



Dear RHS Parents:

Happy New Year! In this season of new resolutions, I found the following article informative. It is reprinted with permission from the January 2020 issue of Parents Still Make the Difference!® (High School Edition) newsletter, Copyright © 2020 The Parent Institute®, a division of PaperClip Media, Inc., "Resolutions can help students achieve their academic goals".

January is the month for making New Year's resolutions. People plan to do things like lose weight, get more active or get better grades. But by February, most have scrapped their resolutions. This doesn't have to be your teen! Share the following ways that New Year's resolutions can be kept and academic goals can become realities:

- Remember Janus. The Roman god Janus, who gave his name to this month, looked both forward and back.

- That's a good first step for your teen to take. What goals were met last year? How? What lessons learned will be helpful in the new year?

- Envision the goal. What would your teen's success look like? The more vivid a picture in the mind's eye, the more likely it will be achieved.

- Write the goal. Once your teen has a goal in mind, write it down on paper. Putting it in writing is the first step to creating a step-by-step plan to achieve the goal.

- Break it down. Big goals can't be achieved in a day. Your young scholar is not likely to earn a college scholarship this week. But specific actions that will get her on the right path can be identified."

- Sincerely,  
• Ed Davenport



**01/02—School reopens**

**01/10—PTSO Family Movie Night, 6:00pm**

**01/20—Martin Luther King, Jr. Day—school closed**

**01/21—01/24—Regents Exams**

**01/31—End of 2nd Quarter/First Semester**



# 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 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.

## Attention Juniors:

Test dates to note:

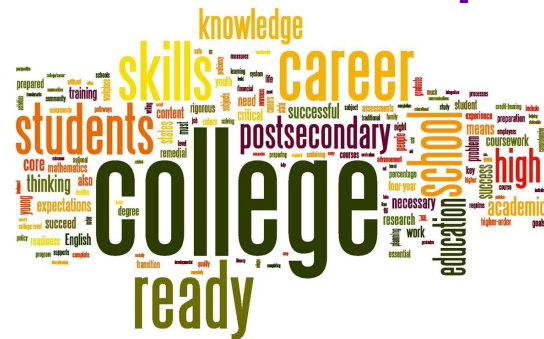
SAT I March 14 (registration deadline February 14)

SAT I & II May 2 @ RHS (registration deadline April 3)

SAT I & II June 6 (registration deadline May 8)

ACT April 4 (registration deadline February 29)

ACT June 13 (registration deadline May 8)



## **Current 2020 Scholarships available in Guidance:**

Claudio Coppola Student Leadership Award Deadline – April 15, 2020

Walter H & Kathryn T Henning Memorial Scholarship Deadline – April 13, 2020

Excellence in Nursing Scholarship Deadline – February 7, 2020

<https://www.fastweb.com/college-scholarships>

<https://communityfoundationshv.org/Scholarships>

## 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.

## Let your teen know that there is no such thing as ‘no homework’

When your teen is in high school, there is always something that can be done to keep up with schoolwork. So if your teen comes home from school and announces that there is no homework, encourage 30 minutes to an hour on one of the following activities. Your teen could:

- Get started on a long-term project or paper. It's never too early. Talk about how beneficial it is to start something when there's less pressure.
- Reread a chapter or read ahead. Your teen will be amazed at how much better the information will stick in your teen's mind if it is looked at when your child is relaxed.
- Read over class notes. Reviewing notes reminds your teen what been learned and provides a chance to fill in

- material that may have been left out.
- Create a practice test from books and notes. Then, ask you to ask questions.
- Practice math problems. Or, look up some vocabulary words the teacher hasn't yet assigned.
- Write something. It could be a story, a poem, a journal entry or a letter to a friend.
- Read something. Whether it's a classic book or a news magazine, any reading is worthwhile.
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School textbooks and materials from the 2018—2019 school year are still missing. Please take a look in your home, car, backpacks and anywhere else school materials may be hiding! If any materials are found, please return them to the main office. Thank you!

## RCSD Encourages Use of the QuickTip System

QuickTip is an anonymous electronic reporting tool to support and improve the safety of the school learning environment by allowing you to submit an anonymous tip to school and district officials. Please go to the Rhinebeck Central School District webpage and click on the Quick Tip icon to submit your information!



## Five ways to help teens pick up the reading habit

If your teen doesn't usually pick up books, you can still help develop a reading habit. Encourage your teen to:

1. Start a crossword challenge. Doing the crossword puzzle or a word puzzle online or in the newspaper is a great way to build vocabulary. Print two copies of the puzzle and race your teen to see who can complete it first.

2. Read to family members. Ask your child to read to a younger brother or sister. Or, read to an older relative. Remind your teen that an older person might enjoy being read to even more than a gift from a store.

3. Practice is important when it comes to sports. But reading about sports heroes could improve your

- teen's game, too. Ask the librarian to help locate the biographies of all-stars.

- 4. Take it outside. Your child can bundle up and read in the backyard or at a park

- Volunteer to read. Daycare centers, libraries, hospitals and nursing homes are just a few places that may welcome volunteer readers. This might be a terrific way for your teen to complete volunteer hours.

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## It takes just 20 minutes a day to strengthen reading skills!

By the time students reach high school, they have to be strong readers. In every subject from math to science to history, they need to read long passages and understand what they've read.

The good news is that reading skills improve with practice. Teens who read regularly get better at it. They read more quickly and remember more.

So let your teen practice her reading skills by reading something your teen wants to read. Encourage a set-aside of 20 minutes a day and read something not related

to school.

If possible, pick up something to read yourself during the same time. Later, the two of you can talk about what you've read.

Over time, this simple solution will help your high schooler build "reading muscles" and become a stronger reader.

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# January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day - school closed	2 School reopens	3	4
5	6	7	8	9	10 PTSO Family Movie Night, RHS, 6:00pm	11
12	13	14	15	16	17	18
19	20 Martin Luther King, Jr. Day - school closed	21	22 - 23 Regents Exams - January 21 - 23		24	25
26	27	28	29	30	31 End of 2 <sup>nd</sup> Quarter/First Semester	