



Dear RHS Parents:

As we end the first quarter and the academic responsibilities of our students continue, I thought the following article, reprinted with permission from the November 2018 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2018 The Parent Institute®, a division of PaperClip Media, Inc. Source: D. Goldberg, *The Organized Student: Teaching Children the Skills for Success in School and Beyond*, Simon & Schuster, contained some useful tips. (All students receive an agenda book at the beginning of the school year. If your son or daughter has misplaced it, please have them come to the main office!)

“Busy students must learn to set priorities in order to meet all of their responsibilities. But this doesn’t come naturally for many teens.

To help your teens develop habits that will help them stay on top of all they have to do, encourage them to:

- Use a planner. Teens have a lot on their minds. And when something gets forgotten, it’s more likely to be an English reading assignment than the lyrics to a

favorite song. So make sure your teen has—and uses—a planner. Write down every assignment. Check regularly to see that this happens.

- Use electronics only as a backup. Many teachers post assignments and deadlines online. Those are great in a pinch, but a planner will help your teen see the big picture: “I have a math test and an English paper, both due on Tuesday!”

- Put after-school commitments in the planner. That way, your teen can see which nights are busiest. If a big project is due on Friday and there is a soccer game Thursday night, your teen will see that the project must be finished by Wednesday night.

Expect the unexpected when working on projects. If one waits until the night before the paper is due to check out a book from the library, it may not be available. Planning ahead is a great habit to help your teen develop!”

Please contact me with any questions or suggestions.

Ed Davenport

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





11/01 — RHS Junior Parent Meeting—7:00 pm

11/05—start of Winter JV/Varsity Sports

11/07—Bldg. Evacuation Drill, BMS/RHS early dismissal, 2:20pm

11/08—end of 1st Quarter marking period

11/09– Supt. Conference Day—School Closed

11/12—Veterans Day—School Closed

11/13—start of Winter Modified Sports

11/16—11/17– NYSSMA All-State Festival

11/22-11/23—Thanksgiving Recess School closed

11/29—BMS/RHS Early dismissal, 10:55am—Parent/Teacher Conferences 5:30pm—8:30pm

11/30—BMS/RHS early dismissal 11:39am—Parent Teacher Conferences
Drop in office hours: 12:20pm—2:35 pm

Guidance News

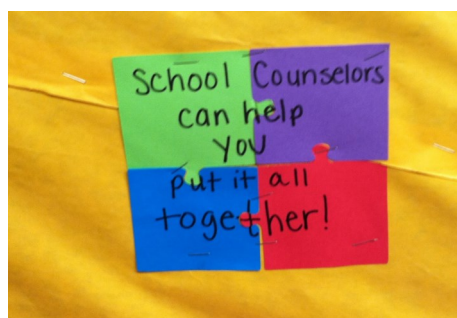
There will be an **11th grade** parent/guardian meeting sponsored by the Guidance Office on Thursday,

November 1st at 7pm in the auditorium.

Topics include graduation requirements, post high school planning, financial aid planning and scholarship opportunities.

Seniors are reminded to follow-up with their Guidance Counselor upon college application submission in

order for the counselors to release school transcripts and recommendations.



The Guidance Office will be sponsoring “Instant Admission Day” with Hudson Valley Community College on November 8th from 11:30-2:00. The online application

can be found at www.hvcc.edu and must be processed prior to their visit. Please contact Mr. Heywood or Mr. Palazzolo for more information.

More.....Guidance News

The following colleges will be visiting Guidance during November:

Le Moyne College 11/1

DCC 11/1 &11/2

University of Connecticut 11/2

SUNY Binghamton 11/2

RIT 11/2

Castleton College 11/6

Sacred Heart University 11/6

SUNY Delhi 11/6

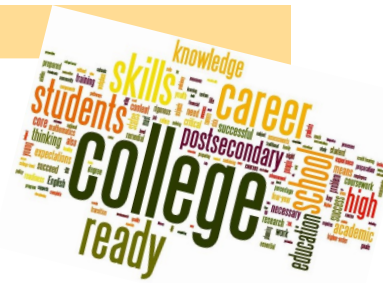
HVCC 11/8

MICA 11/8

SUNY Oswego 11/8

Niagra University 11/13

MECA 11/27



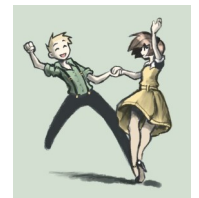
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ATTENTION SENIORS:

