



*Foundation Academy Newsletter*

*Happy New Year!*

*Make way for 2024!*

SEL

(social emotional learning)

This week let's talk about



Growth Mindset



**There**  
is a  
**difference**  
in not  
**knowing**  
and not  
knowing  
**YET.**

*-Shelia Tobias*

IF AT  
FIRST  
• YOU DON'T •

*Succeed*

YOU'RE  
NORMAL!

KID PRESIDENT

It does not matter  
how slowly you go  
so long as you do  
not stop.

- Confucius



# Growth Mindset

## GROWTH MINDSET

the belief that abilities can be developed through commitment and hard work

## FIXED MINDSET

the belief that our basic qualities (like intelligence and talents) are fixed traits which can't be changed



# What's Happening at SOTA!



Keep up to date on sporting events for SOTA-hosted teams [HERE](#)

STUDENT  
CLUBS  
ORGANIZATIONS

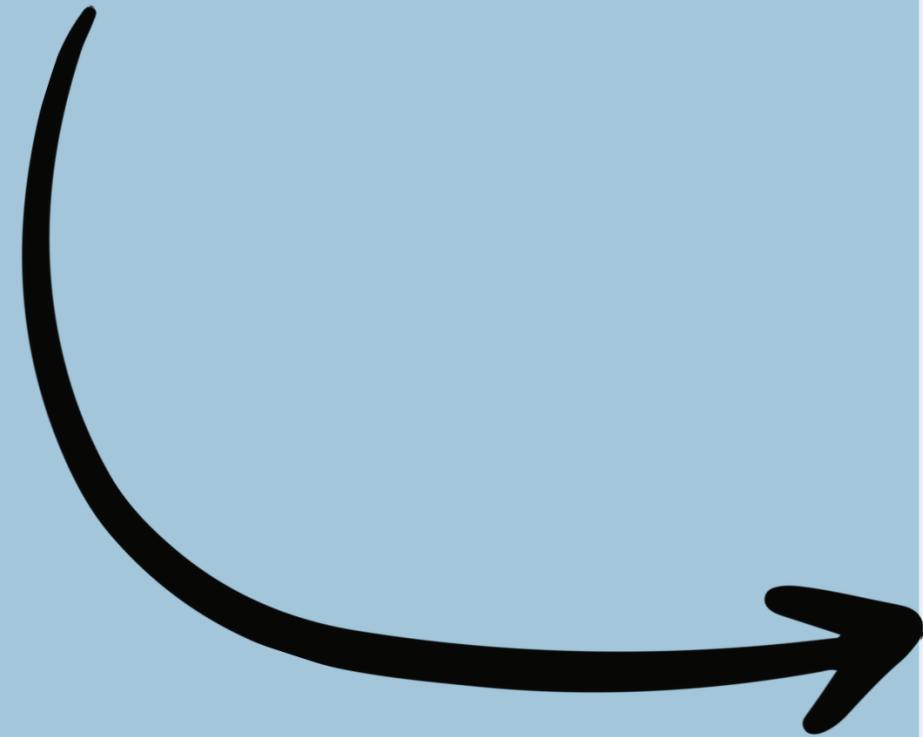
AND

*SOTA Calendar*

CLICK  
HERE

BOX OFFICE

**Attention!**



**PARENT TEACHER  
CONFERENCES**

**JANUARY 11TH  
5-7PM**



*School  
Of The  
Arts*

# Letter Days 1/2024

Mon	Tues	Wed	Thurs	Frid
No School	1/12 A	1/13 B	1/14 C	1/15 D
1/18 A	1/19 B	1/20 C	1/21 D	1/22 A

[CLICK HERE FOR SOTA STREAM](#)

# Letter Days 1/2024

Mon	Tues	Wed	Thurs	Frid
1/15 No school	1/16 B	1/17 C	1/18 D	1/19 A
1/22 B	1/23 C	1/24 D	1/25 A	1/25 B

[CLICK HERE FOR SOTA STREAM](#)

# Quarter End Dates

(4 report card periods)

