

WJH Daily Announcements – November 2nd - Superintendent Conference Day  
No School for Students

Tomorrow is November 3rd - Day Cycle 1

Quarter 1 Marking Period ends on Friday, November 5th - Quarter 2 begins on Monday, November 8. Students will receive a copy of their 2nd Quarter Schedule on Friday, 11/5 during their 9th period classes.

PLEASE MAKE SURE YOU PROVIDE YOUR CHILD WITH A MASK TO WEAR AT SCHOOL.

FROM THE HEALTH OFFICE: students need to bring in water bottles for the fill station. There are no cups available as they are on back order.

WJH's 2nd Little Doctors Blood Drive of the School Year.

Please come and be a silent hero!

WJH  
Monday 11/22  
2:30 -7:00 PM

FROM PE TEACHERS – Basketball intramurals will be starting next week on Thursday after school in the gym. You will need a ride home at 4:00pm or take the late bus.

Dates for basketball intramurals - 11/5, 11/8, 11/9, 11/10, 11/15, 11/16/11/17 & 11/18. Students can participate from 2:30 pm – 4:00 pm.

YEARBOOK -

Below is the Link for yearbook sales. The site is now active and yearbooks can be purchased for \$35. We will be setting up sales at any event we can attend so that students can pay in cash, and pending approval from the PTA, checks as well.

<https://link.entourageyearbooks.com/my/WJHS2022>

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HOMEWORK HELP FOR 7TH GRADERS (Mrs. Liberta & Mrs. Milanese)

Students are able to stay after school in room 206 or they can join the Google Meet.

The code is: jb75vom

Here are the dates:

Tuesday November 9, 30

Tuesday December 7, 21

There are late buses on Tuesdays - Students can take the late bus or be picked up by a parent/guardian.

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#### EXTRA HELP Math – 8th Grade

8th Grade Math Teachers are working together to provide as many opportunities for extra help as possible. This started on Monday, September 27th.

Monday afternoons – Room 144 – Ms. Price

Tuesday afternoons – Room 140 – Ms. Marold

Wednesday afternoons – Room 140 – Ms. Bush

Thursday afternoons – Room 130 – Mrs. Conklin

Friday Mornings Extra help will be at 6:45 am with Mrs. Nevel.

Extra help will also be available by appointment Mondays thru Thursdays (AM) with Mrs. Nevel BY APPOINTMENT. Reach out to her on her google voice (845) 391-3731 to make an appointment.

There will be late buses on Tuesdays and Thursdays at 4 pm. You will need your own ride for the morning help or extra help after school on Mondays and Wednesdays. Extra help on Mondays and Wednesdays goes until 3:30 pm.

If you need to log in virtually for extra help, you can go to the following link!

Math Extra Help – Virtual Link <https://meet.google.com/lookup/hmfcaa5rnb>

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#### WJH PTA MESSAGES

Don't forget to renew your membership for the 2021-2022 school year by using the link below:

<https://wjhspta.memberhub.com/store>

WJHS PTA is having a SHOE Drive!

We are kicking off a Shoe Drive this week and need help throughout it.

There are plenty of ways to help:

Spread the word

Help at a Drop Off Event November 6 from 12-3pm

Commit to collecting a bag of shoes with 25 pairs of shoes

Help in anyway-behind the scenes, collect shoes at your place of business, help load the truck the day of pick up (TBD- January), etc.

\*\*\*Shoes can be dropped off anytime during school in the School Vestibule - there will be a box.

The last day is December 17th to drop off shoes.

\*\*\*Drop off Drive by will be November 6th from 12-3pm at the main entrance of the school

We are accepting all gently worn, used and new shoes, sneakers and even cleats.

However, there are some restrictions, which are as follows:

\*single shoes or mismatched pairs of shoes

\*ice skates

\*rollerblades / roller skates

\*wet/moldy shoes

\*shoes with holes or tears.

This is a HAND-UP, not a HAND-OUT. A fundraiser that gives back!

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CELL PHONES & ELECTRONIC DEVICES ARE PROHIBITED – PAGE 13 (WCSD CODE OF CONDUCT)

DRESS CODE: Students should be following the proper dress code indicated in the Code of Conduct Page 15.

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Bus passes will not be issued.

