

Thursday's Thoughts

Thursday, September 28, 2023

Good evening Highland High School families I hope that this finds you well and safe, this is Mr. Zack, and here are your Thursday's Thoughts for September 28, 2023. There are 4 items of interest to follow. If you miss any part of the message, please visit the Highland High School webpage on our Live Feed where there is a link to view this in its entirety as well as a link having been emailed to your primary email account.

1. The 2023 yearbooks are ready to be distributed. The yearbooks will be being distributed on Monday, October 2nd, during lunches. Students will receive information on how to pick up their purchased books during advisory. Please let your student know that they will need their student ID.
2. **Grief & Loss Support Group:**
Is your student struggling with the loss of a loved one?
Hospice of the Calumet Area is set to begin their in-person Teen Support Group. This new series starts on October 2, 2023, and extends through November 13, 2023. Sessions meet weekly on Mondays from 5:30 p.m. to 7:00 p.m. at their office in Munster.
If you have a student dealing with grief/loss-related issues, please contact our Counseling Coordinator, Kristi, for more information: knance-hmurovich@hospicecalumet.org.
Groups for Adults are also offered, both in-person and virtual, for any parents who are struggling with loss. If you are interested please email sticich@hospicecalumet.org.
3. Reminder, COVID is still a thing. We've had many sick students over the last few weeks and we ask that you monitor them and test them as appropriate. The COVID protocol is attached to this email for your reference.
4. Attention All Parents: IMPORTANT INFORMATION

Mark your calendars for **Wednesday, October 11th**.

That is our PSAT testing date for all students in grades 9, 10, and 11.

After testing, students will be released to go home. There are no makeups for this test.

Bus service will run for all regular bus riders to and from school.

All Seniors will have the whole day **out of school** to perform college visits, post-secondary exploration, preparation, or job shadowing.

Seniors whose morning begins at the ACC are still welcome to attend the ACC that day as we will still run bus service to/from Hammond. There will be **NO ACC** for JUNIORS on this date. This is an excused absence that we coordinate with the Hammond ACC.

Pathfinder students in Grades 9, 10, and 11 are expected to be present in the morning to test. Seniors in Pathfinder will have a day out of school to accomplish the same activities as the remainder of the senior class. There will be no afternoon Pathfinder classes that day.

Lifeskills class will also be on an eLearning day that day.

Testing will take place in your student's ADVISORY classroom for most students. Breakfast will be available in the Cafeteria before school. At 7:30, students will be asked to report to their assigned testing location. **We ask that students be ON TIME for testing as the College Board prohibits us from admitting late arrivals.** Testing is anticipated to conclude between 11:00 and 11:30.

Students will be provided with a sack lunch on their way out of the building should they choose to take one.

If you are the parent of a student who has a modification or accommodation for testing, they will be notified specifically where to go. **Those students who qualify for an extended time will likely require alternate transportation home on this day, please plan accordingly.**

The PSAT is designed to help your student:

- Get a feel for what the actual SAT will be like
- Access FREE online practice tools to improve where needed
- Explore careers, colleges, majors, scholarships, and AP class eligibility.
- Enter into recognition programs that can qualify them for scholarships.
- Meet benchmarks that allow them to earn college credit

Students are asked to please bring the following items:

- **A FULLY CHARGED IPAD**
- Pencils and an eraser for scratch work
- The calculator they use for math class
- Snacks for breaks (optional)

Lastly, if a student chooses to bring a phone with them to school on this day, they will be directed to store it safely with their Advisory teacher during testing. Per College Board policy, all electronic devices are prohibited during testing, including during breaks.

Thank you for understanding and supporting our efforts to provide this opportunity to our eligible students.

That concludes our Thursday's Thoughts, thanks for listening, be safe, and be well.



Don't Forget to Order This Year's School Pictures

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your order!

CODE: F202310OFF

EXPIRES: May 1, 2024

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HEALING ♥ HEARTS FOR TEENS

Healing Hearts for Teens is a grief support group for all teens ages 13-17 who have experienced the loss of someone important to them.

Teens are not alone at this most difficult time in their lives. We are here to support them and provide a safe place to share their feelings, experiences, struggles and triumphs. Through engaging activities, hands on projects, and playing musical instruments, teens may approach sensitive topics openly to achieve new skills in helping them grieve and grow. The group environment brings teens together to meet with their peers and gain strength knowing they are not alone.