## 2023-2024

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

Q 2: Friday, January 26, 2024

Q3: Friday, April 12, 2024

Q4: Tuesday, June 25, 2024

<b>High Honor Roll w/ Distinction:</b>	<b>All A's- GPA 4.0+</b>
<b>High Honor Roll:</b>	<b>All A's and B's- GPA 3.5+</b>
<b>Honor Roll:</b>	<b>All A, B, C- GPA 3.2+</b>

Grade Scale	Special Codes	Form
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**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

# Honor Roll Quarter 1

## High Honor Roll with Distinction

7th Grade		8th Grade		9th Grade	
Langley	Able-Kehoe	Tri Minh	Au	Kemari	Afflick
Theodore	Austin	Malcolm	Camaione-Lind	Jeremias	Baez
Logan	Bennett	Khadajah	Clarke	Lyla	Ballou
Xioan	Borrero Cruz	Khaleyah	Clarke	Zoe	Barman
Imani	Brown	Xpytial	Conner	Kaniya	Breedlove
Eliza	Buzzell	Zoe	DeBlieck	Colden	Buzzell
Bronwyn	Capps	Graham	Fetter	Lucy	Everson
Benjamin	Cashner	Ajna	Green	Tori	Felton
Elliott	Curran	Nellie	Griepsma	Isabella	Guerra
Matthew	Cutaia	Saida	Gustafson	John	Hall
Abrehet	Doris-Eaton	Derickah S-ysland	Love-Reed	Chantal	Hatungimana
Adelaide	Egling	Sheresa	McCarthy	Matthew	Howland
Farren	Gibson	McKenzie	Peers	Charizma	Jean
Julius	Marshall	Hazel	Peltz	Abigail	Nickoloff
Henry	Martinen	Francesca	Reiss	Kaan	Ozer
Molly	McKenna	Natalia	Rosato	Lola	Perotti
Alexander	Medina	Mary Grace	Thomas	Emily	Quintana

## High Honor Roll with Distinction 7th Grade 8th Grade 9th Grade

Lucas	Nieves			Joshua	Rosario
Matilda	Profit-Newcomb			Natalia	Sierra-Wardlow
June	Rogers			Elani	Williams
Jillian	Sahmel			Addison	Zimmerman
Kaveen	Smith				
Maya	Sosof Lupien				
Taylor	Temple				
Miles	Warren				
Abel	Woodshie				

## High Honor Roll

<i>7th Grade</i>		<i>8th Grade</i>		<i>9th Grade</i>	
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Jair	Davis	Skylar	<u>Bashnick</u>	Gavin	Albert
Legacy	Davis	Adelaide	Burleigh	Arianna	Barone
Alcida	Enck	Zahir	Cerami	Lucien	Benoit
Janayja	Garris	Jermaine	Colon	Justice	Brandon
Zaafir	Gibbs	Kenya	Davis	Amaya	Bruff
<u>Zamilah</u>	Green	Hunter	Edwardsen	Azarya	Burke
Kiernan	Hall	Zaya Sol	Fox Muniz	Eli	Case
Alanna	Hall-DiLella	Lincoln	<u>Fricon</u>	Aisha	Chinchilla
Layne	Hine	Lauryn	Gibson	Delaney	Cranmer
Kalai	Holt	Masyn	Greenaway	Branden	Dickerson
Audrey	<u>Honadle</u>	Barabbas	Hall	Eva	Figuroa-Ragland
<u>Allahya</u>	Howard	Anais	<u>Lazardeux</u>	<u>Li'Nyah</u>	Flood
Sofia	Ketchum	Jonathon	Lewis	Juliette	Flores Bauzo
Elle	McKibben	Cherish	Lovett	Nissa	George
<u>Shairiany</u>	Morales Diaz	Arianna	Lumpkins	<u>Promysse</u>	Hagood
	<u>Nabirumbi</u>				
Mariam	<u>Yunusu</u>	Myka	Lynch	Leo	Hogan-Roy
Lorelei	Nagel	Molly	Maloy	Tori-Elise	Jackson
Jude	Naoum	Clara	McCloud	Kerl	Jeanty
<u>Dorianys</u>	Ortiz Davila	Sinaya	McFall	Amir	Johnson
Namiah	Parker	Mariam	Mohamed	Maya	Kelley
Sevina	Patel	<u>Soutsada</u>	<u>Mounphoxay</u>	<u>Andre'a</u>	Kelly
<u>Onabella</u>	Pavone	Evan	Oldenburg	<u>Jai'Onni</u>	Macon-Smith

