Human Highlights, 2023-24

Human Highlights recognizes individuals (Students or Staff) who positively demonstrate our EDHS Core Values of responsibility, integrity, acceptance, kindness respect, and spirit. See below for a weekly posting of the Cougar CORE recipients!

Week of Jan.22 Human Highlights Selections:

Mrs. Scher - My human highlights for these past two weeks are Ed Mahoney and Sarah Templeton (staff) and Connor Fischbeck (student).

When a crisis strikes, having a person who is knowledgeable, capable, kind and AWESOME on your team is such a gift! Last week the ceiling in P30 was leaking in multiple rooms, and there was an electrical hazard in one area in particular. I put in the request from maintenance and within one hour Ed Mahoney was on the job! He shimmied up to the roof, fixed the main problem on the roof, found other issues and fixed them, and had the whole area safe and storm-ready in no time at all. While he was visiting for the primary concern, he also fixed two other issues that we had been experiencing in our little portable. Thank you Ed for demonstrating the core value of kindness to our whole crew down in P30-- we sure appreciate you. Ed and the whole maintenance/grounds crew are SUPERHEROES!

Over the many years I have known Ed Mahoney, he has shown integrity, acceptance, respect, responsibility, spirit and kindness in every aspect of his job, to all he encounters. Thank you Ed for all that you do-- both seen, and unseen. You embody the Cougar core values, and we are ridiculously blessed to have you on this campus.

Sarah Templeton is the other staff member I would like to recognize. While she was out on her (well deserved) vacation, the back room in P30 lost its internet connection. The Sierra Family staff who use the room weren't able to complete their work properly. The day that Sarah came back from her break she came down to the portable, trouble-shot the issue, had a brand new "system" in place for the SF staff, and fixed another issue she found as well! Thank you Sarah for keeping our entire school running smoothly, and for your incredible dedication. You demonstrate the core values of responsibility, spirit and kindness every single day. We are all very thankful for you, Sarah!

Finally, my student human highlight is Connor Fischbeck. Sometimes when you start high school, you can get locked into a trajectory without really being aware of it. I first met Connor when he was a freshman. He had gotten locked into an undesirable track, and was not doing very well. I hadn't seen Connor since he was a sophomore-- yet, this week I had the pleasure of bumping into him and catching up. I want to recognize the great changes I could see in him.

Connor is taking personal responsibility, and is demonstrating integrity in the way he is choosing to live his life. I am very proud of you Connor-- way to go!!

If you see these fine folks while out and about on campus, please give them a shout out!

Week of Jan.8 Human Highlights Selections:

Mrs. Scher - My human highlights for this week are Jared Collins (staff) and Marching Band (students) for displaying the core values of SPIRIT and RESPONSIBILITY.

Each week Jared and his glorious marching band walk up to the track decked out in their school regalia, lugging heavy, cumbersome instruments. The (herculean) effort of fighting gravity doesn't dampen their spirits a single bit. I know that I personally might be less than enthused to push a 140lb timpani drum uphill a quarter of a mile, do marching exercises in all sorts of weather and then have to restrain said drum from flying into traffic on the way back down.

Yet, Jared and the marching band are ALWAYS smiling. They take great pride in representing our school on the field, at games, and at rallies. The whole band puts in the time and energy to be their very best. It's truly remarkable.

Thank you, Jared and EDHS Marching Band for representing our school with such SPIRIT and RESPONSIBILITY. Your cheerful attitudes while doing hard things always inspire me to keep showing up, and do my best, no matter what.

When you see Jared, or any of the marching band students (perhaps you can share their names, Jared?), please give them some props!

Week of Dec.18 Human Highlights Selections:

Mrs.Scher - My staff human highlight for this week is head basketball coach, Dan Mooney. Mooney has demonstrated the values of SPIRIT, KINDNESS and RESPECT. AT the beginning of the season, Dan bought every single member of the boys basketball teams a matching pair of shoes (epic ones, at that), a track outfit, 2 warm up shirts and socks with his own personal money. Each member of the Varsity, JV and Freshman teams can feel confident and empowered to play their best, knowing their head coach has their back and cares for them. This also supports a culture of collaboration; the whole premise of the sport.What an awesome thing to see; the whole EDHS team decked out in the same gear, rolling up on the courts- united and ready to dominate the opposing team. This is such a neat way to foster SPIRIT, and (self) RESPECT. Thank you Coach Mooney for this act of KINDNESS to our kids.

My student highlight is Khylie Ruscigno, for the core value of RESPONSIBILITY. She is a TA for Marci Guthmiller and I get to see her during 4th period. Each period, she faithfully completes her TA duties, and has a great attitude while doing so. I have also witnessed her being a great friend

to another student. Thank you for demonstrating the core value of RESPONSIBILITY each week, Khylie. You rock! Please give her kudos, if you have her as your student.

Mrs. Applegarth - My human highlight this week is Marti Howton. She showed Kindness by making sourdough bread with ATP as well as making cake pops and brownies for our Cocoa and Cram session. She is a treat to work with. Honorable mentions go to Megan Thomas and Mary Fishburn for helping monitor the event. Also to Trish Hardy and Jenisse Bovo for helping get the MP room ready.

My student highlights this week are Addison Pearson and Milo Merklin. They exhibit the core value of responsibility. Both students come to class ready to learn. They ask questions when they need clarification. And they put 100% effort each day.

Week of Dec.11 Human Highlights Selections:

Mrs. Scher - My staff human highlights for this week are Jenisse Bovo and the Counseling staff, and my student human highlight is Drake Parker.

Jenisse and the crew have worked tirelessly gathering names of students for the Federated Church's 'Tree Of Kindness' project. Today, she and the awesome staff in Counseling, will deliver the gift cards to the students who were nominated by the wonderful staff here at EDHS.

Thank you Jenisse and Counseling crew for demonstrating KINDNESS, RESPECT and (holiday and school) SPIRIT. Charles Dickens said "No one is useless in this world who lightens the burdens of another." Thank you for lightening the load for these kid's hearts and families, and for shining the light of KINDNESS across our campus.

