

THE FOCUS

THE OFFICIAL BYRAM HILLS HIGH SCHOOL NEWSLETTER



- INSIDE THIS EDITION**
- BOBCATS OF THE SEASON - FALL 2022**
 - MUSIC DEPARTMENT NEWS**
 - AN IMPORTANT MESSAGE FROM BH ATHLETICS**
 - SPEECH AND DEBATE TEAM UPDATE**
 - ALUMNI BREAKFAST RETURNS DECEMBER 22ND**
 - THE EMOTIONAL WELLNESS SUPPORT TEAM**
 - DECEMBER SOFT SKILL**
 - UPCOMING ATHLETIC EVENTS**
 - UPCOMING EVENTS**
 - ATTACHED FLYERS**

VISITING ARTISTS SWEET PLANTAIN WORKING WITH BHHS AND HCC ORCHESTRA STUDENTS.

BOBCATS OF THE SEASON - FALL 2022

Congratulations to **Harli Rappaport** of Varsity Field Hockey and **Geroge Gjelij** of Varsity Football on being named Bobcats of the Season - Fall 2022! Please watch their segments below for their perspective on leadership and on this wonderful achievement.



MUSIC DEPARTMENT NEWS

THE BHHS WINTER CONCERT SEASON IS HERE. COME SUPPORT THE HS MUSICIANS! Please join us tonight 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!

AN IMPORTANT MESSAGE FROM BH ATHLETICS

We have officially started our winter athletic season and invite you to come out and support our teams! For the most up-to-date information on games you can attend, head to [our website](#).

Please take a moment to watch an important video showcasing some of our athletes. Remember to cheer loudly, keep it positive and respect the coaches, officials, and opposing teams! Go Bobcats!



SPEECH AND DEBATE TEAM UPDATE

The return to in-person speech and debate competitions has led to great success for **Aidan Aldea-Lustig**, the number one Declamation Speaker in the nation, and his teammates.

Aidan's strong start to the 22-23 season has anchored the BHHS Speech side of the team. He competed in Original Oratory, finishing third at the Yale Invitational, fourth at the NYC Invitational, and third at the Villiger Invitational. This strong start has earned him the right to compete at the Tournament of Champions this coming April. This tournament is one of the nation's most prestigious Speech and Debate competitions. Aidan's teammates have also enjoyed a strong start. Newcomer **Allegra Jooss**, competing in Oral Interpretation, finished third at the NYC Invitational and reached the semifinals at the Villiger Invitational. **Valentina Marino** has also contributed to the team's success, finishing 5th in Dramatic Interpretation at the NYC Invitational. On the Debate side, the team includes 26 new freshmen who enjoyed their first experience at the Princeton Classic. Varsity members **Alex Kahn, Maddy Whelley, Eric Ferreira Szilagyi, Leeza Reichenbaum, and Maggie Pollack** also enjoyed returning to in-person debates. These seniors, along with **Zermine Khan, and Izzy Sampere**, have helped mentor the new freshmen, teaching them the skills of debate and ensuring that the team has continued success.

On December 10th, the team competed at The Summit High School Invitational and had a dominant performance. **Allegra Jooss** placed 3rd in Oral Interpretation, **Arnay Saxena** placed 2nd in Declamation Speech, **Valentina Marino** placed 2nd in Dramatic Interpretation, and **Aidan Aldea Lustig** placed 2nd in Original Oratory.

ALUMNI BREAKFAST RETURNS DECEMBER 22ND

The annual BHHS Alumni Breakfast will be returning this year after a two year hiatus. The breakfast will be held in Bobcat Hall at 10 AM on December 22nd.

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](#).



CLICK HERE FOR
ATHLETICS
EVENTS AND GAMES

UPCOMING EVENTS

Thursday, December 15

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

Sunday, December 18

- Hanukkah Begins

Tuesday, December 20

- Snow Date: Winter Concerts

Thursday, December 22

- Alumni Breakfast 10 am

Saturday, December 24

- No Athletic Games or Practices

Sunday, December 25

- Christmas Day

Monday, December 26

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

Tuesday, December 27 -

Thursday, December 29

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

Friday, December 30

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

Saturday, December 31

- No Athletic Games or Photos

Sunday, January 1

- New Year's Day

Monday, January 2

- No Athletic Games or Practices
- Holiday Recess
- New Year's Day (Observed) Schools & Offices Closed

Tuesday, January 3

- School Reopen

Friday January 6

- Registration Deadline for 2/11 ACT

Tuesday January 10

- Scheduling Assemblies
for Gr. 9, 10, 11
- PTSA Exec Mtg. @ DO 9:30 am

Wednesday January 11

- HCC & BHHS Winter Art Show @
BHHS 8 am - 2:30 pm
- HCC & BHHS Winter Art Show
Community Reception @ BHHS
5 - 6:30 pm

Thursday January 12

- HCC & BHHS Winter Art Show @
BHHS 8 am - 2:30 pm
- BHEF Board of Directors Mtg. @ DO
7 pm

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.

