



Principal's Newsletter



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**Stay warm
and enjoy
the last few
weeks of
winter!**



Special points of interest:

- Alcohol-Free Party Pledge
- Graduation FAQs
- PTO / Senior Bash / Booster Club

Mark Your Calendar

Professional Development

We will continue to have delayed start and early release days when students will have an adjusted schedule, so that our staff has an opportunity to plan and learn together.

On delayed start days, school begins at 9:35. On early release days, buses will pick up at North at 12:25. Athletes who need to stay for practice will attend a supervised study hall.



Delayed start days

February 27
March 27
April 24

Early release days

April 2

The Parkway North theatre department is producing the Thornton Wilder classic *Our Town*. Set in the mythical city of Grover's Corners, NH, the audience is introduced to the unfolding of life, the confusion of falling in love, the excitement of building a relationship, and the heartaches we feel throughout life.

Mr. Wilder approached this piece as a memory of the past and a comment on what the passage of time brings each of us in one way or another. He did not want it to be theatrical or take you out of the theatre to these actual moments; rather, he wanted us to observe the moments and recognize ourselves and our families in the examples he provides. This production is suitable for all ages, though young children may get antsy.

Performances of *Our Town* will be held February 27, 28 and March 1 at 7:00 pm. Tickets can be purchased online at pnhtheatre.booktix.com. You can also call the box office at 415.5626. Prices are \$6.50 for students / \$8 for adults (a convenience fee applies to online orders).

Coming Soon!

The PNH Gay-Straight Alliance is planning to host evening parent/guardian meetings. We want to offer parents/guardians a safe place to gain some good information and share their concerns for their young adults. Whether they have been brave enough to open up to you or you have a feeling they might, you want to be prepared to help them.

We are beginning to develop plans for a parent group to meet several times during the school year, and would like to gauge your interest and get your feedback for future meetings and content you would like us to cover. We aim to create a comfortable space where you can gain information, share experiences, and support each other.

Please contact Mr. Little at clittle@parkwayschools.net or Mrs. Lucchesi at wlucchesi@parkwayschools.net if you are interested in participating, or if you have suggestions for meeting topics. Even if you just want to chat privately one-on-one and not be in a group setting, please reach out! We look forward to hearing from you.



Special School District of St. Louis County offers workshops free of charge to parents, families and community members. For a complete listing of upcoming workshops, visit <http://www.ssdmo.org/> and choose Parent Workshops on the bottom right. Workshops are held at the SSD Central Office (12110 Clayton Road) unless otherwise noted.

What to Do This Summer Recreation Fair

February 20 6:30-8:00 pm Rooms 60 & 61

Parents will be able to visit with providers of summer programs and camps that include all children. Recreation voucher and funding information presented from 6:30-6:50.

Self-Determination: A Key to Student Success

February 27 6:30-8:30 pm Room 60

The development of self-determination skills is a process that begins in childhood and continues throughout one's life. This workshop provides participants with an overview of self-determination and best practice principles that will support students' post-school outcomes.

Making Meaning: Helping Kids Understand What They Read

March 7 6:30-8:30 pm Room 61

If your child reads words well but has trouble with comprehension, this workshop will provide strategies that help children understand new vocabulary, connect new learning to prior knowledge, create images, determine main ideas, summarize and more.

Guidance

The College Corner

Christy Wills, College, Career & Transition Counselor

Seniors—Important Application & Scholarship Information

- ◆ If you have not applied to any schools, colleges or training programs yet, PLEASE come see us!
- ◆ Mid-year reports: If a college or university you are applying to requires a mid-year report and you *did not* apply via *Common App*, make sure you let us know in *Guidance* or email *Ms. Wills*.
- ◆ FAFSA:
 - * **State Deadline:** The February 1 state deadline has passed, but applications will be accepted through April 1 at midnight Central Time. Awards are made until funds are depleted.
 - * **College Deadline:** Check with the college(s) you are interested in attending. You may also want to ask your college about its definition of a deadline: whether it is the date the college receives your FAFSA, or the date your FAFSA is processed.
 - * The FAFSA form is online at: www.fafsa.ed.gov
- ◆ As you receive college admission decisions, please keep us informed. Log into Naviance and record your admission decisions.
- ◆ Continue to use the scholarship list on the PNHS Counseling website for scholarship opportunities received through this office





Thank you from the North High PTO for your generous donations
to the

Viking Pride Fundraiser

As of February 14, we have raised \$3,400 to help our school. We
are \$1,000 short of this year's budget, so please donate if you can.