Senior Drake Parker demonstrated RESPONSIBILITY, and INTEGRITY this week in his Music final for Beginning/Intermediate Instruments with Collins. Over the weekend Drake had an unfortunate incident where he lost his ability to project while singing. Instead of coming up with excuses on why he couldn't do his planned final project (singing while playing the ukulele), Drake elected to play the song anyways. He even found a solution to have the original recording playing softly in the background, thereby still providing the vocals required for the piece. Way to go Drake! Thank you for demonstrating the beautiful qualities of RESPONSIBILITY and INTEGRITY in your final. The song was awesome, and so are you! Please give him props if you see him about campus.

Week of Dec.4 Human Highlights Selections:

Coach Piff- My Student Human Highlight from this past week is Christian Randolph from my 2nd period LF2 Class. Christian is my Human Highlight because he exercised our Core Values of INTEGRITY & RESPONSIBILITY on Tuesday, Dec.5th, before we ran our Timed Mile. He went out of his way to indicate a clerical error which was made by my TA, that in turn made it even more difficult for him to earn the bonus points for our run on that day. Christian however still found a way to win, and beat his best mile time of the semester by a second when he ran a 6:34:01. Christian earned all the extra credit, and modeled his extremely high integrity for my TA as well as all his 2nd period Peers to see, great job buddy and keep up the good work!!! My Staff Human Highlight is Martha Paso for her consistent commitment to sharing Human Highlights most weeks, thank you for modeling our Core Value of SPIRIT & RESPONSIBILITY. I appreciate you Martha for continuing to share the love on campus! I also know that the individual's you have recognized over the weeks, months and now years appreciate it very much as well.

Gooooooooo Cougars!!! #LoveAlwaysWins.

Coach Volek- My Human Highlight is Abigail Deitchman. She trains hard at our dryland every day. She has great spirit and is an example of what we want our student-athletes to look like at EDHS. She is enrolled in Advanced PE, caries 3.0+ GPA and has 100% attendance in Alpine. Abigail also goes the extra mile. Before thanksgiving she took the time to write each coach a gratitude care. Abigail, thanks for being such a wonderful person!

Mrs. Applegarth - My human highlight this week is Ms. Fishburn. She exhibits Responsibility and Respect. I have watched her take on some of the toughest teaching assignments and not give up. She has kept her sense of humor through the entire process. She has really been an inspiration for me this semester. I also want to acknowledge Pearl Cooney and Niki Angelich from my first period Geometry class. They show us each morning what Integrity looks like. Every class period they get right to work and take the initiative to move ahead if they finish early. They ask great questions and are definitely on the learning journey with me this year.

M. Paso - My staff HH is Rob Pifferini! Rob was one of the first teachers I met at the Capturing Kids Hearts training prior to the school year beginning. Immediately, I knew Rob was a leader on campus, the guy to turn to when we have a question or just want to get a pulse overall. "What a difference a day makes" is definitely how I feel about you, Rob - you really are a difference on our campus, and I am super grateful for that. Your constructive criticism, your applause, your laugh and smile, and even your expressed frustration, is well.....just you being you in a genuine way. It is WHY I respect you! Thank you for demonstrating every one of our CORE values in one way or another, with kids and with adults, in good times and not so good as you mentioned with the pandemic. Being an educator is not an easy job, never has been,

and is definitely not now....and I thank you for staying in it to win it, because THAT is who you are, ROB PIFFERINI, a teacher who puts kids first - THANK YOU!

M. Paso - My student HH is Zachary Cross. Zach has been one of the most mature 9th graders I know. Besides being the responsible 9th grader in our ASB class, he is always polite, respectful, and in the best EDHS spirit ever! I have gone up to the quad when my mind is buzzing with stress, but when I get there, Zach is walking up to me to say hi. And, he says hi with such a beautiful sincere smile, and he stays and listens to my answer. He doesn't just pass by. He then has a conversation with me, talking about the great activities that have occurred, are occurring, or are about to occur. I have seen him approach others with the same fun and positive attitude. Thank you, Zach, for demonstrating integrity, responsibility, acceptance and KINDNESS to everyone. We appreciate you, and we are so glad to have you as a role model to others. THANK YOU!

Mrs. Scher - My human highlight from this past week was Lindsay Palepale. Lindsay consistently models the core values of KINDNESS, INTEGRITY and SPIRIT with every student, parent and staff member she engages with. Throughout the process of reacclimating to the job, Lindsay has helped me with several items, all with a huge smile on her face. When I hear her speaking about students, or to them, she is always kind, respectful and honoring. She demonstrates patience, integrity and ingenuity even when discussing difficult topics with parents-- Lindsay is completely committed to the success of students, families, and the school as a whole.

Thank you for the holistic way you support and come behind/alongside each student, staff and family member-- you're a hero Lindsay!

Week of Nov. 27 Human Highlights Selections:

Coach Piff- My Human Highlight is Jack Lopez, as he demonstrated our Core Values of RESPONSIBILITY, KINDNESS, and SPIRIT last week, in choosing to run 6-Laps with his friend and 4th period classmate Diego who needed to complete a PE Make-Up. While Jack didn't benefit academically from this 1.5 Run on the Track (as he didn't need any participation make-ups) I still feel it is worth sharing it, as he modeled what it truly means to be a good friend. Being Other's focused is a rare trait not very common these days and I wanted you (Jack) and the entire EDHS Campus to know how proud of you I am Jack!!!

#LoveAlwaysWins. Goooooooooo Cougars!

Coach Volek- My Human Highlight is Sara Templeton. She shows Respect, Integrity, Spirit, Kindness, Acceptance, and is Responsible. Last Sunday she took her free time to help me with the CNISSF web page. When ever I have an issue with technology in my computer lab (B-125) she takes care of it quickly. Our technology at ED works better than ever because of her. Thank you Sarah, we are better because of you.

M. Paso - My Adult HHs are Marti Howton, David Conrad, Kristine Harrison, and Kevin Potter. Last month I attended a professional learning workshop with them, and I appreciated their positive energy so much. In a time where we are all faced with an abundance of responsibilities and challenges in education, these teachers chose to join other educators to learn more about the critical skills that students need in order for them to work with other students in a peer to peer type of environment. With peer learning, students teach each other. Thank you Marti, David, Kristine, and Kevin for demonstrating KINDNESS (with everyone involved), INTEGRITY (in sincerely & cognizantly voicing how you feel), and RESPONSIBILITY (realizing what is important for our students to move forward, and what more we can do to help).

