



March 2021

# PARKLAND HIGH SCHOOL

## Parent Newsletter



*All information is subject to change*

From  
the  
principal's  
desk

### PHS Announces 2021 National Merit Finalists

Dear Parents:

Each year Parkland High School is proud to recognize the superior academic performance of a select group of students. This year the following fifteen seniors have been named National Merit Finalists: **Suchir V. Agarwal, Taran R. Anantasagar, Pranav Balabhadra, Meaghan Q. Crites, Stephanie L. Dean, Alexander J. Gannon, Udit Garg, Prathysha O. Kothare, Ankit Lenka, Akshatha Manjunatha, Ankhitha Manjunatha, Krishna Narramneni, Samuel J. Oxfeld, Janam B. Patel, and Alexander G. Tang.** Out of the 1.5 million students who entered the National Merit Scholarship Program, these fifteen Parkland students represent some of the last 15,000 finalists who are competing for 7,500 merit scholarships. The administration, faculty, and student body congratulate the finalists and their parents for this outstanding accomplishment.

Our school counselors are diligently meeting with students to complete the course registration process. I want to assure parents that every student will be seen – virtually this year - by a school counselor to review next year's course requests.

*Continued on page 2*

# From the principal's desk

*Continued from page 1*

We appreciate everyone's flexibility and patience throughout this process as we try to make plans for next year's opening of school. A course registration verification process will occur at the start of the marking period 4 for any parent who wishes to make any changes to their student's course requests. **Please remember that any changes to a student's schedule for next year must be requested no later than June 1.** Further requests for schedule modifications will only be considered during the drop/add period once the students return to school in August.

The school board recently adopted our **2021-2022 school calendar** and so you can plan accordingly. Please note the first week of school is a four-day week slated to begin Monday, August 30 and conclude on Thursday, September 2. In observance of Labor Day, school will be closed Friday, September 3 and Monday, September 6.

**One important note for seniors** - on Tuesday, May 25, Parkland High School will virtually hold its annual Academic Scholarship Recognition Ceremony to honor students who have received merit-based scholarships, totaling a minimum of 25% of the cost of tuition at the college/university that they will be attending. Many of your children have established incredible resumes through academic and extracurricular excellence; if your child has received scholarships which qualify to the 25% standard, please submit your child's form (found on page 20 of this newsletter) so we can celebrate their outstanding awards.

For all of us, spring is always an incredibly fun and celebratory time for seniors. **We have a date slotted for our graduation commencement ceremony - Tuesday, June 8.** Exactly what the ceremony will look like and where it will be held is still on the table as the senior class officers have been meeting with high school administrators to prepare possible options based upon the seating capacity guidelines available. We are exploring several options and we truly hope and desire to have an event for the entire class of 2021 and their parents. **Prom** is another challenge, and we are preparing several options as well. We will communicate our plans as best we can, but are trying to remain as flexible as possible in the event any lifted restrictions could significantly change our plans for the betterment of our students.

Sincerely,



James E. Moniz II  
Principal  
Parkland High School  
[monizj@parklandsd.org](mailto:monizj@parklandsd.org)

## E-Learning Wednesday's 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 8	1:40 — 2:12
Period 9	2:17 — 2:50



## March Hybrid Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>28</u>	1 Day 2 A-L	2 Day 3 A-L	3 Day 4 eLearn	4 Day 5 M-Z	5 Day 6 M-Z	<u>6</u>
<u>7</u>	8 Day 1 A-L	9 Day 2 A-L	10 Day 3 M-Z	11 Day 4 M-Z	12 Professional Development Day	<u>13</u>
14	15 Day 5 A-L	16 Day 6 A-L	17 Day 1 eLearn	18 Day 2 M-Z	19 Day 3 M-Z	<u>20</u>
<u>21</u>	22 Day 4 A-L	23 Day 5 A-L	24 Day 6 eLearn	25 Day 1 M-Z	26 Day 2 M-Z	<u>27</u>
28	29 Day 3 A-L	30 Day 4 M-Z	31 Day 5 M-Z	1	2	<u>3</u>

Any changes will be posted on the school website and communicated via Schoology and School Messenger.

## 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.



# Counseling corner

## Junior athletes: NCAA Eligibility Center

Students who plan on playing a Division 1 or Division 2 sport in college should register with the NCAA Eligibility Center following completion of their junior year in high school. At the end of the student's junior year, a transcript that includes grades for six semesters should be requested through the Parchment Exchange eTranscript Service. Additionally, students should have their SAT or ACT scores forwarded directly to the Eligibility Center (by using code "9999") whenever they take the exam. Students can access the Eligibility Center website at [www.eligibilitycenter.org](http://www.eligibilitycenter.org) for additional information.

