



*Foundation  
Academy Newsletter*

*Hello  
February*

*2024*



**SEL**

***Social Emotional Learning***

***Let's talk about***

***Stress***

# Quotes of the Week

**I WILL BREATHE.**

I will think of solutions.  
I will not let my worry control me.  
I will not let my stress level break me.  
I will simply breathe and it will  
be okay because I don't quit.

Shayne McClendon

**Don't  
stress.  
Do your  
best.  
Forget  
the rest.**

Quoteistan.com

Take life  
day by day.  
Be grateful  
for little things.  
Don't stress over  
what you can  
not control.

©NotSalmon.com

Mindfulness is not about  
eliminating stress, as  
stress is a given in life,  
but it can help us deal  
with stress and other  
challenges more  
effectively.

Corinne Sweet  
[www.wow4u.com](http://www.wow4u.com)

# Coping with and Managing Stress

## Stress is...

The body's response to any demand or pressure

Natural and can have healthy and/or unhealthy effects on our lives

Experienced in several ways, including thoughts, feelings and behavior



Today's Activity: What are some things that cause you stress?

# Ways to Reduce Stress!

What are some strategies you use or want to try to reduce stress?

## Breathe!!

Deep breaths, less stress. Take a minute to relax and breathe everyday

## Time Management

Plan ahead and avoid procrastination. Make a week schedule and try to follow it. Set Realistic Goals

## Exercise

Take a walk, do some yoga, play basketball, dance it out whatever works for you..., being active reduces stress.

## Self-Care

Take time for yourself to relax, read a book, take a bath, draw, journal, listen/play music



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## Nutrition

Eat a balanced diet daily. Eat more whole grains, nuts, fruits and vegetables. Substitute fruits for desserts

## Support System

Surround yourself with positive people who help you stay on track!

## Sleep

Middle School students need 9-11 hours of sleep a night.

## Nurture Yourself

Keep reinforcing positive self-statements in your mind. Focus on your good qualities and accomplishments

# Mindfulness Strategies



## 3 Easy Ways to Practice Mindfulness to Manage Stress

### *7/11 Breathing Technique*

*Many athletes, firefighters, and teachers use this technique during high-pressure situations. You can use this exercise during a test, performance, athletic competition, or anytime you are feeling stressed. Simply breathe in for 7 seconds and breathe out for 11 seconds. This will slow your breathing down, help you stay in the moment, and help you begin to feel more calm during these times.*

### *Take a Mindful SEAT!*

*Sit down and take a deep breath. Then notice what Sensations are in your body, what Emotions you are feeling, what Actions you want to take, and what Thoughts are popping into your head. This is an easy way to check-in!*

### *Refocus with the "Come Back" exercise!*

*When you notice yourself stressing about things in the future or something that happened in the past, simply and kindly say to yourself, "Come back". Take a deep, calming breath and focus on what you are doing.*



**Calming Music & Imagery.**

## Coping Skill Spotlight

5...4...3...2...1 Grounding Technique



**5,4,3,2,1 Calming Technique**

# *What's Happening at SOTA!*



***Keep up to date on sporting events  
for SOTA-hosted teams HERE***

**STUDENT  
CLUBS  
ORGANIZATIONS** **AND**

*SOTA Calendar*



# All In The Timing

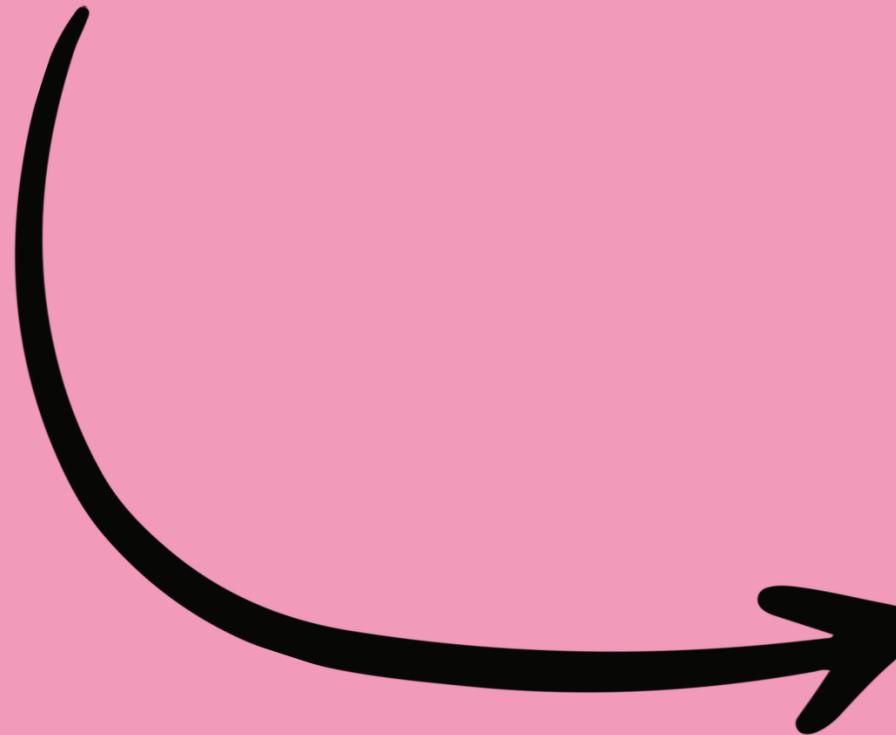
Directed by Ken Canfield and Brad Craddock  
Written by David Ives

February 9, 10, 15, 16 at 7pm

Tickets available at [boxoffice.sotarochester.org](https://boxoffice.sotarochester.org)



*Attention!*



# ***Letter Days 1/2024-2/2024***

| <b><i>Mon</i></b>                     | <b><i>Tues</i></b>                    | <b><i>Wed</i></b>                     | <b><i>Thurs</i></b>                  | <b><i>Frid</i></b>                   |
|---------------------------------------|---------------------------------------|---------------------------------------|--------------------------------------|--------------------------------------|
| <b><i>1/29</i></b><br><b><i>C</i></b> | <b><i>1/30</i></b><br><b><i>D</i></b> | <b><i>1/31</i></b><br><b><i>A</i></b> | <b><i>2/1</i></b><br><b><i>B</i></b> | <b><i>2/2</i></b><br><b><i>C</i></b> |
| <b><i>2/5</i></b><br><b><i>A</i></b>  | <b><i>2/6</i></b><br><b><i>B</i></b>  | <b><i>2/7</i></b><br><b><i>C</i></b>  | <b><i>2/8</i></b><br><b><i>D</i></b> | <b><i>2/9</i></b><br><b><i>A</i></b> |

