



## **ANNOUNCEMENTS**

### ***March 9, 2020***

#### **Cheerleading Tryouts!!**

If interested, please see Miss Korfant in room 119 or Mrs. Karls in 160 for an informational packet 😊. Application is due back by Friday, April 3<sup>rd</sup>.

"The Patriot Pyramid Week 9 theme is "Enthusiasm". This means having fun, being excited, and enjoying everything you do! There will be adversity that you will have to manage throughout life that will be difficult to show enthusiasm towards certain situations. However, you can choose the outcome of that situation by choosing to think positive or negative by adjusting your mindset. Choose to put forth enthusiasm towards everything you do, and you will find yourself less stressed and be able to enjoy your life!"

Boys Tennis will have its final meeting this Thursday at 2:35 pm in room 214. This is a mandatory meeting for those who expect to start playing tennis next week. If you cannot make the meeting you must see Coach Phillips in room 214 before Thursday.

Valley Forge, please join us in cheering on our Academic Challenge Team comprised of Sam Ciolek, Zyan Parker, Grayson Tvrdik, and Will Vineyard as we compete on Tuesday, March 10th against Garfield Hts. and Lakewood. The show will air at a later date. Thanks, Mr. Vojta and Mrs. Simanella

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.

"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!**