

THE FALCON POST

FOREST HILL COMMUNITY HIGH SCHOOL



PRINCIPAL'S MESSAGE

Dear Falcon Family,

Thank you for a successful first few months of the 2024-25 school year! I want to express appreciation to everyone who has taken the time to be part of our many school and athletic events. I encourage you to continue to attend and support events and your scholars throughout the school year.

Curriculum Night was amazing! The amount of adults who visited campus proves how important your student's education is to you. I hope each of you has the opportunity to see all of the great things that our teachers are doing in their classrooms. We have also hosted many other events, such as our Choice Open House, Homecoming, class nights and an Accelerated Courses Night. FAFSA night will be coming up in December, as we await the opening of the new FAFSA system. If you missed any of these events and would like the information, please reach out to the school.

Athletics is off to a good start with Football, Cross Country, Girls' Volleyball, Bowling and the return of Golf. We look forward to continued success with our Winter sports. In addition, we will be celebrating academic success and hope to have over 600 students make the Honor Roll with at least a 3.5 GPA for the first nine weeks.

As you walk around our campus, you will continue to see the results of the hard work the maintenance department and our custodial staff have been doing to keep our campus beautiful. We are anxiously awaiting the return of the state-of-the-art remodeled Media Center and will be moving on to the next stages of renovations, which will include the restrooms and many other infrastructure upgrades.

Parents and guardians, please remind your students that they may not park on campus without a parking pass. They also may not park off campus (ie. in the neighborhoods) as the City of WPB will ticket and/or tow cars. For the safety of everyone, please refrain from dropping off and/or picking up students on Forest Hill Boulevard and Parker Ave. We ask that you utilize the designated parent pick-up and drop-off area within the school grounds. We also want to continue to encourage students that "If they see something to say something". This, and the use of FortifyFL, have continuously decreased discipline events on campus and helped to create a safe environment.

As we approach winter break, I would like to wish everyone a merry and festive holiday season.

Sincerely,

Michael Aronson
Principal



Administration

Principal
Mr. Michael Aronson

Assistant Principals

Ms. Boutet
Mr. Loyd
Ms. Orocofsky
Mr. Provenzano
Ms. Slydell
Ms. Younce

Single School
Culture Coordinator
Mr. Sanford



December 2024 ◀ Volume 6 ◀ Issue 1 ◀

6901 Parker Avenue ▶ West Palm Beach, FL 33405 ▶ 561-540-2400 ▶ fhhs.palmbeachschools.org



- School Contacts**
- School Counselors**
- ▶ Ms. Cohen-Serrano
Coordinator & ESE 9-12 A-Z
 - ▶ Mr. Lares
ELL 9-12 A-Mar
 - ▶ Ms. Cochran
ELL 9-12 Mat-Z
 - ▶ Ms. Paul
All IB Track: IB MYP, DP, CP; 9-12
 - ▶ Ms. Keough
9-12 A-Go
 - ▶ Ms. Vielot
9-12 Gr-Pen
 - ▶ Ms. Millhomme
9-12; Per-Z
- Coordinators**
- ▶ Ms. Rojas
ESE
 - ▶ Ms. Palan
ELL
 - ▶ Mr. Boruch
IBMYP
 - ▶ Ms. Hasegawa
IB DP/CP
 - ▶ Ms. Sardina
CTE & Choice Programs
 - ▶ Ms. Millay
Testing
 - ▶ Ms. Nani
AVID
 - ▶ Ms. Seedeem-Vargas
School-Based Teams
- Activities & Athletics**
- ▶ Coach Grad
Activities & Athletic Director
 - ▶ Coach Carvatta
Assistant Athletic Director
 - ▶ Coach Pyle
Assistant Athletic Director



Congrats

Chorus

Congratulations to Amy Pantoja!
She is Now A 2024-2025
All-State Vocal Finalist In Tampa
This January.
Congratulations Again, Amy!!!!
We Are All Super Proud Of You!!!

Student IDs

Students are required to wear their SY25 FHHS student ID badge around their neck on a lanyard at all times. This is a District expectation. All students received their new ID during the first week of school. Your scholar can purchase a replacement ID in Student Services

2024-2025 Bell Schedule

Please note the first transition bell at Forest Hill Community High School rings promptly at 8:30 a.m. each day. Arriving at class on time increases a student's chances at lifetime success, builds their confidence and learning skills. To avoid being marked tardy or absent, be sure to come to class on time.

