

# Sterling High School

## KnightLine

Volume 2, Edition 1



## CASTLEMANIA!!!

The month of October at Sterling High School is a whirlwind of adventures. Some of the most memorable events occur at this time, including spirit week, Mr. Sterling, the homecoming game, and much more. Spirit week is a head to head battle between the different grade levels. Competition was tight this year, but in the end, the seniors pulled through with a victory.

Each day of Spirit Week has a different theme. For example, Monday was color day, each grade being a different color. Tuesday was Stages of Life Day, the Freshmen dressed up as babies, the sophomores as kids, the juniors as adults, and the seniors as senior citizens. Wednesday was Wake Up Wednesday, all students came to school in their favorite PJs. Thursday was theme day, each grade dressed up as their theme: Freshmen-Halloween, Sophomores-Video Games, Juniors-As seen on TV, and Seniors- Philly. And Friday was school spirit day as well as pep rally day. A special guest made the 2018 pep rally go down in history. With the inspiration for a

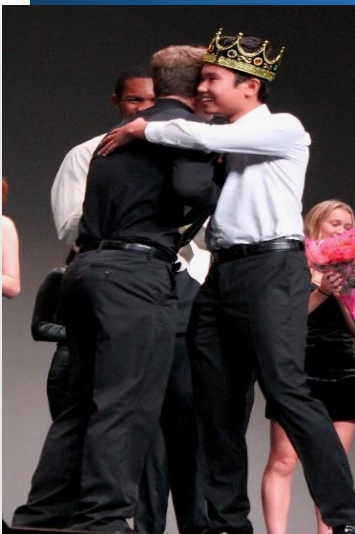
killer theme of "Philly Philly", the seniors brought in Philadelphia Phillies Baseball mascot the Philly Phanatic for an epic dance battle against Sterling's knight mascot Sir-Wins-Alot.

Later that night, cheerleading captain Alijah Caul was crowned homecoming queen. The evening was made even better for the Knights with a win against Overbrook, 35-0. Previously in the week a new Mr. Sterling was crowned, Somerdale's own Albert Tang.

Special thanks to the hardworking advisors, class officers, and student government officers who work tirelessly during this week. All in all, spirit week is a fun, exciting week anticipated by all students.



Sir-Wins-A lot and the Phnanatic share an embrace



Albert Tang  
Class of 2019  
Crowned Mr.  
Sterling



# October is School Safety Month



October is school safety month, and our Student Support Specialist, Mrs. Eppright, has many activities planned here at Sterling High School. Mrs. Eppright runs and takes part in many school activities, like SADD(Students Against Destructive Decisions), Red Ribbon Week, contributing to many PSA's, and the Stopit app relaunch. One of her main focuses for this school year is the Stopit app relaunch and how beneficial it is to students who are struggling, looking for support, need an outlet to speak their voice, or need to report something they have seen. "Including the relaunch, the school has seen the highest download rate of the application in any other high school within the area," says Mrs. Eppright. The Stopit app is an amazing tool for those who need it and is considered a valuable tool used to help spread awareness in the community.

Mrs. Eppright has been slowly introducing new safety and protective measures to Sterling High School. One of

these is our Mentor Program. This is the first year of this program. The purpose of the Mentor Program is to help freshmen adapt to high school life. Juniors and seniors gather together to mentor their group of 15-16 mentees. Each group has 4-5 mentors, each mentor is different from the other. At the end of each month, the mentors and mentees meet up during block 3b. They catch up and grow stronger relationships with each other. The purpose of this brand new program is to give freshmen someone to talk to, someone they can be comfortable around, and someone who will always be there for them.

We also celebrate Red Ribbon Week during the month of October. Red Ribbon Week is a week that make sure people stay away from substance abuse. During this week students think about and reflect on the consequences and influences that substances can cause. Mrs. Eppright hopes the messages and stories shared this week deters students from making poor

choices and prevents health effects that can occur from substance abuse. Instead of preaching to students about the harmful effects of drugs, Mrs. Eppright takes a more meaningful and realistic approach. She invites individuals in recovery to share their stories and to help students understand that addiction can happen to anyone. The speakers came from good households, were good athletes and even good students at one point. Sharing how their lives changed once they decided to experiment with drugs was the takeaway and hopefully enough to make students learn that no one is immune to addiction. Red Ribbon Week is a week full of support for students and is meant for them to use it.

The students at Sterling are grateful to Mrs. Eppright and the administration for sharing these powerful stories and making a commitment to help keep our community aware and informed about the dangers of substance abuse.

# GSA Makes an Impact

The Sterling Gay Straight Alliance has blossomed up as a demonstrated effort of the Sterling High School student body to protect its LGBTQ+ youth and make way for a school shielded of harassment and discrimination. It has dedicated itself to making diversity a welcome trait amongst the school grounds, and to provide a safe place for students that may ever feel their experience is anything but. An alliance of both LGBTQ+ identifying students and of straight allies will better enable Sterling's community to defy and combat possible hostility and ignorance.

Sterling's Gay Straight Alliance is welcoming to all students regardless of sexual orientation or gender identity and seeks to not only promote tolerance but a platform for LGBTQ+ and allies that is positive, supportive, and educational in differences of sexuality and gender expression. Homophobia and prejudice are prevalent in all spheres of society but is particularly prominent and harmful amongst youth, yielding heightened rates of suicide and depression amongst high schoolers identifying with the LGBTQ+ community. Gay straight alliances hope to minimize this harsh stigma and give students a secure resource of help and comfort that may not otherwise be available.

It is through these goals that Sterling High School now means to shed light and much needed support to its LGBTQ+ students. Often neglected in most education curriculums, thus aiding in insensitivity and bullying, the Sterling Gay Straight Alliance will pick up the slack through informative PSAs, social gatherings that sustain an environment of acceptance and understanding, and by preaching its diverse message of "I am Me." It implores students to join together instead of favoring rifts and inequalities amongst themselves and is always accepting of new members whilst remaining confidential to ensure their priority, which will always be safety.



Members of the GSA Steering Committee

## BIU Rewards Student Achievement

Sterling has multiple clubs and organizations here that help the Sterling community. One of the clubs here at Sterling are called "BIU" which is advised by Mrs. Johnson and Mrs. B. "BIU" stands for "Believe In U" or "you", and is an organization that rewards and praises students who are being academically outstanding throughout each month. Not only that, but BIU builds a sense of community to appreciate student's accomplishments at the end of each month rather than doing one huge celebration at the end of each marking period.

BIU plans to do some events in the fall, such as: monthly recognitions for students, partnering with the Chick-Fil-A leader Academy as a service project, pizza parties, and even breakfast for good students, and even random acts of kindness. Monthly recognitions happen at the end of each month, and the BIU club includes hardworking students to help other students! BIU members also bring positivity to the school by putting positive post-it notes on lockers and giving high fives to people. Doing this creates connections between the students to make high school more enjoyable.

In conclusion, this club and its members help create the atmosphere of Sterling more bright and connected. With the help of the student body and participating with pep rallies, football tailgates, and other events, many students can have fun in high school.



## A Message from the Superintendent

A new school year means a new beginning and an exciting time for so many young people. Sterling High School welcomed the class of 2022 in early September. We wish all of our 9<sup>th</sup> graders the best in their 4 years at Sterling High School and we look forward to working with all of the new families in the district.

We also welcome back our 10-12<sup>th</sup> grade students and encourage them to continue to work diligently to improve their skills, increase their knowledge and prepare for life after high school.

### Phase II Construction Projects

We are proud to announce the completion of several major construction projects. Our students will be pleased with the state of the art Foods Classroom and improved athletic facilities which include varsity and sub varsity soccer and baseball fields. The fields will be officially ready for play in March 2019. Below is a link to the time lapse Phase II Construction Project.

<https://youtu.be/xDei00sm5lo>

### Strategic Planning 2016-2021

Strategic Planning will continue in 2018-2019. We welcome all students, staff, parents and community members to join our group. If you have interest in attending our meetings, please contact Mrs. Jeanette Dean at [jdean@sterling.k12.nj.us](mailto:jdean@sterling.k12.nj.us). We will then contact you about upcoming meetings. For further information about Strategic Planning, please visit our website.

### Career Pathways Exposure Day October 10, 2018

Sterling High School presented a Career Pathways Exposure to the Trades early in October. Over 120 senior students participated in this exposure day. Pennco Tech and Camden County College gave presentations. Nine trade unions introduced their trades to the students and discussed work expectations. Sterling High School will continue to pursue apprentices and structured learning experiences in the trades for our students.

### Outstanding Advance Placement Scores July 2018

For the second year in a row, the Sterling students and staff performed above the state and global averages in the 2018 AP exams. Congratulations to all involved! We look forward to another great AP Testing year in 2019.







## From the Principal's Desk

By: Matthew Sheehan, Principal



The 2018-19 school year is well underway to what we hope will be a fantastic school year. We are encouraged by the developing leadership of our upperclassmen and how quickly our new students are adjusting to life at Sterling High School.

Sterling High School welcomed the Class of 2022 and several new staff members this school year. Mrs. Deborah Sukinik is our Supervisor of Special Services and is making a big impact on our Individual Education Program. Mr. Ed Baynes was hired in the Math department and is also coaching our Junior High Cross Country Team. Ms. Rebecca Forcellini was hired as a long-term substitute in our English Department and is volunteering with our girls' soccer team. Additionally, Mrs. Lauren Rossi, Mr. Antonio Cordova, and Mr. Jim McCullough moved into new positions with added responsibilities. Most notable, Mr. McCullough as Director of Secondary Education. The 2018 – 19 school year is year three of our one to one tablet initiative. Approximately 75% of our students were issued devices and are working well with our Microsoft Office platform. Our upperclassmen have arranged a Mentoring Program. Over sixty juniors and seniors signed up to be mentors to our freshmen and we have many new and interesting events planned to improve upon our school culture.

October is an exciting month with Spirit Week and Red Ribbon Week Activities. Spirit Week begins on Monday, October 15<sup>th</sup> and includes hall decorating, themes, Mr. Sterling Contest, Homecoming, and our fall pep rally. Student council and class officers work hard at coordinating efforts to promote their respective classes. SADD students also are busy in October. We have had outstanding guest speakers Jeff Hatch and William Green shared very real and motivating stories of their struggles and successes. Red Ribbon Week begins on October 22 and each day has a theme to promote being substance free, making good decisions, and school spirit. High School can be a challenging time for students but when we work together and look out for one another we can make it a great experience for everyone.

On October 10<sup>th</sup> Sterling High School offered PSATs for all 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> graders. Our seniors had the option of signing up for the SAT or attending an assembly that focused on technical schooling, trades, and Camden County College. The students did an outstanding job and we are looking forward to seeing the testing results on December 10<sup>th</sup>.

We encourage everyone to visit our website, download our mobile App, and to follow Sterling High School on twitter @knightprincipal. We appreciate all of your efforts so far this school year and ask for your continued support of our student groups in athletics, performing arts, and activities.

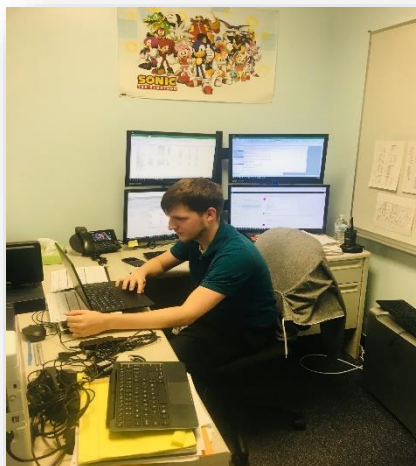
# Technology News

Over the past few years, Sterling High School has been upgrading its current technology. One way this has been done is with the 1:1 Initiative. This is a five step program that will soon provide every student in the school with a tablet/computer device. Phase 1 provided tablets to students in the Allied Health and AP classes, and Phases 2-5 are supplying each incoming freshman class with these devices. The purpose behind the 1:1 initiative is not only to meet the NJ State Technology Requirements, but to also give students full access to online resources that provide information they otherwise would not have access to. Another great benefit of providing students with tablets is that it allows them to electronically communicate with teachers.

In addition to the 1:1 initiative, Sterling has been rebuilding and improving the school's infrastructure (updating access points, adding storage, and managing servers) which is extremely expensive. With these updates, broadcasting will run much more smoothly than ever before in Sterling. In the future, you can expect there to be more upcoming updates, such as updates to the TV Studio and better production. The 1:1 initiative is also almost complete, and soon all students will have a tablet that they will be able to use at home and during the school day.



Students using their 1: 1 devices in class



Jeff Routzhan member of the Technology Team

## Multiple Disabilities Program

## Cookie Jar Sale is open to the Community



Students in the MD Program

## Holiday Cookie Jar Sale

One for \$5 two for \$8

Contact Mrs. McDonald at  
[kmcdonald@sterling.k12.nj.us](mailto:kmcdonald@sterling.k12.nj.us)

By December 10th



# Fall Coaches Lead the way to Victory

## Football

Coach Harris has been involved with football for about 8 years. Before coming to Sterling, he first taught at Clearview High School and coached at Holy Cross High School for about 4 years and the remaining years he's been teaching and coaching here at Sterling High School. Being the head coach of the Sterling football team, he's seen incredible things that haven't been presented in the past. He sees great potential in the team and upcoming students. Some of the growth and strengths Coach Harris sees in the group of student athletes is increased expectations and positive culture. This results in their consistency and hard work. With this consistency, he implemented new plays that he has been looking forward to and knows the athletes can execute them. He has also implemented tackling assignments that will help the team improve on their offense and defense.

This season, the football team is currently 4-4. With wins playing against Triton, Haddon Heights, Overbrook, and most importantly, a 23-21 victory against Willingboro. This year, the football team has 11 seniors and have had a great high school career within all 4 years. Coach Harris has been very proud of the students here at Sterling and wishes more years to come with the football program.



Sterling Varsity Football Team



Sterling Varsity Volleyball Team

## Volleyball

The Sterling Girls' Volleyball team welcomes, Guidance Counselor Bill Scully as their new head coach. Scully, as he's commonly referred to around the castle, has been a really strong influence on his team. While new to the position of head coach, Scully is no stranger to Sterling's volleyball program. His coaching resume includes JV coach for both the girls and boys team. When the position of head coach opened, Scully's knowledge of the program, passion for the sport, and familiarity with the girls made the transition seamless. The team is made up of very strong competitive young girls that love the sport and playing together. This year all of the hard work has paid off as the team is going to the playoffs. The girls are led by Eden Adcock (senior), Dyamond Free (Junior), and Ashley Connearney (sophomore). Two other members of the team Allison Kowalewski (freshman) and Alexis Gentile (junior) have already set their sights on playing volleyball in college. While the team has had great success, Scully still has a clear vision as to what changes he wants to implement as a way to strengthen the program. Improving their skills and play calling are just two key ways he plans to help the team improve. Mr. Scully has a lot fun with the girls and is looking forward to growing with the team.



# New Faces Around the Castle



From left to right Lauren Rossi, Edward Baynes, Debra Sukinik, Antonio Cordova, Rebecca Forcellini, Keith Controvich, and Nadia Kraemer

## **Mrs. Sukinik**

Many of students are unaware of the special services that are offered at Sterling. After meeting with Mrs. Sukinik, the Supervisor of Special Services, we have an idea of some of the activities and programs that Individual Education Department offers.

Mrs. Sukinik has a bachelor's degree in Elementary Education, a Graduate Endorsement in Special Education, and Master's degree in Educational Leadership and Administration. Upon finishing college she taught third grade in Florida for four years. . Before coming to Sterling, Mrs. Sukinik worked for Millville Public Schools as a special education teacher, department chair and then district supervisor of Special Education. Mrs. Sukinik is very excited to be at Sterling.

## **Mrs. Rossi**

Another new staff member being welcomed to Sterling this school year is Mrs. Rossi. She teaches Special Education English here at Sterling High School. After graduating high school, she attended William Paterson University with a B.A. communications with minor in English, then attended St. Joseph's University with a GPA of 3.59 and a M.S. in Secondary Education, then she attended Western University with a M.S. in Special Education. Her professional background involves Sterling High School, Samuel S. Yellin, and Saint Joseph's High School in Hammonton. When asked what she likes about Sterling, Mrs. Rossi said, "I love the atmosphere here at Sterling. The students are involved in many after school activities that the school offers. I love working with the staff here."

This year Sterling welcomed many new faces to our knight family. Rebecca Forcellini is a both a long-term substitute in the English Department and a volunteer soccer coach. Keith Controvich is a new Guidance Counselor and Nadia Kraemer is our new VPO secretary. In addition, we also welcomed three new teachers who were excited to meet their students and a new Supervisor of Special Services. We are thrilled to add to our knight family and want everyone to learn a little more about the new faces they see in the building.

## **Mr. Baynes**

Mr. Baynes is the new Mathematics/Personal Finance teacher at Sterling this year. He went to Toms River High school. Mr. Baynes received his education from Iona College and La Salle University for Mathematics. Mr. Baynes was a Mathematics teacher at Toms River South from 2009 to 2018, he taught Algebra 1 and Algebra 2. Mr. Baynes likes all the school spirit we have during spirit week and even when it's not spirit week. He likes how involved everyone is between clubs and sports. He says, "The students and faculty have all been very pleasant and supportive of me as a new teacher". We are all glad that we made him feel this way.

## **Mr. Cordova**

Sterling High School is welcoming new staff as of the 2018-19 school year. Firstly, welcome Mr. Cordova to the staff. Mr. Cordova graduated from Rowan University in Camden and got the *John Green Fellowship* through working as a student coach with the football team. Prior to working at sterling, he worked at Samuel S. Yellin middle school with student council to organize dances and help the school put together a baseball team as well as coaching the basketball team for a season. Additionally, he worked for Bancroft for 10 years in the special education community. Later he furthered his education and became a PE teacher in Camden before coming to Sterling. His interests include football, basketball, and video games. He feels at home when working at Sterling, enjoys coaching football, and likes the environment, administration and student athletes.