The following PNH families and friends have contributed:

Verna Boyd
John Bradley & Kristen Kroll
The Cassara Family
David Drake
Andrea Fletcher
Chris & Shelly Giles
Alexander Hauck
The Imbeah Family
Eric & Beth Graham
Victoria Javaux
Susan & Scott Jewell
The Kerkemeyer Family
Kathy & Doug McWard

Jim & Anne Murphy
Mahesh Patel
Ross & Nancy Probst
The Ryan Family
William & Elsa Schenk
Mark & Carolyn Schuerman
The See Family
The Steensma Family
Jane & Sandy Thal
Laura Waisner
Lynn Wheeler

To date we have received 41 donations, including anonymous and corporate matching donations. Thank you all
for your contributions!



You can make an electronic donation to the North High PTO Viking Pride Fund via PayPal. Follow the link
below and choose "Donate." A flyer is also included in this newsletter. Thanks in advance for
contributing to our technology and scholarship funds!

<https://www.parkwayschools.net/Page/2427>

North High Happenings

On November 28, North's FBLA Chapter, sponsored by business teacher Carla Hertlein, made blankets to donate to North High's Adopt-A-Family program.

FBLA students will be competing in academic competitions in December. In February they will compete at Florissant Valley Community College.

It was a three-way tie for the best holiday door! Mrs. Grich, Mrs. Townsend, and Mr. Johnson all took home the winning title.



The following students placed at the FBLA District 9 Leadership Conference held on February 8 at Florissant Valley Community College. Future Business Leaders of America is a career and technical student organization offered in the business department of North High, and is sponsored by teacher Carla Hertlein. State qualifiers will complete online in late March and may attend the State Leadership Conference in Springfield, MO in April.

Lavanya Bhargava (12) –3rd place, Sales Presentation / wild card, Personal Finance

Naomi Hester (11) –5th place, Graphic Design

Naomi Hester (11) & Saloni Shringarpure (11) –2nd place, Digital Video Production

Logan Liguore (12) –4th place, Accounting 1 (state qualifier)

Rome Little (11) & Jaela Washington (11) –3rd place, Banking & Financial Systems

Theresa Rickert (10) –4th place, Computer Applications

Saloni Shringarpure (11) –3rd place, Healthcare Administration (state qualifier)



A staff vs. student charity basketball game was held on February 1. \$548 was raised to benefit Siteman Cancer Center.

Oh yeah—the staff won! Second year in a row but who's counting...



The third annual Parkway North Poetry Slam took place November 9 during academic lab. Around 150 students watched the 13 student participants. The event was emceed by MK Stallings, founder of UrbArts and coordinator of VerbQuake, St. Louis's youth poetry competition. Judges included English and social studies curriculum coordinator Erin Croley, English teachers David Beck, Scott Kreher, and student teacher Jasper Joyce. Students recited original works on topics ranging from love to fitting in, to racism to hating poetry, with interludes from DJ James Biko, who provided energy to the room with his beats.

Congratulations to all of the poets, and special recognition to **sophomore Lorenzo Prila**, who was named Poet Laureate of Parkway North.

Anyone interested in writing poems and becoming part of the competitive team should contact English teacher Melissa Lynn Pomerantz mpomerantz@parkwayschools.net, or join the Savage Stanzas Classroom page by adding this class code: `ighfxj`

Savage Stanzas Poetry Club meets after school most Mondays in room 2003, the library loft.

PNH staff gathered on December 14 to show off their ugly Christmas sweaters. Who do you think wore it best (or worst?)



Senior Emily Baughman recently earned the Girl Scout Gold Award, the highest achievement in Girl Scouting. By earning the award, Emily exemplifies a leader who has transformed an idea for change into an actionable plan with a sustainable impact.

For her Gold Award project, Emily provided young children with tools designed to increase self-esteem. This **G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)**TM taught lessons to third through fifth grade students at McKelvey Elementary, focusing on the effects of bullying and how to report instances to trusted adults. Emily also led the students through peer meditation workshops, highlighting the importance of communication in resolving conflict. The curriculum she created is sustained through anti-bullying and leadership summer school courses offered at McKelvey. Way to go, Emily...we need more student leaders like you!

Kahalia Adams (11) was named "Youth of the Year" by the Boys & Girls Clubs of Greater St. Louis! Kahalia has been a member at the Herbert Hoover location for 10 years. "The club has not only shaped me into the young lady I am, but it is grooming me for the type of woman that I want to become," she said at the awards ceremony at the Chase Park Plaza.



The award brings with it \$5,000 and a car from Frank Leta Automotive Group.

