



PARK CITY HIGH SCHOOL NEWSLETTER FEBRUARY 2010

Happy February!

In looking back, I want to recognize the amazing opportunities Sundance brings to Park City students. In doing so I would like to specifically thank Ginger Tolman, of the PC Performing Arts Foundation. It is through Ginger these opportunities come to our students. She has continually increased opportunities as well as offering more time for students to interact or discuss a film with the writers and directors. This effort is greatly appreciated by our students and teachers. Thanks, Ginger!

I want to also thank the families who embraced an exchange student. We had the opportunity to host 12 French students throughout the Sundance festival, ten students from China the last week of January and six students from all over the world through the Rotary Club, last Friday. It was really neat to see so many students from so many different places at Park City High School. Thanks host families!

In looking forward, March brings to parents another opportunity to come in and get to know your students teachers. Parent conferences are March 2nd. Please make every effort to join us. You will find the instructions for setting appointments in this newsletter, from a postcard to be sent Feb 12th, or call the PCHS front office for assistance. The scheduler will be open to set appointments beginning Feb 22nd.

Thanks to each of you for the support you give your student as well as for our school. We recognize your efforts and are very appreciative of your generosity.

Happy Valentines day! For a romantic way to celebrate, please join us at the Sweet Heart Dance, Friday, Feb 13th. Contact a band student or teacher for information.

Hilary Hays

HELP YOUR SCHOOL!

H & R Block has a new Schoolhouse Program which provides special tax preparation pricing to the school's staff, parents and even students. They will give our school organization \$25 for every parent who completes a tax return with them.

In the faculty room are:

- *Teacher vouchers for a flat rate of \$169

In the office are:

- *Student coupons for a FREE tax return

- *parent coupons for \$25 off their tax return (once the coupon is redeemed, H & R Block will give \$25 back to our school).

MESSAGE FROM YOUR PTSO PRESIDENTS

The first semester has wrapped up and we are now focused on finding new PTSO board members, Prom and Grad Night help.

JJ Ehlers, Klaudia Klawe, Tani Doering and Joanie Bibb are spearheading Grad Night. This is a very special night for our seniors and they don't want this event to go away. If you don't have time to help with grad night please donate \$. Please look for details in the weekly eblasts.

Prom will be held at the State Capitol this year. PTSO is helping student council secure busses. We do not have the same funds this year for the busses so your donations are very important. This will be an all-inclusive evening (transportation, dinner and dancing) and a memorable night for sure.

Kristen and I will be stepping down from our role as co-presidents in June and need replacements. We have been blessed with excellent support from our board members and committee heads. The PTSO is full of people that get the work done and don't like meetings. Our work is extremely important to the students, faculty and staff so please consider being on the PTSO board.

Connie Whitworth & Kristen Ryberg

The PTSO sends out a weekly eblast with all the latest happenings; if you would like to receive the eblast please email parkcityptso@gmail.com.

Connie Whitworth & Kristen Ryberg
PTSO Co-Presidents
parkcityptso@gmail.com

SMITHS DONATIONS NEEDED!

If you already have a Fresh Values card with Smiths—PLEASE RENEW IT TO DONATE THE EARN TO LEARN \$\$ TO PARK CITY HIGH SCHOOL (CODE: 10000081034). This can be done very easily at the Customer Service counter or online. The Earn to Learn program NEEDS TO BE RENEWED EACH YEAR!! Your participation contributes thousands of dollars to PCHS and is needed to help with our student and teacher programs!!

Contacts: Contact teachers through e-mail or a phone message through the office (645-5650). Every teacher has voice-mail and an e-mail account: first initial last [name@pcschools.us](mailto:firstname.lastname@pcschools.us).

Accessing your Student's Information on Powerschool

PowerSchool, a web-based student information system, is used by the Park City School District to give parents and students direct access to grades, assignments, attendance, and more. If you know your confidential user ID and password, you can simply go to the website: www.pcschools.us, click on "parent resources" and "check your student's grades". If you don't know your User ID and password, then you should contact Kirsten Kobler at 645-5650 ext. 2025 or e-mail her at kkobler@pcschools.us. If you would like to set up a system where the grades are e-mailed to you weekly, please contact Karen Grooms at 645-5650 ext. 2062 or kgrooms@pcschools.us.

Newsletter Deadline: Send articles by the 24th of each month to Patsy Barnes, pbarnes@cmcp.net, 645-9270 or place in the main office.

