



Dear RHS Parents:

On behalf of the faculty and staff of RHS, we welcome you and your children back to school! We look forward to another year of partnering with our community and supporting students to achieve their potential in and outside of the classroom.

Whether students are beginning ninth grade or returning for their senior year, the transition to school in September is important. Please review the following, reprinted with permission from the September 2018 issue of *Parents Still make the difference!*® (High School Edition) newsletter. Copyright © 2018 The Parent Institute®, a division of NIS, Inc.

“Whether your teen loved middle school or couldn’t wait until it was over, the transition to high school is a pretty big deal. In high school, classes are harder, and teachers have higher expectations. And what about your teen’s friends? Some may be in other classes and some may be at other schools. How will she ever fit in? To support your teen as she goes through this change:

- Help her create a schedule. Your teen will need to spend more time on

homework. Her extracurricular activities may take up more time, too. Work with your teen to set a schedule that includes all of her responsibilities. Encourage her to keep track of everything on a calendar.

- Establish some tech downtime. Don’t let your teen keep her phone in her room when she goes to bed. She can charge it in the kitchen. Don’t allow phones at the kitchen table, either. Use mealtimes for family conversation.

- Promote good study habits. The first marking period is critical. Help your teen set a regular study time. Make sure she regularly checks her grades on quizzes and homework. If she feels like she’s falling behind, encourage her to talk to her teachers about getting help right away.

Ask her about school every day. How does your teen feel she is adjusting to the social aspects of high school? Let her know you are available to talk.”

Please contact me with any questions, concerns, or suggestions!

Sincerely,

Ed Davenport



09/05 — School opens

09/10 — Rosh Hashanah—school closed

09/19— Yom Kippur—school closed

09/27—RHS Open House—6:30 pm

## Choir Club



The RHS Choir Club will begin meeting the last week in September. Mr. Milici, the newest member of our Music Department and the club advisor, feels that the mission of this club is to provide a structured extracurricular opportunity for students to create music in a smaller ensemble format. The musical selections and instrumentation are student generated. Students are encouraged to learn new instruments including guitar, bass, drum set and piano as well as vocals. Music could

also take the format of acapella arrangements, and various other combinations of voice and instrumentation. The group works on a few student/advisor generated musical selections. Typically, at least one will include a rock band style accompaniment. Students are encouraged to try new instruments and to create/sing in harmony. All students are invited to join the choir club. Please see Mr. Milici about joining if you are not in band or chorus. Your commitment is required.

## 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 **Senior Class Parent/Guardian meeting** sponsored by the Guidance Office on Thursday, **October 4th at 6:30pm** in the auditorium. The emphasis will be on the college financial aid process. Anne Gorrick, Assistant Director of

Financial Aid at Dutchess Community College will be the guest speaker.

The college application process will also be covered.

### Local College Fairs this fall:

Arlington High School—Mon., Sept. 24th  
6:00-7:30pm

Poughkeepsie Galleria—Tues., Sept. 25th  
4:00-8:00pm

Kingston High School—Tues., Oct. 2nd,  
6:00-8:00pm

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

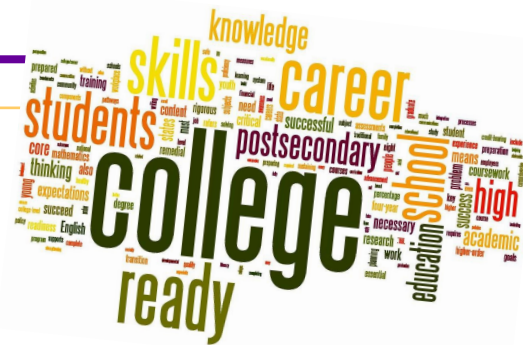


# More.....Guidance News

The following colleges will be visiting Guidance this fall:

Albany College of Pharmacy &  
Health Science 10/5  
Alfred University 9/25  
Assumption College 10/30  
Bard College 10/18  
Becker College 9/25  
Bennington College 9/18  
Brandeis University 10/26  
Canisius College 9/28  
Castleton College 11/6  
Culinary Institute of America 10/9  
Clarkson University 10/17  
College of Charleston 10/5  
DCC 11/1, 11/2  
Dominican College 9/24  
Emmanuel College 10/9  
Hampshire College 9/26  
Hartwick College 10/15  
Hobart & William Smith Colleges 10/26  
HVCC 10/9  
Ithaca College 10/2  
Johnson & Wales 10/9  
Keene State College 9/20  
Lawrence Technological University 10/9  
LeMoyne College 11/1  
Lesley University 10/10  
Manhattanville College 9/28  
Merrimack College 9/28  
Moravian College 9/24  
Mount St Mary College 9/27  
Paul Smith's College 10/2  
Plymouth State University 10/18, 10/22  
RPI 10/2  
Sacred Heart University 11/6  
Sage Colleges 10/11

SCAD 9/14  
Siena College  
9/21  
Simmons University 9/28  
Skidmore College 10/29  
Springfield College 10/9  
St. Anselm College 10/31  
St. Lawrence University 10/1  
Syracuse University 10/1  
SUNY Canton 9/13  
SUNY Cobleskill 10/3  
SUNY Delhi 11/6  
SUNY Fredonia 10/2  
SUNY Geneseo 10/11  
SUNY Morrisville 10/9  
SUNY New Paltz 10/25  
SUNY Oneonta 10/23  
SUNY Oswego 11/8  
SUNY Plattsburgh 9/24  
SUNY Polytechnic 10/2  
SUNY Potsdam 9/21  
University at Buffalo 10/2  
University of Colorado Boulder 10/12  
University of Connecticut 11/2  
University of Massachusetts - Amherst 10/23  
University of New England 10/30  
University of New Haven 10/29  
University of Scranton 10/11  
Vanderbilt University 10/16  
Vassar College 10/25  
Wagner College 10/30  
Wesleyan University 10/17  
Western Connecticut State University 9/20  
Western New England University 10/3  
WPI 9/27





Dear Parents and Guardians,

We hope your school year is off to a great start!

Fall can be an overwhelming time for students, so we wanted to remind families of a valuable resource for academic assistance:

**The Writing Center in Room 140 is open periods 5, 6, and 7.**

Good writing is never done in isolation; we *all* need a first reader. And because every type of post-secondary school has some kind of writing center available, it's important for high school students to practice the art of saying, "*Help!*"

Students can visit The Writing Center during a free period or after eating a quick lunch to...

- overcome procrastination
- plan, revise, and edit writing tasks in ANY subject
- compose college essays
- prepare for the verbal portions of the PSAT/SAT, and ACT

Students can also review model essays in the RHS Anthology of Student Writing, work on creative writing for the school literary magazine, or write for their school newspaper, now available online at [www.rhinebeckreality.org](http://www.rhinebeckreality.org) .

To encourage students to develop an effective writing process, English teachers are offering deadline extensions for students who visit the Writing Center for a conference soon after a task is assigned.

Thanks in advance for helping us promote the Writing Center as a place for young writers to find the support and confidence they need for success in the classroom and beyond.

Sincerely,

The RHS English Department

# MUM SALE



## The CLASS OF 2019

will be selling mums during Open House on September 27th. As always, these beautiful, hardy mums will be provided by Sunny Gardens on Route 9D in Wappingers Falls.

Thank you for your continued support!

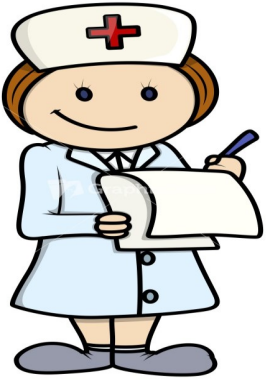
## A reminder from the School Nurse:

Attention students! Please be sure to turn in any medical forms to the nurse daily by 11:00am!

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.

If your child needs 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 our School Nurse, Mrs. Costakis, at extension 5536 if you have any questions.



## Teach your teen that persistence leads to success in school & in life

Sometimes it seems easier to give up on a tough assignment than to push through and complete it. However, that won't get your teen very far in life. Life is full of difficult jobs and tasks, so it will benefit her to develop persistence as soon as she can.

Persistence and determination will foster your teen's success in school. Large projects will seem less overwhelming—and her grades will probably improve as a result.

· Challenge your teen to see difficult assignments and complex projects through to the end. To encourage her:

- Notice your teen's progress. Say things like, "You're really coming along with that." Your teen will love the pat on the back.

