CLEVELAND HEIGHTS
HIGH SCHOOL

# PEEK AT THE WEEK

**APRIL 15, 2024** 



<u>Mission:</u> Our schools provide a **challenging and engaging education** to prepare all our students to become **responsible citizens and succeed in college and career**.

### OST TESTING SCHEDULE: WEEK OF APR. 15

This is a reminder that OST testing continues this week. Students scheduled to test must bring their charged Chromebook and chargers and should report to their testing location by 8:00 a.m.

Students who are not scheduled to test should arrive to school by 11:25 a.m. on April 16th and by 10:00 a.m. on April 17th and 18th.

#### **BIOLOGY**

Tuesday, April 16 Part 1 & 2 8:15 - 11:25 a.m.

#### **ALGEBRA 1 & GEOMETRY**

Wednesday, April 17 Part 1 8:15 - 10:00 a.m. Thursday, April 18 Part 2 8:15 - 10:00 a.m.

<u>Click here</u> for the OST Schedule and links to the Bell Schedules for each testing day.

### REMINDER: PARKING IS PROHIBITED IN THE FIRE LANE

This is a reminder to visitors that parking in the fire lanes is strictly prohibited. Every car must park in an indicated space in the parking lot or on Washington Boulevard.

The fire lane must stay open at all times so that fire and emergency vehicles can easily access the building and rapidly assist in the case of an emergency.



### DENTAL SERVICES AVAILABLE AT THE HEIGHTS WELLNESS CENTER

MetroHealth and the Heights Wellness Center will be offering dental services to students on April 23rd through 25th and May 21st through 23rd from 8:00 a.m. - 2:30 p.m.

To sign up for an appointment, please speak with the school nurse or call the School Health Program at (216) 957-1303.

<u>Click here</u> for more information.

The District has adopted a plan for communications with persons with disabilities, which is available <u>here</u>.

The plan establishes procedures to ensure that the District's communications with persons with disabilities, including applicants, participants, members of the public, and companions with disabilities, are as effective as its communications with others.

## National Arab American Heritage Month

Celebrating Arab American Resilience and Diversity

In 2022, President Biden became the first U.S. President to declare April as National Arab American Heritage Month, in recognition of the contributions of Arab Americans to the nation's history.

Americans of Arab heritage have advanced the nation's achievements in diplomacy, science, technology, science, technology, as well as in art and culture.

Arab America and the Arab America Foundation launched the <u>National Arab American Heritage Month</u> initiative in 2017 to celebrate the community's rich heritage and numerous contributions to society.

This year's theme is "Celebrating Arab American Resilience and Diversity."

#### **Events at CHHS**

#### **Every Week**

- Daily announcements of Arab American and cultural facts.
- Daily spotlight & quote on school's TV monitors of Arab Americans who were resilient in the face of hardship and discrimination and pushed for diversity.
  - Arab American Heritage Month Daily Quote Slides
  - Arab American Heritage Month Daily Spotlight Slides

WARTER STEER WARTER WARTER STEER WARTER WARTER STEER WARTER WARTER WARTER STEER WARTER WAR

"The road through grief is a rocky one. Traveling through it requires courage, patience, wisdom, and hope."

Additional Information On Arab American Heritage Month & People To Celebrate

"National Arab American Heritage Month"
"Celebrating the History and Contributions of Arab

Americans"

"9 Facts About Arab American Heritage Month"
"Celebrate Arab American Heritage Month" 
<u>Documentaries & Programs from PBS</u>

"Celebrate These Notable Women for Arab American Heritage Month"

"15 Notable Arab Americans Who Have Made History"
"6 Groundbreaking Innovations by Arab Americans"



Educace Lightner

(1946 - Present)

The granddaughter of Syrian immigrants, Candace "Candy"
Lightner is a groundbreaking American traffic safety activist,
author and spokesperson widely recognized as one of the most
influential American citizens of the 20th century.

She founded "Mothers Against Drunk Driving," the first national anti-drunk driving movement in the United States, in May 1980 after her 13-year-old daughter was killed by a multiple repeat offender drunk driver.

