



the pulse



Volume 8 Issue 2 (2015-2016) CENTER FOR WELLNESS AND MEDICAL PROFESSIONS NEWSLETTER February 2016

Important Dates :

FEBRUARY

- 2/2-2/12 Ticket Sales for Grad Night
- 2/10 HOSA Meeting/Scrubs Day
- 2/15 No School
- 2/16 CWMP Parent Meeting
- 2/29 Ticket Sales for Sr. Breakfast

MARCH

- 3/1-3/11 Ticket Sales for Sr. Breakfast
- 3/9 HOSA Meeting/Scrubs Day
- 3/14 No School
- 3/15 CWMP Parent Meeting
- 3/21-3/25 Spring Break
- 3/30 Sophomore Breakfast

APRIL

- 4/1 Honor Roll Donut Day
- 4/5 CWMP Board Meeting
- 4/13 HOSA Meeting/Scrubs Day
- 4/18 CWMP Newsletter Deadline
- 4/21 Freshman Pinning Ceremony
- 4/22 Grad Night at Busch Gardens

MAY

- 5/2-6 Staff Appreciation Week
- 5/4 CWMP scholarship Deadline
- 5/11 HOSA Meeting/Scrubs Day
- 5/17 CWMP Booster Board Mtg
- 5/22 Senior Cords Celebration
- 5/26 Senior Breakfast @ Innsbrook



Newsletter Items

If you would like to submit items to the newsletter, please contact Helen Feinger at phuhsmmNews@gmail.com



From the Desk of Ms. Dupee

Thank you to the CWMP Booster club for putting on the Holiday Teacher Luncheon. It was great. Clinicals are in full swing for our Juniors and Seniors. Our Sophomore break-fast will take place in March Freshman/Sophomore pinning will be in April and our Senior Cords Celebration will take place in May.

Congratulations to our "Tireless Teacher" Award Winners:

- Ms. Morse for October
- Mrs. Webb for November,
- Mr. Murphy for December
- Mrs. Coupart for January.

Keep up the great work and continue working hard.

Sincerely,

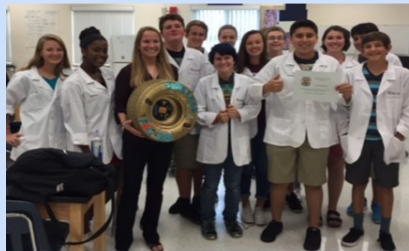
Peggy Dupee,

*Assistant Principal/Program Coordinator
Center for Wellness and Medical Professions*



"Tireless Teacher" Award Winners

October—Ms. Morse



November—Mrs. Webb



December—Mr. Murphy



January—Mrs. Coupart



Medical Magnet Booster Club

Parents,

At every Booster Board Meeting we not only work on plans for upcoming events and programs but also evaluate those we already have in place. As an example, the Board recently voted to simplify the application to our existing CWMP Senior Scholarship requirements. All accepted student applicants will still have to meet minimum academic standards but it is hoped that the simplification to the process will encourage more participation. Even if your child is not a senior this year, that time will be here sooner than you think and it's good to know what to expect. Check out the Senior Scholarship section in this newsletter for more information.

Enjoy this edition of "The Pulse" and I hope to see all of you at the upcoming parent meeting on February 16th, at 7pm in the Teaching Auditorium.



CWMP BOOSTER CLUB

WE NEED YOU! Joining the Booster Club every year and volunteering at our events are great ways for you to support the students, meet other parents, and get involved in the medical magnet community. A little goes a long way and we appreciate every bit of it. Parents interested in joining the Booster Club Board for the '16/'17 school year, please contact PHUHSmmP@gmail.com

Sincerely,

Gina Kugler

CWMP Booster Club President



The Booster Club is looking for a printing company willing to donate their services. This includes some printing, design and layout work for the various events we hold during the year. Please contact PHUHSmmWM@gmail.com with any questions.

