

THE FALCON POST

FOREST HILL COMMUNITY HIGH SCHOOL



PRINCIPAL'S MESSAGE

Dear Falcon Families:

It has certainly been an exciting start to the school year. There is no denying that COVID-19 has presented challenges as we strive to return to some sort of normalcy at the schoolhouse and in the community. However, it is a great feeling to have all of our Falcon scholars back on campus and to observe the learning taking place in our classrooms.

In this newsletter, you will find important information and resources for your student(s) and family, as well as many accomplishments we have celebrated in the first quarter of the school year. Our faculty and staff realize that many of our Falcons have not been on a school campus in over seventeen months and we will all need to work together to become reacquainted with school procedures and academic engagement in order to continue to meet the goals of our school and District.

As always, I would like to invite you to visit our school website, Facebook account, or Twitter account (@FHH_FalconFury) for continuous updates as we move forward throughout the school year. It is our desire to keep everyone informed of all that is taking place at Forest Hill High School.

These next two months are often busy times for our families, but I encourage all Falcons to continue to work hard and focus on future planning. Thank you to each and every stakeholder that continues to support our Forest Hill mission and vision. It is a great time to be a Falcon!

Educationally Yours,

Esther Rivera
Principal

Administration

Principal

Ms. Esther Rivera

Assistant Principals

Mr. Greenberg

9th grade

Mr. Provenzano

10th grade

Mr. Loyd

11th grade

Dr. Saarela-Vening

Academies & 11th/12th IB

Ms. Younce

Community School

Mrs. Burk

12th Grade & SSCC

Mrs. Orocovsky

ESE

November 2021 ◀ Volume 3 ◀ Issue 3 ◀

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



School Contacts

Guidance Counselors

- ▶ Mrs. Noel
9th/10th grade, A-Gr
- ▶ Ms. Paul
9th/10th grade, Gu-Pe
- ▶ Ms. Vielot
9th/10th grade, Ph-Z
- ▶ Mrs. Corcoran
11th grade, E-Z
AICE
- ▶ Mrs. Kokotoff
12th grade, A-D
IB, DP/CP
- ▶ Mrs. Proby
12th grade, E-Z
- ▶ Mr. Lares
9th-12th grade ELL A-K
- ▶ Ms. Sanchez
9th-12th grade ELL L-Z

Coordinators

- ▶ Ms. Lopez
ESE
- ▶ Ms. Palan
ELL
- ▶ Ms. Malone
IB MYP & Choice Programs
- ▶ Mrs. Skowron
IB, DP & CP
- ▶ Dr. Vening
AICE & AP

Activities

- ▶ Mrs. Burk
Director

Athletics

- ▶ Josue Gutierrez
Director



Let's Hear it for Our Teachers

Each week, a Google Form goes out to all students from every grade level to nominate a deserving Forest Hill teacher to earn recognition as Teacher of the Week. Students can nominate a teacher and provide an explanation of why they believe their teacher should be recognized school wide. Below are the first three teachers of the school year identified as Teachers of the Week and brief comments from the students that nominated them.



U.S. History teacher, Mr. Jeff Caro, was voted as Week 1 Co-Teacher of the Week. His students say Mr. Caro makes class "enjoyable and fun while still teaching the subject well." We are lucky to have him as a teacher on our campus and appreciate all he does for our scholars.

One of our outstanding Medical Academy instructors, Mr. Jorge Barcena, was shocked to learn from Principal Rivera that he was also voted as Week 1 Co-Teacher of the Week. When asked what makes Mr. Barcena special as a teacher at Forest Hill, his students shared that he creates a "loving and friendly environment" for his students. We are thankful for Mr. Barcena and the amazing job he does at our school.



Mr. Daniel Baker was celebrated for Week 3 of Teacher of the Week. Although he is brand new to Forest Hill High School this year, he has already made such an impact on our twelfth and ninth grade students in our English Department. When nominating Mr. Baker for this special recognition, students stated he is "absolutely amazing at explaining things so that everyone can understand and is extremely kind hearted. His class feels like a community...Mr. Baker is amazing." Wow! We are sure glad we were able to scoop Mr. Baker up and bring him to the Falcon nest.



