

RHS DECEMBER



Rhinebeck High School Newsletter

December 2018

Dear RHS Parents:

As part of our continuing efforts to provide a safe learning environment for our students, the Rhinebeck Central School District is piloting the use of an anonymous electronic reporting tool called QuickTip.

QuickTip is a reporting tool that allows students, parents, staff and community members to submit information to administrators anonymously or non-anonymously. While the District already has many resources to help students deal with challenges such as bullying behaviors, stress, peer pressure, depression and family problems, QuickTip helps break the code of silence sometimes experienced by students and others because it allows them to report concerns anonymously

Tips are sent using a form available on our District website. When sending a tip, submitters select from a drop-down list of common issues they may be facing such as bullying, fighting, harassment, threatening behavior, etc., and then enter the tip message.

If they have an image related to the tip, there is an option to attach it to the message. If the tip submitters want to include contact information, there are fields that allow them to do so. Administrators receive the tips to investigate or take action as appropriate.

The Rhinebeck Central School District QuickTip System is available 24 hours a day, seven days a week; the link is located on the right side of the District website. While the system can be used 24/7, it will be monitored by administrators during school days in Rhinebeck High School and Bulkeley Middle School from 7:35a.m.—2:35p.m., and in Chancellor Livingston Elementary School from 8:35 a.m.—3:35p.m. Submitters may log on to QuickTip from any computer with an Internet connection. For emergency situations outside of school hours, individuals should call 9-1-1.

It's helpful for submitters to share specific information such as a detailed description of the concern or incident, the location of concern, and any supporting evidence that is available. It's important that reporters submit thorough and accurate information.

Please find a link to this system below:

<https://asp.schoolmessenger.com/rhinebeck/quicktip/>

Please contact me with any questions or suggestions.

Ed Davenport



- 12/13 - HS Band/Chorus Winter Concert, 7:00 pm
- 12/14—End 2nd Quarter Interim Reporting Period
- 12/24—01/19—School Closed—Winter Recess

School Counselors
can help
you
put it all
together!

Guidance News

Attentions Seniors: Please notify your Guidance Counselor when you have submitted your college applications. Please let Guidance know immediately if a college notifies you of any application parts that are missing after your submission. Please contact College Board to request that your Official SAT scores are sent to your colleges. Also, please let your Guidance Counselor know when you have received college acceptance notices.

Parents of seniors:

- Please obtain FAFSA ID at www.fsaaid.ed.gov to file FAFSA electronically if you have not already done so. (One parent and the student each need one)
- File the FAFSA as soon as possible. 2017 tax year information is required.
- File the state application – in NY it is the Express TAP Application (ETA). The FAFSA will allow you to link to the state site (www.hesc.ny.gov for NY residents) if you list at least one New York State school.
- CSS Profile – not a free application. Most schools do not require this form.
- Visit the College Board website for the list of schools and for more information and deadlines: www.collegeboard.com. Many schools have early deadlines.
- To have a better understanding on how to pay for college, visit <http://www.collegefinancecenter.org/>.

Research outside scholarships using free and reputable search engines such as FastWeb – www.fastweb.com, the College Board – www.collegeboard.com, and Community Foundation of the Hudson Valley – www.cfhvny.org. Be aware of the numerous scams that will ask for money to assist you in getting free money.

- Refer to a college's **Net Price Calculator** to determine estimated out-of-pocket cost.
- DO NOT pay someone to help you file the FAFSA – it is a free form that is not as daunting as it may seem. If you have any questions, call a college Financial Aid office and they can assist you free of charge. Many colleges also offer free FAFSA workshops to assist you with filing.
- Please contact college Financial Aid Offices directly for specific questions or about unusual family circumstances.

More.....Guidance News

Current Scholarships available in Guidance:

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

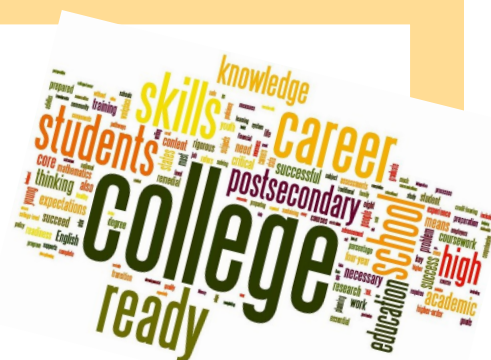
AXA Achievement Scholarship.

