

Piqua High School Newsletter

October 2018



Rob Messick - Principal
Jon Shoffstall - Assistant Principal
Darrel Hite - Assistant Principal
Chip Hare - Director of Athletics

Principal's News

PHS Students and Parents,

I would like to personally invite all of you to attend our Parent/Teacher conferences on October 17th from 3:00-7:00 pm and October 18th from 4:00 -8:00 pm.

This will be a great opportunity to meet with our staff and talk about the great things your son/ daughter is accomplishing at Piqua High School. In addition, you will have the opportunity to speak with military recruiters, explore career center options, receive college financial aid advice, and meet with area employment recruiters. I look forward to meeting you.

Parent Teacher Conferences which will be held on:

Wednesday October 17 from 3:00 -7:00

Thursday October 18 from 4:00 - 8:00

Please note there will be a 2 hour early release on Wednesday October 17, and no classes on Friday October 19.

As we begin the second quarter, please do not hesitate to contact our teaching staff, guidance counselors and administrators with concerns and or questions regarding your son or daughter. The email address for each person at PHS is the staff member's last name followed by first initial and ending with @piqua.org (i.e. messickr@piqua.org). Please take some time to look through this newsletter for information regarding upcoming events.

Sincerely,

Rob Messick

PHS Principal

From The Nurse

Is it a Cold or the Flu?

The leaves are turning colors, and I think I see frost on the lawns! The warm summer days are gone, and fall/winter is here. As we transition into the chilly fall and winter months ahead, we know that the cold and flu season is upon us. I often get the question, Is it a cold or the flu? It's not always easy to tell the difference between the two, so I thought I would list some general symptoms that may help differentiate between them.

Flu Symptoms:

- Sudden Onset
- High Fever
- Severe Exhaustion
- Dry Cough
- Headache
- Decreased Appetite
- Muscle Aches
- Chills
- Usually No Sore Throat

Cold Symptoms:

- Slow Onset
- No (or mild) Fever
- Mild Exhaustion
- Severe/Hacking Cough
- Usually No Headache
- Normal Appetite
- Usually No Chills
- Sore Throat

Remember hand washing helps stop the spread of germs!

*All medication taken at school must have a Piqua City Schools medication/administration form completed by a Doctor and parent.

Liana Michael
PHS/School Nurse

Homecoming News



The Homecoming game is against Greenville -October 5 with the dance in the PHS commons on October 6 from 8:00-11:00. "Saturday Night Fever" is this year's theme.

The 2018 Homecoming Court:

Queen Candidates: Kelsey Bachman, Elizabeth Cox, Morgan Hammiel, Kaylee Lacy, Kitte Lampe, Grace McGonagle, Hailey McPherson, Skylar Sloan.
King Candidates: Mason Darner, Kraig Hemmert, Micah Karn, Cade Lyman, Christian Starrett, Brennan Toopes, Grant Toopes, Owen Toopes.

Annual Piqua Troy Blood Drive

The annual Piqua-Troy Blood Drive will take place at Piqua High School on Tuesday October 23. Students will give blood at school in the gym from 9:00 - 1:00.

Thank you PHS for participating!

THANK YOU for the Gift of Life!

Sports Physicals
Boys and Girls Winter Sports Physicals must be on file in the athletic office the first day of practice. You must be passing 5 credits and avoid 2 f's

ATHLETIC REMINDER
Boys and Girls Winter Sports Physicals must be on file In the athletic office the First day of practice. You must be passing 5 credits And avoid 2 f's

College and Career Week

Students at Piqua High School had the opportunity to learn more about colleges and careers during the week of October 1, 2018. Students signed up to visit with college reps or various career presenters. Thanks to those career presenters and college representatives who gave up time from their busy schedules to come to PHS. This is a great time for our students to think about their futures and career choices.

Parent Authorization Forms ONLINE this year

We must have updated forms each year. Many times families move, people change jobs, cell phones are purchased or other contacts may change. We must have this vital information. We know it seems like an inconvenience, but in an emergency, we must be able to reach you. Thanks for taking the time to fill out these valuable forms.

LUNCH CHARGES - You may use the Pre-pay Lunch Program on the Piqua City Schools Website under the "Parents & Students" Link. Allow 2 days for processing.

Class Rings

Freshman met with the Jostens Representative Monday September 24 during 1st period. Mr. Edridge reviewed cost information and showed samples. If you need more information concerning class rings or graduation supplies please call Mr. Eldridge at Jostens 937-554-9904.

The PHS WEBSITE has many school forms that you may access from home.

Go to www.piqua.org Choose: Piqua High School and "Forms and Downloads."

