

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

THE OFFICIAL NEWSLETTER FOR FAMILIES

October 7, 2022



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Happy Friday New Paltz High School Families,

We all seek nurturing and positive interactions. However, we are also part of the equation. How we act and react speaks volumes. I frequently share with our students that they have the ability to make a difference each and every day. Here are some examples of Random Acts of kindness borrowed from South Texas ISD. Let us see how many of these Acts our teens can do...

Write a nice note to someone with whom you are acquainted.

Give a compliment for no reason.

Say, “good morning” to an adult in the building.

Say, “thank you” to an adult that has helped you at school.

Text a compliment to a friend.

Text a compliment to a family member.

Write a supportive message in a group chat.

Listen to someone who is feeling overwhelmed or stressed.

Write a compliment to a classmate you don’t usually speak.

Share with someone why they are important or special to you.

Send someone an e-card to say thank you or to cheer them up.

Read to a younger sibling. Forgive someone.

Write a get well card for someone in the hospital.

Send a thank you e-card to someone.

Give a compliment to someone, just because.

Do a chore around the house without being asked to do so.

Be the change that you seek,

Dr. Samuelle Simms

Important Dates

October 7 End of 5-week marking period

October 10 Holiday - Indigenous Peoples Day (school is closed)

October 12 PSAT Testing

October 18 Financial Aid Night - 6:30 HS Auditorium

NOT BEAUTIFUL

TELL ME I'M NOT BEAUTIFUL
WHEN I'M RICH IN COLOUR.

A TAPESTRY MADE OF OCHRE EARTH,
SLOW MOVING BLUE/GREEN RIVER,
AND THE SUN'S GOLDEN GLOW
DESCENDING BEHIND MOUNTAINS.

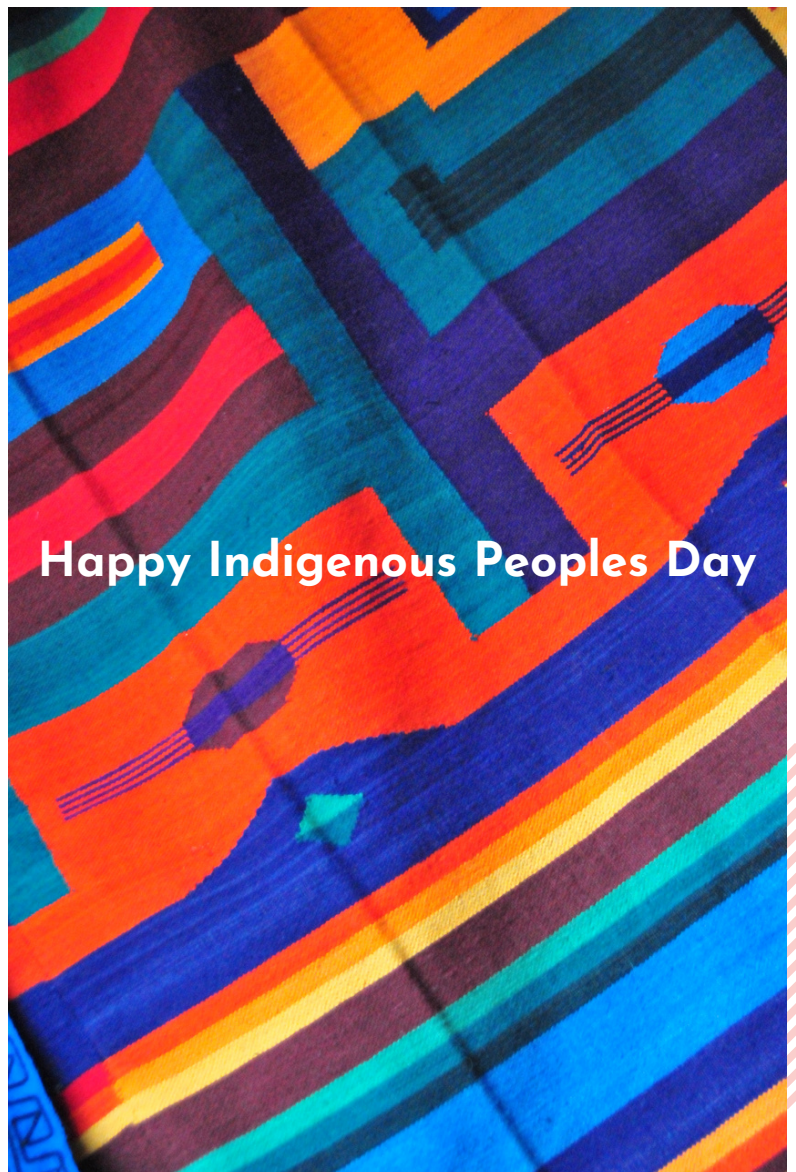
FOR I AM MADE UP OF EVERYTHING
THAT I HAVE SEEN, AND MORE.
THE RECORD OF A THOUSAND YEARS,
EACH SIGHT AND SOUND
OF INNUMERABLE ANCESTORS
BURNING BEHIND MY EYES.

