

Sharon Middle High School Weekly Happenings May 22-26, 2023



Academic Announcements

Tutoring is available for any student in need of extra help. Tutoring is offered before school from 7:00-8:00 AM and after school from 3:00-4:00 PM with a certified teacher from each core content area. Tutoring is open to ALL students in grades 7-12. Student athletes and club members are encouraged to attend tutoring. For those students in athletics or clubs - eligibility is run every Friday at 10:00 AM. Students are asked to check with their coach or club advisor for their updated eligibility.

The tutoring schedule for May is posted on the Sharon City School District website (www.sharonsd.org). Click on SCHOOLS and choose Sharon High School or Sharon Middle School. Click on the orange tab that says "M/HS Tutoring Schedule." The schedule is also available on the last page of Weekly Happenings.

IF YOU ARE COMING IN FOR AM TUTORING, PLEASE REPORT TO THE MAIN ENTRANCE ON THE CASE AVENUE SIDE OF THE BUILDING. THE TEACHER RESPONSIBLE FOR TUTORING WILL OPEN THE DOORS. IF YOU ARRIVE AFTER 7:05 AM, YOU WILL NOT BE ABLE TO GET IN UNTIL 7:20 AM.

Wednesday After-School Detention

If your child is assigned a Wednesday After-School detention, he/she must arrive with work. Students will not be permitted to go through the building to access their lockers during Wednesday After-School detention. If students do not arrive with work, they will be sent home. Wednesday After-School detention dates are posted on both the high school and middle school websites and on the front doors of the building. Detention runs from 3:30 PM to 5:30 PM. Students must be on time.

Upcoming Wednesday After-School Detention Dates:
May 24

STUDENT AND STAFF INTEGRITY SHOUT-OUTS!

DO YOU KNOW SOMEONE WHO DISPLAYS INTEGRITY EVERY DAY? DID ANOTHER STUDENT, A TEACHER, OR STAFF MEMBER DO SOMETHING THAT DESERVES RECOGNITION? LET THAT PERSON KNOW YOU APPRECIATE THEM! GIVE THEM A SHOUT-OUT!



WE ARE ONCE AGAIN RECOGNIZING THOSE WITH THE STUDENT & STAFF SHOUT OUT BOARD. YOU'LL FIND THIS BOARD GOING UP THE RAMP FROM THE CAFETERIA. IF YOU WOULD LIKE TO GIVE A SHOUT-OUT, ASK YOUR TEACHER FOR A FORM THEN DROP IT OFF TO MRS. BLAIR IN THE OFFICE OR MS. ARGENZIANO IN ROOM 113. YOU CAN ALSO EMAIL DR. RICHARDS YOUR SUBMISSION AT BRANDON_RICHARDS@SHARONSD.ORG. DON'T FORGET TO CHECK OUT THE SHOUT OUT BOARD IN THE HALLWAY - YOU MIGHT BE UP THERE!

Congratulations

to the track team on their performance Saturday at the District meet held at SRU!

Leading the way for the Tigers and punching her ticket to States in 2 events was Ondrea Young. She placed 1st in the 100 hurdles running 15.42 and placing 2nd in the 300 hurdles in a time of 47.59 seconds.

Delani Berkson is also headed to states. She placed 2nd in the disc throwing 112 ft 6 inches!

Abby Douglas had a great day placing 5th in the 1600 and 800 meter dash.

Bryson Roberson placed 5th in the javelin.

Jayveerh White placed 8th in the 109 meter dash running 11.42 seconds.

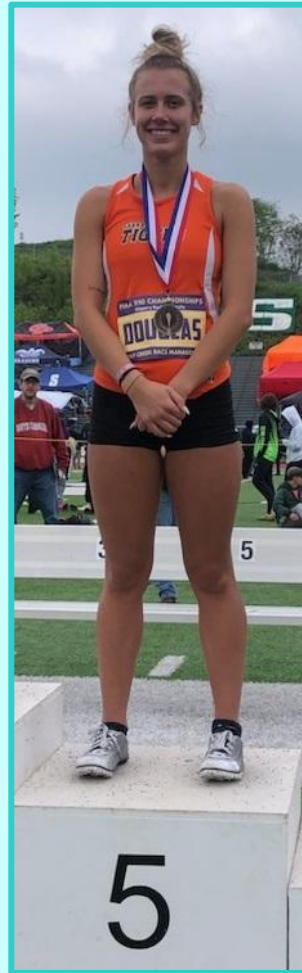
Kare'mez Norris placed 6th in the 300 hurdles.