Excellence In Nursing Scholarship

GE-Reagan Foundation Scholarship Program

Student Scholarships.org

Attention Juniors: The course selection process for next year will begin at the end of January. Please begin to familiarize yourself with the courses available in the Program of Studies that can be found on the Rhinebeck High School page of the RCSD website www.rcsd.org.



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: Saturday, June 29, 2019 , 6:00 pm

Brain research shows teens take risks when peers are watching

Your child is responsible. So why did your teen and friends get in a car and drive way too fast? Or skip school when they knew they would be caught?

Brain researchers have discovered something interesting about the teenage brain. They've learned that teens may actually be wired to make bad decisions and take risks when their friends are watching them.

Researchers asked teens and adults to play a short driving video game. They were rewarded for finishing quickly, as long as they followed basic traffic rules. Half the time, the teens and adults played alone. The rest of the time, they were told that their peers were watching in another room. While they were playing, researchers monitored their brain activity.

The result? When teens thought peers were watching them, they experienced increased brain activity in certain regions of the brain. At the same time, they took many more risks. They drove faster. They ran yellow lights. They were more likely to crash. In other words, just knowing others were watching affected their behavior. The peer pressure was simply the presence of peers.

On the other hand, when adults thought peers were watching, their brain activity and behavior did not change.

What does this mean for a parent of a teen? Perhaps most importantly, never assume that your teen will make responsible choices when with friends. Before going out, be sure to review the rules—and help your teen think through the consequences of actions.

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2019 Yearbook

The Yearbook Club is still in need of photos from last year's prom and action shots of last Spring and this Fall's sports. Please email photos to cbaer@rhinebeckcsd.org. We appreciate your help! To purchase a yearbook, or create a personal or business ad for a yearbook, simply go to Jostens.com and enter Rhinebeck HS.

A busy schedule can affect your teen's grades and health

Your high schooler is taking challenging classes, is participating in several after-school clubs, has a new part-time job and just made the varsity team.

All these commitments may add up to one overscheduled teen. Many of today's teens rush from one activity to another. And experts say all that frantic activity can lead to health problems. Overscheduled teens often experience headaches, irritability and exhaustion—all of which can affect school performance.

To help your teen make choices and learn to manage time, provide a reality check. Help your child think about which activities are most crucial. Focus on those, even if it means dropping others. Let your child decide what changes to make.

However, if your teen's grades start to slip, or if you become concerned about overall health, it's time to make some decisions for your child.

And if you notice that your teen is wasting hours on screen media, consider imposing a digital curfew. That action alone could provide more time for sleep, studies and the activities your teen cares about.

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Five strategies keep teens reading over the winter break

Just because they are out of school for break doesn't mean teens should stop reading. With time off from classes, winter break is the perfect time to encourage them to pick up books—just for the fun of it!

To promote reading while your teen is on winter break:

-Challenge your child to read at least one book for pleasure. Suggest that friends go to the library with your child. They can wander the stacks until they each find a book they're interested in reading.

-Have family discussions about books. Encourage everyone in the family to read the same book, and ask your teen to lead an informal chat about it.

-Try audiobooks. Spark your teen's interest by listening to one in the car. Then,

encourage your teen to download one on a smartphone. Your child can plug in headphones and listen while relaxing or exercising.

-Suggest a place to volunteer. Encourage your teen to call a local nursing home and see if they need anyone to read aloud to residents. Could your teen read aloud to children at a day care? Or, perhaps the local library needs help shelving books.

-Watch a movie that is based on a book—as long as your teen reads the book first! Talk about how the two are similar or different. How did the characters in the movie differ from how your teen imagined them when reading?

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A reminder from the School Nurse:

The best way to protect yourself, your family, and the community from the flu is by washing your hands often, avoid touching your face, and get vaccinated with the flu vaccine. Since the seasonal flu virus changes, it is important that you receive a *new* flu vaccine every year.

Typically, “Seasonal Flu” season runs from December through April. The best months to get vaccinated are October through November; however, you can get vaccinated throughout the season.



Any protection against the flu is better than no protection—especially if you have asthma or other medical conditions. **Ask your doctor today if the vaccine is recommended for you.**

To find out about Flu Vaccine Clinics, check with your local pharmacist or call the Dutchess County Department of Health at 486-3535 to make an appointment. For additional information call the **DOH Flu Information line at 486-3435.**

Stay well.

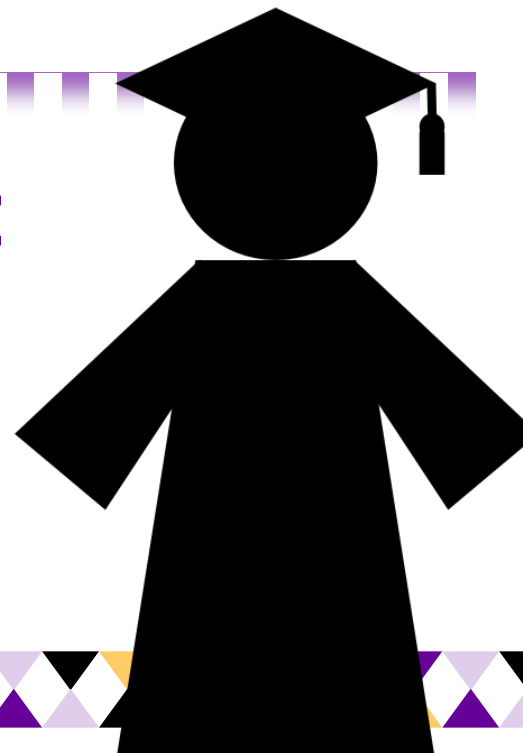
School Physicals

For your planning purposes, **mandated physicals for grades 7, 9, 11 and new students** will be in the health office from 8:30am—12:00 pm on Thursday, February 21, 2019. If you have a physical scheduled or if your student has already had one, please provide a copy of the physical to the nurse.



ATTENTION PLEASE:

Any families of recent graduates who have a graduation cap and/or gown that they would like to donate please contact the main office of the high school.



ATTENTION NATIONAL HONOR SOCIETY APPLICANTS AND PARENTS

Due to unforeseen circumstances related to the calculation and compilation of community service hours, the National Honor Society selection process, acceptance notification, and subsequent Induction Ceremony have been postponed. Induction Ceremony date will be forthcoming upon resolution of the above mentioned situation.

RHS National Honor Society participating in Astor's Adopt-A-Family program!

Rhinebeck High School National Honor Society has decided to sponsor several families for Astor Services for Children and Families Adopt-A-Family program. NHS students have made a Giving Rack which is located in the RHS/BMS main lobby from November 26th to December 6th. The Giving Rack holds 53 tags with each tag indicating name, age, gender, unique code and requested item for some of Astor's neediest children. Please consider taking a tag and buying an item for the drive. NHS students will have the rack available on Wednesday, November 28th at the Talent Show Bazaar beginning at 6 pm. All items purchased (please include the tag) can be dropped off at the RHS/BMS greeter's desk during the hours of 8-3 Monday through Friday. NHS students will be accepting donations on December 5th and 6th in the main lobby from 3-6:30. All purchased items with the tags need to be received no



later than December 7th by 3 pm. Thank you in advance for your support of this NHS service project!

Please contact Bobbie Bie/Honor Society Advisor at bbie@rhinebeckcsd.org or call 845-871-5500 ext. 4194 with any questions.

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



Find us on:
facebook®



twitter 

Have a discussion with your high schooler about cheating

Studies consistently show that the majority of high school students cheat—probably because most teens don't view cheating as a serious offense.

Teens are under a lot of pressure to do well, and many see cheating as a way to lessen some of that pressure. As a result, anything from copying someone's homework to plagiarizing a paper has become commonplace behavior.

To discourage cheating:

- Talk to your teen. Explain that even though it may seem like everybody does it, cheating is wrong.
- Share your expectations. Let your

teen know that you'd rather that your teen do the best they can and earn a low grade than score higher by cheating.