**[CLICK HERE FOR SOTA STREAM](#)**

# ***Letter Days 2/2024***

| <b><i>Mon</i></b>                             | <b><i>Tues</i></b>                            | <b><i>Wed</i></b>                             | <b><i>Thurs</i></b>                           | <b><i>Frid</i></b>                            |
|---|---|---|---|---|
| <b><i>2/12</i></b><br><b><i>A</i></b>         | <b><i>2/13</i></b><br><b><i>B</i></b>         | <b><i>2/14</i></b><br><b><i>C</i></b>         | <b><i>2/15</i></b><br><b><i>D</i></b>         | <b><i>2/16</i></b><br><b><i>A</i></b>         |
| <b><i>2/22</i></b><br><b><i>NO SCHOOL</i></b> | <b><i>1/23</i></b><br><b><i>NO SCHOOL</i></b> | <b><i>1/24</i></b><br><b><i>NO SCHOOL</i></b> | <b><i>1/25</i></b><br><b><i>NO SCHOOL</i></b> | <b><i>1/25</i></b><br><b><i>NO SCHOOL</i></b> |

***[CLICK HERE FOR SOTA STREAM](#)***

*Quarter End Dates*  
*(4 report card periods)*  
**2023-2024**

~~**Q1: Thursday, November 9, 2023**~~

~~**Q2: Friday, January 26, 2024**~~

**Q3: Friday, April 12, 2024**

**Q4: Tuesday, June 25, 2024**



Demario Strickland  
Deputy Superintendent of Teaching and Learning



November 20, 2023

Dear Families of RCSD Students in Grades 6-8,

We want to make you aware of two new policies that were approved by the Board of Education in August:  
Promotion and Retention Policy 4750 and Grading Systems Policy 4710.

Promotion and Retention

Starting this school year, students in grades 7 and 8 who fail two or more subjects will not be promoted without a viable plan that shows they can meet grade-level standards. What this means is students who do not receive a final average of 65% or higher in their core classes (English Language Arts, math, science, and social studies) will be required to attend summer school.

As a school community, we are responsible for ensuring students are prepared for secondary school and beyond. Passing these courses and completing assignments are important for academic success and future opportunities.



REMINDER

***Students who fail two subjects shall have their cases considered on an individual basis through a case conference approach described above. Students who fail more than two subjects should not be promoted for the year without a viable plan that shows the student can access and show they can meet grade-level standards.***

**High  
Honor Roll  
w/  
Distinction  
:**

***All A's - GPA 4.0+***

**High  
Honor  
Roll:**

***All A's and B's - GPA  
3.5+***

**Honor  
Roll:**

***All A, B, C - GPA 3.2+***

Grade Scale

Special Codes

Form

**Name:** Default

**Description:** The default grade scale. Used t  
default selection for new courses. This is use

| GRADE LABEL | DESCRIPTION   | PERCE |
|-------------|---------------|-------|
| A+          | Superior      | 94.5  |
| A           | Excellent     | 89.5  |
| B+          | Very Good     | 84.5  |
| B           | Good          | 79.5  |
| C+          | Above Average | 74.5  |
| C           | Average       | 69.5  |
| D           | Below Average | 64.5  |
| F           | Failure       | 50    |
| Z           | Below 50      | 0     |

# Tutoring Info

## Additional Tutoring Available

**Process:** Students must contact the teacher the **day prior** to coming in early or staying after school. Please let the teacher know you will need a bus pass. Schedule may change- please make sure to contact teachers.

**AM-** Arrive at the front doors between 7:05-7:25 AM, sign in and go through security, report to the tutoring location (teacher will let you know when you let them know you are coming), if you want breakfast- leave tutoring location at 8 AM and report to the cafeteria.

**PM-** you must report directly to the tutoring location, do not leave the building because you will not be allowed to re-enter.

### Morning 7:15-8:15 am

### Afternoon 3:30-4:30 pm

#### Monday

Sheffer- Alg, MS Science, Liv Env  
Tillotson- Glob I & II, MS Soc Stud.  
Fiorella- OCR, MS ELA

Sheffer- MS Sci, Liv Env  
Kays- all Science, Alg  
Beasley- MS Sci, Liv Env, E Sci  
Zingaro- ELA and ELL support

#### Tuesday

Kays- All Science, Algebra  
Kraeger- Chemistry  
Kumar- Alg and Alg II, AP Calc  
Tillotson- Glob I & II, MS Soc Stud.  
Fiorella- OCR, MS ELA

Beasley- MS Sci, Liv Env, Earth Sci  
Ballestas- ELL support and ELA  
Kumar- Alg, Alg II, AP Calc  
Kraeger- Chemistry  
Pasqualucci – MS Science  
Zingaro- ELA and ELL support  
Driscoll- Algebra

#### Wednesday

Kays- All Science  
Sheffer- Liv Env, MS Sci, Alg  
Tillotson- Glob I & II, MS SS  
Fiorella- OCR, MS ELA

Beasley- MS Sci, Liv Env, Earth Sci  
Ballestas- Ell support and ELA  
Ferindino- Alg, MS Math  
Dinicola- Fin Alg, Alg  
Harris- Gen Chem, Gen Physics, MS S  
Keihl- HS ELA  
Sheffer- Liv Env, MS Sci  
Tillotson- Glob I & II  
Branca- AP Seminar

#### Thursday

Kraeger- Chem  
Kumar - Alg, Alg II, AP Calc  
Tillotson- Glob I & II  
Fiorella- OCR, MS ELA

Ballestas- ELL Support and ELA  
Kays- All Science  
Kumar- Alg, Alg II, AP Calc  
Kraeger- Chem  
Pasqualucci- MS Sci, Liv Env

**Saturday Dates:** 9 am – 12 pm on: November 4 & 18, December 2 & 16, January 6 & 20 (email to [Kelly.nicastro@rcsdk12.org](mailto:Kelly.nicastro@rcsdk12.org))

