THE PINNACLE POST

Attendance: 602.449.4001 Nurse: 602.449.4003 Counseling: 602.449.4015

Registrar: 602.449.4012 Transportation: 602.449.2251 Athletics: 602.449.4023

POINTS OF PRIDE

★ NATIONAL BOARD CERTIFIED TEACHER Pinnacle High School is proud to announce that Mrs. Dana Phelps has successfully completed her National Board Recertification. National Board Certification is the most respected professional certification available in education and provides numerous benefits to teachers, students and schools. It was designed to develop and recognize accomplished teachers and to generate ongoing improvement in schools nationwide. Congratulations, Mrs. Phelps!



★ AND 1ST PLACE GOES TO . . . Congratulations to Pinnacle Photo student, Olivia Steinbrink for a fabulous showing at the FBLA Regional Competition On January 14th, 2023. Olivia won first place in Region 3 for Photography. Congrats, Olivia!



★ 2023 U.S. PRESIDENTIAL SCHOLARS PROGRAM Congratulations to Pinnacle Seniors Anagh Pandya, Ethan Cushner, Lily McGever, and Bennon Watson on being named candidates for the U.S. Presidential Scholars Program! Inclusion in the U.S. Presidential Scholars Program is one of the highest honors bestowed upon graduating Seniors. Established in 1964 by Executive Order of the President, the program recognizes some of our nation's most distinguished graduating seniors in areas of academic study and leadership. Our students have been selected from more than 5,000 national candidates, and were chosen based on their high academic achievements, leadership and service to their school and communities. Scholars must also demonstrate strong character, exceptional talent in the visual, creative, and performing arts, and accomplishment in career and technical fields. The White House Commission of Presidential Scholars only selects up to 161 U.S. Presidential Scholars each year. Congratulations, and best of luck!



★ PINNACLE DECA & TEDXCATALYST: On January 13th, 2023, Pinnacle DECA had the opportunity to attend the TEDxGCU Catalyst at <u>Grand Canyon University</u>, where student organizers from TEDxGCU join with K12 Educational Development to recruit students from around the Valley and teach them how to give a TED talk. Congratulations to Senior Janhavi Mehta, and Juniors Londyn Green, Joell Wecklein, Bryson Carlson, Vinay Sharma, Alana Williams, Landon Stone, and Nick Otjen. Great job! You can read the full <u>CGU article here.</u>



★ THE SCHOLASTIC ART AND WRITING AWARDS Congratulations to PHS visual art students Alaina Novey (10th grade) and Emily Pye (9th grade) on their success in the 2023 Scholastic Art & Writing Awards competition! Alaina received a Silver Key distinction for her colored pencil drawing *Sweet Innocence*, and Emily received a Silver Key distinction for her painting *A Study of Peach*. The Scholastic Art and Writing Awards is the country's longest-running regional and national creative art and writing competition, occurring annually each Fall. For more information, visit https://www.artandwriting.org/



Sweet Innocence, colored pencil illustration by Alaina Novey, 10th grade



A Study of Peach, acrylic painting by **Emily Pye**, 9th grade

★ PINNACLE ART EXHIBITION This past weekend, The Shemer Art Center hosted its opening reception for the annual *New Horizons High School Student Art Exhibition*. This yearly event highlights the artistic talents of two upperclassmen from over 40 Arizona high schools in a range of two- and three-dimensional media. Pinnacle is proud to honor two students and their amazing artwork in this year's exhibition. Congratulations to Senior, Ella Aretakis, and Junior, Tatum Lavelle.

During the opening reception, additional honors were awarded to students in the form of monetary scholarships: Aretakis received The Linton-Barnhill Award and Lavelle received The Carolyn Woods Award. The *New Horizons High School Student Art Exhibition* is open to the public and runs until February 16th, 2023. More information about the exhibit is available on the Shemer Art Center website.



Shattered Reflections, acrylic painting by Ella Aretakis, 12th Grade



Gingerbread Stone House, ceramic sculpture by Tatum Lavelle, 11th grade

★ PINNACLE THEATRE COMPANY Thespian Troupe 6565, had a fantastic weekend at the Northern AZ Festival of Theatre. 20 out of 23 students that attended qualified for the International Thespian Festival this summer. Congratulations to Pinnacle Theatre

Company!



