



Freshman Orientation: Information Packet




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ADMINISTRATION

| Principal | Class of 2027 | Class of 2026/Academy | Class of 2025 | Class of 2024 |
|--|---|--|--|---|
| Mr. Sean McCabe  (585) 349-5202 Principal's/ Attendance Office | Mr. Tyler Torres  (585) 349-5211 Main Office | Ms. Jessica Silsby  (585) 349-5220 Room 511 | Ms. Ingel Schmidt  (585) 349-5221 Room 250 | Ms. Natalie Kirisits  (585) 349-5231 Main Office |
| Administrative Assistant Ms. Julie Hill (585) 349-5201 | Administrative Assistant Ms. Jessica Henneman (585) 349-5210 | Administrative Assistant Ms. MaryJean McQuilkin (585) 349-5228 | Administrative Assistant Ms. Pat VanVleck (585) 349-5220 | Administrative Assistant Ms. Jennifer Macomber (585) 349-5230 |

Your Assistant Principal is Mr. Torres:



- Mr. Torres can be located in the Main Office
- Ms. Henneman is Mr. Torres' administrative assistant
- Mr. Torres is In charge of all 9th grade students (Class of 2027) and oversees Special Education

COUNSELORS

| Counseling Office | Counselor | Students (Last Name) |
|---|---|----------------------|
| <ul style="list-style-type: none"> • Academic or vocational advice • IEP Counseling • Personal counseling referrals • Resolving schedule problems • Support group information • Test registration • Work permits | <u>Grades 9 & 11</u> Ms. Krywy (x5243) | A-K |
| | <u>Grades 9 & 11</u> Ms. Paolozzi (x5246) | L-Z |
| | <u>Grades 10 & 12 & Academy</u> Ms. Morgan (x5212) | A-D & Academy |
| | <u>Grades 10 & 12</u> Julie Reidy (x5242) | E-M |
| | <u>Grades 10 & 12</u> Ms. Gillett (x5244) | N-Z |



MS. JOANN KRYWY

9th/11th: A – K



MS. JOCELYN

PAOLOZZI

9th/11th: L – Z



MS. HEIDI MORGAN

10th/12th: A – D
Academy



MS. JULIA REIDY

10th/12th: E – M



MS. AMY GILLETT

10th/12th: N – Z

SERVICE PROVIDERS

| | |
|--|---|
| Drug & Alcohol Counselor Family Support Center Psychologist Psychologist School Nurse (9 & 11) School Nurse (10 & 12) Social Worker Social Worker Social Worker Speech & Language Transition Counselor | Ms. Zobkiw Ms. Hassall Ms. Karpp Ms. Marine Ms. White Ms. Goldstone Ms. Davin Ms. Learo Ms. Herold Ms. Curley Ms. Ashbery |
|--|---|

2027 CLASS ADVISORS:

Ms. Mason and Ms. Van Huben



CLASS OFFICERS:

President: Connor Mancuso

Treasurer: Sammie O'Hara

Vice President: Alexa Latronica

Social Chair: Mia Temelkovski

Secretary: Zamora Anderson

Social Media Specialist: Molly Mahoney

- ✓ The Class Council will meet 2 times a month to plan. Everyone is invited to attend these meetings to help us plan your class activities. We plan activities like homecoming, fundraisers, dances, and graduation. Listen to announcements, check class Schoology page, or follow Instagram for meeting dates and times.
- ✓ First fundraiser details to come soon! Let us know if you have ideas!
- ✓ Fundraising is important. We need to fundraise money for the following activities that will take place over the next 4 years:
 - Homecoming
 - Sophomore Dinner Dance
 - Junior Prom
 - 100 Days Breakfast
 - Senior Ball
 - Senior Banquet
 - Graduation
 - Rehearsal Breakfast
 - Painting of Senior Parking Spots

The more you fundraise, the cheaper these activities will be!

- ✓ Follow us on Instagram so you can stay up to date with class activities.



@shsrangers2027

CELL PHONE POLICY

Rationale:

The high school has implemented a building-wide approach to the use of cell phones during the school day. Our Building Planning Team (BPT) adopted this approach towards managing cell phone distractions as an appropriate middle ground to meet the instructional needs of our students, while also recognizing the importance of access to cell phones for so many of our students and parents. Requiring students to place their cell phones in a holder at the beginning of an instructional class will allow each individual to focus on academics without outside distractions. Research shows that cell phone addiction is prevalent in society, particularly in young adults. We have implemented this plan with fidelity and ask that families partner and support our efforts to address this issue.

Purpose:

The purpose of this cell phone policy is to support our students and teachers by creating a learning environment with consistent expectations and minimal distractions.

Process:

- Every teacher will be provided with a cell phone holder that is fastened in an accessible and highly visible location away from the classroom door.
- Upon entering an instructional class, students will place their cell phone into their designated pouch. Teachers can choose to assign specific numbers based upon roster or designate specific pouches with clearly labeled student names.
- Cell phones will stay in the cell phone holder until the end of class unless directed by the teacher that they can be used for an in-class activity/assignment.
- Should a student need to leave an instructional class, their cell phone must remain in their designated pouch.

Students will not be required to turn in their cell phones during study halls, advisement, lunches, or during passing time in the hallways. Students will not be required to turn in wireless headphones and smart watches in any class. Use teacher discretion when monitoring the use of these devices.

Cell phone holders will remain in classrooms. Teachers who share spaces will be expected to collaborate in the labelling of student names on pouches.

Exceptions:

Students who require their phones for medical purposes will have access to their device should they need to use it during class. They will not be required to place their cell phone in the holder. A 504 is not required for medical exemptions from this policy. The nurse will provide names of students who require access to their phones for medical purposes and the grade level AP will communicate with the scheduled teachers and counselors. Extenuating circumstances such as family emergencies will be taken on a case-by-case basis. Students or families will be expected to notify the teacher AHEAD of time if they need access to their phones during class.



ELECTRONIC DEVICE POLICY

Electronic devices (cell phones, iPods, iPads, headphones, etc.) are not allowed to be used in classrooms without teacher permission. These devices may not be used at any time for inappropriate use (i.e. pictures/videos of other students, teachers or events). Violations will result in consequences, as noted in the Student Code of Conduct. Phones are available for emergency use in the Main Office.

Please note: the school assumes no responsibilities for personal devices if a student brings the item into school.



