PRINCIPAL’S WORD

Dear Charger Parents,

It is hard to believe we have already begun our last nine week period here at Liberty High School. Our spring sports and extracurricular events are in full motion as is the road to graduation for our seniors. The date for graduation has been set for Friday, May 24th at 1:30 p.m. That same week on May 20th we will have our Senior Awards at 6:00 p.m., later on May 22nd will be our Top Twenty Banquet at Solivita.

As we move down the stretch these last 40 days we will continue as Administrative Staff and Instructional Unit to enhance, as we have done all year, the importance of quality instruction and engagement within the classroom setting. Liberty will continue to charge forward and we will continue to concentrate on a safe, nurturing environment for all students.

Sincerely and Respectfully,

David M. Piccolo, Ed. D, Principal
What's Your Number?

High blood pressure is a common and dangerous condition. Having high blood pressure means the pressure of the blood in your blood vessels is higher than it should be. But you can take steps to control your blood pressure and lower your risk of heart disease and stroke by eating healthy and exercising. A walk a day keeps the blood pressure at bay.

<table>
<thead>
<tr>
<th>BLOOD PRESSURE CATEGORY</th>
<th>SYSTOLIC mm Hg (upper number)</th>
<th>DIASTOLIC mm Hg (lower number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NORMAL</td>
<td>LESS THAN 120 and</td>
<td>LESS THAN 80</td>
</tr>
<tr>
<td>ELEVATED</td>
<td>120 – 129</td>
<td>LESS THAN 80</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</td>
<td>130 – 139 or or</td>
<td>80 – 89</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</td>
<td>140 OR HIGHER or or</td>
<td>90 OR HIGHER</td>
</tr>
<tr>
<td>HYPERTENSIVE CRISIS (consult your doctor immediately)</td>
<td>HIGHER THAN 180 and/or</td>
<td>HIGHER THAN 120</td>
</tr>
</tbody>
</table>

Most Common Types:

Type 2 diabetes
A chronic condition that affects the way the body processes blood sugar (glucose).

Type 1 diabetes
A chronic condition in which the pancreas produces little or no insulin.

Prediabetes
A condition in which blood sugar is high, but not high enough to be type 2 diabetes.

Gestational diabetes
A form of high blood sugar affecting pregnant women.

Diabetes is a disease in which your blood glucose, or blood sugar, levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With type
This quarter all AP exams will start on May 8th. Students will have mock testing and reviewing. Therefore, students will be under a lot of stress throughout the months of April and May. Parents please look for signs of anxiety and be cognoscente of any changes in your child’s behavior.

We also encourage all parents to include their child in after school activities. Programs such as Valencia’s Bridges Scholarship requires 100 hours of community service prior to
Parents, all seniors planning to walk in graduation MUST purchase a cap and gown from Herff-Jones. (They cannot use previous years, as they are different). Herff-Jones will be on campus April 30th and May 1st delivering and selling cap & gowns during both lunches from 11:00 AM to 12:30 PM.

Congratulations Graduates!

2019 Paris Prom
Saturday, May 11th
6:30 pm to 11:00 pm
Reunion Resort
7593 Gathering Dr.
Kissimmee, Fl. 34747

Tickets $40.00
No Entry After 8:00 pm

GRAD 19 BASH
UNIVERSAL ORLANDO™
April 6, 2019
6:00 PM - 3:00 AM

Graduation
Friday, May 24th
1:30 PM
Osceola Heritage Park

SENIORS LAST DAY, MAY 17TH
SENIOR AWARDS, MAY 20TH
TOP TWENTY BANQUET, MAY 22ND