

# Hello Spring

Newsletter 2025



# Quotes of the Week

Problems are not  
the problem;  
coping is the  
problem.

Virginia Satir

BraiinyQuote

**LOW MOOD  
COPING STATEMENTS**

- I am worthy of good feelings.
- This is only temporary.
- Better days are coming.
- This too shall pass.
- Not everything is as bad as it seems.
- I am allowed to feel emotions.
- Tomorrow is a new day.
- I will feel better tomorrow.

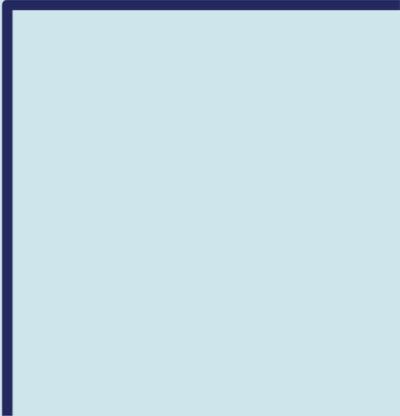
**LIFE** IS NOT THE  
WAY IT'S SUPPOSED  
TO BE... IT'S THE  
WAY IT IS... **THE**  
WAY WE **COPE** WITH  
IT, IS WHAT MAKES  
THE DIFFERENCE.

VeryBestQuotes.com

THE GOAL ISN'T  
TO GET RID  
OF ALL YOUR  
NEGATIVE THOUGHTS  
AND FEELINGS;  
THAT'S IMPOSSIBLE.  
THE GOAL IS  
TO CHANGE  
YOUR RESPONSE  
TO THEM.

...  
mancandangel

Make sure you are taking care of you! If you need help, reach out:  
make sure you are taking care of you! If you need help, reach out:  
Mrs. Kelly (A-J) - Office A432; [heather.kelly@rcsdk12.org](mailto:heather.kelly@rcsdk12.org)  
Ms. Dorgan (K-Z) - Office A423; [maggie.dorgan@rcsdk12.org](mailto:maggie.dorgan@rcsdk12.org)



SEL

(social emotional learning)

This week let's talk about

Coping



## WHAT IS COPING.....???

**Don't find faults.**

**Find fixes.**

Coping pretty much describes all the different things people do to manage and reduce the stress they feel as a result of issues, problems or difficult situations that occur.

Everyone experiences different levels of stress, and also have different ways of coping, which is completely fine.

There isn't a 'right' way to cope ,different strategies work well for different people, depending on their personal strengths and skills.

## Common Unhealthy Coping Skills:

- Procrastination
- Escaping or avoiding the situation and people (includes not returning to solve problem or spend more time with others)
- Excessive video game playing
- Excessive shopping
- Excessive sleeping
- Lashing out at others (insulting, spreading rumors, yelling, getting revenge, etc.)

## Healthy Coping Skills:

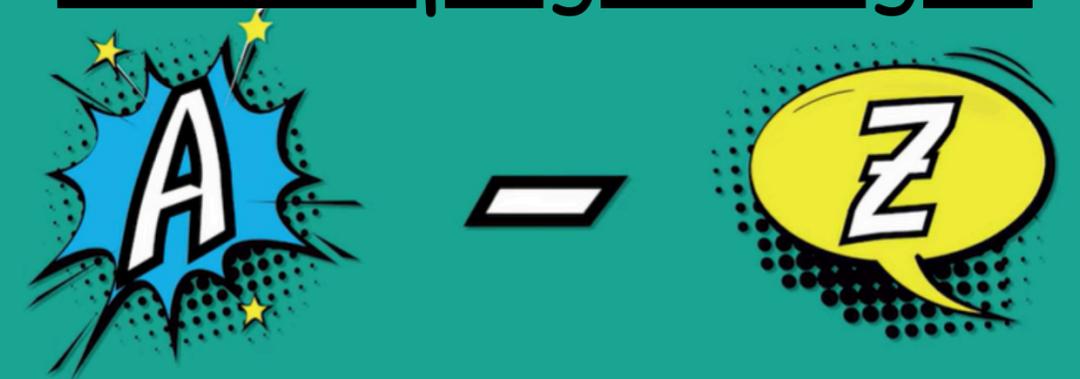
- Positive self-talk,
  - Stopping negative thinking patterns
- Deep breathing,
- Reading a book,
- Going for a walk,
- Exercising,
- Talking to a friend or adult,
- Listening to music,
- Doing yoga, praying or meditating,
- Drawing or painting,
- Being in nature,
- Problem-solving,
- Focus on gratitude