# February 2024

| Sunday | Monday   | Tuesday   | Wednesday  | Thursday   | Friday              | Saturday                 |
|--------|--|---|--|--|---------------------|--------------------------|
| 28     | 29   |   |  | 1<br><b>AM</b><br>Fiorella, Kraeger, Kumar<br>Tillotson<br>PM<br>Ballestas, Kays, Kraeger<br>Kumar, Pasqualucci  | 2                   | 3<br>Morrow<br>Padilla   |
| 4      | 5<br><b>AM</b><br>Fiorella, Sheffer, Tillotson<br>PM<br>Kays, Sheffer, Zingaro             | 6<br><b>AM</b><br>Fiorella, Kays, Kraeger, Kumar<br>Tillotson<br>PM<br>Ballestas, Branca, Driscoll, Kraeger<br>Kumar, Pasq, Zingaro   | 7<br><b>NO TUTORING</b>  | 8<br><b>AM</b><br>Fiorella, Kraeger, Kumar<br>Tillotson<br>PM<br>Ballestas, Kays, Kraeger<br>Pasqualucci         | 9                   | 10<br>DiNicola<br>Morrow |
| 11     | 12<br><b>AM</b><br>Fiorella, Sheffer, Tillotson<br>PM<br>Kays, Kraeger, Sheffer<br>Zingaro | 13<br><b>AM</b><br>Fiorella, Kays, Kraeger, Kumar<br>Tillotson<br>PM<br>Ballestas, Branca, Driscoll, Kraeger<br>Kumar, Pasq, Zingaro  | 14<br><b>AM</b><br>Kays, Sheffer, Tillotson, Fiorella<br>PM<br>Ballestas, Branca, DiNicola, Ferindino<br>M. Harris, Keihl, Sheffer, Tillotson, Zingaro | 15<br><b>AM</b><br>Fiorella, Kraeger, Kumar<br>Tillotson<br>PM<br>Ballestas, Kays, Kumar<br>Pasqualucci          | 16                  | 17                       |
| 18     | 19<br><b>NO SCHOOL</b>   | 20<br><b>RECESS</b>   | 21<br><b>RECESS</b>  | 22<br><b>RECESS</b>  | 23<br><b>RECESS</b> | 24                       |
| 25     | 26<br><b>AM</b><br>Fiorella, Sheffer, Tillotson<br>PM<br>Kays, Sheffer, Zingaro            | 27<br><b>AM</b><br>Fiorella, Kays, Kraeger, Kumar<br>Tillotson<br>PM<br>Ballestas, Driscoll, Kraeger<br>Kumar, Zingaro  | 28<br><b>AM</b><br>Kays, Sheffer, Tillotson, Fiorella<br>PM<br>Ballestas, Branca, DiNicola, Ferindino<br>M. Harris, Keihl, Sheffer, Tillotson, Zingaro | 29<br><b>AM</b><br>Fiorella, Kraeger, Kumar<br>Tillotson<br>PM<br>Ballestas, Kays, Kumar<br>Kraeger, Pasqualucci | 1                   | 2                        |
| 3      | 4  | <p><b>Notes:</b></p> <p><i>Process: Students must contact the teacher the <b>day prior</b> to coming in early or staying after school. Please let the teacher know you will need a bus pass.</i></p> <p><i>AM- Arrive at the front doors between 7:05-7:25 AM, sign in and go through security, report to the tutoring location (teacher will let you know when you let them know you are coming), if you want breakfast- leave</i></p> |  |  |                     |                          |

GO SILVERHAWKS! [https://twitter.com/SOTA\\_Athletics](https://twitter.com/SOTA_Athletics)



**The RCSD Department of Health, Physical Education and Athletics would like to inform all student athletes of a few steps you will need to do in order to be ready to participate in any sports season:**

*Re-qualification is required of all athletes.*

- **Make sure you log into Family ID and register for a team.**
- **Students must have an updated physical exam within the last year prior to registering with Family ID.**
- **If a student needs an updated physical exam, and they don't have a primary care provider currently, please contact URMC, Rochester Regional and/or Jordan Health Center for assistance with scheduling an exam for the immediate future.**
- **Additional locations where families can receive a physical exam are available here.**

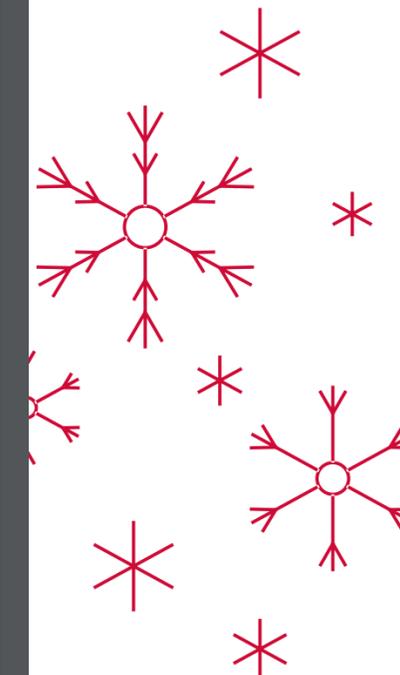
**Keep up to date on sporting events for SOTA-hosted teams HERE  
All other RCSD sporting event schedules are available HERE**

*Your paragraph text*

SPORTS

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
|  |  |  | 1<br>French Toast<br>Assorted Cereal                      | 2<br>Ultimate Breakfast Round<br>Assorted Cereal                                      |
| 5<br>Oatmeal Apple<br>Cinnamon Bar<br>Assorted Cereal                             | 6<br>Breakfast Bagel w/Eggs<br>and Turkey Breakfast<br>Sausage<br>Assorted Cereal   | 7<br>Maple Waffle w/Chicken<br>Sausage Sandwich<br>Assorted Cereal                  | 8<br>Breakfast Pizza<br>Assorted Cereal                   | 9<br>Cherry Vanilla Yogurt<br>Assorted Cereal   |
| 12<br>Apple Benefit Bar<br>Assorted Cereal  | 13<br>Breakfast Bagel<br>w/Mozzarella & Eggs<br>Assorted Cereal                     | 14<br>Egg & Cheese on English<br>Muffin<br>Assorted Cereal                          | 15<br>Buttery Maple Snack'n<br>Waffles<br>Assorted Cereal | 16<br>Ultimate Breakfast Round<br>Assorted Cereal                                     |
| 19<br><b>President's Day</b><br>All facilities closed                             | 20<br><b>No School</b><br>February Recess   | 21<br><b>No School</b><br>February Recess   | 22<br><b>No School</b><br>February Recess                 | 23<br><b>No School</b><br>February Recess   |
| 26<br>Oatmeal Apple<br>Cinnamon Bar<br>Assorted Cereal                            | 27<br>Turkey Sausage Egg &<br>Cheese Breakfast Pocket<br>Assorted Cereal            | 28<br>French Toast Sticks<br>Assorted Cereal  | 29<br>Breakfast Pizza<br>Assorted Cereal                  |  |