Week Nov. 13 Human Highlights Selections:

Coach Piff- My Student Human Highlight is Giovanni Aguilar for demonstrating our Core Values of INTEGRITY, RESPONSIBILITY, and KINDNESS within our 1st period Advanced PE Class. Gio is currently ranked first within our Advanced PE Program for CrossFit Workouts and has won 4 out of our 6 CrossFit Tests! This accomplishment takes daily dedication, great effort and integrity and responsibility to complete every set & every rep within ALL of our Workouts. Gio also demonstrated kindness by allowing Carlie Chander to pick this past week's Game (Hockey) as she was our Female Winner for One-Round of Fight Gone Bad, even though Gio earned the right to pick it by beating her in overall reps. Thank you Gio, keep up the great work!!! My Staff Human Highlight is Tara Grudin as she went above and beyond the call of duty in covering Coach Shelley Bishop's 4th period class on Halloween. Mrs. Bishop had a family emergency and needed to leave abruptly at the beginning of 4th period on Tuesday, and Mrs. Grudin sprung into action and became the 4th period LF2 Teacher and then went out of her way to find me and share what was going on (KINDNESS & RESPONSIBILITY) so that I could in turn check-in with Shelley and she if she needed anything. Thank you Tara for loving our 4th period Mrs. Bishop PE Students and our Staff!!!!

#LoveAlwaysWins. Goooooooooo Cougars!

Coach Volek- My Human Highlight is Travis Clatte, our Athletic maintenance staff member. He is up early cleaning the gym for our PE students and athletes daily. Travis is kind and takes time to say Hello. His effort is a reflection of our spirit on campus at EDHS. Thanks Travis.

Ms. Paso - My Adult HH is Trish Grant, our wonderful Library Media Specialist. A few weeks ago, Trish, with her generous heart, helped our EDHS Foundation to update about 3-4 months of minutes. Those of us who have taken minutes and understand its diligence, know how much

work this was for Trish. Yet, Trish, did so willingly and with much grace, of course completing them thoroughly to meet the Foundation standard. Additionally, Trish is consistently pleasant and greets each person that enters our library with a beautiful, genuine smile. I love your great heart, Trish! Thank you for making our library and school a happy welcoming place for us adults and for our students! You are a true example of RESPECT, KINDNESS & INTEGRITY - THANK YOU! I am so very lucky to know you and work with you!

Ms. Paso - My Student HH is Ghost Clayton, our freshman. I met Ghost during the first week of school, when they were looking for a class, and I guided them in the right direction. Later, in a conversation, Ghost and I talked about some of the expectations we all have of students. Ghost was respectful in sharing their thoughts, and they were also cognizant of their questions. In only a few minutes of a conversation, I learned that Ghost likes coming to school each day, they have friends, work hard, and always give their best. Ghost has an illuminating smile that lights up a room, and consistently displays positive energy. Thank you Ghost for showing a mindset where kindness and acceptance come first - where you demonstrate your listening skills, and you wait to ask good questions. You are a ROCKSTAR at EDHS, and we are glad you are here!!

Week of Oct. 30, Human Highlights Selections:

Coach Piff- My two Human Highlights are Victoria Briseno & Maxine Kim. These two young ladies within my 2nd period Life Fitness 2 Class are models of KINDNESS daily in our PE Class. Victoria and Maxine go out of their way to be nice to all of their classmates and literally come up to me at the conclusion of each and every single PE Class Period and say, "Thank you Coach, have a great rest of your day." Your KINDNESS does not go unnoticed ladies and I am very thankful you two are both in my 2nd period LF2 Class! #LoveAlwaysWins. Gooooooooo Cougars!!

Coach Volek- My Human Highlight is Mason Crosby. Mason works hard in PE class and shows respect daily. Just today he did especially well in PE as we started our Basketball unit. He worked hard on the basketball court and could have a bright future playing basketball. Thanks for your effort Mason, and keep it up!

Mr. Conrad - I'd like to jump on the bandwagon and second Rob and Joe's HH students this week. I have neither Victoria nor Maxine as students, yet both will make a point to greet me and say 'Hi Mr. Conrad!" with big smiles, whether on campus or around town. They remind me that we are ALL part of the EDHS Cougars community--and how simple yet powerful sharing our kindness and positivity can be.

I do have Mason Crosby as a student in my English 1 class. He can sometimes be drawn into minor 'shenanigans' during class, which have prompted us to have a couple little 'pep talks' with

him. I have reminded him of the opportunity (and responsibility) he has to bring his best self to the table and share his considerable talents, insight, and (yes!) maturity, which the whole class can benefit from. He responds well to my reminders, and it's clear that he does not take that responsibility lightly. We appreciate you and expect great things from you, Mason!

Week of Oct. 23, Human Highlights Selections:

Coach Piff- My Human Highlights for this week are Genevieve "Felix" Ray and Elle "Ford" Salvi from my 2nd Period Life Fitness 2 Class. Felix completed our 2-Mile Muscle Workout on Tuesday in class and for the first time in her life she did 8-consecutive laps on a Track. Felix is a transfer student from Union Mine and commented to me numerous times during the workout that she has never done more than a mile before in her entire life and didn't think she could do it, but she did in fact do it! Congrats Felix on breaking down yet another barrier in PE class, I am extremely proud of you and your ability to overcome physical obstacles within your life! Ford is also a Human Highlight for me this week because she exuded our Core Value of KINDNESS on the Track during that very same day/workout and decided to complete an additional lap with Felix to ensure that she finished! This act of selflessness was inspiring to watch as I know you (and all your classmates) were extremely tired and yet you still did the extra 400m after completing the previous 3200m.

#LoveAlwaysWins. Gooooooooooooooooo Cougars!!!

M. Paso - My student Human Highlights are all of our athletes who have worked super hard and given their all this Fall season! And to the teams that are still "in it to win it" - keep on keeping on! You are all talented, intelligent, strong and courageous individuals, and we celebrate YOU!! Thank you!

