

THE FALCON POST

FOREST HILL COMMUNITY HIGH SCHOOL



PRINCIPAL'S MESSAGE

Dear Falcon Family,

Thank you for a successful first few months of the 2023-24 school year! I want to thank 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 throughout the school year.

Curriculum Night was amazing. The number of parents who came out shows how important your child's education is to you. I hope each of you took 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, Grade-Level Class Nights, and an Accelerated Courses Night. FASFA night will be coming up in December, as we await the opening of the new FASFA system. If you missed any of these events and need 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 for continued success with our Winter sports. We have also had a chance to celebrate academic success as over 600 students have made the Honor Roll with at least a 3.5 GPA for the first nine weeks!

As you walk our campus, you will continue to see the results of the hard work that the maintenance department and our custodial staff have been doing to keep our campus beautiful. We have also remodeled the Engineering Room and will continue to dress up the campus with branding. I can also finally say that the staircases have all been completed, and we will be moving on to the next stages of renovations, which will include the restrooms, media center and many other infrastructure upgrades.

Parents, please remind your children that they may not park on campus without a parking pass. They also may not park off campus, 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 please utilize the parent pick-up and drop-off area.

As we approach Thanksgiving and winter break, I would like to wish everyone a merry and festive holiday season. Lastly, please be reminded that in the last week of the semester we will be on a different schedule for semester exams.

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
Dr. Smith



November 2023 ◀ Volume 5 ◀ Issue 3 ◀

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

School Contacts

School Counselors

- ▶ Ms. Cohen
Coordinator & ESE 9-12 A-Z
- ▶ Mr. Larres
ELL 9-12 A-Mar
- ▶ Ms. Cochran Rivera
ELL 9-12 Mat-Z
- ▶ Ms. Sprague
9-12 A-Car & 11-12th IB A-Z
- ▶ Ms. Keough
9-12 Cas-Han
- ▶ Ms. Vielot
9-12 Har-Mor
- ▶ Ms. Paul
9-12 Mos-Ros
- ▶ Ms. Milhomme
9-12 Ru-Z

Coordinators

- ▶ Ms. Lopez
ESE
- ▶ Ms. Palan
ELL
- ▶ Mr. Boruch
IB Coordinator
- ▶ Ms. Hasegawa
AICE & AP
- ▶ Ms. Sardina
CTE & Choice Programs
- ▶ Coach Emerson
AVID
- ▶ Ms. Seeden-Vargas
School-Based Teams
- ▶ Ms. Roopnarine
LTF

Activities & Athletics

- ▶ Mr. Grad
Activities & Athletic Director
- ▶ Coach Emerson
Assistant Athletic Director

Academic Support Opportunities

Does your child need extra help in classes? There are a variety of tutoring/academic support options for students available before, during, and after school. Check out some of the options here.

Forest Hill Mathematics

MATH LAB

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Homework, makeup work, test prep

ACT / SAT / EOC to meet graduation requirements

All students and grade levels welcome

Bring a math study buddy and your lunch



Forest Hill Community High School PRESENTS

Biology Boot Camp

Come and practice on your science content skills before the district test.

November 15th, 2023 AT 3:45P-5:30pm
Building 4 Third Floor East Hall

Earn some extra credit as we review before the next district assessment. Bring a friend in biology class. Snacks will be provided.



SCAN ME

2023-2024 Testing Calendar

Scan the QR code to access Forest Hill's 2023-2024 testing calendar. Please note test dates are subject to change.

Forest Hill Community High School



SAT

SAT Testing Dates SY23-24

Test Date	Registration Deadline	Late Registration
August 26, 2023	July 28, 2023	August 15, 2023
Oct 7, 2023	Sep 7, 2023	Sep 26, 2023
Nov 4, 2023	Oct 5, 2023	Sep 26, 2023
Dec 2, 2023	Nov 2, 2023	Nov 21, 2023
Mar 9, 2024 (Digital)	Feb. 23, 2024	TBD
May 4, 2024 (Digital)	April 19, 2024	TBD
June 1, 2024 (Digital)	May 17, 2024	TBD