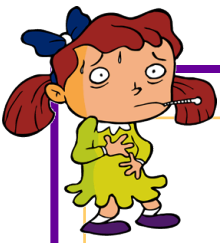
- Teach your teen to cheer herself on. Positive self-talk, such as, "I am going to do this" or "I can do a great job on this," can help her through the most difficult tasks.

- Be a role model. If you've been putting off a big chore, such as cleaning out a closet, decide to do it. Say, "Today, I am going to work until I get this finished." Then keep your word.

- Offer your help. If your teen is struggling to complete something, a little help may motivate her to stick with it.

Treat your teen to something special when she finishes a challenging task. You could watch a movie together or cook a fun dinner. When your teen shows persistence through a tough task—she deserves to celebrate!

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# Sick Children...Send to School or Keep Home?

Deciding when a child is too sick to go to school can be a difficult decision for the parents to make. When trying to decide, use the guidelines below to help you.

**Go to School**—If your child has any of the following symptoms, they should probably go to school:

-Sniffles, a runny nose and a mild cough without a fever (this could be an allergic response to dust, pollen or seasonal changes)

-Vague complaints of aches pains or fatigue

-Single mild episode of diarrhea or vomiting without any other symptoms, and is now feeling well

**Stay at Home**—If your child has any of the following symptoms, please keep your child at home or make appropriate child care arrangements:

-**APPEARANCE, BEHAVIOR**—unusually tired, pale, lack of appetite, difficult to wake, confused or irritable. This is sufficient reason to exclude a child.

-**EYES**—thick mucus or pus draining from the eye or pink eye. (with pink eye (conjunctivitis) you may see a white or yellow discharge, matted eyelids after sleep, eye pain and/or redness.)

-**FEVER** or temperature of 100 degrees Fahrenheit or higher. Remember that a child must be fever free (without use of medication) for 24 hours before returning to school.

-**GREENISH NOSE DISCHARGE AND/OR CHRONIC COUGH**—should be seen by a

healthcare provider. These conditions may be contagious and require treatment.

-**SORE THROAT-ESPECIALLY WITH FEVER OR SWOLLEN GLANDS IN THE NECK.** (With Strep throat, the child may return to school after 24 hours on antibiotics.)

-**DIARRHEA**—three (3) or more watery stools in a 24 hour period, especially if the child acts or looks ill.

-**VOMITING**—vomiting two (2) or more times within the past 24 hours.

-**RASH**—body rash, especially with fever or itching. Heat rashes and allergic reactions are not contagious. Cover rashes while in school.

-**EAR INFECTIONS WITHOUT FEVER**—do not need to be excluded, but the child needs to get medical treatment and follow-up. Untreated ear infections can cause permanent hearing loss.

-**LICE, SCABIES**—children may not return to school until they have been treated and are free of lice.

-**CHICKEN POX**—children must stay at home for five (5) days after the onset of blisters, or until all pox are scabbed over and dry.

**IF YOUR CHILD SHOWS ANY OF THE ABOVE SYMPTOMS AT SCHOOL, IT WILL BE NECESSARY TO PICK HIM/HER UP .**

The best measure of prevention is to practice and teach your children good handwashing, It is important for children to be well rested upon returning to school to decrease their chances of relapse. Also, encourage plenty of fluids. Please remind children not to share drinks.

**CHEESE!**



## 2019 Yearbook is looking for HELP

The Yearbook for the Class of 2019 is looking for a few good classmen to help with the production of this year's yearbook. Designers and photographers are needed to go out on assignments to take specific images. Also, if you have any images

you would like the yearbook staff to consider for inclusion in this year's book (last year's prom, sports, student/staff candid, last year's school play, club activities, etc.), you can upload images by following this link: <https://images.jostens.com/upload.jsp>. Help make this year's book full of your favorite school memories.

### **Attention: ALL SENIORS!**

It's time for the Class Photo on the Hill! When: Tuesday, Sept. 25 Please meet at the HS Main entrance at 11:30am for instructions. The Senior class photo on the Hill will be featured in the 2018-2019 yearbook but you can also purchase a copy separately. You should have gotten an order form in Mr. Lavazzo's class. Order forms are

also available in the HS Main Office and are due by Friday, Sept. 28th. Group panoramic pictures are pre-pay only so order NOW! You can pay for your order online with a credit card or by check. Go to [www.mylifetouch.com](http://www.mylifetouch.com) and follow the online instructions. Call Lifetouch at 1-800-333-2560 with questions or concerns.