Lightner also founded "We Save Lives" in 2014, an Arlington,
Virginia-based highway safety non-profit organization
focusing on Drunk, Drugged and Distracted Driving. She
continues her work as an advocate, media spokesperson,
organizer and lecturer addressing impaired driving, gun
violence, victim's rights, social change and movement building.



### **CLEVELAND HEIGHTS LEGENDS FORM**

If you were a graduate of Heights High School and are the parent or grandparent of a graduating senior, we would like to honor you by printing your name in our Graduation Program for the Class of 2024.

Please <u>submit this form</u> NO LATER THAN Friday, May 10, 2024 to be included in the program.

### CLEVELAND HEIGHTS ANNUAL MEMORIAL DAY ESSAY CONTEST

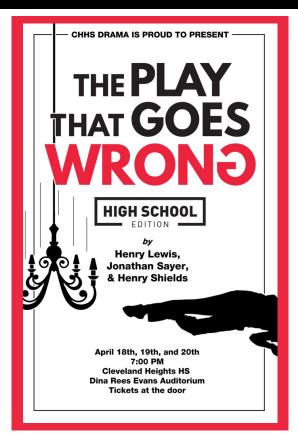
Cleveland Heights High School students to participate in the City of Cleveland Heights' Annual Memorial Day Essay Contest.

The theme of this year's contest is "As an American, why is Memorial Day important?"

Entries must be submitted by Monday, May 6 – the winner will be invited to read their essay at the City's annual Memorial Day ceremony.



### **DRAMA CLUB SPRING PLAY: APR. 18 - 20**



The Heights High Drama Club presents *The Play That Goes Wrong* as this year's spring play. The show will run from **April 18 through 20** and will start **at 7:00 p.m.** 

Join them for a performance of a high school edition of the hit comedy, which is a "play-within-a-play" wherein we see the Cornley Drama Society attempting to stage a production of "A Murder at Haversham Manor" in which things go disastrously, hilariously wrong.

It will be presented with "on-stage" seating, so the audience will be up-close and personal with the action.

Tickets will be limited to 150 per show.

Tickets will be sold at the door, reservations accepted by filling out **this form**.

#### Ticket Prices (CASH ONLY):

Adult - \$10, Student - \$5, Family Max - \$40 Show Run passes available on request.

## HEIGHTS HIGH PTSA INFORMATION NIGHT VIRTUAL MEETING: APR. 23



The Heights High PTSA invites the high school community to join them for Virtual Information Night on Tuesday, April 23 at 6:30 p.m.

At this meeting we will discuss the state of the Heights High PTA and what ways we can all work together to get it back on track.

Families will have the opportunity to discover the benefits of joining and learn how you can make a positive impact on our school community.

<u>Click here</u> to sign up and get involved in the 2024-25 Heights High PTSA!

### **IMD FINALE CONCERTS: APR. 25 & 26**

The Instrumental Music Department invites the Heights community to their Spring Finale Concerts on April 25 & 26 at 7:00 p.m. in the Heights High auditorium.

The Friday concert features **Sophia Muller**, the final Senior Soloist for this year, performing Ralph Vaughan Williams' *The Lark Ascending* with the Heights High Symphony.

The Friday concert will also feature the Symphonic Winds and a combined performance by the IMD's top two ensembles.

The Thursday concert will feature performances by the Concert Band, Concert Orchestra, and Philharmonic Strings.

Doors open at 6:30 p.m. and there is **no cost** for admission.



## REGISTRATION OPEN FOR LADY TIGERS ELITE SKILLS BASKETBALL CAMP



The Heights High girls basketball team and coaching staff is offering a summer camp for girls currently in grades K-10. The camp is held at Cleveland Heights High School, June 3 - 7 and June 10 - 12. Students can attend one or two weeks, full or half days.

The camp staff wants each player to improve her life and her basketball skills to become a team player at home, in school, and on the court. The camp provides a positive age-based development program that includes individual instruction, skill development, and competitions.