Our Travel Release forms, The Physical Packet, Transcript Request form, Medical forms, and more are all listed on this page.

The PHS fax number is: 937-778-4514 if you wish to fax a form to us.

SENIOR NEWS

Seniors are allowed 3 college visits per year. We can also arrange for these to be a job shadow or appropriate observation. Students interested in pursuing an apprenticeship after high school see your school counselor for information.

ACT deadline for the December 08 test is November 2. Send your scores to the maximum number allowed.

Students should have their college choices narrowed down to 3-5. Go online to see the admission requirements. Print the requirements. Do you have to write an essay? Do they want a letter of recommendation? Do ACT scores need to be submitted from the testing agency?

When must everything be submitted? Submit all application materials by the deadlines.

Go to the college's website and search for the scholarships they offer. Watch their deadlines.

Some require everything (application, test scores, transcripts, etc.) to be submitted by a certain date.

Make sure you meet their deadline!



Local and national scholarships are listed on Naviance.

Students interested in playing Division I, II, or NAIA sports must register through the NCAA or NAIA clearinghouse. You must send a transcript and send your ACT/SAT test scores from the testing agency.

As students receive acceptance letters and scholarship offers, be sure to bring your letters to your school counselor

The FAFSA is available starting October 1, 2018. The FAFSA is how you apply for loans, and grants to help pay for college.

Procrastination...If this describes your child, they may be overwhelmed. They may need active help in the process. Make a list of deadlines. Sit down together and begin working on applications. Help organize and set priorities but let your student do the real work.

UVCC ORIENTATION FOR SOPHOMORES

All interested sophomores have the opportunity to talk to career advisors from the UVCC on October 26. Sophomores will tour the UVCC during Explore Career Days on November 28. Open House is November 29. After that process sophomores will decide upon which program they are interested in.

PARENT TEACHER CONFERENCE TIMES:

October 17 – 3:00 – 7:00 (2 hour early dismissal this day)

October 18 – 4:00 – 8:00

18 – 6:30 - College Financial Aid Meeting

October 19 - No School

October Calendar

11 - Picture Retake Day ~ LifeTouch

13 - Piqua Band Invitational 4:00 pm

14 - Fall Choir Concert 2:30 pm

17 - PHS 2 hour early dismissal

17 - Parent Teacher Conferences 3:00 - 7:00

18 - Parent Teacher Conferences 4:00 - 8:00

18 - College Financial Aid Meeting 6:30 pm

19 - No Classes Piqua City Schools

22 - Grade Cards Home with Students

23 - Blood Drive Piqua vs Troy

26 - Piqua vs Troy Football Game

27 - ACT@PJHS

Yearbook News Orders for 2019 yearbooks are now being accepted. This year, the entire yearbook will be in color. The cost of a book is still just \$60 until January 19, 2019. Order your book now before the prices rise again! You can order your books by picking up a form in the office or online at <http://jostensyearbooks.com>. You have the option make payments online, or if you are writing a check, be sure to make it out to "Piqua High School."

Senior Spotlight/ Recognition Ads – Parents, if you're looking for a way to recognize the achievements of your senior son or daughter, the Piquonian's Spotlight is the way to go! You can purchase a quarter to a full page of yearbook space to highlight your 2019 graduate or student. This is a great place to feature baby, candid, or senior pictures and a personal message to show your grad how proud you are. We can design your spot for you or you can submit what you would like to appear in the 2019 yearbook and the staff will take care of it. You can also create and pay for an ad online at <http://jostensadservice.com>. Prices are as follows: 1/4 page - \$45; 1/2 page - \$80; Full page - \$150. March 1, 2018 is the deadline!

Senior Portraits can be turned in to Mr. Skeans in room 503. Senior Portraits will be accepted until March 1, 2019.

This year, we are taking photos from all students, staff, parents, and community members for possible use in the yearbook! Please go to www.replayit.com to upload your photos for Piqua High School. Also, check out the "Replay It" app available in the Google store or iTunes store! Share your memories with the Piquonian!

Music News

PIQUA BAND INVITATIONAL! Date is October 13 at 4:00 pm. Alexander Stadium!

Pep Band will begin in December with the start of basketball season!

Show Choir Premier and Clinic will be held Saturday November 17 at PHS from 9:00 - 2:00. Students in grades 1 - 8 are invited to participate. The event will begin at 8:00 pm with tickets sold at the door.

Holiday Choral Concerts and Cookie Walk - Sunday December 9th @ 2:30 and 4:30 pm. The Christmas Cookie Walk set up is Saturday December 8th beginning at 9:00 am. See Mr. Westfall for sign-up information.