**Items offered Daily:**  
 Choice of: Milk: Skim, 1%, Fat Free Chocolate, Fat Free Strawberry  
 Sun Butter & Jelly Sandwich  
 Fruit. Assorted Whole Grain Cereal





 **LUNCH**

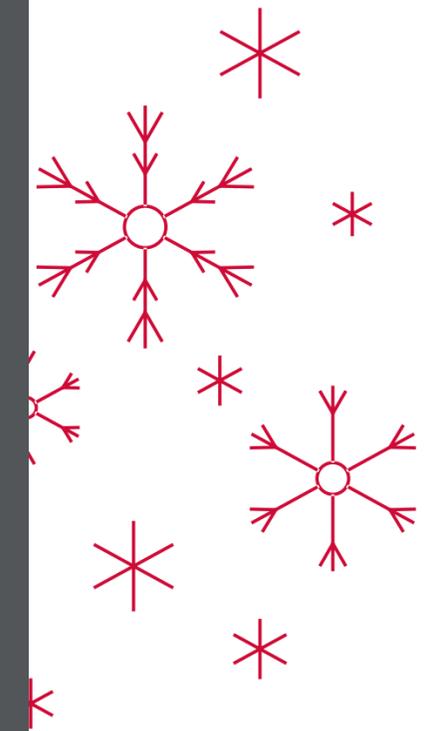
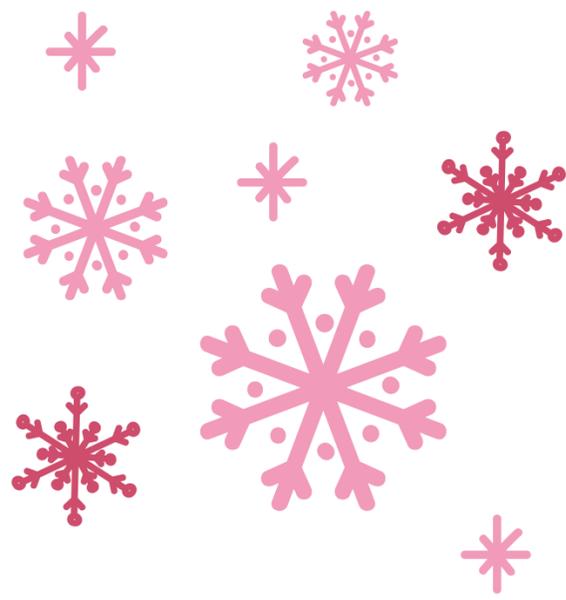
# FEBRUARY 2024

## RCSD Middle School Lunch Menu

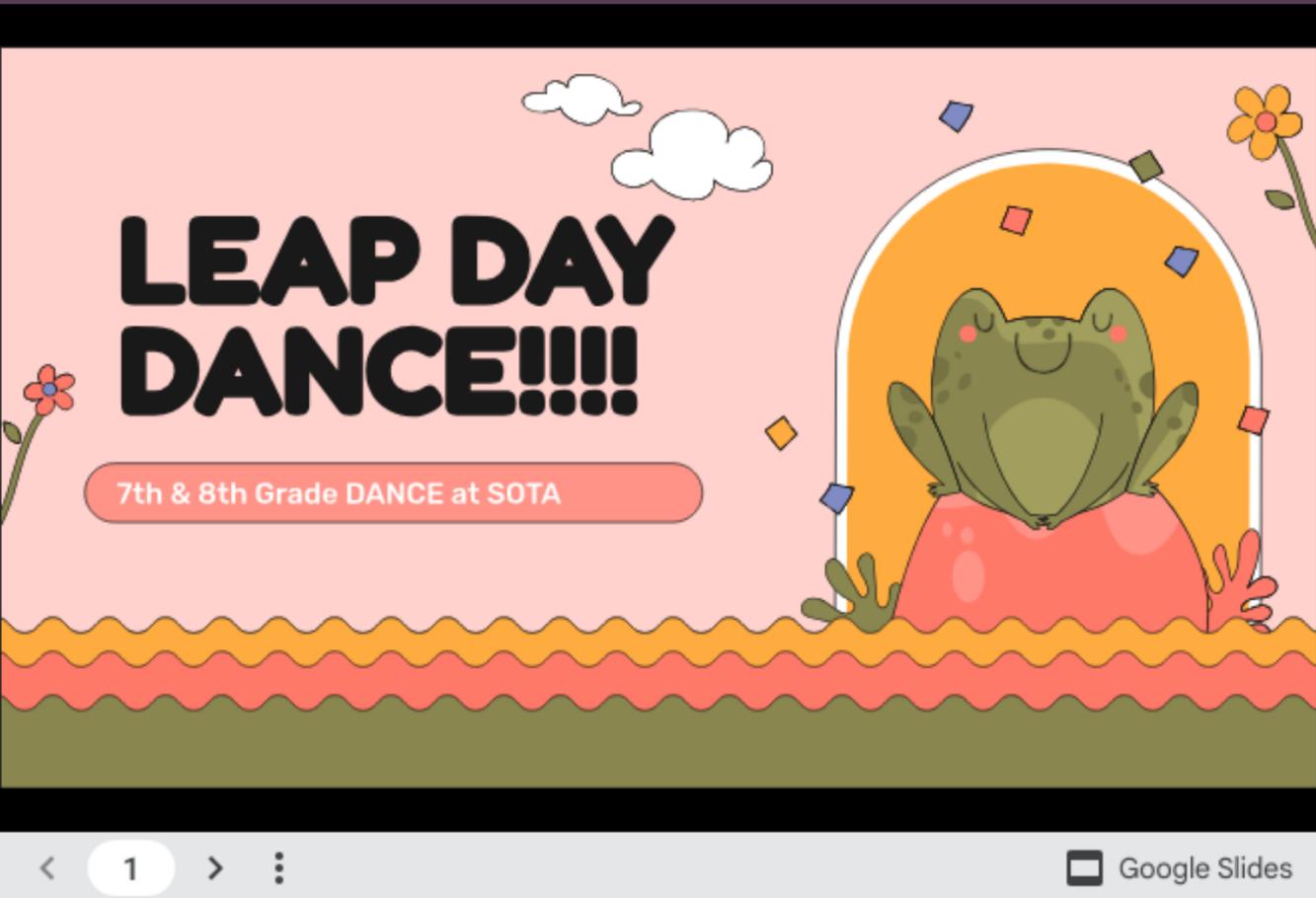
*employer. Menu items are subject to change at any time.*  
RCSD is an equal opportunity employer. Menu items are subject to change at any time.

