

# Arlington High School Class of 2022

February 12, 2020

## A Message From the East House

### IMPORTANT DATES & EVENTS

**February 14, 17** - President's Day -  
Closed

**February 29** - Math, Science and  
Technology (MST) Fair, AHS 8:00 AM -  
1:00 PM

**March 13** – Superintendent's  
Conference Day - no students

**March 20** – Professional Development  
Half Day - AHS Dismissal at 10:00 AM

**March 27** - End of 3rd Quarter Marking  
Period

**March** - AHS Equity Conference: Date is  
Forthcoming

**April 6 -13** – Spring recess, no school

**April 18** - District Art Fair at LMS

**April 24, 25, 26** - Spring Musical

**May 18** - Jazz Night

**May 21** - Professional Development  
Half Day - AHS Dismissal at 10:00 AM

**May 22, 25** – Memorial Day Weekend

**May 27** - Memorial Day Concert

**June 3, 4, 10** - Spring Concerts

**June 17** - Begin Regents and Final  
Exams, students report only for exams

**June 27** - AHS High School Graduation

Dear AHS Community,

As our 10th grade students approach the midpoint of their high school career, we are mindful of the opportunities and challenges that await them. This is a crucial time of development for adolescents, and it is important to understand the role that [Emotional Intelligence](#) plays in our students' well-being both at school and home.

A key marker behind [Emotional Intelligence](#) is understanding one's self and trying our best to understand one another. This year we are continuing to focus on Carol Dweck's [Mindset](#) as our approach toward continued student self- awareness, value, and growth.

Our students are balancing a great deal from academics, extracurricular activities, sports, college planning, and out of school projects/hobbies. The class of 2022 is a class full of scholars, artists, writers, singers, athletes, and innovators. The teachers, counselors, and administrators of the 10th grade class are here to ensure the success of *all* students.

We look forward to continuing to strengthen the relationships amongst all members of our community in the months and years ahead.

Sincerely,

Mr. Richard  
House Principal

Mr. J.P. Zuccherro  
Assistant Principal

## First Semester Outstanding Admirals

Congratulations to the following students on being nominated by one of their teachers and named as an Outstanding Admiral for the House of 2022! Students were nominated based on the character and citizenship traits of:

*respectful, responsible, punctual, optimistic, self-motivated, persevering, cooperative, resourceful, kind, tolerant, honest, polite, considerate, trustworthy*

Jesse Ale

Azalea Bailey

Claire Blaha

Korey Bruce-Doe

Grace Byron

Nicholas Castagnozzi

Dylan Cuccia

Dylan De Leon

Rachel Earnhart

Christopher ("Kit") Evans

Marissa Foster

Tosano Gambino

John Giaimo III

Nicole Guzman Piedrahita

Gwenyth Harrington

Tatiana Hayes

Gianna Inscoe

Morgan Jablonski

Amelia Jensen

Ryan Kane

Matthew Kelley

Ali Khan

Isabella Kostyal

Dalia Lopez

Gregory Mann

Isabella Mayeski

Angelique Melgarejo-Barreto

Andrew Monopoli

Makenna Moore

Jason Mowbray

Jack Mulcahy

David Nesbitt

Edgar Olmedo

Lauren Orrico

Jake Pascocello

Judit Queral Perramon

Ammar Qureshi

Gabrielle ("Gabi") Rice

Kailey Richards

Hailey Rose

Eliana Scott

Emma Sheridan

Kyleigh Short

Thomas Short

Sarah Sokol

Ashley Staffa

Kailey Torres

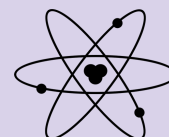
Rose VanBenschoten

Enmanuel Zambrano

Note: **Isabella Kostyal** and **Natalie Shumway** were nominated for Outstanding Admiral Awards last spring and were inadvertently left out of the Newsletter.



## 2020 ACSD Math-Science-Technology Fair



The Arlington District PTSA Council invites all students to participate in the Arlington Central School District's Math-Science-Technology Fair, scheduled for **February 29, 2020, 8:30 AM to 12:00 PM at Arlington High School.**

For more information, please visit the MST Fair website--> [www.mstfair.com](http://www.mstfair.com)

Students are encouraged to participate as groups or as individuals. However, judged projects must be individual projects. The ACSD MST Fair is a required as a preliminary event to the Dutchess County Fair.

