

PEEK AT THE WEEK

DECEMBER 19, 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

	Exam Block 1 8:25–9:55am	Break 9:55–10:10	Exam Block 2 10:10–11:40 am	Break 11:40–12:00	Exam Block 3 12:00–1:30 pm
Wednesday 12/21/2022	Period 4		Period 2		Period 1
Thursday 12/22/2022	Period 5		Period 3		Period 8
Friday 12/23/2022	Period 6		Period 7		Makeup Exams for all periods (arrange with teachers)

Lunch is served from 11:30am–12:15pm
Exam Prep is available from 2:00–2:56 pm

THE BLACK & GOLD - DECEMBER ISSUE

The next issue of the student newspaper "The Black & Gold" is officially out! Check out what is happening at Heights High [here](#).

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

**The
Black & Gold**
The 4th 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



CONGRATULATIONS TO COACH STEPHENS!

Congratulations to Coach Mac Stephens for being recognized by the Cleveland Browns as being a Change-Maker for high school football!

AFS SCHOLARSHIPS STILL AVAILIABLE

AFS / Heights Scholarships are still available to travel abroad this summer!

The application process is simple:

STEP 1 - Provide your contact information including: Student Name and one Parent's/Guardian's name, address, telephone number, and email address.

STEP 2 - Write an essay of no more than 1000 words answering these 2 questions: 1. Why are you interested in having a summer intercultural experience like an AFS Program? 2. What experiences have you had that have prepared you to be self-sufficient and to adjust to a new living environment?

STEP 3 - Request the amount you need to be able to afford this experience from \$500 - full program fee. Use the first link below to look up programs and price.

STEP 4 - Email the contact info, essay, and request amount to krista@reachingheights.org as soon as possible and **no later than January 10**.

Scholarships will be granted on a rolling basis.

EDUCATORS RISING MEETING - DEC. 19

Are you planning on being a teacher? Come learn more about the profession and ways to get experience in high school, including summer job opportunities.

We will meet Monday, Dec 19th after school in room 309.

See [Ms. Narduzzi](#) for more details.

HEIGHTS CTE APPLICATION IS OPEN!

Class of 2025...have you applied for your CTE program yet?

Don't miss the upcoming January deadline! Go to [HeightsCareerTech.com](https://www.heightscareertech.com) to apply for the program of your choice.

Remember, each program is a two year commitment to prepare you for your chosen career path, the workplace and college.

Talk to your guidance counselor if you have any questions.
The winter break is a great time to apply!

CLEVELAND HEIGHTS MARTIN LUTHER KING JR. ESSAY, POSTER, AND POETRY CONTEST

After a two-year hiatus, the 26th Annual Cleveland Heights Dr. Martin Luther King Jr. Ceremony will be held next month on Thursday, January 19, 2023, at 7:00 pm at the Cleveland Heights Community Center.

The essays, poems, and posters of students are the heart and soul of this celebration. Students of all grade levels who live or attend school in Cleveland Heights are invited to submit entries that address the following prompt:

Dr. Martin Luther King Jr. was an activist for racial equity, economic justice, and an end to war. What work does our society still need to do on those issues, and how will you help carry on Dr. King's legacy?

Contest winners will be invited to the ceremony to read their poems and essays and explain their posters; their parents and teachers are invited to accompany them. Each winning student will receive a certificate and have their photograph taken with the Mayor and City Council.

The January 19 ceremony will be posted on the City's YouTube Channel and highlighted on our website. Photographs will appear in the City's social media and print publications, and posters, essays, and poems will hang in the City Hall Atrium during Black History Month.

All entries should be submitted through [this online form](#) by Wednesday, January 11, 2023. Essays and poems should be submitted as text or pdf documents; poster entries may be submitted as digital photos or image files. We will arrange to pick up hard copies of entries from students who are unable to submit them through the online form. Students must fill out all the required fields so that we can contact the winners and include their correct information in the ceremony program and other media.

If you have any questions, please contact Jessica Rosenblatt at jrosenblatt@clevelandheights.gov or 216-291-2854.

TALK ABOUT TACO TUESDAY - NHS & GEAR UP MIDTERMS STUDY SESSION

Midterm exams are next week
Wednesday - Friday.

Come collaborate, share study strategies,
and get help to ace all of your exams!

And who doesn't love tacos?

