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THE FOCUS

THE OFFICIAL BYRAM HILLS HIGH SCHOOL NEWSLETTER



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BHHS PROCESSION TO HONOR THE CLASS OF 2020

Just after 1 PM on Saturday, June 13th the BHHS Procession delivered the members of the Class of '20 back to the BHHS campus for the first time since March 11th. Families were escorted by North Castle police officers from Business Park Drive down a nostalgic path past Wampus and HCC that eventually brought them to the high school on a picture perfect day. As the cars drove down Tripp Lane, they were greeted with individual signs for every senior which were placed there by the BHEF. The PTSA decorated the entrance with a big balloon arch and provided much of the organization of the event. The NCPD placed a congratulatory sign in the athletic circle while managing the traffic and the logistics of the day. By the end of the event, more than 250 cars holding excited seniors wound their way through the BHHS campus to the cheers of BHHS faculty and staff members. They held banners, balloons, and signs with messages of well wishes. Horns were honking, teachers were waving, parents were beaming with pride and the students were celebrating their thirteen year journey.



POP CULTURE STUDENTS GET PUBLISHED

Pop Culture and Media Studies is a 9th-grade elective that gives students the chance to analyze and evaluate the world that is most present in their lives, Pop Culture. As part of the class, students are required to develop an original thesis or research concept and develop an essay proving their ideas. Sometimes there are opportunities for students to publish their writings, most commonly in Open Court Publishing's "and philosophy" series. These books compile essays from various authors around a Pop Culture topic (Movies, TV, Music, Technology etc.).

This past year, Open Court announced their new volumes, which included **Avengers Infinity Sage and Philosophy**. Two of our students, Talia Dinstein and Hayden Weiss had written final thesis papers on this topic, so they were offered the chance to expand on what they wrote and submit it for publication. Both essays were accepted, and this past week the book was published. They are the only two current high school students to be featured in the 31 essays in the book.

Talia Dinstein wrote "Thanos and the (un)grateful Universe" - She used the philosophy of Utilitarianism to prove that, in fact, Thanos is the hero of the movie Avengers Infinity War, and our "heroes" are actually the antagonists.

Hayden Weiss wrote "The Mad Titan and the Mother of Dragons" - He compared the character of Danyares from Game of Thrones

and Thanos in Avengers Infinity War. Hayden argued that both had a Messianic complex, but since Danyares was framed as the "hero" of Game of Thrones the audience views her and Thanos differently.

These students join Eli Kosminsky (Byram Class of 2008) and Kate Kossoy (Byram Class of 2018) who have been published as well.

MESSAGE FROM THE GREEN TEAM

The Green Team wants to wish everyone a happy and healthy summer. Please continue to collect spent batteries and lightbulbs over the summer break as we will host a collection drive next school year. Additionally, please continue to collect and save aluminum can pop tabs for the Ronald McDonald House charities. Pop tab receptacles will be available next school year for you to deposit your collection.

Lastly, the remaining members of the Green Team would like to bid a final farewell to the founding members of this club who will be graduating this year. We promise to keep the mission alive in the years to come. Thank you for being stewards of the environment, and may this practice forever be a part of you. Best of luck with a new chapter!

THE CANVAS

Please view the latest issue of the Canvas here:

**Canvas Literary Magazine
Spring 2020 Edition**

VIRTUAL SCIENCE SYMPOSIUM

Congratulations to our 20 seniors honored at this year's 31st Authentic Science Research Virtual Symposium held on June 3rd. These students graduated virtually from the program after spending hundreds of hours on their individual research projects in their field of interest. Projects by our sophomores and juniors could also be seen by entering virtual classrooms and hearing their presentations. 'Forces of Nature', as the event was called, filled the evening with scientific facts, heartfelt speeches, and a huge effort on the part of all the science research students. It was completely student-run by the Fab 5, a group of juniors who were selected to organize this event. They deserve a special shout out for dealing with a historical set of unusual circumstances this year with poise and grace. Congratulations to everyone involved on a wonderful event. [CLICK HERE](#) for the archived video.

2019/2020 Authentic Science Research Graduates:

Benjamin Hammond	Meredith Mayers
Samuel Aberman	Taleen Postian
Oliver Brocata	Sarah Ilany
Allison Stillman	Daryn Kaplan
Seth Morrison	Adam Zeng
Meagan Eickelbeck	Ariana Ishkanian
Alexa McGrath	Carolina Pedraza
Ariana Dan	Spencer Karp
Sydney Glassman	Amanda Mackey
Thomas Gomez	Owen Skriloff

YEARBOOK UPDATE

Yearbooks ordered before May 23rd will be shipped directly to students' homes the week of 6/22. The yearbook company is contending with decreased staffing and longer ship times during the pandemic, so we ask for your patience.

