

Good Morning Ketcham Nation!

Today is Day 1

Today's Motivation: Every day may not be good... but there's something good in every day.

Today for Recovery Month during lunch, please stop by the table to see Mrs. Blades for a Recovery Month activity by writing messages of support for those in recovery to be sent to treatment centers.

Recovery month gives us a time to remember that all of us, from celebrities and sports figures to our neighbors, family and friends, have experienced highs and lows, both big and small. But with strength, support and hope from the people we love, we can grow and recover!

Remember to take time to celebrate yourself and those around you who have recovered from difficult times.

There is a bulletin board outside the cafeteria with celebrities in recovery that you can stop by and read their stories.

If you need help or support, please stop by Mrs. Blades' office in Room 224 and remember she is here every day this year!

VOLLEYBALL

The Boys Varsity Volleyball Team traveled to last year's Division Champs and rival, Arlington, on Monday evening. They came back with a huge Victory! Gio Dahdal led the Titans with a staggering 17 kills on the day, while George Flores and Cameron Clyde added another 8 each. Taka Yamauchi had 2 Aces and 29 Assists, while Kai Moy added 2 Aces and 11 Digs! This was an exciting Win for the Boys Volleyball Team, taking down our archrival Arlington in their season opener!

HISTORY OLYMPIAD

Do you love history and enjoy a bit of competition? Do you think you'd win on a game show like Jeopardy? Join the History Olympiad! This is your chance to compete at regional and national levels. Our next meeting will be on Thursday, September 26th in room 199 directly after school. Come and test your history skills! Correct answers=snacks. Please email Mr. Mayo and Mr. Diamente with any questions. History Olympiad trivia question of the day: What was the name of George Washington's horse? (Yesterday's trivia answer: The Phoenicians)

KETCHAM KRAZIES T-SHIRT

For any students or staff that is interested in getting a KETCHAM KRAZIES t-shirt, the form and money are due TODAY....stop down to the boys PE office or the gym for a form

STOCK MARKET CLUB

The Stock Market Club will meet on Tuesday, September 17 in B1 after school. Learn how to become a millionaire! GC code is: fmbpnty

FBLA (Future Business Leaders of America)

The FBLA Club will meet on Wednesday, September 18 in B1 after school. Learn about business and how you can go to California for nationals!

GC code is:aarskxv

INTERACT CLUB

The Interact Club will have its first meeting on Thursday, September 19 in the LGI. Learn how you can give back to the Wappingers community while having fun! Learn about our parties, events and more! GC code is :47j4oev

JAZZ ENSEMBLE

Students interested in auditioning for the RCK Jazz Ensemble should see Mr. Trainor in room 119 for audition materials. Audition materials should be picked up by Tuesday, September 17th.

GIRLS BASKETBALL

Open gym for any Girls interested in playing basketball will be on Monday and Wednesday from 2:30-4. Any Q's, see Coach Mealy

LACROSSE

Any girls interested in playing lacrosse this spring, please email coach Rowan (sean.rowan@wcsdny.org) to be added to the google classroom. All information regarding off-season workouts will be posted there.

CREW

Would you like to learn how to row? Join the Wappingers Crew Team! If you missed the meeting, or are interested in learning more, click this link to view a slideshow about our Learn to Row Program. Registration closes on Sun 9/15 and the program begins on Saturday 9/21. Register here on the JotForm. A schedule can be found on our website: <http://www.wappingerscrewclub.org/fall-learn-to-row.html>

CONCERT CHOIR

Do you like to sing? Do you have room in your schedule period 4 or 5? Would you like to join us on a trip to Broadway or sing with us at Hershey Park? The Concert Choir has plenty of room for you! We are looking for all voice types. The Choir meets period 4 or 5 every day or every other day. Please see Mr. King in room 117 or your guidance counselor for more information.

SOFTBALL

Open Field this Friday from 2:45 - 4:15 for all girls interested in JV or V softball. Please bring your own equipment (cleats/turf shoes, glove, bat, water, etc..). See Coach Satterlee in room #110 if you have any questions.

PICTURE DAY SEPTEMBER 16th and 17th

All underclassmen will be getting their school pictures done for this year. This is so all students can be represented in the yearbook as well as have a current picture for their new school ID's.

YEARBOOK

Anyone interested in becoming a member of the yearbook please come to the informational meeting on Tuesday 9/17. Rm 293 right after school. You will meet the current members and learn what it means to be on the yearbook staff.

STEP TEAM

Anyone who is interested in being a part of the STEP TEAM please join us next week Tuesday 9/17 in Rm 289 or Thursday 9/19 in the cafeteria at 2:30.

ASL CLUB

American Sign Language Club will have their first meeting on Monday, September 16th in Room 358! Learn how to sign your name and the alphabet! No prior experience necessary. For any questions, please see Mr. Bautista in room 358! See you there!

POKEMON CLUB

Pokémon Club will have its first meeting on Wednesday 9/18 in room 255. Please bring cards to play. If you have any questions please see Mrs. Sivco in Room 194 or email tiffany.sivco@wcsdny.org

STUDENT COUNCIL

Exciting things are happening, and we want YOU to be a part of it! Come to our Student Council meetings every Tuesday at 2:30 PM in the Cafeteria. This is your chance to help us brainstorm and decide on amazing themes for Homecoming and Spirit Week! Everyone is welcome, and we'd love to hear your ideas and energy. Don't miss out on the fun and the opportunity to make a difference!

RCK APPAREL

Please consider supporting Ketcham Cross Country by purchasing something from our apparel store. Your contribution directly benefits our team, and we truly appreciate your support.
<https://www.hometownapparelny.com/rck-xc>

SENIOR PORTRAITS

SENIORS do not wait to get your Senior Portrait done now. All SENIOR PORTRAITS must be completed through Legacy Studios by December 31st. Next set of dates are 9/25-9/27 and 10/28-11/1. Make your appointment today! <https://seniors.legacystudios.com/roy-c%20-ketcham-hs/>

KETCHAM SPIRIT WEAR

You can purchase Ketcham Spirit wear at either of the two online stores.
<https://continentalscreenprinting.chipply.com/KetchamStorm/>
<https://continentalscreenprinting.chipply.com/KetchamFaculty/>
BOTH STORES CLOSE SEPTEMBER 15th

PTSA

Joining the PTSA helps to support many events and activities here at RCK. Your membership also helps to support scholarship opportunities. Become a member today here:
<https://rck.givebacks.com/store?limit=21&live=true>

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.

Have an announcement? Send it to rck.announcements@wcsdny.org

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

Your principal,
Dave Seipp