- Discuss the real-world uses of what your teen is learning. If your child realizes that geometry may be needed in the future, learning may become more important than a grade.

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A reminder to all parents and student drivers: yield to pedestrians in crosswalks!



RHS Fall Drama Club Debuts Its First Season with *Check Please* & *Check Please II*

Despite the weather and a cancelled opening night, the RHS Fall Drama Club set the stage for what is hoped to be a future of One Act Plays scheduled in the Fall. On Saturday, November 17, the auditorium was filled with spectators who were entertained by the performance of a cast of 20 featured in a variety of dating scenarios. Lead actors, Hunter Mesuda and Johanna Dull started things off in *Check Please* while Jonah Carleton and Rachel Dull portrayed a second round of quirky situations in *Check Please: Take Two*. Both plays were written by Jonathan Rand and made available through

Playscripts. Com. The stage production was beautifully and sensibly designed by Seniors, Molly Stark and Charlie Derbyshire. Stage Manager, Georgia Plumbeck kept the show moving along with what looked like effortless motion by the crew. On the technical side of things, lighting was set and managed by Senior, Sofia Brizzi while Ollie Salchert and Riley Lehane took charge of sound. Says Director, Cynthia Baer, "I am very proud of this cast and crew. They are dedicated and talented and created something special to share." Many thanks to all who came out to see and support the show.



Rhinebeck DOES Have Talent ... and lots of it!

A big thanks goes out to the HS Fall Drama Club, and all the Clubs that participated to make the Talent Show another successful event.

Congratulations to all who performed. The talent here is amazing!!

The Winners: HS 1st Place: Molly Freer; HS 2nd: Sofia Rich; BMS 1st Place Noah Bancroft; BMS 2nd Place Zelda & Milo Kosofsky; Honorable Mention: Carolina Dickens; And Will Lange and Alan Rosenbaum.



First Place went to Molly Freer for an acoustic rendition of her original song, Ready Already.

The Talent Show was hosted by the Fall Drama Club with MCs, Rachel Dull, president and Jonah Carleton, V.P. as MCs.



Second place was awarded to Sofia Rich for her passionate rendition of Toxic by Britney Spears.



The Holiday Bazaar was made possible with the participation of over 8 HS Clubs selling a variety of items. Here, customers admire work made by the HS Art Club.

AUDITIONS

Dec. 12th

3pm

Audition Prep

Tue. Dec. 4 (3:15pm) or

Thurs. Dec. 6 (3:15 pm)

in the chorus room with

Mrs. Kane.

Learn the music early!



A deviously delicious Broadway and Hollywood sci-fi smash musical, *Little Shop Of Horrors* has devoured the hearts of theatre goers for over 30 years. Howard Ashman and Alan Menken (Disney's *The Little Mermaid*, *Beauty And The Beast*) are the creative geniuses behind what has become one of the most popular shows in the world.

The meek floral assistant Seymour stumbles across a new breed of plant he names "Audrey II" - after his coworker crush. This foul-mouthed, R&B-singing carnivore promises unending fame and fortune to the down and out Seymour as long as he keeps feeding it, BLOOD. Over time, though, Seymour discovers Audrey II's out of this world origins and intent towards global domination!

Needed: All roles open. All ethnicities encouraged to audition.

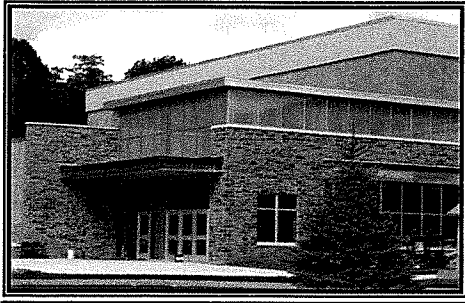
Prepare: Nothing to prepare - just need to show up ready to play! There will be singing and cold reading - so come dressed comfortably.

Highly recommend you take advantage of the audition prep on Tuesday Dec. 4 or Thursday Dec. 6.

Performance dates: April 5-7, 2019

Bring: Your personal schedule/calendar and be prepared to list all of your conflicts.