A little Info about our CWMP Board

Gina Kugler

- * 3 Children, freshman in college, Junior in the CWMP BioMed program and 8th grader.
- * 3 years on CWMP board and 1 year on cheer board.

Colleen Bemis

- * 3 children, Lisa a sophomore in Medical program, Michael, a junior in Medical program and Laura is finishing her Master's Education in the Pro Teach program with UF.
- * 2 years on CWMP board and 7 years on University Boosters Board.

Jeanne Davis

- * 2 daughters, Morgan and Anna. Anna is a junior in BioMed program and Morgan is a freshman at FSU majoring in Chemistry/Business.
- * 3 years on CWMP board as Secretary and 2 years as the Volunteer Coordinator for the "HERricane" Glam Run.

Sheryl Bartolotti

- * 2 boys; Matthew and Andrew both freshman at UF.
- * 4 years on CWMP board as Treasurer.

Bonnie Gustafson

- * 2 children; freshman at USF and a sophomore in the CWMP program.
- * 2 years on CWMP board.

Kristi O'Connor

- * 3 children; Kelsie 10th grade, Brandon 8th grade at ELMS, Shane 8th grade at Carwise.
- * 1st year on board.

Lynda Morrill

- * 3 children; Sophomore in CWMP, Sophomore at FSU & a senior at UF.
- * 1 year CWMP booster with Donut Day, Senior Scrapbook for softball Boosters and 4 years as booster treasurer at another school.

Robin May

- * 2 daughters; oldest graduated from FSU and youngest daughter is a freshman at USF.
- * 4 years on the board and Media Center volunteer.

Helen Feininger

- * 3 children; Dan is teaching overseas and finishing his Master's Degree from Penn State, Lauren is a Biology major and a Senior at UF, she will continue on with Dental School and Katie is a senior in the Medical program.
- * 8 years on CWMP board as Newsletter Editor, 2 years Band Boosters, 4 years Teacher Appreciation & Recording Secretary with Football Boosters, 6 years with Cheer Boosters as Booster Co-Founder, Website Coordinator & Secretary and 10 years volunteering in the front office.

Heather Milleman

- * 3 children; Ashley a senior in CWMP program, Tyler a sophomore in CWMP program and Zack a 3rd grader.
- * 1 year on CWMP board and 1 year on cheer board.

Tammy Mitchiner

- * 4 children; oldest graduated from West Point, youngest daughter is a senior at Flagler College, Tyler is at West Point Prep School and on the soccer team, Gavin is a junior in the CWMP program.
- * 3 years on CWMP board as t-shirt and Tervis Tumbler sales and Senior Celebration and Cords Ceremony.

Sharon Shulman

- * 2 children; Senior in CWMP program and son at UCF.
- * 2 years on Board helping with Holiday Luncheons and 1 year as VP on Band Boosters.



Regional HO\$A Competition Place Winners



Creative Problem Solving

Allowe/ Incorvaia/ Davis/ Soltys-Gilbert 1st Place
Mattei/ Pujol/ Kugler 3rd Place

