



June 2022

PARKLAND HIGH SCHOOL

Parent Newsletter



All information in this newsletter is subject to change.

From the principal's desk

Dear Parents/Guardians:

Parkland High School is thrilled to hold the **Commencement Ceremony for the Class of 2022** at 7 PM on Tuesday, June 7, 2022, at the PPL Center. Seniors should arrive at the PPL Center by 5:45 PM and enter at the Air Products gate at 7th and Linden Streets. Parents will not be permitted to enter at this gate. Parents should utilize the WFMZ gate (7th and Hamilton), LVHN gate (8th and Hamilton), or Northwest gate (8th and Linden). Attendees can find available parking for \$6 at several locations: Allentown Transportation Deck (N. 6th and Linden), Community Deck (13 South 6th), Government Deck (4th and Hamilton), The Spiral Deck (800 Block of W. Linden), 9th and Walnut Deck (9th and Walnut), and the Strata Deck (39 N. 6th). At **Commencement practice**, each graduate will be provided with six tickets for guests. If a family needs extra tickets, seniors are able to receive up to four additional tickets through a written request to be provided to the main office as soon as possible. If you need handicapped seating, please contact Mrs. Schutter, Main Office Administrative Assistant at 610-351-5600 x73664. The event will be livestreamed on the following link: <https://parklandtv.com/commencement/>.

All seniors intending on participating in our graduation ceremony **MUST** be at **Commencement Practice** on Tuesday, June 7, 2022, at 8:30 AM at the PPL Center. Students are permitted to use their own means of transportation to commencement practice but will need to pay for parking. If utilizing their own transportation, please have seniors arrive promptly and enter at the Air Products gate at 7th and Linden Streets.

Continued on page 2



From
the
principal's
desk . . .

Shuttle buses will be provided for students needing transportation to graduation practice. The shuttle buses will depart from Parkland High School's front circle at 7:40 AM. If your student has not ordered a cap and gown for graduation, please call Mrs. Schutter, Main Office Administrative Assistant at 610-351-5600, x73664. You must have a cap and gown to participate in graduation. All graduation requirements must be fulfilled to participate in the graduation ceremony. National Honor Society stoles will also be handed out at graduation practice to those students fulfilling all NHS requirements. Graduation practice is expected to last until 12 PM.

Commencement is a formal ceremony and the Parkland School District will be treating this evening with the respect and dignity it deserves. This is the final moment of your student's high school education, so we want each student to dress their best. **Appropriate attire** for this event could include: dress slacks, a dress shirt and tie, dresses, skirts, and appropriate footwear. Sunglasses or decorated caps and gowns will not be permitted. If you are not dressed appropriately as noted above, you will not participate in the graduation ceremony. PPL did share a list of banned items for the event which includes the following: balloons, aerosol cans, noise making devices, and beach balls. Flowers for the ceremony can be ordered [HERE](#).

Commencement is a special ceremony marking the culmination of your high school education and we are so happy to hold this event for you this year. Most recently your class has had an extremely enjoyable **Senior Prom**. The administration and faculty were thrilled to see all of you enjoying each other's company as a class and all of the smiles on your faces. Seeing all of you at Prom was an uplifting time for everyone and we are excited to have you together again at PPL for your Commencement Ceremony.

In preparation for graduation night, we are sharing a list of **restaurants and cafes in Downtown Allentown**. PPL concessions will be open but we know it will be crowded so we are advertising some local options. Keep in mind you want to arrive downtown early. Several restaurants have deals and discounts available for graduation participants so if you are planning on enjoying dinner before the event, remember to beat the crowds. For more information about dinner venues click [HERE](#).

This end of the school year is definitely bittersweet for me as it concludes my principalship at Parkland High School. It is also difficult as my son Michael graduates the same night from Freedom High School. Like any proud parent, I could not imagine missing my child's high school graduation and therefore I will not be present for Parkland's graduation ceremony. I guess it is a strange twist to a very unpredictable time in all of our lives. The Parkland Class of 2022 is a wonderful group of students. Throughout my fifteen years as a high school principal, they are truly one of my favorite groups of seniors. Parkland was fortunate to have them lead our school as we returned to fully in-person classes. As a class they have demonstrated outstanding scholarship, character, leadership, communication, and personality to help underclassmen learn how to exist again with 3,200 students while still achieving significant accomplishments in academics, athletics and visual and performing arts. You should be very proud of the Class of 2022 - they will showcase their Parkland Pride as they continue to excel in their post-secondary endeavors. I am looking forward to all of their future accomplishments.

Sincerely,

James E. Moniz II

James E. Moniz II, Principal, Parkland High School

Mr. Moniz

WE WILL
MISS YOU



Poster by art teacher, Linda LaDue



June 2022 Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Day 6	2 Day 1	3 Day 2	4
5	6 Day 3	7 Day 4	8 Day 5	9 Day 6 9:20 AM Dismissal	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

BELL SCHEDULES

PERIOD	A SCHEDULE (Regular Day)	B SCHEDULE (Homeroom)	C SCHEDULE (Early Dismissal)	D SCHEDULE (2-Hour Delay)
	7:35 Warning Bell	7:40-7:50	7:35 Warning Bell	9:35 Warning Bell
1	7:40-8:28	7:54-8:36	7:40-8:22	9:40-10:08
2	8:32-9:15	8:40-9:22	8:26-9:04	10:12-10:37
3	9:19-10:02	9:26-10:08	9:08-9:46	10:41-11:06
4	10:06-10:49	10:12-10:54	9:50-10:20	11:10-11:39
5	10:53-11:36	10:58-11:40	10:24-10:54	11:43-12:12
6	11:40-12:23	11:44-12:26	10:58-11:28	12:16-12:45
7	12:27-1:10	12:30-1:12	11:32-12:02	12:49-1:18
8	1:14-1:57	1:16-1:58	12:06-12:31	1:22-2:01
9	2:01-2:44	2:02-2:44	12:35-1:00	2:05-2:44
5 Minute Warning Bell for Bus Departure	2:47 Buses depart at 2:52	2:47 Buses depart at 2:52	1:03 Buses depart at 1:08	2:47 Buses depart at 2:52

