



# PARKLAND HIGH SCHOOL

## Parent Newsletter

February 2021

*All Information is Subject to Change*

### FROM THE PRINCIPAL'S DESK

Dear Parents:

As we start the second semester, we have passed the midpoint in the school year. We have begun the **course registration process** and counselors will be meeting the students throughout the month of February as students review their course requests for next school year. **This year we requested parents indicate an anticipated preference for the start of next school year (either face-to-face or online).** Many students still need this question addressed on their registration forms, so if you did not complete that section earlier, please have your student ready for that question when counselors meet with your student. As a reminder, you will have an opportunity again in April and by June 1 to verify your child's requests. This has certainly been a challenging year in terms of planning, so we understand that adjustments are likely moving forward.

We have started meeting with the **senior class** officers and advisor, Mr. Greth, as we review potential plans for **prom** and **graduation**. We have dates on the calendar, but still have to be prepared with alternatives if the current Covid regulations remain the same. We understand this has been tough, especially for seniors, so we will work to generate as many alternatives as possible so they can enjoy some senior year memories. With regards to any senior

plans, I hope everyone understands that we need to be flexible as we may need to make adjustments all along the way.

Since mid-January, **our athletes** have been engaged in EPC competition, luckily with few interruptions lately. The teams are enjoying the camaraderie of the competition and we hope they can continue to compete throughout the rest of the winter sports season. It's been great to see them experience something closer to normalcy, whether it is at practice or a game.

Whether your student is a hybrid or online learner, or you are simply a parent who is working from home, this has been a really tough stretch for everyone. The sense of **cabin fever** has overtaken many, and I just want to reinforce the importance of our own mental health. It's important that we establish with our students how to get yourself "out of a rut" if you will.

Winter is always tougher and right now things are magnified with such limited options.

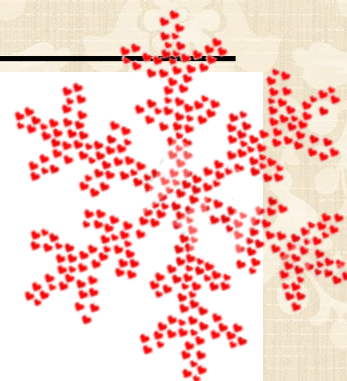
However, we must persevere, try new activities with our kids or by ourselves, keep face-to-face communication flowing (less phones), and get outside (even in cold snaps). The power of breathing in fresh air during a walk outdoors can never be underestimated. The current snowstorm will hopefully give us the opportunity to make a few snow angels or snowmen or enjoy some Clark Griswold-style sledding.

Just a reminder that **student academic performance can be monitored** on

Home Access Center. If you have any questions or concerns about a particular class you may contact the subject teacher or the Counseling Office.

Sincerely,

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



## COUNSELING CORNER

### COURSE REGISTRATION MEETINGS

Course selections for the 2021-2022 school year will be reviewed with all students throughout the month of February. Please refer to the 2021-2022 course registration book for new course offerings. Course details will be outlined by classroom teachers throughout the spring semester. Remember, many honors and advanced placement courses require summer assignments. Questions concerning next year's schedules should be directed to the student's guidance counselor.

### NONPUBLIC STUDENT REGISTRATION

On February 22 and 23, the high school counselors will be available after school to register nonpublic students transferring to Parkland High School for the 2021-2022 school year. If you have friends or neighbors interested in transferring to Parkland High School from a nonpublic school, please invite them to contact Mrs. Kelly Ciciliot, Parkland High School Registrar, for a pre-registration appointment at 610-351-5600, ext. 73433, or e-mail Mrs. Ciciliot at [ciciliotk@parklandsd.org](mailto:ciciliotk@parklandsd.org).

### FEBRUARY SAT TESTING CALENDAR

March 13

May 8 \*

June 5

These are the three SAT test dates remaining for this school year. Juniors are encouraged to register early so they do not get bumped to an alternate testing location.

\*See Page 13 for information about a course to help your student prepare for the SAT on May 8.

## SUMMER ENRICHMENT 2021



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

### STUDENTS IN GRADES 9-11

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

### STUDENTS IN GRADE 8

Current 8<sup>th</sup> grade students at OMS and SMS can view the middle school informational packet here:

♥ OMS Students - [here](#)

♥ SMS Students - [here](#)

Current 8<sup>th</sup> grade students can complete the online application by going [here](#).

