



Dear RHS Parents:

As we are all aware, in a very short time the availability and ubiquity of cell phones and smart phones have transformed our society. Our schools have not been immune to this transformation, and as we work to support our students both in the healthy use of these devices and in their use as educational resources, I thought the following tips would be helpful (and not only for young people!)

“Studies show that teens spend an average of nine hours a day online. And much of that time is spent scrolling through social media and playing video games.

Experts urge parents to help teens limit excessive recreational screen time. Here are four ways:

1. Encourage your teen to spend one week writing down the amount of time spent each day on recreational screen time. Challenge your child to reduce that time the following week.

2. Establish no-tech zones and times. For example, the dinner table should be a place where everyone leaves their screen devices behind.

3. Create a tech curfew. Your teen should have at least 30 minutes of “unplugged” time to wind down before sleep.

Don’t use tech time as a reward or punishment. It’ll make it seem even more important to your teen.”

Ed Davenport
Principal

Reprinted with permission from the April 2019 issue of *Parents Still make the difference!*® (High School Edition) newsletter. Copyright © 2019 The Parent Institute®, a division of PaperClip Media, Inc. Source: J. Anderson, “*Even teens are worried they spend too much time on their phones,*” Pew Research, niswc.com/high_techtime
Please contact me with any questions or suggestions



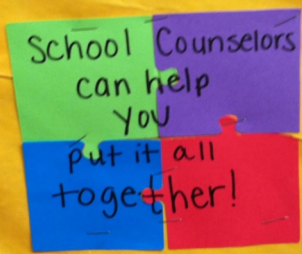
04/05—end of 3rd Quarter Marking Period

04/05, 04/06—Little Shop of Horrors—7:30pm performance

04/07– Little Shop of Horrors—2:00pm performance

04/12-04/22*—Spring Recess—school closed

*Please note dates added for unused emergency days



Guidance News

The SAT will be given at Rhinebeck High School on Saturday, May 4th. Online Regular Registration Deadline is April 5th.

The May 2019 AP Exam Schedule:

All exams will run approximately 4½ to 5 hours. Students are not allowed to leave until the entire exam administration is completed. No electronic communication devices are permitted in the exam room.

AP Chemistry Thursday, May 9, 8AM

AP Spanish Language Tuesday, May 7, 8AM

AP English Literature and Composition Wednesday, May 8, 8AM

AP United States History Friday, May 10, 8AM

AP Biology Monday, May 13, 8AM

AP Physics C-Mechanics Monday, May 13, 12:30PM

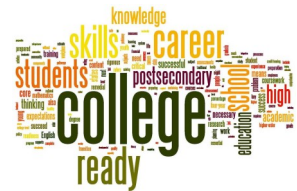
AP Calculus AB Tuesday, May 14, 8AM

AP French Wednesday, May 8, 11:30AM

AP English Language and Composition Wednesday, May 15, 8AM

AP World History Thursday, May 16, 8AM

AP European History Wednesday, May 8, 11:30AM



Attentions Seniors: Please notify your Guidance Counselor when you receive college acceptance notices.

Current Scholarships available in Guidance:

Please see www.rhinebeckcsd.org under Rhinebeck High School>Guidance Office>Senior Scholarships for more information.

REMINDER.....

IN ORDER TO ENSURE THE SAFETY OF STUDENTS AND PEDESTRIANS, PLEASE LET STUDENTS OFF IN THE DESIGNATED DROP OFF LANE **ONLY**.





Dear Parents and Guardians of RHS Juniors,

As we turn our attention to next year's schedule, we hope to remind students and their families of the unique opportunity to earn college credit at RHS through the College Connections program, a partnership our ELA department began with Dutchess Community College (DCC) last year. This course will be available again for the academic year 2019-2020 to students entering the 12th grade this fall.