**FOREST HILL COMMUNITY HIGH SCHOOL
BELL SCHEDULE FY 24-25**

	Regular Bell	8:30 AM
	Warning Bell	8:34 AM
Block 1	Period 1/2	8:35 AM - 10:16 AM
	Hall Transition Warning Bell	10:16 AM - 10:23 AM 10:22 AM
Block 2	Period 3/4	10:23 AM - 12:46 PM
	Lunch A Regular Bell Buildings 2, 5, 6, 7	10:23 AM - 11:03 AM
	Lunch B Instructional Time: Lunch A Instructional Time:	10:23 AM - 12:03 PM 11:06 AM - 12:46 PM
	Lunch B Regular Bell Buildings 3 and 4	12:06 PM - 12:46 PM
Block 3	Hall Transition Warning Bell	12:46 PM - 12:53 PM 12:52 PM
	Period 5/6	12:53 PM - 2:33 PM
Block 4	Hall Transition Warning Bell	2:33 PM - 2:40 PM 2:39 PM
	Period 7 (Daily)	2:40 PM - 3:30 PM

**SHOP AT OUR
SCHOOL STORE
Forest Hill Community HS Store**



IB LEARNER PROFILE

The aim of all IB programmes is to develop internationally-minded people who, recognising their common humanity and shared guardianship of the planet, help to create a better and more peaceful world. IB learners strive to be:

- Reflective**: Give thoughtful consideration to your own learning and experience. You are able to assess and understand your strengths and limitations in order to support your learning and personal development.
- Open-minded**: Understand and appreciate your own cultural and personal traditions, and are open to the perspectives, values and traditions of other individuals, sets and communities. You are able to maintain a range of points of view, and you are willing to give from the experience.
- Risk-takers**: Approach unfamiliar situations and uncertainty with courage and fortitude, and have the independence of spirit to explore new ideas, issues and strategies. You are brave and articulate in defending your beliefs.
- Caring**: Show empathy, compassion and respect towards the needs and interests of others. You have a personal commitment to service, and will make a positive difference to the lives of others and to the environment.
- Balanced**: Understand the experience of intellectual, physical and emotional balance to achieve personal well-being for yourself and others.
- Principled**: Act with integrity and honesty, with a strong sense of fairness, justice and respect for the dignity of the individual, groups and communities. You take responsibility for your own actions and the consequences that accompany them.
- Knowledgeable**: Explore concepts, ideas and issues that have local and global significance. In so doing, you acquire in-depth knowledge and develop understanding across a broad and balanced range of disciplines.
- Inquirers**: Have a natural curiosity and learn to explore the world responsibly to conduct inquiry and research and other independent learning. You actively engage learning and the love of learning will be sustained throughout their lives.
- Communicators**: Understand and express ideas and information confidently and creatively in more than one language and a variety of modes of communication. You are willing to work in collaboration with others.
- Thinkers**: Exercise critical and creative thinking skills, and identify and approach complex problems, and make reasoned ethical decisions.

FHHS Fishing Club

Congratulations to the 2024 Peacock Bass Tournament Winners

1st Place: Aiden Garcia
2nd Place: Ashley Marsh
3rd Place: Andrae Morales

Instagram: @foresthillfalconanglers
Google Classroom: schfskls

Parking

Special note with regards to PARKING at Forest Hill HS: If students wish to park on campus, they must fill out the proper paperwork and be licensed and insured to drive. Unfortunately, Forest Hill HS does not have enough parking spaces to honor the number of requests. Parking in the community's narrow roads prohibits fire trucks and ambulances from responding to emergencies. Therefore, the city has informed us that **unauthorized cars are subject to being ticketed or towed**. Engineers from the city and School District are working together to come up with a long-range solution. Thank you for your cooperation in this matter. We are currently on a waiting list for Student Parking.

School Safety

Safety is a top priority at The Hill! We want to remind students to be careful when using social media AND always remember: If you SEE something, SAY something.

BULLYING HOTLINE: 434-8200.

**SEE SOMETHING. SAY SOMETHING.
DO SOMETHING.**

FORTIFYFL

- INSTANTLY ALERT LAW ENFORCEMENT ABOUT SUSPICIOUS ACTIVITY & THREATS
- INCLUDE PHOTOS AND VIDEOS EASILY
- REMAIN ANONYMOUS

Download the app today!

'WHY' IB LEARNERS?

AS IB LEARNERS WE STRIVE TO:

IB LEARNER PROFILE ATTRIBUTES

- INQUIRES**: Develops a natural curiosity and learn to explore the world responsibly to conduct inquiry and research and other independent learning.
- KNOWLEDGEABLE**: Explore concepts, ideas and issues that have local and global significance.
- THINKERS**: Exercise critical and creative thinking skills, and identify and approach complex problems, and make reasoned ethical decisions.
- COMMUNICATORS**: Understand and express ideas and information confidently and creatively in more than one language and a variety of modes of communication.
- PRINCIPLED**: Act with integrity and honesty, with a strong sense of fairness, justice and respect for the dignity of the individual, groups and communities.
- OPEN-MINDED**: Understand and appreciate your own cultural and personal traditions, and are open to the perspectives, values and traditions of other individuals, sets and communities.
- REFLECTIVE**: Give thoughtful consideration to your own learning and experience.
- BALANCED**: Understand the experience of intellectual, physical and emotional balance to achieve personal well-being for yourself and others.
- RISK-TAKERS**: Approach unfamiliar situations and uncertainty with courage and fortitude, and have the independence of spirit to explore new ideas, issues and strategies.
- CARING**: Show empathy, compassion and respect towards the needs and interests of others.

4 SENIOR CORNER 25

CLASS OF 2025

Senior Info



JOIN 'CLASS OF 2025' GOOGLE CLASSROOM FOR ALL SENIOR INFORMATION

Google Classroom Code: o4dnt7c

JOIN US AT THIS YEAR'S **Grad Bash**

FRIDAY
APRIL 4, 2025
7PM-2AM

DJS, TWO THEME PARKS, THRILLING RIDES AND MORE

SEATS ARE NOT GUARANTEED IF TICKETS ARE NOT BOUGHT BY DECEMBER

-FIRST PAYMENT IS \$78
-SECOND PAYMENT IS \$52
-THIRD PAYMENT IS \$52
-DEADLINE FOR FIRST PAYMENT IS THE END OF DECEMBER
TOTAL: \$182

PAY ON: <http://Schoolcashonline.com>

Community Partners

KLR Roofing Corp.

561-603-9914
<https://klrroofing.com/>
State License # C001328862

Proud Supporter of Forest Hill Community High School

tmz LANDSCAPE SERVICES

561-723-5663

Dress Code

We, at Forest Hill, are concerned about your academic achievement as well as your safety. Generally, it is accepted that cleanliness, good grooming, and appropriate dress are necessary to reduce distraction, promote health and provide a productive learning atmosphere. As such, extremes in dress and personal appearance, which tend to cause distractions or pose health

problems, will not be tolerated at Forest Hill Community High School. As a general rule, all styles of clothing designated for a specific non-school activity or designed to call undue attention to the wearer are not appropriate at school. The following regulations set limits on what is permissible:

- ▶ **ALL students must wear lanyard/ clip with their school issued ID at ALL TIMES.**
- ▶ **Polo style or t-shirts with sleeves are required.** Approved FHCHS t-shirts are allowed. (This does not include P.E. t-shirts). Undershirts are NOT to be longer than the school shirt. Please note: when wearing jackets or sweaters you MUST have an appropriate school shirt underneath your jacket or sweater. No sleeveless shirts or see-through fabrics will be permitted. College attire is allowed especially on SDPBC AVID College Wear Wednesdays.
- ▶ **Pants, shorts, capris, and jeans must be worn at the natural waistline.** Dresses, shorts and skirts (no shorter than mid thigh length) are also acceptable. Please NOTE the following:
 - Undergarments should not be showing.
 - Spandex pants/shorts are allowed.
 - See-through designs are not allowed.
 - Jeans or pants with frays/ rips/ holes are permitted. Holes/ rips / frays that expose skin should not
- ▶ **Closed toe shoes are recommended,** such as sneakers, boat shoes, or ballet flats. Please note that bare feet and house slippers are NOT ALLOWED. Shoes with cleats or abrasive soles that may cause damage to school property are NOT PERMITTED.
- ▶ Sweatbands, hair rollers, curlers, picks, bandanas, hats, hoods or other head coverings or headgear are NOT PERMITTED.
- ▶ Clothing, jewelry or buttons with words, phrases, symbols, styles, pictures, or insignia which are obscene, profane, suggestive, racist, religiously or sexually offensive, related to drugs or alcohol uses, depict violence, or gang related are PROHIBITED. Items that deface or alter national emblems or pose a safety hazard are also inappropriate (ex. Large heavy metal rings, chains, wristbands, headbands, or belts with studs.
- ▶ Inappropriate exposure of the body is not allowed (examples: no bare shoulders, no dropped bare midriff, no bare backs, sides or chests). Thus, jackets or sweaters cannot be worn to cover inappropriate exposure or clothing.

SCHEDULE YOUR SENIOR PHOTOS

Class of 2025 scholars may now contact CADY Studios to schedule an appointment for senior portraits. All appointments can be scheduled online by visiting <https://home.cady.com/seniors> or Falcons, be sure to book your appointment in advance as time slots are filling up quickly! No late photos or photos taken outside of CADY Studios will be accepted for the Yearbook.

For questions regarding senior photos, please contact Mr. Coriddi at Jeffrey. Coriddi@palmbeachschools.org.

SY25: HERF JONES WILL BE ON CAMPUS FOR JUNIORS / SENIORS

- September: Friday, Sept 6 10:15 am - 12:50pm
- October : Friday, Oct 4 10:15 am - 12:50 pm
Saturday, Oct 5 10:00 am - 1:00 pm
- November: Friday, Nov 1 10:15 am - 12:50 pm
- December: Friday, Dec 6 10:15 am - 12:50 pm
- January: Friday, Jan 10 10:15 am - 12:50 pm
- February: Friday, Feb 7 10:15 am - 12:50 pm
- March: Friday, March 7 10:15 am - 12:50 pm
- April: Friday, April 4 10:15 am - 12:50 pm



BRETT S. DOCK, M.D., F.A.A.D.
CRISTINA LAMPURI, M.D., F.A.A.D.

CALL FOR AN APPOINTMENT
561.964.9671

DERMATOLOGY ASSOCIATES
of the Palm Beaches

120 JFK Drive, Suite 128
Atlantis, FL 33462
(adjacent to JFK Hospital)

KNOWLEDGE IS POWER

PALM BEACH STATE COLLEGE

Get Started!

Schedule a Campus Tour
Attend a Virtual Info Session
Request Program Information

www.palmbeachstate.edu | 561.868.3000

Testing
ACT - REGISTER AT WWW.ACTSTUDENT.ORG

Test Date	Registration Deadline	Late Registration Deadline	Photo Upload Deadline
February 8, 2025	January 3, 2025	January 20, 2025	January 31
April 5, 2025	February 28, 2025	March 16, 2025	March 28
June 14, 2025	May 9, 2025	May 26, 2025	June 6
July 12, 2025	June 6, 2025	June 20, 2025	July 4

Test Prep for the ACT is available on their website at <http://www.actstudent.org/testprep/>

SAT - REGISTER AT WWW.COLLEGEBOARD.ORG/SAT

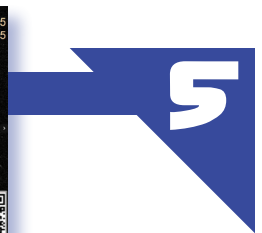
Test Date	Registration Deadline	Late Registration Deadline
March 8, 2025	February 21, 2025	February 25, 2025
May 3, 2025	April 18, 2025	April 22, 2025
June 7, 2025	May 22, 2025	May 27, 2025

Free Test Prep for the SAT at Khan Academy- <https://www.khanacademy.org/sat>

CLT - REGISTER AT [HTTPS://WWW.CLTEXAM.COM/TESTS/CLT/](https://www.cltexam.com/tests/clt/)

Test Date	Registration Deadline	Format
December 7, 2024	December 2, 2024	Online

Free Test Prep online: <https://www.cltexam.com/tests/practice-test/>
 Scan the QR code for the FHHS Testing Calendar.
 If you have any questions regarding state testing please contact Ms. Millay at Jillian.Millay@palmbeachschools.org.



FOREST HILL HIGH SCHOOL
AICE
GOOGLE CLASSROOMS
 Keep up to date with the latest information!
JOIN TODAY!

Class of **27** CLASS CODE: 6LHJDC4
 Class of **26** CLASS CODE: 6RFD2AX
 Class of **28** CLASS CODE: 24A2410
 Class of **25** CLASS CODE: YMAIJKY

FOR MORE INFORMATION CONTACT:
 MS. EMMANUEL-KELLY
 YAMILEE.EMMANUEL-KELLY@PALMBEACHSCHOOLS.ORG

**It's OK to not be OK.
 It's OK to ask for help.**

Follow us on **SOCIAL MEDIA**

FOLLOW US ON SOCIAL MEDIA

Co-located Mental Health Professionals are mental health clinicians who provide intensive services to students.

MS. JONES
 MSW, LCSW



Role: Provides up to 12 individual counseling sessions to students

- Assists students who may be struggling with relationships, school success, thoughts, feelings or behaviors.

Location: Forest Hill High School

- During the school day on campus
- Room number: 7-123

Cost: FREE

- Parent permission is required

How to obtain services

- Speak with your Guidance Counselor about the referral process

MENTAL HEALTH MATTERS

Authentic Mexican Cuisine

Torero's

HOURS
 Sunday - Thursday
 11am - 10pm
 Friday - Saturday
 11am - 11pm

**DINE-IN
 TAKE-OUT
 CATERING
 AVAILABLE**

911 Village Blvd • West Palm Beach, FL 33409
 561-242- 2800



SCAN ME to schedule a **FREE Orthodontic Consultation**



Kevin P. McCaffrey, D.M.D., M.S.

BOARD-CERTIFIED ORTHODONTIST
 SPECIALIZING EXCLUSIVELY IN INVISALIGN
 AND BRACES FOR CHILDREN & ADULTS

*Top 1% Diamond+ Invisalign Provider

561-964-5200

6736 Forest Hill Blvd.,
 West Palm Beach, FL 33413

www.seaofsmiles.com



BECOME A LICENSED PROFESSIONAL!
 BARBER | HAIR | NAILS | SKINCARE & MORE



7587 S. DIXIE HWY | WEST PALM BEACH, FL 33405

(561) 547-6333 WWW.HI.EDU

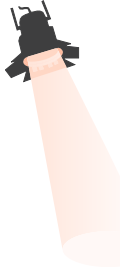
LET'S GET SOCIAL! [@HI.EDU](https://www.instagram.com/hollywoodinstitute) [@HOLLYWOODINSTITUTE](https://www.facebook.com/hollywoodinstitute)

SI HABLAMOS ESPAÑOL

Choice and In-House Programs Spotlight

CHOICE AND IN-HOUSE PROGRAMS

Forest Hill Community High has a variety of Choice and in-house programs, including Army JROTC, Criminal Justice, Culinary Arts, Engineering and Technology, Environmental Science and Field Research, Information Technology, International Baccalaureate, Medical Sciences - Pre-Medicine, Spanish Dual Language, and Tourism, Hospitality and Resort Management. Learn more about our programs below. For additional information, please contact our Choice Coordinator Diana Sardina, (561) 540-3009.