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

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

♥ OMS - Mr. Stoudt, [stoudt1@parklandsd.org](mailto:stoudt1@parklandsd.org) or 610-351-5750

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

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

## FRESHMEN: DRIVER EDUCATION THEORY COURSE (SUMMER 2021)

Please visit [this link](#) and click on "Driver Education Theory - Summer 2021- Information and Registration" to learn more about your available options, costs, dates and times, and how to sign up for the course. If you plan to take the PHS Driver Education Theory course, the Google form must be completed and payment received by **Friday, June 4, 2021**. If you plan to take the course through CLIU #21, be sure to complete the Google form by **Friday, June 25, 2021**. The Google form can be accessed [here](#). If you have additional questions, please contact Mrs. Bennick, Assistant Principal, at [bennickt@parklandsd.org](mailto:bennickt@parklandsd.org) or at 610-351-5600.



SEEKING  
EMPLOYERS FOR  
OUR



Virtual  
Job/Volunteer  
Board

PHS is preparing a Virtual Job/Volunteer Board for our junior and senior students. If you are an employer who would like to submit information pertaining to a job, internship, shadow or volunteer experience, please e-mail [mcpeeka@parklandsd.org](mailto:mcpeeka@parklandsd.org) and include a description of the opportunity, overview of your organization and contact information.



## REGULAR BELL SCHEDULES

Period	A Schedule (Regular Day)	C Schedule (Early Dismissal)	D Schedule (2-Hour Delay)
	7:35 Warning Bell	7:35 Warning Bell	9:35 Warning Bell
1	7:40-8:24	7:40-8:12	9:40-10:06
2	8:30-9:09	8:18-8:48	10:12-10:36
3	9:15-9:54	8:54-9:24	10:42-11:06
4	10:00-10:39	9:30-10:00	11:12-11:42
5	10:45-11:24	10:06-10:36	11:48-12:18
6	11:30-12:09	10:42-11:12	12:24-12:54
7	12:15-12:54	11:18-11:48	1:00-1:30
8	1:00-1:44	11:54-12:24	1:36-2:00
9	1:50-2:30	12:30-1:00	2:06-2:30
5 Minute Warning Bell for Bus Departure	2:32 Buses Depart at 2:37	1:02 Buses Depart at 1:07	2:32 Buses Depart at 2:37

- Lunch periods will be assigned during periods: 4, 5, 6 or 7.
- PM LCTI will eat lunch period 4 or 5 and are dismissed at 11:20.
- AM LCTI will eat lunch at LCTI and return for class Period 6.
- ❖ Students approved for "early dismissal" must leave the school property immediately upon dismissal.
- ❖ Students approved for "late arrival" may not enter the school until 10 minutes before their first class.
- ❖ All students must leave the school property immediately upon dismissal, unless they are involved in a PHS-sponsored and supervised after-school activity.

## E-LEARNING WEDNESDAYS BELL SCHEDULE

(33 minute classes)

Period 1 9:15 – 9:47

Period 2 9:52 – 10:25

Period 3 10:30 – 11:03

Period 4 11:08 – 11:41

Period 5 11:46 – 12:29

Period 6 12:24 – 12:57

Period 7 1:02 – 1:35

Period 8 1:40 – 2:12

Period 9 2:17 – 2:50

## FEBRUARY HYBRID CALENDAR






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

## FEBRUARY UPCOMING EVENTS

**BLACK  
HISTORY  
MONTH**

Monday	1	Snow Day
Tuesday	2	Snow Day Happy Groundhog Day!
Friday	5	Report Cards Available in HAC
Friday	12	School Closed
Saturday	13	District XI Coaches Association Jr. High Wrestling Tournament 9 AM (Main Gym)
Sunday	14	Happy Valentine's Day!
Monday	15	President's Day Holiday — School Closed
Monday	22	Non Public Student Registration — After School by Appointment
Tuesday	23	Non Public Student Registration — After School by Appointment

