



PARKLAND HIGH SCHOOL

Parent Newsletter

March 2020

FROM THE PRINCIPAL'S DESK

PHS Announces 2020 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 eleven seniors have been named National Merit Finalists: **Vicky Chen, Imran Dharamsi, Raphael Ettinger-Finley, Akaash Kapoor, Ga Young Lee, Maya Parekh, Maya Paul, Kara Schmitt, Michael Schmitt, Farid Shahid, and Joshua Ye.** Out of the 1.5 million students who entered the National Merit Scholarship Program, these eleven 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 just wanted to assure parents that every student will be seen by a School Counselor to review next year's course requests. Please remember that any changes to a student's schedule for next year must be requested no later than June 26. Further requests for schedule modifications will only be considered during the drop/add period once the students return to school in September.

One important note for Seniors, on Tuesday, May 26, Parkland High School will 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.

Student academic performance can be monitored on Home Access Center. If you have any questions or concerns about a particular course you may contact the subject teacher or the counseling office. Please be reminded that school and class attendance is mandatory. If you have any questions concerning your child's attendance, please contact their counselor and/or assistant principal. It is critically important that parents and PHS are on the same page regarding end of year attendance. Please be aware of and comply with attendance expectations during the Final Exam period of June 10 -12. These expectations are listed on page 18 of the student handbook. I thank you in advance for your cooperation.

One issue I would like to reinforce with students and parents is the importance of parking lot safety and parking in assigned areas during dismissal hours. I understand that many parents pick up their son or daughter after 8th or 9th period, however, it is very important that waiting cars do not double park or idle behind parked cars in our staff or student parking lots. We cannot have cars waiting in intersections, essentially blocking intersections and having cars go around them, just so someone can beat the traffic off campus. This presents a very real and dangerous situation for our staff and students to navigate through and it also restricts traffic flow. Please park in the assigned areas while waiting for you son/daughter at dismissal times. Your support in this matter is appreciated.

Our March Parent Forum Spring Workshop will be held on Wednesday, March 18 at 7 PM in C200. The Spring Workshop will highlight two important topics for all high school parents – Post Prom and Senior Year Expectations/Timeline. Post Prom is one of the most enjoyable nights our students experience and continuing this tremendous tradition is dependent upon the support of parent volunteers. We will have a Post Prom information session to inform parents about the event itself, and your involvement is critical to its success. Each year we have over 800 students attend Post Prom so we hope you will come out on March 18 to at least learn about this program. We will also have an information session highlighting the Senior Year experience. High School is an amazingly quick four years – it is always to your advantage to know what to expect prior to experiencing Senior Year. We hope to see you at these two terrific information sessions on March 18!

Sincerely,

James E. Moniz II
Principal

monizj@parklandsd.org

COUNSELING CORNER

JUNIOR POSTSECONDARY PLANNING

Postsecondary planning presentations will be conducted in the English classrooms throughout the month of March. The high school counselors will review college admissions testing, college application procedures, financial aid and so much more.

JUNIOR ATHLETES

NCAA ELIGIBILITY CENTER

Students should register with the 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 e-Transcript 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.com 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. Registration for the ACT can be completed online at www.actstudent.org/start.

COLLEGE ADMISSIONS TESTING CALENDAR

March 14, 2020

SAT Reasoning Test will be given at Parkland High School.

Parkland High School Class of 2020 Prom



"A Red Carpet Premier"

Prom will be held on May 9, 2020 at 7 PM at SteelStacks in Bethlehem. Information about Prom and Post Prom will be distributed to parents and students at the beginning of April.



PHS UPCOMING EVENTS

Monday	3/2	Start of Spring Sports "B" Schedule National Inclusion Week Begins
Tuesday	3/3	National Inclusion Week
Wednesday	3/4	National Inclusion Day - PHS Coffeehouse LEO Club Meeting 7:15-7:45 AM (C200)
Thursday	3/5	National Inclusion Week
Friday	3/6	National Inclusion Week - PALS Dance 6-9 PM (C200 and Upper C Wing Rotunda)
Sunday	3/8	Daylight Savings Time Begins
Tuesday	3/10	Post Prom Committee Meeting 7 PM (Library Classroom)
Wednesday	3/11	Key Club Meeting 7 AM (C200) Interact Club Speaker 3 PM (C200)
Friday	3/13	School Closed -Professional Development
Saturday	3/14	SAT Exam Happy Pi Day! π
Tuesday	3/17	Happy St.. Patrick's Day! 
Wednesday	3/18	Parent Forum Spring Workshop 7 PM (C200, C210, C220) LEO Club Meeting 7:15-7:45 AM (C200)
Thursday	3/19	Deadline to Register for Spring SAT Prep
Monday	3/23	SAT Prep Class 3-5 PM or 6:30-8:30 PM (B131 & B229)
Wednesday	3/25	SAT Prep Class 3-5 PM or 6:30-8:30 PM (B131 & B229) Key Club Meeting 7-9 PM (C200)
Monday	3/30	SAT Prep Class 3-5 PM or 6:30-8:30 PM (B131 & B229)

