

Good Morning Ketcham Nation!

Today is Day 6

Today's Motivation: "Women belong in all places where decisions are being made. It shouldn't be that women are the exception." —Ruth Bader Ginsburg, U.S. Supreme Court justice

TRACK & FIELD

Congratulations to Abby Kowalczyk for finishing 29th overall at the New Balance Indoor Nationals in Boston, MA in the 2-mile run on Saturday. She set a new personal best and broke her own school record in the process. Abby then came back on Sunday and competed in the mile where she won her heat and finished 66th overall.

Angie Odeniyi competed in the Nike Indoor Nationals at the Armory in NYC on Friday where she finished 24th overall with a solid performance in the weight throw. Way to go!

YANKEES GAME

Ketcham Day at Yankee Stadium - New York Yankees vs Toronto Blue Jays - Sunday, April 7th @ 1:35pm. Tickets include \$15 food voucher and logo backpack. All tickets are electronic and ticket buyers should download the MLB.COM app. \$50, \$70 and \$90 seating available. No refunds can be given after March 20th. All Sales are final. Tickets are on sale at the RCK PTSA website until March 20th.

<https://rck.memberhub.com/store?limit=21&live=true>

STUDENT COUNCIL

There will be a Student Council meeting afterschool in room 339. Please see Ms. Palmer or Mr. Foley if you have any questions.

PRIDE CLUB

We will meet in Room 342 after school on Tuesday, March 12th. We will meet online with the WJHS Pride Club. Please arrive quickly.

OMG CLUB

The O.M.G Christian Club will be meeting on Tuesday, March 12 at 2:30pm. Contact Mrs. Alemany for more details. All are welcome!

SENIOR LAWN SIGNS

Class of 2024 Lawn Signs are available now for order on the RCKPTSA website. Orders will be taken until the end of April and distributed at RCK in May. Signs are \$15 and 2 for \$25. This is a presale and we will have very limited extras. Order now to show support for your favorite senior.

<https://rck.memberhub.com/store?limit=21&live=true>

ULTIMATE DISCOUNT CARDS

Discount cards are back and still only \$15! Poughkeepsie and Wappingers versions are available and will be mailed directly to you. Please help support the PTSA and share the link below with family and friends. These cards can pay for themselves in 1 use! Order today!

<https://instaraise.com/rckptsa/ultimatediscountcard24>

GREENWORKS

Sarah Mount and Marissa Trojan from the NYSDEC Hudson River Research Reserve Program will be here on Wednesday, March 13th from 1:30 to 2:18 pm (8th period) in room 294 for a presentation on the annual eel migration and sampling program. Any students interested in being a part of this important

citizen-science research should contact Mr. Manzo (295) or Mr. Luhmann (299) if you wish to participate. The eel sampling team will begin sampling soon at the Hunter's Brook in Wappingers Falls. Community service hours are available for participants.

FRENCH HONOR SOCIETY

The French Honor Society will be meeting after school in room 343 on Wednesday, March 20th. We will be discussing plans for Café des Artistes on Friday April 5, and other events for the year. All members make every effort to attend!

CLASS OF 2024

Attention Seniors! Please make sure you indicate your application outcome in SCOIR as this collects needed data for our school.

AP EXAM REVIEW

AP Bio Exam Review continues this week. Thursday, 3/14, Room 255

COLOR RUN

NHS, SADD and CAPE are hosting a 5k Color run on April 21st. Register by mail, print form: <https://docs.google.com/document/d/1m-JCE7YvbnVbN8DgvoHwc6QikzTU9xPKIybc6BOauvY/edit> Mail Check or Cash to RCK RACE ATTENTION/NHS, 99 Myers Corners Rd. Wappingers Falls, NY 12590. Students can drop off the registration with cash or check IN AN ENVELOPE to room 333 Periods 1,2,3,5,6.

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, March 13: US Navy
- Thursday, March 14: US Army National Guard

INHS

INHS will have a MANDATORY meeting on Wednesday 3/13 after school in Room 344. All members must attend as we are planning the induction ceremony.

ESCAPE ROOM

Test your problem solving skills! Math Honor Society is holding an Escape Room Event in honor of Pi Day after school on 3/15, until 3:30. You may participate in teams of up to 5 (please note that the larger your team, the easier it will be to compete.) EACH MEMBER of the winning team will receive a \$10 Dunkin gift card. Please fill out the form linked below to compete and reach out to Ms. Siebert or Emily Zhang if you have any additional questions. Copy and past link: https://docs.google.com/forms/d/e/1FAIpQLScjOle-QNA6M5hrAXdPAcaLfQva-f_kIKEUqnQn8wRTt-N8gA/viewform?usp=sf_link

SCHOLARSHIPS

The Chamber Foundation (the nonprofit arm of the Dutchess County Regional Chamber of Commerce) has several scholarships available to local high school students who will be graduating seniors in June 2024. A number of scholarships are available for a variety of educational interests and needs. The scholarship application deadline is Friday, April 5. Here is the link to view the scholarship descriptions and apply online via the Chamber's website: <https://www.dccroc.org/scholarships>

PRIDE CLUB

Pride Club meets on Tuesdays in Room 342 right after school. Everyone is welcome. See Ms. Bolduc for information or check our Google Classroom. Class Code: ew4gbor

JUNIOR AWARDS

Attention Juniors - The following colleges are offering scholarships for qualified juniors: University of Rochester, Clarkson University, Rochester Institute of Technology, Rensselaer Polytechnic Institute. Additional information can be found on the link below and in the 2025 Google Classroom. See your counselor if you are interested.

<https://www.wappingersschools.org/Page/33999>

SCIENCE BOOK GROUP

Our 3rd book is The Disappearing Spoon: And Other True Tales of Madness, Love, and the History of the World from the Periodic Table of the Elements, by Sam Kean. Please join us Wednesday, March 20th in Room 255 if you are interested in joining this group or reading this book with us. Email patricia.glancey@wcsdny.org if you have questions!

KETCHAM RACING

The RCK Winners Circle Project (Ketcham Racing) needs your help in a competition! Ketcham Racing is building the 1965 Shelby Convertible car. We are competing with 4 other schools (including John Jay) and you can help us win! Follow and interact with us on social media so we can score higher in the competition. Each week we will pick someone at random from social media to win time on the racing simulator!

Facebook - [ketcham_racing](#)

Insta- [ketcham_racing](#)

tiktok - [@ketchamracing](#)

Youtube - [@KetchamRacing](#)

FLAG FOOTBALL

Interested in joining the WCSD Girls Flag Football Team for the Spring of 2025? Please join our google classroom to receive updates and information about the WCSD Girls Flag Football Team.

<https://classroom.google.com/c/NjY0NzA5NTY4NDU3?cjc=57e5ich>

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/>

Community Foundation Scholarship Workshops:

Monthly virtual scholarship workshops are offered monthly via Zoom. 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. The final session is Wednesday, April 3 @ 6:00 pm

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

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

Your principal
Dave Seipp