If you didn't order a yearbook yet, you won't want to miss this historic volume! The online store has been reopened until June 19th. Go to www.yearbookforever.com and enter our school name. If you order now, your yearbook will be sent to the school. Once they arrive (around 6/25), we'll announce pickup logistics. After June 19th, yearbooks will be available for purchase on the distribution day. Quantities are limited.

SENIOR ATHLETIC AWARD CEREMONY

The Senior Athletic Awards Ceremony will be livestreamed on June 15th at 7pm at byramhills.org/athletics.

JUNE SOFT SKILL

Flexibility/Adaptability - The ability to shift focus and direction quickly and easily. Important in jobs where people 'wear many hats'.

A MESSAGE FROM THE Y2Y CLUB

Thank you to all students, faculty members, and parents who participated in the Virtual High-Five Project! Members of the club were excited to participate in National Prevention Week and all of these positive messages helped us stay connected and served as reminders of all that we have done to prevent the spread of the coronavirus. Thank you for all of your support during the year and we cannot wait to be back in the building again! Have a happy and healthy summer. (see attached flyer)

SAAC19.COM

Student-Athletes Against COVID-19 is a community created by two Juniors at Byram Hills High School, Lilly Ceisler and Brady Karp. Lilly is a member of the Varsity Girls Lacrosse team, and Brady is a member of the Varsity Boys Baseball Team. These student-athletes created this community in honor of the loss of their Spring Sports season. Being that they could not compete on the field this Spring, they wanted to compete in the fight against COVID-19. All profits raised through t-shirt sales and additional contributions will be donated to No Kid Hungry. SAAC19.com.

GRADUATION TRIBUTE DRIVE-IN

Tuesday, June 23rd - 9pm
SUNY Purchase West Parking Lot

We are thrilled to announce that we will hold a Class of 2020 graduation tribute on Tuesday, June 23 at SUNY Purchase West Parking Lot. This event will be an opportunity for our seniors and their families to safely celebrate the culmination of their thirteen-year journey towards graduation. This will be a fun, informal, light-hearted, memorable commencement event that will be broadcast on a Drive-In movie screen.

Here are some important details:

*There will be a limit of one car per family. Please contact lfanelli@byramhills.org if your family situation absolutely requires a second car for the event.

*Cars will not be allowed into the West Parking Lot until 7:30 pm. Cars that arrive earlier will be turned away.

*Seniors should not wear their caps and gowns to this event.

*The presentation will begin promptly at 9 pm.

*It is MANDATORY that all seniors turn in their Tribute Page and Diploma Hand Off video. This will be an important part of the presentation. Submissions are

due by June 5th to: mediacenter@byramhills.net

*FM Transmitters will broadcast the audio of the event to car radios.

*A Photographer will be taking pictures of families in their cars as they arrive.

*Additional details and information about the event will be emailed the week of June 15th.

BHHS COMMENCEMENT CEREMONY

Tuesday, August 4th - 5pm
BHHS Turf Field

We are closely monitoring local, state, and national guidelines and recommendations for schools so that we can do everything we can to bring our seniors back to campus for their commencement ceremony. We will plan this event using the most up to date guidelines so that seniors will be able to wear their caps and gowns and receive their diploma covers on campus during a formal ceremony. We will continue to send updates about the number of permitted guests and the detailed process for the ceremony as our planning progresses.

PROM

Monday, August 3rd - 6pm
Glen Island Harbour Club -
Buses depart from BHHS

We will continue to work with Glen Island Harbour Club so that we can hold a prom before our students head off to their colleges.

UPCOMING DATES

Monday June 15th

Senior Athletic
Awards Ceremony
7pm - VIRTUAL

Tuesday June 16th

Mu Alpha Theta
Induction Ceremony
7pm - VIRTUAL

Wednesday June 17th

Board of Education Meeting
8:15pm - VIRTUAL

Monday June 22nd

Board of Education Meeting
7:30pm - VIRTUAL

Tuesday June 23rd

Drive-In Virtual Graduation
9:00pm at SUNY Purchase

**For Athletics
updates
CLICK
HERE**



BYRAM HILLS #VIRTUALHIGHFIVE



**STAY POSITIVE AND
KEEP GOING, BYRAM!**

Parenting for Prevention

Student Assistance Services Corp., 660 White Plains Road, Tarrytown, New York, 10591 June, 2020

New Normal

As we all adjust to what is being referred to as the “new normal”, we are all having challenges and hope for better times soon.