TELL ME I'M NOT OF VALUE
WHEN I'M RICH IN DIGNITY.
WITH A VALUE THAT CANNOT BE BESTOWED,
FOR IT BEING ALREADY OWNED,
AN INHERENT WORTH GIVEN
BY DIVINE INTENT.

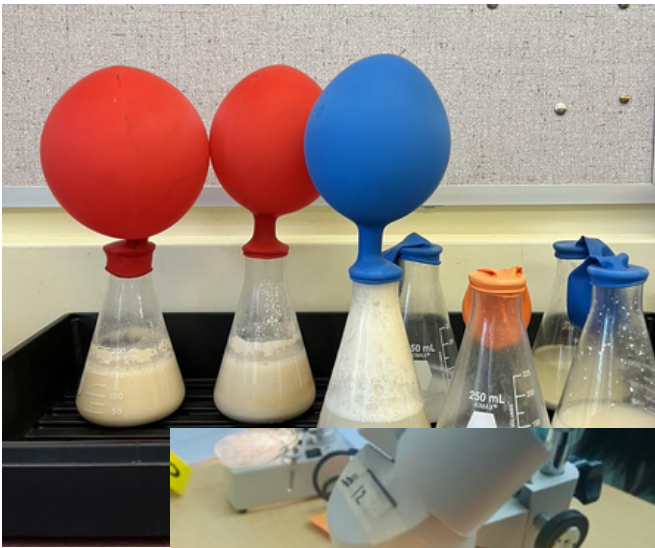
TELL ME I'M NOT BEAUTIFUL
WHEN BEAUTY RUNS THROUGH MY VEINS,
AND THE PURITY OF MY ORIGINS
KEEPS ME ANCHORED TO THE EARTH,
BUT STANDING ON THE SHOULDERS
OF HUMBLE GIANTS.

TELL ME I'M NOT AS GOOD AS YOU
WHEN I'M RICH IN COLOUR.
A TAPESTRY OF EVERY HUE,
ON A GREAT CIRCLING PLANET
WHICH CLAIMS EVERY PIECE
AS ESSENTIAL AS THE OTHER.
-INDIGENOUS POET

Around NPHS



This week in Biology class, students have been learning about the characteristics of living organisms. Previously, students had observed the characteristics of life in earthworms. Since yeast doesn't move around like earthworms it is less obvious that it is a living organism. Students collected data to provide evidence that yeast consumes glucose and produces carbon dioxide as a waste product just like humans! Students used balloons to capture carbon dioxide that was released and found that the balloon would only inflate if the yeast is provided with sugar. Students then applied this understanding to explain the utility of yeast in bread baking and ran other experiments to verify that yeast is indeed alive. -Mr. Esposito



The undefeated boys golf team has clinched its division and will play for the MHAL Championship on Thursday. -Mr. Bell



**Congratulations to the New Paltz Varsity Volleyball Team on their win against Red Hook!
New Paltz won 3-1 - Coach McGinty**

**NP Players of the Game
Outside Hitter Lily Sturgis
6 Kills on 15 attempts
12 Aces**

**Setter Annabel Voorhis
24 Assists
7 Aces
3 Digs**

**Libero Daphne Paul-LaRonca
7 Digs
5 aces
2 Kills**

**Outside Hitter Gabby Lutz
7 Kills on 22 attempts
2 Digs
3 Aces**



SENIOR CLASS NEWS

Senior Class Gear is now on sale. All purchases must be made through our online store with a credit/debit card. The online store will be open/accepting purchases through Monday, October 10th at midnight. To access the online store, use the link attached.

The following items are available for purchase:

T-Shirts=\$10

Long Sleeve Shirts=\$12.50

Hoodies=\$22.00

If you are unable to pay with a credit/debit card OR need financial assistance to purchase Senior Class Gear, please see Mrs. Masseo by Friday, October 7th.

The online store will close at midnight on Monday, October 10th. This is a firm deadline as we need our order to be delivered prior to the Pep Rally.

If you have any questions or concerns, please see Mrs. Masseo before 2:30 PM on Friday, October 7th.

Check out the Senior Class Gear Online Store



The PTSA supports a variety of events & activities including:

- Scholarships for Graduating Seniors
- Orientation and Open House
- HS Staff & Transportation Appreciation
- Graduation Reception
- Field Trips
- College Planning & Parent Education Events
- Social Emotional & Wellness Activities

Learn how the building runs & meet face-to-face with the principal!

Save the Date!
Regular PTSA Meetings, 7pm
10/12/22 * 11/9/22 * 1/11/23 * 3/8/23 * 5/10/23
 Zoom link posted to our FB page 30minutes prior to meeting start

Share your ideas and make things happen!

Join & Donate



<https://nphs-12561.memberhub.com/store>

Join a Committee



<https://www.signupgenius.com/go/10C0F4CA4AF28A2FDC34-20222023>

Email hsptsa.npcsd@gmail.com **Find us!** **Facebook** facebook.com/newpaltzptsa

The NPHS PTSA aims to strengthen the connections between students, parents, the community and schools.



Food Service Positions Available
 Join our team. Work while your children are in school.
 Contact the Food Service Office at 845-256-4050