Healthy Lifestyle

Anna Hamilton 1st Place

Biomedical Debate

Dhanani/ Velasco/ Velasco 1st Place
Baer/Butler/Mills/Soares 3rd Place

Forensic Medicine

M. Orr and N. Brunger 1st Place

Sports Medicine

Joe Petrantoni 1st Place
Ryan Regan 2nd Place

CERT Skills

Kendal Phillips & Ajla Balic 1st Place
Vivian Koufogazos & John Walker 3rd Place

MRC Partnership

Percy/ Midkiff/ Milleman/ Bouie/ Hakki 1st Place

Medical Spelling

Nishi Patel 2nd Place

Medical Reading

Alexis McGurk 2nd Place

Clinical Specialty

Xenia Sailors 2nd Place

Extemporaneous Health Poster

Quinlan Harsch 3rd Place

Public Service Announcement

Spondre/O'Regan/Ionata/Bauer/Murphy 3rd Place

Health Education

Warner/ Zuelke/ O'Harrow 1st Place

Health Care Display

Hannah Enzor & Allyson Kifer 1st Place

Parliamentary Procedure

Orbesen/DuBois/Barrett/Negron/Norwood 1st Place

Community Awareness

Benzarti/ Gorman/ Cutts/ Raymond 2nd Place

CPR and First Aid

Elliana Bassous & Kaitlyn Ordway 3rd Place

Public Health

Cinotti/ Cinotti/ Smith/ Miles/ Stappert 3rd Place

Biomedical Debate

Bauer/ Butler/ Mills/ Soares 3rd Place

Congratulations to each of our participants who competed at the Regional HOSA competition. We are proud of the hard work and determination our HOSA students demonstrated and are excited to have 58 of our students qualify for STATES!!!





You Shop. **Amazon gives.**

Don't forget when you shop Amazon.com gives a portion of your purchases can go to the Medical Magnet Booster Club!

Use this link when you shop:

<https://smile.amazon.com/ch/59-3714749>

- Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Palm Harbor University High School CWMP Booster Club** whenever you shop on AmazonSmile.

**Support
Palm Harbor University High
School Center For Wellness
And Medical.**

When you shop at smile.amazon.com,
Amazon donates.

[Go to smile.amazon.com](https://smile.amazon.com)

amazonsmile

Testing Dates for SAT and ACT



About the SAT

The SAT is an aptitude & reasoning test.

| SAT Test Date | Registration |
|---------------|--------------|
| March 5 | February 5 |
| May 7 | April 8 |
| June 4 | May 5 |

Sign up at: www.collegeboard.com

The formatting of the SAT has changed to make it a better test for reading comprehension. Khan Academy and Kaplan are both providing free SAT practice test and are a great way to get ready for the SAT.



About the ACT

The ACT is based on actual high school curriculum.

| ACT Test Date | Registration |
|---------------|--------------|
| April 9 | March 4 |
| June 11 | May 6 |

Sign up at: <http://www.actstudent.org>

“Ugly Sweater” Teacher Luncheon



The winners of the sweater contest were; Erin Morse, in her homemade “crazy” sweater; Peggy Dupee, in her Santa and the Pom Poms sweater and Mrs. Bauck in her Hanukkah sweater.

Everyone enjoyed the food, fun and friendship. Thank you to our luncheon volunteers: Jessica Shulman, Sharon Shulman, Jim Barrett, Teresa Francis, and Debbie O’Regan. A thank you also goes to Tammy Lange for providing awesome massages for our teachers. Thanks to all the parents for donating the food and gift cards. It was a wonderful event for our teachers and they greatly appreciated everything we did for them.

Membership



Medical Magnet Parents,

The Medical Magnet Booster Club is one of the largest and most successful boosters at PHUHS.

Our Booster club does not do the traditional catalog-style fundraisers. Instead we rely on donations and memberships such as yours to support our efforts for providing these benefits:

- ◇ Honor Roll Donut Days
- ◇ Celebrations and Ceremonies
- ◇ Freshman Pinning
- ◇ Sophomore breakfast
- ◇ Jr. Scrubs Ceremony
- ◇ Senior Banquet
- ◇ Teacher appreciation activities
- ◇ Scholarships
- ◇ Informational Newsletters
- ◇ ...and much more!

Please help in ensuring the continuity of such programs for your child and school by [clicking the link below](#) and choosing your membership level for the '15/'16 school year:

[Order Online](#)



Thank you for your continued support,

Robin May

phuhsmmmember@gmail.com



senior
CELEBRATION
& CORDS CEREMONY

May 22, 2016
St. Pete Clearwater Marriott

Senior Parents, please reserve *May 22nd* for our Medical Magnet Senior Celebration and Cords Ceremony. This is a special event for our graduating seniors. There will be a senior slide show, dinner, entertainment and our seniors will receive their medical cords.

