



Dear RHS Parents:

As young people progress through their high school years and develop their own problem solving abilities, explore their identity, and increasingly assert their own wishes at school and at home (all important benchmarks in adolescent development), it is important for their parents to remain involved in their schooling. I thought the following article, reprinted with permission from the October 2018 issue of Parents Still make the difference!® (High School Edition) newsletter. Copyright © 2018 The Parent Institute®, a division of PaperClip Media, Inc., contained some useful tips:

“When your teen reaches high school, your involvement with his education is likely to change. Now you’re more like a coach—on the sidelines but still very involved with the game.

Here are some ways to stay involved:

- Talk with your teen regularly about his classes. Discuss what he’s learning.
- Get to know your teen’s teachers, counselors and the office staff.
- Help your teen manage school projects.

These can be challenging for some teens. Work with him to develop a realistic plan for getting things accomplished.

- Use all the tools available to monitor your teen’s attendance and school performance. If there is a way to check grades online, do that regularly. When progress reports or report cards are sent home, take time to discuss them with your teen.
- Be aware of the requirements for graduation. Don’t wait until the last few weeks of your teen’s senior year to discover he hasn’t met the requirements to graduate with his class.
- Help your teen make a plan for the future. Work with the school to make sure he takes the classes he needs to be ready for a career or college after high school.

Serve on school committees or volunteer at school events, if possible. They are great ways to meet your teen’s friends and to know what’s going on in school.”

Please contact me with any questions or suggestions.

Ed Davenport



10/04 — RHS Senior Parent Meeting—6:30 pm

10/05—end of 5-week marking period

10/05-10/06— Andy Bennett Tournament

10/08—Columbus Day—school closed

10/13– PSAT at RHS, 7:00 am

10/16—RHS 9th & 10th Grade Parent Meeting—7:00 pm

10/26—RHS early dismissal—11:39 am

CALLING ALL RHINEBECK TALENT!

The Rhinebeck's Got Talent Show three-minute auditions to take place Monday & Tuesday, November 5 and 6

It's almost here again! Rhinebeck students from both the Bulkeley Middle & Rhinebeck High Schools participate. Last year over 20 students performed at the annual talent show sponsored by the High School Drama Club. Performances included an assortment of acts.

This November the vetting of acts will take place on Tuesday, November

5 & 6, 2:45pm—5pm meeting in the High School auditorium. Participants need to bring a copy of any lyrics if singing and any accompanying music recordings. There will be a First place prize of \$100.00 for both the BMS and HS Most-Talented Act as well as an Honorable Mention Prize for each school. Save the date for an event that is sure to make you smile! Wednesday, November 28 at 7pm in the HS auditorium. A suggested donation of \$5.00 at the door will go toward funding activities for the HS Drama Club. See Mrs. Baer in Art room 151.



Guidance News

The **PSAT** will be administered here at Rhinebeck HS on **Saturday, October 13th**. Registration will be in the Guidance Office September 24th through October 5th. Test fee—\$16. Cash or check payable to RCSD. Please see your Guidance counselor with any questions.

There will be a **9th grade** and **10th grade** parent/guardian meeting sponsored by the Guidance Office on Tuesday, October 16th at 7pm in the auditorium. Topics will include graduation and testing requirements, the course selection process,

developmental guidance program and post high school planning.

There will be an **11th grade** parent/guardian meeting sponsored by the Guidance Office on Thursday, November 1st at 7pm in the auditorium. Topics include graduation requirements, post high school planning, financial aid planning and scholarship opportunities.

Local College Fairs this fall:

Dutchess Community College—
Tues., Oct. 9th 6:00-8:00pm



More.....Guidance News

The following colleges will be visiting Guidance during October:

Albany College of Pharmacy 10/5
Bard College 10/18
Brandeis University 10/26
CIA 10/9
Clarkson University 10/17
College of Charleston 10/5
Emmanuel College 10/9
Hartwick College 10/15
Hobart & William Smith Colleges 10/26
HVCC 10/9
Johnson & Wales 10/9
Lawrence Technological Institute 10/9
Lesley University 10/10
Marist College 10/9
Plymouth State University 10/18, 10/22
Sage Colleges 10/11
Skidmore College 10/29

Springfield College 10/9
St Anselm College 10/31
SUNY Binghamton 10/24
SUNY Brockport 10/29
SUNY Geneseo 10/11
SUNY Morrisville 10/9
SUNY New Paltz 10/25
SUNY Oneonta 10/23
University at Albany 10/29
University of Colorado Boulder 10/12
Univ. of Massachusetts Amherst 10/23
University of New England 10/30
University of New Haven 10/29
University of Scranton 10/11
Vassar College 10/25
Wagner College 10/30
Wesleyan University 10/17



*Seniors are reminded to follow-up with their Guidance Counselor upon college application submission in order for the counselors to release school transcripts and recommendations.