Volunteers are needed the day of the event to help with setup or assist students in practicing presentations. Adults and students interested in volunteering, please register at [www.mstfair.com](http://www.mstfair.com).

## District Mission

Our mission is to empower all students to be self-directed, lifelong learners, who willingly contribute to their community and lead passionate, purposeful lives.

## Looking Forward to 11th Grade!

The scheduling process for next year has already begun! Counselors will meet with each student to discuss course offerings and choices for next year. Please review the [2020-2021 Course Selection Guide](#) with your child(ren) and help them plan a course of study that is meaningful, challenging, and appropriate.

For more information about the college application process, standardized testing prep, and course selections, please visit the [AHS Guidance Web Page](#).

## College and Career Readiness

Each day you walk into school you are creating a résumé for college and career opportunities. There are several upcoming events students can begin planning for today, including required entrance exams, portfolios, internships, college or scholarship essays, community service, and extracurricular activities that may be required or helpful to enter your desired program of study post high school. For more information about the [College Application Process](#), standardized testing prep, and course selections, please visit the [AHS Guidance Web Page](#).

### **!NEW REQUIREMENTS FOR NAVIANCE STUDENT PASSWORDS!**

As of December 16th, 2019, students and parents needing to reset their password for any reason are required to create a password using the following requirements. Additionally, any new first-time logins (new student or parent accounts) will need to adhere to these requirements. Password requirements are as follows:

- Passwords must be at least 10 characters in length.
- The username may not be part of the password.
- Passwords may not include more than 2 identical characters in a row.
- Commonly used passwords, simple patterns, and common names will not be accepted.

### **JOB SHADOW DAY**

Job shadow day is a career exploration experience where students learn about a career by walking through a work day as a “shadow” to a professional in a local business, industry, or organization. Students witness firsthand the work environment, employability, and occupational skills in practice as well as the value of post-high school educational and potential career options. Participating in the Job Shadow day means you will miss a day of school in the spring. Specific information will be mailed home soon!

### **BOCES/CTI Applications**

- Forms must be returned to school counselor by March 2



## Class of 2022 on Twitter!

Visit the Class of 2022 Twitter account [@ahshouseof2022](#)



**Lunch Information:** Click here: [School Lunch](#)



## AHS PTSA

The **Parent-Teacher-Student-Association (PTSA)** provides funding and support for many initiatives here at AHS. Please consider joining the PTSA as volunteers are always needed and welcome!



Visit the [AHS PTSA website](#) under the **Parents** section of the AHS website or visit them on [Facebook](#) or [Twitter](#). The East House thanks the PTSA for all it has done to support Arlington High School and the Class of 2022.

The ACSD SEPTA (Special Education PTA) is also an active and important organization in the district. For more information on SEPTA, please visit the website [HERE](#) found under the PTSA website.

## Important Attendance Information

When a student is absent or tardy, the school must obtain a signed “excuse” or “note” from the parent or guardian showing:

- (1) the student’s full name      (2) days and dates absent from school
- (3) the reason for absence or tardiness

**NOTE:** Please use this email when you are sending in a note for your child. The email address is as follows: [ahsattendance@acsdny.org](mailto:ahsattendance@acsdny.org)

**When tardy**, the expected arrival time to school is to be stated in the excuse note. This excuse is to be presented to the Attendance Office (in front lobby) immediately upon entering the school. Upon receipt of the excuse, an admit pass will be issued to the student which must be shown to their first period teacher. For further details on the attendance policies and disciplinary consequences related to attendance, please visit the [Student Handbook](#).