We are looking for [more pictures](#) for the CWMP Senior Celebration & Cords Banquet's Slide show. It is such a fun part of the banquet for the students to see themselves and their friends over their four years at PHUHS.

Please [click the link](https://cwmpseniorcelebration.shutterfly.com/) to access the pics and upload:

Spread the word and let's get the pictures coming in!



March 10-13 @ Innisbrook

Valspar Volunteer Opportunities Filling up Fast!

The Valspar Golf Tournament, will be held at Innisbrook from Thursday, March 10 – Sunday, March 13. There are limited adult and student volunteer sports available for the Golf Tournament. Students will receive medical volunteer hours for working the tournament.

Any volunteer hours worked by a parent or adult family member of a medical magnet student gives those hours credit to that student!

In return for these service hours, the golf tournament is making a donation to the CWMP program.

For more details and to sign up, click here:

<http://www.signupgenius.com/go/10C0C4CA5A723A0F85-valspar>



**Medical Booster Club
Scholarships
\$ 500 each to 4 Students**



Application deadline: May 4th, 2016

Announced at the Senior Celebration & Cords Ceremony Banquet on May 22, 2016.

Qualifying Prerequisites:

- CWMP graduating senior for the '15/'16 school year.
- Current CWMP paid booster club member.
- Two teacher recommendation signatures.
- PHUHS Extracurricular activity participation section signed.
- 200 volunteer hours completed, turned in, and approved.
- 3.0 unweighted GPA or higher, at end of 3rd marking period.
- Must have been accepted to a college or vocational school.

Don't wait—get your scholarship application packet completed and submitted.

Packets are available on our www.phuhs.org website under Programs/Center for Wellness and Medial Professions .

Class of 2016 Senior Events & Information



Senior Breakfast Ticket Sales (Breakfast date: May 26)

Ticket Sales: February 29th - March 11, 2016

Where: Lobby of the auditorium

How much: \$30.00

The last day to purchase tickets to senior breakfast is during 2nd lunch on March 11th. No ticket will be sold after this date.

Required paperwork to purchase ticket:

All paperwork can be found on the senior class website:

SeniorClassPHUHS.weebly.com

If you are driving a personal car or riding with someone in a private vehicle, then you must print off the permission slip for private/personal car and the vehicle permission slip for private personal car. You must also provide a copy of your drivers license and valid auto insurance. If you are riding the bus to Senior Breakfast you **must** sign up for the bus when you purchase your ticket and you must print off the permission slip for bus rider. You must provide a copy of your driver's license or identification card.

Early College Ticket Sale:

Early college and dual enrolled students may purchase their tickets in room 5-204 after school only. After school sales, for these students only, will occur from 1:35 pm -- 2:20 pm on February 29 – March 11, 2016. You must show your ID that states you are an early college or dual enrolled student. If you do not have this, you will not be able to purchase a ticket. Please also remember to bring your Senior Breakfast permission slip and permission slip for private vehicle with you. Any questions, please email Ms. Elliott at elliottst@pcsb.org.

Senior Breakfast Slide Show:

The Senior Class is now accepting photos for the Senior Class Slide Show that will be shown during the Senior Breakfast. All photos *must be submitted by May 4, 2016* in order to appear in the slide show. Any photos submitted after this date will not be accepted.

All photos need to be submitted to the following email address: PHUSeniorClassSlideshow@gmail.com

All information & updates can be found on your Senior Page under the "Resources" tab on the PHU website.

Grad Nite @ Busch Gardens -- April 22, 2016

Tickets for Grad Nite are sold February 2 – February 12th. Tickets will be on sale in the lobby of the auditorium during both lunches. Students **must have the following** in order to purchase a ticket:

- \$80.00 cash or check (made out to PHUHS)
- Grad Nite Permission Slip — forms can be found on SeniorClassPHUHS.weebly.com

The price of admission includes: transportation, park admission & dinner at the park.

