



Dear RHS Parents:

On behalf of the faculty and staff of RHS, we welcome you and your children back to school! We look forward to another year of partnering with you and supporting students to achieve their potential in and outside of the classroom.

Whether students are beginning ninth grade or returning for their senior year, the transition back to school is important. Please review the following, reprinted with permission from the September 2019 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2019 The Parent Institute®, a division of PaperClip Media, Inc. Source: "What's the Link Between Truancy and Delinquency?" San Bernardino County District Attorney, niswc.com/high_truancy.

"One of the best ways to support your teen's education is to make sure your child attends school every day. Attendance is important. Your teen can't learn if not in school.

Teens who miss school frequently are more likely to: Drop out. Missing too many classes is often the first sign that a teen is giving up on school.

The beginning of the school year is a good time to develop positive habits. To make school attendance a priority:

- Talk to your teen about the importance of attendance and punctuality. If your teen

- didn't show up at a job, there would be consequences. Let your child know that attending school is just as important.

- • Avoid scheduling medical and other appointments for your teen during school hours.

- • Communicate with teachers. If your teen must miss a class, have the student talk to the teacher to see how you can all work together to make sure your teen stays on track.

- • Set a good example. Make an effort to attend school events when possible. Ask your teen about school every day and encourage involvement in school activities."

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- • Please contact me with any questions, concerns, or suggestions!

• Sincerely,

• Ed Davenport
• Principal

Guidance News

The PSAT will be administered here at Rhinebeck HS on Saturday, October 19th. Registration will be in the Guidance Office September 23rd through October 8th. Test fee is \$17. Cash or check made payable to RCSD. Please see your Guidance counselor with any questions.



IMPORTANT DATES:

Thursday, 10/3 @ 6:30 pm – 12th grade parent/guardian meeting in the HS auditorium. The emphasis will be on the college financial aid process and college application.

Thursday, 10/24 @ 7:00 pm - 9th grade and 10th grade parent/guardian meeting in the HS auditorium. Topics will include graduation, testing requirements, the course selection process, developmental guidance program and post high school planning.

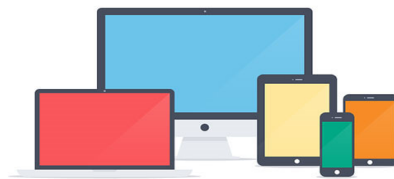
Wednesday, 10/30 @ 7:00 pm - 11th grade parent/guardian meeting in the HS auditorium. Topics include graduation requirements, post high school planning, financial aid planning and scholarship opportunities.

Ask your teen to be responsible for limiting digital device use

According to the Pew Research Center, 54% of teens say they spend too much time on their phones and other mobile devices. They feel pressured to respond immediately to social media posts, text messages and other notifications.

Experts agree that this technology addiction can have a negative effect on teens' learning and academic performance. While it's unrealistic to think your teen will give up the phone for good, you can help your child to learn to limit usage responsibly. Here's how:

- Encourage your teen to spend one day tracking the number of pickups and the amount of time spent on the phone.
- Challenge your child to reduce that



time the next day. Help your teen brainstorm ways to accomplish this. Perhaps notifications could be turned off.

Help establish technology-free times. These are times when digital devices should be turned off or out of reach, such as when your teen does homework, eats meals with family, reads a book, drives and goes to bed.

As your teen learns to take more responsibility for screen time, your child may be surprised at how much more can be accomplished in a day!

Reprinted with permission from the September 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. Jiang, "How Teens and Parents Navigate Screen Time and Device Distractions," Pew Research Center, [niscw.com/high_addiction](https://www.pewresearch.org/2019/09/11/teens-and-parents-screen-time/).

Memory-boosting strategies can maximize your teen's learning

Memory skills, especially long-term memory skills, are critical for learning. Long-term memory is what builds the "store of knowledge" we draw on all our lives.