Although most adults have never experienced something like the pandemic, we have a longer view of challenging events that have occurred to us both personally and in a more macro way like an economic crisis, loss of a job, or death of a close friend or relative. This gives adults more perspective and a longer time to build resilience and develop coping strategies to weather this and other storms.

Teens on the other hand are experiencing the pandemic without that longer view of surviving, coping, and moving forward. And, given what we know about brain development, teens are experiencing the new challenges in a very emotional way.

The role of parents is so important during this time. Help your teens by being a good listener and communicator, be understanding, support them, and most importantly be a good role model and show them safe and effective coping skills so your teen can adapt to the “new normal” and move forward in a positive way.

Taking care of yourself is an important first step.

Editor: Patricia Murphy Warble,
LMSW, CPP

Parenting Through This Difficult Time

Parenting Through This Difficult Time The Covid-19 pandemic and its related consequences of unemployment, changes in the amount of parent child contact, increased alcohol misuse, a new spike in overdoses, isolation, stress, depression, domestic violence, and food insecurity, (to name just a few) combined with the current protests and demonstrations make this one of the most challenging times to parent teens.

Some parents are being asked to respond to situations that they have never encountered before, are unprepared for, and now have to explain to their adolescent. Others are responding to familiar stressful situations but have not had to respond to the volume and intensity of so many stressful situations all at the same time.

How parents respond to today's situations can have a lasting impact on a child's social and emotional well-being. There is no such thing as a "perfect parent" but the research is clear that parent role modeling and communication are major factors in school success, substance use, peer relationships, mental health, and many other important areas. How your teen sees you respond to the news, uncertainty, disappointment, unfairness, loss, and other stressful situations can provide a "roadmap" for them.

When a parent can't respond in a healthy way, it is critical to communicate to a teen that they are or were not able to respond in a healthy way at the time. At the very least, identifying an unhealthy response will let your teen know that the parent's response was shouldn't be modeled and that the parent values emotional honesty and not denying, justifying, or glorifying unhealthy behaviors. A conversation on healthy alternatives will be helpful along with an admission that it's not always easy to choose a healthy alternative when stressed or upset. This honest communication will make it easier for your teen to share their unhealthy behaviors and their possible challenges in finding healthy ways to cope now and in the future. This month's newsletter will provide some specific strategies for parents to help teens cope with this difficult time.

1. **Be aware of your feelings**, the feelings of other adults in the house, and how those feelings are being or not being expressed in the eyes of your teen. By telling your teen how you are feeling, you are demonstrating that you have a range of feelings and that is important for family members to talk about feelings. Linking feelings to incidents and behaviors is also helpful. Telling a teen, "I was so frustrated that I was on hold for 20 minutes and then so disappointed and angry that the person couldn't provide the information I needed" demonstrates that there are situations beyond your control and behaviors of others that can cause upset.
2. If you are not pleased with how you or others in the house are feeling and expressing feelings, **get help** from a professional or a parent support group.
3. **Know your teen**. How are they doing in school? What is the quality and quantity of their eating, sleeping, exercising, peer contact, their use of substances including caffeine, nicotine, alcohol, over the counter and prescription



Tuesday Talks About Teens*

Every Tuesday, 12:00 – 12:30 PM



Student Assistance Services Corporation is launching a Tuesday series for parents called Tuesday Talks About Teens. Each Tuesday a speaker will provide practical strategies for parents of teens on topics that can be challenging for parents.

- The format will include a 15-20 minute presentation on the topic followed by 10-15 minutes of questions and answers.
- Parents will be able to participate in the zoom talk anonymously. They will be able to view the speaker and any materials but will have their audio muted and not be able to see other participants on the talk.
- Questions will be through the chat function to the speaker.

The kick-off talk, **June 9th**, will address the topic, "**Your Teen's Changed Sleep Pattern.**" The talk will focus on how the school closure impacted teen sleep and how to help teens re-establish a healthy pattern.

Each week a different topic of interest to many parents will be presented. The **Jun16th** talk will focus on **Teen Vaping.**

Presenter: Carolyn D'Agostino, LCSW, the Student Assistance Counselor at Horace Greeley HS in Chappaqua, former Student Assistance Counselor at Gorton HS in Yonkers, and licensed clinical social worker with over 20 years of experience working with adolescents.

