

THE FOCUS

THE OFFICIAL BYRAM HILLS HIGH SCHOOL NEWSLETTER



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CUM LAUDE SOCIETY 2023 INDUCTEES

CUM LAUDE INDUCTION CEREMONY

Eighteen seniors were inducted into the prestigious Cum Laude Society, celebrated for their superior academic performance. The students inducted at an October 19th ceremony in the high school theater have reached the height of academic success at Byram Hills: Their weighted GPAs put them in the top 10% of the Class of 2024.

English teacher Ms. Catherine Eshoo gave the Cum Laude address and science teacher Heather Manriquez and Math Chairperson Lisa Pellegrino were elected to faculty membership in the society.

Congratulations to the 2024 inductees: **Aidan Aldea-Lustig, Ayaka Ammon, Lily Anchin, Samara Brown, Jack Canter, Jacob Fenster, Eerika Karttunen, Aaron Lestz, Benjamin Levy, Grace Lin, Jonathan Manowitz, Daniel Ndocaj, Joseph Palackal, Zachary Pero, Margaret Pollack, John Quinn, Jake Santos and Alexander Woodworth.**

CONGRATULATIONS CAST AND CREW OF CABARET

On October 24th, BHHS staged its annual Cabaret, a mesmerizing showcase featuring the high school chorus, jazz choir, and various soloists. With the theme “color” and a repertoire spanning decades and various genres, this year’s Cabaret was a vivid and memorable event.

The students’ performances were nothing short of remarkable, bridging the gap between old and new with their renditions of classic and modern songs. The “color” theme symbolized the diversity and vibrancy of talent, showcasing the students’ dedication and passion for music.

Cabaret is not just a show; it’s a celebration of musical tradition and journey. [CLICK HERE](#) to view the full performance.



CELEBRATING ITALIAN HERITAGE: AWARDS CEREMONY RECOGNIZES EXCELLENCE

This October, the Westchester Coalition of Italian-American Organizations and Societa Onoraria Italica-AATI came together to celebrate Italian Heritage Month. This special event was hosted at a local school and honored exceptional students and teachers who had promoted the Italian language in Westchester, Putnam, and Dutchess counties.

The theme for this year, "The Joys of Learning Italian," set the stage for the event at Eastchester High School on October 25th. Dedicated teachers nominated standout students, and Andrew DelliCarpini, Zoe Harris, and Daniel Ndocaj from Byram Hills were recognized for their achievements. Daniel received a \$500 scholarship toward further Italian studies, courtesy of ACE Endico. Teachers Luisa Graniero, Melisa Zappavigna, and Jenna Iazzetti were honored for their outstanding contributions.

This event celebrated the Italian language, the culture, and those who work tirelessly to preserve and pass it on.

A MESSAGE FROM THE STUDENT ASSISTANCE COUNSELOR

This week, members of our school community celebrated Red Ribbon Week. The Nationwide Red Ribbon Campaign was organized in response to the murder of Drug Enforcement Agent Enrique Camarena who was tortured and killed in Mexico in 1985. After his murder, communities across the nation began wearing red ribbons as a symbol of their

commitment to raise awareness of the destruction caused by drugs in America.

Red Ribbon Week provides us with an opportunity to renew our commitment to a healthy and drug-free lifestyle, and to show our dedication to education and prevention efforts in our schools and community. Members of the Youth 2 Youth (Y2Y) Club distributed red ribbons and red pencils to students, faculty and staff members. Daily announcements were made and posters and flyers were displayed throughout the building. All members of the school community were encouraged to wear red on Wednesday as a show of support

Thank you to all who supported this important cause.

The Student Assistance Program - helping students remain substance free, enhance wellbeing and make healthy decisions.

PARENT-TEACHER CONFERENCES

Parent Teacher Conferences will be held on Thursday, November 30th. There will be two conference sessions from 11:50 am - 2:30 pm and 6 pm-8 pm. An email will be sent out later this month with instructional information on how to sign up for a conference.