- > Lunch periods are assigned during periods 4, 5, 6 or 7.
- > PM LCTI students will eat lunch period 4 or 5 and are dismissed at 11:25.
- > AM LCTI students will eat lunch at LCTI and return for class Period 6.

- ❖ Students who are approved for "early dismissal" must leave the school building and property immediately upon dismissal.
- ❖ Students who are approved for "late arrival" may not enter the school until 10 minutes before their first class.
- ❖ All students must leave the school building and property immediately upon dismissal unless they are involved in a PHS-sponsored and supervised, after-school activity.

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

Counseling corner



Students interested in making a change to their schedule may pick up a change request form in the Counseling Office during the first six days of the 2022-2023 school year.

Summer school

Information will be forwarded to eligible students shortly after final grades are received. Please contact your child's school counselor if you have any questions about your son or daughter's academic standing.

Moving to a new residence?

Please contact the Counseling Office this summer if your family will be moving within the Parkland School District or outside of the district. Two documents are required to confirm a change of residence within the district **by the end of July** in order for new transportation information to be issued on time. If moving outside of the district, please contact the Counseling Office to withdraw your child from the school district. At that time, we will provide you with the academic and medical documents necessary to ensure a smooth transition to your new school.



PSAT

testing in the fall for rising
sophomores and juniors



The PSAT (Preliminary Scholastic Assessment Test) will be administered next fall to sophomores and juniors on **Saturday, October 15, 2022** at Parkland High School.

The College Board allows for this test to be administered only once every school year. Please mark this date on your calendar for future reference. Information about the PSAT can be found on www.collegeboard.com/psat.

Registration for the PSAT will take place at Parkland High School in mid-September. Fee waivers are available to students who qualify for free or reduced lunch.

Please contact Mrs. McGarr in the Counseling Office with any questions regarding the PSAT.

CHROMEBOOK COLLECTION

SENIORS

Collection dates for Chromebooks and chargers are **May 31** and **June 1** in the PHS Library.

LCTI full-day student Chromebooks were collected on May 20.

All personalized stickers and leftover residue must be removed from the device.

Missing charger (\$25) cost can be paid with a check payable to Parkland School District.
Cases do not need to be returned.

Underclassmen keep their Chromebooks over the summer



2022 Par Key Yearbook

Pick Up Your Yearbook

If you still need to pick up your yearbook, visit Mrs. Beck in D131.

Rising Seniors - Class of 2023

Your senior portrait session has been scheduled by Frank Mitman. See the Senior Portrait Schedule posted by Mrs. Beck back on May 17 for your session date or refer to appointment card that was mailed to your home. If you need to reschedule, please call Frank Mitman's studio at 610-433-2110. Frank Mitman will also be offering in-school portrait sessions in November if you are unable to get to his studio.
NOTE: Yearbook portraits are free for students.



CLASS OF 2023
SENIOR PORTRAIT
DATES

Spring Supplements will be Mailed Home in August

The supplement will include Prom, Graduation, and spring events/athletics. If your address has changed during the school year, please contact Mrs. Beck at beckd@parklandsd.org so she can update your information and ensure you receive your supplement.

Thank you to everyone who supported our student-led program by purchasing a yearbook. We hope you enjoy *A New Chapter*.

YBK+



2022 COMMENCEMENT



TUESDAY, JUNE 7, 2022

7 PM at the PPL Center

701 Hamilton Street in Allentown

The event will be livestreamed for those who wish to view from home.

See 'From the Principal's Desk' on pages 1 and 2 of this newsletter
for specific instructions regarding dress,
arrival times, parking, livestream links and more.

COMMENCEMENT PRACTICE

TUESDAY, JUNE 7, 2022

8:30 AM – 12 PM at the PPL Center

See 'From the Principal's Desk' on page 2 of this newsletter for
information about requirements and transportation.

Tickets will be distributed at the practice.
Each graduate will be provided 6 tickets for guests.



2022 SENIOR SENDOFF SPIRIT WEEK

TWIN TWOS-DAY



Tuesday
May 31st

See double!
Match a friend,
teacher, or club!

PJ WEDNESDAY



Wednesday
June 1st

Stay cozy
in our PJs!

DECISION DAY



Thursday
June 2nd

Show off
your after
High School
plans!

MEME DAY



Friday
June 3rd

Have a final
laugh with a
school appropriate
meme!