**Parkway North
High School**

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St. Louis, MO 63146

Phone: 314.415.7600
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▶ www.parkwayschools.net

Principal	
Tori Cain	415.7601
Principal's Secretary	
Karen Wood	415.7602
9 th Grade	415.7610
10 th Grade	415.7606
11 th Grade	415.7608
12 th Grade	415.7604
Guidance	415.7615
Athletics	415.7685
Bookstore	415.7627

Dates to Remember

February 20	BOE Meeting, Central Middle, 7:00
February 21	Freshman South Tech Presentation
February 25	Spring Sports Begin
February 27	Delayed Start 9:35
February 27	Spring Play 7:00
February 28	Spring Play 3:00 / 7:00
March 1	Spring Play 7:00
March 1	NHS Blood Drive
March 5	Leadership Lab
March 5	North Regional Art Show 6:00-8:00
March 6	Pre-Contest Choir Concert 7:00
March 8	MSHSAA District Solo Ensemble
March 12	All-District Orchestra at Queeny
March 13	BOE Meeting, Central Middle, 7:00
March 13	Spring Band Concert, Logan College, 7:30
March 13	State Choir Concert at Ritenour
March 15	ACT Prep – Juniors
March 18-22	No School: Spring Break
March 26	MOML Test, 1 st Priority of Lab
March 26	ACT Prep – Juniors
March 27	Delayed Start 9:35
March 27	Purple Pride Awards 7:00
March 28	ACT Prep – Juniors
March 28	Freshman Meeting: Positive Behaviors & Choices (girls)

Alcohol Free Party Pledge Program

Please join with other parents in making a pledge to promote safe and healthy alternatives for weekend activities. The PTO would like to invite you to pledge that you will not knowingly allow students to gather at your house and use alcohol or drugs. By making this pledge you are reinforcing with other parents that you support each other in promoting a healthy lifestyle for your children. The list of parents who have made the pledge will be published in the monthly Principal's Newsletter so parents can refer to it anytime your son/ daughter is invited to a party. Thank you for considering making this pledge to keep our students safe and healthy!

Student	Class	Parents	Student	Class	Parents
Sam Amacher	2019	Carolyn Amacher	Matthew Hayes	2021	Dave & Lana Hayes
Morgan Arnold	2019	Rodney & Julie Arnold	Nathan Hayes	2021	Dave & Lana Hayes
Meher Arora	2019	Jasleen & Ishwinder Arora	Nishika Hegde	2020	Vani Pergadia & Bijoy Hegde
Riley Atwood	2021	Seth & Rea Atwood	Makenzie Helling	2021	Dave Drake
Claudia Baker	2019	Karen Baker	Aliyah Henderson	2021	Kenisha & Jessica Nolan
Megan Battles	2020	Timothy Battles	Sam Hertzler	2019	Connie & Jim Hertzler
Trevor Berta	2020	Steve & Lisa Dzafic	Darragh Hindrichs	2022	Eve & Bryan Hindrichs
Justin Behrle	2021	Michelle Behrle	Abby James	2022	Mike & Danette James
Ori Birka	2021	Eli Birka	Mick Jones	2021	Nancy Walsh
Paige Bolling	2021	Heather & John Bolling	Nicole Jones	2022	Janet Schmoele & Steve Myers
Benjamin Borgmann	2020	Kevin & Jolene Borgmann	Stephanie Jones	2022	Janet Schmoele & Steve Myers
Loralie Borgmann	2020	Kevin & Jolene Borgmann	Natalie Kallen	2020	Elizabeth Kallen
Jordan Carles	2019	Jason Carles	Sydney King	2020	Keith & Melinda King
Sam Cassara	2019	Mike & Karen Cassara	Trenton Knehans	2021	Jennifer & Gregg Knehans
Anya Cerulo-Rulo	2021	Bonnie & Tom Cerulo	Skyler LaGarce	2022	Brad & Sonja LaGarce
Caroline Clark	2020	Kat Schneider-Clark	Joey Liguore	2019	Lisa & Sal Liguore
Chloe Collector	2021	Holly & Joe Collector	Rowan Linhardt	2021	Matt & Michelle Linhardt
Eric Curry	2021	Monica Curry	Javier Lumpkins	2021	Silk Lumpkins
Charlotte D'Alfonso	2019	Charlotte & Tom D'Alfonso	Jerry Lumpkins, Jr.	2021	Silk Lumpkins
Michael D'Alfonso	2021	Charlotte & Tom D'Alfonso	Miles Lumpkins	2021	Silk Lumpkins
Chloe Davis	2022	Reginald & Phyllis Davis	Trudy Mann	2021	Pamela & James Coe
Nia DeBerry	2021	Obi Anyanwu	Monica McCarthy	2020	Dawn Marie & Ken McCarthy
Etai Dean	2019	Nivi & Jason Dean	Abigail Miller	2020	Cheri & Jeff Miller
Caleb Dunbar	2022	Amy & Jonathan Dunbar	Carson Mix	2021	Scott & Jeanette Mix
Annalena Ficker	2019	Celia Mullikin	Chandler Mix	2019	Scott & Jeanette Mix
David Fields	2021	Tom & Susan Fields	Juliana Morton	2022	Michele & Keith Morton
Cecelia Finley	2020	Paul & Liz Finley	Jeremiah Moye	2022	Barbara Moye
Madeline Fischer	2020	Tom Fischer	Sam Murphy	2021	Anne & Jim Murphy
Sean Frye	2020	Michael Frye	Amalia Newman	2019	Irene & Jon Newman
Elizabeth Garland	2021	Lorraine Garland	Anjola Ola	2022	Akin & Funmi Ola
Zach Graham	2020	Beth & Eric Graham	Hunter Parker	2020	Vicki & Myron Parker
Jameson Hague	2020	Sharon & Matt Cogo	Keith Pennel	2021	Danielle & Paul Pennel
Daniel Hasler	2020	Catherine & Richard Hasler	Grant Pennington	2019	Lorie & Tom Pennington
Evan Hasler	2020	Catherine & Richard Hasler	Christopher Powe	2020	Karla Sydnor