Karen Battle is the Heights High Coach and the Camp Director, Heights High athletes will serve as camp staff.

Coach Battle just finished her 9th season with more than 20 years of coaching experience. She loves teaching the game and watching student-athletes grow, both on and off the court. In her tenure as head coach, she has developed numerous collegiate athletes.

Register now to secure your spot. Discount applied if registered by May 15.

For more information, contact Coach Battle at (440) 681-0074 or k battle@chuh.org.

## NURSE'S NOTES: "SLEEP - WHY IS MY CHILD TIRED ALL OF THE TIME?"

Sleep is essential for teenagers because it plays an important role in their physical and mental development. Most teens should get between 8 and 10 hours of sleep per night. Unfortunately, research indicates that many teens get far less sleep than they need.

Teens face numerous challenges to getting consistent, restorative sleep. Recognizing those challenges helps teens and their caregivers make a plan so that teens get the sleep they need.

<u>Click here</u> to learn more about the consequences of sleep deprivation and tips to developing healthy sleep habits.

### **PBIS STUDENT & FAMILY SURVEYS**

In CH-UH, part of our mission is to establish and maintain an effective learning environment and positive school climate by implementing behavioral supports needed for all students to achieve social, emotional and academic success. To that end, every year, we conduct a student and parent survey for families to provide input and feedback on current PBIS practices in our school. The responses to the surveys are anonymous. Emails and names are not collected, and the survey only takes a few minutes to complete. Your feedback is used by our school to identify a student and family perception of the implementation of school-wide PBIS.

You can complete the survey using these links:

CHHS Student PBIS Survey CHHS Parent PBIS Survey

### SENIOR ADS FOR THE CALDRON YEARBOOK

Dear Parents of the Class of 2024:

Display your pride and affection for your child in the school yearbook, The Caldron. We have reserved a section for you to offer your words of advice or encouragement – along with those cherished growing up pictures. How? In our Senior Ads section!

Simply choose the ad size, your message and send us a baby photo – digitally or hard copy. We can design the ad for you or follow your requests.

The ad pages are designed in a 16-block format on an  $8/5 \times 11$  inch page.

Each block is approximately 4 % inches by 1 % inches. Each block is priced at \$25/each with discounts for ordering multiple blocks.

Orders must be placed not later than April 30, 2024.

Click here for more information!

### **SENIOR JOB & TRADES FAIR: APR. 25**

On Thursday, April 25 seniors will attend a Jobs & Trades Fair with their English classes.

The Jobs & Trades Fair will offer our **graduating SENIORS** an opportunity to learn about current job openings, trades, and apprenticeships.

Students can ask questions to professionals, learn about required training and networking for their career choices.

Seniors, be prepared to meet and interview with employers.





### SOCIAL WORKER'S CORNER

"While You Wait"

Sourced by On Our Sleeve:

You decided to seek mental health therapy for your child, but now you may be waiting for weeks or even months before the first appointment. This time can be truly stressful and, as a caregiver, you may feel powerless.

However, there are some things you can start doing now to help your child and your family.

1) Check in with your child

2) Share your concerns with someone you trust

3) Set routines, structures and schedules

4) Encourage Activities

5) Take care of you

And remember, you are not in this alone! Please reach out to your child's school social worker if additional support is needed. We are here to help! If you or your child need immediate help due to having suicidal thoughts, call the National Suicide Prevention Lifeline at 988.



### **VOCAL MUSIC HEIGHTS "H" BLANKET RAFFLE**

Heights High's Vocal Arts Parent Organization (VAPO) is raffling a beautiful handmade crocheted Heights "H" blanket.

Tickets are on sale now until May 10.

Single tickets for the raffle are \$5 or 5 tickets for \$20.

The winner will be announced at the VMD's Finale Concert on Friday, May 10.

<u>Click here</u> for more information and to purchase your raffle tickets.