PHS Theatre Company qualifiers are as follows:

- Josephine Bradley Superior in Group Musical
- Sareena Gupta Superior in Group Musical & Monologues
- Skylar Else Superior in Group Musical & Solo Musical
- Ariel Yanofsky Superior in Lighting Design
- Lilly McGever Superior in Monologues
- Marco Johnson Superior in Duet Musical Theatre & Group Acting
- Lexi Shaw Superior in Duet Musical Theatre & Group Acting
- Caitlin Smitherman Superior in Group Acting
- Esme Nichols Superior in Group Acting
- Gabi Gonzalez Superior in Group Acting
- Kennedy Molenaar Superior in Group Acting
- Annelise Ybarra Superior in Group Acting
- Hayden Wasnesky Superior in Monologues
- Gianna Arrighi Superior in Solo Musical Theatre
- Emily Dunn Superior in Solo Musical Theatre
- Ava Hoelzen Superior in Solo Musical Theatre
- Colter Smitherman Superior in Duet Acting & Monologues
- Krystian Ziolkowski Superior in Duet Acting
- Lauren Lipsky Superior in Duet Acting
- Jay Toolis Superior in Duet Acting

VIP SPOTLIGHT: DEEPIKA MOOLA



We are proud to recognize Deepika Moola as our Volunteer In Paradise (VIP) Spotlight! As a Freshman at Pinnacle High, Deepika began volunteering 8 months ago. Her decision to become a VIP came from a passion for teaching kids how to dance. Deepika started to look for similar volunteer opportunities to work with children and in May of 2022 discovered VIP. After completing Really Great Reading's training she tutored a 2nd grader whose mom shared "Deepika is amazing and my son will be sad to have his last session with her!" Now as a Sophomore, Deepika began a new program within VIP called VIP Youth Corp (VIPYC). Her goal moving forward is to make VIPYC a club at her school and, potentially, extend it to other high schools throughout the district. Thank you, Deepika, for your time and dedication to our community!

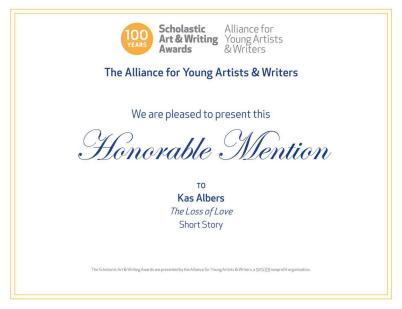
★ PINNACLE SPIRITLINE CHAMPS Congratulations to the Pinnacle Spiritline on placing first in the Varsity Jazz and Varsity Pom competitions at the USA Nationals Qualifier Competition. Now off to Nationals!





★ SCHOLASTIC ARTS AND WRITING AWARDS PHS is extremely proud to announce that Senior, Kas Albers has placed in the regional competition for creative

writing, receiving an honorable mention with his story *The Loss of Love*. Kas will now go on to see if he makes it to nationals!



★ 2023 U.S. PRESIDENTIAL SCHOLARS PROGRAM - Ethan Cushner, Lilly McGever, Anagh Pandya and Bennon Watson, graduating seniors at Pinnacle High School, have been selected from more than 5,000 candidates in the 2023 U.S. Presidential Scholars Program. The candidates were chosen from students expected to graduate from U.S. high schools in the year 2023. Candidates are determined by their high academic achievements, leadership and service to their school and community. Scholars also must demonstrate strong character, exceptional talent in the visual, creative and performing arts, and accomplishment in career and technical fields. Inclusion in the U.S. Presidential Scholars Program is one of the highest honors bestowed upon graduating high school seniors. The White House Commission of Presidential Scholars selects up to 161 U.S. Presidential Scholars each year. Congratulations, and best of luck!



SCHOOL NEWS

★ PINNACLE THEATRE COMPANY is currently raising funds for the upcoming spring musical, *Once Upon a Mattress*. This campaign is going well, but we could use your help. We

will be using the funds for things like costume and script rentals, professional musician fees, set and prop construction, and assistance with sound design. Go to Snap! Raise for the Pinnacle Theatre Company to donate today!