Shelby Pritt	2020	Kris Graham-Pritt/Charles Pritt
John Probst	2022	Ross & Nancy Probst
Skyler Reinke	2019	Julie & Paul Reinke
Cali Rigby	2019	Linda Rigby
Tehan Salaris	2021	Steven & Sheryl Salaris
Hannah Schaff	2020	Tim & Cheryl Schaff
Cassie Schoene	2020	Risa & Chuck Schoene
Andrew Schuerman	2022	Mark & Carolyn Schuerman
Isaac Shepherd	2022	Bonnie & Chad Shepherd
Hailey Sherman	2020	Patty Sebastian & Jeff Sherman
Zachary Shoptaugh	2022	Don & Elizabeth Shoptaugh
Michael Siler	2019	Michele & Patrick Siler
Taya Singletary	2020	Desere D'Mae
Haleigh Strebe	2020	Jason & Nancy Strebe
Jakiah Thomas	2021	LeVaughan & Carmen Bennett
Zane Stemler	2021	Joe & Tracy Stenler
Myles Tolliver	2020	Sandi & Rodney Tolliver
Ben Waisner	2020	Laura Waisner
Nadirah Walker	2019	Sarnia Walker
Julian Watchman	2021	Chris & Carol Watchman
Jonathan Watts	2020	Marc & Suzanne Watts
Emma Wennemann	2021	John & Marti Wennemann
Kogan Whitworth	2022	Erika Whitworth
Carter Williams	2019	Kenyatta & Kirk Williams
Greta Wimmer	2021	Julia Wimmer
Jillian Wolfman	2019	Natalie & Neil Wolfman
Amiya Woodward	2021	Jody Woodward & Amy Van Matre-Woodward
Vincent Xu	2020	Xiaoxia Cui
Venislav Zhelev	2020	Milena Zheleva

Please fill out and mail to: Tori Cain - Principal
Parkway North High School
12860 Fee Fee Rd.
St. Louis, MO 63146

I pledge that all parties in my home for North High students and their friends will be chaperoned, and that I will neither serve nor knowingly permit the use of alcohol or drugs at such parties.

Parent Name(s): _____

Student's Name: _____ Class of: _____

Parent Signature(s): _____

FREQUENTLY ASKED QUESTIONS GRADUATION ACTIVITIES AND DETAILS



1. WHAT IS THE SENIOR FAREWELL CEREMONY?

Senior Farewell Ceremony is a time of remembering. The ceremony will be in the main gymnasium at 7:00 p.m., Monday, May 13, 2019. This event features a class slide show and candle lighting ceremony. During the celebration, PNH staff members will address the senior class. Students must wear their cap and gown to participate.

2. WHEN IS GRADUATION?

Graduation is at 7:00 p.m. on Tuesday, May 14, 2019, at the Family Arena. Doors open to the public at 6:00. There is no charge for parking. There is an elevator for those needing assistance, and handicapped seating in each section.

3. ARE SUITES AVAILABLE FOR PURCHASE AT THE FAMILY ARENA?

Yes. See page 3 of this document for information on purchasing a suite.

4. ARE THERE ANY ITEMS NOT ALLOWED INSIDE THE FAMILY ARENA?

Yes. You may not bring balloons, outside food or beverages, laser pointers, or weapons of any kind inside Family Arena.

5. HOW MUCH IS THE GRADUATION FEE? WHAT DOES IT COVER?

All Parkway high schools charge a graduation fee. The \$65.00 fee helps offset costs associated with graduation such as venue rental, caps and gowns, diplomas and covers, programs, and expenses related to Senior Farewell Ceremony. ***In addition, graduates will be able to keep their gown, cap and tassel as a souvenir.*** This fee is due in the bookstore by April 1, 2019, and can be paid by cash, check or credit/debit card. Please make checks payable to Parkway North High.