M. Paso - My adult Human Highlights are all of our Coaches who give up so much time and sacrifice everything to show up for our kids! THANK YOU for that positive never give up energy that you share with our athletes day after day, teaching them, supporting them, being patient, yet hard on them, and for more than anything loving El Dorado High! We are who we are because of our wonderful staff, and that includes each one of you! Thank you for being awesome Cougar Rockstars!!

Mari Morris - My HH is Mr.Potter

On Friday I had the privilege of listening to his students from MA2 and their debriefing from their job shadows. WOW! The stories and experiences they come back with are amazing and I highly recommend anyone stopping by on the days they debrief to hear what they are learning. I know Mr.Potter has been working really hard to find sites for all of his students to go this year and was definitely struggling. He showed so much INTEGRITY by being honest and open with his students about the struggle he has been having, but it seems like his hard work and dedication may pay off with possible shadow sites for all of his students in December. Any time I have the

opportunity to spend time in his classes he shows his students RESPECT and KINDNESS and it is always a joy to be in there. Thanks Mr. Potter for all your hard work!

Week of Oct. 16, Human Highlights Selections:

Coach Piff- My Student Human Highlights for this week are Susana "Susi" Valencia & Dillon Moreno from my 1st Period Advanced PE Class. Susi suffered a dislocated shoulder during the Powder Puff Game and has been in a sling since, but shows up every single morning ready to work with a 'CAN-DO' attitude, which I really appreciate. Susi exemplifies our Core Values of INTEGRITY, RESPONSIBILITY and SPIRIT within the Weight Room each morning by training to the best of her abilities with her good/healthy arm, legs and ABs. Thank you Susi, I appreciate you and your +positive mental attitude!!! Dillon showed tremendous courage in leading/teaching some hip mobility exercises (Band-Work) to his 1st Period Class Peer's, as he taught various exercises & stretches in the Foyer last Thursday! Dillon demonstrated our Core Values of ACCEPTANCE, KINDNESS, RESPECT and SPIRIT during his teaching session and I got a lot of +positive feedback from all the Students in regards to what they learned. Thank you Dillon for being brave and teaching your classmate some life long skills to help with their hip flexor mobility. Gooooooo Cougars!!!

Coach Volek- My Human Highlight is Nico Johnson. She is a tremendous student in my 1st period Health class. She is on time, ready to learn and eager to gain knowledge in all aspects of Health. She is RESPONSIBLE every day as she constantly turns in her work on time. Her grade is representative of hard work and dedication. On her most recent test she received a A as she received a perfect score. I am extremely proud of Nico Johnson, my Human Highlight this week.

Ms. Paso- I want to shout out to Mr.Conrad's 7th period English 3 class. They spent the first part of their class in Mrs.Hardy's class today playing games and spending time with their fellow Cougars who had something awful happen to them last night. They showed INTEGRITY, SPIRIT, RESPECT and KINDNESS. The students in Mrs.Hardy's class really love when other students come in and just say hi and spend some time with them and Mr. Conrad's class really put smiles on their faces and end their week with such happiness. Thank you all!

Mrs. Yurkovic - I want to thank Sarah Templeton, Kari Fregoso, the maintenance crew, and the PE department for assisting with the PSAT. We tested 99 students this past Monday in the Small Gym. This required major room set-up including the ordering and installation of two new Access Points so that the students could test effectively on their Chromebooks with no connectivity issues. Sara Templeton is an absolute Godsend and we would be lost without her! Jamie and his crew are always efficient, friendly, and hard-working! Kari assisted me with check-in and room monitoring, and the PE department was so gracious in allowing me to commandeer the Small Gym for 2 hours. Thank you also to all you teachers who allowed us to

use your Chromecarts for the duration of the test. We have amazing people here and I am proud to be a Cougar!

Week of Oct. 9, Human Highlights Selections:

Coach Piff- My Student Human Highlights for this week are Marcus Anderson, Zach Copple, Josiah Petanvich and Rylan Phillips from my 3rd period Emphasis PE Class. These four young men were the only 4-Emphasis Students within the entire Emphasis PE Program (96 total Students) to complete this week's workout. I am super proud of them, their work ethic, and their ability to manage their rest & recovery "time" on Wednesday. Great job Marcus, Zach, Josiah and Rylan demonstrating our Core Value of RESPONSIBILITY for all of our Emphasis PE Program to see. My Staff Human Highlight is Shelley Bishop as she demonstrated ALL of our Core Values this week in order to make the PinkFest a success! This fundraiser is obviously near and dear to my heart, but Shelley continues to make the event better and better each and every year, way to go Coach Bishop!!! #LoveAlwaysWins. Goooooooooo Cougars!!!

Coach Volek- My Human Highlight is Zoe Little. She is a PE student in my 6th period Lifetime Fitness class. She is also our stretch leader. She give great effort every day as well as showing leadership in class. She holds other students accountable in class and is good at complimenting in class. This week, in Hockey, she did work practicing her dribbling and passing. Great work Zoe!

Ms.Howton - I would also like to acknowledge Shelley Bishop for all the work she put in and has put in for so many years to make Pink Fest what it is. I had so many parents from both schools comment on what an awesome event it was. I'd also like to recognize all of the Barbie and Ken students who dressed up to raise money, ASB and the Blue Crew who came out in force to support the volleyball team, and Leslie Reed who did so much to make this a memorable and successful event.

M. Paso - My Adult HHs are Jenisse Bovo and Chris Herrman. Thank you, Jenisse for always making the time to help me help students together! And, thank you for representing EDHS on field trips, clubs, community organizations, mental health teams, and IEPs, and well, really, I am sure I can go on. Your beautiful heart is noticed, and I am so grateful to work alongside you, continuously reaching for success in assisting our students, teachers and families. Thank you, Chris, for also always being available to have a conversation around improvement for our 3 Ps - programs, protocols, and practices. Although you are super busy, you took the time to meet with me and Colette from the Court of Appeals. Your responsibility, creativity, positive energy, respect, integrity, laughter, and acceptance are only a few examples of what you bring each day to EDHS - THANK YOU!!

