

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

UPCOMING CALENDAR

MARCH

28-Boys Lacrosse vs Notre Dame Prep (JV/V) @ 5:30 pm

28-Girls Lacrosse @ Corona del Sol (JV/V) Tempe Sports Complex @ 5:00 pm

30-Girls Lacrosse vs Xavier (JV/V) @ 5:00 pm

30-PVUSD Governing Board Meeting @ 7:00 pm

31-Senior Visual Art Showcase @ 5:00 pm

31-Boys Lacrosse vs Chaparral (JV/V) @ 5:30 pm

POINTS OF PRIDE

- ★ **ED RISING CONFERENCE** There were 542 students at the Ed Rising conference. The eight students from Pinnacle's Teacher Academy were up against these other students! Four of the Pinnacle students placed in the top 10, and Pinnacle is bringing home a first place win in Public Speaking! Caroline Mann is proudly wearing her first place medal! We are so proud of all eight of these students, they conducted themselves with grace and professionalism during the entire conference!



- ★ **DISTRICT ART SHOW** 162 Pinnacle students had the opportunity to showcase their artwork at the annual Sights and Sounds of PV Schools district-wide art show. Works in

both 2- and 3- dimensions were on display and represented the classrooms of Mrs. Balach, Mr. Czaja, Ms. Greenland, and Ms. Quist. In addition to the display, awards were given. Addy Ogden (9th grade) received the Fine Arts Director's Award for her watercolor treehouse and 6 students received School Level Awards: Piper Ackel (11th grade, ceramic cactus garden), Lillian Berry (10th grade, ceramic cat mug), Sophia Elasky (9th grade, watercolor treehouse), Katerina Garcia (12th grade, lenticular portrait), Brock Laney (9th grade, ceramic tiger mug), Emily Lester (10th grade, ceramic dog mug), Brooklyn Mallare (9th grade, watercolor treehouse), and Gabrielle Tanita (12th grade, graphite and charcoal drawing with acrylic).

Additional work from this exhibition can be viewed [here](#).



Gabrielle Tanita, 12th Grade; School Level Award; Teacher: Ms. Greenland



Lillian Berry, 10th Grade
School Level Award
Teacher: Ms. Quist



Brock Laney, 9th Grade
School Level Award
Teacher: Ms. Quist



Brooklyn Mallare, 9th Grade
School Level Award
Teacher: Mr. Czaja



Sophia Elasky, 9th Grade
School Level Award
Teacher: Mr. Czaja



Emily Lester, 10th Grade
School Level Award
Teacher: Mrs. Balach



Piper Ackel, 11th Grade
School Level Award
Teacher: Mrs. Balach



Katerina Garcia, 12th Grade
School Level Award
Teacher: Ms. Greenland



Addy Ogden, 9th Grade
Fine Arts Director's Award
Teacher: Mr. Czaja

You are invited to celebrate upcoming PHS graduates as they present their Visual Art Capstone Projects to the public on **Friday, March 31st**. These Capstone Projects reflect the four years of study they have completed in the Visual Arts and fulfills requirements for the State Seal of Arts Proficiency. The State Seal of Fine Arts Proficiency is a high honor

awarded to graduating Seniors on their diploma, recognizing their mastery of Arizona Arts Education standards during their high school career. Students earn this Seal by completing a Fine Arts Pathway (4 years of Fine Arts courses) while maintaining a GPA of 3.0 or higher in the program, participating in 80 or more hours of arts-related extracurricular activities, and completing an in-depth capstone project that is presented to the public, documented, and reviewed by the Fine Arts Director of PVUSD. Students, staff, family, and friends are all invited to this free event to view student work, interact with the artists, and celebrate their hard work. **The Showcase will be on display in the Performing Arts Center Lobby from 6-7pm.** Light refreshments will be provided!

- ★ **THE SHANE DOAN AWARD** The Tanner Catalano Foundation in partnership with the Shane Doan Foundation and Arizona High School Hockey Association, are pleased to announce the recipients of the Shane Doan Award. These Senior Varsity players exhibited the qualities of hard work, perseverance, intensity and humility. The recipients of this award have proven to be leaders for their teams both on and off the ice, in the community, and exemplify good moral character all while maintaining a GPA of 3.00 or higher.