BEACH DAY



Monday
June 6th

Fun day in the
sun with tropical shirts
and beachy attire!
(School appropriate)

SHINE A LIGHT DAY



Tuesday
June 7th

Celebrate the
shining light
of our senior
class! (Lights, neon)



**DOWNTOWN
ALLENTOWN**
BUSINESS ALLIANCE

Participants:

Downtown Allentown Market: 10% for students and their families
Chickies & Pete's: 10% for graduates and their families
Americus: 15% off at Windows on 6th (food items only)
Retailer Participant: Assembly88 – 10% off

All Options:

[Americus Hotel*](#)
[Allentown Brew Works](#)
[Bell Hall](#)
[Blended by Bru Daddy's](#)
[Bru Daddy's](#)
[Chickie's and Pete's*](#)
[Delicioso Pizza and Subs](#)
[Downtown Allentown Market \(numerous options within\)*](#)
[Johnny's Bagels \(Breakfast and Lunch\)](#)
[Kyle's Courthouse \(Breakfast and Lunch\)](#)
[La Bicicleta](#)
[La Vida Café \(Closes at 5PM\)](#)
[Mo's Eatery \(Breakfast and Lunch\)](#)
[Sports and Social Allentown](#)
[Tacos y Tequila](#)
[The Dime](#)
[Venny's Pizza](#)
[Wafa's Kitchen \(Breakfast and Lunch\)](#)

BEAUTIFUL BOUQUETS

Available for
purchase at
the Parkland
High School
Graduation!

PRE-ORDER BELOW &
PICK UP YOUR ORDER
ON GRADUATION DAY!



SCAN ME

[HTTPS://WWW.THECOMMENTGROUP.COM/PARKLANDHS/](https://www.thecommentgroup.com/parklandhs/)



IMPORTANT DATES

June 1 - Pick up Graduation Lawn Signs at PHS
Outside the Cafeteria **2 - 5:30 PM**

June 1 - Visual and Performing Arts Awards Night **7 PM** Auditorium

June 2 - Senior Cabaret **7 PM**

June 3 - Last Day for Seniors (including LCTI Seniors)

June 6 - Senior Slide Show **12 PM** Auditorium

June 7 - Graduation Practice at PPL Center **8:30 AM - around 12:00 PM**

It takes approximately 3-4 hours to practice. Students are permitted to drive to PPL Center OR bus transportation will be provided from PHS. Students who drive should leave early to allow for any traffic concerns. If you are taking your own transportation, you will have to pay for parking. Please enter through the 7th and Linden Street entrance. School buses will depart from the front circle of the high school no later than **7:40 AM**. Students who wish to ride the bus must sign up in advance at the Main Office.

Students will receive tickets for graduation at practice. Your student **must** participate in practice in order to attend the graduation ceremony.

June 7 - Class of 2022 Graduation Ceremony **7 PM** PPL Center (also available via livestream)

Students must report by **5:45 PM**. Students should use the 7th and Linden Street entrance. Decorations of any kind are not allowed to be attached to caps/gowns in any way. Administration reserves the right to confiscate any decorative items. Students may wear honor cords they earned from school-based honor societies. Tassels are required and if lost/forgotten, the replacement cost is \$10. Recommended, appropriate student attire is as follows: dress shirt/tie/dress pants, pants/dress/skirt/blouse/appropriate shoes.

Each senior receives 6 tickets at graduation practice. A request for extra tickets or handicap-accessible tickets must be in writing prior to graduation practice. They can bring a letter signed by a parent to the Main Office. Students cannot receive more than 4 additional tickets. *Grad Images* will take photos as graduates accept their diplomas and as they leave the stage. The company will send proofs to student's school email accounts (*which expire July 1*). All orders/correspondence must be made directly to the *Grad Images* company. Email Mrs. George, Assistant Principal, with any additional graduation questions at georgec@parklandsd.org.

June 8 - Lifeskills Graduation **10 AM** Auditorium



\$7.6 MILLION

EARNED IN SCHOLARSHIPS OVER
THE NEXT 4 YEARS BY THE CLASS OF
2022



57

of
PHS Athletes who
will play their
sport in college!

Congratulations, Class of 2022!



AWARD CERMONY LINKS

Academic Awards Program

<http://ow.ly/bBYH50JgWVN>

Recording of the Ceremony

<http://ow.ly/rHzK50JgWNO>

Athletic Awards Program

View the [winner's list and inductees](#).

College Media Day Program

View the [full list of athletes](#).

Congratulations 4.0+ for 2022



GPA



The following is a list of seniors who achieved a GPA of 4.0 or above for seven consecutive semesters at Parkland High School

Dalia Abdelaziz
Drew Christian Alden
Aadhitya Shankar Aravind
Mariana Lucia Aubele-Gonzalez
Matthew Robert Barraco
Brenna Elisabeth Best
Madeline Jean Bigert
Hope Ann Broadhurst
Tyler Beau Buchanan
Georgi Marie Butch
Victor Jingran Cai
Luciana Carnero
Emma Rose Carpenetti
Ivy Chen
William Brian Chilcote
Abigail Leeann Cohen
Eric Michael Colangelo
Kameron Anne Corba
Isaac Andrew Daniels
Lukas Bennett Dashukewich
Shlok Vipul Dholakia
Alexandra Elsesser
Sydney Meegan Esquieres
Alexander Kane Forgosh
Tess Elizabeth Garchinsky
Katelyn Elizabeth Gontkosky
Abigail Ruth Graham
Caroline Ashley Gwiazda
Kharan Vikas Joshi
Vaishnavi Joshi
Rachel Perah Kanter
Abraham Noah Kashkoush
Andrew Joseph Keller
Raaheem T. Khondaker
Harrison Hyunwoo Kim
Reagan Lyn Kinney

