



HAWK TALK

SEPTEMBER 2019

Issue 1

From the Principal's Desk

Dear Parents and Students:

Welcome to the beginning of the **2019-2020** school year here at Lake Howell High! Lake Howell High School is so very proud to welcome you and we are excited to begin this year welcoming the newest class, the **Class of 2023!** We have gotten off to a great start; which is a reflection of the hard work of our administrative staff, school counselors, faculty, and non-instructional personnel. I would like to acknowledge our **PTSA President, Mrs. Beth Karoly**, for her continued support of our students, teachers, and staff. Helping in numerous ways and starting the year off with a Welcome Back Breakfast sponsored by the PTSAs, our excellent opening of school is most certainly the result of their willingness to be involved and assist us as needed. With equal appreciation for their support of the students, teachers, and staff, I would like to acknowledge the hard work and dedication of the **LHHS School Advisory Council (SAC)** as well.

As we know, one of the many keys to a successful school is the positive involvement of parents in the school itself. As you clearly can see, Lake Howell High School's very supportive and loyal **PTSA** and **SAC** parent groups help fulfill the promise of continually supporting our teachers and students. Should you wish to get involved and possibly join one of these two wonderful parent groups please communicate with **Ms. Mia Keyser** (Mia_Keyser@scps.k12.fl.us), Assistant Principal, who administratively represents PTSAs and/or **Ms. Nancy Diaz** (Nancy_Diaz@scps.k12.fl.us), Assistant Principal, who administratively represents SAC. Again, we are keenly aware of the partnership that exists with our parents, and we know that together we can make a difference in the academic and social lives of our students and our school community.

Just as I have encouraged our parents and family members to get involved, I equally encourage all of our students to find something that is of interest to them after school. Whether it is an activity, athletics, club and/or organization. **GET INVOLVED!** Studies show and research confirms that students who are positively engaged with their school after hours are far more successful in school both academically and socially.

As you well know, each year the schools across the state of Florida are given a school accountability grade by the Florida Department of Education. I can tell you that we did earn a letter grade of a "B." You should know that our grade is NOT in any way indicative of all that we are and who we are as Lake Howell High School. We are actually much better than this or any letter grade could ever indicate. Achieving a school grade of a "B" is very difficult and takes a collaborative effort of mutually accountable, jointly supportive, and collectively committed faculty, staff, students, and parents. Of course, our ultimate goal is to obtain an "A" grade to match our A attributes. We have A+ students, A+ faculty, A+ staff, A+ parents, and A+ effort by all. Together, we do all we can to meet the

needs of our students. We take daily pride in doing so, and that is what counts at the end of each school day. I appreciate each and every one of you for the dedication, passion, and persistence you exhibit on a daily basis.

The Lake Howell High School community has established a tradition of academic, athletic, and arts excellence. This is the result of a superb faculty and staff, combined with dedicated students, involved parents and guardians, and supportive business partnerships. Thus, while we will never be satisfied until we reach the top level of performance by whatever measure exists, we must remember that the FSA, EOCs, PERT, and AP testing are only a few of the standards by which we evaluate ourselves.

I can assure you that our effort for the 2019-2020 school year will be directed at continual improvement of not only standardized test scores, but on all levels with all students. Through this committed effort, we will ensure that our students are the beneficiaries of a rich, rewarding, and rigorous educational experience. Therefore, our school's goals this year are as follows:

1. **Cultivating positive and respectful relationships.**
2. **Engaging in purposeful data analysis, deliberate planning, and collaboration to customize learning.**
3. **Preparing students with skills needed for the 21st-Century competitive, global market.**

It takes all of us working together as a team to make this happen, and I look forward to this challenge for the 2019-2020 school year.

Please join me in welcoming Lake Howell High School's newest administrator to our family, and perhaps to some of you a familiar face: School Administrator Manger, **Mr. Linion Grace**. **Mr. Grace comes to us from South Seminole Middle School where he previously served as a Dean of Students.** We are honored that he is joining us, combined with 21 new teachers joining our Silverhawk Family for the 2019-2020 school year!

As we start our new school year, the year itself will present many challenges and opportunities for all of us. I again welcome you and invite your active involvement in helping us become an even better school. With your involvement and support, we can look forward to improving upon our tradition of academic, athletic, and arts excellence! Together all of us make a difference, and as our school's motto simply says, **Lake Howell High School...Soaring to New Heights!**

Yours in Silverhawk Spirit,
Michael C. Kotkin, Principal
GO SILVERHAWKS!