Seniors who elect these courses enjoy the benefit of strengthening their writing skills and boosting their college preparedness in the supportive environment of their home school. Successful students can earn three credits per semester at a cost of \$12.00 per credit hour. Students who pass College Composition (English 101-102) receive transcripts indicating credits earned at DCC, just as enrolled DCC students do. All of the schools in the SUNY system accept the credits earned in this program, and they can often be applied toward requirements for undergraduate degrees pursued elsewhere.

In the past, DCC has administered Accuplacer testing at high schools to determine whether a student qualified to enroll in College Composition. However, we have been informed of an update to their placement procedures. Now, students who wish to enroll in our upcoming College Composition course in the fall of 2019 will qualify according to new criteria: a High School GPA of 80 or better OR an English Regents score of 80 or better.

Students and their families should consult with their RHS guidance counselors or an ELA instructor to determine whether registration for the course is the right choice.

If you have any questions about the course or the new procedures, please don't hesitate to contact one of us:

swheeler@rhinebeckcsd.org

edavenport@rhinebeckcsd.org

Thank you!

Sarah Wheeler

English Teacher and Department Chair

Ed Davenport

RHS Principal





Help Solve the Mystery!!!

A number of school materials and textbooks from the 2017-2018 school year are still missing!

Please check around your home, office, car, etc. to avoid being charged for unreturned school textbooks. Any items found that belong to the high school can be returned to the main office to the attention of Ms. van den Thoorn. Thank you in advance for your help.



ATTENTION SENIORS:

Any senior who has not yet ordered a cap and gown for graduation can do so at Jostens.com.

Important end-of-year dates for Seniors and their families:

Junior Senior Prom: **PLEASE NOTE THIS IS A CHANGE OF DATE!!**

Saturday, June 1, 2019, 7:00 pm—11:00 pm

Rhinebeck High School Graduation: Sat., June 29, 2019, 6:00 pm





Two Rhinebeck High School students who attend the

Dutchess BOCES Career and Technical Center at Salt Point captured top honors at last week's Area 4 Regional SkillsUSA competition, winning the right to represent their high school and their BOCES in advancing to the State Competition in Syracuse, NY.

Junior Tom Beichert scored first place in the Carpenters Assistant Basic competition, and Senior Miriam Palastra

scored second place in the Job Interview competition. A total of 12 Dutchess BOCES students will advance to the State competition this Spring.

SkillsUSA competitions are showcases for the best career and technical education students in the state and the nation. Students compete against their peers from around the region in their areas of technical expertise, with the winners advancing to the State competition. Contests are adjudicated by panels of professionals in the various occupational fields.

Questions & Answers

Q: My child wants to get an after-school job, but has never had one before and I don't want schoolwork to suffer. How can I help in the decision?

A: After-school jobs provide many benefits for teens. They teach responsibility and money management skills (and they can enhance a college application). But before you give your teen the green light to start applying for jobs, be sure you both agree that school is the number one priority.

To help your teen decide if an after-school job is appropriate:

- Discuss various options for part-time jobs and the amount of time per week each takes. Mowing a few lawns on the weekends may not require the same amount of time as working at a local

restaurant. What would best fit into your teen's schedule?

- Talk about other commitments that your teen has. How much time does your teen need to devote to homework every night? Are there other obligations like sports or sibling supervision? Adding an after-school job can help your teen learn valuable time management skills—as long as it doesn't overload the schedule.

Remind your child to take time. Teens' lives can be stressful! Your teen should make sure there will still have be time for individual pursuits..

While after-school jobs build important life skills, make sure your teen knows that the full-time job is being a successful student!

Reprinted with permission from the April 2019 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2019 The Parent Institute®, a division of PaperClip Media, Inc.