VISUAL AND PERFORMING ARTS

So far, this winter has not brought us the snowy and icy weather we usually deal with, so the groups in the A-wing have been using the time to get themselves prepared for competitions and performances. All of the rehearsal spaces in the A-wing and other buildings are busy with the sounds and sights of what is going to be an extremely busy time of the year. Despite the lack of inclement weather, we are all still looking for sunnier and warmer days.

PMEA REGION ORCHESTRA

Congratulations to the following PHS Orchestra students who were selected to attend the Region Orchestra Festival at Hazleton Area High School on March 11-13:

Violin: **Suchir Agarwal, Anam Ali, Jane Cho, Raphael Ettinger-Finley, Sophia Lee, Hasun Noh, Angelina Roccamo, Jessica Tseo, and Ella Wu**

Viola: **Victor Cai, Ee-Ning Ooi, and Anya Pant**

Cello: **Wesley Rauenzahn, and Kevin Tong**

Bass: **Coby Lindenmuth**

Clarinet: **Olivia Wilkinson**

French Horn: **Magdalena Gareca**



TROJAN ART GALLERY

The Trojan Art Gallery will feature Computer Art, Photography, and Crafts of our Parkland High School students during the month of March.

PMEA REGION V BAND

Congratulations to the following PHS Band members who successfully qualified for the PMEA Region V Band:

Flute: **Laura Ruozzi and Megumi Takahashi**

Clarinet: **Jordan Bucks, Alex Tang, and Olivia Wilkinson**

Euphonium: **Jared Lazansky**



These PHS Band members will be among students representing schools from 15 counties in south-central through northeast Pennsylvania and will participate in the Region V Band Festival at Eastern York Senior High School on March 26-28. Once again Parkland is among the schools with the highest representation in the region.

INDOOR PERCUSSION AND COLOR GUARD

Indoor Percussion and Indoor Color Guard are in the heart of their competition season and are already garnering some great placements. They are busy preparing for their eventual trip to Wildwood, NJ this spring.

FESTIVAL OF THE ARTS

It's not too early to mark your calendar for this year's 17th annual Parkland Festival of the Arts. The popular festival will begin with a Chorus Concert and Art Show on Thursday, May 14, followed by "Parkland's Got Talent" Friday, May 15. Contestants of all ages and talents are welcome to apply to compete in the "Parkland's Got Talent" event. Our full day "Artists on the Quad" event will be held on May 16.

PHS SPRING MUSICAL: TUCK EVERLASTING APRIL 15 – 19, 2020

As of this publishing there are less than 2 months before we open this year's Spring Musical. The cast, crew and orchestra are hard at work rehearsing their parts and building the set of what promises to be one of the most enchanting musicals of the season. This is a musical the entire family will enjoy.

What would you do if you had all eternity? Eleven-year-old Winnie Foster yearns for a life of adventure beyond her white picket fence, but not until she becomes unexpectedly entwined with the Tuck family does she get more than she could have imagined. When Winnie learns of the magic behind the Tuck's unending youth, she must fight to protect their secret from those who would do anything for a chance at eternal life. As her adventure unfolds, Winnie faces an extraordinary choice: return to her life, or continue with the Tucks on their infinite journey.

Based on the best-selling children's classic by Natalie Babbitt, and adapted for the stage by Claudia Shear and Tim Federle, *Tuck Everlasting* features a soaring score from Chris Miller and Nathan Tysen. Appropriate for ages 10 and up, this is a story the whole family can share. So, bring them all: mom, dad, grandparents and children. Make it a family affair. This is a great way to expose children to live musical theater based on a classic book. Read the book as a family and join us during the week of the show.



Tickets for *Tuck Everlasting* are available online at www.showtix4u.com.

Prices are \$11 for adults; \$9 for students and senior citizens 65 and older.

VISUAL AND PERFORMING ARTS

★ 2020 EAST CENTRAL PENNSYLVANIA REGIONAL SCHOLASTIC ART AWARDS ★

It is with great honor that the Parkland High School Visual Arts Department announces the award recipients for the 2020 East Central Pennsylvania Scholastic Art Awards. The awards ceremony will take place on March 22, and the exhibit will be March 14-22 at Kutztown University Schaeffer Auditorium and the Sharadin Art Building.

