



Dear RHS Parents:

As our school year approaches its conclusion and students look forward to the summer months, I thought the following article, reprinted with permission from the May 2019 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2019 The Parent Institute®, a division of PaperClip Media, Inc., contained valuable information. “Students who read what they want over the summer months are more likely to keep on reading than those who don’t. And summer reading has a positive impact well beyond the last page of the book.

Getting caught up in a book:

- Teaches persistence. Most teens can’t finish a book in a single reading. That means they have to figure out ways to complete their other tasks so they can get back to reading!

- Strengthens the imagination.

When teens get a chance to read about another world, or to “see” the world through someone else’s eyes, it helps them become more creative thinkers.

Prevents the “summer slide.” Reading over the summer builds skills and helps teens avoid learning loss.

To help your teen find books he will love, encourage your child to:

- Talk to friends. What books have they enjoyed reading?

Look online. There are many websites, including Goodreads.com, that will allow your teen to explore all genres of books.

Go to the library. He can just browse the shelves or ask the librarian for suggestions.”

Please contact me with any questions or suggestions!

Ed Davenport
Principal

May's



05/21—Sports physicals—1:30pm—3:30pm

05/24—05/28—School closed—Memorial Day Weekend

June's

06-01—Jr./Sr. Prom—Diamond Mills, Saugerties, 7:00pm-11:00pm

06-10—RHS Academic Awards— Auditorium—7:00pm



Important Dates

06-12—RHS Athletic Awards— 7:00pm

06-13—CTI Graduation

06-14—RHS last day of classes

06-17—End of 4th quarter,

RHS early dismissal @ 11:39am

06-18—06-25—Local and Regents exams

06-29—RHS Graduation Ceremony—6:00pm

06-26—Regents Rating Day

A reminder from the School Nurse:

Please remind your students who carry Inhalers and Epi-Pens to be sure to have them readily available during PE classes, Sports, and Field trip events.



FALL Sports physicals are scheduled for May 21st, 1:30-3:30 in the RHS/BMS Health Office. This is the only date available to see the school doctor for a 19-20 Fall Sports physical. Physicals will be done on a first come, first served basis, and students are encouraged to sign up in the health office. As always, students may continue to see their own physician for a physical and provide a copy to the school nurse.



Help Solve the Mystery!!!

A number of school materials and textbooks from the 2017-2018 school year are still missing!

Please check around your home, office, car, etc. to avoid being charged for unreturned school textbooks. Any items found that belong to the high school can be returned to the main office to the attention of Ms. van den Thoorn. Thank you in advance for your help.



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

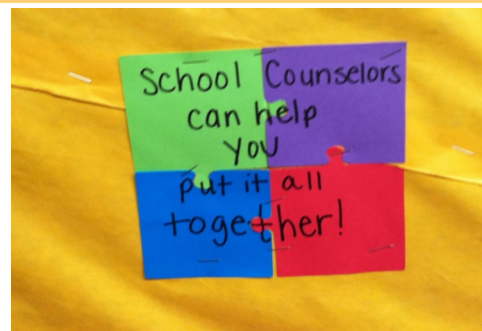
Rhinebeck High School Graduation: Sat., June 29, 2019, 6:00 pm



Guidance News

Current Scholarships available in Guidance:

Please see www.rhinebeckcsd.org under Rhinebeck High School>Guidance Office>Senior Scholarships for more information.



A gratitude journal can boost success



It's a fact: Students who are grateful experience higher academic interest, grades and extracurricular involvement. Suggest that your teen keep a gratitude journal. This will provide a permanent record of the many good things in their life—and build writing skills at the same time.

To reap the most benefits from keeping a journal, experts recommend writing in it regularly, at least once a week.

Your teen can write about:

- A relationship that helped personal growth.

- An opportunity provided.
- Something great that happened to a friend.

Something that they admire about themselves.

The journal can also become an action list. If your teen realizes that they are grateful for having a particular history teacher, they might decide to write that teacher a thank-you note.

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REMINDER.....

