





## Guidance News

**Attention 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.fsaidth.gov](http://www.fsaidth.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. 2018 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](http://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 information and deadlines: [www.collegeboard.com](http://www.collegeboard.com). Many schools have early deadlines. To have a better understanding on how to pay for college, visit <http://www.collegefinancecenter.org/>.

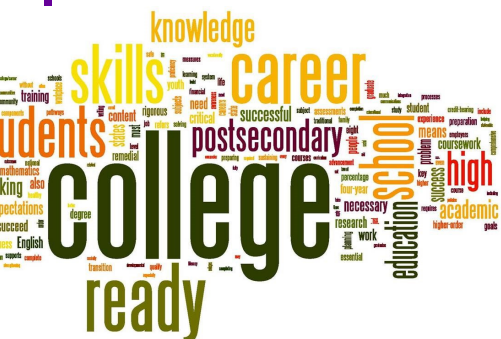
Research outside scholarships using free and reputable search engines such as FastWeb – [www.fastweb.com](http://www.fastweb.com), the College Board – [www.collegeboard.com](http://www.collegeboard.com), and Community Foundation of the Hudson Valley – [www.cfhvny.org](http://www.cfhvny.org). Be aware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

Refer to 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 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 in filing.

Please contact college Financial Aid Offices directly for specific questions or about unusual family circumstances.

Guidance news continued on next page.....



## Guidance News continued....

**Current Scholarships available** in Guidance:

National Co-op Scholarship Program

Burger King McLamore Foundation – Deadline: December 15<sup>th</sup>

Claudio Coppola Student Leadership Award – Deadline: April 15<sup>th</sup>, 2020

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](http://www.rcsd.org).



**WOODSTOCK  
SCHOOL OF ART**

*Woodstock School of Art is pleased to be offering area middle and high school students tuition scholarships through our very generous Thompson Family Foundation scholarship program. The following classes are currently available for students:*

*[Drawing and Painting from the Figure](#) with Les Castellanos*

*[Introduction to Printmaking](#) with Savannah Baker*

*[Watercolor and Drawing](#) with Staats Fasoldt*

*[Emerging Artists](#) with Melanie Delgado*

*For more information about WSA classes or our scholarship program, visit our [website](#), contact us via email at [sharon.penz@woodstockschoolofart.org](mailto:sharon.penz@woodstockschoolofart.org) or call the school at 845-679-2388. You can also stop by and visit our beautiful campus at 2470 Rt. 212, Woodstock, NY.*

### **A few reminders for parents/guardians from the School Nurse:**

If your child needs to have prescription or over-the counter medication in school, *the school nurse must have new orders for each school year*. This is especially important for emergency allergy medications and asthma inhalers. Please remember to check and monitor the expiration dates at home to ensure that these life saving medications are up to date. Please don't hesitate to call the nurse's office at extension 5536 if you have any questions.

If your child receives an immunization from your health care provider, please bring a hard copy to the school nurse on the next school day.

# Rhinebeck Reality Newspaper

Rhinebeck Reality's first print issue is available now! Thanks to all the writers who made it possible and thanks to the PTSO for funding.

Rhinebeck Reality club wants you to become a part of the team! The next issue is just getting started. Come see Ms. Wheeler or editors Jonah Carleton, Sofia Rich, and Grace Ellis, or pop in after school Thursdays

in Room 105. Read us online [www.rhinebeckreality.org](http://www.rhinebeckreality.org) or grab the Rhinebeck Reality app from the App store or Google Play. Find the Student News Source app and type in Rhinebeck in the search box. Now our daily bulletin, all of our online posts, news articles will be visible in the palm of your hand!



Pictured above: David Galli, Johanna Doyle, Oona Shain, Robert MacDermott, Samantha LaMonica, Emily Lyons, Grace Ellis, Karin Inami, Sofia Rich, Theodora

Hirmes celebrate the first issue's release. (Not pictured but beloved staff nonetheless: Jonah Carleton, Ryan Milne, Olivia Scott, Alejandra Dickens.)





