



Dear RHS Parents:

Dear RHS Parents:

Our high school has been discussing and implementing instructional practices derived from educational research on the “growth mindset.” Briefly, the growth mindset holds that “when students believe they can get smarter, they understand that effort makes them stronger. Therefore they put in extra time and effort, and that leads to higher achievement” (<https://www.mindsetworks.com/science/>).

I thought the following article, reprinted with permission from the February 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: P. Tough, *Helping Children Succeed: What Works and Why*, Houghton Mifflin Harcourt, provided useful insights as we continue to explore the growth mindset.

“Many experts point to seven aspects of character that lead to school success: zest, grit, self-control, social intelligence, gratitude, optimism and curiosity. Studies show that students who possess these traits are often more likely to succeed than students who are as intelligent but not as driven.

To inspire your teen to have:

- Zest, show enthusiasm for what he is learning. “Wow, zebra fish can re-grow their fins? That’s really interesting!”

Grit, encourage him to persist and conquer tough tasks. “I’m proud of how you stuck with your homework until you figured it out.”

- Self-control, give him meaningful responsibilities. Being able to complete tasks at home without being reminded will make it easier for your teen to take responsibility for his learning.

- Social intelligence, suggest that he put himself in others’ shoes. “Why do you think your classmate reacted like that?”

- Gratitude, encourage him to spend less time comparing himself with others. Instead, talk about all of the things he can feel grateful for.

- Optimism, help him see the bright side of events. He may have to miss out on a late night movie with friends, but he will be well-rested for the SAT.

Curiosity, suggest that he explore more about what he is learning. Encourage him to go to the library or research information online.”

Ed Davenport
Principal



02/15 — Superintendent’s Conference Day — school closed

02/18—President’s Day — school closed

School Counselors
can help
you
put it all
together!

Guidance News

Attention Seniors and their parents:

Please make every attempt to file the FAFSA (Free Application for Federal Student Aid) by February 15. Estimate figures are acceptable and can be validated at a later date.

If a CSS Profile is required by your college(s) it should also be filed as soon as possible.

Attentions Seniors: Please let Guidance know immediately if a college notifies you of any application parts that are missing after your submission. Also, please let your Guidance Counselor know when you have received college acceptance notices.

The 2019-2020 course selection process for high school students will begin shortly. Please sign the 4 Year Plan and return to the Guidance Office. Any questions, please contact Mr. Heywood or Mr. Palazzolo.

Attention Juniors:

Test dates to note:

SAT I & II	March 9 (registration deadline Feb. 8)
SAT I & II	May 4 @ RHS (registration deadline April 5)
SAT I & II	June 1 (registration deadline May 3)
ACT	April 13 (registration deadline March 8)
ACT	June 8 (registration deadline May 3)

Attention Sophomores: There will be an informational Field Trip to BOCES Career & Technical Institute on Wednesday, February 13th from 8:00AM – 11:30AM. Please contact your Guidance Counselor if interested in attending.

Numerous **Summer 2019 learning opportunities** are available in the Guidance Office.

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



Find us on:
facebook®



twitter 



Current Scholarships available in the Guidance Office:

Please see the HS Guidance Page at www.rhinebeckcsd.org for specific scholarship information.

Sons of the American Legion Squadron 429:

Deadline is April 1, 2019.

America Legion Auxiliary: Deadline for submission is February 21, 2019.

Association of Fire Districts of the State of New York, Inc.: Postmark Deadline is February 23 2019.

The Law Office of Cohen & Jaffe LLP Scholarship: Deadline is April 5, 2019.

Excellence In Nursing Scholarship: Deadline is February 8, 2019.

Fireman's Association of the State of New York: Deadline is March 15, 2019.

Walter H. & Kathryn T. Henning Memorial Scholarship: Deadline April 8, 2019.

Mid-Hudson Chapter of NYS Association of School Business Officials: Deadline is

Student Scholarships

<https://www.studentscholarships.org/2017scholarships.php#sthash.M1MY4VQM.dpbs>

March 1, 2019.

NY Water Environment Association, Inc.:

Deadline is February 28, 2019.

Rhinebeck Porchfest Music Scholarship:

Deadline is April 22, 2019.

Rhinecliff Volunteer Fire Company:

Brian Butler Memorial Scholarship: Deadline is May 1, 2019.

Rhinecliff Volunteer Fire Company Ladies

Auxiliary Scholarship: Deadline is May 10, 2019.

Rolling Thunder, Inc. Tony Schembri

Memorial Scholarship Essays: due by April 1, 2019.

TEG Federal Credit Union: Deadline is April 1, 2019.

REMINDER

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





Hawk Talks 2019

After weeks of researching everything from biomimicry to modern art, RHS seniors enrolled in English 12 and College Composition (DCC English 101) concluded their Passion Projects and delivered presentations to their peers in the style of a dynamic TED-talk. Four seniors were awarded \$100 prizes (courtesy of a PTSO mini-grant), and the entire grade gathered to hear the winning Hawk

Talks. On the morning of January 25th, the BMS cafeteria was a buzz with Jack Dykeman's presentation on boosting RHS's STEM offerings, Will Lange's ode to the electric guitar, Raphiel O'Connor's exploration of rites of passage, and Emily Erlanger's investigation of the anxiety affecting RHS's teens today.

