January is the month of Empathy:

“The death of human empathy is one of the earliest and most telling signs of a culture about to fall into barbarism.” Hannah Arendt

NEW THIS WEEK...

MONEY MATTERS: Eight of our 8th Grade girls attended “Money Matters” at Miss Hall’s school on Thursday, January 23. The program makes connections with math and the real world, and HVHS has been invited to this event for years! The girls enjoyed learning about checkbooks, and they raved about the lunch. All returned to Hoosac with huge smiles.

COSTA RICA/PANAMA MEETING: Tuesday, January 28, 6:30 p.m. in Mrs. Shafer’s Room: C310.

SAT PREP: Check out Kaplan Test Prep. Now through January 31, you can sign up to receive 6 months of access to the SAT Prep on Demand Course. Use promo code KAPFRIENDS at checkout. *Note: be sure to type in the code at checkout, as copy/paste may result in an error. This course is a flexible program that can be completed within a
month; however, this offer gives you 6 months of access. It includes over 50 instructional videos, 1,000’s of practice questions, quizzes, and more. Plus, if you answer questions wrong on a quiz, you can watch a video of how to get the correct answer.

**TEACHERS, PARENTS, AND CARETAKERS:** Join Susan Lord and Julie Pellerin-Herrera in a 5-part, experiential series on living a healthy, creative life at home and in the classroom. LifeSchool provides science-based education about the effects of stress and offers a new perspective and lifestyle skills to live with more joy and less stress, more meaning and less disconnect. The ultimate goal is to live a more peaceful, resilient and loving life, transforming relationships with children. Each workshop will provide an experience of deep connection and well-being through yoga, breathwork, meditation, relaxation, journaling, imagery, and Nurtured Heart Approach. Several dates are available. For more information and pricing, check out [Event Bright](#).

**SENIOR PARENTS**, who attended the all-night party meeting or emailed me their contact information, should have received an email with a link to our event idea Google doc. If you have not received that or would like to be added to the email list, please contact me at byrdc@acrsd.net.

**CALENDAR of EVENTS for STUDENTS AND FAMILIES**

**January 26:** BASIC RIGHTS: UNDERSTANDING THE IEP: A Free Workshop for Parents and Professionals: Wednesday, January 29, 6 p.m. to 8 p.m., in the HVHS Auditorium. WEATHER DATE: February 5, 2020.

**January 27:** School Committee Meeting, 6:30 p.m., at the former elementary school in Cheshire. The public is ALWAYS welcome.

**January 28:** Costa Rica/ Panama 2021 Information meeting: 6:30 p.m. Room C310 (Mrs. Shafer’s room).

**January 27 - 31:** Great Kindness Challenge Week: details will be provided to students with opportunities for them to participate in our challenges (assemblies are scheduled for Monday the 27th and Friday the 31st).

**January 31:** END of Period 2: Students in Grades 8-12 will be called to the auditorium for the Start with Hello presentation. The presentation will end by 10:12 a.m.

**January 31:** Report cards distributed at the end of the day.

**February 3 - 7:** It Starts with HELLO week. Agenda to follow.
February 8: SNOWBALL FORMAL. See below.


THINGS WE WANT YOU TO REMEMBER

FEBRUARY VACATION ACTIVITY DAYS: Need some ideas to fill your child’s day? See the flier below from Chin Bo Jok Martial Arts Academy.

HVHS SNOWBALL FORMAL: Saturday, February 8, 6 p.m. to 10 p.m. at the NEW Williams Inn. Tickets are $46 per person and includes admission, dinner, and dessert. Tickets go on sale Tuesday, January 21, and will be sold at both high-school lunches.
Chin Bo Jok
MARTIAL ARTS ACADEMY

Providing quality instruction in Martial Arts & Life Skills Since 1997
Please join us in 2020!

FEBRUARY VACATION ACTIVITY DAYS
Providing fun & friends in a safe and encouraging environment

*February 18, 19, 20, 2020 - Tues, Wed & Thurs
*9:00 a.m. - 12:00 p.m.
*1450 East St, Pittsfield - Chin Bo Jok
*$45 per child (partial scholarships available on a first come, first served, basis)
*All ages considered
*Also available to: Young adults, as class leaders
  Siblings, as peer mentors (if space available)

FOCUS, TEAMWORK, BALANCE, SELF-CONTROL, MEMORY, COORDINATION

Programs designed to enhance brain function through bilateral exercise

A few of the programs planned for February:
*Fun & Fitness *Games *Martial Arts & Social Skills *Music & Magic *

Pre-registration Required
For more information contact: Chin Bo Jok via Facebook
or call (413) 464-1104

Space is limited, call today

This program is made possible by funds generously provided by

Berkshire Autism Initiative