



Morning Announcements

Monday, March 1, 2021

Good Morning Ketcham Nation!

Today is Day 5

Please join us in starting our day with the Pledge of Allegiance

I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.

Today's inspiration: "There will be people who say to you, 'You are out of your lane,' They are burdened by only having the capacity to see what has always been instead of what can be. But don't you let that burden you." - Kamala Harris

STRESS LESS WEEK

Mark your calendar for March 8 to 12 as we bring you RCK Stress Less Week. Every day at 2pm, we will have a different activity to help you unwind - yoga, meditation and more! Details will be posted on the RCK website and in our morning announcements. We are looking forward to it!

VOLLEYBALL

Tryouts are March 8 and 9 at WJHS. JV 2:30-4, Varsity 4-5:45. You must be registered through FamilyID. Contact Coach Shook with questions - vettebad80@live.com

WAPPINGERS CREW

Learn to row! Wappingers Crew will resume rowing on the Hudson at the end of March. For details, contact Patrick.Hancock@wcsdny.org or attend our Zoom Meeting on Thursday, March 4 at 7pm. The link is: <https://us02web.zoom.us/j/82480681724?pwd=WUlkYU5OU0J2bEFkNmNiWGZ2ZVFpQT09>

GIRLS BASKETBALL

Congratulations to RCK Girls' Hoops for 61-50 win over Carmel on Friday.

BOYS BASKETBALL

Congratulations to RCK Boys' Hoops for 58-47 win over Carmel on Friday. You can watch the game and the Senior Night Celebration on the RCK Athletics YouTube Channel.

WRESTLING

Re-watch Friday's match and senior celebration on the RCK Athletics YouTube Channel.

RED CROSS CLUB

March is Red Cross Month! Every eight minutes, the American Red Cross brings help and hope to people in need. We thank all who make a difference in their communities by donating blood, volunteering to help people affected by a disaster, taking a first aid/CPR class to help in an emergency, and providing comfort to military members and veterans. There will be a meeting today at 1:45 PM. Email michael.paino@wcsdny.org for more details. Class Code: p6gngfa

PTSA

The next PTSA meeting is March 10 at 7pm. Meeting details on the PTSA website. Please note, this is a date change. We will be accepting nominations for the 2021-22 PTSA Board.

SUPPORT OUR SENIORS

The Support Our Seniors parent committee will hold a Zoom meeting tonight at 7pm to discuss upcoming events. Meeting details on the Class of 2021 website.

KINDNESS CLUB

Visit our website for Self-Care Tips!

<https://sites.google.com/k12.wcsdny.org/rckrandomactsofkindnessclub/self-care-tips?authuser=0>.

COA/COSAP

Child of Addiction/Child of Substance Abuse Parents: Kids and teens can heal from the impact of #ParentalAddiction with proper support and services however, they can't do it alone. Caring and supportive adults can #StandUpForTheChildren #RCKCOSAPMonth #COAAwarenessMonth2021 <https://nacoa.org/coa-awareness-week/>, <https://padlet.com/jessicasirianni/3qnywfg9im8jonjz>. Join our RCK COA/COSAP Group! Email Mrs. Sirianni at jessica.sirianni@wcsdny.org for more information.

SOFTBALL

All girls interested in playing Varsity or JV Softball in the Spring, please fill out this contact form ASAP in order to be notified of upcoming informational meetings.

https://docs.google.com/forms/d/1xrDiqim61UcBx7gg_hb2fwiaUp2UkwjbZLGL5-ofX2w/edit

LACROSSE

If you are interested in playing JV or Varsity Lacrosse this spring, fill out a contact form to be part of preseason workouts. Boys form: <https://forms.gle/zMWKVmx9765vXeB78> Girls

form: <https://forms.gle/nXEx1NdRCNEuTMgi9>

CLASS OF 2022

Get Snowed In! Learn more about this interactive fundraising event for the Junior Class. Check your Class of 2022 Google Classroom page or get details on the class webpage.

<https://www.wappingersschools.org/Domain/1385>

YEARBOOK

RCK Yearbooks - buy now before they sell out! Order today at the discounted rate of \$85. Order online at <https://ybpay.lifetouch.com> and use School Code: 11816221.

SENIOR VIDEOS

Submit videos of your favorite high school memories to share in the yearbook with QR codes. You may include appropriate pictures and events that signify your time at Ketcham. Examples would be pictures from the cafeteria, sporting events, pep rallies, dances. Go to <https://forms.gle/McWhAwt9GSCVE9759> to submit videos and for more details.

Remember to follow RCK on Facebook and Twitter @ketchamnation and keep up to date on our website.

Have a wonderful day and remember to go **#allin #allways**.

Your Principal,

Dave Seipp