## Juniors: Don't forget to sign up for the SAT or ACT

Juniors are reminded that sign-ups for the SAT Reasoning Test, SAT Subject Tests and the ACT are currently in progress. May and June testing dates are still available for all tests. Registration for the SAT can be completed on the College Board website at [www.sat.org/register](http://www.sat.org/register). Registration for the ACT can be completed online at [www.actstudent.org/start](http://www.actstudent.org/start).

## Juniors and Seniors: virtual Job/Volunteer Board available March 1

Each year Parkland High School hosts a Job/Volunteer Fair for students in grades 11 and 12. We are unable to hold an in-person event this year, but want to be able to share local job/volunteer postings with our students in grades 11 and 12. On Monday, March 1, 2021, a Virtual Job/Volunteer Board goes "live" and juniors and seniors will have opportunity to view a variety of job/volunteer postings throughout the first two weeks of March (March 1-March 14). As in years past, students will be working on creating and/or polishing their resume in their social studies class. Please encourage your student to take advantage of this unique collaborative effort with community employers.

*The link to the Job/Volunteer Board will be shared with students through their Social Studies teachers.*



## College admissions testing calendar

The SAT Reasoning Test will be given at Parkland High School on **March 13**.



# Summer Enrichment 2021

Any student who is interested in taking a summer enrichment course (for advancement purposes) must complete a Summer Enrichment Application - Summer 2021. The information packet includes details about our summer enrichment program and also a detailed list of the math courses that we'll be running at PHS this summer.



## Students in grades 9-11

Current PHS students in grades 9-11 should read the informational packet that can be accessed [here](#).

Current PHS students can complete the online application by going [here](#).

## Students in grade 8

Students currently in grade 8 at OMS and SMS can view the middle school informational packet at the following links:

**OMS students** - [here](#)

**SMS students** - [here](#)

Students currently in grade 8 can complete the online application by going [here](#).

## Deadline

The due date for completing the online summer enrichment application and remitting payment (for PHS math courses only) is **Friday, April 16, 2021**. This due date applies to all students, both those in middle school and those who currently attend PHS.



## Freshmen: Driver Education Theory course (summer 2021)

Please visit [this link](#) and click on "Driver Education Theory - Summer 2021 - Information and Registration" to learn more about your available options, costs, dates and times, and how to sign up for the course. If you plan to take the PHS Driver Education Theory course, the Google form must be completed and payment received by **Friday, June 4, 2021**.

If you plan to take the course through CLIU #21, be sure to complete the Google form by **Friday, June 25, 2021**. The Google form can be accessed [here](#).

If you have additional questions, please contact Mrs. Bennick, Assistant Principal, at [bennickt@parklandsd.org](mailto:bennickt@parklandsd.org) or 610-351-5600.

## Speak to someone

To discuss if summer enrichment is right for your child, please speak with his/her middle school/high school guidance counselor OR with the assistant principals who oversee summer enrichment approvals:

**OMS** - Mr. Stoudt, [stoudtt1@parklandsd.org](mailto:stoudtt1@parklandsd.org) or 610-351-5750

**SMS** - Dr. Sandt, [sandtj@parklandsd.org](mailto:sandtj@parklandsd.org) or 610-351-5700

**PHS** - Mrs. Bennick, [bennickt@parklandsd.org](mailto:bennickt@parklandsd.org) or 610-351-5600



# Upcoming events

Monday

1

Virtual Job/Volunteer Board available to junior and seniors  
Start of National Inclusion Week

Monday

8

Spring sports begin

Tuesday

9

Post Prom Committee meeting 7 PM (virtual)

Friday

12

School closed — Professional Development Day

Saturday

13

SAT testing 7:45 AM

Sunday

14

Daylight Savings Time begins — clocks spring forward by one hour  
Happy Pi Day

Wednesday

17

Happy St. Patrick's Day

Saturday

20

First day of spring

Wednesday

24

Parent Forum Spring Workshop 7 PM (virtual)

Thursday

25

Spring SAT Prep Course registration ends 3 PM

Monday

29

Spring SAT Prep class 3-5 PM or 6:30-8:30 PM (virtual)

Wednesday

31

Spring SAT Prep class 3-5 PM or 6:30-8:30 PM (virtual)

# *Congratulations*

Future Business Leaders of America (FBLA) inspires and prepares students to become community-minded business leaders in a global society through relevant career preparation and leadership experiences.

