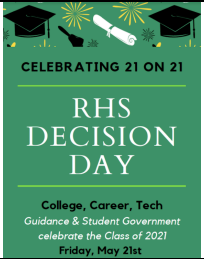




# RAMAPO HIGH SCHOOL WEEKLY BULLETIN

May 17, 2021 through May 21, 2021



Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
A Day	B Day	A Day	B Day	A Day
<b>Last Day for AP Testing (in-person)</b>	<b>Digital AP Testing</b>	<b>Digital AP Testing</b>	<b>Digital AP Testing</b>	 <p><b>CELEBRATING 21 ON 21</b> <b>RHS DECISION DAY</b> College, Career, Tech Guidance &amp; Student Government celebrate the Class of 2021 Friday, May 21st</p>

**Thought for the Week from S.A.D.D.:** Fatal teen crashes continue to rise every year. According to the National Highway Traffic Safety Administration (NHTSA), the number of teen crashes rose by 10 percent from 2014 to 2015.

## Aramark Lunch Beginning May 17

Dear Students,

I would like to take this opportunity to welcome you back to our Cafeterias. We been working very hard to adapt our dining solutions to continue providing safe, nutritious food, prepared fresh daily.

Starting on May 17, Grab-N-Go lunches will be available during all Lunch Periods.

Both, "The Market" and the Main Cafeteria, will offer, premade sandwiches and salads, a hot menu option, healthy snacks, and beverages. More options coming soon.

Additionally, you will be able to preorder lunch using our new app Nutrislice. The Preorder Pick up Station will be conveniently located by the Cafeteria to allow social distancing. You can check our menu at [rihsd.nutrislice.com](http://rihsd.nutrislice.com).

Attached find some important information about the ordering app and myschoolbucks.

- [Daily Menu Sample](#)
- [Nutrislice Parent Letter](#)
- [Nutrislice Order Online](#)
- [Nutrislice Placing an Order](#)

Please call our office 201-337-0100 ext 3365 or email me at [mconstenla@rih.org](mailto:mconstenla@rih.org) with any questions you may have. We look forward to serving you!

Sincerely,  
Maria A Constenla  
Food Service Director

**Decision Day 2021** is happening on Friday, May 21 during periods 4-7. Seniors (in-person and virtual) will be invited to the upper field during all four lunch periods to have lunch together, participate in activities, and celebrate their college/career plans. They will be asked to wear apparel from their college to add to the photo opts and celebration.

Teachers and staff are invited (voluntarily) to stop by during their lunch period to visit with the seniors. Also, please dress in college attire as well. Wear a college shirt from your alma mater, your own child's college, or just your favorite school.

(All Covid protocols will be in place and followed.)





# RAMAPO HIGH SCHOOL WEEKLY BULLETIN

May 17, 2021 through May 21, 2021



**LACROSSE CURRENT AND FORMER PLAYERS:**

I am seeking used equipment to outfit novice lacrosse players in grades 2-7. Please consider donating if you have any gear that you no longer use or need. It would be greatly appreciated and will be highly likely to be used to introduce a kid to Lax. See Mr. Hudak in room 711 or 110.

	<p><b><u>MUSIC IS IN THE AIR</u></b> - The Spring Outdoor Band Concert is Tuesday, May 18<sup>th</sup> at 6:00 pm located by the Upper Student Parking Lot</p> <p>The Spring Outdoor Choir and Orchestra Concert is Wednesday, May 19<sup>th</sup> at 6:00 pm located by the Upper Student Parking Lot</p>	
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**Hey there Ramapo!** As Mental Health Awareness Month continues, it is important to take the time to educate ourselves about different mental health disorders. - Ramapo Relax

One of the more common mental health disorders is Generalized Anxiety Disorder or GAD for short. GAD is actually very common, and over 3 million cases are diagnosed in the US every year. Most people with GAD will have extreme anxiety and worry most days for 6 months. The worries they feel can begin to interrupt their daily routine and cause other significant problems. Some symptoms include:

- Restlessness/constantly feeling on edge
- Being easily fatigued; having difficulty falling asleep
- Difficulty concentrating
- Irritability
- Upset stomach, headaches, and weakness in legs

Symptoms can be amplified during stressful situations like the ongoing pandemic. Generalized Anxiety Disorder can be overwhelming and it may be scary to reach out for help, but you should not feel ashamed.

A friend, parent/guardian, guidance counselor, or therapist will always be there to talk through how you are feeling and what to do to manage it, and remember: **it is ok not to be ok!** You can also always reach out to our SAC, Ms. Mantashian ([jmantashian@rih.org](mailto:jmantashian@rih.org)). Be sure to donate to our current Mental Health Month item drive, and stay safe Ramapo!

**LOOKING AHEAD TO NEXT WEEK**

Monday, May 24	Tuesday, May 25	Wednesday, May 26	Thursday, May 27	Friday, May 28
B Day	A Day	B Day	A Day	
				NO SCHOOL