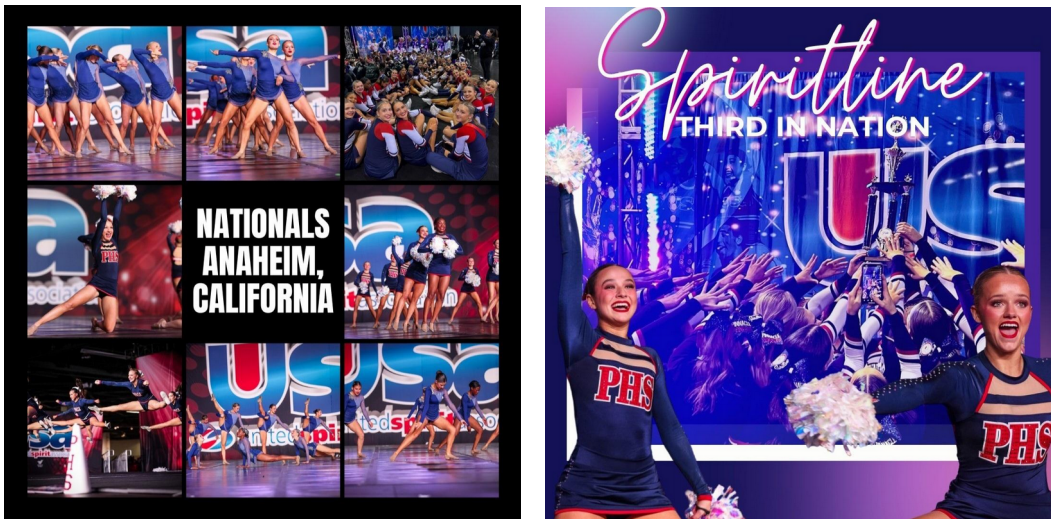
This prestigious award has been given to the top Senior players who were nominated by their High School Hockey Head Coach. A committee made up of members from the Tanner Catalano Foundation, the Shane Doan Foundation, and Arizona High School Hockey Association, reviewed over 20 applications and narrowed it down to an elite few.

Each recipient of this award will receive a \$2500 scholarship check and a plaque presented to them by Shane Doan. We would like to Congratulate, Senior, Justin Hutchison on receiving the Shane Doan Leadership Award!



- ★ **THE BANNER SPORTS MEDICINE INVITATIONAL** was a huge success for our Pioneer Track Team. Congratulations to our many athletes who beat their personal records, and set new school records. Our boys team took home the championship trophy! See all of their accomplishments [here](#).

- ★ **PINNACLE SPIRITLINE, THIRD IN THE NATION** Congratulations to the Pinnacle High School's Spiritline who had a successful weekend at USA Nationals. Many of you see Spiritline supporting other sports throughout the school year such as Football and Basketball, but what you may not know is that we also compete throughout the entire school year at various competitions. The USA Nationals in Anaheim, California is our grand finale of our season. The members of our Varsity Pom and Cheer Teams made Pinnacle History! This was the first time ALL Pinnacle routines advanced to finals at Nationals! Additionally, our debut in the Crowdleader Division earned us 3rd place out of 20 teams! These girls work the entire year supporting and cheering on others while also committing themselves to their own competition. They are true rockstars! Thank you for your continued support of the Spiritline program, and Go Pioneers!



- ★ **PINNACLE FOOD DRIVE** On behalf of Key Club and the PV Community Food Bank, we wanted to say thank you so much for our school's generous donations of 2,010 pounds of food in our most recent food drive. Mr. Charlie Zeeb's English classroom won with the most donations of 408 items total. We greatly appreciate everyone's efforts in making this such a successful food drive to help our community!

- ★ **PINNACLE HIGH SCHOOL STATE DECA COMPETITION** Pinnacle DECA students have worked hard, studied, and practiced to prepare for the AZDECA State conference. Please read how well DECA did in the state competition [here](#).



★ **PINNACLE HOCKEY** Congratulations to Pinnacle Hockey for making the All-State 1st & 2nd Teams in Division 1!