Join us in 217 on Tuesday from 3-4pm.



MANDEL YOUTH HUMANITIES ACADEMY SUMMER PROGRAM

The Mandel Youth Humanities Academy is a summer program that offers rising high school juniors and seniors an opportunity to broaden their humanities education. Students will prepare for college-level academic work by exploring material in art, religion, literature, philosophy and history with Tri-C faculty. Our study of the humanities will be integrated with new digital technologies (Virtual Reality) and community engagement experiences in the Cleveland area.

Combining humanities education with civic engagement will aid student participants in developing their leadership skills and gaining a broader awareness of the challenges and opportunities facing northeast Ohio.

Chosen participants will meet five days of the week (from 10 am – 3 pm) for nine weeks. They will also receive a generous stipend for their participation as our expectation is that participating students will be able to treat the Youth Humanities Academy as their summer job.

For those students that need it, we can also provide transportation.

The application for the Mandel Youth Humanities Academy will open in **January 2023**.

You can learn more about the program [here](#).

RECRUITING FOR ECAG FAMILY REPRESENTATIVES

We are looking for Expectational Children's Advocacy Group (ECAG) Family Representatives to volunteer at schools to provide inclusion support and ideas to our schools and families.

ECAG Family Representatives help to:

- Build better relationships with schools
- Connect with families in the community
- Build relationships with parents
- Contribute to the creation of inclusive activities and programs

If you are interested in volunteering and/or need additional information, contact CH-UH Parent Mentor, Joy at (216) 236-3616 or email joy@reachingheights.org



Building stronger inclusive communities together

Exceptional Children's Advocacy Group

JOIN ECAG FAMILY REPRESENTATIVE TEAM

MISSION
ECAG Family Representative provide information and support to peer families of children with disabilities and their schools.

BENEFIT

- ✓ Build better relationships with schools.
- ✓ Connect with families in the community
- ✓ Build relationships with parents.
- ✓ Contribute to the creation of inclusive activities and programs.

JOIN ECAG  **SCAN ME**

216-236-3616

email:
joy@reachingheights.org

 **ECAG**
Exceptional Children's Advocacy Group

 **REACHING
HEIGHTS**
Our Passion. Exceptional Public Education

ECAG/PARENT MENTOR PROGRAMMING, A PROGRAM OF REACHING HEIGHTS, IS GENEROUSLY FUNDED THROUGH A IDEA GRANT, FACILITATED BY THE CHUH SCHOOL DISTRICT.

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:

Sports Medicine & Exercise Science



The Sports Medicine & Exercise Science program will educate and prepare students for a career in an exercise science related field, whether it is physical therapy, athletic training, personal training, or any number of other healthcare fields. The students will have the opportunity to gain hands-on experience with athletic training and personal training. They will also have the opportunities to earn college credits and sit for the certification exam for personal training.

This program is affiliated with HOSA-Future Health Professionals.

PROFESSIONAL PATHWAY

Athletic Trainer
Physical Therapist
Orthopedic Physician
Strength and Conditioning Coach
Massage Therapist
Sports Nutritionist
Sports Psychologist

COLLEGE CREDIT OPPORTUNITIES

Cuyahoga Community College:
Earn up to 10 credits that will transfer to
any state school
CTAGs: Earn up to 6 credits

INDUSTRY CREDENTIALS:

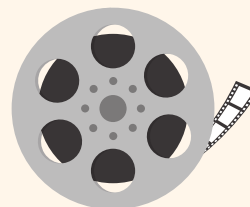
* National Academy of Sports Medicine -
Certified Personal Trainer
* First Aid/CPR/AED-Basic Life Support

TWO YEAR PROGRAM:

GRADE 11 -
Exercise and Athletic Training
Athletic Injuries and Prevention
GRADE 12 -
Fitness Evaluation and Assessment
Nutrition and Wellness



Click the film reel for a
video from students
about their experiences
in the program!



To learn more about the Sports Medicine & Exercise Science program or any of the other Heights Career Tech programs, click on the icons below.



Heights
Career Tech



Counselor Connection

OHIO STATE TESTING DECEMBER RETAKES

ANY STUDENT THAT HAS NOT MET THE TESTING REQUIREMENT TO EARN A SCIENCE AND/OR CITIZENSHIP DIPLOMA SEAL AND/OR MET THE COMPETENCY SCORE OF 684 OR HIGHER ON ALGEBRA I AND/OR ENGLISH II, HAS BEEN SCHEDULED TO RETEST DURING THE MONTH OF DECEMBER.