Alexandra R. Kunderk
Gabriella Didario Landis
Isabella Whitfield Landis
Westley Le
Denny Li
Michael Li
Lalitha Loka
Melanie Paige Lowe
Aditi Maheshwari
Ryan Carl Makovsky
Kai Julian Mangahas
Peyton Charles Marciniak
Lily Lynn Mayer
Liam John McCary
William David Meeker
Peter Robert Mercatili
Kaila Makena Miles
Morgan Alea Napolitano
Sana Nauman
Katarina Ella Grace O'Mara
Oludemilade Christina Olatilo
Rachel Olson
Dhruti Sanjay Patel
Prince Girishkumar Patel
Brenna Michelle Pelizzoni
Cameron McKay Price
Ethan Scott Radio
Areeda Rahman
Nishka Rajaboina
Malika Zuhair Rattansi
Eshan Leonard Reed
Brody Nathan Ritter
Justin Thomas Roethlein
Andrew John Rowland
Emma Suzanne Ruimy
Lucia Rose Ruimy
Jacob Ronnie Seed

Elizabeth Adama Shaw
Laura Ann Singer
Graham Carrington Smith
Gina Marie Sorgi
Alexander Morton Spero
Prisha Srivastava
Kyra Nicole Stauffer
Nicole Marie Stofko
Zoe Paige Streeter
Sean Thomas Superka
Kevin Tong
Ty Matthew Tremba
Veda Satvika Vundela
Zoe Elizabeth Wilkinson
Megan Elizabeth Wolff
Max Wong
Ella Nancy Wu
Joshua Graham Wynn
Hana Yang
Drew Charles Yeomans

**OPPORTUNITIES
ARE USUALLY
DISGUISED AS
HARD WORK, SO
MOST PEOPLE
DON'T RECOGNISE
THEM**

- Ann Landers





JUNE

Upcoming events

Wednesday

1

Senior Sendoff Spirit Week: PJ Wednesday
Visual and Performing Art Awards 7 PM (Auditorium)

Thursday

2

Senior Sendoff Spirit Week: Decision Day
Senior Cabaret 7 PM

Friday

3

Senior Sendoff Spirit Week: Meme Day
Last Day for Seniors (including Senior LCTI Students)
Last Day for Late Activity Buses

Saturday

4

SAT Exam Administration 7:45 AM

Monday

6

Senior Sendoff Spirit Week: Beach Day
Senior Slide Show 12 PM (Auditorium)
Post Prom Committee Wrap-Up Meeting 7 PM (virtual)

Tuesday

7

Senior Sendoff Spirit Week: Shine A Light Day
Bus Pickup for Commencement Practice 7:45 AM
Commencement Practice and Ticket Distribution 8:30 AM - 12 PM (PPL Center)
Class of 2022 Commencement 7 PM (PPL Center)

Wednesday

8

Life Skills Graduation 10 AM (Auditorium)
Fall Sports Physicals 5 - 8 PM
Last Day for LCTI Underclassmen
4th Marking Period Ends

Thursday

9

Last Day for Underclassmen
Early Dismissal 9:20 AM

Monday

13

Summer Enrichment Classes Begin
Summer School Registration 8 AM - 3 PM (online)

Tuesday

14

Summer School Registration 8 AM - 3 PM (online)
Flag Day

Wednesday

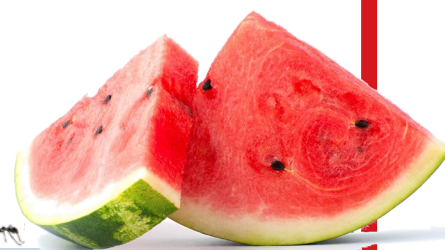
15

Summer School Registration 8 AM - 3 PM (online)

Thursday

16

Summer School Registration 8 AM - 3 PM (online)





Friday
17

Summer School Registration 8 AM - 3 PM (online)

Sunday
19

Father's Day
Juneteenth

Monday
20

Summer School Registration 8 AM - 3 PM (online)

Tuesday
21

Summer School Registration 8 AM - 3 PM (online)

Wednesday
22

Summer School Registration 8 AM - 3 PM (online)

Thursday
23

Summer School Registration 8 AM - 3 PM (online)

Friday
24

Summer School Registration 8 AM - 3 PM (online)

Monday
27

Summer School Begins 8:30 - 11:30 AM (Mon-Thurs)
No Summer School July 1, 4 and 5

Thursday
30

Report cards available in Home Access Center





Festival of the Arts

Congratulations to all of the students who participated in this year's Parkland's Got Talent. It was a great night to showcase our students. This year's Senior Division winner was PHS senior, **Jacob Greening**.

Thousands of Parkland residents enjoyed the Artists on the Quad event that took place on Saturday, May 20. More visual and performing art was on display than ever before, and we are grateful for the art, music, and theatre teachers, as well as the club advisors who made the day a success. Many kudos go to the student and parent volunteers who helped bring back the Festival, a celebratory day that highlighted the importance and vibrance of the arts at Parkland.

Visual and performing arts



Congratulations to the Cast and Crew of MAMMA MIA!

Parkland High School's production of MAMMA MIA! received 11 Freddy Award nominations. Congratulations to all the nominees:

- * Outstanding Use of Scenery
- * Outstanding Use of Costumes
- * Outstanding Small Ensemble Performance, **Katarina O'Mara** and **Jared Sussman** - Take A Chance on Me
- * Outstanding Choreography
- * Outstanding Performance by an Actress in a Supporting Role (**Laurel Bendetti** as Tanya)
- * Outstanding Performance by an Actor in a Supporting Role (**Jared Sussman** as Bill Austin)
- * Outstanding Chorus
- * Outstanding Featured Performance by an Actress (**Katarina O'Mara** as Rosie)
- * Outstanding Stage Crew
- * Outstanding Performance by an Actress in a Leading Role (**Brenna Pelizzoni** as Sophie Sheridan)
- * Outstanding Overall Production of a Musical





Parkland's Trojan Marching Band in Disneyland during their recent trip to California



Parkland Theatre
Presents
**Broadway Boot
Camp 2022**
July 11-15
at Parkland High
School

For Parkland Students
going into grades
4 - 12

For more information
and to register, please
click [HERE](#).