## WORLD LANGUAGE WEEK 2021

Monday February 22nd	Tuesday February 23rd	Wednesday February 24th	Thursday February 25th	Friday February 26th
<b>Travel photo album</b>  Add an international trip pic with your name and some info about the pic/country → <a href="#">Google Slide Link Here</a>  	<b>International Trivia Contest 6:30PM</b>  Google Meet code: <b>WLW</b>  <b>You need to be on your chromebook!</b>  	<b>Virtual Recipe Making 7:00PM</b>  Google Meet code: <a href="#">WLWcooking</a>  <b>Dish 1: Arroz con leche (Rice pudding)</b> Buy these ingredients ahead of time → <a href="#">Recipe here</a>  <b>Dish 2: TBD</b> Buy these ingredients ahead of time → link here 	<b>Language Teacher Options</b>  <b>*Virtual Guest Speaker</b> *Jordan Savold will talk about her Peace Corps experience in Guatemala. Presented in English at 3:30PM. All are invited! → <a href="#">Zoom link</a>  <b>*Classroom competitions</b> <b>*Individual craft</b> <b>*Movie in target language</b>  	<b>Flipgrid Friday</b>  <b>Options for the post:</b> * Say your <b>favorite word/phrase</b> in a different language and translate/explain OR * Show and tell about an <b>item/object</b> from another country OR * Tell a <b>fun fact</b> about a different country or language  → <a href="#">Flipgrid Link Here</a>  
<b>International Dress → All Week!</b> Wear international themed clothing or heritage dress, language t-shirts/soccer jerseys, etc., and add photo here → <a href="#">Link here</a>				



## VISUAL AND PERFORMING ARTS

One month of winter is done and the days are actually getting longer. It might only be ninety seconds or two minutes longer, but it all adds up and before you know it, it will be staying light until 6PM. The A-wing is doing whatever it can to keep the dreary winter blues at bay and keep art, music, dance, and theater still flourishing.

### INDOOR PERFORMANCE GROUPS

The Parkland Dance teams, both Varsity and Junior Varsity, have been able to perform during halftime at a number of games and continue working hard to improve their skills. Our other indoor performance groups, Indoor Percussion and Indoor Colorguard, are just starting up practices. While their competitions have all been postponed for the year, they are busy improving existing skills and learning new skills to be prepared for next season.

### TROJAN ART GALLERY

February's Trojan Art Gallery will feature PHS student paintings.

### 2021 EAST CENTRAL PENNSYLVANIA REGIONAL SCHOLASTIC ART AWARDS

The following students received recognition at the East Central Pennsylvania Regional Scholastic Art Awards show. Kutztown University will not be able to hold an in-person ceremony this year, but will host a virtual walk-through and online show.

#### Gold Key Awards

**Ryan Micheletti** - Drawing/Illustration (Inner Self)

**Charity Ouellette** - Drawing/Illustration (Explode)

#### Silver Key Awards

**Margaret Guinan** - Mixed Media (New Roots)

**Aimy Hebberecht** - Photography (Retrogression)

**Rysha Jimenez** - Photography (A Neighbor's View)

**Emily Nivar** - Photography (Role With It)

**Charity Ouellette** - Drawing/Illustration (Be Your Own God)

**Charity Ouellette** - Mixed Media (Virus)

**Peyton Peters** - Photography (Music To My Ear)

**Gwenyth Wiener** - Drawing/Illustration (Converse)

**Gwenyth Wiener** - Drawing/Illustration (Just Hang In There)

#### Honorable Mention

**Zayda Alim-Frazier** - Drawing/Illustration (Fear)

**Alexander Gannon** - Drawing/Illustration (Control/Gods Can Stack)

**Catherine Hahn** - Photography (Viridescent Pond)

**Emma Ludwig** - Photography (Con Artist)

**Kayla Moncoeur Smith** - Photography (Finding Light)

**Charity Ouellette** - Painting (Mirror, Mirror)

**Charity Ouellette** - Mixed Media (Moth)

**Charity Ouellette** - Mixed Media (Gunned Down)

**Charity Ouellette** - Painting (Unwanted Knowledge)

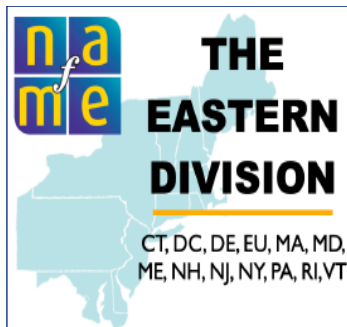
**Charity Ouellette** - Painting (Nightmare Man)

**Charity Ouellette** - Painting (Gutted)

**Charity Ouellette** - Art Portfolio (It Hurts)

**Sera Petronio** - Drawing/Illustration (Tying The Knot)

**Ashley Prout** - Photography (A Touching Bond)



### NAFME ANNOUNCES ALL-EASTERN HONORS ENSEMBLES

The following PHS students were chosen as the finest high school musicians in the northeast when they were accepted into the National Association for Music Education 2021 All-Eastern Honors Ensembles:

Mixed Chorus (Alto 2)

♥ **Catharine Aboulhoda** Orchestra (Violin)

♥ **Suchir Agarwal** Band (Clarinet)

♥ **Jordan Bucks** Orchestra (Viola)

♥ **Victor Cai** Mixed Chorus (Bass 1)

♥ **Zachary Evans** Mixed Chorus (Bass 1)

♥ **Brycen Geiger** Band (Clarinet)

♥ **Alexander Tang**

These musicians were selected from 1,150 All-State applicants to fill five ensembles and will be participating in a "Virtual Weekend" experience March 4-6, 2021.



