

N P H S F R I D A Y M E S S A G E

THE OFFICIAL NEWSLETTER FOR FAMILIES

April 29, 2022

Dear New Paltz High School Families,

Testing will begin this upcoming week. AP Exams will be administered during the first few weeks in May, and Regents Exams will begin in June. We realize that testing can raise stress and anxiety in students and would like to remind them that tests are not a measure of who they are or what they are capable of. To navigate some of the testing anxiety we ask that you remind students of the following tips from the Princeton Review:

1. Be prepared.
2. Get a good night's sleep.
3. Fuel up.
4. Get to class—or the testing site—early.
5. Have a positive mental attitude.
6. Read carefully.
7. Just start.
8. Don't pay attention to what other people are doing.
9. Watch the clock.
10. Focus on calm breathing and positive thoughts.

You got this!

-Samuelle

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Around NPHS



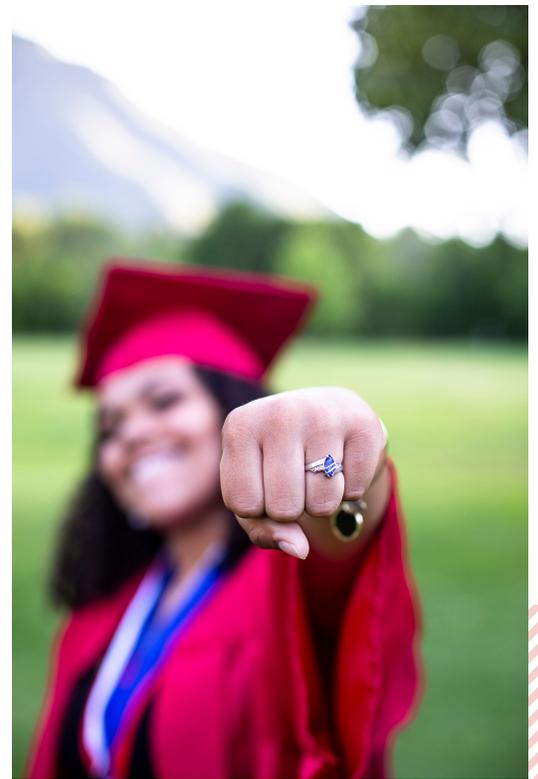
Important Dates

May 2nd- 20th- AP Exams

May 13th- Spring Fling

Around NPHS

Senior Class Good News: The caps and gowns have arrived! They will be distributed at graduation rehearsal on June 22nd. If any graduating seniors still need to place an order, we encourage them to do so as soon as possible in order to avoid significant shipping costs. If graduating seniors are borrowing a cap and gown from a friend or family member but wish to have a Class of 2022 tassel, please be sure to place an order. Ordering information can be found on the senior class website. Financial assistance is available. Any graduating senior who needs assistance should complete the form posted in the Senior Class of 2022 Google Classroom.



JUNIOR PROM

The junior prom was a huge success on Friday night! The dance floor was filled the entire time, and Mrs. Sutton would like to congratulate all of the students who won flowers.

She also wants to thank her hard-working class officers: Lindsey Clinton, Jenna Triguero, Lauren Stolfe, and Julia Demskie. This prom would not have happened without them. And we couldn't have had a prom without our wonderful chaperones: Mr. Castro, Ms. Costello, Ms. Foti, Ms. Kiley, Ms. McKenna, Ms. Law, Ms. Mallory, Mr. Neden, Ms. Schneck, Ms. Simms, and Ms. Vitale. Additionally, there are many people who were kind enough to donate time and/or money to make this event a success:

- NPHS Student Government donated \$500
- The New Paltz United Teachers union donated \$500.
- Ms. Law and her Environmental club donated money and created the beautiful bouquets for the prom court.