Questions? E-mail Director Kevin Archambault at kevinarch2010@gmail.com.



Rhinebeck Central School District

Towns of Rhinebeck, Clinton, Milan, Red Hook, Hyde Park and Stanford
Dutchess County, New York

P.O. Box 351 • Rhinebeck, N.Y. 12572

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E-mail: jphelan@rhinebeckcsd.org

JOSEPH L. PHELAN

Superintendent of Schools

1 de noviembre de 2018

Estimados Padres y Tutores:

Con la generosidad de fondos del Thomas Thompson Trust, se ha establecido el Fondo Para Contingencia Familiar de Rhinebeck (Rhinebeck Family Contingency Fund) para ayudar a familias con niños de edad escolar K-12 cuales están matriculados en el Distrito Escolar de Rhinebeck. El propósito de este fondo es para proveer asistencia financiera a las familias cuales se encuentran en ciertas dificultades financieras que podrían afectar a sus niños y a su aprendizaje.

Si usted se encuentra en dificultad financiera y quisiera hablar sobre la posibilidad de recibir asistencia del Rhinebeck Family Contingency Fund, por favor contacte a unas de las personas indicadas de su escuela:

CLS: Morgan LoBrutto at (845) 871-5570, ext. 6138

BMS: Carmela Fountain at (845) 871-5500, ext. 5556

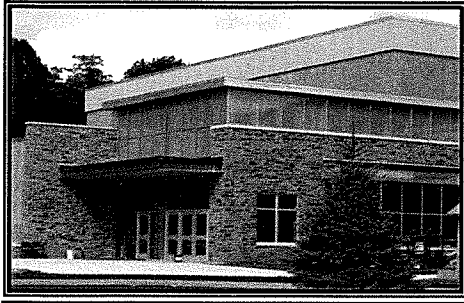
RHS: Megan Rodier at (845) 871-5500, ext. 5589

El fondo está disponible el año entero. Si usted necesita asistencia cuando el año escolar no está en sesion, por favor contacte a Fern Lox, Asistenta Directora en CLS, al 845-871-5570, ext. 6566.

Por Favor haga cuenta que aunque los empleados del distrito escolar pueden hacer recomendaciones para el uso de estos fondos, el Fondo es administrado independiente-mente por la organización sin fines lucrativos Community Action Partnership for Dutchess County.

Sinceramente,

Joseph L. Phelan
Superintendent of Schools



Rhinebeck Central School District

Towns of Rhinebeck, Clinton, Milan, Red Hook, Hyde Park and Stanford
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JOSEPH L. PHELAN

Superintendent of Schools

November 1, 2018

Dear Parents and Guardians:

With generous funding from the Thomas Thompson Trust, the Rhinebeck Family Contingency Fund was recently established to help families with school-aged children in grades K-12 who are enrolled in the Rhinebeck Central School District. The purpose of the Fund is to provide some financial assistance to families who are in financial need which could affect children and impact their ability to learn.

If you are struggling financially and would like to discuss the possibility of receiving assistance from the Rhinebeck Family Contingency Fund, please contact one of the following individuals at your child's school:

CLS: Morgan LoBrutto at (845) 871-5570, ext. 6138

BMS: Carmela Fountain at (845) 871-5500, ext. 5556

RHS: Megan Rodier at (845) 871-5500, ext. 5589

The Fund is available year-round. If you need assistance when school is not in session, please contact Fern Lox, Assistant Principal at CLS, at 871-5570, ext. 6566.

Please note that District staff can make family referrals to the Rhinebeck Family Contingency Fund. However, the Fund is administered by an outside organization, the Community Action Partnership for Dutchess County.

Sincerely,

Joseph L. Phelan
Superintendent of Schools

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	Hanukkah (begins at sundown 12/02)					
9	10	11	12	13	14	15
				HS Band/Chorus Winter Concert, 7:00 pm	End 2nd Quarter Interim Reporting Period	
16	17	18	19	20	21	22
23	24	25	26	27	28	29
		Christmas				
	SCHOOL CLOSED – WINTER RECESS					
30	31					
	New Year's Eve					
	SCHOOL CLOSED					