### PENNSYLVANIA THESPIAN CONFERENCE

The Pennsylvania Thespian Conference was held virtually the weekend of January 21-23. Parkland was represented in a number of areas and a number of our students were recognized for their excellence and hard work. Parkland High School Troupe #439 received a Gold Honor Troupe award. The following students were admitted into the Pennsylvania Thespian Hall of Fame:

Technical Theater

♥ **Hayley Chamberlain** Performance

♥ **Paige Herman** Overall Excellence

♥ **Chaz Broadbent** "Thespy Superior" awards

went to the following students:

Acting

♥ **Katarina O'Mara** Solo Musical

♥ **Paige Herman**

♥ **Carter Sachse**

**Paige Herman** won the Performance Scholarship and also qualified for Nationals.



## SPRING SPORTS PHYSICALS BY APPOINTMENT ONLY

### DATE

Saturday, February 20, 2021

### TIME

Appointment time slots are offered  
every 15 minutes between  
8 AM — 11:30 AM.

Sign up [here](#).

### LOCATION

Parkland High School Auxiliary Gym

Please have your PIAA physical form  
filled out and ready when you come for  
your physical appointment.

Physical forms are available [here](#)  
under Forms.

The physical is free of charge.

No student can participate in a spring sport without a full PIAA physical. Recertification forms may be used for spring if athletes had full physicals for a fall or winter sport. 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 March 5, 2021. Paperwork for doing so is located on the [Parkland High School website](#) under Forms. All Parkland athletes must get an IMPACT test once during their four years at PHS and before participation.

## ATHLETIC NEWS

### WINTER SPORTS

Winter Sports got underway on January 15.

Winter sports records at this time:

**Boys Basketball:** 4-2.

**Girls Basketball:** 6-0.

**Boys and Girls Swimming:** 4-0.

**Wrestling:** 2-3.

**Middle School Boys and Girls Basketball** and **Junior High Wrestling** just started the last week of January.

### SPECTATOR INFORMATION

There are only two tickets per athlete at high school basketball and wrestling. One ticket per athlete's family is permitted at swimming. There are no spectators allowed at middle school basketball. However, the PHS TV Studio will be LIVESTREAMING all the action for fans to tune in from home. Click [here](#) to subscribe and turn on the "bell" next to the subscribe button to be alerted when the games are about to start.



THE FIRST DAY  
OF SPRING SPORTS  
IS MONDAY,  
MARCH 8.

## INFORMATION FROM THE HEALTH ROOM



### HELP MITIGATE THE SPREAD OF CORONAVIRUS

- ♥ Wear a mask, wash your hands, and keep social distance.
- ♥ Complete the [Wellness Form](#) for each of your students every morning prior to coming to school.
- ♥ Contact the Health Room if your child is going to be absent due to reasons involving the Coronavirus, including close contact, quarantine, travel, and being tested.

For information regarding the Coronavirus (COVID- 19), please see the [district website](#).

### FLU SEASON



The flu season continues to be in full swing through April and this season is complicated by the pandemic. Please check in with your doctor, as it is recommended that your student receive their flu vaccine at this time.

### GUIDELINES FOR SENDING YOUR CHILD TO SCHOOL



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

To help stay healthy and decrease the spread of illness in the school, we are encouraging all families to adhere to the following guidelines for sending your child to school. Please keep your child home from school (even if they have a test or sporting event) if he/she is experiencing any of the following symptoms:

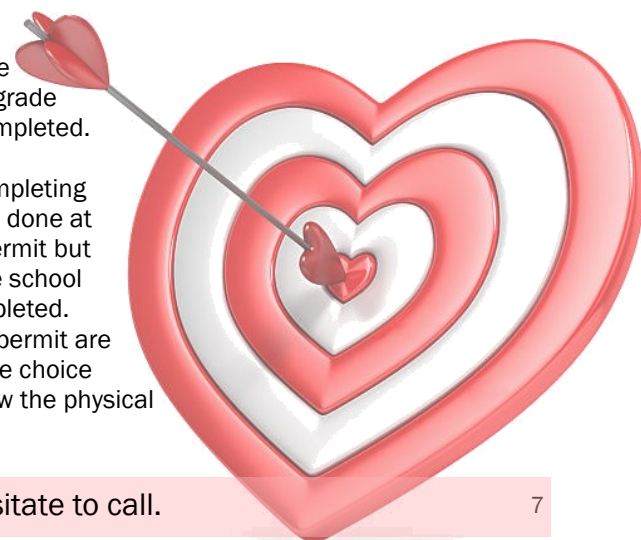
- ♥ Fever of 100 degrees or more
- ♥ Vomiting/Diarrhea
- ♥ Severe head cold
- ♥ Persistent cough
- ♥ Severe sore throat