Instructors:
Lori Colacito and Kate Pistone
of Acting Up

Guest Instructor:
Sydney Snizek



**Parkland's Colorguard came in
2nd place as the Atlantic Coast
Championship Regional A Silver
Finalist**

Colorguard Team Members:

Emma Carpenetti, Amanda Cohan, Zeke Frey, Paige Hardenberg, Kali Hurst, Dayanara Juarez Angeles, Francesca Mormile, Rori Sell, Laura Singer, Ollie Stroup and Shea Xander



**Parkland's Indoor Percussion
Ensemble came in 1st place as the
Atlantic Coast Championship
Regional A Gold Finalist**

Percussion Ensemble Members:

David Anderson, Stephen Anderson, Rishi Baru, Christian Blanco, Carmen Cortes, Lucas Dee, Michael Glick, Gabrielle Hare, Katheryn Hopkins, Jesse Khalil, Benjamin Mangold, Lily Mayer, Andrew Mello, Phoenix Moyer, Jason Roca, Brayden Rutter, Meredith Schmoyer, Dante Squalls, Alana Strock, and Joshua Tavarez

Congratulations to these talented students and their advisors:
Justin Tanzos and Sydney Sherrier



Athletic news



Spring Sports



Records and Championships

Baseball

17 wins - 5 losses

Boys Lacrosse

15 wins - 5 losses

Girls Lacrosse

10 wins - 9 losses

Softball

18 wins - 5 losses

EPC Champions

Boys Track

8 wins - 0 losses

EPC Division Champions

Girls Track

8 wins - 0 losses

EPC Champions

Boys Tennis

17 wins - 1 loss

EPC Division Champions

Boys Volleyball

18 - 5

EPC Champions



GIRLS TRACK EPC LEAGUE MEET CHAMPIONS!





Congratulations to **Fyodor D'Souza** and **Daniel Zolotarev** on the PHS Boys Tennis team for winning gold in the District XI doubles category.



ATHLETES OF THE YEAR

Brynn Dreisbach
Jesse Ruisch



Coral Shivok
broke her
school record
in the pole
vault, clearing
12-1.



NEW SCHOOL RECORD!!

She went on to
finish in 5th
place at the
PIAA State
Track meet over
Memorial Day
weekend.



FREE FALL SPORTS PHYSICALS



Fall sports physicals take place on June 8. For more information, to sign up, and for the forms you need to bring with you, please visit [this site](#).

Athletic news



Athletic Awards

Trojan Alumni Scholarships: Male – **William Meeker**
Female – **Oludemilade “Demi” Olatilo**
Memorial – **Lucia Ruimy**



PASC Charles D. Nace Memorial Scholarship: **Rocco Birns** and **Reagan Kinney**

Kyle Stang Memorial Scholarship: **William Meeker** and **Oludemilade “Demi” Olatilo**

Sandy Riley Scholarship: **Emily Beers**, **Raegan Kinney** and **Connor McCoy**

Patti Heffner Memorial Scholarship: **Marissa “Mo” Olenwine**

Dale Zimmerman Outstanding Athlete of the Year Awards: **Brynn Dreisbach** and **Jesse Ruisch**



2022 HALL OF FAME INDUCTEES

Brynn Dreisbach

All-state volleyball player, 2019, 2020, 2021

Sydney Esquieres

All-state volleyball player, 2021

Kayla Johnson

All-state swimmer, 2021

John Siggins

All-state volleyball player, 2021

Amy Heffner

Female Alumni Recipient 2022
Class of 2007

Larry Moser

Male Alumni Recipient 2022
Class of 1981

EASTERN PENNSYLVANIA CONFERENCE

ALL STARS

BASEBALL EPC ALL STARS

Name	Position	Team
Barton "Blake" Barthol	Shortstop	1st
Jesse Ruisch	Outfield	1st
Luke Meehan	1 st base	2nd
Barton "Blake" Barthol	MVP	MVP

BOYS VOLLEYBALL EPC ALL STARS

Name	Position	Team
Matthew Bauer	OH	1st
Lukas Dashukewich	OH / OPP	2nd
Chase Robbins	OPP / S	2nd
Ahzar Sumar	L	3rd

BOYS LACROSSE EPC ALL STARS

Name	Position	Team
Matthew Barraco	Faceoff	1st
Zayd Afif	Goalie	2nd
Jacob Hurd	Attack	2nd
Chase Kusko	Midfield	2nd
Jacob Parker	Midfielder	2nd
Jack Wieder	LS Midfielder	2nd

GIRLS LACROSSE EPC ALL STARS

Name	Position	Team
Gabrielle "Gigi" Leonzi	Midfielder	1st
Mariana Aubele-Gonzalez	Low Defense	2nd
Nicole Boyer	Midfielder	2nd
Morgan Napolitano	Low Defense	2nd

BOYS TENNIS EPC ALL STARS

Name	Position	Team
Daniel Zolotarev	Singles	1st
Lucas Lee / Kevin Yao	Doubles	1st
Fyodor D'Souza	Singles	3rd
Taehyuk Yang / Ryan Wu	Doubles	3rd

