

THE FOCUS

THE OFFICIAL BYRAM HILLS HIGH SCHOOL NEWSLETTER



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WORLD LANGUAGE HONORS SOCIETY INDUCTION CEREMONY

Congratulations to the sixty-five seniors who became members of the World Language Honors Society on October 3rd! Their induction is a testament to their outstanding achievements and unwavering commitment to the study of French, Italian, or Spanish. To view the full ceremony, [CLICK HERE](#).

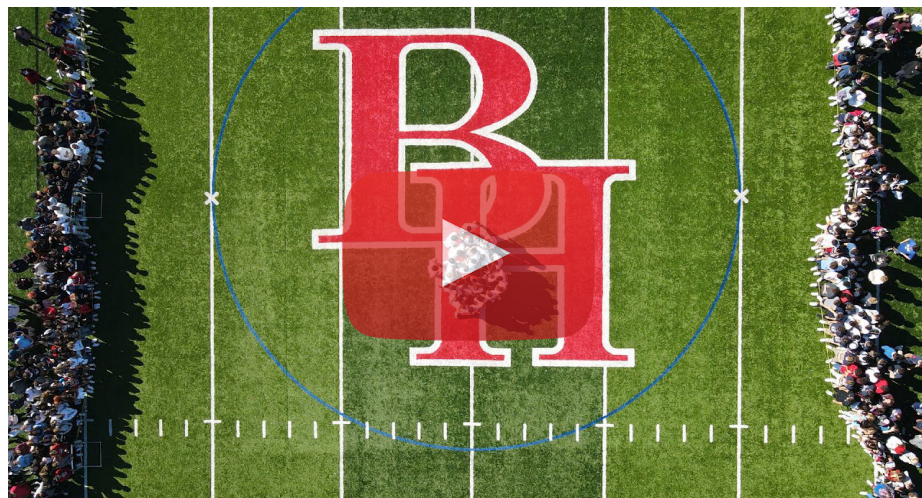


CUM LAUDE INDUCTION CEREMONY INFORMATION

The annual Cum Laude Honor Society Induction Ceremony will take place on Thursday, October 19th at 7:00 pm in the high school theater. 18 members of the Class of '23 will be inducted this year. Congratulations to our inductees! Ms. Catherine Eshoo will be giving this year's Cum Laude address.

SPORTSMANSHIP MATTERS AT BYRAM HILLS HIGH SCHOOL

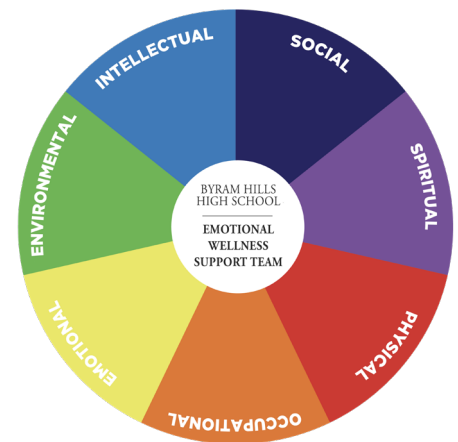
Student-athletes **Ayaka Ammon, Lily Anchin, Anyla Asif, Cian Byrd, Anastasia Byrnes, Ben Curley, Nicolette Disano, Angelina Nie, Jack Quinn, and Sarah Tillingers**, in collaboration with the Athletics Department and the Media & Communication Center, have crafted a compelling message. This video serves to reinforce the significance of sportsmanship, both on and off the field. Please take a moment to view this impactful video.



EMOTIONAL WELLNESS SUPPORT TEAM

The Emotional Wellness Support Team is a collective of mental health licensed and trained professionals at Byram Hills High School. They support our students, families, and the larger school community by consulting with administrators, teachers, and parents to identify young people that are struggling and may need extra support and services. They also work proactively to get ahead of problems before they escalate by creating programs that support youth development.

Please see the attached flyer or head to byramhills.org/emotional-wellness-support-team for more information on the team, how to contact them, and for pertinent resources on emotional wellness.



OCTOBER 18TH PSAT DAY

The PSATs will be administered to all 11th graders on Wednesday, October 18th. All 11th graders should report to school before the start of Office Hours (7:45 AM). There will be a 3-hour delay for students in grades 9,10, and 12. Regular bus routes will run for the morning and for the 3-hour delay. Normal dismissal will take place on that day.

HALLOWEEN REMINDER

Halloween is on Tuesday, October 31st. Many students will choose to wear a costume on that day. With that in mind, we want to remind parents that students who choose to wear a costume must abide by some rules to ensure propriety and safety. Therefore, students will be required to cover or change from costumes that are in violation of the dress code. For safety and security reasons, we must also forbid students from wearing masks that conceal the face or from bringing in costume props that could be misused. The key is to remember that what might be appropriate for a party is not necessarily appropriate for school. While other high schools have found it necessary to “ban” Halloween, we hope that with your cooperation we can make it a fun and comfortable day for those who wish to participate, as well as those who don't.