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

All eleventh-grade students should return their physicals to the nurse's office as soon as possible.

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

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



If you have any questions for the Health Room do not hesitate to call.



## LIBRARY LINES

### OVERDUE NOTICES NOW IN SCHOOLLOGY

We are now sending overdue notices to students via Schoology. Books can be returned any time, but the sooner the better.

There is a drop box outside the front door of the school, one outside the library, and one inside the library. We will also take class novel returns in the PHS Library that came from the English teachers, but please label these books with your name and ID number.

### Freshmen

### MIDDLE SCHOOL BOOK RETURNS

Due to the sudden school closure last March, a large number of ninth graders owe books to the middle schools. The PHS Library will take middle school books and return them to the appropriate school. Please return these ASAP.

### HELP IS AVAILABLE

Students can contact Mrs. Dickerson at [dickersonc@parkandsd.org](mailto:dickersonc@parkandsd.org) or Mrs. Brader at [bradera@parklandsd.org](mailto:bradera@parklandsd.org) for research or resource help.

## She's Still Proud Of District Name

Mary Lou Urffer, a 15-year-old sophomore at South Whitehall High School, gave Parkland School District its name in 1948.

She chose the name because "the beautiful farms and well-kept homes with park areas in both of these townships suggest a common idea in the name Parkland."

The name was selected from more than 100 contest entries from children in North and South Whitehall school districts. Miss Urffer won \$15 as the winner.

Today, Mary Lou is the wife of Rodney K. Schlauch of Slatington Rt. 2. She is the mother of two teenage boys.



Mrs. Mary Lou Schlauch

"The fact that the school district has changed so drastically is really something," she said.

A daughter of the Rev. and Mrs. Robert J. Urffer, she lived in Neffs at the time the two townships merged into Parkland. Upper Macungie joined in 1951.

"I felt if the name of the district would be Parkland, it wouldn't just belong to South Whitehall or North Whitehall. It would belong to both. It gave me a better feeling knowing it was everybody's school. Kids were very sensitive to this type of thing then."

Now, Parkland is a household word and is known widely.

"Every once in a while somebody remembers that I was the one who gave Parkland its name," Mrs. Schlauch said. "I still feel a sense of pride when people bring the matter up."

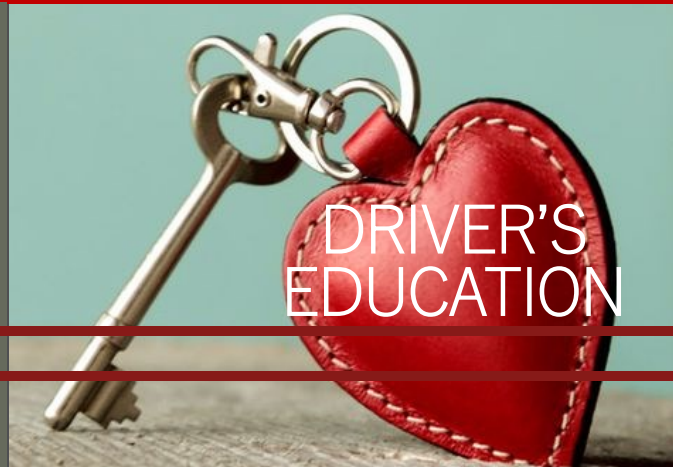
HOW PARKLAND GOT ITS NAME



## 10<sup>th</sup> GRADE DRIVER EDUCATION THEORY CLASS

All students are required to complete a driver education theory class as a graduation requirement. There are three options. Each option will provide your child with a Certificate of Completion.

**Save this certificate.** Give your insurance company a copy of it. You are likely to obtain an insurance discount for your new driver.