To help your teen boost memory power, share these four strategies:

1. Look at the big picture. If there is an upcoming test on Chapter Four, your teen should spend most time on that chapter. However, take a few moments to look at the summaries of the surrounding chapters. Doing so tells how Chapter Four relates to the whole unit. Understanding the context will help information stick.
2. Put information on index cards and self-quiz with them frequently. This

tried-and-true method strengthens the ability to recall information.

3. Focus hardest on the middle part of reading material, because our brains remember the beginning and end parts best.

4. Study and then rest or sleep. The brain is never asleep. While your teen's body is getting much needed rest, the brain will still be working on sorting out and retaining material.

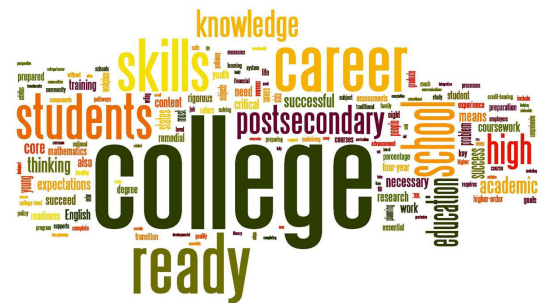


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Local College Fairs this Fall:

Dutchess Community College (Falcon Hall) – Tuesday, October 15th 6 – 8pm.

Featuring: 120+ colleges – in-state and out-of-state, four-year and two-year, public and private Technical schools and Armed Forces.



Say Cheese and Mark Your Calendars!
Senior Portrait make-up day!

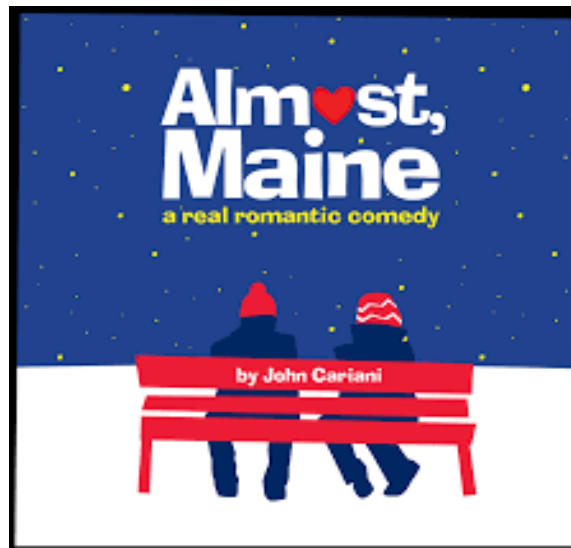
Senior Portrait Make-up Day is Monday, Oct. 28, 2019.
You must call to schedule a seating! Contact Lifetouch **directly** at 1-518-767-5524.

SAVE THE DATE

The HS Fall Drama Club presents
ALMOST, MAINE, A Romantic Comedy,
Friday & Saturday, November 15 & 16, 2019, 7:30pm

A woman carries her heart, broken into nineteen pieces, in a small paper bag. A man shrinks to half his former size, after losing hope in love. A couple keep the love they have given each other in large red bags, or compress the mass into the size of a diamond. These playful and surreal experiences are commonplace in the world of John Cariani's *Almost, Maine*, where on one deeply cold and magical Midwinter Night, the citizens of Almost -- not organized enough for a town,

too populated for a wilderness -- experience the life-altering power of the human heart. Propelled by the mystical energy of the aurora borealis and populated with characters who are humorous, plain-spoken, thoughtful, and sincere, *Almost, Maine* is a series of loosely connected tales about love, each with a compelling couple at its center, each with its own touch of sorcery. The play will be directed by Cynthia Baer. Don't Miss It!



Looking for something to do? Join Stage and Tech Crew and the Fall Drama Club!

Stage Crew will begin production of the set for *Almost, Maine* beginning Saturday, October 19 and run both Saturdays and Sundays thru November 17 when the show loads out. Learn how to construct and paint sets, work on lighting and sound and run a show. Speak to Georgia Plambeck (Senior) or Tom Stark (Junior) for more information or see Mrs Baer in room 151.