Marksmanship competition team



ARMY JROTC

The Army Junior Reserve Officers Training Corps (AJROTC) program provides developmental courses in leadership theory, drill and ceremonies, hygiene and first aid, map reading, land navigation, techniques of oral communication, marksmanship and safety, staff function and procedures, service JROTC opportunities and physical readiness. Students who select this option will enroll in the AJROTC classes each year as well as a full academic schedule. Upon completion, students are under no obligation to enlist in the armed forces. Successful completion of the AJROTC program allows entry into the armed forces up to two pay grades higher than other enlistees without AJROTC experience.

CRIMINAL JUSTICE

The Criminal Justice program offers a sequence of courses that provide coherent and rigorous content aligned with challenging academic standards and relevant technical knowledge and skills. Students are prepared for further education and careers in all five pathways within the Law, Public Safety and Security Career Cluster through project-based, hands-on learning activities. Practical skills and field exercises include: courtroom demeanor and testifying, report writing, identification, collection and preservation of evidence, interviewing techniques, radio communications, patrol techniques, traffic direction, traffic crash investigations, defensive tactics, CPR, First Aid, and fingerprinting. Students have the opportunity to earn industry certification as Public Service Aides (PSA), as well as Accredited Legal Secretaries (ALS). College credit opportunities are an available benefit for eligible Criminal Justice Academy students through articulation agreements with local colleges and universities.

CULINARY ARTS

The Culinary Arts program curriculum provides the opportunity for students to train for a variety of careers in the field of food service and preparation. Academic and technical studies are integrated, emphasizing and building proficiency in food production and cooking, cost control, nutrition and sanitation, and workplace safety. Practical work experience stresses sanitation and safety and includes quantity cooking, baking, menu development, and food preparation. School site restaurants and catering opportunities will further enhance front and back-of-the-house skills, as well as restaurant management.

ENGINEERING AND TECHNOLOGY

The Engineering and Technology programs are affiliated with Project Lead the Way (PLTW), a not-for-profit organization that forms partnerships with public schools, colleges, universities, and the private sector to increase the quantity and quality of engineers and engineering technologists graduating from our educational system. PLTW has developed a four-year sequence of courses including Introduction to Engineering Design, Digital Electronics, Principles of Engineering, Civil Engineering and Architecture, and Engineering Design and Development.



ENVIRONMENTAL SCIENCE AND FIELD RESEARCH

The Environmental Science and Field Research program meets the needs of students wishing to pursue an academic curriculum with an emphasis on research and environmental studies. Students explore and evaluate the many challenges related to local, regional and global environments. All students are involved in a learning-through-discovery approach, developing research and thinking skills. Field studies, as well as a variety of current technologies, are utilized throughout the programs. Ecosystem restoration, water-related problems, agricultural awareness, field research and sustainability in the 21st century are some of the issues students investigate.



INFORMATION TECHNOLOGY

The Information Technology program offers an innovative, integrated learning environment focused on computers, technology, and communications. The program provides students with the training and skills necessary for careers, such as: Computer Operation, Computer Support, Electronics Technology, Graphic Design, Multimedia & Web Design, Network Systems, PC Support and Word Processing, and Cybersecurity.

INTERNATIONAL BACCALAUREATE

The IB Diploma Programme (DP) is an academically challenging and balanced program of education that prepares students in grades 11-12 for effective participation in a rapidly globalizing world and for postsecondary success in college and career. Students study at least two languages and increase their understanding of diverse cultures. Due to its rigorous nature, preparation for the IB Diploma Programme is offered through the IB Middle Years Programme curricula in the 9th and 10th grades or through other accelerated curricula. The IB diploma leads to advanced standing in universities throughout the world. The IB Diploma Programme framework includes required courses within six subject groups: Studies in language and literature, Language acquisition, Individuals and societies, Sciences, Mathematics, and the Arts. Schools tailor course sequences to meet each school's focus. Algebra I or Algebra I Honors and Spanish or French for high school credit are highly recommended to prepare students for the rigor of the program.

MEDICAL SCIENCES - PRE-MEDICINE

The Medical Sciences Honors program offers an innovative, integrated learning environment designed to provide the student with the medical skills and training necessary to succeed in postsecondary healthcare career education and/or to successfully transition into the healthcare workforce. This comprehensive program combines a rigorous academic curriculum with intense clinical and laboratory experience. Student clinical rotations are conducted at area hospitals and other healthcare facilities. Clinical clearance, including a background check and drug screening are required prior to entering the clinical setting.

