



# LION'S ROAR

*For the Parents, Staff, Students & Community of Olympic Heights High School*

**Assistant Principals and Administrative Staff:**

- Mrs. Kelly Mills Burke Principal
- Mrs. Sara Borah Assistant Principal
- Mr. Hal Videtto Assistant Principal: A – H
- Mr. Frank D’Annunzio Assistant Principal: I – Z
- Ms. Fe’Licia Durden Assistant Principal: ESP Contact
- Mr. Joseph Roberts ESE
- Mr. Darren Studstill Discipline / Tardies
- Ms. Stacey Belton Administrator Community School
- Mrs. Sarah Gregory Testing Coordinator

**Career Education:**

- Ms. Anita Foster Academy Coordinator
- Ms. Kelly Lawrence AP/AICE/OAPA Coordinator

**Athletics / Activities:**

- Mr. Joseph Roberts Acting Athletic Director

**Exceptional Student Education:**

- Ms. Margie Cowan ESE Coordinator
- Ms. Laura Zerbo 504 Coordinator

**School Resource Officer:**

- Brian Kahn Lisa Negron

**Upcoming School Holidays:**

- February 8th: Teacher Work Day    March 25th: Teacher Work Day
- March 18th – 22nd: Spring Break    April 19th: Holiday

**School Counselors:**

- Office Number: (561)-852-6915
- Dr. Urbina, Director 12th Grade / OAPA 12th Grade  
Ivett.Urbina@palmbeachschools.org
- Ms. Lima 12th Grade / OAPA 9-11  
Natalie.Lima@palmbeachschools.org
- Dr. Vanderpool 11th Grade  
Samantha.Vanderpool@palmbeachschools.org
- Mrs. Alessi-Rozzi 10th Grade  
Patricia.Alessi-Rozzi@palmbeachschools.org
- Mrs. D’Annunzio 9th Grade  
Adrienne.Locigno@palmbeachschools.org
- Mr. Milhomme ESOL / AVID  
Jean-Claude.Milhomme@palmbeachschools.org

**Guidance Staff:**

- Ms. Ovalles Guidance/ Attendance Secretary  
Laura.Ovallessouto@palmbeachschools.org
- Mrs. Nelson Guidance Secretary  
Vivian.Nelson@palmbeachschools.org
- Ms. King Records Secretary/Data Processor  
Diane.King@palmbeachschools.org
- Ms. Principe Data Processor  
Michele.Principe@palmbeachschools.org

**Principal’s Letter**

Dear OH Family,

The end of the 2019-2020 school year is rapidly approaching. It is essential that students stay focused so they finish the year strong. Your attention and involvement will reinforce the importance that you place on your child’s education. Please continue to support your student during this critical time. Reinforce positive and successful school habits. Don’t forget to access SIS and review your child’s academic progress, attendance, and test schedules. Your involvement is a positive factor for a strong finish.

I would like to congratulate the Class of 2019. Seniors will participate in commencement exercises at the South Florida Fairgrounds on Tuesday, May 28, 2019 at 9:00 a.m. This is an exciting time for our seniors as we celebrate their success and transition to the next phase of their lives. I know that our Lions will continue to impress us as they continue to pursue their dreams and goals.

Our students are working hard to wind down the school year and completing their FSA/AP/AICE/EOC and semester exams. Our teachers are working diligently to ensure your child’s success and will continue to provide quality instruction up to the very last day! I am proud of all of the hard work by our students, faculty, and staff. Enjoy your summer vacation.