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Late Buses: We will have late buses every Tuesday and Thursday. It will pick up students at 3:50 pm and leaves WJH at 4:00 pm.

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SPORTS ANNOUNCEMENTS:

Coach Bishop (Cheerleading)

Cheer practice is Mondays, Tuesdays, Wednesdays and Thursdays 2:30-4:30pm. Athletes need to be prepared with practice wear and a ride home daily

Wappingers Ice Hockey "John Jay Hockey Club" consists of RCK<JJHS<VW<WJHS<LOURDES<BEACON Players.

Our first games will be this weekend!! Please come out to show your support of our teams!

Varsity will play at 4:15pm vs FDR at McCann Ice Arena in Poughkeepsie followed by junior varsity at 6pm.

Modified WJH Football vs Van Wyck will be played on Wednesday, 11/3 @ 4:30pm @ RCK.

\*\*\* CLUB ANNOUNCEMENTS \*\*\*

WJH CLUB INFORMATION: Take a moment to read our September newsletter to learn about our clubs and activities!

Arts Integration club is canceled this week.

Jazz band will meet on Thursday this week until 3:45

SKI Club Meeting is Wednesday, 11/3 in the Auditorium at 6 pm.

CHROMEBOOK STUDENT EXPECTATIONS:

♣ You maintain the device and report any issues, incidental or otherwise, to the Computer Lab TA (Located in the back of Library) as soon as possible.

♣ The device is with you daily, class by class, and is brought to school fully charged

- ♣ School issued devices must be carried in the provided carrying case at all times while transporting the device indoors and outdoors
- ♣ You follow WCSD's acceptable use policy and teacher guidelines at all times.
- ♣ Do not mark on your device in any way
- ♣ Do not put stickers or skins on your device
- ♣ Do not remove any asset tags or labels
- ♣ Do not leave it unattended
- ♣ If the device is accidentally forgotten and needed in class, loaners may be available in the classroom. The Chromebook Protection Plan deadline ended on October 15th. If you did not sign up for this protection plan, any damage, repairs or replacements to a Chromebook, will be the responsibility of the family.

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#### FROM THE MAIN OFFICE

Students please turn in your Emergency Cards to the Main Office.

Any student who plans to walk to /from school and any student who will be picked up daily at dismissal, should complete the necessary forms and return to Main Office.

All school notes should be handed into 1st period class teacher at the beginning of class EACH MORNING. Teachers will place notes in folders on the classroom doors for pick up by school monitor.

This week is Red Ribbon Week – celebrate a drug free life.

#### COMPUTER USER AGREEMENTS:

The deadline for signed Student Computer User Agreements was Friday, October 22nd. If we do not receive a signed Agreement, student accounts will be locked and won't be re-opened until we receive one.

#### Celebrate October's National Days:

Today - National Deviled Egg Day features a favorite hors-d'oeuvre or side dish for parties, holidays, family reunions and potluck dinners. Deviled eggs shine as the star of the show each year on November 2nd.

This well-loved food wows guests during the holidays. Designers have even created specially designed carrying dishes and plates just so you can deliver your deviled eggs safely and in style. The deli section of the grocery store prepares packaged deviled eggs. They can even be found in some convenience stores, too.

Other names for this devilish dish include eggs mimosa, stuffed egg, salad eggs, or dressed egg. To make them, shell hard-boiled eggs, cut them in half, and scoop out the yolk. The yolk is mixed with other ingredients such as mayonnaise and mustard and then added back into the white. The possibilities are endless!

Tomorrow - National Stress Awareness Day on the first Wednesday in November aims to identify and

reduce the stress factors in your life.

Everyone has stress. Some stress is good for us. It helps us to respond to changes in life. Stress is our body's way of protecting itself from harm. However, too much stress causes harm to our health and relationships.

Identifying the stressors impacting our physical and mental health is important. Sometimes, health problems are the cause. But our health can also be affected by external stressors such as physical abuse, stressful work environments, financial stress, or other family health issues.

Once we identify the causes of stress in our lives, we can begin to eliminate or reduce stress. Some tools that help with stress include:

- Develop coping skills for anxiety.
- Identify and let go of the things you cannot change.
- Exercise helps us to let go of built-up anxiety.
- Eating a balanced diet fuels our bodies so we're able to better cope with the stress.

Thank you.

Remember...WE ARE WAPPINGERS !!