M. Paso - My Student HHs are all of our students who went on the field trip on Thursday to UC Davis. Thank you for representing EDHS with regard to our core values. I saw respect, acceptance, kindness, responsibility, spirit and integrity - ALL OF OUR CORE VALUES! Thank

you for your patience during the long tour in the hot sun - I know it was hard, and yet, you had a positive attitude! I hope you learned much and that you continue to apply yourself to the important learning that happens each day at our school.

Week of Oct. 2, Human Highlights Selections:

Coach Piff- My Staff Human Highlights are Jamie Trykar & Joe Volek, and my Student Human Highlight is Zane Dusek. Zane is the hardest working T.A. that I have ever had in my 21+yrs of working at EDHS! Zane literally finds things to do (cleaning, organizing, or fixing) if I do not have any tasks for him. In fact, last Friday morning he arrived extra early (at 7:05am) with his tool box and tightened all the bolts on our Lifting Decks/Platforms within the Weight Room and gave the entire room a deep cleaning by moving all the Rubber Weights around and dusting & vacuuming behind the racks. Thank you Zane for all of your hard work, I really appreciate you and your efforts! My Staff Human Highlights (Mrs.Trykar & Mr.Volek) both showed me love last week and spent time giving me wise counsel. Jamie I appreciate you giving me feedback from our Dept.Chair Meeting and taking the time to type up the feedback for me from my presentation as you were the only one out of sixteen people who did it. Thank you Trykar, I trust and appreciate you very much! As for Coach Volek, he also gave me feedback and counseled me on how he thought I should approach my TRUST Chapter#2 Presentation. Mr.Volek also just happens to be the only PE/Health Dept.Member who joins me each and every week in recognizing individuals as EDHS Human Highlights! Thanks Coach Volek, I appreciate your support, and commitment & consistency to recognize +positivity around campus weekly!

Gooooooooooooooo Cougars!!!

Coach Volek- My Human Highlight is Mecklin Montgomery. He is consistently coming to class with a great attitude. When I am not able to greet him at the door he will seek me out to say, "Good Morning!". He is respectful and kind. I constantly catch him trying to help other classmates. He has an A in Health class and will be a thriving student for the next four years at EDHS.

Week of Sept.25, Human Highlights Selections:

Coach Piff- I have a lot of celebrating to do for the past week, so without further delay let's recognize some Human Highlights from these past 7-days... My Staff Human Highlight's are Colin Denney & Sarah Templeton. Mr.Denney came to my aid immediately when I called him at Lunch on Thursday last week when our Pool Cover Storage Rack broke, he and his youngest daughter Madelynn (age: 11 yrs.old) sprang into action talking through solutions (Welding is not

something I'm very familiar with) and laid out numerous options. Thank you Colin & Madelynn for spending your lunch period with me and being willing to help on such short notice! Sarah is Sarah, which is to say she is totally awesome!!! Sarah is always willing to help me with my technological difficulties, and she assists with such a cheerful and kind attitude. This past Saturday Sarah helped me with cellphone "DUO" access as I bought a new iPhone on Friday night and I needed her clearance in order to set up my work email and EDHS Google Stuff appropriately. While we were both driving to our Son's Saturday Games she took the time to talk me through it and we both pulled over on the highway so we could get it done. I appreciate you sooooooo much Sarah, I would truly be lost without you!!! My Student Human Highlight's are Tyson Meyers & Gursawek "Suraj" Shoor. Tyson continues to impress me with his work ethic in our 4th period Emphasis PE Class, and last Thursday, he dominated our 20min. AMRAP Pool Workout by completing 26-Rounds! To put that greater perspective, the most Rounds I had ever seen in my 20+years of teaching Emphasis PE here at EDHS was 24, and that particular individual (Maddogg Kelly) also is our School Record Holder in Fight Gone Bad, so to beat her by two rounds is extremely impressive. Great job Tyson, keep training hard! Surai (aka: Master Griller) took it upon himself to feed our entire 7th period Life Fitness 2 Class last Wednesday, and ran the grill for over an hour, cooking 36 Cheeseburgers & 50 Hot Dogs. We had a Pool Party for our last day of the Swim Unit as we were completely done with our Skills Testing and I was completely blown away with how much my 7th period took care of each other, it was truly amazing to watch! They brought everything needed to party with sooooooo much food, drinks, popsicles, otter pops, balloons, inflatables, and a stereo with good tunes, it was a perfect way to end the Swimming Unit! Thank you Suraj for your selflessness, providing and cooking for your classmates, it was the best example of love that I have seen so far on our campus in 2023, I

Coach Volek- My Human Highlights are both in Freshman Health class. Savannah Gould and Dalia Lopez are a delight to have in my class. Both showed great responsibility in our Mental Health unit that we completed last week. Both took extra time to be diligent and take quality notes. These notes were helpful as both students wrote fantastic essays for the test, demonstrating mastery of the subject. They both are very kind as well. I find them helping other students on a consistent basis. Thanks Savannah and Dalia for being my Human Highlights this week.

M.Paso - My student HH is Makayla Hendren. Our past football games have been under pretty warm weather, and Makayla makes it all look easy and fun dressing up as our Cougar mascot! Thank you, Makayla, for always displaying a great positive attitude in this role and as a valued member of our ASB! As our mascot, you contribute to each of our core values, primarily SPIRIT! Thank you for your genuine enthusiasm and encouragement for everyone to show school spirit! I also celebrate you, Makayla, because in your role as one of our speakers at our District Board meetings, you are professional, organized, and more than anything, PROUD to share about the great events at EDHS - thank you for your awesome energy and for making everyone at EDHS proud of YOU!!

M. Paso - My adult HHs are Amy Cox and Jenisse Bovo. Amy has jumped into her role as our ELL Coordinator, and is doing an amazing job! Thank you for representing all of our students with second language learning, and primarily for helping our ELLs with any challenge they encounter. Your work with every one of our staff members is deeply valued and appreciated! Our days go super fast, and yet, you continue working hard each day to build a strong and welcoming environment for our ELLs. Thank you for your visible learning lens! Everyone who knows Jenisse knows that she is always working with what is best for each student. As a critical member of our RTI (Response to Intervention) team, she knows which student is in need of a little more assistance, whether it be grades, attendance or behavior. She can always mention a student's name and share ways to support. Never does Jenisse make me feel like a bother, and I have seen how busy she is! Thank you, Jenisse, for going the extra mile to help our students and staff with anything and everything that we need. EDHS appreciates you!!