GIRLS TRACK EPC ALL STARS

Name	Position	Team
Naeema Salau	100, 200	1st
Lucy Tobia	400m	1st
Lana Hurwitz	1600m, 800m	1 st / 2nd
Grace Nation	Triple Jump	1st
Madeleine Battista	High Jump	1st
Coral Shivok	Pole Vault	2nd
Chloe Chase	Javelin	3rd
Gracie Trexler	800m	3rd

BOYS TRACK EPC ALL STARS

Name	Position	Team
Andrew Nguyen	Javelin	2nd
Tyler Rothrock	800m	3rd
Ethan Willard	3200m	3rd
Tyler Hoysan	110m Hurdles	3rd
Andrew Beers	300m Hurdles	3rd

SOFTBALL EPC ALL STARS

Name	Position	Team
Ashlyn Hillanbrand	Pitcher	1st
Cassidy Sweeney	2 nd Base	2nd
Jenna Piatkiewicz	Shortstop	2nd



Information from the Health Room

End of the school year reminders

Students who have medication in the Health Room will need to have the medication picked up before the last day of school. **All medication needs to be picked up by a parent.**

Arrangements can be made with the School Nurse. Any medication remaining at the end of the school day on the last day of school **will be discarded** in an appropriate manner.

New paperwork is required each school year for medication administration in school.

If you had medication in the Health Room this year, paperwork will be e-mailed to you at the end of this school year.



Important items for rising juniors and seniors in the 2022-2023 School Year

Rising juniors

All students who will be in grade 11 in the 2022-23 school year will need a physical exam. This is a Pennsylvania State requirement. Forms were mailed home in February. Forms are also available on the [PHS Website](#). Please return these forms to the Health Room.



Rising seniors

ALL Students who will be in grade 12 in the 2022-23 school year must have A SECOND DOSE of meningococcal conjugate vaccine (MCV) (must be given at age 16 or older) prior to the first day of school in August.





Health forms available online

All Health Forms are available on the PHS website under Health Services [HERE](#).



Contact the Health Room

Phone: 610 351-5616
Fax: 610 351-5987

Email: seremulad@parklandsd.org
or
zolotskyj@parklandsd.org



The Nurse is available during the summer months, but on a limited basis. If you have any medical concerns about your child to discuss with the Nurse, please leave a message and she will contact you when she is in the office.

PROTECT ALL THE SKIN YOU'RE IN



Tip of
the month

Use a Layered Approach for Sun Protection.



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Wear a hat, sunglasses, and protective clothing to shield skin.



Seek shade, especially during midday hours.

CS277180

Sun Safety

It is so important to protect your body's largest organ, the skin. Sun safety is always in season, no matter the weather. Exposure to the sun can cause sunburn, skin aging, eye damage and skin cancer (U.S. Food and Drug Administration, 2019). In the U.S. nearly 5 million people are treated for skin cancer each year. The sun's ultraviolet rays can damage your skin in as little as 15 minutes (Centers for Disease Control and Prevention, 2021). Prevention is key. View the articles below for sun safety tips to help protect you and your family while outdoors:



Centers for Disease Control and Prevention, 2021. *Skin cancer*.
https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm



U.S. Food and Drug Administration, 2019. *Tips to stay safe in the sun: From sunscreen to sunglasses*.
<https://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses>



Driver's Education



Sophomores and Juniors: Pick up your Certificates of Completion

Any student in grade 10 or 11 who has completed the PHS Driver's Education Theory Course should stop by Room D133 and pick up their certificate if they have not received it.

Parents of New Drivers: Tips to Keep Your Teen Safe this Summer

- Limit the number of passengers.
- Enforce a curfew.
- Gradually increase the amount of time you allow your teen to drive.
- Gradually increase the distance you allow your teen to drive.
- Do not allow your teen to eat or drink while driving.
- Do not allow your teen to use a cell phone while driving.
- Enforce observance of speed limits and other rules of the road.
- Do not allow your teen to drink and drive. Drinking under the age of 21 is illegal.
- Ride with your teen occasionally to monitor his or her driving skills.



FRESHMEN

Summer Driver Education Theory Course

Register for the Summer Driver Education Theory Course before **June 3.**

- ◇ The PHS course will run online starting **Monday, June 20 - Thursday, June 30.**
- ◇ The course will have a required daily class meeting from 9 - 10 AM.
- ◇ The cost is \$175 for the PHS course.

For more information, including registration instructions, please click [here](#).



Congratulations!

Congratulations to **Vishruth Hanumaihgari** for being selected as a finalist winner in this year's PSBR (PA Society for Biomedical Research) High School Essay Contest.

The contest is open to all high school students in Pennsylvania, Delaware, West Virginia, and New Jersey. Vishruth is one of four finalists to be awarded, and he will receive a cash prize and a certificate. Winners will be recognized at the PSBR's Annual Awards Dinner at the Hershey Lodge, Hershey, PA, on June 3.



Congratulations

Congratulations to **Victor Cai** and **Shlok Dholakia** for being named the bronze medalists at the 2022 USA Physics Olympiad.



Library lines



SORA News - Access books 24/7

Books are available throughout the summer via SORA. Currently there are free "Summer Sweet Reads," "All Access Comics," and "Magazines" available 24/7, simultaneous usage, always available. We also have a SORA of e-book and audio books. Students can access this through the SORA app on Clever.

Summer Reading Ideas

Our lists are posted on the PHS website [HERE](#).
Other lists published by YALSA can be found [HERE](#).

Return your Books

You can drop off books at the front desk over the summer months.



Summer tech issues

If you are having tech issues over the summer with your Chromebook, please fill out a trouble ticket and you will be contacted by tech support. To complete a trouble ticket, click [HERE](#).