Division 2, First Team:
Tyson Derryberry (D)

Division 3, First Team:
Aris Papadatos (D)
Ben Stenger (G)

Division 3, Second Team:
Dane Caudle (F)

★ **AFRICAN-AMERICAN STUDENT ASSOCIATION** This February, as part of a month full of events to celebrate and acknowledge Black history, members of Pinnacle's African-American Student Association held the school's first ever HBCU Mini Fair! A diverse group of students gathered to learn about the origins of our nation's Historically Black Colleges and Universities, and their significance to Black American culture and education. The presentation was led by AASA President, Zamarrea Bogle (Junior). Shown here (l to r) are Brady Campbell (Sophomore), Jayson Turner (Junior), Rai'Jon Jones (Junior), Zamarrea

Bogle, Lauryn Mattox (Junior), Matt Smith (Freshman), Amiya Marshall (Freshman), Taja Evans (Junior), Amirah Battle (Vice President/Junior), and Aniyah Palmer (Treasurer/Junior).



To close out the Month, AASA club members also went on a field trip on Friday 2/24. Flanked by live music, community, and culture, they dined on traditional Black American Southern brunch fare at SugarJam-The Southern Kitchen in North Scottsdale. Shown seated (clockwise, from the top) are Zamarrea Bogle, club Advisor April Turner, Taja Evans, Aniyah Palmer, Amirah Battle, Lauryn Mattox, Rai'Jon Jones, Jayson Turner, and Sebastian Carrillo (Junior).



SCHOOL NEWS

- ★ **7TH ANNUAL PVEA PROM BOUTIQUE** Paradise Valley Education Association Prom Boutique offers a unique experience for Paradise Valley Unified Students. Students can shop the Boutique for FREE attire for school-sponsored formal events. The boutique provides students with apparel, accessories as well as raffle opportunities. We have helped over 300 students attend prom in our district.

PVEA IS COLLECTING THE FOLLOWING: Gently Used items, all sizes needed; Formal dresses/suits/tuxes, women/men's formal dress shoes, jewelry, purses, ties, belts, men's dress shirts, formal vests, unused cologne/perfume, nail polish, and make-up. Reach out to Rosemary Jakub at PHS to schedule your Prom Donation dropoff. Email: rjakub@pvlearners.net or send your donations with your teen to school. Her classroom is F125.

AS WE GROW, we have found a need for a few unique items. We have created an Amazon wish list but would be happy to accept new or used similar items if you have them available. Feel free to share the link with family or friends. AMAZON:

https://www.amazon.com/hz/wishlist/ls/3G6TFQMW9C60Y/ref=nav_wishlist_lists_2?fbclid=PAAaavLjRjzm--YdErRLGAjtpMjflRcfdD7Qp7FLFNYIrg3lpBehyqVxAsjlk

ALL PVSchools high school students are invited to the Prom Boutique event at SweetWater Community School, Address: 4125 E. Andora Drive Phoenix, AZ 85032

MARCH 25, 12:00 PM - 2:00 PM

MARCH 28, 4:00 PM - 6:30 PM

APRIL 1, 9:00 AM - 12:00 PM

APRIL 11, 4:00 PM - 6:30 PM

APRIL 18, 4:00 PM - 6:30 PM

APRIL 22, 9:00 AM - 11:00 PM

PVUSD STUDENT ID REQUIRED

Have Questions? Contact

paradise.valley@arizonaaea.org

- ★ **CLEAN THE CLUTTER! Goodwill Donation Drive April 1st from 9am – 3pm.** Items can be dropped off in the student parking lot starting at 9am! Pinnacle will earn money for every pound of donated items. The money raised is used to support Pinnacle teachers and staff and our Project Grad Senior Night! Please see our [flyer](#) for items that can be collected.
- ★ **LOU MALNATIS PIZZERIA FAMILY NIGHT** Support Parents of Pinnacle Lou Malnatis Pizzeria Family Night Out Fundraiser Tuesday, May 9th, 2023 from 11:00am-10:00pm. Dine in or order online using code FUNDPAOP23. Must mention fundraiser when ordering to ensure credit towards fundraiser.
- ★ **PINNACLE'S FINEST** Join us in the auditorium on March 24th at 7:30 pm for the finest talent show on planet Earth! Admission is free and the entertainment is never-ending. Come and see when we will once again crown Pinnacle's Finest!



