

PELHAM MEMORIAL  
HIGH SCHOOL  
2021-2022



*Opportunities for Success for All Students*



"In my experience at PMHS, I have been impressed by the broad array of classes offered including electives, AP classes, and honors level classes that challenge me to work my hardest every day. Just as a sophomore, I have already been able to get involved in so many of the programs the school has to offer such as writing for the Pel Mel, Varsity Tennis, and a variety of clubs. Between classes, clubs, electives, and athletics, there is endless potential for students to succeed here at PMHS."

**Kate Loughran**  
**Class of 2023**



## *Opportunities for Success*

As a four-year high school with academically diverse students, Pelham Memorial High School provides a challenging range of courses and a rigorous college preparatory program. In a supportive environment that promotes respect and responsibility, students also develop through a rich performing and creative arts program and a wide variety of extracurricular and athletic activities.

- Ranked 388<sup>th</sup> in the U.S. & 47<sup>th</sup> in NY as a Gold Medal School by *U.S. News & World Report* and the 21<sup>st</sup> Most Challenging High School in New York State and 375<sup>th</sup> nationally by the *The Washington Post*
- More than 100 course offerings
- 19 Advanced Placement college-level courses, 4 Syracuse University Project Advance (S.U.P.A.) college-credit courses, 3 State University of New York (S.U.N.Y.) college-credit courses, including the S.U.N.Y. Albany Science Research Program and 1 Adelphi University
- Five foreign languages: French, Italian, and Spanish, Levels 1-5, including AP and/or Syracuse University Project Advance (S.U.P.A.), Latin, Levels 3-5 and Mandarin Chinese, Levels 1-4.
- Renovated classrooms with latest technology and a renovated library, auditorium, band room, choral room, lecture hall, and teacher resource rooms
- Specialized facilities, including a Science Research Lab, World Languages Computer and Audio Lab, Fitness Center, Weight Room, Broadcast Media Studio and MakerSpace.
- Four-year competitive science research program
- More than 40 extracurricular organizations and 35 athletic teams
- Full range of counseling services and academic support programs
- Access to extensive online and print resources
- Accreditation by Middle States Association of Colleges and Schools, New York State Board of Regents, and Tri States Consortium
- Active Learning, and 21<sup>st</sup> Century Technology (Chromebooks)

# STUDENT ACHIEVEMENT

## *Highlights for 2018-2020*

- 106 National Honor Society Inductees
- HS Forensics (Speech) Winners NY State Championships: 13 Qualifiers; Nationals: 3 Qualifiers
- Sock'n'Buskin National Youth Arts Awards: 7 Winners
- American Math Competition Medals
- 15 National Latin Exam Awards, 1 Gold Medal, 1 Silver Medal, 6 Magna Cum Laude & 7 Cum Laude
- 9 National Italian Exam Awards, 1 Gold Medal, 2 Silver Medals, & 6 Honorable Mentions
- 26 National French Exam Awards, 5 Gold, 4 Silver, 4 Bronze Medals, 13 Honorable Mentions
- 32 National Spanish Exam Awards, 4 Gold, 5 Silver, 6 Bronze Medals & 14 Honorable Mentions
- Regeneron Science Talent Search National Semifinalist
- Int. Genius Olympiad Finalists
- NY State Science & Engineering Fair: Best in Fair 1st Place
- Regional Intel Regeneron-Westchester Science & Engineering Fair: Grand Prize & 1st Place Winners
- Intel International ISEF Finalist
- ACORDA Scientific Excellence Award
- Junior Science & Humanities Symposium New York State Finalists
- Area All State Chorus, Orchestra, and Band; Intermediate All County Band, Orchestra and Chorus, NYSSMA Majors Gold and Gold with Distinction awards, Jazz Band, Orchestra and Chamber Chorus.
- *Pel Mel* - 1st Place ranking from the American Scholastic Press Assoc.; Silver Medal by the Columbia Scholastic Press Association
- *The Pelican Yearbook* - Columbia Press Scholastic Association Gold Medalist, National Scholastic Press Association First Class Rating
- OSilas Gallery at Concordia College Start Regional High School Art Exhibition, Pelham Art Center High School Art Salon
- Scholar/Athlete Teams: Baseball, Basketball (Boys & Girls), Cheerleading, Crew, Cross Country, Field Hockey, Football, Golf (Boys & Girls), Hockey (Boys & Girls), Indoor Track, Lacrosse (Boys & Girls), Outdoor Track, Rugby, Soccer (Boys & Girls), Softball, Swimming & Diving Boys & Girls, Tennis (Boys & Girls), and Volleyball
- All American: Diving
- State Champions: Rugby
- State Championships Qualifiers: Swimming & Diving
- National Qualifier: Crew

