



Purple &
Gold

May 2023

THE WIDE WORLD OF ROYALS SPORTS

As this year's athletics winds down, we saw many amazing achievements from our students.

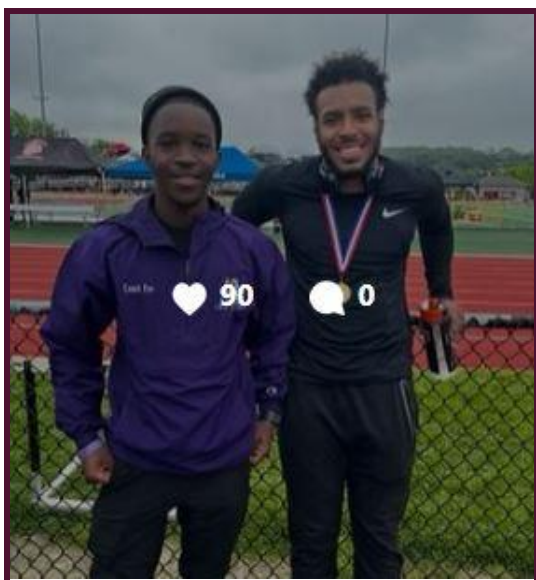
Varsity Lacrosse



The boy's varsity Lacrosse Team defeated Monsignor Bonner & Archbishop Prendergast on Thursday, May 12 in a drama-packed game that went to sudden death overtime due to a 6-6 tie at the end of play.

Says head coach Jason Krauth, "These young men worked hard every, single, day. When you play in the best lacrosse league in the state, you end up on the wrong side of the score, a lot. But these young men were never deterred. They came back and competed each and every single day. While it would have been less stressful to walk away with a blowout win, there is a different joy that comes with finishing off the season the way we did. As a coach, I could not be more proud of each and every player on this team."

Track and Field



Upper Darby's Lavar Jackson (right) won the Boys Class 3A 100-meter dash at the District 1 Track & Field Championships on Saturday, May 20. The winning time is 10.77.



Congratulations to senior Gabriella Fralin on breaking the 22 year old school record in the 800 meter run with a time of 2:14.26 at the Delco Championships on Saturday May 6, 2023. She is ranked top 10 in the state of PA! According to Gabriella's Instagram post, she will be attending PennWest, California University of Pennsylvania, majoring in biochemistry on a pre-veterinary track.



Congratulations to the varsity boy's baseball team, which finished the regular season with a 10-6 Central League record, and tied for second place in the Central League. That's their best finish since the 2010 season. It'll be the first time the Royals play in the District 1 Playoffs since 2010.

PROM DRESS DRIVE



The pop-up prom boutique has been such a great success that dresses are now available to all UDHS students (not just seniors). Please email Ms. Gabriel or Ms. Rion for more information.



SCHOOL ACHIEVEMENTS

19th Annual Annenberg Science Symposium

Upper Darby High School hosted the 19th Annual Annenberg Science Symposium sponsored by Main Line Health. Upper Darby students gave an informative and entertaining presentation on Chronic Kidney Disease and Dialysis. Taking special care to focus on ethical issues, our students fielded questions from the judges and represented our school with thoughtfulness and poise. The students prepared throughout the school year by researching, dissecting kidneys, and finally, meeting with Dr. Geoffrey Teehan, a nephrologist with Main Line Health. In addition, students from Great Valley HS presented on Drug Development and students from Friends Central on siRNA for Reducing LDL Cholesterol.



Delaware Valley Science Fair

Our award-winning Upper Darby High school science students moved onto the Delaware Valley Science Fair, and we are proud to announce that we had three winners from our group.

Freshman Mohid Iktahar Tarunno received second place in the 9th grade Earth & Science Science category. Sophomore Keino Shaw received a special award from the Society of

Tribologists and Lubrication Engineers relating to his research of lubrication and corrosion prevention. And senior Josiah Saddick received a special award from the Dietrich W. Botstiber Foundation, and was named first place in the 12th grade Earth and Space Science category.



SPECIAL EDUCATION CORNER

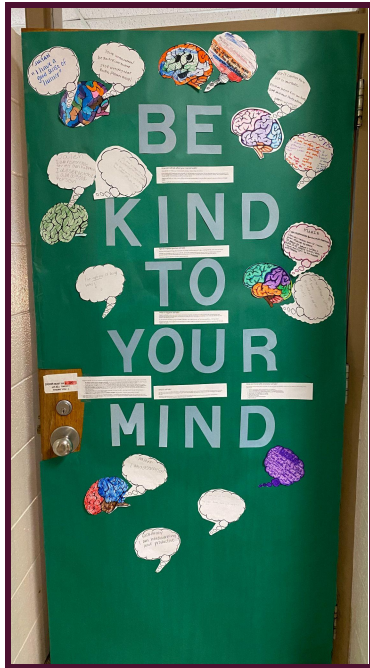
A Visit from Radar

On Friday, May 12, Upper Darby Community Affairs Police Officer AJ Bateman, and his Police K9 Radar, paid a visit to students at Upper Darby High School. Officer Bateman and Radar taught students about the job of a service dog and how to interact with police and service dogs in the community. Radar also got lots of treats and pets, and gave out lots of kisses!



