



Cairo-Durham High School

May 2023

Newsletter



Important Dates:

May 4th- Budget Hearing

May 16th- 11:45a Early Dismissal, Budget Vote HS 1 pm- 9 pm with BBQ at MS/HS

May 16th- National Art Honor Society Induction @ 6 pm

Cairo-Durham District Art Show- May 16, High School Building

May 25th- HS Academic Awards @ 6:30 pm

May 29th- Memorial Day: School Closed

May 30th- Prom Promise @ 6 pm (HS) All students attending prom must attend.


Message from Mr. David Proper, Interim Principal:

Spring is in the Air! It is always an exciting time when warmer weather arrives. I am looking forward to a change in temperatures as well as seeing more of the SUN! This month we are “full steam ahead” with testing, concerts, sporting events, and senior celebrations to name a few. In the month of May, we celebrate our wonderful teachers, staff, and school nurses. Their dedication every year is unquestionable and they all deserve to be “celebrated” daily. Please make sure to take the time out to send them an appreciation note, this will definitely bring a smile to their faces! As always, please feel free to reach out with any questions or concerns. If we work together, we can achieve many wonderful things.



Cairo-Durham High School

May is Mental Health Awareness Month, and there are plenty of ways to keep your mind and body healthy. The calendar below shows daily activities that help with mental health. In addition, we ask all staff members and students to wear green every Wednesday in May to support the cause. Mental Health Matters!

MENTAL HEALTH / PREVENTION MONTH						MAY 2023
SUN	MON	TUE	WED	THU	FRI	SAT
 TWIN COUNTY RECOVERY SERVICES <small>"Focused on the future, one day at a time"</small>	1 SAY THANK YOU TO SOMEONE	2 LISTEN TO YOUR FAVORITE SONG	3 COLOR FOR 15 MINUTES	4 GO TO BED AN HOUR EARLY	5 LET SOMEONE KNOW YOU CARE / THINKING OF THEM	6 DONATE/DECLUTTER UNWORN CLOTHES
7 CHECK FIRE ALARMS AND FIRE ESCAPE PLAN	8 PRACTICE THINGS THAT MAKE YOU FEEL CALM	9 CHECK OR MAKE A FIRST AID KIT	10 CREATE A LIST OF LOCAL RESOURCES	11 LIST WAYS TO RESPECT BOUNDARIES	12 DISPOSE OF OLD OR UNUSED MEDICATION	13 EXERCISE - GET MOVING FOR 30 MIN. TODAY
PREVENTION WEEK						
14 SHARE SOMETHING YOU LIKE WITH SOMEONE	15 READ SOMETHING INTERESTING	16 TREAT YOURSELF TO A FAVORITE TREAT	17 CALL / FACETIME A FRIEND YOU MISS	18 TRY / LEARN SOMETHING NEW	19 SPEND 20 MINUTES OUTSIDE	20 NAME 5 THINGS YOU'RE GRATEFUL FOR
21 GO FOR A WALK	22 MAKE A HEALTHY SNACK	23 WATCH A FAVORITE MOVIE OR TV SHOW	24 UNPLUG FOR AN HOUR	25 10 DEEP BREATHS OUTSIDE	26 FIND TIME TO RELAX / TAKE A BREAK	27 EXPLORE THE CATSKILLS
28 CAPTURE A MEMORY / TAKE PICTURES	29 SPEND TIME WITH FAMILY	30 GO SOMEWHERE THAT MAKES YOU HAPPY	31 JOURNAL ABOUT POSITIVE EVENTS FROM MAY	MAKE YOUR MENTAL HEALTH A PRIORITY	PREVENTION AND COMMUNITY EDUCATION TWIN COUNTY RECOVERY SERVICES, INC 428 W. MAIN STREET CATSKILL, NY 12414 (518)-943-2036	

Student of the Month (March)

Cairo-Durham is proud to announce that William Stallbohm is the March Student of the Month. William is a 10th-grade student, currently enrolled in a rigorous course load of Spanish III, Civil Engineering and Architecture, Geometry, and other Regents level classes.



Cairo-Durham High School

William's teacher, Mrs. Maassmann, describes him as being, "always prepared for class and offering to help others. Will is a model student. He takes an interest in what we are doing in class and is always on task." William believes that he is successful because, "I show up, do most of the work required, and attempt to use my gained knowledge to solve the next problem or just comic relief."

While in school William participates in the school's Board Game Club. He hopes to continue his education after high school to obtain a degree in H-VAC or Engineering. Outside of school, he spends his time eating, sleeping, playing video games, and riding his bike. Additionally, he has climbed all of the Catskill Mountains and has been to 46 of the 50 states!