# Self-Regulation/Coping

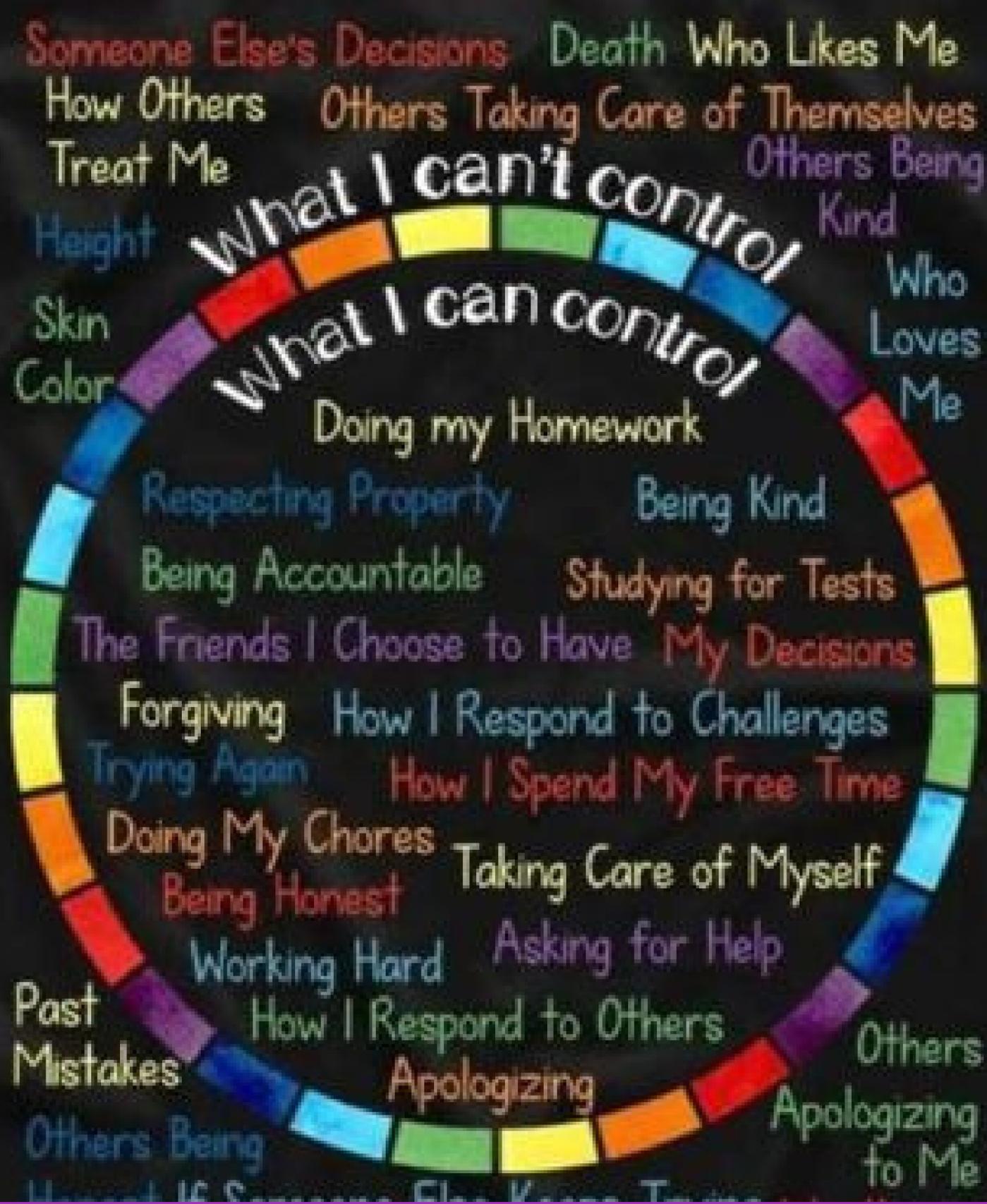
- Positive Self-Talk
  - I can get through this
  - I don't have to be perfect
- Distraction
  - Read a book
  - Watch tv
- Physical Activity
  - Go for a run
  - Punch a pillow
- Get Support
  - Talk to a friend or family member about your problem
  - Ask to see a counselor
- Emotional Expression
  - Write in journal
  - Cry; yell into pillow



## A-Z of coping strategies



*OF IDEAS AND WAYS  
TO HELP YOU COPE*





# May is Mental Health Awareness Month #MHAM2025



[Tool Kit Link](#)



**SAMHSA**

**TOOLKIT**



## Mental Health Awareness Month NO-COST VIRTUAL WEBINARS

This Mental Health Awareness Month, join us for a series of empowering webinars as we explore topics including youth mental health, aging with acceptance, resilience, and the healing power of our communities.

ALL SESSION TIMES  
**12PM - 1PM**

### DATES

**May 7th**  
The Power of Play: Supporting Mental Health & Wellness for Youth through Play

**May 16th**  
Embracing the Connection: Mental health and the Aging Body

**May 21st**  
Let's Talk Resilience

**May 27th**  
Community as the Heart of Healing



**REGISTER NOW**



What's Happening  
at SOTA!



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

STUDENT AND  
CLUBS AND  
ORGANIZATIONS

SOTA Calendar

BOX OFFICE

# Please Note! The half day on May 22 was cancelled earlier in the year. It is a FULL day.

## May 2025

M	T	W	TH	F
			1 – B	2 – C
5 – D	6 – A	7 – B	8 – C	9 – D
12 – A	13 – B	14 – C	15 – D	16 – A
19 – B	20 – C	21 – D	22 – A	23 – B
26	27 – C	28 – D	29 – A	30 – B

Key:

Superintendent’s Conference Day – No School for Students	Half-Day of School (Students)	Parent–Teacher Conference Day
No School/Recess	New York State Assessments	First/Last Day of School (Students)
Federal/State Holiday		

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

# 2025 2026 RCSD Calendar

## July 2025 (T=0/S=0)

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

## August 2025 (T=0/S=0)

Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

## September 2025 (T=21/S=19)

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

## October 2025 (T=22/S=22)

Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

## November 2025 (T=16/S=15)

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

## December 2025 (T=15/S=15)

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

## ROCHESTER CITY SCHOOL DISTRICT 2025-2026 SCHOOL CALENDAR



### SEPTEMBER

1 Labor Day (All facilities closed) Superintendent's Conference Day (No school for students)

2-3 School Opens for PreK-12 Students (Full day)

4 Indigenous Peoples' Day (All facilities closed)

13 Parent/Teacher Conferences/Elementary

14 Parent/Teacher Conferences/Secondary

16 Half-day for All Students

### NOVEMBER

Superintendent's Conference Day/Election Day (No school for students)

4 Veterans Day (All facilities closed)

11 Recess Day (School not in session - 12-month staff report)

26 Thanksgiving (All facilities closed)

### DECEMBER

27-28 Recess (School not in session - 12-month staff report)

22-31 Christmas Observed (All facilities closed)

### JANUARY

24-25 New Year's Day (All facilities closed)

Recess (School not in session - 12-month staff report)

1 Dr. Martin Luther King, Jr. Day (All facilities closed)

2 NYS Testing (Regents exams)

### FEBRUARY

20-23 Half-day for All Students

Presidents' Day (All facilities closed)