### High School 2 the Future!

Freshman Checklist

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### SENIOR INFORMATION PAGE

Kristen Narduzzi, Senior Advisor k\_narduzzi@chuh.org

Nancy Rich-Drehs, Senior Advisor n\_rich@chuh.org

#### **ORDER**

#### Get ready for Graduation!

It's time to prepare for graduation! You must place the <u>order for your cap and gown.</u>

Order today at <u>www.jostens.com</u> or call **880-567-8367** to order only the cap and gown.

Information for additional graduation packages, class rings, and letter jackets can be <u>found here</u>.

Commencement will take place at 6:00 p.m. on Thursday, May 30, 2024 at the CSU Wolstein Center, 200, Prospect Avenue E, Cleveland OH, 44115.

#### **ORGANIZE** Senior HS2Future Checklist

To help you prepare to go from high school to the future, we have created a <u>senior checklist</u> for your convenience. This will assist you with college and career planning as well as keep you on track to graduate.

### **UPDATE**

#### Senior Class Page

Make sure to check the <u>Class of 2024 page</u> on the district website throughout the year for regular updates and important information!

<u>Click here</u> to read the Senior Letter from Mr. Smith that gives details over the senior-related events for April and May.

### PREPARE College & Career Readiness

Look below for more information on opportunities for seniors and their families to get help with navigating the financial aid and application process.

Seniors, please check Naviance weekly for scholarship opportunities. If you are receiving college admissions letters and scholarships, and proof of FAFSA submission please give a copy to Mrs. McEwen in Room 129 or email to t\_mcewen@chuh.org.

Seniors, make sure you are on track for your senior year. Click here to check out a senior checklist.

<u>Click here</u> to read March's edition of the Senior Scene newsletter.

Scholarships available until Friday, April 19th.

CHUH Canterbury Elementary School Scholarship: No GPA requirement, applications are in Room 129.

#### The Scholarship for Academic Excellence-The Brothers and Sisters Inc.:

Open to an African- American Student who participated in at least one varsity sport while at Heights. Must be graduating in June. To qualify, the student must have at least a 3.0 Cumulative GPA, applications are in Room 129.

Senior Scholarship and Award Ceremony will be held May 8, 2024 at 6:30 p.m.

Invitations and more information to follow.

#### **STAY INFORMED!**

LOOKING AHEAD: OMEA Vocal Music State Competition

4/19

IMD Spring Finale Concerts

4/25 & 4/26

Start of Jewish American Heritage Month

5/1

Start of Asian American & Pacific Islander Heritage Month

IMD Jazz Night

5/1

<u>CHUH.ORG</u> - VIEW UPCOMING EVENTS, GRADE INFORMATION, AND THE LATEST DISTRICT HEADLINES.



#### **DATA DIVE**

Attendance Data:

Number of Attendance Referrals -Goal: < 1386 Current: 1417

Chronically Absent Goal: < 37%

Attendance Percentage: Goal: > 92%

Week of April 9

Climate Data:

Number of Referrals -Goal: < 2477 Current: 2338

Number of OSS/ISS -Goal: < 414

### **SOCIAL & EMOTIONAL SUPPORTS**

If you know of a student is in need of social and/or emotional support, please complete the **referral form** located in the **Quick Links section of** <u>Heights High's page</u> **on CHUH.org**. Anyone can complete this referral form, and submissions are routed directly to the school social workers and counselors for follow-up.



#### STAFF:

The CH-UH Employee Assistance Program through IMPACT can help you reduce stress, improve mental health, and make life easier by connecting you to the right information, resources, and referrals. All services are free. This includes access to short-term counseling and a wide range of offerings - from financial consultation to personal assistant services - <u>listed here</u>.

### **SECURITY SCOOP**

#### FROM MR. WATTERS, COORDINATOR FOR SAFETY AND SECURITY

Our "see something, say something" policy applies to our school community 24 hours a day, 7 days a week. Anyone can access the Safe School Helpline to report threats, bullying, or other such behavior.

Call 1-800-4-1-VOICE (1-800-418-6423) ext. 359 to leave your information, or submit a report <u>online</u>.

