

MAY 15, 2020 [VOL 31, NO. 9.5]

THE FOCUS

THE OFFICIAL BYRAM HILLS HIGH SCHOOL NEWSLETTER

SENIOR
class of 2020

**BYRAM HILLS
QUARANTINED OR NOT
WE'RE PROUD OF YOU!**

YOU ARE OUR FUTURE!

**#staystrong
#allinthistogether**

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GRADUATION TRIBUTE SLIDE INSTRUCTIONS

The Class of '20 have been asked to contribute to the upcoming Graduation Tribute. They have been asked to submit a senior slide as well as a diploma hand off that will be included in the tribute. Here are the directions for seniors to submit:

Senior Slide:

- Head to **SENIOR TRIBUTE LAYOUTS** to choose a template. Once you've picked a template, click on 'File', 'Make a copy', and 'Selected slides' to save this template to your Drive and make it editable.
- If you'd like to design your own, please feel free!
- Here is a Youtube tutorial on making changes to the design:
TUTORIAL: EDITING YOUR SENIOR TRIBUTE PAGE
- Once you've completed your design, click on 'File' and 'Share'. Make sure it is editable and share it with **MEDIACENTER@BYRAMHILLS.NET**
- If you have any questions about designing or sharing, please feel free to contact:
MEDIACENTER@BYRAMHILLS.NET
- **The Deadline is June 5th**

DIPLOMA HANDOFF VIDEO INSTRUCTIONS

- Wear your cap and gown
- Receive the rolled up "diploma" on your right and hand it off on the left
- Use an 8.5x11" piece of paper rolled up - you can post a positive message inside the "diploma" and unroll it and show it to the camera before rolling it back up and passing it along
- You can decorate your cap and gown
- There are many ways you will be able to express your individuality in the video, just make sure that it does not violate the Code of Conduct
- The hand off will be shown in alphabetical order - feel free to partner with the person before or after you
- Please limit your hand off to no more than seven seconds
- Your tassel starts on the right hand side of your cap and gets moved to the left as a graduate
- Email your video to **MEDIACENTER@BYRAMHILLS.NET** with your name in the subject line
- Click on **THIS LINK** for diploma hand-off ideas.
- **The Deadline is June 5th**

PROM UPDATE

The prom has been postponed until Monday, July 13th at the Glen Island Harbor Clubs. If we are still unable to hold the prom by then, we are committed to scheduling something in the future for the seniors, even if it means during the following school year.

GRADUATION UPDATE

The 2020 Senior Graduation will not be held at SUNY Purchase this year. Graduation will now take place on the BHHS turf field and has been rescheduled to Tuesday, August 4th at 5:00 pm. Seniors will be asked to contribute to a 'Graduation Tribute' to supplement the Graduation experience.

SUBMISSIONS TO CANVAS

The Canvas will be publishing an online version this spring. Students, faculty, and staff may submit their creative works to the canvas through the link below. They would love to see your photos, short stories, artwork, essays, or general thoughts about your time in quarantine. Submitting to the Canvas is a great way to express yourself and build community. **CANVAS LITERARY MAGAZINE**

SCHOOL BUDGET VOTE & BOE ELECTIONS

The Byram Hills School District budget vote and Board of Education trustee elections will take place this year through mail-in voting, as per Governor Cuomo's Executive Order 202.26. The District will send a postcard by early next week notifying all residents of the vote, defining what constitutes a qualified voter, and providing details about how to gain further information about voting.

The District has added a new tab on the website labeled "Budget Vote Information," with a link to check for voter registration status and a form to complete in order to register.

A second mailing will be sent in the following week with a packet that will include the 2020-2021 Budget Newsletter, instructions on casting and mailing the enclosed ballot, and a postage-paid return envelope. If your household has multiple voters, every voter will receive an individual packet.

Ballots must be received by mail by 5:00 pm on June 9th and the statement on the back of the postage-paid envelope must be signed and dated in order for the vote to count. Please mail your vote promptly to ensure that your ballot is counted.