# SAVE THE DATE

RHS Creative Writing and Fall Drama Clubs  
present

**A BLACK BOX THEATRE PRODUCTION**

**WEDNESDAY, DECEMBER 11, 2019 at 7:30pm on the**

**BMS CAFETERIA COFFEEHOUSE STAGE**

Enjoy an evening of poetry and monologues presented by fellow HS Students, including 2019 Poetry Out-loud Competition Semi-finalists. Suggested Admission is \$10.00 and includes entertainment, plus bottomless Coffeehouse beverages and desserts. Come and join us for a well-deserved coffee break!



## National Honor Society

National Honor Society is again sponsoring several families in Astor's Adopt-a-Family holiday program. Please consider taking a tag from the Giving Wreath located in the high school main lobby. Bring unwrapped items to the greeter's desk by Friday, December 6th. NHS will be wrapping and delivering the gifts. Thank you in advance for your help in making this service project a success!



## STORM KING ART CENTER FIELD TRIP

On Thursday November 14<sup>th</sup> Mrs. Giles' Sculpture and Portfolio students visited Storm King Art Center. Art students got to study monumental sculptures up close and explore Storm King's 400 acres of beautiful landscape. It was an amazing trip that all students were excited to have the opportunity to go on.







Here's who attended:  
Elaine Albahary, Serena Albahary, Alyssa Barbato, Beatrix Briggs, Suki Briggs, Johah Carleton, Miles Flanagan, Bethany Hutchings, John Jackson, Max Kaplan, Milo Kosofsky, Gabrielle Lamprou, Isaac Levine, Reyna Martinez, Zach Odell, Giulia Oxenholm, Georgia Plambeck, Olivia Scott, Oona Shain, Mikaela Torcello, Jillian Traudt,  
chaperones: Mrs. Giles, Mrs. Famiglietti and Mr. Welch



## Audition Announcement



**Rhinebeck High School Drama Club** is excited to announce auditions for THE ADDAMS FAMILY, written by Marshall Brickman and Rick Elice with music and lyrics by Andrew Lippa.

### **Auditions for Leads & Supporting Cast:**

Tuesday, December 10 at **3:00**

Wednesday, December 11 at **3:00**

**Callbacks:** Monday, December 16 at **3:00**

**Audition Prep Workshops with Mrs. Kane** to be held on Monday, December 2 and Tuesday, Dec 3

Please contact her at [sandsings13@yahoo.com](mailto:sandsings13@yahoo.com) to arrange specific times.

THE ADDAMS FAMILY, a comical feast that embraces the wackiness in every family, features an original story and it's every father's nightmare: Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family – a man her parents have never met. And if that wasn't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before– keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents.

Performance Dates: **March 27-29, 2020**

Seeking: Looking to cast fun, talented, hard-working people

Prepare: 16 to 32 bars of a song from the show.

Depending on time, there may also be readings from the script.

Bring: your schedule and be prepared to list your conflicts (*This is **important** because the rehearsal schedule will be finalized according to availability.*)

Questions: Contact director Tina Reilly at [TinaReilly845@gmail.com](mailto:TinaReilly845@gmail.com)

Please also contact Tina if you are interested in being part of **run crew, tech crew, set building and / or set painting, etc.**



## Characters:

**GOMEZ ADDAMS** (male): A passionate man of Spanish descent, who adores his wife, takes great pride in his children, and is immensely proud to be an Addams. He struggles with having to keep his daughter's secret from his wife, whom he adores more than death. Smart, comedic actor, moves well, and strong tenor vocals.

**MORTICIA ADDAMS** (female): Low-voiced and mystifyingly beautiful, the strength of the family and the critical and moving force behind it. A strong comedic actress with a dry wit. She feels her husband is hiding something from her and will use any tactic to lure the secret out & restore the status quo; a strong dancer /mover with alto/mezzo soprano vocals.

**UNCLE FESTER** (male or female) age ??: The androgynous family member who serves as the show's narrator. He is hugely enthusiastic, joyous, romantic, child-like presence. A vaudeville style comedian with tenor vocals.

**WEDNESDAY ADDAMS** (female) 18 years old: Gothic and cool, witty with a dry wit /deadpan sense of humor. Finds love with a "normal" boy (Lucas) and wants to introduce his family to hers. Experiences the youthful drama that comes with first love. Lucas can put a smile on her face. Strong pop belt vocals.