Early College Ticket Sale:

Early college and dual enrolled students may purchase their tickets in room 5-204 after school only. After school sales, for these students only, will occur from 1:35 pm -- 2:20 pm on February 2 - February 12, 2016. You must show your ID that states you are an early college or dual enrolled student. If you do not have this, you will not be able to purchase a ticket. Please also remember to bring your Grad Nite permission slip with you. Any questions, please email Ms. Elliott at elliottst@pcsb.org.

Cap and Gown Distribution:

Caps and Gowns will be distributed at Senior Breakfast on May 26, 2016. If you are not in attendance at Senior Breakfast, you can pick up your cap & gown starting on Friday May 27, 2016 in the TA from 1:45 – 2:20 pm. You will not be given a cap & gown during school hours.

Graduation Fees:

If you missed the January Grad Fee collection, then turn in your exact cash or check made out to PHUHS for \$25.00 and bring to Ms. Santana in the front office, periods 1 – 4. Along with your grad fee you must also turn in your Graduation Code of Conduct. The Conduct Code can be found on the Senior Page. **Your grad fee will not be accepted without the code.**

If you haven't already ordered your cap and gown through www.balfourfl.com please do so as soon as possible to ensure your cap and gown arrives on time.

Graduation is set for Wednesday, June 1st at Tropicana Field at 8am.



College Guidance News



COLLEGE APPLICATIONS:

Some students have questioned what it means when my application to college is deferred. Here is an article that might help....

What does it mean to be “deferred”?

If your application gets deferred, it means that you haven't been accepted yet...but you might be...later.

If you applied as an Early Action or Early Decision applicant, your application has basically been converted to a regular application. You'll be reviewed again during the normal admission season with all the other applicants. The decision to admit or deny admission will be postponed until the early spring. The school probably wants more information before they make a final admissions decision — such as senior year mid-year grades or additional test scores. The sooner you can get it to them, the more likely you'll get a final answer sooner rather than later. However, you've also been freed from any obligation to attend their school if accepted, and you can go ahead and apply to other schools as you wish.

Here are some proactive steps that deferred students can take:

- ◆ **Follow directions.** If the deferral letter requests additional information to be added to your file, be sure to submit the appropriate materials. If you are directed *not* to send further documents, heed this advice.
- ◆ **Stay focused.** This is not the time to contract senioritis, allowing grades to slide or making poor decisions that might lead to disciplinary action.
- ◆ **Keep the admissions office updated.** Unless otherwise discouraged (see above), it is wise to send recent grades or test scores if they have improved (which they should).
- ◆ **Submit more recommendations.** It is often helpful to submit an additional letter of support from a teacher, coach, director or employer. Unless you are asked to withhold further recommendations, send one more that provides a unique perspective on you as an individual. *Do not*, however, inundate the college's office with multiple letters that simply reiterate what it already knows.
- ◆ **Present your latest accomplishments.** If you have won any awards, gained recognition, completed a unique project or perhaps solved the national deficit since you first submitted your application, be sure to provide these details to the admission office. Keep in mind, these individuals have a lot of reading to do this winter, so do not overwhelm them with minutiae.
- ◆ **Demonstrate interest.** It could be that you were deferred because of a lack of demonstrated interest. If you failed to convince the admission committee of your desire to attend the college, perhaps it tabled your application until it had a better sense of your enthusiasm. If the college is your top choice, express this to the admission office in a letter or e-mail. If it is not your Number 1 school, show your firm interest in the college without being disingenuous. Unless instructed to withhold contact, an occasional e-mail to ask an intelligent question and reiterate your desire to attend can be useful.
- ◆ If you have not yet visited your top choice college, take the opportunity to visit the campus before March 1st. A campus visit can help you decide if the college is truly for you.
- ◆ **During your campus visit, try to schedule the following:**
 - Meet face-to-face with your admissions representative.
 - Sit in on classes and have the opportunity to meet with a professor before or after class.
 - Have lunch in the campus dining center to meet and speak with current students.