ASSESSMENT AND GRADING POLICY

|  SPENCERPORT HIGH SCHOOL ASSESSMENT AND GRADING COMMITMENTS OUR SCHOOL-WIDE COMMITMENTS  | |
|---|---|
| AS TEACHERS AND INSTRUCTIONAL LEADERS IN SPENCERPORT HIGH SCHOOL, WE UNDERSTAND THAT THE PURPOSE OF GRADING IS TO SERVE AS A METHOD OF MEASURING AND COMMUNICATING STUDENT ACHIEVEMENT OF, AND/OR TOWARD, A CONTENT STANDARD (LEARNING TARGET). | |
| Overview | <ul style="list-style-type: none"> Grades are calculated as: 80% from Summative Assessments (SA) 20% from Independent Learning (formative assessments/tasks) Additional reporting about student performance may be provided via the "Ungraded" category Extra credit is not permitted |
| Summative Assessments (SA) | <ul style="list-style-type: none"> Each course will have a minimum of 2 SA per quarter. The exact number will be communicated by the teacher prior to the start of each quarter. Date ranges within a quarter will be identified in 2024-25 SA will be administered during class Students should be clear ahead of time about what learning targets are being assessed on a SA SA are essential to evaluating student understanding and must be completed <ul style="list-style-type: none"> A zero may only be assigned if a student (1) refuses to complete assessment in class, (2) prior contact with guardian has been made by teacher, and (3) admin has been involved If a student does not complete a SA, they will receive an INC for the SA, as well as an INC for the In-Progress Overall Average, and a Student Success (Learning) Plan will be established. SA grades will not entered within 5 days of the end of the quarter. SA given within the last 5 days of a quarter will be recorded in the following quarter If a student has an INC at the end of the quarter, the quarter grade can be updated at a later time if deemed necessary on the Student Success Plan. This includes if a SA is given and a student has not had the opportunity to take a retake prior to the end of the quarter |
| Incompletes and Retakes | <ul style="list-style-type: none"> A Student Success Plan may be established for an incomplete SA Retake Request Forms or Student Success Plans can be used for retakes Incomplete SA may be administered in class if requested by a student or teacher, and student would be expected to make up any missed learning Retakes will not be an identical assessment, nor will they be test corrections, but an accurate reflection of a student's knowledge. This timeline will be established according to department policy Retakes may be administered in class or students may be asked to see the teacher or use the testing room during a study hall, see the teacher during advisement or after school, or attend Academic Workshop All students have the opportunity to retake and earn full credit |
| Independent Learning Activities | <ul style="list-style-type: none"> Independently completed formative assessments and learning tasks that prepare students for SA Will be accepted at least up to the date of the aligned SA they prepare students for, or longer according to department policy Some tasks be may deemed 'formal' (graded and recorded in gradebook); and some tasks may be deemed 'informal' (ungraded and may or may not be recorded in gradebook) May include homework, but not required. If given, homework will be personalized, meaningful, aligned to the curriculum and to the 6-12 District Homework Protocols. It will have minimal to no impact on a student's overall grade, and may be recorded in the independent learning or ungraded category Retakes and revisions may be submitted according to department policy "Missing" will be entered into the gradebook if not completed, which will calculate as a "0" in average A teacher may exempt a student from an independent learning activity based on the student's performance on a similar formative assessment or task or the aligned SA |

ACADEMIC ELIGIBILITY

Spencerport High School has engaged in extensive professional development and conversations around our grading practices. Based on this learning, we have developed a building wide approach to grading. The goal of this approach is to motivate students through a more accurate reporting system that is a true reflection of student knowledge and skills.

SHS believes in maintaining high expectations for our students. We believe that the grading practices provide additional layers of supports for students to achieve at higher levels. Student attendance and focus are increasing obstacles for many students. Grades coming from mostly assessments provides more equal access and opportunities for all students to be successful. There is an increased level of accuracy and clarity for students about where grades are coming from. Students have an increased level of ownership and partnership in their learning. The conversation shifts from being based in compliance (did you do your work), to being centered around did you learn what you needed to learn and what evidence do you have of your learning.

How does this change support student life skills?

- Communication, Advocacy, and Relationships: These policies encourage students to go to their teachers to get help, and in the process, students develop better relationships with teachers.
- Self-Awareness: Students have a clear picture of what they know and are able to do.
- Confidence: Students have more control over their success, and students can partner with their teachers.
- Perseverance: Don't give up until you've mastered the learning!

Furthermore, we want our grades to be motivational, building on students' intrinsic motivation, self-regulation skills, and sense of efficacy.

Purpose:

The purpose of this Academic Eligibility policy is to support our student athletes in successfully meeting the content standards (Learning Targets) which are measured in accordance with our grading/assessment philosophy stated above. This academic eligibility policy is a multi-tiered support plan to ensure the academic success of our student athletes.

Ineligibility:

For the purposes of defining, ineligibility is any student who is failing two or more classes **AND** does not successfully fulfill their Success (Learning) Plan within 2-weeks of notification.

Process:

Student academic eligibility is first determined at the 5-week mark of the school year; it will continue to be updated every two-weeks through the end of Spring sports. If a student athlete is failing two or more classes, their name will appear on the list, and a Success (Learning) Plan will be implemented. The plan must be created collaboratively by the student and teacher.

DAILY SCHEDULE

| Period | Time | Length |
|-----------------|-------------------------|-------------|
| 1 | 7:25 – 8:50 a.m. | 85 minutes |
| 2 | 8:55 – 10:15 a.m. | 80 minutes |
| 3 | 10:20 a.m. – 12:15 p.m. | 115 minutes |
| 4 | 12:20 – 1:40 p.m. | 80 minutes |
| Advisement | 1:45 – 2:10 p.m. | 25 minutes |
| Activity Period | 2:15 – 2:50 p.m. | 35 minutes |

| Lunch 1 | Lunch 2 | Lunch 3 |
|--|--|--|
| 3a (lunch): 10:20 – 10:50 | 3a (class): 10:20 – 11:00 | 3a (class): 10:20 – 11:00 |
| 3b (class): 10:55 – 11:35 | 3b (lunch): 11:05 – 11:35 | 3b (class): 11:00 – 11:40 |
| 3c (class): 11:35 – 12:15 | 3c (class): 11:40 – 12:15 | 3c (lunch): 11:45 – 12:15 |
| Lunch: 30 minutes Class: 80 minutes | Lunch: 30 minutes Class: 75 minutes | Lunch: 30 minutes Class: 80 minutes |

- 4 blocks per day, then Advisement, then Activity Period
- Physical Education is once per 4-day rotation
- School starts at 7:25 am and ends at 2:10 pm
- 5-minute passing time
- There is a bell at the start and end of each block (*excluding lunch periods*)
- Sports Study Hall held in West Café during Activity Period-This is for athletes only.
- If you are not staying after with a teacher, participating in a sport, or attending Academic Workshop, students will need to leave the building at 2:10.