13 Lunar New Year (12-month staff report)

16 Recess (School not in session - 12-month staff report)

### MARCH

17-20 Eid al-Fitr Recess (School not in session - 12-month staff report)

24 Parent/Teacher Conferences/Elementary

26 Parent/Teacher Conferences/Secondary

30-31 Recess (School not in session - 12-month staff report)

### APRIL

1-2 Recess (School not in session - 12-month staff report)

3 Good Friday (All facilities closed)

7-16 NYS Grades 3-8 English Language Arts Testing

17 Superintendent's Conference Day (No school for students)

20-30 NYS Grades 3-8 Mathematics Testing

### MAY

11-15 NYS Testing (Regents exams)

25 NYS Testing (Regents exams)

Juneteenth (All facilities closed)

9-10 Last Day of School for PreK-12 Students

17-25 Regents Rating Day / Last Day for 10-Month Staff

19

25

26

First Day for PreK-12 Students (Full day)

Half-day for Students

Recess

Federal Holiday/State Holiday/School Holiday

Parent/Teacher Conference (School in session)

NYS Regents Exams/State Assessments

Regents Rating Day

Superintendent's Conference Day/Staff Report Day

Teacher Days = 185 (includes Supt Conf Days)

Student Days = 185 (includes Supt Conf Days)

First Emergency Make-up Day: June 29, 2026

Approved by the Board of Education: March 27, 2025

## January 2026 (T=19/S=19)

Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13		15	16
19	20		22	23
26	27		29	30

14

21

28

## February 2026 (T=15/S=15)

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

## March 2026 (T=19/S=19)

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

## April 2026 (T=19/S=18)

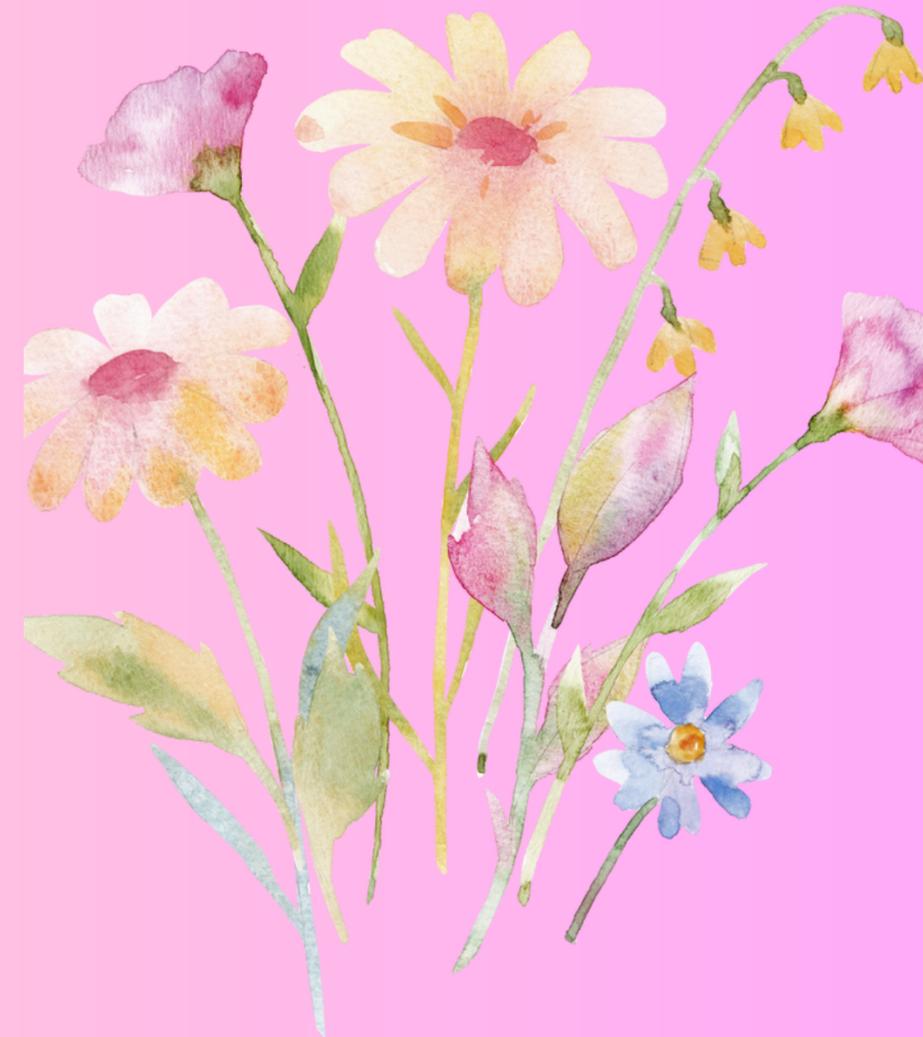
Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

## May 2026 (T=20/S=20)

Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

## June 2026 (T=19/S=19)

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			



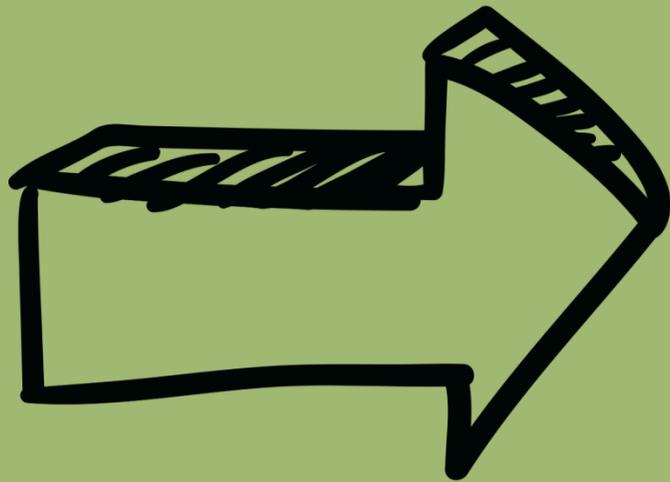
# Quarter End Dates

(4 report card periods)