6. IS GRADUATION PRACTICE REQUIRED?

Yes, graduation practice is **MANDATORY** for all students who plan to participate in the ceremony. Practice will be held from 9:00 am – 12:00 pm at North High on Monday, May 13, 2019. Breakfast for the senior class will be provided prior to practice, at 8:15 in the commons.

7. ARE TICKETS REQUIRED FOR SENIOR FAREWELL CEREMONY AND/OR GRADUATION?

Tickets are not required for either event; there is no limit to the number of guests you may invite.

8. WHEN DO SENIORS RECEIVE THEIR CAP AND GOWN?

Caps and gowns will be distributed at the Senior Walk following the 5th block final exam on Friday, May 10, 2019.

9. WHAT IS THE SENIOR WALK?

This is our annual tradition where seniors walk through the halls of North High one last time, wearing their caps and gowns, as staff and students bid them farewell. Parents are welcome to attend and view the procession.

10. HOW MAY WE OBTAIN PHOTOGRAPHS OF GRADUATION?

Parkway North has contracted professional photography services through Wagner Portrait Group. Candid photos of the ceremony, speakers, group photos, and each graduate will be photographed. After the ceremony, proofs of each student will be mailed to your home and will be available online for you to view and order 3-4 days after the ceremony. To view and order portraits online, go to: www.WagnerPortraitGroup.com. Click on the "SHOP" button, then choose the "View Graduations" button.

11. WHAT IS THE "PROJECT GRADUATION/SENIOR BASH?" MAY I BRING A GUEST?

Project Graduation/Senior Bash is an after-graduation party. ***Guests are not permitted and only those students participating in graduation may attend.*** The party begins at 10:00 p.m. at Maryland Heights Community Center. Students will NOT be admitted after 11:00. Graduates **MUST** remain until the end, which is approximately 4:00 a.m. Tickets can be purchased in the bookstore for \$55 through February 22. After this date the price increases to \$60. Last day to buy tickets is May 8 at 2:30. Payment can be made by cash or check. Make checks payable to Parkway North Senior Bash.

12. WHERE DO SENIORS PAY FOR LOST BOOKS AND FINES?

Books and lost equipment fines should be paid in the bookstore. This is also true for fund-raising fees that are due. Any textbook or library book which has not been returned must be paid for before diplomas are issued. The school must be reimbursed for lost uniforms. **Students should see Mrs. Dulin in the bookstore to determine fees/fines owed.**

13. WHEN ARE FINALS FOR SENIORS AND WHEN IS THEIR LAST DAY?

The last day of classes for seniors is **Friday, May 10, 2019.**

The final exam schedule is as follows:

3rd & 4th Blocks: May 7 –A Day

7th & 8th Blocks: May 8 –B Day

1st & 2nd Blocks: May 9 - A Day – Seniors dismissed at 10:40 am

5th Block: May 10 - B Day - Dismissal after the Senior Walk - approximately 10:15 am

Suites at Family Arena

If you are looking for a special way to view the graduation ceremony with your family and friends, the Family Arena offers suites for purchase. Suites includes the following:

- Accommodations for up to 12 people
- Reserved handicapped accessible seating, private restroom and television monitor
- Food and beverage packages are **not** available for graduation suites
- Suites are a service of the Family Arena
- Suite cost is \$250.00

To make your reservation for a suite, contact Liz Silbert at the Family Arena at 636-896-4211 or esilbert@familyarena.com.

For additional information: <http://familyarena.com/suite-information>

HEADLINE: Millions of Teens Under-Vaccinated Nationwide.^{1,2} Together, We Can Help Protect our High School Students Against Serious Infectious Diseases.

For any parent or guardian of teens, safety and health are high on the priority list, which is why our school nurse [INSERT NAME] is reminding teens and their parents/guardians about the importance of vaccination.

A MESSAGE FROM NORTH HIGH NURSE THERESE BEILSMITH:

Parents/guardians: Check one thing off your “worry” list and talk to your teen’s health care provider to confirm they are up-to-date on their immunizations.