- ★ THIRD PARTY FOOD DELIVERIES: For the safety and security of the school we would like to remind everyone that Pinnacle High School can only accept food deliveries from a parent or guardian. Third party food delivery services like UberEats, Postmates, etc. cannot deliver food to students while in school. If food is delivered we cannot allow the student to have the delivery until after school. Unclaimed food is thrown out at the end of each day.
- ★ ATTENDANCE: Regular attendance is the key to student success. Students should remain out of school only when absolutely necessary, such as in the event of an illness. Students must be fever-free and without medication for 24 hours before returning to school. If your student needs to miss school due to illness, a doctor's appointment, or for any reason, please call the Pinnacle High School Attendance Line at (602) 449-4001.
- ★ SCHOOL LUNCH FOR THE 22/23 SCHOOL YEAR: The Nutrition & Wellness Department has returned to charging students for their meals based on their free, reduced, and paid meal application status during the 2022-2023 SY. The 2022-2023 Free & Reduced Meal Application will be available starting Monday, July 11, 2022 for parents to complete. Online meal applications can be completed at EZMealApp.com; It is extremely important for families to complete and submit the 22-23 SY meal application in order to avoid potential negative account balance charges.
- ★ GOOD NEIGHBOR POLICY: Pinnacle would like to remind all stakeholders that we practice a "good neighbor policy". We ask that everyone be mindful of where you can and cannot park in the surrounding neighborhoods and parks. Parking in these areas during the day, or during drop-off and pick up can cause a safety concern if too many cars are parked or moving in areas that have high foot traffic. Remember, parking in city parks is for park use only. The city reserves the right to tow vehicles from city property at any time.
- ★ DROP OFF & U-TURNS: PHS has received a number of calls from concerned parents about dropping off students in the desert North of PHS with the students then jaywalking in traffic to school. Also we have noticed more u-turns on Mayo Blvd. Please do not drop your student off in the desert or make u-turns on Mayo Blvd. In addition, please do not drop off or pick up students along Black Mountain Blvd.
- ★ SCHOOL SAFETY: To ensure that parents are aware of emergency preparedness information, the PV district has set up the following website on school and district safety: School Safety Paradise Valley Unified School District
- ★ THE 2023 YEARBOOK is available for pre-order at www.JostensYearbooks.com. The current price is \$95.00.
- ★ CONSTRUCTION NOTICE ON BEHALF OF THE CITY OF PHOENIX: The City of Phoenix Water Dept. is in the process of rehabilitating sanitary sewer mains and manhole structures throughout the city. The city will be carrying out these repairs on Cave Creek Road between Deer Valley Road and Mine Creek Road. Construction will be from Nov. 14, 2022 to Feb. 28, 2023. Please plan your commute accordingly.

SENIORS

★ GRADUATION 2023 - SAVE THE DATE: Thursday May 25, 2023

★ SENIOR RECOGNITION ADS <u>Create your yearbook recognition ad through Jostens</u> today! The deadline will be February 1st! The sizes and prices are as follows:

Full page: \$425Half page: \$3251/4 page: \$1751/8 page: \$100

★ SENIOR PANO PHOTO ORDER: The Senior panoramic photo, taken in the large gym on October 26th, is now available! The online code is PINNACLE2023.

VIEW AND ORDER YOUR 2023 PINNACLE SENIOR PANORAMIC

Consider the Constant Constant

★ SENIOR CAP & GOWN ORDER REMINDER: Graduation will be here before you know it! If you have not ordered your Cap & Gown, Announcements, or other graduation materials, NOW IS THE TIME! Graduation is quickly approaching so please do not miss this opportunity to order your graduation package at Jostens!