If you have any further questions or concerns, please check the District Website tab labeled "Budget Vote Information" or email **KELLY SEIBERT**.

LIBRARY NEWS

The Library@BHHS will not be accepting your library books at this time. If you have library books please keep them in a dry, safe location. We will sort out a return procedure in September. In the meantime, if you are in need of books to read please visit the **WESTCHESTER LIBRARY SYSTEM**. They have ebooks, audiobooks and movies, and music. Visit **SORA FOR BYRAM HILLS** - our collection of ebooks. Use your Google credentials to get in. New York residents can apply for a **NEW YORK PUBLIC LIBRARY** card through SimplyE to gain access to an array of digital resources, including ebooks and audiobooks, as well as databases.

If you have questions or would like to know more about accessing ebooks and databases please contact **LETIZIA NARDONE**, BHHS Librarian.

MAY SOFT SKILL

Mindfulness: "The awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally" (Kabat-Zinn). Read these helpful tips from the University of Michigan to maintain **MINDFULNESS & MANAGE STRESS DURING THE COVID-19 PANDEMIC**.

Y2Y CLUB MESSAGE

This week is CODA Week, Co-occurring Disorders Awareness Week. This week empowers youth to talk about the relationship between mental health/wellness and substance misuse/addiction. The Y2Y Club is participating in this peer-driven prevention program that highlights paths to substance abuse and empowers youth to become positive decision-makers, seek early intervention, and support friends and peers who may be headed down the path to drug addiction.

If you or someone you know needs more information, please contact Mrs. Bernice Pagan, BHHS Student Assistance Counselor, at bpagan@byramhills.net.

QUALITY CONTENT



UPCOMING DATES

Friday May 15th

- AP Exams

Tuesday May 19th

- Principal's Coffee (Virtual)

Wednesday May 20th

- Bus Driver Appreciation Day

Monday May 25th

- Memorial Day (No e-Learning)

Tuesday May 26th

- Budget Ballots Mailed

- Board Meeting @ 7pm (Virtual)

Wednesday May 27th

- BHHS Awards Ceremony
7pm (Virtual)

For Athletics updates

**CLICK
HERE**

**FOLLOW
BYRAM
HILLS!**



/c/BobcatTVMedia



/byramhillscsd



/byramhillscsd



/byramhills

Congratulations to the Byram Hills Athletes who will continue to play their sports next year at the college level.

BH



Spencer Sidoti



Andrew Sarno



Nick Skiera



Alex Behar



Tori Ganeles



Matt Nichols



Christina Ferrari



Kallie Hoffman



Ethan Burke



Izzy Sullivan



Yusuf Hafez

the
**YEAR
LIVES
HERE!**



Today we gain a new perspective, appreciate each breath a little more and learn what our new normal looks like. Tomorrow we will look back and think "remember when" ...

The 2020 Byram Hills High School yearbook captures memorable stories of a unique year!

Cost: \$89 through May 23
\$95 starting May 24

Don't miss out!

To purchase:

To use a credit card, debit card or PayPal, go to yearbookforever.com and enter our school name.

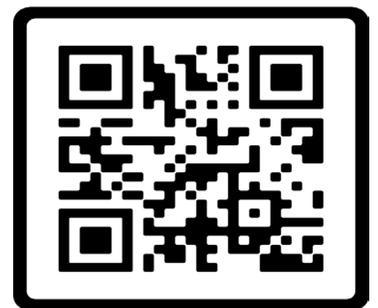
Let us reduce your stress: Order by May 23 and your yearbook will be mailed to your home.

THE 31ST ANNUAL BYRAM HILLS HIGH SCHOOL AUTHENTIC SCIENCE RESEARCH VIRTUAL SYMPOSIUM

the livestream event begins
June 3RD, 2020 at 7:00 PM

following the
livestream, enter the
virtual presentation
hall to see work from
102 BHHS students

interested?
scan the QR
code below to
reach the BHHS
science research
website



FORCES OF NATURE



BHHS Counseling Center

Phone (914) 273-9200 - Ext. 4930

May/June 2020

GUIDANCE LIAISON

Kristina Wilson

COUNSELORS

Erin Browne, Keara Hunt, Gary McCarthy, Greg Quirolo

SECRETARIES

Stacey Ferrante and Margherita Nordstrom

SENIORS

Congratulations seniors on your upcoming graduation from Byram Hills High School. The School Counseling staff would like to wish you good luck in your post high school plans and look forward to hearing about your future successes.

