



Tammie Shafer and a couple of her Anatomy students are showing off their new lab coats!

Hoosac Valley High School 2018-2019

Words from Byrd: Week ending 1.11.19

Perseverance, Respect, Integrity, Diversity, Empathy represents Hoosac PRIDE
January is RESPECT month.

“Respect for ourselves guides our morals. Respect for others guides our manners.”

NEW THIS WEEK...

Classroom of the Week: Jay Sniezek’s Hunter Safety class was featured in the Berkshire Eagle as this week’s Classroom-of-the-Week! Take a look at the article [HERE](#). Congratulations to Jay and his students!

From Food Services: Food Services Director, Rosanne Schutz, would like parents, guardians, and students to know that during this government shutdown, our district's free breakfast and free lunch programs will not be affected. Our students will continue to receive their free meals.

Did you say New York City?: The June 8th grade class trip to New York City was approved by the School Committee. Students should sign up now and get their seat on the bus! Contact Mrs. Diesz for more information. Email dieszr@acrsd.net

SNOWBALL: Student Council is excited to announce that Snowball will be held on Friday, March 1, from 7 p.m. to 10 p.m. at the Holiday Inn in North Adams. Tickets will be on sale during lunch from Monday January 14, to Friday, January 25. Tickets are \$45 per person. Cash or checks will be accepted. Please make checks out to HVHS Student Council. If a basketball playoff game is scheduled for March 1, refunds will be given to the player and his or her date.

National Job Shadow Day: February 1, 2019, is Job Shadow Day, and it's open to all juniors and seniors as an opportunity to explore places where they may want to pursue a career or a job. Please have your student see Mrs. Lane for details on places where students have shadowed in the past. They will receive a permission slip and an employer verification form to fill out. The deadline for permission slips is **January 25**.

Our Friends from the Police Departments: In cooperation with local law enforcement, we are building healthy relationships between students, faculty, staff, and officers to help establish trust from the people who work so hard to keep our communities safe. From time-to-time officers will stop by to say hello, greet students as they get off the busses, enjoy lunch in our cafeteria, or simply walk the halls. In addition, you'll be receiving information about a community forum we are planning in conjunction with law enforcement, Northern Berkshire Juvenile Court, other Northern Berkshire Schools, and other agencies that will discuss topics affecting the youth in our communities.

Friday Night Indoor Soccer at Hoosac Valley Middle & High School: This is a pickup/practice. There is no need to sign up and there is no cost to participate. Games take place in the middle-school gym.

Grades 1-3: 5-6:00 pm

Grades 4-6: 6:00-7:30 pm

Grades 7+ 7:30-9:30 pm

Lost and Found: If your child is missing an item, remind him or her that it could be in the lost and found, located outside the main office on the table. Students have left hats, sweatshirts, and other smaller items behind. (Valuable property such as jewelry, electronics, etc., are held in the main office -- if turned in).

**FROM THE GUIDANCE DEPARTMENT and the SCHOOL ADJUSTMENT
COUNSELOR**

National Job Shadow Day: February 1, 2019, is Job Shadow Day, and it's open to all juniors and seniors as an opportunity to explore places where they may want to pursue a career or a job. Please have your student see Mrs. Lane for details on places where students have shadowed in the past. They will receive a permission slip and an employer verification form to fill out. The deadline for permission slips is **January 25**.

College Bound Seniors:

- Do not forget to create an FSA ID and complete the FAFSA for college bound seniors! There are still many seniors and families that have not done so.
- A reminder to families that students must fill out the transcript request form following completion of their college application. This informs the HVHS School Counseling Department that the application has been submitted and supporting materials must be sent including the high-school transcript, letters of recommendation, current grades, etc.
- The next SAT offering at HVHS is on Saturday, March 9. The deadline for registration is Friday, February 8. Juniors should take advantage of this opportunity! It is HIGHLY encouraged that juniors take the SAT 1-2 times during their junior year and an additional 1-2 times during their senior year (depending on the score.) For additional testing dates, please visit <https://is.gd/WgEEQZ>.