Gold Key Awards

Shania Arias Espinal — Photography (*Lurking In The Darkness*)
Alina DeMay — Photography (*Solitaire*)
Paulina Duque — Painting (*Blingo The Snow Clown*)
Delilah Jabbour — Drawing/Illustration (*Bugaboo*)
Julia Lundy — Drawing/Illustration (*Annie*)
Lauren Micheletti — Ceramics (*Acute Vase*)
Jared Miller — Ceramics (*Critter From Beyond*)
Wilfrid Roberts — Drawing/Illustration (*The Tongue*)
Renicia Roper — Digital Art (*Behind the Screen*)
Jacob Simms — Sculpture (*Northstar - A Fear Of Man, Bird, Plane*)

Jenna Soldridge — Photography (*Claustrophobia*)
Olivia Wilkinson — Drawing/Illustration (*Hold Your Breath*)

Silver Key Awards

Joseph Brown — Ceramics (*Reflection Upon Reflection*)
Emily Butkovich — Drawing/Illustration (*Lacking Order*)
Alexis Carbajal — Drawing/Illustration (*Sunset Sherbert*)
Erin Crimmins — Drawing/Illustration (*Daydream*)
Treya Deutsch — Drawing/Illustration (*Shattered Glass*)
Emily Feyrer — Photography (*Camouflage*)
Emily Feyrer — Photography (*Pause*)
Emily Feyrer — Art Portfolio (*Hide and Seek*)
Raph Gotico — Ceramics (*Lost and Mysterious*)
Delilah Jabbour — Drawing/Illustration (*Six Feet Under, Yet Breathing*)

Rhiannon Karess — Photography (*Person Looking Through Window*)

Julia Lundy — Painting (*Broken Record*)
Julia Lundy — Drawing/Illustration (*Life In Color*)
Julia Lundy — Drawing/Illustration (*My Mom*)
Julia Lundy — Drawing/Illustration (*Saturation*)
Julia Lundy — Drawing/Illustration (*Surfer*)
Julia Lundy — Drawing/Illustration (*Sunny Glasses*)
Julia Lundy — Painting (*Flashback*)
Julia Lundy — Mixed Media (*Tongue Tied*)
Julia Lundy — Art Portfolio (*True Colors*)
Arianna Moninghoff — Drawing/Illustration (*Message In A Bottle*)

Gabriel Montanez — Drawing/Illustration (*Sunglasses*)
Gabriel Montanez — Drawing/Illustration (*Black and White Selfie*)
Charity Ouellette — Drawing/Illustration (*Speaking With Neck*)
Charity Ouellette — Drawing/Illustration (*Clowin*)
Sera Petronio — Drawing/Illustration (*Converse*)
Lynsey Reynard — Art Portfolio (*Illuminate*)
Jenna Soldridge — Photography (*Phasmophobia*)
John Southard — Ceramics (*Stressed Out*)
Caroline Steirer — Photography (*X*)
Melena View — Photography (*Winter Colors*)
Olivia Wilkinson — Drawing/Illustration (*Nostalgia*)
Olivia Vaccari — Ceramics (*Beyond The Realm*)

Honorable Mention

Emily Butkovich — Drawing/Illustration (*Inner Beauty*)
Jayden Delgado — Drawing/Illustration (*Jayden Delgado Ex Libris*)

