Hoosac Valley High School
2019-2020
Words from Byrd: Week ending 2.28.2020
Perseverance, Respect, Integrity, Diversity, Empathy = Hoosac PRIDE

NEW THIS WEEK...

PROGRESS REPORTS AND NEXT YEAR’S ASSIGNMENTS: I was a week ahead in my planning. I originally announced that progress reports are going home with students today (February 28); they are NOT. They will be distributed on Friday, March 6. In addition, PLEASE notice the course recommendations on that report for the 2020-2021 school year. Teachers have met with your students, and they’ve recommended courses based on many factors. If you/your child want a course change, the “course change form” must be filled out, signed and returned to Guidance by Friday, March 20. Forms can be picked up in guidance.

MARCH 18 HAS BEEN CHANGED TO A HALF DAY: Due to the amount of snow days we’ve had this year, the full-day In-Service that was scheduled for March 18, has now been changed to a half-day; the high school will dismiss at 10:40 a.m., and we will run a shortened 7-Period Schedule.
DOOR PROJECT/SAFETY-GRANT COMPLETE: Our front door project and the addition of a swipe at the gym entrance is now DONE and operating. What does that mean for you? When you “buzz” into our building, you will be buzzed in a second time, as the doors in that area are now locked. This is an added safety measure for our school. All visitors are still required to enter the Main Hub/Office to get checked in, etc.

SHOUTOUT TO THE SKI TEAM: The 7.1K MIAA Nordic State Championships were held at Prospect Mountain in Woodford, Vermont this past Tuesday. Coach said the kids were exceptional and the day went well. Top finishers included Vienna Mahar (19th) for the girls and Justin Levesque (6th) for the boys. Conditions were very tricky and made all the more stressful by the "honors system" ban of fluorocarbon race wax (which would have given skiers a HUGE advantage in the very warm, very wet conditions Tuesday.) Our team was very competitive and did so with integrity and respect to the rules, and we should all be very proud of the results they achieved!

- Boys’ team was 7th out of 17 teams
- Girls’ team was 9th out of 17 teams
- Boys’ Individual:
  - Justin Levesque - 6
  - Corben Craig - 12
  - Evan Norcross - 34
  - Matthew Tassone - 83
  - Patrick Walsh - 122
- Girls’ Individual:
  - Vienna Mahar - 19
  - Natalie Pompi - 36
  - Alannah McGrath - 48
  - Grace Kronick - 57
  - Jenna Levesque - 74

SHOUTOUT TO THE HVHS BAND: They completed a successful trip to Walt Disney World in Orlando, Florida. They performed on Main Street in the Magic Kingdom, and reports that have come across my desk are that they had a BLAST! Way to go!

CONSIDER UNIFIED TRACK: Unified is a part of special olympics and is open to all students. In Unified Track students with cognitive, physical, social and emotional differences come together with neurotypical students to work, play, grow and win together.

- The goal of unified is to
  - create a more inclusive climate in all schools.
- Unified Track is a competitive sport
  - shortened season and
■ modified equipment so that it is accessible to ALL.

What will your student gain from Unified Track? They will learn new skills; They will try something new and learn something about themselves every day; They will make new friends; They be a part of something that future generations will thank them for, and most importantly they will have fun! Does this sound like something you want to be a part of but you already do a spring sport? We ALWAYS need a cheering section! Want to help out, keeping time and measuring distances? You are always welcome and we would LOVE to have your help! Please contact Ms. Hiser with any questions at hisers@acrps.net. She will be holding a meeting for students on Thursday, March 5, for all interested students.

KNOW A STUDENT PARTICIPATING IN LITTLE LEAGUE: Families that qualify for reduced lunch, SNAP, or WIC can participate in a program that will pay Little League registration funds. This program is being sponsored by T-Mobile, and you don’t have to be a service provider to qualify. In addition, if the family has already paid their Little League registration fee there is a process to be reimbursed. Visit: https://www.littleleague.org/call-up-grant-program/ for more information.

MY TEEN IS SELF INJURING. WHAT DO I DO? Your first reaction may be to panic, but we know that isn't the most helpful response. The families for Depression awareness will share strategies and resources so you can learn how to respond calmly and support your teen in getting the help they need. Join them on Tuesday, March 24, 2020, at 7pm for the FREE live webinar to learn how to
- talk about self-injury in a healthy way
- identify the signs of self-injury and respond in an effective manner
- help teens develop healthy coping skills.

