to the PHS Parent Newsletter and to the [District website](#) and [Facebook page](#) for upcoming events.

I want to take this moment to thank all of the faculty involved in the Visual and Performing Arts for their tireless efforts to provide a quality program to our deserving students.

Please have a safe and joyous start to the new year.

A LOOK BACK AT 2020

Well, the year 2020 is just about in our rearview mirror and what a different year it has been. Music and theater became virtual while we "Zoomed" through auditions and rehearsals. Artists worked on their craft from home, while checking in with their teachers through online learning. We missed the comradery of in-person practices, group hugs, and the sound of applause from an auditorium filled with eager audience members.

The more we learned about how to be together and safe, the more we began to return to the creative group we have always been. The **Band** was able to play at a few football games. The **Orchestra** practiced as a full ensemble outside. The **Chorus** groups used all of the creative spaces we could find to keep them busy making music, while remaining safe at the same time. **Dance Team** was selected and practiced, preparing for their moment on the gym floor. **Visual Artists**, keeping socially distant, still created beautiful works of art and entered many items into the Scholastic Art Show.

If you have not had opportunity to enjoy the **2020 Chorale Winter Concert**, you can view it [here](#). It is a heartwarming testament to how Parkland students and staff made the best of a challenging chapter in history to bring others joy through song. It was different. It was not what we have been used to, but given the time, our wonderful Visual and Performing Arts teachers figured out how to deliver the best possible education under the circumstances. The results of the PMEA District 10 music auditions below are a testament to how well our students responded and excelled.

2021 PMEA DISTRICT CHORUS QUALIFIERS

Soprano 1: Alyssa Cahill, Hanae Takahashi, Taylor Shortell, Michaiiah Watkins and Grace Werten

Soprano 2: Luciana Carnero, Paige Herman, Rachel Kanter and Brenna Pelizzoni

Alto 1: Sara Ayad

Alto 2: Catharine Aboulhoda, Emily Bachl, Laurel Bendetti and Anna Lorenzo

Tenor 1: Luke Saad

Tenor 2: Brycen Geiger, Robert Moore and Carter Sachse

Bass 1: Jovanne Cortez, Zachary Evans, Adrian Maghacot and Marcus Shin

2021 PMEA DISTRICT ORCHESTRA QUALIFIERS

Violin: Suchir Agarwal, Anam Ali, Jane Cho, Yechan Cho, Joshua Chou, Julian Ettinger-Finley, Erin Joo, Lucas Lee, Sophia Lee, Imaan Saeed, Dhiya Shepherd and Ella Wu

Viola: Victor Cai, Joanna Chou, Ee-Ning Ooi and Brooklyn Vasquez

Cello: Kevin Tong and Taehyuk Yang

Bass: Isaac Daniels

Clarinet: Jordan Bucks and Alexander Tang

Trumpet: Mitchell Roth

2021 PMEA DISTRICT BAND QUALIFIERS

Clarinet: Jordan Bucks and Alexander Tang

Trumpet: Owen Replogle and Mitchell Roth

Euphonium: Isabella Landis and Jared Lazansky



MARK YOUR SPORTS CALENDAR

Spring 2021 Sports Physicals

Date: February 6, 2021

Time: 8 AM – 11 AM

Location: Parkland High School

Note the following important
change this year:

**Spring Sports Physicals will be by
appointment only.**

Further information will be
available on the Parkland website
under Athletics later in January.

They are free of charge.

No student can participate in a spring sport without a full PIAA physical. Recertification forms may be used for spring if athletes had full physicals for a fall or winter sport. 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 5, 2021. Paperwork for doing so is located on the [Parkland High School website](#) under Forms. All Parkland athletes must get an ImPACT test once during their four years at PHS and before participation.

ATHLETIC NEWS

WINTER SEASON ON HOLD

Winter sports are on hold
until January 4, 2021.

Games and competitions will
begin in mid-January.

Middle School Basketball tryouts
will begin on January 4.

Junior High Wrestling will also
begin on January 4.