Nick Schimp placed 7th in the shot put.

The boys 4x 400 relay team of Judah Abram, Bodhi Paknis, Isaiah Harvey, and Kare'mez Norris placed 6th!

Great season Tigers!

Good luck at States Ondrea and Delani!



Colleen Hoover Book Lovers!



Award for Most CoHo Books: Olivia Monoc

Award for Most CoHo Knowledge: Mara Ostheimer

A Google Classroom is available to any student who needs to retake the **Biology Keystone Exam**; in this classroom you will find review packets, videos, and games. Please contact Mrs. Kytchak, or your current science teacher, with questions. The classroom code is: **6cpc77v**



In honor of "Cinco de Mayo," Spanish Two students learned how to make "tortillas autenticas." Tortillas have been around for thousands of years. Mayan legend says that the first tortilla was a gift. As the story goes, a peasant invented the corn tortilla as a present for his hungry king over 12,000 years ago. In the ancient highlands of modern Mexico, tortillas were a staple in both Mayan and Aztec diets.

When Spaniards arrived in Central America in the 1500s, they discovered that the indigenous people all ate some sort of bread made from corn. Mayans ate corn off of the cob, but they also ground corn into cornmeal. The cornmeal was then used to create a corn dough called masa. The Spanish conquistador Hernan Cortes wrote a letter to the Spanish King Charles V in 1520. In it, Cortes described the public markets as places where one could find "all kinds of merchandise that the world affords... as for instance, articles of food." Cortes went on to describe the main staple of the native diet: "maize or Indian corn, in the grain and the form of bread."



The term "tortilla" comes from the Spanish word for "little cake." The Spanish named the tortilla after it was brought over to Europe from Central America. Spaniards introduced wheat flour to Central America when they brought it over from Spain. Then, flour was used to make tortillas. Even today, flour tortillas are considered unique to the Mexican highlands.



Using traditional corn "masa" (dough), the Spanish Two students had to roll the masa into small balls, and then flatten them, using a "prensa tortillera" (tortilla press). In lieu of cooking the tortillas on a "comal" (a flat, cast-iron pan), the students used a griddle, and then ate the warm tortillas with salsa and cheese. All agreed that they were "super deliciosos!"



Some of the winners of the Best Actors of The Diary of Anne Frank competition in Reading 8



SHARON HIGH.



YOU KNOW!

IALAC 2023

(I Am Lovable and Capable)

Tues., May 30 & Weds., May 31, 2023

Kon-O-Kwee Spencer YMCA



THE 10TH GRADE CLASS IS SELLING
DAFFIN'S CANDY BARS
AS THE MAJOR FUNDRAISER
FOR IALAC.



Sharon Middle High School Music Department

Presents:



MS Choir Concert

Wednesday, May 24, 2023 at 7:00 at SHS

HS Choir Concert

Thursday, May 25, 2023 at 7:00 at SHS

**Sharon First United Methodist Church's
Samaritan's Closet**

**is open on the 1st and 3rd Thursday of each month
from 11:00 A.M. to 1:00 P.M.**

Congratulations

to the High School Track team on their AWESOME performance on Thursday, May 11, 2023 at the County Meet at Grove City.

Leading the way for the Tigers was Ondrea Young. She placed 1st in the 100 hurdles running a state qualifying time of 15.65 seconds, second in the 300 hurdles running a state qualifying time of 47.43 seconds, and 4th in the 400 running 27.46 seconds.

The boys 4x400 relay team of Judah Abram, Bodhi Paknis, Isaiah Harvey and Karemez Norris ran a District Qualifying time of 3 minutes 42.24 seconds-good enough for 5th place.

Abby Douglas placed 2nd in the 1600 running a PR of 5 minutes 31.72 seconds and 6th in the 800 running a PR of 2 minutes 31.65 seconds.

Jayveerh White placed 5th in the 100 running 11.48 seconds and 8th in the 200 running 24.26 seconds.

Karemez Norris placed 2nd in the 300 hurdles running a PR of 42.88 seconds.