IN ORDER TO EARN A SCIENCE AND/OR CITIZENSHIP DIPLOMA SEAL:

SCIENCE SEAL: SCORE A 700 (3) OR HIGHER ON THE BIOLOGY OST

CITIZENSHIP SEAL: SCORE A 700 (3) OR HIGHER ON THE AMERICAN HISTORY AND AMERICAN GOVERNMENT

OST

STUDENTS SCHEDULED TO TEST WILL RECEIVE AN EMAIL PROVIDING THEIR TESTING DATE AND LOCATION THE EVENING BEFORE THEIR TEST.

PATHWAY TO GRADUATION

- EARN 20 CREDITS OR MORE
- EARN A PASSING SCORE (684) ON THE ALGEBRA I AND ENGLISH II OHIO STATE TEST
- EARN 2 DIPLOMA SEALS

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

PREPARING FOR RETAKES

- REVIEW CONTENT RELEVANT TO THE SUBJECT YOU ARE TESTING IN
- REVIEW CONTENT WITH YOUR TEACHERS
- MEET WITH COUNSELOR TO DISCUSS TESTING STRATEGIES
- CHECK YOUR EMAIL
- BRING YOUR CHROMEBOOK, FULLY CHARGED

Nurse's Notes

Winter Break and the holidays are just around the corner! Check out this month's newsletter for tips on how to stay healthy during the holiday season.

December Nurse's Notes

SOCIAL WORKER'S CORNER

The holiday season can be a busy time packed with fun and excitement, but it can also be a time of stress and complex emotions. The Child Mind Institute has put together some resources to help families navigate the holidays.

For more information, see their article, [Resources to Help Our Kids Thrive: Children and the Holidays.](#)

Remember to periodically slow down and take a few minutes to just be in the moment and focus on the little things that bring you joy. We wish you and your family a wonderful holiday season!



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

Holiday Self-Care Tips

- Make space for messy feelings like grief.
- Learn to say no without feeling guilty.
- Create your own holiday traditions.
- Keep your stress levels in check. It's okay to step back or delegate.
- Set realistic expectations for yourself and the holiday.
- Make a plan and try to stick to it. Organization is key.
- Keep your self-care routine or begin a new one.
- Give yourself permission to let it be a normal day.

BlessinaManifesting

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 opportunities for seniors and their families to get help with navigating the financial aid and application process.

"Senior Scene" - December 2022

[Click here](#) for more information on the Heights Community Scholarship program and additional scholarship opportunities that are available to Seniors.

Thank you to the Seniors who have participated in the Instant College Day hosted by Cleveland State University. **29 Seniors** have received an invitation to start their college career at Cleveland State.

COLLEGE CAREER READINESS DATA DIVE:

In December:

205 Seniors **HAVE** submitted college applications
133 Seniors **HAVE NOT** submitted college applications
91 Seniors **HAVE** completed the FAFSA form

During the winter break please continue to apply to colleges/universities you are interested in. Also please submit your FAFSA form over break. Students who complete their FAFSA before January 1st usually get the most money for college.

High School 2 the Future!

**Freshman
Checklist**

**Sophomore
Checklist**

**Junior
Checklist**

STAY INFORMED!

LOOKING
AHEAD:

Midterm
Exams
12/21-12/23

Winter
Recess
12/24-1/8

Students
Report Back
to School
1/9

* Happy
holidays *



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

DATA DIVE

Attendance Data -

9th Grade - 82.24% 11th Grade - 88.35%
10th Grade - 87.13% 12th Grade - 85.80%

↪ **GOAL - 90%**

Referral Data - Month of November

25 staff members wrote
172 positive referrals (+111) for
204 students (+81), resulting in
35% of all referrals that were
positive

65 staff members wrote
314 (-106) discipline referrals for
389 (-69) students

Top 3 Infractions:

Unexcused Class Absences -Truancy
71 (-26) referrals for 125 (-54) students

Out of Assigned Area - Other
60 (-33) referrals for 79 (-10) students

Out of Assigned Area - Tardy to class
31 (-58) referrals for 73 (-20) 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.