You can sign up by following this link: https://platform.cinchcast.com/ses/54AOKixCtbvNI9czvpRQJw~

NOTICE TO JUNIORS/PROM DECORATING COMMITTEE: Juniors will start meeting with Mrs. Koczela on Mondays after school, starting Monday, March 2. All juniors are welcome to join the committee. REMINDER to get dues paid ($50 per year = $200). Notices were sent home to families.

CALENDAR of EVENTS for STUDENTS AND FAMILIES
March 4: Senior Parents’ All-Night Party Meeting, 5:30 p.m. in the HVHS library.

March 5: Unified track meeting at 2 p.m. in Room 317.

March 6: Progress reports going home with students (remember to look for the teacher recommendations).
**March 13 - 14:** OKLAHOMA! Musical, 7 p.m. in the HVHMS Auditorium.

**March 18:** Half-Day for teacher In-Service. School dismisses at 10:40 a.m.

**March 24-25:** MCAS Grade 10 ELA – Please encourage your students to come to school on time and to have a good breakfast (or get a great breakfast here at school).

**March 27:** SCIENCE Fair, Grade 8 (more information to follow).

**April 3:** END of Quarter 3. Grades close.

**April 10:** QUARTER 3 Report Cards Distributed.

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**THINGS WE WANT YOU TO REMEMBER**

**SUBSTANCE USE PREVENTIVE SCREENING:** Please read the note from our nurse; it’s located at the end of this document.

**IMPORTANT REMINDER RE: HANDICAPPED PARKING:** We have designated handicapped parking spaces in both parking areas of our school. Folks parking in those areas MUST have a valid handicapped placard. In addition, the driveway between the gyms and the cafeteria is not a dropoff area. Those handicapped parking areas are being blocked by cars pulling in and out. PLEASE drop your children off at the start of the walkway or in the parent dropoff, which will allow you to follow the natural loop around and out of the parking lot. You will start noticing folks directing traffic in that area.

**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.
Dear Parent or Guardian,

All Massachusetts public schools must include a verbal substance use preventive screening as part of their yearly mandated universal health-screening programs. Our district will use the Screening, Brief Intervention, and Referral to Treatment (SBIRT) protocol with students in grades (7 & 9). Students will be asked 4 questions in private. Then there will be a one-on-one conversation between each student and a school nurse or counselor. The purpose of this effort is to prevent, or at least delay, alcohol, marijuana or other drug use. The SBIRT program reinforces healthy decisions and addresses concerns about substance use to improve health, safety and success in school.

We will use the CRAFFT II screening tool, the most commonly used substance use screening tool for adolescents. All screenings will be held in private one-on-one sessions with one of the specially trained nurses or counselors. Students who are not using substances will have their healthy choices reinforced. When any student reports using alcohol or other drugs, or seems at risk for future substance use, the screener will ask 5 more questions, provide brief feedback, and have a brief conversation with that student.

- What your child tells the screener is confidential and will not be shared with any other person without prior written consent of the student, parent, or guardian, except in cases of immediate medical emergency or where disclosure is otherwise required by state law.
- No written record of the results of this verbal screening are kept with information that identifies any individual student.
- Screening results will not be put with any other information that identifies any child.
- Screening results will not be included in your child's school record.

If you want to opt your child out of the screening, you can write to us at any time before the screening. Your child may also opt out at the time of the screening. Please feel free to contact us with any questions, or if you would like your child to opt-out of the screening.

Together, schools and parents CAN make a difference for the youth in our community. One way to prevent youth alcohol and other drug use is to talk with your child about your thoughts and expectations about alcohol and drug use. You can view the CRAFFT II tool and other SBIRT resources on www.masbirt.org/schools website.

Regards,

School Principal

The Adams-Chester Regional School District's policy of non-discrimination extends to students, staff, the general public, and individuals with whom it does business. No person shall be excluded from or discriminated against in admission to any district public school of either town, or in obtaining the advantages, privileges and courses of study of the district's public schools on account of age, race, color, sex, gender identity, religion, national origin, sexual orientation, disability or homelessness.