

November 10, 2023

From the Principal

Good Afternoon, PHHS Families,

It's hard to believe Marking Period 1 is officially behind us. Grades will be available in FOCUS SIS on Monday, November 13th and report cards will be distributed on November 14th. You can also view MP1 grades and current MP2 grades in Schoology. Please check in and celebrate successes, target improvements, and set goals for Marking Period 2.

American Education Week – November 14-17 – Parents are invited to spend the day, or part of a day, in the life of your PH Student. Parents and caregivers may attend any day during American Education Week. All parents must follow procedures to sign-in at the Main Office and receive a visitor's badge before entering the building.

· Coffee with the Principal – Thursday, November 16th 7:15-8:15 AM – All parents and caregivers are invited to join Mrs. Campbell for coffee and conversation in the library. Please register in advance: [RSVP for Coffee with Principal](#)

Congratulations to our Championship Teams: Girls' Soccer, Football, Volleyball, Boys' Cross Country, and Cheer!

- Girl's Soccer travels to Crofton High School to take on Montgomery Blair HS in the State Semi-Finals on Saturday, November 11 at 2:30 PM.
- Varsity Football hosts Towson HS at home on Thursday, November 9th at 6:00 PM.
- Volleyball is competing in the Regional Championship vs. Western (city) on November 8th.
- Boys' Cross Country placed 4th in the Region and compete in the State Championship on Saturday, November 11th at Hereford HS.
- Gator Cheerleading finished second in the Region and competes in the State Competition at Harford Community College this Saturday, November 11th.

Good luck to all of our teams and Gator Athletes still competing this fall! Go Gators!

Winter Athletics – Registration Open Now – Register online for winter sports: Indoor Track, Wrestling, Basketball, Cheerleading, Allied Bocce. Students must meet academic eligibility requirements and have a completed physical on file. Visit our website perryhallhs.bcps.org or see Mr. Hruz (rhruz@bcps.org) for more information.

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Mark Your Calendars

- Monday, November 13th – SCHOOLS CLOSED for Students – Professional Development Day
- Tuesday, November 14th – Report Cards Distributed
- November 14-17 – American Education Week
- November 16 – Coffee with the Principal – 7:15-8:15 AM
- November 22-24 – SCHOOLS CLOSED – Thanksgiving Holiday

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Smartphones and Teens

What do parents need to know about smartphones in high school?

Phone and Social Media Stats:

53%

Of children in the US own a smartphone by age 11

9 hrs

Average amount of time per day teens report spending online (not including for HW)

14

Average age teens begin using social media

3.18

Average GPA of students with regular attendance

63%

Of teens say they use social media every day (an increase of 18% from 2015)

53%

Of screen time for teens is devoted to watching videos or TV (In 2nd, 31% of time is devoted to gaming)

50%

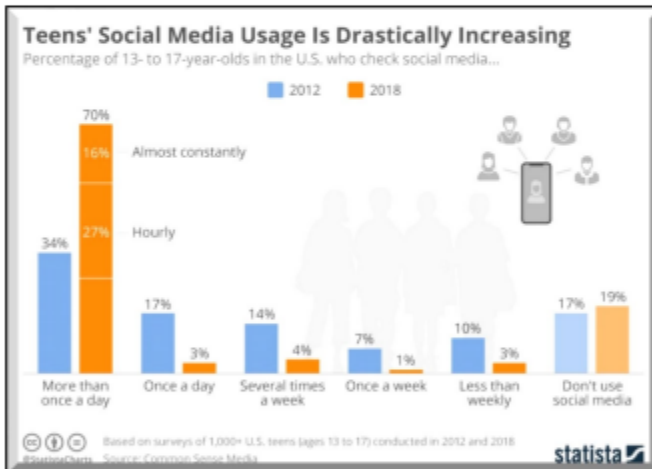
Of parents of teens monitor what their child does on their device

2.08

Average GPA of students with regular attendance and at least one cell phone referral

Source: The Common Sense Census: Media Use by Tweens and Teens 2019. Common Sense Media has been tracking this data since 2008.

Social Media Usage:



According to the Monitoring the Future survey by the National Institute on Drug Abuse:

- Teens who spend 10 or more hours a week on social media are 56% more likely to say they're unhappy.
- Teens who spend 6-9 hours a week on social media are 47% more likely to say they are unhappy.
- Those who spend an above-average amount of time with their friends in person are 20% less likely to say they're unhappy than those who hang out for a below-average amount of time.
- Teens who are heavy users of social media increase their risk of depression by 27%
- Teens who play sports, go to religious services, or do more homework than the average teen significantly cut their risk of depression.