COUNSELING NEWS

Counselors have been in sophomore health classes helping students to complete an interest inventory and begin to research careers and explore colleges using the UtahFutures Program. Have your student show you what they learned at :www.UtahFutures.org. Counselors will visit second semester health classes in February.

Counselors also presented information in all junior classes to assist students as they begin planning for senior course selection and college planning.

Junior Parents: Please contact Nancy Scott (645-5657) as soon as possible to schedule a time for your student's SEOP conference.

The next ACT tests will be:
February 6 (if you registered by January 5)
April 10 (register by March 5)
June 12 (register by May 1)

ACT Prep Programs

1. The *University of Utah* will provide ACT prep courses on Monday, Tuesday or Wednesday nights from 6:00-8:30 pm beginning the last week of February (each class has one additional Thursday evening session) and will be taught at Park City High School. The cost for the class is \$185.00. To register online, www.youth.utah.edu or call 801-581-6984.
2. In preparation for the June 2010 ACT test, Park City High School is offering a 7-week John Baylor Test Prep Course. This is a pilot program for the high school:
 - Mondays and Wednesdays, April 19-June 2
 - 3-4pm in the counseling computer lab
 - Double session on Wed. May 26th (3-5pm) – No class on Monday, May 31
 - \$75.00 special rate for the pilot session of this program
 - First 30 juniors to sign up will be enrolled
 - Commitment to attending each session, completing the assigned homework, and signing up for the June ACT test is required

Important AP Exam Information:

The spring timeline for AP testing and exam order forms will be coming home with your before the February Break.

The AP exam will be \$86.00 per test. Tests must be ordered during the following dates and times:

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|------------|---|
| 3/9 – 3/11 | 5. Exam ordering & collection of fees will occur during the following times in the counseling center:

Tuesday, March 9 7:00 am – 8:00 am
Wednesday, March 10 8:30 am – 9:30 am & 2:15 pm – 3:00 pm
Thursday, March 11 7:00 am – 8:00 am & 2:15 pm – 3:00 pm |
| 3/11 | 6. LAST DAY to order exams without \$15.00 late fee. |
| 3/12 - 19 | 7. All <u>late test orders</u> paid to Nancy Scott in the counseling office. A \$15.00 late order will be added to ALL late payments. |
| 3/19 | 8. LAST DAY to order and pay for exams. |

From the Nurse's Office

Please note the Summit County Health Department is now located @ 650 Round Valley Drive (At Quinn's Junction). Office#: 435-333-1500

For Information on Immunizations needed for college check the *specific* college requirements.

A Special Message to Parents: Are your teenagers vaccinations up to date?

Visit: health.utah.gov/immu/pdf

Sincerely,

Gina Agy, RN
School Nurse
Park City High School
435-645-5650 ext 1750

YEARBOOK STAFF – ATTENTION PARENTS!

Ever wished the Yearbook Staff included the amazing pictures you have of your student? Now, you can download pictures of your kids when they are involved in PCHS activities directly to the yearbook staff. All pictures go straight to the advisor for approval and the general public will not have access to your pictures, unless they are used in the yearbook. By sending in pictures, you agree to allow publication in the PCHS Yearbook. Please add photos by going to the Park City High School webpage and clicking on the Quick Link titled "Yearbook Image Share".

Thanks!

2009/10 Yearbook Staff

PARK CITY HIGH SCHOOL FILM DEPARTMENT

Park City High School's Film Department is hosting the annual Miner Film Festival April 29th. We are looking for student film submissions; this is a great opportunity to showcase your work. The film department is also looking for donations from local businesses and other private sectors in our community to help fund the event. Any donations are greatly appreciated, including prizes or financial support. All entries or donations should be submitted to Chris Maddux or Noah Willingham. You can reach Mr. Maddux by e-mail at cmaddux@pcschoools.us or phone at 435-645-5650 x.2091. Noah can be contacted at 435-659-9481.

-PCHS Film Dept.

Mr. Maddux, Noah Willingham, Sebastian Hooker, Ian Quill and Chris Chrisenbery

Scholarship News/Upcoming deadlines

The Great West Division of the American Cancer Society has a \$10,000 (over four years) scholarship for a senior who has had a cancer diagnosis. The students must be under 25, a U.S. Citizen and a resident of Utah, they must have a 2.5 GPA and plan on being a full time student in college. For more information, please send your email address to: randi.cress@cancer.org <<mailto:randi.cress@cancer.org>> . You can also reach her by phone at (509) 242-8305. Applications are due 2/26/2010 and scholarships will be awarded in May 2010.