### Option 1

#### In-class Driver Ed Theory

- ♥ One semester course — either marking periods 1 and 2 or marking periods 3 and 4 (depending on schedule availability).
- ♥ Classes meet 4 periods for each 6-day cycle during a student's scheduled semester.
  - ♥ 2 double periods each cycle OR 4 single class periods each cycle.
- ♥ Students receive a certificate of completion after passing a midterm and final exam.
- ♥ Class provides a variety of learning experiences, including but not limited to:
  - ♥ 'Share the Road' tractor trailer/blind spot demonstration.
  - ♥ LVHN Driving Simulators.
  - ♥ Gift of Life Presentation on the facts on becoming an organ/tissue donor.
  - ♥ Survival 101 program, presented by South Whitehall Police Department School Resource Officer, Tom Bammer.
- ♥ Students are eligible to get their permits on or any day after their 16<sup>th</sup> birthday; this class does not need to be completed for them to get their permit (although it helps).

Students wishing to free up time in their schedule to register for other electives during the 2021-2022 school year may select one of these two options:

### Option 2

#### Summer Enrichment Program

This Pennsylvania state approved in-class theory course is an accelerated version of the semester offering. Due to time constraints, guests and demonstrations are not likely to be included but all aspects of safe and defensive driving procedures are completed.

This course **must** be completed in the summer between 9<sup>th</sup> and 10<sup>th</sup> grade or your child will be enrolled in the semester course in 10<sup>th</sup> grade. Summer Enrichment course registration is available. See page 2 of this newsletter and upcoming PHS Parent Newsletters under the title 'Summer Enrichment Programs.' There is a \$150 fee for this 30-hour classroom theory program. Students receive the same certificate as the students of the In-Class Driver Ed Theory course upon successful completion. This is a synchronous online class starting in late June.

### Option 3

#### Online Theory Course Offered Through the CLIU-21

A Pennsylvania state approved program allows students to complete driving theory information at their own pace. This course offers no human component, speakers, nor demonstrations.

There is a \$150 fee for this online option and students receive a certificate upon completion. This certificate **must** be forwarded to the PHS Guidance Office or students will automatically be scheduled for the in-class theory course.

- ♥ Register online at: [www.cliu.org/driversed](http://www.cliu.org/driversed)
- ♥ Questions should be directed to 610-769-4111 x 1299 or e-mail [driversed@cliu.org](mailto:driversed@cliu.org)

### Behind-the-Wheel Instruction Optional Program Offered through the CLIU-21

- ♥ Students **must** complete one of the 3 options listed above **and** possess a Pennsylvania Learner's Permit prior to registering.
- ♥ There is a \$290 fee for this program but it offers many benefits:
  - ♥ Students will receive 6 hours of behind-the-wheel practice with a certified instructor.
  - ♥ Lessons/Skills practiced are well-planned and structured to expose new drivers to a variety of road and traffic situations.
- ♥ Once enrolled online, students may choose the day, date, time and instructor of their choice. Weather permitting, cars are out every day after school, Saturdays, Sundays and many holidays. This program is offered all year, including during the summer months.
- ♥ When students complete their 5<sup>th</sup> lesson successfully and their 6-month practice period has passed, **they can take their behind-the-wheel Driver's License test here at PHS.**



## STUDENT ASSISTANCE PROGRAM (SAP)

### LEARN ABOUT MARIJUANA RISKS

Marijuana use comes with real risks that can impact a person's health and life. Marijuana is the most commonly used illegal substance in the U.S. and its use is growing. Its use among all adult age groups, both sexes, and pregnant women is going up. At the same time, the perception of how harmful marijuana use can be is declining. Increasingly, young people today do not consider marijuana use a risky behavior.

But there are real risks for people who use marijuana, especially youth, young adults, and women who are pregnant or nursing. Today's marijuana is stronger than ever before. People can and do become addicted to marijuana.

**"Approximately 1 in 10 people who use marijuana will become addicted. When they start before age 18, the rate of addiction rises to 1 in 6."**

Marijuana use can have negative and long-term effects:

**Brain health:** Marijuana can cause permanent IQ loss of as much as 8 points when people start using it at a young age. These IQ points do not come back, even after quitting marijuana.

**Mental health:** Studies link marijuana use to depression, anxiety, suicide planning, and psychotic episodes. It is not known, however, if marijuana use is the cause of these conditions.

**Athletic Performance:** Research shows that marijuana affects timing, movement, and coordination, which can harm athletic performance.

**Driving:** People who drive under the influence of marijuana can experience dangerous effects: slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road.

**Baby's health and development:** Marijuana use during pregnancy may cause fetal growth restriction, premature birth, stillbirth, and problems with brain development, resulting in hyperactivity and poor cognitive function.

