

# RHS MARCH 2020



Rhinebeck High School Newsletter

March 2020

Dear RHS Parents:

I am very happy to share with you that the Rhinebeck High School Student Council has recommended, and faculty and administration have approved, the implementation of the Stanford Survey of Adolescent School Experiences to our students. The Student Council hopes that the administration of this survey and the consideration of its results will provide insight into decreasing academic stress, increasing student engagement, and fostering greater student voice in school.

Please find below information regarding this survey provided by Stanford University. The survey will be administered to students during the week of March 16, 2020.

**DESCRIPTION:** Your child is invited to participate in a **research study** on students' social, emotional, and physical well-being, as well as on students' educational goals and their views on the academic climate and expectations at their school and at home. Your child will be asked to participate in a questionnaire this year as part of this study.

**TIME INVOLVEMENT:** Your child's participation will take approximately 30—45 minutes.

**SUBJECT'S RIGHTS:** If you have decided to allow your child to participate in this project, please understand your child's **participation is voluntary** and you and your child have the **right to withdraw your consent or discontinue participation at any time without penalty or loss of benefits to which you are otherwise entitled. The alternative is not to participate.** Your child has the right to refuse to answer particular questions. Your child's individual privacy will be maintained in all published and written data resulting from the study. However, if your child shares information on the survey that makes us think there is a risk to their safety or someone else's safety, we will pass that information on to the school administration.

**CONTACT INFORMATION:** *Questions:* If you

• have any questions, concerns or complaints about  
• this research, its procedures, risks and benefits,  
• contact the Protocol Director, Denise Pope at (650)  
• 736-1779.

• *Independent Contact:* If you are not satisfied with  
• how this study is being conducted, or if you have  
• any concerns, complaints, or general questions  
• about the research or your rights as a participant,  
• please contact Stanford Institutional Review Board  
• (IRB) to speak to someone independent of the  
• research team at (650) 723-2480 or toll free at  
• 1-866-680-2906. You can also write to the Stanford  
• IRB, Stanford University, Stanford, CA 94305-  
• 55401."

• **If you DO NOT agree to have your child**  
• **participate in this research, please contact me**  
• **by telephone or by email no later than March 13,**  
• **2020 in order to opt out.** If you would like to  
• review a paper copy of the survey, please contact  
• my office and we will schedule time for you to  
• review the survey. (Our agreement with Stanford  
• University does not permit us to share digital copies  
• or to allow paper copies to leave our premises.)

• Please contact me with any questions.

• Sincerely,

• Ed Davenport, Principal



03/06—End Of 3rd interim reporting period

03/09—Start of Spring JV/Varsity sports

03/16—Start of Spring Modified sports

03/20—RHS early dismissal—11:39am

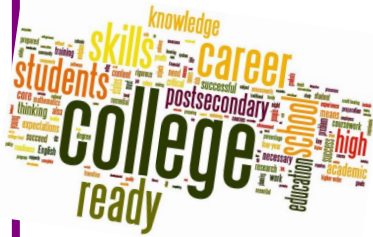
03/27 03/28—RHS musical—7:30pm;  
03/29—2:00pm

# Guidance News



Early admission/bridge program information night at Dutchess Community College is Tuesday, March 24<sup>th</sup> @ 6:00pm at Dutchess Community College. More information can be obtained at [connect.sunydutchess.edu/register/earlyadmit](http://connect.sunydutchess.edu/register/earlyadmit).

ACT late registration deadline for the April 4<sup>th</sup> Exam is March 13<sup>th</sup>.



SAT registration deadline for the May 2<sup>nd</sup> Exam is April 3<sup>rd</sup>.

All students that filled out course selections with their counselor, please return parent/guardian signed course selection sheets to Guidance Office.

Seniors please inform your Guidance Counselor of what colleges have accepted you and your final decision on where you will be attending.

Scholarships are available in the Guidance Office, come check them out to help fill in the gaps and save some money.



## Help Solve the Mystery!!!

A number of school materials and textbooks from the 2018-2019 school year are still missing!

Please check around your home, office, car, sports bags, etc. to avoid being charged for unreturned school materials.

Please bring in any found items to the high school Main Office attention Ms. V. Thank you in advance!

## 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!



## 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.



### For your planning:

**Sports physicals** will be in the health office on May 21, 2020 1:30pm—3:30pm with Dr. Narula. Students may sign u in the health office.

## Experts say teen brains may be primed for power struggles

You are determined that your teen will finish her homework right now. She is equally determined to spend another 30 minutes on her phone.

Sound familiar? Teens and parents regularly find themselves locked in power struggles. Brain research suggests that these power struggles may be because teens' brains are not fully developed.

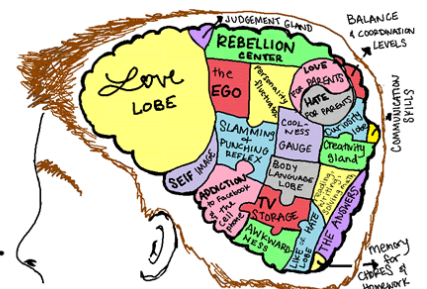
An area of the brain known as the prefrontal cortex acts as the brain's CEO. It helps adults regulate their behavior.

An adult would think, "If I say that to my boss, I'm likely to get fired. Maybe I'd better keep that thought to myself." But the prefrontal cortex develops late—so many teens lack that ability to control their impulses.

So what does that mean for you and your teen? Avoid power struggles when you can. Don't give in to all of your teen's demands, of course. Instead, look for ways to involve her in decisions. For example, asking, "What time will you be able to finish your homework so we can go to the football game tonight?" may eliminate a fight—and still get the homework finished.