ATTN: SENIORS REGARDING SENIOR WILL INFORMATION

PAY ATTENTION FOR an E-BLAST INVITATION to a Google Document for your Senior Will in the Yearbook

Questions for your Senior Will:

Your Favorite Quote, Your Life's Ambition, Your Pet Peeve(s), A Personal Weakness, Your Favorite Childhood Memory, and Your Will. *

You can download a Baby Picture and/ or a picture of yourself with your siblings OR give a hard copy photo to Mrs Baer in rm 151 to be scanned and returned.

*Please note that your Will should be appropriate for a School Publication and may be edited for subject matter or for space.

The DEADLINE for SENIOR WILLS is November 1, 2018 DO NOT DELAY.

Any questions or concerns can be directed by email to cbaer@rhinebeckcsd.org



RHINEBECK HS DRAMA CLUB DEBUTS ITS FIRST FALL SHOW

Are you into performing but not in a song and dance kind of way? Then consider participating in the High School Drama Club's first (in a long time) Fall play, *Check Please!* and *Check Please! Take 2* written by Jonathan Rand.

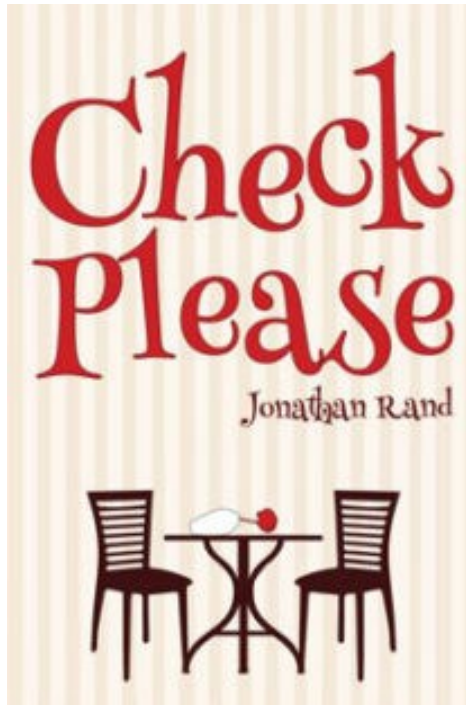
Check Please and *Check Please 2* follow a series of blind dinner dates that couldn't get any worse — until they do. What happens when your date happens to be a raging kleptomaniac, or your grandmother's bridge partner, or a mime? Could there possibly be a light at the end of the tunnel?

This night of comedy allows everyone participating to get their 5-minutes of fame. Those interested take note! The show dates are set for Friday and Saturday, November 16 & 17 at 8pm. Auditions will

take place Thursday and Friday, October 11 and 12 from 2:45pm—5pm in the High School Auditorium. Read thru workshops are Wednesday, October 3 and 10 from 6:30—8:30pm in the High School auditorium.

Show rehearsals will begin on Wednesday, October 17 and will be broken down by characters to help accommodate student schedules. Look for details on the Drama Club website. Stage and Tech Crew will begin Saturday, October 27 and Sunday, October

28 and will take place every weekend from 12 noon to 5pm through November 18. Plan ahead and get ready for the laughs! For more information, see Mrs. Baer, Room 151.



Say **CHEESE!**



and mark your calendars!

Senior Portrait Make Up Day is Monday, October 29, 2018. To schedule a seating contact Life-touch directly at 1-800-333-2560.

Underclass portrait make up day is Thursday, November 15, 2018.

Researchers find a link between screen time and depression

In the last few years, there has been a significant increase in teenage depression and suicides. What has changed in teens' lives to cause such a shift?

Researchers reviewed countless studies to find out. At first, they wondered if increased school pressures could be the cause. But they found that the time teens devote to homework has barely budged.