Biology Bootcamp

The next biology bootcamp opportunity is Wednesday, November 17 at 3:45-5:00pm in Building 4 in Rooms 4-314 and 4-316. This is a great chance for students enrolled in the Biology course to earn hands-on review and preparation for the Biology End-of-Course (EOC) exam.

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Community Service Information

Students need a minimum of 20 hours in order to earn their high school diploma. It's never too early to get started on earning community service hours. **Community service is defined as non-paid volunteer work with a non-profit agency.** Below are a couple of ways that students can earn hours:

Local Organizations

Community Angel Network

- ▶ <https://www.pbccan.org/>
- ▶ Opportunity: Search for local nonprofits by categories



Jack the Bike Man

- ▶ <https://jackthebikeman.org/volunteer/>
- ▶ Opportunity: Assist with bike repairs

Solid Waste Authority

- ▶ <https://www.swa.org/717/152andYou-Challenge>
- ▶ Opportunity: 152 and You challenge - litter pick up

Peggy Adams Animal Rescue League

- ▶ <https://www.peggyadams.org/how-help/future-volunteers>
- ▶ Opportunity: available for students 16+. You **must** work a 3-4 hour shift for **at least 3 months**. There is also a \$25 application fee and a required background check before you are allowed to serve.

Habitat for Humanity of Palm Beach County

- ▶ <https://www.habitatsouthpalmbeach.org/volunteer---youth.html>
- ▶ Opportunity: Neighborhood Revitalization sites (most Saturdays) and on construction sites if over 16 years old (Wed- Sat). Must complete a liability waiver and have a parent or guardian sign off. Then create a volunteer account on the website.

Upcoming

Community Service Events

▶ SATURDAY, OCTOBER 30, 2021

What: Beach Clean Up

Where: Ocean Inlet Park at 6990 N. Ocean Blvd., Boynton Beach FL 33435

When: 8:00AM-9:30AM

Details: To participate in this beach clean up you must **pre-register**. You will be provided with everything that you need for this clean up: sustainable cleaning materials such as buckets, grabbers, as well as reusable gloves.

Pre-register: <https://www.seaangels.org/event-details/seaangels-october-halloween-clean-event-2021-10-30-08-00/form>

▶ SATURDAY, NOVEMBER 6, 2021

What: Friends of Jupiter Beach Cleanup Ocean Cay Park

Where: Ocean Cay Park 2188 Marcinski Road Jupiter, Florida 33477

When: 8:30AM-10:30AM

Details: Register as a volunteer with the following link- https://www.cervis-tech.com/acts/console.php?console_id=0164&console_type=event&ht=1

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Programs, credential levels, technology, and scheduling options vary by school and are subject to change. Not all programs are available of all U.S. states. South University, West Palm Beach, University Centre, 9801 Belvedere Rd., Royal Palm Beach, FL 33411. © 2021 South University. All rights reserved. Financial Aid is available to those who qualify.

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4 GUIDANCE CORNER

Beyond our spectacular school counselor team, Forest Hill High School has additional team members that serve as supportive resources for all of our students. **Meet our team:**

Adam Harris, Graduation Coach



Mr. Adam Harris comes to us as a volunteer through AmeriCorps. He works with students as a mentor and guides them to meet their graduation requirements. Adam is a recent graduate from Florida International University (FIU) and was raised in Florida for most of his life.

Emily Jones, MSW, LCSW, School Board Co-Located Mental Health Professional



Ms. Emily Jones comes to Forest Hill High School through the Multilingual Psychotherapy Centers, Inc. She provides individual counseling support to students with significant unmet mental or behavioral health needs. Students can receive up to 12 sessions, insurance is not required, and there is no fee.

Ms. Jones can also assist students in finding any additional services if needed.



Linda Morris, Graduation Coach



Mrs. Linda Morris is a Graduation Coach with Communities in Schools of Palm Beach County. She spends her days meeting with students that are failing courses and/or have poor daily attendance. Mrs. Morris encourages all students to come to school each day and believes that all of our students are capable of great things. She is excited to meet new students and welcomes all of our Falcons to stop by to meet her. If you need someone to listen to you and provide individualized support to keep you on track for graduation, go see Mrs. Morris today!