Student Services News- Oct/Nov/Dec

News – Counselors have been very busy this first nine weeks getting to know their students as well as continuing to enroll new ones almost daily. Senior credit checks were conducted to discuss graduation requirements and students' post high school plans. Seminole State College will host a College Night in October at the Sanford/Lake Mary campus in their new Student Center building. There is also a National College Fair on October 5th from 1:00 p.m. to 4 p.m. at the Orange County Convention Center. This is a great opportunity to hear from schools all over the country.

Student Services is no longer using the REMIND app. We will be utilizing School Messenger and Instagram to send out notifications and information. Follow us on Instagram: @LHHS_StudentServices.

The PSAT will be given on October 16th to all 9th, 10th, and 11th grade students. The PSAT is given once a year and helps prepare students for the SAT as well as with future scholarships. The PSAT is a great measure of student ability in reading, writing, and math. Scores on the PSAT may also be used as concordance scores for some state assessments. Note: this is the only chance for juniors to compete in the National Merit Scholarship Competition.

Seniors will take the SAT on that same date. FSA make-up exams were also given in September for seniors who still need this exam for graduation. Scores for this test administration should be back before the winter break.

Seniors – Seniors should be completing college applications and sending transcripts if they have not already done so. To send a transcript, stop by the Student Services Office and fill out the transcript request form located at the Student Services front counter. Please keep in mind that though you may request an electronic copy to be sent that day, the county only sends these records Tuesdays & Thursdays. Hard-copies of transcripts will be sealed in an envelope for the student to pick-up and mail themselves. Be sure to apply early (at least one school by Thanksgiving!). Florida colleges fill up quickly as supply is less than the demand. Pay attention to each college's application deadline as they don't all have the same one.

Tips for Seniors & Parents from College Financial Services

- Find out about grants & scholarships that are available in your state; make sure you understand the requirements (www.floridastudentfinancialaid.org)
- Find out if the schools of your choice have their own financial aid applications that need to be filled out. Be sure to request one now if you have not done so.
- Don't assume you won't qualify for need-based financial assistance. Apply even if you think you won't qualify. Students who receive financial assistance come from a wide variety of family income levels since many factors affect eligibility.
- Make sure you know about all the deadlines. Deadlines vary from school to school and program to program, and are very rarely extended!

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4200 Dike Road
Winter Park, FL 32792

- Make copies or notes about all documents you send; record when and to whom you sent them.
- The FAFSA for 2020-2021 can be submitted any time after October 1, 2019. Go to www.fafsa.ed.gov, the official website for the free financial aid form. Student Services will offer a **FAFSA open lab** the evening of **October 14th, 2019 at 6:00 p.m. in the Media Center**. This is a must for all families who would like help in understanding how to complete the FAFSA. College Financial Aid representatives will be here to answer questions.

Scholarship Information- Scholarship information is beginning to arrive. As this is received, the information is placed on the announcements, as well as being posted in classrooms, and listed on the website (www.lakehowell.scps.k12.fl.us/Student-Services). Seniors should be checking weekly for this information. Computers with internet access are available for students to use in the Media Center and in the Student Services area for scholarship searches.

Florida State Grants & Scholarships Application (this includes Bright Futures.) Any student who applies for the Bright Futures Scholarship **MUST complete an online application** at <http://www.floridastudentfinancialaid.org/SSFAD/bf/>. Once the application is completed, each student will receive a PIN number for future access. It is important that you don't lose this information as you will need to access your scholarship for the next four years with this login and pin. Senior parents, please make sure your student completes the online application. We encourage all seniors to apply once the application opens as it also evaluates them for other state grants and scholarships they may be eligible for. **This application process should open for this year's seniors October 1, 2019.**

Test Dates- Registration information and practice booklets are available in the guidance lobby. You can also register and access practice materials online at: www.collegeboard.org and <https://www.khanacademy.org/test-prep/sat> for the SAT and at www.actstudent.org for the ACT. Please note the registration deadlines are usually one month before each test date.

SAT	ACT
Aug. 24	Sept. 14
Oct. 5	Oct. 26
Nov. 2	Dec. 14
Dec. 7	Feb. 8
March 6	April 4
May 2	June 13
June 6	July 18

ASVAB – October 23, 2019

Advanced Placement Exams: AP exams will be given May 4-15, 2020. These are national exam dates, so they cannot be altered. Your students will be registered for this exam in October of this year.