SPANISH DUAL LANGUAGE

The Spanish Dual Language program offers a continuation for students who have been in a Spanish Dual Language program at the middle level or who have a high level of Spanish language proficiency. Highly motivated students are engaged in a challenging academic environment in which three of their core academic courses are taught in Spanish.

TOURISM, HOSPITALITY AND RESORT MANAGEMENT

Tourism, Hospitality, and Resort Management program is a college preparatory curriculum that integrates unique high school courses with practical internships and business leadership training. Students participate in project-based learning, field trips and job shadowing within the multiple segments of the hospitality cluster. Students learn about cultures and destinations worldwide while exploring high-level career opportunities in the world's largest hotel and resort industry. Students have the opportunity to attend a yearly conference designed exclusively by Palm Beach County's Industry Leaders and take part in competitions and leadership training workshops. The Tourism, Hospitality, and Resort Management program is part of the National Academy Foundation (NAF), established to promote academy excellence.



An Honest Difference Since 1983

Buckeye Plumbing
Lic. No. CFC025553

All Plumbing, Backflow and Hot Water Heater Services

561-BUCKEYE
(561-282-5393)

BUCKEYEPLMG.COM

Dewey Family Dentistry

We Want To See You Smile!

Children's & Family Dentistry
Fillings • Dental Implants
Whitening • and more!

(561) 582-7660

6000 S Dixie Hwy | West Palm Beach, FL 33405

Dr. Clive Roberson | Dr. William Tuer

ALLERGY ASSOCIATES
of South Florida

WEST PALM BEACH
1411 N. Flagler Dr.
Suite 3000
West Palm Beach, FL 33401
(561) 655-4450

JUPITER
210 Jupiter Lakes Blvd
Bldg 5000 Suite 203
Jupiter, FL 33458
(561) 747-5057

WELLINGTON
10115 Forest Hill Blvd.
Suite 403
Wellington, FL 33414
(561) 792-5436

STUART
900 East Ocean Blvd
Bldg D Suite 334
Stuart, FL 34994
(772) 220-8884

2705 Okeechobee Blvd | 3000 S Congress Ave
West Palm Beach | Palm Springs

OPEN 24 HOURS

Bring in your school ID for 10% OFF

Athletics

FULL LIST OF COACHES AND THEIR EMAILS 2025 FHHS ATHLETIC COACHES-Emails Only

ARE YOU INTERESTED IN JOINING A CLUB OR SPORTS TEAM THIS YEAR?

Click the link below for a closer look at the clubs/organizations offered here at FHHS to see what interests you. For more information about joining or starting a club, reach out to Coach Grad, our Activities Director at David.Grad@palmbeachschools.org.

FHHS Clubs & Organizations: <https://tinyurl.com/57sp4bep>
Athletics is a great way for our Student-Athletes to learn valuable life skills such as time management, teamwork, and discipline. It promotes physical fitness and mental wellness, which can lead to improved academic performance. Student athletes learn how to set and achieve goals, handle pressure, and persevere through challenges, which are all important skills that can translate to success in all areas of life.

In order to be eligible to participate in athletics, student-athletes must have a Cumulative GPA of 2.0 and must complete an Athletic Packet which can be found either in the main office or click the link here:

The online platform to upload your documents is called Aktivite. All student-athletes will register their physical packet and other required eligibility components into the Aktivite online system. Paper athletic packets will no longer be accepted at school sites. Please ensure that every signature and date is completed within the packet, and the indicated portions are notarized.

Additionally, high school athletes must complete the following NFHS courses which can be found by clicking on the links below. You can also go to nfhslern.com. When finished you will need to submit a certificate of completion on Aktivite for each course:



Interested in Playing Varsity/ JV Softball?

Tuesday, January 21 and
Wednesday January 22
from 4-6pm



Scan the QR code for updates about workouts, conditioning, and tryouts. Contact Coach Carvatta christina.carvatta@palmbeachschools.org with any questions.

Follow our social media for updates on the upcoming season!

@foresthillssoftball @fhhssoftballFL

- Concussion in Sports - <https://nfhslern.com/courses/concussion-for-students>
- Heat Illness Prevention - <https://nfhslern.com/courses/heat-illness-prevention-2>
- Sudden Cardiac Arrest - <https://nfhslern.com/courses/sudden-cardiac-arrest>

Before trying out for a team you will have to pay \$10 for athletic insurance and if you make the team you will have to pay an additional \$65. You can do this on School Cash Online: <https://tinyurl.com/yk66ed4m>.

ACTIVITIES & ATHLETICS CORNER

SPRING SPORTS

Interested in Trying out for a Spring Sport?
Email the coaches if you have questions.