JUNIORS

The school counselors look forward to crafting letters of recommendation for students applying to college. Resumes and parents' statements provide detailed information that will enrich student's letters.

We ask that Juniors maintain an updated resume in Naviance and submit a parent's statement (located on the Junior Guidance Google Classroom) to their counselor. If a student would like assistance developing a standardized testing plan or would like more information about the college search, the counselors are happy to help. You can email your counselor for a time to meet.

SOPHOMORES

Naviance is an integral platform that assists students with post-high school planning. Many assessments are offered through Naviance including a Career Interest Profiler and Do What You Are, a Personality Type Assessment. We recommend that students take these assessments. Students can also use the resume builder to develop their resume for college applications, employment, and internships. Counselors can assist students with their questions about Naviance and they will work with students during the next two years to expand their post-high school plans and resume vis-a-vis additional activities and experiences. **Students will be emailed Naviance login information in early June.**

TEENS. MENTAL HEALTH. SUBSTANCE MISUSE. COD.



Co-Occurring Disorders (COD) means a person has both a mental health disorder(s) like anxiety, depression, bipolar, and/or post-traumatic stress disorder; and, misuses substances like alcohol, prescription medications, and other illicit products.

OVER 10.2 people have COD, yet most have never heard of it.

THERE ARE 3 BASIC CATEGORIES OF COD:

- 1 Those who have a mental health disorder(s) and misuse substances in a misguided attempt to manage or "self-medicate."
- 2 Those who misuse substances and experience negative impact to the brain, causing them to think and act differently.
- 3 Those who are predisposed to both mental health and substance use disorders.

Genetics, environment, trauma, and traumatic brain injury can be additional risk factors.

DID YOU KNOW THESE FACTS?

About **22%**

of teens ages 13-18 have a diagnosable mental and/or addictive disorder.

About **50%**

of all cases of mental illness begin by the age of 14 – **75%** by the age of 24.

About **70%**

of those who misuse substances have COD.

IF YOU ARE CONCERNED ABOUT YOURSELF, APPROPRIATE TREATMENT CAN HELP:

- ➔ See a mental health and/or substance use professional, if possible someone with experience treating COD.
- ➔ If you're a student, see someone in your guidance department or counseling center to find local resources.

IF YOU ARE CONCERNED ABOUT A LOVED ONE:

- ➔ Share what you have noticed.
- ➔ Tell them appropriate treatment can help.
- ➔ Be there to provide support and hope.

CO-OCCURRING DISORDERS AWARENESS

CODA

OUT OF THE SHADOWS AND INTO THE LIGHT



stephanie marquesano, founder
914.980.6112

stephanie@theharrisproject.org
theharrisproject.org

Facebook.com/theharrisprojectCOD

Sources include: SAMHSA, National Institute for Mental Health, Mental Health First Aid

CODA Awareness Week May 11th-15th

TAKE A KAHOOT TO LEARN MORE:

CLICK HERE or go to
Kahoot.it and enter pin: **01382783**

For more information, contact:

Mrs. Pagan, BHHS Student Assistance Counselor at bpagan@byramhills.net

Non-Perishable Food Drive

May 23, 10am-1pm

Drop off at St. Stephen's Episcopal Church parking lot.
50 Bedford Rd, Armonk, NY

Sponsored by:
[The Fuller Center](#)
[of Greater NY,](#)
DART Project:
(Disaster Assistance
Response Team)
Power of One Club,
VIP Club HCC,
Habitat for Humanity
BHHS.

We are collecting
non-perishable food and
diapers for people in
Westchester who have lost
their jobs due to the
COVID Crisis.



Thank you to St. Stephen's for the use of their lot!