Alina DeMay — Photography (*Rizz*)
Alina DeMay — Art Portfolio (*Confinement*)
Paulina Duque — Painting (*The Magic Sunflower*)
Paulina Duque — Painting (*A Fairies' Beltane*)
Elizabeth Giordano — Mixed Media (*Colorful Pain*)
Olivia Happel — Mixed Media (*A Breath Of Life*)
Olivia Happel — Mixed Media (*Strings Attached*)
Olivia Happel — Art Portfolio (*Just Skating By*)
Olivia Hardt — Mixed Media (*Who Do You See?*)
Olivia Hardt — Mixed Media (*Breaking Free*)
Taylor Heller — Drawing/Illustration (*Taylor Heller Ex Libris*)
Deliah Jabbour — Drawing/Illustration (*Phantasm*)
Deliah Jabbour — Drawing/Illustration (*Simplicity*)
Rhiannon Karess — Photography (*See Someone's Thoughts*)
Rhiannon Karess — Mixed Media (*More Than You Can See*)
Katie Kost — Photography (*Skeleton Shape*)
Julia Lundy — Drawing/Illustration (*Screamer*)
Julia Lundy — Drawing/Illustration (*My Dad*)
Julia Lundy — Painting (*Logan*)
Julia Lundy — Painting (*Le Luna*)
Julia Lundy — Painting (*Broken Glass*)
Julia Lundy — Art Portfolio (*Record Breaking*)
Julia Lundy — Painting (*Bubblegum*)
Julia Lundy — Painting (*New Phone, Who Dis*)
Julia Lundy — Painting (*Bronze*)
Ashley Molchany — Drawing/Illustration (*Broken Time*)
Ashley Molchany — Drawing/Illustration (*Innocent Intentions*)
Charity Ouellette — Drawing/Illustration (*Growing Pains*)
Mary Powell — Photography (*Vibrant*)
Mary Powell — Photography (*iSpy*)
Angela Renion — Drawing/Illustration (*Untitled*)
Lynsey Reynard — Photography (*Shadow Work*)
Lynsey Reynard — Photography (*Beam*)
Wilfrid Roberts — Ceramics (*The Chupalupa*)
Renicia Roper — Drawing/Illustration (*Existential*)
John Southard — Ceramics (*Evolved*)
Caroline Steirer — Photography (*The Shed*)
Melena View — Photography (*Duplicity*)
Melena View — Photography (*Reflective*)
Mary Whitworth — Photography (*Katie*)



Northstar — A Fear Of Man, Bird, Plane by Jacob Simms



Stressed Out by John Southard



INFORMATION FROM THE HEALTH ROOM

JUNIORS

11th GRADE PHYSICALS

All eleventh grade students should return their completed physical forms to the Health Room as soon as possible. If you are planning to have your son/daughter's physical done by the School Physician, you must notify the Health Room by **March 12, 2020**.

JUNIORS

NEW IMMUNIZATION REQUIREMENT

The Pennsylvania Department of Health has changed the requirements for your child's immunization schedule. **All rising seniors must have a second dose of meningococcal conjugate vaccine (MCV)**, given at age 16 or older, prior to the first day of their senior year in September 2020.

SOPHOMORES

PHYSICAL REQUIREMENT

All 10th grade students should have been notified regarding the mandated physical for the eleventh grade. This physical 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, 2019**. 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 for the Health Room can be downloaded from the [PHS website](#).

ALLERGY SEASON

Allergy season is rapidly approaching. With this in mind, the Health Room does not have allergy medication to administer for seasonal allergies. Please administer these medications before school.

We are here to assist you with any questions regarding the health of your son or daughter. You may contact the Health Room at 610-351-5616.

ATHLETIC NEWS

WINTER SPORTS

Boys Basketball finished the season with a 15-10 record. They advanced to the final four in the EPC playoffs where they lost to William Allen in double overtime at the PPL Center.

Girls Basketball is currently 15-10. They played in the District XI semi-finals vs. Nazareth this past week and qualified for the state tournament.

Wrestling finished with a 7-8 record.

Boys Swimming finished with an 11-1 record and a 2nd place finish in the EPC.

Girls Swimming finished with a perfect 12-0 record and are EPC Champions.

Boys EPC Diving Championships:

Ethan Radio took 2nd place, Logan Choma 3rd, Kole Cannon 4th and Ryan Beltrame 6th place.

Girls EPC Diving Championships:

Lexi Lehman took 1st place, Alexa Brinker 2nd, Katharine Gotwald 3rd, and Cora Hochstetler 7th place.

Good luck to all our teams during the remainder of the season!

WINTER SPORTS: AWARDS

Girls Basketball: 2nd Team all EPC — Lindsay Berger

Boys Basketball: 2nd Team all EPC — Jacob Melady
3rd Team all EPC — Jared Kucharczuk

Wrestling: Lucas Kern qualified for AAA Regionals.

CONGRATULATIONS

Coordinated Health Athletes of the Week:

Annie Walls, Swimming

Nicholas Rappa, Boys Basketball

MARK YOUR SPORTS CALENDAR

College Media Day

College Media Day will be **Tuesday, April 21, 2020, at 9:30 AM** in the PHS Auditorium. We will recognize all senior athletes that will be continuing their athletic careers at the collegiate level. This is for any senior athlete who participated here at Parkland in a PIAA sport during their senior year. Parents, family and friends are all welcome to attend.

Sports Physicals for Fall Sports

Fall 2020-2021 sports physicals will be held

Saturday, June 13, 2020 at Parkland High School.

Boys 8:30 — 10:00 AM, Girls 10:00 AM — 12:00 PM

They are free.

No student can participate in a fall sport without a full PIAA physical that they received after June 1, 2020. 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 August 17, 2020. Paperwork for this is on the PHS website <https://phs.parklandsd.org/> under Departments - Athletics - Forms. All Parkland athletes must get an ImPACT test once during their four years at PHS and before participation.