By age 16, most teens should have received at least four CDC-recommended vaccines to help protect them against serious infectious diseases like meningococcal meningitis and human papillomavirus (HPV), which can lead to serious health effects and even death.³ Here is some background on the diseases that recommended vaccines help protect your teen against:

- **Meningococcal meningitis**
 - Meningococcal meningitis is a rare but serious disease that develops rapidly and can claim a life in as little as one day.⁴ Of those who survive, approximately one in five are left with serious medical problems like amputation, deafness, and brain damage.⁵ Teens are at increased risk of meningococcal meningitis. This increased risk may be due to activities like sharing utensils and kissing.^{6,7,8}
- **Human papillomavirus (HPV)**
 - HPV can cause various cancers in both boys and girls.⁹
- **Tetanus, diphtheria and acellular pertussis (Tdap)**
 - Tetanus causes painful tightening of the muscles, usually all over your body; diphtheria causes a thick covering in the back of the throat and can also lead to breathing problems, paralysis, heart failure, and even death; pertussis is a disease that can lead to coughing spells, pneumonia, seizures, brain damage, and death, particularly in infants.¹⁰
- **Influenza (flu)**
 - Flu can lead to fever, cough, sore throat, body aches, fatigue and more. Serious outcomes include hospitalization and even death.^{11,12}

Did you know...

1. Over the past four years, outbreaks of meningococcal meningitis took place on college campuses in Oregon and California.¹³
2. In recent years, 10,000-40,000 cases of pertussis (a disease that can lead to coughing spells, pneumonia, seizures, brain damage, and death) were reported.^{14,15}
3. Each year, more than 30,000 new cases of HPV-related cancer are found.¹⁶ Most of these cancers could be prevented by HPV vaccination at ages 11-12 years.⁹

The CDC’s 2017 Childhood and Adolescent Immunization Schedule now features a specific 16-year-old immunization platform visit,¹⁷ which highlights the importance of scheduling visits for 16-year-old adolescent patients to see that they are up-to-date on recommended vaccinations. Talk to your teen’s health care provider to discuss scheduling a 16-year-old immunization visit today and cross it off your “worry” list.

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An Important Message from North High's School Nurse, Therese Beilsmith:

Keeping your teen safe and healthy can feel like a full-time job. Parents and guardians, you can check one thing off your “worry list” by talking to your teen’s health care provider to see that they are up-to-date on their vaccinations! You might be surprised to hear this, but millions of teens across the country are under-vaccinated, and outbreaks of serious infectious diseases, which can lead to death, are still taking place.^{1,2}

Did you know that the CDC’s 2017 Childhood and Adolescent Immunization Schedule now features a specific 16-year-old immunization visit?³ This modification highlights the importance of scheduling visits for 16-year-old adolescent patients to see that they are up-to-date on recommended vaccinations to help protect them against serious infectious diseases. The CDC recommends that teens receive the following vaccines to protect against serious infectious diseases.⁴ Talk with your health care provider about vaccinating your teen and scheduling a 16-year-old visit!

- **Meningococcal meningitis vaccine (MenACWY^a, MenB^b)**
 - Meningococcal meningitis is a rare but serious disease that develops rapidly and can claim a life in as little as one day.⁵ Of those who survive, approximately one in five are left with serious medical problems like amputation, deafness, and brain damage.⁶ Teens are at increased risk of meningococcal meningitis. This increased risk may be due to activities like sharing utensils and kissing.^{7,8,9}
- **Human papillomavirus (HPV) vaccine**
 - HPV can cause various cancers in both boys and girls.¹⁰
- **Tetanus, diphtheria and acellular pertussis (Tdap) vaccine**
 - Tetanus causes painful tightening of the muscles, usually all over your body; diphtheria causes a thick covering in the back of the throat and can also lead to breathing problems, paralysis, heart failure, and even death; and pertussis is a disease that can lead to coughing spells, pneumonia, seizures, brain damage, and death, particularly in infants.¹¹
- **Influenza (flu) vaccine**
 - Flu can lead to fever, cough, sore throat, body aches, fatigue and more. Serious outcomes include hospitalization and even death.^{12,13}

Learn more about vaccination at <http://www.cdc.gov/vaccines/who/teens/index.html> and contact the nurses’ office with any questions at [INSERT CONTACT INFO].

a

MenACWY = Quadrivalent meningococcal vaccine that helps protect against invasive disease caused by serogroups A, C, W, and Y