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



Marist Band Trip



The High School Band had the privilege to travel to Marist College for a second time this school year. This annual Marist trip is always a really meaningful experience for us as musicians as well as an ensemble. We restructured our usual program a bit, spending time rehearsing in 'breakout sessions' with students at the college, improving our musicianship and collaboration skills with the talented band students and work with, as we do most years, director of bands Arthur B. Himmelburger, whom we all know very affectionately as 'Art.'

As a former percussionist in the University of Michigan marching band, he worked with us on our opening piece for our spring concert, the iconic Block M march.



Model UN Club goes to The Dalton School

This past Sunday (April 28th), Rhinebeck's Model UN Club travelled to NYC to participate in The Dalton School's Model UN Conference. Roughly 500 delegates from 40 schools attended this prestigious and competitive conference, including Stuyvesant, Horace Mann, Bronx Science, The Spence School, Trinity School, Collegiate School, and Baccalaureate School for Global Education. Nine (9) Rhinebeck High School students attended Dalton MUNC, along with their advisor, Mr. Moor. To save money on transportation

and increase the fun, we shared a bus with our colleagues in the Red Hook Model UN Club and Hudson City School's Model UN Club. Together, we departed from Red Hook at 6:00am and returned at 9:00pm! Our RHS delegates represented Costa Rica and Philippines on six different committees. Committees began their work by engaging in moderated debate on questions appropriate to their committee's jurisdiction, followed by opportunities for students to draft working papers in unmoderated caucuses, followed by presentations





and questions for each working paper, culminating in committee votes on whether to adopt the working papers as resolutions. RHS delegates were right in the thick of debate, actively participating in efforts to move legislation toward adoption, and had a great time verbally sparring with delegates who held opposing viewpoints. Our students performed very well against much more experienced delegations and clearly

improved their debate performance from their last conference experience. This year, our own Talulah Patch received a Verbal Commendation representing Costa Rica on the U.N. High Commissioner for Refugees Committee!



“Just Imagine!”

Artwork by Rhinebeck Central School District Students

May 1 – May 31, 2019

Reception Friday, May 10, 5:00 – 7:00pm

The thirteenth annual group exhibition of works by students attending Rhinebeck Central School District will be on display beginning May 1 entitled, “*Just Imagine!*” The public is invited to join faculty and students at a **reception on Friday, May 10 from 5-7pm** at the Starr Library in Rhinebeck.

The exhibit will feature work in a variety of media used in students' art classes and show the expertise students gain as they study art within Rhinebeck Central Schools' arts curricula under the direction of art teachers Fawn Johnson (CLS), Jennifer Famiglietti (BMS), Kathryn Giles and Cynthia Baer (HS).

While the works reflect the students' proficiency in using mixed media, drawing (pencil or charcoal), pastel,

stained glass, and acrylic painting, they also reflect the themes and interests of the individual students. Some themes reflect local and/or distant outdoor life, others show a student's self-awareness, while others substantiate the student's keen understanding of balancing light, and color and hues. This exhibit provides a spectrum of creative experiences Rhinebeck Central School students in grades K through 12 are exposed to as they participate in Rhinebeck's course offerings and learn about visual art with its multiple media.

Starr Library is located at 68 W. Market St., Rhinebeck, NY 12572 For more information, call 845.876.4030 or visit www.starrlibrary.org

Follow the Rhinebeck School District on Facebook, the District website, Twitter and Instagram.



Boundaries & structure lead to a productive summer

Your teen's need for structure and learning doesn't end on the last day of school. But without a plan, a young person may end up just drifting through the summer—with nothing to show for it.

To help your teenager plan for a productive summer:

- Encourage learning goals. When teens let their brains go on vacation all summer, their achievement tends to slip. So help your teen set some learning goals. Perhaps they want to learn how to play a musical instrument. Or maybe read all the books in a series. Whatever the goal, help make a plan to achieve it.
- Set boundaries. You may decide to relax some of your family rules. For

example, you may extend your teen's curfew if there is no need to get up early for a job or an activity the next morning. But don't excuse your teen from all expectations. Teens should still contribute around the house and follow basic rules.

Focus on health. Have nutritious snacks readily available and encourage your teen to drink lots of water. Make sure there is time for regular physical activity. Stick to recreational screen time limits. No one should waste the summer staring at a digital device.

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Sleep is critical to your teen's ability to concentrate and learn

Your teen may think they are able to pay attention in school without getting a proper night's sleep, but that's far from the case! A lack of sleep will reduce the ability to learn, listen, concentrate and solve problems.

Share these research-based facts with your teen:

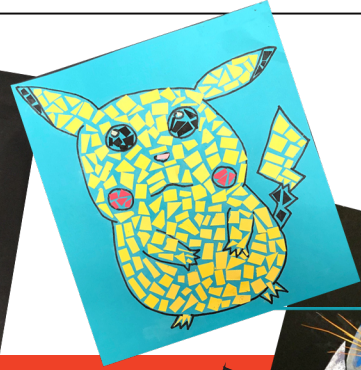
- Teens need 8 to 10 hours of sleep each night to function well the next day. Only 15 percent of teens report getting 8.5 hours of sleep each night.
- A consistent sleep schedule helps teens feel less tired. Your teen may be tempted to sleep until noon on weekends, but it only makes waking up harder on Monday morning. Create a routine for going to bed and waking up.
- Nothing replaces good sleep. Vita-

mins, pills and drinks with caffeine are not substitutes for a night of restful sleep.

- Sleep deprivation causes the same impairment as having a blood alcohol content of .08 percent. This means that driving while sleepy is dangerous.
- A lack of sleep causes many teens to feel depressed and stressed.

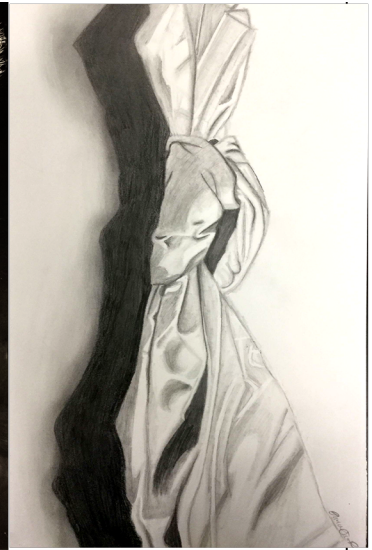
Using technology, eating, drinking and exercising in the hours right before bedtime makes it harder to sleep. Suggest quiet, calm activities that will relax the brain. Taking a warm bath or shower right before bedtime can help your teen's body get into sleep mode.

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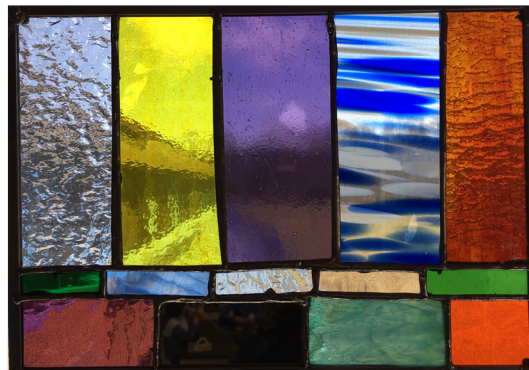
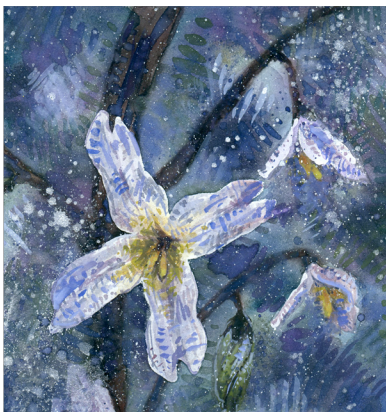
JUST IMAGINE!!!

ARTWORK BY RHINEBECK CENTRAL SCHOOL DISTRICT STUDENTS K - 12 GRADE
at STARR LIBRARY, 68 W. MARKET ST., RHINEBECK, NY 845.876.4030



May 1 – May 31, 2019

OPENING RECEPTION FRIDAY, May 10, 6:30PM – 7:30PM



WWW.STARRLIBRARY.ORG

SPORT PHYSICALS



**Sign up NOW in the
Health Office for a Sports
Physical that will be good
for all of next year.**

**Physical Date: 5/21, 1:30-3:30
This is the only date for Fall Sport
Physicals!**

****You must still register on Family ID
before each sport****

**NYS REGENTS EXAM AND LOCAL FINAL SCHEDULE
MONDAY, JUNE 17TH 2019**

	MORNING
ELA 10H	GYM 8:00AM—11:15AM
ELA 10	
ELA 9	
ELA 9H	
	AFTERNOON
MATH APPLICATIONS	GYM: 11:45 – 3PM
INTERMEDIATE ALGEBRA	
PRE-CALCULUS	