Debate Club



On March 1st, the Rhinebeck High School Debate Club participated in the annual Bard College debate tournament. Competing against other clubs from Arlington, Haldane, Red Hook, and Woodstock high schools, Rhinebeck's club had its best performance to date. Kaya Binetti, Colin Murray, Sofia Quon-Youle, Beatrix Briggs, and Libby Mensch received five of the ten individual speaker awards given. Libby Mensch distinguished herself by receiving the award for best overall speaker. Rhinebeck teams also won four out of five team awards. The winning teams included: Kaya Binetti, Juliet Murray, and Esther Murray (5th place); Sofia Quon-Youle, Max Kaplan, and Beatrix Briggs (4th place); Emily Miller, Libby Callahan, and Claire Mensch (2nd place); Libby Mensch, Sarah Tobias, and Colin Murray (1st place). Congratulations on your incredible success, Rhinebeck Debate Club!

Studies show that a strong work ethic leads to success

In today's competitive workplace, it's not enough for your teen to possess the specific skills a job requires. Your child also needs to have a strong work ethic.

In one survey, 75% of business owners said they were concerned about the lack of work ethic in their new hires. Employers are often forced to let people go because of:

- Tardiness and absenteeism.
 - Failure to follow instructions.
- Inability to get along with coworkers.
- With a strong work ethic, your teen will be able to avoid these pitfalls. A work ethic consists of:

- Dependability. A company needs to know that your teen will show up when scheduled to and work. Your teen practices dependability when attending

school prepared and on time.

- Initiative. An employer will expect your teen to be able to work individually, follow directions and keep motivated. Your teen displays initiative when work is completed without prompting.

Interpersonal skills. A company needs its employees to know how to communicate effectively and work on a team. Your teen works on interpersonal skills when participating on a group project.

Remind your teen of the opportunity to strengthen a work ethic every day in school!

Reprinted with permission from the April 2019 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2019 The Parent Institute®, a division of Paper-Clip Media, Inc. Source: M. Toneguzzi, "Survey shows work ethic of new hires has deteriorated for small business owners," Calgary Herald, niswc.com/high_ethic.

Teach healthy relationship skills so your teen can focus on school

Many teens begin to date once they are in high school. Unfortunately, some teens don't know what healthy relationships look like. According to the Centers for Disease Control and Prevention, nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.

When teens are in unhealthy relationships, they often:

- Do poorly in school or miss school because they don't feel safe.
- Doubt their self-worth, feelings and decision-making ability.
- Become depressed and anxious.
- Think about suicide.

Engage in unhealthy behaviors, such as drug and alcohol use.

Talk with your teen about the importance of respect. Explain that people who are in healthy relationships:

- Can talk openly to each other. Communication is key to a good relationship.
- Work together to make decisions. They also support and respect each other.
- Balance their time between their relationship and their friends and family. A relationship where two people never see anyone but each other isn't healthy.

Feel free to be themselves. People in a healthy relationship accept each other's differences.

Reprinted with permission from the April 2019 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2019 The Parent Institute®, a division of PaperClip Media, Inc. Source: "Teen Dating Violence," Centers for Disease Control and Prevention, [niswc.com/high_violence](https://www.niswc.com/high_violence).

A reminder from the School Nurse:

Please remind your students who carry Inhalers and Epi-Pens to be sure to have them readily available during PE classes, Sports, and Field trip events.



FALL Sports physicals are scheduled for May 21st, 1:30-3:30 in the RHS/BMS Health Office. This is the only date available to see the school doctor for a 19-20 Fall Sports physical. Physicals will be done on a first come, first served basis, and students are encouraged to sign up in the health office. As always, students may continue to see their own physician for a physical and provide a copy to the school nurse.

“Just Imagine!”

Artwork by Rhinebeck Central School District Students

May 1 – May 31, 2019

Reception Friday, May 10, 5:00 – 7:00pm

The thirteenth annual group exhibition of works by students attending Rhinebeck Central School District will be on display beginning May 1 entitled, “*Just Imagine!*” The public is invited to join faculty and students at a **reception on Friday, May 10 from 5-7pm** at the Starr Library in Rhinebeck.

The exhibit will feature work in a variety of media used in students' art classes and show the expertise students gain as they study art within Rhinebeck Central Schools' arts curricula under the direction of art teachers Fawn Johnson (CLS), Jennifer Famiglietti (BMS), Kathryn Giles and Cynthia Baer (HS).