Tetrahydrocannabinol (THC) and other chemicals from marijuana can also be passed from a mother to her baby through breast milk, further impacting a child's healthy development.

**Daily life:** Using marijuana can affect performance and how well people do in life. Research shows that people who use marijuana are more likely to have relationship problems, worse educational outcomes, lower career achievement, and reduced life satisfaction.

#### Marijuana Addiction

Contrary to popular belief, marijuana is addictive. Research shows that:

- ♥ 1-in-6 people who start using the drug before the age of 18 can become addicted.
- ♥ 1-in-10 adults who use the drug can become addicted.

Over the past few decades, the amount of THC in marijuana has steadily climbed; today's marijuana has three times the concentration of THC compared to 25 years ago. The higher the THC amount, the stronger the effects on the brain—likely contributing to increased rates of marijuana-related emergency room visits. While there is no research yet on how higher potency affects the long-term risks of marijuana use, more THC is likely to lead to higher rates of dependency and addiction.

**About Marijuana:** Marijuana refers to the dried leaves, flowers, stems, and seeds from the *Cannabis sativa* or *Cannabis indica* plant. It is a psychoactive drug that contains close to 500 chemicals, including THC, a mind-altering compound that causes harmful health effects. People smoke marijuana in hand-rolled cigarettes, in pipes or water pipes, in blunts, and by using vaporizers that pull THC from the marijuana. Marijuana can also be mixed in food (edibles), such as brownies, cookies, and candy, or brewed as a tea. People also smoke or eat different forms of marijuana extracts, which deliver a large amount of THC and can be potentially more dangerous.

#### Rise of Marijuana Use

Today, marijuana use is on the rise among all adult age groups, with people ages 18-25 having the highest rate of use. Marijuana and THC remain illegal at the federal level, even though many states have legalized its use. In states where legal, marijuana is a fast-growing industry with sales to individuals over 21 in retail stores, wineries, breweries, coffee shops, dispensaries, online, as well as grown at home.



**If you are concerned about your child, please call the Parkland High School SAP team at 610-351-5600 to discuss help for your child.**

*Article information from Center for Humanistic Change, Inc.*





## SENIORS

### GET YOUR CLASS SHIRT

Cash or checks (payable to Parkland High School) may be dropped off or mailed to Mr. Greth in C146. If you have any questions please e-mail Mr. Greth at [grethj@parklandsd.org](mailto:grethj@parklandsd.org). Please include:

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



Short Sleeve White \$5

Long Sleeve Black \$15

Both for \$10

*Every Senior Should Have a 2021 Par Key Yearbook*

The price is \$85+ tax from now through April 25. This will be the last day for advance orders.



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

## Congratulations

to PHS senior, Tanya Mehta, on being named one of only 300 Regeneron Science Talent Search Scholars. Regeneron STS is one of the nation's oldest and most prestigious science and math competitions for high school seniors. We wish her luck in the finalist round.





## Congratulations

to the Parkland High School National History Day Competition winners for 2021. The following students will be competing at the regional National History Day Competition at Muhlenberg College on Saturday, March 20.

### Individual Performance

- ♥ Hope Broadhurst

### Group Performance

- ♥ Uma Purani and Ella Wu
- ♥ Sana Nauman, Oludemilade Olatilo and Rishika Rohatgi

### Individual Exhibit

- ♥ Shannon Fratus
- ♥ Jaeden Sistrunk

### Individual Documentary

- ♥ Thomas Gilchrist
- ♥ Shashwat Sharma

### Individual Website

- ♥ Mai Hukuoka

### Group Website

- ♥ Akshatha Manjunatha and Ankhitha Manjunatha
- ♥ Shlok Dholakia, Daud Tariq and Mary Zaher

### Individual Paper

- ♥ Vidhi Desai
- ♥ Rujula Deshmukh



### FRESHMEN-CLASS OF 2024

Please pay your one-time class dues of \$20 by sending cash or check payable to Parkland High School to Miss Gruver's office mailbox or mailed to her attention to the school. Send any questions to [gruverc@parklandsd.org](mailto:gruverc@parklandsd.org).

### SOPHOMORES CLASS OF 2023

Please pay your class dues of \$20, if you did not pay as a freshman. Send cash or check (payable to Parkland High School space) to Mrs. Amanda Keifer. Contact Mrs. Keifer with any questions at [keifera@parklandsd.org](mailto:keifera@parklandsd.org).

