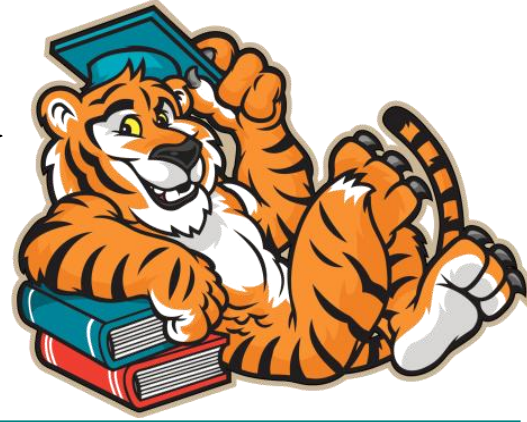


Sharon Middle High School

Weekly Happenings

June 5-9, 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 September will be 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.

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!

**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.

SHARON HIGH.



YOU KNOW!

Congratulations

to Delani Berkson and Ondrea Young
on their fantastic track and field season!



Delani finished her senior season
with a 7th place medal at States!



Ondrea placed 6th in the 100 hurdles
and 7th in the 300 hurdles!

ROBOTICS TEAMS ADVANCE AND RECEIVE AWARDS AT POST-SEASON EVENTS

DURING THE PAST FEW MONTHS, THE SHARON ROBOTICS TEAMS HAVE BEEN BUSY PREPARING FOR AND COMPETING IN SEVERAL STATE AND WORLD-WIDE COMPETITIONS. SHARON TIGER TECHS TEAM BLACK RECENTLY TRAVELED TO THE FIRST WORLD CHAMPIONSHIP IN HOUSTON, TEXAS TO COMPETE AGAINST THE BEST 100 FIRST LEGO LEAGUE TEAMS IN THE WORLD. AFTER SEVERAL DAYS OF COMPETITION, TEAM BLACK RECEIVED THE ENGINEERING EXCELLENCE AWARD. THE AWARD CELEBRATES A TEAM WITH AN EFFICIENTLY DESIGNED ROBOT, AN INNOVATIVE PROJECT SOLUTION THAT EFFECTIVELY ADDRESSES THE SEASON CHALLENGE AND GREAT CORE VALUES EVIDENT IN ALL THEY DO.



THE SHARON TIGER TECHS TEAM BLACK CELEBRATE THEIR WIN AT THE FIRST WORLD CHAMPIONSHIP IN HOUSTON, TEXAS. THE TEAM WON THE ENGINEERING EXCELLENCE AWARD. PICTURED FROM LEFT TO RIGHT: NAIMA ALLEN, COACH DAVE TOMKO, JACOB PRELERSON, LOGAN PATEK, KATE POWELL, LEAH CRYTZER, BEN FISCUS, JJ LITMAN, TRIGG MCMAHON, VINCENT CALLA, AND COACH KELLY ROYS.

SHARON TIGER TECHS TEAM ORANGE RECENTLY TRAVELED TO THE RAZORBACK INVITATIONAL AT THE UNIVERSITY OF ARKANSAS TO COMPETE AGAINST SOME OF THE BEST 80 FIRST LEGO LEAGUE TEAMS IN THE WORLD. AFTER SEVERAL DAYS OF COMPETITION TEAM ORANGE RECEIVED THE FINALIST CHAMPION'S AWARD. THE AWARD IS THE HIGHEST AWARD GIVEN AT THE EVENT AND CELEBRATES A TEAM THAT EMBODIES THE FIRST @ LEGO® LEAGUE CHALLENGE EXPERIENCE, BY FULLY EMBRACING THE CORE VALUES WHILE ACHIEVING EXCELLENCE AND INNOVATION IN ROBOT PERFORMANCE, ROBOT DESIGN AND THE INNOVATION PROJECT. THE TEAM ALSO RECEIVED A 4TH PLACE ROBOT ALLIANCE AWARD WITH THEIR ALLIANCE PARTNER FROM NEW MEXICO, MVLA ROCKETS, AND A 10TH PLACE ROBOT PERFORMANCE SCORE OVERALL.

