



# 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 [here](#) 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 [Online Learning Guide](#) 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.

[Supplemental Online Resources for Students and Families](#) can be accessed here. Additional resources for parents and families can be found in [Parent Resources for Digital Learning](#) and the [Resources for Families Without Internet Access](#).

## ***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 [Career Planning](#), 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 [here](#).

## ***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 [Dutchess County Food Pantry Meal Program Resources](#)

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 [Dutchess Responds](#) 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](#)





# Arlington Connecting through Twitter



You Retweeted  
**Brendan Lyons**  
@Dr\_BLyons

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

**Dr. Jonathan Alfred Brown**  
@DrJAEBrown

#ACSDstrong #AOE



← Tweet

**THANK YOU** to grocery store 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

8:18 PM · Apr 2, 2020 · Twitter for iPhone

📌 Pinned Tweet



**Arlington Girls Lacrosse** @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 🧡🧠



A huge thank you to all our wonderful school bus drivers!

**NYSPTA** @NYSPTA · Apr 28  
Today is School Bus Drivers Day! Thank you to all the school bus drivers who are going above and beyond during this time to deliver essential food and supplies to students and their families. #HeroesOfCOVID19 @NYSPTA



1:39 PM · Apr 28, 2020 · Twitter Web App



Check out the front of the new press box 🚢 keep working, stay positive and hopefully we will fill these seats soon.



8:46 PM · Apr 20, 2020 · Twitter for iPhone



**Arlington Schools NY** @ArlingtonCSD · 15h

On behalf of our community, we want to thank all of our student essential workers and wish you continued health and well-being. If you are an AHS student essential worker, please send your name, where you work, and a photo to [keycommunicator@acsdn.org](mailto:keycommunicator@acsdn.org). #Arlingtonspirt



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## Class of 2022 on Twitter!

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**Lunch Information:** Click here: [ACSD Food Distribution](#)





# Arlington Connecting through Twitter



**AHS House of 2022** @AHSHouseof2022

We are in!

**Dr. Paul Fanuele** @pfanuele · Mar 19

This is now a challenge. Each day we are not in school, spread a positive message/encouraging word to someone different. No formal rules and the honor system will be used. All you have to do is reply "I'm in" and get to work. Thank you! It will be easy at first but stay with it.

[Show this thread](#)

**AHS House of 2022** @AHSHouseof2022

Do you all know about your new best friends Libby or how about Overdrive, or Gutenberg, or Librivox? These new friends of yours also won't charge you a dime and have free e-books and audio-books available! 😊 Enjoy and feel free to share any recommendations for reading.

11:22 AM · Mar 18, 2020 · Twitter Web App

**Arlington Schools NY** @ArlingtonCSD

This week we continue to highlight our AHS student essential workers and to thank you for your service. We wish you continued health and well-being! Marina Pinheiro, Kyle DuBois, Piper Bolner, Lauren D'Angelo, and Sophie Cargain all work at Zoe's Ice Cream Barn! #Arlingtonspirit

5:51 PM · May 4, 2020 · Twitter Web App

**Arlingtonian** @ArlingtonianNY

We did it. We managed to put together an issue without being together or having our software. We have archives going back to the 1940s that are a unique snapshot of AHS over the years, and we didn't want to leave this time in history out. Thanks for reading.

7:10 AM · May 4, 2020 · Twitter Web App

**AHS House of 2022** @AHSHouseof2022 · May 1

Today May 1 #SchoolLunchHeroDay we recognize the work that School Nutrition Professionals play in schools during School Nutrition Employee Week (May 4-8) and on School Lunch Hero Day (May 1). Thank you to all cafeteria workers for all you have done in support of families & kids.

1 4 20

**Go Admirals** @AHSAdmiral\_AI

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



## Class of 2022 on Twitter!

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**Lunch Information:** Click here: [ACSD Food Distribution](#)



# 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** – 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

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 Zucchero 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](mailto:trichard@acsdny.org)