ATHLETICS

★ SPORTS UPDATE

Basketball

- **1/27**
 - Boy's & Girl's @ Sunnyslope
- **1/31**
 - Boy's @ Sandra Day
 - Girl's vs Sandra Day
- **2/2**
 - Boy's vs Boulder Creek
 - Girl's @ Boulder Creek
- **2/3**
 - Boy's @ Mountain Ridge
 - Girl's vs Mountain Ridge

Soccer

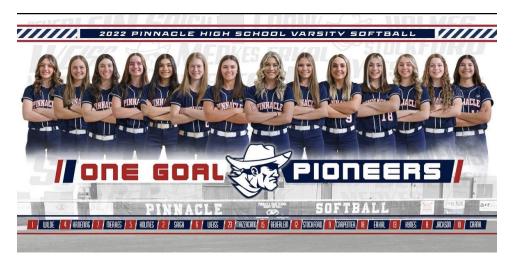
- **1/31**
 - Boy's @ Mountain Ridge
 - Girl's vs Mountain Ridge
- **2/2**
 - Boy's vs Liberty
 - Girl's @ Liberty

Wrestling

- **1/27**
 - Boy's & Girl's Varsity Invitational Tournament @ Arizona College Prep
- **1/28**
 - Boy's Varsity Invitational Tournament @ Arizona College Prep
 - Girl's (V) & Boy's (JV) @ Sandra Day O'Connor
- **2/1**
 - Boy's (V) vs Cesar Chavez
- **2/4**
 - Boy's (JV/FROSH) 7th Annual Pioneer Wrestling Invitational



- ★ SPRING COLLEGE SIGNING DAY On May 16th, Pinnacle will recognize the accomplishment & commitment of our student athletes with their decision to pursue college and continue with their academic & athletic endeavors.
- ★ PINNACLE SOFTBALL An Open Field opportunity will be hosted on Monday (1/30) after school. Please contact Pinnacle Head Coach Corey Mathis (corey.azstorm@gmail.com) for any questions. If you are interested in softball, we hope to see you there!



STUDENT HEALTH

- ★ MEDICATION AND EMERGENCY CARDS *Reminder* Update your emergency card information electronically as soon as possible so that we may continue to communicate successfully throughout the year.
- ★ DRUG-FREE CAMPUS. Pinnacle High School is a DRUG-FREE CAMPUS. All prescription and non-prescription/over-the-counter meds must be kept in the nurse's office and stored in their original container.
- ★ To better familiarize yourself with the dangers associated with underage "vaping," please read "5 Things to Know About Teens Using E-Cigarettes for Marijuana" from Your Teen for Parents.
- ★ HEALTH OFFICE PICK UP When your student is calling to be picked up from school, please advise them to proceed to the Health Office for assessment to determine if going home appears appropriate for them. The nurse will always call if there is any question in terms of going home. By following this policy a more consistent procedure is developed for the rest of their school years at Pinnacle. Please remember to pick up the Medical Administration Waivers in the Health Office so that we can provide Tylenol, Ibuprofen, Tums, or other approved meds to your students to keep them in school as much as possible. Your student can pick them up in our office to bring home and return. Please, if you have medical concerns or questions regarding our procedures, call Mr. Morales at 602-449-4003.
- ★ OVER THE COUNTER OR PRESCRIBED MEDICATIONS As a reminder, students are not allowed to carry any over-the-counter or prescribed medications on campus. Medications are to be given to the Health Office with a signed permission form. Your student is subject to possible suspension if caught with them. This is for the safety of all our students. Thank you for your understanding.

SOCIAL & EMOTIONAL HEALTH

HOW TO HELP YOUR TEENAGER WITH THE PROBLEMATIC SMARTPHONE

Recent research found that problematic **smartphone use is linked to loneliness and problems with emotional self-regulation**. The results of multiple studies indicated that participants with higher levels of smartphone addiction tended to exhibit **worse working memory, visual reaction time, auditory reaction time, ability to inhibit motor response, and behavioral inhibition** compared to participants with lower levels of smartphone addiction.

The amount we depend on our devices is more than just a social problem. In fact, the fear of being without your phone – nomophobia – is even recognised as a psychological condition. Researchers concluded that **people with high levels of smartphone addiction display less self-control, deficiencies in cognitive tasks and slower reaction times than those who don't.** Additionally, people with lower levels of smartphone addiction have a better perception of their general well-being and quality of life.