### **STUDENT DRIVERS AND SCHOOL PARKING:**

In order to park on school grounds students must have attended the CAPE Teen Driving program. There will be a program offered at Spackenkill High School on Thursday, September 20, 2018 and at Arlington High School –on Tuesday, September 25th at Arlington High School. Registration begins at 6:15 pm.

**\*Student must be accompanied by at least one parent or guardian. Admittance after 7pm will not be allowed.** If you have already attended the program you do not need to attend. See Ms. V in the main office for more information.





## Self-discipline can help your teen develop responsibility

Research shows that self-discipline has a positive impact on students' grades, test scores and attendance.

To promote self-discipline:

- Avoid rescuing your teen. If he forgets his homework, let him experience the consequences. He needs to learn how to think ahead and solve problems.
- Avoid doing things for your teen that he can do for himself. Yes, it might be faster for you to clean his room. But he needs to learn how to pick up after himself.

Encourage your teen to participate in activities that develop self-discipline.

Playing a musical instrument requires your teen to practice regularly. Team sports require your teen to show up for training on time and give it his all.

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## Study shows listening to music while studying hinders learning

Some students listen to music almost non-stop. There's a playlist for walking to the bus. There's a playlist for times when they're with friends. They listen until their coach or their teacher makes them take the ear buds out!

But should your teen listen while he's studying? A reading comprehension study gives a clear answer: No.

Researchers in Cardiff, Wales, set out to find answers to several questions. How does listening to music affect learning something new? Does it matter what type of music students listen to while studying? Would it make a difference if the music had lyrics?

Students were divided into groups. They were asked to learn new material under different conditions. Then they took a test on what they had learned. The answers were clear and consistent. Students who studied in silence did much better. Their grades were up to 60 percent higher than those of students who listened to music.

Whether students heard pop, rap, hip hop or heavy metal made almost no

difference. It's not the type of music—it's the act of listening. When students are listening, their brains don't focus efficiently on learning.

The students who studied in silence said they had fewer distractions. It was easier for them to concentrate on the task at hand.

There are times when listening to music can be helpful. For example, it might relax your teen before a test. But mastering new content is hard. It takes focus and attention. So to make the most of study time, make sure your teen turns off the music.

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## Say Cheese and Mark Your Calendars!

School picture days are as follows:

The Senior Portrait on the Hill is scheduled for Tues., September 25.

Senior Portrait Make-up Day is Monday, October 29. To schedule a seating, contact Lifetouch directly at 1-800-333-2560.

Underclass student portraits will be on Tuesday, October 2nd.



Rhinebeck Reality Newspaper: Interested in being part of the team? Come by Room 105, see Natalia De Zubiaurre, Reagan Schweppe or email Ms. Wheeler (swheeler@rhinebeckcsd.org) for more information!

Creative Writing Club: meets after school Friday, Sept. 14th in room 105. All are welcome!

AV Club: introductory meeting after school Friday, Sept. 14th in the AV room across from the HS cafeteria. Come and join any part of the writing, acting, filming or editing process that you'd like.

Science Club: Begins on Monday, Sept. 17th at 2:35 in room 136. All are welcome!



Want to apply for National Honor Society? Information meetings being held Thursday, September 20 at 2:45pm and Friday, September 21st at 7:30am in room 146 for all eligible Juniors and Seniors. You MUST attend ONE of the meetings in order to apply to NHS. See Mrs. Bie in room 146 with any questions.

Please take a look in your home, car, backpacks, and anywhere else school materials may be hiding! The main office is currently reviewing the list of items that have not been returned from LAST school year. If any materials are found, please return them to the main office to Ms. V's attention. Thank you!