CAFETERIA/ LUNCHES

Lunches take place during 3rd block. You will be assigned to one of 3 lunch times. See the schedule below.

| Lunch 1 | Lunch 2 | Lunch 3 |
|--|--|--|
| 3a (lunch): 10:20 – 10:50 | 3a (class): 10:20 – 11:00 | 3a (class): 10:20 – 11:00 |
| 3b (class): 10:55 – 11:35 | 3b (lunch): 11:05 – 11:35 | 3b (class): 11:00 – 11:40 |
| 3c (class): 11:35 – 12:15 | 3c (class): 11:40 – 12:15 | 3c (lunch): 11:45 – 12:15 |
| Lunch: 30 minutes Class: 80 minutes | Lunch: 30 minutes Class: 75 minutes | Lunch: 30 minutes Class: 80 minutes |

- There are two cafeterias
- West Café is the big one, East Café is smaller and near Ranger Entrance
- While in the cafeteria, you may use your electronic devices (***no pictures or videos***).

Expectations:

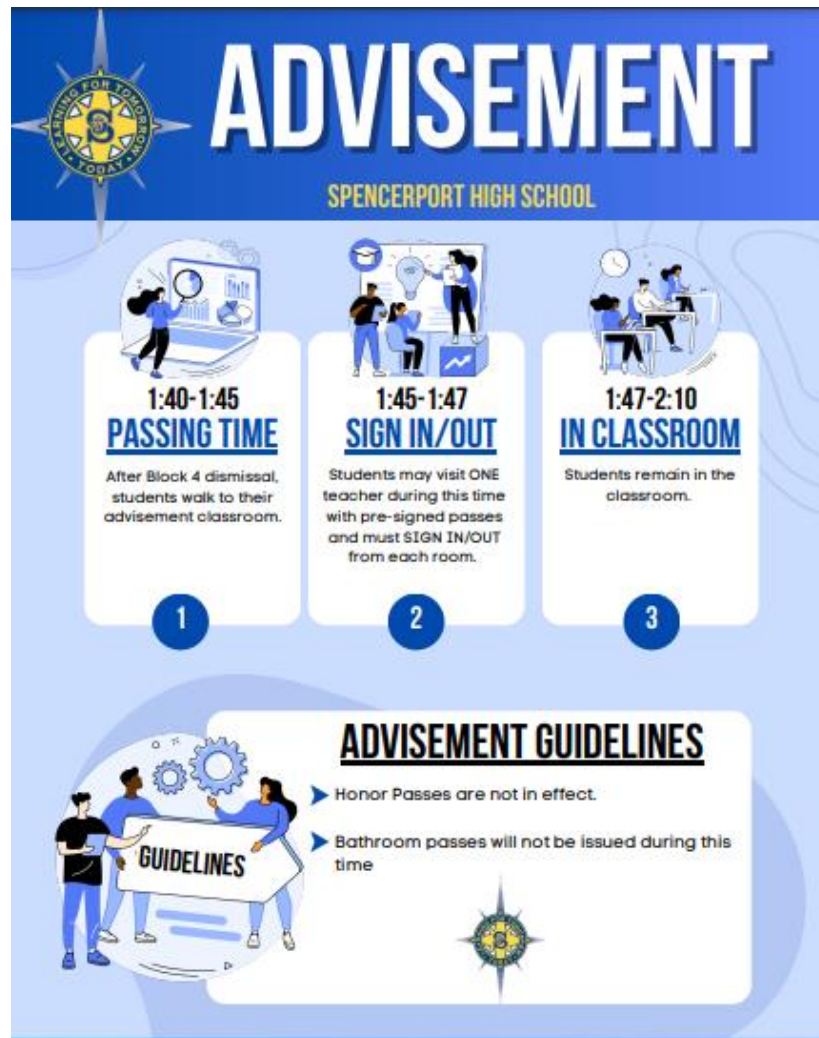
- ✓ Clean up after yourselves!
- ✓ You are to stay in the cafeteria until the monitors release you to class
- ✓ Be respectful of adults and peers

Get Started Today:

1. Go to myschoolbucks.com or download the mobile app
2. Create your free account and add your students using their school name / student ID
3. Add funds using your credit / debit card or electronic check ****Note:** For each transaction, you will be charged a program fee of \$2.49. If adding money to multiple student accounts at the same time, only one fee of \$2.49 will be charged.
4. Set up automatic payments and never forget to send in lunch money again

Any Questions contact Andrea Romano at (585)349-5190

ADVISEMENT & ACTIVITY PERIOD



ACTIVITY PERIOD:

- ✓ Runs from 2:15 pm – 2:50 pm every day after school
- ✓ During this time, you can meet with teachers to get extra help or make up work (except on Tuesdays).
- ✓ If you are staying after for a sport or other activity that begins at 3 pm, there is a sports study hall in the West Cafeteria that you can report to if you don't have a teacher to stay with during activity period (including Tuesdays).
- ✓ The activity buses leave from Cosgrove at 3:00 pm. Teachers can give you a bus pass to take these busses home. **The main office can tell you which bus you ride if you need help, but they can't issue bus passes.**
- ✓ No wandering the halls during activity period. You must be with a teacher or in sports study hall.

ACADEMIC WORKSHOP

➤ Need to complete a re-take?

➤ NEED TO MAKE UP WORK AFTER AN ABSENCE?

➤ Need some extra help with a class?

Take advantage of ACADEMIC WORKSHOP

Available Monday-Thursday

From 2:50-3:50

Room 135/136

For more
information,
join the Schoology
course:
TWW4-3XWQ-
WXGFQ

.....➤
Transportation is available
.....➤

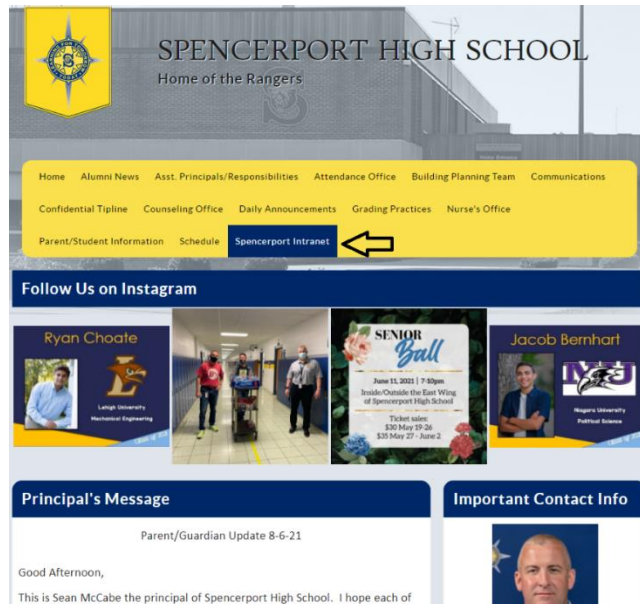
SEE YOUR TEACHER TO MAKE A PLAN



SPENCERPORT INTRANET PAGE

You will use this page to get to different websites for classes and access to your schedule, grades, locker information and more.

1. Go to the high school homepage.
<https://shs.spencerportschools.org/>
2. Find the tab that says Spencerport Intranet.
3. When prompted, enter your username and password (same as above)
4. You will now have access to Infinite Campus
5. Infinite Campus will help you get your locker info, your schedule, see your grades, etc.



