Board of Education Monthly Report
May 14, 2019
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Director of Health, Physical Education, and Athletics

1. The NYSPHSAA first ever Mental Health Awareness Week was April 29th – May 3rd, 2019

Summary:

During the week of April 29 – May 3, the New York State Public High School Athletic Association (NYSPHSAA) launched its first ever Mental Health Awareness Week, a campaign to raise awareness of mental health in the realm of interscholastic athletics. The goal of the initiative is to encourage schools to provide training to athletic directors, coaches, staff and student-athletes, to help them learn how to identify signs and symptoms of mental illness, break the stigma associated with it, and provide resources to those who need them. According to the Mental Health Association of New York State (MHANYS), "Mental health awareness helps everyone to recognize the signs and symptoms of mental illness and ease people into the process of seeking aid for themselves or others. Confiding in a peer, trusted adult, or professional is extremely beneficial because 60-90% of those who receive treatment experience positive outcomes."

The goal of the initiative is to not only raise awareness, but also to encourage as many coaches, athletic directors, staff and student-athletes to take the NFHS Student Mental Health and Suicide Prevention course as possible. In addition, NYSPHSAA encourages these individuals to take the National Association of Mental Illness (NAMI) Stigma Pledge to commit to not having stigma within their school.

Goals

1. Encourage as many Coaches, Athletic Directors, and Student-Athletes as possible to sign up for and take the NFHS Student Mental Health and Suicide Prevention Course.
   https://nfhslearn.com/courses/61160/student-mental-health-and-suicide-prevention

2. Encourage Coaches, Athletic Directors, and Student-Athletes to take the stigma free pledge provided by the National Association of Mental Illness (NAMI)
   https://www.nami.org/stigmafree/pledge

How NRWCSD Participated:

1. Followed NYSPHSAA on Twitter and Facebook
2. Used social media posts on the @NRWHS Page and our website to publicize and promote the event
3. Emails went out to coaches and staff with important information about the event, encouraging them to participate with their teams/students
4. The Athletic Director, along with several coaches, took the NFHS Student Mental Health & Suicide Prevention Course
5. Encouraged coaches and student-athletes to sign up for the NFHS Student Mental Health & Suicide Prevention Course (Free)
6. The Athletic Director and several others took the NAMI Stigma Free pledge (Free)
7. Encouraged coaches, staff and student-athletes to take the NAMI Stigma Free pledge. It's not too late for more people to get involved! Click the link above to take the pledge today.

2. Positive News on Spring Athletic Teams

- The Boys' Modified Tennis Team has had a great start to the season going 3-0 against Mynderse, Clyde-Savannah, and HAC.

- Varsity Boys' Tennis had a great week and is having a phenomenal season this spring! They are 6-1 overall. On May 2nd they qualified 5 players for individual sectionals (out of a possible 6). In singles, Peter Mattice upset the #1 and #2 seeds at the qualifier to take the top spot. In doubles, Quintin Norris and Schuyler Cole made the finals but came up short and finished #2. And our 2nd doubles entry of Chase Fremouw and Devon Crum won 3 out of 4 matches to finish a strong 3rd. All in all, it was great day (albeit cold!!) for Cougars tennis!

- JV softball played four games so far. They beat Lyons and kept the score very tight with Williamson. EmmaGrace Humbert stepped up as the pitcher and is pitching great games with very limited walks. Hannah Mathes is doing great at shortstop. She caught several fly balls and made some great stops for outs. Izzy Widger is playing well in the outfield. She caught several fly balls for outs. On offense, Brianna Vezzose is doing great. She hit multiple doubles and triples so far this year, and is doing great behind the plate as the catcher as well.

- Varsity Softball has won 4 of their last 5 games. They were losing to ER 14-5 in the 5th inning and came back to win 16-15 in the bottom of the 7th. That was their second walk off win of the season. They are currently in 4th place in Wayne County.

- Outdoor Track has 7 student athletes qualified for sectional competition and the season is winding down quickly. The team has quite a few pr's which is always a good thing and means improvement!

- This varsity baseball season has been challenging. They are currently sitting at 2-7 overall. A lot of the games they've played have been winnable, and they are improving as the season goes on. Batting highlights: Morris (Sr.) has 2 triples, O'Leary (Sr.) has 2 triples and a double, Minier (Jr. & 1st year of baseball) has 2 doubles, Leous (Sr.) and Statskey (Sr.) each have a double. Pitching highlights: Mourey (Jr.) has struck out 18 in 16 innings pitched, Howie (So.) has struck out 8 in 5 innings pitched, and Statskey (Sr.) has stuck out 27 in 21 innings pitched.

- Hampered by the rain lately, the golf team got off to a great start and has since had a few tough matches. They are currently at a record of 6 wins and 5 losses. The sectional qualifier is coming up on Monday, May 13th. The goal is to send some NRW representatives to this tournament.

3. Important Events

- Sectionals for high school varsity sports will begin mid-month. Watch the website for the various dates and times of these upcoming contests.
- April 29th – May 3rd – NYSPHSAA's Mental Health Awareness Week for interscholastic sports
- May 10th – 12th – 8th Grade Honor Trip to NYC
- May 11th – Senior Prom
- May 14th – BOE Meeting
- May 15th – Coaches' Appreciation Day
- May 24th – 27th – No School - Memorial Day Weekend
- May 28th – The high school athletic awards night – 5:00 pm hors d oeuvres in hs foyer and 6:00 pm awards in high school auditorium
- May 30th – Spring Concert at the HS
- June 4th - Modified Sports Award Night in HS Auditorium