- ★ **PINNACLE POM & CHEER PREP CLINICS** Open to all 7th - 12th graders interested in Pinnacle Spiritline. Training provided by Current Pinnacle Pom Varsity Coaches focusing on Dance team, Pom and Jazz Technique. Training provided by current Pinnacle Cheer Varsity Coaches focusing on stunting, tumbling, jumps and techniques. A great opportunity to prepare for our 23-24 Season Tryouts. Participants should wear athletic clothing and shoes and bring their own water. Questions? Contact Kaley Nowaczyk (Spiritline Director) at pinnacleHSSpiritline@gmail.com Click on the [Link](#) for more information.

★ **PINNACLE SPIRITLINE 23-24 SEASON TRYOUTS**

Interested in being a part of our Pinnacle Spiritline family? Tryout dates are posted- Mark your calendars!

Current Pinnacle Students (currently grades 9-11): May 15th - 20th

Incoming Freshman / Transfer Students: July 25th - 29th

**Mark your calendars for our Mandatory Parent / Athlete Informational Meeting Tuesday April 25th (time TBD).*

The most up to date information can be found on our official website -

pinnaclespiritline.com

- ★ **PINNACLE THEATRE COMPANY K-3 WORKSHOP** We are putting on a workshop for K-3 students and would love parents to share with families they think may be interested. Please complete the registration [form](#) for each child to sign up for Once Upon a Mattress. An email will be sent with directions the week of the experience. Please remember to bring your payment of \$50 (cash or check addressed to Pinnacle Theatre Company booster) to drop off on Friday, April 21 at 5:45pm.

- ★ **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.

SENIORS

- ★ **GRADUATION 2023 - SAVE THE DATE: Thursday May 25, 2023**
- ★ **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!](#)

Class of 2023
ORDER NOW...Start Celebrating Your Senior Year!

MISSED DEADLINE – ORDER ONLINE NOW!!!

Class Rings	Caps & Gowns	Letterman Jackets
<p style="text-align: center;">ORDER YOUR SENIOR CLASS RING AND GET A *FREE CAP & GOWN!</p>  <p style="font-size: small;">Don't Know Your Ring Size? → Scan HERE to view our Ring Size Guide</p> <p style="font-size: x-small;">*Get a FREE Cap & Gown with the purchase of any: Class Ring • Class Yea • Class Letter • Class Souvenir • Beach Chair Collection</p> <p style="font-size: x-small;">Use Promo Code: SENIORGIFT40 The above promo code will save \$40 off your Class Ring order! This savings will cover the cost of your Cap & Gown (not including any fees/taxes/shipping) You will still need to go online to order your Cap & Gown at www.jostens.com</p> <p style="font-size: x-small;">Design Your Class Jewelry online at www.jostens.com</p>	<p style="text-align: center;">Celebrate Your Year Class of 2023</p>  <p style="text-align: center; color: red;">*See Additional Items Online</p> 	<p style="text-align: center;">Customize Your Varsity Letterman Jacket</p>  <p style="text-align: center; color: red;">*See Additional Patches Online</p>

**SCAN HERE to Order
Your Graduation Products**



- Caps & Gowns
- Announcements
- Senior Gear
- Senior T-shirts
- Class Rings
- Letterman Jackets

Jostens 14827 N. Cave Creek Road
Phoenix, AZ 85032
Questions?
Phone: 802-765-7227
Email: JostensOffice@jostens.com
Hours: Monday-Friday from 9am-5pm

- ★ **MEMORY PAGES** Memory Pages are a continuing tradition of each PHS graduating class. Memory pages are collected from the Seniors and then put in a scrapbook for the 10 year class reunion. There is no fee to submit a memory page. Your job is to create a scrapbook page to commemorate your graduate (include your students name, photos of family/friends photos, school events, extracurricular, your choice). Use one side of the page and keep the decorations within the page.

Please use a standard size 12x12 scrapbook page.

You can pick up a blank memory page to decorate and drop off your finished memory page at any time in the counseling office, or the final drop off will be at

Graduation Rehearsal. No memory pages will be accepted after that.

