



Jacob Keplinger and the HVHS Band at last night's concert.

Hoosac Valley High School 2018-2019

Words from Byrd: Week ending 1.18.19

Perseverance, Respect, Integrity, Diversity, Empathy represents Hoosac PRIDE

January is RESPECT month.

“If you want to be respected by others, the great thing is to respect yourself. Only by that, only by self-respect will you compel others to respect you.”

NEW THIS WEEK...

End of Quarter 2: Today officially marks the end of Quarter 2 and Semester 1. Semester 2 schedules will be distributed to students on Tuesday, January 22, 2019, in homeroom. Report cards will be distributed on Friday, January 25, 2019, at the end of the day. Be on the lookout for those.

Kick-Off of Quarter 3 and Semester 2: Tuesday, January 22, 2019, the HVHS faculty and staff will celebrate the beginning of Semester 2 with a Good Morning “Welcome” in the atrium... with music and a photobooth that was decorated by a few students! Mrs. Meczywor and I will also meet with individual grades levels (as we have each quarter this year) to reiterate what PRIDE stands for, to review some of the handbook rules, and to have a general conversation about

proper discourse. Our “street signs” came in, and we have officially labeled our halls to represent PRIDE.



Senior All-Night Party

Meeting: There will be a meeting on Wednesday, January 23, at 7 p.m. in the cafeteria for any senior parent interested in helping to plan the Senior All-Night Party. The All-Night Party will take place

after graduation, which is scheduled for Friday, June 7, 2019. If you can't attend the meeting but wish to help, please email meczyworm@acrsd.net.

Become a Team Member of the Haiti Plunge: The Haiti Plunge gives high-school students the opportunity to travel, to experience a different culture, to make a difference in other people's lives and to broaden their experiences. Upcoming trips: June 22 - July 1, Aug. 3 - 12, Dec. 28 - Jan. 6. For more information visit HaitiPlunge.org

ACRSD SEPAC Workshop: Speech Language Services Meet the Specialists: Jan. 30, 6 p.m. at the Hoosac Valley Elementary School Library. Find out what speech services are in the school setting and how they are recommended. SEPAC acts as a resource for parents, advising the district on matters related to the support, programs and performance of students with special needs and disabilities, ages 3 to 22, providing support, networking, and workshops to help parents become informed about special education topics and how to connect with other parents.

Coaches vs. Cancer Girls' Basketball Tournament: Saturday January 26, in the HVHS gymnasium. This is an annual event; teams from across the state will travel to play at Hoosac and money raised is donated to the American Cancer Society.

Spirit Week Scheduled for next week: Share this schedule with your students.

Tuesday, Jan. 22 - Superhero vs. Villain

Wednesday, Jan. 23 - Pink Day for Cancer Awareness and Coaches v. Cancer day on Saturday

Thursday, Jan. 24 - Throwback to your favorite decade

Friday, Jan. 25 - Hurricane Pride day with PEP Rally in afternoon

**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 credible 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 21, 2019

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

January 22 - 25, 2019

SPIRIT WEEK with a C-Schedule at the end of the week for a Pep Rally.

Tuesday, Jan. 22 - Superhero vs. Villain

Wednesday, Jan. 23 - Pink Day for Cancer Awareness and Coaches v. Cancer day on Saturday

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February 7, 2019

7 p.m. PRIDE Rally in the auditorium. PRIDE recipients will receive a letter in the mail.

March 1, 2019

Snowball at the Holiday Inn.

March 15 and 16, 2019

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

WE STILL WANT YOU TO KNOW...

Health Screenings: This is a reminder from Nurse Traci that the state mandated health screenings in hearing, vision, and BMI for Grade 10 students, AND scoliosis screenings for Grades 8 and 9 will begin in the coming weeks. Notices were sent home with students at the beginning of the year and can be found on our website.

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.

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.

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).