## Athletics - Spring Sports Options



Crew\* (club sport)  
Girls Varsity Softball  
Girls J.V. A Softball  
Girls V. B Softball  
Boys Varsity Baseball  
Boys J. V. Baseball



Boys Baseball Freshman  
Boys Tennis  
Boys Varsity Golf  
Girls Varsity Golf  
Boys Spring Track & Field  
Girls Spring Track & Field



Girls Varsity Lacrosse  
Girls J.V. Lacrosse  
Boys Varsity Lacrosse  
Boys J.V. Lacrosse  
J.V. Cheerleading  
Unified Basketball



**Registration Online Beginning February 9th and Ending February 19th for Spring Sports! Click [HERE](#) to register.**

For more information on athletics, please click here: [Athletics](#)

**Important School Information: Parents/Guardians please be aware that all students are responsible for knowing the contents of the [AHS Student Handbook](#) and the [District Code of Conduct](#)**

## ***Clubs and Extracurricular Activities: Get Involved!***

We strongly encourage **ALL** students to explore the many options for clubs at AHS. If you're interested in joining a club, find out when they meet and stop in! No obligations, but you may be interested in attending again! This list is meant to simplify the search process and allow for quick communication to an advisor for questions about the clubs or accurate dates and times of meetings.

For more information on any of the clubs below, you may email the advisor, check the [Activities Directory](#), or the [Clubs Directory](#).

### **Academic Clubs**

**Math League**, Advisor(s): Ms. Confrey [kconfrey@acsdny.org](mailto:kconfrey@acsdny.org)

**Marine Biology Club**, Advisor(s): Ms. Pregnall [mpregnall@acsdny.org](mailto:mpregnall@acsdny.org) and Ms. deMare [ademare@acsdny.org](mailto:ademare@acsdny.org)

**Family, Careers and Community Leaders of America**, Advisor(s): (Culinary Arts) Mr. Losee [jlosee@acsdny.org](mailto:jlosee@acsdny.org)

**Science Olympiad**, Advisor(s): Ms. Pokela [gpokela@acsdny.org](mailto:gpokela@acsdny.org)

**Engineering Club**, Advisor(s): Mr. Ziemins [pziemins@acsdny.org](mailto:pziemins@acsdny.org)

### **Foreign Language Clubs**

**French Club**, Advisor(s): Ms. Daleo-Stock [tdaleostock@acsdny.org](mailto:tdaleostock@acsdny.org)

**Spanish Club**, Advisor(s): Ms. Licari [alicari@acsdny.org](mailto:alicari@acsdny.org)

**Italian Club**, Advisor(s): Ms. Fallon [efallon@acsdny.org](mailto:efallon@acsdny.org)

### **Art/Writing/Debate/Music**

**Art Club**, Advisor(s): Ms. Buhler [abuhler@acsdny.org](mailto:abuhler@acsdny.org)

**Arlingtonian**, Advisor(s): Ms. Falk [sfalk@acsdny.org](mailto:sfalk@acsdny.org) and Ms. Brzozowski [ebrzozowski@acsdny.org](mailto:ebrzozowski@acsdny.org)

**Yearbook**, Advisor(s): Ms. Brant [mbrant@acsdny.org](mailto:mbrant@acsdny.org)

**Everness**, Advisor(s): Ms. Jordan-Parisi [rjordanparisi@acsdny.org](mailto:rjordanparisi@acsdny.org)

**String Ensemble**, Advisor(s): Ms. Handman [jhandman@acsdny.org](mailto:jhandman@acsdny.org)

**Marching Band**, Advisor(s): Mr. Keech [dkeech@acsdny.org](mailto:dkeech@acsdny.org)

**Winter Percussion Ensemble**, Advisor(s): Mr. Keech [dkeech@acsdny.org](mailto:dkeech@acsdny.org)

**Mixed Ensemble**, Advisor(s): Ms. Kilroy [akilroy@acsdny.org](mailto:akilroy@acsdny.org)

**Jazz Programs (Jazz II, Jazz III, Jazz Machine, Jazz Combo)**, Advisor(s): Mr. Guillen and Mr. Rzedkiewicz [rguillen@acsdny.org](mailto:rguillen@acsdny.org) and [erzodiewicz@acsdny.org](mailto:erzodiewicz@acsdny.org)

**Debate Club**, Advisor(s): Mr. Dima [rdima@acsdny.org](mailto:rdima@acsdny.org) and Ms. Collet-Gillard [icolletgillard@acsdny.org](mailto:icolletgillard@acsdny.org)

