



## **ANNOUNCEMENTS** *March 6, 2020*

Juniors – College Visits have been scheduled for the spring and you can now sign up! Check your emails for directions on how to sign up for college visits. There are 4 you can sign up for:

University of Akron

Bowling Green State University

University of Toledo

Malone University

You can only sign up for **ONE** college visit. Please see Ms. Walker if you have any questions or concerns.

Have you ever wanted to challenge your brain, or perhaps challenge someone in a strategy/mind game? Well, if you are into mindful strategy than this is the club for you! Chess club is a club about strategy and mind games. We meet every Thursday after school in the Media Center. We would love to have any challenging opponent or if you don't know how to play, that's okay, we will teach you! So, join us on Thursdays, after school in the Media Center.

Hello Patriots!

On March 19th the Parma City School District will be hosting a Mental Health Summit. Students will have an opportunity to be trained and gain information about how to be resilient and recognize when peers may be in need of mental health support.

The Summit will be held at the Parma Library on Powers Blvd. Transportation and lunch will be provided. Interested students need to come into Student Services and pick up three items on the table near Mrs. Sisunik and turn the green permission form back into Student Services. We only have space for 30 students; so, it is important to turn your permission form in as soon as possible. More information is available on the table in Student Services.

Attention any Junior who was absent for the SAT... If you would like to take the SAT, the make-up day will be April 22. Please sign up for this make up SAT in student services. There will be a sign-up sheet in student services.

The Patriot Pyramid Week 8 theme is "Self-Control". This means being disciplined in all aspects of your life. Developing routines and taking the time to be prepared in your responsibilities will help you relieve stress to help control your lives. In addition, take time to develop goals in your life to help practice self-control within all aspects of your lives."

Congratulations to February's PBIS Students of the Month:

8<sup>th</sup> Lauren Schlund  
9<sup>th</sup> Marcelus Nation  
10<sup>th</sup> Iryna Hudz  
11<sup>th</sup> Kaniah Hill  
12<sup>th</sup> Trenton Hampton

These students received a t-shirt, recognition on the marquee outside and in front of student services and a gift card!!! Great VF Patriots, they are respectful, responsible and ready to learn!!!

This week is National Foreign Language Week. Research suggests that there is evidence bilingualism correlates with increased cognitive development and abilities.

"Attention anyone interested in joining Bio Club: There will be an important informational meeting Monday, March 9th after school in room 167B. Come see what it is all about. That is March 9th after school in room 167B."

ATTENTION ANY 8TH GRADE BOY OR GIRL THAT IS INTERESTED IN RUNNING TRACK THIS SPRING: Practice will start on THURSDAY, MARCH 5th for boys and MONDAY, MARCH 9th for girls from 3:00-4:30 PM at Greenbriar. Please make sure you have the following requirements, or you will NOT be able to start practicing:

1. A valid physical on the OHSAA Form that is signed and dated by the doctor
2. All forms completed and signed by the athlete and parent on Final Forms

Any questions see Mr. Porach

All high school students and their families are invited to an internet safety and kindness event happening Tuesday, March 10th from 6-8pm

at Parma Senior High. Learn how to avoid “falling for fake,” be alert to tactics that human traffickers and identity thieves use and stop cyber-bullying on the internet. Bring your parents for dinner and tons of prizes including a raffle for a \$1000 Google Pixelbook Grand Prize! You must RSVP so tell the adult in your family to check their email for the link to register. Emails will also be sent to your school account so RSVP today!

**Valley Forge Patriots are  
responsible, respectful and ready to  
learn!**