

# THE FALCON POST

FOREST HILL COMMUNITY HIGH SCHOOL

## PRINCIPAL'S MESSAGE



Dear Falcon Families,

As the 2019 school year comes to a close, I want to wish all of you a safe and relaxing summer and a farewell to the class of 2019. In just a few short months we will welcome our newest Falcons to the Forest Hill Community High School class of 2023.

Please remember that during the summer there are numerous opportunities within our communities to continue your educational momentum. Please be sure to check with your local libraries and civic centers for opportunities in order to avoid the "summer slide". We will be hosting a Summer STEM Camp on our campus June 5th through July 18th from 8AM to 1PM, Monday through Thursday. All participants will receive breakfast and lunch on our campus. Space is limited so please be sure to register if you are interested. Registration and liability forms can be picked up from the Main Office or our Community School office. Please contact our camp coordinator, Coach Milliken, at 561-540-2417 for additional information.

Another friendly reminder to be sure that your contact information is current. In the event of an emergency, either with your student, within the community, or in the school, we must be able to contact you. Please contact the school to update this information if you have a new contact number or home address. Additionally, our Guidance office can provide you with access to our Student Information System, or SIS, where you can view your child's grades in real time, review tardies and absences, as well as provide you with the ability to communicate with your student's teachers. Please take advantage of this valuable tool.

Thank you for being a member of the Falcon family.

Educationally yours,  
Dr. M. Stratos

### Administration

**Principal**  
Dr. Mary Stratos

**Assistant Principals**  
Dr. Permenter  
9th grade

Mrs. McDonnough  
10th grade

Mr. Provenzano  
11th grade

Mrs. Wilson-Killeen  
12th grade

Dr. Saarela-Vening  
Academies & 11th/12th IB

Ms. Younce  
Community School



June 2019 ◀ Volume 1 ◀ Issue 2 ◀

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

# School Contacts



## Guidance Counselors

- ▶ Ms. Corcoran  
9th & 10th grade A-M
- ▶ Mrs. Noel  
9th & 10th grade N-Z
- ▶ Ms. Vargas  
9th & 10th grade ELL
- ▶ Ms. Tolbert  
11th grade & AICE
- ▶ Mrs. Proby  
12th grade
- ▶ Mr. Lares  
11th & 12th grade ELL
- ▶ Mrs. Kokotoff  
11th & 12th grade IB

## Coordinators

- ▶ Ms. Lopez  
ESE
- ▶ Ms. Palan  
ELL
- ▶ Mrs. Kokotoff  
IB 11th/12th &  
Choice Programs
- ▶ Ms. Malone  
IB MYP 9th &  
10th grade
- ▶ Dr. Vening  
AICE & AP

## Activities

- ▶ Mrs. Cook  
Director

## Athletics

- ▶ Coach Kotouch  
Director

## Did You Know?

Our school communicates with parents and guardians about important school information via phone calls, text messages, and SIS Gateway. SIS Gateway is a great way to access your child's current grades, tardies, absences, and teacher contact information. In the event that there is an emergency with your student, at the school, or in the community, we want to be able to reach you. If you are not receiving important updates about upcoming school events or your student's absences, please call our guidance department to update your information at 540-2400.

## Academy of Digital Design News

**Industry Certifications** – To date, students in the Academy of Digital Design have earned almost 100 Adobe software Industry Certifications so far this year. Way to go!!!

**Adobe Specialist Designations** – Changing the world is possible, but it requires the right preparation and skills. The following graduating Seniors are on their way to doing great things, and one great thing they've recently accomplished is earning their Adobe Specialist Designation by passing at least 3 Industry Certification Exams! An Adobe Specialist Designation validates their cross-platform expertise, and it speaks volumes to prospective employers, academic institutions and the world. It is a valuable addition to their design portfolio. Congratulations Seniors for a job well done!!!