NOVEMBER SOFT SKILL

Integrity: The quality of being honest and adhering to a moral compass.

UPCOMING EVENTS

Wednesday, November 1st

- School Counseling Discussion Group 9 am
- Winter Sports Online Registration Begins (Gr. 7-12)

Thursday, November 2nd

- Registration Deadline for 12/2 SAT

Friday, November 3rd

- Registration Deadline for 12/9 ACT

Saturday, November 4th

- SAT

Sunday, November 5th

- Daylight Saving Time Ends

Tuesday, November 7th

- PTSA Exec Mtg. @ DO 9:30 am
- Board of Ed. Mtg. 7:30 pm

Wednesday, November 8th

- Senior Portraits

Thursday, November 9th

- End of 1st Marking Period

Friday, November 10th

- Regular Athletic Schedule
- Veterans Day (Observed)
- Schools & Offices Closed

Sunday, November 12th

- Diwali

Monday, November 13th

- Wellness Week
- Winter Sports Begin

Tuesday, November 14th

- Wellness Week
- Principal's Coffee 9 am
- Board of Ed. Retreat

POSTSEASON ATHLETIC INFORMATION

Congratulations to the Varsity Volleyball team on beating Lakeland Monday, 10/30, in the quarter-finals! They will play at Somers on Wednesday, 11/1 at 4:30 p.m. in the semifinals.

Varsity Boys Soccer and Varsity Girls Swimming and Diving will also continue their athletic postseason run this week. Varsity Cross Country will compete in the Section Finals on Saturday. Please read below for all of the information.

Varsity Boys Soccer team will play in the Regional Semifinals on Wednesday, 11/1 at 5:00 p.m. at Hendrick Hudson High School vs. Section IV Champion - Owego Free Academy. Tickets should be purchased at <https://gofan.co/app/school/NYSPHSAA1> if you would like to attend.

We will be offering a fan bus for high school students only. This [Google Form](#) must be submitted by Wednesday, 11/1 at 10:00 am by a parent or legal guardian. It will depart from Byram Hills High School PROMPTLY at 4:00 p.m. Students are asked to arrive at the High School no later than 3:45 p.m. Students must ride the bus BOTH to and from the game. No exceptions. The bus is expected to return to Byram Hills High School at approximately 8:00 p.m.

No food, drinks, or backpacks will be allowed on the bus. Buses will be supervised by district faculty and/or staff.

Girls Swimming and Diving - Byram Hills/Briarcliff/Pleasantville/Valhalla/Westlake team merger Tsunami! Spectators will need to buy tickets for the Sectional Championships. Here's the information:

[Click here](#) for the Sectional Championship tickets. No cash purchase will be available. Tickets for swimming trials and finals November 1 and 2 at 5 pm at Felix Festa Middle School

Boys and Girls Cross Country will travel to [Bowdoin Park](#) on Saturday, 11/4 for the Class B Section Championship. Admission is \$10 per car. The varsity girls race is at 12:00pm and the varsity boys race is at 1:00pm.

GO BOBCATS!



