



ROCKLAND HIGH SCHOOL
COMMUNITY UPDATE
SEPTEMBER 2019

START OF SCHOOL:

We had a great start of school on August 26, 2019. It was nice to see all of our students back. In particular, we enjoyed welcoming our new Grade 9 students and new students to our school community.

During the first day of school we held grade-level assemblies. Below are the powerpoint slides we went over with our students regarding expectations for the 2019-2020 school year.

ROCKLAND HIGH SCHOOL

Welcome Back!

August 26, 2019

Our Core Values & Beliefs About Learning



- ❑ **Achievement:** We believe all students can learn, grow and succeed.
- ❑ **Character:** We believe in accountability, integrity, respect and responsibility to ourselves, our school community, and our global society
- ❑ **Collaboration:** We believe in a safe, inclusive and unified learning environment.
- ❑ **Perseverance:** We believe in working hard to accomplish our goals especially when faced with challenges.

Guidance Information



Ms. Margie Black:	A - B
Mr. Chris Devine:	C - G
Ms. Casey Morrison:	H - N
Ms. Jill Delaney:	O - Z

Ms. Freea Leahy
(Adjustment Counselor)

SRO Ethan Schnabel

Guidance Information



Credits:

- ❑ 5 credits to be a Sophomore (Grade 10)
- ❑ 10 credits to be a Junior (Grade 11)
- ❑ 15 credits to be a Senior (Grade 12)
- ❑ 22 credits to Graduate

Passing Grade: 65%

After School Support Program
Saturday School

Attendance Policy



- ❑ Students arriving after 8:00 am must report to the main office.
- ❑ The administration may assign a Saturday Detention for any students who exceed 5 unexcused tardies per term.
- ❑ 7 or more days of unexcused absences from school for a semester class and/or 14 or more days of unexcused absences from school for a full-year class **will** lose academic credit for those classes.

Student Conduct Reminders



Discipline is progressive.

- ❑ Wandering halls
- ❑ Skipping class/Leaving school
- ❑ Obstructing an investigation
- ❑ Rude/discourteous behavior
- ❑ Insubordination
- ❑ **Bullying/Harassment**
- ❑ Violence/Confrontation in any form
- ❑ Vandalism
- ❑ Cell Phone Policy
- ❑ Earbuds
- ❑ **Lunch Behavior**
 - ❑ Leaving Cafe without permission
 - ❑ Leave area clean
 - ❑ Theft
- ❑ E-Cigs, Hookah, and any electronic tobacco device or paraphernalia is strictly prohibited.
- ❑ Dress Code Reminders
- ❑ Hats/Hoods off and out of sight

Safety Reminders



For Fire Drills:

- ❑ Silently exit building and remain quiet (not a time for socializing).
- ❑ Be familiar with classroom exits & where teacher meets outside.
- ❑ Exit quickly walking but listen to teacher's instructions.

For Lockdowns or Stay In Place Drills:

- ❑ In emergency situation, follow directions of staff.
- ❑ For lockdown, remain quiet for lockdown and go to safe spot. Listen to your teacher's instructions if you are to leave the safe spot.
- ❑ For Stay In Place, remain in classroom and follow teacher's instructions.

Safety Reminders



ALICE:

Alert
Lockdown/Barricade
Inform
Counter
Evacuate

Never open an outside door. Notify staff if you see a suspicious visitor in the building.

Students may only enter in the morning through the RHS West Entrance and the RHS Main Office Entrance. The East Entrance will be closed at all times.

Freshmen Studies



- ❑ Assigned seats
- ❑ No Library access
- ❑ Freshmen cannot use cell phones during study time except on Fridays if the teacher feels students have remained on task, working productively. Students may use earbuds with the teacher's permission as long as the student is working productively.
- ❑ If a freshman wants to see a teacher during their directed study time, they must get a pass from that teacher in advance.
- ❑ Freshmen (or any student) cannot sleep during study time.
- ❑ Freshmen are not allowed to work in groups as it is a quiet study.

First Day of Study Directed Study Required Paperwork.

Final Message



Believe

In

Yourself.

FIRE DRILL:

On Wednesday, August 28th, RHS had a fire drill. All students and staff evacuated the school building and reported to their designated locations. We appreciate our student's cooperation and commitment to school safety. We also want to thank the local police and fire departments for their help not only during this drill but throughout the school year as they work very hard to keep our students and staff safe.

All of our safety procedures were reviewed with students on the first day of school during our grade-level assemblies. We will communicate with you in advance of any evacuation or ALICE safety drills.

BACK TO SCHOOL NIGHT:

Below is information regarding Rockland High School's Back to School Night for parents/guardians which will be held on Wednesday, September 18, 2019 beginning at 6:30pm. The evening begins with an opening session in the auditorium, where the administration will provide welcoming remarks to parents and guardians. Immediately after, parents follow their child's seven-period school schedule. Please bring your child's schedule with you or fill out the template below in advance.