Email POP with any questions at pop@parentsofpinnacle.org

- ★ **PROJECT GRAD 2023!** Invest in our youth – support Pinnacle High School and make ‘Project Grad 2023’ a success! Project Grad is an all-night graduation party for our students to celebrate safely. It is a chaperoned, alcohol & drug free celebration held at Dave & Buster’s at Desert Ridge Marketplace immediately following the graduation ceremony for all graduating seniors. Project Grad is offered entirely free to our seniors. How are we able to do this? With your help!
 - * With 600+ graduates, the cost of this year's event is approximately \$60,000.
 - * Project Grad “Wish List” letter and Amazon Wish List
https://www.amazon.com/hz/wishlist/ls/26JOYRMBQHBLG/ref=nav_wishlist_lists_2
 - * Sponsor a Senior and Donor Form.
 - * Make an online donation directly to POP at <https://parentsofpinnacle.org/donate.html>Your company can help make this event a success by donating to the Project Grad Program. **Seniors Celebrating Safely** – we can make it happen with your partnership. Thank you for investing in our community’s future, the 2023 graduates of Pinnacle High School!

- ★ **SENIOR YARD SIGNS** Information on our senior yard signs will be out later this week. If you are receiving emails from Grad Photography please know that is not the Official Sign from POP for Pinnacle. Please contact POP with any questions. pop@parentsofpinnacle.org

ATHLETICS

★ SPORTS CALENDAR

Baseball

- 3/23-31 Coach Bob National Invitational (V) - O’Connor
- 3/23 Varsity vs. Mountain Ridge
- 3/23 FR/JV @ Mountain Ridge
- 3/25 Varsity @ Mountain Ridge
- 3/25 FR/JV vs. Mountain Ridge
- 3/30 FR/JV @ Tolleson
- 4/1 FR vs. Notre Dame Prep

Softball

- 3/23-25 Hamilton Softball Invitational
- 3/28 JV vs. Mountain Ridge
- 3/28 Varsity @ Mountain Ridge
- 3/30 JV vs. Tolleson
- 3/30 Varsity @ Tolleson
- 3/31 JV vs. Liberty
- 3/31 Varsity @ Liberty

Tennis

- 3/23 O’Connor - Boys Home; Girls Away
- 3/28 North Canyon - Boys Away; Girls Home
- 3/30 Chaparral - Boys Home; Girls Away

Track & Field

- 3/24-25 Chandler Invitational @ Chandler HS
- 4/1 - Ron Smith Classic @ Shadow Mountain

- ★ **UNIFIED BASEBALL CAMP** On April 1st, Pinnacle Baseball will be hosting a baseball camp for students of all abilities in PVUSD High School Self-Contained Programs. Come make friends, play ball, & have fun during a friendly scrimmage with snacks to follow. Please contact Karen Conway at karenconway99@gmail.com with any questions or sign-up information.
- ★ **ANNUAL SCHOOL SPORTS PHYSICALS** Our annual student [physicals](https://bit.ly/PinnaclePhysicals) will be hosted at the new Banner Sports Medicine facility on Saturday, May 20th. The cost is \$15 and will be available from 8 am - 12 pm. Please pre-register for a slot at <https://bit.ly/PinnaclePhysicals>.
- ★ **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.
- ★ **NATIONAL FOOTBALL FOUNDATION** In April, Myles Libman and Duce Robinson will be recognized as 2 of 27 athletes selected for the Elite Scholar Athlete Team of 2023 for the Valley of the Sun Chapter. This recognition is based upon their performance on and off the field.

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.

- ★ **FEELING SICK...** We have seen a recent uptick in Covid cases. The Health Office appreciates your diligence in testing and reporting those cases. If your student is tested positive please let our office know and when the first day of symptoms were felt. The protocol suggested is 5d quarantine returning on day 6. Covid absences are not counted against their state monitored absence. Most Covid symptoms of this variant are mild but with certain students having pre existing conditions and lower immunities it is important to monitor the illness on campus.

SOCIAL & EMOTIONAL HEALTH

PERSEVERANCE

Perseverance is the No. 1 soft skill that sets kids who are highly motivated apart from those who give up easily. In fact, studies have supported that it is a stronger predictor of success than IQ.

Kids who have perseverance don't give up in the face of setbacks. They believe their efforts will pay off, so they stay motivated to work hard and finish what they start, despite any barriers that arise.

