NORTH ROSE WOLCOTT HIGH SCHOOL

Board of Education Monthly Report

April 14, 2020

Sandy Jordan, Interim High School Principal

Greetings from the High School,

This unprecedented time for all us is monumental. The positive side of our world being turned upside down is the dedication and commitment of our teachers. Every single teacher has gone over the top to make sure instruction continues. There is just a single digit number of students needing internet access and there is a plan in place for those few students.

The Instructional Leadership team spent many hours last week finalizing a grading policy for marking period 3, which is included in your package. There are directions for teachers and an additional page that shows the message to students and families that will be printed on the back of each report card.

The Regents Committee has finalized all of the Regents plans for June.

The Graduation Committee will be touching base on a ZOOM meeting next week to develop multiple scenarios of how a graduation might look for June, 2020. The multiple scenarios will cover all available plans given our health crisis. Senior students will be included in the Graduation Committee.

Staff is staying connected with each other and students. A few examples are included in your packet. Today on a faculty meeting we are planning and sharing all the activities to stay connected so there is continual communication. Facebook and Instagram have never been this active for NRW High school.

The most enjoyable activity for students has been the Virtual Spirit Week. Students sent photos of their activity and teachers posted to the NRW High School Instagram page.

Enjoy your reading material about the High School, SANDY

April 3, 2020

Report Card Grading for Marking Period 3, 2019-2020

Hello Teachers,

Our Building Leadership Team of Amy Wiktorowicz, Cary Merritt, Nick Wojiek, Adam Hawley, and Caitlin Wasielewski have been in discussion recently about how to best grade students for quarter 3 during these unprecedented times. We have decided to assign a "grade" of E (Exemplary), S (Satisfactory), or N (Needs Improvement). At this time, we have decided not to use any of the pre-set comments. Please include at least one detailed custom comment for each student. If giving a grade of "N," please include your e-mail in the comment.

We have provided some grading criteria below. Please know that this is only a guide. As the instructor you may modify these criteria and assign a "grade" that is appropriate for each student. The grade range is purely a reference for teachers who like to think of grades numerically. The letter grade should be based primarily on the distance learning that has occurred since normal school operations have been paused. This should be combined with the quarter 3 work that was completed prior to students working from home. We will have additional guidance as more information becomes available from the state.

Teachers of students taking FLCC and AP classes will have a bit of a different process. Please create a custom comment that indicates the numeric Quarter 3 grade of the student. Please also, explain the process for arriving at their grade.

Here is an example of what this could look like:

John Doe: E

* A custom comment or two

FLCC Grade: 95%

Exemplary

- Exemplary level work is mastery level work.
- This would be for students who go above and beyond what is expected of them
- Their work represents quality, not quickness
- Assignments are completed at a high level
- Non-graded assignments are accessed and utilized
- Recommended due dates are usually adhered to
- Students take ownership in their learning by reaching out to the instructor
- Exemplary – Numeric equivalent 85-100

April 2, 2020

Report Card Grades Marking Period 3, 2019-2020

Dear Parents and Guardians of Students,

I hope that everyone is enjoying time with family and loved ones. Although it is certainly difficult to remain at home while we practice social distancing, it is a bit of a blessing in disguise to have extra time to bond and build memories. With that said, school is still important.

At the conclusion of quarter three, grades will look different than they have in the past. Due to the abbreviated time with students this quarter and the unprecedented health crisis our nation is facing, your student will receive one of three grades. Below is a brief description of the criteria that teachers will use to grade each student. Please know that a grade of Exemplary, Satisfactory, or Needs Improvement will be accompanied by specific actionable comments from the teacher.

Exemplary

- Exemplary level work.
- Student has gone above and beyond what was expected of them
- Student work represents quality, not quickness
- Assignments are completed at a high level
- Student takes ownership of their learning by reaching out to the instructor

Satisfactory

- Work that is completed is not commensurate with the ability of the student
- Work often represents quickness, not quality
- 1 or 2 assignments are only partially completed or not completed at all
- Recommended due dates are met occasionally
- Student rarely reaches out to classmates or their instructor for assistance