They also ruled out family finances as a cause of increased stress. The changes couldn't explain the dramatic increase in teenage suicide and depression.

So what's the cause? The researchers concluded that it may be, literally, right at your teen's fingertips.



The rise in teen depression tracks closely to the increase in the use of smart phones by teens. In particular, the time teens spend using social media on their phones

can cause them to feel unhappy and anxious.

Most people try to create a positive image in their online posts. But while adults know that those people still face problems, teens don't always understand that. They may believe that everyone else is living perfect lives.

The more time teens spend online, the less happy they seem to be. Those who are online five hours or more a day are much more likely to have at least one risk factor for suicide.

Smart phones and social media aren't going away. So, talk to your teen about how social media isn't always an accurate reflection of people's lives. Then work together to limit screen time. See the quiz on this page for specific tips.

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Teach your teen the six-question method for taking notes

Taking notes while reading is one of the best ways for your teen to remember what she has studied. The six-question method is one effective way to take notes. It helps students identify and remember the most important people, events and dates when studying history or reading literature.

Have your teen create six headings on a piece of paper: Who? What? Where? When? Why? How? As she reads an assignment, have her look for the answers to each of these questions and jot down relevant facts and information:

1. Who? Who was there? Who were the most important characters?
2. What? What were the most important things that happened?
3. Where? Where did this event take place? Why is that place significant? Would the event

have been different if it had occurred elsewhere?

4. When? When did it happen? Were there any important reasons the event happened when it did (and not earlier or later)?

5. Why? What were the causes of this event? Why is it important to learn about this event?

How? How did it happen? How did it turn out? If your teen has trouble finding answers to these questions when she's reading, suggest that she practice by reading an article from the newspaper. News stories aim to answer these six questions in the first few paragraphs.

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A reminder from the School Nurse:

The best way to protect yourself, your family, and the community from the flu is by washing your hands often, avoid touching your face, and get vaccinated with the flu vaccine. Since the seasonal flu virus changes, it is important that you receive a *new* flu vaccine every year.

Typically, “Seasonal Flu” season runs from December through April. The best months to get vaccinated are October through November; however, you can get vaccinated throughout the season. Any protection against the flu is



better than no protection—especially if you have asthma or other medical conditions. **Ask your doctor today if the vaccine is recommended for you.**

To find out about Flu Vaccine Clinics, check with your local pharmacist or call the Dutchess County Department of Health at 486-3535 to make an appointment. For additional information call the **DOH Flu Information line at 486-3435.**

Stay well.

Show your teenager how to make responsible decisions

Your teen will have to make all kinds of decisions over the course of his high school career, from selecting classes to facing difficult peer pressure. Help him learn to make decisions that will enable him to succeed both academically and socially.

If your teen comes to you with a problem, walk through these steps:

1. Ask him to describe the situation he is facing. Ask open-ended questions that cannot be answered with just yes or no.
2. Discuss possible choices. Help your teen see different alternatives. Encourage him to make a pro/con list and evaluate the benefits and disadvantages of every option. Talk through how different consequences could affect his goals.

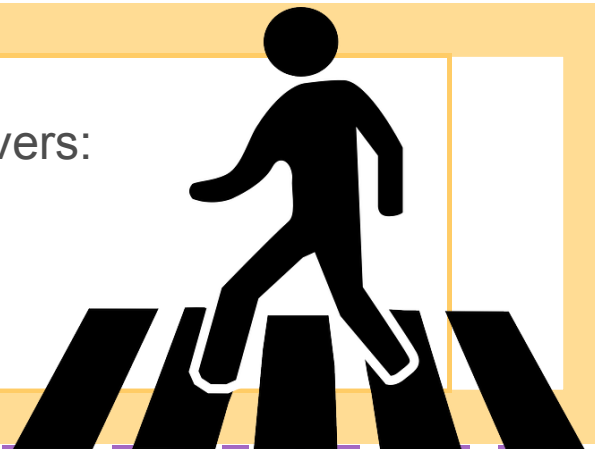
Allow your teen to make a decision and carry it out. Later, ask him what he learned from mak-

ing that choice. Ask if he would make the same—or a different—decision if faced with a similar problem in the future.

Remember: While it may sometimes seem like your teen is challenging your values and beliefs, he still needs your support and guidance to make important decisions about his future. Teens often rebel as a way to assert their independence. But with your support and unconditional love, he will develop the judgment that will guide him to make responsible decisions.