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
|         |                            |      |    |         |
| Big Daddy Pizza<br>Turkey Pepperoni Pizza<br>Pizza Crunchers<br>Steamed Corn              | Cheeseburger Calzone<br>Popcorn Chicken w/Breadstick<br>Steamed Green Beans                                   | Big Daddy Pizza<br>Sweet & Sour Chicken w/Rice<br>Turkey Pepperoni Pizza<br>Baked Beans | Grilled Cheese Sandwich<br>Hamburger<br>Steamed Green Beans                           | Big Daddy Pizza<br>Chicken Nuggets w/Breadstick<br>Turkey Pepperoni Pizza<br>Fresh Carrots |
|        |                            |      |    |         |
| Big Daddy Pizza<br>Turkey Pepperoni Pizza<br>Pizza Crunchers<br>Steamed Corn              | Cheeseburger Calzone<br>Popcorn Chicken w/Breadstick<br>Steamed Green Beans                                   | Big Daddy Pizza<br>Sweet & Sour Chicken w/Rice<br>Turkey Pepperoni Pizza<br>Baked Beans | Beef Chili w/Corn Muffin<br>Hamburger<br>Baked Potato Rounds                          | Big Daddy Pizza<br>Turkey Pepperoni Pizza<br>Walking Tacos<br>Fresh Carrots                |
|        |                            |      |    |         |
| Big Daddy Pizza<br>Smoked BBQ Turkey Sandwich<br>Turkey Pepperoni Pizza<br>Baked Beans    | Breaded Chicken Drumsticks<br>w/Cornbread Poppers<br>Grilled Chicken Sandwich on a Bun<br>Steamed Green Beans | Big Daddy Pizza<br>Pasta & Meatballs<br>Turkey Pepperoni Pizza<br>Steamed Corn          | Cheeseburger<br>Baked Potato Rounds   | Big Daddy Pizza<br>Turkey Pepperoni Pizza<br>Baked Potato Rounds                           |
|      |                          |    |  |       |
| <b>President's Day</b><br><b>All facilities closed</b>                                    | <b>No School</b><br><b>February Recess</b>  | <b>No School</b><br><b>February Recess</b>  | <b>No School</b><br><b>February Recess</b>  | <b>No School</b><br><b>February Recess</b>   |
|      |                          |    |  |       |
| Big Daddy Pizza<br>Turkey Pepperoni Pizza<br>Popcorn Chicken w/Breadstick<br>Steamed Corn | Cheese Pizza Stromboli<br>Grilled Chicken Sandwich on a Bun<br>Steamed Green Beans                            | Big Daddy Pizza<br>Cheeseburger<br>Turkey Pepperoni Pizza<br>Baked Beans                | Cheeseburger<br>Stuffed Cheese Sticks<br>Baked Potato Rounds                          |  |

**Items offered Daily:**  
Choice of Milk: **Skim, 1% White, Fat Free Chocolate, Fat Free Strawberry**  
**Sun Butter & Jelly Sandwich, Vegetables: Vegetable Station**



**DANCE!!!!**



**LEAP DAY DANCE!!!!**

7th & 8th Grade DANCE at SOTA

Google Slides

PTSO SPONSORED  
7TH & 8TH  
GRADE



INCENTIVE  
**LEAP DAY DANCE**

FEATURING:

DJ HIGGINS  
GAMES  
FACE PAINT  
PHOTOBOOTH

**GLOW party**



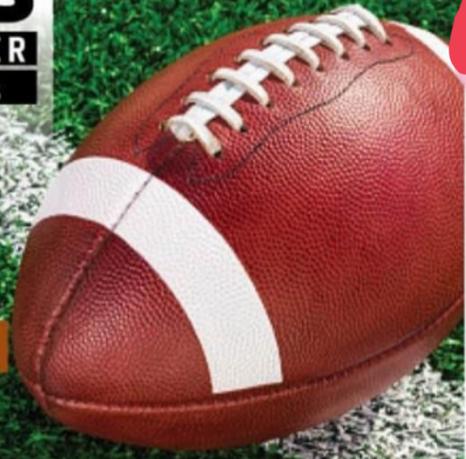
**TICKET SALES: 2/12 - 2/16**  
**COST: \$5 (PIZZA & POP)**  
**DATE: FEBRUARY 29TH, 2024**  
**TIME: 4:00 - 6:30PM**  
**@ SOTA**



REMINDER:  
BE ON TIME  
BE PASSING ALL  
CLASSES IN MP3  
NO ISS/OSS/CARRE  
NO SKIPPING



**FREE**



# MIDDLE & HIGH SCHOOL FOOTBALL TRAINING

January 10 through March 27, 2024

**Block Club II Lineman  
Football Training w/  
Jarron Jones**

**WEDNESDAYS, 6 - 7:30 P.M.**

Jan. 10 – Feb. 7

**Football Skill  
Development &  
Strength Training**

**WEDNESDAYS, 6 - 7:30 P.M.**

Feb. 14 – Mar. 27

**TRAINING LOCATION:**

**Rochester Community Sports Complex**  
460 Oak St.

**REGISTRATION:**

**Register on R-Central** under  
Rochester Community Sports Complex  
ONLINE RESERVATIONS ONLY. **NO WALK INS.**

**Questions?** Contact: [Norman.Jones2@cityofrochester.gov](mailto:Norman.Jones2@cityofrochester.gov)

FOR YOUTH  
AGES 13-18



**Rcentral** online

Visit [cityofrochester.gov/r-central](http://cityofrochester.gov/r-central)



Malik D. Evans, Mayor  
City of Rochester, NY • Rochester City Council

Football Training

# Essay Contest



YOUR  
**Power**  
THROUGH  
**Words**

National Girls & Women in  
Sports Day

**Essay  
Contest**

For details visit:  
[www.sportforeverygirl.com](http://www.sportforeverygirl.com)

***The Sport Management Department at St. John Fisher University is reaching out with an opportunity for your female students. Since 1987, Congress has recognized the first Wednesday in February as the National Girls and Women in Sports Day. The celebration next year will be on Wednesday, February 7.***