*All percentages are higher for girls than boys.

Source: Twenge, Jean M. "Have Smartphones Destroyed a Generation?" *The Atlantic*, Sept. 2017

WHAT CAN PARENTS DO?

- **Limit screentime** for children and teens, especially during school and study hours. See the resources listed on the next page for more information regarding parental controls for both Apple and Android operating systems.
- **Monitor your child's activity** on smartphones and social media. Check out the resources on the next page for more information and ways to talk to your child about healthy social media use.
- **Engage teenagers** in off-screen activities that foster interests and friendships: athletics, religious youth groups, extra-curricular activities. Check out sports, clubs, and activities offered at OMHS.
- **Read** off-screen every day. Reading ANY text, including magazines, manga, comics, and graphic novels is worth the time and will yield improved SAT and MCAP achievement scores.
- **Take tech breaks.** Designate entire days or portions of a day in which all technology is off limits. Try it for the entire family – you'll all be happier!
- **Exercise.** Encourage teens to take a walk, go for a jog, or lift weights to activate the brain and refuel the body.
- **Take smartphones away altogether.** If teens are having difficulty navigating social media appropriately or demonstrating addictive habits related to smartphone activity, consider taking possession of the phone until your teen can agree to limits and boundaries; gradually re-introduce the phone and/or social media with limits.

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What Does the Research Say?

The Common Sense Census: Media Use by Tweens and Teens, 2021 (Common Sense Media)	This is survey that is given to teens and tweens every few years since 2003 and tracks trends over time. This study is where the above data was taken from, and it is cited by the articles below.
Tween and Teen Health: Teens and social media use: What's the impact? (Mayo Clinic, 2022)	A page from the Mayo Clinic, one of America's foremost medical centers, about the impact of social media use on teenagers that includes helpful parent tips.
Social Media Is 'Tearing Us Apart' Middle and High School Students Say (Education Week, 2020)	This is an education article from 2020 that shows research from hundreds of thousands of surveys of middle and high school students from across the country. The surveys were conducted by Kahoot! (an ed tech tool) and Common Sense Media.
Kids as Young as 8 Are Using Social Media More Than Ever Study Finds (NY Times, 2022)	A NY Times article that examines post-pandemic social media usage among teens and tweens, which also cites the Common Sense Media study.
Why young brains are especially vulnerable to social media (American Psychological Association, 2022)	A short 2022 article from the American Psychological Association about why social media apps impact developing brains far differently than they do our adult brains.

Parental Controls: There's an App For That

Parents can track their child's cell phone, app, and social media usage. Apple and Android have settings that you can use for free. Included below are 3 highly rated premium apps which require a monthly fee. OMHS does not endorse any of these apps; rather offer potential ways to assist parents in partnering to reduce excessive cell phone use which can be detrimental to your child's mental health and academic performance.

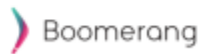
Click each icon below for more information (PDF only).



Apple has an entire suite of tools for parents to use on iPhones and iPads. You can set it so your child has to ask you to download certain apps, set content/privacy restrictions, set a screen time passcode for screen time management, and more. All of these are free in your iPhone settings app.



Android also has several options in the settings app that include setting screen time limits, managing if your child can download certain apps, and more. All these options are free on your Android phone. This page also has options for your Alexa and other Google products as well.



This is an app that has a premium service linked to it where you can pay a monthly fee for more complex monitoring. It includes a dashboard and scheduling feature, as well as monitoring of your child's social media activities.



This is another app that charges a monthly fee but is highly rated. It will filter out websites, blocks inappropriate content, monitors calls and messages, as well as all web activity.



Another highly rated premium monthly fee app for parents. This app contains notifications about potential cyberbullying or mental health issues via its premium suite of tools.

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Athletics-RULES

Perry Hall High School is committed to providing a safe and supportive environment for all staff, students and spectators participating in athletic events. Athletic programs positively impact the community, and it is our expectation that student athlete and spectator behaviors reflect our core values of teamwork and sportsmanship. Attendance at athletic events is a privilege.