2024-2025

~~Q3: Friday, April 18, 2025~~

Q4: Thursday, June 26, 2025



# Resources for Social & Emotional Support

## WHO CAN HELP AT SOTA:



### School Counselors

Mr. Murphy - A179  
Mrs. Siriani - A249  
Mrs. Rossette - A349  
Mrs. Kelly - A432  
Ms. Adams - A425



### Social Workers/CFY

Mrs. Lindsey - A179  
Mrs. Coley-Gordon - A349  
Mrs. Johnson - A432  
Ms. Nicki - A249  
Mrs. O'Connor - M138



### School Psychologists/ RRH Therapists

Mr. Blumkin - M325  
Mr. Dingman - M332  
Caroline Cuyler - M151  
Jennifer Guzzy - M153

\*Feel free to reach out to any staff member and they can help connect you to one of us!

## 24/7 HOTLINES FOR SUPPORT:

**Suicide & Crisis Support Lifeline:** Call or text 988

**The Trevor Project Hotline:** Call 1-866-488-7386 or text  
'START' to 678-678 (LGBTQ+ safe hotline)  
Call 585-271-7670

**The Center for Youth:**

**Resource Services Hotline:** Call 211

**For life threatening crises or emergencies please call 911**



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.***

**MAY**

Monday	Tuesday	Wednesday	Thursday	Saturday
			<p>1</p> <p><b>AM Tutoring 7:30-8:30am</b> Branca, Craddock, Fiorella, Kraeger, Mazierski, Kumar, Tillotson, Woodhams, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> Bassette, Beasley, Cooley, DiNicola, Fixsen, Kraeger, Kumar, Pasqualucci, Zingaro</p>	3
<p>5</p> <p><b>AM Tutoring 7:30-8:30am</b> Craddock, Driscoll, Fiorella, Mazierski, Kumar, Tillotson, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> DiNicola, Fitzgerald, Geary, Keihl, Pasqualucci, Woodhams, Majak</p>	<p>6</p> <p><b>AM Tutoring 7:30-8:30am</b> Branca, Craddock, Fiorella, Kraeger, Mazierski, Kumar, Tillotson, Woodhams, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> Bassette, Cooley, DiNicola, Driscoll., Kraeger, Kumar, Pasqualucci, Majak, Zingaro</p>	<p>7</p> <p><b>AM Tutoring 7:30-8:30am</b> Branca, Craddock, Fiorella, Mazierski, Kumar, Tillotson, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> Beasley, DiNicola, Fitzgerald, Fixsen, Geary, Keihl, Pasqualucci, Woodhams, Majak</p>	<p>8</p> <p><b>AM Tutoring 7:30-8:30am</b> Branca, Craddock, Fiorella, Kraeger, Mazierski, Kumar, Tillotson, Woodhams, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> Bassette, Beasley,, Cooley, DiNicola, Fixsen, Kraeger, Kumar, Pasqualucci, Zingaro</p>	<p>10</p> <p><b>Saturday School 9am-12pm</b> Cooley Craddock, DiNicola Kraeger, Lindsey, Padilla, Majak, Nolan</p>
<p>12</p> <p><b>AM Tutoring 7:30-8:30am</b> Craddock, Fiorella, Kraeger, Mazierski, Kumar, Tillotson, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> DiNicola, Fitzgerald, Geary, Keihl, Kraeger, Pasqualucci, Woodhams, Majak</p>	<p>13</p> <p><b>AM Tutoring 7:30-8:30am</b> Branca, Craddock, Fiorella, Mazierski, Kumar, Tillotson, Woodhams, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> Bassette, Cooley, DiNicola, Driscoll, Harris, Kumar, Pasqualucci, Majak, Zingaro</p>	<p>14</p> <p><b>AM Tutoring 7:30-8:30am</b> Branca, Craddock, Driscoll, Fiorella, Kraeger, Mazierski, Kumar, Tillotson, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> Beasley, DiNicola, Fitzgerald, Fixsen, Geary, Keihl, Kraeger, Pasqualucci, Woodhams, Majak</p>	<p>15</p> <p><b>AM Tutoring 7:30-8:30am</b> Branca, Craddock, Driscoll, Fiorella, Mazierski, Kumar, Tillotson, Woodhams, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> Bassette, Beasley,, Cooley, DiNicola, Fixsen, Kumar, Pasqualucci, Zingaro</p>	17
<p>19</p> <p><b>AM Tutoring 7:30-8:30am</b> Craddock, Fiorella, Mazierski, Kumar, Tillotson, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> DiNicola, Fitzgerald, Geary, Keihl, Pasqualucci, Woodhams, Majak</p>	<p>20</p> <p><b>AM Tutoring 7:30-8:30am</b> Branca, Craddock, Fiorella, Mazierski, Kumar, Tillotson, Woodhams, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> Bassette, Cooley, DiNicola, Driscoll, Harris, Kraeger, Kumar, Majak, Zingaro</p>	<p>21</p> <p><b>AM Tutoring 7:30-8:30am</b> Branca, Craddock, Driscoll, Fiorella, Mazierski, Kumar, Tillotson, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> Beasley, DiNicola, Fitzgerald, Fixsen, Geary, Keihl, Pasqualucci, Woodhams, Majak</p>	<p>22</p> <p><b>AM Tutoring 7:30-8:30am</b> Branca, Craddock, Fiorella, Mazierski, Kumar, Tillotson, Woodhams, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> Bassette, Beasley, Cooley, DiNicola, Fixsen, Kraeger, Kumar, Pasqualucci, Zingaro</p>	24
26	<p>27</p> <p><b>AM Tutoring 7:30-8:30am</b> Craddock, Fiorella, Mazierski, Kumar, Tillotson, Woodhams, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> Bassette, Cooley, DiNicola, Driscoll, Harris, Kumar, Pasqualucci, Zingaro</p>	<p>28</p> <p><b>AM Tutoring 7:30-8:30am</b> Branca, Craddock, Driscoll, Fiorella, Kraeger, Mazierski, Kumar, Tillotson, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> Beasley,, DiNicola, Fitzgerald, Fixsen, Geary, Keihl, Kraeger, Pasqualucci, Woodhams, Majak</p>	<p>29</p> <p><b>AM Tutoring 7:30-8:30am</b> Branca, Craddock, Fiorella, Mazierski, Kumar, Tillotson, Woodhams, Majak</p> <p><b>PM Tutoring 3:30-4:30pm</b> Bassette, Beasley, Cooley, DiNicola, Fixsen, Kumar, Pasqualucci, Zingaro</p>	<p>31</p> <p><b>Saturday School 9am-12pm</b> Cooley, Craddock DiNicola, Lindsey, Padilla, Nolan</p>

