



## Hoosac Valley High School 2018-2019

### Words from Byrd: Week ending 12.14.18

#### **NEW THIS WEEK...**

Take a look at our new website! It's still a work-in-progress, but we have been adding articles and pictures, and now we have a brand new [HOOSACFLIX](#) page, which hosts our morning shows. Click around while you're visiting and let me know what you think; is there something we could add or fix? Email me at [byrdc@acrsd.net](mailto:byrdc@acrsd.net).

We are hosting a **Spirit Week** next week before the Winter Break.

- **Monday the 17th:** Teachers, who have volunteered, will serve lunch to students.
- **Tuesday the 18th:** Holiday Sweater Contest for students and staff

- **Wednesday the 19th:** Holiday Hat Day (santa hats, headbands, etc.) for students and staff
- **Friday the 21st:** Caroling from room-to-room with available teachers and study-hall kids? We'll see how this goes. *Half-day with a shortened 7-Period schedule. Dismissal at 10:40 a.m. for grades 8-12.*

**TALENT SHOW: Saturday, December 15, starting at 6 p.m. in the Auditorium:** Come enjoy the talents of some of our students and staff. It's going to be a blast! Tickets are only \$5 each and can be purchased at the door. Proceeds benefit the Class of 2020.

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

**ADHD for Parents:** All session will be lead by a trained Brien Center therapist. In 5 or 6 structured meetings, they'll address

- How the ADHD brain differs from a neurotypical brain, and what that means for your child
- Tips for changing and managing behavior, and how those two things are different
- Your kid's best source of support and strength
- Using positives to offset negatives
- ...and more!

Group limit: 8. Times and dates are dependent on member availability. For more information and to register, call Amy Price at 413-398-1342.

**AP FEES DUE:** final reminder. The cost is \$93 for each course your student is taking. If you feel your student qualifies for free or reduced lunch, please contact Mrs. Lane by emailing [lanej@acrsd.net](mailto:lanej@acrsd.net) or by calling 743-5200 x5009.

**Jan. 1 and Jan. 15** college deadlines are coming up. Seniors... stay on track and make sure everything is sent in on time. Check in with your counselor if you have any questions.

**“What you can do to avoid or minimize holiday stress inducers”** presented by the American Psychological Association. Families can check it out at this website: <https://www.apa.org/helpcenter/holiday-stress.aspx>

**FOR YOUR PLANNING PURPOSES**

**December 15**

Talent Show: 6 p.m. HVHS Auditorium. Tickets: \$5 each. Benefits the Class of 2020.

**December 20**

Holiday Concert in the Auditorium, 7 p.m.

**December 21**

Half-Day: Dismissal at 10:40 a.m. Winter break begins. Classes resume on January 2, 2019.

**WE STILL WANT YOU TO KNOW...**

**Safety update:** Families, staff members, community members, etc. are reminded to park in designated parking areas throughout our campus. State Police are working with administration to construct a Medical Emergency Response Plan, and they 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.

**New 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](mailto: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!