- Baseball:** Coach Seal
rollsealroll@yahoo.com
- Softball:** Coach Carvatta
christina.carvatta@palmbeachschools.org
- Flag Football:** Coach Blum
anjelica.blum@palmbeachschools.org
- Boys Volleyball:** Coach Paez
michaelpaezdearmas@gmail.com
- Boys Weightlifting:** Coach MacVane
adam.macvane@palmbeachschools.org
- Track and Field:** Coach Williams
evan.williams@palmbeachschools.org
- Tennis:** Coach Fernsell
wendy.fernshell@palmbeachschools.org
- Beach Volleyball:** Coach Nani
ryan.nani@palmbeachschools.org

GIRLS VOLLEYBALL TEAM MEMBERS

Varsity:
Ella Currie (Captain), Lylah Brown, Christal Desir, Olivia Forney, Maily Iglesias, Julianna Knowles, Valentina Lopez, Yosselin Martinez, Briahna Peacock, Sofia Rivera Aguilera, Head Coach: Emma Kapusta, Gina Katz, Michael Paez, Kristina Pyle

Junior Varsity:
Allison Colindres, Kristal-Rose Cordona, Elli Dingee, Ashley Friedman, Ariana Gomez, Julia Lemos, Valeria Mendoza Colindras, Daejah Perez, Anakarla Perez Portilla, Angelina Ramos, Nicole Sosa (Captain), Coach: Doc Christensen

Freshmen:
Nela Bobala, Aerith Colon, Ashley Diaz, Lorena Lopez, Sophia Morales, Abrianna Osoria, Arianna Reyes, Ariana Rivera, Karla Torres, Katherin Valera, Coach: Michael Paez

BOWLING TEAMS

Bowling School Record Holders:
Nicole Ramallo and Kendrick Williams

FOREST HILL SWIM TEAM



FOREST HILL CHORUS CONCERT



CROSS COUNTRY



VARSITY FOOTBALL

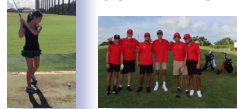


JV FOOTBALL

It's been a few years, but JV Football is back at Forest Hill HS! Our boys had a great first season, congrats!



GOLF TEAMS



FALCON CHEERLEADERS



SOCCER TEAMS

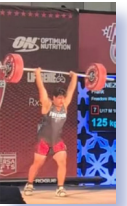


Soccer Seniors

WRESTLING TEAM



Congrats to Frank Jimenez at his competition in Arizona. He got a gold medal in snatch 106 kg / 234 lbs. Silver in clean and jerk 125kg / 276 lbs. and an Overall Silver Medal!! Amazing job, Frank!



English, Spanish and Creole Packets
<https://tinyurl.com/5n87438s>

FULL Athletic Information including information on signing up for Aktivite and the NFHS Videos can be found here: <https://tinyurl.com/rxsd65h7>

If you have any questions pertaining to a specific fall sport, please contact the head coach directly or the Athletic Director, Coach Grad at David.Grad@palmbeachschools.org.

If you want to try out for Any Sport, please fill out this sports interest form: <https://forms.gle/MxHYFv1V5QZKNg9>



Come to the Coast for More

- Open a Savings and/or Checking
- Apply for a Car Loan or Student Loan
- Use Mobile Banking from Anywhere
- Get a "Build Your Credit" Loan
- Future perks as a GCFCU Member

Stop by a branch, call 561-965-1000

visit us online at www.gcfcu.org

Connecting Excellence, with Electrifying Results

Wally Nassif

ELECTRICAL CONTRACTING SERVICE

www.NassifElectric.com

(561) 582-2600
Info@Nassifelectric.com
Bonded - License EC 13001410



School District of Palm Beach County
**FOREST HILL COMMUNITY
 HIGH SCHOOL**
 6901 Parker Avenue
 West Palm Beach, FL 33405

Non-Profit Organization
 U.S. Postage PAID
 Orlando, FL
 Permit #2346

Heroes for Education 5k and Fun Run

Forest Hill staff and students participated in the 10th Annual Heroes for Education 5k. The Education Foundation has several programs that support students, teachers, principals, and schools throughout the district. These include: the School District Matching Grant Program, Foundation Supported Grants, Fiscal Agent Programs, the Find It Fund It Crowdsourcing Program, the Winner's Scholarship Program, and Community Collaboration Initiatives.

Our Falcon Team won the Fastest Time and Overall HS Participation categories.



Adult & Community Education



FOREST HILL COMMUNITY HIGH SCHOOL
 6901 Parker Avenue WPB, FL 33405 | 561.540.2417
 Night School | **Clases nocturnas para adultos**

- **Clases de Inglés** English Classes / Aprende Inglés
- **GED Classes** EARN your High School Diploma / Obtenga su diploma de escuela secundaria del estado de Florida. Classes in English / Clases en español
- **FUN & LEISURE CLASSES**
 - Basic Computers in Spanish
 - Basic & Advanced Japanese
 - Basic & Advanced Spanish
 - Basic & Advanced French
 - Fitness
- **HHA CERTIFICATION HOME HEALTH AIDE** Certificación de Asistente De La Salud en el Hogar. Incluye uniforme, kit médico, y libro técnico
- **PHLEBOTOMY CERTIFICATION** Certificación en Técnico de Flebotomía. Incluye uniforme, kit médico, y libro técnico

WINTER TERM
 January 13 – April 11, 2025
 Classes are offered on
 Monday, Tuesday, Wednesday, & Thursday
 Lunes a Jueves

6:00-9:00 p.m.

