



# Tiger Tracks

February 2023  
www.akronschools.org

## A message from the Principals:

Did you see the statistic that Buffalo has had only eleven days of sunlight since December 1st? Ugh! The good news is we have started the second semester and the days are getting longer. Spring will be here in no time. As we start the 2023-2024 scheduling process, did you know (**Parents, you will appreciate this!**):

- Juniors and Seniors may choose to enroll in Personal Finance for college credit. The cost of this dual enrollment course is approximately \$290 and the student will be awarded by SUNY Erie College.
- Starting in Fall of 2023, Juniors and Seniors may choose to take Psychology for college credit. The cost of this dual enrollment course is approximately \$260 and will be awarded by Hilbert College.
- We have also partnered with Niagara University to offer HIS 104 through Advanced Placement United States History (APUSH). Students in 11th and 12th grade may choose to take this Advanced Placement (AP) class for college credit. The cost of this college course is approximately \$265 and college credit will be awarded by Niagara University.

Please contact your child's counselor for more information.

We are very excited to announce Akron Athletics will be offering Girls Flag Football **THIS SPRING!** Stay tuned for more information coming from our Athletic Department.

Parent Teacher Conferences are scheduled for Thursday, February 16, 2023 (4:30-7:30) and Friday, February 17th. For more information, please visit [www.akronschools.org/PTConf](http://www.akronschools.org/PTConf).

Nya:wëh and GO TIGERS!



### School Store

The School Store has some very exciting news! Coming soon, we will have a new permanent school store location! Check our instagram posts for updates on our construction!



Orange and Black plaid PJ pants have been ordered and will be available soon!

The school store is closed until Tuesday, February 7, 2023 as we train our new students. We look forward to seeing you then!

Follow us @akronschoolstore on Instagram! We post updates on promotions, sampling, and everything the school store has to offer.



### Important February Dates...

- |     |       |  |
|-----|-------|--|
| Feb | 1     | NHS Ceremony 6pm Auditorium                    |
|     | 1     | Report Cards on-line                           |
|     | 1     | Ineligible List/Restricted Pass List           |
|     | 1     | AP Lit Field Trip                              |
|     | 8     | BOE Meeting                                    |
|     | 9     | SOM Luncheon                                   |
|     | 10    | Deadline for SAT Registration for Mar. 11 exam |
|     | 11    | ACT Test (not give at Akron)                   |
|     | 15    | Petition Sheets Due                            |
|     | 16    | Parent/Teacher Conf. (4:30-7:30)               |
|     | 17    | Parent/Teacher Conf. (8-11:30)<br>(NO CLASSES) |
|     | 20-24 | February Break (NO CLASSES)                    |

**CLICK BELOW FOR MORE INFORMATION**

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Teen



**TEENAGE YEARS ARE HARD.**





**PARENTING IS HARD.  
EPIC CAN HELP.**



We hope your New Year is off to a great start! The high school counselors have been meeting with all Juniors individually. These meetings have been very productive as we assist in preparing these students for their Senior year as well as life after high school plans.

Our Sophomore career day took place January 25th. Sophomores had the opportunity to visit several area businesses to see if these careers would be of interest to them. We are thankful to these businesses for sharing their time with us as well as their valuable experiences, insight and expertise.

It may seem early but we are already digging into the course selection process for next year. Scheduling will take place in the spring. We are excited to offer some interesting electives that will hopefully be beneficial and worthwhile for our students. More information will be forthcoming to make sure our students are aware of how to proceed with their course selections. The majority of their core courses will be mass added for them, leaving only electives needing to be selected. The student support office will be assisting students throughout this entire process to make sure it runs smoothly for them. We also encourage students to gain input from their teachers as well as classmates for more information regarding these courses.



## Safety & Security Zone

Being Present:

As the school year progresses, and schoolwork, and activities become more abundant, it can become easy to go into "auto pilot." It is important to keep checking in with your child(ren) and make sure they are on track. Check in to make sure they are getting their schoolwork done, if there are any issues with other students, that they are not spending too much time on social media, playing video games, monitoring their phones, knowing who they are hanging out with, and who they are friending on social media platforms. Being present, and supportive, allows good communication, and can alert you of any safety concerns that may need to be addressed further.



## Native American Office News

Over the years and through personal experience, I firmly believe Indigenous People are impacted by Seasonal Affective Disorder (SAD) at a greater rate than populations. (I haven't run across any scientific evidence to prove my theory.) Seasonal Affective Disorder is when people go through short periods of time when they don't quite feel like themselves and it is usually connected to the weather. Some people call it the "winter blues." Essentially, it boils down to the lack of sunlight in one's life. If you know, you know.

I first experienced SAD in high school and couldn't figure out why I was so crabby right before spring hit. Since then, I have learned to look for seasonal signs and how it impacts me. In my job, I also see students who get restless and tired and crabby and fed up during this time of year.

