

THE FOCUS

THE OFFICIAL BYRAM HILLS HIGH SCHOOL NEWSLETTER



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'MUCH ADO ABOUT NOTHING'

COMMUNITY CELEBRATES VARSITY GIRLS TENNIS STATE CHAMPIONS

Supporters cheered the Girls Varsity Tennis Team at a victory parade on November 20th to celebrate their history-making, back-to-back New York State team championship. The girls and their coach rode on a festive truck that announced them as state champs, and their float was preceded by emergency vehicles with celebratory flashing lights, sirens, and a booming drum line.

Following an undefeated regular season, the girls won the NYS Public High School Athletic Association Division II team championship on November 4 at the USTA Billie Jean King National Tennis Center with a 4-1 win over Cold Spring Harbor. Byram Hills also won the inaugural team event last year. With that, the 2022 and 2021 Girls Varsity Tennis teams were the first two girls squads to win a state title at Byram Hills since the school opened in 1966. They were also the third and fourth Byram Hills teams to be crowned state champs overall.

The team roster is made up of captain **Chloe Bernstein** along with **Lily Anchin, Elizabeth Albright, Daphne Bernstein, Jordyn Bernstein, Anika Bobra, Allie Cooper, Dahlia Flores, Rebecca Geller, Dani Goldman, Jenna Kleynerman, Justine Maresco, Lindsay Miller, Eliza Moy, Emerson Pace, Lila Raff, Romy Schweitzer, Skye Smith, Julia Soller, Allie Waxman, and Ashleigh Weissman.**



MUSIC DEPARTMENT NEWS

VISITING ARTISTS COME TO BYRAM HILLS TO WORK WITH ORCHESTRA STUDENTS

On November 28th, the Sweet Plantain Quartet came to BHHS to lead an improvisation workshop with Byram Hills Orchestra students (Gr.8-12). Students were treated to a performance and Q&A with SPQ, a group that writes and performs music that combines Latin Jazz with hip-hop and classical music. Afterward, students broke out into groups and worked on some of the basics of improv with members of the quartet. The event ended with all the students jamming together with the visiting artists on the high school stage. A big "thank you" to the BHHS/HCC Cultural Enrichment Programs for providing this fantastic opportunity for students to explore their creativity through improv.



THE BHHS WINTER CONCERT SEASON IS HERE. COME SUPPORT THE HS MUSICIANS!

Please join us on Thursday, December 15th, at 7:30 pm in the BHHS Theater to hear the Choir, Orchestra, and Band perform live. Doors open at 7:15 pm for the 7:30 pm performance. All three ensembles have an exciting program to share, culminating with a combined performance of the famous Hallelujah Chorus. See you there, and thank you for all your support!

'MUCH ADO ABOUT NOTHING' SUCCESS

Congratulations to the cast, crew, and production staff of "Much Ado About Nothing" for a wonderful modern adaptation of the beloved Shakespeare comedy. The play was reimagined to take place in 1969 in Massena, New York, as soldiers returned home from the Vietnam War at the height of the counterculture era.

Mr. Banks, the high school choir director and theater director, chose a Shakespearean play for the fall show to provide challenging material for the students to push them to become better performers. They all rose to the challenge. "The show was excellent," Mr. Banks said. "It was really impressive the way the students were able to handle the text and not only understand it, but really dig into the meaning and emotion of all the characters and portray that to an audience."

To watch the full performance, [CLICK HERE](#).



PARENT-TEACHER CONFERENCES

We look forward to today's Parent-Teacher Conferences! As a reminder, there will be two conference sessions from 11:50 am - 2:26 pm and 6 pm - 8 pm. Maps and teacher room numbers will be available at the building entrances. If you couldn't sign up for an appointment and would like to discuss your child's progress, please email their teacher directly.

THE EMOTIONAL WELLNESS SUPPORT TEAM

The Emotional Wellness Support Team is a collective of mental health licensed and trained professionals at Byram Hills High School that support students, families, and the larger school community. Please see the attached flyer with detailed information on each team member and visit their [WEBSITE](#) for news and updates.

DECEMBER SOFT SKILL

Resiliency: The ability to react positively in the face of a setback, crisis, or trauma. The American Psychological Association has a terrific primer on developing resiliency which can be accessed by using [THIS LINK](#).