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

Junior Senior Prom: Saturday, June 8, 7:00 pm—11:00 pm

Rhinebeck High School Graduation: Saturday, June 29, 6:00 pm



SENIOR WILLS

Yearbook Deadlines are coming up! If you haven't entered your Senior Will Information, please go to:

<http://www.rhinebeckcsd.org/yearbook.php> to fill in information. The deadline is FIXED at November 30,2018 so **DO NOT DELAY!**

Also: please be sure to get your Senior Portraits taken and submitted by November 15,2018 if you are having your portrait taken outside LifeTouch. See Mrs. Baer with questions and/or concerns.

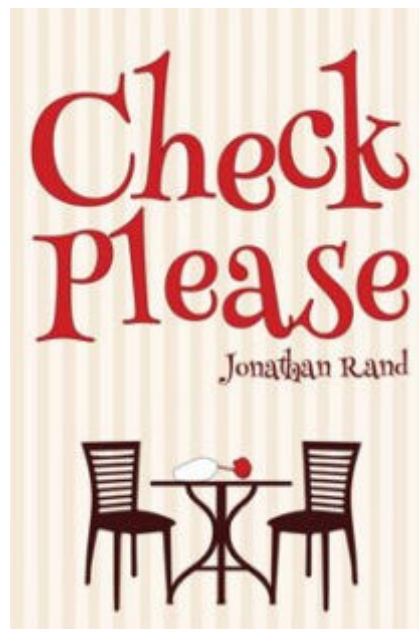


RHINEBECK HS DRAMA CLUB DEBUTS ITS FIRST FALL SHOW

FRIDAY & SATURDAY, NOVEMBER 16 & 17, 2018 AT 8PM

Two One Act Plays, both written by Jonathan Rand, follow a series of blind dinner dates that couldn't get any worse -- until they do. What happens when your date happens to be a raging kleptomaniac, or your grandmother's bridge partner, or a mime? Could there possibly be a light at the end of the tunnel?

Come see your friends



perform in these modern day comedies which allow everyone participating to get their 5-minutes of fame. Show dates are set for Friday and Saturday, November 16 & 17 at 8pm. A \$5.00 donation is recommended at the door to benefit the Fall Drama Club.

Plan ahead and get ready for the laughs! For more information, see Mrs. Baer, Rm 151.

Share strategies to help your high schooler get organized

Your teen has a big test tomorrow and can't find the notes. They may be in the locker. Or, were they thrown away? Either way, they're gone—and they are needed to study. Being organized is vital to your teen's school success. To promote organization, suggest the following:

- Clean out the backpack every Friday. Throw away trash and file school papers.
- Organize study space. If the math book can't be found, time will be wasted looking for it.
- Use sticky notes. Place one on the spine of each book needed at home. Use them to jot down important reminders.

Prepare for tomorrow tonight! Have your teen take time each night to prepare for the next day. Make lunch, put her homework the backpack and place gym shoes by the door.

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CHEESE!



Say **CHEESE** and mark your calendars!

Underclass portrait make up day is Thursday, November 15,

RHS Parent Teacher Conferences



RHS Parent Teacher Conferences will take place at the end of this month.

Conferences will take place **by appointment** on Thursday,

November 29th, between the hours of 5:30 and 8:30pm, please contact Ms. van den Thoon at svandenthoorn@rhinebeckcsd.org or call the high school main office at 845-871-5500, extension 5502 if you wish to schedule a conference time on that day.

Drop in office hours will be available from 12:20 until 2:35 pm on Friday, November 30th. If you have any questions, please contact the high school main office.

Congratulations...

...to Jonah Carleton, Cole Dixon, Josie Epter, Helen Fleming, and Sofia Quon-Youle on their acceptance to the NYSSMA Area All-State Honor Ensembles. Area All-State is a highly competitive festival in which students from the region are selected based on NYSSMA scores and teacher recommendations. Jonah, Cole, Josie, Helen, and Sofia will travel to F. D. Roosevelt High School in Red Hook on November 16 and 17 to participate in rehearsals with distinguished conductors. The YSSMA Area All-State experience will culminate with a

concert on Saturday, November 17. NYSSMA, The New York State School Music Association, is the largest state affiliate of The National Association for Music Education. The mission of NYSSMA is to advocate for and improve music education across New York State by promoting and producing appropriate activities and programs for its membership and students in member school music programs.