Thanks to all of the seniors for their hard work. What a passionate group!



Left to right::

Jack Dykeman

Emily Erlanger

William Lange

Raphiel O'Connor

Show your high schooler how to evaluate online material

The internet brings a world of information right to your teen's fingertips. However, information available on the internet is not regulated for quality or accuracy. That means some of it is just junk.

Whether it's for school or for his personal information, it's vital that your teen learn to judge the merits of online sources. Teach your teen to:

- Ask questions. When reading anything online, he should ask himself: Is the purpose of the website to sell something? Where do the "facts" come from?
- Check out other sites. Your teen should use a search engine to find other sites on the same subject. Comparing two or three sites side by side can help him see the limits of each.

- Use different search engines. As your teen checks out different sites, he should remember that many search engines are "pay for play." In other words, people pay to have their site pop up first.
- Be wary of health information. Many sites are in business to sell products. Your teen should talk to his doctor about information he finds online.
- Remember that if something seems too good to be true, it probably is.

Reprinted with permission from the February 2019 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2019 The Parent Institute®, a division of PaperClip Media, Inc. Source: "Evaluating Internet Resources," Georgetown University Library, niswc.com/high_evaluate.

Music Department news....

In November, the band had the incredible opportunity to travel to Marist College to work with Robert Smith, a legendary contemporary composer of concert band music. It was a really meaningful experience for us as musicians as well as an ensemble, getting to put a face to the notes on the page and hear firsthand the inspiration and intention behind the music, as well as draw upon Smith's incredible wealth of knowledge, experience, and musicianship. We workshopped two of his own pieces with him, and performed them at our Winter Concert on December 13th. (written by Helen Fleming)



Above, left: Arthur Himmerberger, Director of Music at Marist; center: Laura Natalie, RHS Band Teacher; on right—Robert W. Smith, contemporary composer

Below: RHS Band hard at work!





Love Your Neighbor

ANIE Food Drive

Please help make the Rhinebeck Central School District Association of Non-Instructional Employees (ANIE) 2nd annual "Love Your Neighbor Food Drive" a success once again!

Collections of non-perishable foods will be accepted January 28th through February 11th for the food pantry at the Church of the Messiah. This year the food drive is focused on supporting the backpack program with a request for non-perishable, easy to prepare foods such as peanut butter,

dried lentils, dried split peas, canned fruit, canned chicken/meats, brown rice, jellies/jams, microwave mac n' cheese, individually packaged snacks, individually packaged non-perishable milk, toothpaste, shampoo, and ground coffee. Your donations are greatly appreciated and can be dropped off at the CLS Greeter or Special Education office and at the BMS/RHS Greeter. For your convenience, there are shopping lists available at the Greeter Desks in all three schools.

Alcohol use can significantly damage teens' growing brains

According to a report from the American Academy of Pediatrics, 79% of teens ages 15 to 17 drink alcohol. And the majority of those teens are binge drinkers—having five or more drinks in one sitting.

You probably know many reasons why your teen shouldn't drink alcohol. For example, teenagers who drink increase their risk of being involved in car accidents and engaging in sexual activity.

But did you know that alcohol can also damage the very thing that is so special about your teen's developing brain—its ability to grow and learn? Alcohol use hurts the development of skills teens will need to thrive in school and adulthood.

Teen alcohol use can lead to:

- Poor memory.
- Poor self-control.
- Aggressive behavior.

Lower ability to solve problems. Lower visual and spatial skills. These are used for activities that involve sight or movement, or both. Reading, math and driving are just a few.

So make time to talk to your teen. Share the facts about the dangers of alcohol use and binge drinking.

Reprinted with permission from the February 2019 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2019 The Parent Institute®, a division of PaperClip Media, Inc. Source: L. Siqueira, M.D. and V.C. Smith, M.D., "Clinical Report: Binge Drinking," Pediatrics, American Academy of Pediatrics.

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:

Pine Plains: March 21, 2019

Millbrook: March 27, 2019

Red Hook: April 3, 2019

Spackenkill: April 24, 2019

Hyde Park: May 2, 2019

John Jay: May 8, 2019



Columbia Green Community College Juried Art Show—

Two art students Raphiel O'Connor (senior) and Georgia Plambeck (junior) are currently representing Rhinebeck High School in the 2019 Annual Columbia Green Community College Juried Art Show. The art show showcases the talent of 16 local high schools and has 36 works of art on display. The show is being held in the Foundation Gallery @CGCC and will be on display until February 22nd. Congratulations to both students.