The grief support group is facilitated by
Social Worker, Kristi Nance-Hmurovich, LCSW.

Please join us on **MONDAYS** from 5:30 – 7:00 p.m. at:

Hospice of the Calumet Area
600 Superior Ave.
Munster, IN 46321

Series Three –2023 Meeting dates and topics are as follows:

SESSION	TOPIC	DATE
1	Telling My Story	Oct 2, 2023
2	Explore What Happened and Why We are Here	Oct 9, 2023
3	Identifying, Expressing & Coping with Feelings	Oct 16, 2023
4	Memories & Remembering	Oct 23, 2023
5	Coping With Change	Oct 30, 2023
6	What was Left Undone; Woulda-Coulda-Shoulda	Nov 6, 2023
7	That's a Wrap	Nov 13, 2023

Space is limited.

Registration is required. Please contact Kristi to register.

(219) 922-2732 • (708) 895-8332 • knance-hmurovich@hospicecalumet.org

Parental permission and masks are required.



PURDUE WOMEN IN ENGINEERING

EXPLORING ENGINEERING AT PURDUE

Event Date: Monday, October 16, 2023

On campus event geared towards High School Junior and Senior females interested in engineering. Parents and guardians are welcome to attend.

- Design your own schedule with unique engineering sessions and a campus tour!
- Connect with alumni in industry as well as current engineering students.
- Hear from the Office of Future Engineers, Admissions, and Academic Departments.
- Attend a "meet and greet" on Sunday, October 15, where you can connect with students and staff from various engineering majors, programs, and clubs.

Women in Engineering Programming is open to all races, genders, and backgrounds.

Discover why Purdue Engineering might be right for you!

Scan here for
more information
and to register:

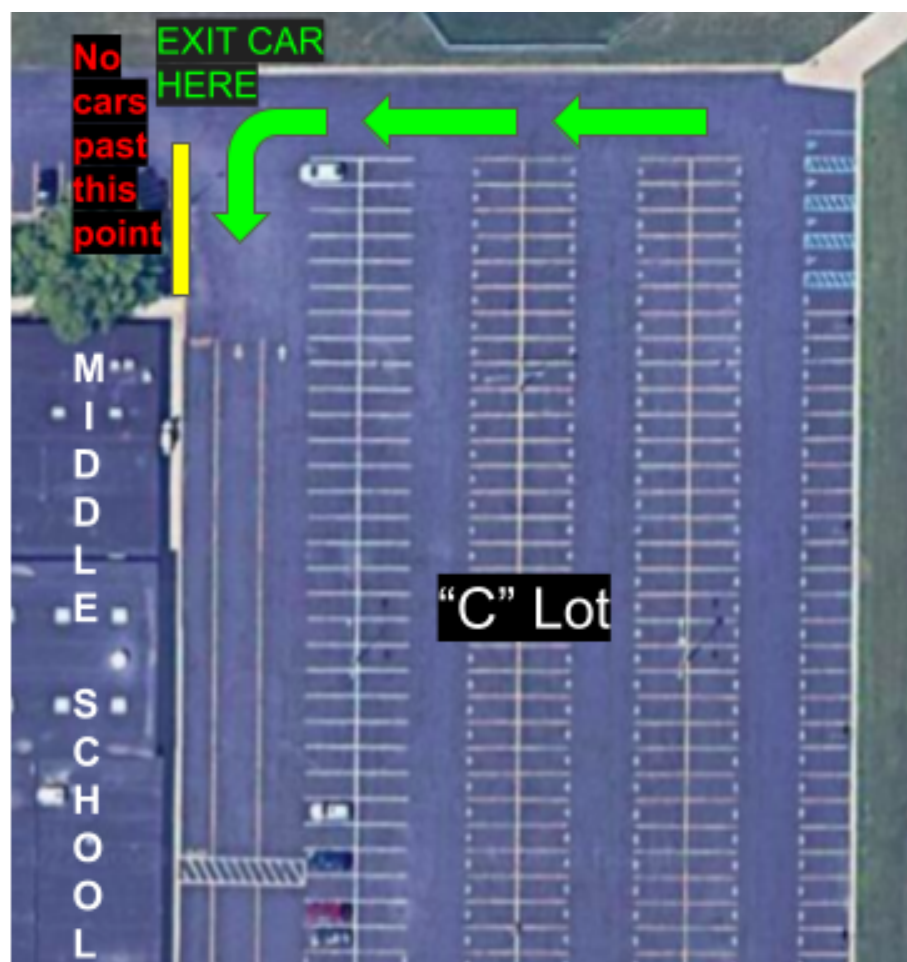
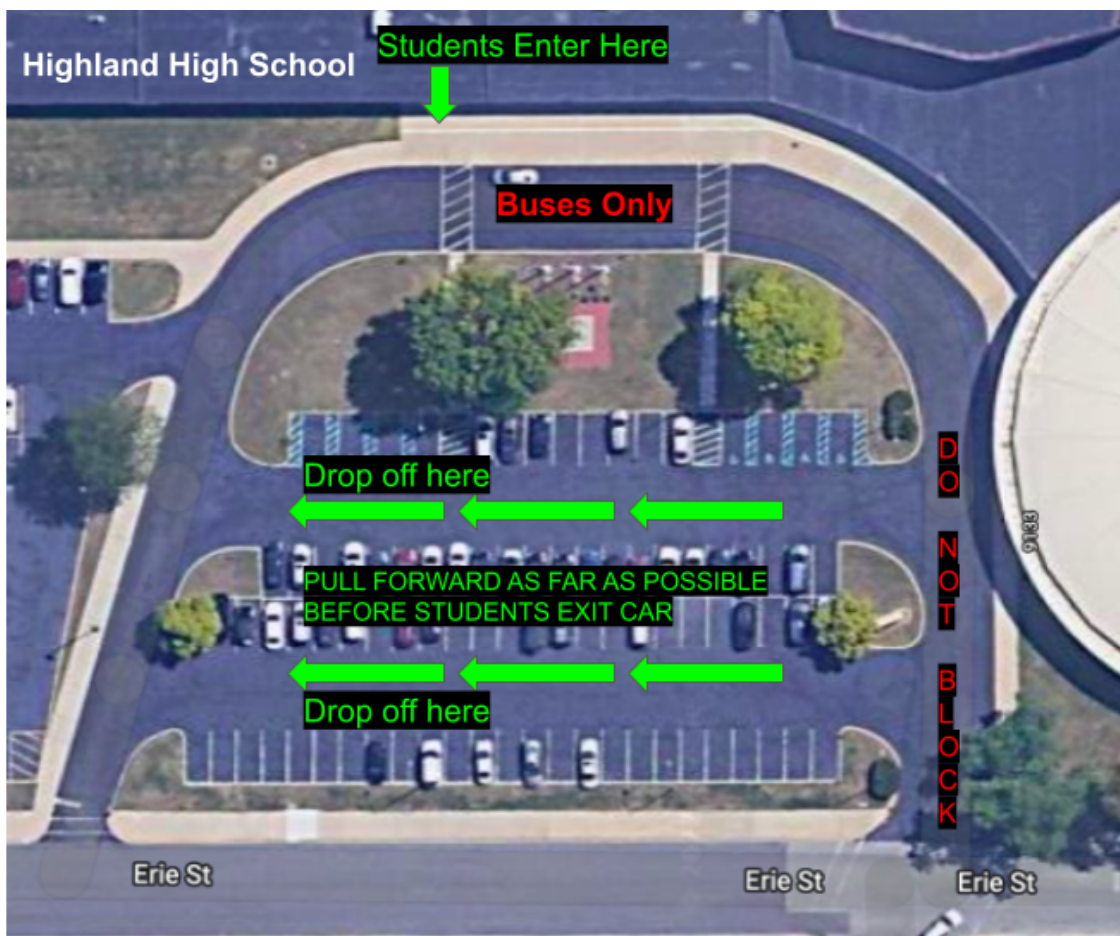


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STOH Guidelines for Positive Students

1. Isolate for 5 days.
2. May return to school on day 6.
3. Students/staff are required to wear a mask at all times on days 6-10.
4. Students/staff are required to sit in an area separate from the lunch room for days 6-10.

Sick/Ill Students Being Sent Home from School/Called Off of School

1. Negative COVID tests are no longer required for re-entry to school.
2. All students/staff that call off ill must be out for 24 hours. They may return once they are fever or symptom free for 24 hours without the use of fever reducers.
3. Please see student handbook for which illnesses require doctor's notes for return.

COVID-19 Symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea