

CROOM HIGH SCHOOL

9400 Surratts Road, Cheltenham, MD 20623

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COUGAR CHRONICLE



Volume 4 Issue 7

April 2021

**Wanted:
Parenting
Page
Suggestions
We Need
Your Help!**

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Senior News

**Seniors,
COMMUNITY
SERVICE
HOURS
HAVE
BEEN
WAIVED**

**SENIOR PACKAGES
ARE PAST DUE!!!**

These dues pay for your cap and gown for graduation. You can buy a yearbook, Senior class T-Shirt, and other swag for graduation.

**Get on the mailing list
eMail:**

Gary.puzzella@pgcps.org

Please contact Mrs. Tunstall or Mrs. Gaines for information or to make a payment towards your dues.



COVID-19 VACCINATIONS

There are a few ways for you to get your COVID-19 vaccinations in PG County.

In addition to the emails being sent out by PG County, you can register on your own at Pharmacies, like CVS, with most Doctor Offices and service providers, such as Med-Star and Baden Medical Services.

Get more information by [CLICKING HERE](#) to access PG County Information and registration.

The Croom Cougar Positive Parenting Page

WE NEED YOUR HELP

The Positive Parenting Page is in need of your idea and suggestions.

We want to provide a resource for parents. We hope to provide some Information, and some inspiration!

One of the things we hope to provide would be tips for parents from other parents. This is your opportunity to share your knowledge with others.

We will also provide links for parents to find help for all different situations.

We welcome your advice, anecdotes and suggestions for our future issues.

email us at gary.puzzella@pgcps.org

Q: Does anyone suffer more than a child with a school project due the next day?

A: Yes. The parent of that child.

www.zoevstheuniverse.com

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Relax

“SO, I STEPPED AWAY FOR, LIKE, TWO SECONDS...”

THE BEGINNING OF EVERY PARENTING HORROR STORY, EVER.

Helpful Links for Parents

Are you, or anyone you know, a victim of Domestic Violence? [CLICK HERE](#) for important phone numbers and resources.

Have you or anyone you know lost someone to homicide? Rays of Hope Support Group meets every Wednesday. [301-880-5100](tel:301-880-5100) for more info.

[CLICK HERE](#) for 10 tips for a health life when you are 50 and over.

Don't let depression keep you down. [CLICK HERE](#) for some help coping with depression.

Free One-On-One Counseling

Pro Bono counseling is free service available to adults and family who are unemployed, uninsured, under insured, or unable to afford traditional counseling services. Including individuals and couples that are struggling with situations such as COVID-19, unemployment, life changes, depression, anxiety, grief or marital

Staff News

We would like to wish a Happy April Birthdays to:

- Mrs. Claggett (1)
- Mrs. Malloy (18)
- Ms. James (23)



Faculty & Staff



Just for Fun! - April is Showered with Holidays

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April 1

April Fool's Day
Atheist Day
International Fun at Work Day
International Tatting Day
National Walking Day

April 2

Children's Book Day
National Burrito Day
National Peanut Butter and Jelly Day
Reconciliation Day

April 3

Don't Go to Work Unless it's Fun Day
Find a Rainbow Day
National Walk to Work Day
Tweed Day
World Party Day

April 4

Hug a Newsman Day
Walk Around Things Day
School Librarian Day
Tell a Lie Day
World Rat Day

April 5

Deep Dish Pizza Day
Palm Sunday - date varies
Go for Broke Day
National Dandelion Day
Read a Road Map Day

April 6

California Poppy Day
National Tartan Day
New Beer's Eve
Plan Your Epitaph Day
Teflon Day

April 7

Caramel Popcorn Day
International Beaver Day
National Beer Day
No Housework Day
World Health Day

April 8

All is Ours Day
Draw a Picture of a Bird Day
Passover begins at sundown
Zoo Lover's Day

April 9

Name Yourself Day
Winston Churchill Day

April 10

Golfer's Day
Good Friday - date varies
National Farm Animals Day
National Siblings Day
Safety Pin Day

April 11

Barbershop Quartet Day
Eight Track Tape Day
National Pet Day
National Submarine Day

April 12

Big Wind Day
Easter Sunday
Grilled Cheese Sandwich Day
National Licorice Day
International Day of Human Space Flight
Walk on Your Wild Side Day

April 13

Dyngus Day
Plant Appreciation Day
National Peach Cobbler Day
Scrabble Day

April 14

Be Kind to Lawyers Day
Ex Spouse Day
Moment of Laughter Day
Look up at the Sky Day
National Dolphin Day
National Pecan Day
Reach as High as You Can Day

April 15

Income Taxes Due
Rubber Eraser Day
Take a Wild Guess Day
That Sucks Day
Titanic Remembrance Day
World Art Day

April 16

Mushroom Day
National Bean Counter Day
National Eggs Benedict Day
National High Five Day
National Librarian Day
National Stress Awareness Day Save the Elephant Day

April 17

Bat Appreciation Day
Blah, Blah, Blah Day
Herbalist Day
Haiku Poetry Day
National Cheeseball Day

April 18

Husband Appreciation Day
International Juggler's Day
Newspaper Columnists Day
Pet Owners Independence Day

April 19

National Garlic Day

April 20

Chinese Language Day
Look Alike Day
Patriot's Day
Volunteer Recognition Day

April 21

Kindergarten Day

April 22

Administrative Professionals Day
Earth Day (U.S)
Girl Scout Leader Day
National Jelly Bean Day

April 23

Lover's Day
National Zucchini Bread Day
Ramadan - begins at sundown, date varies
Take a Chance Day
Take Your Daughter to Work
World Laboratory Day

April 24

Arbor Day
Pig in a Blanket Day

April 25

East Meets West Day
National DNA Day
World Penguin Day

April 26

Hug an Australian Day
National Pretzel Day
Richter Scale Day

April 27

Babe Ruth Day
Morse Code Day
National Prime Rib Day
Tell a Story Day

April 28

International Astronomy Day
Great Poetry Reading Day
Kiss Your Mate Day

April 29

Greenery Day
National Shrimp Scampi Day
National Zipper Day

April 30

Hairstyle Appreciation Day
National Honesty Day
National Mahjong Day

Important Dates To Remember

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301-372-8846

**Cougar Chronicle
Staff**

Editor Gary Puzzella
Asst. Editor Maybe You?
Sports Maybe You?
Photographer Maybe You?
Editorials Mr. Stephenson

IMPORTANT DATES TO REMEMBER				
April	2	F	Good Friday	
April	4	Su	Easter Sunday	
April	5	M	Easter Monday	
April	6	T	First day back from break	
April	9	F	End of 3rd Quarter	
April	12	M	2HR Early Dismissal for Students	Prof. Dev. For Teachers
April	13	T	1st Day of Ramadan	
April	15	TH	Tax Day	
April	19	T	3rd Quarter Report Cards	
April	20	W	3rd Quarter Grade Appeal open	

Letters to the Editor

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Dear Editor,

I have been social distancing and avoiding people for over a year now, and I am worried I am going to go off the "deep end" if I don't do something about it very soon, - Don't Want To Lose It



Dear DWTLI,

You are not alone, most people have the same concerns and fears. This is so important I am asking Mr. Stephenson, our in house expert on these matters.

Thanks! Here are 5 practical steps to better mental health:

1. GET ACTIVE: We were not made to sit on a sofa and play games or watch TV all day. Go for a walk, it is one of the best ways to immediately get healthier!

2. GET NATURAL: Go on your walk through a park or a walking trail rather than along the road. The sights, sounds and smells of nature are all more beneficial.

3. Start Doing Something: A new hobby, especially one that has social opportunities with the right precautions. This will provide you with and opportunity to learn, have fun and a way out of social isolation that can be crippling to some.

4. GET SPORTY: Exercise and companionship are both greatly helpful for better mental health. Shoot some hoops, kick a soccer ball around the field, lift some weights out in the sun, or even play catch with a baseball or football.

5. GET CONTROL: Financial issues are a major cause of stress. Getting on top of debt, or other financial issues, will help you tremendously. There are even organization that are avaiable to help you out. Try going to the National Debt line at: www.nationaldebtline.org.

I hope that helps you out, and good luck! Remember how important your mental AND physical health is!