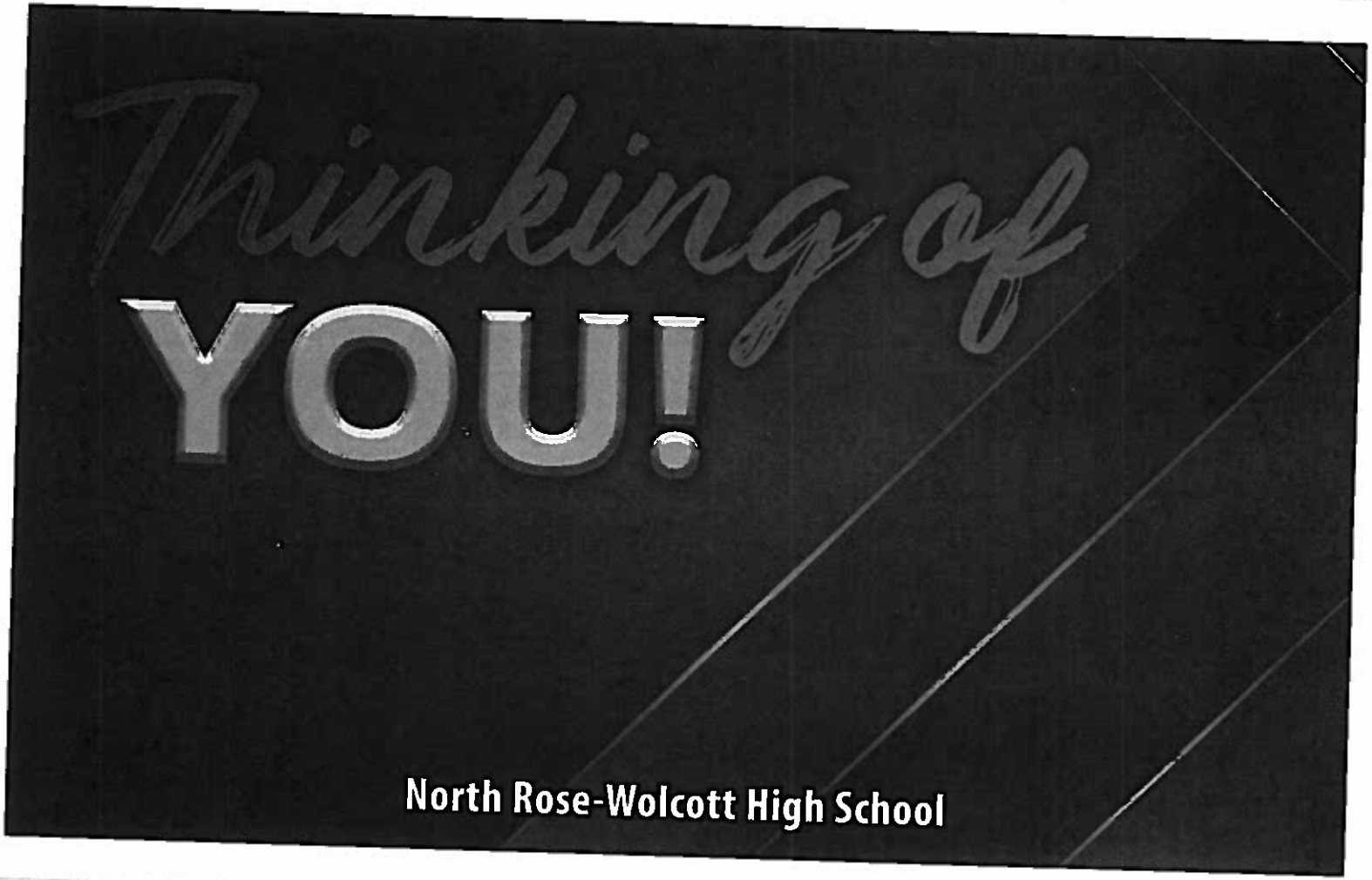
Needs Improvement

- Most assignments have not been accessed or completed
- Recommended due dates are rarely met
- Student has not reached out to the instructor for assistance
- Student has rarely logged on to Google Classroom

If you have any questions or concerns please contact Principal Sandy Jordan (sjordan@nrwcs.org) or Assistant Principal Jason Shetler (jshetler@nrwcs,org).

Thank You,

Sandy Jordan and Jason Shetler


Thinking of
YOU!
North Rose-Wolcott High School

Dear NRW HS Students:

We miss our NRW family and hope all of you are well. We'd like to challenge each of you to use this time to grow as individuals. Go on the longest walk you've ever taken before. Watch YouTube tutorial videos to learn a new skill. Spend an entire day with a sibling. Write a letter to a family member or friend who you haven't seen in a while.

We hope you are able to spend lots of time with your families. You can see the three of us are relaxing with our own furry friends here. Please don't hesitate to reach out if you have any questions. Thank you, and be well!

Sincerely,

Sandy Jordan, sjordan@nrwcs.org
Jay Shetler, jshetler@nrwcs.org
Robyn Roberts-Grant, rroberts-grant@nrwcs.org

North Rose-Wolcott
Central School District
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Wolcott, NY 14590

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WELCOME TO NRWHS NEWS!

COUGAR PRIDE AT NRW!

Welcome

Dear partners in education-

In an effort to improve and continue our communication here at North Rose-Wolcott High School, we have created the NRWHS Newsletter. In this publication, you will see bits and pieces of what happens here at our school. We hope that you enjoy the articles that we share with you and look forward to sharing through out the rest of the year and the future. Thank you for being part of our community and we look forward to working together to be the best North Rose-Wolcott High School we can be.