# GRADUATION PROFILE

## *Class 2020 - 215 Graduates*

• SATs	
Critical Reading Mean Score	610
Math Mean Score	600
• NATIONAL MERIT	
3 National Merit Finalist	
8 National Merit Commended Students	
• ADVANCED PLACEMENT RECOGNITION	
8 National AP Scholars	
70 Scholars with Distinction	
31 Scholars with Honor	
54 Scholars	
• POST SECONDARY EDUCATION	97.1%
Four-Year College	92.4%
Two-Year Colleges	4.7%
• COLLEGES ATTENDING*	
Most Competitive	43%
Highly Competitive	13%
Very Competitive	14%
Competitive	21%

\*Based on Barron's *Profiles of American Colleges*



## PROGRAM BY DEPARTMENT

### *Art*

Students are introduced to the traditional fine arts of drawing, painting, computer graphics, and 3-D creations. A variety of styles and periods are explored to assist students in developing their own unique art style and creating individual portfolios. Electives, including ceramics, yearbook production, AP Art History, and digital and computer graphic art allow students to further develop their skills and understanding. Student work is frequently selected for exhibition.

### *English*

Students read a wide range of fiction and non-fiction, write in a variety of styles, explore topics through research, and better understand the mechanics of language as they progress toward graduation. They explore literary foundations in fiction, drama, and poetry as part of a balanced approach that also stresses creative, argumentative, and analytic writing. In addition, students may participate in elective programs in which they apply developed skills in authentic ways through courses such as Print Journalism, Broadcast Production and Theater Arts. One AP Class and three college-level classes are offered to seniors

### *Mathematics*

Through the study of mathematics, all students become problem solvers and understand how math is applied to our complex world. Honors and advanced placement programs provide a flexible course of study. Both formal and informal academic support is available to meet the needs of all learners. Students can also participate in the Westchester County HS Math League and the American Mathematics Competition. Ninety percent of PMHS students take four or more years of high school math.

### *Music*

Performance opportunities are available in band, orchestra, and chorus. These groups also participate in the NYSSMA Majors Festival. Groups meet daily and perform at least two concerts per year. Advanced students may also audition for Jazz Band and Chamber Chorus. Approximately 30% of students participate in one or more groups. Students participating in the NYSSMA Solo Festival are eligible for participating in All-State and All-County Ensembles. Music Theory is offered for those seeking to further develop their musical understanding.

### *Physical Education*

Students choose from three different strands of curriculum each year: *Competitive Sports* in which students participate in team and individual competitive games and activities; *Lifetime Sports and Fitness*, which focuses on fitness-based activities and lifetime sports; and *Physical Education Challenge and Skill*, which includes more advanced skills and more intense levels of competition.

## *Science*

The Science Department believes that science instruction fosters objective critical thinking and instills confidence in students as they learn the skills and concepts that will enable them to take responsible risks. The students experience hands-on, student-centered activities that are relevant to them and support their future goals in high school, college, and career. All courses are lab-based and make use of inquiry investigations while also preparing students to become science-literate citizens. Course levels range from advanced placement/college level and college preparatory to courses requiring support.

## *Social Studies*

Social studies is the integrated study of the social sciences to promote social understanding and civic efficacy. Courses develop an appreciation and knowledge of the past and give students the tools to analyze the present. Students have the opportunity to think critically, to consider all points of view and to appreciate the diversity of their nation and the world. Students can fulfill their government course requirement by studying Politics, Criminal Justice, SUNY Criminal Justice, or Advanced Placement U.S. Government. Five AP classes, one Honors course and a variety of electives are offered. Students can also participate in the National History Day Competition.

## *Special Education*

Following a district policy to provide special education in the least restrictive environment possible, students receive services within the regular classroom through the consultant or inclusion model. Resource room support and a special class setting are offered when necessary.