ROCKLAND HIGH SCHOOL
BACK TO SCHOOL NIGHT
WEDNESDAY SEPTEMBER 18, 2019

Schedule:

6:30-6:45pm: Opening Remarks in Auditorium

6:50-7:00pm: Period A

7:05-7:15pm: Period B

7:20-7:30pm: Period C

7:35-7:45pm: Period D

7:50-8:00pm: Period E

8:05-8:15pm: Period F

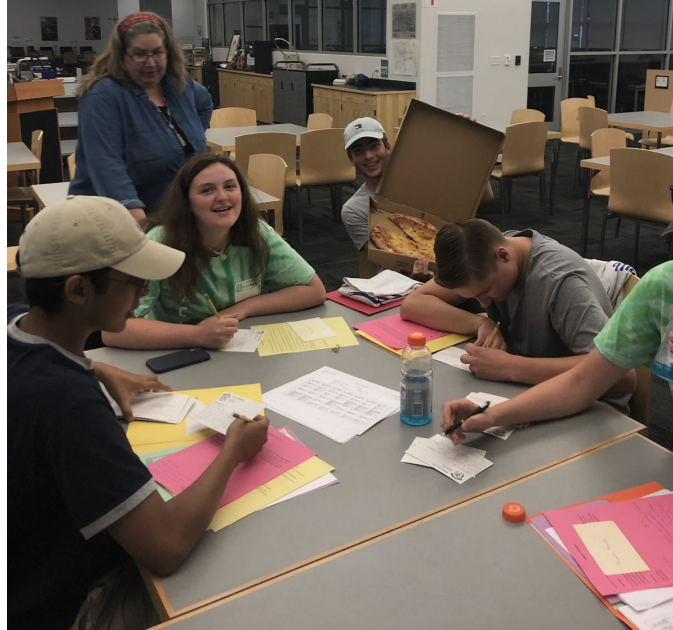
8:20-8:30pm: Period G

Please have your child fill out the table below:

	Subject	Teacher	Room #
Block A			
Block B			
Block C			
Block D			
Block E			
Block F			
Block G			

FRESHMEN MENTORING PROGRAM:

On Wednesday, August 14th, Ms. Donovan and Mr. Harrison held a freshman mentoring training for our Grade 11 and 12 students who will be mentors this year. Students were assigned their mentees, learned leadership skills to prepare them for this important leadership role, and discussed the expectations for the program. Mentors will be visiting with the freshmen they are mentoring at least once each month.

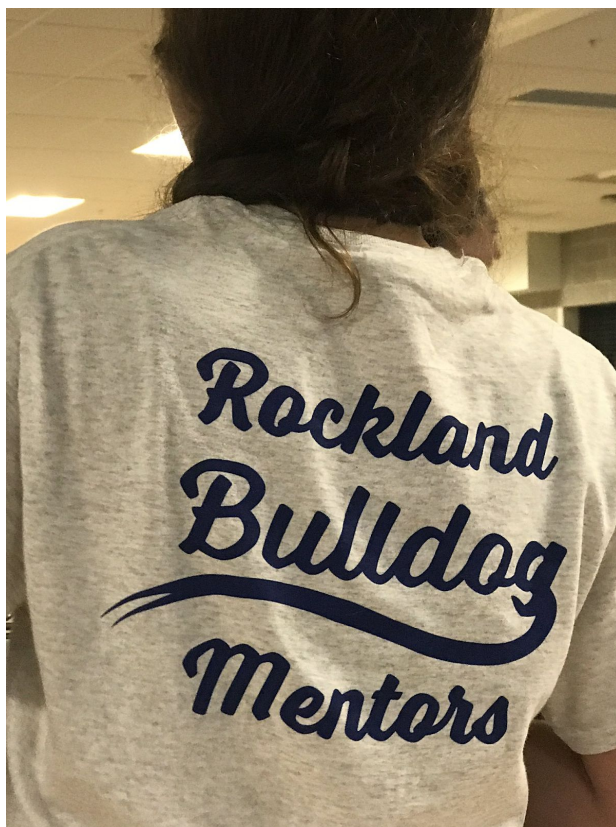


The following students are mentors this year:

Taylor Anzivino
Jad Bendarkawi
Katy Buckley
Lauren Buker
Mathew Bruzzese
Maria Ciano
Lauren Draicchio
Tyler Gambon
Maddie Gear
Melanie Harris
Grace Henry
Tyler Johnson
Hannah Makarski
Elizabeth McGaffigan
Sarah McLellan
Joseph Nguyen
Zachary Ofurum
Althea Olsen
Hannah Rich
Cullen Rogers
Zachary Webb
Hannah Wyllie
Julia Yeadon

NEW STUDENT ORIENTATION:

On Wednesday, August 21st, RHS held its annual new student orientation for Grade 9 students and families. Students in our Student Government Council presented a “First Year Survival Guide” and SGC president Katy Buckley and SGC member Greta Russo welcomed our newest members of RHS. Freshmen had an opportunity to meet their mentors, tour the building, find out where their classes were, and open their lockers. We had a great turnout!