While the works reflect the students' proficiency in using mixed media, drawing (pencil or charcoal), pastel,

stained glass, and acrylic painting, they also reflect the themes and interests of the individual students. Some themes reflect local and/or distant outdoor life, others show a student's self-awareness, while others substantiate the student's keen understanding of balancing light, and color and hues. This exhibit provides a spectrum of creative experiences Rhinebeck Central School students in grades K through 12 are exposed to as they participate in Rhinebeck's course offerings and learn about visual art with its multiple media.

Starr Library is located at 68 W. Market St., Rhinebeck, NY 12572 For more information, call 845.876.4030 or visit www.starrlibrary.org

Follow the Rhinebeck School District on Twitter, Facebook, and the District website.



Find us on:
facebook®



twitter 

Student Parking

If you have a child that plans on driving to school mark your calendar for Tuesday, April 23!

The “Teen Driving-A Family Affair” program sponsored by CAPE, the Council on Addiction Prevention and Education of Dutchess County, will be held at 6:30 pm on **Tuesday, April 23, 2019** in the high school auditorium.

This is a **MANDATORY** program for any student who plans to apply for a school parking permit. Students attending the program must be accompanied by a parent/guardian. Please plan to arrive by 6:30pm for registration, the program will begin promptly at 7:00pm. If you are unable to attend the program at Rhinebeck High School the following is a listing of some additional opportunities to which you and your child may attend for proper credit.

“TEEN DRIVING – A FAMILY AFFAIR” program:

Red Hook: April 3, 2019

Spackenkill: April 24, 2019

Hyde Park: May 2, 2019

John Jay: May 8, 2019





For immediate release: March 13, 2019

Contact: Edwin Davenport
(845) 871-5500 x5502
davenport@rhinebeckcsd.org

DON'T FEED THE PLANTS!

RHINEBECK HIGH SCHOOL DRAMA CLUB will present the musical *Little Shop of Horrors* April 5th – 7th at Rhinebeck High School Auditorium, 45 North Park Rd, Rhinebeck, NY 12572.

When: Friday, April 5 & Saturday, April 6 at 7:30pm & Sunday matinee April 7 at 2 pm

One of the longest-running Off-Broadway shows of all time, this affectionate spoof of 1950s sci-fi movies has become a household name, thanks to a highly successful film version and a score by the songwriting team of Howard Ashman and Alan Menken, who redefined the animated musical film genre with Disney's *The Little Mermaid*, *Beauty and the Beast* and *Aladdin*. Charming, tuneful and hilarious, with tongue firmly planted in cheek, *Little Shop of Horrors* never fails to entertain. With hit songs like “Skid Row”, “Somewhere That’s Green” & “Suddenly, Seymour”, the show is sure to leave audiences tapping their toes or singing along.

A down-and-out skid row floral assistant becomes an overnight sensation when he discovers an exotic plant with a mysterious craving for fresh blood. Soon "Audrey II" grows into an ill-tempered, foul-mouthed, soulful singing carnivore who offers him fame and fortune in exchange for feeding its growing appetite, finally revealing itself to be an alien creature poised for global domination.

Although the show is musical comedy, the show does contain some mature language. PG-13 rating.

PURCHASING TICKETS JUST GOT EASIER!

ON-LINE TICKET SALES BEGIN MARCH 13.

Tickets for reserved seating may be purchased on-line at
<https://search.seatyourself.biz/webstore/accounts/rhinebeckcsd/buy-tix?d=0>

Click on the “Proceed to Shopping” button and choose your performance date.

Tickets will also be available on the day of each performance at the box office one hour prior to show time. **Online sales end at 7:30 a.m., Thursday, April 4th.**

Tickets are \$10 dollars for adults, \$8 dollars for seniors and students, \$5 dollars for students at box office before show. Credit card payments will be accepted on-line only. All purchases are final; no refunds and no exchanges.