GED en Español
 Saturday / Sábado
 9:00 a.m. – 2:00 p.m.

Testing/Exámenes
 Bldg. 6-212 at 6:00 p.m.
 Monday, Tuesday, & Wednesday
 Lunes, Martes, y Miércoles

Registration begins
 January 7, 2025
 Office hours: (Bldg. 1 Main Office)
 Monday to Thursday (Lunes a Jueves)
5:00-8:00 p.m.
 Call Office: 561.540.2417
 Text Messages: 561.840.5114
 foresthillACEd@palmbeachschools.org



Curso de Flebotomía en español

Forest Hill High School | 561.540.2417



Inicie su carrera en el cuidado de la salud como **Técnico de Flebotomía**. Los flebotomistas son **profesionales** capacitados que extraen sangre para análisis, transfusiones, donaciones o investigación, y desempeñan un papel vital en nuestra **industria de atención médica**.

DETALLES SOBRE EL PROGRAMA

- Curso en español
- 12-14 semanas, 165 horas
- Lunes - Jueves 5:00-9:00 p.m.
- Incluye uniforme, libro, y un kit médico

OPORTUNIDADES DE EMPLEO

- Flebotomista en hospitales
- Laboratorios médicos y de diagnóstico
- Instalaciones de servicios de salud
- Oficinas de médicos

- Monday, September 16 - December 5, 2024
- **Monday-Thursday from 5:00-9:00pm**

Forest Hill High School
 Adult & Community Education Program
 561.540.2417
 foresthillhigace@palmbeachschools.org

Incorporamos el Programa Integral de Educación y Formación (IET)
 El Programa Integral de Educación y Formación se esfuerza por brindar a nuestros estudiantes las habilidades necesarias para ser miembros exitosos y productivos de nuestra fuerza de trabajo. Hacemos esto al incorporar tres partes en nuestro programa:

1. **Formación profesional:** IET se asocia con escuelas de formación profesional que ofrecen instrucción en español. Nuestros estudiantes pueden recibir capacitación de calidad en el área que eligen (PMAC, Construcción Básica o Certificación de Asistente de Enfermera, Flebotomía) y terminar con una certificación estatal.
2. **Inglés como segundo idioma:** Creemos que aprender inglés es la mejor manera para que nuestros estudiantes puedan navegar la fuerza de trabajo en los Estados Unidos. Nuestras lecciones están contextualizadas a lo que los estudiantes están aprendiendo en su clase de capacitación vocacional, así como a las conversaciones que es probable que tengan mientras trabajan en su campo.
3. **Preparación laboral:** En esta clase de preparación laboral, los estudiantes practican destrezas importantes tales como entrevistar, solicitar tiempo libre y etiqueta en el lugar de trabajo. Más importante, los estudiantes aprenden sobre sus objetivos profesionales y descubren maneras de alcanzarlos.

Forest Hill Community High School

6901 Parker Avenue, WPB 33405 | 561.540.2417

Programa Profesional en Español

Home Health Aide *HHA*

Curso de Entrenamiento Para Ayudante De Salud



El curso, la enseñanza y los materiales son en español

Los Ayudantes de Salud en el Hogar (Home Health Aide o HHA) proveen comodidad y dignidad a miles de personas.

- Los Ayudantes de Salud en el Hogar ayudan a los ancianos, y a personas conveientes e incapacitadas a vivir en sus propios hogares en vez de vivir en hospicios.
- Bajo la supervisión de enfermeras y doctores proveen servicios médicos.
- Como ayudantes de enfermería, los Ayudantes de Salud toman el pulso, temperatura y respiración a los pacientes, y ayudan con los ejercicios simples.
- Los Ayudantes también ayudan a los pacientes a acostarse y levantarse de la cama, los bañan, visten, peinan y arreglan. Algunas veces cambian vendajes, dan masajes y cuidados de la piel, o ayudan con los aparatos ortopédicos y prótesis.
- Los Ayudantes de Salud que han tomado sus clases con el distrito escolar de Palm Beach County han sido empleados al terminar el curso.



Detalles sobre el curso, HHA:

- Son 165 horas - 2 Programas: Basic Healthcare Worker + Home Health Aide
- 12-14 semanas (Lunes a Jueves) | ID y Permiso de trabajo en U.S. (Becas Disponibles) Residencia en Florida por más de 12 meses! Debe tener un nivel 4 o más en idioma inglés.

Para mas Información, llamen:
 561.540.2417

