



Dear RHS Parents:

Happy New Year! Since this is the season of resolutions, I thought the following ideas would be appropriate for our students:

“Every time the first of January rolls around, people make resolutions that they usually abandon just a few weeks later. This year, help your high schooler make some learning resolutions that will actually stick!

The more specific goals are, the more likely it is that they will be achieved. Instead of a broad resolution like “Do better in school,” your teen’s goals should involve specific ways to improve. For example:

- I will ask at least one question in every class. In order to ask an informed question, your teen will need to pay attention to the lecture. By paying closer attention, engagement will be greater—and follow up questions will be more likely.
- I will create a note-taking system. The way your teen takes notes in history may be different from the way it is done in chemistry. Encourage

conversation with teachers to figure out the best way to record the information they discuss.

- I will review class notes every night before bed. Studies show that the last thing a person reads before going to bed remains embedded in the person’s brain.

I will read for 30 minutes every day. Very few teens make time to read for pleasure. But the best way to boost vocabulary and comprehension is to read widely and often.”

Please contact me with any questions or suggestions!

Ed Davenport
Principal

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01/01—New Year’s Day—School closed

01/02—School reopens

01/21—Martin Luther King, Jr. Day—school closed

01/25—end of 2nd quarter/first semester

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 let your Guidance Counselor know when you have received college acceptance notices. Also, if you have not already filed for financial aid please do so as soon as possible.

Numerous summer 2019 learning opportunities are available in the Guidance Office.

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)



Current 2019 Scholarships available in Guidance

Sons of the American Legion Squadron 429 Deadline is **April 1, 2019.**

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

GE-Reagan Foundation Scholarship Program Deadline is **January 4, 2019.**

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

NY Water Environment Association, Inc. Deadline is **February 28, 2019.**

Rhinebeck Porchfest Music Scholarship Deadline is **April 22, 2019.**

Student Scholarships:

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

*Please see the Guidance Office Scholarship page on the RCS website for details.

Rhinebeck Reality...

Rhinebeck Reality just published its fourth issue. Let your voice be heard! Come to a meeting after school on Friday, or email us at rhinebeckreality@rhinebeckcsd.org. We are a hybrid press, so check us out online as well at www.rhinebeckreality.org.



ATTENTION SENIORS:

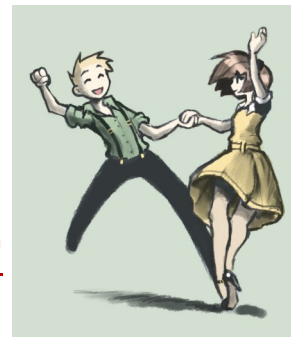
Any senior who has not yet ordered a cap and gown for graduation can do so at Jostens.com.

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



National Honor Society news....

Thank you... to the Rhinebeck Community for supporting the National Honor Society Giving Rack Service Project this past November-December. We were able to "adopt" 8 families and provide gifts to make the holidays brighter for children in need. Looking forward to continuing this project next year.



GI GO FUND

Thank you... to RHS/BMS staff and students for helping National Honor Society raise money for Jeans for Troops on November 8. We raised over \$200.

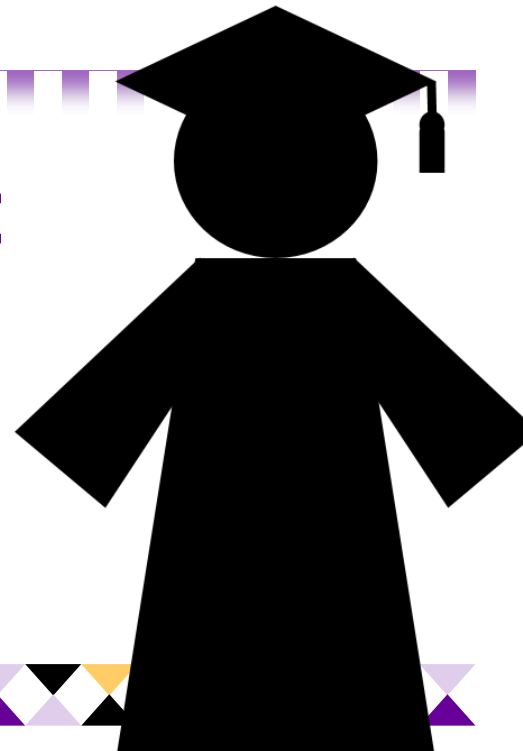


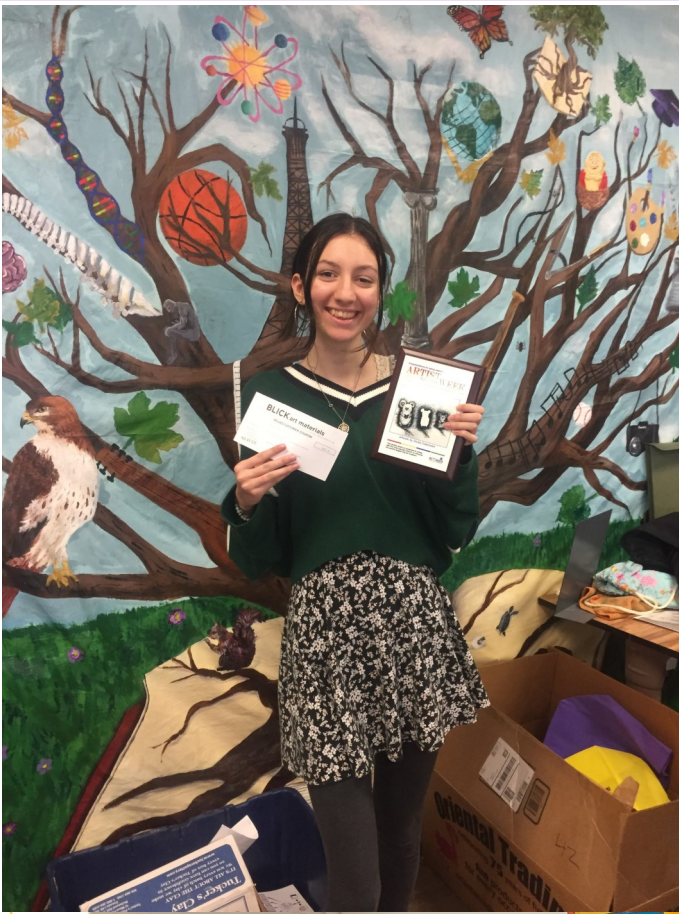
School Physicals

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.





Art Department news....

Gulia Oxenholm was chosen as "Artist of the Week" for 10th-12th grade through our national online art portfolio Art-sonia. Gulia's art was on the website homepage for a week, she received a \$50.00 gift certificate to Blick art supplies and a plaque with her artwork on it. Thanks for representing the Rhinebeck Art department Gulia, your work was beautiful.



Seniors in Mrs. Giles art classes toured R & F Paints in Kingston thanks to the support of RCSD Arts in Ed. Students took part in a three hour studio experience working with encaustic painting.

Five ways students can boost their critical thinking abilities

Developing a critical thinking mindset is one of the most essential skills for school success. To help your teen expand her critical thinking skills, consider encouraging the following:

1. Explain situations, examples and problems clearly. To describe an issue effectively, your teen will need to learn vocabulary and practice expressing herself.
2. Analyze information. When your teen reads something online or in print, it shouldn't be taken at face value. Credible sources should be found to help determine the actual facts.
3. See all sides of an issue. Is your teen passionate about a particular issue? Encourage arguments defending opposing viewpoints with equal dedication. This will help in under-

standing different perspectives.

4. Participate in extracurricular activities. Working on the school newspaper will teach your teen to conduct interviews and write articles based on what is learned. The drama club will give exposure to great works of literature. The chess club will teach strategic decision-making. All of these skills enhance critical thinking abilities.

Embrace diversity. Throughout life, your teen will interact with people from different backgrounds. Learning to appreciate differences will help your teen gain new insights about the world.

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REMINDER

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



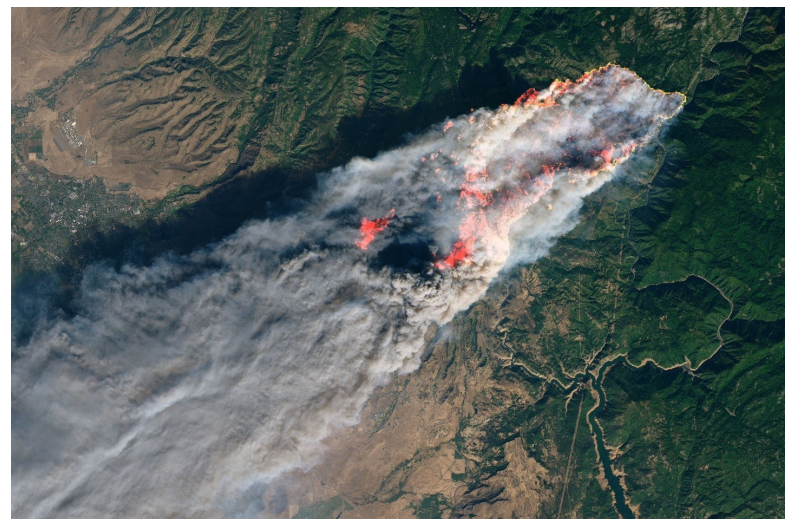
Another Successful Claudio Can Drive

In support of the Hyde Park-based **Claudio Cares Foundation**, which gathers non-perishable foods for local food pantries, the **RHS Student Council** in partnership with the **Association of Non-Instructional Employees (ANIE)** spent the first 2 weeks of December gathering canned goods. The Student Council donated over 750 cans (woo hoo!) and ANIE gathered over 400 cans (way to go!). These contributions

play an important role in feeding hungry families within our community and raising awareness about the pervasiveness of poverty and hunger among our neighbors. When these donations were dropped off, Mr. and Mrs. Coppola were effusive in their gratitude to the Rhinebeck community for our generous annual support organized in memory of their late son, Claudio. Kudos, Rhinebeck!

Student Council Raises Money for California “Camp Fire”

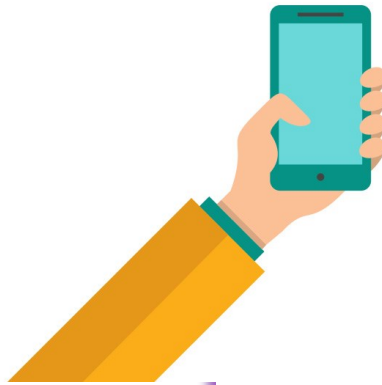
In response to the worst wildfire in California history, killing over 80 people, destroying over 14,000 homes and structures, and – quite literally – wiping the town of Paradise, CA, completely off the map, the RHS Student Council raised \$327 to help provide relief. The money is being donated to the Northern Valley Community Foundation Camp Fire Relief Fund that will provide financial resources to organizations and agencies responding to those affected by the Camp Fire in Northern California (www.nvcf.org). The Mayor of Chico, CA, a town that is hosting tens of thousands of evacuees and is nearby to Paradise, recommended this fund for those wanting to help. Our hearts go out to all those families who lost loved ones and their homes.



Show your teen how to create healthy smartphone habits

Experts agree that the use of digital devices can have a significant impact on students' academic performance, mental health and overall well-being. To help your teen create healthy digital habits, please consider encouraging the following:

- Have face-to-face conversations. Does your teen text you from the bedroom? Are texts sent to friends sitting nearby on the couch? If so, suggest he stop texting and start talking.
- Try to find answers independently. It's easy to ask "Siri" for answers—but that won't teach your teen how to research information.
- Turn off the device during lunch. Teens benefit from having social interactions with their peers. So, suggest a pact: "The first person to pick up their phone has to throw everyone's lunch trash away."



- Face awkward or boring situations without turning to the phone. Suggest your teen find other ways to pass the time.
- Be aware of mood. Too much screen time can leave teens feeling lonely, anxious or depressed. Tell your teen that whenever bad feelings arise, talk to a friend or trusted adult in person. Establish a cooling-off period. If your teen sees a text or post that provokes anger, wait 24 hours before sending a response.

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



How to support your teen's changing needs

Your teen might not be able to explain why their moods— but science can. The teen brain is growing as quickly now as it was during the first two years of life. That partially explains why your teen will be laughing one minute and angry the next.

Experts agree that teens need their parents' support now more than ever. To meet your teen's changing needs to ensure success in school, please provide:

- Time. Family time shows your teen that you care. It may be claimed that your teen will “die of embarrassment” if seen getting ice cream with the family, but deep down, your child is thankful to be with you.
- Encouragement. Believe it or not, teens want—and need—parents' approval. Let your teen know that you are

proud and that you believe they are capable of success.

- Patience. Teens are exploring a variety of things—new looks, new interests and new ideas. They're attempting to expand their horizons and explore the world. Be patient with your teen, discuss new interests and pick your battles carefully.

Nurturing. Make sure your teen knows how to make healthy food and exercise choices for a growing body. Nurture your teen emotionally by reminding your teen of your love and that you will be there when needed.

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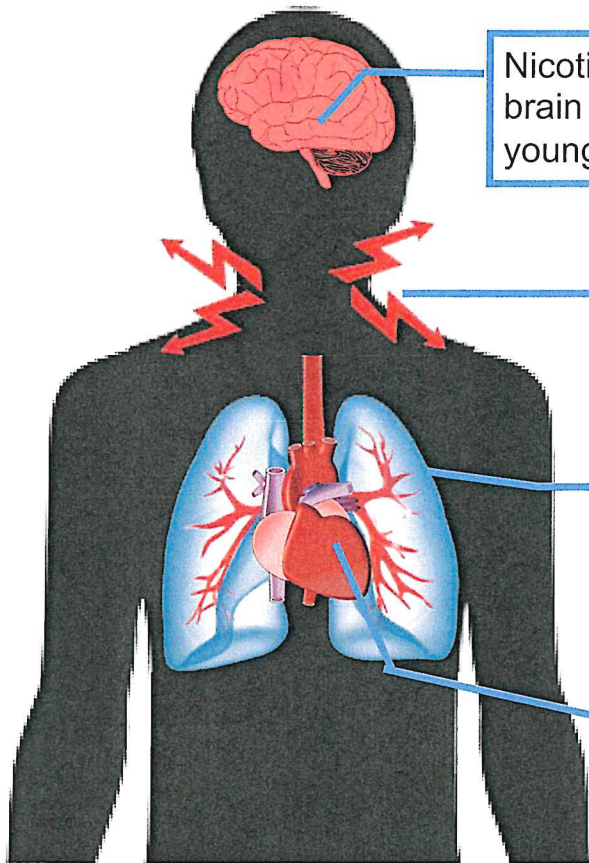
twitter 