## *Technology*

Practical understanding of the interactions among the disciplines of Science, Engineering, Technology, Art, and Mathematics (STEAM) are developed through a variety of course offerings. 3-D printing, desktop publishing, digital imaging, computer-aided drafting, video production, and animation are valuable skills in the current global workforce. PMHS technology courses introduce students to the latest technologies and practices. In addition, through hands-on activities, students develop an appreciation for industry design standards and current topics in the ever evolving world of technology.

## *World Languages*

Through the study of world languages, students are able to communicate in the target language, negotiate cultural differences, develop understandings of cultural and linguistic heritages, and become lifelong language learners and world citizens. French, Italian, Latin, and Spanish, Levels 1-5, are offered as well as Mandarin Chinese, Levels 1, 2, 3, 4/5. State-of-the-art world languages audio and computer labs provide opportunities for developing listening and speaking skills.

Approximately 19% of PMHS students are enrolled in levels IV and V. Students have the opportunity to participate in national language exam contests in the spring. The department recognizes seniors with 7 or more years of multiple language study at the Senior Awards Ceremony.

### *The Counseling Department*

The Counseling Department provides academic, personal, career, and college counseling throughout high school. A 9<sup>th</sup> grade counselor supports students in their transition to high school. Starting in 10<sup>th</sup> grade, each student is assigned to one of five counselors. The Department also sponsors pro-active outreach programs, which range from career seminars and numerous evening parent events to a College Application Boot Camp for seniors. The Counseling Department subscribes to the Naviance college and career program to help students plan for their future.

### *Library*

Individual, small group and class research activities make use of a comprehensive collection of print, non-print, and electronic resources while also encouraging life-long learning. A technology-rich learning environment instructs students in information literacy skills, including search strategies and the analysis, evaluation, organization, and application of all types of information.

### *Graduation Requirements*

REQUIRED SUBJECTS	CREDITS
English	4.0
Social Studies	4.0
Mathematics	3.0
Science	3.0
World Languages	1.0
Health	0.5
Art and/or Music	1.0
Electives	3.5
Physical Education	2.0
Writing Seminar	0.5
Service Learning (40 hours)	—
<b>TOTAL</b>	<b>22.5</b>



# COURSE OFFERINGS

New course offerings for 2021-22 are in **bold**

## ENGLISH

- A Study in Dramatic Literature: Adelphi
- Modern Drama
- English 9, 10 Regents/Hon.
- English 11 Regents
- AP English Language & Composition 11
- AP English Literature & Composition 12
- Comparative Fiction
- Literary NYC
- SUPA Presentational Speaking
- Theatre Arts
- Print Journalism
- Broadcast Production
- Creative Writing
- Film Studies
- SAT/ACT Preparation
- SUPA Academic Writing
- Writing Seminar

## MATHEMATICS

- Algebra, Algebra 1A, 1B
- Geometry, Geometry Honors, Geometry & Trigonometry
- Algebra 2 Trigonometry
- Algebra 2 Trigonometry Hon.
- Transition Algebra
- Pre Calculus
- Pre Calculus Hon.
- Intermediate Algebra
- Intro. to College Math
- Calculus
- Calculus Honors
- AB/BC Calculus AP
- Consumer Math
- Functions, Analysis & Trigonometry
- Discrete Math
- Applied Statistics
- AP Statistics

## SOCIAL STUDIES

- Global History/Geo. I, II Regents/Honors
- AP World History
- U.S. History/Gov't, Regents/AP
- European History AP
- Political Science Seminar
- Economics Seminar
- Criminal Justice
- Economics: Personal Finance
- Economics of Business
- Military History
- Psychology
- Psychology: SUPA/AP
- Sociology
- Hollywood: Spotlight on History
- Gov't & Politics/AP
- SUNY Criminal Justice
- Human Rights

## SCIENCE

- Biology: Living Env't Regents/Honors, Living Env't AP Biology
- Chemistry: Topics in Chemistry, Chemistry Regents/Honors & Chemistry AP
- Physics: Topics in Physics/Physics AP I, AP II
- AP Environmental Science
- Research (SUNY) I, II, III, IV
- Forensic Science (SUNY)

## WORLD LANGUAGES

- French 1, 2, 3, 4 & SUPA
- Italian 1, 2, 3, 4/5 & SUPA
- Latin 1, 2, 3, 4/5 & SUPA
- Spanish 1, 2, 3, 4, 4 Honors, 5, SUPA, & AP