ACT

ACT Testing Dates SY22-23

Test Date	Registration Deadline	Late Registration
September 9, 2023	August 4, 2023	August 18, 2023
October 28, 2023	September 22, 2023	October 6, 2023
December 9, 2023	November 3, 2023	November 17, 2023
February 10, 2024	January 5, 2024	January 19, 2024
April 13, 2024	March 8, 2024	March 22, 2024
June 8, 2024	May 3, 2024	May 17, 2024
July 13, 2024	June 7, 2024	June 21, 2024

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MONDAY-FRIDAY
7:00AM TO 8:00AM

FOR MORE INFORMATION CONTACT:
MS. MARIA
MJIMENEZ@BGPBC.ORG
561-320-6225

Great Futures A College & Career Readiness Division of Boys & Girls Clubs of Palm Beach County Calling all Forest Hill High School scholars from all grade levels! If you are looking for a before or afterschool experience with a focus on college & career readiness, health & wellness, and fun then you should join Great Futures. This interactive program assists students in SAT & ACT preparations, provides extra academic support, offers engaging service learning opportunities, and more. Take advantage of these great opportunities to help you prepare for your future! Registration is required. Contact your guidance counselor for more information or scan the QR code in the flier to complete the form digitally.

FALCON SPOTLIGHT

Quarter 1: That's a Wrap!

We appreciate our faculty and staff here at The Hill. To celebrate all of their hard work this quarter, Administration treated our Falcon teachers and staff to a delicious Caramel Apple Bar to welcome in the fall season.



All our Falcon Friends, join us in congratulating Mr. Counes for being recognized as **WPBF 25 Sports' Football Friday Community Champion**! Mr. Counes is the voice of Falcon Football, and sure he brings the fun and school spirit to all of our home football games like none other.



Friday night football on The Hill sure wouldn't be the same without him. View his live interview here: <http://l.sdpbc.net/6ypm>.



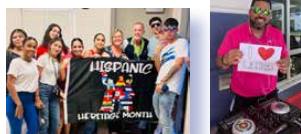
Give a round of applause to our award-winning **Dimension 20**

Chorus, who traveled in the past to the Big Apple for performances and were recently invited to perform in the **2024 London International New Years Day Music Festival & Parade**. Chorus members, Emily Puentes and Julian Hernayz, were featured recently on WPBF News Channel 25 as this talented group is raising funds to take their next trip for the New Year's Day parade. To view Emily and Julian's feature segment visit this link: <http://l.sdpbc.net/05oyo>. To view the video inviting Dimension 20 to London, click [here](#). To donate, click [here](#).



1st Quarter Activities and Events

Latinos in Action Host Celebrations for National Hispanic Heritage Month



Latinos in Action (LIA) hosted Hispanic Heritage Month at The Hill during the months of September and October. Students and faculty joined together for a series of fun lunches where they celebrated Hispanic heritage and culture through dance, songs, games, foods, and displays. LIA also hosted a classroom/teacher door decoration contest for Hispanic Heritage Month. Congrats to the following winners: Ms. Wuhrman (1st Place), Mr. Carmichael (2nd Place), and Ms. Romero Lopez (3rd Place).

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FHHS JROTC Leads Moving 9-11 Ceremony in Honor of Patriot Day



Forest Hill High School holds the largest Junior ROTC program in the School District of Palm Beach County, and on September 10th, ROTC cadets held a meaningful ceremony to mark 22 years since the

tragedy of 9/11. JROTC cadets and our entire student body and faculty were joined in the school's courtyard by School Board Members, District Leaders, FHHS administrators, faculty, staff, and students for a Patriot Day Ceremony in remembrance of the innocent civilians, firefighters, EMT, police officers, and military members who tragically lost their lives on September 11, 2001. Special thanks to Colonel Richards, Senior Army Instructor, and all of the FHHS ROTC instructors; the Jazz Band led by Ms. Lopez; and Mr. Frederick, our Chorus Director, for their team effort in producing this special tribute. You can view an SDPBC segment on the FHHS 9/11 Commemoration Ceremony at this link <http://l.sdpbc.net/fwog8>.

Look What We're Learning While Having Fun!



During the first days of school, Ms. Gamoneda's science students participated in a lab practice, applying the scientific method to the experiment of mixing different substances attending their densities,

CADY Studios Yearbook Picture Dates

- ▶ Underclass Retakes - November 3, 2023
- ▶ Seniors - November 8, 2023

The Forest Hill High School yearbook is now on sale. Please go to <http://l.sdpbc.net/9iqo2> to order your yearbook today. Scroll down and click the yearbook tile.