RHS Drama Students Meet

the New Spring Musical Director for 2020!



Photo: Tina Reilly

Drama Club students had an opportunity to meet the Director for the 2020 Spring Musical last month. Tina Reilly has worked on many local productions at The CENTER for Performing Arts at Rhinebeck. (Past favorite musicals are *Next to Normal* and *Newsies*.) She started her theatre life as an Assistant Stage Manager and has worked on many production crews in addition to

directing. One of her favorite things about this creative process is witnessing how actors develop their characters from auditions to production. Tina is also a certified yoga teacher and her day job is with the Bridge Inspection Division of the New York State Department of Transportation. She is ecstatic to be directing the spring musical with you at Rhinebeck High School!

ATTN: UNDERCLASSMEN!

Get your swag on and be ready for your school portrait! LifeTouch Studios will be at the HS Auditorium on Tuesday, October 1 from 8am to 2:15pm. All students should look for their time slot on the lists that will be posted outside the Auditorium doors. Portrait packets are being distributed through your English classes and at the Greeter's window. **Make up day is November 14.** Please make every effort to get a good shot in for the yearbook!





CALLING ALL RHINEBECK TALENT!!

The Rhinebeck's Got Talent Show 3-Minute Auditions to take place

Monday & Tuesday, October 28 & 29, 2019

It's almost here again! Rhinebeck students from both the Bulkeley Middle and Rhinebeck High Schools. Last year over 20 students performed at the annual talent show hosted by the HS Drama Club. Performances included an assortment of acts.

This year the vetting of acts will take place on Monday and Tuesday, October 28 & 29 from 2:45pm – 5pm each day. (You don't have to come both days) Meet in the H.S. 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.

RHINEBECK's GOT TALENT SHOW, NOVEMBER 21, 2019

Save the date for an event that is sure to make you smile! THURSDAY, November 21 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. See Mrs. Baer in Art Rm 151 of the HS or more information.

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 give me a call 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.



FALL DRAMA CLUB ATTENDS THEATER DAY 2019

This year, the Fall Drama Club was invited and attended Theater Day 2019, a day intended to provide students with a great educational experience of free performance and technical workshops. Hosted by Beacon HS, the Beacon Performing Arts Center, and sponsored by Arts Mid-Hudson, BeaconArts and Beacon Chamber of Commerce, students were treated to breakfast and lunch and attended 4 workshops designed to provide theatrical guidance in various fields . It was also a chance for RHS students to interact with other theater-minded students. Said Cynthia Baer, "It was a very worthwhile day. There are so many fields under the umbrella of theater that there was something for everyone here. Hopefully more RHS students will attend in the future."





Important Dates

- Oct. 3—RHS Senior Parent meeting—6:30pm
- Oct. 4—End of 1st interim reporting period
- Oct. 9—Yom Kippur—school closed
- Oct. 11—Hawk Day— special schedule
- Oct. 14—Columbus Day—school closed
- Oct. 19—PSAT @ RHS, 7:00am
- Oct. 24—RHS 9th & 10th grade Parent Meeting—7:00pm
- Oct. 25—RHS early dismissal—11:39am
- Oct. 26—Discovery Festival, RHS 10:00am—2:00pm
- Oct. 30—RHS 11th grade Parent Meeting—7:00pm



STEAM P¹⁹WER

Mark your calendars
for the
2019
Discovery Festival!

October 26th
10:00-2:00
Rhinebeck High School

20+ Hands-on STEAM Activities from Pre-K to 8th Grade!