The first day of fall sports is Monday, August 17, 2020.

LIBRARY LINES

LIBRARY HOURS

Not enough hours in the day to get everything done? The PHS Library is open from 7 AM until 4:30 PM, Monday through Friday for students who need to use our resources, print, use the Makerspace, collaborate, meet with NHS tutors, meet with afterschool Math Lab tutors, or study. If you still need library space after 4:30 PM, the Parkland Community Library located at 4422 Walbert Avenue is open Monday through Thursday until 9 PM and Fridays until 6 PM.

TEST PREP RESOURCES AVAILABLE

If you are preparing for AP exams, don't forget the Gale Testing and Educational Reference Center Database on CLEVER. Students can access AP test prep, SAT test prep, as well as SAT subject area tests, and ASVAB. Need more information? Stop in and see one of the Library staff members.



RASPBERRY PI STEM TINKER KITS

Interested in trying something new for your project-based learning assignments?

The PHS Library has two Raspberry Pi Stem tinker kits that students can use.

AFTER SCHOOL RULES

Please be advised of the following expectations for students using the PHS Library Research Center after school:

- ◇ All students must be in the library **by 3 PM** or have a pass from a teacher.
- ◇ Students need to be doing homework, working on a project or utilizing the library resources.
- ◇ Limit use of cell phones to texting and researching, but no social media.
- ◇ No disruptive behavior or loud talking.
- ◇ No hats or hoods.
- ◇ No food.
- ◇ If you leave prior to 4:15 PM you must sign out.
- ◇ Once you sign out you must leave the building.

Failure to comply with these rules will result in loss of Library privileges.

DRIVER'S EDUCATION WINTER WINDSHIELDS

It's that time of year again when Mother Nature leaves snowy white presents on the roads and highways; which means it is time to get those vehicles in tip-top shape. As 90% of our driving information comes from the sense of sight, it is vital to keep your windshield clear during winter weather. Remind your child to always do the following:

- ⇒ Check your windshield washer fluid level before heading out on the road, especially when inclement weather is in the forecast.
- ⇒ Keep extra washer fluid in the trunk of your vehicle to refill as needed.
- ⇒ Choose a streak-free washer fluid that won't freeze up in low temperatures.
- ⇒ Windshield washer fluid comes in ready-to-use and concentrated forms. If you choose the concentrated form, follow the manufacturer's directions for properly diluting the fluid before filling your windshield washer fluid reservoir.
- ⇒ Inspect, clean and replace worn windshield wiper blades. A \$20 investment can save a much more costly accident down the road.



FRESHMEN PARENTS

Your child is eligible to take the Driver Ed theory course over the summer as an alternative to taking it during their sophomore year of high school. See the April newsletter for specific information, including dates and times for Summer Enrichment programs.

BEHIND-THE-WHEEL PROGRAM

If your child has obtained a valid learner's permit, they are eligible to register for the CLIU-21 Behind-the-Wheel program.

Register at <https://driversed.cliu.org/index.php>

MARCH STUDENT SEMINARS

12 | Seminar 1
Understanding Healthy and Ending Unhealthy Friend and Dating Relationships
For PHS students grades 9 – 12
Room B108*
Register at the following link:
<https://forms.gle/x13HIPXUVu9XU35m7>
* Held during student study halls or lunches.
Bringing a packed lunch is recommended.

25 | Seminar 2
Organizational Skills that Fit Your Needs
For PHS students grades 9 – 12
Room B108*
Register at the following link:
<https://forms.gle/cuLTkukdMxnLyhiW7>
* Held during student study halls or lunches.
Bringing a packed lunch is recommended.

31 | Seminar 3
Building an Anxiety and/or Depression Survival Guide to Use at School
For PHS students grades 9 – 12
Room B108*
Register at the following link:
<https://forms.gle/rwYXYnwJnwceP4Jo9>
* Held during student study halls or lunches.
Bringing a packed lunch is recommended.

