



Morning Announcements

Tuesday, March 2, 2021

Good Morning Ketcham Nation!

Today is Day 6

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: "One of the most courageous things you can do is identify yourself, know who you are, what you believe in and where you want to go." – Sheila Murray Bethel

RCK ATHLETICS

Congratulations to Hailey Boom (Bowling) and Dylan Glickman (Wrestling) for being named RCK Athlete of the Week for the week of 2/21 to 2/28. Haley bowled a league-high series 577. Dylan had a 5-0 individual record this week. Congratulations on their outstanding achievements!

GREENWORKS

RCK Greenworks will meet Wednesday, March 3rd at 2:30pm. New members can contact any current member, officer, Mr. Manzo or Mr. Luhmann for the class invite.

BOYS BASKETBALL

Congratulations to RCK Boys' Hoops for the win over Arlington yesterday. Best of luck as they take on Poughkeepsie today!

WRESTLING

Good luck to the Wrestling team as they take on Arlington today!

OMG CLUB

OMG is a Christian club open to all students. Our next virtual meeting is tomorrow, March 3rd, at 2:30 PM. We'll be studying the book of Romans, Chapters 13-16. The class code is lqohfxp. Hope to see you there!

CONTINUING ED

Wappingers Continuing Ed is offering the 5-Hour Pre-Licensing class. Class dates are: March 16 & 18; April 13 & 15; May 11 & 13; and June 1 & 3. For complete program details, and to register, please click on the link below:

<https://www.familyid.com/wappingers-central-school-district-continuing-driver-education/5-hour-pre-licensing-course-2021>

STRESS LESS WEEK

Mark your calendar for March 8 to 12 as we bring you RCK Stress Less Week. Every day, 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>

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.

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/1xrDqim61UcBx7gg_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