



President's Message

Thank you for giving the 2010-2011 PTA Board the opportunity to help make a difference in the lives of students at Hickory High School. National PTA is a membership association. People join to show support for the work done locally and the work done collectively to help children, families and schools. Every individual who joins PTA helps not only his or her own child but every child. Imagine how strong our community would be if every parent, every community member and every business leader got involved with PTA.

Empower yourself by becoming a PTA volunteer or other volunteer at HHS. The education of Hickory's children depends on all of us. Go to our website to learn more, www.hickoryschools.net. Please cherish the years your child is in high school. Be a part of his or her life.

To the students, faculty, staff and parents at Hickory High School, good luck and have a great 2010-2011 school year.

Regards,
Neal Orgain
2010-11 PTA President
nealorgain@aol.com

244-9051 cell

10 Ways to Get Involved in Your Child's Life

Empower yourself and get involved in your child's life at Hickory High School through the PTA. Start by:

1. **Joining the Hospitality Committee.** In August when the teachers arrive, the Hospitality crew welcomes the teachers and staff with a back to school breakfast or lunch. Normally in November, January, April and June, the Hospitality Team provides additional meals for teachers and staff. If cooking is your thing, join the Hospitality team and either stop and drop your food or spend the day serving the food at HHS.

Hospitality Committee Chairpeople: Tracey Bolick 381-8371, Sallie Huckabee 322-6140 and Martha Sowers 324-2316

2. **Going to the PTA Open House Monday, September 20.** All HHS parents and students are invited to meet the staff and teachers and to see the remodeled facility! A barbeque dinner is from 5:00-6:45 pm in the cafeteria. Tickets are \$6.00 each. Takeout meals are available. Plan to arrive by 6:00 pm for special entertainment. The meeting starts at 7:00 pm.

Open House Dinner Chairpeople: Rosemary Skoog 328-5720 and Brenda Wyatt 322-1256

3. **Helping sort mail in the office.** This committee provides mail sorting and delivering to the teacher's mailboxes during the school week. Volunteers are needed for less than an hour each morning--11:00-noon. Volunteers can schedule their shift weekly or monthly.

Office/Mail Chairperson: Need Chairperson—contact Neal Orgain

4. **Volunteering in the School Store.** Get to know HHS students by working in the school store after school between 2:15 and 2:45 pm daily. Snacks and beverages are the main items sold. Volunteers can schedule their shift weekly or monthly.

School Store Chairpeople: Christy Taylor 322-3040 and need two additional chairpeople

5. **Working with and promoting talented artistic students.** Help promote and encourage HHS teachers and students to prepare and present their works to be shown and judged at The Hickory Museum of Art in November with the winners' artwork going to Raleigh for this statewide contest. Reflections is a state-wide contest centering on the arts.

Reflections Chairperson: Patrice Koscheski 327-3789

6. **Helping children who need our help and need the PTA's support.** Join this new committee, Outreach, by providing students who may be homeless with school supplies, clothing, Christmas gifts and more. This committee believes "children in need" need more support than just at Christmas.

Outreach Chairpeople: Krista Burns 327-6364, Bonnie Lomboy 324-0123 and Shauna O'Brien 327-6364

7. **Working with student led clubs to put together a "themed" basket with proceeds benefiting the Junior/Senior Prom.** The "themed" baskets are presented in a silent auction at the second semester Open House, Monday January 31, 2011.

Silent Auction Basket Chairpeople: Peggy Helling 327-8128 and Karie Siciliano 324-5558

8. **Thanking the teachers during Teacher Appreciation Week.** Help plan a week's worth of activities to show your appreciation to HHS's educators.

Teacher Appreciation Week Chairpeople: Kathy Delgatti 328-4418, Lisa Hart 328-1077 and Kelley Sarantis 994-0710

9. **Providing news for the informative newsletter, *The Tornado Times*, which is published four times yearly.**

Newsletter Chairperson: Cyndee Barber 304-0632

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10. **Donating to the PTA's main fundraiser, The Spirit Auction.** Instead of donating hours of volunteer time, auction items, services, underwriting, etc, GET IN THE "SPIRIT" and make a tax deductible donation to HHS PTA.