THE MORNING CALL'S ALL-AREA AWARDS

Cross Country

Team of the Year: Parkland Boys Cross Country

Coach of the Year: Stephen Ott

Girls Second Team: **Ava Bendetti, Brooke Labenberg** and **Elena Wenger**

Boys Second Team: **Paul Abeln** and **Benjamin Esquieres**

Girls Soccer

Team of the Year: Parkland Girls Soccer

Coach of the Year: Al Haddad

First Team: **Jocelyn Fowler, Teresa Gonzalez-Herrera** and
Alexis Marsteller

Second Team: **Maeve Leonzi** and **Emma Schock**

Honorable Mention: **Abigayle Lytle, Zainab Mohamed** and
Marissa Olenwine

Girls Volleyball

First Team: **Brynn Dreisbach** and **Jaqueline Malitzki**

Second Team: **Leah Brunnabend** and **Scarlett Jago**



The first day of spring sports is Monday, March 8.



INFORMATION FROM THE HEALTH ROOM



HELP MITIGATE THE SPREAD OF CORONAVIRUS

- * Wear a mask, wash your hands, and keep social distance.
- * Complete the [Wellness Form](#) for each of your students every morning prior to coming to school.
- * Contact the Health Room if your child is going to be absent due to reasons involving the Coronavirus, including close contact, quarantine, travel, and being tested.

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

FLU SEASON

The Flu Season continues to be in full swing through April. This season is complicated by the current pandemic. It is recommended that your student receive their flu vaccine at this time. Please check with your physician about getting the flu vaccine.

GUIDELINES FOR SENDING YOUR CHILD TO SCHOOL

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/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.*

Forms are available on the [PHS website](#).

As always, if you have any questions for the Health Room do not hesitate to call.

JUNIORS

Return Physical Forms

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

Immunization Requirement

The meningitis vaccine is required on or after the day your student turns age 16. 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.

DRIVER'S EDUCATION

CLEAR SNOW AND
ICE FROM YOUR
WINDOWS



BEHIND THE WHEEL
INSTRUCTION
AVAILABLE

Did you know that in Pennsylvania, drivers must have a clear, unobstructed view of the road at all times? Sounds like a no-brainer, right? We all know that most of our driving information comes from our sense of sight so why wouldn't we clean off our entire car before heading out on the roads?

Too many times, accidents happen because driver's use faulty reasoning, such as:

- * *I'm not going that far.*
- * *It's not that bad.*
- * *I want to get home fast.*
- * *I'm a good driver.*
- * *There isn't that much traffic.*
- * *My car has 4-wheel drive.*

Clearing your windows is a law. A law is meant to help us avoid accidents.

Snow and ice must be removed from all windows before driving. Failure to comply with this is not only dangerous but a primary offense statute, which means law enforcement may initiate traffic stops for violations.

Additional penalties exist if falling snow or ice from a vehicle seriously injures or kills another party. If snow or ice comes loose from your vehicle and strikes another vehicle or pedestrian, causing serious bodily injury or death, you are subject to a fine of up to \$1,000 for each offense.

[#WinterDriving](#)

[#highwaysafetynetwork](#)

Behind the Wheel (BTW) instruction is available through the CLIU-21 to any Parkland student who has their Pennsylvania Learner's Permit. For more information, or to register, go to www.cliu.org/driversed or call 610-760-4111 x1299.

If your child has completed the 6-month practice period and is eligible to take their BTW Road Test, two additional options are available.

For additional lesson and testing options, contact either of the following for more information:

- * John's Driving School at 610-365-1888 or
- * AW Driving School at 610-508-3011 or at AWDrivingSchool.com



LIBRARY LINES



RETURNING YOUR ENGLISH CLASS NOVELS

English teachers will soon be requesting novels for the second semester. Please return any novels you are finished with to the library. A drop-off box is located outside the front door of PHS that can be used 24/7.

NEW COLLECTIONS IN SORA

New collections have been added to SORA including a diversity collection, a Spanish language collection, and the Duke collection of classic novels.

ACCESSING DATABASE PASSWORDS FROM HOME

Reminder to students when using the databases from home, they require a password. Students can access passwords by hovering over the question mark to the right of the title.