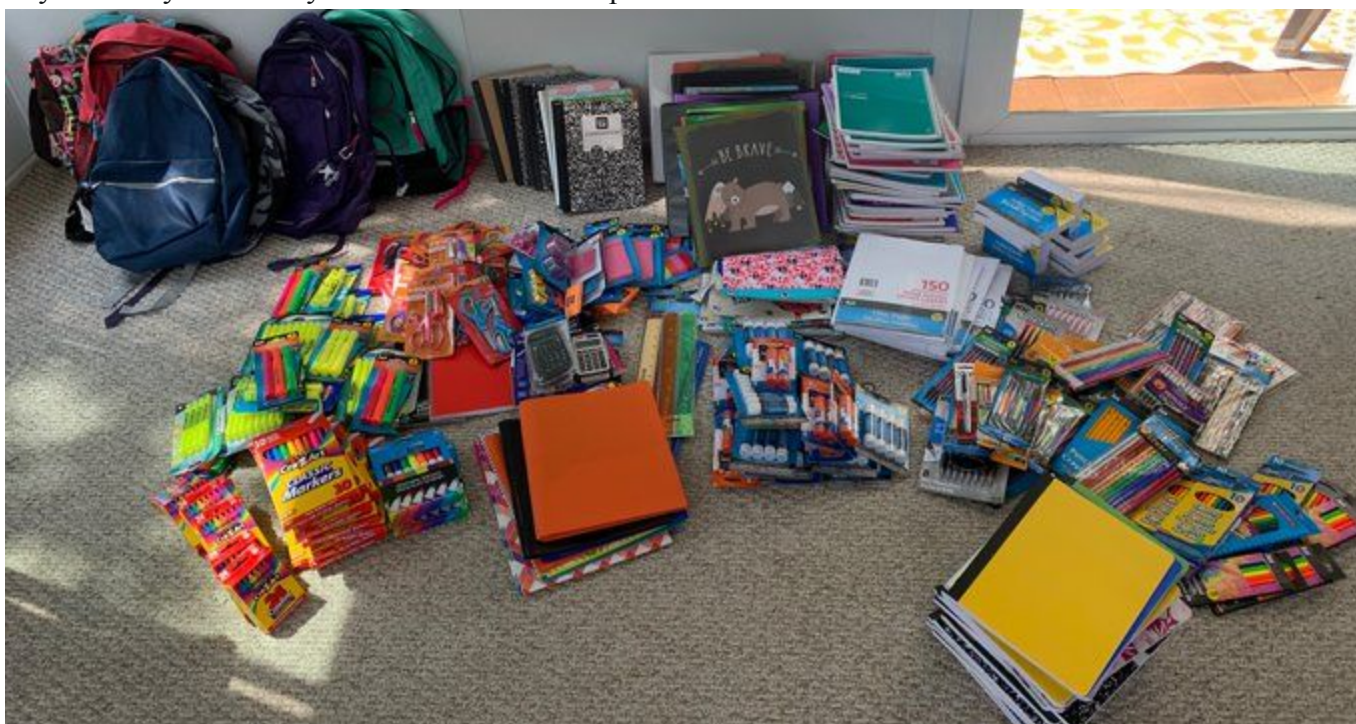


BAND CAMP:

Our music students came together August 14th through August 17th for the annual Band Camp held at the Esten Elementary School. Thank you to our booster parents for their generosity supporting the music department.

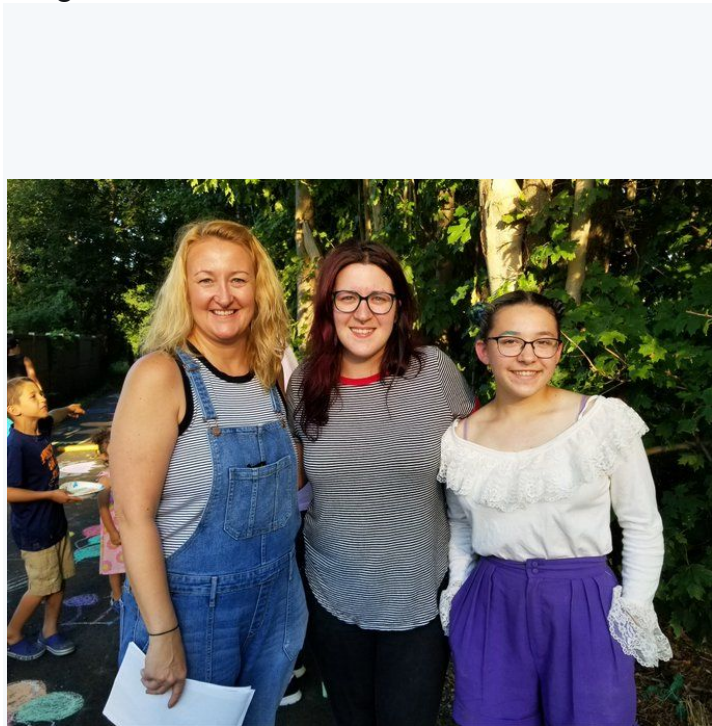
**STUDENT GOVERNMENT COUNCIL CAMP:**

30 RHS students participated in the week-long Student Government Council camp held in the RHS cafeteria from August 19th through August 22nd. The student leaders raised over 300 items for Schools on Wheels in 1 day! Thank you to everyone who attended camp!



REIMAGINE ROCKLAND ICE CREAM AND CHALK ART EVENT:

Recent graduate Paige Boggs and Art teachers Ms. Medeiros and Department Head Ms. Thompson attended the ReImagine Rockland Ice Cream and Chalk Event over the summer. Community members got to draw along the Rail Trail.



