

PEEK AT THE WEEK

NOVEMBER 28, 2022



Mission: We expect all students to strive for "B" or better. We have support available for all students to experience academic success.

MIDTERM EXAM SCHEDULE

Midterms are just around the corner! Check out the [exam schedule!](#)

CONQUERING THE ACT

[Click here](#) for a presentation that breaks down the ACT and shows you a variety of strategies and techniques to help you succeed on the exam.

OST TESTING BEGINS DEC. 5

Students who need to complete December Ohio State Testing have received notification from Guidance. The specific testing dates per content area are provided in the student letters that were sent out.

If you have questions, please reach out to [Guidance](#).

COLLEGE ACCEPTANCE LETTER WALL

Seniors! Heights High is putting together a Senior Acceptance Letter wall to show off ALL of the colleges that you have been accepted into! Please bring your letters to **Office 220** for them to be added to the wall.

All personal information will be crossed off of the letters before being added to the wall



BEE
awesome
and join us in the NHS
Academic Lab!
Every Tuesday & Thursday in 217

The Black & Gold
The 2nd issue of the student newspaper is out!
Make sure to check out the latest school news.

THE TIGER SHOP IS OPEN!!
WHERE?
Room 124A
WHEN?
Afterschool Weds. through Fri. & by appointment
CHECK OUT THEIR PRODUCTS!

Heights High School



DARREON FAIR - OHIO MR. FOOTBALL FINALIST

Last week, the Ohio Prep Sportswriters Association announced the finalists for the 2022 Ohio Mr. Football award. Senior Darreon Fair has been named as one of the three student athletes finalists from Northeast Ohio. The winner will be announced on Thursday, December 1st. Congratulations again Darreon!

HELPING HANDS COMMUNITY SERVICE CLUB

"Helping Hands" as a new community service club here at Cleveland Heights High School. The purpose of this club is to inspire students to give back to our community and to help our city shine just a little bit brighter over time. The club will work alongside Mr. Walker who specializes in these enterprises for the city of Cleveland Heights.

If you are interested, please see Mr. Walker in room 334B or club president, Aniyah Idom.

MARTIN LUTHER KING JR. ESSAY CONTEST

Attention Heights High students! You have the opportunity to win up to **\$500 in scholarships** by participating in the 33rd Annual Martin Luther King Jr. Essay Contest sponsored by East View United Church of Christ.

How to participate:

Write a **350-500 word essay** based on the following topic:

If you could choose a superpower what would it be? How would you use it to make more peace in the world?

Deadline:

Essays must be submitted by **7:00 p.m. on Tuesday, January 10, 2023**

Each essay must be signed by your teacher and a parent/guardian.

Win \$1,575 in Scholarships

33rd Annual Martin Luther King Jr. Essay Contest

Sponsored by East View United Church of Christ

Topic

If you could choose a superpower what would it be? How would you use it to make more peace in the world?

GRADES	WORDS	1ST PLACE	2ND PLACE
4TH-6TH	100-200	\$125	\$75
7TH-8TH	200-350	\$300	\$150
9TH-12TH	350-500	\$500	\$250

Third-place prizes in the following divisions:

\$25, elementary school; \$50, middle school; and \$100, high school

Essays will be judged on originality, neatness, punctuation, spelling and grammar. Each essay must be signed by the student's teacher and a parent or legal guardian.

THE CONTEST IS OPEN TO STUDENTS WHO LIVE IN OR ATTEND SCHOOL IN CUYAHOGA COUNTY.

First-place winners from last year are ineligible to participate.

Send Essays to the MLK Essay Contest
East View United Church of Christ
17300 Van Aken Blvd.
Shaker Heights, Ohio 44120

All winners must attend East View's MLK Essay Awards Program at 10 a.m. Monday, Jan. 16, 2023 -- MLK Day.

Deadline

**7 p.m. Tuesday,
Jan. 10, 2023**

Winners will be notified by phone. For more information, call East View Church at (216) 921-7673. The Rev. Jeremy Wanton is the pastor.

PTSA TIGER NATION NIGHT AT CAVS GAME

Want to support the CHUH PTAs while having an exciting night watching the Cavs?