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!

Risks of E-Cigarette and Vape Pen Use

Although the overwhelming majority of young people do not use e-cigarettes, the recent increase in use among adolescent is concerning to health professionals.



Nicotine use in early adolescence causes changes in the brain that make **life-long addiction** much more likely for young e-cig/vape users.

Ear, eye and throat Irritation is common among e-cigarette/vape pen users.

The aerosols produced by the chemicals in e-juice, enter into the user's lungs unfiltered and leave **chemical residue** behind.

Nicotine is known to have effects on the cardiovascular system. Some recent studies show that acute use of e-cigarette impaired flow-mediated dilation, this suggests that e-cigarettes can lead to **cardiovascular diseases**.

Recent studies show that e-cigarette/vape pen use is associated with the use of other tobacco products that are known to cause further health issues, including **cancer** and **heart disease**.

Many people incorrectly believe that these devices produce a water vapor when in fact they create aerosols that contain **harmful chemicals**, and **ultra-fine particles** that are inhaled into the lungs and out into the environment, making them harmful to the user and others nearby.

These devices are still very new so many of the long-term health consequences of their use is still not known. Even still, the mounting evidence shows that these devices are **not harmless**.



E-Cigarettes and Electronic Nicotine Delivery Systems: What Parents Need to Know

E-cigarettes have become very popular. These devices, also called electronic nicotine delivery systems (ENDS), e-cigarettes, vape pens, personal vaping devices, e-hookah and e-cigars, are not a safe alternative to cigarette smoking. The American Academy of Pediatrics (AAP) supports actions to prevent children and youth from using or being exposed to the vapor from ENDS. This fact sheet offers facts and tips for parents to help address ENDS use and exposure.

Are They Safe?

- The solution in ENDS devices and vapor contains harmful chemicals, some of which can cause cancer
- The nicotine in ENDS is addictive and can harm brain development
- ENDS are not recommended as a way to quit smoking
- In some cases, ENDS devices have exploded, causing burns or fires
- Secondhand smoke/vapor from ENDS is harmful to growing lungs
- Long-term health effects on users and bystanders are still unknown
- ENDS can be used to smoke or “vape” marijuana, herbs, waxes, and oils
- The best way to protect your children is to never smoke or vape near them. Talk with your doctor about quitting all tobacco. Never smoke indoors, in your car, or in places that children spend time.

Dangers to Youth

- ENDS are the most commonly-used tobacco product among teens: almost 1 in 4 high school students reported current ENDS use in 2015.
- Youth who use ENDS are more likely to smoke traditional cigarettes in the future
- Children are exposed to ENDS advertising on TV, social media, and in magazines and billboards
- The e-liquid in ENDS tries to appeal to children with fruit, bubble-gum and chocolate flavors
- Although it is illegal for ENDS to be sold to youth under age 18, ENDS can be ordered online

Risk of Poisoning

- ENDS solutions can poison children and adults through swallowing or skin contact
- A child can be killed by very small amounts of nicotine: less than half a teaspoon.
- As of 2016, liquid nicotine is required to be sold in childproof packaging
- Symptoms of nicotine poisoning include sweating, dizziness, vomiting, and increased heart rate.
- Calls to poison control centers related to ENDS devices have skyrocketed in the last 5 years

Recommendations for ENDS Users (Courtesy of the American Association of Poison Control Centers)

- Protect your skin if handling ENDS products
- Always keep ENDS devices and liquid nicotine locked and out of the reach of children
- Follow the specific disposal instructions on the label
- If exposure to liquid nicotine occurs, call the local poison center at 1-800-222-1222

For more information about these devices, including statistics and citations, please visit

<http://www2.aap.org/richmondcenter/ENDS.html>

Visit the AAP Richmond Center online at: www.richmondcenter.org

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		New Year's Day – school closed	School reopens			
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	Martin Luther King, Jr. – School closed				End of 2nd Quarter/First semester	
27	28	29	30	31		