William's classmates say he is, "good at school, intelligent, or having all the brains over there." Here William is pictured with one of his favorite teachers, Mrs. Allison Manoli, who is his teacher for Civil Engineering and Architecture.

Congratulations William, and keep up the good work.



Nurse's Corner:

The law requires students who are entering grades 7th, 9th, and 11th next year, will need a physical on file in the health office. Students entering 6th grade will need a Tdap no earlier than 10 years of age and no later than 11 years of age. Students who are entering 7th grade are required to have the first dose of meningococcal vaccine no earlier than 10 years of age. Students entering grade 12 will require second meningococcal immunization. New York State Public Health Law, Section 2164 requires that schools will not permit a child to attend school unless the parent provides the school with a certificate of



Cairo-Durham High School

immunization proof. Immunizations can be also available through your local county health department at 518-719-3600.

Art Show Features Student Artistry

Celebration of Student Creativity, Importance of the Arts

The creativity of hundreds of area students is on full display at our Annual Cairo-Durham District Art Show. The show runs from May 16 through June 1st, 2023 and will be held at the Cairo-Durham High School.

The show features nearly 200 works in various mediums created by students in Kindergarten through High School.

The show would not have been possible without the cooperation and support of students, their art teachers and the district for our wonderful new hallway display system. A big thank you to our wonderful art educators: Ms. Nicole Tavarez at Cairo Elementary, Mrs. Justine Criswell at Cairo-Durham Middle School and the Cairo-Durham High School art team of Mr. Mark Criswell, Ms. Lily McCabe and Mrs. Jessica Little.

Congratulations to all involved!

Club Updates:

Class of 2023

The class is having a second car wash on Sunday, May 7, 2023. It will run from 11:00 am to 3:00 pm. The cost is \$10 per car.

Chicken & Rib BBQ - To benefit the Cairo-Durham Class of 2023 Tuesday, May 16, 2023, 1:00-6:00 PM At the CD Middle/High School

CHICKEN BARBECUE Cole Slaw, ½ BBQ Chicken cooked in our famous house marinade, Baked Potato, Seasonal Corn on the Cob, Rolls-Butter, and Cookies
\$15.00



Cairo-Durham High School

BARBECUE RIBS Cole Slaw, 1/2 Rack of Pork Ribs,
Baked Potato, Seasonal Corn on the Cob, Rolls-Butter and
Cookies \$17.00

To place an order contact bragostinoni@cairodurham.org or call 518-821-3364

Class of 2024

The junior class will be hosting the Junior/Senior prom on June 3rd! This year's theme is Casino Night.

Prom tickets are on sale now until May 26th.

See a Junior Officer or Ms. Wickham to purchase tickets. Prom Promise will be held on May 30th at 6 pm. This is mandatory for all students attending the prom. Coronation will be at 4 pm on June 3rd at the High School.

\$65/ Person

\$120/ Couple

Class of 2025

Upcoming:

Golf Tournament Hosted by the Class of 2025 at Thunderhart: June 4, 2023

Looking for Golfers and Tee Sponsors!

Contact Mrs. Searing-Burke for more information: jsearing@cairodurham.org

Looking for donations!

The Class of 2025 needs baked goods for their bake sale on May 6, 2023

or come support the class of 2025 by buying a delicious baked good on May 6, 2023, at the Mother's Day Craft Fair hosted by Greene County Women's League!

10:00 am to 3:00 pm at Historic Catskill Point, 1 Main Street, Catskill, NY 12414

Contact Mrs. Searing-Burke if you can donate a baked good for our bake sale table



Cairo-Durham High School

High School Art Department

HOW TO ORDER A CDHS YEARBOOK

Visit the following website to order your CDHS yearbook

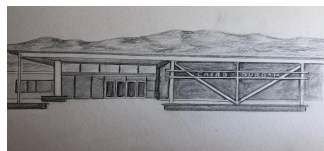
<https://www.treering.com/purchase?PassCode=1014343972202908>

Yearbooks cost \$45 each (see below for financial assistance info.) Our passcode is 1014343972202908, if needed. If you want to pay in cash, bring your payment to Room E6 by 5/1/23.

Yearbooks will be shipped directly to your home in mid June 2023 (if purchased by 5/1/23.)



Need Help? Contact support@treering.com or email the CDHS yearbook advisors: Mrs. Little or Ms McCabe.



Cairo-Durham High School
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