Literature
Resource
Center



Student
Resources
in Context



US History
in Context



World
History in
Context

WISHING YOU
A
HAPPY
NEW YEAR
FROM
THE
LIBRARY
STAFF



FROM THE ARCHIVES

Parkland

Union School District



*Parkland High School
Dedication - 1954*



Library Reading Area

James P. Liddison, B.S., Geography
David W. Longacre, A.B., History
James R. Lutz, B.S., Graphic Arts
Dale E. Maize, B.S., M.A., Commercial
Arthur R. Miller, B.S., Geography
Kenneth K. Meyer, Ph.D., Mathematics
Lawrence J. Meyer, B.A., History
Anne F. Piarovich, B.S., Science
Grace R. Podany, B.S., Home Economics
Leon O. Rahenold, B.S., M.A., Commercial
William D. Randall, B.A., M.A., History

Alfred L. Reinschmidt, B.S., M.A., Music
Joan C. Roof, A.B., English and German
Paul M. Sechler, B.S., Science
Marion J. Sant, B.S., Librarian
Ralph E. Schurz, B.S., M.A., Commercial
Raymond D. Seyler, B.A., History
William W. Swallow, A.E.D., Art
Margaret P. Weiskopf, A.B., French and Latin
Carolyn E. Wierley, B.A., Mathematics
Vivian T. Winder, A.B., English
Robert J. Wilson, B.S., M.A., Physical Education

Faculty



Faculty

Jerry A. Barrett, A.B., English
Arlene E. BenKintory, B.S., Home Economics
Francis G. Bear, N.D., Mathematics
Donald J. Chaitin, B.S., Agriculture
Loraine E. Chisn, A.B., Mathematics
Ralph H. Dorsey, B.S., Science and Driver Training
Ralph Y. Eckenberger, A.B., Science and English
John H. Eninger, B.S., Physical Education and Swimming
Ethel M. Evans, B.A., English
Pauline S. Evans, B.A., M.A., English
Miriam T. George, B.S., Commercial
Floyd W. Gorman, B.S., M.A., History

Henry J. Goward, A.B., Civics
Stanley E. Grammes, B.S., M.A., Geography
Gerald H. Frick, A.B., M.A., History
Howard J. Hausman, B.S., M.A., Industrial Arts
Vincent Herman, R.N., School Nurse
Joan A. Heide, B.S., Physical Education and Swimming
Arl H. Himminger, B.A., Mathematics
Verna J. Klingman, B.S., Commercial
Robert Knodely, B.S., Art
Raymond H. Lickengoth, B.S., Science
Margaret E. Lohrer, B.S., Physical Education and Guidance

STUDENT ASSISTANCE PROGRAM (SAP)

Article information from: [PsychCentral](#), [Medical News Today](#) and [The Psychology Group](#)

UNCOMMON SIGNS OF DEPRESSION

Given the challenges that Covid-19 continues to create, the SAP team wants to aid you in understanding and catching the symptoms of depression within your households. We spoke to many high school parents/guardians about some of the behaviors that are being displayed in their homes. Many do not realize that depression can be masked through less obvious symptoms. In fact, there are a lot of ways depression can show itself far beyond the well-known symptoms of crying, loss of interest, and low energy. Learning the lesser-known, more uncommon signs of depression can better equip you to recognize it in yourself or others.

Rapid weight changes - Unintentional weight loss, particularly substantial weight loss in a brief period of time, can be a sneaky depressive symptom. Decreased or suppressed appetite is a chemical side effect of depression. If you find yourself going from eating three meals plus a snack daily to eating only once or twice a day for no reason (or the opposite, bingeing resulting in significant weight gain) it may be depression.

Being short-tempered - In our minds, depression equals severe sadness, end of story. But for many people depression can manifest in behaviors such as being short-tempered, having a short fuse, and snapping at others. Though this is most frequently seen in men and teens, it can happen to anyone. Just as people with depression can find themselves crying without knowing why, they may just as easily find themselves irritable and angry without understanding it.

Boredom - One of the classic symptoms of depression is loss of interest or enjoyment. We tend to picture that going hand in hand with feelings of sadness and loss. The fact is, this can look and feel like plain old boredom. Things stop sounding fun and seem not to be worth the effort. Little by little, you drop activities until only the simplest and least demanding (watching TV, surfing the Internet, napping) remain.