November 2023 - Focus

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 - 8 School Counseling Discussion Group 9 am Winter Sports Online Registration Begins (Gr. 7-12)	2 - 1 Registration Deadline for 12/2 SAT	3-2 Registration Deadline for 12/9 ACT	4
5 Daylight Saving Time Ends	6 - 3	7 - 4 PTSA Exec Mtg. @ DO 9:30 am Board of Ed. Mtg. 7:30 pm	8 - 5 Senior Portraits	9 - 6 End of 1st Marking Period	10 Regular Athletic Schedule Veterans Day (Observed) Schools & Offices Closed	11
12 Diwali	13 - 7 Winter High School Sports Begin	14 - 8 Principal's Coffee 9 am Board of Ed. Retreat	15 - 1 Underclassmen Yearbook Photos BHEF Board of Directors Mtg. @ DO 7 p	16 - 2 Senior Internship Parent Mtg. 7 pm C.H.I.L.D. Evening Event 7 pm	17 - 3 Little Women 7 pm	18 Little Women 2 & 7 pm
19	20 - 4 1st Quarter Grades Posted Senior Portraits	21 - 5 Junior Parent Mtg. 7 pm Senior Portraits PTSA Exec Mtg. @ DO 9:30 am	22 - 6 One-Hour Early Dismissal for CH-WA-HCC-BHHS	23 No Athletic Games or Practices Thanksgiving Day Schools & Offices Closed	24 No Athletic Games or Practices Thanksgiving Recess Schools & Offices Closed	25 Regular Varsity Athletic Schedule
26 Annual Frosty Day and Parade 12:30 - 5:30 pm (Parade @ 4 pm)	27 - 7 Freshman Basketball Begins	28 - 8	29 - 1	30 - 2 Parent Conferences - 11:10 am Dismissal Parent Conferences 6 pm NYSSMA All-State Conference		



Byram Hills Parent Teacher Student Association | *everychild. onevoice.®*

THANK YOU FOR YOUR SUPPORT!

If you haven't yet registered to become a PTSA member for the 2023-2024 school year it's not too late!

Without your continued support of the Byram Hills PTSA, we would not be able to provide these programs to the students or staff of Byram Hills High School:

- Student "Welcome Back" breakfasts
- Teacher and staff appreciation lunches
- Homecoming concessions & decorations
- State Championship floats
- Composer visits for orchestra students
- Senior Prom decorations
- Hang Up & Drive assembly
- Beautification
- Scholarships
 - Hy-Blatt-Jack Wellenberg Award
 - Fred J. Carulo Award
 - PTSA Supports the Arts
 - Michelle Delarmonico



Visit www.bhptsa.org or scan the QR code above to join today!

DO GOOD WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR

BH  **PTSA**

33% OF EVENT SALES GET DONATED TO THE CAUSE

SATURDAY, NOVEMBER 4TH | 5-9PM
195 N BEDFORD RD, MOUNT KISCO, NY, 10549

ORDER ONLINE FOR PICKUP USING CODE **LM4NVCQ**
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

**Pace University Swimming & Diving Lessons
Release & Authorization**

I, _____ (print name) in full recognition and appreciation of the dangers and hazards inherent in participation, hereby indicate my desire to have my children _____ (Print Names) participate in the Pace University Swim Lesson Program and use the equipment and facilities of the Ann & Alfred Goldstein Health, Fitness, and Recreation Center (Fitness Center) of Pace University (Pace or University), located on Pace's Pleasantville, New York Campus between _____ and _____ 202 . My child's (children's) _____ participation in the Pace University Swimming Program and use of the Fitness Center's equipment is completely voluntary. In consideration for permitting my child (children) to participate in the Swim Lesson and being permitted to use the Fitness Center's equipment and facilities, I agree to the following:

- To abide by all of Pace's applicable policies, rules, regulations and standards of conduct during and in connection with the of the Fitness Center, including but not limited to parking and security policies. I understand that violation of these policies, rules, regulations and standards may result in removal from the Fitness Center and the University's campuses, without refund of membership fees.
- If I require an accommodation due to a disability and/or religious observances in order to fully use the Fitness Center's equipment and facilities, I will follow and/or have already followed) the proper procedures for assessment and approval of such accommodation by the necessary University parties as reasonable. Such approval of accommodations must be granted prior to my use of the Fitness Center's equipment and facilities. Except as I have confirmed to Pace in a writing attached to this Release, I have no medical or psychological condition that would preclude or limit my use of the Fitness Center's equipment or facilities or my participation in any programs offered by the Fitness center, and I am not taking any medications that would impair my ability to use the equipment or facilities or participate.
- I authorize Pace, its employees, agents, and representatives to act on any attempt to safeguard and preserve the health and/or safety of _____ (print children's name) during use of the Fitness Center's equipment and facilities or participation in a program offered by the Fitness Center, including authorizing emergency medical treatment on my behalf and at my expense.
- I agree for myself, my heirs and my personal representatives, to hold harmless, and forever release and discharge Pace and all its officers, agents, and employees from and against any and all claims, demands, actions or causes of action, on advent of damage to personal property, personal injury, or death which may result from my use of the Fitness Center's equipment and facilities and my participation in Fitness Center Programs and activities and incident thereto.
- I acknowledge I have read this entire document and understand its terms.
- This release shall be construed in accordance with, and governed by, the laws of the State of New York. Any litigation relating to this Release or the Event shall be conducted in a court of competent jurisdiction in the State of New York, County of New York.