Thank you for your support -

Nick Wojieck - Editor

VIRTUAL CAREER FAIR

Hi everyone-
While we are on this extended closure, the North Rose Wolcott HS Facebook page and Instagram page is hosting a virtual career fair. We have reached out to alumni and asked if they would answer a few questions in regards to their career. We have had multiple careers shared so far and have plenty more to come. Please encourage your student to check out the Virtual Career Fair going on right now at both locations. You can access the Facebook page by clicking on the title Virtual Career Fair above or you can see us on Instagram at the handle @northrosewolcotths

See ya soon

A NOTE FROM YOUR PRINCIPALS

All of our lives have been turned upside down. When we have a snowstorm, we know what to expect and when it will end. But this Corona Virus has so many unanswered questions for all of us. Hope and faith is what we must all rely on right now. I hope that the strength of our families has made us all stronger.
I wish we could say we will see you next week, but no one has that answer of when we can be together again. I will be at school every day Friday, March 27 – Monday, April 6, if you need anything. You can call the school and most likely I will be the one answering the phones. So many staff have been involved in supporting families with free breakfast and lunch. Please if you need anything just call, we all want to help.
Stay connected with family and friends. Our teachers get very concerned if you miss a day on line. Check in daily to Google classroom. I would ask you all to check your student e-mails as well. This morning we had our first HS Counseling Community Circle on Zoom. We will be sending out notifications on both NRW e-mail and Instagram in the near future. We would love you to join us for the next circle!
Mr. Shetler and I wish all the best to you and your families as we all wonder about the real impact to each of us during this health crisis.

Mrs. Jordan

Update from the food delivery

In an effort to keep our families and staff safe, we will be implementing changes to our current emergency food distribution plan. Effective Monday, March 30th, meal distribution will only occur on Monday and Thursday of each week from 10:30 a.m. to 12:30 p.m. That means that each day we will provide multiple meals instead of picking up each day of the week. This change will limit the number of times families will need to leave the house for food pick-up, which supports our continued social distancing efforts. Please understand, we can only offer three days worth of meals for the Monday distribution and two days worth of meals on the Thursday distribution. Meal distribution will continue to be held at the North Rose-Wolcott High School. If you have already registered for this service, no further action is needed. We will continue to provide meals for you. If you have not registered for this service, but would like to participate, please contact us at meals@nrwcs.org or call (315)594-5510. If you are unable to pick-up meals during these times, we will have delivery available. Please contact us at meals@nrwcs.org or call 315-594-5510 if you would like delivery.

DEPARTMENT REPORTS

Art

This year art students again had the opportunity to participate in The Memory Project. The Memory Project is an organization that pairs students up with orphans in other countries. The art students receive a photo of the orphan and are then asked to return a portrait to the organizers of The Memory Project. The organizers then hand deliver the portraits and record the process for the donating schools to see. This year we have 22 photos of orphans in the USSR regions. Because our deadline is April 1st, many portraits are not yet finished, but we had seven sent out from here and the rest of the students who are creating portraits have been sent home with envelopes to mail out the portraits when they are finished. We hope to publish more as they come in. Thank you so much to those art students who chose to take on this assignment

Mia Rowe

Kalie Burke

Paige Stapley

Clara Madison

Dani Fox

Jenna Ballard

Business

I'm enthusiastically looking through your assignments, simulations, and loving the comments. FLCC Computer Apps – we are experiencing ups and downs with Microsoft Office online vs the district's need to use Google, but we will persevere!

English Language Arts

English 12

We have had an incredible start to the 2019-2020 school year. I gear most of the work my students do during their senior year to help prepare them for their future path of success. I want them to critically think about: who they are, where they came from, their strengths and weaknesses, strategies to strengthen their abilities, where they are headed after graduation, and how to develop a plan to get there.

This was the first time I ever began an academic year with an immersive science fiction unit that led to a self reflection paper. Any prejudices against Sci-Fi were quickly dispelled. We began with classic short stories and an exploration of the genre itself, even including some fun clips so that students were able to connect with the material. We progressed to the novel, , which aside from having many relevant connections to our society (War games, military training, politics, civil rights, discrimination, etc.), tracked the emotional, mental, and physical growth of our protagonist, Andrew (Ender) Wiggin. Students were then asked to write an extensive essay that tracked their own mental and emotional growth throughout the last four years of their lives and I could not have been more pleased with the results.

We left off at the very end of our Justice unit, which centered around Shakepeare's . We had so many great tools to aid us in tackling this work. Students often feel unequipped to read and comprehend Shakespeare's plays. We utilized professional online recordings, an electronic version of the play with modern day translation, a free youtube movie version, along with some small group readings in order to boost confidence with and comprehension of this text. We explored themes such as. Justice, Friendship, Truth, the Individual's relation to Society, Honor, etc.