A MESSAGE FROM THE STUDENT ASSISTANCE COUNSELOR

In our school community, Ms. Pagan wears many hats, including that of the Student Assistance Counselor and advisor for the inspiring Youth 2 Youth (Y2Y) Club. The Y2Y Club is a club that believes in the power of youth to influence their peers through positive peer pressure. Members of Y2Y pledge to be drug and alcohol free and work toward influencing their peers to do the same. Monthly activities are focused on raising awareness of the risks associated with drug and alcohol use and making healthy decisions.

September is National Recovery Month and members of Y2Y provided daily announcements, bulletin boards and a table activity during lunch to remind peers to celebrate people who are working to overcome struggles and obstacles in their lives.

Red Ribbon Week is scheduled for later this month and members of Y2Y will be providing information regarding this annual campaign. 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. The Student Assistance Program - helping students remain substance free, enhance wellbeing and make healthy decisions.

SOFT SKILL

PERSPECTIVE The ability to look at obstacles and challenges in multiple ways. Please see the link for an article on perspective from the June 2019 Psychology Today publication.

UPCOMING EVENTS

- October 15th**
 - PTSA Family Portrait Day
- October 17th**
 - BHEF Night of Conversation
7 pm
- October 18th**
 - PSAT Test for Gr. 11
 - Three-Hour Delay for Gr. 9, 10 & 12
- October 19th**
 - Cum Laude Induction
Ceremony 7 pm
- October 21st**
 - Senior Portraits
- October 22nd**
 - PTSA Family Portrait Day
- October 23rd**
 - PTSA Family Portrait Day
- October 24th**
 - Principal's Coffee 9 am
 - Concert Choir Cabaret 7 pm
- October 25th**
 - Senior Portraits
- October 26th**
 - Senior Portraits
 - Winter Sports Preseason
Mtg. (Gr. 7-12) 7 pm
- October 28th**
 - ACT
- October 29th**
 - PTSA Family Portrait Day

CLICK HERE FOR
ATHLETICS
EVENTS & GAMES

BHHS OCTOBER 2023 CALENDAR

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>1</p> <p>Armonk Outdoor Art Show 10 am - 5 pm PTSA Family Portrait Day</p>	<p>2 - 3</p> <p>District Spirit Week CH-WA-HCC-BHHS</p>	<p>3 - 4</p> <p>District Spirit Week CH-WA-HCC-BHHS</p> <p>Traveling Pep Rally 7 am PTSA Exec Mtg. @ DO 9:30 am</p>	<p>4 - 5</p> <p>District Spirit Week CH-WA-HCC-BHHS</p> <p>Underclassmen Yearbook Photos World Language Honor Society Induction 7 pm</p>	<p>5 - 6</p> <p>District Spirit Week CH-WA-HCC-BHHS</p> <p>Registration Deadline for 11/4 SAT Homecoming Games</p>	<p>6 - 7</p> <p>District Spirit Week CH-WA-HCC-BHHS</p> <p>Homecoming Games: Football 7 pm</p>	<p>7</p> <p>SAT</p> <p>Gulino Bobcat Cross Country Run 9 am Hall of Fame Ceremony & Luncheon Homecoming Games</p>
<p>8</p> <p>BHEF Outdoor Family Movie Night</p>	<p>9</p> <p>Regular Athletic Schedule Columbus Day Schools & Offices Closed</p>	<p>10 - 8</p> <p>Board of Ed. Mtg. 7:30 pm</p>	<p>11 - 1</p>	<p>12 - 2</p> <p>BHEF Board of Directors Mtg. @ DO 7 p</p>	<p>13 - 3</p>	<p>14</p>
<p>15</p> <p>PTSA Family Portrait Day</p>	<p>16 - 4</p>	<p>17 - 5</p> <p>PTSA Exec Mtg. @ DO 9:30 am BHEF Night of Conversation</p>	<p>18 - 6</p> <p>PSAT Test for Gr. 11 Three-Hour Delay for Gr. 9, 10 & 12</p>	<p>19 - 7</p> <p>Cum Laude Induction Ceremony 7 pm</p>	<p>20 - 8</p>	<p>21</p> <p>Senior Portraits PTSA Halloween Window Painting</p>
<p>22</p> <p>Rain Date: PTSA Halloween Window Paint PTSA Family Portrait Day</p>	<p>23 - 1</p> <p>Site-Based Team Mtg. @ BHHS 4-6 pm</p>	<p>24 - 2</p> <p>Principal's Coffee 9 am Concert Choir Cabaret 7 pm</p>	<p>25 - 3</p> <p>Senior Portraits</p>	<p>26 - 4</p> <p>Senior Portraits Winter Sports Preseason Mtg. (Gr. 7-12</p>	<p>27 - 5</p>	<p>28</p> <p>ACT</p>
<p>29</p> <p>PTSA Family Portrait Day</p>	<p>30 - 6</p>	<p>31 - 7</p>				

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.