**PUGSLEY ADDAMS** (male or female) 12 years old: A charming, wise-cracking, and impulsive boy who loves being tortured by his sister. He wants to ensure he won't lose his sister to her new boyfriend, so he takes matters into his own hands. Strong, high vocals.

**GRANDMA** (female) 102 years old: Strong character. Feisty, fun and quirky, but don't mess with Grandma. Doesn't act her age and is especially close with her grandson Pugsley. Comedic actress with strong character vocals.

**LURCH** (male) age ??: A very tall male character to play the Addams family's undead butler who knows all. A man of very, very few words. He speaks in moans and groans but must communicate with comedic effect. Character actor with low bass vocals.

**MAL BEINECKE** (male): Stuffy, narrow-minded father of 19-year-old Lucas and exasperated husband to his wife, Alice. Thinks the Addams' are beyond strange and does not want to spend time having dinner with them, much less be related. At one time was a follower of The Grateful Dead but has lost that side of himself. Always looking out for his family. Male actor with high baritone / tenor vocals.

**ALICE BEINECKE** (female): Bubbly & optimistic mother of 19-year-old Lucas, Alice is a housewife who's devoted to her family, so she puts aside her own desires. While at the Addams' family dinner party, she drinks a potion that causes her to let her hair down and speak her truth. Comedic actress with soprano / belt vocals.

**LUCAS BEINECKE** (male), 19 years old: Attractive, artistic young man; a combination of his father's cautiousness and his mother's optimism. Fell in love with Wednesday Addams with plans to marry her. Experiences the youthful pain and drama of young love and struggles with the differences between his family and the Addams Family. Contemporary pop tenor vocals.

**ADDAMS FAMILY ANCESTORS** (male and female ensemble) : Fun and quirky singers and dancers to play ghosts of all ages, shapes, and sizes. The Ancestors attempt to help resolve the conflict among the family, so that they can once again rest in peace. Each ancestor has their own distinct personality, opinions, and doubts about Wednesday's relationship with Lucas. Knowledge of tango and flamenco dancing a plus.



# Sick Children...Send to School or Keep Home?

Deciding when a child is too sick to go to school can be a difficult decision for the parents to make.

When trying to decide, use the guidelines below to help you.

**Go to School**—If your child has any of the following symptoms, they should probably go to school:

-Sniffles, a runny nose and a mild cough without a fever (this could be an allergic response to dust, pollen or seasonal changes)

-Vague complaints of aches pains or fatigue

-Single mild episode of diarrhea or vomiting without any other symptoms, and is now feeling well

**Stay at Home**—If your child has any of the following symptoms, please keep your child at home or make appropriate child care arrangements:

**-APPEARANCE, BEHAVIOR**— unusually tired, pale, lack of appetite, difficult to wake, confused or irritable. This is sufficient reason to exclude a child.

**-EYES**-thick mucus or pus draining from the eye or pink eye. (with pink eye (conjunctivitis) you may see a white or yellow discharge, matted eyelids after sleep, eye pain and/or redness.)

**-FEVER** or temperature of 100 degrees Fahrenheit or higher. Remember that a child must be fever free (without use of medication) for 24 hours before returning to school.

**-GREENISH NOSE DISCHARGE AND/OR CHRONIC COUGH**-should be seen by a healthcare provider. These conditions may

be contagious and require treatment.

**-SORE THROAT-ESPECIALLY WITH FEVER OR SWOLLEN GLANDS IN THE NECK.** (With Strep throat, the child may return to school after 24 hours on antibiotics.)

**-DIARRHEA**-three (3) or more watery stools in a 24 hour period, especially if the child acts or looks ill.

**-VOMITING**-vomiting two (2) or more times within the past 24 hours.

**-RASH**-body rash, especially with fever or itching. Heat rashes and allergic reactions are not contagious. Cover rashes while in school.

**-EAR INFECTIONS WITHOUT FEVER**-do not need to be excluded, but the child needs to get medical treatment and follow-up. Untreated ear infections can cause permanent hearing loss.

**-LICE,SCABIES**-children may not return to school until they have been treated and are free of lice.

**-CHICKEN POX**—children must stay at home for five (5) days after the onset of blisters, or until all pox are scabbed over and dry.