If your student seems unable to regulate their emotions, or their ability to fall asleep at night, without access to a phone, instill basic parameters around phone access, such as banning phones from bedrooms, meals, in-person family times, and so on.

Underscore the importance of not needing to depend on *any* outside force (be it a drug, another person, a phone) to feel calm or emotionally secure.

We all need to support each other.
Want to be part of our growing SEL team?
Please email me at taller@pvlearners.net
Tracy Aller, MA.
SEL Specialis



STUDENT RESOURCES

★ COUNSELORS Counselors guide and advise students with academic courses, plans, and goals. They will periodically meet with students throughout the year to ensure they are on the path to graduation. For more information about counseling services, please see the Counseling Website, also found in the Quick Links section on the first page of this newsletter. Counselors are assigned by the student's last name.

Alpha Assignment	Counselor Name	Counselor Email
A, D, J, R	Brett Paige	bpaige@pvschools.net
B & C	Cindy Willittes	cwillittes@pvschools.net
E, F, G, I, O	Jonah Starr	jstarr@pvschools.net
H, K, P, Q	Joel Newbury	jnewbury@pvschools.net
L, M, N	Antonella Feyerer	afeyerer@pvschools.net
S, T, U	Chrissy King	cking@pvschools.net
V, W, X, Y, Z	Susie Allazetta	sallazetta@pvschools.net
Social/Emotional	Tracy Aller	taller@pvschools.net

- ★ THE COUNSELING NEWSLETTER For information on academic counseling check out the PHS Counseling Newsletter today!
- ★ SPECIFIC INFORMATION FOR PARENT(S)/GUARDIAN(S) Please watch your email for information from the PHS Counseling Department regarding ECAPS (Education and Career Action Plans).
 - Please visit our <u>counseling website</u> for **free practice tests** and the student guide.
- ★ WITHDRAWING FROM PHS? If you are planning to move or withdraw your student from Pinnacle High School at the end of the semester, please contact Donnita Sengers, Records Clerk, at: 602-449-4021, so the paperwork can be prepared and an appointment scheduled for the withdrawal.
- ★ ACT EXAM All Juniors will be taking the ACT on Wednesday, April 5th on campus. Please find all preparation materials on the counseling website <u>ACT Exam Preparation</u> ACT scores are accepted by colleges and universities for consideration of admission.

★ ACT & SAT EXAM PREPARATION Paradise Valley Community Education is partnering with us to bring ZAPS ACT & SAT Test prep to your student. This is an opportunity to receive one of the best test prep activities available. The cost will be \$110.00.

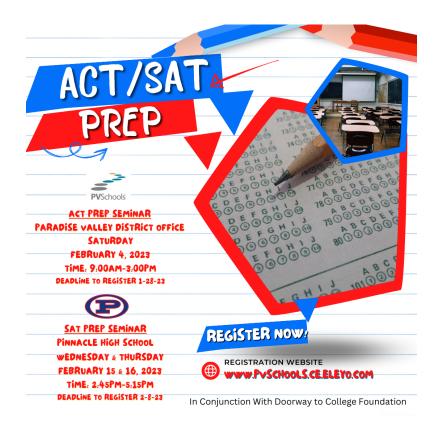
You can register <u>online</u> on the <u>Community Education website</u> or in person at 15032 N. 32nd St. Phoenix, AZ 85032.

ACT Prep Seminar

Paradise Valley District Office Saturday February 4th 2023 Time: 9:00 am to 3:00 pm Deadline to register 1/28/23

SAT Prep Seminar

Pinnacle High School Wednesday & Thursday February 15th & 16th 2023 Time: 2:45 pm to 5:15 pm Deadline to register 2/8/23



TECHNOLOGY TIDBITS

- ★ PV ASSIST: Need help navigating with passwords, Infinite Campus, or PVOnline? Visit our IT assistance website PV Assist.
- ★ CHROMEBOOK CARE & SAFETY: Pinnacle High School has a 1:1 technology model to provide students access to our online curriculum and promote technology skills. Be sure to have your student bring a fully charged school-issued Chromebook to campus daily!