(Print participant's name clearly)

(Signature- must be signed by parent or legal guardian) (Date)

Person to be notified in Case of an Emergency:

Name: _____ Relationship: _____

Phone: Home _____ Work: _____

Address: _____

Specialty Programs

Adapted Aquatics

Customizing in a wide range of disabilities including but not limited to sensory, mental, motor impairments, and water phobia. Please email for further information.



Pace University is a proud provider of American Red Cross Aquatic Training. In addition to the skills listed, the American Red Cross curriculum integrates age-appropriate safety skills throughout all levels of the Learn-to-Swim program.



Pace University Policies

Swim caps are required except for children under 18 months.

Street shoes are not allowed on deck.

Parking tags must be displayed & available first day.

Facility usage restricted to Pace students & members.

Pace is the Place...

For all your Aquatic Needs

- ✓ Adapted Aquatics
- ✓ American Red Cross Swim Lessons
- ✓ CPR & AED
- ✓ Diving
- ✓ Lifeguarding
- ✓ Stroke Clinic
- ✓ Summer Swim Camp
- ✓ Water Safety Instructor



**Winter Aquatics
Program
2024**



Pleasantville Campus

Winter Session 2024

(8 weeks plus 1 make up)

Saturday, January 6 -

Friday, March 1

Make up week: March 2 - March 8

Spring Session 2024

(12 weeks plus 1 make up)

Sunday

March 10-June 9, no class March 31 & May 26
make up June 16

Saturday

March 16- June 8, no class May 25
make up June 15

Monday

March 18-June 10, no class May 27, make up June 17

Tuesday thru Friday

March 19-June 7, make up June 11- June 14



For further information, please visit our website at

www.pacenathletics.com/aquatics

Katherine Palladino, Aquatics Director

Ph: 914-773-3280 Email: kpalladino@pace.edu

Weather related closings call: 914-773-3290

General Goldstein Fitness Inquiries: 914-773-3275

🏊 Swimming 🏊

Parent & Child Aquatics

18 mos.-4years. - 30 min.
Sun 10:05am; Sat 10:05am

Helps children become comfortable in the water and enjoy the water safely. For children who submerge only reluctantly (or not at all); require flotation support at all times; or may benefit from parental presence and support in the water. Additional make ups available for these participants.

Level 1: Introduction to Water Skills

4 years and up - 30 min- approximately 4 participants per instructor



Sun AM 9:30, 10:40; Sat AM 10:30, 11
 Similar to Parent & Child, but children are ready to learn to swim without a parent or caregiver.

Level 2: Fundamental Aquatic Skills

4 years. & up - 30 min - approximately 4 participants per instructor

Sun AM 9, 10, 11:15; Tues PM 5:15; Wed PM 4; Thurs PM 5:15; Sat AM 9:30, 10, 11:15



For students who are comfortable submerging their entire head underwater. Students learn to float on their front and back unsupported, and use both arms and legs in a "combined stroke" action on front and back.

Level 2 Plus: Fundamental Aquatic Skills

5 years & up - 30 min - approximately 4 participants per instructor

Sun AM 9:30, 10:30, 11; Tues PM 5:15; Wed PM 5:15; Thurs PM 5:15; Sat AM 9:30; 10:40

For students who have mastered level 2 skills, but may not be quite ready for the big step to L3. The age recommendation for L3 is six. Students continue to master level 2 skills, and work on a modified level 3 curriculum.