**Admiral Players**, Advisor(s): Ms. O'Connor [coconnor@acsdny.org](mailto:coconnor@acsdny.org) and Ms. Kilroy [akilroy@acsdny.org](mailto:akilroy@acsdny.org)

### **Student Government**

**Freshmen Advisors**: Ms. Napora [cnapora@acsdny.org](mailto:cnapora@acsdny.org), Ms. McGhee [lmcghee@acsdny.org](mailto:lmcghee@acsdny.org) and Ms. Sefcik [ksefcik@acsdny.org](mailto:ksefcik@acsdny.org)

**Sophomore Advisors**: Ms. Tamweber [ttamweber@acsdny.org](mailto:ttamweber@acsdny.org) and Ms. Orlik [dorlik@acsdny.org](mailto:dorlik@acsdny.org)

**Junior Advisors**: Ms. Hastings [khastings@acsdny.org](mailto:khastings@acsdny.org) and Ms. Howard [hhoward@acsdny.org](mailto:hhoward@acsdny.org)

**Senior Advisors**: Ms. Dugard [kdugard@acsdny.org](mailto:kdugard@acsdny.org), Ms. Marras [jmarras@acsdny.org](mailto:jmarras@acsdny.org) and Mr. Losee [jlosee@acsdny.org](mailto:jlosee@acsdny.org)

## **Clubs and Extracurricular Activities: Get Involved!**

### **Student Outreach**

**Friends of Rachel**, Advisor(s): Mr. Babb [cbabb@acsdny.org](mailto:cbabb@acsdny.org)

**Allies**, Advisor(s): Ms. Beer [lbeer@acsdny.org](mailto:lbeer@acsdny.org)

**Environmental Awareness**, Advisor(s): Ms. deMare [ademare@acsdny.org](mailto:ademare@acsdny.org) and Ms. Binnie [cbinnie@acsdny.org](mailto:cbinnie@acsdny.org)

**Lifesavers Club**, Advisor(s): Ms. Sharp [asharp@acsdny.org](mailto:asharp@acsdny.org) and Ms. Strouth [gstrouth@acsdny.org](mailto:gstrouth@acsdny.org)

**Interact Club**, Advisor(s): Ms. McCutcheon [emccutcheon@acsdny.org](mailto:emccutcheon@acsdny.org) and Ms. Leslie

**Students Against Destructive Decisions (SADD)**, Advisor(s): Ms. Benedetto [nbenedetto@acsdny.org](mailto:nbenedetto@acsdny.org)

### **Student Services**

**Link Crew**, Advisor(s): Ms. Hartman [mhartman@acsdny.org](mailto:mhartman@acsdny.org), Ms. Maher [smaher@acsdny.org](mailto:smaher@acsdny.org), and Ms. Tamweber [ttamweber@acsdny.org](mailto:ttamweber@acsdny.org)

**Small Schools Committee**, Advisor(s): House of 2022: Mr. Richard [trichard@acsdny.org](mailto:trichard@acsdny.org) and Mr. Zuccherro [jzuccherro@acsdny.org](mailto:jzuccherro@acsdny.org)

**Arlington Safety Patrol**, Advisor(s): Mr. Losee [jlosee@acsdny.org](mailto:jlosee@acsdny.org)

### **Honor Societies**

**National Honor Society**, Advisor(s): Mr. Pitt [ipitt@acsdny.org](mailto:ipitt@acsdny.org) and Mr. Reiter [mreiter@acsdny.org](mailto:mreiter@acsdny.org)

**Italian Honor Society**, Advisor(s): Ms. Biasotti [tbiasotti@acsdny.org](mailto:tbiasotti@acsdny.org) and Ms. Fallon [efallon@acsdny.org](mailto:efallon@acsdny.org)

**Spanish Honor Society**, Advisor(s): Ms. Hasbrouck [vhasbrouck@acsdny.org](mailto:vhasbrouck@acsdny.org)

**French Honor Society**, Advisor(s): Ms. Daleo-Stock [tdaleostock@acsdny.org](mailto:tdaleostock@acsdny.org) and Ms. McAndrew [dmcandrew@acsdny.org](mailto:dmcandrew@acsdny.org)