Educationally Yours,  
Kelly Burke,  
Principal



## Test Taking Tips for Parents

- Tip #1:** Make attendance a priority, especially on days that you know standardized testing will be administered. Though it's important for your student to be in school every day, making sure he's there when the test is taken helps to ensure he won't lose more learning time because he has to make up a test during school. Make a note of test days on the calendar. That way both you and your student know what's coming and will be prepared.
- Tip #2:** Monitor your student's progress and check for understanding. Subjects like science, social studies and math often have cumulative exams at the end of learning units. If your student is struggling with something now, it won't be easy for her to have time to try again to learn it just before the test.
- Tip #3:** Set a reasonable bedtime and stick to it. Eight hours of sleep is preferable. Many parents underestimate the importance of a rested mind and body. Tired children have difficulty focusing and are easily flustered by challenges.
- Tip #4:** Make sure your child has enough time to wake up fully before he has to go to school. Just as rest is important, so is having enough time to get his brain engaged and in gear. If his test is first thing in the morning, he can't afford to spend the first hour of school groggy and unfocused.
- Tip #5:** Provide a high-protein, healthy, low-sugar breakfast for your student. Kids learn better on full stomachs, but if their stomachs are full of sugary, heavy foods that will make them sleepy or slightly queasy, it's not much better than an empty stomach.
- Tip #6:** Talk to your student about how the test went, what he did well and what he would have done differently. Think of it as a mini-debriefing or brainstorming session. You can talk about test-taking strategies after the fact as easily as beforehand and these discussions will improve performance on future tests.



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# Summer Activities

to Boost YOUR



Applications


*Did you know summer activities can push your college application to the “yes” pile?*

Colleges want to see that you are committed to extracurriculars throughout the school year, but they also love it when you are making the effort to expand and stretch yourself over summer vacation. What you do with your time can help you stand out from other applicants who have similar test scores and GPAs. Your summer vacation is the perfect time for college prep and to explore potential careers. All summers in high school are important, especially the summers after sophomore and junior year. Check out these summer activity ideas that are fun, creative, and will make admissions officers take notice.

1. Participate in a specialized **high school** program.
2. Take a college class.
3. Find a **summer** program at a local **school** or community college.
4. Get involved with research.
5. Create your own project.
6. Take a free online class.
7. Get a job.
8. Be an entrepreneur.
9. Volunteer in your community.
10. Apply for internships.
11. Find a job-shadowing opportunity.
12. Start your ACT, SAT, PSAT test prep.
13. Make college visits.
14. Use your imagination.

For more information about making the most out of your summer, go to the site: <http://www.princetonreview.com/college-advice/summer-activities-for-college-applications>.

Article from “The Princeton Review”



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## Study Strategies that Work

Whether it's for a unit assessment, an AP test, or a final exam, knowing and using effective study techniques can make a huge difference in your performance and confidence. Test anxiety is generated from a number of factors, but one of the biggest is the lack of study skills and time devoted to studying. The following strategies will not only help you get a better grade on the test, but you will retain more of the information you're learning as well.

Keep the following tips in mind the next time you have a big exam:

- **FREQUENCY** - Cramming all of your studying into a short period of time is bad practice. Studying should happen in 20-40 minute increments with short breaks in between. Walk around, do some pushups, stretch, and then get back to work.
- **SLEEP** - All-nighters are still a thing for some students, but research has clearly found them to be detrimental. If your body cannot sink into a deep sleep and achieve R.E.M., the result will be a drop in retention, focus, and reasoning - the exact opposite of what you're shooting for.
- **TIMING** - On that note, scientists have found that reviewing difficult material right before bed will help in retention. Skip the social media and review some notes before flipping the lights off.
- **MIX IT UP** - Games, flashcards, rhymes, pictures, and practice tests all contribute to the retention of material. Don't just re-read your notes or texts, but rather challenge yourself to take good notes, create visual cues, and use flashcards to quickly review important topics and vocabulary.
- **DIET** - Avoiding junk food and choosing healthy proteins (nuts), fruits, and vegetables can help feed your body and brain. Eating a filling breakfast is important as well as having healthy snacks on hand. Your brain consumes glucose as you study and perform hard tasks, so make sure you're feeding it!
- **DISTRACTIONS** - Studying with music has proven to be distracting at the subconscious level, so finding a quiet space is important. Other distractions like cell phones, TV, and conversations with friends are even more of a deterrent.
- **ANXIETY** - If you are stressed out, your brain cannot perform well on difficult tasks. Working on stress relief techniques, taking study breaks, and avoiding the temptation to cram will allow you to approach exams with more confidence and less stress.