★ CHROMEBOOK CASES: Students enrolled after September 1, 2020, have been issued and are required to have a protective case on their school-issued Chromebook. Come to the ITC if you need a protective case or have removed the case and need assistance reinstalling it.

UNITED PARENT COUNCIL

UNITED PARENT COUNCIL: Who We Are and What We Do: We are parents working together to enhance the PVSchools experience for our children. We support you, we give you access to your Superintendent, and we provide relevant programs of interest to you. Ultimately we ADVOCATE for Students, EDUCATE Parents and Community, COLLABORATE with PVUSD and other Educational Organizations, and WORK with the Superintendent to increase the presence of the UPC.

UPC General Meeting for the 22-23 School Year:

Wednesday, February 15, 2023 Wednesday, March 22, 2023 Wednesday, April 19, 2023 Wednesday, May 17, 2023

For the January 18, 2023 meeting UPC will sponsor a seminar of
"Why School-Based Mental Healthcare is Important"

UPC meeting are from 9:00 - 11:00 am

Check out the <u>United Parent Council</u> website for additional info regarding this virtual meeting.

View the August presentation "The Opening Bell with Dr. Troy Bales-2022"

PARENTS OF PINNACLE (POP)

Parents of Pinnacle Membership Drive is still in full swing!



The Parents of Pinnacle (POP) is the main Parent Organization on the PHS campus. You can compare us to the PTA/PTO's from your elementary or middle schools. Different from elementary and middle school, high school has a wide array of programs & clubs that students can become involved in. When students join a sports team or club, the parents usually support that individual team or club and, by doing so, think they are supporting the school as a whole. Unfortunately, this is a misconception. Memberships and dues paid to teams and clubs stay within those programs. POP works behind the scenes to make each student's experience at PHS special. POP needs the support of all of our families to be successful.

MEMBERSHIP: To join, go to the <u>POP website</u>. Membership costs just \$25 per family.

SOCIAL MEDIA: Like us on Facebook - POP (Parents of Pinnacle), and Follow us on Twitter - POP@POP_PHS

HOW YOU CAN YOU HELP POP THIS YEAR:

Turn in your membership form along with your dues/donation online. With over 2500 students at Pinnacle, we should be able to easily reach our fundraising goal. If each family were to join POP, (memberships fees are \$25), we would raise \$60,000. This would eliminate the need for other fundraisers.

Support a Program: If you would like to support a specific program with your monetary donation, please go to the <u>donation page on the POP website</u>

Volunteer, Volunteer: To have successful programs, we need the help of parents. The great news is we do all of our work behind the scenes so your students won't see you on campus.

Watch for our POP Online Auction for some amazing items to bid on.

Participate in our monthly restaurant fundraiser nights. The next fundraiser night is November 8, 2022 at Chipotle (21001 N. Tatum Blvd., Phoenix, AZ 85050) from 5:00-8:00pm. Come enjoy dinner and 33% of the proceeds will be donated to POP! See the POP website for the flier.

Register and support our Rewards Shopping Programs.

Donate your unwanted items to our "Clean the Clutter" donation drives (Fall - 11/5/22 from 9am-3pm, Spring - 4/1/23 from 9am-3pm).

IMPORTANT DATES

DATE	EVENT
FEB 6	Parent/Teacher Conferences
FEB 17	High School Early Release
FEB 20	No School: Presidents Day
FEB 28	K-12 Early Release
MAR 10	3rd quarter ends
MAR 13-17	Spring Break
APRIL 4	K-12 Early Release

APRIL 7	No school: K-12 Recess
APRIL?	Prom (More Information to come)
MAY 24-25	9-12 Early Release for HIGH SCHOOL FINALS
MAY 25	Graduation!!!

★ VERY IMPORTANT! Finals are scheduled on May 24th and 25th 2023.
NO EARLY FINALS WILL BE GIVEN. Please plan accordingly. Thank you!

QUICK LINKS

PV Assist	Pinnacle's Website	Pinnacle's Calendar
Infinite Campus (Grades)	Online Meal Payments	Online Payment Portal
PHS Policies and Procedures	PVUSD Parent/Student Handbook	PHS Counseling Dep't



PASSION, HONOR, SUCCESS