**Mu Alpha Theta (Math Honor Society)**, Advisor(s): Ms. Dejesus-Decena [ydejesusdecena@acsdny.org](mailto:ydejesusdecena@acsdny.org)

### **Specialty Clubs**

**Mission AHS**, Advisor(s): Ms. Ginese [jginese@acsdny.org](mailto:jginese@acsdny.org)

**Level Up (Video Game Club)**, Advisor(s): Mr. Su [hsu@acsdny.org](mailto:hsu@acsdny.org)

**FBLA (Future Business Leaders of America)**, Advisor(s): Ms. Davis [rdavis2@acsdny.org](mailto:rdavis2@acsdny.org)

**Operation Donation**, Advisor(s): Ms. Backus [sbackus@acsdny.org](mailto:sbackus@acsdny.org)

**Model UN**, Advisor(s): Ms. Collet-Gillard [icolletgildard@acsdny.org](mailto:icolletgildard@acsdny.org) and Mr. Dima [rdima@acsdny.org](mailto:rdima@acsdny.org)

**Photo Club**, Advisor(s): Mr. Cookinham [scookinham@acsdny.org](mailto:scookinham@acsdny.org)

**Relay For Life Club**, Advisor(s): Ms. Mills-Martin [nmillsmartin@acsdny.org](mailto:nmillsmartin@acsdny.org), Ms. Muraco [tmuraco@acsdny.org](mailto:tmuraco@acsdny.org)

**Step Team**, Advisor(s): Ms. Bomba [fbomba@acsdny.org](mailto:fbomba@acsdny.org)

## **Alcohol and Substance Abuse Resources**

Please click the link below to access resources for preventing, recognizing, and seeking help for substance abuse issues.

**[Alcohol and Substance Abuse Resources](#)**

## **Clubs and Extracurricular Activities: Get Involved!**

### **Specialty Clubs, continued**

**SAHS Anime Club** Advisor(s): Ms. Tse [ltse@acsdny.org](mailto:ltse@acsdny.org)  
**Computer Programming Club**, Advisor(s): Ms. Orlik [dorlik@acsdny.org](mailto:dorlik@acsdny.org)  
**Bollywood Dance Club**, Advisor(s): Ms. Filor [jfilor@acsdny.org](mailto:jfilor@acsdny.org)  
**K-Pop (Korean Pop)**, Advisor(s): Ms.. Filor [jfilor@acsdny.org](mailto:jfilor@acsdny.org)  
**Mountain Bike Club**, Advisor(s): Mr. Veeder [bveeder@acsdny.org](mailto:bveeder@acsdny.org)  
**United States Political Forum Club**, Advisor(s): Ms. McCutcheon [emccutcheon@acsdny.org](mailto:emccutcheon@acsdny.org)  
**Student Athletic Council**, Advisor(s): Mr. Cring [mcring@acsdny.org](mailto:mcring@acsdny.org) and Ms. Mongelli [mmongelli@acsdny.org](mailto:mmongelli@acsdny.org)  
**Ping Pong Club**, Advisor(s): Ms. Binnie [cbinnie@acsdny.org](mailto:cbinnie@acsdny.org) and Mr. Collyer [mcollyer@acsdny.org](mailto:mcollyer@acsdny.org)  
**SHADES Club (Same Hopes and Dreams Everyone Succeeds)**, Advisor(s): Ms. McClain [kmccclain@acsdny.org](mailto:kmccclain@acsdny.org) and Ms. Grey [cgrey@acsdny.org](mailto:cgrey@acsdny.org)  
**Arlington Jazz Dance Club**, Advisor(s): Ms. Leslie [mleslie@acsdny.org](mailto:mleslie@acsdny.org)  
**Admiral's Closet Club**, Advisor(s): TBA  
**Arlington Refugee Aid Club**, Advisor(s): Mr. Nieman [gnieman@acsdny.org](mailto:gnieman@acsdny.org)  
**Envirothon Club**, Advisor(s): Ms. deMare [ademare@acsdny.org](mailto:ademare@acsdny.org) and Ms. Hasting [khastings@acsdny.org](mailto:khastings@acsdny.org)  
**SHEquality Club**, Advisor(s): Ms. Miller [jhmiller@acsdny.org](mailto:jhmiller@acsdny.org)  
**Trading Card Game Club**, Advisor(s): Ms. Strouth [gstrouth@acsdny.org](mailto:gstrouth@acsdny.org)  
**Badminton Club**, Advisor(s): TBA  
**Save the Bees Club**, Advisor(s): Mr. Polotaye [mpolotaye@acsdny.org](mailto:mpolotaye@acsdny.org)  
**Running Club**, Advisor(s): Ms. Marden [smarden@acsdny.org](mailto:smarden@acsdny.org)  
**No to Animal Cruelty**, Advisor(s): Ms. Conklin [aconklin@acsdny.org](mailto:aconklin@acsdny.org) and Ms. Jozefowicz [mjozefowicz@acsdny.org](mailto:mjozefowicz@acsdny.org)  
**Yoga and Meditation Club**, Advisor(s): Ms. Tenbroeke  
**Admiral Library Book Club**, Advisor(s): Ms. Heeney [jheeney@acsdny.org](mailto:jheeney@acsdny.org)  
**UNICEF Club**, Advisor(s): Ms. Sefcik [ksefcik@acsdny.org](mailto:ksefcik@acsdny.org)  
**AHS Future Teachers Club**, Advisor(s): Ms. Napora [cnapora@acsdny.org](mailto:cnapora@acsdny.org)  
**Arlington Going Green Club**, Advisor(s): Mr. Lawrence [jlawrence@acsdny.org](mailto:jlawrence@acsdny.org)