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 protec-



tion 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.

Rhinebeck’s Got Talent!! Talent Show and Holiday Bazaar, Wednesday, November 28, 2018

It’s almost here! Rhinebeck students from both the Bulkeley Middle and Rhinebeck High Schools are encouraged to show us what you got! Over 20 students participated in last year’s talent show hosted by the HS Drama Club and we are hoping that we will have an amazing show again!

Vetting of acts will take place on Monday & Tuesday, November 5 & 6, 2:45pm – 5pm. Meet in the HS auditorium. Participants need to bring a copy of any lyrics if singing and any accompanying music recordings. There will be a First place prize of \$100.00 for



both the BMS and HS Most-Talented act as well as an Honorable Mention Prize for each school. Expect a few performances by faculty as well. Save the date for an event that is sure to make you smile! Save the date: Wednesday, November 28 at 7pm in the HS Auditorium. A suggested donation of \$5.00 at the door will go toward funding activities for the HS Drama Club.

As in the past the Auditorium Hall will be available for any BMS or HS Clubs that would like to sell their wares or promote their cause. See Mrs. Baer if your club is interested.

Ceramics students team up with neighboring schools for a good cause.



Art teachers from Rhinebeck, Red Hook and Millbrook have teamed up with our Ceramics students to help raise money and awareness for the Dutchess County SPCA. RHS students in Mrs. Giles ceramics classes have each created a piece of pottery to be donated to the DCSPCA.

Pieces will be sold as a suggested donation to help animals in need within our communities. The pottery will be available at the DCSPCA in Hyde Park on Saturday November 17th between 10am and 3pm. This will be the same day that you could come in and take a holiday photo of your pets as well. So come out, bring your furry friends and support our students and a great cause.



Provide structure and discipline to help your high schooler thrive

Your teen has matured emotionally, intellectually and physically since elementary school days, but there is still a long way to go. The part of the adolescent brain that controls impulses and helps good decision-making is not yet fully mature. That's one reason why teens need structure and discipline.

Your efforts to teach your teen self-control will pay off at home and at school. Here are some guidelines:

- Be firm, yet flexible, with your teen. Discuss family rules and make sure the consequences of breaking them are understood. Consider granting more freedom as your child shows more responsibility.
- Always know where your teen is, who with, what the activities are, and when you

can expect them back home.

- Remember the difference between an explanation and an excuse. Your teen's age and developing brain may explain some behavior. However, they are not excuses for being rude or defiant.
- Focus on the big issues, such as schoolwork and respect for others. Try not to nag your teen about the smaller issues, such as the occasional messy room. Don't take outbursts personally. When your teen acts first and thinks later, blurts out the wrong thing or is moody, it is not necessarily to hurt you.

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RHS Info-Chat

Grade 12 In-School Field Trip (BMS Cafeteria/ RHS Library)

Friday, November 2, 9-11am

In partnership with the Rhinebeck Science Foundation, the English department will offer seniors at RHS an opportunity to practice “networking” with professionals from a range of fields and careers. The Info-Chat on Nov. 2 is a two-hour in-school “field trip” early in

the first semester of English 12 and College English. Students will sign up for chats with three professionals, and then all participants will enjoy coffee and refreshments in the BMS cafe, courtesy of RSF.

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.

Simple strategies can help you reinforce your teen’s learning

The concept of reinforcing learning can be tricky when you are the parent of a high school student. Your teen may be learning a high-level math, chemistry or a foreign language. Or, a specialized vocational program. And you may not feel that you know enough about the subject to reinforce it.

However, all that is really necessary is to create a family life that values learning and makes it possible. Here’s how:

- Talk about the jobs people hold whenever you visit a place with your teen. Discuss the education needed for such a job, but keep the conversation casual.
- Encourage your teen to research and explore. For example, ask to help you find out where to get a service you need or to find a new place for your family to visit.

- Let your teen know that you are interested in anything new learned at school. Tell her you would love to have some concepts explained to you.
- Plan family projects that involve learning skills, such as painting a wall or cooking a special meal, that you and your teen can do together.
- Encourage your teen’s talents, even if they are not what you would have picked. Remember, these talents may become the foundation for her future career.

Ask for your teen’s opinions on everything. Make sure your teen knows that their opinion is valued—whether you agree with it or not.