BUT: Don't show up unannounced. It is advised against showing up at the admission office to “plead your case.” Unless the deferral letter suggests that you visit campus for an interview, do not arrive at the admission office's door during what is a busy time of application review for regular decision.

Continue to pursue your second or third choice schools. Even though showing sincere interest may help your application at your first choice school, it is still possible that the admission committee may not admit you in April. It is hard to predict the nuances of the application pool, which will affect how the admission committee reviews your individual application. While it's okay to be disappointed, remember that there are also many reasons to stay positive. You will get into college, and college is what you make of it. Although you have a “dream school,” if you have done your research well, there are many schools that can fit your needs where you'll be a happy and productive student. Don't give up hope!! There's still plenty that you can do after being deferred.

Good luck!!

Guidance Corner

ATTENTION SENIORS—VOLUNTEER HOURS:

ALL volunteer hours are due into the Guidance office by [May, 6 2016](#) at the latest.

200 total volunteer hours are required (100 can be from a non-medical setting and 100 are to be done in a Medical setting).

SCHOLARSHIP NEWS:

For a list of scholarships, please visit the PCSB website:

<http://pcsb.org/cms/lib8/FL01903687/Centricity/domain/202/scholarship%20opportunities/ScholarshipOPPORTUN%20Dec162015.pdf>

You can find the above link by clicking on STUDENTS then click on RESOURCES then click on SCHOLARSHIPS AND FINANCIAL AID

Costal Jaw Surgery Scholarship:

\$500 scholarship from Coastal Jaw Surgery- will award to a graduating senior from a Pinellas County High School.

Coastal Jaw Surgery feels that there is a need for more quality individuals in the health care field. This award, therefore, will be given to a senior who intends to pursue a career in any health care related field. This program was initiated to help students who are faced with the increasing cost of higher education and the decreasing source of funding to pay for education.

Coastal Jaw Surgery is an oral and maxillofacial surgical group specializing in the removal of wisdom teeth, oral and facial reconstruction as well as placement of dental implants. The doctors are offering this Scholarship Program as part of Coastal Jaw Surgery's continuing effort to focus on the educational needs of the public and other health care professionals.

If interested, please come to office to pick up scholarship application. The deadline for submission of applications is **April 4, 2016**.

Bright House Sports Network/Logan Scholarship:

The Logan Scholarship is awarded each year to high school seniors who excel in athletics and academics. The scholarship is granted in the memory of David Logan, former NFL player and anchor on Bay News 9.

Qualifications:

To be eligible for this scholarship an applicant must:

- Have earned a minimum G.P.A. of 3.5.
- Have participated in athletics.
- Attend high school in the Bright House Sports Network viewing area.
- Be willing to be interviewed and appear on Bright House Sports Network.

How To Apply:

- Complete the David Logan Scholarship application.
- Write an essay in 500 words or less explaining why you should be selected for scholarship.
- Provide two letters of recommendation. One from a coach and one from a teacher.
- Provide a copy of your transcript showing proof of G.P.A.
- Application must be received by February 27, 2016.

For Full Rules, visit www.bhsn.com

Scholarship Contributions

If you would like to contribute to the David Logan Scholarship Foundation, please send a check made payable to Bright House Networks to:

David Logan Scholarship
c/o BSHN
7901 66th Street North
Pinellas Park, FL 33781





Under the Microscope Isabel Ionata



The Pulse is highlighting Isabel Ionata, a junior in our CWMP program. Isabel is a member of FBLA (Future Business Leaders of America), HOSA (Health Occupations Students of America), Computer Security and Penetration Testing club and is working on starting her own club. Isabel played softball her freshman and sophomore year, but wanted to focus more on school her last two years at PHU. Isabel has completed her Bright Future and medical hours volunteering at a summer camp and hospice.

The Pulse: What are your thoughts on the Medical Program and did it meet your expectations?

Isabel: Well, the medical program is what I expected it to be for the most part. It is definitely challenging, but I like the program and everything that I have learned so far.