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Student Government News

Pink Out Football Game

SGA will be selling "Real Hawks Wear Pink" shirts in support of Breast Cancer Awareness Month. Shirts will be worn at the **October 4th** home football game versus Matanzas High School. Shirts will be available for purchase September 23 – October 4, while supplies last.



2019 Homecoming Theme: Silverhawks Assemble

Please follow the SGA Twitter and Instagram for more details at a later date.

2019 Homecoming Ticket Sales

Week of	Homecoming Dance	Homecoming Dance w/Homecoming Shirt (while supplies last)
Oct. 7 – Oct. 16	Senior: \$10 Underclassmen and Guest: \$20	Senior: \$15 Underclassmen and Guest: \$25 Shirt Only: \$10
Oct. 17 – Oct. 25	Everyone: \$30	Everyone: \$35 Shirt Only: \$10
Oct. 28 – 30 & At the door	Everyone: \$40	Everyone: \$45 Shirt Only: \$10

*Tickets can be purchased using cash, checks, or MySchoolBucks.

Powder Puff

The Powder Puff Informational Meeting is September 19, 2019. There will be a \$40 entry fee in order to participate. A release of liability must be turned in before participating in any practices. Forms can be found online. The game will be held on Tuesday, October 28 at 7:00 p.m. Entry into the game is \$6.

Senior Fee

- Senior Fee is paid directly to Lake Howell High School. It includes your Senior class t-shirt and Senior Week activities at the end of the year. Prices are as follows: (while supplies last)
 - Short Sleeve: \$30
 - Long Sleeve: \$35
 - Both: \$50
- Spirit Friday shirts can be purchased for an additional \$5 to any of the above listed prices.

Cap and Gown

- Cap & Gown fee is paid directly to Herff Jones. The basic cap and gown package is \$90 before February 1, 2019. The price will increase to \$100 after February 1, 2019. When you purchase a cap, gown, or tassel, the graduation fee is included in the price. If you do not purchase a cap, gown, or tassel, you are still responsible for paying the graduation fee if you are planning on walking at graduation. There are 3 ways to order: Online at www.herfforlando.com; by phone at 407-647-4373; and in person at 112 North Wymore Road, Winter Park, FL 32789.

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Consequences of Vaping or Juuling or Possession of Vape or Juul at School

With the unfortunate trend of vaping and juuling among our youth today, we want to ensure our students and parents realize the consequences. If a student is caught with either of these in their possession, neither the School nor the School Resource Deputy (SRD) has any other options or course of action but to charge the student. The charges are as follows:

Students who are caught with vapes, which are defined as “nicotine dispensing devices,” will have committed a noncriminal violation of Florida Statute 775.08(3). As a consequence, they will receive a \$25 fine and be required to attend a “school-approved anti-tobacco and nicotine program” for their first violation. Upon the third violation, the state will revoke or withhold the student’s driver’s license.

If the student is caught with a device that tests positive for THC, they will be charged with a felony under Florida Statute 893.13(6)(a). The crime of Possession of Cannabis Concentrates is a Third Degree Felony and punishable by up to five years in prison, five years of probation, and a \$5,000 fine.

In addition, students will be placed in In-School Suspension for three school days. Please share this information with your children to ensure they are aware of these consequences.

The First Step Begins With Welcome

Mr. Pete, the Young Men of Excellence teacher at Lake Howell High School, is often asked, “How do you inspire your students?” Usually, he refers to the steps inscribed on the Path of Excellence located on the floor of his class that reads: “Welcome, you are the missing piece to the puzzle. Without you, I’m broken. May our destinies learn from each other, for in here, we are one!” Dariel, a future prospect for the Young Men of Excellence, said it this way: “As I walk into Mr. Peterson’s classroom, I get welcomed with a firm handshake. This gives me a sense of happiness/joy from how welcoming he is ... If I’ve learned anything in this class, it would be the difference between people who care and the people who don’t is that the people who care will show up ready to give their all.” Mr. Pete concurs with Dariel and recommends Sean Covey’s book, *The Seven Habits of Highly Effective Teens*. In it, he states that the second habit of success is to “begin with the end in mind.” Mr. Pete has recognized that the onset is just as important as the outset, and sometimes, excellence cannot be rushed when it should be nurtured. Although the groundwork to success can be painstaking, the initial, selfless investment into the souls of humanity never returns void. Result-oriented thinking is predicated on having a plan of execution. With that being said, Mr. Pete whole-heartedly believes that the first step of inspiring others and activating hope begins with WELCOME!