SHARON TIGER TECHS TEAM ORANGE CELEBRATE THEIR WEEK AT THE RAZORBACK INVITATIONAL AFTER RECEIVING THE FINALIST CHAMPION'S AWARD AND A 4TH PLACE ROBOT ALLIANCE AWARD. PICTURED FROM LEFT TO RIGHT: COACH KELLY ROYS, SOPHIE NESPOR, CAMILLE KLARIC, OLIVIA TOTIN, TONY GAGGINI, ALEX STEPHENSON, MATTHEW SCHIMP, HENRY NOWINSKI, COACH DAVE TOMKO, IAN CONNELLY, AND JASPER STANISKY.



THE SHARON HIGH SCHOOL ROBOTICS TEAM COMPETED AT THE FIRST TECH CHALLENGE SOUTH CENTRAL PENNSYLVANIA QUALIFIER AT PENN STATE YORK WHERE THEY RECEIVED HIGHEST HONORS AND ADVANCEMENT TO THE PENNSYLVANIA STATE CHAMPIONSHIP. THE SHARON TEAM RECEIVED FIRST PLACE CHAMPIONS AWARD (INSPIRE AWARD) AND ALSO WAS A ROBOT ALLIANCE FINALIST (SECOND PLACE ROBOT ALLIANCE SCORE). AT THE PENNSYLVANIA STATE CHAMPIONSHIP IN MARCH, THE TEAM COMPETED AGAINST THE TOP 36 TEAMS IN THE STATE. SHARON RECEIVED THE FIRST PLACE PROMOTE AWARD AND 7TH PLACE FOR THEIR ROBOT PERFORMANCE.



THE SHARON HIGH SCHOOL ROBOTICS TEAM COMPETED AT THE FIRST TECH CHALLENGE SOUTH CENTRAL PENNSYLVANIA QUALIFIER AT PENN STATE YORK WHERE THEY ADVANCED TO THE PENNSYLVANIA STATE CHAMPIONSHIP. PICTURED FROM LEFT TO RIGHT, BACK ROW: MARY BROWN, TONY GAGGINI, KAYDEN MORONEY, KEEGAN WIDMYER, KAYTLEN MORONEY, WARREN HACKETT, IAN FISCHER, MATTHEW SCHIMP. FRONT ROW: NAIMA ALLEN, BEN POLLOCK, AND BEN FISCUS.



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.

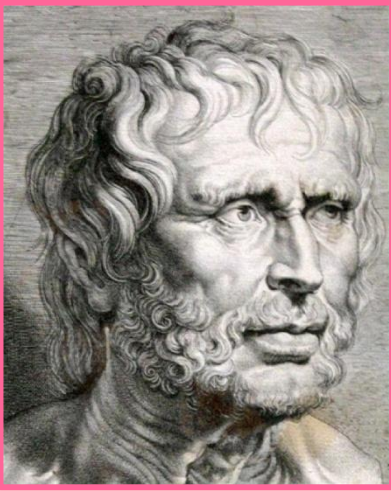
5. Be Active

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.

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



**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

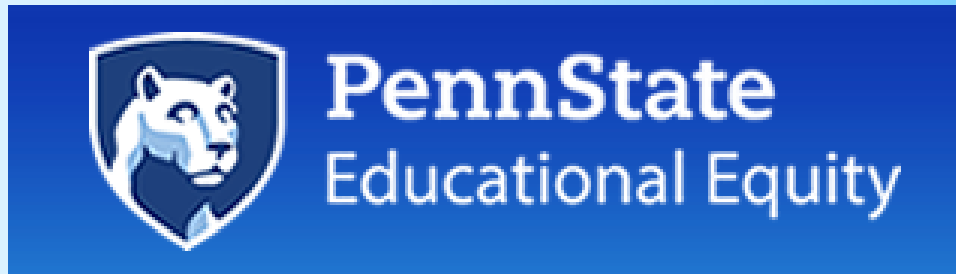
St. John's Episcopal Church
Pick up lunch
Saturday only
11:00 AM - 1:00 PM
226 W. State Street, Sharon

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

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!