



Students from across the state, who participated in Project 351 in Boston, including 3 HVHS students!

Hoosac Valley High School 2018-2019

Words from Byrd: Week ending 1.25.19

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

January is RESPECT month.

“Respecting someone indicates the quality of your personality.”

NEW THIS WEEK...

Report Cards: Report cards were sent home today with your student. For students who finished up Semester 1 classes, those final grades are indicated on the report card. If you have questions for individual teachers, you can email them by typing in their last name, first initial @acrsd.net (ex. byrdc@acrsd.net). Also, the Quarter 2 newsletter was attached with some important information from Dean of Students, Molly Meczywor.

Project 351: Three students from HVHS attended the annual Project 351 in Boston. “Project 351 is an independent nonprofit organization that builds a movement of youth-led service by engaging an unsung hero from each of Massachusetts' 351 cities and towns. United for a year of leadership and service, Ambassadors transform communities, elevate kindness, advance social justice, and gain the courage, compassion, and capabilities to lead change.” This year

we were proud to send Samara Maxwell from Cheshire, Dominick Pause from Savoy, and Kathryn Scholz from Adams. For more information about the event, [CLICK HERE](#).

National Honor Society Clothing Drive: Clean out your closets! From January 28 through February 15, students and staff members can bring in any unworn/worn clothing and place them in the boxes that will be left in the atrium. Any donations will be appreciated. Items will be delivered by NHS members to local pantries.

Pep Rally: The seniors on the Athletic Leadership Council planned a short, but entertaining Pep Rally. The band, cheerleaders, and students had fun “pieing” a senior after consuming a tray of whipped cream. The cheerleaders and band performed throughout the rally, and shoutouts were given to sports’ teams, the band, and the upcoming musical cast members. Also, teachers were “toilet-papered” in a countdown to see which student could wrap the teacher the quickest. Fun was had by all.



HVHS Kindness Week: From January 28 through February 1, Hoosac Valley Middle AND High School will celebrate Kindness Week. Prizes will be awarded throughout the week for participation! This event is sponsored by the Athletic Leadership Council and the Middle-School Kindness Ambassadors. The schedule is as follows:

- Jan. 28 -- School Pride Day “Proud to Be Kind” **Challenge: Say Good Morning to 15 people.** Flowers for sale at lunch!
- Jan. 29 -- Twin Day Tuesday “Twice as Kind” **Challenge: Hug a Friend.** Photo booth at lunch.
- Jan. 30 -- Superhero Day “Powered by Kindness” **Challenge: Wave Wednesday... Wave at or introduce yourself to 5 people.**
- Jan. 31 -- Sports Day “Team Up for Kindness” **Challenge: Thank a teacher.** Thank you notes at lunch!
- Feb. 1 -- Peace Day/60s “Peace and Love” **Challenge: Hi-Five a friend.** Flowers delivered!

FOR YOUR PLANNING PURPOSES

January 26, 2019

Coaches vs. Cancer Girls' Basketball Tournament: Various times... 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.

January 30, 2019

ACRSD SEPAC Workshop: Speech Language Services Meet the Specialists: 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.

February 1, 2019

National Job Shadow Day for juniors and seniors, who signed up in advance.

February 7, 2019

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

February 18 - 22

Winter recess. No school. Classes resume on Monday, February 25, 2019.

March 1, 2019

Snowball at the Holiday Inn. Last day for students to purchase tickets is Friday, Feb. 1.

March 15 and 16, 2019

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

**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.

WE STILL WANT YOU TO KNOW...

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](https://www.haitiplunge.org)

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.

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).

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.