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



Keep your kids safe. Get their seasonal flu shots every fall or winter.

Seasonal Flu Guide for Parents

Is seasonal flu more serious for kids?	Infants and young children are at a greater risk for getting seriously ill from the flu. That's why the New York State Department of Health recommends that all children 6 months and older get the seasonal flu vaccine.
Flu vaccine may save your child's life.	Most people with seasonal flu are sick for about a week, and then they feel better. But, some people, especially young children, pregnant women, older people, and people with chronic health problems can get very sick. Some can even die. A flu vaccine is the best way to protect your child from seasonal flu.
What is seasonal flu?	The flu, or influenza, is a viral infection of the nose, throat, and lungs. The flu can spread from person to person.
Flu shot or nasal-spray vaccine?	<ul style="list-style-type: none">• Flu shots can be given to children 6 months and older.• A nasal-spray vaccine can be given to healthy children 2 years and older.• Children younger than 5 years who have had wheezing in the past year --or any child with chronic health problems --should get the flu shot, not the nasal-spray vaccine.• Children younger than 9 years old who get a vaccine for the first time need two doses.
How else can I protect my child?	<ol style="list-style-type: none">1. Get the seasonal flu vaccine for yourself.2. Encourage your child's close contacts to get seasonal flu vaccine, too. This is very important if your child is younger than 5 or if he or she has a chronic health problem like asthma (breathing disease) or diabetes (high blood sugar levels).3. Clean your hands often and cover your coughs and sneezes. This will prevent the spread of germs.4. Tell your children to:<ul style="list-style-type: none">• stay away from people who are sick;• clean their hands often;• keep their hands away from their face, and• cover coughs and sneezes to protect others. It's best to use a tissue and quickly throw it away. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
What are signs of the flu?	The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.



<p>How does the flu spread?</p>	<p>People who have the flu usually cough, sneeze, and have a runny nose. The droplets in a cough, sneeze or runny nose contain the flu virus. Other people can get the flu by breathing in these droplets or by getting them in their nose or mouth.</p>
<p>How long can a sick person spread the flu to others?</p>	<p>Most healthy adults may be able to spread the flu from one day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who don't fight disease as well (people with weaker immune systems).</p>
<p>What should I use to clean hands?</p>	<p>Wash your children's hands with soap and water. Clean them for as long as it takes to sing the "Happy Birthday" song twice. If soap and water are not handy, use wipes or gels with alcohol in them. The gels should be rubbed into hands until the hands are dry.</p>
<p>What can I do if my child gets sick?</p>	<p>Make sure your child gets plenty of rest and drinks lots of fluids. Talk with your child's doctor before giving your child over-the-counter medicine. If your children or teenagers may have the flu, never give them aspirin, or medicine that has aspirin in it. It could cause serious problems.</p>
<p>Can my child go to school/day care with the flu?</p>	<p>No. If your child has the flu, he or she should stay home to rest. This helps avoid giving the flu to other children.</p>
<p>When can my child go back to school/day care after having the flu?</p>	<p>Children with the flu should be isolated from other people in the home. They should also stay home until they are symptom-free for 24 hours (that is, until they have no fever without the use of fever-control medicines and they feel well for 24 hours). Remind your child to protect others by covering his or her mouth when coughing or sneezing. You may want to send your child to school with some tissues, wipes or gels with alcohol in them.</p>

For more information about the flu, visit
<http://nyhealth.gov/diseases/communicable/influenza/seasonal/>

Or, www.cdc.gov/flu
Centers for Disease Control and Prevention



State of New York
Department of Health

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5587 4-H



5590 Future Farmers of America



5591 National Honor Society



5588 First Robotics



5589 DECA



5585 World Hunger



5583 Clean Water



5582 Human Rights



5584 Anti-Bullying



5586 Cause Awareness



October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
				RHS Senior Parent Meeting, 6:30 pm	End of 5-week marking period - Andy Bennett Trnt.	Andy Bennett Tournament
7	8	9	10	11	12	13
	Columbus Day – School closed					PSAT at RHS, 7:00 am
14	15	16	17	18	19	20
		RHS 9 th /10 th grade parent meeting – 7:00pm				
21	22	23	24	25	26	22
					RHS early dismissal – 11:39am	
28	29	30	31			