Level 3: Stroke Development 45 min. approx. 4 participants per instructor

Sun AM 9, 10:30; Tues PM 4:30; Wed PM 4:30; Thurs PM 4:30; Sat AM 10, 11

Students entering L3 must propel themselves 15-20' on front and back horizontally. Rhythmic breathing and the coordination of the front crawl, treading water, diving from the side of the pool, swimming on side, elementary backstroke, introduction to butterfly and sidestroke are taught.

Level 4A: Stroke Improvement-Endurance Building

45 min - approx. 8 participants

Sun 9:45am; Tues 4:15pm; Thurs 4:30pm; Sat 10:05am

Students entering L4 must swim 15-25 yards front crawl. Students will increase their endurance and stroke proficiency for front crawl and learn back crawl. Refinement continues for elementary backstroke and students are introduced to breaststroke and butterfly. Various drills are used to develop core body strength.



Level 4: Stroke Improvement

45 min - approximately 8 participants

Sun 10:45am; Tues 4:15pm; Wed 5:15pm; Thurs 4:30pm; Sat 10:55

For students who have participated in one or more Level 4A sessions, and are strong enough to swim full lengths of the pool with rhythmic breathing for class period. Focus is on improving front and back crawl, elementary backstroke. Students learn breaststroke, butterfly and sidestroke.



Levels 5/6: Stroke Refinement & Proficiency

1 hour - approximately 10 participants

Sun 11:30am; Mon 5pm; Wed 5:15pm; Sat 11:45am;

Flip turns are included with the highest level of refinement of front and back crawl. Further instruction on elementary backstroke, sidestroke, breaststroke and butterfly. Jr. lifeguard skills are incorporated in curriculum.

Stroke Clinic (Pre-requisite: level 5/6)

1 hour (approximately 10 participants)

Sun 11:30am; Mon 5pm; Wed 5:15pm; Sat 9am

Skill development for competitive swimming and/or swimming as cardiovascular exercise. Includes stroke improvement, starts, turns, and techniques to increase efficiency, endurance, and speed.



Please read class descriptions carefully and sign up accurately! It is not unusual for a child to participate in multiple sessions of any level. **Not sure of swimming level? Please email us for a free evaluation.**

Registration Form: Separate form required for each session and each student. Register online, or by mail. Winter registration opens November 30; Spring opens February 15.

Please print clearly.

Student Name _____ Age _____
 Street Address _____
 City _____
 State _____ Zip _____
 Phone (day) _____
 Phone (eve) _____
 Legible E-Mail _____
 Level, Class, or Private _____
 Day _____ Time _____
 2nd Choice _____
 To best serve your child, are there any special learning or behavioral needs? Y or N _____

Class Fees unless otherwise noted:

Winter: \$325
 Spring: \$475

Private Lessons (30 min); \$71 (current schedule available online)
 Semi-Private Lesson (30 min): \$55 per student

Discounts: (privates & semi privates excluded)
2 days per week: 25% off same second class
3 days per week: 50% off third or more same classes

Total Class Fee: _____
 Less Discount: _____
 Total Amount: _____

Required: don't forget to sign the back of this page!

How did you hear about us? _____

Online Credit Card Registrations (\$9 fee):
www.pacesettersathletics.com/aquatics

Mail in checks to: Pace University Aquatics
 861 Bedford Road
 Pleasantville, NY 10570

Check # _____ Make payable to Pace University

Pace Refund Policy: To cancel a registration, contact office in writing at least 5 FULL BUSINESS DAYS before start of session. Notification later than 5 full business days, 75% of your fee will be returned. After 2 classes 25% will be returned. After 3 classes 20% will be returned. After 4 or more classes there will be no refund. There is a \$50 processing fee for ALL refunds.