The following PHS students competed in eastern region FBLA competitions mid-February and are moving on to state-level competition:



**Varsha Borkar** - introduction to event planning  
**Anshul Dadayyapally** - supply chain management  
**Rujula Deshmukh** - introduction to event planning  
**Arti Dhareshwar** - business communications  
**Shlok Dholakia** - entrepreneurship  
**Alexander Forgosh** - international business  
**Reva Ghandi** - introduction to financial math  
**Ananya Gope** - introduction to event planning  
**Anshika Gupta** - insurance and risk management  
**Vishruth Hanumaihgari** - entrepreneurship  
**Dinishi Heenatigala** - website design  
**Rahul Jasapara** - introduction to business procedures  
**Kharan Joshi** - sport management  
**Vaishnavi Joshi** - broadcast journalism  
**Riva Kaneria** - introduction to event planning  
**Raheem Khondaker** - political science  
**Harrison Kim** - international business  
**Sanika Kothari** - introduction to business communication  
**Evan Lan** - introduction to business communication  
**Michael Li** - business law  
**Adrian Maghacot** - personal finance  
**Akshatha Manjunatha** - health care administration  
**Ankhitha Manjunatha** - cyber security

**Sana Nauman** - public service announcement  
**Oludemilade Olatilo** - social media strategies  
**Prince Patel** - entrepreneurship  
**Forum Patel** - e-business  
**Joseph Peng** - introduction to information technology  
**Uma Purani** - organizational leadership  
**Areea Rahman** - social media strategies  
**Sathvika Rajkumar** - introduction to business communication  
**Rishika Rohatgi** - impromptu speaking  
**Kubra Saymaz** - broadcast journalism  
**Shashwat Sharma** - computer games and simulation programming  
**Alexander Spero** - international business  
**Aishwarya Suresh** - health care administration  
**Sooraj Tharumia** - introduction to information technology  
**Agnes Thumma** - website design  
**Kevin Tong** - advertising  
**Veda Vundela** - business calculations  
**Ella Wu** - public service announcement  
**Hana Yang** - social media strategies  
**Mary Zaher** - website design





## *Congratulations*

Congratulations to the following students who qualified to audition for the **PMEA All-State Music Festival**:

**Jordan Bucks** - clarinet (band and orchestra)  
**Isabella Landis** - euphonium (band)  
**Jared Lazansky** - euphonium (band)  
**Owen Replogle** - trumpet (band)  
**Mitchell Roth** - band and orchestra (trumpet)  
**Alexander Tang** - band and orchestra (clarinet)

Congratulations to the following PMEA District Orchestra students who qualified to audition for **PMEA All-State Orchestra**:

Violin: **Suchir Agarwal, Anam Ali, Jane Cho, Joshua Chou, Erin Joo, Lucas Lee, Sophia Lee, Dhivya Shepherd, and Ella Wu**  
 Viola: **Victor Cai and Ee-Ning Ooi**  
 Cello: **Kevin Tong**  
 Bass: **Isaac Daniels**

Congratulations to the following students who have qualified to audition for **PMEA All-State Chorus**:

Soprano: **Michaiah Watkins**  
 Soprano 2: **Luciana Carnero, Paige Herman, Rachel Kanter and Brenna Pelizzoni**  
 Alto 1: **Sara Ayad**  
 Alto 2: **Catharine Aboulhoda and Emily Bachl**  
 Tenor 1: **Luke Saad**  
 Tenor 2: **Brycen Geiger, Robert Moore and Carter Sachse**  
 Bass 1: **Jovanne Cortez, Zachary Evans and Marcus Shin**

# Visual and performing arts

Well, February certainly made its impact felt everywhere in the district, but in between snowstorms and delays, the A-wing still managed to be a busy and creative space for our PHS students.

With the many challenges created by this year, both the **Indoor Color Guard** and **Indoor Percussion** groups are going to spend their spring training and perfecting their skills even though there will be no competitions this year. This will help our underclass students continue to build their dexterity and prepare them for the future.

**The Trojan Art Gallery** will feature the crafts, photography, and computer graphics of PHS Art students during the month of March.



Students from Theater 2, 3, and 4 are competing to represent Parkland in **The English-Speaking Union National Shakespeare Competition** held in Philadelphia. They must declaim one of Shakespeare's 154 sonnets as well as prepare a monologue from their 2021 selections. Theater students are also preparing to compete again in March in the **Pennsylvania Shakespeare Festival** held annually at DeSales University.



# JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

PHS to present the  
spring musical

There is exciting news on the theater front.