Username: first initial, last name, last 3 digits of student I.D. number

(Example: Joe Smith with ID number 123456 would have a username of jsmith456)

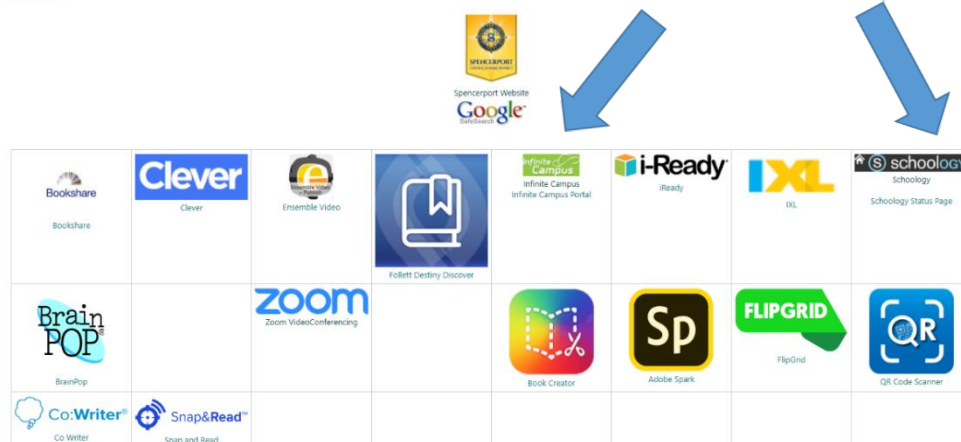
Password: 6 digit student I.D. number

SCHOOLGY AND INFINITE CAMPUS

All of your teachers will use Schoology and Infinite Campus. To log on to Schoology from home, go to the school home page (home.spencerportschools.org). Click on the icons indicated below.

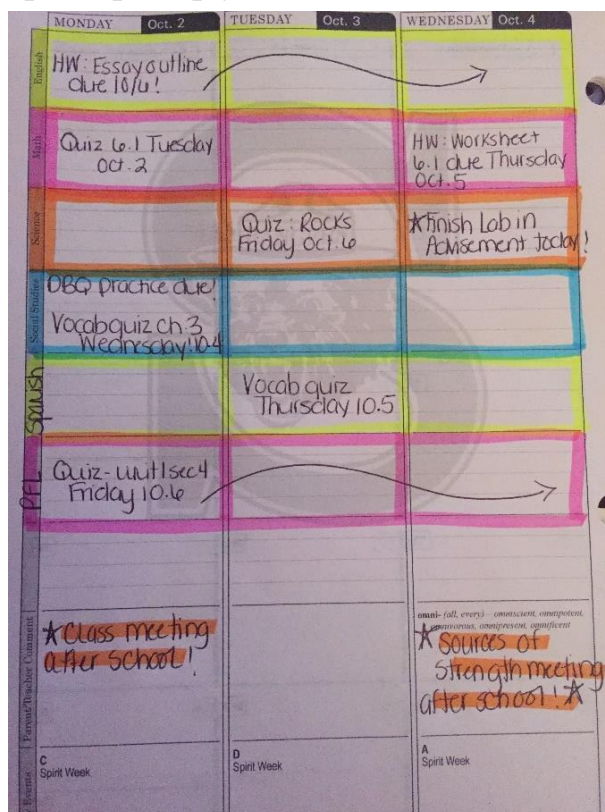
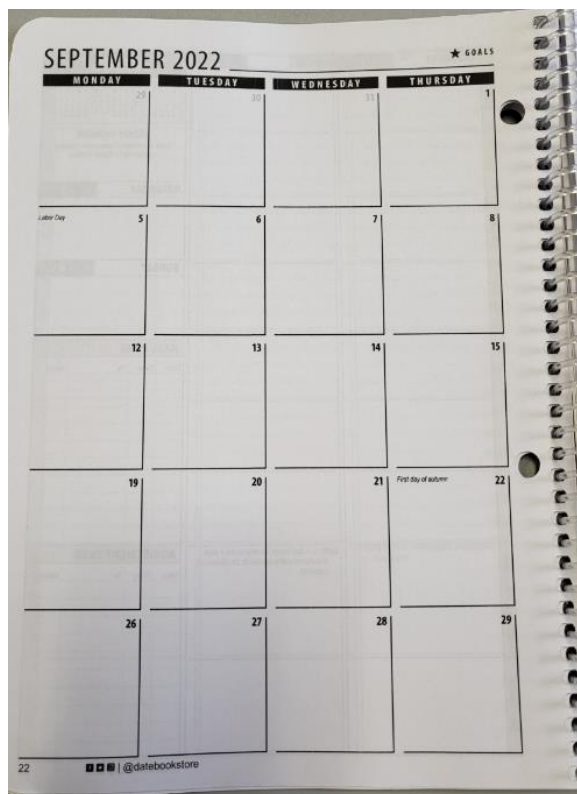
Once you click on the link, you will be prompted to enter your username and password. These will be the same as your computer log-ins at school.

Intranet

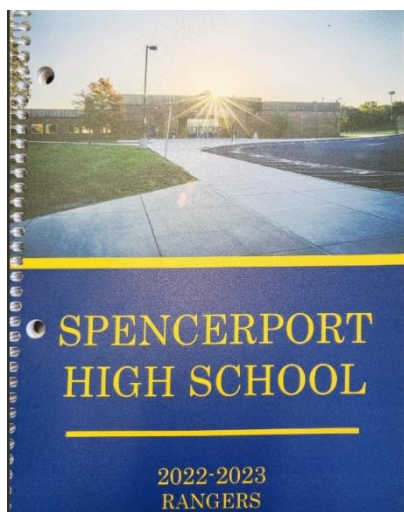


PLANNERS

Think about how to maximize the use of your planner for both SHORT TERM planning and LONG TERM planning. Clips help keep you on the correct week!

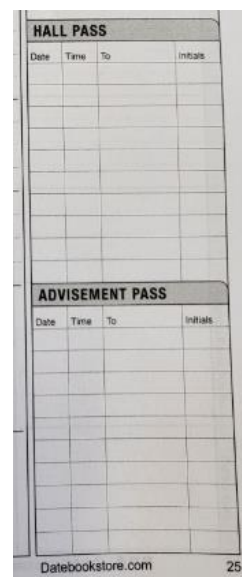


Planners must be carried with you at all times. Passes will only be given in your planner, including those issued by the attendance, main, and counseling offices.



***YOU ARE NOT ALLOWED TO USE A PLANNER THAT IS NOT YOURS!**

***Make sure you don't run out of passes for the week!**



HONOR PASSES

The honor pass system recognizes those students, grades 10, 11, 12, who have consistently met or exceeded the academic and behavior expectations of the school. Our 9th grade students are eligible for an honor pass after the first 10 weeks of school.

Who is eligible for an honor pass?