MARCH PARENT SEMINAR

27 | Seminar 1
Talking to Your Children About Healthy Friendship and Dating Relationships
For parents of Parkland students grades 6 – 12
Troxell Building Library at 1PM
Register at the following link:
<https://forms.gle/V6YV6vyzg49sE39>

STUDENT ASSISTANCE PROGRAM (SAP)

EFFECTS OF TEENAGE SLEEP DEPRIVATION

- ◆ concentration difficulties
- ◆ mentally 'drifting off' in class
- ◆ shortened attention span
- ◆ memory impairment
- ◆ poor decision making
- ◆ lack of enthusiasm
- ◆ moodiness and aggression
- ◆ depression
- ◆ risk-taking behavior
- ◆ slower physical reflexes
- ◆ clumsiness, which may result in physical injuries
- ◆ reduced sport performance
- ◆ reduced academic performance
- ◆ increased number of 'sick days' from school because of tiredness
- ◆ truancy

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PREVENTING SLEEP DEPRIVATION IN TEENAGERS

Try not to argue with your teenager about bedtime. Instead, discuss the issue with them. Together, brainstorm ways to increase their nightly sleep quota. Suggestions include:

- ◆ Allow your child to sleep in on the weekends.
- ◆ Encourage an early night every Sunday. A late night on Sunday followed by an early Monday morning will make your child drowsy for the start of the school week.
- ◆ Decide together on appropriate time limits for any stimulating activity such as homework or screen time. Encourage restful activities during the evening, such as reading.
- ◆ Help your teenager to better schedule their after-school commitments to free up time for rest and sleep.
- ◆ Assess your teenager's weekly schedule together and see if they are overcommitted. Help them to trim activities if they are.
- ◆ Encourage your teen to take an afternoon nap after school to help recharge their battery, if they have time. Set a timer for 20-30 minutes only.
- ◆ Work together to adjust your teenager's body clock. You may like to consult with your doctor first.

Source: Betterhealth Channel <https://www.betterhealth.vic.gov.au/health/healthyliving/teenagers-and-sleep>



Proudly Serving the Lehigh Valley and Northeast Pennsylvania

PARKLAND SCHOOL DISTRICT'S ANNUAL FOOD DRIVE

Parkland High School's Student Council will be coordinating the annual food drive for the Second Harvest Food Bank from **March 23 — April 3**. Students are encouraged to donate by bringing non-perishable food items to school. All donations should be dropped off in participating teachers' classrooms and physical education classes.

FRESHMEN CLASS OF 2023

Please remember to pay your class dues of \$20. Make checks payable to Parkland High School, and return to Mrs. Keifer in B210.

SOPHOMORES CLASS OF 2022

Please remember to pay your class dues of \$20. 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 2020

Class of 2020 dues must be paid by **April 3, 2020**. Dues are a one-time payment of \$20. Cash or checks should be made payable to Parkland School District. Payments may be dropped off or mailed to Mrs. Greth in B118. If you have any questions please e-mail Mrs. Greth at gretha@parklandsd.org.



JOB FAIR RECAP

On February 27, Parkland High School hosted its 3rd Annual Job Fair where 65 employers had the opportunity to meet with PHS students in 11th and 12th grade. The employers in attendance commented that the students they met were polite and respectful, that they received impressive resumes and were looking to hire a number of the students as a result of the event.

THANK YOU . . .

A huge thank you to the following companies for their food/beverage donations:

- Anthony's Coal Fired Pizza
- Duck Donuts
- Jersey Mike's Subs — Tilghman Square location
- Niagara Bottling
- Philly Pretzel Factory — Tilghman Street location
- Wawa
- Wegmans Food Markets
- Weis Markets

NEXT YEAR . . .

If you are involved with a company or organization and are interested in participating in next year's event, please e-mail Allison McPeck at mcpeeka@parklandsd.org.

PAR KEY'S 2020 YEARBOOK

Get Yours Today

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

DEADLINES AND PRICING

Now through April 25, 2020*, the price is \$85**

* This is the last day for advance orders. Availability is not guaranteed after this date. Price will increase to \$95 after April 25.

** Price does not include tax.

DID YOU MISS OUT ON ORDERING PREVIOUS YEARS OF THE PAR KEY YEARBOOK?

Visit the Par Key Table in the Cafeteria

2019 yearbooks are sold for \$75.

2019 supplement pages are available if you did not receive yours in the mail.

2006–2018 yearbooks are also available for \$75.



CONGRATULATIONS



SCIENCE OLYMPIAD

Parkland's Science Olympiad team finished 2nd at the Tiger Invitational at Northwestern Lehigh High School on February 8. Competing schools included teams from around the country. We placed behind a team that finished 6th at States last year.