<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
<b>Name:</b> Default <b>Description:</b> The default grade scale. Used to default selection for new courses. This is used		
GRADE LABEL	DESCRIPTION	PERCENTAGE
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

## Rules of Conduct

Rules governing the conduct and safety of the students in the use and operation of the transit facility and transit vehicles of the RTS Authority

### **Purpose:**

The following Rules of Conduct for RTS Transit Vehicles, Facilities, and Properties ("Rules of Conduct") are established by RTS:

1. To promote safety; and
2. To facilitate the proper use of the transit facilities of the authority and its subsidiaries; and
3. To protect those transit facilities and their customers; and
4. To assure the payment of fares and other lawful charges for the use of RTS systems.

### **Prohibited Conduct:**

- Failing to pay the appropriate fare as required by RTS. (*Students must utilize their RCSD issued bus pass or another form of fare to board an RTS Vehicle*)
- Committing any act which tends to create or incite, or creates or incites, an immediate breach of peace, including, but not limited to:
  - Fighting; (*including Physical contact toward another student, RTS Operator or RTS Supervisor*) or
  - Obscene language and noisy or boisterous conduct or
  - Personally abusive epithets, or
  - Words or language of an offensive, disgusting, or insulting nature
- Throwing any object:
  - At or within RTS transit vehicles, facilities, and properties; or
  - At any person therein; or
  - Out of any door or window of any RTS transit vehicle.
- Hanging or swinging on bars or stanchions.
- Using any cannabis, nicotine, tobacco product (i.e. chewing tobacco) or smoking device (including "e-cigarettes" and "vaping")
- Destroying, defacing, or otherwise damaging RTS property or any signs, notices, or advertisements on transit property.

- Producing unreasonable noise, including playing sound-producing devices without earphones, headphones, or an ear receiver to limit sound to individual listeners.
- Consuming an alcoholic beverage or having possession of an open container containing an alcoholic beverage.
- Entering RTS transit vehicles, facilities, and properties intoxicated or under the influence of drugs.
- Carrying or storing any firearm, shotgun, rifle, or other dangerous weapon or article. (*Including the procession or use of pepper spray towards another individual*)
- Engaging in any form of gambling.
- Spitting, expectorating, urinating, or defecating, except in the appropriate plumbing fixtures in restroom facilities.
- Loitering within the RTS Transit Center

The rules of conduct contained herein is a condensed version, a more expansive Rules of Conduct can be found at <https://www.myrts.com/About-Us/Policies-and-Procedures#conduct>

Any student who is observed violating any of these rules and who may receive or has received a notice of violation therefore is subject to removal or exclusion from the facilities or RTS vehicle.



# Breakfast

BREAKFAST					MAY 2025					RCSD is an equal opportunity employer. Menu items subject to change at any time.				
Monday		Tuesday		Wednesday		Thursday		Friday						
Oatmeal Apple Cinnamon Bar <sup>5</sup>		Breakfast Pizza <sup>6</sup>		Breakfast Burrito Egg, Sausage, Potato & Cheese <sup>7</sup>		French Toast Sticks <sup>1</sup>		Ultimate Breakfast Round <sup>2</sup>						
Banana Chocolate Chip Bar <sup>12</sup>		Breakfast Bagel w/Mozzarella & Eggs <sup>13</sup>		Egg & Cheese on English Muffin <sup>14</sup>		Eggo Froot Loop Waffles <sup>8</sup>		Cherry Vanilla Yogurt Blueberry Pomegranate Granola Bar <sup>9</sup>						
Oatmeal Apple Cinnamon Bar <sup>19</sup>		Turkey Sausage Egg & Cheese Breakfast Pocket <sup>20</sup>		Breakfast Pizza <sup>21</sup>		Buttery Maple Snack'N Waffles <sup>15</sup>		Ultimate Breakfast Round <sup>16</sup>						
<b>Memorial Day</b> All facilities closed <sup>26</sup>		Maple Waffle w/Chicken Sausage Sandwich <sup>27</sup>		Turkey Ham, Sausage, Cheese & Egg Breakfast Flatbread <sup>28</sup>		Mini Blueberry Pancakes <sup>22</sup>		Cherry Vanilla Yogurt Blueberry Pomegranate Granola Bar <sup>23</sup>						
						French Toast Sticks <sup>29</sup>		Ultimate Breakfast Round <sup>30</sup>						

Items Offered Daily:  
**Choice of Milk: Skim, 1%, Fat Free Chocolate,**  
**Assorted Whole Grain Cereals, Fruit. New Item.**

Menu translations for Arabic, Nepali, Somali, and Spanish  
 Click Here <https://www.rcsdk12.org/Page/57984>



**LUNCH** **MAY 2025**  
RCSD Middle School Lunch Menu

RCSD is an equal opportunity employer. Menu Items subject to change at any time.