The Pulse: What do you like about being in the Medical Program?

Isabel: The Medical field has always interested me and this program is a great way to test the waters, so to speak. The most interesting thing that I have learned is how much goes on the body and how complex it is.

The Pulse: How is the CWMP program preparing you for your future endeavors?

Isabel: I feel that when I graduate, I will know what area of the medical field I will want to pursue, saving me a lot of time and money.

The Pulse: What has been your favorite class or electives?

Isabel: My favorite class was definitely Health Science I because I learned about the body systems and a multitude of diseases and many other things like that. It was all very interesting.

The Pulse: Do you have a favorite teacher or role model?

Isabel: I have two favorite teachers. Ms. Swisher is one of my favorites because she is so kind and understanding and has taught me so much about art and photography. My other favorite teacher is Ms. Pollack. She was one of my coaches for softball and she is someone that I definitely look up to and I know if I ever have a problem or something on my mind, I can go to her.

The Pulse: What Clinical experiences have you been able to shadow?

Isabel: My first clinical was at the radiology clinic in Dunedin and my second clinical will be at the hospital in the E.R.

The Pulse: What are your future plans after graduation? What field of study are you interesting in pursuing?

Isabel: I am not quite sure at this time what my plans are yet, but I plan on attending a college most likely to pursue a medical career.

The Pulse: What advice to you have for other medical students?

Isabel: The best advice I can give is that the medical program is what you make of it. If you want to get a decent education and retain the knowledge you learned. You need to work hard and finish the program with good grades. For the program to be of value, you need to study hard and stay focused.



CWMP Spotlight - Ms. Judy Pocklington



Ms. Pocklington grew up in a small town in Pennsylvania called Altona and moved to Clearwater the day after college graduation. She attended both St. Francis University and Penn State University.

Her inspiration to pursue a teaching career was originally cultivated from reading the book "A Circle of Children". That is what sparked her desire to teach. Ms. Pocklington teaches Pre-Calculus, Trigonometry and Analytic Geometry in our Medical Program and has been teaching at Palm Harbor University since the school opened in 1996. Prior to coming to PHUHS, she taught at Dunedin Middle School. Her favorite thing about working at PHUHS is the people! She is so thankful to have students that care about their education and parents and co-workers that are supportive in every way. Her goal is to help each and everyone of her students be well prepared for whatever career path that they choose and appreciates all of their hard work.

She finds teaching to be very gratifying and especially worthwhile when past students that have gone on to college contact her validating that what she taught them at PHUHS was exactly what they needed to further their mathematical studies. Several students have written thank you notes, a few have made phone calls and other have emailed her. Hearing success stories from past students is always so rewarding.

A student's tenacity is what she admires most in her students. Often times the math problems get difficult but they will keep trying until they get it! She also admires how well-mannered the students are at PHUHS. (Thank you parents)!

Her advice to her students, is to always do their best and to make good choices. She would like to encourage them to take their time to choose a career that they can enjoy daily.

Ms. Pocklington has two daughters; Amy and Erin, and a son-in-law Joe as well as a grandchild "on the way"! She also has a dog named Coco. In her spare time, she grades papers. She really enjoys spending time with family and friends, going out to eat and attending sporting events, especially football games. Both the Bucs and the Steelers football teams are her favorite. A tropical location is always her ideal vacation spot and if she could dine out anywhere, she would choose Ruth's Chris as it is her favorite restaurant.





Winter Sports



Congratulations to all our Center for Wellness and Medical Professions Participants
The Medical Magnet program strongly encourages our students to be involved in PHUHS activities.