Custom packages can also be ordered.

Price is \$80 as of November 1, 2023.

Don't miss out on this opportunity to remember the 2023-2024 school year.

then they completed a lab report with all the details. They enjoyed working with the lab equipment and following the safety rules that they had learned as well as changing the colors of the substances. They also tested the solubility in water for some lipids. Good job, Falcon Scholars!

Environmental Academy students have been immersing themselves in coastal ecosystems. During the 1st quarter, they have learned to measure water quality and seagrass density within local critical habitats. Along the way, they have also learned about field-work safety and improving snorkeling skills.



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NEWS FROM THE HILL

Here at The Hill, Falcons strive to SOAR at every level, including practicing and supporting positive behaviors. All Falcons are encouraged to practice safety measures, take ownership, adopt a positive attitude, and show respect for others in all of our spaces and interactions. Please review our **Positive Behavioral Interventions and Supports** campus matrix below and help us continue to SOAR as Falcons!

FALCONS S.O.A.R	RESTROOMS	HALLWAY	BUS/ CROSSWALKS	CLASSROOM	CAFETERIA	ASSEMBLIES	ALWAYS
SAFETY	MAINTAIN A CLEAN ENVIRONMENT	WALK SAFELY AND KEEP TRAFFIC FLOWING	STAY IN ASSIGNED AREAS. BOARD BUS AFTER IT HAS STOPPED. COMPLETELY OBEY TRAFFIC SIGNAL. REPORT PROBLEM TO STAFF	FOLLOW TEACHER'S CLASSROOM PROCEDURES. SAFETY GUIDELINES, AND THE 10-10 RULE	STAY IN A SINGLE-FILE LINE	FOLLOW GENERAL RULES AND PROCEDURES	KEEP HANDS, FEET, AND UNKIND WORDS TO YOURSELF
OWNERSHIP	FLUSH TOILETS, WASH HANDS, DISPOSE OF PAPER TOWELS PROPERLY. REPORT PROBLEMS TO STAFF	MANAGE TIME. PLAN FOR RESTROOM IF NEEDED. USE HALL PASS PROPERLY	KEEP TRACK OF PERSONAL ITEMS	BE PREPARED WITH MATERIALS. TAKE FULL RESPONSIBILITY FOR YOUR LEARNING	KEEP YOUR AREA CLEAN	REPORT PROBLEMS TO STAFF	BE AWARE OF OTHERS. SCHOOL PRIDE. OWN IT!
ATTITUDE	USE FACILITIES AS INTENDED	REMAND OTHERS TO BE ON TIME. BE POSITIVE AND PATIENT	SET A POSITIVE EXAMPLE. BE PATIENT	BE POSITIVE AND OPEN TO OTHERS	BE PREPARED TO ORDER	PARTICIPATE POSITIVELY. BE PATIENT	TREAT OTHERS AS YOU WANT TO BE TREATED.
RESPECT	HONOR PEOPLE'S PRIVACY	USE GOOD MANNERS. KEEP HALLWAYS CLEAN. RESPECT CLASSES IN SESSION	RESPECT DRIVERS AND PASSENGERS. USE PROPER LANGUAGE. FOLLOW THE BUS RULES	HONOR OTHER'S SPACE, PROPERTY AND IDEAS. SUPPORT YOUR TEACHER WITH POSITIVE, ACTIVE LEARNING	USE PROPER MANNERS WHILE EATING	RESPECT PRESENTERS & PERFORMERS. FOLLOW DIRECTIONS	REPORT PROBLEMS AND CONCERNS TO STAFF. HONOR THE DRESS CODE

PBIS S.O.A.R Matrix

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.

NEW BULLYING HOTLINE:

434-8200

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FAFSA & Scholarship Info

Attention Seniors : The FAFSA application will be available in December.
An exact date will be announced within the coming months.