Honoring Mental-Health Awareness Month

Teacher Alyssa Stump and Classroom Assistant Patricia Bralczyk honored Mental Health Awareness Month by decorating their classroom door to emphasize the importance of positive self talk. The overall message is “What You Say to Your Brain Matters.”



According to Mrs. Bralczyk, the door “doubles as a shout out to Miss Stump.” She explains “We discuss positive self-talk with our students every day! Miss Stump's Morning Meeting is always geared toward focusing on being aware of our feelings, and how it affects our breathing, and mood.”

To help decorate the door, each student colored a **"brain"** and wrote positive thoughts in their **"thought bubble"** of what they would tell themselves. The white strips of paper provide tips to improve positive self-talk, and how negative self-talk can become repetitive.

Everyone benefits with this door, not just Miss Stump's students, but everyone who passes by on the second floor.

Classes Collaborate to Create Artwork for Arts Fair



Students from Mrs. Pickett's Professional Field Experience class helped students from Mrs. Sharkey's class with an art project that was later displayed in the UDHS Art Fest 2023. The project was fairly complicated, and involved painting cut-out egg cartons and turning each piece into painted “flowers” that were then mounted on a painted canvas. Students from both classes had a blast, and Mrs. Pickett's class received some needed education experience.

In another collaboration, Mrs. Sharkey's class worked with Mr. Schaffer's horticulture students place plants into a homemade Mother's Day present (a painted can to use as a plant holder).



SAVE THE DATES

Mark your calendars for some big dates coming up in the UDHS social calendar:

May 25–Senior Appreciation Day

May 25–Instrumental Concert at West Chester University

May 26/29–Memorial Day Weekend

May 30–Honoring the Top 5%

May 31–Underclassmen Awards Night

June 1–Senior Awards Night

June 5–Choral Concert

June 5-7–Final exams

June 9–Commencement rehearsal

June 12–Graduation

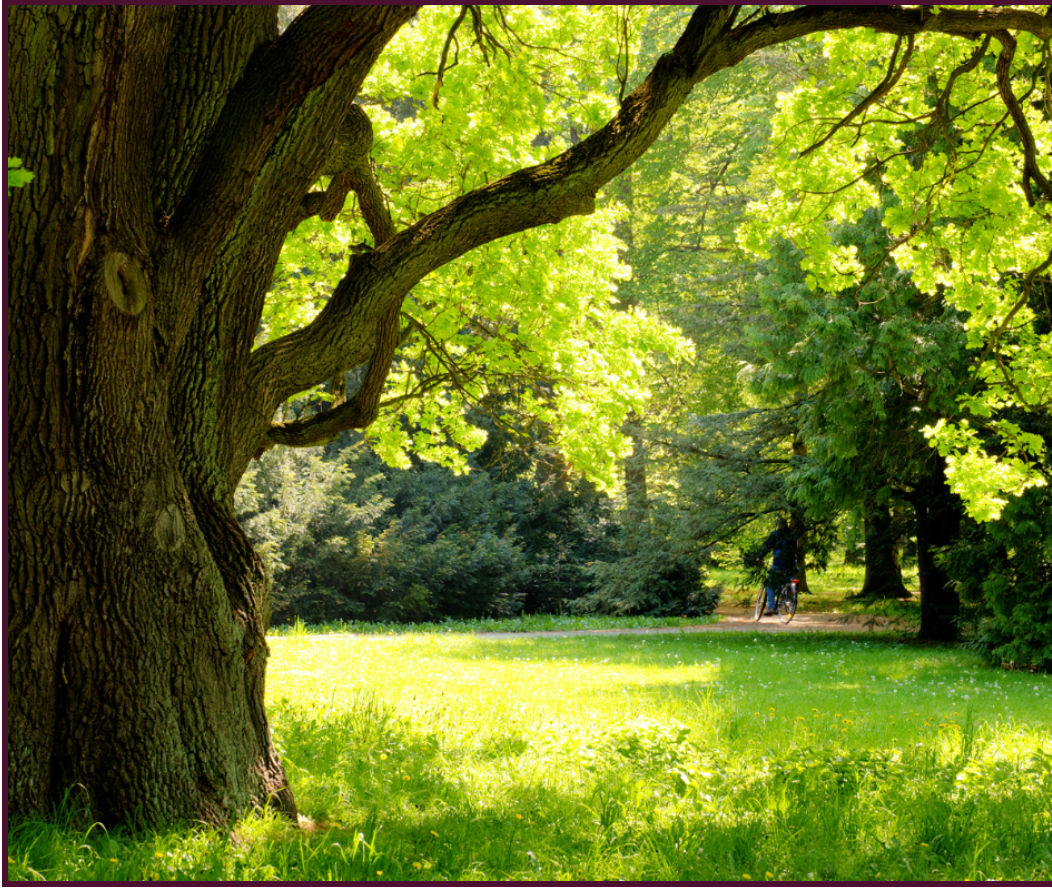
June 13–Last Day of School for Students/Teachers

June 19–Juneteenth Holiday

June 20–Summer School Session begins

June 24–UDBOP Flea Market

June 26–Extended School Year begins



Last issue of the season!