- Seniors who have no discipline referrals for ten consecutive weeks and have an average of an 80 or higher (with no failing grades).
- Sophomores and Juniors who have an average of 80 or higher during the most recent marking period (with no failing grades) and have had no referrals.
- **Freshmen, after the first quarter, who have an average of 80 or higher during the most recent marking period (with no failing grades) and have had no referrals.**

HONOR PASS PRIVILEGES

- Use of the West Cafeteria as a place of study during Honors Study Hall; students MUST sign in with Ms. Wilson.
- Ability to move purposely throughout the building without needing to ask an adult for a pass in your planner.
- Use of quiet study hall or library, subject to availability, for academic work.

You may **NOT** do the following with an honor pass:

- * Can not just walk and wander the hallways.
- * Can not hang out in the hallways.
- * Can not use as a pre-signed pass during advisement.

*Failure to adhere to the rules
will result in loss of honor pass.*

Something to look forward to for your senior year...

SENIOR PARENTAL EXIT PRIVILEGE (PEP Pass)

If you have PEP, you may leave school grounds during your unassigned blocks, including study halls, lunch, and advisement. Seniors must still sign in and out at the greeter's desk.

SENIOR PARKING

Seniors, who are in good standing academically and with no referrals are eligible to park on campus. You can then use your PEP pass to leave during free blocks.



CLASS ELECTIVES

Throughout your high school career, you will have the opportunity to take electives. The high school has many electives to choose from. Try to pick electives that will most suit your current and future interests and goals. If there is something you are interested in that is not on these lists, talk to your counselor! Below are just a few of the electives offered.

Art

- ✓ Photography
- ✓ Graphic Design
- ✓ Drawing & Painting
- ✓ Sculpture
- ✓ Ceramics
- ✓ AP Courses



Business

- ✓ International Business & Marketing
- ✓ Business Law
- ✓ Accounting
- ✓ CCF Law
- ✓ Multimedia
- ✓ Sports & Entertainment Marketing
- ✓ Work Based Learning (CO-OP)

English

- ✓ AP Courses
- ✓ Eastern Studies
- ✓ Theatre



World Languages

- ✓ Italian
- ✓ AP Courses
- ✓ SUPA Courses



Math

- ✓ Pre-Calculus
- ✓ AP courses
- ✓ Statistics (Dual Credit)
- ✓ STEM



FACS

- ✓ Teen Living
- ✓ Child Development
- ✓ Food and Nutrition
- ✓ Gourmet Foods
- ✓ Fashion Design
- ✓ Interior Design

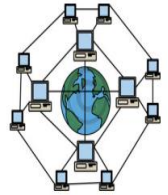
Music

- ✓ Music Theory
- ✓ Jazz Ensemble
- ✓ Vocal Jazz
- ✓ AP Courses
- ✓ Concert Choir or Band



Technology

- ✓ Production Systems
- ✓ Manufacturing Systems
- ✓ Electricity and Electronics
- ✓ AP Courses
- ✓ Civil Engineering and Architecture
- ✓ Intro to Computers



Science

- ✓ Forensics
- ✓ Environmental
- ✓ STEM
- ✓ AP Courses
- ✓ Anatomy



MORE OPPORTUNITIES:

Advanced Placement (AP) Courses: Spencerport students have an opportunity to cultivate their mind as well as earn college credit through our Advanced Placement Program. While these courses are college-level and require a considerable commitment of time, they provide our students with the opportunity to experience higher level thinking.

Monroe Community College and Brockport Dual Credit: We have partnered with MCC and Brockport to offer the opportunity to earn college credit at a reduced tuition rate while earning their high school diplomas. Dual credit courses are taught by Spencerport High School teachers who are approved by and work closely with MCC and Brockport faculty.

Syracuse University Project Advance (SUPA): The courses offered through Project Advance are carefully developed college offerings through S.U. High school students' experiences are identical in every important aspect to those of students enrolled in the same courses on campus and are at a reduced tuition rate.

3-1-3 Program with SUNY Brockport: The 3-1-3 program is a cooperative effort between Spencerport High School and SUNY College at Brockport which enables students to take college courses while in high school. Seniors can complete three years of high school and then have an additional year of combined high school and college serving simultaneously both as their senior year and their freshman year in college. Through this program, it would be possible to complete high school and college in 7 years.

Social Studies

- ✓ AP courses
- ✓ SUPA Courses
- ✓ Intro to Psychology
- ✓ Intro to Sociology
- ✓ World Religions
- ✓ Current Events
- ✓ S.L.I.P



Other

- ✓ Leadership

LIBRARY AND LOCKERS



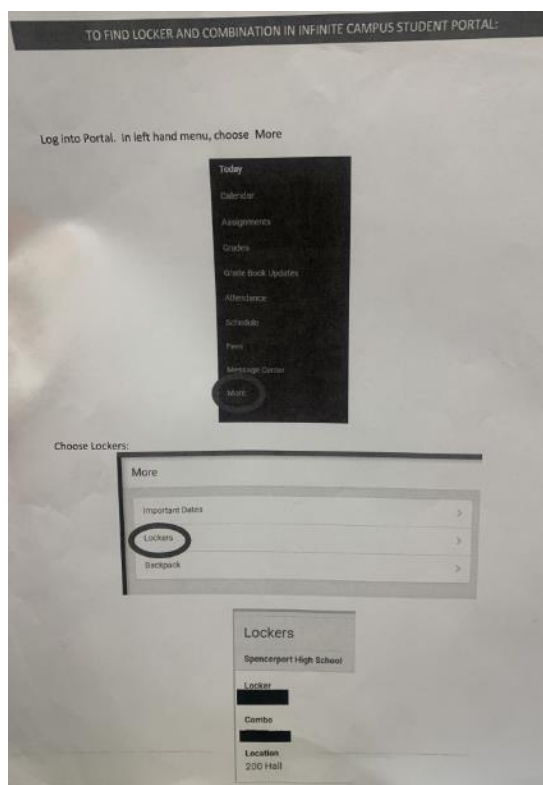
Hours: 7:20 AM – 2:50 PM (except when posted)

The library is a quiet place to complete work. Students must show their authorized ID and pass and follow sign-in/sign out procedures. To use the library, you must either have a pre-signed teacher pass or honor pass. Passes may be limited when classes are using the library.

Activity Period: The library has a limited number of seats available for students working on projects or other school-related assignments.

Advisement: Advisement is limited to quiet academic study, research, project work and library resources. Students are only allowed into the library during advisement with a pre-signed pass from one of their academic teachers.

Block 1, 2, 3 and 4: Students are allowed into the library either with a Teacher Pass or an Honor Pass based on availability. Honor students are expected to sign out when they leave during the block. Students are to use the library to read or quietly complete work.



