

METUCHEN HIGH SCHOOL SHORTS

November 15, 2021

Student & Family Update

PICKING UP YOUR CHILD FOR AN EARLY DISMISSAL? WE NEED YOUR HELP!

As per the MHS Parent-Student Handbook, please adhere to the following:

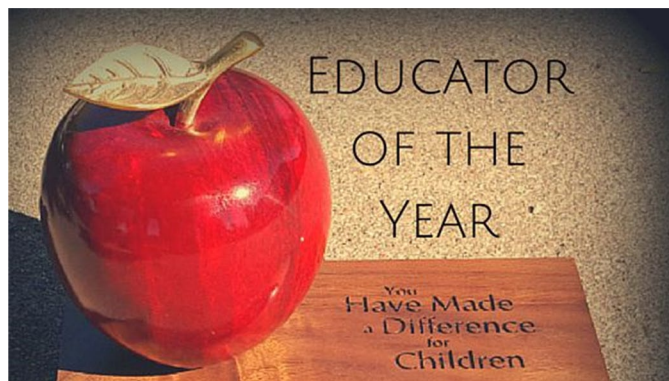
All early dismissal notes should be turned into the Main Office at least one day prior to the date you are requesting to be excused. Be certain to include your telephone number on your note. Early dismissals will only be approved by the office for reasons that are legitimate. If (because of an unforeseen development) a student needs an early dismissal but was unable to submit a note one day in advance, parents are expected to call the Main Office to make necessary arrangements prior to picking up their child at school.

In order for the office staff to assist with early dismissals, the office staff will send the student a written pass so that the student may leave class at the requested time. By giving the students a pass, it allows us from interrupting the classroom and disrupting content instruction.

Thank you, in advance, for your help!

LAST CHANCE: EDUCATOR OF THE YEAR NOMINATIONS

[Nominations](#) are now being accepted for Metuchen High School's Governor's Educator of the Year and Educational Services Professional of the Year. Please click on the hyperlink above to view the information that was shared by the district. All nominations are due to Mr. Porowski (either via email or by hard copy) by November 19, 2021.



VACCINATION UPDATES

Metuchen High School continues to collect vaccination status in order to most accurately report the data. We need your assistance by logging onto the Genesis Parent Portal and providing the information requested.

Please follow the directions below to guide the updating of your child's records:

Step One: Log onto Genesis.

Step Two: Go to the Forms section and locate the **COVID-19 Vaccination Status** form.

Step Three: Fill out the question with the red asterisk. Next, if your child is fully vaccinated, upload a picture of the card.

Step Four: Click "Update Answers."

Note: If your child is not fully vaccinated, you may update the form if/when their status changes.

Please understand that, as with all student immunization records, we will maintain the student's privacy regarding this record.

Thank you for your help!

IMPORTANT DATES

DATE(S)	EVENT(S)
11/15	Field Hockey Banquet
11/16	Boys Soccer Banquet
11/17	Baseball Organization Meeting 3pm Girls Soccer Banquet
11/19	Report Cards Released 3pm Girls Tennis Banquet
11/20	SAT I & II Testing
11/22	Instant Decision Day: Fairleigh Dickinson University MMEDO Pie Sale Pickup
11/23	Board of Education Meeting
11/24	Club Picture Day Early Dismissal 12:30 Outdoor Wellness Club Field Trip
11/25-26	Thanksgiving Break
11/28	Hanukkah Begins at Sundown
11/29	Welcome Back After Thanksgiving Break!
12/1	Addictive & Compulsive Behaviors in Today's Teens Virtual Presentation 7pm
12/2	Instant Decision Day: Montclair State University Science Honor Society Inductions
12/4	Power of Friendship Program
12/6	Instant Decision Day: Kean University PT Council 8pm

CHARACTER DARE FAMILY COMMUNICATION

It is important for us to find actionable ways to bring concepts, values, and traits of character to life. The organization, CharacterStrong, has a series of dares for families. We dare you to join us and accomplish this throughout the next few weeks:

DARE: THE POWER OF WHY

Tonight, after asking, “How was your day” don’t stop with the ‘good’ or ‘ok’ response! Follow it up with ‘why’ or ‘tell me more about that.’ Do this several times to really get deep into understanding.

Better yet, change up the question! How about, “Who did you help today?” or “What was the most challenging part of your day?” or “What’s one way I can help make today better?”

STUDENT ASSISTANCE PROGRAM IN PARTNERSHIP WITH WELLSPRING CENTER FOR PREVENTION



**Having a bad day?
Need someone to talk to or a safe
space to take a brain break?**

Contact Ms. Rubin or Mrs. Gonnello for
assistance via email or stop in to Room 139

Email: srubin@metboe.k12.nj.us
agonnello@metboe.k12.nj.us

ADDICTIVE & COMPULSIVE BEHAVIORS IN TODAY’S TEENS PARENT WORKSHOP



Parent Education Series

Addictive & Compulsive Behaviors in Today's Teens

Adolescent development is earmarked as a remarkable time of transition throughout the lifespan. With its inherent trials, teens of today's era encounter rather novel challenges, leading to an increased risk for mal-adaptive social and emotional development. Engaging in Substance use, Gambling, Gaming and Pornography are among the considerations many of our teens face. As a parent and school community, we all can benefit from understanding the nature of how our youth encounter and interact with these challenges, and learn how to determine when these behaviors become unhealthy.

Questions are welcome and note-taking encouraged!



Presentation provided by:
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MHS INSTANT DECISION DAYS

All applications MUST be submitted ONE WEEK prior to the actual Instant Decision Day date. If a senior is planning on participating in any of the ID Days, they MUST let their School Counselor know via the [ID Day Google Form!](#)

Please refer back to the [College Application Handbook](#), which has an enormous amount of resources that seniors will need in order to navigate through these next few months.

MHS THANKSGIVING FOOD DRIVE

Help us support the needs of our community! We will be collecting donations **through November 17th** for First Presbyterian Church's Food Pantry. **THANK YOU!** Please drop off donations in bags in the front hallway! **Donate:** canned meats, tuna, canned fruits, canned vegetables, canned or dry beans, cereal, oatmeal, pasta, pancake mix & syrup, peanut butter, jelly, stuffing. **NO: Glass items, perishable foods, fresh foods, expired items.**