The Heights High PTSA is having another Tiger Nation Night at the Cavs vs. Indiana Pacers Game on Friday, December 16.

Tickets are \$30 each

\$10 from each ticket sold will be distributed equally to all off the CHUH PTA/PTSAs.

[Purchase your tickets here!](#)

Any questions? Contact heightshighptsa@gmail.com



SENIORS VS. STAFF BASKETBALL GAME



Seniors and Staff - it is that time again!

The Seniors vs. Staff Basketball Holiday Basketball game.

When: December 15th, 3:15 - 4:00 in the competition gym.

Seniors who are interested in playing should sign up with **Mr. Fullerman** by **December 9th**.

Staff who are interested in playing, please sign up on the form shared to you through your email.

CAREER TECH SPOTLIGHT

Heights Career Tech offers courses through a five-district consortium, which includes Bedford, Cleveland Heights, Maple Heights, Shaker Heights, and Warrensville Heights High Schools.

The 22 academic programs are open to 11th and 12th graders who have the opportunity to earn professional certifications, industry-recognized credentials, and college credit.



This Week's Featured Program:

Pharmacy Technician

Are you interested in working in the pharmaceutical industry? Do you want to want to be able to work in a pharmacy right after graduation? Then the Pharmacy Technician program is just right for you!

The primary focus of this program is to prepare students to work in a pharmacy as a pharmacy technician. At the conclusion of the program, students will be prepared to take the pharmacy technician certification exams (PTCE).

Attaining national certification will allow an individual to work in almost any pharmacy in the country. It will also make students more appealing to potential employers.

PROFESSIONAL PATHWAY

Retail pharmacy technician

Hospital pharmacy technician

Pharmacist

Pharmaceutical researcher/technician

EMT

Nurse

COLLEGE CREDIT OPPORTUNITIES

Credit will transfer to any state school

INDUSTRY CREDENTIALS:

CPHT - Certified Pharmacy Technician (PTCE)

CPR

OSHA

TWO YEAR PROGRAM COURSES:

GRADE 11 -

Pharmacology Nutrition & Wellness

Medical Terminology

GRADE 12 -

Capstone/Advanced Pharmacology

Lifespan Development Through the Ages



To learn more about the Pharmacy Technician program or any of the other Heights Career Tech programs, click on the icons below.



Heights
Career Tech



Counselor Connection

GRADUATION REQUIREMENTS: CREDITS

ENGLISH: 4 CREDITS

MATH: 4 CREDITS

SCIENCE: 3 CREDITS

SOCIAL STUDIES: 3 CREDITS

FINE ART: 1 CREDIT

HEALTH: .5 CREDIT

PHYSICAL EDUCATION: .5 CREDIT OR 2 PE WAIVERS

ELECTIVES: 4 CREDITS

20 CREDITS TOTAL

REQUIREMENTS TO EARN THE HONORS DIPLOMA:

--ENGLISH: 4 CREDITS

--MATH: 4 CREDITS

--SCIENCE: 4 CREDITS

--SOCIAL STUDIES: 4 CREDITS

--3 CREDITS OF 1 WORLD LANGUAGE OR 2 CREDITS OF 2 WORLD LANGUAGES

--FINE ART: 1 CREDIT

--3.5 GPA (UNWEIGHTED)

--ACT: 27 OR SAT 1280

***STUDENTS MAY EXEMPT 1 OF THE REQUIREMENTS**

Ms. Tandra Menefee
Last Names A-E
(216)-320-3090

Ms. Taylor Bryant
Last Names F-L
(216)-320-3057

Ms. Charlene Searcy
Last Names M-R
(216)-320-3006

Mr. Michael Murray
Last Names S-Z
(216)-320-3068

Mrs. Tiesha McEwen
College/Career
Readiness
(216)-320-3065

Nurse's Notes

It's already November and our nursing team is committed to helping keep your child healthy and ready to learn!

FREE DENTAL CLINIC:

Are you in need of 100% FREE DENTAL CARE? Medworks is offering dental care for all ages, including cleanings, fillings, extractions, children's sealants, and prosthetics.