Monday	Tuesday	Wednesday	Thursday	Friday
 Big Daddy Pizza <b>5</b> Turkey Pepperoni Pizza Smoked BBQ Turkey Sandwich Steamed Corn	 Chili Baked Potato Station <b>6</b> Stuffed Cheese Sticks Steamed Green Beans	 Big Daddy Pizza <b>7</b> Turkey Pepperoni Pizza Sweet & Sour Chicken w/Rice Baked Beans	 Grilled Cheese <b>1</b> Sandwich Hamburger Italian Combo Wrap Steamed Green Beans	 Big Daddy Pizza <b>2</b> Turkey Pepperoni Pizza Chicken Wings w/Fried Rice Fresh Carrots
Big Daddy Pizza <b>12</b> Turkey Pepperoni Pizza Pizza Crunchers Baked Beans	 Boss Sauce Grilled Chicken <b>13</b> Walking Tacos Steamed Green Beans	Pasta & Meatballs <b>14</b> Big Daddy Pizza Turkey Pepperoni Pizza Steamed Corn	Cheeseburger <b>15</b> Hamburger Turkey Barbaoca Rice Bowl Italian Combo Wrap Sidewinders	Big Daddy Pizza <b>16</b> Turkey Pepperoni Pizza Chicken Wings w/Fried Rice Fresh Carrots
 Big Daddy Pizza <b>19</b> Breaded Chicken Drumstick w/Breadstick Turkey Pepperoni Pizza Steamed Corn	 Cheese Pizza Stromboli <b>20</b> Chili Baked Potato Station Steamed Green Beans	 Beef & Plantain Empanada <b>21</b> Big Daddy Pizza Turkey Pepperoni Pizza Baked Beans	 Meatball Sub <b>22</b> Barbaoca Rice Bowl Turkey BLT Wrap Vegetable Wrap Baked Potato Rounds	 Big Daddy Pizza <b>23</b> Turkey Pepperoni Pizza Chicken Wings w/Fried Rice Fresh Carrots
<b>Memorial Day</b> <b>All facilities closed</b> <b>26</b>	 Chicken & Cheese Tamale <b>27</b> Walking Tacos Baked Potato Rounds	 Big Daddy Pizza <b>28</b> Turkey Pepperoni Pizza Crispy Chicken Patty Sandwich Baked Beans	 Grilled Cheese <b>29</b> Sandwich Hamburger Italian Combo Wrap Steamed Green Beans	 Big Daddy Pizza <b>30</b> Turkey Pepperoni Pizza Chicken Wings w/Fried Rice Fresh Carrots

Items Offered Daily:  
 Choice of Milk: Skim, 1% White, Fat Free Chocolate,  
 Sun Butter & Jelly Sandwich. Vegetables: Vegetable Station.  
 Fruit. New Item.

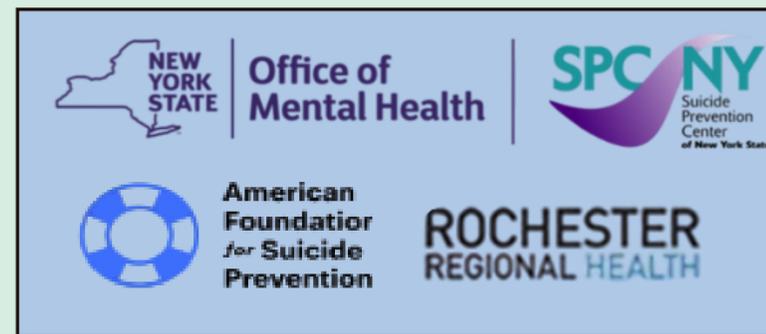
Menu translations for Arabic, Nepali, Somali, and Spanish  
 Click Here <https://www.rcsdk12.org/Page/57984>

HAPPENING AT SOTA MAY 6TH

HEALING TOGETHER:  
MENTAL HEALTH & WELLNESS RESOURCE NIGHT



JOIN SOTA AND OUR COMMUNITY PARTNERS TO RAISE AWARENESS ABOUT MENTAL HEALTH RESOURCES. THE NIGHT WILL CONCLUDE WITH PERFORMANCES BY SOTA STUDENTS THAT HONOR MENTAL WELLBEING.



TUESDAY MAY 6, 2025  
6-7PM  
STUDENT PERFORMANCES 7PM



A poster for the play "Mamma Mia!". The background is a white and blue floral pattern. The title "MAMMA MIA!" is written in large, bold, blue letters. To the right of the title is a yellow sun icon. Below the title, the performance dates are listed: "May 1st - 7PM", "May 2nd - 7PM", and "May 3rd - 2PM & 7PM". At the bottom right, the logo for "School of the Arts" is visible, with the year "2024-25" below it.