As we are home, students have the ability to finish the final act, with all the resources we had in class (minus small group reading). I have been posting and continually checking in with students on Google Classroom. There are some fun options for a final project for Julius Caesar, journals, and other enrichment opportunities. Please encourage all students to check in on Google Classroom regularly.

Foreign Langunge

10 Ways to Practice Spanish at Home

By Sra. Wiktorowicz

#1 - Change the language to Spanish in your favorite movie.

#2 - Text a friend or family member in Spanish.

#3 - Take notice of items in Spanish around your house. Check out your shampoo bottle or toothpaste container.

#4 - Play games on your phone in Spanish.

#5 - Google things in Spanish before looking them up in English.
#6 - Read a book or magazine in Spanish. There are many options available online
#7 - Change the language on your devices.
#8 - Watch tv shows on Netflix or Hulu in Spanish.
#9 - Check out Spanish videos on YouTube.
#10 - Teach Spanish to somebody in your house.

Mathematics

Math in the Real World

Most math students asked the question "When am I ever going to use this?" at some point during their math careers. The answer to that is NOW! The coronavirus pandemic, caused by COVID-19, is modeled by math! The number of cases is modeled by a logistic curve, a math concept AP Calculus students just finished studying. A logistic curve starts off as an exponential curve, a mathematical concept Algebra students learned about this year. The idea is the number of cases from one day to the next is not constant, it is a multiple of the previous cases. However, the number of cases of the coronavirus will not increase forever, eventually, there will be less and less new cases each day, or change to a logarithmic model, something Algebra II and Pre-Calc students learned about. The next time your student asks if they will ever use math in real life, you can tell them math is modeling our current situation!

How to Help Your Student Succeed!

Math can be a challenging topic for students, but the math department is here to help! We want to see your student succeed.

Over the next few weeks, the math department has many supports for students. Many math teachers created YouTube videos or videos for Google Classroom to walk students through concepts. Students should watch the videos if they are unsure how to complete work.

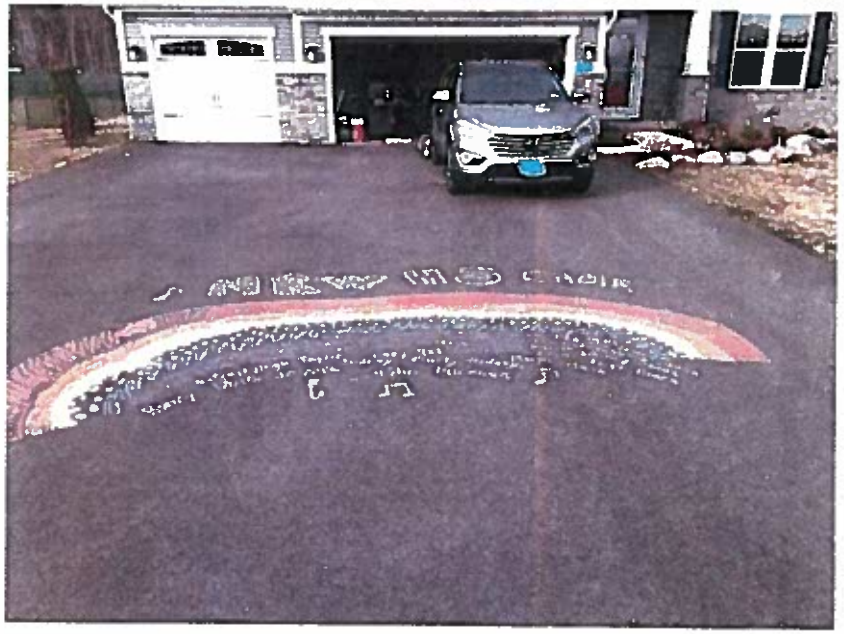
Math teachers are also available to meet via Zoom or Google Hangouts. This is a great way for students to ask questions and receive support from teachers through a video conference. If your student is unsure about something, have set up a time to video conference with their teacher.

If your student needs access to a calculator, there are free phone apps. If your student has a Samsung phone, they should download wabbitemu. If your student has an apple product, they should download Calculator x. If your student is not able to download a phone app, contact Caitlin Wasielewski at cwasielewski@nrwcs.org to discuss options.

All the math teachers are here to help! If you or your student has questions, please reach out to their teacher:

Chris Ackley (Pre-Calculus and Statistics) – cackley@nrwcs.org
Brandon Kapcinski (Algebra) – bkapcinski@nrwcs.org
Matt Marion (Applied Geometry and Geometry) – mmarion@nrwcs.org
Bill McDermott (Algebra II) – wmcdermott@nrwcs.org
Kailea Nelson (Geometry) – knelson@nrwcs.org
Caitlin Wasielewski (Algebra, Calculus, Computer Science) – cwasielewski@nrwcs.org

Music



Physical Education

Be sure to check out Miss Bromley on Instagram at Bromley8057 for some workouts and challenges to do at home.