Here are nine ways parents can help kids build perseverance:

1. Fight the factors that discourage kids.

- **Fatigue:** Safeguard your child's concentration abilities by sticking to regular sleep routines. Turn devices off one hour before bedtime and keep screens outside of the bedroom at night.
- **Anxiety:** The pressure to succeed can cause overwhelming feelings. Express to your child that your love is not contingent on their success.
- **Identity solely based on fast achievements:** Instill a growth mindset so your child understands that success is not fixed. Praise them for their efforts, not their results.
- **Learning expectations that don't match abilities:** Set expectations just slightly above your child's skill level. Expectations that are too high can cause anxiety, while ones that are too low can lead to boredom.

2. Teach that mistakes are growth opportunities. Remind your kids that mistakes can be a positive thing, even if a situation doesn't turn out the way they expected. Accept their errors and tell them: "It's okay to mess up. What matters is that you tried." Admit to your own missteps, too. This will help them recognize that everyone makes mistakes, and that success happens when you don't let setbacks define you.

3. "Chunk" tasks. Teaching your kids to divide big tasks into smaller, more manageable chunks will help them feel more confident about completing things over time.

4. Celebrate small wins. Repeated failure can destroy perseverance, but the smallest success can encourage a child to keep going, so help them identify their little wins.

For example: "Last time, you spelled six words correctly. Today you got eight! That's a gain. You're improving because of your hard work!"

5. Stretch their focus. If your child wants to give up on an assignment, put a timer on their desk and set it for an appropriate length of time, tailored to their attention span.

Explain that they just need to keep at it until the bell goes off. Then they can take a quick break and reset the timer.

Encourage them to see how many problems they can complete before the bell dings so that they see they are succeeding. Over time, focusing will get easier.

6. Correct “stumblers”. When kids give up, it might be because they can’t see their way out of a challenge. Start by acknowledging their frustration and express that it’s a normal feeling. Try doing a breathing exercise or taking a break. Then when they return to the task, see if you can help them identify one small stumbler that’s getting in their way. For example: “It looks like you’re getting the addition and multiplication symbols mixed up.” Once the issue is clear, practice focusing on the stumbler until they slowly overcome it.

7. Praise effort. When kids are praised for their intelligence (e.g., “You’re so smart!”), they are less likely to persevere. But when praised for their effort (e.g., “You worked so hard on that! Nice job.”), they are more motivated and work harder.

8. Come up with “stick-to-it” statements. Negative self-talk like “I can’t do it” or “I’m not smart enough” derails perseverance. Help your child choose a short, positive statement to say to themselves when things get tough. Remind them to repeat that statement out loud several times for a few days until they can remember to use it on their own: “Things don’t have to be perfect. I will get better and better if I keep trying.”

9. Step back and let them figure it out. Never do something for your children that they can do on their own. Each time you fix your child’s errors or do something for them, they increasingly learn to depend on you. There goes the opportunity to develop perseverance. Once you know that your child can complete a task alone, take a step back. Allow them to embrace that feeling of accomplishment.

We all need to support each other.

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	bp Paige@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 [counseling website](#) 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.

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, April 19, 2023

Wednesday, May 17, 2023

For the April 19th, 2023 meeting UPC will sponsor a meeting

TBA

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

Check out the [United Parent Council](#) 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!



Parents of Pinnacle

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 [POP website](#). 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 [donation page on the POP website](#)

Volunteer, 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.

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 (Spring - 4/1/23 from 9am-3pm).

Clear the Clutter

Pinnacle HS Goodwill Clothing /Donation Drive

An easy way to help Parents of Pinnacle raise money by simply donating your unwanted items. Money raised helps support Pinnacle teachers and staff and Project grad for our graduating seniors.

Saturday April 1st (9am – 3pm) at the Pinnacle HS Student Parking Lot. Our truck may not be there until 1:00pm but POP will be out there collecting items even if the truck is not there! If you are interested in volunteering for an hour our two please contact. pop@parentsofpinnacle.org

IMPORTANT DATES

DATE	EVENT
APRIL 4	K-12 Early Release
APRIL 7	No school: K-12 Recess
APRIL 15	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