To Open Locker:

1. Turn knob right two turns and stop at first number
2. Turn left one turn, pass first number and stop at second number
3. Turn right until you reach third number and stop
4. Push up lever and pull locker open

To Close Locker:

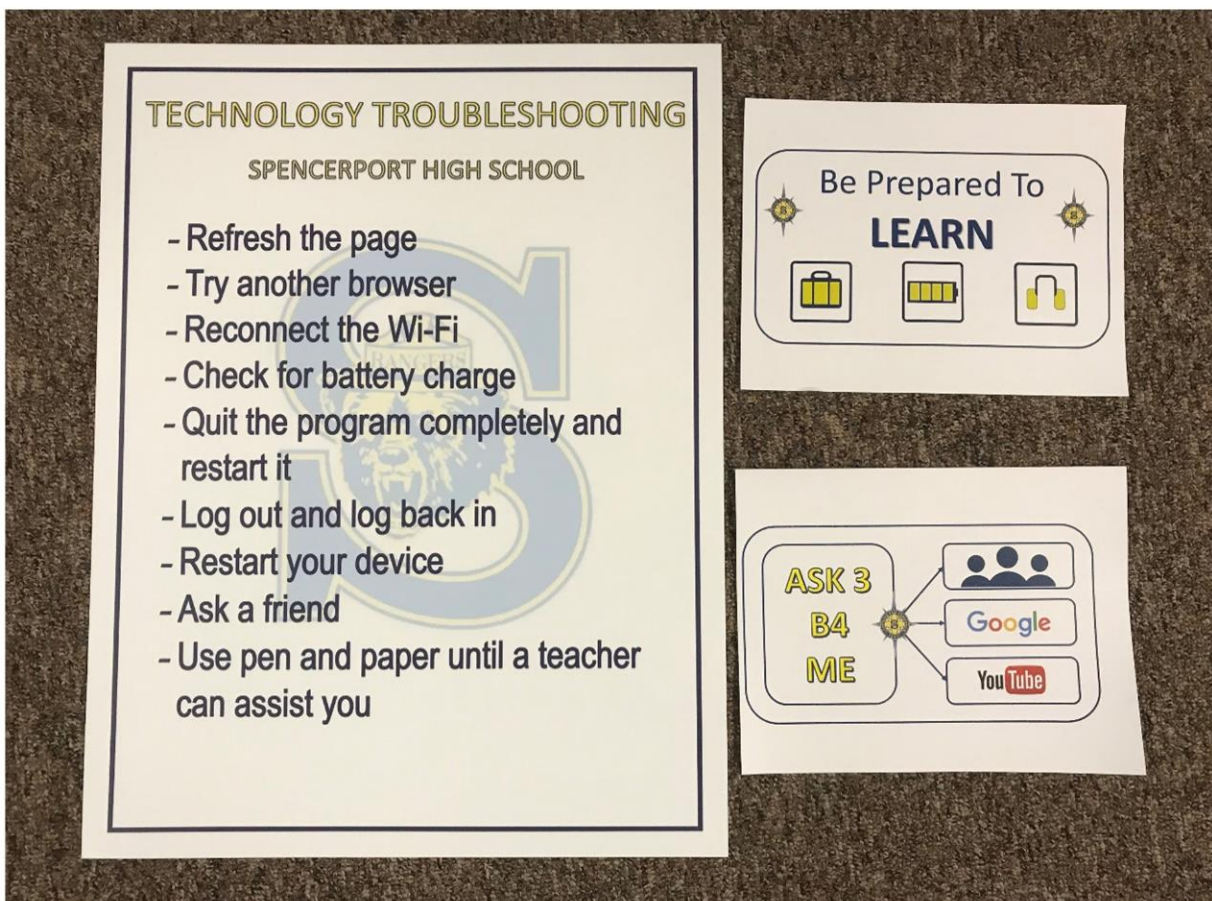
1. Close door
2. Turn dial and check to see that locker is locked



LAPTOPS & DIGITAL CITIZENSHIP

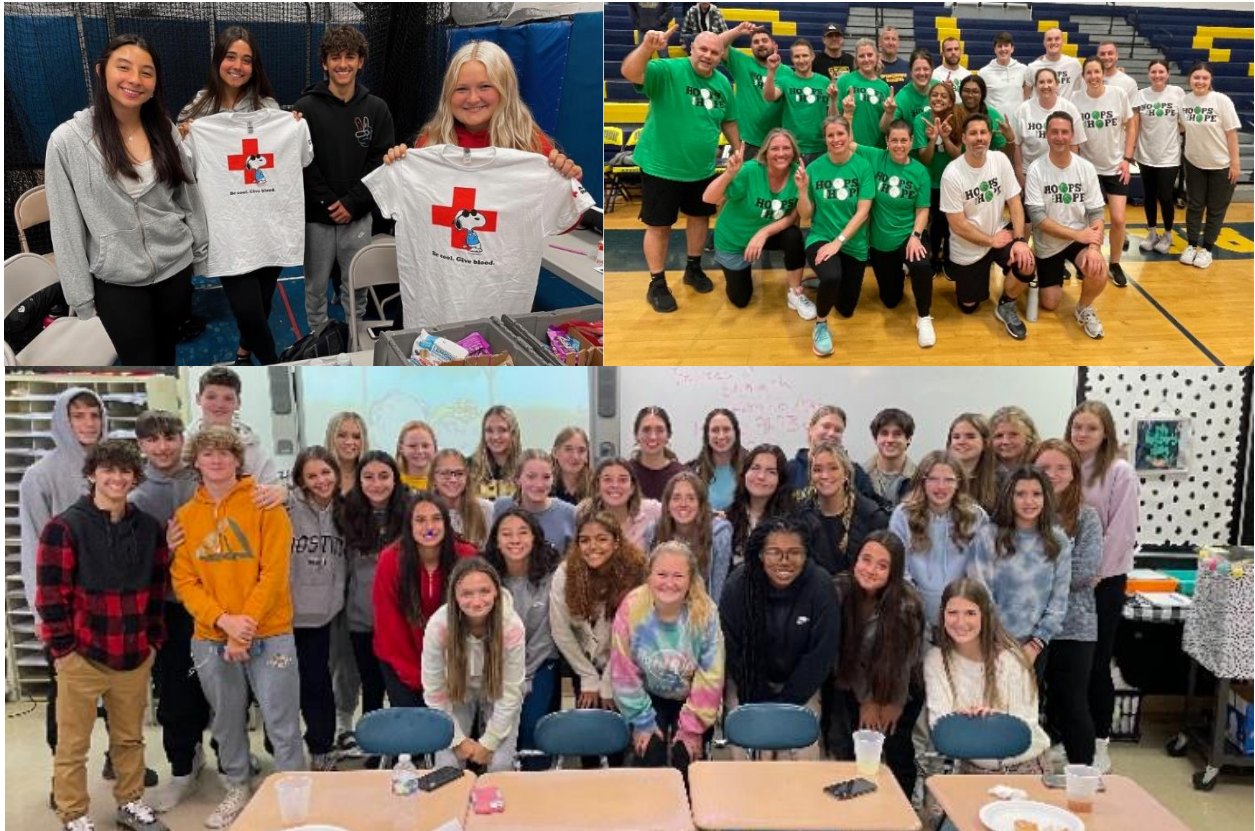
- Make sure you always have your laptop with you, fully charged and ready to use.
- Do not put stickers or personalize your laptop, you will pay a fine.
- If your laptop breaks or stops working right, please go to the Tech Help Desk on the 2nd floor of the library ASAP. We can help you get a replacement right away! The Tech Help Desk is open from 7:30am – 2:30pm.