***As a way to raise awareness at a local level, we are pleased to announce our 15th Annual Essay Contest. Any girls in grades K-12 are eligible to submit an entry.***

***The flier that provides the essay themes, grade level requirements, and submission details can be downloaded and printed from our website***

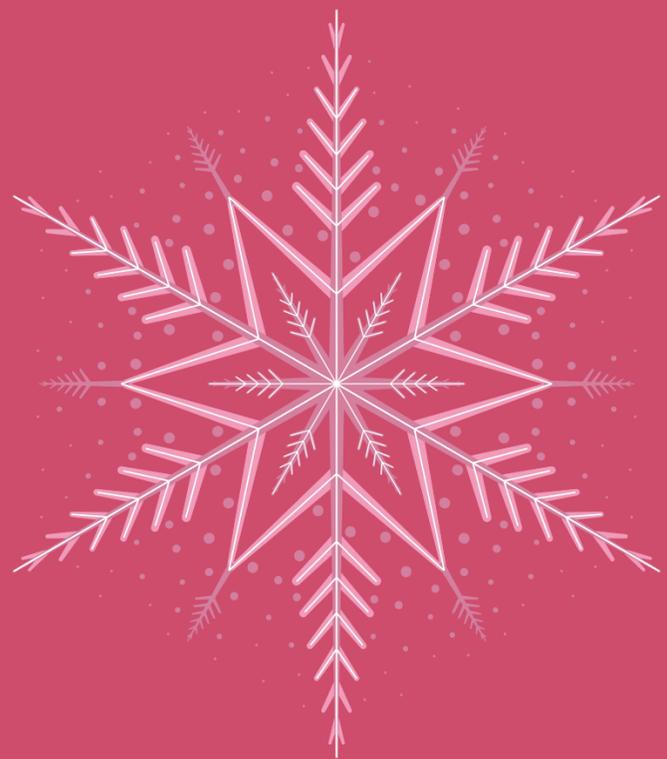
***<http://www.sportforeverygirl.com> and is also included below. Winners will be selected by a NGWSD committee at St. John Fisher, and will be announced on our website on February 7, 2024. Awards will be mailed out to individual winners and honorable mentions.***

***Submissions must be postmarked or emailed to [ngwsd@sjfc.edu](mailto:ngwsd@sjfc.edu) no later than January 31, 2024. If you would like more information regarding the essay contest, please contact Emily Dane-Staples, Professor of Sport Management, at (585) 899-3808 or send an email to [ngwsd@sjfc.edu](mailto:ngwsd@sjfc.edu). You can also visit our website at:***

***<http://www.sportforeverygirl.com>***

*Teen Programming opportunity*

*YMCA*



***Hello School of the Arts,***

***My name is Michael Brooks, I'm a youth engagement associate at the Maplewood YMCA. I'd love your help to get the word out to your youth about our teen center.***

***Our program is for ages 12-18 years old (or 7<sup>th</sup> -12<sup>th</sup> grade) from 2:00 - 7:00 PM M-F and is FREE and open to NON-MEMBERS! This center gives teens a safe place after school. We provide a free hot meal every day from 5:00-6:00PM. I've attached our schedule where you will see the different activities we offer.***

***Wednesday at 6:00 PM we provide a financial literacy (Money Smart) class taught by a tax firm called Capital Tax and Finance. Also attached is our registration form that would need to be filled out by a parent or guardian and turned into the front desk.***

***If you have any questions my office number is listed below or feel free to email me.***

***Michael Brooks***

***Youth Engagement Associate***

***YMCA of Greater Rochester- Community Services Division***

***25 Driving Park | Rochester, NY | 14613***

***Office: 585-263-4239***

***YMCA – “Make sure that everyone regardless of age, income, or***

***background, has access to Y programs”***

Maplewood YMCA

Maplewood Registration  
form

Teen Calendar



**FREE TEEN PROGRAMMING**

The Maplewood Teen Center and The Lewis Street YMCA Neighborhood Center are offering **FREE** teen programming for YMCA members age 12-18.

***The New York State Department of Environmental Conservation (NYSDEC) and the New York Water Environment Association (NYWEA) are sponsoring a poster contest that is open to all middle school students (grades 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>). The theme of the contest is “Create a Watershed Super Hero.” This poster contest is an excellent tool for teaching about various water issues and environmental issues.***

***Each contest participant will receive a certificate of recognition. Fourteen winners have the honor of having their artwork in a calendar which will be distributed across New York State. The winners will also receive their framed poster and an invitation to their local NYWEA chapter event.***

***Please see the Poster Contest Announcement for instructional resources on these topics. You can find additional information on NYSDEC’s website at [www.dec.ny.gov/education/32108.html](http://www.dec.ny.gov/education/32108.html) or NYWEA’s website at [www.nywea.org](http://www.nywea.org). The deadline for submitting posters is Friday, January 12, 2024. Questions regarding the poster contest should be directed to Cassandra Davis by phone at (518) 402-8086 or by email at [cassandra.davis@dec.ny.gov](mailto:cassandra.davis@dec.ny.gov).***

***We are looking forward to receiving your students’ posters. Please feel free to share this letter and the flyer with fellow teachers and students. Thanks for your commitment to conserve and protect the water in New York State!***



Department of  
Environmental  
Conservation



Games

homework HELP

# REC AT THE LODGE

FREE! Arts

## After School Recreation



**what:** Homework help, STEAM activities, group games, arts & crafts and more!

**when:** 3-7 PM, MON - FRI  
January 1 - June 21

**where:** Norton Village Lodge  
350 Waring Road

**FUN!**

Learn more!

contact Arianna.Thomas@cityofrochester.gov



**Rcentral** online

Register on R Central  
cityofrochester.gov/r-central



Malik D. Evans, Mayor  
City of Rochester, NY • Rochester City Council

**After school opportunity**



# R GUIDE

Winter 2023-24

**REGISTER TODAY**  
Programs Begin Dec. 1



*Brrrrring on fitness & fun!*



Malik D. Evans, Mayor  
City of Rochester, NY • Rochester City Council

## ***WORK PERMIT PROCESS***

***During the school year, permits are issued Tuesday through Thursday  
between the hours of 9:00AM – 2:00PM***



***TUESDAY - 4th Floor House Office***

***WEDNESDAY - 3rd Floor House Office***

***THURSDAY - 2nd Floor House Office***

***Between June 27th and September 6th, you will need to call your student's  
house office to make an appointment for a work permit  
(242-7682 for 7/8 grade x4000; 9/10 grade x2000; 11/12 grade x3000)  
Please bring completed applications, physical, and identification to the  
school and any of our clerical staff can help you.***