[@REiMAGINE02370](#)

NEW TEACHERS:

Rockland High School is proud to welcome the following new faculty members for the 2019-2020 school year:

Mathematics Teacher: Mr. Matthew Anzalone

Mr. Matthew Anzalone is a proud graduate of Rockland High School. Mr. Anzalone also graduated with his Bachelor's degree from the University of New Hampshire. Mr. Anzalone has previously taught Geometry at Bishop Brady High School in Concord, NH. Mr. Anzalone will teach Algebra I and Algebra II at RHS.

World Language Teacher: Ms. Kayla Burgos

Ms. Kayla Burgos earned her Bachelor of Arts from Boston College, majoring in Secondary Education and Hispanic Studies. Ms. Burgos also graduated from Boston College with her Master of Education in Curriculum and Instruction. Ms. Burgos previously taught at Canton High School. Kayla will teach Spanish I, Spanish II Honors, and Spanish III this year.

Science Teacher: Ms. Emily Calnan

Ms. Emily Calnan earned her Bachelor of Science in Marine Safety and Environmental Protection from Massachusetts Maritime Academy and graduated with her Masters of Education from UMASS Boston. Ms. Calnan has previously taught in the Boston Public Schools where she has instructed Chemistry and Environmental Science. Ms. Calnan will teach Biology and Chemistry at RHS.

Library Media Specialist: Ms. Janyce Kemp

Ms. Janyce Kemp graduated from UMASS Boston with her Bachelor of Arts in History and her Master of Arts in History. She previously taught at South Shore Vocational High School and has served as a substitute teacher and administrative assistant in the Rockland Public Schools. Ms. Kemp has received her certification to be a library media specialist and will oversee the library program for the entire district.

Special Education Teacher: Ms. Paula Kirby

Ms. Paula Kirby earned her Bachelor of Science from Bridgewater State University in Special Education Communication Disorders and her Master of Education from Bridgewater State University in Special Education. Ms. Kirby worked as the Transition Program Coordinator for the Marblehead High School for the past two years. She will teach in the Special Education Program as the Transitions Program teacher.

World Language: Ms. Jenna Novio

Ms. Jenna Novio graduated from Regis College in May 2019 with a Bachelor of Arts, majoring in Psychology and Education. She has worked for the Rockland Public Schools as a substitute teacher since 2017 and successfully completed student teaching at the Sprague School in Wellesley. Ms. Novio will teach Spanish I.

History/Social Science Teacher: Ms. Kara Penney

Ms. Kara Penney graduated from Westfield State College where she studied History with a Concentration in Secondary Education. Ms. Penney is a graduate of Rockland High School and has worked previously in the district as a substitute teacher and paraprofessional. Ms. Penney will teach United States History II and World History.

Science Teacher: Mr. Christopher Pond

Mr. Christopher Pond earned his Bachelor of Science from the University of Massachusetts Amherst. A physics major, Mr. Pond taught College Preparatory Physics at Taunton High School last year. He will teach Robotics, Engineering, and Physics this year.

We also want to welcome three new support staff members.

Paraprofessional: Ms. Desiree Cunha

Ms. Desiree Cunha is a graduate of Bridgewater State University where she majored in Communications. Ms. Cunha has worked as a Function Coordinator and Pharmacy Technician prior to starting her career as a paraprofessional at RHS this year.

Paraprofessional: Mr. Brendan Foley

Mr. Brendan Foley is a Rockland High School alum who also graduated from Bridgewater State University where he double majored in English with a concentration in Education and Secondary Education. He is a certified English teacher who completed his student teaching at Hanover High School and served as a long-term substitute at Norwell High School last year. He will be a paraprofessional in Ms. White's Pathways classroom this year.

Administrative Assistant: Ms. Susan O'Brien

Ms. Susan O'Brien comes to RHS with over twenty years of experience working in Project Management as both an office manager and administrative assistant. She will replace Ms. Kemp as the administrative assistant in the main office.

October Save the Dates!

Friday, 10/4	Pep Rally & Homecoming Football Game
Saturday, 10/5	Homecoming Dance
Saturday, 10/5	SAT Exam at RHS
Thursday, 10/10	Financial Aid Night 6PM
Monday, 10/14	Columbus Day (No School for students and staff)
Tuesday, 10/15	Teacher Professional Development (No School for students)
Wednesday, 10/16	PSAT Testing for Grade 10 & 11 Students (Late Start for students in Grades 9 & 12 at 11:15AM)
Thursday, 10/17	Site Council Meeting 7:15AM
Thursday, 10/17	FAFSA Night
Friday, 10/18	Ask a Faculty Member About College
Saturday 10/19	Saturday School 9AM-12PM
Wednesday, 10/23	Grade 8 Welcome Night & Open House 6:30PM
Sunday, 10/27	Project Pumpkin
Thursday, 10/31	Term 1 Grades Close; Grades available on 11/7)

GUIDANCE UPDATES:

RHS students now have the opportunity to take 8 full practice tests on Khan Academy for free. [Here](#) is the link if you would like to take these practice tests.



On August 19th, a mailing went home to seniors. [Here](#) is the senior packet that was mailed home.

Friday, September 6th - Senior Assembly on the college application process - 9:10 in the auditorium.

