



Dear RHS Parents:

As you may be aware, as a faculty we have been working on incorporating research on the “growth mindset” in our teaching practices. Briefly, growth mindset research indicates that the ability to learn is not a static capability but can be improved over time, and that the focus in classes should be on learning, formative assessments, and on process over product. I thought the following article, reprinted with permission from the November 2019 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2019 The Parent Institute®, a division of PaperClip Media, Inc. Source: “*Grades vs Learning: Shifting Attention to What’s Important*,” The Graide Network, The Chicago Literacy Alliance, provided useful tips to support this important insight.

“When you ask your teen how he is doing in school, you probably want to know what his grades are. While that is a legitimate concern, the process of learning is just as important.

Show your teen you are interested in what he is learning by asking him questions about:

- His accomplishments in his classes.

- How did he handle the most difficult math problem he recently faced?
- The most recent test he took. Don’t ask about his grade. Instead, ask if he thinks the test was a good way to measure how well he knew the material? Why or why not?
- The book he is reading. Can he give you a summary of the plot? Does the story remind him of anything in his life?
- Experiences that may have changed his way of thinking. You may be able to share some of your own school experiences that had a similar effect on you.
- Questions like these show your teen you want to know what he thinks about what he’s learning. They also show that you are concerned about his development and that learning is about far more than grades.”

Sincerely,
Ed Davenport
Principal



11/06—Early Dismissal @ 2:20pm—Building Evacuation Drill

11/07— End of 1st marking period; Parent Workshop: Skills to Prevent Anxiety & Depression, RHS, 6:00pm

11/08—School closed—Supt’s Conf Day

11/11—School closed—Veteran’s Day

- **11/12**—Winter JV/Varsity Sports begin
- **11/15 & 16**—RHS Fall Drama— Almost Maine, 7:30pm
- **11/18**—Winter Modified Sports begin
- **11/21**—BMS/RHS Talent Show, 7:00pm
- **11/27, 28 & 29**—School closed— Thanksgiving Recess

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National Honor Society News



National Honor Society is hosting a "Jeans for Troops" day on November 7th. Students and Staff please consider making a small donation to this cause and wearing denim on Thursday, November 7th.

veterans find housing, offers mentoring and career coaching and training for employment. All funds raised by NHS will go to the organization to further support GiGo Fund mission of helping veterans find employment, go to college, find their benefits, and link to housing assistance. For information about GIGo Fund, please visit our How We Help page and our Newsroom.

The GIGo Fund is a 501(c)(3) nonprofit organization that helps



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ATTENTION UNDERCLASSMEN!!

PORTRAIT MAKE UP/ RETAKE DAY
is November 14, 2019.

Comb your hair and brush your teeth in anticipation of the Portrait retakes. Information in the front office and at the greeters window. This is your last opportunity for the 2019-20 year to get your picture taken. Don't miss out!



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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.

SAVE THE DATE

RHS Creative Writing and Fall Drama Clubs present

A BLACK BOX THEATRE PRODUCTION

WEDNESDAY, DECEMBER 10, 2019 at 7pm on the

BMS CAFETERIA COFFEEHOUSE STAGE

Enjoy an evening of poetry and monologues presented by fellow HS Students, including 2019 Poetry Out-loud Competition Semi-finalists. Suggested Admission is \$10.00 and includes entertainment, plus bottomless Coffeehouse beverages and desserts. Come and join us for a well-deserved coffee break!

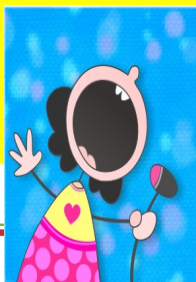


Rhinebeck's Got Talent!! Talent Show and Holiday Bazaar

Thursday, November 21, 2019

It's Here! Rhinebeck students from both the Bulkeley Middle and Rhinebeck High Schools are ready to show us what they've got! Nearly 20 students will be featured in the annual talent show hosted by the HS Fall Drama Club and are working for another amazing show!

A First place prize of \$100.00 for both the BMS and HS Most-Talented act will be awarded courtesy of Baerhands Theater and Television, Inc. as well as an Honorable Mention Prize for each school. 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 Fall Drama Club. And, save your appetite for the food set up in the Auditorium Hall to cause beginning at 6pm. See



concessions and other school clubs sell their wares or promote their Mrs Baer for more information.

RHINEBECK HS DRAMA CLUB PERFORMS FALL SHOW

ALMOST, MAINE, A Romantic Comedy,

Friday & Saturday, November 15 & 16, 2019, 7:30pm

Don't miss *Almost, Maine*, a charming little romantic comedy about the happenings in a fictional place in Northern Maine during a 10 minute span of time. Enjoy a series of playful and



Left: Ninth grade students, Claire Hewitt and Grace Harra create a winter wonderland.

surreal experiences created by writer, John Cariani. Propelled by the mystical energy of the aurora borealis, the play is 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 and each with its own touch of sorcery and surprise. Directed by Cynthia Baer the play features students from 9 – 12th grade including Thomas Stark, Olivia Selby, Alexis Martinez, Carolina Dickens, Bella Kroner, Zeld



Left: Stage Manager Georgia Plambeck working on the set of *Almost, Maine*.

Jake Valentino and Tom Stark work on construction.



Above: Emma-Rose Scagnelli and Riley LeHane work on sound effects.

Olivia Scott, Natalie Traudt, Jack Bettigole, Jacob Bancroft, Nicole Prout, Alejandra Dickens, Theadora Hirmes, Owen Oleszewski, Radha Lahiri, Joey Dull, Madison White, Hirpheshi Dentico, Giulia Oxenholm, Isaac Levine as well as a talented and dedicated stage and tech crew. Come see your friends perform in this modern day comedy that allow everyone participating to get their 5-minutes of fame. Show dates are set for Friday and Saturday, November 15 & 16 at 7:30pm. A \$5.00 donation is recommended at the door to benefit the Fall Drama Club. Plan ahead and get ready for a relaxing night at the theater! For more information, contact Cynthia Baer.



The Class of 2022 is having a beverage fundraiser.

Java Joe is a New York based business. This fundraiser offers eleven ground flavors of coffee, five decaf flavors, three whole bean flavors, two single serve K cup coffees and one flavor tea K cup. In addition, there are five specialty flavor beverages, including hot chocolate and smoothies. This fundraiser will run from November 4th – 29th , 2019, giving you ample time to submit orders (maybe while spending time with friends and family over the break.) **All orders *with payment* must be returned to any class officer, participating 10th grader, or place in Ms. Hahn's mailbox in the main office by NO LATER than November 29th!** Once the order is submitted to Java Joe no further orders can be accepted, however, you can order online whenever you wish (be sure to direct sales to Rhinebeck High School). We are aiming for a delivery date before the winter break.

If you would like to order online, please visit Java Joe at:

www.javajoesfundraiser.com

Thank you and May the Funds Be With ☺ You Your Class Officers:

Riley LeHane ~ President

Laura Voorhis~ Treasurer

Jack Viator ~ Vice President

Megan Russell ~ Secretary

Matthew Raccuia

Ms. Hahn ~ Sophomore Class Advisor

Top two sellers will receive two movie tickets to the Lyceum Theater in Red Hook and two \$2.00 coupons to Holy Cow. Please help the Class of 2022 reach their fundraising goal!



Give your teen three test-taking strategies that lead to success

Whether it's a quiz in English class or that all-important driver's test, testing is a fact of life. To help your teen succeed on any test, suggest that she:

1. Read the directions carefully. This will keep her from making simple and avoidable mistakes. The directions could say, "Answer two of these four questions." Or they could say that some multiple choice questions have more than one correct answer. On a math or science test, the directions will say whether your teen has to show her work. Even if she gets the final answer wrong, she could get partial credit for showing her work.

2. Use time wisely. Suggest your teen read through the entire test before answering any questions, when possible. Then she can budget her



time. If the essay question is worth 50 points, she will know how much time to allow. She'll also know if she's spending too much time on a single question. Using time wisely also means using all the time available. Some teens treat tests like a NASCAR race—they want to be first across the finish line. Teach your teen to use all extra time to check her work.

Answer the easy questions first. Getting off to a strong start can give your teen the confidence she needs to tackle tougher questions. Answering the easier questions first may also remind her of a fact or two she can use to answer the more difficult questions.

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Strategies your teen can use to stay alert

Many high school students report that they sometimes fall asleep while studying. Here are some tips you can give your teen to help him fight off the urge to doze:

- Get enough sleep on a regular basis. According to the American Academy of Pediatrics, teens need between eight and 10 hours of sleep every 24 hours.
- Don't get too much sleep! Too much sleep can make your teen just as groggy as too little.
- Take frequent breaks. One five- to 10-minute break after every hour of studying will keep your teen awake and help his mind stay focused. During breaks, he can pace across the room, splash his face with water or do some stretching exercises.

- Don't get too comfortable. If your teen is too relaxed, it will be easier for him to doze off.
- Focus on posture. Sitting up straight or standing up while studying can help your teen stay alert.
- Exercise regularly. Active teens sleep better at night and have more energy during the day.
- Drink plenty of water to avoid dehydration.
- Eat a healthy snack to keep blood sugar stable.
- Study with a friend or in a group.

Alternate tasks to keep things interesting. When your teen starts to feel sleepy, he should switch things up. Reprinted with permission from the November 2019 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2019 The Parent Institute®, a division of PaperClip Media, Inc.

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
			Early Dismissal @ 2:20pm – Building Evacuation Drill	End of 1 st marking period; Parent Workshop: Skills to Prevent Anx. & Dep., RHS – 6:00pm	School closed – Superintendent's Conference Day	
10	11	12	13	14	15	16
	School closed – Veteran's Day (obs.)	Winter JV/Varsity Sports begin			RHS Fall Drama- Almost Maine, 7:30pm	RHS Fall Drama- Almost Maine, 7:30pm
17	18	19	20	21	22	23
	Winter Modified Sports begin			BMS/RHS Talent Show, 7:00 pm		
24	25	26	27	28	29	30
			School closed- Thanksgiving Recess	School closed- Thanksgiving Recess	School closed- Thanksgiving Recess	