



HIGH SCHOOL HIGHLIGHTS

FEBRUARY 2021

"WE DEVELOP CONFIDENT, CONTINUAL LEARNERS WHO ARE CARING COMMUNITY MEMBERS."

A Message from the Principal


Today, February 1 is the beginning of the new semester. It's hard to believe that we are now halfway through the school year, but here we are. Recently there have been some small changes taking place that give us hope for some normalcy to our school year. The Governor and County Executive have given permission to start high school winter sports. Mr. Dippold and our coaches have been working very hard to prepare for the season. We're also beginning to see more families interested in having their students return to in-person learning 2 days per week. If you are interested in having your child return, please reach out to the guidance office at 315-484-1401 and we can arrange for this to begin. These are two positive changes we've seen over the last few weeks and I'm always hopeful that there will be more to come.

Again, if there is anything we can do to support your student please feel free to reach out.

Dee Dee Hagemann

UPCOMING IMPORTANT DATES

February 8

 Board of Education Meeting – 7pm
Virtual Meeting

February 15

 Dollars for Scholars Applications Deadline

February 15 – 19

 Winter Recess
School Closed

9 Tips to Boost Mental Health and Wellness Amid COVID

This year students everywhere are experiencing higher levels of stress resulting from COVID due to being disconnected from others and figuring out new ways of learning in school. Here is a list of tips for teens for self-care during COVID. The article these tips were taken from can be found at: <https://www.petersons.com/blog/9-student-tips-to-boost-mental-health-and-wellness-amid-covid/>

1. Eat Healthy
2. Get plenty of sleep
3. Be active
4. Build a strong social support network
5. Engage in hobbies
6. Disconnect from negativity
7. Volunteer when possible
8. Reward yourself
9. Be grateful



SENIORS

Dollars for Scholars applications due February 15th!



February's Character Strength: Love

What does Love mean?



You value close relationships with others and being close to people.

The character strength of love represents the way we think, feel, and behave towards the people with whom we have close relationships. When one person loves another person, that person: comforts and makes the other feel safe; sacrifices on the other's behalf; supports the other during struggles; and places the other's needs ahead of his/her own. If you love a person, that person makes you feel safe and secure. You can be yourself with that person. You miss that person when he/she is not around. Positive psychology looks at love as reciprocal, not one-sided. That means crushes, stalking, and celebrity worship do not fall into this strength. What is contained in this strength are: romantic love and friendship; love between parents and children; and emotional bonds between family members, friends, mentors, teammates, or coworkers.

Why does it matter?

Love is imperative to an individual's happiness and fulfillment in life. Love allows us to be intimate with another person. It allows us to open up to another person and be vulnerable. That openness gives us the ability to learn and grow. Loving another person and sacrificing on his/her behalf produces positive emotions. And, it helps you access strengths – and feelings – you never knew you had. On a group level, love is vital for the well-being of society. The world is endlessly interconnected. We are all dependent upon each other for survival and happiness. Love produces positive feelings, which help negate loneliness, anxiety, and depression. Without love, we cannot find intimacy nor form strong relationships with our families, friends, or communities. A world without love and connection is a dangerous world.

Guidance Corner

The **Dollars for Scholars** application is now open to seniors. These scholarships are awarded at Scholarship Night in May. **All seniors** are encouraged to apply. Senior students will receive an email with instructions on how to access and complete the application online. Incomplete applications will not be considered.

Deadline to apply is February 15, 2021.



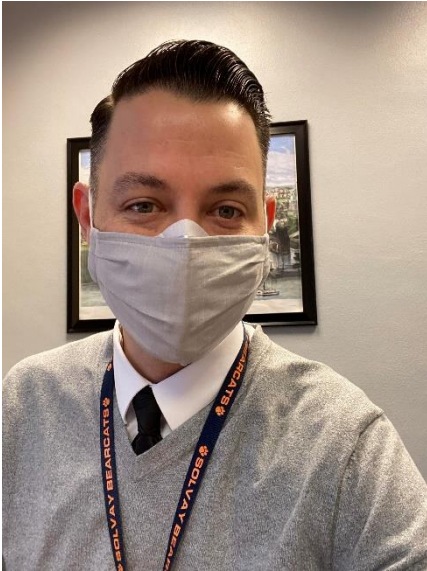
Locker Assignments

Our new lockers are now ready to be assigned to students. Students interested in being assigned a locker should check their inboxes for an email from Ms. Hagemann with instructions on how to sign-up for a locker.



“Behind the Mask”

This month’s “Behind the Mask” spotlight is on Mr. Malone.



What is one of your hidden talents?

I don’t know if I would say I have any “hidden talents,” but I have always enjoyed learning new skills and taking on new challenges. This is especially true around the house when taking on new DIY project. New projects are always about conducting research, planning, and learning through trial and error. I feel a great sense of accomplishment when a project is complete and I have developed a new skill to use again in the future!

What’s the best/worst thing about being a teacher?

Before becoming an assistant principal, I taught middle school social studies for fourteen years. For me, the best thing about being a teacher was the opportunity to share my passion for history and to make learning fun and exciting for my students. My favorite experience was organizing field trips for students. Some of the destinations we traveled to included Washington, DC, New York, Boston, and Gettysburg!

If you could pass on any wisdom to your students, what would you share?

One piece of wisdom I would share with students is to approach every day as a new opportunity. A new opportunity to do and be better than the day before, a chance to ask for help, to form new friendships, to challenge yourself in a new way, fix past mistakes, be kind to yourself or others, and to make the world a better place.

Bearcat Athletics Update



Our winter sports seasons are underway! Each JV and Varsity team has been meeting in person and via google meets to stay fit and remember what it feels like to be part of a team again! We are all practicing the social distancing guidelines according to the CDC.

Solvay Bowling has started competing virtually with other schools and are currently 2-0!

Important Information

COVID Screenings

- 🐾 All students must complete their COVID screening on ParentSquare at home before arriving at school.
- 🐾 If you have not been screened **you must** enter through the main entrance.

Student Arrival Time

- 🐾 All students should be in their Period 1 classes no later than 7:30am to avoid being marked late for school.
- 🐾 Students with multiple lates to school may be subject to the SHS Code of Conduct.

Remote Learner Material Pick-up

- 🐾 Remote learning students should stop by SHS to pick-up materials from their teachers.