Girls JV Cheer Team

Lindsey Beresh
Alexia Brashares
Aliya Cognetti
Payton Daniele



Girls JV Basketball

Salvayadira Herrera
Ashley Rivera

Girls JV Soccer

Alexa Kane
Lauren Kane
Hailey Patrick
Veronica Scott
Makenna Stanton

Girls Varsity Soccer

Lauren Acerra
Zoe Ackley
Abigail Bowman
Robin Cutts
Nicole Filippelli
Brittany Kane
Lindsay Mongelluzzi
Mary Raymond
Taylor Rinderle
Ashley Thomas



Girls Varsity Cheer Team

Katie Feininger
Jenna Jaeger
Daniella Klima
Amanda Lewis
Kyndal Midkiff
Ashley Milleman
Paeton Parks



Boys JV Basketball

Jackson Bjelland
James Gelep
Lucas Gelep
Joseph Moraca
Trevor O'Shields

Boys Varsity Soccer

Richard Callum
Garrit DuBois
Denis Falcon
Alec Harris
Hale Lombard
Leon Majcen
Kyle Patrick
Thomas Rugel



Boys Varsity Basketball

Christian Alfaro
DJ Bouie
Samson Jackson

Boys Wrestling

Nicholas Alkhouri
Raymond Caruso
Gavin Mitchiner
Redon Myrtaj
Carson Pohl
Salvatore Russo
John Schriefer
Ethan White

Marching Band

Timothy Perry-Mills
Peyton Reilly
Chase Rose
Roberto Velasco
Amanda Vitro
Katherine Wallace



Color Guard

Morgan Baldino
Shelby Day
Sara Ginn
Kaitlyn McGowan
Jessica Shulman



Where Are They Now? PHU CWMP Alumni



Mike McNely-CWMP Class of 2010



Mike graduated from PHUHS in 2010 and attended the University of Florida. He graduated Magna Cum Laude from the University of Florida in the Fall of 2014 with a Bachelor of Science in Applied Physiology and Kinesiology with a focus in Exercise Physiology and a minor in Chemistry.

During his time at UF, Mike worked at Publix once per week. He also played football for the Gators from 2011-2014. While he was in the athletics program, he volunteered with the Goodwill Gators, which helps athletes give back to the community through various volunteering events. He was a liaison for the football team in the Student Athlete Advisory Counsel. Also during his time as an undergraduate, he volunteered at Shands Hospital in Footprints Buddy and Support Program, which is a buddy and support program for the children in the Hematology and Oncology Unit.

Currently, Mike attends the University of Florida College of Medicine. With UF College of Medicine, he is a part of the Health Profession Scholarship Program with the US Air Force, serves as one of the Intramural co-chairs for the class, and is an officer for the East Side Equal Access Clinic Network. He is on track to graduate with his MD in 2019.



Becky Devincenzo
CWMP Senior

4 years on PHU Varsity Swim Team, 5 years on PYP Piranhas Swim Team and NHS.

Volunteers at the YMCA's Kid Zone and also as a swim coach and volunteers for her medical hours at Florida Surgical Consultants. Becky works at Publix and Yogurt Island.



Katie Feininger
CWMP Senior

NHS, Peer Connector Leader, Key Club, Interact, HOSA, SADD, 1 year Track, 3 Years on both Football & Basketball Cheer Teams, 6 years Pop Warner Scholar Athlete, 4 years Jr Coach for P.H. Panthers, SPC's Executive Internship Program and cheered in Thanksgiving Day Parade in NYC.

Over 600 volunteer hours with Mease Dunedin Hospital, and Palm Harbor Panthers.



Katiana Khouri
CWMP Senior

NHS, Key Club Interact, HOSA, and SADD. Received Bars and Letters Honors for GPA.

Volunteered at Florida Hospital North and at Palm Harbor YMCA's summer camp. She is now employed with Palm Harbor's YMCA in the Kid's Zone.



Will Morlan
CWMP Senior

Pop Warner football, baseball, 4 years PHU football, Captain Senior year, Track Team, HOSA state finalist.

Volunteered for Chiropractor Dr. Lisa Marsh and Orthopedic Dr. Galloway.

Hobbies include fishing, boating, camping, biking, working out, sports, politics and gator football. 6th generation P.H. native. Works at Rusty Bellies.

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