Exciting family fun includes:

*Microscope Madness • Electric Avenue • Save the Ocean • Pinhole Cameras • Surgical Suite
Fashion Science • Rock Climbing • Gumdrops Challenge • Ice Cream Making
Pre-K Touch Lab • Biomimicry • Monster Makeup • Paper Making • Trebuchet Launch • Blubber*

*This is a free
community event
with food available
from Char House Grill*

ADIRONDACK - SUNY ALBANY - SUNY ALBANY COLLEGE OF PHARMACY & HEALTH SCIENCES ALFRED STATE - SUNY
ALFRED UNIVERSITY AMHERST - UMASS AMERICAN INTERNATIONAL COLLEGE ASSUMPTION COLLEGE BARUCH COLLEGE
- CUNY BAY PATH UNIVERSITY BECKER COLLEGE BERKELEY COLLEGE BINGHAMTON UNIVERSITY- SUNY

2019

COLLEGE

FAIR

UNIVERSITY OF BRIDGEPORT BROCKPORT - SUNY BRYANT UNIVERSITY
CASTLETON CAZENOVIA COLLEGE CLARKSON UNIVERSITY COBLESKILL -
SUNY COLUMBIA-GREENE CC - SUNY UNIVERSITY OF CONNECTICUT
COOPER UNION CORTLAND - SUNY CULINARY INSTITUTE OF AMERICA
CURRY COLLEGE DAEMEN COLLEGE DELHI - SUNY DOMINICAN COLLEGE
DUTCHESS COMMUNITY COLLEGE - SUNY DUQUESNE UNIVERSITY

ELMIRA COLLEGE EMMANUEL COLLEGE
ENDICOTT COLLEGE COLLEGE OF
ENVIRONMENTAL SCIENCE & FORESTRY -
SUNY FARMINGDALE - SUNY
FISHER COLLEGE FRANKLIN PIERCE
FREDONIA - SUNY GENESEO - SUNY
UNIVERSITY OF HARTFORD HARTWICK
COLLEGE HERKIMER - SUNY HUDSON

VALLEY CC - SUNY ITHACA COLLEGE JOHNSON AND WALES UNIVERSITY KING'S
COLLEGE LAWRENCE TECHNOLOGICAL UNIVERSITY LEMOYNE COLLEGE LIM
COLLEGE MANHATTAN COLLEGE MARIST COLLEGE MARITIME COLLEGE - SUNY
UNIVERSITY OF MARYLAND MARYMOUNT MANHATTAN MASSACHUSETTS COLLEGE
OF LIBERAL ARTS UNIVERSITY OF MASSACHUSETTS - LOWELL MERCY COLLEGE
MESSIAH COLLEGE MISERICORDIA UNIVERSITY MOHAWK VALLEY COMMUNITY
COLLEGE MONROE COLLEGE MORRISVILLE - SUNY MORAVIAN COLLEGE

MOUNT SAINT MARY COLLEGE MOUNT SAINT VINCENT NAZARETH COLLEGE NEW ENGLAND COLLEGE UNIVERSITY OF NEW
HAMPSHIRE UNIVERSITY OF NEW HAVEN NEW PALTZ - SUNY NEW SCHOOL NICHOLS COLLEGE NORTHERN VERMONT -
LYNDON ONEONTA - SUNY ORANGE - SUNY OSWEGO - SUNY PACE UNIVERSITY PENNSYLVANIA COLLEGE OF TECHNOLOGY
PENN STATE PLATTSBURGH - SUNY PLYMOUTH STATE UNIVERSITY POLYTECHNIC INSTITUTE - SUNY POTSDAM - SUNY
PURCHASE COLLEGE - SUNY QUINNIPIAC RENSSELAER POLYTECHNIC INSTITUTE SACRED HEART UNIVERSITY THE SAGE
COLLEGES ST. BONAVENTURE UNIVERSITY ST. JOSEPH'S COLLEGE (NY) ST. JOSEPH'S COLLEGE (MAINE) ST. JOSEPH'S
UNIVERSITY ST. LAWRENCE UNIVERSITY ST. MICHAEL'S COLLEGE ST. THOMAS AQUINAS COLLEGE SCHENECTADY CC - SUNY
UNIVERSITY OF SCRANTON SIENA COLLEGE SOUTHERN CONNECTICUT SOUTHERN VERMONT COLLEGE SPRINGFIELD
COLLEGE STONEHILL COLLEGE SUFFOLK UNIVERSITY SULLIVAN CC - SUNY TOMPKINS CORTLAND - SUNY
ULSTER - SUNY UTICA COLLEGE VERMONT STATE WASHINGTON COLLEGE WENTWORTH INSTITUTE WELLS COLLEGE
WESTERN CONNECTICUT WESTERN NEW ENGLAND

