



RAMAPO HIGH SCHOOL WEEKLY BULLETIN

September 16 – September 20, 2019



Monday, September 16	Tuesday, September 17	Wednesday, September 18	Thursday, September 19	Friday, September 20
B Day	A Day	B Day	A Day	B Day
			Back to School Night 7:00 pm	

This is a **VERY IMPORTANT** Reminder to Eat Breakfast Daily. Symptoms of Low Blood Sugar such as headaches, fatigue, nausea, inability to focus, dizziness and/or fainting occur when you **DO NOT EAT** on a regular basis.

Breakfast is the **MOST** important **MEAL OF THE DAY!** Please eat a balanced meal of protein and carbs to maintain proper metabolism and blood sugar.

Want to know what's on the menu for lunch and how much it cost, then go to [rih.schooldish.com](http://rih schooldish.com)

Thought for the week from S.A.D.D.: Although there are more youth fatalities during the week, the percentage of alcohol-related motor vehicle crashes is higher on the weekends. In 2000, 1,319 of 2,776 weekend fatalities were alcohol-related while 1,015 of 3,602 weekday fatalities were alcohol-related.

ART CLUB meets after school on Tuesdays in Room 817. Please see Mr. Quirk for information.

DEBATE TEAM will be meeting Tuesday, September 17th at 3:00 pm in the Library. Do you want to win arguments? Well, the Debate Team is for you! Any questions, please email Mrs. Kopp (mkopp@rih.org) or Mr. Dempster (sdempster@rih.org)

ENVIRONMENTAL CLUB meets every other Monday (except the first Monday of each month) starting September 16th immediately after school in Room 109. All are welcome! Please see Ms. Angerson for more information.

GSA (Gay-Straight Alliance) meets on Mondays. Our first meeting is Monday, September 16th in Room 214. Come by to see what the club is all about and how YOU can help make the Ramapo community (and beyond) a more educated, accepting and loving place! Please see Ms. Mitchell with any questions.

INTERACT CLUB meets every Tuesday after school in the Library Classroom. This is the school's community service club. For more information, please see Mr. Basili. Our first meeting of the year is Tuesday, September 17th. All are welcome. See you there!

JSA (JUNIOR STATE OF AMERICA) meets on Thursdays after school in Room 220. See Mr. Murphy-Park for more information.

MAD,KIDS meet on Thursdays in Room 301 at 2:45 pm. Please see Ms. Kologrivov for information on upcoming meetings and a supply drive. All are welcome.

PHOTOGRAPHY CLUB will have our first meeting on Wednesday, September 18th in Room 805. Please see Ms. Higbie for information. All are welcome.

RAMAPO FILM CLUB meets on Wednesdays at 3:00 pm in the Little Theater. Please see Mr. Samarro for information.

ROBOTICS CLUB leadership are polishing up a sensational and informative interest meeting for Ramapo Robotics. Come in and see what we're all about on Thursday, September 19th in Room 802.

SERENDIPITY-FINE ARTS DIVISION meets on Wednesdays in Room 813. Please see Ms. Gibson for information.

WOMEN'S EMPOWERMENT CLUB will meet on Thursday, September 19th in Room 606. Come and discuss current events, bring up questions and issues, or learn more about how to promote women's empowerment in everyday life. All are welcome.

LOOKING AHEAD TO NEXT WEEK

Monday, September 23	Tuesday, September 24	Wednesday, September 25	Thursday, September 26	Friday, September 27
A Day	B Day	A Day	B Day	A Day
Freshman Outreach Training		Freshman Outreach Period 3		PEP RALLY