Camryn Baker placed 2nd in the Triple Jump jumping a PR of 33 ft 2.50 inches.

Delani Berkson placed 3rd in the disc with a throw of 99 ft 5 inches.

Jazzmine McGee ran a PR in the 200.

Isaiah Harvey placed 4th in the 200 running 23.93 seconds.

Bryson Roberson placed 3rd in the shot and 5th in the javelin.

Nick Schimp placed 6th in the shot put.

The boys 4x100 team of Isaiah Harvey, Karemez Norris, Judah Abram and Jayveerh White placed 4th running a PR of 44.96 seconds.

Niyonna Amos placed 5th in the shot put.

Bryton Wilson placed 6th in the High Jump jumping 5 ft 7 inches.

Willow Phillips placed 6th in the high jump jumping 4 ft 7 inches.

Justin Sims placed 7th in the 3200.

The 4x100 girls team of Jazzmine McGee, Camryn Baker, Ari Chapman and India McGee placed 8th.

Garret Hoffman ran PR's in the 400 and 800 meters.

Terrian White ran a PR in the 300 hurdles.

Ian Heffron ran a PR in the 800.

Great job Tigers!

**Districts is Saturday, May 20
at Slippery Rock University!**

On April 26th, members of the Sharon High Spanish Club spent some “Tiempo en la Cocina” (time in the kitchen) at Thyme in Your Kitchen in Downtown Sharon.

Chef Garron Birdsall instructed a group of 6 students on how to make Paella Española and Churros Auténticos. Paella is a traditional Spanish dish that has ancient roots, but its modern form originated in the mid-19th century the east coast of Spain adjacent to the city of Valencia. Types of paella include Valencian paella, vegetable paella, seafood paella, and mixed paella, among many others. At Thyme in Your Kitchen, the SHS students learned how to correctly dice onions, tomatoes and garlic for use in a “sofrito” sauce. They also learned how to make “chorizo,” which is a spicy Spanish sausage.

Churros, strips of fried dough, are eaten throughout Spain and Portugal, as well as in the Philippines Latin America, and the Southwestern United States. They can either be thin, and sometimes knotted, or long and thick. Churros are normally eaten for breakfast or as an afternoon snack, and are dipped in hot chocolate, dulce de leche (a type of caramel sauce) or cappuccino. Cinnamon sugar is often sprinkled on top.

Many of the students participating in the class had never eaten paella, and they were surprised at how the flavors of the vegetables, chicken and chorizo blended together so well. Likewise, the churros disappeared almost as soon as they came out of the deep fryer.

According to Claire Bodien, a sophomore and 3rd year member of the Spanish Club, everything was, “¡Excelente! ¡Muy delicioso!” The other students concurred, and they can’t wait to go back and learn more from Chef Garron!



Be a Fit Kid

Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

People who care (parents, doctors, teachers, and others) want to know how to help kids be more fit. Some parts of this are up to parents — such as serving healthy meals or deciding to take the family on a nature hike. But kids can take charge too when it comes to their health.

Here are 5 rules to live by, if you're a kid who wants to be fit. The trick is to follow these rules most of the time, knowing that some days (like your birthday) might call for cake and ice cream.

1. Eat a Variety of Foods

You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Some foods, such as green veggies, may taste better the older you get.

Try for at least 5 servings of fruits and vegetables a day — 2 fruits and 3 vegetables. Here's one combination that might work for you:

- at breakfast: ½ cup (about 4 large) strawberries on your cereal
- with lunch: 6 baby carrots
- for a snack: an apple
- with dinner: ½ cup broccoli and 1 cup of salad



2. Drink Water & Milk

When you're really thirsty, water is the best thirst-quencher. And there's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source of this mineral. How much do kids need? If you are 4 to 8 years old, drink 2½ cups of milk a day. If you're 9 or older, aim for 3 cups of milk per day. You can mix it up by having milk, fortified soy milk, and some other calcium-rich dairy foods.

Here's one combination:

- 2 cups (about half a liter) milk or soy milk
- 1 slice cheddar cheese
- ½ cup (small container) of yogurt

If you want something other than milk or water, it's OK to drink 100% juice once in a while, but no more than 1 cup a day. Don't drink sugary drinks, like sodas, juice drinks, and sports drinks. They contain a lot of added sugar. Sugar just adds calories, not important nutrients.