Tuesday, November 5th - Credit for Life Fair - Grade 10

ADVANCED PLACEMENT SCHOLARS ANNOUNCED:

For the first time in school history, over 50% of students received passing scores on their Advanced Placement college level courses. 28 students were recognized nationally as AP Scholars, a 100% increase from 4 years ago.

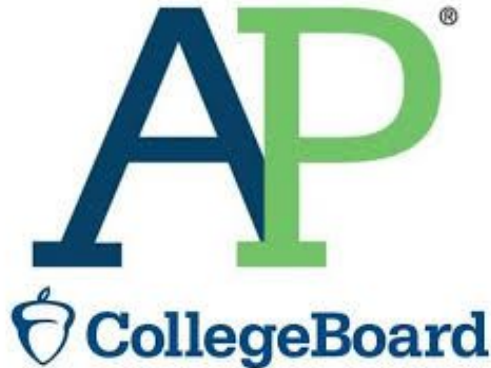
Congratulations to the following students who were named AP Scholars.

Marissa A. Smith	AP Scholar	Class of 2019
Leah M. Drago	AP Scholar	Class of 2019
Matthew T. McPartlin	AP Scholar	Class of 2019
Mathew S. Bruzzese	AP Scholar	Class of 2020
Lara M. Glennon	AP Scholar	Class of 2020
Sean C. Belmonte	AP Scholar	Class of 2020
Jasmin M. Morse	AP Scholar	Class of 2019
Justin S. Sherlock	AP Scholar	Class of 2019
Zachary J. Webb	AP Scholar	Class of 2020
Cynthia R. Elliott	AP Scholar	Class of 2020
Caitlin F. Cameron	AP Scholar	Class of 2019
Elizabeth V. McGaffigan	AP Scholar	Class of 2020
Kara E. Sullivan	AP Scholar	Class of 2019
Francisco A. Oliveira	AP Scholar	Class of 2019
Caroline E. Elie	AP Scholar	Class of 2020
Hannah E. Wyllie	AP Scholar with Honor	Class of 2020
Kevin E. Jean-Poix	AP Scholar with Honor	Class of 2019
Oliver M. Reera	AP Scholar with Honor	Class of 2020
Melyssa Almeida	AP Scholar with Honor	Class of 2020
Tyler J. Gambon	AP Scholar with Honor	Class of 2020
Katie Houde	AP Scholar with Honor	Class of 2019
Nicholas J. Cedrone	AP Scholar with Honor	Class of 2020
Jad C. Bendarkawi	AP Scholar with Distinction	Class of 2020
Elizabeth M. Kelley	AP Scholar with Distinction	Class of 2019
Michelle C. Ramoska	AP Scholar with Distinction	Class of 2019
Giovan M. Soares	AP Scholar with Distinction	Class of 2019
Tyler C. Beatrice	AP Scholar with Distinction	Class of 2019
John J. Ellard, III	AP Scholar with Distinction	Class of 2019

ADVANCED PLACEMENT COMMITMENT LANGUAGE:

We want to ensure that each student and parent/guardian of a student, enrolled in an AP course is aware of the terms and conditions of enrollment in an AP course.

Advanced Placement (AP) courses are university-level courses taught in high school, for which students have the potential to earn college credit. AP courses are designed to challenge students beyond grade-level academics and prepare them for success in future advanced academics. AP course requirements vary by subject - please refer to the specific course syllabus.



Academic Credit for AP Courses/AP Exam Required. AP level credit will be granted to students who successfully complete the required coursework and take the related AP exam in May. All students enrolled in an AP course must take the AP exam. Any student who passes an AP class but does not take the AP exam will receive “Honors” level credit for that class. This change will be reflected on the student’s academic transcript.

A student who is ill on the day of an AP exam must call the AP Coordinator (Ms. Black) by 7:00 a.m. that day or no make up exam will be ordered. A doctor’s note must be also be provided to the school to document the illness.

Student Withdrawal from an AP Course. Students may withdraw from AP courses, without penalty, if withdrawal is submitted within one week of first term progress report distribution. AP students who withdraw from a course after that date will receive a grade of “W” on their academic transcript. Please note: student withdrawals may result in an inability to enroll in other replacement courses of choice.

AP Exam Order & Payment

An AP exam order form will be emailed and mailed home to all AP students in mid-September. **If a student has not returned their AP exam order form with full payment by the due date of Thursday, October 31st**, exams will not be ordered for that student (at which point his/her schedule and transcript will be changed to reflect Honors credit).

SPORTS:

On Thursday, August 22nd, Athletic Director Mr. Graziano and the fall coaches held the second annual “Meet the Coach’s Night.” Parents received [this Guide to Effective Communication](#).

[Here](#) is an article on our football team in the local paper and pictures provided by [@astonephoto_ENT](#). Go dogs!

**Coach’s Contact Information:**

Below is the contact information for each of the Head Coaches of fall sports.