TUESDAY, OCTOBER 15, 6 - 8 P.M.

at Dutchess Community College

CO-SPONSORED BY THE DUTCHESS COUNTY COUNSELING ASSOCIATION

Falcon Hall

DCC Main Campus • Poughkeepsie

120+ Colleges!

Optional DCC Campus tour
departs Falcon Hall at 5:30 p.m.

THE FAIR IS FOR: High school students and parents • College students who are transferring
Adult, non-traditional learners • High school counselors

FEATURING: 120+ colleges - in-state and out-of-state, four-year and two-year, public and private
Technical schools and Armed Forces

(845) 431-8010 • www.sunydutchess.edu/collegefair

SCHOOLS EXPECTED TO ATTEND THE DCC COLLEGE FAIR INCLUDE:

SUNY

Albany

Alfred

Brockport

Buffalo State

Canton

Cortland

Delhi

ESF

Farmingdale

Fredonia

Geneseo

Herkimer

Hudson Valley

Maritime

Morrisville

New Paltz

Oneonta

Orange

Oswego

Polytechnic Institute

Potsdam

Sullivan

Houghton College

King's College

La Salle University

Lawrence Technological University

Lynn University

Marywood University

Molloy College

Montclair State University

Mount Saint Mary College

University System of New Hampshire

Niagara University

Norwalk Community College

Oberlin College

Plymouth State University

Rochester Institute of Technology

Sacred Heart University

St. Bonaventure University

St. Lawrence University

St. Thomas Aquinas

Salve Regina University

University of Scranton

Siena College

Simmons University

Springfield College

Stonehill College

Utica College

Vassar College

Vermont State Colleges

Western Connecticut State University

Western New England University

Private & Out of State

Albany College of Pharmacy

Allegheny

Assumption College

Baruch College – CUNY

Berkeley College

University of Bridgeport

Bryant University

Canisius College

Castleton University

Clarkson University

Curry College

Dominican College

Emmanuel College

Georgian Court University

Hartwick College

Military

US Merchant Marine Academy

US Navy



Attn Seniors:
Yearbook Deadlines are coming up!

- 1. SENIOR PORTRAITS:** By now you should have had your Senior Portrait taken through LifeTouch Studios. If you have not, please contact Mary Boorcok at 518-787-9947 to arrange a make-up time. If you are having your portrait shot by another photographer, please let them know that all portraits must be submitted by November 1, 2019.
- 2. The Senior Class Group Photo on the Hill is Wed. 9/11 at 11:30am. Rain date is 9/25 same time.** Please get your order and check into Mrs Baer by Monday 9/ 16. – 9/20 at the latest. Order forms are by the greeter window.
- 3. SENIOR WILLS:** Please submit your senior will information no later than November 1. Go to <http://www.rhinebeckcsd.org/yearbook.php> and follow the instructions to fill in your information. You should submit your baby picture and a photo of you with your siblings on this site OR you can bring in a hard copy to Mrs Baer to scan. All photos will be returned.
The Deadline is FIXED at November 1, 2019 so DO NOT DELAY!
- 4. PHOTOS WANTED: WE NEED YOUR HELP MAKE OUR BOOK A REFLECTION OF YOU!** Our staff is small and we do our best to take photos of a lot of different events. BUT WE NEED YOUR HELP! We need 2019 Prom pictures. We need Sports pictures. We need fun pictures of you and your friends. Download the ReplayIt Ap to upload photos directly into the yearbook photo library OR email to Mrs Baer at cbaer@rhinebeckcsd.org.
- 5. PERSONAL STUDENT ADS:** There is ad space at the end of each book where parents are invited to celebrate your success as a HS graduate. Ads are available through the yearbook website: Jostens.com and click on recognition ads. There are a range of price and size options.
- 6. PURCHASE YOUR BOOK EARLY!** Yearbook prices will increase as we get closer to the end of the school year. Books are on sale now starting at \$55.49. They will be \$75.00 by June. Yearbooks can be purchased on-line at www.jostens.com now. There are payment plans available so you don't have to pay all at once.