The high school will present *Joseph and the Amazing Technicolor Dream Coat* at the end of May. A musical comedy with lyrics by Tim Rice and music by Andrew Lloyd Webber, the story is based on Joseph's "coat of many colors" from the Bible's book of Genesis. This was the first Lloyd Webber and Rice musical to be performed publicly. Filled with delightful music and dance, this is indeed an event for the whole family.

The show will be filmed live on the Parkland stage and then will be streamed so that it can be viewed virtually at specific dates and times.

Additional information regarding show times and how to purchase a virtual pass will be in next month's newsletter.



# LIVESTREAMING

## CLICK HERE



## Athletic news

### Winter sports

Winter sports regular season is complete with the district playoffs around the corner for most teams. **Wrestling** concluded their season with a 4-2 record. Other records are:

**girls basketball** 11-2      **boys basketball** 10-3  
**girls swimming** 10-0      **boys swimming** 8-2

### *Congratulations*

Congratulations to **girls basketball**, **boys basketball** and **girls swimming** on winning the EPC Lehigh County Divisional Championship.

District swimming will be held at PHS on March 6. The district finals for the girls and boys basketball teams will be held at the PPL Center in Allentown on March 11.



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

### *Congratulations*

### Eastern Pennsylvania Conference scholar athlete nominees 2020-2021

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**  
Boys basketball – **John Siggins**  
Girls basketball – **Lindsay Berger**  
Cheerleading – **Samantha Massad**  
Boys swimming – **Shawn Kushner**  
Girls swimming – **Olivia Stevenson**  
Wrestling – **Garrett Fitzgerald**

### *\* Congratulations*

Congratulations to **Mustapha Salau** on winning the Overall EPC Boys Soccer Scholar Athlete.

# 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 COVID-19, please see the [district website](#).

**DON'T LET  
YOUR  
GUARD  
DOWN**



## 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/she is experiencing any of the following symptoms:

Fever of 100 degrees or more

Vomiting/Diarrhea

Severe head cold

Persistent cough

Severe sore throat

Students should not return to school until they are fever free for 24 hours without the use of fever reducing medications.

These are the same criteria the Health Room uses as a guideline when sending students home ill from school.



## Juniors

All eleventh-grade students (hybrid and online) should return their completed physical forms to the Health Room as soon as possible. If you plan to have your student's physical done by the school physician, you need to notify the Health Room by **March 8, 2021**.

### Immunization Requirement:

The meningitis vaccine is required on or after your student's 16th birthday. Students in grade 11 will be required to have this immunization on the first day of their senior year at Parkland High School. The 11th grade physical is a good time to make certain this immunization is completed.

## Sophomores

All tenth-grade students will soon receive paperwork for completing their mandated physical for the eleventh grade. This can be done at the time your student gets their physical for their driver's permit, but may not have been completed before July 1, 2020. The form for the school physical you receive is the preferable paperwork to be completed. However, copies of the physical forms used for the driver's permit are accepted for the student's school physical. Please return the choice form to the Health Room as soon as possible to indicate how the physical will be completed. Forms are available on the [PHS website](#).



# Library lines

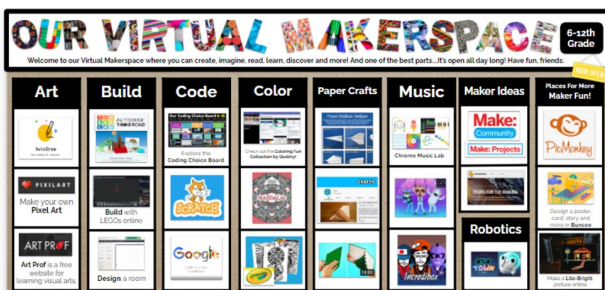


## Collaboration with PLTW Biomedical Science program

Last year the Parkland Education Foundation awarded the library a grant to build a medical makerspace for students from the Biomedical Science Project Lead The Way (PLTW) to design medical projects. Due to this unusual year, the makerspace has been closed. Not to be deterred by this, Mrs. Laura Kowalski assigned a project for her students to create a shopping list of medical makerspace items for future Bio-Med PLTW students. The picture above captures the moment the students are told they have funds to purchase items for the project. As always, the library appreciates all the support we receive from the Parkland Education Foundation.