CHESS TEAM

Parkland High School students did very well at the Eastern Pennsylvania Conference (EPC) Invitational Chess Tournament on February 13. The following students medaled:
Suchir Agarwal - gold
Pranav Balabhadra - silver
Vincent Fegley - silver
Alexander Spero - silver



ENGINEERING CLUB

The PHS Engineering Club's Senior Robotic Team participated in *Night at the Museum*, a signature event at the Smithsonian's National Air and Space Museum - Udvar-Hazy Center in Chantilly, Virginia, held January 31-February 1. This was an invite-only competition that represented the top 60 teams in the country. At the end of Friday night, the PHS team went 3-3 in the qualifying rounds with a significant problem in their robot. The students reprogrammed their robot on Friday after the event and came back on Saturday with three straight wins, improving to 13th



rank. During the elimination rounds, the PHS team upset some higher ranking robots, making it into the semi-finals, and then the finals, losing by a mere 2 points. The PHS team received the Judges Award for their efforts.



Members of the PHS Senior Robotic Team (from left to right): **Arjun Vedantham, Ojas Gupta, Ethan Lin, Harper Chisari, Tristin Quimno and Soham Sane.**
 Not pictured: **Ezequiel Yaya and Joshua Ye.**

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CONGRATULATIONS



SkillsUSA



Congratulations to the following LCTI students from Parkland High School who placed first or second in the Skills USA Competition last month:

Rachael Bath — 1st place, Graphic Communications

Trevor Frederick — 1st place, CNC Technician

Mackenzie Kirchner — 1st place, Restaurant Service

Paige Knowles — 1st place, Plumbing

William Makovsky — 2nd place, Welding

Ty Race — 2nd place, Graphic Communications

James Reckling — 1st place, Automated Manufacturing



LCTI STUDENTS OF THE MONTH

The following PHS students were selected as Lehigh Career & Technical Institute's February 2020 Students of the Month:

MORNING SESSION — **Ashlyn Ammirati**, Advertising Design/Commercial Art

Jeffrey Fink, Criminal Justice

Evan Moffett, Heating/Air Conditioning and Refrigeration

Gage Soldridge, Plumbing and Heating

AFTERNOON SESSION — **Madison McLean**, Carpentry

Cooper Unangst, Electromechanical/Mechatronics Technology

Connor Hill, Pre-Engineering and Engineering Technology



STEM COMPETITION

Three Parkland High School students competed at the Carbon Lehigh Intermediate Unit -21 in the Pennsylvania Governor's STEM Competition on February 11. **Sahas Veera**, **Alexandra Fuller**, and **Tristan Quimno** (pictured at right) designed and built a water filtration system to be used in ponds and streams to remove harmful chemicals (PFAS). The students housed the entire filtration system a swan decoy to help camouflage it in natural settings. For the sixth year in a row, Parkland High School took 1st place in the competition and we will be heading to the state-level competition in May.



CONGRATULATIONS



Parkland School District

Education Foundation

**Order your graduate a
graduation yard sign!**



online at
**[www.parklandsd.org/
foundation](http://www.parklandsd.org/foundation)**

Click [HERE](#) to purchase your 2020 graduation lawn signs.

DEADLINE TO ORDER: April 29, 2020

Academic Scholarship Recognition

On Tuesday, May 26 at 3:30 PM in the auditorium, Parkland High School will hold an Academic Scholarship Recognition Ceremony 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 May 1, 2020. If you have any questions, please call 610-351-5600 x73501.

Student Name: _____

Address: _____

Parent/Guardian: _____

College/University: _____

Tuition Cost: _____

Scholarship Amount: _____

Is the Scholarship? () 25% Minimum or () Full Scholarship _____

CLASS OF 2020 SENIOR SHIRTS ARE IN!!!

**\$10 FOR BLACK SHORT SLEEVE
AND \$15 FOR GRAY LONG SLEEVE**

OR

BUY BOTH FOR \$20



Contact
Mrs. Greth at
[gretha@
parklandsd.org](mailto:gretha@parklandsd.org)
for any
questions
about
purchasing!





Mr. Parkland 2020 Blu-Ray Order Form

Name _____

Email _____

Phone _____

Address _____

<i>Product</i>	<i>Price</i>	<i>Quantity</i>	<i>Total</i>
Blu-Ray	\$25.00		\$ _____
Digital Copy	\$10.00		\$ _____
<i>2020 Deal:</i> BR <u>AND</u> Digital Copy	\$30.00		\$ _____
		<i>Total Cost:</i>	\$ _____

Payment Type: _____ Check _____ Cash

Checks should be made payable to
"Parkland High School"

Return completed forms and payment to

Mr. Greth % Parkland TV Studio

Questions - Call 610-351-5621



Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents



BEFORE THE TALK

Know the facts.