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**THE  
AVERAGE  
TEENAGE  
BRAIN**



## Parental expectations set the stage for academic success

Research shows that parental expectations have a significant impact on high school students' achievement. One study found that:

- Teens strive to reach parents' expectations of them. If you believe in your teen and expect him to succeed in school, he is likely to have higher academic achievement.

Teens' expectations for themselves begin to match the expectations their parents have for them. If you make it clear to your teen what you want of him, by saying things like "I want you to do well in school," he will begin to have the same expectations for himself.

To inspire your teen:

- Talk to him about what you want

- him to achieve in high school—and ask him what he expects to achieve.
- • Help him set attainable goals—such as improving a grade in a certain class.
- Discuss the future. Compare your dreams for your teen with his own.
- Talk about potential careers or college plans. Tell him that you support him and know he can succeed in whatever he does.

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## Four strategies can reduce your high schooler's test anxiety

Does your teen's stomach do flip-flops at the thought of a huge test? Although you can't take the test for her, there are lots of ways you can help her get ready.

You can:

1. Chat with your teen. Ask her why she's so nervous about the test. Is the material too hard? Does she not understand it?

Sometimes just getting her concerns off her chest can make the test less scary.

2. Help your teen make a study schedule. Encourage her to set

- aside study time on each of the days leading up to it. (Check out the five-day study plan to the left.)

3. Create a comfy study spot. Carve out a quiet, well-lit place at home where your teen can study. Make sure she has all the supplies she needs—including a healthy snack—when she sits down to hit the books.

- Remind her of her strengths. "I know you're worried about the big science test, but remember how well you did on the last one?" Focus on the positives and let her know you believe she can be successful.

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**Students interested in driving to school must submit a parking application in the main office and have a valid parking tag.**

Attendance at the CAPE sponsored Teen Driving program with a parent/guardian is mandatory for students wishing to obtain a tag for the remainder of this school year, as well as for the 2020-2021 school year. Students who have attended in previous years are not required to attend.

CAPE (the Council for Addiction Prevention and Education) is sponsoring the following TEEN DRIVING program schedule:

PLEASE NOTE: Students are welcome to attend the program at ANY High School. Registration begins at 6:30 pm (6:15 pm at Arlington, John Jay and Roy C. Ketcham). The program is 1 hour (7pm-8pm).

Spackenkill – March 18, 2020

Beacon – March 19, 2020

Red Hook- March 24, 2020

Millbrook – March 25, 2020

Arlington A-L – March 26, 2020

Dover – March 31, 2020

Rhinebeck– April 1, 2020

Arlington M-Z – April 2, 2020

Webutuck – April 15, 2020

Pawling– April 16, 2020

Roy C. Ketcham– April 21, 2020

John Jay – April 22, 2020

Pine Plains – April 28, 2020

FDR – May 7, 2020



\*\*Student MUST be accompanied by at least one parent or guardian.

\*\*\*Admittance after 7pm will not be allowed.

## Think your family is weird? Think again!

They're Creepy and They're Kooky....and They're Coming to RHS!

Tickets are now on sale for Rhinebeck High School's Musical production of *The Addams Family*!

Performances will take place on Friday, March 27<sup>th</sup> (7:30 p.m.), Saturday, March 28<sup>th</sup> (7:30 p.m.), and Sunday, March 29<sup>th</sup>, (2:00 p.m.) in the Joseph L. Phelan Auditorium: <https://search.seatyourself.biz/webstore/accounts/rhinebeckcsd/buy-tix?d=0>



## News from National Honor Society:

A huge thank you to faculty and staff for helping to make the National Honor Society Pancake Breakfast fundraiser for the Leukemia and Lymphoma Society on February 21 a success!

National Honor Society would like to thank the Rhinebeck community for attending the National Honor Society Pasta Dinner fundraiser (all proceeds to the Leukemia and Lymphoma Society) on Friday, February 21st. Special thank you to Sarah Hutchings and Debbie Tierney for all their help in food preparation and serving. Thank you to all the Rhinebeck students who helped with the event!



SAVE THE DATE

**Thursday, March 5, 2020**

Rhinebeck High School Auditorium 6:30pm

**SCREENAGERS NEXT CHAPTER**

Uncovering Skills for Stress Resilience

This one night only film event focuses on helping young people thrive in our screen and stress-filled world.

The documentary follows Dr. Ruston's first film, "Screenagers, Growing Up in the Digital Age". "Next Chapter" and finds her struggling with youth anxiety and searching for strategies to support a teen's emotional life. The film helps us to understand today's distinct challenges and follows the filmmaker as she evolves from ineffective parenting to much-improved strategies.

A testimonial from an educator:

*We were all very impressed with the way important topics were presented and how relatable the stories were for both students and parents.*

*- Sandra Rubin, director of parent relationships, CA*

The filmmaker brings in a great range of professionals to help her understand the situation and her children better. Helpful advice is given for all parenting that extends far beyond screen issues. Check out the experts who will educate us all throughout the film:

<https://www.screenagersmovie.com/experts-2>

Check out the movie trailer link below. Put it in your calendar and tell your friends and colleagues. See you there!

*Sponsored by RCSD Health & Wellness and Rhinebeck Science Foundation*

<https://www.screenagersmovie.com/nc-trailer>

# March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
					End 3 <sup>rd</sup> interim reporting period	
8	9	10	11	12	13	14
	Start of Spring JV/Varsity Sports					
15	16	17	18	19	20	21
	Start of Spring Modified Sports				RHS early dismissal - 11:39am	
22	23	24	25	26	27	28
					RHS Musical - 7:30pm	RHS Musical - 7:30pm
29	30	31				
RHS Musical - 2:00pm						