



RAMAPO HIGH SCHOOL WEEKLY BULLETIN

September 13 – September 17, 2021



Monday, September 13	Tuesday, September 14	Wednesday, September 15	Thursday, September 16	Friday, September 17
A Day	B Day	A Day		B Day
			NO SCHOOL	PEP RALLY Period 8

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 rihsd.nutrislice.com

Thought for the week from S.A.D.D.: Alcohol use often begins during adolescence and becomes more likely as adolescents age. In 2019, almost 2 out of 100 adolescents ages 12 to 13 reported drinking alcohol in the past month and fewer than 1 in 100 engaged in binge drinking. Among respondents ages 16 to 17, fewer than 1 in 5 reported drinking and about 1 in 10 reported binge drinking.



Need a place to keep your ID card?
Buy a phone pocket from Student Government for \$5.00.
Stop by the Library Media Center to purchase one.

STUDY HALL / COMMONS

Students are only allowed to come to the Library Media Center from study hall/commons to print or check out a book. You need a pass from your teacher.

LUNCH

The Library Media Center is open during all lunch periods unless the area (main library or classroom) is closed for academic use. Students are only permitted in the Library Media Center during their assigned lunch period.

PRINTING

The Library Media Center is the only printing area for students. Students - You must have a pass when you are coming from a study hall. Also, please remember you can print during your lunch periods or before/after school.



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SEPTEMBER 14 - Mock Trial - Do you like true crime? Or Arguing? Do you think you'd make a good lawyer? Join Mock Trial for an interest meeting on September 14th immediately after school in Room 606.

Normandy Studio, Inc. - Normandy Studio will be at Ramapo High School in the Publications Room #701 from October 13th thru October 18th to photograph the **Class of 2022** not photographed yet for the yearbook. This is your last opportunity to be photographed at the school. You must be photographed by October 18th to appear in the 2022 yearbook. You must sign up as soon as possible for an appointment to be photographed. Sign up at https://booknow.appointment-plus.com/9z1sng0m/?&e_id=31225 or by clicking on Portrait Appointments at the top of Normandy Studio's home page. **Seniors previously photographed and requesting a second session will be charged a \$20.00 fee, due when photographed.**

RAMPAGE - Ramapo's newspaper will have a full staff meeting Wednesday, September 15th at 2:45 pm. This is an interest meeting for staff writers and editors. All are welcome. Location to be determined.

RIH MOUNTAIN BIKE CLUB - Any student interested in joining the RIH Mountain Bike Club please use access code: **4QX6-SXWZ-SWCJXm** to join. We will be conducting rides every Wednesday after school on the trails at IHHS. To participate, everyone needs to hand in a permission-medical form which will be shared on Monday. Any questions email Coach Burton at rburton@rih.org or Coach Russo at jrusso@rih.org

GOLD MASQUE - Ramapo's drama club, will have its first meeting of the year on Monday, September 13th at 3:15 pm in the Auditorium. If you are interested in acting, singing, dancing, working backstage, working on tech, assisting with costumes, hair or makeup or if you just like to build stuff, then Gold Masque is the place for you! We'll also have audition information for our upcoming fall play.

LOOKING AHEAD TO NEXT WEEK

Monday, September 20	Tuesday, September 21	Wednesday, September 22	Thursday, September 23	Friday, September 24
A Day	B Day	A Day	B Day	A Day
		Club Fair During Lunch Periods		