To ensure Perry Hall events remain safe and family-oriented, we are asking all members of the community to do their part:

- All Tickets will be sold online with [Ticket Spicket](#).
 - For PHHS Football Games: All PHHS student ticket sales will be PRE-SOLD during lunch shifts. NO STUDENT TICKET SALES at the gate; no exceptions.
- All BCPS and school rules apply.
 - All PHHS students must be socially eligible to purchase a ticket and/or attend extra-curricular activities:
 - Academics - no more than one failing grade at the time of the event
 - Attendance - no unexcused absences or class cuts
 - Behavior - students may be socially suspended from events for serious and/or repeated offenses.
- Elementary and middle school students must be accompanied by a parent or guardian for the duration of the event.
- No bags or backpacks permitted.
 - Small clutch bags, no larger than 4.5" x 6.5" (approximately the size of a hand), medically necessary items, and diaper bags may be subject to search prior to entry.
- No Re-entry.
- No loitering on school grounds during or after events.
 - Students or guests loitering on campus will be asked to leave immediately.
 - Students must be picked up promptly at the conclusion of the event.
 - Football games generally last 2 to 2.5 hours.
 - PHHS staff will make repeated announcements for students to arrange transportation near the end of the event.
- Anyone engaging in violent or criminal behavior at an event will be removed from the premises immediately and not be permitted to return to any BCPS campus for athletics or extra-curricular activities for a period of no less than 90 days. Students will be subject to serious school and legal consequences.

Thank you for your partnership in ensuring the safety of all who attend and participate in BCPS athletic events.

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Counseling



Perry Hall High School

4601 Ebenezer Rd., Nottingham, MD 21236 T: 443-809-5108
perryhallhs.bcps.org Abbey Campbell acampbell@bcps.org

Resources for Prospective Students and Families

Perry Hall High School offers the following opportunities to visit and learn more about us.

Parent Visit during American Education Week 11/14-11/17 from 7:45 AM-2:30 PM

Please come prepared with your driver's license/ID to be signed into the school's Raptor system. During this week parents are able to sign in and come to the School Counseling Office to receive a generic schedule (either academic, honors or advanced academic) and sit in on classes. You will also receive a map to help navigate the school.

Student Shadow Day during American Ed. Week 11/16 from 7:45 AM-2:30 PM

Parents (bring ID) will need to escort their student to/from the school counseling office the day of the shadow to sign in/out (PHHS bus transportation is not available for shadows). The school counselor will arrange a student who fits your child's academic needs to shadow. Students are encouraged to participate in a half day shadow in morning or afternoon. A school note is available upon request. To sign up for a shadow day please fill this form out by November 14th: <https://forms.office.com/r/NyDH3N9xpM>

PHHS Showcase and Open House Night November 30 6PM-7:30PM

An event for current and incoming students to receive information from various departments regarding the many programs and courses that are offered.

February 21st Shadow Day Snow Date March 7 from 7:45AM-2:30 PM

Parents (bring ID) will need to escort their student to/from the school counseling office the day of the shadow to sign in/out (PHHS bus transportation is not available for shadows). The school counselor will arrange a student who fits your child's academic needs to shadow. Students are encouraged to participate in a half day shadow in morning or afternoon. A school note is available upon request. To sign up for a shadow day please fill this form out by February 19: <https://forms.office.com/r/NyDH3N9xpM>

Other Resources:

Perry Hall High School Website

<https://perryhallhs.bcps.org/>

Perry Hall HS BCPS Profile and AP Courses

https://cdnsm5-ss3.sharpschool.com/UserFiles/Servers/Server_4202033/File/Website%2023-24/PHHS%20School%20Profile%2023-24.pdf

List of Programs at PHHS

[https://cdnsm5-ss3.sharpschool.com/UserFiles/Servers/Server_4202033/File/Website%2023-24/PHHScompleters%202023%20\(1\).pdf](https://cdnsm5-ss3.sharpschool.com/UserFiles/Servers/Server_4202033/File/Website%2023-24/PHHScompleters%202023%20(1).pdf)

School Counseling Office

443-809-5110

Focused on Quality



Committed to Excellence



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Counseling-cont'd

**PERRY HALL HIGH SCHOOL INVITES
ALL PROSPECTIVE STUDENTS & PARENTS TO ATTEND**



**PERRY HALL
HIGH SCHOOL
OPEN HOUSE**

Nov 30 6-7:30 PM



Learn about all the offerings, opportunities & special programs at Perry Hall High

10 Programs, internships, 25+ APs, CCBC offered on campus for 11th and 12th, all BCPS sports, 50+ clubs, award winning music & arts programs and so much more.



4601 EBENEZER RD, BALTIMORE, MD 21236 443-809-5108
[HTTP://PERRYHALLHS.BCPS.ORG](http://PERRYHALLHS.BCPS.ORG)

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Counseling-College

Seniors! 🗨️

Do you have a college deadline coming up for November 15th or December 1st and need assistance? Have questions about the Common App, Naviance, teacher recommendations, supplemental writing assignments? Sign up for a help session at the link below. A pass will be sent to you the morning of the session.