To access the talks by zoom click on:

<https://us02web.zoom.us/j/81069772570pwd=RmhER0dwUIJPMFRoMGkyK1NTazRpZz09>

Meeting ID: 810 6977 2570, Password: 565661

One tap mobile:+19292056099, 81069772570#, 1#,565661#

Dial: 1 929-205-6099



To participate weekly, download and import the following iCalendar (.ics) files to your calendar system.

https://us02web.zoom.us/meeting/tZUtceCvqTkvhDQZaHxsaVQzZDeuPEkNQ6vl/icsicsT oken=98tyKuGprj0jHdOXtR6HRpwcAo_oXe3wtnpYgqdsph7NGzNSVDLsDMZHJ4JaG_bh

* A program of Student Assistance Services Corporation. For more information contact (914) 332-1300 ~ www.sascorp.org.

REQUIRED NYS SCHOOL HEALTH EXAMINATION FORM

TO BE COMPLETED IN ENTIRETY BY PRIVATE HEALTH CARE PROVIDER OR SCHOOL MEDICAL DIRECTOR

Note: NYSED requires a physical exam for new entrants and students in Grades Pre-K or K, 1, 3, 5, 7, 9 & 11; annually for interscholastic sports; and working papers as needed; or as required by the Committee on Special Education (CSE) or Committee on Pre-School Special education (CPSE).

STUDENT INFORMATION

Name:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F	DOB:
School:	Grade:	Exam Date:

HEALTH HISTORY

Allergies <input type="checkbox"/> No	<input type="checkbox"/> Medication/Treatment Order Attached	<input type="checkbox"/> Anaphylaxis Care Plan Attached
<input type="checkbox"/> Yes, indicate type	<input type="checkbox"/> Food <input type="checkbox"/> Insects <input type="checkbox"/> Latex <input type="checkbox"/> Medication	<input type="checkbox"/> Environmental

Asthma <input type="checkbox"/> No	<input type="checkbox"/> Medication/Treatment Order Attached	<input type="checkbox"/> Asthma Care Plan Attached
<input type="checkbox"/> Yes, indicate type	<input type="checkbox"/> Intermittent <input type="checkbox"/> Persistent <input type="checkbox"/> Other : _____	

Seizures <input type="checkbox"/> No	<input type="checkbox"/> Medication/Treatment Order Attached	<input type="checkbox"/> Seizure Care Plan Attached
<input type="checkbox"/> Yes, indicate type	<input type="checkbox"/> Type: _____	Date of last seizure: _____

Diabetes <input type="checkbox"/> No	<input type="checkbox"/> Medication/Treatment Order Attached	<input type="checkbox"/> Diabetes Medical Mgmt. Plan Attached
<input type="checkbox"/> Yes, indicate type	<input type="checkbox"/> Type 1 <input type="checkbox"/> Type 2 <input type="checkbox"/> HbA1c results: _____	Date Drawn: _____

Risk Factors for Diabetes or Pre-Diabetes:
 Consider screening for T2DM if BMI% > 85% and has 2 or more risk factors: Family Hx T2DM, Ethnicity, Sx Insulin Resistance, Gestational Hx of Mother; and/or pre-diabetes.

BMI _____ kg/m2 **Percentile (Weight Status Category):** <5th 5th-49th 50th-84th 85th-94th 95th-98th 99th and >

Hyperlipidemia: No Yes **Hypertension:** No Yes

PHYSICAL EXAMINATION/ASSESSMENT

Height:	Weight:	BP:	Pulse:	Respirations:
TESTS	Positive	Negative	Date	Other Pertinent Medical Concerns
PPD/ PRN	<input type="checkbox"/>	<input type="checkbox"/>		One Functioning: <input type="checkbox"/> Eye <input type="checkbox"/> Kidney <input type="checkbox"/> Testicle
Sickle Cell Screen/PRN	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/> Concussion – Last Occurrence: _____
Lead Level Required Grades Pre- K & K			Date	<input type="checkbox"/> Mental Health: _____
<input type="checkbox"/> Test Done	<input type="checkbox"/> Lead Elevated ≥ 10 $\mu\text{g/dL}$			<input type="checkbox"/> Other: _____

System Review and Exam Entirely Normal

Check Any Assessment Boxes Outside Normal Limits And Note Below Under Abnormalities