Historically, Indigenous people were outside a lot. Like a lot, a lot. We had to be. We had to get firewood, food, and continually protect ourselves. We didn't have DoorDash or automatic heat or ADT systems. The need to be outside may have actually impacted our genes (again, no scientific evidence on this matter). However, I know many Indigenous people who, when crabby, go outside for a walk in the woods, shovel the steps, go hunting, sit, go fishing, visit their garden while planning their plantings, play some catch, and feel much better afterwards. While the evidence does show light therapy (the sun) does significantly improve mood, sometimes outside air helps too. In our area, we can go for days at a time without seeing the sun so just the crisp, winter air helps. But, boy oh boy, the sun really does help with mood in the long winter.

Much of what I have read reminds us to seek help if SAD symptoms become disabling or unbearable. And be sure to try a walk outside, even if it is chilly!



Congratulations to the following students who have been accepted into college:

**Kaila Szczygielski**- Mercyhurst;  
**Nathan Batzold**- NCCC;

**Juliana Rodriguez**- Daemen, D'Youville  
and Univ of Buffalo;

**Kiernan Regan**- GCC;

**Sly Sundown**- Mount Union;

**Emma Doherty**- Buffalo State;

**Isabelle Jones**- LeMoyne College;

**Grady Fleming**- Geneseo, New Paltz, Buffalo State,  
and Brockport;

**Madison Brege**- Kean Univ. in Union;

**Martha Miller-Salisbury**- GCC, Brockport, and Buffalo  
State;

**Morgan Towlson**- Oswego;

**Hayden Rapp**- University of Buffalo;

## SOPHOMORES Class Of 2025

Class of 2025 is continuing to raise money through concession stands at Basketball games. Please come and support us. Our class is also getting involved in the Community valentine's dance and helping out with center pieces. If any crafty items that would be great for center pieces please meet up with a sophomore to donate. Some of our sophomores will be attending the dance in hopes to meet some of our community members and have some valentine's day fun!

## FRESHMEN Class Of 2026

Please come out and support the Class of 2026 on Thursday, February 2nd and Friday, February 10th by purchasing items from the concession stand during the boys basketball games

### Athletic Director's Clipboard



Our winter sports season is in the home stretch. Here is the latest on our teams as they gear up for their postseasons:

Varsity Girls Swimming (6-2 on the season, 2nd place in the N-O). Senior Mayah Harris bolstered her school record time in the 100 breaststroke this year with a time of 1:37.87). Our girls are the 1-seed in 5 out of 11 events at the All League meet!

Varsity Boys Swimming - Finished 2nd in the league this year with a well rounded group of talent. The future is bright for this team and they will work on their strong finish this season and continue to develop next year.

Varsity Girls Basketball - In the heart of a strong season marked by a very well rounded team. A combination of veteran leaders and young talent have stepped up to keep our girls competitive this season. They will be ready for a strong run to end the year!

Junior Varsity Girls Basketball (8-3 overall, 5-1 in league play)- The team is working as a unit in practice and games get to better every day. In several games, nearly every player has contributed offensively, which makes them very tough to defend.

Varsity Boys Basketball (7-5 overall, 3-2 in league play) - This is a competitive group of student-athletes who have been in many close games this season. Led by a tough group of senior captains, this is a complete team with a very bright future. They are currently tied for 3rd place in the league.

Junior Varsity Boys Basketball (11-0 overall, 5-0 in league play)- This team plays great basketball on both ends of

the floor. They space the floor, make great reads and decisions, and take pride in playing hard and not missing rotations. They are lead by a strong group of sophomores who lead by example and set the standard in practice and games.

Varsity Wrestling (8-7 record on the season)- These guys are working hard on getting better every day. They were able to place 2nd at the St. Mary's Dual Tournament. This team has a good mix of seniors and young student athletes.

Cheer- The Competition Cheerleading Squad had their first competition of the season at the Fillmore Winter Cheer Off where they took 1st place in their Division and had the 2nd highest score out of the 4 varsity divisions! The Game Day Cheerleading Squad has been working hard on new halftime routines for home basketball games along with adding new cheers, time out dances and stunts.

Unified Bowling just kicked off their season so check the Athletics Calendar for their home matches at Clarence Bowling Academy!

Good luck the rest of the way!!!



