



## Seminole Ridge Community High School

4601 Seminole Pratt Whitney Rd.  
Loxahatchee, FL 33470

Phone: **561-422-2600**

### Administration

**Mr. James Campbell**  
Principal

**Mr. Brian McClellan**  
Asst. Principal

**Ms. Elizabeth Boutet**  
Asst. Principal

**Mr. John Hay**  
Asst. Principal

**Dr. Deidre Reid-Thomas**  
Asst. Principal

**Dr. Randy Burden**  
Asst. Principal

# THE RIDGE

For The Parents, Staff, And Community of Seminole Ridge Community High School

### Principal's Message

Dear Seminole Ridge Families and Community,

It is my pleasure to welcome you to the 2017–2018 school year. As I write this, we have just completed our first week of school. I was pleased with the focus that I saw in our classrooms, and with our students' actions outside of them. We held our four class meetings, sharing our expectations with each class (primarily that they stay focused on earning their diploma in four years) and assuring all that we will support them in every way. The week ended on an exciting note with our first pep rally of the year, and Hawk spirit is high.

Students, I encourage you to be involved in at least one club, sport, performance, or activity during this year. Your education is the goal, but extra-curriculars will provide some of your most lasting memories.

Parents, I hope you find an opportunity to come to our campus, either to watch your students in one of those extracurricular events or to assist our amazing group of parent volunteers. Their help has already been invaluable this school year.

In addition to providing our students a high-quality education, we strive to make Seminole Ridge a gathering place for the community, so please join us. All events can be found at [www.seminoleridge.org](http://www.seminoleridge.org). Everyone's participation will help make this a great year for the Hawks!

Sincerely,

James C. Campbell, Ph.D.  
Principal



*Educating the students of today for  
the challenges of tomorrow.*

## Meet the Seminole Ridge Community High School Counselors:

**Lead Counselor Sandy West ([sandy.west@palmbeachschools.org](mailto:sandy.west@palmbeachschools.org)): All Freshmen**

Hi! I've been a school counselor for 19 years in Palm Beach County, and I love my job! I'm excited to be working with the freshman students again this year, and I know the Class of 2021 is going to do awesome things! I look forward to getting our freshman students involved on campus, and their parents volunteering as well! Being a Hawk is great, and getting involved is the best way to truly feel a part of our awesome school community.

**Dr. Melissa Garcia ([melissa.r.garcia@palmbeachschools.org](mailto:melissa.r.garcia@palmbeachschools.org)): Grades 10-12, A-Co**

I've been a school counselor for nine years in Palm Beach County. I'm also an adjunct instructor at Florida Atlantic University and Lynn University. I was named High School Counselor of the Year in February 2016, and that has been my proudest achievement. I love what I do, and I love working with teenagers.

**Theresa Katz ([theresa.katz@palmbeachschools.org](mailto:theresa.katz@palmbeachschools.org)): Grades 10-12, He-Mc**

Greetings! I'm originally from Buffalo, NY, but I've been a school counselor in Palm Beach County for 20 years and have worked at Seminole Ridge High School for 10. In January 2016 I was honored to represent the state of Florida as an American School Counselor Association 'Counselor of the Year' semi-finalist at the White House in a ceremony hosted by Michelle Obama. This experience was truly the highlight of my career. I'm looking forward to another great school year filled with many success stories. Go Hawks!

**Tim Mickens ([timothy.mickens@palmbeachschools.org](mailto:timothy.mickens@palmbeachschools.org)): Grades 10-12, S-Z**

Hi, my name is Tim Mickens and this will be my fifth year as a school counselor. I'm originally from Virginia, and I'm excited to be a new member of the Hawk family. My focus is all about the students! I look forward to the opportunity to serve this community and to guide our students to obtain all their dreams and goals. I've lived abroad in Europe for five years, and this experience allows me to think globally when counseling students. I played pro basketball in Europe as well, and I'm a diehard Philadelphia Eagles fan!

**Marissa Passatempo ([marissa.passatempo@palmbeachschools.org](mailto:marissa.passatempo@palmbeachschools.org)): Grades 10-12, Cr-Ha**

I am a second-year counselor at Seminole Ridge High School, and I completed my master's degree in May 2016. I moved here from Long Island, NY, and I'm incredibly excited to pursue what has been my lifelong goal. I love working in a school, and I greatly enjoy working with students. I'm so excited to continue this year at Seminole Ridge and to encounter all that it has to teach me.