## ART

- Mandarin Chinese 1, 2, 3, 4/5
- Studio in Art: 2-D Focus, 3-D Focus

- Studio in Drawing & Painting
- Studio in Ceramics I & II
- AP Art History
- Advanced Art
- AP Studio Art
- Design & Draw
- Applied Arts
- Yearbook Produc. & Print
- Art of Photography
- Advanced Photography
- Computer Graphics Art
- Adv. Computer Graphics
- 3-D Drawing
- Animation

## TECHNOLOGY

- Architectural Design
- AP Computer Science Principles
- Intro to Programming & App Design
- Intro to Programming & Robotics

## MUSIC

- Chamber Chorus
- Concert Chorus
- Jazz Band
- Band
- Orchestra
- Music Theory
- Competitive 9, 10, 11, 12

## PHYSICAL ED.

- Lifetime 9, 10, 11, 12
- PECS 10, 11, 12
- Science of Coaching
- Health
- Bridge

## MORE PROGRAMS

- BOCES
- English Language Learners
- Reading/Writing 9-12
- Math/Science Support 1,2

# A SAMPLE OF EXTRACURRICULAR ACTIVITIES/CLUBS

## *The AcaPelicans*

Student run acapella group. Auditions are held twice a year.

## *Art Club*

Provides opportunity for students to expand and apply their artistic talent and interests in an after school relaxed atmosphere.

## *Asian Culture Club*

The Asian Culture Club is an opportunity for students to participate in celebrations, movies, and field trips unique to the Asian cultures. Students may serve as officers and gain leadership experience. Fundraisers are conducted to defray the cost of activities.

## *Buddy Brunch*

The Buddy Bunch is a club dedicated to include Foundation Students in after-school activities to enhance their social skills and experience different social settings, foster student collegiality, and just have some fun.

## *Class of 2021*

The Seniors host a Halloween event for the community and plan for a Senior Talent Show and the Senior Prom.

## *Class of 2022*

The Junior class plans events with the officers and advisors, including the Junior Dinner Dance, sale of Ghost-o-Grams at Halloween and refreshments for the Senior Talent Show.

## *Class of 2023*

Sophomores work on fund raising

projects and school-wide events.

## *Class of 2024*

The Freshmen class sponsors many activities throughout the year, including car washes.

## *DOOR*

Encourages creative self-expression with the publication of student work in this high school literary/art magazine as well as hosts annual poetry cafe and school-wide writing/art contest.

## *Environmental Science Club*

Focuses on environmental issues and concerns through discussions, field trips, and activities.

## *Forensics/Speech Team*

Provides training for the development of public speaking skills through oral interpretations, duo interpretations, extemporaneous speaking and original oratories.

## *Mental Health Awareness Club*

Mental health Awareness Club strives to highlight the commonality of mental health disorders during the teenage years. The club works as a group to bring awareness to PMHS through events, discussions and art!

## *National Math Honor Society*

Recognizes students for excellence in math, promotes leadership, and fosters collegiality and mathematical service. Open to students enrolled in AP or Honors math who have successfully completed 1.5 years of high school or college level math.

# A SAMPLE OF EXTRACURRICULAR ACTIVITIES/CLUBS

## ***Math Team***

Solves challenging problems and participates in the Westchester Interscholastic Math League.

## ***Military History Club***

Examines the differences between strategy and tactics, basic strategic moves from ancient through modern times, and the role of factors such as generalship, supply, technology, and geography and weather on conflict.

## ***Model UN***

Studies and debates current events, topics in international relations, diplomacy and the United Nations agenda in conferences with other regional high schools.

## ***National English Honor Society***

Open to juniors or seniors who merit special recognition for their accomplishments in English.

## ***National Honor Society***

Open to juniors or seniors with an 89 or better unweighted average over two years who also demonstrate qualities of leadership, service, and character.

## ***National Science Honor Society***

Encourages interest and understanding in science and science-related careers in students who excel in science. Members help advance interest in science and tutor other students.

## ***Peer Leadership***

Trains students to work with new high school students and to tutor students.

## ***Peer Tutoring***

Provides students with a collaborative environment in which they can learn from one another. Students will have the opportunity to schedule appointments or drop in as needed. The room will serve as a supplement to academy period.