Tech Tips:



STUDENT GOVERNMENT/LEADERSHIP

- Everyone is welcome – anyone can join at any time
- Meetings are every Tuesday during Advisement
- Organize Homecoming, pep rallies, and other school-wide events
- Helps you get involved and meet new people
- Earn volunteer hours
- Leadership conferences
- Whole year participation is encouraged!
- Get involved in the community
- See Ms. Arbore (room 408)



@spencerportstugo

HOMECOMING 2023

SEPTEMBER 18 ~ SEPTEMBER 23

Dress-Up Days: Have fun dressing up to match the theme of the day. You will be counted during Advisement each day to earn points for your class.

Powderpuff Game and Bonfire: Friday, September 22nd

- Junior Girls vs. Senior Girls starting at 7:00pm
 - Junior and Senior Boys will be cheerleading.
- Pre-sale tickets are available in the Ranger Cub House for \$3, listen for announcements. Tickets will be \$5 at the door.
- Bonfire to follow (weather permitting). Bring your I.D. (HS Students ONLY)

Homecoming Parade, Game and Dance: Saturday, September 23rd

- Homecoming parade through town beginning at 12:00 p.m. You can ride a float with your sports team, club, or community organization.
- Varsity Football game to follow at 1 p.m.
- Dance for all grades in the evening from 7:00 p.m. to 9:00 p.m. You must purchase pre-sale tickets for \$10. No tickets will be sold at the door.

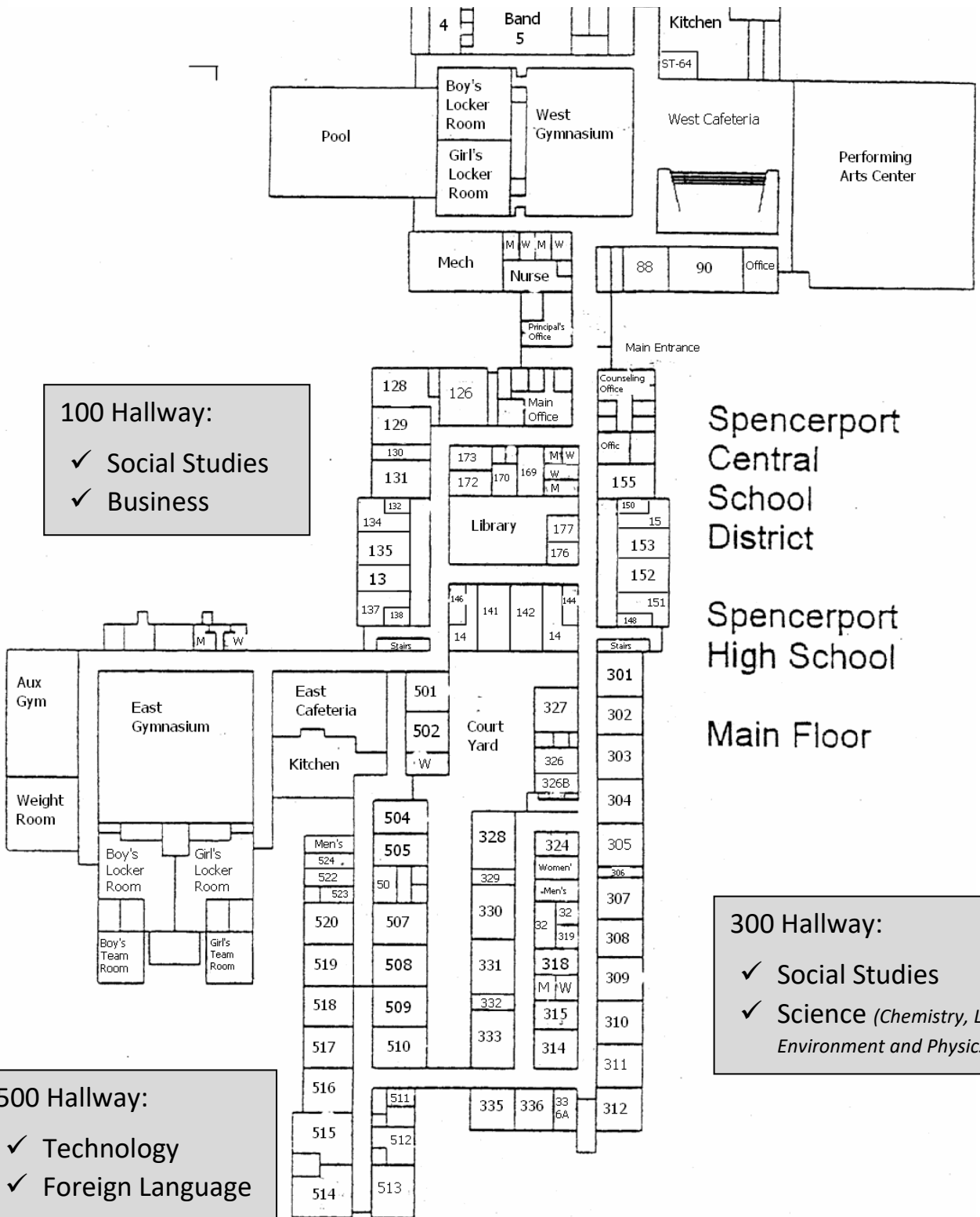


The graphic is a dark blue poster with yellow and white text. At the top, it says 'Save the Dates' in a script font, followed by '2023 HOMECOMING EVENTS' in large, bold, sans-serif font. Below this, the events are listed for Friday and Saturday. Friday's events are: Powderpuff Football Game at 7:00 P.M. and Bonfire (HS Students Only) at 8:30 P.M. Saturday's events are: Parade at 12:00 P.M., Varsity Football Game at 1:00 P.M., and Dance (HS Students Only) from 7-9 P.M. The dates are listed in yellow boxes, and the event names are in white boxes.

| FRIDAY | |
|---------------------------|----------------------------|
| 22 SEPTEMBER @ 7:00 P.M. | Powderpuff Football Game |
| 22 SEPTEMBER @ 8:30 P.M. | Bonfire (HS Students Only) |
| SATURDAY | |
| 23 SEPTEMBER @ 12:00 P.M. | Parade |
| 23 SEPTEMBER @ 1:00 P.M. | Varsity Football Game |
| 23 SEPTEMBER @ 7-9 P.M. | Dance (HS Students Only) |