Four \$1,000 scholarships are available to seniors who will be majoring in business, finance or insurance in the Fall 2010. Awarded by the Utah Chapter of the Society of Chartered Property Casualty Underwriters. An application can be downloaded at <http://utah.cucusociety.org> <<http://utah.cucusociety.org>> . Deadline 3/1/10. Questions- John Sacks, 801-576-2263.

The Utah Chapter of the National Association for Multicultural Education has a \$1,000 scholarship for middle and high school students. You do not have to be a citizen of the U.S. to apply. This is an opportunity for you to tell your story of embracing diversity in Utah in writing or in a video. The deadline is Monday, February 15th at 5:00 pm and the scholarship will be awarded in March. For more information www.utahname.org

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See our website for further scholarship opportunities such as:

My Turn Essay Competition Deadline 2/1/10 Open to all high school students.

www.kaptest.com/oneoff/essay

National Peace Essay Contest Deadline 2/1/10 1500 word essay on How do you build peace?. 9 - 12th graders. www.usip.org/ed/npec/index.htm

Young Epidemiology Scholars Deadline 2/2/10 Health problem research project applying epidemiologic methods. www.collegeboard.com/yes/

Women's Italian-American Civic League Deadline 2/3/09 Applicant must be a senior and of Italian ancestry. www.italianamericancivicleague.org.

Best Teen Chef Deadline 2/5/09 Tuition scholarships for the International Culinary Schools @ The Art Institutes. www.artinstitutes.edu/

Poster Design Competition Deadline 2/5/09 Tuition scholarships for Graphic Design @ The Art Institutes. www.artinstitutes.edu/

American Legion Girl Scout Award Deadline 2/10/09 Must be involved in school, church, community and Girl Scouts. www.legion-aux.org/Scholarship

KFC Colonel's Scholars Program Deadline 2/10/10 Must attend in-state college. For those w/entrepreneurial drive financial need. www.kfcscholars.org/

Best Buy Children's Foundation Deadline 2/15/10 Based on community service and academic achievement. www.bestbuy.com/scholarships

Burger King Scholars Program Deadline 2/15/10 Online application with access code BKS. www.haveyourwayfoundation.org

National Co-op Scholarship Deadline 2/15/10 Scholarships available for 1 of 10 NCCE partner colleges. www.co-op.edu/scholarships.htm

USA Funds Access to Education Deadline 2/15/10 \$1500 awards for those with adjusted family gross income \$35,000. www.usafunds.org/planning/acce

Oh the Places You'll Go Scholarship Deadline 2/15/09 Essay question; Dr. Seuss's Oh, the Places You'll Go! Delivers an important message about the chances and the troubles that life presents. Thinking about the book, what kinds of opportunities and challenges do you think your education will present in the future? www.ohtheplaces.org

Protect Your Family from Teen Pharmaceutical Swap-Meets, Known as *Pharm Parties*

A new trend in teen drug abuse involves teens taking prescription medicines from your medicine cabinet or from their friends or relatives supplies and bringing them to share at a "Pharm Party". All pills are dumped into a bowl or jar where the teens take turns grabbing a handful of pills, ingesting them without knowing what they are taking.

The culture growing between young people who abuse prescription drugs is quite different from that around other narcotics. First, know that these drugs are much cheaper than most other narcotics, and many teens get them for free, from medicine cabinets, friends, or their own prescriptions to them. The price for a pill of the most commonly abused pharmaceutical drugs ranges from three to six dollars, with prices getting cheaper in bulk. OxyContin and other stronger drugs can be a little more. Prices vary based on availability and on how many milligrams are in the dose. What this means is that not only can young people often afford to take them every day, but also teens do not have to buy them to try them since the low cost makes many happy to share.

With other narcotics, like marijuana and cocaine, teens often have to look around quite a bit to find a dealer, who also routinely sells prescription drugs, often importing them in quantity from countries like Mexico that allow you to buy anything you like over the counter. Yet the primary means of trafficking prescription drugs, especially for younger teens, is through social networks—friends and classmates. The effect of teen's sharing and trading prescriptions at little or no increased price, is that drug dealers often cannot make as much money on these drugs as they can on others for which they completely control the supply.