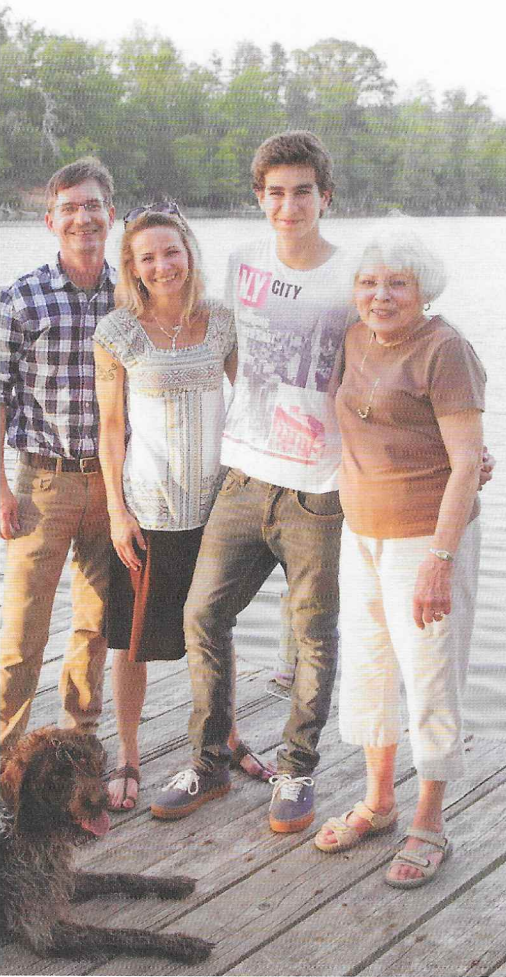
^bThe CDC recommends MenB (serogroup B meningococcal vaccine) for certain adolescents at increased risk, e.g., students on college campuses that have recently experienced meningococcal B outbreaks.¹⁴

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USA HIGH SCHOOL



BRING THE WORLD TO YOUR HOME HOST AN INTERNATIONAL EXCHANGE STUDENT

When your family hosts an international exchange student with CIEE USA High School, you do much more than provide a place for a student to eat and sleep. You make it possible for a young person who is curious about life in the United States to live like an American – you give them an opportunity of a lifetime.

While sharing experiences and learning about each other's cultures, you and your family have a unique opportunity to gain perspective and understanding essential in today's global community.

Bonds between CIEE students and families often last for years. This reflects the special nature of the relationship between host family and exchange student – and the effort CIEE takes to match each family with the right student.

It's important to us that you and your student have the best experience possible. That's why as a host family, you'll have CIEE with you every step of the way. We'll connect you with one of our amazing students, help you prepare for a successful experience, and provide unparalleled customer service 24 hours a day.

“Hosting international exchange students has been a great way for our family to learn about another culture, share our lives, and connect with someone who will be a part of our family forever.”

– Hartford Family
Missouri

LEARN MORE

USA High School:
ciecee.org/highschool

Senior Bash 2019

What is Senior Bash?

- Senior Bash is an annual drug and alcohol-free party that is sponsored and run by the parents of the Senior Class
- It is a "LOCK-IN" on graduation night
- This is a safe and fun way for our graduates to celebrate with their friends

When and where is Senior Bash?

- Tuesday, May 14, 2019 from 10pm – 4am
- The Maryland Heights Community Center

Who can come to Senior Bash?

- Any 2019 graduating senior from Parkway North who purchases admission BEFORE the final cut-off date
- Admission WILL NOT be sold at the door and MUST be purchased in advance

Use this form to purchase:

- **Admission for your student to Senior Bash**
 - Pay for admission by Wednesday, December 19, and get a **FREE** Senior 2019 t-shirt!
- **Yard sign that reads "Parkway North 2019 Graduate"**
 - Order your sign now, and pick it up in May to show how proud you are of your Parkway North Graduate!
- **Donate any amount to help pay for a student with financial need**

Questions? Contact Julie Arnold at pnhseniorbash2019@gmail.com or find us on Facebook at Parkway North Senior Bash 2019.

Senior Bash Admission

_____ \$50 before October 31, 2018

_____ \$55 November 1, 2018 – February 22, 2019

_____ \$60 after February 22, 2019 *Admission will NOT be sold after May 8th at 2:30 pm.

FREE t-shirt (if admission purchased by 12-19-18.) T-shirt size: _____

Yard Sign \$20

_____ I would like to purchase a "Parkway North 2019 Graduate" yard sign
Purchase before April 5, 2019. Pick up sign at PNH in May (date TBD).

Donate

_____ I would like to anonymously underwrite the cost of another student unable to attend due to financial need. Donations of any amount are most welcome.

Senior Bash Ticket _____

Yard Sign _____

Donation _____

Total Enclosed _____

Student Name: _____

Parent Name(s): _____

Parent Phone Number: _____

Parent Email: _____

Please make checks payable to: Parkway North Senior Bash. Turn form and payment into the bookstore.

Parkway North PTO 2018-19

The North High Parent-Teacher Organization welcomes you back to school! Please join us for any or all of the following meetings. Please note that PTO leadership meetings are open to all members who wish to attend; they are held in the conference room adjacent to the principal's office. Parent-to-Parent meetings are subject to change. Stay alert to notifications from the school.

PTO Leadership Meetings: 5:30 pm in the conference room

August 20

January 14

April 9

Parent-to-Parent Meetings: 6-7 pm in the commons

September 24 Communication/Tech Tools for Parents

January 14 School Safety-Intruder Drill Presentation

April 9 Summer Job & Volunteer Opportunities

We are always looking for more parents to join the PTO. The volunteer commitment is drastically less than at the elementary level. If you are interested in any of these volunteer opportunities, contact Danielle Dixon at deedixon02@gmail.com.

