



# We Are Pontiac

Daily Announcements  
for

## Wednesday, December 19, 2018

### Enter to Learn, Depart to Serve

#### Our Mission

We are committed to the development of our students as adaptive learners, global thinkers, and responsible citizens through collaboration across our school community.

#### Announcements:

- Friday, March 1<sup>st</sup> PTHS will be hosting Young Hearts for Life Cardiac Screening Program Event. See attached registration form below or please visit [https://screenings.yh4l.org/YH\\_enroll.aspx?echo=true](https://screenings.yh4l.org/YH_enroll.aspx?echo=true) to register online if you would like your child to be tested.

#### Calendar:

[Click here to link directly to the school calendar.](#)

**Wednesday, December 19**

No Events

#### Food Service Menu:

**Breakfast:** Pop Tarts, Juice, Fresh Fruit, Mixed Fruit, 1% Milk

**Ala-Carte:** Chicken Tetrizzini, BBQ Rib, Chicken Wraps, Big Daddy Pizza

**Lunch:** Taco Salad or Chef Salad or Hamburger Pattie, Cheese, Whole Wheat Bun, Steamed Broccoli, Iceberg Lettuce(shredded), French Dressing, Fresh Fruit, Pineapple, Chocolate Milk or Strawberry Milk or 1% White Milk

#### Freshmen Learning Community Weekly:

With the semester winding down, do not let your motivation wind down too! Your class grades start fresh next semester, but your first semester grade will be calculated into your GPA. This is an average of all of your semester grades. Right now as freshmen, in December you will have only one semester of grades to average together, but by the end of senior year this will be an average of all of your grades throughout your time at PTHS. A higher GPA can mean more opportunities for scholarships which equals free money for college later on! Take advantage of tutoring, test-retake policies, and other opportunities to show what you know and earn the grade the highest grade possible.

Also, with the end of the semester comes final exams and final projects. Check with your teachers to see what is coming up in each of your classes. Get a jump on these now. Use previous homework assignments and notes to study for final exams. Stay focused, work hard, and finish out this semester strong!

#### Counselor News:

SAT @ PTHS March 9, 2019

SAT @ PTHS June 1, 2019

\*other national dates are available at other testing locations.

#### College Visits during the lunch period:

- Army Recruiter – January 17**
- [Khan Academy](#) (SAT Practice)
- [SAT & ACT Prep Classes](#)
- [Current Scholarship List](#)
- [High School Highlights – Dec. 18](#)



**YOUNG HEARTS FOR LIFE® (YH4L)  
CARDIAC SCREENING PERMISSION FORM**

\*\*\*Please visit [www.YH4L.org](http://www.YH4L.org) to register online \*\*\*  
If you do not have email access, please return this form to the school.

Student Name: \_\_\_\_\_

Student ID#: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Sex: \_\_\_\_\_

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

Grade: \_\_\_\_\_

**Race/Ethnicity: Please circle all that apply:**

American Indian/Alaska Native

Black/African American

White

Native Hawaiian/Pacific Islander

Asian

Hispanic

**Sports: If your child participates in any of the following sports, please circle all that apply.**

Baseball/Softball

Football

Martial Arts

Ultimate Frisbee

Basketball

Golf

Skiing

Volleyball

Biking

Gymnastics

Soccer

Weight Lifting

Cheer leading

Hockey

Swimming

Wrestling

Dance

Lacrosse

Tennis

Other: \_\_\_\_\_

Diving

Marching Band

Track and Field

Home Address: \_\_\_\_\_ Town \_\_\_\_\_ Zip Code \_\_\_\_\_

Parent Home Telephone: \_\_\_\_\_ Parent Cell Phone: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Parent E-mail: \_\_\_\_\_

I, (please check one)        GIVE permission        DO NOT give permission         
for my child, (Insert Student Name) \_\_\_\_\_, to participate in the YH4L Cardiac Screening in which my child will receive an electrocardiogram. An electrocardiogram (also known as EKG or ECG) is a non-invasive test that measures the electrical activity of the heart and can detect certain heart abnormalities leading to sudden cardiac death.

I understand that my child's participation in the Young Hearts for Life® Cardiac Screening is intended to identify heart abnormalities which may affect their health during physical activities. I assume all risks associated with my child's participation in the Cardiac Screening. All such risks being known and appreciated by me and having read this waiver I hereby for myself, heirs, executors, and administrators waive any and all claims I may have for damages against Young Hearts For Life® and any and all individuals associated with this screening, their heirs, representatives and successors, and assignees for any and all injuries suffered by my child in connection with this screening even though that liability may arise out of negligence or carelessness on the part of those named in this waiver.

I understand that Young Hearts For Life® will make their best efforts to keep my child's health information confidential pursuant to the Health Insurance Portability and Accountability Act of 1996 ("HIPAA") and its related Rules and Regulations and other state laws. In the event my child's ECG result indicates that further evaluation is needed, Young Hearts for Life® may contact me for additional information.

I grant permission to all the foregoing to use any photographs, recordings or any other record of this event for any legitimate purpose consistent with HIPAA and its related Rules and Regulations and other state laws.        No

I acknowledge that I have read this Permission Form and Waiver and understand the risks associated with my child's participation in the Young Hearts for Life® Cardiac Screening.

Name of Parent or Guardian (Please Print)

Parent/Guardian Signature

Relationship

Date