See Mrs Baer with questions and/ or concerns: cbaer@rhinebeckcsd.org 845-871-5500 x4305



**CELEBRATE YOUR
STUDENT**





helps

20
YEARS

Schools greater than groceries



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Look for the shelf tags on more than 1,500 participating products to earn money for your school!



check out

Get 3 School Dollars for every 4 participating products you purchase.



submit

Deposit your School Dollars in the collection tower in-store.

Join us in celebrating 20 years of Hannaford Helps Schools!

Since 1999, we've raised more than \$12 million to support local schools. Help us raise \$1 million this year by purchasing participating products, and spreading the word to friends and family!



Look for participating items with these tags:



4 products = 3 School Dollars
(8 products = \$6, 12 products = \$9)



The highest earning school per store receives a \$1,000 bonus



NEW! The store with the highest % increase in School Dollars redeemed will DOUBLE their donations to all schools registered at their store



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
Tel: 845-871-5500 • Fax: 845-876-4276

September 3, 2019

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 distress which could affect children and impact their ability to learn.

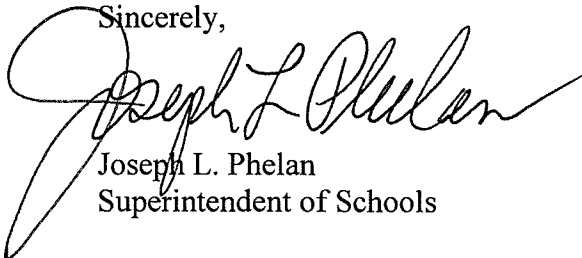
If you are struggling financially and would like to discuss the possibility of receiving assistance from the Rhinebeck Family Contingency Fund, please contact one of the following at your child's school:

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



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
Tel: 845-871-5500 • Fax: 845-876-4276

3 de septiembre de 2019

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.

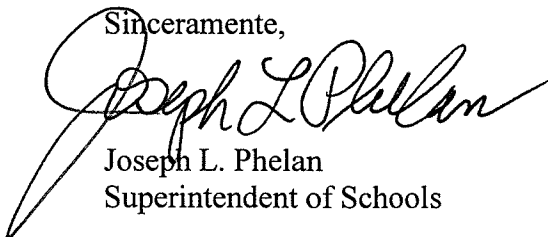
Si usted se encuentra en dificultad financiera y quisiera hablar sobre la posibilidad de recibir asistencia del Rhinebeck Family Contingency Fund, por favor contacte a unas de las personas indicadas de su escuela:

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, Asistente 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 independientemente por la organización sin fines lucrativos Community Action Partnership for Dutchess County.

Sinceramente,



Joseph L. Phelan
Superintendent of Schools

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
				Senior Parent meeting – 6:30pm	End of 1 st interim reporting period	
6	7	8	9	10	11	12
			Yom Kippur – school closed		Hawk Day – special schedule	
13	14	15	16	17	18	19
	Columbus Day – school closed					PSAT @ RHS – 7:00am
20	21	22	23	24	25	26
				RHS 9 th /10 th grade Parent meeting – 7:00pm	Early dismissal – 11:39am	Discovery Festival, RHS 10:00am-2:00pm
27	28	29	30	31		
			RHS 11 th grade Parent meeting – 7:00pm			