



HIGH SCHOOL HIGHLIGHTS

JANUARY 2021

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

A Message From the Principal

Happy New Year! It's hard to believe, but we are nearly halfway through the school year. The second marking period ends on January 29. As school staff, we continually remind students to stay engaged in their learning. However, we also recognize that this is a difficult time. Please know that we are here to support your student. With the help of our school counselors, social worker, school psychologist, and access to programs through Onondaga County we can offer assistance to your student. Please feel free to reach out to your child's school counselor for help, questions, or concerns. The school counselors can be reached at 315-484-1401.

We also offer students an opportunity to be engaged outside of the traditional school day. While it may look different this year we still have a variety of clubs and activities including clubs DECA, student council, ski club, and yearbook, just to name a few. We also offer weekly programs through our after-school BEST program. Some of the offerings include classes in yoga and meditation, cooking, academic help, volleyball, and a variety of other activities.

I wish you all well and please don't hesitate to reach out if you have any questions.

Dee Dee Hagemann

UPCOMING IMPORTANT DATES

January 1

 New Year's Day
District Closed

January 11 – 7pm

 Board of Education Meeting
Virtual Meeting

January 18

 Martin Luther King Jr. Day
District Closed

January 27 – 6:30pm

 8th Grade Parent & Student Orientation
Virtual Session

SHS Recognizes Kindness

During December, the Solvay High School faculty, staff, and students focused on the character strength of Kindness. During lunches, students were invited to create a holiday decoration to give as a gift to a friend, family member, teacher, or hang on one of the Christmas trees at SHS. Students and staff donated food to deliver to the St. Marianne Cope Food Pantry. Students took advantage of Kindness boxes spread around the school to write a kind message that were then read on the morning announcements. At the end of the month, students participated in a Kindness Scavenger hunt during lunches to help them recognize key vocabulary and characteristics of being kind! Students that completed the hunt earned a reward.

"Kindness is the language which the deaf can hear and the blind can see."

MARK TWAIN



Practicing Self-Control in January



In January, SHS will focus on the character strength of Self-Control. The building Positivity Project committee will be meeting to design activities to help students learn about and develop the strength of Self-Control.

What does Self-Control mean?

You have the ability to control your emotions and behaviors. You think before you act. Self-control is the act of managing behavior in a way that positively influences goal attainment and living up to standards. Possessing this strength protects people from destabilizing emotional extremes. Those with self-control are able to limit impulsive behavior. They have the ability to experience and navigate difficulty while remaining poised. They understand that through discipline and

restraint, there are greater, long-term goals that they can accomplish. Self-control is related to prudence, in that people with this strength are able to implement extended planning techniques in pursuit of difficult task completion. Self-control does not mean a lack of thoughts, feelings, or impulses; it just means you have command over them.

Why does it matter?

For individuals, self-control helps them delay the short-term gain in pursuit of a greater, long-term success. This strength is associated with having an “internal locus of control;” of being in control of (and responsible for) your own personal choices – and the outcomes of those choices. It gives people the power to diet, study for an exam, or practice a musical instrument. Some psychologists have likened self-control to a muscle: it gets stronger the more it’s used. A group’s ability to demonstrate self-control often appears in the form of “self-monitoring.” This means that individuals demonstrate honesty with one another about successful group practices. When things are unsuccessful, group members have the ability to adjust roles in the interest of overall group success. It’s a crucial strength in our modern society and its mentality of impulsivity and consumption.

Guidance Corner

Course Requests for the 2021-2022 school year will begin in January. If students are in school, counselors will schedule them during a free period. Those who are remote will be invited to attend a Google Meet. The Choices Handbook will be available to both students and parents prior to meetings and questions are always welcomed.

A new focus on the High School Counseling & Career Center webpage will be a **Career Spotlight**. Featured each week is a different career area. Come check us out!



Locker Update

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 Ms. Halloran.



How do you spend your summer break?

We enjoy the sun and great outdoors! Usually we always go to Enchanted Forest and Cape Cod, but this summer, with COVID, we took up hiking. We conquered 4 of the 25 Adirondack Fire Tower mountains so far (yes with both girls in tow)!

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

Everything happens for a reason and although you may not know what the reason is at that moment, eventually you will!

What is your first memory from school?

Way back in the day, attendance was done by assigning a student the weekly job of actually walking the attendance sheet and milk orders down to the main office! It was my best little week as a kindergartener when that was my job for the week! It's the little things in life!

National School Counseling Week



National School Counseling Week will be celebrated from Feb. 1-5, 2021, to focus public attention on the unique contribution of school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. National School Counseling Week is always celebrated the first full week in February.

Take a moment during the week to thank a counselor!

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.