Latoya Pegram, Behavioral Health Professional



Ms. Latoya Pegram provides additional behavioral and mental health services at Forest Hill High School. As the BHP, the focus is prevention, supplemental and intensive service, as well as assisting with crisis intervention on the crisis support team. She works collaboratively with the staff, students, community agencies, and families. If a student is experiencing a death, feeling sad, angry, abusing drugs, experiencing something traumatic, or dealing with behavioral problems and/or low self-esteem, please encourage that student to see Ms. Pegram for assistance. Ms. Pegram's favorite quote: "Your present circumstances don't determine where you can go; they merely determine where you start." -Nido Qubein

GOT SPOTS?



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IB Parent Night

Students in grades 9-12 that are currently enrolled in International Baccalaureate (IB) courses are encouraged to attend the IB Parent Night with their parent(s) or guardian(s) on November 17, 2021. The presentation will begin at 6:00 p.m. in the Auditorium.



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AVID Falcons Inspire at Palm Springs Elementary

Members of Ms. Hayden's senior Advancement Via Individual Determination (AVID) class attended and presented at Palm Springs Elementary School's Third Grade Family Night. Senior students: Alany C., Alex F., Da'Shon T., and Caleb W. presented their experience within the Forest Hill AVID program and the successful students they have been able to become because of the program.

Caleb shared his journey from freshman year to now and how AVID has helped him to become an honor roll student. His advice to younger students on why he chose the AVID program, "AVID helps to push all students to succeed. You also build friendships with the same classmates from year to year."



Thank you to the Palm Springs Panthers for having our scholars!

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HERFF JONES: Rings & Cap/ Gown Visits

Herff Jones will be on campus the following dates during lunches in Cafe on The Hill for junior and senior students who need to purchase their class rings or for senior scholars that would like to purchase their cap and gown.

November 18:
Lunches
10:17am-12:50pm

December 11:
Auditorium
9:00am-12:00pm

January 21:
Lunches
10:17am-12:50pm

Alumni Spotlight

Class of 2020 graduate, Emily Loomis, was recently chosen by the FRLA Educational Foundation for a \$2,000 David Caples and Trinity Love Hoblit Scholarship. Miss Loomis completed the Hospitality & Tourism Management program at Forest Hill High School under the instruction of Mrs. Diana Sardina. While she was a Falcon, she won the HTMP Competition in 2018 and completed her internship at the Breakers Hotel in Palm Beach, all while completing high school with a 4.7 GPA. Currently, Emily is enrolled at the University of North Florida where she is pursuing a degree in Hotel Management and is the Marketing Coordinator for The Swoopin' Ospreys Dance Team. We are very proud of our Forest Hill Alumni!



Dr. Clive Roberson Dr. William Tuer



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Winter Athletics on the Horizon

Winter athletics are preparing to start! Please contact the below coaches should you have any questions regarding their sporting team. Student athletes that participated in a Fall sport do not need to complete another athletic packet; however, first time athletes for this school year will need to complete an athletic packet and physical before attending. Athletic Director: Josue.Gutierrez@palmbeachschools.org.

SPORT	HEAD COACH	COACH EMAIL:
Boys Basketball	Coach Tony Watson	Tony.Watson@palmbeachschools.org
Girls Basketball	Coach Markus Emerson	Markus.I.Emerson@palmbeachschools.org
Boys Soccer	Coach Rehana Seedeem-Vargas	Rehana.Seedeem-Vargas@palmbeachschools.org
Girls Soccer	Coach Nihara Seedeem	Nihara.Seedeem@palmbeachschools.org
Weightlifting	Coach Caitlin Schubiger	Caitlin.Schubiger@palmbeachschools.org
Competitive Cheerleading	Coach Madison Kinder	Madison.Kinder@palmbeachschools.org
Wrestling	Coach Leslie Toussaint	Leslie.Toussaint@palmbeachschools.org

Fall Athletic Celebrations

Fall athletics are still underway and the Forest Hill Falcons have a lot to celebrate this year!

Join us in celebrating our boys Varsity football team on their 8-8A District Championship win! The team beat Santaluces High School 43-6 on October 22, 2021 to clinch the District title and fifth win in a row. This win comes as the first District championship for the Falcons since 1985! Congratulations to Head Coach, Jim Basford, on being voted as Coach of the Week twice this season. We thank our coaching staff for the many hours a week they dedicate to our student athletes.



