

Arlington High School Class of 2022

May 6, 2020

A Message From the East House

Technology Support

Do you have questions or need help with tech resources? Click here!

May 1 District Letter

Important updates about the school building closure, grading, Regents exams, student registration, and the 2020 Census. Click <u>here</u> to access the May 1 District Letter.

Dear AHS Class of 2022:

To begin, we would like to express our sincere wish that you and your families are safe and healthy. We also send our best to all members of our extended school community. We hope that you are all coping as well as you can with the many disruptions and restrictions that COVID 19 has caused.

As we strive to stay Balanced, Energized, Optimistic & Connected, remember to be patient with yourselves and with each other as we continue to navigate health, wellness, teaching and learning in this new and current platform.

Wishing you and your families all the best in the days ahead.

Sincerely,

Mr. Richard, House Principal Mr. J.P. Zucchero, Assistant Principal **May is Mental Health Awareness Month**

Health & Wellness Resources

Anxiety Management tools can serve to help us to continue doing the things that we need and want to do in our lives when worry and anxiety present themselves.

- The attached document "Processing Diamond" illustrates the 4 ways in which we process: thinking, emotions, behavior and the way in which we feel physically. When we change one of these, the others change as well.
 - Processing Diamond
- The attached document "My Anxiety
 Management Tools" offers several suggestions
 on ways in which to manage anxiety and worry,
 and a place to note the strategies that you have
 found to be most helpful.
 - Anxiety Management Tools

Resilience can be a great tool to pull from when dealing with a challenging situation. The attached document "Building Resilience" serves as a guide to reflect on past strategies used in order to draw on these tools in difficult circumstances.

Building Resilience

Mindfulness is defined as a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings and thoughts. The attached document "Daily Mindfulness Activities" offers some suggested practices that can be beneficial in cultivating this skill.

Daily Mindfulness Activities

Continuation of Learning

The <u>Online Learning Guide</u> provides families with information regarding support for students and their families during this period of online learning. The entire East House team, including teachers and administrators, are committed to providing support and guidance for students and their families during this period of school closure.

<u>Supplemental Online Resources for Students and Families</u> can be accessed here. Additional resources for parents and families can be found in <u>Parent Resources for Digital Learning</u> and the <u>Resources for Families Without Internet Access</u>.

College & Career Planning: Virtual Guides

The world is changing so much each day, and it seems almost impossible to keep up! New fields are emerging and some will require skills and knowledge that are currently not clearly defined. Please view the College Application Process to learn more about post-secondary college education. For information regarding standardized testing prep and course selections, please visit the AHS Guidance Web Page. You can also take Virtual College Tours. The National Center for Education Statistics provides great resources for finding the right college program. You can learn more about this at College Navigator.

For <u>Career Planning</u>, the U.S. Department of Labor's Bureau of Labor Statistics publishes a large amount of information on employment and wages by occupation. This includes career information, employment levels and projections, and various types of earnings data. Learn more <u>here</u>.

Community Resources and Outreach

For **immediate mental health support**, please reach out to the **Dutchess County Helpline at (845) 485-9700**, open to receive calls and provide remote support services 24-hours a day.

School lunches are being provided to ACSD students from 11:30 am - 1:30 pm at the following locations; Arlington High School, West Road, Arthur S. May, and Titusville. For additional food resources, please visit the <u>Dutchess County Food Pantry Meal Program Resources</u>

Whether you need **help getting food, medications, or household essentials** or you want to offer help and assistance through monetary donations, collecting or donating goods, volunteering, or more: The <u>Dutchess Responds</u> website offers many resources and can also be accessed by calling (845) 486-3555



Class of 2022 on Twitter!

Visit the Class of 2022 Twitter account @ahshouseof2022



Lunch Information: Click here: ACSD Food Distribution





Marlington Connecting through Twitter





The Arlington team getting it done! Staff volunteers handing out over 600 Chromebooks today to families.



#AOE #heartfull



8:21 AM · Apr 2, 2020 from La Grange, NY · Twitter for iPhone



♣ Pinned Tweet

Arlington Girls Lax @ArlingtonGLax · Apr 25, 2018

Today & every day we play for something much bigger than ourselves. As we approach FOJ Day 2018, learn the incredible stories of Coach Jaclyn Murphy & our adoptee Angelo with the Friends of Jaclyn Foundation 💚 🦣





THANK YOU to grocery story clerks **THANK YOU** to truck drivers THANK YOU to medical professionals THANK YOU to assisted living caregivers THANK YOU to restaurant workers THANK YOU to warehouse workers **THANK YOU** to farmers THANK YOU to mail and delivery workers THANK YOU to all first responders THANK YOU to garbage collectors, janitors, and other sanitation workers









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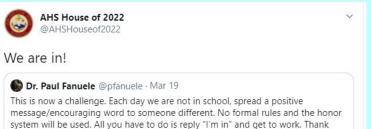
Lunch Information: Click here: ACSD Food Distribution





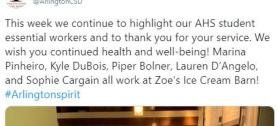
Arlington Connecting through Twitter





you! It will be easy at first but stay with it. Show this thread

Arlington Schools NY

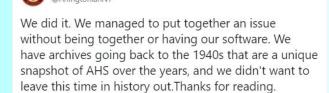




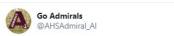












Arlingtonian

A big thank you to all the teams who participated yesterday. In the Arlington runs miles challenge-our spring sports teams participated to run over 1022 miles. Congratulations to our softball teams who combined to run/walk a total of 312 miles! Our runner was girls lax with 266.5

8:35 PM · May 2, 2020 · Twitter for iPhone



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Parent-School Communication



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

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

Please Click below:

Staff Directory



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

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

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

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** – Stephanie Mahar x31339 FACS - Stefanie Rice x31716 PE /Health- David Gatta x31248 Art - Jill Freeswick x32208 Business - Lisa Greco x31170

Tech/Engineering - Kimberly Sweck x32205

Music - Rich Guillen x31136

Other concerns or questions after communicating with the above :

Psychologist

Eileen Frering x31190

Social Worker

Lindsay Ellis x31128

Athletic Director

Michael Cring x31246

House Principal

Todd Richard x31127

Assistant Principal

Juan Zucchero x31125

Administrative Secretary

Cindy Westervelt x31121

School Phone: (845) 486 - 4860

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