

Welcome back to NPHS!



We may be apart but you're in our hearts and thoughts every day! We can't wait to see you!

BIG ANNOUNCEMENTS IN BULLETS:

- ◆ The PSAT will take place in January as College Board has offered additional dates
- ◆ NCAA requirements have been waived or changed; see their website & consult your School Counselor
- ◆ SAT/ACT have become *test optional* in many Colleges/Universities—check yours!
- ◆ Virtual College Fairs are happening! Sign up through your Naviance account
- ◆ Virtual Financial Aid Night will be October 20th, 6:30-8pm, hosted by Marist College
- ◆ Make use of Optional Fridays to get help from your teachers during remote learning!
- ◆ Last day for schedule changes is 9/23 without Principal approval
- ◆ UHS course fees and registrations are upcoming, speak to your teachers
- ◆ Fee waivers available for eligible students

GO TO THE STUDENT SUPPORT WEBSITE FOR

- Scholarships in Naviance
- Upcoming Events and Announcements
- Updated Testing information
- Information for Students with Disabilities



IMPORTANT REMINDERS FOR SENIORS

- Senior meetings are being scheduled now with Counselors
- Be sure your Naviance information is maintained & updated before your Senior planning meeting
- Ask teachers who know your good work for rec letters

SOCIAL EMOTIONAL...NOW MORE THAN EVER

Taking care of our mental health is more of a priority than ever before as we find ourselves socially and physically distant with most connections made through a screen.

What can you do?

Visit the Virtual Wellness Room, practice self-care, know your limits, take breaks, connect with loved ones with an old fashioned phone call or letter, or



mentalhealthdny.org/wellnessroom/

lend someone a helping hand. Contact any of us below too!

STUDENT SUPPORT SERVICES

Alexandra MacKinnon: Coordinator of Student Support Services, Secondary
 amackinnon@newpaltz.k12.ny.us

845-256-4120/4121/4113

School Counselors:

Ben Shuchat

bshuchat@newpaltz.k12.ny.us

A-F

Stephanie Popper

spopper@newpaltz.k12.ny.us

G-N

Jessica Bradley

jbradley@newpaltz.k12.ny.us

O-Z

Mary Kay Fiore—School Psychologist - mfiore@newpaltz.k12.ny.us

Lisa Watkins—School Social Worker - l Watkins@newpaltz.k12.ny.us

New Paltz High School...Caring, Connecting, and Making a Difference

ASSESSMENTS....

PSAT

January 26th, 2021 at NPHS, registration will be available in December

SAT :

www.collegeboard.org

ACT :

www.actstudent.org

AP EXAMS :

Register by 10/24 at user.totalregistration.net/AP/333355 contact Dr. Teator in main office for assistance

NPHS CEEB CODE: 333355

If you are eligible for Free/Reduced lunch you can apply for a Fee Waiver. Contact your counselor for the form.

If you are a student with a disability approved for test accommodations by the College Board, please enter your personal SSD code when registering for the SAT.

REGENTS:

As of this publication, NYSED has not changed the Regents schedule for January/June 2021....stay tuned.

SCHEDULE 101...

Currently NPHS is on remote learning schedule with two “live” days of all A/B classes running back to back. These synchronous days take place on Mondays and Wednesdays with optional Fridays determined by teachers/students. BOCES students attend classes on Tuesdays.

ATHLETICS...

Visit the NPCSD Athletic page for the most updated announcements. Athletics will begin on November 30th, starting with the Winter season. The reduction of available sports during COVID, while a wise safety precaution, can cause some families a loss of engagement and connection. The Athletic office announces a ROIA webinar for Section IX athletes, *How to cope with Unexpected Disruption of Your Sports Season* on September 29th at 7pm.

WELLNESS, CONTINUED

Everyone has been impacted by Covid-19 in some way. If you need a referral for extra help, **you are not alone**. The pandemic has closed local businesses and impacted families access to basic needs in New Paltz.. We have been deeply distressed by the toll this has taken on our students, families and community. We encourage you to reach out to the services below, and our offices, for needed support.

NPCSD Food Services—provides Lunch/Breakfast to eligible students in Free/Reduced program
Lodging/Homeless - Family of NP for emergency housing, food vouchers 845-255-8801
Ulster County COVID 19 Hotline - 845-443-8888
Childcare - YMCA offers K-6 childcare services at Lenape



GRADE LEVEL REMINDERS...

9th-Ninth grade has a lot of choices when it comes to interesting electives and classes. Even now there are options in sports, drama and music—whatever your passion or interest, we think you will love the HS!

10th-Thinking about a BOCES program to prepare for a career, or try a brand new elective you’ve never considered. Don’t put off taking your Health class this year. It’s never too late to try something new—athletics, or an art class!

11th-Visit any campus your family drives past, including SUNY New Paltz! There are several Regents exams to prepare for in 11th grade but also time to pursue your passions whether they are academic, athletic, or dramatic. Consider internships over the summer or volunteer work, attending virtual college fairs and Financial Aid night.

12th-Have you attended a Senior Session this September? Check out the college application process, financial aid night on our site or consider a gap year, higher ed, the workforce or military. There are options for everyone! Take challenging courses in HS to satisfy your curiosities while it’s free. Time management is the key to this year.

...

—A very special thank you to our amazing support staff—
Rebecca, Samantha and Tanya