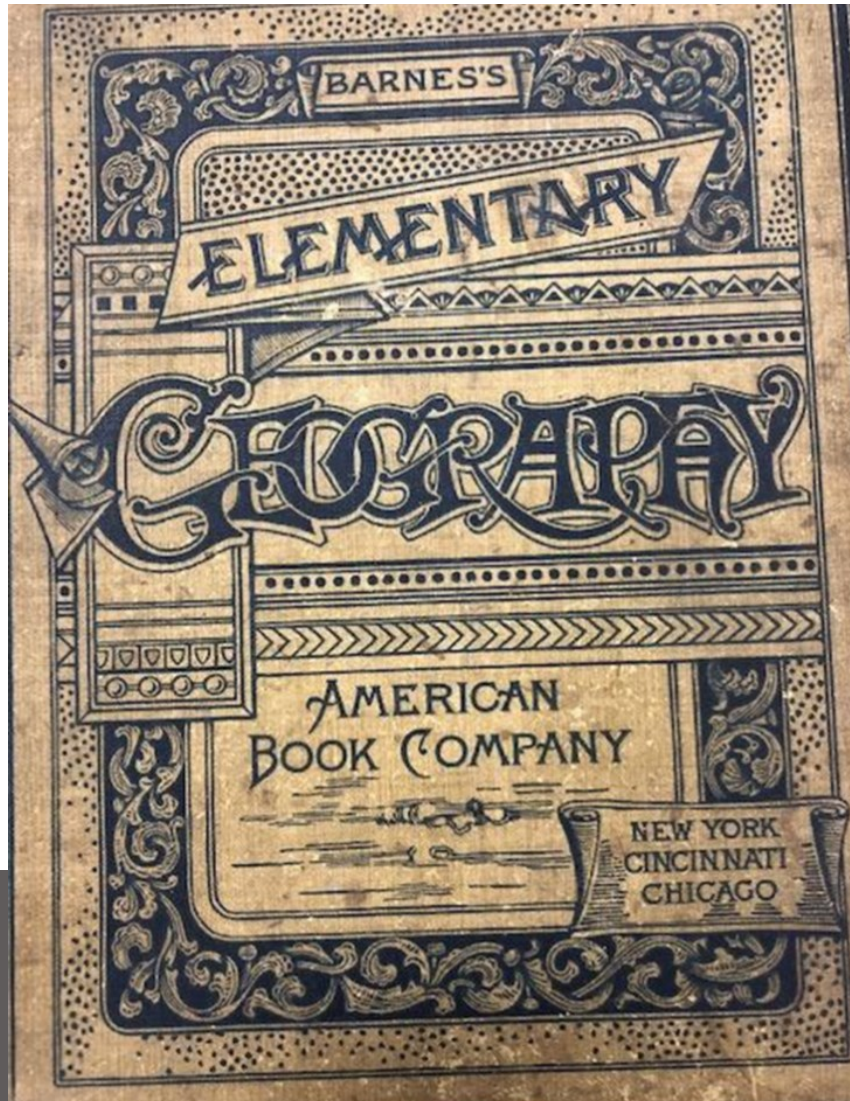
## Virtual makerspace available

We have posted an online virtual makerspace for students to explore their creative side from home. Students can access this link from the Library Media Center group in Schoology.





From the archives  
*The oldest artifact*



This geography textbook published in 1886 is the oldest artifact in our archive to date.  
Even as early as 1902 we were tracking the return of textbooks.

# Driver's Education



## Welcome second semester sophomore Driver Ed students and parents

Here is some general information about the 'Theory' Class if you are a student this semester:

All **course materials** are posted in the Schoology Driver Ed folder. You will find an introductory video, PowerPoint, and assessment packet for each unit.

A **weekly agenda page** should be your guide for daily Google Meets and assignments for the day.

Students are to participate in **Google Meets** each time they are scheduled.

## Certificates of completion ready for pick up

Students who have completed their theory course last year or during the fall semester can pick up their completion certificates in D133. These certificates are needed if you wish to take the Behind-the-Wheel driving lessons and should also be given to your insurance agent when you get your license.

## Freshmen can take the theory course over the summer

Current students in grade 9 are eligible to take the classroom theory course over the summer if they wish to lighten their course load during their sophomore year. Registration information for the Summer 2021 Driver Education Theory Course can be found on page 5 of this newsletter.





## Safe winter driving tips to review with your new driver

### Get your car serviced

Visit your mechanic for a tune-up and ask a professional to check for leaks, badly worn hoses, or other needed parts, repairs, and replacements.