3. Listen to Your Body

What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes, people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable and can lead to unhealthy weight gain.

4. Limit Screen Time

What's screen time? It's the amount of time you spend watching TV or videos, playing video games (console systems or handheld games), and using a smart phone, tablet, or computer. The more time you spend on these sitting-down activities, the less time you have for active stuff, like basketball, bike riding, and swimming. And you may not get enough sleep if you spend too much time with a screen before bed. Try to spend no more than 2 hours a day on screen time, not counting using the computer for school and educational activities.

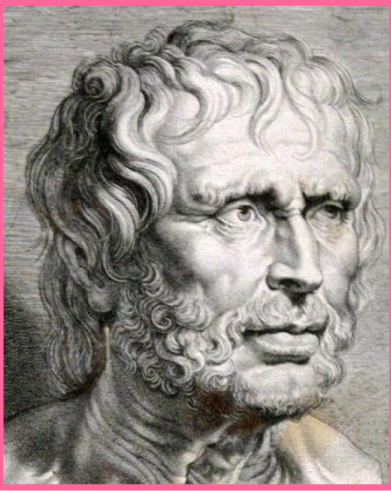
5. Be Active

One job you have as a kid — and it's a fun one — is that you get to figure out which activities you like best. Not everyone loves baseball or soccer. Maybe your passion is karate, or kickball, or dancing. Ask your parents to help you do your favorite sports and other activities. Find ways to be active every day, like playing outside. You might even write down a list of fun stuff to do, so you can use it when your mom or dad says it's time to stop watching TV or playing computer games!

Speaking of parents, they can be a big help if you want to be a fit kid. For instance, they can stock the house with healthy foods and plan physical activities for the family. Tell your parents about these five steps you want to take and maybe you can teach them a thing or two. If you're a fit kid, why shouldn't you have a fit mom and a fit dad?

Lead your day with our goals from Rachel's Challenge:

1. Look for the best in others
2. Dream big
3. Choose positive influences
4. Speak with kindness
5. Start your own chain reaction



*"Wherever there
is a human
being, there is
an opportunity
for kindness."
— Seneca*

Attention All Students:

Have you seen the FOR Club's page on Instagram? If not, follow us! Our page is called Sharon Compliments! Jump on and see who inspires us to be kind every day!

Attention all students:

Do you want to help spread kindness in our school and community? Join the FOR Club!

Do you want to encourage others to live by our goals from Rachel's Challenge? Join the FOR Club! Do you want to help make a chain reaction?

Join the FOR Club!

FOR Club Needs Members!

Sign up for the FOR Club today! If you don't have our app yet, look for the FOR Club Remind App, informational posters on the walls in the hallway to tell you how to join our app, or see Dr. Richards today! Students can also join our Google Classroom and get all the latest information on our projects! Use code: 22prtzbz to join today!

The Pawsitive Pantry

The Sharon Middle/High School along with the Friends of Rachel Club is proud to announce the **GRAND OPENING** of our Pawsitive Pantry!

This site is open to all Sharon Middle/High School students in need.

The pantry is located on the 3rd floor in room 312. We are currently operating on a referral basis until all collaborations are in place. If you have a friend or you, yourself are in need please see Mrs. Fox in the nursing office. Any questions can be directed to Mrs. Fox, via email. Donations are welcome.

Lisa_Fox@sharonsd.org

Some available food items include non-perishable canned goods, tuna, breakfast items, soups, canned fruit, pasta and pasta sauce and granola bars.



We also have available as needed hygiene supplies such as soap, shampoo, toothbrush/toothpaste, feminine hygiene products and deodorant.

ATTENTION

ALL STUDENTS AND STAFF:

**COME CHECK OUT MORNING PRAYER
ON MONDAYS AT 7:45 A.M. IN THE GYM**

**IT'S A SPECIAL TIME WHERE STUDENTS AND
STAFF COME TOGETHER IN A MOMENT OF UNITY**

EVERYONE IS WELCOME!