Say

## **Homework Request Policy**

- Students who are out for one day, should have a contact person in each of their classes who they can call and find out what they have missed. Students shouldn't wait to get back to school and have two nights of homework to do in one night!
- Students are advised to email their teachers directly ([Teacher's Directory](#)) to request work that can be emailed to the student. Students can also check their teachers' webpages for assignments.
- If a student is out for two or more days, you may contact the guidance secretary before 9 a.m. at 486-4860 Ext. 31123. You will be able to pick up assignments at the Bubble (security desk at front door) after 2:30 p.m., or you can ask that a neighbor or a sibling bring the work home.

## Parent Portal Information



**Progress Reports** and **Report Cards** are not mailed home, so the SchoolTool Portal is the only way to view this important information! The Portal also provides parents and students with secure online access to see a student's **Emergency Contacts, Daily Attendance, Course Schedules and Discipline.**

It is our hope that the SchoolTool Portal will greatly improve the partnership between schools, parents, and students. For more information, please visit the following link: [Parent Portal](#)

Students should sign up for their own portal accounts using the following form: [Student Portal Form](#) also found in the above portal link. Fill out the form and return it to the East House Office!

### [Using the Portal and Report Cards to Track Absences](#)

Understanding the critical relationship between attendance and school success, we encourage parents to review your child's second quarter report card carefully, noting the class absences. In order to view this on the parent portal, select the **grades tab**, make sure the view is on **Report Card** and click the **print** icon button to view the attendance on your screen. If you have any concerns regarding class attendance or academic progress, please contact your student's guidance counselor, teacher, or house administrators.

## Academic Support



### Help is available!

- Have you stayed after with your teacher? If not, find out when your teacher stays after – your teacher is your best resource for extra help. You can find your teacher's email address and other information in the [Teacher's Directory](#) found on the AHS website. Late busing is available at 3:30 pm - just get a pass from your teacher.
- Having trouble in math? Then stop by the **Math Learning Center (MLC)** in **room 1450** during lunch or study hall. The MLC is open every period, every day, and is staffed by one of our math teachers. **Simply ask your math teacher for a pass.**
- The **Foreign Language Lab in room 2125** is now available during lunch periods 5,6,and 7. Ask your foreign language teacher or guidance counselor for more information.
- Need help with writing a paper for ANY subject? Visit the **Writing Lab in room 1449** and an English teacher will help you craft that great essay! See your ELA teacher for more details.
- Sign up to receive a **PEER TUTOR!** Work one on one with a student who has excelled in the subject you are struggling with. You and your tutor set the date and time that you will meet. This is a free service offered through the guidance department. Ask your guidance counselor for more information.
- Go see your **guidance counselor!** Your counselor can assist you with study skills, test taking strategies, organization, and note-taking.