The Library will be open
Monday through Thursday
9 AM until 12 PM, or by appointment.
It is recommended you call ahead
to make sure the Library is open.
You can reach Mrs. DiCarlo
at 610-351-5642.

Allentown Rotary Club



Congratulations to PHS seniors **Reagan Kinney**, **Oludemilade "Demi" Olatilo**, and **Hailie Reinhard** for being named the Allentown West Rotary Scholarship winners for 2022.

YOU
CAN'T
STOP
THE
WAVES,
BUT
YOU
CAN
LEARN
HOW
TO
SURF



Congratulations National History Day Club



Congratulations to the following National History Day Club winner at the **state competition** held in May at the University of Scranton. She will represent Parkland High School at the 2022 National Competition to be held virtually June 12 through June 18.

Mai Hukuoka

Individual website, Senior Division titled
"The Civil Liberties Act of 1988:
The Battle for Redress and its Ramifications"



Mai is pictured (to the left, middle) with PHS history teacher, Ms. Calliope Volikas, and School Board President, Mr. David Hein.



Student Assistance Program (SAP)

Goal setting with your child

The members of the SAP team would like to thank you for the collaborative relationships that were built during this challenging school year. It has been an honor to serve you. Please feel free to contact the SAP team in the beginning of the 2022-2023 school year to request help for your child. As we look behind us and think ahead to a new school year, we want to help support you and your children as much as possible. We would like to present goal setting with your child for next school year. **This should start no later than the beginning of August.** Whatever their intentions are for the year, putting in some thought and planning before school begins can help your child start school on track, with a positive mindset - and set them up to reach their goals.

Setting back-to-school goals is an activity that can help your child become a more self-directed, responsible learner and improve their motivation and independence. It is also a great way to bond with your children before the new school year starts. Goals also help your child feel engaged in their academic career. Goal setting helps teens to see beyond the present moment, encouraging them to look toward the future. Even better, your student will learn the critical process of goal setting, including the power of intention, productivity, organization, follow-through, and strategic thinking. While it is important for your child to identify their own goals, it can be fruitful to brainstorm together. Be a sounding board and ask questions in order to help your child discover and refine goals that resonate with them.

Questions to Ask

First, you will want to ask if they already have any goals in mind. Keep asking questions until your child seems to click with a possible goal they want to work toward. Possible questions you might pose to your child include:

- * *Are there any new academic skills you want to learn and/or improve?*
- * *Is there anything that you want to work on at school this year?*
- * *What do you think your teachers or friends might suggest you work on?*
- * *Do you have any school-related strengths and/or weaknesses you would like to focus on this year?*
- * *What is your favorite/least favorite subject?*

Continued on page 25

Once your child has nailed down a goal, guide them through the process of planning how to achieve it. Brainstorming can be helpful with this step as well. Share with your teen that simply setting their intention can put them on the right path. Consider what assistance, if any, they will need. They should think about what steps they will go through as they strive toward making their goal a reality. Help your child break down their goal into the smaller steps (or skills) that are needed to get to the bigger goal. Making a to-do list and/or schedule can be useful as well.

Visual Reminders

To help your child stay focused, have them create a visual reminder. For teens who need to focus on the steps, it can be very helpful to use a worksheet that has a goal on top and a goal ladder on which to list the steps to the goal - each rung of the "ladder" is another step toward reaching the final goal. Breaking down the goal into chunks can make it feel less overwhelming and more achievable. Some examples of visual reminders include:

Drawing of goal

Goal board

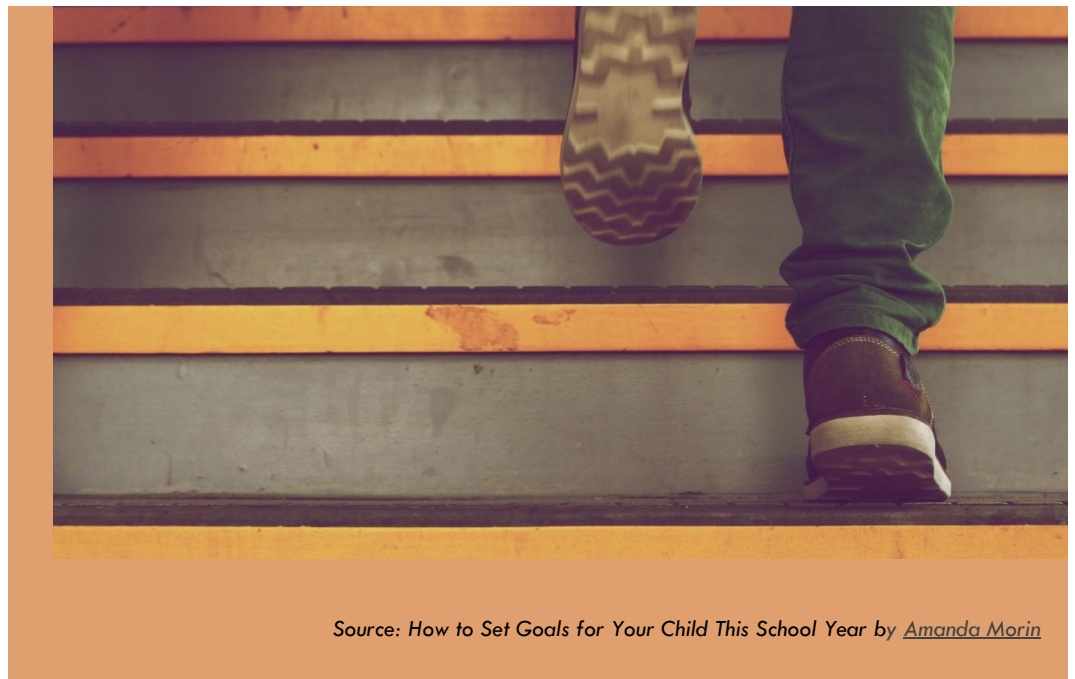
Goal ladder

Journaling

Schedule

To-do list

Written goal



Help your child keep track of their progress. Periodically, take a look at the goal ladder with them and mark off any steps they have accomplished. Cheer successes as they happen, but also be prepared for obstacles - and praise effort and learning as much as tangible achievement. Offer suggestions if your child experiences any setbacks or frustrations along the way. Also, be sure to give kudos as they meet various benchmarks along the way to help your child keep momentum and understand that progress is as important as the ultimate aim. Once their final goal is achieved, take it off the goal ladder or list - and celebrate their accomplishment.

Have a great summer.

“Our **intention**
creates
our **reality**.”

Wayne Dyer

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 and student ID# 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 2022 dues must be paid by June 3 in order for your student to receive his/her diploma at the commencement ceremony on June 7. Anyone who purchased a Prom ticket at the \$90 price will have satisfied their class dues obligation.**

Class of
2022

Senior class advisor
Mrs. Sarah Yenser
Room C241
yensers@parklandsd.org

Class of
2023

Junior class advisor
Mrs. Deborah Andreoli
Room D133
andreolid@parklandsd.org



Class of
2024

Sophomore class advisor
Miss Casey Gruver
gruverc@parklandsd.org

Class of
2025

Freshmen class advisors
Mrs. Lori McClure
mcclurel@parklandsd.org
Mrs. Kim McHenry
mchenryk@parklandsd.org

Congratulations



Congratulations to **Varun Pandian** and **Vishruth Hanumaihgari** for placing 3rd overall in the Allentown Diocese Forensic League for Public Forum Debate. They went on to compete over Memorial Day weekend in Washington, DC at the National Catholic Forensic League Grand National Tournament.

Congratulations

National Spanish Examinations



AATSP

¡TODOS A UNA! • TODOS POR UN!

American Association
of Teachers
of Spanish & Portuguese
Est. 1917

The following Parkland High School students in Spanish levels 3-5 are 2022 winners of the National Spanish Exam, sponsored by AASTP members, Doctora Holbrook, and Señoras O'Donnell, Roth-Nesley and Yerger. They competed against students from the Greater Philadelphia region. Exam levels are noted in parenthesis.

Gold Medals

Maria DeLeon (4) and **Taha Mirrani (4)**

Silver Medals

Benjamin Bauman (4), Jarod Bloch (4), Leon Chen (3), Jack Delaney (4), Daniela Fernandez (5), and Jenna Sorgi (3)

Bronze Medals

Riva Kaneria (4), Sanika Kothari (4), Daniela Marin (5), Angela Renion (4), Jason Roca (4), Derek Rodriguez Perez (4), Imaan Saeed (4) and Thais Serrano (4)

The National Spanish Examinations are a motivational contest to recognize student achievement in the study of Spanish and to stimulate further interest in the teaching and learning of Spanish.

Juniors

Senior year is almost here. It is going to be an exciting year.



Watch for an upcoming **Spirit Wear Sale** in the August/September Parent Newsletter. Get all the gear you need to show your Senior Pride.



Watch for upcoming fundraisers, including a **Car Wash** at Parkway Manor Elementary School and more **Dine to Donate** opportunities.



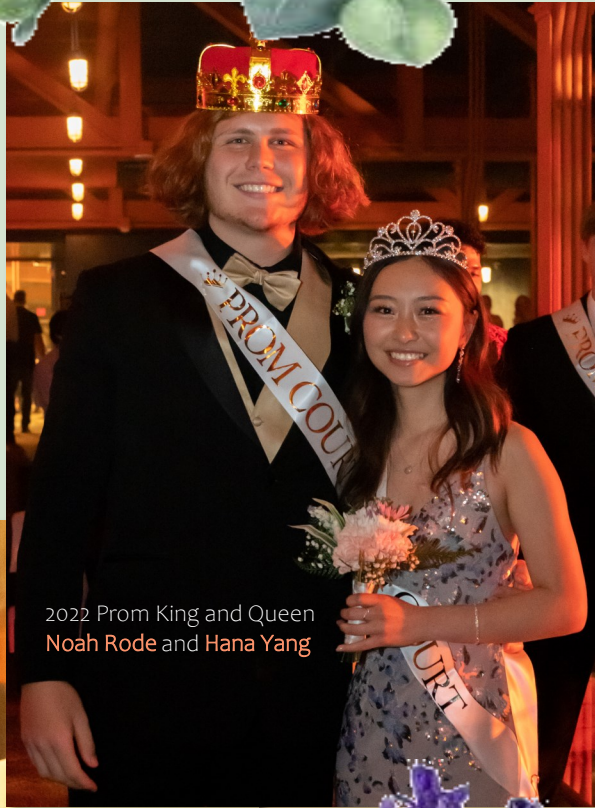


PARKLAND HIGH SCHOOL PROM

The Parkland High School Class of 2022 Senior Prom took place on Saturday, May 7 at SteelStacks in Bethlehem. The event theme was “Enchanted Forest.”

Photos by Frank Mitman and Par Key Yearbook staff members





2022 Prom King and Queen
Noah Rode and Hana Yang



POST PROM 2022

HAVE A GREAT

Summer