## High Honor Roll

<i>7th Grade</i>		<i>8th Grade</i>		<i>9th Grade</i>
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Kaelyn	Phillips	Kaitlyn	Pacheco	Faith	McClain
Kris	Quiles	Amani	Perez-Rivera	Aiden	McDonald
Nicole	Reyes	Lydia	Perotti	Brendan	McKibben
Elijah	Rios Santiago	Avery	Robinson	Rosaria	Middlebrooks
			Rodriguez		
<u>Kenaly</u>	Rivera	Derek	Gonzalez	Denise	<u>Nivirera</u>
Iris	Rollins	Yadira	Rodriguez	Karina	Peterson
Gael					
Renato	Salinas-Miner	Silas	Rowe	Asher	Profit-Newcomb
Lucas	Schafer	Abubakar	Simba	Dominic	Rollins
<u>Mykolaya</u>	Schafer	Chloe	Smythe	Nathanial	<u>Routly</u>
Joseph	Smith	Jade	Webb	Camila	Santos Rivera
<u>Yah'ziana</u>	Torres			Kenneth	Shipp
Livi	Truong			Eli	Smith
<u>De'Mariyah</u>	Underwood			Elizabeth	Soffa
Essence	Walker			Aurora	Soto
Khamani	Walker			Esperanza	Tarasuk
Finn	Walsh			Bereket	Tremblay
				Antwon	Washington
				Samari	Williams
				Ellie	Zeh

# Honor Roll

7th Grade		8th Grade		9th Grad
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Yazan	Al Faloje	Janay	Benford	Muktar	Abdi
Jaeda	Arroyo	Isabella	Burke	Asa	Artman
Adrianna	Baker	Christiano	Chinchilla Adam	Terrance	Banks
Norma	Beltran	Autumn	Eades	Stella	Barnosky
Austin	Bennett	Victoria	Edwards	Xionelys	Borrero
Samuel	Birrittella	Sieyana	Hubbard	Stephanie	Bukuru
Kynlee	Borges	Nehemie	Hyppolite	Ne'Vaeh	Coleman
Ra'mel	Boswell	Semajia	Jackson	Nia	Curry
Nola	Brown	James	Kane	Diamond	Diaz
Shy'Irra	Brown	Jadiel	LaViana	Cori'onna	Hatchett
Zy'Onia	Brown	Kayla	Lightle	Evelyn	Head
Nichele	Brown-Martin	Tyler	Manley	Jordan	Heggs
Oshyn	Campbell	Vianette	Mateo	Damarion	Johnson
Joel	Canales	Mason	Morgan	Noah	McGee
Adrianna	Colon	Edward	Morrison	Skyy	Nelson

## 7th

## 8th

## 9th

Julian	Cordero	Amoy	Oakley	Mariah	Paige
Scarlett	Court	Padauk	Oo	Iyanna	Ponder
Anavaliz	Cruz Gonzalez	Jacob	Pacheco	Connell	Presutti
Sha'Myra	Davis	Akeysha	Patterson	Ryan	Reynolds
Stephan	Farquharson	Zakiyah	Phelps	Robert	Rodgers
Zoe	Felix	Naely	Reveron	Axton	Rosario
Tian	Figueroa	Aaliyah	Ridgeway	Ja'nyiah	Rouse
Justice	Gantt	William	Robinson	Nyree	Smith
May	Halsey	Malaika	Sampson	Tavieh	Spann
Jordan	Hernandez	Al-Nasir	Sherman	Dayfshelle	Tapia
Reaunc'	Hunt	Ge'onna	Snow		
Brielle	Jackson	My'lesha	Tabon		
Daisy	Jenkins	Giana	Taylor-Scherzi		
Joselyne	Martinez	Abigail	Weeks		
Alani	Mattice	Zah'Rielle	Williams		
Na'Zarie	Mayhall	Katara	Yarde		