A New York Times article, dated May 10th 2007, reported the guilty plea of OxiContin maker Purdue Pharma to marketing the drug, "with the intent to defraud or mislead," the FDA, doctors, and consumers, as to its immense potential for abuse and addiction. The drug maker agreed to pay over \$600 million in fines and punitive damages, the largest settlement ever made a by a drug company, for its misconduct regarding the drug that once accounted for over 90% of its profits. The article reported that, "both experienced drug abusers and novices, including teenagers, soon discovered that chewing an OxyContin tablet or crushing one and then snorting the powder or injecting it with a needle produced a high as powerful as heroin."

What can I do as a parent? Talk to your kids about drug use, what kids are using and what they hear from their peers. Talking openly with your children about drugs and alcohol is the best deterrent there is. Educate yourself on what drugs teens are currently using in your community to understand what signs to look for and steps you can take to protect your family. Seek support and guidance from a physician, therapist or counselor on how you can help your teen.

Check out these two websites for creative tips on how parents can combat underage drinking and drug use:
<http://www.Parentsempowered.org> and <http://www.thepowerofparents.org>



SCHOOL NURSE NEWS February 2010

WHAT ARE ANXIETY DISORDERS? *FEAR, STRESS, AND ANXIETY ARE NORMAL RESPONSES TO THREATENING OR STRESSFUL CIRCUMSTANCES. HOWEVER, IF ANXIETY DISRUPTS A PERSON'S ABILITY TO FUNCTION IN EVERYDAY LIFE, HE/SHE MAY HAVE AN ANXIETY DISORDER. SYMPTOMS OF ANXIETY DISORDERS CAN RANGE FROM FEELINGS OF UNEASINESS TO ATTACKS OF TERROR AND/OR PANIC. ANXIETY DISORDERS ARE THE MOST COMMON MENTAL HEALTH PROBLEM EXPERIENCED BY CHILDREN AND ADOLESCENTS IN THE U.S.*

- Generalized Anxiety: Anxiety characterized by ongoing unrealistic or excessive worry. In adolescents, this worry is often about family, academics, social interactions and/or athletics.
- Panic Disorder: Marked by panic attacks at unpredictable times without a trigger. When a person begins avoiding situations for fear of an embarrassing panic attack.
- Phobias: Irrational, persistent, and uncontrollable fear of a specific object, situation or activity.
- Obsessive-Compulsive Disorder (OCD): Persistent, uncontrollable thoughts, which are only calmed by enacting specific, repetitive behaviors.
- Post Traumatic Stress Disorder (PTSD) An anxiety response to a terrifying or life threatening event that results in persistent and frightening thoughts, memories and dreams.
- Separation Anxiety: Fearing separation from a loved one to a degree that impairs life functioning and is no longer developmentally appropriate.

SIGNS AND SYMPTOMS OF ANXIETY

- Feelings of excessive worry,
fear or stress-May include crying, feeling overwhelmed and misunderstood.
- Irritability-May include hypersensitivity and over reaction to mild situations and feeling annoyed, agitated moody or angry.
- Fatigue or loss of energy-May include physical or mental exhaustion without exertion, lethargy and need for excessive effort to complete small tasks.
- Restlessness: May include difficulty sitting still, fidgeting with hands and feet, excessive talking, interrupting or intruding on others.
- Sleep difficulties-May include insomnia or restless sleep, difficulty staying awake tardiness or absenteeism.
- Acting Out-Uncooperative or rebellious behavior
- Somatic Complaints- May include muscle tension and/or frequent physical complaints
- Panic Attacks: may include pounding heart or chest pain sweating, trembling, or shaking; shortness of breath or sensation of choking...numbness, chills...
- Separation Anxiety-feeling of being lost or something tragic to happen
- Difficulty concentrating-May include daydreaming, difficulty making decisions, resulting in poor school performance

EDUCATIONAL IMPLICATIONS

There are many educational implications for students struggling with anxiety. These students often have low self-esteem and high levels of self-criticism. They experience intense distress if work is not perfect. Students with anxiety disorders may try to avoid distressing experiences by avoiding classes, assignments, or school altogether.

Sincerely,
Gina Agy,PCSD Nurse

Anxiety Resources

www.aacap.org

www.schoolpsychiatry.org

www.nami.org

www.adaa.org

<http://smhp.psych.ucla.edu>