**MAMMA MIA!**

*May 1st - 7PM*

*May 2nd - 7PM*

*May 3rd - 2PM & 7PM*

School of the Arts

2024-25

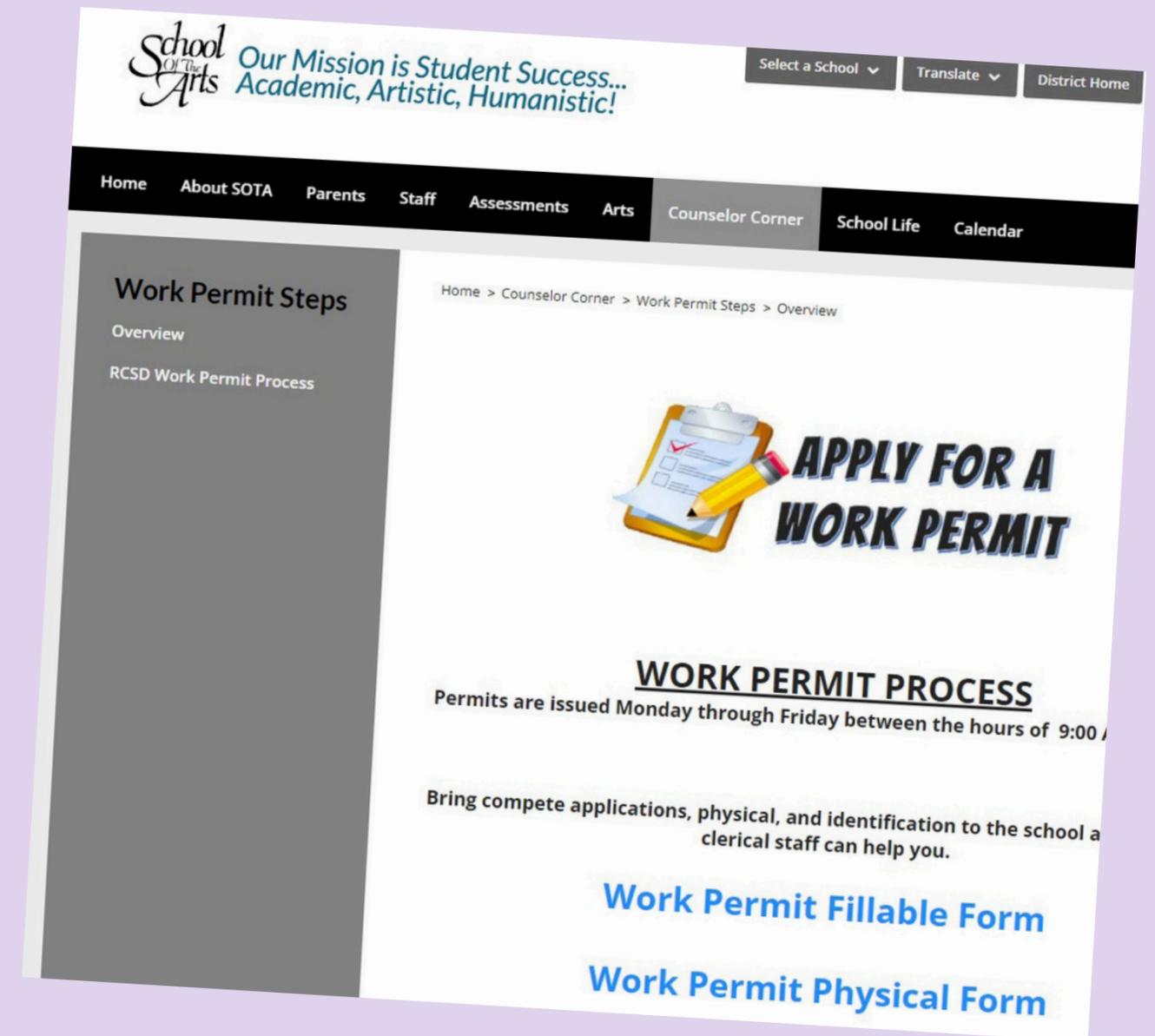
# Work Permit Information

You can get your work permit right here at SOTA. Stop by your house office with the following documents:

- Completed Application
- Copy of Current Physical
- Birth Certificate

All the information you need to apply for a work permit can be found on the SOTA Webpage:

[work permit link](#)



The screenshot shows the SOTA website's 'Work Permit Steps' page. The header includes the SOTA logo, the mission statement 'Our Mission is Student Success... Academic, Artistic, Humanistic!', and navigation links for 'Select a School', 'Translate', and 'District Home'. A secondary navigation bar contains links for 'Home', 'About SOTA', 'Parents', 'Staff', 'Assessments', 'Arts', 'Counselor Corner', 'School Life', and 'Calendar'. The main content area features a breadcrumb trail: 'Home > Counselor Corner > Work Permit Steps > Overview'. Below this is a large graphic with a clipboard icon and the text 'APPLY FOR A WORK PERMIT'. Underneath the graphic is the heading 'WORK PERMIT PROCESS' followed by the text 'Permits are issued Monday through Friday between the hours of 9:00 /'. Below that, it says 'Bring complete applications, physical, and identification to the school a clerical staff can help you.' At the bottom of the page, there are two blue links: 'Work Permit Fillable Form' and 'Work Permit Physical Form'.

# Click Here!

**Summer Aquatic Positions Rochester, NY**

**Seasonal – \$15.88 – \$22.90 Hourly**

**Category: Recreation**

**Department: Department of Recreation & Human Services**

**SUMMER AQUATICS EMPLOYMENT OPPORTUNITIES DEPARTMENT OF RECREATION AND HUMAN SERVICES LIFEGUARD/Seasonal: \$20/Hour & BEACH LIFEGUARD/Seasonal: \$20.21/Hour Responsibilities include: Stand watch or patrol beach or swimming pool; Keep bathers within bounds and go to their aid when they are in difficulty; Maintain order and compliance with beach or pool rules; Administer first aid and CPR as required. SPECIAL REQUIREMENTS: Must be 15 years of age at time of appointment for Lifeguard. Must be 16 years of age for Beach Lifeguard. Must possess current American Red Cross Cardiopulmonary Resuscitation (CPR) for the Professional Rescuer, First Aid, and Lifeguard certifications or equivalent...**



**BECOME A  
LIFEGUARD!**

Safe Summer  
Kickoff Event -  
Save the Date

RCSD Summer  
Learning Opportunities  
are anticipated to be  
shared with families at  
this event



**SAFE SUMMER**  
*Kickoff* with Legislator Ricky Frazier

**SAVE THE DATE**

**Saturday, May 10**  
12 - 3 p.m.

Join us for the Sports Teams Parade, a fun-filled event showcasing summer activities and community resources for kids!

Explore vendor tables, enjoy exciting activities, and learn about opportunities for youth in our community.