**NYS REGENTS EXAM AND LOCAL FINAL SCHEDULE
TUESDAY, JUNE 18TH 2019**

	MORNING
US History (Regents)	GYM:8:00AM-11:15AM
Global 9	
	AFTERNOON
Living Environment (Regents)	GYM: 11:45 – 3PM

NYS REGENTS EXAM AND LOCAL FINAL SCHEDULE
WEDNESDAY, JUNE 19th 2019

	MORNING
ELA (Regents)	GYM: 8:00AM-11:15AM
French I and II	Auditorium: 8:00— 11:15 am
	AFTERNOON
Algebra I (Regents) Algebra 1A Statistics	GYM: 11:45AM – 3PM

NYS REGENTS EXAM AND LOCAL FINAL SCHEDULE
THURSDAY, JUNE 20th, 2019

	MORNING
Transition Global History (Regents)	GYM: 8:00AM-11:15AM
	AFTERNOON
Earth Science (Regents)	11:45 AM -3PM GYM
Psychology	

NYS REGENTS EXAM AND LOCAL FINAL SCHEDULE
FRIDAY, JUNE 21st, 2019

	MORNING
Geometry (Regents)	GYM: 8:00AM-11:15AM
	AFTERNOON
Algebra II (Regents)	11:45 AM -3PM GYM

NYS REGENTS EXAM AND LOCAL FINAL SCHEDULE
MONDAY, JUNE 24th, 2019

	MORNING
FORENSICS	Classrooms: 124, 125,126,136,137 8:00AM-11:00AM
SPANISH PROFICIENCY	AUD: 8:00AM-10:15AM
FRENCH PROFICIENCY	GYM 8:00AM-10:15AM
FRENCH PROFICIENCY	ROOM 208 8AM-10:15AM
	AFTERNOON
SPANISH I AND II	GYM 11:45-3PM
FRENCH 1 (BMS STUDENTS ONLY)	AUD: 11:45—3PM

NYS REGENTS EXAM AND LOCAL FINAL SCHEDULE
TUESDAY, JUNE 25TH, 2019

	MORNING
CHEMISTRY (Regents)	GYM 8:00AM-11:15AM
	AFTERNOON
FRENCH FINAL CHECKPOINT B	AUD 11:45AM-3PM
SPANISH FINAL CHECKPOINT B	Classroom 11:45AM-3PM
PHYSICS (Regents)	GYM 11:45AM-3PM

WEDNESDAY, JUNE 26TH, 2019
NO EXAMS SCHEDULED

RATING DAY
NO EXAMS SCHEDULED

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				RHS Band Concert – 7:00PM	SCHOOL CLOSED – School Holiday	SAT Exams at RHS – 7:00am
5	6	7	8	9	10	11
		ADVANCED PLACEMENT EXAMS			End of 4 th Interim Reporting Period	
12	13	14	15	16	17	18
		ADVANCED PLACEMENT EXAMS				
19	20	21	22	23	24	25
		Sports Physicals – 1:30pm – 3:30pm	RHS Chorus Concert – 7:00pm		SCHOOL CLOSED- Memorial Weekend	
26	27	28	29	30	31	
	SCHOOL CLOSED- Memorial Day	SCHOOL CLOSED- give-back snow day				

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Jr/Sr Prom, 7 pm – 11 pm, Diamond Mills, Saugerties
2	3	4	5	6	7	8
9	10 Academic Awards, 7:00pm, RHS Auditorium	11	12 RHS Athletics Awards, 7:00pm, RHS Auditorium	13 CTI Graduation, 6:30pm	14 RHS Last day of classes	15
16	17	18	19	20	21	22
	LOCAL AND REGENTS EXAMS					
23	24 LOCAL AND REGENTS EXAMS	25	26 Regents Rating Day	27	28	29 RHS Graduation, 6:00pm
30						