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Lasting Advice for Students of FHPS: Friends, Hard Work, Passion, and Service

Dear Hawks, Huskies, and Rangers of 2066,

Greetings from 2026! I'm currently a sophomore at FHN. In 2026, our daily lives are shaped by rapidly changing trends and technologies. By the time you read this, the trends will be completely different, and you will have your own generation of slang. Although the ways we communicate will evolve over the next 40 years, the core values that define a Forest Hills student should remain constant. I have four lasting pieces of advice to share with you. To help you remember them, just think of **FHPS**.

F is for Friends. Friendships are foundational, so take the time to build them. If you wish you had more friends, you are not alone. It is easy to feel isolated, even in a crowded hallway. More than likely, however, the person you sit by in math who appears to be working on homework before class feels the same way. They might be trying to look busy, but they would rather be talking with someone like you. Be courageous and take the first step by saying hi. Ask them about something you might have in common, like siblings, pets, other classes, or hobbies. They might not become your best friend, but you will brighten their day and build your social network.

H is for Hard work. In 2026, AI is everywhere. AI can generate images and videos, give the answers to math problems, and come up with entire essays. I cannot imagine what AI and technology will be able to do in 2066! However, I do know that you should not use technology to

replace your own critical thinking. Do not settle for doing the minimum to get by in your school work. Do the hard work of making sure you understand what you are learning. Don't stop at learning the *what*; dig deeper to learn the *why* and the *how*. Only after you truly understand should you use technology as a tool to help you learn even more.

P is for Passion. Find something that you love to do and carve out time to do it. This could be a sport, musical instrument, or theatre. It could be drawing, cooking, or robotics. Maybe your passion is something you can get involved with at school. It could be something you do on your own. Whatever it is, prioritize something that you are passionate about. This will give you a life-giving activity to turn to when you are stressed, bored, or need to recharge.

S is for Service. It is easy to become preoccupied with your own life. However, to open our eyes to the world, it is important to look beyond our own lives. In addition to providing a new perspective on the world around us, service is a powerful way to give back; it allows us to recognize the needs of others and see how blessed we are in our own lives. The act of giving back ensures that Forest Hills will continue to make a positive difference in the world.

Whether you are beginning your academic journey in kindergarten or preparing to graduate as a senior, remember that you are a part of a legacy. Make it a priority to develop your relationships with **Friends**, put in **Hard work** in school, find and pursue your **Passion**, and help others through **Service**. Keep the **FHPS** legacy alive!

Sincerely,

Jenna Luchies