**MISSING**



# *Write on, Autumn!*



*The Creative Writing Club invites BMS & RHS students, faculty, and staff to compose original poetry or prose inspired by the beauty of the season.*

*Our writing will be compiled in a mini-literary magazine.*

*Visit the Writing Center (Room 140) or the 100-wing display case for more details!*

*Deadline for Submissions to [swheeler@rhinebeckcsd.org](mailto:swheeler@rhinebeckcsd.org): November 12th*

# REPLAYIT®

PRIVATE PHOTO SUBMISSION

# Get your pictures in the yearbook.

The yearbook staff invites students and parents to submit photos for the yearbook. If you've got great photos of school and community events or you and your friends just having fun, we'd like to see them.

Our photographers can't be everywhere. Help us get as many photos as possible to create a terrific book everyone will want to have.

**The last day to submit your photos is:**

**Submission Deadline**

## SUBMIT YOUR PHOTOS ONLINE

**LOG ON TO:**

**<https://images.jostens.com/410643689>**

- Browse to select the photo(s) you wish to upload, click on "Select My Images."
- Enter information about the photo and provide contact information in case the staff needs additional information.
- Click "Upload Chosen Images."

It's that easy! Submit your photos today!



The yearbook staff will review all photos and determine final yearbook content. We cannot guarantee that all submissions will be used.

**Have more questions about ReplayIt?** Visit [www.replayit.com](http://www.replayit.com)

*Jostens®*

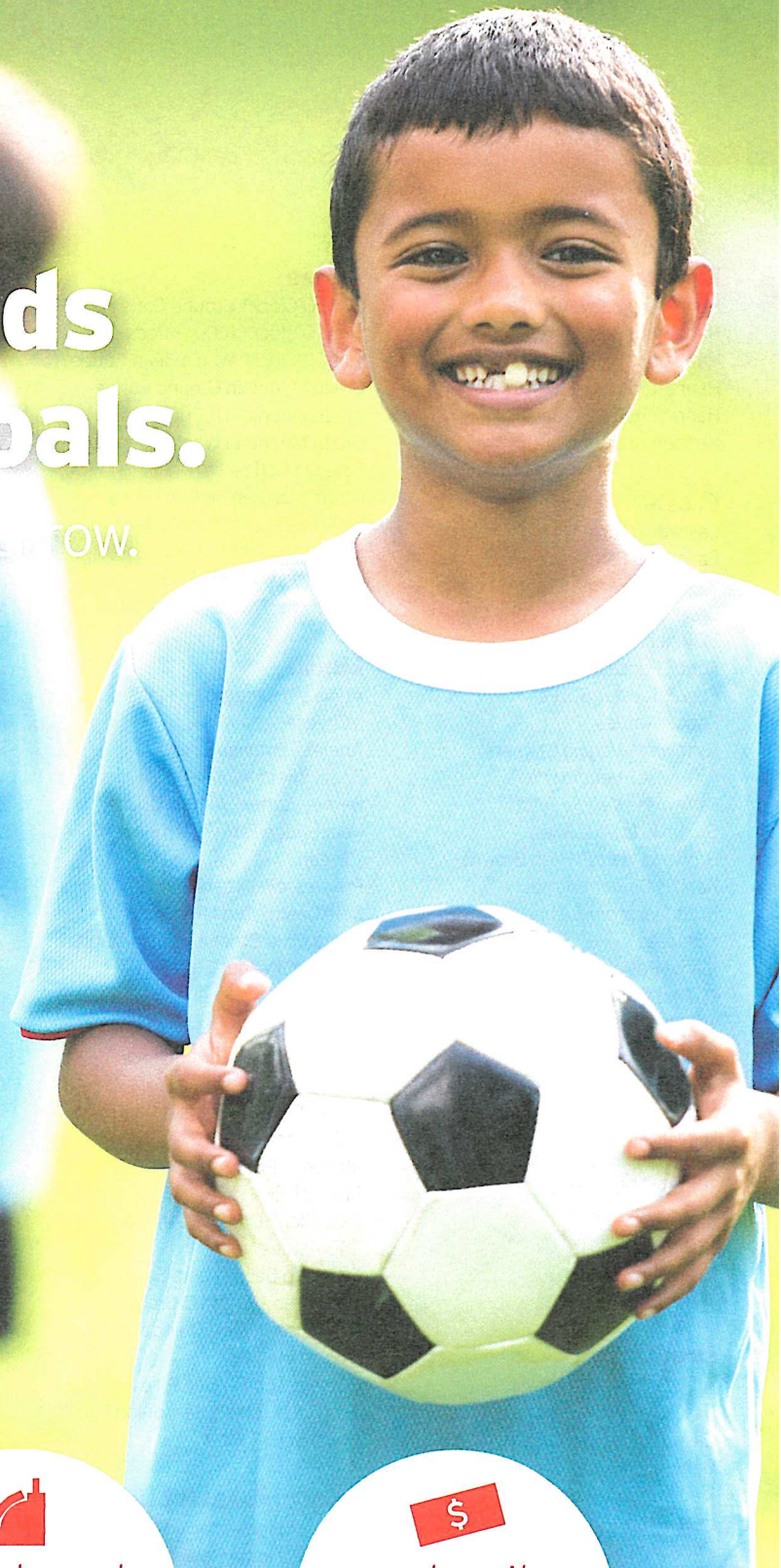
# Help schoolkids reach their goals.