## 7th

Yazaira	Medina
Emily	Montero
Kamila	Morales Ortiz
Serenity	Nelson
Sylas	Newkirk
Jadalise	Ortolaza
Makayla	Pulley
Kamari	Rogers
Alexandria	Routly
Angelita	Sedan
Mileyka	Torres Rojas
Angel	Vasquez
Daejalle	Vasquez
Arianna	Williams
Haylee	Ziegler

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 UPMC, 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](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>New Year's Day (All facilities closed)</p>	<p><b>2</b></p> <p>Breakfast Burrito Egg, Sausage, Potato and Cheese Assorted Whole Grain Cereal</p>	<p><b>3</b></p> <p>Turkey Ham, Sausage, Cheese &amp; Egg Breakfast Flatbread Assorted Whole Grain Cereal</p>	<p><b>4</b></p> <p>French Toast Assorted Whole Grain Cereal</p>	<p><b>5</b></p> <p>Ultimate Breakfast Round Assorted Whole Grain Cereal</p>
<p><b>8</b></p> <p>Assorted Whole Grain Cereal  Oatmeal Apple Cinnamon Bar</p>	<p><b>9</b></p> <p>Breakfast Bagel W/ Eggs &amp; Turkey Breakfast Sausage Assorted Whole Grain Cereal</p>	<p><b>10</b></p> <p>Egg &amp; Cheese on English Muffin  Assorted Whole Grain Cereal</p>	<p><b>11</b></p> <p>Breakfast Pizza Assorted Whole Grain Cereal</p>	<p><b>12</b></p> <p>Cherry Vanilla Yogurt  Assorted Whole Grain Cereal</p>
<p><b>15</b></p> <p>Martin Luther King Jr. Day (All facilities closed)</p>	<p><b>16</b></p> <p>Breakfast Bagel w/Mozzarella &amp; Eggs Assorted Whole Grain Cereal</p>	<p><b>17</b></p> <p>Maple Waffle w/Chicken Sausage Sandwich Assorted Whole Grain Cereal</p>	<p><b>18</b></p> <p>Breakfast Egg, Turkey Sausage &amp; Cheese Uncrustable Assorted Whole Grain Cereal</p>	<p><b>19</b></p> <p>Ultimate Breakfast Round Assorted Whole Grain Cereal</p>
<p><b>22</b></p> <p>Assorted Whole Grain Cereal  Oatmeal Apple Cinnamon Bar</p>	<p><b>23</b></p> <p>Turkey Sausage Egg &amp; Cheese Breakfast Pocket  Assorted Whole Grain Cereal</p>	<p><b>24</b></p> <p>French Toast Sticks Assorted Whole Grain Cereal</p>	<p><b>25</b></p> <p>Breakfast Pizza Assorted Whole Grain Cereal</p>	<p><b>26</b></p> <p>Assorted Whole Grain Cereal  Cherry Vanilla Yogurt</p>
<p><b>29</b></p> <p>Banana Chocolate Chip Bar Assorted Whole Grain Cereal</p>	<p><b>30</b></p> <p>Breakfast Burrito Egg, Sausage, Potato and Cheese Assorted Whole Grain Cereal</p>	<p><b>31</b></p> <p>Turkey Ham, Sausage, Cheese &amp; Egg Breakfast Flatbread Assorted Whole Grain Cereal</p>		