Hi everyone,
For those of you who are on Instagram and for those of you who are not yet, we have come up with a Get Well Challenge. It will work like this:
Each day there will be a post of a certain challenge for you to do.
It could be an exercise, activity, etc.
If you complete the challenge post a picture of yourself doing it or leave a comment.
Anyone who participates will be entered to win a prize.
Winners will be selected on a weekly basis and will receive their prize when we return to school.
Good luck and look for this to begin next week.
Thanks!!

Science

In Science, we are moving right along with the use of Google Classroom, as well as many other digital avenues. Chemistry and Earth Science students have been encouraged to perform some experiments at home using common household materials and post photos of their finished products. In Earth Science, students are being asked to answer a question of the day to keep the discussions going. We would all love to see a bit more participation from our students in our online communities and we look forward to the time when we can be back together soon.

Social Studies

In the Social Studies department we are continuing our work engaging in historical sources and following current events. Students have been extremely flexible making the transition to online classes through google classroom. In 9th and 10th grade students continue their studies on enduring issues in the past and linking them to issues that exist today. In 11th grade U.S. History, students continue to engage in primary sources from the World War I Era and the Roaring 20's to determine the impact of key events on our history. Finally Mr. Hawley encourages all graduating seniors to register to vote in the upcoming primary and presidential election. Thank you for all your hard work in this time of transition!

Special Education

Greetings from the NRW High School Special Education department. Your teachers miss seeing their students on a daily basis. They are working hard trying to meet students' needs and give students individualized attention through a distance learning platform. We recommend sticking to a schedule that allows you time to balance school work and helping out with family chores. Remember if you are feeling overwhelmed, take a break and always feel free to email your teachers with questions.

Technology

Mr. LaValley's Wood Tech students have been working very hard on their projects. At this point in the course, each student is permitted to design and/or find plans for their own individual project(s). This gives each student the ability to construct a project that is unique and more personal to them. The following are some examples of the student projects currently being worked on: gun cabinet, nightstand, candleholders, boxes, cutting boards, lathe bowls, birdhouses, signs, etc. As you can see, there is quite a variety of items being built. This month, we will focus on one student and his unique project.

Cole Liseno, son of Kenna and Eric Liseno found a picture of a flag on the internet that was constructed out of wood, which incorporated wood burning the stars and stripes in order to create the flag. He really liked the idea and decided he wanted to make one, although he wanted to add the marine logo as well, which he saw on one website. Cole built the flag out of basswood and in order to create the two-tone effect for the stripes, he used a blowtorch to burn the red stripe segments of the flag along with the background area for the stars and marine logo.

The stars and marine logo proved to be very challenging as the internet showed that most people used a dremel or hand carved out the area for just the stars. This was not going to be an option for Cole, given the detail in the marine logo he wanted to incorporate into his flag. To overcome this problem, Cole designed the layout in Adobe Photoshop and then sent it to a laser engraver/cutter to create a stencil for the stars and marine logo. The stencil was then mounted on top of the wood-burned area for the stars and then sandblasted to remove the burned area, which left the stars and marine logo as seen in the photo. Cole and his father then sealed the flag with polyurethane in their garage at home.

Now for the best part of the story, Cole presented his project to his grandfather, Bruce Liseno who was a former Sargent in the Marine Corps! What a heartfelt gift that meant a great deal to his grandfather.

A UPDATE FROM COUNSELING

Hello to our NRW Family,

We hope this finds you doing well during this unique and challenging time for our community and country. Mrs. Beresford, Mrs Kandt, Mrs. Pierce and Mr. Van Laeken all missing seeing you at school. Beginning, on Thursday March 26th at 11:00AM the Counseling Office will be hosting Zoom Community Circles each school day. During this Community Circles students can share things they have been doing, challenges they are facing, tips on how they are doing schoolwork and more.

Students have two ways to join this Zoom Community Circles, please see the attached PDF document for joining instructions.

The join url is https://zoom.us/j/400562799, if logging on thru website

The meeting ID is 400-562-799, if logging on thru the app.

In the meantime, practice social distancing, wash your hands, do you school work and take care of yourselves. If you need anything please reach out to us. Hope to see many of you at

one of our Zoom Community Circles.
Mrs. Beresford - aberesford@nrwcs.org

Mr. Van Laeken - svanlaeken@nrwcs.org

Mrs. Kandt - rkandt@nrwcs.org

Mrs. Pierce - spierce@nrwcs.org

Library News

Overview of the Media Center

The media center has been a busy place the last two months! We have celebrated Black History Month and Women's History Month by utilizing book displays! Our collection of books is very diverse- which allows for many different celebrations of identity!