Thank you for supporting the Rhinebeck High School Drama Club!



Rhinebeck High School FRESHMAN



Flower Fundraiser

HERE COMES THE SUN!

PURCHASE A BEAUTIFUL HANGING BASKET, FLAT OF FLOWERS, OR GERANIUMS
IN SUPPORT OF THE HIGH SCHOOL CLASS OF 2022

APRIL 15TH - MAY 3, 2019 ~ NO ORDERS PROCESSED AFTER MAY 3RD

PICK UP WILL BE AT THE AUDITORIUM ENTRANCE OF THE HIGH SCHOOL ON
THURSDAY, MAY 9TH FROM 11:15 - 4:00!

JUST IN TIME FOR MOTHER'S DAY

All plants supplied by Sunny Garden Greenhouses located at 2238 Routed, Wappingers Falls 12590
Sunnygardengreenhouses.com



To order, please fill out the order form and return with payment to Donna Hahn at Rhinebeck High School

HANGING BASKETS (10" Pot) : \$26.00 each

Bells Petunia		Ivy Geranium		New Guinea Impatiens		Combo Baskets	
Color	Qty	Color	Qty	Color	Qty	Color	Qty
Mixed colors basket (First come first served)		Red		Red		Mixed plant varieties (First come first served)	
		lavendar		Salmon			
				Orange			
Total		Total		Total			

Total Baskets _____ x \$26= _____



FLATS (48 Plants per flat): \$26.00 per flat (flats may not be broken up or mix and match)

Impatiens		Begonias		Petunias		Marigolds	
Color	Qty	Color	Qty	Color	Qty	Color	Qty
Red		Red		Red		Yellow	
Pink		Pink		Pink		Orange	
Violet				Purple		Bi-color	
White				Mixed		Mixed	
Mixed colors							
Total		Total		Total		Total	



Total Flats _____ x \$26= _____



GERANIUMS: \$6.00 per 4" pot

Color	Qty
Red	
Pink	
Salmon	
Magenta	
White	
Total	

Total pots _____ x \$6.00

Total Order:

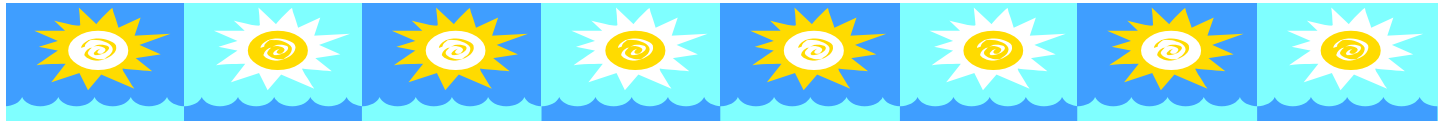
\$ _____

Check #:

Please make checks payable to:
Extra Classroom Fund

Memo:
Class of 2022

Thank you for your support!



Contact information:

Name: _____

Phone number: _____



HAPPY SPRING!



Substitutions may apply





April is Autism Awareness Month!

Donate \$2

to Wear Your

Pajamas

on

April 10th

to benefit the

Anderson Center for Autism

*Fundraiser Sponsored by
Rhinebeck Reality and the Class of 2019*

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
					End of 3 rd qtr.- Little Shop of Horrors 7:30pm performance	Little Shop of Horrors – 7:30 pm performance
7	8	9	10	11	12	13
Little Shop of Horrors - 2:00 pm performance					SCHOOL CLOSED- SPRING RECESS	
14	15	16	17	18	19	20
	SCHOOL CLOSED - SPRING RECESS	SCHOOL CLOSED - SPRING RECESS	SCHOOL CLOSED - SPRING RECESS	SCHOOL CLOSED - SPRING RECESS	SCHOOL CLOSED - SPRING RECESS	
21	22	23	24	25	26	27
	SCHOOL CLOSED - SPRING RECESS					
28	29	30				