Cheerleading	Ms. Jeanine Reardon	jreardon@rocklandschools.org
Boys Cross Country	Mr. Robert Murphy, Head Coach	rmurphy@rocklandschools.org
Girls Cross Country	Ms. Melissa Harris, Head Coach	mharris@rocklandschools.org
Football	Mr. Nicholas Liquori, Head Coach	nliquori@rocklandschools.org
Volleyball	Ms. Emily Murphy, Head Coach	emurphy@rocklandschools.org
Boys Soccer	Mr. Dan Kimball, Head Coach	dkimball@rocklandschools.org
Girls Soccer	Ms. Marcia Beatty, Head Coach	mbeatty@rocklandschools.org
Golf	Mr. Brian Smith, Head Coach	bsmith@rocklandschools.org

September Sports Calendar:

Please save the dates below for our fall athletic contests. Be sure to attend a home game to support our bulldogs!

Cross Country

<u>Event</u>	<u>Location</u>
Tue 9/10/19 4:00 PM	Mashpee High School @ Rockland High School
Tue 9/17/19 4:00 PM	Norwell High School @ Rockland High School
Thu 9/26/19 4:00 PM	Rockland High School @ Randolph High School

Football

<u>Event</u>	<u>Location</u>
Fri 9/6/19 7:00 PM	Rockland High School @ Nantucket High School
Fri 9/13/19 7:00 PM	Cohasset Middle-High School @ Rockland High School
Fri 9/20/19 7:00 PM	Rockland High School @ Abington High School
Fri 9/27/19 7:00 PM	East Bridgewater High School @ Rockland High School

Golf

Event	Location	Bus Departure
Wed 9/4/19 3:30 PM	Rockland High School @ Abington High School (NL)	Strawberry Valley Golf Course
Mon 9/9/19 4:00 PM	Rockland High School @ Middleboro High School (L)	Lakeville Country Club
Wed 9/11/19 3:15 PM	Norwell High School @ Rockland High School (L)	Rockland Golf Course
Thu 9/12/19 3:30 PM	Abington High School @ Rockland High School (NL)	Rockland Golf Course
Mon 9/16/19 TBD	Rockland High School @ Mashpee High School (L)	New Seabury Golf Course
Tue 9/17/19 3:30 PM	Rockland High School @ East Bridgewater High School (L)	Ridder Country Club
Wed 9/18/19 3:30 PM	East Bridgewater High School @ Rockland High School (L)	Rockland Golf Course
Mon 9/23/19 4:00 PM	Abington High School @ Rockland High School (L)	Rockland Golf Course
Wed 9/25/19 3:00 PM	Middleboro High School @ Rockland High School (NL)	Rockland Golf Course
Mon 9/30/19 3:00 PM	Rockland High School @ Middleboro High School (L)	Lakeville Country Club

Girls Soccer

Event	Location
Wed 9/4/19 3:30 PM	Rockland High School @ Holbrook Middle-High School (NL)
Mon 9/9/19 4:00 PM	Rockland High School @ Norwell High School (L)
Wed 9/11/19 4:00 PM	Middleboro High School @ Rockland High School (L)
Mon 9/16/19 4:00 PM	Rockland High School @ East Bridgewater High School (L)
Mon 9/23/19 4:00 PM	Mashpee High School @ Rockland High School (L)
Wed 9/25/19 4:00 PM	Rockland High School @ Cohasset Middle-High School (L)

Mon 9/30/19 3:30 PM	Holbrook Middle-High School @ Rockland High School (NL)
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Boys Soccer

Event	Location
Wed 9/4/19 3:30 PM	Holbrook Middle-High School @ Rockland High School (NL)
Fri 9/6/19 3:30 PM	Rockland High School @ Randolph High School (L)
Mon 9/9/19 4:00 PM	Norwell High School @ Rockland High School (L)
Wed 9/11/19 4:00 PM	Rockland High School @ Middleboro High School (L)
Mon 9/16/19 4:00 PM	East Bridgewater High School @ Rockland High School (L)
Fri 9/20/19 4:00 PM	Abington High School @ Rockland High School (NL)
Mon 9/23/19 4:00 PM	Rockland High School @ Mashpee High School (L)
Wed 9/25/19 TBD	Cohasset Middle-High School @ Rockland High School (L)
Mon 9/30/19 3:30 PM	Rockland High School @ Holbrook Middle-High School (NL)

Volleyball

Event	Location
Wed 9/4/19 5:00 PM	Holbrook Middle-High School @ Rockland High School (NL)
Fri 9/6/19 5:00 PM	Hingham High School @ Rockland High School (NL)
Mon 9/9/19 4:00 PM	Rockland High School @ Randolph High School (L)
Wed 9/11/19 5:00 PM	Rockland High School @ Notre Dame Academy (Hingham) (NL)
Mon 9/16/19 5:30 PM	Norwell High School @ Rockland High School (L)
Wed 9/18/19 5:15 PM	Rockland High School @ Abington High School (L)
Mon 9/23/19 5:30 PM	Middleboro High School @ Rockland High School (L)
Wed 9/25/19 5:30 PM	Rockland High School @ Middleboro High School (NL)
Mon 9/30/19 5:00 PM	Rockland High School @ Hingham High School (NL)

Please visit our website to see the athletic Junior Varsity and Freshmen Team Schedules.

YEARBOOK INFORMATION:

The planning for the 2020 Rockland High School Yearbook is underway. Ms. Kata Medeiros, Art Teacher and Yearbook Advisor, will be emailing senior students and families throughout the year to keep you up to date on all things yearbook. However, if any questions or concerns arise, please feel free to email her at kmedeiros@rocklandschools.org or call her at the school.