We have also been working hard to include STEAM activities in the media center. Two of the most recent examples have been creating #wildlifewednesday- on Wednesdays we stream live videos of animals in nature- and making a wooden dinosaur robot!

Media centers evolve to meet the needs of the community- and our media center is one that is active and student focused!

We have also included art in our recent celebrations. Students made kindness rocks to remind themselves to practice self kindness, magnet art, and origami bookmarks.

Distance Learning

While Distance Learning can seem overwhelming, the staff here at NRW really want to support the students, and not just academically. We very much care about our students and miss them greatly. If you need any help through this process, please reach out to the staff- myself included. I've attached a link here to direct you to some of the resources the library is offering.

https://www.smore.com/c69r7

There is a Library google classroom for students in 7/8th grade and 9-12th.

9-12 Google classroom- gxrhk33

7/8 Google classroom- grybyxi

The next edition of the newsletter I will include fun features like recommended reads, fun online tools, and more!

Please feel free to reach out to me at any time. My email is ajohnson@nrwcs.org

Sincerely,

Amanda Johnson

A note from Mr. Hawley

For the past week Mr. Hawley has been finding his way around Google Classroom. He is learning as he goes and the students have been very helpful by providing feedback and asking questions. He misses hearing about how his students spent their weekends and he looks forward to giving away Panera bread when we resume classes. He is disappointed that golf season has been suspended because he was looking forward to some great matches with some new golfers.

On the weekends he has continued beekeeping. He has been keeping bees for about 5 years now and he looks forward to entering some of his honey and wax crafts in the New York State Fair again this year. He has also been planning the garden for this Spring.

With most businesses closed, he has spend his free time taking walks with his family and their dog, Summer. Items on the to-do list for this weekend include building new raised beds for the garden and cleaning the garage. He is looking forward to getting back to school as soon as possible.

ATHLETICS

Winter Sports Round Up

Indoor Track : It was a very exciting finish to the Indoor Track Seaon. We had one league champ: Bella DeFeo in the high jump and ended up with 2 sectional champions: Jenna Roelle in the high jump and Ryan King in the 3200. For the first time in quite a while, we had a good showing for the state qualifier meet with 4 athletes in attendance.

Swimming: Sectional Results for 2/14/20:

200 medley relay - 12th (Welsh, Davenport, Cole, Majkszak)

50 free - 16th (Majkszak)

500 free - 13th (Cole)
200 free relay - 13th (Morales, Plucinik, Davenport, Welsh)
100 back - 13th (Cole)
400 free relay - 12th (Cole, Plucinik, Welsh, Majkszak)
Nrw was 13th overall

Wrestling: Persian Singh and Jake Minier placed 1st in the wrestling sectionals, Jake went on to compete at the State tournament
- Noah Wazinski finished 4th and Kyle Kasper finished 5th in the sectional tournament

Varsity Bowling: Boys and Girls Varsity Bowling both finished 3rd in the Wayne - Fingerlakes League Championships

Girls Varsity Basketball: The team won their first round of sectionals

Jake Minier

Jenna Roelle

Ryan King

Persian Singh

Varsity Girls Swim Team

Spring Sports

As the Athletic Director of the North Rose-Wolcott Central School District, I am in favor of our athletic association focusing on ways to still provide participation opportunities for the spring sport student-athletes we serve. When schools are able to return, students will need a sense of normalcy. A way to do this would be providing them with any semblance of a regular season. This will be very beneficial to them and their school community, senior nights, practice, team dinners and wearing a school uniform should be the focus of interscholastic athletic programs following the COVID-19 crisis.
The date students are able to return to school will play a significant role in the length of the spring sports season and the potential of league, section and state championships. With school districts closed for an extended period of time, Sections & Leagues are individually determining the Spring sport start dates and practice parameters that best meet the needs of the students they represent.
If needed, the spring sports season can be extended to provide more participation opportunities for students. The Officers of the NYSPHSAA (New York State Public High School Athletic Association) have waived the seven consecutive day rule for the 2020 spring sports season, which will allow teams to practice and compete on seven consecutive days during the regular season.
The NYSPHSAA has established Monday, April 27, 2020 as a determination date to officially examine the feasibility of hosting the NYSPHSAA Spring State Championships. Waivers of the NYSPHSAA Representation Rule will also be addressed at the end of April.
If you have any questions or concerns related to this memo, please email me at RRoberts-grant@nrwcs.org and I will do my best to answer any questions. Please refer to the NRWHS Facebook page for some posts from individual coaches and updates from the high school.
Thank you and stay safe