### JUNIORS-CLASS OF 2022

Please remember to pay your class dues of \$20 if you have not paid them before. 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 2021

Class of 2021 dues must be paid by April 2021 if you did not pay them as an underclassman. Dues are a one-time payment of \$20 for each student. Cash or checks should be made payable to Parkland High School. Payments may be dropped off or mailed to Mr. Greth in C146. E-mail Mr. Greth with any questions at [grethj@parklandsd.org](mailto:grethj@parklandsd.org).



## Spring 2021 SAT PREP COURSE

for Juniors and Sophomores

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

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

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

**AFTER SCHOOL SESSION  
(3PM-5PM)**

**OR**

**EVENING SESSION  
(6:30PM-8:30PM)**

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

### Important information about the course:

- ♥ The 10-class session virtual course will begin on Monday, March 29, 2021, and continue through Wednesday, May 5, 2021.
- ♥ Classes will be held Mondays and Wednesdays.
- ♥ Students will have a choice of an after school session from 3PM - 5PM or an evening session from 6:30PM-8:30PM as seen in the schedule.
- ♥ Classes will be held via ZOOM or Google Meet at the discretion of the instructors. The instructors will communicate the ZOOM or Google Meet link to enrolled students.
- ♥ In the interest of scheduling, students may only select one session, after-school or evening, and may not combine after-school and evening sessions.
- ♥ **The cost for the 10-class session is \$90** to cover class materials. Checks should be made payable to Parkland School District. Please mail the check to Parkland High School, attention Janice McLeod or drop off your payment in the designated drop box at the front desk of the Main Office.
- ♥ **Register for the class using the Spring 2021 SAT Prep Course Registration form on the [school website](#). The course registration deadline is Thursday, March 25, 2021 by 3PM.** Registration is on a first-to-sign-up, first-to-pay basis only, so register early as space is limited.
- ♥ Students will need to pick up an SAT Prep Book for this class, which is theirs to keep. The book will be available for students who have completed the online registration AND whose payment has been received. The SAT Prep Book will be available for students to pick up from March 15 through March 26.
  - **Hybrid students:** Please pick up your book in the Main Office when you are scheduled to be in school.
  - **Online students:** Please pick up your book at the school via the Main Office entrance on one of the following days between 8AM-3PM: Wednesday, March 17  
Monday, March 22  
Wednesday, March 24.
- ♥ Once a student receives their SAT Prep Book, the \$90 fee is non-refundable.

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

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



# Academic Scholarship Recognition

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

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

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

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

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

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

Is the Scholarship?

(    ) 25% Minimum

**OR**

(    ) Full Scholarship





# PARKLAND SCHOOL DISTRICT

*"Educating For Success, Inspiring Excellence."*

## Parkland High School

2700 N. Cedar Crest Boulevard, Allentown, PA 18104

PHONE: 610-351-5600 FAX: 610-351-5656

[www.parklandsd.org](http://www.parklandsd.org)



Facebook.com/parklandsd.org



@parklandschools

**Anthony M. Naradko, Ed.D.**

Director of District Safety and Security

610-351-5600

Email: [naradkoa@parklandsd.org](mailto:naradkoa@parklandsd.org)

Fax: 610-351-5656

February 1, 2021

Dear Parents/Guardians,

We are proud to serve the students of the Parkland School District. The District continually strives to provide a safe and secure learning environment for all students and staff in our school buildings.

In order to maintain a safe environment for your children to study and learn, it is necessary that we practice our emergency response plans by conducting drills that exercise our procedures to better prepare staff and students. There are a few basic response drills as stipulated by the Pennsylvania Department of Education that we practice throughout the school year – *Lockdown*, *Shelter-In-Place*, and *Evacuation*. Parkland School District adopted the active assailant protocol endorsed by the Department of Homeland Security called *Run, Hide, Fight* as of August 2018.

Act 44 of 2018 stipulated that commonwealth schools conduct one security-based drill within the first 90 school days in lieu of a monthly *Evacuation Drill*. The law also allows commonwealth schools to replace an additional monthly *Evacuation Drill* with a security-based drill after the first 90 days of school. Parkland School District conducts annual *Lockdown Drills* to meet this requirement during the months of October and February.

In accordance with Act 44 of 2018, we will be conducting a security-based drill by practicing a *Lockdown Drill* with all students and staff members. As part of the legislation, Parkland School District will invite local law enforcement to help evaluate and improve our emergency protocols and practices. Feel free to contact your building principal or myself with any questions or concerns.

Sincerely,

Anthony M. Naradko, Ed.D.

Director of District Safety and Security

Parkland School District