**IF YOUR CHILD SHOWS ANY OF THE ABOVE SYMPTOMS AT SCHOOL, IT WILL BE NECESSARY TO PICK HIM/HER UP .**

**The best measure of prevention is to practice and teach your children good handwashing,** It is important for children to be well rested upon returning to school to decrease their chances of relapse. Also, encourage plenty of fluids. Please remind children not to share drinks.

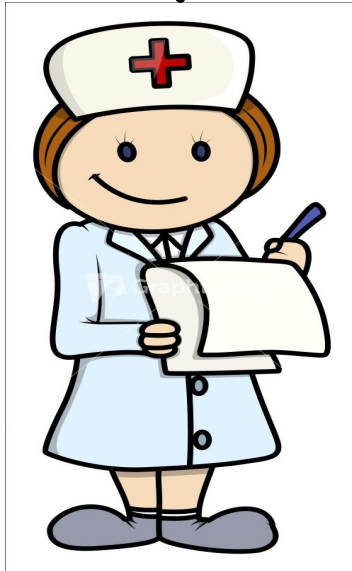
**Please cover all open areas to prevent the risk of infections.**



# A Health Reminder

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.



## Writing down tasks keeps teens focused

Teens can be easily distracted—and that’s very obvious when they sit down to study. But writing tasks down can motivate your teen to get to work faster and stay focused longer.

Encourage your teen to:

- Make daily to-do lists. He should write down everything he has to do that day. Then he can create a schedule. Remind your teen to include one five- to 10-minute break after each hour of studying.
- Use a weekly planner to plan his time for the upcoming week—classes, appointments, practices, family dinners, etc. Then he can fill in his study time. Seeing that he has to stick to this schedule if he wants to go out on Friday night may motivate him to stay focused.

Use a monthly calendar to plan for long-term projects. He can break down big assignments into shorter steps. Giving each step a due date will help him stay on track and complete the whole project on time.

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## Researchers reveal five key tasks for parents of teens

Now that your teen is in high school, do you think that most of the big parenting jobs are over? Hardly. According to studies, parents still have five key tasks:

1. Love and connect. Spend time together as a family and spend one-on-one time with your teen. Do familiar things like cooking a meal or watching sports, and add new things like volunteering as a family.
2. Guide and limit. Figure out what's nonnegotiable, such as issues related to school responsibilities, health and safety. Let your teen know you won't give in on those things. But talk about how you and your teen can compromise on issues like clothes, hair and schedules.
3. Monitor and observe. Be aware of where your teen is going and who she's with. Keep in contact with the school

about your teen's academic performance and attendance. Consult with teachers, coaches and other adults in her life.

4. Model and advise. Be a good role model. Take care of your health and put your values into practice. Your example is more powerful than any words you speak.

Provide and advocate. If your community doesn't offer what you think teens need, get active. Network within the community to provide the support they need.

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## Are you helping your teen avoid 'senior slump'?

Ask any teacher and you'll learn that "senior slump" affects many seniors. They don't want to study. They don't want to come to class on time. In fact, many don't want to come to class at all! Answer yes or no to the questions below to find out if you are helping your teen avoid senior slump:

1. Have you talked with your teen about why she should keep her grades up? Colleges can (and do) take back their offers of admission!
2. Are you making sure your teen's attendance doesn't slip?
3. Have you planned some fun senior activities with other parents that will give your teen a reason to want to stay active in school?
4. Are you giving your teen a chance to have adult responsibilities—interning in an office, volunteering?

Are you taking time to enjoy each other's company? In a few months, she may be not be living with you.

### How well are you doing?

More yes answers mean you are helping your teen stay focused her senior year. For each no answer, try that idea.

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# December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
		Drama Club auditions, 3:00pm	Drama Club auditions, 3:00pm		End of 2 <sup>nd</sup> Qtr. Interim reporting	
15	16	17	18	19	20	21
	Drama Club callbacks, 3:00pm	RHS Band/Chorus Winter Concert, 7:00pm				
22	23	24	25	26	27	28
	Holiday	Holiday	Holiday	Holiday	Holiday	
29	30	31				
	Holiday	Holiday				