

**Tuesday, February 6, 2024**

**Good Morning Ketcham Nation!**

**Today is Day 4**

***Today's Motivation: "The time is always right to do what is right." Dr. Martin Luther King Jr was a minister, activist, visionary leader and political philosopher who was one of the prominent leaders in the civil rights movement. He helped bring about the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. He was the youngest man to win the Nobel Peace Prize.***

This week, we are celebrating National School Counseling Week. Yesterday, we told you that we use standards to develop a plan to support your success. Did you know there are also standards we want to help you learn? These are specific skills you need as you grow and gain maturity. Through our work, we want to help you learn coping skills, how to work well with your fellow students, how to make informed decisions and even how to take responsibility for your actions. These are all important skills that help us be good friends, family members and, someday, employees. Ralph Waldo Emerson wrote, "What lies behind us and what lies before us are tiny matters to what lies within us." We hope we can help you cultivate what lies within you. If there are some specific skills you'd like to work on, We'd love to help. Have a great day everyone and don't forget to visit your school counselor soon.

#### WRESTLING

Congratulations to RCK Wrestling for an incredible performance at this weekend's divisional round. Four wrestlers have advanced to the Section 1 tournament next Saturday - Emil Corporan, Shane Rostron, Kenny Chapman and Angelo Battista. Excellent job to all the wrestlers who competed this past weekend - they laid it all out on the line and gave EVERYTHING they had. Looking forward to another fun filled week of wrestling as we continue our road to STATES!! Let's Go KETCHAM!!

#### SPORTS TALK CLUB

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

#### SENIORS

Today is the deadline! 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>

#### YEARBOOK

YEARBOOKS ARE ALMOST SOLD OUT. There are fewer than 35 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!

#### GREENWORKS

RCK Greenworks will meet 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!

#### 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.

#### 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.

#### SENIOR TRIBUTE ADS

DEADLINE TO PURCHASE A SENIOR TRIBUTE PAGE IS GETTING CLOSE.

Celebrate your Senior with a tribute ad in the yearbook. The deadline to order is 2/23/24, ORDER HERE <https://www.tributeads.com/-->

#### 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](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](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

#### RCK ATHLETICS

Good luck to the Ketcham teams competing today! JV Boys Basketball vs Arlington, Varsity Boys Basketball vs Arlington. 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