Shop today for a better tomorrow.



# helps

Schools



shop

Look for the shelf tag on the back on more than 1,500 products to earn money for your school!



check out

Get 3 school dollars for every 4 participating products you purchase.



submit

Deposit your school dollars in the collection tower in-store.

Choose from over 1,500 participating products to make your shopping list - and help earn money for your school.



### Produce

Hannaford Baby Arugula  
Hannaford Baby Kale  
Hannaford Baby Romaine  
Hannaford Baby Spinach  
Hannaford 50/50 Salad Mix  
Hannaford Spring Mix

### Frozen

Cascadian Farm® French Fries  
Cascadian Farm® Organic Berries  
Cascadian Farm® Organic Vegetables  
Cracker Barrel Macaroni & Cheese Dinner  
Eggo® Pancakes  
Eggo® Toaster Sticks  
Eggo® Waffles  
Farmwise® Veggie Chicken®  
Farmwise® Veggie Fries®  
Farmwise® Veggie Tots®  
Grown in Idaho® Fries  
Grown in Idaho® Hash Browns  
Kahiki® Dinner Entrees  
Kraft Macaroni & Cheese Dinner Entrees  
Mama Rosie's® Pasta Dinners  
O, That's Good!® Pizza  
Ore-Ida® Hash Browns  
Ore-Ida® Potatoes  
Ore-Ida® Tater Tots®  
Quorn™ Meatless Beef  
Quorn™ Meatless Chicken  
Screamin' Sicilian™ Pizza  
Totino's® Pizza Rolls  
Tyson® Any'tizers®  
Tyson® Chicken  
Urban Pie™ Pizza  
Wyman's® Berries

### Breakfast

Annie's® Organic Cereal  
Cascadian Farm® Organic Cereal  
Cascadian Farm® Organic Granola  
General Mills Cereals  
Made Good® Organic Granola  
Post® Honey Bunches of Oats®  
Purely Elizabeth® Gluten Free Granola  
Purely Elizabeth® Granola Cup  
Purely Elizabeth® Oatmeal Cup  
Purely Elizabeth® Oats

### Coffee

Eight O'Clock® Ground Coffee  
Eight O'Clock® K-Cup® Pods  
Eight O'Clock® Whole Bean Coffee  
Green Mountain Ground Coffee  
Green Mountain K-Cup® Pods  
Green Mountain Whole Bean Coffee  
Lavazza Coffee  
Newman's Own® K-Cup® Pods  
Newman's Own® Whole Bean Coffee  
Starbucks® Ground Coffee  
Starbucks® K-Cup® Pods  
Starbucks® Whole Bean Coffee

### Lunch

Annie's® Homegrown Macaroni & Cheese  
Annie's® Organic Soup  
Bagel Bites® Mini Bagels  
Barney Butter® Almond Butter  
Pepperidge Farm® Farmhouse® Bread  
Progresso™ Organic Soup  
Safe Catch® Tuna Pouches  
Santa Cruz Organic® Peanut Butter  
SKIPPY® Peanut Butter

### Dinner

Cucina Antica® Pasta Sauce  
Dreamfields Pasta  
Green Valley® Organics Canned Vegetables  
Idahoan® Potatoes  
Minute® Rice  
Muir Glen® Organic Canned Tomatoes  
Organico Bello® Pasta Sauce  
Progresso™ Bread Crumbs  
RiceSelect™ Rice, Quinoa and Couscous  
Success® Boil-in-Bag Rice  
The Good Table™ Seasoning Mix  
Uncle Ben's® Rice