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

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.

Keep your kids safe. Get their seasonal flu shots every fall or winter.

Seasonal Flu Guide for Parents

Is seasonal flu more serious for kids?	Infants and young children are at a greater risk for getting seriously ill from the flu. That's why the New York State Department of Health recommends that all children 6 months and older get the seasonal flu vaccine.
Flu vaccine may save your child's life.	Most people with seasonal flu are sick for about a week, and then they feel better. But, some people, especially young children, pregnant women, older people, and people with chronic health problems can get very sick. Some can even die. A flu vaccine is the best way to protect your child from seasonal flu.
What is seasonal flu?	The flu, or influenza, is a viral infection of the nose, throat, and lungs. The flu can spread from person to person.
Flu shot or nasal-spray vaccine?	<ul style="list-style-type: none">• Flu shots can be given to children 6 months and older.• A nasal-spray vaccine can be given to healthy children 2 years and older.• Children younger than 5 years who have had wheezing in the past year --or any child with chronic health problems --should get the flu shot, not the nasal-spray vaccine.• Children younger than 9 years old who get a vaccine for the first time need two doses.
How else can I protect my child?	<ol style="list-style-type: none">1. Get the seasonal flu vaccine for yourself.2. Encourage your child's close contacts to get seasonal flu vaccine, too. This is very important if your child is younger than 5 or if he or she has a chronic health problem like asthma (breathing disease) or diabetes (high blood sugar levels).3. Clean your hands often and cover your coughs and sneezes. This will prevent the spread of germs.4. Tell your children to:<ul style="list-style-type: none">• stay away from people who are sick;• clean their hands often;• keep their hands away from their face, and• cover coughs and sneezes to protect others. It's best to use a tissue and quickly throw it away. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
What are signs of the flu?	The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.



<p>How does the flu spread?</p>	<p>People who have the flu usually cough, sneeze, and have a runny nose. The droplets in a cough, sneeze or runny nose contain the flu virus. Other people can get the flu by breathing in these droplets or by getting them in their nose or mouth.</p>
<p>How long can a sick person spread the flu to others?</p>	<p>Most healthy adults may be able to spread the flu from one day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who don't fight disease as well (people with weaker immune systems).</p>
<p>What should I use to clean hands?</p>	<p>Wash your children's hands with soap and water. Clean them for as long as it takes to sing the "Happy Birthday" song twice. If soap and water are not handy, use wipes or gels with alcohol in them. The gels should be rubbed into hands until the hands are dry.</p>
<p>What can I do if my child gets sick?</p>	<p>Make sure your child gets plenty of rest and drinks lots of fluids. Talk with your child's doctor before giving your child over-the-counter medicine. If your children or teenagers may have the flu, never give them aspirin, or medicine that has aspirin in it. It could cause serious problems.</p>
<p>Can my child go to school/day care with the flu?</p>	<p>No. If your child has the flu, he or she should stay home to rest. This helps avoid giving the flu to other children.</p>
<p>When can my child go back to school/day care after having the flu?</p>	<p>Children with the flu should be isolated from other people in the home. They should also stay home until they are symptom-free for 24 hours (that is, until they have no fever without the use of fever-control medicines and they feel well for 24 hours). Remind your child to protect others by covering his or her mouth when coughing or sneezing. You may want to send your child to school with some tissues, wipes or gels with alcohol in them.</p>

For more information about the flu, visit
<http://nyhealth.gov/diseases/communicable/influenza/seasonal/>

Or, www.cdc.gov/flu
Centers for Disease Control and Prevention



State of New York
Department of Health

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11 th grade parent meeting, 7:00pm	2	3
4	5 Start of Winter JV/Varsity Sports	6	7 Building Evacuation Drill, 2:20 pm	8 End 1 st Quarter marking period	9 Supt. Conference Day – School closed!	10
11	12 Veterans Day – School closed!	13 Start of Winter Modified Sports	14	15	16 NYSSMA All-State Festival	17 NYSSMA All-State Festival
18	19	20	21	22 Thanksgiving Recess-School/Offices closed	23 Thanksgiving Recess-School/Offices closed	24
25	26	27	28	29 BMS/RHS early Dismissal 10:55 am – P-T Conferences 5:30-8:30pm	30 BMS/RHS early Dismissal – 11:39 am- P-T conferences 12:20 – 2:35pm	