**Brian Welch ([brian.welch@palmbeachschools.org](mailto:brian.welch@palmbeachschools.org)): Grades 10-12, Me-R**

Hi! I'm going into ninth year as a school counselor at Seminole Ridge High School, which has spanned my entire career in education. I previously was a police officer for eight years, but was cut short in that career due to a car accident. Both careers have given me the opportunity to guide our youth towards a positive and successful direction in life. I take great pride when I see their hard work pay off and they graduate!



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## National Honor Society News

Congratulations to our NHS officers for the 2017-2018 school year!

- **President:** Riley Bresnahan
- **Vice-President:** Kerven Cassion
- **Secretary:** Shane Laurent
- **Treasurer:** Georgia Williams
- **Historian:** Ayanna Wiltshire
- **Editor:** Bethany Seltzer
- **Social Chairs:** Kristen Bown and Kelsey Morrison



Based on their grades at the end of the first semester of their sophomore year, students who are eligible for membership in our National Honor Society chapter will receive an invitation in the second semester to apply.

### Requirements for membership:

- 3.5 GPA or 3.75 HPA;
- 25 recorded community service hours;
- Five current teacher recommendations;
- Proof of leadership and involvement (sports, band, clubs, church, or community).

If you have questions, contact sponsor Mrs. Barbara Nicho: [barbara.nicho@palmbeachschools.org](mailto:barbara.nicho@palmbeachschools.org).

### "The Ridge"

September 2017

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 3300 Forest Hill Blvd. Ste. 323  
 West Palm Beach, FL 33406  
 Issue #3



## Future Business Leaders of America

The SRHS Future Business Leaders of America are soaring to new heights in our second year on campus!



We are in the planning stages for an active year, offering three new 'Principles of Entrepreneurship' classes and welcoming to a new year our returning members.

Our first meeting is scheduled for 3:00 Wednesday afternoon, September 6 in Villa 2. Refreshments will be served. All students interested in joining the largest and oldest career and technical student organization in the country are welcome and include national, state, and district dues

to attend. Annual dues are \$25 as well as a chapter T-shirt.

Follow us on Twitter, SnapChat, and Instagram @hawks\_fbla or on Facebook @HawksBusiness.

For additional information, contact Mrs. Candice Ashurst: [candice.ashurst@palmbeachschools.org](mailto:candice.ashurst@palmbeachschools.org).

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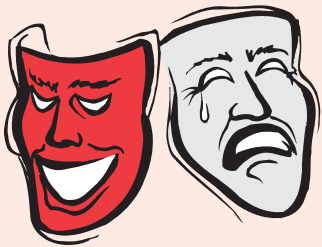
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## *Cheerleaders Make Strides at Summer Camp*

Following the Universal Cheerleaders' Association annual summer camp, held on the Florida Atlantic University campus, our varsity and our JV squads each returned north with awards:

- **Varsity:** 'Superior' and 'Leadership' awards, first place in the 'Extreme Routine Competition,' and two 'Spirit Sticks';
- **JV:** 'Superior' award and second place in the 'Extreme Routine Competition.'
- Our Hawks also earned the coveted UCA 'Banana,' designating our teams as the most spirited, friendly, and helpful.



## *Thespians Perform a Christie Classic*

The Seminole Ridge drama department will perform *Murder on the Nile* October 19–21 as its first production of the school year. This Agatha Christie classic takes you on a journey down the Egyptian Nile with many interesting characters...with powerful motives to commit murder. Tickets—\$5.00 for students seniors, \$7.50 for adults—are available online at [www.showtix4u.com](http://www.showtix4u.com) and at the door.

## *Blood Drives for 2017-2018*

One Blood awarded \$14,500.00 in scholarships to ten Hawk seniors last year! Our parent/community drives are growing, as are the number of community members donating for our Hawks' future scholarships. But the most important recipients are those in our local hospitals needing transfusions, platelets, and surgeries. They thank you too!