### Baking/Dessert

Annie's® Homegrown Baking Mix  
Annie's® Homegrown Cookies  
Betty Crocker™ Brownie Mix  
Betty Crocker™ Oat Bars Mix  
Domino® Sugar  
Duncan Hines® Perfect® Size for 1 Mix  
Pillsbury™ Grands!™ Biscuits  
Pillsbury™ Ready to Bake!™ Cookies

### Condiments

Annie's® Organic BBQ Sauce  
Annie's® Organic Dressing  
Annie's® Organic Ketchup  
Annie's® Organic Mustard  
Annie's® Organic Worcestershire Sauce  
Jardine's® Gluten Free Salsa  
Jardine's® Salsa  
Jardine's® Taco Sauce  
Heinz Ketchup  
Heinz Simply Heinz® Ketchup  
Musco Pearls Olives To Go!®  
Zucchi Olive Oil

### Beverages

Powerade®  
Simply Nutritious® Morning Blend® Juice  
Stur® Drink Mix

### Snacks

Annie's® Organic Grahams & Crackers  
Annie's® Organic Popcorn  
BEAR® Yo Yo's® Fruit Rolls  
BuddyFruits® Pouches & Tubes  
Cascadian Farm® Organic Granola Bars  
Chex™ Mix  
Fiber One™ 90 Calorie Bars  
Food Should Taste Good™ Tortilla Chips  
Frito-Lay® Multi Packs  
Frito-Lay® Simply  
General Mills Fruit Snacks  
Goodness Knows® Snack Squares  
LARABAR® Bars  
LARABAR® Bites  
Nature Valley® Bars  
Pepperidge Farm® Goldfish®  
Power Crunch® Protein Bars  
Quaker® Chewy Granola Bars  
Santa Cruz Organic® Apple Sauce  
Utz® Snack Packs

### Dairy

Dannon® Danimals®  
Frigo® Cheese Heads® String Cheese  
Go-Gurt® Yogurt  
Horizon® Organic Cheese  
Horizon® Organic Good & Go! Packs  
Horizon® Organic Milk Multipacks

Noosa® Yoghurt  
Stonyfield® Organic Kids Yogurt

### Household

Air Wick® Scented Oils  
Charmin® Bath Tissue  
Dawn® Dish Detergent  
Finish® Dishwasher Detergent  
Hefty® Party Cups  
Hefty® Storage Bags  
Hefty® Trash Bags  
Mrs. Meyer's® Air Fresheners  
Mrs. Meyer's® Fabric Softeners  
Mrs. Meyer's® Household Cleaners  
Mrs. Meyer's® Laundry Detergent  
Pledge® Household Cleaners  
Reynolds Wrap®  
Scrubbing Bubbles® Aerosol  
Seventh Generation® Baby Diapers  
Seventh Generation® Dish Detergent  
Shout® Fabric Care  
Tide® Laundry Detergent  
Windex® Glass Cleaner  
Ziploc® Storage Bags

### Health & Beauty

Mrs. Meyer's® Body Wash  
Nature Made® Vitamins  
Tom's of Maine® Baby Lotion  
Tom's of Maine® Baby Shampoo  
Tom's of Maine® Beauty Bar  
Tom's of Maine® Body Wash  
Tom's of Maine® Deodorant  
Tom's of Maine® Oral Care



Visit [hannaford.com/helpschools](http://hannaford.com/helpschools) to learn more.

# September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	<b>LABOR DAY</b>	<b>SUPT. CONFERENCE DAY</b>	<b>SCHOOL OPENS – Modified Sports Season begins</b>			
9	10	11	12	13	14	15
	<b>ROSH HASHANAH – SCHOOL CLOSED</b>	<b>B.O.E. MEETING – LIBRARY, 7:00PM</b>				
16	17	18	19	20	21	22
			<b>YOM KIPPUR – SCHOOL CLOSED</b>			
23	24	25	26	27	28	29
		<b>B.O.E. MEETING – LIBRARY, 7:00PM</b>		<b>RHS OPEN HOUSE – 6:30 PM</b>		
30						