As for right now, we will be assembling our yearbook team next week. Any students who would like to be on the yearbook committee should plan to attend the meeting after school on Friday, September 6 in room 203. If you cannot attend the meeting but would like to join please come see Ms. Medeiros before Friday.

We are currently working with our yearbook company to set up a website where students and families will be able to purchase yearbooks and congratulatory ads. In addition, this year we will have a new feature called Pictavo Community, where you will be able to upload photos directly to our yearbook website. All of these will be up in running in the fall. We will be in contact with details on pricing, due dates and ordering as soon as we have this information.



Senior Photos & Memories are DUE by December 2, 2019

Senior Photos can be emailed to rhsyearbook@rocklandschools.org. Please note that the due date for senior photos is December 2. If we do not receive a senior photo by the due date we will use your School ID photo. Once your photo has been received you will get a confirmation email from rhsyearbook@rocklandschools.org. If you do not receive a confirmation email within 5 school days please reach out to Ms. Medeiros at kmedeiros@rocklandschools.org.

Restrictions for submitting Senior Photos:

- Photos must be in portrait orientation.
- Photos must be 300dpi resolution. Anything smaller than this will print blurry.
- Photos must be saved as a .jpeg
- Please title photos using your students full name with the last name first. File names should look like this:
 - LASTNAME_FIRSTNAME.JPEG

Students will be given a handout with information about Senior Memories, which are also due December 2, 2019.

SEPTEMBER SCHOOL LUNCH MENU:

The cost of school lunch is \$2.95 for the 2019-2020 school year. This is the same cost as last year.

The cafeteria is open for breakfast service in the morning from 7:30-7:55 AM. Students may bring food into school in the morning for consumption in the cafeteria. When the 7:55AM bell rings, students need to report their first class of the day.

A free and reduced lunch application can be found on our website under the “Students and Families” Tab or by clicking [here](#).

The breakfast and lunch menus are located on our website under the “Students and Families” Tab under the School Lunch Program or by clicking [here](#).

September’s Lunch Menu

Monday 9/2 Labor Day-No School for Students & Staff	Tuesday 9/3 Chicken Tenders	Wednesday 9/4 Macho Nachos	Thursday 9/5 Toasted Cheese Sandwich & Tomato Soup	Friday 9/6 Spicy Chicken
Monday 9/9 Popcorn Chicken Bar	Tuesday 9/10 Pasta Bar	Wednesday 9/11 Buffalo Chicken Dip	Thursday 9/12 Chicken Nuggets	Friday 9/13 Chicken Teriyaki or General Gao
Monday 9/16 Chicken BLT Salad	Tuesday 9/17 BBQ Chicken	Wednesday 9/18 Macho Nachos	Thursday 9/19 Chicken Parmesean with Pasta	Friday 9/20 Spicy Chicken
Monday 9/23 French Toast Sticks	Tuesday 9/24 Steak and Cheese Bar	Wednesday 9/25 Buffalo Chicken Dip	Thursday 9/26 Beef Tacos	Friday 9/27 Buffalo Baked Macaroni and Cheese

Also, each day, students can also choose from the following:

- Deli style sandwiches made to order featuring fresh vegetables, variety of cheese, and whole grain breads, rolls, and wraps
- Cheese, Pepperoni, and a daily special Pizza
- Cheeseburger, Chicken Patty, or special sandwich of the week
- Grab and Go Options including pre-pacakged entree salads, deli sandwiches, panini sandwiches, and Yogurt and Fruit Parfait with Crackers

Meals are all served with hot or cold vegetables, salad, fruit, and milk.

HELPING YOUR TEEN GET THE MOST OUT OF HIGH SCHOOL:

Information designed for parents to use to help their teenagers succeed in high school. NEA and National Parent Teacher Association

Parents want their children to do well in high school but sometimes it is a challenge to figure out how to support them. High school is a time when parent involvement is critical; teens need your help even if they don't realize it. Following are some hints on how to help your teen get the most out of high school.

Help your Child Show Up At School with a Good Attitude and Ready to Learn

Studies indicate that showing up is important but not sufficient for school success. Physical and mental states are important factors in getting the most from school.

- ❑ Keep tabs on school attendance. Check report card attendance reports. If you suspect a problem, immediately call the school. Do not encourage your child to skip school for special trips or activities not related to school such as a family vacation or an outing with friends. That makes school seem less important than having fun.
- ❑ Make sure your teen gets plenty of sleep. Recent studies show that teenagers need nine or more hours of sleep nightly and that students earning As and Bs generally are getting to bed earlier than students with lower grades.
- ❑ Don't accept the "I'm never gonna use this after high school" excuse for not working hard in a particular class. For example, algebra may not be everybody's favorite subject, but studies show that courses like algebra are critically important in college acceptance decisions and achievement.
- ❑ If you have a senior, beware of "senior slump." Recent reports indicate that students may consider the last year of high school a waste of time. However, students who waste their senior year are often unprepared for college-level work even if they took challenging courses during their earlier high school years.