Colleen Arini, M.A., NCSP, is a building-level school psychologist who works with students in grades 9-12th. Colleen earned her Master's degree in School Psychology from Iona University. Ms. Arini has an article published

in the National Association of School Psychologists Communiqué, which focused on her research with children with incarcerated parents. Her role at the high school consists of providing social and emotional support to students through individual, group, and building-level counseling services. Ms. Arini is also a Chairperson for the 504 and the CSE committees. Ms. Arini is also a Chairperson for the 504 and the CSE committees for grades 9 and 11. In addition to her role as Chairperson, Ms. Arini conducts psychoeducational evaluations and assists with educational planning and programming. Ms. Arini can be reached at 914-273-9200 ext. 4955 or by emailing her at carini@byramhills.net.



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 is also a Chairperson for the 504 and the CSE committees for grades 10 and 12. 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.net.



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.net.



Bernice Pagan, LMSW, is the Student Assistance Counselor at the high school. She will provide alcohol, tobacco, vaping and other

drug prevention activities. She will also be available for short term individual and group counseling. Ms. Pagan provides classroom presentations, parent presentations and faculty presentations on various topics. Ms. Pagan is the advisor to the Youth 2 Youth (Y2Y) Club, a club whose members empower their peers to make healthy decisions. She can be reached at bpagan@byramhills.net or 273-9200 ext 1943.



Dear Fellow Friends of Frosty,

Happy News! Frosty is coming home to Armonk on Sunday, November 26, 2023! Please join us on November 26 beginning at Noon. Stay for the Annual Holiday Lighting Ceremony and Sing-a-Long at the gazebo in Wampus Brook Park following the 4:00 p.m. Frosty Parade.

We have it on good authority that Santa will be joining us also.

Friends of Frosty, Inc. is a non-profit group of local volunteers formed to celebrate Frosty the Snowman and oversee the Frosty Day events. Your help is needed in multiple ways. Some of the ways you can help are listed below. Forms are attached to this email and forms may also be accessed at <https://www.armonkfrosty.com/> under the *Be-a-Part-of-Frosty-Day Forms* tab.

Frosty's Winter Warmth Project - Bring gently used (or new) winter clothing to the donation bin at the Armonk branch of the North Castle Library beginning early November. If you are coming only on Frosty Day, there will be bins around Armonk and we encourage you to bring winter jackets, hats, mittens and scarves to fill those bins.

Donate - A few donation opportunities are listed below. However, any amount will help pay the costs. The Sponsorship-Donor form is attached and is also available at <https://www.armonkfrosty.com/>. Donation checks may be mailed to Friends of Frosty, Inc., c/o Robby and Carol Morris, 70 Old Byram Lake Road, Armonk, NY 10504. Please be generous.

Top Hat Diamond Donors - \$3,000 or more
Button Nose Platinum Donors \$1,500-\$2,999
Red Scarf Gold Donors \$1,000-\$1,499
Snowball Silver Donors \$500-\$999
Snowflake Bronze Donors \$100-\$499

Volunteer as a Frosty Helper through the website using the *Contact Us* tab or simply reply to this email. We need Frosty Helpers to give directions, assist Frosty, welcome visitors, set up, clean up, decorate, and ensure safety. AND ... you get to wear a cute top hat!

Provide a Feature Event, Activity or Promotion - Businesses, shops, vendors and performers are vital. Please complete and return the attached

form to Judy Willsey c/o Framings ~ 420 Main St ~ Armonk, NY 10504. Drop by or Mail USPS or Email framingseventdesign@gmail.com or Call 914-714-2514.

Parade - Whether you are an entertainment group or marching band, our three volunteer fire fighting departments, a civic organization, school or sports group, a dance troop, elected official, or you own an antique car, we need you to be part of the parade. Decorate a float. Dress in costumes. Complete and return the attached form to Carol Morris at 70 Old Byram Lake Road, Armonk, NY 10504 or Email Morrisrc@aol.com.

Don't forget after the parade to go to the gazebo for the Annual Holiday Lighting Ceremony and Sing-a-Long in Wampus Brook Park.

Please contribute used (or new) winter clothing, donate to help cover costs, volunteer as a Frosty Helper, provide a feature event, activity or promotion and join the parade! See you on Sunday, November 26!

Please return completed forms to us before November 3.

With Sincere Appreciation for anything you will do to help,

Friends of Frosty, Inc.