Dariel Garcia, 11th Grade

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- Firehouse Subs
- Fresh Market
- Hand & Stone Massage and Facial Spa (Winter Springs)
- Hokkaido Restaurant
- Island Fin Poke
- Jeremiah's
- Jersey Mike's
- Jon Smith's Subs
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- Outback Steakhouse
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- Trails at Aloma
- Zoe's Kitchen
- 9 Rounds Kickbox Fitness

CTE

Welcome back Silver Hawks! In the Career and Technical Education (CTE) department we are already busy gearing up for another great year here at Lake Howell. One of the terrific benefits of our classes is the opportunity for students to earn industry certifications. This can greatly help when students are looking for employment in their chosen industry. From Microsoft Office Software (MOS), Adobe products, CompTIA, Intuit QuickBooks, or even SERV Safe...our different programs help students learn the information for the test and apply that knowledge hands on in our classrooms. We also have many local contacts in our different fields of study, which can help expose students to different experiences, information and even possible employment opportunities. Have your student speak with their CTE teacher for more information.

There are also several opportunities for CTE students to get involved on campus. Whether they are working in our campus CFE credit union, preparing or serving food for a culinary event, or helping teach the "Little Hawks" in our preschool program. Our cosmetology and barbering programs have the Hello Gorgeous and Edge clubs after school. Students participating in these clubs help volunteer to provide face painting before home games, manicures or even haircuts and hair styling for different events, programs or even local senior centers.

If you would like additional information about our department or individual programs, feel free to contact teachers directly, or you can contact the department chair Tammy Glass at tammy_glass@scps.k12.fl.us.

8th Period Opportunities—Barbering and Cosmetology

Cosmetology Teacher: Mrs. Simpson (portia_simpson@scps.k12.fl.us), Building: 2, Room: 109** This course will run Tuesday and Thursday 3:30-5:30 and begins, August 20. The ideal candidate for the Cosmetology program has a passion for making people feel and look better. Students will practice performing services of the hair, skin, and nails throughout the 9 weeks course. Upon completion of this program, students will have up to 350 hours towards the state requirement for licensing.

Barbering Teacher: Mrs. Bradley (bradlerz@scps.k12.fl.us), Building: 2, Room: 109 **This course will run Mondays and Wednesdays 3:30-5:30 and begins Monday, August 19. This course will introduce students to shampooing and conditioning, trimming and shaping hair using clippers, shears and razors. Students who are interested in expressing themselves creatively through shaping and cutting hair while working collaboratively with others will thrive in this brand new course at Lake Howell High School.

Use this link to apply: scpsafterschoolcourses1920.eventbrite.com.

Math Department

This year, the Math Department are using a co-teaching model to enhance student engagement and give them the access to additional resources in their learning process. Tutoring will begin in the next few weeks; dates will be posted on our Lake Howell High School website and students will receive reminders from their teachers. We welcome five new teachers to the Math department.



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Psych Immersion Corner

Are there questions about human behavior or your own life that you would like to ask someone who knew more about Psychology than you? Here's your chance to get an answer! Just email your questions to marengja@scps.k12.fl.us and, if selected, they will be published in our next edition of the *Hawk Talk* along with a response from an AP Psychology student.

How does a person deal with their responsibilities in a way that will allow them to take care of themselves while they take care of others? -T.B.

Hey T.B.! I understand your concern and you are not alone. According to Behavior Psychology, our parents model certain behaviors that influence the way our brain works. So, if you grew up in a household where your parents always pushed their feelings aside or had to care for others before themselves, that might be the root of the problem. This isn't a quick fix and it does take time to improve it, but it takes awareness and practice. Remember to always put yourself above others, without being overly selfish. Your overall well-being should be your top daily priority! - S.L.

Why do we dream? -V.L.

Hi, V.L. I, too, have had the question of why we dream! I think everyone has at one point in their life! There are some psychologists that think that dreams are a way to satisfy our own wishes, this I strongly agree with because in the past I have dreamt of a wish or desire or something that I strongly wanted or wanted to happen! Another theory of why we dream is that it's a way for our minds to get rid of unwanted or unacceptable feelings or thoughts. Our brain will disguise these thoughts or desires as other things in order to deal with them. I hope that this gave you a better understanding of the purpose of dreaming. -K.R.