Help Organize Time and Materials

- ❑ Just because students are in high school does not guarantee they are all prepared to do high school work, especially long-term projects, on their own.
- ❑ Help your teen keep an assignment calendar with dates for long-term projects as well as daily homework. Review the calendar at the beginning of the week to plan how time will be used and make allowances for other activities such as sports and clubs.
- ❑ Help your teen divide long-term assignments into smaller tasks and develop a timeline for when tasks should be finished in order to have the entire assignment completed on time.
- ❑ Make sure there is a place for quiet study away from the television and telephone along with a place to keep school materials, including materials necessary for long-term assignments.

Take an Interest

Studies show that parent involvement drops dramatically as students move from elementary school into middle and high school. Yet given the complexities of today's high schools, this is a time when many students are most in need of parental support and involvement.

- ❑ You might not understand a subject such as physics or early American literature but you can still listen to your teen talk about what is happening in class. Also listen to what is happening outside of class. Listen to what your teen is trying to say without immediately judging or offering advice. Encourage your teen to join a club or sport at school. Outside activities are educational and often increase students' interest in school.
- ❑ Help your teens put their concerns or problems into words and encourage them to try and figure out possible solutions or coping strategies.
- ❑ Try to find at least one teacher with whom you can communicate regularly for updates or advice on your teen's general well-being in high school.

The ultimate goal is to help students become self-sufficient managers of their time and resources in order to get the most out of high school. They may need your help even if they don't realize it. Help them to develop habits and strategies for greater achievement while encouraging them to take increasing responsibility for their work.

The link to the article is [here](#).

FREQUENTLY ASKED QUESTIONS ABOUT VAPING:

Here is a resource which includes frequently asked questions about vaping. You will find information on the definitions of e-cigarettes, vaping, and the dangers of these substances.



FREQUENTLY ASKED QUESTIONS (FAQ) ABOUT VAPING

What is vaping?

Vaping is the act of inhaling and exhaling the aerosol (often called vapor) produced by an e-cigarette or similar battery-powered device.

What is an e-cigarette?

E-cigarettes are battery-powered vaporizers that simulate the action and sensation of smoking.

What are other names for e-cigarettes?

They are also known as e-cigs, vape pens, e-hookahs, e-pipes, tanks, mods, vapes, electronic nicotine delivery systems, or ENDS, and more. Some people refer to vaping devices by their brand name such as JUUL, BO, Blu, and others.

What kinds/types of e-cigarettes are there?

E-cigarettes come in many different sizes, types, and colors.

Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, small electronic devices such as USB sticks, and other everyday items. The products that are designed to resemble small electronic devices are often compact and allow for discreet carrying and use—at home, in school hallways and bathrooms, and even in classrooms.

What is in e-cigarettes? My child says it's simply flavored water, what's so bad about it?

E-cigarettes contain pre-filled pods or e-liquids/e-juices the user adds to the device. E-liquids generally consist of propylene glycol, glycerin, water, nicotine, and flavorings. Many of these pods and e-liquids come in fruit and candy flavors that appeal to youth.

E-cigarettes produce an aerosol, commonly called vapor, which users inhale from the device and exhale. The aerosol can contain harmful and potentially harmful substances, including:

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead



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Are e-cigarettes regulated?

The Food and Drug Administration's (FDA) Center for Tobacco Products has the authority to regulate the manufacture, import, packaging, labeling, advertising, promotion, sale, and distribution of electronic nicotine delivery systems. The FDA does not have authority to regulate vaping accessories.

Many of the FDA's current enforcement activities are focused on the sale of e-cigarettes to minors both in stores and online, and holding manufacturers accountable for making products so appealing to youth. The FDA has delayed using its regulatory authority over other areas of e-cigarettes, including the manufacture of e-liquids. Without manufacturing regulations, people can't be sure what is in these products.

Are e-cigarettes safe?

According to the Centers for Disease Control and Prevention, ***e-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.***

E-cigarettes have not been approved by the FDA as a smoking cessation device. However, if used as a ***complete substitute*** for regular cigarettes and other smoked tobacco products, e-cigarettes have the potential to benefit adult smokers who are not pregnant. Additional research is needed to help understand long-term health effects of e-cigarette use.

Nicotine and Addiction

E-cigarettes contain nicotine. Nicotine is a highly addictive substance.

According to the Surgeon General, because the brain isn't fully developed until the mid 20s, youth and young adults are uniquely at risk for long-term, long-lasting effects of exposing their developing brains to nicotine.

These risks include nicotine addiction, mood disorders, and permanent lowering of impulse control. Nicotine also changes the way synapses are formed, which can harm the parts of the brain that control attention and learning.

Teens can get addicted more easily than adults. The nicotine in e-cigarettes and other tobacco products can also prime the adolescent brain for addiction to other drugs such as cocaine.

E-cigarette use among youth and young adults is strongly linked to the use of other tobacco products, such as regular cigarettes, cigars, hookah, and smokeless tobacco.

Other Dangers

In addition to nicotine, e-cigarettes contain harmful and potentially harmful chemicals such as ultrafine particles that can be inhaled deep into the lungs; flavoring such as diacetyl, a chemical linked to a serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin, and lead.

Due to nicotine content, e-liquids are dangerous to small children and pets. The Massachusetts Attorney General requires that nicotine liquid and gel be sold in appropriate child-resistant packaging.

Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries.