**Items offered Daily:**  
Choice of Milk: Skim, 1% White, Fat Free Chocolate, Fat Free Strawberry  
Sun butter & Jelly Sandwich  
Fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>New Year's Day (All facilities closed)</p>	<p><b>2</b></p> <p>Chicken &amp; Cheese Empanada Grilled Chicken Sandwich on a Bun Baked Potato Rounds</p>	<p><b>3</b></p> <p>Big Daddy Pizza Crispy Chicken Patty Sandwich Turkey Pepperoni Pizza Baked Beans</p>	<p><b>4</b></p> <p>Grilled Cheese Sandwich Hamburger Steamed Green Beans</p>	<p><b>5</b></p> <p>Big Daddy Pizza Chicken Nuggets w/Breadstick Turkey Pepperoni Pizza Fresh Carrots</p>
<p><b>8</b></p> <p>Big Daddy Pizza Turkey Pepperoni Pizza Smoked BBQ Turkey Sandwich Steamed Corn</p>	<p><b>9</b></p> <p>Cheeseburger Calzone Popcorn Chicken w/Breadstick Steamed Green Beans</p>	<p><b>10</b></p> <p>Big Daddy Pizza Sweet-n-Sour Chicken w/Rice Turkey Pepperoni Pizza Baked Beans</p>	<p><b>11</b></p> <p>Grilled Chicken Sandwich Hamburger Baked Potato Rounds</p>	<p><b>12</b></p> <p>Big Daddy Pizza Walking Tacos Turkey Pepperoni Pizza Fresh Carrots</p>
<p><b>15</b></p> <p>Martin Luther King Jr. Day (All facilities closed)</p>	<p><b>16</b></p> <p>Big Daddy Pizza Baked Chicken w/Corn Poppers Turkey Pepperoni Pizza Pasta &amp; Meatballs Grilled Chicken Sandwich on a Bun Steamed Green Beans</p>	<p><b>17</b></p>	<p><b>18</b></p> <p>Cheeseburger Baked Potato Rounds</p>	<p><b>19</b></p> <p>Big Daddy Pizza Turkey Pepperoni Pizza Baked Potato Rounds</p>
<p><b>22</b></p> <p>Big Daddy Pizza Popcorn Chicken w/Breadstick Turkey Pepperoni Pizza Steamed Corn</p>	<p><b>23</b></p> <p>Cheese Pizza Stromboli Grilled Chicken Sandwich Steamed Green Beans</p>	<p><b>24</b></p> <p>Big Daddy Pizza Turkey Pepperoni Pizza Veggie Mac &amp; Cheese Turkey Hot Dog</p>	<p><b>25</b></p> <p>Cheeseburger Stuffed Cheese sticks Potato Round</p>	<p><b>26</b></p> <p>Big Daddy Pizza Turkey Pepperoni Pizza Walking Tacos Baked Potato Rounds</p>
<p><b>29</b></p> <p>Big Daddy Pizza Chicken Tenders w/Corn Poppers Turkey Pepperoni Pizza Steamed Corn</p>	<p><b>30</b></p> <p>Chicken &amp; Cheese Empanada Grilled Chicken Sandwich on a Bun Baked Potato Rounds</p>	<p><b>31</b></p> <p>Big Daddy Pizza Crispy Chicken Patty Sandwich Turkey Pepperoni Pizza Baked Beans</p>		

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

**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 CAMP  
OPPORTUNITY**

# 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.**

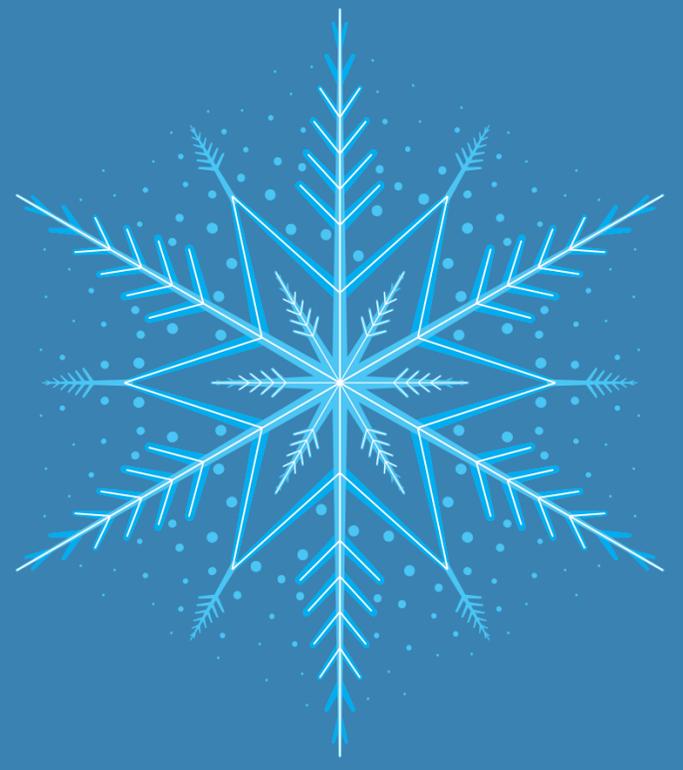
**Submissions must be postmarked or emailed to [ngwsd@sjfc.edu](mailto:ngwsd@sjfc.edu) no later than January 31, 2024. If you would like more information regarding the essay contest, please contact Emily Dane-Staples, Professor of Sport Management, at (585) 899-3808 or send an email to [ngwsd@sjfc.edu](mailto:ngwsd@sjfc.edu).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

A photograph of several teenagers playing basketball in a gymnasium. The background is a red wall. The text is overlaid on the image.