Left to right: Georgia Plambeck, Raphiel O'Connor, Ms. K. Giles, RHS Art Teacher



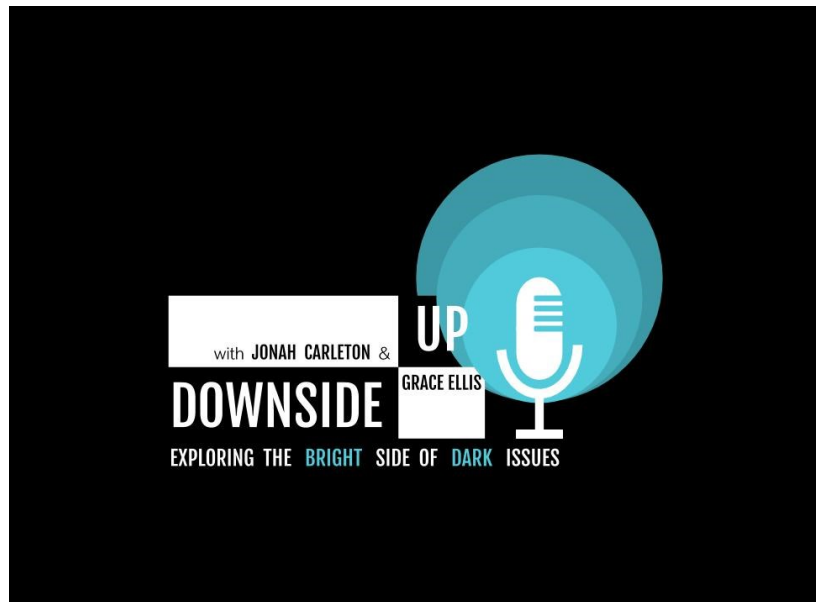
School Physicals

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.

Rhinebeck Reality Newspaper

Rhinebeck Reality newspaper is on a roll! The January retrospective, our 5th issue, is a print edition----all 12 pages of it! The first of its kind, this monster paper includes a centerspread theatre review, editorials, good news, sad news, and features on fashion, books, video games, and our local comic book store. Students in Journalism and Rhinebeck Reality club have put the content on our website as well: www.rhinebeckreality.org. Check it out!

The next issue will be all digital, focusing on the stuff we LOVE. It will also feature Rhinebeck's Reality's first podcast: **Downside UP!** Don't miss it. And writers and photographers of all grade and experience levels are welcome to join our crew. Come to meetings after school Friday in Room 105, or consider taking Journalism next year as an elective.



Stay engaged and demonstrate interest in your teen's learning

When your child was in elementary school, it was fairly easy to help her with her homework and understand what she was learning. However, now that she's in high school, you face two challenges:

Adolescence. Your teen is probably less likely to talk about her day than she was when she was younger.

Advanced classes. Even if you get your teen to open up, you might not understand a word she's saying about her chemistry class.

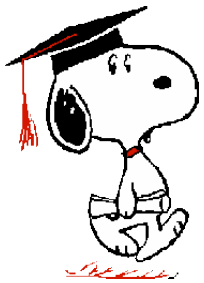
You know you should stay engaged with your teen's learning. But how can you help? You can:

- Talk about school. Find out who her favorite teacher is. Ask which class she finds the most interesting.
- Maintain high expectations. One-third of high school students say their parents have no

idea how they are doing in school. Make sure your teen knows that she may not always be the best, but you expect her to always do her best.

- Attend school events. This shows your teen that her education is important to you.
- Be familiar with your teen's testing, homework and project schedules. Even if you don't understand exactly what she's being tested on, saying, "Isn't your calculus test tomorrow?" reminds her that you are paying attention.

Reprinted with permission from the February 2019 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2019 The Parent Institute®, a division of PaperClip Media, Inc. Source: S. Blaney, *Please Stop the Roller Coaster!: How Parents of Teenagers Can Smooth Out the Ride*, ChangeWorks Publishing.



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



MISSING

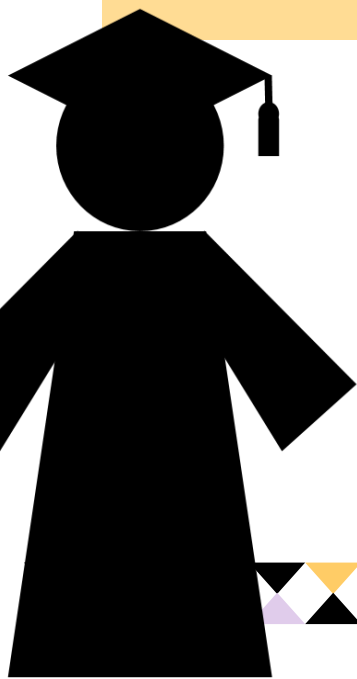
Please take a look in your home, car, backpacks, and anywhere else school materials may be hiding! The main office is currently reviewing the list of items that have not been returned from LAST school year. If any materials are found, please return them to the main office to Ms. V's attention. Thank you!

A reminder to all parents and student drivers: yield to pedestrians in cross-



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.



February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
					Superintendent's Conference Day- school closed	
17	18	19	20	21	22	23
	President's Day – school closed					
24	25	26	27	28		