Below are some scholarship websites you can find very useful:

- www.fastweb.com
- www.scholarships.com
- <https://bigfuture.collegeboard.org/pay-for-college/scholarships-grants-loans>
- <https://www.forbes.com/advisor/student-loans/best-scholarship-websites/>

CLASS OF 2024 - Senior Corner

Schedule Your Senior Photos

Class of 2024 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>. 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 questions regarding senior photos, please contact Mr. Coriddi at jeffery.coriddi@palmbeachschools.org.



Unity Day At The Hill Hosted by Key Club

Here at The Hill we practice the IB Learner characteristics of being caring and open-minded. On October 18th, Key Club sponsored by School-based Teams Coordinator, Ms. Seedeem-Vargas, organized a fun-filled day of friendship and kindness across our campus. Unity Day is a national event held on October 18th annually. Its purpose is to promote kindness, acceptance, and inclusion while taking a stand against bullying in schools and communities. It's a day to unite and



come together to make a positive change. Key Club is proud to be a part of this important initiative and proud to represent FOREST HILL. Unity Day is all about raising awareness and starting conversations about bullying and the importance of unity. Remember to be the change you want to see!

To mark the ending of Hunger Action Month, Whole Foods Market and Palm Beach Harvest chose Forest Hill High School as one of six locations in the country to host a free mobile pantry that included healthy foods for approximately 500 families.

CLASS OF 2024

SENIORS! JOIN OUR GOOGLE CLASSROOM:

3x4f4ol

Stay connected and share your ideas!

Contact: senior.support@palmbeachschools.org

SENIOR

GradBash Universal Orlando - April 19th 2024

Cost = \$225.00 on schoolcashonline "you can make payments!"

Included = meal on campus, bus ticket, park ticket

Who = Seniors (no level 3 or higher referrals)

ONLY 200 SPOTS available!

Secure your spot with a \$50 deposit by Oct. 31st, final payment due by January



SENIOR UPDATES!

- CLASS OF 2024 Senior Walk In : Oct. 20th @ 8:15am

Meet in Auditorium at 7:30am, must have signed 2680 (pickup in Guidance)

- Senior Crowns - Homecoming Week Oct. 16th - 20th

Purchase your crown for \$1 with Mrs. Roop in 4-101 during lunches, decorate them and rock them all week for Homecoming!



Reading Requirements

1 **FAST**
FAST/FSIA TEST
LEVEL 0 - 350 POINTS
Florida Assessment of Student Thinking - or FAST - is a computer adaptive assessment for reading

2 **ACT**
ACT TEST
18 AVERAGE READING/ENGLISH NO SUPERSCORE
The ACT test is a curriculum based education and career planning tool for high school students that assesses the mastery of college readiness standards

3 **SAT**
EBR 480
READING AND ENGLISH COMBINED CAN BE SUPERScored
The SAT is a standardized test that colleges and universities use for admission to determine a student's academic skills

4 **ACT**
ACT TEST
18 AVERAGE READING/ENGLISH NO SUPERSCORE
The ACT test is a curriculum based education and career planning tool for high school students that assesses the mastery of college readiness standards

*Your superscore is the average of your best scores from each subject from multiple test attempts.

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FALCONS' LITERACY LEAGUE CORNER

Grab & Go Parent Content Literacy Resources

Does your child need extra help with reading and/or writing? Check out the newest section of our newsletter with helpful grab & go strategies. In this issue we'll focus on writing tips and hints that students are learning and using in their classes this semester.

Why is writing important? Writing is an important lifelong skill. Writing paves the path toward critical thinking, improves memory, helps students demonstrate their understanding of subject matter, as well as improves organizational, decision-making skills, and problem-solving skills. Additionally, today's jobs are changing in the workforce, and many require a high-level of literacy skills, including writing skills, to be successful. **Text-based writing** involves reading, interacting with, and responding to text, through short summaries, extended responses, or even essays. It always involves supporting thoughts with evidence from the text(s).

Did you know students can strengthen their writing by using simple writing strategies to support and elaborate their ideas when responding to questions or prompts about texts that they are reading in school and at home? Here are **two simple writing strategies** that our Falcon scholars are using at The Hill.

Students use the **SAY-MEAN-MATTER** strategy especially in their **content-area classes**, such as science and social studies, when writing paragraph responses to questions about texts they're reading. Using this strategy, students learn to respond to text-based questions by asking and answering three simple questions: **What does the text SAY? What does it MEAN? Why does it MATTER?**

Students are also using the **RACES** strategy in their English Language Arts or Intensive Reading classes to develop the main (body) paragraphs of longer essay responses. Using this strategy, students remember to **Restate** the question by turning it into a topic sentence; **Answer** all parts of the question; **Cite** specific examples and evidence from the text; **Explain** how the evidence supports their answer; and **Sum** it all up with a closing sentence.



23 24

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SAY-MEAN-MATTER
WRITING STRATEGY

SAY	MEAN	MATTER
THIS IS ABOUT SUMMARIZING THE TEXT.	THIS IS ABOUT YOUR INTERPRETATION OF THE TEXT.	THIS IS ABOUT IMPLICATIONS OF THE TEXT.
ASK YOURSELF: "WHAT DOES THE TEXT SAY?"	ASK QUESTIONS LIKE: "WHAT DOES THIS MEAN?"	ASK QUESTIONS LIKE: "WHY DOES IT MATTER TO ME OR OTHERS?"
"WHAT HAPPENED?"	"WHAT MAKES YOU THINK THAT?"	"WHY IS IT IMPORTANT?"
CITE TEXT (DIRECT INFORMATION, USE QUOTATIONS, PARAPHRASE THE TEXT)	"HOW DO YOU KNOW THAT?"	"WHAT IS THE SIGNIFICANCE?"

FALCONS' LITERACY LEAGUE AVID

Restate
Restate the question by turning it into a statement.

Answer
Answer all parts of the question.

Cite
Give examples and evidence from the text. "the text states..." "in paragraph 4..."

Explain
Explain how your evidence supports your answer. "this shows that..." "this means..."

Sum it up
End with a summary sentence. "In summary..." "As you can see..."

AVID

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FALCON FAMILY CONTENT LITERACY LAB

Want to know more about writing strategies and how your Falcon scholar can complete extra practice at home? Join the Falcons' Literacy League by participating in our newest Parent/Family Content Literacy Lab found in this issue. Are you looking for ways to help your Falcon scholar improve their writing skills? Scan the QR code to watch this quick Parent Professional Development [video](#) to learn how to help your Falcon scholar strengthen their writing in 3 easy steps with the SAY-MEAN-MATTER writing strategy.

Parent Video Link: <http://l.sdpbc.net/qyy5u>

Instrucciones para activar subtítulos de video en español:
<https://www.youtube.com/watch?v=H-O6HdWdk-M>

Looking for ideas to give your Falcon scholar(s) some extra reading and writing practice over the weekend or upcoming breaks? Students can watch a SAY-MEAN-MATTER writing strategy video, read ONE (or more) Newsela article(s) below and complete the writing prompt(s) at the end.



**Say-Mean-Matter
Writing Strategy
Video:** <http://l.sdpbc.net/qyy5u>



**U.S. History Review
Topic:**
"The Origins of
the Industrial
Revolution"



**Environmental
Science Review
Topic:**
"Learn the
Photosynthesis
Formula"



Biology Topic:
"History of the cell:
Discovering the
Cell"

Click here for a 3-column note chart to practice the SAY-MEAN-MATTER writing strategy with your reading: <http://l.sdpbc.net/5I33f>.



'WHY' IB LEARNERS?



Does Your Falcon Scholar Want to Win a \$50 Movie Gift card?

Step 1: Watch the SAY-MEAN-MATTER video. **Step 2:** Fill out the survey in the video. **Step 3:** Students turn in their writing practice from this newsletter to Dr. Smith, Single School Culture Coordinator (Student Services 7-109) by **Friday, December 15th** to be entered into a contest where the winner receives a \$50 movie gift card prize! Student winner will be notified directly at the end of the 2nd quarter and receive a spotlight shout out in the Spring newsletter. *Written responses must be 5-8 sentences, have evidence of the SAY-MEAN-MATTER strategy, and clearly include the student's first and last name and student number. Responses may be hand-written or typed.

Parents/Guardians must complete this survey as confirmation:
<https://forms.gle/yn2jukeWyzSEWB5h7>.



AVID Strategy Spotlight

Is your Falcon scholar taking focused notes in class? Scan the QR code or click the link to view a short video about this strategy that helps your child organize and process new information they are learning in their classes.: <http://l.sdpbc.net/p3qiu>.



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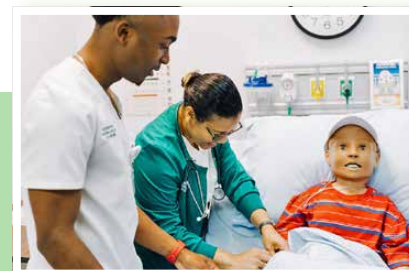
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GUIDANCE CORNER

Meet our **AMAZING** School Counselors here at The Hill! They are here to support our students every step of the way during their high school experience.



Ms. Cohen Serrano, School Counselor Coordinator & ESE Counselor 9th-12th A-Z

Mrs. Cohen Serrano has been in the field of education for 32 years. She began her profession as a special education teacher in NYC and relocated to Florida in 1995 to continue her teaching career. Her classroom experiences with special needs students inspired her to pursue her Masters Degree in School Counseling. She is proud to say this is her 16th year as a school counselor. She embraces each day with a positive attitude and aims to motivate students towards success and their future goals. Her favorite Maya Angelou quote, which she models daily is "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."



Mr. Lares, School Counselor for ELL 9th-12th A-Mar

A son of retired educators, Mr Lares followed the family tradition and attended the "Instituto Pedagogico de Caracas" in his native country Venezuela, where he earned a bachelor's degree in Foreign Language Education. Having taught English as a Foreign Language and Spanish for 17 years both in Venezuela and in the United States, Mr. Lares decided to pursue a Master's Degree in School Counseling at Longwood University and moved down to South Florida

in 2013 to join Forest Hill High School as an ESOL school counselor. Mr. Lares enjoys the outdoors and loves going on hikes or kayaking with his wife and his two children.



Ms. Cochran Rivera, School Counselor for ELL 9th-12th Mat-Z

Originally from the beautiful island of Puerto Rico, my journey brought me to Florida in 2010, where I hoped to find new professional opportunities and a fresh start for my daughter.

I've devoted 23 incredible years to the field of education, wearing the hats of both a teacher and a school counselor. What drives me every day is my unwavering passion to make

a real difference in the lives of students and their families.

Beyond my professional life, I find joy in the simple things – the comforting embrace of a warm cup of coffee, the sweetness of chocolate, and the tranquility of a sunrise. But what truly ignites my spirit is community involvement. Volunteering is not just a pastime for me; it's my life's calling. It's through this work that I believe we can truly make a change in our world.

And, speaking of family, they hold a special place in my heart. My daughter and loved ones inspire me daily, reminding me of the importance of support and togetherness.

Lastly, I have a deep love for travel, and exploring new places and cultures is a source of great joy and inspiration in my life.



Ms. Sprague, School Counselor for 9th-12th A-Car & IB Counselor for A-Z

Ms. Sprague is our 9 th -12 th grade School Counselor for students with last names A-CAR and all IB MYP/CP/DP Choice Academy students in grades 9 th -12th grade. She earned degrees in Organizational Management and School Counseling from Palm Beach Atlantic University. She brings a varied background to her role at Forest Hill Community

High School having previously worked as an executive staff member for Girl Scouts of the USA and a Regional Program Manager for The United States Tennis Association before transitioning into the field of education. Over the past 12 years, she has worked in various positions in education including School Counselor, IB University & Career Counselor, and Director of Guidance & College Counseling in her home state of Maine as well as an adjunct faculty/ Dual Enrollment Coordinator for St. Thomas University in Miami Gardens, Florida. She truly loves working with her students to help them navigate whatever challenges may arise daily. She enjoys traveling, people watching, and playing competitive tennis. She is most passionate about empowering others to aspire higher, be better, cultivate community and strive for a system of success for ALL!



Ms. Keough, School Counselor for 9th-12th Cas-Han

Ms. Keough began her Counseling career with Palm Beach County in 1995. She has worked with elementary, middle, high, alternative ed, virtual, adult ed and special populations throughout her career serving the students and families of Palm Beach County. She spent the last 15 years of her career working with at-risk and underserved populations, and the years before that in several traditional high schools. Her experience is vast, which she credits to making her more empathetic and understanding of all students. Ms. Keough is originally from Long Island, NY and has one daughter in college. When not at work, she is an amateur writer, enjoys the outdoors, running, her dog, family, travel and personal development. She is excited to be part of "The Hill" this year!