Week of Sept.18, Human Highlights Selections:

Coach Piff- My Student Human Highlight is Alex Keirsey because she demonstrated ALL of our Core Values this past Wednesday in 5th Period Emphasis PE when she dressed down and decided to enter the drill and participate in our Aerobic Weight Lifting Circuit and go head-2-head with Caleb in our Max# Reps. Partner Challenge. Alex not only provided an excellent example to the entire Class on proper form & technique but also how it should look when we compete! Alex also decided to run ramps after class with the Emphasis Student's, thank you Alex for being the hardest working TA on campus!!! My Staff Human Highlight's are Leah Applegarth & Leslie Reed. Leah worked with Leslie to help sell Homecoming Tickets to our TA's during the week which was helpful for both ASB and our TA's and they really appreciated it! Leslie is taking on this monster role as ASB Director and thriving while doing it!!! Thank you Ladies for constantly supporting our student body and exemplifying our EDHS Core Values daily. Gooooooooo Cougars!

Coach Volek- Jackson Warren and Ameliana Amerosa are my Human Highlights for this week. They both are in Life Fitness and continue to work hard every day. Both students gave great effort in their mile test last Monday showing improvement. They also show kindness and spirit to the rest of the class. Congratulations Jackson and Ameliana!

Gatling- My human highlight is Jason Wilson. I got the opportunity to sub a class and he was the TA. He is a hard working student and I got the pleasure to have an amazing conversation with him about school, football, his life and his future after high school. Keep doing great things Jason.

M. Paso - My Adult HH is Lisa Jarrett! Thank you for doing whatever it takes to bring the best and most effective strategies to your classroom. Students in my office share that they love your class and that they come to you when they need help. Thank you for welcoming students to

your class with so much kindness, respect, and acceptance - these core values are critical in building relationships. You are a rockstar, Lisa Jarrett, and our students are lucky to have you!

M. Paso - My Student HH is Annabelle Andra! Thank you Annabelle, for being responsible, respectful and for starting this school year with so much determination to earn good grades, have great attendance, and behave like an awesome sophomore! You always smile and say hi when I see you around - thank you for being such a positive force on campus, and KEEP UP THE GREAT WORK!!

Week of Sept.11, Human Highlights Selections:

Coach Volek- My Human Highlight for this week is Fatima Hernandez. She is a Teacher's Aide working with our non-english speakers. In my class she is incredible! Fatima is constantly translating to our students in class and helping them understand the directions of the assignments. Her students are not just completing the expectations of the class, THEY ARE THRIVING. I am very grateful to have Fatima in my class and wanted to thank her for all her help at EDHS.

Super-Sub.Dan Davenport- Hi Coach Piff. Dan Davenport (Sub) here. Not sure I qualify for nominating someone for your weekly Human Highlights, but nonetheless, I would like to recognize Jaime Trykar. Saturday at a yogurt shop in Shingle Springs, I saw Jaime re-enter the business as we were paying for our yogurt. Apparently, a very disgruntled customer threw their cup of yogurt at the feet of the young teenaged girl who was working (only employee there). The employee was very shook and intimidated, and yet had to still attend to the many other customers. Jamie heard about the incident as she was eating her yogurt in her vehicle with her twin daughters. She proceeded to re-enter the business and comforted the young lady and offered to (and did), clean up the yogurt mess on the floor near the cash register. What she did was so sweet and caring. From what I've learned about EDHS, this action aligns with the core

values that are taught and practiced throughout the school. The young lady working was very appreciative. So, shout out to Jaime..setting a great example to her own kids, to the public, and going above and beyond.

M. PASO - My HH Adults (Ofc it's Sunday and HOCO is over) are Leslie Reed and Liz Sisson for collaborating closely to make our Homecoming one of the best activities yet, and EACH ONE OF YOU who was involved in our awesome Homecoming activities, from the spirit of dressing up (which our students love), fun participation in the parade, assisting or attending the game and our awesome rally (our cheerleaders and dance team rock!) and for supervising and helping with the dance on Saturday night! Soooo much work, but so many great memories for our students (and for us too!). It really was a great time - THANK YOU TO EACH ONE OF YOU WHO MADE IT HAPPEN!! Finally, my HH student is every student who worked endless hours to make our HOCO 2023 the best ever! There really are so many - THANK YOU for the spirit, fun, and love you bring to EDHS!!

Week of Sept.4, Human Highlights Selections:

Coach Piff- My Student Human Highlights this week are three Sophomore young men who showed courage and volunteered to be my demo-examples for teaching Power Clean Technique. These Emphasis PE Students demonstrated our Core Values of RESPONSIBILITY & KINDNESS as I coached off of their successful and unsuccessful movement during last Monday's class period; Aiden Curtin (3rd) Koa Stevens (4th) Corbyn Dalenberg. Thank you gentlemen for your help, I appreciate you all very much! My Staff Human Highlights are our Counseling Office Staff. The Counseling Office is by far the busiest spot on campus this first month of school and they've managed it well. Numerous Student's needed schedule changes and Jenisse, Kari and Lori took on all of them and balanced the Classes in the process! Way to go Ladies you rock!!!

Coach Volek- My human highlight this week goes out to my entire HEALTH CLASS. For the most part they are a tremendous bunch of students. They averaged a 93% on the first Health test and 11 of 37 students got a 100% or better on their first project, "The Feel Good Book!". They show great KINDNESS and SPIRIT in class on a daily basis. I feel very fortunate to be their Health teacher.

Coach Bishop- I would like to nominate Minely Guerra and Graham Brewer for helping with my two non- English speaking students that have no assistance in my classroom while in the pool. They are giving up their time to practice for their test in order to help me make sure that these new students are safe in the water. A big shout out to them for their kindness.

Coach Andrade: My Human Highlight goes to Abby Deitchman and Wrenna Potter! Abby works hard in advanced PE, in her academic classes, and on the golf course. Abby was named Captain this year and has taken that responsibility seriously. Wrenna also kicks butt in her classes, and has taken on a huge project (the video bulletin) this year, putting herself out in front of the entire school every Thursday. Wrenna was also named a captain of the golf team. Both

Wrenna and Abby have taken their roles as leaders seriously- they have been very brave and vulnerable as they learn how to navigate becoming leaders and role models. I am very proud of the young women they have grown into since her freshman year, and their dedication to becoming great captains is something to be proud of. Thank you Abby! Thank you Wrenna! For showing us what it means to be a Responsible and Respectable and Kind Cougars!