### Check for recalls

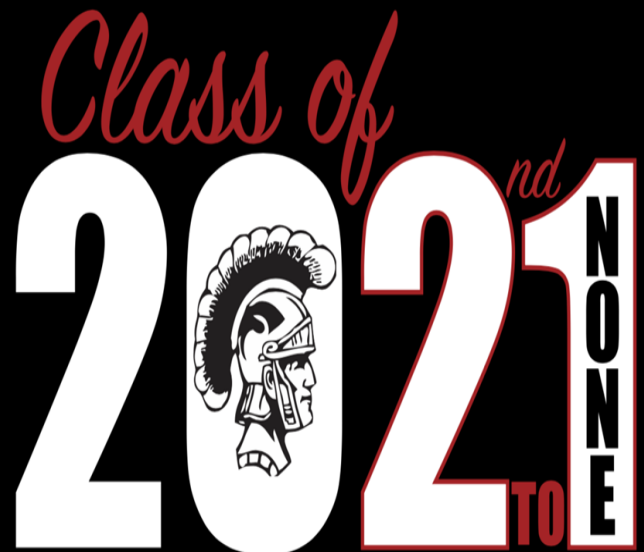
The National Highway Traffic Safety Administration (NHTSA) has a Recalls Look-up Tool that lets you enter a Vehicle Identification Number (VIN) to quickly learn if your vehicle has a critical safety issue that has not been repaired, and how to get that repair done for free. Check [www.nhtsa.gov/recalls](http://www.nhtsa.gov/recalls).

### Read your owner's manual

Read your vehicle's manual to familiarize yourself with the safety features on your vehicle (such as antilock brakes and electronic stability control) and how the features perform in wintry conditions.

### Plan your travel and route

Before heading out, make sure to check the weather, road conditions, and traffic. Do not rush. Allow plenty of time to get to your destination safely. Always familiarize yourself with directions and routes before you go, even if you use a GPS system, and let others know your route and anticipated arrival time.



## 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](mailto:grethj@parklandsd.org).

Please include:

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1. name and ID number         | » deliver to classroom <b>or</b> |
| 2. shirt selections and sizes | pickup in school lobby.          |
| 3. delivery choice »          |                                  |

# Student Assistance Program (SAP)

## Motivating your teen during COVID-19

As we continue to march through a challenging year for our teens, we may find ourselves a little burned out and impatient. Please remember that you are not alone. We are all experiencing challenges with our children.

The following tips may help to keep your teen motivated:

### Don't assume

Don't assume that their lack of motivation or hesitation to start on a project is laziness. Ask how they're doing and genuinely listen to their answer. If they're depressed, anxious, or dealing with other personal issues, it can be hard for them to focus on their work.

### Know what matters to them

Knowing what's important to your teen is crucial. Igniting their internal motivation will be far more effective than trying to apply external motivation by giving them a reason of your own.

### Help them understand the why

It's important to connect the things they need to do to that short-term or long-term goal that matters to them. It might be obvious to us as parents why their math or English homework needs to be completed, but we need to highlight its connect to something **they** want. A short-term benefit could be that they will earn a privilege from you, such as watching movies or playing video games, by completing the task. A long-term benefit could be graduation, and therefore being done with high school, or being able to get into the college they want. An even more long-term benefit could be connected to the career they have in mind. But we need to make the connection apparent, because teens tend to be very present-focused.

### Avoid the phrase "because I said so"

That explanation isn't sufficient for us as adults, and our teens are young adults or are at least becoming young adults. If we're expecting more maturity from them, we should treat them as we would treat more mature people. We wouldn't tell our spouse or

partner  
because I said  
so," and it's  
important to  
not use that  
reasoning  
with our  
teens.

### Ask for their input

When it comes to chores or helping around the house, teens will be more

motivated to help if you have a dialogue with them and allow them to choose chores from a list you provide. It still allows you to ask them to do some of the thing you need done, but it empowers them with a choice. You can also allow them to choose when and how the task is done, provided that you make it clear what the final deadline for completion is.

### Help them organize and remember

Teens can sometimes forget assignments and responsibilities, especially when they're feeling distracted or overwhelmed by difficult situations. Figure out what type of organizer, calendar, and/or notepad app they can install on their phone to set reminders. This will provide reminders for them without you having to do it, and it empowers them to be at least partially responsible for organizing their lives. Putting it on their phone is ideal because of how much of their lives is connected to their devices.

### Don't fear failure

Mistakes can be an incredible teaching tool. Let them know that mistakes are part of the learning process and encourage them to not expect perfection from themselves. Progress should be the focus rather than perfection. If they do make a mistake, sit down with them and ask them what they feel like they want to do differently next time.

### Celebrate achievements

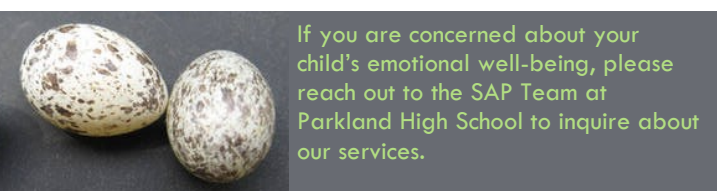
Recognize their achievements and acknowledge their efforts. Highlight their strengths and the improvements you see them making. Sometimes teens become heavily focused on their flaws, and it's important for us to make them aware of their strengths and accomplishments.

### Let them have fun

Make sure they're setting aside time to do the things that refuel and recharge them. They will be far more motivated to get things done if they're enjoying life and know that after the work they'll have the chance to do something they love.

### Be patient

Being a teen and being a parent are both learning processes. It's important that we're patient with our teens and with ourselves as well. We're truly in this together.



If you are concerned about your child's emotional well-being, please reach out to the SAP Team at Parkland High School to inquire about our services.

Article information from [notMYkid.org](https://notMYkid.org)



# Congratulations

**Gwendolyn Houser**, a Parkland student in LCTI's Emerging Health Professionals program was accepted to the United States Military Academy at West Point. Her goal is to become a surgeon in the United States Army.



Every senior should have a  
2021 *Par Key* yearbook

The price is \$85+ tax  
from now through **April 25**.

*This will be the last day  
for advance orders.*



Yearbook  
information  
is available  
on the PHS  
[website](#).

# Class dues



Class dues are a one-time-only payment of \$20 during your student's high school career. Cash or checks are acceptable forms of payment. Checks should be made payable to Parkland High School and should reference your student's graduating class in the memo line.

Class dues should be delivered to the attention of your student's class advisor. Please contact the class advisor with any questions.

**\* Seniors: Class of 2021 dues must be paid by April.**

CLASS  
of  
2021

Senior class advisor  
Mr. Jay Greth  
Room C146  
[grethj@parklandsd.org](mailto:grethj@parklandsd.org)

CLASS  
of  
2022

Junior class advisor  
Mrs. Sarah Yenser  
Room C241  
[yensers@parklandsd.org](mailto:yensers@parklandsd.org)

CLASS  
of  
2023

Sophomore class advisor  
Mrs. Amanda Keifer  
[keifera@parklandsd.org](mailto:keifera@parklandsd.org)

CLASS  
of  
2024

Freshmen class advisor  
Miss Casey Gruver  
[gruverc@parklandsd.org](mailto:gruverc@parklandsd.org)

# Spring 2021 SAT PREP COURSE

for Juniors and Sophomores

After school session  
(3PM-5PM) or  
Evening session  
(6:30PM-8:30PM)

Parkland High School will offer an SAT Prep Course this spring to help students prepare for the SAT Exam that will be administered on **Saturday, May 8, 2021**. Students who participate in this course will receive preparation for both the **verbal** and **math** portions of the SAT exam. The verbal classes will help students prepare for the verbal section of the SAT by providing practice, test taking strategies, and test simulation in the areas of critical reading, evidence-based writing, and contextual vocabulary. The math classes will help students prepare for the math section of the SAT by providing practice, test taking strategies, and simulated test taking in the areas of algebra, geometry and trigonometry including problem solving, data analysis, and practice in ratios, rates and proportional relationships.

Due to the COVID-19 pandemic, all Spring 2021 SAT Prep classes at PHS will be offered virtually only. There will be no face-to-face instruction. The course will consist of 10 two-hour sessions, five for each of the verbal and math components of the SAT exam. Students may register for one SAT prep session. Either an after-school session (3PM - 5PM) or an evening session (6:30PM - 8:30PM).

The following schedule will be utilized for our virtual SAT Prep Course this spring:

	Last Names A-L	Last Names M-Z
Monday, 3/29	Verbal	Math
Wednesday, 3/31	Math	Verbal
Wednesday, 4/7	Verbal	Math
Wednesday, 4/14	Math	Verbal
Monday, 4/19	Verbal	Math
Wednesday, 4/21	Math	Verbal
Monday, 4/26	Verbal	Math
Wednesday, 4/28	Math	Verbal
Monday, 5/3	Verbal	Math
Wednesday, 5/5	Math	Verbal

**Note:** There will be no class on Monday, April 5 due to the spring holiday or Monday, April 12 due to Ramadan.

## Important information about the course

The 10-class session virtual course will begin on Monday, March 29, 2021, and continue through Wednesday, May 5, 2021. Classes will be held Mondays and Wednesdays.

Students will have a choice of an after school session from 3PM - 5PM or an evening session from 6:30PM-8:30PM as seen in the schedule.

Classes will be held via ZOOM or Google Meet at the discretion of the instructors. The instructors will communicate the ZOOM or Google Meet link to enrolled students.

In the interest of scheduling, students may only select one session, after-school or evening, and may not combine after-school and evening sessions.

The cost for the 10-class session is \$90 to cover class materials. Checks should be made payable to Parkland School District. Please mail the check to Parkland High School, attention Janice McLeod or drop off your payment in the designated drop box at the front desk of the Main Office.

Register for the class using the Spring 2021 SAT Prep Course Registration form on the [school website](#).

**The course registration deadline is Thursday, March 25, 2021 by 3PM.** Registration is on a first-to-sign-up, first-to-pay basis only, so register early as space is limited.

Students will need to pick up an SAT Prep Book for this class, which is theirs to keep. The book will be available for students who have completed the online registration AND whose payment has been received.

The SAT Prep Book will be available for students to pick up from March 15 through March 26.

- Hybrid students: Please pick up your book in the Main Office when you are scheduled to be in school.
- Online students: Please pick up your book at the school via the Main Office entrance on one of the following days between 8AM-3PM:

Wednesday, March 17  
Monday, March 22  
Wednesday, March 24.

Once a student receives their SAT Prep Book, the \$90 fee is non-refundable.

If you have any questions, please contact Janice McLeod at 610-351-5900 ext. 73508 or e-mail [mcleodj@parklandsd.org](mailto:mcleodj@parklandsd.org).

# Academic Scholarship Recognition

On Tuesday, May 25 at 3:30 PM, Parkland High School will hold an Academic Scholarship Recognition Ceremony (possibly virtual) to honor students who have received merit based scholarships. To participate in this event a student must be receiving a minimum of 25% of the cost of tuition at the college/university that he/she will be attending. If your son/daughter is eligible for Academic Scholarship Recognition, please fill out the remainder of this form and return it, along with the letter/email you received from your college/university verifying your merit based scholarship, to Principal Moniz's office no later than April 30, 2021. If you have any questions, please call 610-351-5600 extension 73501.

Student Name: \_\_\_\_\_

Address: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

College/University: \_\_\_\_\_

Tuition/Cost: \_\_\_\_\_

Scholarship Amount: \_\_\_\_\_

Is the Scholarship?

(    ) 25% Minimum

**OR**

(    ) Full Scholarship



# STEP – TEENS Parenting

Provided by Center for Humanistic Change, Inc.

## Registration is Required

Register  
at

[STEP Teen Registration](#)

For more information, please  
contact:

Maria Alonso-Tomlinson  
Community Outreach &  
Senior Prevention Specialist  
[mtomlinson@thechc.org](mailto:mtomlinson@thechc.org)

### **Mission Statement**

*We give people, especially  
youth, the knowledge and  
tools they need to make  
better-informed and more  
positive life choices.*

"This project is funded, in part, under a contract with the  
Pennsylvania Department of Drug and Alcohol Programs  
with Lehigh and Northampton County Drug and Alcohol."



555 Union Blvd., 2<sup>nd</sup> Floor  
Allentown, PA 18109  
**Phone:** 610.443.1595  
**Fax:** 610.443.1598  
**E-mail:** [www.thechc.org](http://www.thechc.org)



TOM WOLF, GOVERNOR |  
JENNIFER SMITH, SECRETARY

A weekly opportunity to learn and meet other parents!

Time: 6:00 p.m. – 7:30 p.m.

Location: VIA ZOOM

Click on our website for zoom information!

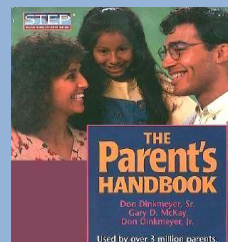
**Free of charge!!!**

### Dates:

Tuesday, March 9, 2021	<u><a href="#">Understanding Yourself and Your Teenager</a></u>
Tuesday, March 16, 2021	<u><a href="#">Changing Your Response to Your Teen</a></u>
Tuesday, March 23, 2021	<u><a href="#">Communicating Respect &amp; Encouragement</a></u>
Tuesday, March 30, 2021	<u><a href="#">Encouraging Cooperation &amp; Solving Problems</a></u>
Tuesday, April 6, 2021	<u><a href="#">Using Consequences to Build Responsibility</a></u>
Tuesday, April 13, 2021	<u><a href="#">Deciding What to Do: Part 1</a></u>
Monday, April 20, 2021	<u><a href="#">Deciding What to Do: Part 2</a></u>

**Systemic Training for Effective Parenting (STEP)** is an interactive practical approach to parenting and handling challenging behaviors.

Professionals have used this evidenced based parenting program for over 30 years, with over 4 million participants to date. The program promotes improved communication and relationships.



**Presented by: Center for Humanistic Change, Inc.**



*Parents*

---

*Thank you*  
**FOR YOUR SUPPORT**

---