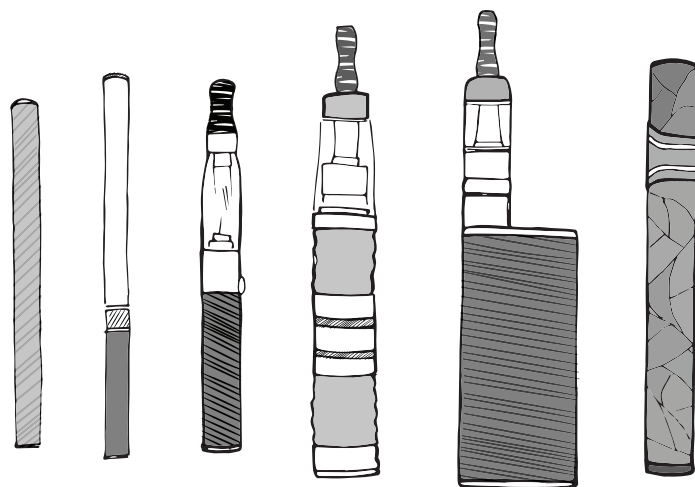
- Get credible information about e-cigarettes and young people at E-cigarettes.SurgeonGeneral.gov.

Be patient and ready to listen.

- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture.
- It's OK for your conversation to take place over time, in bits and pieces.

Set a positive example by being tobacco-free.

- If you use tobacco, it's never too late to quit. For free help, visit smokefree.gov or call **1-800-QUIT-NOW**.



START THE CONVERSATION

Find the right moment.

- A more natural discussion will increase the likelihood that your teen will listen. Rather than saying “we need to talk,” you might ask your teen what he or she thinks about a situation you witness together, such as:
 - » Seeing someone use an e-cigarette in person or in a video.
 - » Passing an e-cigarette shop when you are walking or driving.
 - » Seeing an e-cigarette advertisement in a store or magazine or on the internet.



Ask for support.

- Not sure where to begin? Ask your health care provider to talk to your teen about the risks of e-cigarettes.
- You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counselors whom you know are aware of the risks of e-cigarettes.
- These supportive adults can help reinforce your message as a parent.

ANSWER THEIR QUESTIONS

Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them.

Why don't you want me to use e-cigarettes?

- Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you!
- E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.

- The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.

What's the big deal about nicotine?

- Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.
- Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.
- Nicotine can even train your brain to be more easily addicted to other drugs like meth and cocaine.

- I don't say this to scare you, but I want you to have the facts because nothing is more important to me than your health and safety.

Aren't e-cigarettes safer than conventional cigarettes?

- Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes.
- Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.
- Some e-cigarette batteries have even exploded and hurt people.

I thought e-cigarettes didn't have nicotine — just water and flavoring?

- I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.
- Let's look at the Surgeon General's website on e-cigarettes (E-cigarettes.SurgeonGeneral.gov) together so you can see for yourself.

I (or my friends) have tried e-cigarettes and it was no big deal.

- I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products, including cigarettes. Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Next time we go to the doctor, let's ask about the risks of nicotine, e-cigarettes, and other tobacco products.

You used tobacco, so why shouldn't I?

- If I could live my life over again, I never would have started smoking. I learned that people who smoke cigarettes are much more likely to develop, and die from, certain diseases than people who don't smoke. This was really scary, so I quit smoking.
- Quitting was really hard, and I don't want you to go through that. The best thing is to not start at all.



KEEP THE CONVERSATION GOING

Many parents find that texting is a great way to reach their teens. Here are some suggestions for text messages that might catch your teen's attention. And, you can easily share pages of the website (E-cigarettes.SurgeonGeneral.gov) with your teen.



Share this page

Look for this symbol, click it, type in the message you want or use the message provided, and share with your teen via Facebook, Twitter, or email.

Connect and encourage.

- You always liked science. Check out the science about e-cigarettes and young people: **E-cigarettes.SurgeonGeneral.gov**
- Getting off nicotine is hard but I'm so happy I quit. Don't make that mistake and get addicted. Smoking and tobacco use, including using e-cigarettes, are unsafe for young people.

Remind and repeat.

- Most teenagers don't use e-cigarettes. E-cigarettes with nicotine can mess with your brain, and your brain is still developing until you are at least 25.
- You might be tempted by e-cigarette flavors, but inhaling certain flavorings that have been found in some e-cigarettes can be harmful.

Share facts and resources.

- Just learned that many e-cigarettes have nicotine in them. That's the drug that makes cigarettes so addictive. Nicotine can also mess with your brain development.
- Just saw a report from the Surgeon General that e-cigarettes can mess with how your brain develops and might even affect your mood and focus. Please don't use any products that contain nicotine.
- Hope none of your friends use e-cigarettes around you. Even breathing the cloud they exhale can expose you to nicotine and chemicals that can be dangerous to your health.



Centers for Disease
Control and Prevention
Office on Smoking
and Health