And finally, Ms. Sutton reached out to the high school staff to see if they would like to "Adopt a Prom Table" by donating money to help pay for centerpieces, flowers, and anything else they needed. The following people gladly and generously made donations to show their love to the Class of 2023: Ms. Abdelrahman, Mr. Bell, Ms. Bradley, Ms. Cohn, Ms. S. Costello, Ms. Fiore, Ms. Foti, Ms. Gregory, Mr. Haas, Ms. Hite, Ms. Jackson, Ms. Kamrass, Ms. Kurzban, Ms. Mallory, Mr. Martin, Ms. McKenna, Mr. Newsome, Mr. Paley, Ms. Perez, Ms. Pountain, Ms. Primus, Ms. Russolello, Mr. Shanley, Ms. Sherburne, Principal Simms, Ms. Stewart, Ms. Sutton, Ms. Velez, Ms. Watkins, and Mr. Woods. Congratulations juniors! You are loved!

- Ms. Sutton



JUNIOR PROM



SOCA NYC TRIP

SOCA students enjoyed a trip to NYC starting the day with some soul food from "Manna's" restaurant in Harlem, we then walked a few blocks to the Schaumburg Learning Center for Black Studies. There we explored Exhibits on the history and significance of Black Comic books and the social and political issues raised by the black authors who write them. After that, we visited an exhibit that featured black photographers and their Harlem subjects in the 20th and 21st Centuries. Finally the Students ended their day with some food from an Authentic Peruvian restaurant: "Quechua Nostra" in Spanish Harlem. It was full of fun, and delicious too!

- Mr. Cook



ATHLETICS

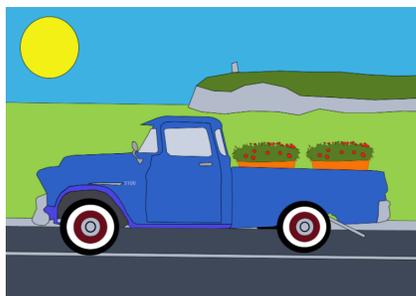
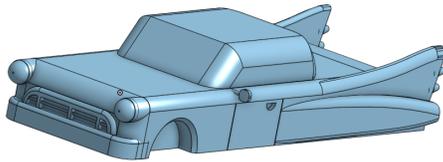


Lora Johnson and Brady Saunders were named MHAL Senior Scholar Athlete

Correction from last week's Newsletter- It was the Unified Sports Team's first game.



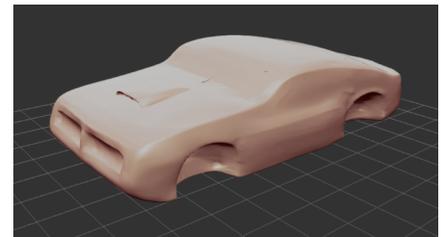
ART



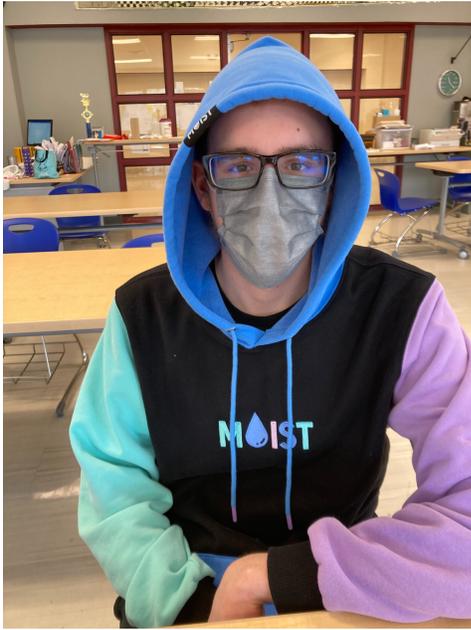
Students in Mr. Woods STEAM class, have been hard at work creating CAD concept cars. Focus is placed on researching and applying aesthetics of a chosen 10 year time period throughout the evolution of the automobile.

Some bonus fun- After modeling finalizes, we are attaching c02 canisters to the printed models and launching them down the drag strip.

Students were given the opportunity to create a concept and execute a digital work of their own choosing for this year's Congressional Art Competition. Attached are a few standouts samples.



OTHER NEWS



Phil Colangelo is going to the State Skills USA Competition for IT Services this week in Syracuse. Phil is the only member of his BOCES program who qualified for this honor. Good luck Phil!

-Ms. Stewart

Hello NPHS students!

Join us at Spring Fling!

May 13th 7:30 - 10

At NPHS

Semi formal attire



encouraged!



Cost of admission \$10

*see Masseo or Dolan for financial help!