M. Paso - Thank you, Chrystal Garret for being my Adult HH this week (and every day)! You wore two hats this past week (covering for our amazing Susan), and somehow you still are on the radio, you support each one of us administrators, you help keep our office organized in the "what to do's" all day long, you handle our parents with professionalism and grace, you even supervise students from In House when Jordan is out, you welcome each student who is in the office to see us, you have everything prepared for our subs, you are even our primary investigator for the crazy stuff that our students get into - yep! you do that, and sooooo much more! THANK YOU, Chrystal for being UHHHH-MAZING in carrying out so many responsibilities and making sure all is going right for our school! Truly, we are super grateful!

M. Paso - My student HH is Gizelle Zamora! Thank you Glzelle for trusting me. You are involved in so many great activities at school and during your personal time, yet you still make the time to help out others. You are a great role model to others, especially your little sister, Briana! I see how proud she is of you! I am proud of your hard work and dedication in your classes, the respect and acceptance that you show others, the integrity that shines from you, and mostly, i want you to know that your beautiful genuine kindness glows! Thank you, Gizelle for being an amazing human being that I get to work with at EDHS!!

Week of August 28, Human Highlights Selections:

Coach Piff- My Student Human Highlight this week is Zane Dusek as he demonstrated our Core Values of INTEGRITY, RESPONSIBILITY, KINDNESS, RESPECT and SPIRIT last Friday, August 25th. I had a Sub. and I was attending to a family manner and Zane happens to be in both my 1st period Advanced PE Class and also T.A.'s for my 3rd period Emphasis PE Class and according to Super-Sub. Coach Dick Perry indicated that Zane could have run the Class by himself! In fact, Coach Perry said, "Zane is the man, he is a tremendous T.A." on my Sub. feedback form. Not only did he do exactly what I asked him to do, he went above and beyond and chose to sign-up for my Friday Flexisched Period that day as well to help Coach Perry with our Weight Room Session all on his own accord since he had never been on campus for a Flex-Period. Thanks Zane, I really appreciate you and your efforts daily!!! My Staff Human Highlight is Danielle Andrade, as she continues to pour her heart & soul into this Athletic Director position at EDHS. The A.D. job is the second hardest one on campus in my opinion (behind Principal) and the countless hours she spends as well as the love & support she shares with Coaches & Players is awesome to watch! Keep up the good work Danielle and Gooooooooo Cougars!!! **Justin Gatling -** I would like to recognize Stacy Alway for all her hard work and dedication to the campus monitor job.

Coach Andrade - My Staff Human Highlight is Sarah Templeton & Leslie Reed! Sweet Sarah, she knows it all. She has identified when I'm at my breaking point, and she knows how to put out fires like a master. Her attention to detail and her ability to go above and beyond is truly outstanding. I'm not sure what I would do without her! Her KINDNESS is unmatched- Thank you Sarah! Mrs. Reed- You are doing FABULOUS! ASB is no easy task! Your attention to detail as well! Your skills, your ability to organize the chaos, and your love and ACCEPTANCE for all students is palpable.

My Student Human Highlight goes to Izzy Bishop! Izzy has been working her tail off in culinary, helping feed everyone during football games and back to school night! In addition, the other day she was sprinting around campus trying to find ice and staff to help out a fellow cheerleader who went down (and was not getting up!). Thank you Izzy for showing RESPONSIBILITY in your classes and your sport!

Coach Bishop - My Human Highlight is Bailey Bowers as she is phenomenal in helping with my non-swimmers. She is a swim instructor and has helped people in the shallow end and has also helped with the pool cover.

Coach Volek - Chrystal Garrett & Jamie Shryrock are my Human Highlights. They work hard on campus and do it with a smile. They both are on task, reply quickly to emails and make our campus a better place. Thanks for all you do Crystal and Jamie.

M. Paso - My Adult HH is Suzette from our Cafeteria! Each day I see her being extremely helpful to each one of our students as they get their lunch. She goes out of her way to look up their ID, to help them get what they are looking for and always has a beautiful smile for them and for her support staff. Our cafeteria is run so smoothly thanks to Suzette - THANK YOU for being a great leader, a team player, and a great friend to everyone! Your hard work and pride that you take in our delicious and healthy meals make all the difference in our EDHS world - THANK YOU!!

M. Paso - My student HH is Seamus Morgan. Thank you Seamus for being an amazing Assistant in our office and for being welcoming to everyone that walks in through our office! You are a true example of the best school spirit in our Blue Crew - Thank you! You connect with our band, with our cheer squad, with our wonderful staff, and with ALL of your peers on such a genuine respect level. Thank you, Seamus, for wanting our school to be better than ever, and for willing to work hard for us to get there! Have an amazing senior year!

Week of August 21, Human Highlights Selections:

Coach Piff- My Student Human Highlight is Tyson Meyers, as he completed a PE Make-Up (proactively) during the first Flexisched Day last week because he knew in advance that he would be missing our Emphasis PE Class on Monday. Thank you Tyson for modeling our Core Value of RESPONSIBILITY for all of your 4th period classmates to see, keep up the good work!

My Staff Human Highlight is Jessica Owens, as she continues to crush her role as Flexisched Coordinator!!! Thank you Jessica for taking on a role that is extremely challenging, stressful, and quite frankly uncharted territory, but you are thriving in this new role (while being pregnant) and continue to serve others with a smile.

:) Your joy is infectious and I appreciate your KINDNESS & SPIRIT here at EDHS very much!

Coach Andrade: My Student Human Highlight goes to the incredible young man, Mr. Cesar Lorenzo. Cesar LITERALLY gave the shirt off his back to one of his peers. Cesar had just gotten done playing an intense JV football game, and was standing on the sideline watching the varsity squad play. A hurt player came off the field and needed to remove all of his pads so he could ice. Cesar was the first player to get up and go over and ask how he was. The young man asked Cesar if he could get him a shirt, and Cesar, without hesitation, removed his shirt and gave it to the hurt athlete. It was the most beautiful and wonderful moment I had witnessed in a long time. There were no adults around, it was just two young men supporting one another and displaying what it means to be a Cougar, and showing kindness.