Mrs. Vielot, School Counselor for 9th-12th Har-Mor

Mrs. Vielot is a 9th through 12th grade counselor for students whose last names start with Har through Mor. She's been a counselor in the Palm Beach County School District for twelve years, and joined the Guidance Team at Forest Hill in 2021. She looks forward to providing assistance to her students during the school year. She very much enjoys

supporting her students as they work toward achieving success in high school and beyond.



Ms. Paul, School Counselor for 9th-12th Mos-Ros

Ms. Paul is a 9th-12th grade (Mos-Ros) school counselor at Forest Hill Community High School. She received her Bachelor's Degree from Florida Atlantic University and began her teaching career in 2011. Ms. Paul's teaching experiences inspired her to pursue a degree in School Counseling where she can help students navigate through personal, social, and academic struggles. Ms. Paul received a Master's Degree in School Counseling in 2017 from Palm Beach Atlantic University. She is committed to supporting and empowering all students to become lifelong learners. Additionally, Ms. Paul's goal is to encourage all students to strive to achieve their goals and reach their full potential.



Ms. Milhomme, School Counselor for 9th-12th Ru-Z

Ms. Milhomme is the school counselor for students grades 9-12 whose last names begin with Ru-Z. She has been in the field of education for 23 years. This is her 5th year as a school counselor. She is passionate about education and she admits that seeing her students reach their full academic, social and emotional potential is one thing that brings her joy. Secularly, she enjoys thrifting and traveling.

FHHS School Advisory Council (SAC)

SAC

Upcoming Meeting Dates:

11/14/23, 1/16/24, 2/13/24, 3/12/24, 4/9/24, 5/14/24

Time: 6-7PM

Location: Media Center

Need more information? Please contact Ms. Millay at jillian.millay@palmbeachschools.org

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

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ACTIVITIES & ATHLETICS CORNER

Are You Interested in Joining a Club or Sports Team This Fall? Click the link below for a closer look at the clubs/orgs offered here at FHHS to see what interests you. For more information about joining a sports team or starting a club, reach out to Coach Grad, Activities Director, @david.grad@palmbeachschools.org.



FHHS Clubs & Organizations:
<http://l.sdpbc.net/b2qav>

Join us in recognizing our amazing fall sports teams. We're so proud of your commitment, effort, and achievements.



Congrats to Sabrina Diaz who committed to continue her athletic career and education at Eastern Nazarene College next fall!

Cross Country Shout-Out!
 Congratulations to junior, Ella Thorfinn, on getting the new Girls Cross Country school record at the Hill! She is one of our foreign exchange students here from Denmark!

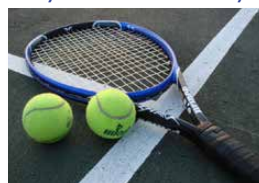


Winter Sports

Sport	Coach	Email
Girls Basketball	Emerson	Markus.I.Emerson@palmbeachschools.org
Boys Basketball	Climo	Mark.Climo@palmbeachschools.org
Girls Soccer	Seedeem	Nihara.Seedeem@palmbeachschools.org
Boys Soccer	Rojas	Rehana.Seedeem-Vargas@palmbeachschools.org
Boys & Girls Wrestling	Toussaint	Leslie.Toussaint@palmbeachschools.org
Girls Weightlifting	Schubiger	Johnelys.Diaz@palmbeachschools.org

Tennis Team

Are you interested in trying out for the Tennis team this year? Join our Google Classroom (Code: cu52brc for Boys Tennis and 3n5fr4n for Girls Tennis) to stay informed.



Conditioning and tryouts start in January 2024. See Coach Fernsell or Coach Castillo for questions.

FOREST HILL HIGH SCHOOL
 ADULT EDUCATION CLASSES

Adult Education Classes

- GED - Cursos en Inglés y en Español
- ESOL - English classes / Clases de Inglés
- HHA - Certificación de asistente para servicios de la salud en el hogar

We offer online and in-person classes / Ofrecemos clases en línea y clases presenciales

fhhs.palmbeachschools.org

(561) 540-2417
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