Looking for a trusted resource for information on a variety of mental health and wellness topics for you and your family? [Helpguide.org](https://www.helpguide.org) is a creditable web-based guide with a goal to empower you with the knowledge and support you need to take charge of your life and start feeling better. They don't accept advertising, so they have complete editorial independence. The site and the information contained therein are published in collaboration with Harvard Health Publications, the consumer health publishing division of Harvard Medical School. The articles on the site have all been adapted from Harvard Health Publications. Taken from the site, the following is a list of topic areas along with a brief description of the range of resources offered; 1) **Mental Health**- From depression to anxiety, personality disorders to PTSD, explore the positive steps you can take to improve your mental health, 2) **Healthy Living**- Explore tips for improving your nutrition, fitness, sleep, emotional health, and wellness, 3) **Children and Family**- Get advice and parenting tips for issues facing families, kids, and teens—from ADHD and attachment to bullying and blended families, 4) **Relationships**-Improve your social skills and build stronger, more satisfying

relationships with family, friends, work colleagues, and romantic partners, 5) **Aging-** Learn what you can do to stay healthy and active as you age and navigate common challenges—from memory to mobility issues.

FOR YOUR PLANNING PURPOSES

January 16, 2019

Half-Day for Students. Dismissal is at 10:40 a.m. (Teacher inservice day).

January 17, 2019

Band Concert for grades 5-12 at 7 p.m. in the auditorium.

January 18, 2019

Quarter 2 ends. Report cards will be distributed on Friday, January 25.

January 21, 2019

NO SCHOOL. Martin Luther King Jr. Day (observed).

March 15 and 16, 2019

Spring musical, *Fiddler on the Roof*. More information to follow.

FROM the CLASS ADVISORS

8th Grade: The June class trip to New York City was approved by the School Committee. Students should sign up now and get their seat on the bus! Contact Mrs. Diesz for more information. Email dieszr@acrsd.net

9th Grade: Class dues really need to be paid by the end of the year. You can pay \$50 per year, or you can pay in full \$200. Contact tuckera@acrsd.net

10th Grade: Class dues really need to be paid by the end of the year. You can pay \$50 per year, or you can pay in full \$200 (if you haven't paid anything to date). Contact koczelar@acrsd.net

11th Grade: Class dues really need to be paid by the end of the year. You can pay \$50 per year, or you can pay in full \$200 (if you haven't paid anything to date). Contact dwyerj@acrsd.net

12th Grade: Class dues AND fundraiser money need to be paid in full before Senior week (\$200 for dues). Senior week starts on May 28, 2019 and Graduation is scheduled for Friday, June 7, 2019. You will start receiving various notices regarding graduation and end-of-the-year deadlines when we return from break. Contact shafert@acrsd.net

WE STILL WANT YOU TO KNOW...

Attendance Policy Notes: Some parents/guardians may have received attendance letters from teachers regarding 10 and 20 day absences from classes (or warning letters that students are approaching that amount of class absences). I have included part of

the policy here. The full policy can be found in the [Student Handbook on pages 9-13](#).

Note: When a student misses 15 minutes or more from a class, it's counted as an absence.

Parking Reminder: Families, staff members, community members, etc. are reminded to park in designated parking areas throughout our campus. State Police were very clear that parking in “no parking” areas, handicapped areas (without the proper tag), or parking in the bus loop will result in ticketing and towing.

Tutoring Center: The HVHS tutoring center is open to all students grades 8-12 on Mondays, Wednesdays, Thursdays, and Fridays from 2 p.m. until the late bus (3p.m. ish) in Ms. Reeves' Room 303. National Honor Society students are working with the peers in all subject areas.

Entry Procedures: You may have noticed new entry procedures to Hoosac Valley Middle and High School. **ALL *visitors*** must check in with the middle school office staff to receive a pass and be called in to the high-school side. If you have specific questions, please contact me at byrde@acrsd.net. **Dropping off items?** No need to sign in. You may drop those off in the first office, and those things will be delivered to the high school. Thank you!