BYRAM HILLS HIGH SCHOOL
PRESENTS

PRINCIPAL'S COFFEE



NOVEMBER 15, 2022



MUCH ADO
ABOUT



NOTHING

Thursday, December 1, 2022

- 11:10 am Dismissal - Parent Conferences
- Evening Parent Conferences 6 pm
- NYSSMA All-State Conference

Friday, December 2, 2022

- NYSSMA All-State Conference

Saturday, December 3, 2022

- NYSSMA All-State Conference
- SAT Test

Sunday, December 4, 2022

- NYSSMA All-State Conference

Tuesday, December 6, 2022

- Board of Ed. Mtg. 7:30 pm

Saturday, December 10, 2022

- ACT Test

Thursday, December 15, 2022

- Winter Concert: Band/Orchestra/Choir 7:30 pm

Sunday, December 18, 2022

- Hanukkah Begins

Tuesday, December 20, 2022

- Snow Date: Winter Concerts

Thursday, December 22, 2022

- Alumni Breakfast 10 am

Saturday, December 24, 2022

- No Athletic Games or Practices

Sunday, December 25, 2022

- Christmas Day

Monday, December 26, 2022

- No Athletic Games or Practices
- Holiday Recess
- Christmas Day (Observed)
- Hanukkah Ends
- Schools & Offices Closed

Tuesday, December 27, 2022 -

Thursday, December 29, 2022

- Regular Athletic Schedule
- Holiday Recess
- Schools Closed/Offices Open

Friday, December 30, 2022

- Regular Athletic Schedule
- Holiday Recess
- Schools Closed/Offices Closed

Saturday, December 31, 2022

- No Athletic Games or Practices

CLICK HERE FOR

ATHLETICS

EVENTS AND GAMES

December 2022 - Focus

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------|---|--|--|--|---|--|
| | | | | 1-8 11:10 am Dismissal - Parent Conferences Evening Parent Conferences 6 pm NYSSMA All-State Conference | 2-1 NYSSMA All-State Conference | 3 SAT Test NYSSMA All-State Conference |
| 4 NYSSMA All-State Conference | 5-2 | 6-3 PTSA District Office Luncheon Board of Ed. Mtg. 7:30 pm | 7-4 | 8-5 | 9-6 | 10 ACT Test |
| 11 | 12-7 | 13-8 PTSA Exec Mtg. @ DO 9:30 am | 14-1 | 15-2 Winter Concert: Band/Orchestra/Choir 7:30 pm | 16-3 | 17 |
| 18 Hanukkah Begins | 19-4 | 20-5 Snow Date: Winter Concerts HCC & BHHS | 21-6 | 22-7 Alumni Breakfast 10 am | 23-8 | 24 No Athletic Games or Practices |
| 25 Christmas Day | 26 No Athletic Games or Practices Holiday Recess Christmas Day (Observed) Hanukkah Ends Schools & Offices Closed | 27 Regular Athletic Schedule Holiday Recess Schools Closed/Offices Open | 28 Regular Athletic Schedule Holiday Recess Schools Closed/Offices Open | 29 Regular Athletic Schedule Holiday Recess Schools Closed/Offices Open | 30 Regular Athletic Schedule Holiday Recess Schools & Offices Closed | 31 No Athletic Games or Practices |

MEET THE EMOTIONAL WELLNESS SUPPORT TEAM AT BHHS

We wanted to introduce ourselves and remind you that we are available to all students. Please do not hesitate to contact us if we can be of any assistance.



Alyssa Cohen,
Psychologist M.A./
Ed.S is the School
Psychologist
supporting the
Flexible Support
Program (FSP) at

Byram Hills High School. Alyssa earned her bachelor's, masters, and educational specialist degrees from the University of Delaware. In FSP Mrs. Cohen works with special education teachers to provide a smaller community within the greater high school, for students who might need more social-emotional and academic support. Mrs. Cohen can be reached at 914-273-9200 ext 4955 or via email at alcohen@byramhills.org.



Dr. Marisa Cuomo
holds a doctorate
of psychology (Psy.
D) from Fairleigh
Dickinson University.
For the last decade,
Dr. Cuomo has worked

in school districts with children and adolescents of all ages. She specializes in providing treatment to young children and teens with a variety of difficulties such as depression, anxiety, school refusal, and executive function deficits. Dr. Cuomo also provides interventions that derive from Cognitive Behavior Therapy (CBT) and Dialectical Behavior Therapy (DBT). Dr. Cuomo can be reached at 914-273-9200 ext. 4956 or by emailing her at mcuomo@byramhills.org.



Allison Muelle,
LMSW, is the School
Social Worker at the
high school. Allison
earned her Master's
in Social Work from
the Silberman School

of Social Work at Hunter College. Allison will provide social emotional wellness support to students in grades 9-12, as well as working with families to support overall student social emotional wellness. She works with students in a one on one setting as well as in a group setting. Ms. Muelle works with students on goal setting, managing anxiety, coping skills, emotional health, decision making, and many other aspects to support a student's mental health and overall success. Ms. Muelle can be reached at 914-273-9200 ext. 4953 or amueller@byramhills.org.