BUILDING MAP

FIRST FLOOR ~ 100, 300 AND 500 HALLWAYS



BUILDING MAP

SECOND FLOOR ~ 200 AND 400 HALLWAYS

Spencerport
Central
School
District

Spencerport
High School

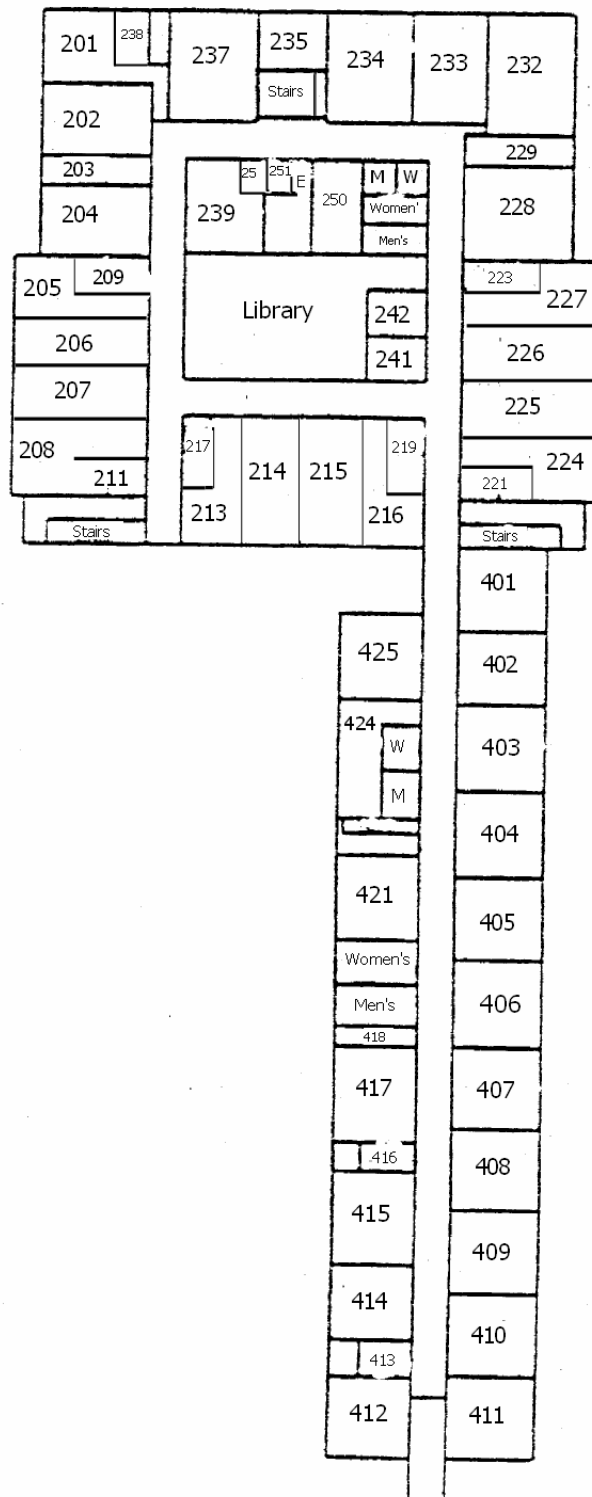
Second
Floor

400 Hallway:

- ✓ Math
- ✓ Science (*Earth Science*)

200 Hallway:

- ✓ English
- ✓ Art
- ✓ FACS



CARE TEAM

(DRUG/ALCOHOL PREVENTION IN OUR SCHOOL)

Chemical Abuse Referral and Education Team



Spencerport High School's CARE Team is comprised of teachers, administrators, school psychologists, and counselors.



This prevention team helps to plan events that raise student awareness of the dangers of drug and alcohol use, while highlighting positive life choices.

Mrs. Zobkiw works to support students who may be struggling with drug and/or alcohol abuse.

#rangersCARE

[To confidentially connect someone with us, please use the anonymous link on our webpage which can be accessed under the Spencerport High School page.](#)

When Do I Connect With CARE?

- I saw a friend use drugs, e-cigarettes, or alcohol
- I know a friend is using drugs, e-cigarettes or alcohol on a regular basis and I want to get them help
- I heard a peer talking about using drugs, e-cigarettes, or alcohol

Worried About Making a Connection? Don't Be!


- The police will NOT be contacted
- Student does not receive a consequence from the connection
- Medical and emotional resources will be made available to student & family
- You'll feel better knowing your friend is getting the support they need

CARE Prevention Team Members:


Mrs. Krywy, Mrs. Morgan, Ms. Silsby, Mrs. Zobkiw




COPING SKILLS



COPING SKILLS AND STRATEGIES TO MANAGE TEST ANXIETY



SIGNS OF TEST ANXIETY:



Feeling overwhelmed and worried about how you're going to do on a test.

Negative thoughts, or thoughts that predict the worst. For example, "I will fail, so why even try?" or "I never do good on tests."

Procrastination when you need to study.


Physical symptoms of anxiety such as headache, stomachache, nausea, nervousness, shortness of breath, rapid heartbeat, dry mouth, light-headedness, panic attacks, and feeling faint.

Mind goes blank before or during the test or you second guess yourself.

You change your answers or get stuck.


TIPS TO REDUCE TEST ANXIETY

Preparation




- The more prepared you are for the test, the more confident and less anxious you will be.
- Start studying a few days prior to the test.

Ask for Support




- Talk to a parent, teacher, or counselor about your test anxiety.

Healthy Habits



- Get a good night's sleep.
- Eat a healthy breakfast.
- Exercise regularly.


Anxiety Awareness



- Notice signs that you are anxious prior to tests.
- Turn to relaxation skills to calm your body and mind.


CALMING AND RELAXATION SKILLS

Positive Self-Talk




Say to yourself, "I am prepared, I can do this!" or "Everything I need to know is in my brain, I worked hard!" Repeat three times every time you notice you feel anxious!

Belly Breathing




While you are breathing in, imagine yourself breathing in calm, successful, and confident energy. Imagine breathing out worry, stress, and negative energy.

Muscle Relaxation



Starting at your hands, tense your muscles for 3 seconds and then relax them completely. Work your way through all the muscles in your body until you've tensed and relaxed them all.

Imagine Success



Starting a few days before the test, close your eyes and imagine yourself cool and calm during the test. Imagine a calm and successful performance, and a feeling of gratitude and pride after you complete the test successfully.

Spencerport Virtual Calming Room: <https://sites.google.com/view/spencerportcsd/home?authuser=2>

SPENCERPORT'S MISSION



Our mission is to educate and inspire each student to love learning, pursue excellence and use knowledge, skills, and attitudes to contribute respectfully and confidently to an ever-changing global community.

