






# RAMAPO HIGH SCHOOL WEEKLY BULLETIN

April 20, 2020 – April 24, 2020



Monday, April 20	Tuesday, April 21	Wednesday, April 22	Thursday, April 23	Friday, April 24
B Day	A Day	B Day	A Day	B Day
National Look Alike Day (Dress up like someone you admire – Take a photo and put it on Schoology) <div style="display: flex; justify-content: space-around; margin-top: 10px;">   </div> <div style="display: flex; justify-content: space-around; font-size: 8px; margin-top: 5px;"> <span>JACK BLACK</span> <span>PAUL REVERE</span> </div>		Administrative Professional Day	Ramadan Begins at Sundown <div style="margin-top: 10px;">           National Zucchini            Bread Day            (Bake a loaf and take a            photo and put it on            Schoology)           </div>	Arbor Day <div style="margin-top: 10px;">  </div>

**Thought for the Week from healthychildren.org:** Teens & COVID-19: Challenges and Opportunities During the Outbreak. Social distancing to slow the spread of [COVID-19](#) can be especially hard for teens, who may feel cut off from their friends. Many also face big letdowns as graduations, proms, sports seasons, college visits and other long-planned events are cancelled or postponed. Here is a link that shows a few ways that can help through this difficult time.

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Teens-and-COVID-19.aspx>

**Serendipity Art & Literary Magazine** is looking for art submissions to be featured in our 2020 magazine! If you have any art pieces that you'd like to submit (whether it's personal work or from any art classes you've taken), you can scan or take a clear photo of each one and then email the images to Mrs. Gibson ([lgibson@rih.org](mailto:lgibson@rih.org)), Catherine Tsairis ([c.tsairis21@student.rih.org](mailto:c.tsairis21@student.rih.org)), Emily Tsairis ([e.tsairis21@student.rih.org](mailto:e.tsairis21@student.rih.org)), or Grace Della Pietra ([g.dellapietra21@student.rih.org](mailto:g.dellapietra21@student.rih.org)).

**Attention AP Test Takers:** Please review the below link to review important updates regarding AP Testing, including the AP Test Schedule, Course Specific Information for each AP Exam, and Exam Security. At this point moving forward, AP/ College Board will be contacting students directly on their email address used for registration. It is imperative that students read and review all information that comes directly from the College Board.

<https://apcoronavirusupdates.collegeboard.org/educators/taking-the-exams/security>

<https://apcoronavirusupdates.collegeboard.org/students>

**Attention AP Test Takers:** Please review the attached flyer for the AP updates provided thus far this spring!

[AP Testing Updates- April 2020.pdf](#)

**WELCOME MS. MANTASHIAN:** Please extend a warm welcome to the RHS Student Assistance Counselor joining the Ramapo Counseling Team! Ms. Mantashian is a highly skilled counselor, social worker & mental health advocate.

Bonus: she's a Po Alumni ❤️



## Here's some excellent resources shared by Ms. Perry

Even though we are socially isolating, please know that you are not alone. If you are feeling overwhelmed or know of a family / friend who seems distraught, please pass along these community resources.

- [Hotlines-COVID.pdf](#)
- [Tips.to.Deescalate.pdf](#)
- [Family-Fact-Sheet.pdf](#)

### FROM ITC

Just a gentle reminder all students should be using their RIH email address when contacting ITC.