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### Youth Vaping Epidemic

The US Surgeon General issued a health advisory for a Youth Vaping epidemic in November 2018. Why should you be concerned? One out of every four (25%) high school students is vaping. This is the same percentage of youth who were smoking in 1999! The marketing of electronic cigarettes and Juul are misleading people, especially children and youth to believe vaping is harmless water vapor. It is not water vapor. It is made of chemicals like propylene glycol and benzoic acid that create aerosol. They contain flavors that when heated create the same cancer-causing chemicals that are in cigarettes, and nearly all e-cigarettes contain nicotine. Vaping may be safer than cigarettes for adults, however safer does not equal safe for kids. Youth brains are still developing. Nicotine interferes with control of emotions and the ability to focus and learn. Is your student having trouble paying attention? Nicotine is as potentially addictive as cocaine and more addictive than morphine. Nicotine can also be a gateway drug for future substance abuse. Why are kids using Juul? Juul is cool and kids may say they are juuling, not vaping or smoking. Don't be fooled. Juul looks like a long flash drive and will recharge in a USB port. It's small, discreet and does not give off a foul odor or large cloud. Juul has .5mg of nicotine compared to .3mg in typical cigarettes. They are made for adult smokers, not kids who have never smoked before. Youth who have never used tobacco report feeling dizzy or sick as well as feeling buzzed from Juul. Have a talk with your child about scientific studies versus advertising. Science isn't making money off kids--electronic cigarette companies are.


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# Athletics

## Welcome Coach Kevin Wald

Principal Kelly Burke would like to welcome Coach Kevin Wald to the OH Family. "He brings a wealth of experience and knowledge from his coaching years in Florida and South Carolina." Kevin Wald comes to Olympic Heights from John Paul II in Hilton Head SC. He led John Paul to the State Championship Game in the third year of existence for the program. Coach Wald has a strong reputation for building programs, as his teams are known to be tough, physical, and classy. Coach Wald was the 2017 South Carolina Low Country Coach of the Year and he was the 2018 South Carolina High School Sports Report Coach of the Year. He has been a Head Football Coach for 11 years. Coach Wald is a graduate of Clemson University and was a high jumper on the 1999 ACC Champion Indoor Track and Field Team. Coach Wald is married to his wife Jessie and has three daughters Alexandra 14, Briley 9, and Ansley 6.



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## Sports Update

- Winter sports have concluded.
- Spring is in full swing.
- Baseball having the best year in decades.
- Softball made district playoffs. First round Tuesday April 30th. 4pm at Dwyer
- Flag Football made postseason. Begins April 22nd
- Boys and Girls Lacrosse just ended, culminating in a Boys vs Girls game to celebrate, the first year of existence.
- Tennis just missed the postseason, but had a thrilling season
- Volleyball ended strong, but also missed the postseason
- Weightlifting had their best season, just missing the district championship



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**TUITION, REGISTRATION, ENROLLMENT REQUIREMENTS:**

- Your child must be 3–5 years old to be eligible for enrollment.
- Your child must be fully potty trained and self-sufficient in toileting procedures.
- \$50 non-refundable registration fee required.
- Full-time, 7:00 a.m.–4:00 p.m., \$175 per week or \$700 month/Part-time, 8:00 a.m.–12:00 p.m., \$125 per week or \$500 month (School District Employees entitled to 10% discount).
- Tuition payment is due on the 1st of each month.
- Parent/guardian needs to complete the **Registration Packet** for enrollment.


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### Dates For FSA and EOC

Assessment	Date
BIO EOC	May 7, 2019
U.S. History EOC	May 8, 2019
10th Grade FSA Reading	May 9-10, 2019
9th Grade FSA Reading	May 13-14, 2019
ALG. 1 EOC	May 15- 16, 2019
FSA/EOC Makeups	May 17, 2019
GEOM EOC	May 20 -21, 2019
FSA/EOC Makeups	May 22-23



## Inside This Issue

Test Taking Tips for Parents

14 Summer Activities to Boost  
YOUR College Application

Study Strategies that Work

Youth Vaping Epidemic

Welcome Coach Kevin Wald

Little Lions Pre-School

