

Monday, February 5, 2024

Good Morning Ketcham Nation!

Today is Day 3

Today's Motivation: Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.

— Wilma Rudolph overcame childhood polio to become a record-breaking sprinter. She was the first American woman to win 3 gold medals at a single Olympics in track and field.

Today is the first day of National School Counseling Week 2024. The theme is "School Counselors: Standards-Based, Student-Focused." Did you know that your counselors all have set standards for school counseling, just like your teachers have standards for learning in the classroom? A standard is basically a way to measure excellence or quality. At the start of each school year, we use standards to develop a plan to support your success in school. We also use standards to help you build a strong foundation for learning. The author Henry David Thoreau wrote "if you build castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them." That's what we hope to help you do – build foundations for your dreams. Standards help us do that too. Do you feel like you need help building up your foundation? See your school counselor and let's talk about how to make your dreams come true!

TRACK & FIELD

Congratulations to the girls track and field team for their superb showing at the Ocean Breeze Invitational on Staten Island. Highlights include Abby Kowalczyk breaking her own school record in the 2-mile run and finishing second overall. Sabrina Schmitt ran a personal best in the 200m dash and broke Savana Stevenson's record from last year Savana also set a personal best in the event. In the field, Angie Odeniyi earned a medal by finishing fifth in the weight throw with a solid performance. The other girls on the team, including Aubrey Lawler, Ella Thyrré, Natalie Post, Delilah and Leana Antonini and Elizabeth Delrosso all performed well or near their best, but more importantly obtained valuable experience at a high-level event. Good job girls!

Congratulations to Cameron Clyde for finishing third in the freshman division of the 55m high hurdles and breaking the freshman/sophomore record. He nearly broke the school record in the 400 meter dash as well. Connor Hitt set a personal best in the Invitational 2-mile run and also just missed breaking the school record. Mike Velders had a spirited effort in the one-mile run where he broke the 5:00 barrier for the first time. The night finished off with the sophomore quartet of Matt Kowalczyk, George Soyka, Adam Gazal and Isaac Menjivar breaking the freshman/sophomore record in the 4x800m relay. Good job boys!

GREENWORKS

RCK Greenworks will be meeting after school on Wednesday 2/7 in room 295! We will be studying for the Envirothon, a competition that tests you on topics about the environment. All are welcome!

SPORTS TALK CLUB

Our first meeting will be Tuesday, Feb. 6 after school in Room 101. Class code is - n6m2omg

SENIORS

From the Yearbook: Seniors we want to highlight your future. Please fill out this form and tell us your future plans. Make sure your pictures are clear and bright. This will only be open until Tuesday FEBRUARY 6th. USE THIS

FORM: <https://docs.google.com/forms/d/e/1FAIpQLScwvndB1OT63YB3-NDBobO1FNyc1IHwSsnYicLQxJdGM8hMw/viewform>

FLAG FOOTBALL

WCSD Girls Flag Football League - Interest meeting for Players and Parents/Guardians is Tuesday, February 13th at 6pm at John Jay HS (LGI Room 128). League play begins Spring 2025.

YEARBOOK

YEARBOOKS ARE ALMOST SOLD OUT. There are fewer than 50 available for purchase. Order yours now at <https://buytheyearbook.pictavo.com/login> School Code 715765

INHS

National Italian Honor Society will be meeting on Wednesday 2/7. Please make every effort to attend, as we will be discussing and planning for the upcoming induction ceremony followed by the Buon Appetito cooking competition. Reach out to Signor Parlapiano with any questions!

WINNERS CIRCLE

Mandatory meeting date 2/5

Anyone that may want to be in the Winner's Circle class next year please contact Mr. Bliss (room 223). This is the class where we build a 1965 Shelby Cobra race car, go on multiple field trips and generally do awesome things. There will be an informational meeting on February 5th at 11:30 in the LGI, to attend the meeting students need to come to Mr. Bliss (or Mr. Yahn or Mr. Musch) to get on the list to attend the meeting. You must come in person. If you do not attend this meeting you will not be eligible for the class.

MILITARY VISITS

Our Military representatives are tabling in the cafeteria during each lunch period on the dates listed below. Please stop by their table if you would like to learn more about what they have to offer.

- Wednesday, February 7: US Marines
- Thursday, February 8: US Army
- Wednesday, February 14: US Navy
- Wednesday, February 28: US Army National Guard

DRESS DOWN FOR SPARROW'S NEST

Join Ketcham in support of Sparrow's Nest, a charity that provides meals for families battling cancer, by participating in the WCSD Sparrow's Nest Dress Down Day on March 15th. Order your gear by February

14th. <https://docs.google.com/forms/d/e/1FAIpQLSc32dhztkNw8cE5p5icBA-EkiA0Jq8YBGVS31R4eAbe1fN6vQ/viewform>

DCC INSTANT DECISION DAY

Dutchess Community College will be visiting on Monday, February 12th from 9:20-11:40 am (periods 3, 4, & 5) in the computer lab for Instant Decision Day. Stop by to work through your application with an admissions representative and be given an instant decision on your acceptance. Pre-registration for the event is available through SCOIR.

COLLEGE FAIR

The inaugural Southern Dutchess College Fair will take place on Wednesday, March 6th from 6 pm - 8 pm in the Beacon High School gymnasium. Please see flier for more information! https://drive.google.com/file/d/1lDdTE-qR1tgdllX37_KroSsFITyRhvP9/view?usp=sharing

SCHOLARSHIPS

The Community Foundation Scholarship Program application portal is currently open. Students can register and apply for several local scholarships by submitting one application. Follow the link for more details or see your counselor. <https://communityfoundationshv.org/scholarships/>

Scholarship information is consistently updated on the Senior Google Classroom and on the scholarship link on the School Counseling webpage:

https://docs.google.com/spreadsheets/d/e/2PACX-1vSQI9lpLdXiG-2I5hjP5FpW-tJ_sMFJH5yqUo8y4r5LVW90Xzey5VnacRgcDd98BFmkceCyCKbo00Rh/pubhtml

Community Foundation Scholarship Workshops:

Monthly virtual scholarship workshops are offered monthly via Zoom. Attendees are led through the online scholarship process and questions are answered throughout the workshop. This event is open to high school students and/or their parent/guardians, undergraduate college students, high school teachers, guidance counselors, and any high school staff or administration. Registration is required <https://communityfoundationshv.org/scholarships/> and click on any of the dates below to register. The Workshop Zoom link will be emailed to all registrants on the morning of each session.

Tuesday, March 5, @ 6:00 pm

Wednesday, April 3 @ 6:00 pm

SENIOR TRIBUTE ADS

Celebrate your Senior with a tribute ad in the yearbook. The deadline to order is 2/23/24, but don't wait! Take care of it now before the rush of graduation sets in. <https://www.tributeads.com/>

RCK ATHLETICS

Good luck to the Ketcham teams competing today! JV Girls Basketball at Arlington, JV Boys Basketball vs John Jay, Freshman Boys Basketball at Ramapo, Gymnastics at Mahopac, Varsity Girls Basketball at Arlington, Varsity Boys Basketball vs John Jay. Let's go RCK!

ACTIVITY PASS

Reminder: any student who stays after school for any reason (clubs, athletics, etc) must obtain a pass from their teacher, coach or advisor. You must have a pass in order to take the late bus.

Make this a great day RCK and remember to go #All In All Ways.

Your principal,
Dave Seipp