### Adobe Certified Associate – Visual Design Specialists

Israel Alvarez  
Ismael Cinta  
Jazlyn Estevez

### Visual Communication using Adobe Photoshop

Graphic Design & Illustration using Adobe Illustrator  
Print & Digital Media Publication using Adobe InDesign

### Adobe Certified Associate – Web Design Specialists

Jazlyn Estevez  
Robert Fernandez  
William Lirio  
Wilfrido Ramirez  
Zion Taylor

### Visual Communication using Adobe Photoshop

Web Authoring using Adobe Dreamweaver  
Interactive Media using Adobe Animate

## Congratulations SGA

Forest Hill Community High School Student Government Association was elected as Palm Beach County Secretary on April 26, 2019.

Current tenth grade student, Jemma Currie, will represent our school at all county council meetings by recording the meeting minutes and organizing the 2020 Anything Goes field day event.

**Camp Dates:**  
June 5<sup>th</sup> – July 18<sup>th</sup>  
Monday-Thursday  
8:00am-1:10pm  
**Register Today!**



# Forest Hill Community High School SUMMER **STEM** **CAMP**

yoga | scavenger hunts | college and job fairs | guest speakers | SAT/ACT & ASVAB Prep | zumba | cook-outs | escape room

STEM ACTIVITIES | IB PROJECT BASED LEARNING | AVID | LITERACY | MATH | SCIENCE | FSA & EOC REVIEW

## Details:

- Limited Seating – Register ASAP!
- Open to Incoming 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> graders
- ✓ **Dates:** June 5-July 18<sup>th</sup>
- ✓ **Days:** Monday-Thursday / No Fridays
- ✓ **Time:** 8:00am-1:10pm
- Free Breakfast and Lunch
- Appropriate summer attire expected

## Coordinator:

Russ Milliken | 561.540.2417  
[russ.milliken@palmbeachschools.org](mailto:russ.milliken@palmbeachschools.org)  
Fax to 561.540.2410

## Registration Now Open!

Limited Seating. Registration form and Waiver of Liability due by June 5<sup>th</sup> to FHHS - Main Office or the Adult Ed Office in Bldg 7.

- You can register in person at FHHS NOW thru June 5, 9-1 pm. Registration form and waiver available in the Main Office and Adult Ed. Office (Bldg 7), M-F, 8am-3pm
- Register online –

[Digital Registration-Click Here](#)

**Waiver -** <http://l.sdpbc.net/f5rxq>  
Must drop off, email, fax Waiver of Liability to  
[ana.barrantes@palmbeachschools.org](mailto:ana.barrantes@palmbeachschools.org)  
fax to 561.540.2410

## Forest Hill High Teacher Chosen to attend training at the Massachusetts Institute of Technology

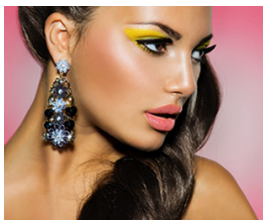
Congratulations to our Engineering and Science teacher, Ms. Leah Chalhoub Milhoan for being selected to attend the Scheller Teacher Education Program this summer at the Massachusetts Institute of Technology or MIT. Only fifty teachers worldwide were selected to attend this prestigious training. We can't wait to see what innovations you bring back to our school and students!

## Attention Class of 2020 (and Beyond)!

The College Board is offering unprecedented scholarship amounts beginning with the class of 2020. Please visit [opportunity.collegeboard.org](http://opportunity.collegeboard.org) to register TODAY!



Cosmetology ♦ Barber  
Skin Care ♦ Nail Technology  
Massage Therapy  
Electrology ♦ Laser  
Dual Programs



WEST PALM BEACH  
7587 S. Dixie Highway  
West Palm Beach, FL 33405  
561-547-6333  
[www.hi.edu](http://www.hi.edu)

WE MAKE AN HONEST DIFFERENCE!

**Buckeye Plumbing**  
Lic. No. CFC025553  
24/7 SERVICE  
Specializing in All Plumbing Repairs & Services

Proudly Serving Palm Beach County for over 30 years!

561-BUCKEYE (561-282-5393)  
[www.buckeyeplmg.com](http://www.buckeyeplmg.com)

## BRIGHT SMILES! BRIGHT FUTURES!

Petrover Orthodontics is proud to support Forest Hill High School!

Wellington, FL  
2465 S. State Rd 7  
Boynton Beach, FL  
Boynton Trail Centre,  
3804 S Military Trail

**Petrover**  
ORTHODONTICS  
[PetroverOrtho.com](http://PetroverOrtho.com)



## Culinary Arts Academy

The Culinary Arts Academy would like to celebrate our students that have passed the Serv Safe Industry Certification Exam with a 75% or higher:

- ▶ Maria Artunduaga (Junior)
- ▶ Teryl Brooks (Senior)
- ▶ Yamilet Gomez-Ortiz (Senior)
- ▶ Carlos Noel Gonzalez (Senior)
- ▶ Jose Medina (Senior)
- ▶ John Miguel Gonzalez (Junior)
- ▶ Nicole Negron (Senior)
- ▶ Rosalyn Rodriguez (Junior)
- ▶ Jazmine Welch (Senior)



April 8th the Culinary Arts Academy catered an event at the Clerk and Comptroller of West Palm Beach, FL and served hors d'oeuvres for 100 students, parents and employees. The students that assisted were Rosemay Perez, Luis Gomez, Anthony Ruiz, Carlos Noel Gonzalez, and Justine Dixon. They all received a certificate from Ms. Sharon Bock and the City of West Palm Beach for their dedication and service. Pictured, are highlights from the event.



## Army Junior ROTC

Forest Hill Army JROTC Drill team had a stellar drill season. The JROTC drill team won three 1st place categories at the regional drill competition and advanced to the state level competition. The drill team lead by C/LTC Abreu and C/CSM Gomez worked tirelessly in order to compete at the state level. FHHS JROTC has not competed at the state level since 2010.

### AUTHENTIC MEXICAN CUISINE



**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



**DONATELLI**  
 DENTISTRY & ORTHODONTICS

1441 Forest Hill Blvd., Suite 300  
 West Palm Beach FL, 33406

Ph: 561.586.7502

Fx: 561.547.7661

donatellidental@yahoo.com

*Habalamos Español*

#### Services:

- All dentistry in one place
- Braces
- Invisalign

*Monthly Payments*

*Financing Available*



*Paul Donatelli, DMD*

[www.westpalmdental.com](http://www.westpalmdental.com)



'The Falcon Post'  
June 2019  
Published Four Times Per Year  
School District of Palm Beach County  
3300 Forest Hill Boulevard  
West Palm Beach, FL 33406  
Issue #2

## National Honor Society

On April 4th the National Honor Society (N.H.S.) held its induction ceremony. The club welcomed 68 new members who will now uphold the ideals of N.H.S: Character, Scholarship, Leadership and Service. The event was a memorable one which highlighted the talents and achievements of N.H.S. members.



## Campus Life Club

The Campus Life Club meets every Tuesday at 8 for pancakes and fellowship in Room 4-102



### LANTANA SCREEN DOORS & WINDOWS LLC

- CUSTOM SLIDING SCREEN DOORS
- CUSTOM WINDOW SCREENS
- WINDOW REPAIRS HARDWARE SOLD
- IMPACT WINDOWS & DOORS SOLD
- RETRACTABLE SCREENS

**CALL FOR MORE  
INFORMATION!**

**(561) 585-2555**

lantanascreens@aol.com

519 Lantana Rd. • Lantana, FL 33462



## Students And Their Immediate Family Members Are Eligible For Membership At Gold Coast FCU



Auto Loans, Checking and Savings Accounts, Mortgages and Much, Much More. For more information, please call Member Connection at 561-965-1000, or check us out at: [www.gcfcu.org](http://www.gcfcu.org)



## Support Your Local Community!



Show your sponsor advertisers your appreciation

# 6 FCHS ATHLETICS UPDATE

Tylor Miller from the **boys basketball team** signed a letter of intent to play basketball at Miami Dade College on a full scholarship.



*Pictured: Tylor Miller*

**Baseball team** finished in 1st place in the regular season district standings. Pablo Ruiz, Sammy Lemkuhl, Bryan Valdes, and Stephen Rivera were selected to play in the Dick Howser All-Star baseball game. The most athletes selected from any Palm Beach County school.

Donald Palmer qualified for the state **weightlifting** meet and finished in 13th place in the 199 lb. division



*Pictured: Donald Palmer at the FHSAA State Weightlifting Finals*

Isaias Dela Puente will be signing a National Letter of Intent to run **Track and Cross Country** at Palm Beach Atlantic University. Isaias is a class of 2019 graduate.

Chris Moore qualified for the FHSAA State Finals in **Track & Field** in the 200 and 800 meter adaptive events. He finished in 3rd place in each event.



*Pictured: Chris Moore at the FHSAA State Track & Field Finals*

## Incoming 9th graders

If you are interested in playing football, please contact head coach Jude Blessington at [Jude.Blessington@palmbeachschools.org](mailto:Jude.Blessington@palmbeachschools.org) for the summer workout schedule. It is very important to be at these workouts over the summer.

If you are interested in playing girls volleyball, please contact head coach Kim Pirisino at [Kimberly.Pirisino@palmbeachschools.org](mailto:Kimberly.Pirisino@palmbeachschools.org) for the summer workout schedule. It is very important to be at these workouts over the summer. Try-outs will be Monday, August 5th, from 3:30-6pm all week. Make sure to have your physical completed.



**\$10 SPARE RIB MEAL WITH THIS COUPON**

HOURS  
Mon & Tues - 11:30-8  
Wed-Sat - 11:30-9  
Sunday - Closed

TEXT "SMOKEYTREATS" TO 555888 FOR FULL MENU

**PETE'S GOURMET BBQ**  
561-812-2189 • 6822 Forest Hill Blvd @ Jog Rd  
at the River Bridge Publix Shopping Centre

## Drive Clean With the AAMP® Package in 2019

*Just purchased a New, Leased or Used vehicle?*

Keep that Awesome Shine year after year with our **Auto Appearance Maintenance Package(AAMP).**

### AAMP Package Includes

A Minimal\* of 24 Washes & 4 Waxes

All Performed at *Your Home or Office Location*



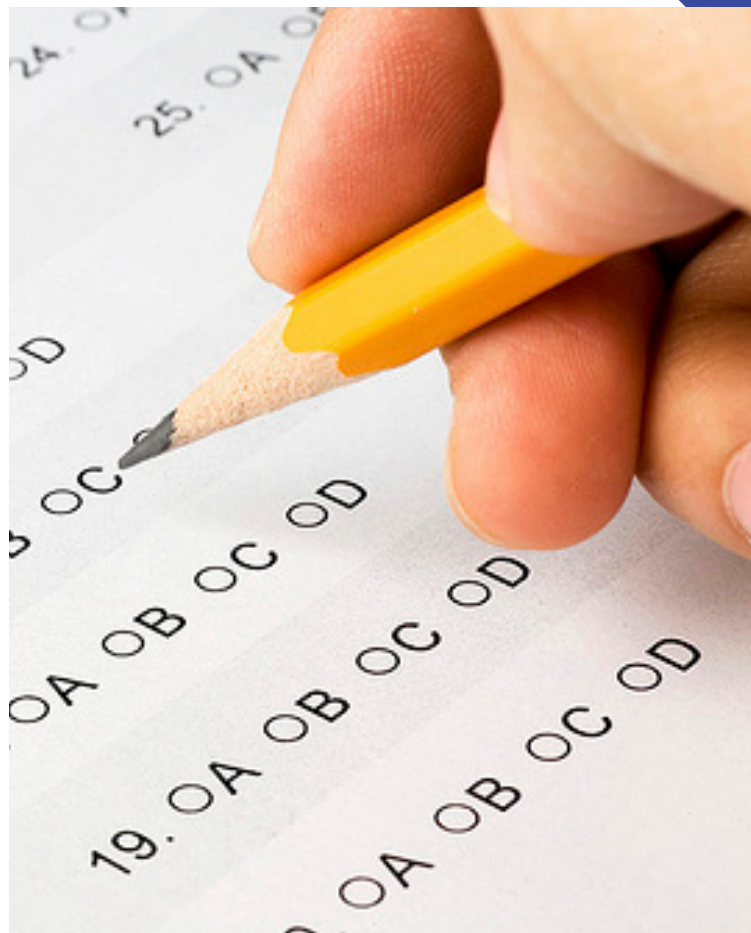
(561) 425-6610

[www.autoappearancepackage.com](http://www.autoappearancepackage.com)



# Semester Exam Schedule (subject to change)

- ▶ **Friday, May 24th, 2019**- regular school hours, 7th period exam 1:30PM-3:30PM EXCEPT for students in grade 9 who are taking the AP Spanish Language & Culture exam, their semester exam will be in the morning followed by the AP exam
- ▶ **Monday, May 27th, 2019**- NO SCHOOL, Memorial Day
- ▶ **Tuesday, May 28th, 2019**  
1st period exam – 8:40AM-10:30AM  
2nd period exam – 10:40AM-12:30PM
- ▶ **Wednesday, May 29th, 2019**- NO SCHOOL-GRADUATION
- ▶ **Thursday, May 30th, 2019**  
3rd period exam – 8:40AM-10:30AM  
4th period exam – 10:40AM-12:30PM
- ▶ **Friday, May 31st, 2019**  
5th period exam – 8:40AM-10:30AM  
6th period exam – 10:40AM-12:30PM



**WORK HARD.  
EAT RIGHT.**

Ideal Nutrition is a fresh, never frozen, meal prep service that delivers right to your door.  
*Meals are \$7 each*

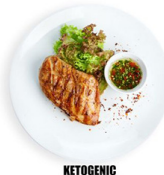
**LET'S DO THIS! 1-888-557-2018**



TRADITIONAL



VEGAN



KETOGENIC



PALEO



PROTEIN BY THE POUND

**10% OFF**

with promo code:  
**FHHS2019**. Exp. 12/31/19.

**FREE SHIPPING.**  
with a subscription

**WWW.IDEALNUTRITIONNOW.COM**

**Comprehensive Auto and  
Boat Repair Services**



**SERVICE  
REPAIR  
DIAGNOSTICS**

**561-444-3288**  
johnnyautoboat.com

5414 Georgia Ave., West Palm Beach FL 33405



**DOGGIE PAWS  
SALON**

*A place where your furry  
babies are at home.*

**(561) 657-8633**



- 🐾 Nail Trim
- 🐾 Baths
- 🐾 Grooming
- 🐾 Day Care
- 🐾 Boarding

1502 Lake Osbourne Dr. • Lake Worth, FL 33461



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

a

## Falcon Band Makes Their Mark in Florida

*by George Reed, Band Director*

This year the Forest Hill Band Department has left their mark in the State of Florida. Throughout the year they participated in all of the usual events that assessed their musical performances. Their first event was back in October when they traveled to Lehigh Acres to participate in a Marching Band Competition and their final event was during Spring Break where several students traveled to Seminole Florida to participate in the State Solo & Ensemble Music Performance Assessments.

The following are the some of the outstanding accomplishments of the Band Department: At the Lehigh Tournament and competing in a higher class, our marching Band auxiliary (Color Guard) came in 2nd Place, the Band came in 2nd Place in "Visual performance" and Our Drum Major Nicole Negron received a Superior rating. At the Park Vista Invitational, the Marching Band came in 2nd Place while the auxiliary received Best in Class. And finally, at the State Marching Band Tournament in St Petersburg, the Marching Falcons qualified as a Finalist



(top 5 1A bands in Florida) and got to compete in the Tropicana Stadium. Performing in that stadium is the goal of every competitive band in the state.

Some of the other achievements for our Band Department are as follows: After finishing each of their competitions in either 1st, 2nd, or 3rd place, the Forest Hill Winter Guard came in 2nd Place in the South Florida Winter Guard Championships. The Band (along with our strings) had a record number of Superior ratings at the District Solo and Ensemble Music Performance Assessments. Four students, Michael Amsden, Victor Angel, Caitlin Volante, and Nicole Negron, qualified for State Solo & Ensemble Assessments and all four received Superior Ratings. Lastly, four of our students, Michael Amsden, Victor Angel, Maynor Pacajoj-Diego, and Robert Arreaga, through a competitive audition process were selected as members of the Palm Beach All-County Band.

The Forest Hill Band Department is looking forward to topping these achievements next year.