Baseball

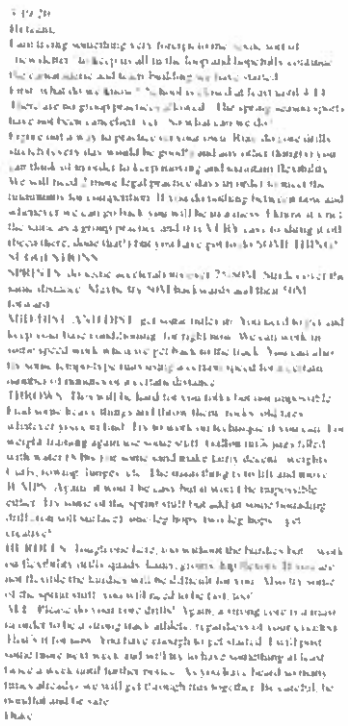
"Check out the NRW Baseball Google Classroom page! Every few days training and inspirational videos are posted to keep you in the game! Go Cougars!"
Class code: si2tep4

Softball

We hope all is well. During these next couple of weeks, it is important to stay healthy, stay up to date with your schoolwork, and keep working on your softball skills! We are excited to see you again and get back on the field! We highly recommend working out at least 4 times a week until then. Here are some suggestions you can complete while social distancing:
Run. Go for a 15 minute run to build stamina.
Sprints: Sprint for 30 seconds, then take a 1 minute break. Repeat this 3 times.
Strength: Grab water jugs or anything from around your house that weighs 5-15 pounds and work your arms. Pushups, bicep curls, dumbbell pullovers, bent over rows, bench press, and

triceps extensions are all great ways to tone muscles. You can Google the exercises and watch videos if you are unsure how to perform them.
Throwing and Catching: Go out in the yard with a family member and play catch. Have them throw pop flies and grounders as well.
Hitting: Practice your hitting mechanics. Take practice swings. Keep your bat up, do not rest it on your shoulder. Start with a power step. Remember to keep your elbows and shoulder up. Keep the bat up throughout the swing, turn your hips, and swing all the way through.
We look forward to seeing you soon.
~Coach Was and Coach Yarrow

Track and Field



Student of the Month

Our student of the month program is going strong. Each month we award 1 or 2 students per grade level based on nomination made by faculty members in regards to certain criteria for the month. So far, we have awarded the recognition to the following students for the criteria listed:

September - Leadership Winners:
9th - Austin Smith
10th - Maryn Loperfido
11th - Eva Norris
12th- Isabella DeFeo

October - School Spirit Winners:
9th - Semaj Ford
10th - Alexis Countryman
11th - Autumn Cole
12th- Ryan King

November - Gratitude Winners:
9th - Sean Mahoney, Jenna Bullard
10th - Travon Andrejewski, Lillian Mein
11th - Aubrey Liseno, Taylor Deferio
12th- Helen Flint, Jacob Minier

December -Compassion Winners:
9th - Matthew Cole
10th - Autumn Eygnor
11th - Nayeli Morales
12th- AnnaMae Humbert

January - Goal Oriented Winners:
9th - Clara Madison
10th - Hanna Stubbe
11th - Lucy Zhang
12th- Kennedy Jones

February- Outstanding effort Winners:
9th - Jasmine Sampson, Hannah Abrams
10th - Elber Vasquez, Hallie Cole
11th - Lannon Loveless, Colton Godkin
12th- Chris Mourey, Dominique Warring

Nominations for March Student of the month are currently in progress and will be announced next newsletter.

Delphi News

My name is Sara Pierce. I am the Dephi Rise Prevention Counselor at North Rose-Wolcott. The overall objective of our School-based Prevention Counseling Program is to deter the initiation of drug use and other problem behaviors by increasing children, families and school communities' protective factors and assets. I am able to provide assessments, individual counseling services, group counseling, evidence-based programs and referrals.
Right now we are in a time of uncertainty in the world due to the COVID-19 virus. Teens and children react the same way as the adults they see around them. Some common changes to be aware of include the following:
- Excessive crying
- Excessive worry or sadness
- Unhealthy eating habits such as more than usual or less than usual
- Sleeping too much, or not sleeping enough
- Irritability
- Difficulty with attention and concentration
- Avoiding activities once enjoyed
- Unexplained headaches or body pain
- Use of alcohol, tobacco or other drugs.

However there are many things you can do for yourself and to support your child during this time:
-Talk about or read about the facts of the COVID-19 virus outbreak. Here is the Centers of Disease Control and Preventions link on facts regarding the COVID-19 virus:
https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html
- Take care of yourself, washing hands for at least 20 seconds, limit your exposer to others, and follow social distancing. You can also get some exercise by walking outside, getting plenty of sleep and meditate or deep breathing. (Some great cell phone apps include Calm, and HeadSpace)
- Take a break from new stories and social media. Sometimes continuing to listen, and read things about the pandemic can make worry worse. So it is ok to take a break.
- Take up an at home hobby that you may have never tried before but always wanted to (Knitting, drawing or painting etc.)
- Keeping a routine. This can establish a feeling or normal to not only your children, who are used to being at school, but you as well. Sometimes predictability is reassuring in times of uncertainty.
- Connect with others and talk to people you trust about how you feel and what concerns you may have.