WHEN: Friday and Saturday, November 18th and 19th

WHERE: Huntington Convention Center 300 Lakeside Ave E, Cleveland 44113

DOORS OPEN AT 7AM, WALK-INS ONLY, FIRST COME FIRST SERVED

***** QUESTIONS? Visit medworksusa.org or call 216-231-5350**



**ALLISON
CRAIG**

C/O 2023 & C/O 2026
(I-Q LAST NAMES)



**KRISTIN
DADAS**

C/O 2024 & C/O 2026
(A-H LAST NAMES)



**LATIESA
KIRKPATRICK**

C/O 2025 & C/O 2026
(R-Z LAST NAMES)

SOCIAL WORKER'S CORNER

As we enter into the last month of 2022, it may be helpful to reflect on the small & large successes from this year. Gratitude is the act of showing appreciation and being thankful.

Research shows that people who practice gratitude - who think about the good things in their life - are healthier and happier!

Gratitude helps:

- Improve social connections and relationships
- Protect from stress and increases resilience
- Boost energy levels
- Increase self-esteem
- Adds a sense of meaning

****From On Our Sleeves (The Movement for Children's Mental Health)**



SENIOR INFORMATION PAGE

Patrick Fisher, Senior Advisor
p_fisher@chuh.org

Karen Kastor, Senior Advisor
k_kastor@chuh.org

ORDER Get ready for Graduation!

It's time to prepare for graduation! You must place the order for your cap and gown. Order today at www.jostens.com or call 880-567-8367 to order only the cap and gown for \$47. Information for additional graduation packages, class rings, and letter jackets can be found here.

Commencement will take place on at 6 p.m. on Wednesday, May 31, 2023
at the CSU Wolstein Center, 2000 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 senior checklist 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 & Remind

Make sure to check the Class of 2023 page on the district website throughout the year for regular updates and important information!

Parents, stay up to date on important Senior dates, events and announcements by texting code **@chuh23** to **81010**

PREPARE College Career Readiness

Look below for more information on the colleges that are visiting Heights High this week and opportunities for seniors to get help with navigating the financial aid and application process.

For parents and Seniors who have missed the Financial Aid Night, the FAFSA and Scholarship Awareness presentations are on the Senior Page.

Mrs. McEwen, Dr. Daniels, and College now will be in the media center during the lunch periods to help Seniors with FAFSA, scholarship search, Naviance, college applications and essays.

High School 2 the Future!

**Freshman
Checklist**

**Sophomore
Checklist**

**Junior
Checklist**

STAY INFORMED!

**LOOKING
AHEAD:**

**OST Testing
Begins**
12/5

**VMD Winter
Concert**
12/9

**Gospel Choir
Winter
Concert**
12/16

**Midterm
Exams**
12/21-12/23

**Winter
Recess**
12/24-1/8



CHUH.ORG - VIEW UPCOMING EVENTS, GRADE INFORMATION, AND THE LATEST DISTRICT HEADLINES.

DATA DIVE

Attendance Data - 87.15%
Goal -> 90%

Referral Data - Month of October

28 staff members wrote
67 positive referrals for
123 students, resulting in
17% of all referrals that were
positive

62 staff members wrote
420 discipline referrals for
389 students

Top 3 Infractions:

Unexcused Class Absences - Truancy
93 referrals for 179 students

Out of Assigned Area - Other
93 referrals for 89 students

Out of Assigned Area - Tardy to class
89 referrals for 93 students

PBIS FOCUS: INTEGRITY

When each one of us displays strong moral principles, we collectively make our world a better place. This month of December, let's strive to be honest and true to ourselves. Let's commit to showing our teachers our best academic selves. Let's commit to being the leaders that we are. Make yourself stand out from the rest.

Check out this [video!](#)

SECURITY SCOOP

FROM MR. WATTERS, COORDINATOR FOR SAFETY AND SECURITY

Full facial masks are no longer permitted at Heights High School. A full facial mask is one where we can see only your eyes. If you need a mask to cover your nose and mouth, please seek one in your cohort office.

Sunglasses are not permitted to be worn in the building.