*Robby and Carol Morris, Kay and Kathy Anderson, Rick and Linda Cantatore,
Corey Carroll, Steve Condon, Kristin Mathis, Judy Willsey, Sharon Tomback
and Ed and Nancy Woodyard*

FROSTY DAY

FEATURE EVENTS

14th
Annual
Frosty
Day

Activities and Promotions - Sunday, November 26, 2023

You have expressed interest in being part of our Frosty Activities this year. The activities will run from 12:00pm until 3:30pm and you can expect around 500 children and parents to visit. In order to include you in our advertising and program, we will need a little information about your activity. **The information is due by November 3, 2023.**

Questions can be addressed to Judy Willsey at 914 714 2514 or framingseventdesign@gmail.com

Please print or type the information. Thank you for your cooperation!

Name of Business/Organization _____

Contact Person _____

Address _____

Telephone Number _____

Email Address _____

What is your activity or promotion? _____

MANDATORY! Tell us about your business or organization.

Mail Forms to:

Judy Willsey - c/o Framings - 420 Main St - Armonk, NY 10504

Friends of Frosty, Inc.™ - c/o Robby Morris -
70 Old Byram Lake Road - Armonk, NY 10504



FROSTY DAY

PARADE PARTICIPANT INFORMATION

14th
Annual
Frosty
Day

In order to reserve a spot in the parade, we will need information about your entry. **The information is due by November 3, 2023.** We will send you a position number in advance so that you will know your location in the parade.

The Parade begins at 4:00pm. Line-up is at 3:30pm.

Parade line up is on Old Route 22 near the Beehive and Gavi Restaurants. Vehicles should pull in from the traffic light on Route 22, south of the restaurants, and get into position. Marchers and walkers must be dropped off at the corner of Main St. and Old Route 22.

Any information or questions should be addressed to Carol at morrisrc@aol.com.

Please print or type the following information. Thank you for your cooperation!

Name of Organization _____

Contact Person _____

Phone number _____

E-mail _____

Are you walking or using a vehicle? Walking Using a Vehicle

If you have a vehicle, what is the type? _____

If you are walking, what is your group size? _____

Tell us two sentences about your group. This information will be announced as you pass by the Reviewing Stand.

1. _____

2. _____

→ **RESPONSE DEADLINE - NOVEMBER 3, 2023** ←

**Forms should be mailed to: Carol Morris -
70 Old Byram Lake Rd, Armonk, NY 10504
or Faxed to: 914 273 6301**

Friends of Frosty, Inc.™ - c/o Robby Morris - 70 Old Byram Lake Road - Armonk, NY 10504



FROSTY DAY

SPONSORSHIP OPPORTUNITIES

14th
Annual
Frosty
Day

Frosty Day has "snowballed" since it began fourteen years ago. The crowds for this year are expected to be larger than ever and we need your help!

It is your support, participation and involvement that help make Frosty Day so memorable for the hundreds and hundreds of residents and visitors who come to Armonk to enjoy all the family fun-filled events of Frosty Day.

We want you to be part of this year's plans. Your donation helps guarantee that our event remains free to all participants. The music, marching bands, rides and attractions are provided free of charge for all.

Have your company name associated with Frosty Day. As Westchester County Executive George Latimer stated, "It's wonderful to celebrate the holiday season with the return of Frosty to his hometown of Armonk. Frosty Day is a must-do in Westchester!"

Our Frosty Day brochures, website and signs throughout town will list all the sponsors and supporters. Your name needs to be associated with this event to be seen by all.

Friends of Frosty Inc. is a 501(c)3 Charity, so your donation is tax deductible. We are a non-profit organization that oversees the event and includes a Winter Warmth Project which collects clean and gently used winter clothing such as outdoor jackets, hats, scarves, gloves and mittens for those in need... People can make Winter Warmth donations at the North Castle Public Library, Hergenhan Rec Center and Fredericks Dry Cleaners. A monetary donation will also be made to the charities.

As a kick-off to the Holiday season, Frosty reminds people of the magic to be found during this time of year for young and old alike.

Be a supporter of Frosty Day and be part of the magic!

SPONSORSHIP OPPORTUNITIES

TOP HAT	Diamond	\$3,000+	• Tier 1 Logo - Website, Brochure and Signage • Announced during Parade and Lighting Ceremony
BUTTON NOSE	Platinum	\$1,500+	• Tier 2 Logo - Website, Brochure and Signage • Announced during Parade and Lighting Ceremony
RED SCARF	Gold	\$1,000+	• Tier 3 Logo - Website, Brochure and Signage • Announced during Parade and Lighting Ceremony
SNOWBALL	Silver	\$500+	• Tier 4 Logo - Website and Brochure
SNOWFLAKE	Bronze	\$100+	• Logo on Website

For further information regarding Frosty Day go to our website: armonkfrosty.com
or contact: Robby & Carol Morris at 914 273 6301.