Aches and pains - Until recently, somatic symptoms were not on most mental health professionals' radar, but now pain symptoms are considered a red flag for depression. These can range from tenderness and skin sensitivity to muscle pain, stiffness or even stomach cramps and digestive problems. Start by ruling out other causes to determine whether the pain you are experiencing may be connected to depression or a medical issue. If no medical diagnosis accounts for the physical symptoms or your symptoms don't improve with medical intervention, your aches and pains may be rooted in psychological distress.

Difficulty making decisions - Everyone has a hard time making choices from time to time. In fact, feeling overwhelmed may sometimes trigger despondency. It's much less common, however, to struggle with making mundane, everyday decisions such as what to wear to work or what to make for dinner. The mental distress and low energy that come with depression can sometimes make these choices seem paralyzing and can send the person into a tailspin of anguish. People with depression-triggered indecisiveness may be

overwhelmed by choosing a movie to watch or whether to get paper or plastic bags at the grocery store.

Changes in sleep habits - There is a strong link between mood and sleep. A lack of sleep can contribute to depression, and depression can make it more difficult to sleep. According to the National Sleep Foundation, people with insomnia are ten times more likely to have depression than those without the condition. Sleeping too much can also be a sign that a person may have depression.

Loss of concentration - When a person trails off during conversations or loses their train of thought, it can indicate issues with memory and concentration, which is a common symptom of depression. A 2014 study suggests that these difficulties with concentration and focus can worsen the social impact of depression by making work life and personal relationships more challenging.

Anxiety - Depression can be paralyzing. It can cause feelings of inferiority or guilt, which then lead to anxiety over not being able to cope with day-to-day activities. Some clients report that they don't know if they're experiencing anxiety or depression during times of distress, as the feelings associated with both can have similarities. Those dealing with depression can have of decisions. of anxiety, restless. tapping your **Perception of** Those who they can to depressed. embarrassed, by doing symptoms to appears very crowd of people emptiness, and comedian and people laugh However, he was eventually led to

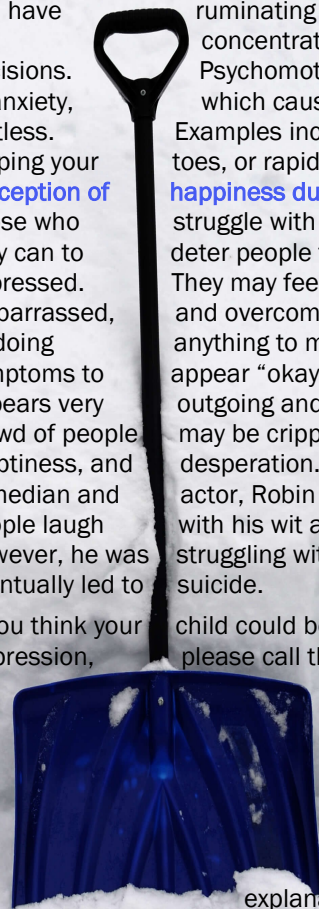
concentration, and the inability to make Psychomotor agitation is also a symptom which causes a person to feel overly Examples include pacing around the room, toes, or rapid talking. **happiness due to overcompensation** - struggle with depression may do anything deter people from knowing they are They may feel guilty, ashamed, weak, or and overcompensate for their depressive anything to mask their depressive appear "okay" or "happy." The person who outgoing and who is seen laughing within a may be crippled with thoughts of sadness, desperation. Think back to the beloved actor, Robin Williams. He made millions of with his wit and slapstick comedy. struggling with depression, which suicide.

If you think your depression, child could be displaying signs of please call the SAP team at

610-351-5600 or e-mail fitchl@parklandsd.org. The SAP team can set you up with a MARS evaluation to help find outside counseling services for your child. Please see this [video link](#) for an explanation of a MARS evaluation.

To complete an **SAP referral** on your child, please visit this [link](#).

If you are interested in a **MARS assessment**, please visit this [link](#).



Class of 2021

SENIORS

GET YOUR CLASS SHIRT



Short Sleeve
White \$5

Long Sleeve
Black \$15

Both for \$10

Cash or checks (payable to Parkland High School) 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 » deliver to classroom or
2. shirt selections/sizes » pickup in school lobby
3. delivery choice »

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's office mailbox 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.

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 High School. 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.

2021 *Par Key* YEARBOOK PURCHASE INFORMATION

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.

Yearbook information is available on the PHS [website](http://www.parklandsd.org).