**Chess Club meeting
Thursday, May 25, 2023
at 3:00 P.M.
in the LIBRARY**

**Any student interested in
joining**

Teen Institute

**Stop by room 303
between 7:30 P.M.-3:00 P.M.**

or contact

**Mr. Whalen at
jeremy_whalen@sharonsd.org**

Any student interested in joining

STUDENTS FOR CHARITY:

Stop by Room 313 or contact
Ms. Sandine at melinda_sandine@sharonsd.org



Upcoming Tiger Tuesdays:
May 23

CLOTHING CLOSET OBLIGATION PRICE LIST

If you borrow clothing and do not return it you
will owe the following amounts:

T-Shirts - \$5.00

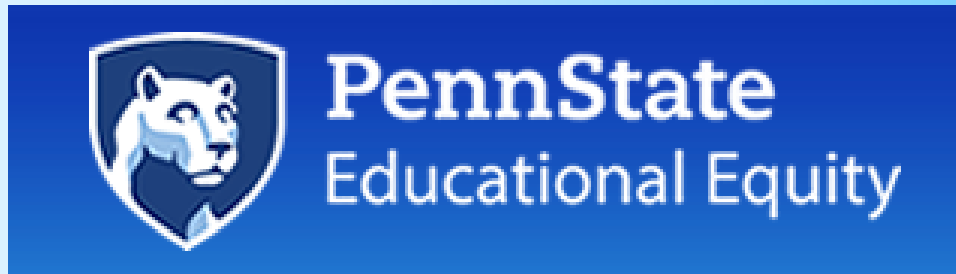
Pants - \$10.00

Sweatshirt - \$15.00



What is the Talent Search Program?

Talent Search is one of the Federal TRIO Programs dedicated to assisting high school students in furthering their education.



Our counselors work with over 2,000 Pennsylvania middle and high school students a year to provide services, information, and guidance for your education after high school.

Who is eligible to receive services?

Talent Search is primarily available to students who are from low-income households, and whose parents did not go to college, but anyone can apply.

To complete an application, you will need the following information:

- Your family's current financial information (No requirement to provide documentation.)
- Are you a U.S. citizen, permanent resident, or in the process of applying for citizenship?
- Do you want to attend college or get a certification after high school?

For more information or to sign up,
see Ms. Graham-Jones in the main office!

Are you, or someone you know,
in need of food assistance?
These organizations can help!

Community Food Warehouse
Monday-Friday
7:30 AM - 3:30 PM
724-981-0353

St. John's Episcopal Church
Pick up lunch
Saturday only
11:00 AM - 1:00 PM
226 W. State Street, Sharon

Prince of Peace
Soup Kitchen
Monday and Wednesday
2:00 PM - 4:00 PM
502 Darr Avenue, Farrell
724-346-5777

Joshua's Haven
Daily Dinner at 5:30 PM
1230 Stambaugh Avenue, Sharon
724-983-0304

Any student in grades
7-9 interested in
joining
C.O.O.L.
can pick up an
application in the
main office!

Any male student in grades 9-
12 wishing to join the Hi-Y club
and help with this year's blood
drives, please sign up in room
303 anytime between
7:30 AM - 3:00 PM or
email Mr. Whalen
jeremy_whelen@sharonsd.org

May Tutoring Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
1 AM PM Stahl ENG (109) McGee SS (224)	2 AM O'Brien SS (217) PM	3 AM Kytchak SC (317) PM Steen SC (316)	4 AM PM Miller ENG (203) Richards M (104)	5
8 AM PM Stahl ENG (109) McGee SS (224)	9 AM O'Brien SS (217) PM	10 AM Kytchak SC (317) PM Steen SC (316)	11 AM Kytchak SC (317) PM Miller ENG (203) Richards M (104)	12
15 AM PM McGee SS (224)	16 AM O'Brien SS (217) PM	17 AM PM Steen SC (316)	18 AM PM Miller ENG (203) Richards M (104)	19
22 AM PM Stahl ENG (109) McGee SS (224)	23 AM O'Brien SS (217) PM	24 AM Kytchak SC (317) PM Steen SC (316)	25 AM PM Miller ENG (203) Richards M (104)	26
29 NO SCHOOL	30 AM O'Brien SS (217) PM	31 AM Kytchak SC (317) PM Steen SC (316)		

M = MATH SC = SCIENCE
SS = SOCIAL STUDIES ENG = ENGLISH

- Eligibility is run every Friday at 10:00 AM
- Please check with your coach or advisor for your updated eligibility
- Tutoring is open to ALL students