- Blood drives: October 30 & March 1, during school hours; volunteer as many hours as you'd like
- Vision and hearing screenings: September 4 & 5, during school hours; volunteer as many hours as you'd like
- PTO scholarship committee: Volunteers read and score essays at home the week prior to Spring Break, and attend/score interviews two days during ac lab; dates TBD
- Library assistants: flexible hours
- Attendance/Guidance office assistants: flexible hours
- Alumni Association Rep: Parkway School District committee; 1-2 evening meetings per year

The Parkway North High School PTO Viking Pride Fundraiser

The goal of our Viking Pride Fundraiser is to raise money that helps to support our students and staff at North High through a variety of programs. Donations made by you, or any members of your family are tax deductible and may also be eligible for a **matching donation** through your **employer's matching gift program**.

How we allocate the money raised:

- Technology grants to teachers. Teachers make requests for hardware, software, and other items that would enhance the classroom learning environment and we try to fulfill as many as possible.
- The PTO Scholarship Fund, which provides scholarships for college bound seniors who have contributed to the North High Community through leadership and volunteerism.
- The PTO General Fund, which includes funding for student recognition and an annual appreciation luncheon for all PNH teachers and staff.

Sounds great! How do I participate?

Just write a check to the "PNH PTO" in an amount of your choice, place it in an envelope, affix postage, and mail it. **Or donate online. Go to the PTO website and click on "Donate."** (You do not need to have a Paypal account to donate)

Envelopes may be hand delivered to the school principal's office or mailed to:
Parkway North High School, ATTN: Viking Pride Fundraiser, 12860 Fee Fee Rd., St. Louis, MO 63146.
Please do not mail cash. As always your contribution is tax deductible. Contributors of \$250 or more will automatically be sent a tax receipt.

For additional information please call Suzanne Watts 314-453-9063

The PNH PTO thanks you for your support!



Donor Name _____

Student Name (optional) _____ Grade _____

Contribution amount: _____ \$25 _____ \$50 _____ \$100 _____ \$ _____ (Other)

_____ I would like my name to appear as follows on the PNH newsletter's list of donors:

_____ I do not wish to have my name published on the list of donors.

(North High 10/16)

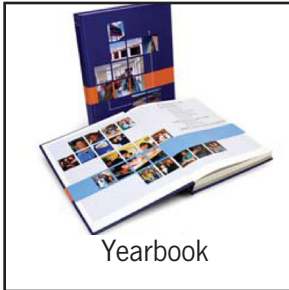
YEARBOOK

ORDER NOW

EARLY PRICING NOW!

Buy your 2019 NORTH HIGH yearbook!
ORDER by AUGUST 31 to receive your book for the EARLY BIRD SPECIAL - \$10 OFF!

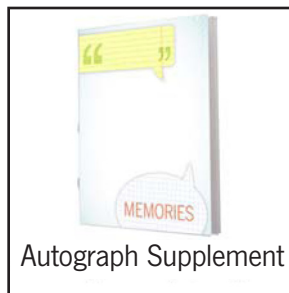
****Yearbook prices will increase incrementally throughout the school year. Order NOW to receive the best price.****



Yearbook



Nameplate



Autograph Supplement



OPTION 1 - ORDER ONLINE OR BY PHONE

To order your yearbook using a CREDIT CARD (NO transaction fees will apply):

1. Go to www.yearbookordercenter.com.
2. Enter Order Number **17226**.
3. Follow the on-screen instructions.

*Home Shipping
Option Available
Online*

If you do not have Internet access, call 1.866.287.3097, use order number 17226, and order your yearbook via credit card.

OPTION 2 - ORDER AT SCHOOL BOOK STORE

To order your yearbook at school, please complete the following information and return to the BOOK STORE

NAME (PLEASE PRINT) _____

GRADE _____

Return this order form with a check for the amount shown below to the **BOOK STORE**. Please make your check payable to PARKWAY NORTH HIGH SCHOOL.

I want to order: (check all that apply)

ALL COLOR YEARBOOK* (~~\$65.00~~ **ONLY \$55!**) **AUTOGRAPH SUPPLEMENT** (\$2.50)

One Line Nameplate (\$5.50)

Two Line Nameplate (\$7.70)

One Nameplate Mark (\$3.50)

* Circle icon choice on back of sheet. Must purchase a Nameplate.

Two Nameplate Marks (\$7.00)

* Circle icon choice on back of sheet. Must purchase a Nameplate.

I have included a check for: _____

NAMEPLATE LINE 1

NAMEPLATE LINE 2