***Work Permit Fillable Form***

***Work Permit Physical Form***

# ROC YOUTH

3rd ANNUAL

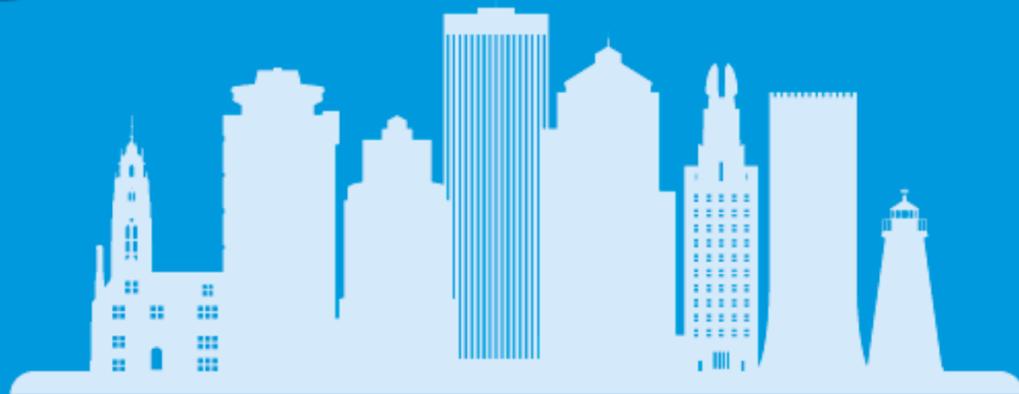
## Community Resource and Employment Fair

This community-based initiative brings together businesses, recruiters, and community agencies where youth ages 14-21 can discover employment opportunities and community resources. Parents, guardians, and mentors are encouraged to bring their youth.

Save the Date

WHEN: Saturday, March 23  
1 - 4 p.m.

WHERE: MCC Downtown Campus  
321 State St.



QUESTIONS: [Alvin.Simpson@cityofrochester.gov](mailto:Alvin.Simpson@cityofrochester.gov)

 Malik D. Evans, Mayor  
City of Rochester, NY • Rochester City Council

# Why Wait Until The Summer To Get A Job?



## ROC YOUR JOB YOUTH AFTER SCHOOL EMPLOYMENT PROGRAM

Earn \$15 an Hour During the School Year and Learn About Exciting Career Opportunities!

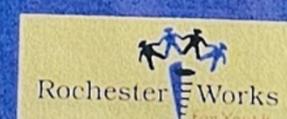
### Employment Qualifications

Rochester and Monroe County Students  
Ages 14-20 on May 31 of the Current Year

Currently enrolled in middle or high school or a TASC (GED) program

Meet the income requirement

Youth Jobs Starting  
January 2024!  
Apply Today at  
[RocYourJob.com](http://RocYourJob.com)



# **ROC YOUR JOB INFORMATION**

## **The Facts**

**Open to Rochester and Monroe County youth ages 14-20 as of May 31 of the current year.**

**Youth must be currently enrolled in middle school, high school, or a TASC (GED) program.**

**Similar to summer youth employment programs currently offered by RochesterWorks & the City of Rochester, but jobs are available during the school year.**

**Eligible youth apply for the program and are matched with an employer that meets their interests.**

**Per NYS funding guidelines, priority is given to low- and moderate-income families (under 200% Federal Poverty Rate). To see 2023-2024 Poverty Guidelines, [CLICK HERE](#).**

**Program will run from early 2024 until June 30, 2024.**

**Teens are eligible for and encouraged to participate in the Roc Your Job Youth After School Program as well as the Summer Youth Employment Program or Summer of Opportunity Program (SYEP/SOOP).**

**If you don't meet income requirements for the Roc Your Job Youth After School Employment Program, but are a City of Rochester resident, you qualify for the Summer of Opportunity Program. See [HERE](#).**

**Wages are subsidized through a \$1.9 Million grant from NYS.**

# TUTORING SCHEDULE (before school, after school, and select Saturdays)

Please check with your teachers before attending these sessions!

# Tutoring Available!

## February 2024

| Sunday | Monday  | Tuesday  | Wednesday   | Thursday  | Friday       | Saturday                 |
|--------|---|--|---|---|--------------|--------------------------|
| 28     | 29  |  |   | 1<br><b>AM</b><br>Fiorella, Kraeger, Kumar<br>Tillotson<br><b>PM</b><br>Ballestas, Kays, Kraeger<br>Kumar, Pasqualucci  | 2            | 3<br>Morrow<br>Padilla   |
| 4      | 5<br><b>AM</b><br>Fiorella, Sheffer, Tillotson<br><b>PM</b><br>Kays, Sheffer, Zingaro             | 6<br><b>AM</b><br>Fiorella, Kays, Kraeger, Kumar<br>Tillotson<br><b>PM</b><br>Ballestas, Branca, Driscoll, Kraeger<br>Kumar, Pasq, Zingaro   | 7<br>NO TUTORING  | 8<br><b>AM</b><br>Fiorella, Kraeger, Kumar<br>Tillotson<br><b>PM</b><br>Ballestas, Kays, Kraeger<br>Pasqualucci         | 9            | 10<br>DiNicola<br>Morrow |
| 11     | 12<br><b>AM</b><br>Fiorella, Sheffer, Tillotson<br><b>PM</b><br>Kays, Kraeger, Sheffer<br>Zingaro | 13<br><b>AM</b><br>Fiorella, Kays, Kraeger, Kumar<br>Tillotson<br><b>PM</b><br>Ballestas, Branca, Driscoll, Kraeger<br>Kumar, Pasq, Zingaro  | 14<br><b>AM</b><br>Kays, Sheffer, Tillotson, Fiorella<br><b>PM</b><br>Ballestas, Branca, DiNicola, Ferindino<br>M. Harris, Keihl, Sheffer, Tillotson, Zingaro | 15<br><b>AM</b><br>Fiorella, Kraeger, Kumar<br>Tillotson<br><b>PM</b><br>Ballestas, Kays, Kumar<br>Pasqualucci          | 16           | 17                       |
| 18     | 19<br>NO SCHOOL   | 20<br>RECESS   | 21<br>RECESS  | 22<br>RECESS  | 23<br>RECESS | 24                       |
| 25     | 26<br><b>AM</b><br>Fiorella, Sheffer, Tillotson<br><b>PM</b><br>Kays, Sheffer, Zingaro            | 27<br><b>AM</b><br>Fiorella, Kays, Kraeger, Kumar<br>Tillotson<br><b>PM</b><br>Ballestas, Driscoll, Kraeger<br>Kumar, Zingaro  | 28<br><b>AM</b><br>Kays, Sheffer, Tillotson, Fiorella<br><b>PM</b><br>Ballestas, Branca, DiNicola, Ferindino<br>M. Harris, Keihl, Sheffer, Tillotson, Zingaro | 29<br><b>AM</b><br>Fiorella, Kraeger, Kumar<br>Tillotson<br><b>PM</b><br>Ballestas, Kays, Kumar<br>Kraeger, Pasqualucci | 1            | 2                        |
| 3      | 4   | <b>Notes:</b><br><b>Process:</b> Students must contact the teacher the <b>day prior</b> to coming in early or staying after school. Please let the teacher know you will need a bus pass.<br><b>AM-</b> Arrive at the front doors between 7:05-7:25 AM, sign in and go through security. report to the tutoring location (teacher will let you know when you let them know you are coming). if you want breakfast- leave tutoring location at 8 AM and report to the cafeteria.<br><b>PM-</b> you must report directly to the tutoring location 3:30-4:30 PM, do not leave the building because you will not be allowed to re-enter.<br><b>SATURDAY- 9:00 - 12:00 PM</b> |   |   |              |                          |