## Locking Valuables During PE Classes

All students are strongly encouraged to lock up personal and valuable belongings in a gym locker during PE classes. Please bring your own lock and make sure the combination or key is not compromised. If students are unaware of a safe place for storage, please contact your PE teacher.



## ***PE Make-up Class Information***

- Students are strongly encouraged to make up missed PE classes
- When a student's schedule does not align with their specific PE teacher's make-up class schedule, students may attend another PE make-up class.
- The number of students that can attend one make-up class is limited.
- All legal absences from class may be made up as determined by your Physical Education teacher. If a student is absent from class, the student loses credit for that particular class unless the student makes up the work. See your Physical Education teacher on ways to make up class. Remember **only excused absences** can be made up.

Appropriate clothing for participation includes:

- Sneakers
- Athletic shorts or sweatpants. Tee shirt or sweatshirt.
- Wearing jewelry in physical education class is a safety hazard.
- No headgear unless for religious or medical reasons



**Second Semester make up classes will begin on February 18, 2020.**

**The final make-up class is Thursday, June 11, 2020.**

**Tuesday AM:** 6:45 a.m. in gym #1 and gym #2 with Mr. Topley and Mrs. Schroeder.

**Tuesday PM:** 2:25 p.m. in gym #8 and gym #9 with Ms. Chastain and Ms. Corrow.

**Wednesday AM:** 6:45 a.m. in gym #1 and gym #2 with Mr. Lucia and Ms. LaTuso.

**Wednesday PM:** 2:25 p.m. in gym #8 and gym #9 with Mr. Schoonmaker and Mr. Biasotti.

**Thursday AM:** 6:45 a.m. in gym #1 and gym #2 with Ms. Hand and Mr. Sanborn.

**Thursday PM:** 2:25 p.m. in gym #8 and gym #9 with Mr. Gatta and Mrs. VanZandt.

### **REGULAR BELL SCHEDULE**

WARNING BELL 7:25  
PERIOD 1 7:30 - 8:16  
PERIOD 2 8:20 - 9:06  
PERIOD 3 9:10 - 10:01  
PERIOD 4 10:06 - 10:52  
PERIOD 5 10:57 - 11:43  
PERIOD 6 11:48 - 12:34  
PERIOD 7 12:39 - 1:25  
PERIOD 8 1:29 - 2:15

### **TWO HOUR DELAY BELL SCHEDULE**



WARNING BELL 9:25  
PERIOD 1 9:30 - 10:01  
PERIOD 2 10:05 - 10:36  
PERIOD 3 10:40 - 11:16  
PERIOD 4 11:21 - 11:52  
PERIOD 5 11:57 - 12:28  
PERIOD 6 12:33 - 1:04  
PERIOD 7 1:09 - 1:40  
PERIOD 8 1:44 - 2:15



**Important School Information: Parents/Guardians please be aware that all students are responsible for knowing the contents of the [AHS Student Handbook](#) and the [District Code of Conduct](#)**

# Parent-School Communication

Contact your  
child's  
**TEACHER**  
Regarding:

- Your child's academic work and performance
- Homework
- Parent conferences
- Classroom discipline

Contact your  
child's **SCHOOL COUNSELOR**  
Regarding:

- Academic guidance
- Standardized testing
- Summer programs
- Tutors
- Interpersonal and family concerns
- Scheduling

Contact the  
**DEPARTMENT COORDINATOR**  
Regarding:

- Academic programs/curriculum
- Clarification of above items/subjects

## **Dept. Coordinators**

**Science** – Emily Price x32203

**English** – Lucille Ogden x32435

**SS** – Kathy Bellino x32206

**Math** – Matt Hoyt x32207

**LOTE** - Daria McAndrew x32204

**Spec. Ed** – Deborah Fealy x31339

**FACS** - Stefanie Rice x31716

**PE /Health**- David Gatta x31248

**Art** - Ted Braggins x32208

**Business** - Lisa Greco x31170

**Tech/Engineering** - Kimberly Sweck x32205

**Music** - Rich Guillen x31136

Please Click  
below:

[Staff Directory](#)

## **School Counselors**

Casey Slinn-Haedt, (A-FA) x31192

Scott Jakubek, (FB-LEO) x31191

Sandi Tolworthy, (LEP-REN) x31193

Heidi Krueger, (REO-Z)  
x31194

## **Guidance Secretary**

Cathleen Rubino x 31123

Other concerns or questions after communicating with the above :

## **Psychologist**

Eileen Frering x31190

## **House Principal**

Todd Richard x31127

## **Social Worker**

Lindsay Ellis x31128

## **Assistant Principal**

Juan Zuccherro x31125

## **Athletic Director**

Michael Cring x31246

## **Administrative Secretary**

Cindy Westervelt x31121

**School Phone: (845) 486 - 4860**

**Note-** Arlington email addresses are *first initial last name @acsdny.org*  
Example - Todd Richard is trichard@acsdny.org

## ***February is Black History Month: A Brief History***

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.



National African American History Month had its origins in 1915 when historian and author Dr. Carter G. Woodson founded the Association for the Study of Negro Life and History. This organization is now known as the Association for the Study of African American Life and History ("ASALH"). In 1975, President Ford issued a Message on the Observance of Black History Week urging all Americans to "recognize the important contribution made to our nation's life and culture by black citizens." In 1976 this commemoration of black history in the United States was expanded by ASALH to Black History Month, also known as African American History Month, and President Ford issued the first Message on the Observance of Black History Month that year. In subsequent years, Presidents Carter and Reagan continued to issue Messages honoring African American History Month. For more info please visit the source of this article by clicking [here](#).

## ***We enjoyed the performances during this year's MLK Tribute at AHS!***



**15th Annual Tribute to  
Dr. Martin Luther King, Jr.**



**Wednesday, January 15, 2020**

(Snow date: January 16)

**7:00 PM**

**William J. Sweeney Performance Hall  
Arlington High School**



## ***Safe Halloween in the East House!***

Thanks to the organizers of Safe Halloween and the East House Team of staff and students, especially to Ms. Rubino who helped create a fun and interactive event for students!



## ***From the Music Department!***



Low brass players took a trip to Rockefeller Center for an annual event called Tuba Christmas, where four hundred tuba and euphonium players gather for a quick rehearsal and perform holiday songs for a huge crowd.



The Concert Band, with members in 10th-12th grade, performed at the first Winter Concert on December 11th. The ensemble had a very musical first performance that was well received by all! The students are excited for their three performances remaining this year, including their role in the Memorial Day remembrance ceremony.



## **Keynote Speaker Craig Scott**

### **September 26th**

### **Assembly Day**

Craig was a student in the library of Columbine High School on April 20, 1999. He was under a table with two of his friends who were both killed, and his sister Rachel was the first person killed that day.

Since then, for over 20 years, Craig has spoken to millions of students in American public schools. Craig has given keynotes for the American Association of School Administrators (AASA), the National Education Association (NEA), and the National PTA Conference. Craig was also appointed by President Bush to the National Council on School Safety. Featured in countless news media interviews including Oprah, The Today Show, and Good Morning America, he continues to receive interview requests and has become “a go to” expert concerning teen issues.

After 20 years of partnering with schools and speaking/listening to students, Craig has come to understand that teen issues are directly related to how students view and see themselves, a byproduct of not understanding their value. If a student believes they have high intrinsic value and identify with this high value, they choose things that match that identity. Students who value and respect themselves make more positive life choices and are more likely to show value and respect to others.

Source: Adapted from <https://value-up.org/>

## **Boneanza!**

The annual Boneanza concert was a thrill as usual!

Kids of all ages came to listen to great music and show off their creative costumes. It was great to see the High School students in costume as they played their instruments. If you have not attended Boneanza, it is a must see event!