Last but not least, congratulations to our Fall 2022 All-WNY Scholar Athlete Winners

Cydney Brandl- Soccer  
Natalie Ginestre- Field Hockey  
Sarah Gulczewski- Cheerleading  
Kalia Szczygielski- Cross Country

The following seniors were selected as Fall 2022 All-WNY Scholar Athlete Honorable Mention

Cole Akin- Soccer  
Lacey Berghorn- Field Hockey  
Chris Bergman- Football  
Madison Brege- Field Hockey  
Steven Doktor- Football  
Rachel Dugan- Volleyball  
Emma Esposito- Cross Country  
Grady Fleming- Soccer  
Megan Gates- Field Hockey  
Sophia Janik- Soccer  
Amanda Kaczmarek- Volleyball  
Mary Koziej- Cheerleading  
Donny Kreher- Football  
Evan Liss- Soccer  
Katie Mento- Volleyball  
Emma Orr- Volleyball  
Kaylee Orr- Volleyball  
Jack Pazderski- Football  
Collin Rehwaldt- Soccer  
Juliana Rodriguez- Cross Country  
Andrew Romesser- Golf  
Audrey Smith- Field Hockey  
Caleb Suckow- Soccer  
Alex Wik- Football

## Social Worker Support Center



Tiger Talk, our middle school and high school girl peer mentorship program, will be hosting a "Galentine's" Day celebration on Wednesday, February 15 from 3:30-4:30 pm in C-120. Join us in honoring friendships and self-love and esteem.



Congratulations to the following Harkness Students who have been chosen by their CTE instructors as Students of the Month

### November

Katherine Mento- Health Careers II  
Austin Penn- Aviation Technology I  
Nicholas Salmon- Electrical Systems I



We are proud to announce we have 8 Seniors that were inducted into the Erie 1 BOCES' Chapter of the National Technical Honor Society this year.

**TRENT LOTZ - CRIMINAL JUSTICE**  
**KATHERINE MENTO - HEALTH CAREERS**  
**HECTOR MOLINA JR. - COLLISION REPAIR**  
**NICHOLAS SANFORD - DIGITAL MEDIA**  
**ANDREW SHEA - ELECTRICAL SYSTEMS**  
**AUDREY SMITH - BAKING AND PASTRY**  
**CARTER WIECHEC - ELECTRICAL SYSTEMS**  
**NOAH WIGHT - BUILDING TRADES**

One hundred sixty-two students from 27 WNY high schools were inducted into the Erie 1 BOCES' Chapter of the National Technical Honor Society from the Harkness, Kenton, and Potter Career and Technical Centers on January 24th at Villa Maria College. In order to qualify for acceptance into NTHS, a student must be nominated by his or her teacher, have a 90 percent or higher average in their career and technical education (CTE) course, and maintain an overall grade point average (GPA) of 85. Furthermore, students must demonstrate skill development and leadership and hone their responsibility and good character. NTHS takes a holistic approach to evaluating students' success in the classroom.



## December- Students of the Month

**ART-** Madilyn Halicki  
**BAND-** Aiden Polkowski  
**BUSINESS-** Mary Koziej  
**CHORUS-** Malachy Perkins  
**ENGLISH-** Ethan Rosenberg  
**BOCES-** Cole Akin  
**HEALTH-** peter Sokolofsky  
**MATH-** Katelynn Haley  
**ORCHESTRA-** Hailey Reigle  
**PHYS. ED-** Cara Swader  
**SCIENCE-** Hunter Sommers  
**SOCIAL STUDIES-** Natalie Ginestre  
**SPANISH-** Avery Wolfe  
**TECHNOLOGY-** Kaila Szczygielski



Sophomore Sa-ji-sdo-de (Dant) Grijalva submitted her artwork for the Online 2023 Dr. Martin Luther King, Jr. Fine Arts and Essay Exhibit. Click the link to view the [Online Exhibit](#).



**SENIORS**  
Class Of **2023**

The Class of 2023 is continuing to work on plans for the Prom and the Senior Picnic. We are getting excited, and hope you are too! Keep working hard in the classroom and enjoying the time together; it's hard to believe, but we're already halfway through the school year!

**JUNIORS**  
Class Of **2024**

The Junior class government wants to thank everyone who helped put together and attended this year's Semi-Formal Dance!



On January 19th, student government officers connected with 3 other high schools' student governments. The Leadership Summit was developed to inspire student advocacy, empower students to lead, and to connect with peers from other schools around WNY. Franklinville, Cardinal O'Hara, Cheektowaga, and host - Akron spent time making new friendships, learning about servant leadership, and discussing the positive things each school does to improve the culture and climate of each school. This is the first of a series of summits that will take place this spring, ultimately culminating in a collaborative service project.



On Wednesday, January 25th the Sophomore Class participated in a Reverse Career Fair. Students visited local businesses to explore career opportunities. They were grouped together based on their current career interests. The groups toured the facility, learned about what types of careers the business hires, and heard employees share their career stories.



Participating Business were: Akron Animal Hospital, West Herr Toyota, Perry's, Terra House, Step by Step, Niagara Label, Schrock Metal, Bank on Buffalo, Public Works, Seal and Design, Strippit, and Arrowhead.