# PAPER

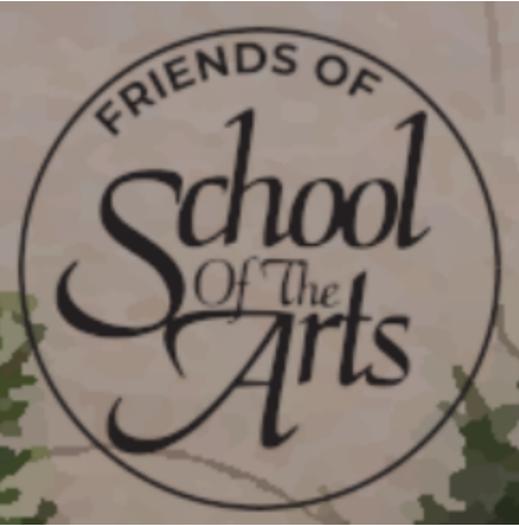
## 24/7 tutoring available now

- Unlimited 1:1 tutoring
- Writing feedback
- Multilingual tutors



→ [app.paper.co](https://app.paper.co)

# Parent and student resources



*RCS D Family Newsletter*



*Track daily attendance, review academic progress and communicate directly with teachers and district staff as well as get the latest news updates, social media posts, notifications and more, all from your mobile device. Download the PowerSchool app to any Android or Apple device to access these many helpful tools anytime, anywhere. For additional login information and/or assistance, [click here](#).*

STUDENT  
CLUBS  
AND  
ORGANIZATIONS



Update  
Contact Info



**PLEASE UPDATE STUDENT  
CONTACT INFORMATION  
HERE...**

# R ❄️ GUIDE

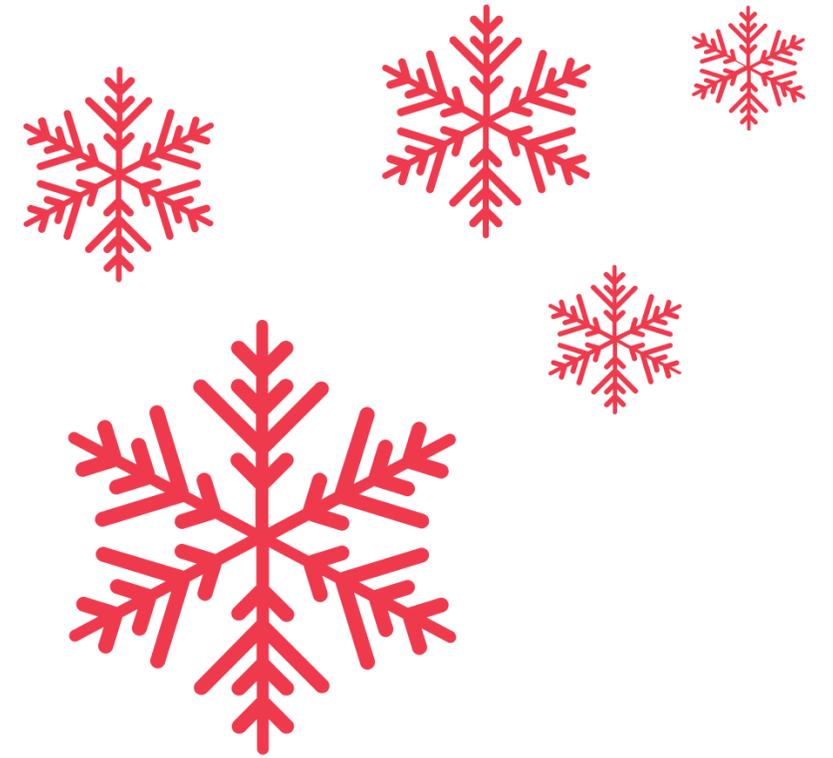
Winter 2023-24

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Canva

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## SUPERINTENDENT'S REPORT

Dr. Carmine Peluso



January 25, 2024

# Community Resources

**211 Resources for food, clothing, employment, shelter**

*Mobile Health Crisis Support*

**RCSD Support Services**

**Community Mental Health Resources**

***\*Center for Youth Services (271-7670) \*\*provides over-the-phone support, Safe Place locations and referrals for additional community supports.\****

***\*Text "Got5" to 741741 for free, 24/7 confidential crisis support by text\****

# Meet your SOTA School Counselors

What is the Role of the School Counselor?  
The SOTA School Counselors provide Academic Counseling and assist with Career and Post-Secondary Planning and Social-Emotional development for ALL students.



**Mrs. Heather Kelly**

**Grades 7-9**

**Last Names A-J**

**[heather.kelly@rcsdk12.org](mailto:heather.kelly@rcsdk12.org)**

**(585) 242-7682 X 4320**



**Ms. Dorgan**

**Grades 7-9**

**Last Names K-Z**

**[Maggie.Dorgan@rcsdk12.org](mailto:Maggie.Dorgan@rcsdk12.org)**

**(585) 242-7682 X 4240**