## 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.

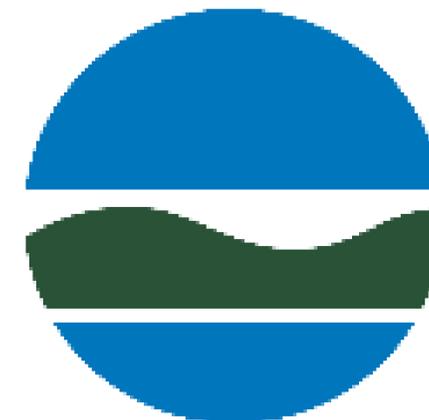
Each contest participant will receive a certificate of recognition. Fourteen winners have the honor of having their artwork in a calendar which will be distributed across New York State. The winners will also receive their framed poster and an invitation to their local NYWEA chapter event.

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



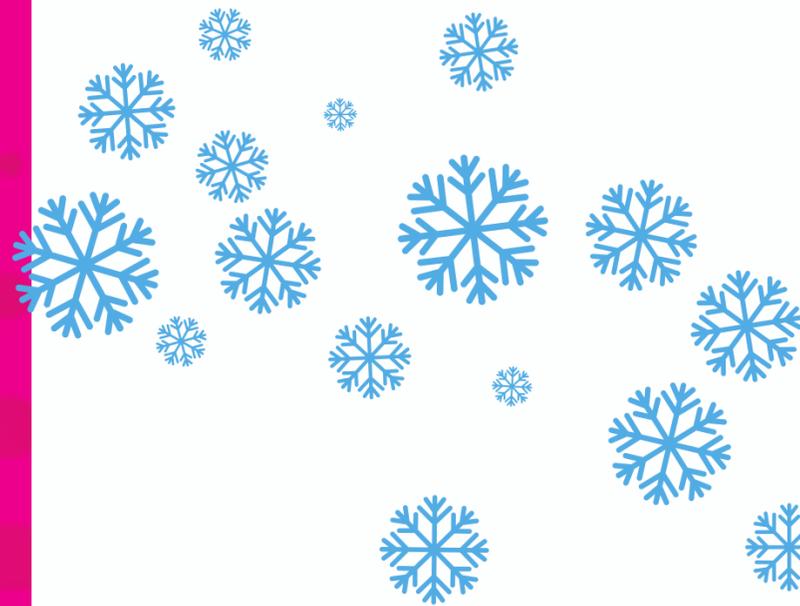
**Rcentral** online

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](#)**

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

Please check with your teachers before attending these sessions!