On behalf of One Blood and the student blood drive committee, we thank all Hawks for supporting our blood drives this year:

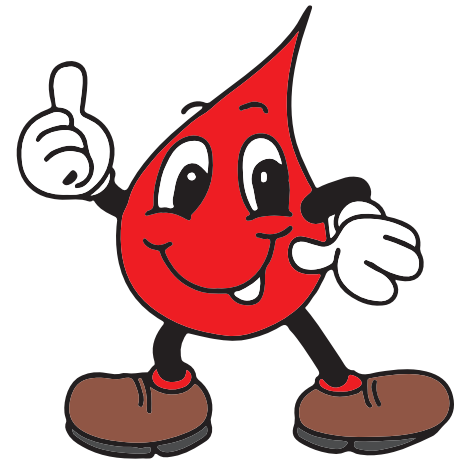
### **Our On-Campus Schoolday Drive Dates for 2017–2018:**

September 1, November 10, January 19, April 27, and May 25.

### **Our Parent/Community Drive Dates for 2017–2018**

**(3:00–8:00 By The Gym Lobby Entrance, South Parking):**

September 6, November 16, January 24, and May 2.



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## From Your Palm Beach County Health District School Nurse:

Welcome back, students. I hope you've had a great start to the school year.

All students who need to take medication at school, whether daily or PRN meds, need to provide the nurse's office with a completed medication form.

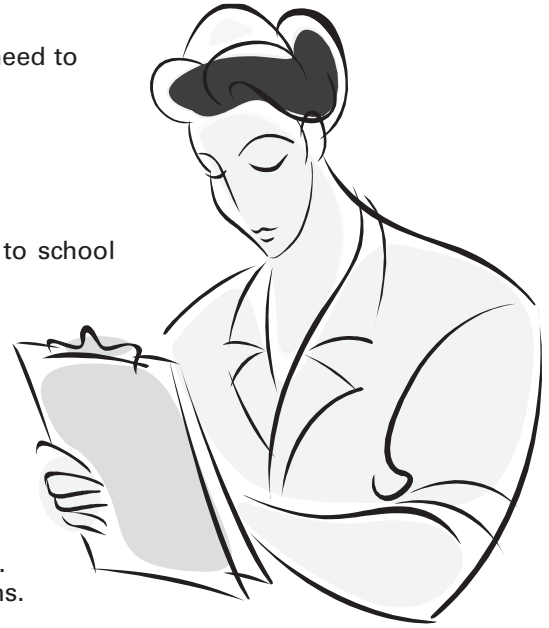
- (Palm Beach County authorization form) filled out by your doctor;
- A pharmacy label matching the orders from the doctor;
- A recent photo of the student.

For the protection of all students, no student is to bring any kind of medication to school without a doctor's authorization form. This includes over-the-counter medication. All medications are to be left in the clinic.

Please remember to wash your hands often. It's the single most effective way to prevent illness.


The most common complaints I see are headache and stomach ache, both of which can be avoided by getting plenty of sleep each night and eating a good breakfast each morning. It's been proven that children who don't eat breakfast don't do as well academically as those who do.

Parents are invited to stop in at the clinic any time during regular school hours. Contact us—Nurse Julie and Nurse Adrienne—at 422-2647 with any concerns. We look forward to a healthy school year for you all!




## Transitioning from Middle School to High School: Tips to Surviving Freshman Year


1. Don't be afraid to ask upperclassmen for help, they were once freshmen too.
2. The time between classes is five minutes: pay attention to the one-minute warning bell, and get to class on time.
3. Take your studies seriously; don't blow off your first year.
4. Get involved in extracurricular activities of your choice—sports, clubs, arts, publications, or community service.
5. Be open to making new friends. Make friends with positive individuals who'll encourage you to always make the right decisions. You'll have a good support system that will get you through your high school years.
6. Don't be afraid to ask for help from teachers, counselors, administrators, school support staff, or any adult in the building! They are there to help and sort out any difficult issues you might be facing.
7. Carry your student ID at all times.
8. Always arrive to school and class on time.
9. Take responsibility for your life—both academically and personally.
10. Take responsibility for submitting quality work on time.
11. Respect yourself, others, your school, and home environment.
12. Your counselor is a resource for academic and personal concerns.
13. Accept the challenge offered by Seminole Ridge Community High School to 'SOAR' to your highest potential, and to grow both academically and personally.

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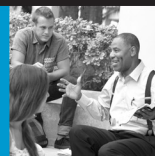
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## Seminole Ridge Community High School Dance Marathon #FTK



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