Holiday Band Concert is Monday December 10th @ 7:00 pm

Athletic News

Winter Sports Pictures by LifeTouch ~ November 12 (after school)

FALL SPORTS AWARDS PROGRAM ~ November 13 @ 6:00 pm

Athletic Passes for basketball and wrestling contests can be purchased in the Piqua High School Athletic Office. This pass will be good for all home athletic events (boys and girls, junior high, freshman, and varsity contests) and will be sold to students for \$40.00 and to adults for \$65.00. This pass does not include tournament games.

PINK OUT FIGHT AGAINST BREAST CANCER

Students and student athletes are organizing the "PINK Out Fight against BREAST Cancer" day **October 19th - the Piqua vs Tippecanoe Football game**. *Students are encouraged to wear the shirts to school on October 18 since there is no school on the 19th.*

PINK t-shirts will be ordered and sold to the student body and community for \$10. With the sale of the PINK t-shirts, the money will be donated to The Upper Valley Cancer Care Center for uninsured women who need mammograms. This Pink Out is in honor of PJHS Guidance Counselor Toni Riley and family. PHS & PJHS want to help raise awareness about this disease.

Clubs at PHS

FCCLA - Family, Career and Community Leaders of America is a national Career and Technical Student Organization that provides personal growth, and leadership development. Students in an FCCLA class or have been in a class, are welcome! Any questions, please ask Mrs. Rezabek.

For Club – Is a Student Lead organization which fosters an environment of respect and caring within the school and community. Special Projects help enrich the lives of others. Mrs. Muhlenkamp, and Mrs. Pace are the advisers.

Interact Club is a service organization associated with the Rotary Club. One of our main activities is our Blood Drive held at Piqua High School before the Troy Football game and also again in the spring. Interact is open to everyone! For information contact Ms. Watson.

Key Club is also a service organization associated with the Kiwanis. Key Club assists Kiwanis in carrying out the mission of helping children. Advised by Kim Bean and Bonnie Jackson.

Link Leaders – students in grades 11-12 act as mentors to the incoming freshman to help them transition into high school. Mrs. Falcone and Ms. Bensman advise.

Spanish Club is being advised by Senore Potts. In this club we will celebrate diversity, push skills beyond a 42 minute class period, learn more about Spanish and Latin American customs, food music, sports, art and more!

Art Club – Members participate in projects to beautify the school and community and have several fundraisers to support the club. Mr. Fashner is the adviser.

Science Olympiad – an academic competition team that competes in events consisting of building identifying modeling and studying different scientific phenomenon. Coached by Mr. Lightle, Mrs. Ferneze.

Academic Challenge – a group which competes in quiz bowls. This is a winter GWOC sport. Coached by Mr. Williams.

Model UN – Students have the opportunity to play a part in solving world problems. Mrs. Downs, Mrs. Pace.

Student Council - Elected Students plan activities such as Homecoming, Honor Roll Assemblies and Teacher appreciation breakfasts. Students must maintain high academic standards and attendance to be a part of Student Council. Mrs. Allen advises.

Harry Potter Club –Promotes positivity in the school and community through the magical world of Harry Potter. Club members discuss Harry Potter books, movies, topics, news, and trivia. The club hopes to participate in fundraisers to raise money for J.K. Rowling's children's charity "*Lumos*". Advised by Mrs. Hoying

Giving Thanks Can Create A Healthier You

Did you know being thankful, and having a better attitude can actually increase your health? It's easy to focus on all the things that might be going wrong in our lives. We can spend so much time thinking on all these things that we become frustrated or even angry. Becoming frustrated or angry can cause stress and fatigue in our bodies. Stress and fatigue can wear our bodies down, decrease our immune response and make us more likely to get sick. Some of the common signs of too much stress include headaches, stomach aches, inability to sleep, and unusual weight loss or even weight gain. On the other hand being thankful for the small things that are going well in our lives can make us feel happy, energetic, and lead to better overall health.

What are you thankful for? Your family? Your friends? Your job? It's easy to take all of these things for granted. Sometimes it can be the smallest things that can make us have a great day! Sometimes it can be hard to be thankful when everything is going wrong and it seem like everyone is against you. Remember, it's impossible to be angry or depressed and thankful all at the same time! Think of one thing or special person every day that you are thankful for. You will feel better and be healthier.



Pay Attention to Attendance: Keep Your Child On Track in Middle and High School

www.attendanceworks.org

Middle and High School

Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

WHAT YOU CAN DO

Make school attendance a priority

- Talk about the importance of showing up to school every day, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

Help your teen stay engaged

- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.

Communicate with the school

- Know the school's attendance policy – incentives and penalties
- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child's attendance to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.