## January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 <b>AM</b> Kays, Tillotson, Fiorella <b>PM</b> Beasley, Ballestas, Kraeger Pasqualucci, Zingaro	3 <b>AM</b> Kays, Sheffer, Tillotson, Kraeger, Fiorella <b>PM</b> Beasley, Ballestas, Ferindino Dinicola, M. Harris, Keihl Sheffer, Tillotson, Branca	4 <b>AM</b> Kraeger, Kumar Tillotson, Fiorella <b>PM</b> Ballestas, Kays, Kumar Kraeger, Pasqualucci	5	6 Woodhams Nicastro Morrow
7	8 <b>AM</b> Sheffer, Tillotson, Fiorella <b>PM</b> Sheffer, Kays, Beasley Kraeger, Zingaro	9 <b>AM</b> Kays, Kraeger, Tillotson Fiorella <b>PM</b> Beasley, Ballestas, Kraeger Pasqualucci, Zingaro	10 <b>AM</b> Kays, Sheffer, Tillotson, Fiorella <b>PM</b> Beasley, Ballestas, Ferindino Dinicola, M. Harris, Keihl Sheffer, Tillotson, Branca	11 <b>AM</b> Kraeger, Kumar Tillotson, Fiorella <b>PM</b> Ballestas, Kays, Kumar	12	13
14	15 NO SCHOOL	16 <b>AM</b> Kays, Kraeger, Kumar, Tillotson Fiorella <b>PM</b> Beasley, Ballestas, Kumar Kraeger, Pasq, Zingaro, Driscoll	17 <b>AM</b> Kays, Sheffer, Tillotson, Fiorella <b>PM</b> Beasley, Ballestas, Ferindino Dinicola, M. Harris, Keihl Sheffer, Tillotson, Branca	18 <b>AM</b> Kraeger, Kumar Tillotson, Fiorella <b>PM</b> Ballestas, Kays, Kumar Kraeger, Pasqualucci	19	20 Beasley, Nicastro Morrow, Dinicola Kays, Driscoll
21	22 <b>AM</b> Sheffer, Tillotson, Fiorella <b>PM</b> Sheffer, Kays, Beasley Zingaro	23 REGENTS EXAMS	24 REGENTS EXAMS	25 REGENTS EXAMS	26 REGENTS EXAMS	27
28	29 <b>AM</b> Sheffer, Tillotson, Fiorella <b>PM</b> Sheffer, Kays, Beasley Zingaro	30 <b>AM</b> Kays, Kraeger, Kumar, Tillotson Fiorella <b>PM</b> Beasley, Ballestas, Kumar Kraeger, Pasq, Zingaro, Driscoll	31 <b>AM</b> Kays, Sheffer, Tillotson, Fiorella <b>PM</b> Beasley, Ballestas, Ferindino, Dinicola, M. Harris, Keihl Sheffer, Tillotson, Branca	1	2	3
4	5	<p><b>Notes:</b></p> <p><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.</p> <p><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.</p> <p><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.</p> <p><b>SATURDAY</b> - 9:00 - 12:00 PM</p>				

# Tutoring Available!

FREE ONLINE TUTORING AVAILABLE [HERE](#)

## PAPER

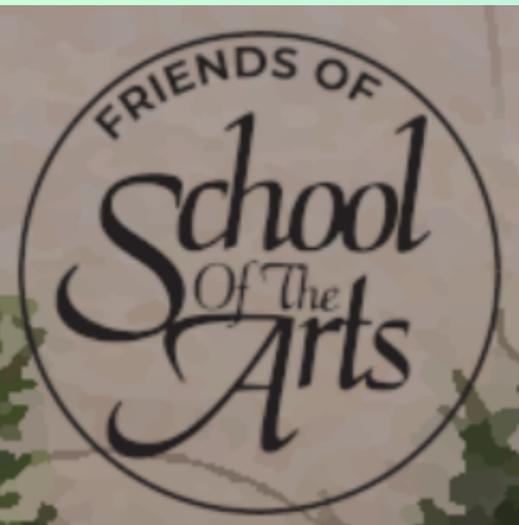
# 24/7 tutoring available now

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



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# Parent and student resources



[RCSD Family Newsletter](#)

**STUDENT  
CLUBS  
AND  
ORGANIZATIONS**



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](#).



Update  
Contact Info



[PLEASE UPDATE STUDENT  
CONTACT INFORMATION  
HERE...](#)

**RCS  
Family  
Newsletter  
from Dr.  
Peluso**



**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

The poster features a blue background with white snowflake graphics. A photograph of three children in winter gear hugging a snowman is the central focus. The text is arranged in a clean, modern layout with a mix of bold and italicized fonts.

# Community Resources

211 Resources for food, clothing, employment, shelter

**Mobile Health Crisis Support**

**Community Mental Health Resources**

**RCSD Support Services**

\*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



Mrs. Heather Kelly  
Grades 7-9  
Last Names A-J  
heather.kelly@rcsdk12.org  
(585) 242-7682 X 4320



Ms. Dorgan  
Grades 7-9  
Last Names K-Z  
Maggie.Dorgan@rcsdk12.org  
(585) 242-7682 X 4240

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.