<input type="checkbox"/> HEENT	<input type="checkbox"/> Lymph nodes	<input type="checkbox"/> Abdomen	<input type="checkbox"/> Extremities	<input type="checkbox"/> Speech
<input type="checkbox"/> Dental	<input type="checkbox"/> Cardiovascular	<input type="checkbox"/> Back/Spine	<input type="checkbox"/> Skin	<input type="checkbox"/> Social Emotional
<input type="checkbox"/> Neck	<input type="checkbox"/> Lungs	<input type="checkbox"/> Genitourinary	<input type="checkbox"/> Neurological	<input type="checkbox"/> Musculoskeletal

<input type="checkbox"/> Assessment/Abnormalities Noted/Recommendations:	Diagnoses/Problems (list)	ICD-10 Code
	_____	_____
	_____	_____

Name:	DOB:
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SCREENINGS

Vision	Right	Left	Referral	Notes
Distance Acuity	20/	20/	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Distance Acuity With Lenses	20/	20/		
Vision – Near Vision	20/	20/		
Vision – Color <input type="checkbox"/> Pass <input type="checkbox"/> Fail				
Hearing	Right dB	Left dB	Referral	
Pure Tone Screening			<input type="checkbox"/> Yes <input type="checkbox"/> No	
Scoliosis	Negative	Positive	Referral	
Required for boys grade 9 And girls grades 5 & 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Deviation Degree:		Trunk Rotation Angle:		

Recommendations:
RECOMMENDATIONS FOR PARTICIPATION IN PHYSICAL EDUCATION/SPORTS/PLAYGROUND/WORK

Full Activity without restrictions including Physical Education and Athletics.

Restrictions/Adaptations Use the Interscholastic Sports Categories (below) for Restrictions or modifications

No Contact Sports **Includes:** baseball, basketball, competitive cheerleading, field hockey, football, ice hockey, lacrosse, soccer, softball, volleyball, and wrestling

No Non-Contact Sports **Includes:** archery, badminton, bowling, cross-country, fencing, golf, gymnastics, rifle, Skiing, swimming and diving, tennis, and track & field

Other Restrictions:

Developmental Stage for Athletic Placement Process ONLY
 Grades 7 & 8 to play at high school level **OR** Grades 9-12 to play middle school level sports
 Student is at **Tanner Stage:** I II III IV V

Accommodations: Use additional space below to explain

<input type="checkbox"/> Brace*/Orthotic	<input type="checkbox"/> Colostomy Appliance*	<input type="checkbox"/> Hearing Aids
<input type="checkbox"/> Insulin Pump/Insulin Sensor*	<input type="checkbox"/> Medical/Prosthetic Device*	<input type="checkbox"/> Pacemaker/Defibrillator*
<input type="checkbox"/> Protective Equipment	<input type="checkbox"/> Sport Safety Goggles	<input type="checkbox"/> Other:

*Check with athletic governing body if prior approval/form completion required for use of device at athletic competitions.

Explain: _____

MEDICATIONS

Order Form for Medication(s) Needed at School attached

List medications taken at home:		

IMMUNIZATIONS

Record Attached Reported in NYSIS Received Today: Yes No

HEALTH CARE PROVIDER

Medical Provider Signature:	Date:
Provider Name: <i>(please print)</i>	Stamp:
Provider Address:	
Phone:	
Fax:	

Please Return This Form To Your Child’s School When Entirely Completed.



NYS and NYC Screening & Health Exam Requirements														
	New Entrant	Pre K or K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
HEARING SCREENING:														
Pure Tone	X	X	X		X		X		X				X	
SCOLIOSIS SCREENING														
Boys											X			
Girls							X		X					
VISION SCREENING														
Color Perception	X													
	X													
Fusion		X	X											
Near Vision	X	X	X		X		X		X				X	
	X	X	X		X		X							
Distance Acuity	X	X	X		X		X		X				X	
	X	X	X		X		X							
Hyperopia	X													

*Determine if your Kindergarten or Pre K students are your district's new entrants.

Health Examination Overview														
	New Entrant	Pre K or K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
Health Examination**	X	X	X		X		X		X		X		X	
	X													
Dental Certificate	X	X	X		X		X		X		X		X	

**Health Examinations may be either a Health Appraisal (health exam performed by the School Medical Director) or Health Certificate (health exam performed by the student's primary medical provider). They must be dated no more than 12 months prior to the start of the school year in which they are required, or the date of entrance to the school for new entrants.