Spirit Auction Chairpeople: PTA Executive Board

Shop and Earn Dollars for HHS

Remember, each new school year you must sign up to link Harris Teeter's VIC card to Programs for Education and earn HHS money. Link you VIC card at checkout or at harristeeter.com to HHS code 1745. HT donates a percentage of purchases of Harris Teeter brand items to HHS.

The PTA Welcomes Our New Principal and Assistant Principals

Welcome David Coyne, Hickory High School's new principal. In addition, the PTA also welcomes Assistant Principals Shannon Clemmons and Grover Linebarger. They join Tim Staddler who is in his second year as Assistant Principal at Hickory High. We look forward to working with them.

Is That Backpack Too Heavy?

Provided by Catawba Valley Medical Center

Selecting the right backpack is an important back-to-school consideration for students and parents. "Backpacks that are ill-fitting or too heavy can pull students off balance and cause them to overcompensate by either leaning forward or arching their backs – both of which can lead to pain and poor posture," says Jeffrey Knapp, MD, a spine specialist with Hickory Orthopaedic Center.

"A padded back and wide, padded straps offer the most support, but the straps should be tightened so that the backpack stays close to the body," Dr. Knapp continues. "A good rule of thumb is to be sure that the bottom of the backpack is no more than four inches below the waistline. The goal of a properly fitted backpack is to distribute the weight of the load among the body's larger and stronger muscles.

"Additionally, most physicians recommend that a backpack weigh no more than fifteen percent of the student's weight. Simply monitoring the contents of the pack and leaving unnecessary items at home or in a locker can aid in keeping the weight at an acceptable level.

"In schools that allow them, wheeled backpacks can be a good option for students with heavier loads, provided that the handle extends long enough for students to stand upright and maintain good posture while pulling them."

PTA Grounds Workday

Wednesday August 18th, 8am-2pm. Student volunteers are needed to assist in sprucing up the grounds before school starts. Double service hours will be awarded! Please bring any rakes, pruners, shovels, hoes or other garden tools labeled with your name and drinking water. Rain date is Thursday August 19th, 8am-2pm. Hours are flexible, but you must sign in and out with Mrs. Patrone to get service hours. We will be raking leaves, dead-heading plants, pulling weeds, planting some shrubs, repotting plants and having fun!

Questions call Carolyn Patrone 322-7709 or email cpatrone@embarqmail.com

UPCOMING EVENTS

- August 18Grounds Day 8 am – 2:00 pm
- August 18 Seniors
- August 19 Juniors
- August 20 Sophomores Parking Passes Issued
8:30 – 11:30 am and 1 – 3 pm each day
- August 24 Freshman Orientation 8 – 10:30 am
- August 25 First Day of School
- August 25, 26 & 27 Parking Passes Issued
Before and after school and during lunch period
- September 6 Labor Day – No School
- September 20..... Open House & BBQ Dinner
- October 11-15 Spirit Week

IB Parent Advisory Committee

The IB Parent Advisory Committee held its first fundraiser in June and raised \$5,000! On behalf of the committee I would like to thank Michelle Rosson, Beth Ansely, and Mercia Barringer for setting up and cleaning up for the fundraiser. I would like to thank the following people for their financial or In-kind contributions to the fund-raiser: John and Neal Orgain, Patrice and Carrol Koscheski, Robert Fisher and Ann Joslyn, Sheldon Clark, Kyle and Cami Roberts, Kim and Ismo Kaarianen, George and Grace Auten, Tracey and David Bolick, Fran and Thomas Herfuth, Mike and Martha Sowers, Michelle and Joel Rosson, Sandy Porter, Nick and Kim Frankel, Tom and Patti Moore, Lee Bost, Phil and Leigh Armstrong, David and Liza Dale, Shawn and Paula Dagenhardt, Carl and Bonnie Lomboy, Rick and Linda Schultz, and Vincent Patrone.

You can send contributions to the IB Fund to Mercia Barringer. Please make checks payable to HHS IB Fund

The IB Parent Advisory Committee still needs volunteers/officers. If you are interested please contact me by phone 322-7709 or email Cpatrone@embarqmail.com.

Thank you,
Carolyn Patrone, President IB Parent Advisory Committee

2010-2011 PTA EXECUTIVE BOARD

- President Neal Orgain 244-9051
- Pres Elect..... Vicki Reeves 327-7667
- Treasurer Jody Blake 310-0045
- Recording Secretary Liz Goebelbecker 267-9866