<https://www.signupgenius.com/go/60B0F44AEA72BA13-45098707-college>

💰 PHS Virtual Financial Aid Night 💰

Monday, December 4th at 6:30 pm via Google Meet.

Use code:

<https://meet.google.com/quc-wsfe-gag>

This virtual session will feature a financial aid expert from PNC to discuss changes to the 24-25 FAFSA, scholarships and grants, the College Promise Scholarship and how to get the most financial aid for your post-secondary plans including trade school, community college and 4-year college.

This session is geared toward high school seniors and their families, but anyone is welcome!

Drama Club

Have you ever gone to see a play, and secretly hoped the actors messed up?

Well, “The Play That Goes Wrong” is the show for you! Come watch as our actors, techies and set crew struggle to put on a show in our hilarious production of The Play That Goes Wrong.

The show will run from November 17th and 18th at 7pm and November 19th at 1pm.

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Financial Aid Night

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Use code: <https://meet.google.com/quc-wsfe-gag>

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This session is geared toward high school seniors and their families, but anyone is welcome!

Please see the attached flier regarding an interest meeting for the CCBC ECAP program on November 1st. This will be general information for those students interested in taking free classes through CCBC. Presenters will include BCPS and CCBC representatives.



Baltimore County Citizens Advisory Committee for Gifted and Talented Education presents:

OVERVIEW OF THE BCPS FREE EARLY COLLEGE ACCESS PROGRAM

Speakers: Caitlin Brennan, Coordinator, College and Career Readiness, BCPS and Jaime Bell, Director of ECAP, CCBC

WEDNESDAY
NOVEMBER 1, 2023

TIME
7-8:30 PM EST

[Click Here to Join this Video-Conference](#)

ECAP
EARLY COLLEGE ACCESS PROGRAM

GIFTED - TALENTED
CITIZENS ADVISORY COMMITTEE

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Gator Bistro

Are you interested in supporting The FALS students will be opening their student-run coffee shop, the Gator Bistro, during B, C, and D lunches. It is located across from the cafeteria next door to the custodial department. Stop by for a hot beverage! \$1.50 for a coffee, tea, apple cider, or hot chocolate.

Gator Bistro will be open Mondays thru Thursdays.

We hope to see you there!

Thank you for your support,
FALS Staff



Open Mondays-Thursday during B, C and D lunches

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Maryland State Testing

Maryland State Testing Information
MCAP and MISA testing is a graduation requirement for students. MCAP and MISA testing for students that have taken and passed the course but have not taken the test will start in December. If a student is currently enrolled in a tested course, they will take the test in the spring. Each test is given over two days. Students will receive passes in their homerooms and letters will be mailed. If students have questions, they may send an email or Schoology message to Mrs. Hatcher (mhatcher@bcps.org). If students miss testing during this time, the next testing session is in the spring.

English 10 MCAP: December 5 and 6, 2023
Government MCAP: December 7 and 8, 2023
English 10 MCAP Make-Up: December 11 and 12, 2023
Government MCAP Make-Up: December 13 and 14, 2023
Living Systems MISA: January 3 and 4, 2024
Algebra 1 MCAP: January 8 and 9, 2024, or January 10 and 11, 2024
Living Systems MISA Make-Up: January 12 and 16, 2024

Yearbook

Algebra 1 MCAP Make-Up: January 17 and 18, 2024
Seniors it's time to select your quote and activities to be featured under your senior portraits in the yearbook. Submit your write up using the Microsoft form. You may only submit ONE response, and it must be completed by November 22nd.

Class of 2024 Senior Quotes & Activities





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MARYLAND
FOOD BANK

Perry Hall High Food Pantry

Available to any student or family member in need.
To gain access, please reach out to PHHS school social worker,
Ms. Strauss, in room I50-B. You can also e-mail
jstrauss3@bcps.org or call (443-809-5108).

*Limited amount of school supplies available upon request.

PHHS, as a community,
wants to ensure you
have what you need to
succeed.
We are here for you!



November 10, 2023

Quick Links

BCPS Website:

[Home - Baltimore County Public Schools \(bcps.org\)](https://bcps.org)

-Counseling:

Phone Number-443-809-5110

-FOCUS Links:

[SET-UP Parent Link](#)

[Navigate FOCUS Account](#)

-PTSA:

[PTSA Website](#)

-School Information:

[Home - Perry Hall High \(bcps.org\)](#)

Phone Number-443-809-5108

Fax Number-443-809-5116