Club and Class News

FBLA: The state is looking into holding an online/virtual state conference! Details will follow . . .

Yearbook: We will be extending the Zap-a-Snack fundraiser when we return to school. You will also be able to still purchase a yearbook when we return to school.

Interact: We are hoping to get back at it soon as we had some fun community service activities planned for the upcoming Spring season.

Science Club: At this time, Envirothon is still planned for April 22nd at the Montezuma Aubudon Center. We are hoping to have a team participate to defend our county championship from last year.

Class of 2020 - Class of 2020 Greetings from Mrs. Wasielewski and Mr. Grasso and the rest of our NRW Family!
Your class advisors are in serious withdrawal of seeing the graduating class of 2020. Time was already precious and this class understands this, probably more so than most others. We hope that this message finds you and your family well. As of current, class events are still scheduled and we look forward to any remaining time we get as a class. We will have one more pep rally before we graduate to celebrate our spring athletes, let's make it a memorable one! Mr. Grasso and Miss Was challenge you to create a 4-6 line senior class chant or cheer. Send your cheer or chant to Miss Was at cwasielewski@nrwcs.org by Friday April 10th. The class will vote on the best one, then we will use it at the pep rally. Let's be creative and have some strong contributions. Keep practicing social distancing, but use social networking to stay on top of your responsibilities and to stay connected. Less than 100 days until graduation, keep it positive and we will stay in touch.

Class of 2021 -
Thanks to all who came out to celebrate St. Patrick's Day at the Class of 2021 and 2022 St. Patrick's Day Celebration. Also, a shout out to all of the parents who donated food items and time to make this another successful event. We enjoyed watching the Irish Step Dancers and the delicious cotton candy and shamrock shakes. We may not have had the turn out that we expected because of social distancing, but we had a great time anyway. Students from the class of 2021 and 2022 were delighted to learn about preparing and serving food to our community members. We hope to make this event bigger and better next year. If you have any suggestions, feel free to contact whawkinson@nrwcs.org.

Class of 2022-
New information coming soon for a new class adviser for your class.

Class of 2023 -
Anyone who participated in the Niagara chocolate bar fundraiser that has not yet turned in their money, please do so as soon as possible. Money can be dropped off in the HS main office between the hours of 9am-1pm. In regards to upcoming event, the class of 2023 is anticipating to hold a Chicken BBQ at the HS on May 19th. Stay tuned for more information to be released once school has reopened.

A message from LIFT

LIFT

Two years ago I became the Coordinator for the LIFT program and I can honestly say that it has been a demanding job but it is also extremely rewarding and I have enjoyed every minute of it. Thankfully I have a dedicated group of educators as well as my assistant, Sundra Besaw, to ensure that it all runs as smoothly as possible.

When I was appointed as Coordinator I quickly realized that this was an absolutely crucial program that helps so many of our students on a daily basis. The afterschool and summer LIFT program has been such a successful opportunity to enrich the lives of our students with both fun and engaging activities such as: HW help, Foosball, Magic the Gathering, Dungeons and Dragons, Physical Fitness, Cooking, Yoga, Documentaries/Movies, Math, Science, Woodshop, Architecture, etc. Our Super Saturdays have also continued to be a big draw this year, averaging about 65 students and 15 adults per saturday session.

This year, we have really focused on providing academic support and community building. We have brought more students to college and university campuses than ever before so that they can get a feel for the college experience, ask specific questions, check out the courses and facilities so that they can make an informed decision about whether or not they want to pursue higher education. Unfortunately we are on an extended break for now but trust that I am planning to pick up where we left off and know that I look forward to seeing and working with you all again soon!

Sincerely,
Mr. O'Neill

Parent Liaison News

Seniors: We understand that this is not how you expected to spend a portion of your final year of high school. We have started to make a Senior Class "Bucket List" to be able to virtually let you connect with your peers with common experiences and activities. Feel free to email me (see below) any ideas that can be added to this list in order to make the most of this situation. Let's stay positive and get creative!

Families: It is important to reach out if you are struggling with things like food shortages or adjusting to distance learning. We want to ensure that students and their families are as safe, healthy and successful as possible! Contact me with any questions, comments or concerns so I can assist in supporting you during this time.

Thank you and take care,
Jess Lapp-H.S. Parent Liaison
jgraham@nrwcs.org

About Us

Also join us on Instagram @northrosewolcotths