## ***Pel Mel***

Produces the official, award-winning newspaper of PMHS.

## ***Pelican Yearbook***

Provides hands-on experience in reporting, writing, editing, creating layouts and photographing for the PMHS award-winning yearbook.

## ***Rho Kappa Social Studies Honor Society***

Open to juniors and seniors who excel in social studies. Members exemplify high academic performance in school and service.

## ***Robotics Club***

Combines the excitement of sport with the rigors of science and technology. Under strict rules, limited resources, and time constraints, teams of students are challenged to raise funds, design a team "brand," hone teamwork skills, and build and program robots to perform prescribed tasks against a field of competitors.

## ***Science Olympiad Teams***

Promotes challenging academic competition that is also fun and calls upon students to demonstrate knowledge of a particular science

## A SAMPLE OF EXTRACURRICULAR ACTIVITIES/CLUBS

subject and skills, apply knowledge, solve problems as a team and/or design complex structures and machines.

### *Sock'n Buskin*

Working with teachers and guest artists, members develop skills of acting, writing, designing, construction, and stage management. Presents two productions annually and a Young Playwrights Festival.

### *Sock'n Buskin Art Crew*

Works with building and lighting crews in designing sets and props for two annual Sock'n Buskin productions

### *Student Association*

Meets regularly to discuss student government programs and problems, organize events, and encourage school spirit.

### *Tri-M Music Honor Society*

Recognizes music students for their musical ability, academic excellence, school involvement, and community service in music.

### *WISE - Wise Individualized Senior Experience*

Provides seniors with the opportunity to design a project in which they explore a topic of personal interest while working with an adult mentor.

### *World Language National Honor Societies*

Open to Level 4 or 5 year students with a 90 or better average and overall GPA of 80. Peer tutoring is required.

### *World Language Clubs in French, Italian, Spanish, Latin and Asian Culture*

Offer students at all levels opportunities to participate in celebrations, cooking, movies and field trips unique to the culture of their respective language.

### *Women's Empowerment Club*

Open to all students 9-12 and is dedicated to advocating for the intersectional and gender equality in our own community and worldwide. Through group discussions, guest speakers, and fundraisers, WEC seeks to achieve these goals.



# ATHLETIC TEAMS

## *Fall*

Varsity Cross Country	Boys & Girls
JV/Varsity Field Hockey	Girls
JV/Varsity Football	Boys
JV/Varsity Soccer	Boys & Girls
Varsity Swimming & Diving	Girls
JV/Varsity Tennis	Girls
JV/Varsity Volleyball	Girls
Varsity Cheerleading	Girls/Boys

## *Winter*

JV/Varsity Basketball	Boys
JV/Varsity Basketball	Girls
JV/Varsity Ice Hockey	Boys/Girls
Winter Track	Boys & Girls
Varsity Cheerleading	Girls/Boys
Varsity Swimming	Boys
Freshman Basketball	Boys

## *Spring*

JV/Varsity Baseball	Boys
JV/Varsity Lacrosse	Boys
JV/Varsity Lacrosse	Girls
JV/Varsity Softball	Girls
JV/Varsity Tennis	Boys
Varsity Golf	Boys & Girls
Varsity Track & Field	Boys & Girls
Varsity Crew	Boys & Girls
Varsity Rugby	Boys

## *Contacts*

### **For More Information**

**738-8110**

- Principal: Mark Berkowitz ext. 1123
- Assistant Principal: Bethany Antonelli ext. 1120
- Art: Devon Fallon ext. 1225
- Athletics: Christian Hodge ext. 1105
- Bridge: Jeanette Connolly ext. 1398
- English: Maria Thompson ext. 1108
- World Languages: Valerie Lakestream ext. 1114
- Counseling: Eugene Farrell ext. 1104
- Library: Joaquim Martins ext. 1119
- Mathematics: Tom Callahan ext. 1267
- Music: Maria Abeshouse ext. 1212
- Physical Education: Mark Finegan ext. 1178
- Science: Tom Callahan ext. 1267
- Social Studies: Maria Thompson ext. 1108
- Special Education: Greg Lau ext. 1107
- Technology: John Sebalos ext. 1194

**School Web Site: [pmhs.pelhamschools.org](http://pmhs.pelhamschools.org)**

*To contact faculty:* Use first initial of first name followed by last name @pelhamschools.org  
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