*The Psych Immersion Corner was created in an effort to help AP Psychology students implement newfound knowledge in their environment. Students will respond to the best of their knowledge with the support of their teacher. Format:

- Validation
- Theoretical evidence/support
- Advice based on theory+experience

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Band/Colorguard On Campus Performance Calendar

- September 20th (Friday) - Friends and Family Performance of first time completed marching band show (football Bye-week)
- November 12th (Tuesday) - Performing Arts Veterans Day Concert
- November 22nd (Friday) - Friends and Family Performance of Dress Rehearsal for Marching Band State Championships
- December 13th (Friday) - Band Winter Concert/ Silent Auction
- February 20th, 24th or 25th (Thursday, Monday or Tuesday) - PreMpa Concert with Winter Springs HS
- April 28th (Tuesday) - Spring Band Concert
- May 1st (Friday) - Spring Guard Showcase



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Lake Howell High School's branch of Addition Financial officially opens September 11th. Students who are interested in opening an account can stop by the bank for the application forms.

PICTURE DAY



The WINGS 2020 Yearbook is now available for pre-order.

You can order by clicking the link on the Lake Howell High School website or visiting yearbookforever.com. To purchase with check or cash, please see Ms. Jackson in room 2-202. Follow us on social media at @lhhswings on Twitter and Instagram for updates!



Visual and Performing Arts News

If you would like to see our award-winning student work in the community this year, please mark these dates on your calendar:

- **November 8-10** --> Maitland Art Festival @ Lake Lily (Free)
- **November 6** --> Arts Alive (Must purchase tickets)
- **February 7, 2020** --> Opening Reception for the Advanced Placement Underclassmen Art Show @ The Casselberry Art House (Free - open to the public during Art House hours until February 25)
- **March 7 & 8, 2020** --> Lake Mary/Heathrow Art Festival on International Parkway (Free)
- **March 30 thru April 2, 2020** --> Advanced Placement Senior Art Show @ SSC Student Union (Free - open to the public during SSC Student Union hours)



The Lake Howell Theatre Company's season is proudly underway with their 2019-2020 Season of Theatre! This year's fall main-stage is *Steel Magnolias!* -- A stage play written by Robert Harling based on his experience with his sister's death. The play is a comedy-drama about the bond among a group of Southern women in northwest Louisiana who are soft as magnolias, but tough as steel. Performances will take place Thursday-Saturday, October 24-26 at 7pm. Tickets are \$5 in advance and \$8 at the door. Please email lhtc4037@gmail.com for more information. Make sure to also mark your calendars for our children's show *The Lion, the Witch, and the Wardrobe*, January 24-25 and our spring musical *Little Women*, April 2-4! If you would like to stay abreast to all things theatre company related please follow us Instagram at lhtc4937!

A few spots are left!



We need you!

Advertise in the Hawk Talk! This is a wonderful way for your company to get community recognition and exposure, and at the same time help support your local schools!

Tonya Thompson • 407-746-9050
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HAWK TALK



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Welcome Back Silverhawk Athletes!!

Fall sports are off and running! We opened the football season off with a great preseason victory and a wonderful Athletic Booster Club tailgating event. Volleyball, Swimming, Cross Country, Golf and Slow-Pitch Softball have kicked off their seasons. Please check the Lake Howell website for schedules and other athletic information. You can also follow us on Twitter and Facebook.

Winter sports will be starting before you know it. Please make sure your athletes are watching the announcements to found out more information. For more information please call the athletic office at 407-746-9011 and remember the eligibility rules listed below:

To be eligible to participate in athletics:

- A student must be promoted to attend Lake Howell High School and have a cumulative 2.0 GPA.
- A physical packet must be turned in before any student will be permitted to participate in preseason conditioning, tryouts, or competition. Physical paperwork can be found in the athletic office or on the school website. Please stop by the athletic office to see Mrs. Hernandez or call with any questions you might have at 407-746-9011.
- Physical packets can be pickup in the athletic office or downloaded of the Lake Howell website.
- Do not turn physical paperwork into a coach under any circumstance. We continue to look forward to a great athletic season! Go Silverhawks!!



WHO Future Silverhawks - CLASS OF 2024 & 2025

WHAT We Invite You to Explore ALL that Lake Howell has to Offer!

WHEN November 20, 2019 : 6:00 pm - 8:00 pm

6:00 pm - Presentation & Performances 7:00 pm - Food, Tours, & Showcase