Which brings me to my next two Human Highlights... Coach Placek and Coach Cox. The grueling hours, the blood, sweat, and pain, the highs and the lows, and the beautiful chaos that is Football. They are working endless hours to shape these young men. I congratulate the two of you! You are cultivating a brotherhood of young men that anyone would be proud of. Your athletes are taking care of each other, taking hits for each other, and offering the shirts off their back for each other. I feel honored to work with each of you. Keep up the good work, and thank you for showing responsibility, integrity, and spirit!

Mrs. Sisson: My Human Highlight goes out to every single one of the teachers teaching on 120% contract this school year. Teaching a 100% contract can be trying at times, so 120% definitely is a full and busy schedule. I know teaching 120% cuts into your prep, personal, and family time, and we all appreciate your willingness to provide this incredible sacrifice for our students and school. Teachers teaching 120% is such a great example of our CORE VALUES and teamwork.

M. Paso - My Adult HH is Kim Verner. Through your beautiful teaching of Art, you reach so many of our students so that they too can develop a love for Art - thank you! Thank you for being you and taking the time to chat with me simply because you care about our school and students. I appreciated my visit to your classroom and watching how comfortable students are in

approaching you for help and for validation in their art. Thank you for building important relationships that will go a long way this year - YOU ROCK!!

My student HH is Bryan Lopez-Gallegos. What a respectful, responsible and courteous guy you are! Thank you for always willing to help others - I have seen you talk to others when they are sitting alone, cheer others up when they seem sad, and you have helped me when I need a favor. You took water to our referees during the football game, and they told me "what a respectful young man" you are! Thank you for representing EDHS with PRIDE, RESPECT & RESPONSIBILITY!

Week of August 14, Human Highlights Selections:

Coach Volek: My Human Highlight is Kelen Perez. He is a TA in my ICT class as well as an Alpine student. He has come in with a great attitude each and every day. He is respectful to my freshman students and does whatever it takes to be a positive role model. I really appreciate him in my class~!

M. Paso - My Adult HH goes to Mr. Lance Gunnerson. Every time I see Lance, he has a smile on his face. He is full of energy and ready to work together to help students. Lance recently built a keyboard holder/tray for my desk, and it is just amazingly beautiful! Thank you for making this for me, Lance. You are an awesome colleague, who I respect and value. Thank you for always being willing to support kids and us, adults too!

Mr. Cox: My human highlights for last week are Carmen Hernandez, Angi Martinez-Valencia, & Gustavo Quintanilla. These 3 students were extra helpful in class with translating all information to our non-english speaking students. Thank you for showing Kindness and Acceptance to your peers.

This week's Human Highlight goes to Francisco Martinez for showing Kindness to a classmate as he helped him learn how to use the combination lock on his locker. Francisco went out of his way to make sure the other student was able to get dressed on time and not be late to class. Thank you for your help, Francisco!

Week of August 7, 2023, Human Highlights Selections:

Coach Piff: I have a bunch to start this first week, as I saw a lot of **Cougar Core Values** demonstrated in week #1 and want to recognize the following four individuals; **Mrs. Amy Linden, Nevaeh Andrews, Leonel Sanchez-Esparza, and Andreas Quinonez**. I want to recognize Andreas for his incredible **Spirit** in being the first volunteer at our No Backpack Monday Dance Station, your energy was totally awesome! Dre your zest for life, smile, and constant positivity warms my heart, and I miss training you in the Weight Room buddy! Also on Monday, I witnessed Nevaeh circling around the Large Gym picking up trash, and also helping Mr. Gatling out by taking down Digital I.D. Posters that were taped all over the place. Nevaeh is a brand-new Student to me, but watching her demonstrate **Kindness, Respect, and**

Responsibility on day #1 was very impressive and I look forward to working with you this year in our 2nd Period Life Fitness 2 Class... Leonel volunteered to translate anything & everything in my 4th period Emphasis PE Class for another Student who only currently speaks Spanish while I went over the Class Syllabus. His **kindness** in doing so made me very grateful that they were able to find a way to win and both be successful in the process, thank you, Leo! Last, but not least our very own Librarian, Mrs. Amy Linden. Mrs. Linden saved the day on Tuesday, during our first Flexisched session, as the sound wasn't working on our Chromebook Cart set-up in the Library for Mrs. Jessica Owen's Presentation on the drop-screen and we missed the first 10min. but fortunately, Mrs. Linden figured it all out and we were able to catch the last half of it. Thank you, Amy, I really appreciate your help and for modeling **Kindness, Integrity and Responsibility** for my 2nd-period Students.

Goooooooooo Cougars!!!

Coach Bishop- So would like to highlight **Estebar Rios- Figueroa** for **showing spirit and kindness** in helping our non-English speaking students in my fifth period this week! Great job!

Coach Andrade: My first HH for the 23/24 school year goes to Froshie **ALANI RUIZ!** What a helper! What a positive attitude! What a gem! If you have her in class you are lucky. She has had a smile on her face all week, super attentive, and today she helped me with a not-so-fun job. Alani, I can not wait to get to know you more this year. Way to start your high school career off STRONG! Thank you for the KINDNESS you showed all week! Get it, girl!!

M. Paso - My student HH goes to Jordan Voong. Unfortunately, we had our first fight on Wednesday, and when I responded, I witnessed Jordan in an attempt to separate the two students. They were each led to the office, and I asked Jordan if he was ok, and he responded "yes, I just want our school to always be safe". Although we never encourage students to interfere or help in these situations, I appreciate Jordan. Hence, my Adult HH goes to Amy Riefke - she also responded to the fight as she was coming up the stairs. She was calm, and her voice was firm and direct - due to her quick response, we were able to assist within seconds. Thank you, Amy for thinking SAFETY 1st! Responding to aggressive, and physically angry students is not easy - We each play a part in keeping our school safe and secure first. Thank Amy and Jordan for your quick response!! And, thank you everyone for a great and busy first week!!