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The Boys Cross Country team raced through the Fall season and showed lots of G.R.I.T while working on their times. Team members earned four new personal records at the Fleet Feet Invitational on October 9, 2021. Congratulations to: Deshawn Mitchell (22:17), Frank Diaz (24:50), Jacob Robert (28:39), and Nehemias Maldonado (30:06).

Perfect Spring 2021 End of Course Scores

Congratulations are in order for two of our wonderful scholars who earned perfect scores on their Spring 2021 exams. We are very proud of their accomplishments and the hard work they put into being successful students.



Twelfth grade student, Reyna P., celebrates her perfect score on the Spring 2021 FSAA for English Language Arts.

Tenth grade student, Glenda P., is rewarded with her certificate for earning a perfect score on the Spring 2021 Biology End of Course exam.



Art Department: Mural News

Our Forest Hill High School Art Department and mural class, led by Ms. Kim Pirisino, has been working hard to beautify our campus bathrooms. Most recently, the mural class painted the stalls in the Gymnasium lobby restrooms with inspirational messages and designs. The artwork will not only be appreciated by the students that use those restrooms, but will also be open to all visitors who come to watch athletic events. Many thanks to Ms. Pirisino and her students for their hard work and helping to make Forest Hill shine!



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Join the Club!

All Forest Hill High School clubs have now started meeting either in the morning or afterschool. Students can join a club by contacting the sponsor or looking at the schedule and attending a meeting. Contact Ms. Burk at Lauren.Burk@palmbeachschools.org with any questions you may have about joining a club or starting a club at Forest Hill.



Forest Hill Community High School

JOIN THE CLUB!

Club Name	Sponsor(s)	Meeting Location	Meeting Day	Meeting Time
4H Juntos	Ms. Reyes	Room 6-201	Wednesday	3:35pm
Art Club	Mr. Campbell	Room 2-201	Wednesday	3:35-5:00pm
Best Buddies	Mr. Mayshak	Room 6-103	Wednesday	3:35-5:00pm
Black Student Union	Ms. Scott	Room 4-205	Wednesday	3:45-5:00pm
Book Club	Ms. Pyle	Room 6-216	Thursday	3:45-5:00pm
Campus Life	Ms. Fernsell	Room 6-211	Tuesday	7:50-8:30am
Debate Club	Mr. Alas	Room 6-209	Wednesday	3:35-5:00pm
Drama Club	Mr. Richards	Room 7-116	Wednesday	3:35-5:00pm
Environmental Club	Ms. Verge/Ms. Nocera	Room 2-104	Thursday	3:40-5:00pm
First Serve Leadership	Mr. Frederick	Room 7-119	TBD	TBD
Florida Future Educators of America (FFEA)	Ms. Colombo/ Ms. Richards-Hunwick	Room 5-113	Thursday	3:40-5:00pm
Freshman Board	Mr. Coriddi	Room 5-103	TBD	TBD
Junior Board	Mrs. Roopnarine	Room 6-102	Tuesday	3:35-5:00pm
Key Club	Mrs. Skowron	Media Center	Tuesday	3:35-5:00pm
Latin Fuego	Ms. Segura	TBD	TBD	TBD
Literary and News Journal	Ms. Pyle	Room 6-216	Wednesday	3:35-5:00pm
National Art Honor Society	Ms. Pirisino	Room 6-103	Wednesday	8:00-8:35am
National Honor Society	Ms. Colombo/ Ms. Richards-Hunwick	Room 2-104	Tuesday	3:30-5:00pm
SECME	Ms. Chalhoub	Room 5-101	Thursday	3:30-4:30pm
Senior Board	Mrs. Proby	Media Center	Thursday	3:30-4:30pm
Sophomore Board	Ms. Reyes	Room 6-201	Monday	3:35-5:00pm
Students Against Melanoma	Ms. Vina	Room 4-116	2 nd and 4 th Wed/month	3:35-5:00pm

2021-2022

CLUBS & STUDENT ORGANIZATIONS

For updates and school news: [@FHH_FalconFury](https://twitter.com/FHH_FalconFury)