If your organization is interested in participating in the Youth Sports Team Parade or hosting a table at the event, please contact Eric Rose at: [eric.rose@cityofrochester.gov](mailto:eric.rose@cityofrochester.gov)

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

 CITY of ROCHESTER  
Malik D. Evans, Mayor

 **SPORTS**  
Athletics and Aquatics

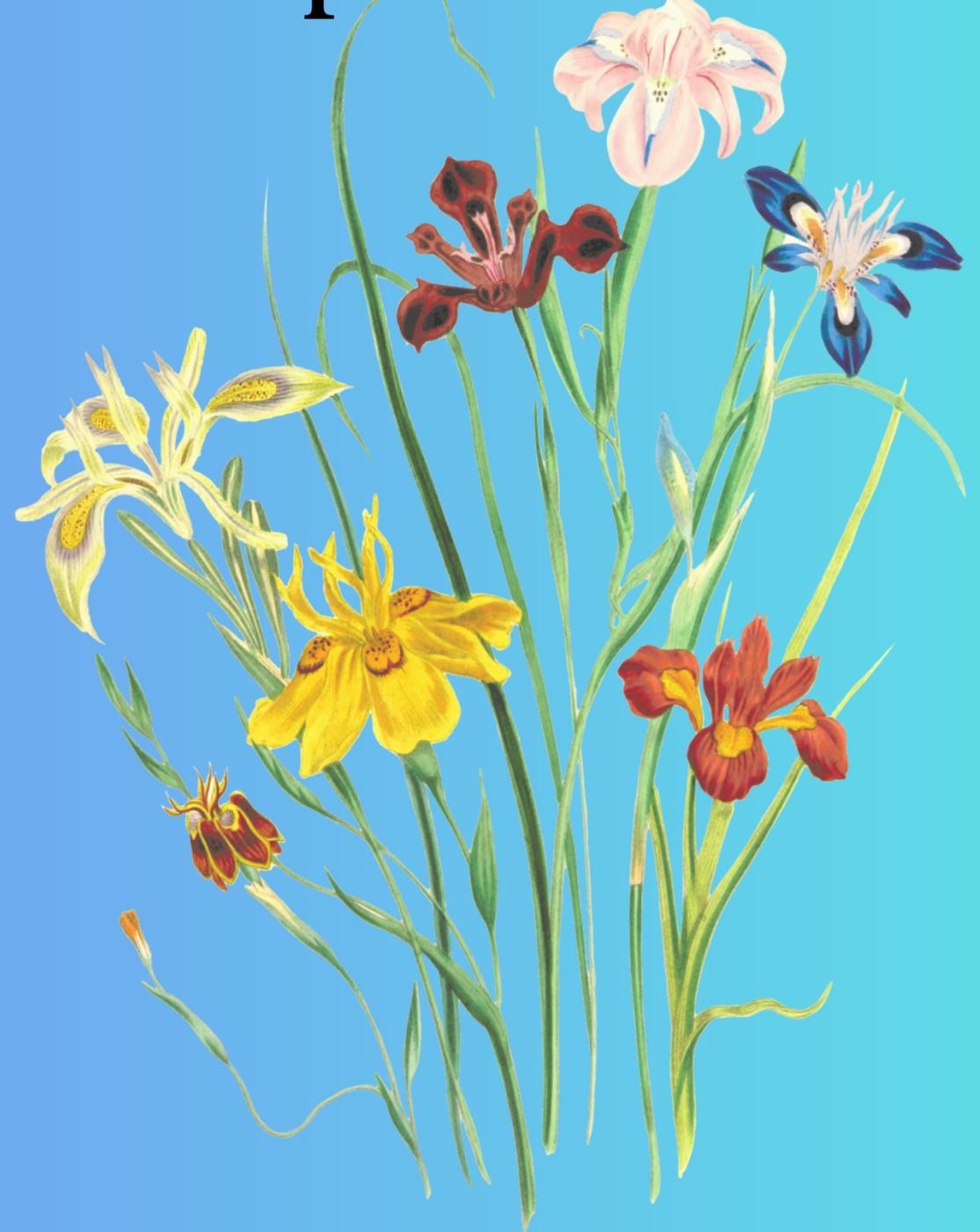
June 30, 2025 until Fri, Aug 22  
Daily Monday to Friday 8:30 a.m. - 5:30 p.m. 2025

Summer  
FREE  
Play Days

JUNE 30 - AUGUST 22



An open recreation program  
offering a variety of fun and  
engaging options each day.





# STOP THE VIOLENCE BILLBOARD CONTEST



RISE UP ROCHESTER, INC. invites all K-12 students to participate. The contest allows students to take a proactive stand against violence and to reach them about violence prevention, crime reporting and making healthy decisions

## GUIDELINES:

1. Artwork must be created on 8 1/2 X 11 inches paper and in horizontal orientation. Paint marker, pen and pencil are acceptable. Collage, photo, AI and any other computer generated artwork is not acceptable.

**Please no black and white drawings**

2. On the back of artwork please include students name, school, teacher and grade. No artwork will be accepted without this information. **Only one student per drawing submission.**

## SUBMISSION:

Artwork must be submitted to RISE UP ROCHESTER, INC. no later than **Wednesday April 30, 2025**. Please contact **(585) 454-3060** for a representative to pick up the artwork.



# Save the date!

## JA Young Women's Leadership Summit

### Event Details

Thursday, May 22, 2025

9:30am - 1:30pm

Paychex Junior Achievement  
Discovery Center

Click [here](#) to sign up your students!  
Space is limited to 5 students/school.  
For more details, please email  
[rekha.kinsman@ja.org](mailto:rekha.kinsman@ja.org)

~ EDUCATORS ~  
**DO YOU KNOW A YOUNG  
WOMAN RISING TO  
BE A LEADER!**

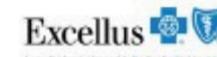
JA Young Women's Leadership Summit will empower high school students through a transformative mentoring experience, one that encourages students to learn new skills, explore careers, dream big and prepare to lead!

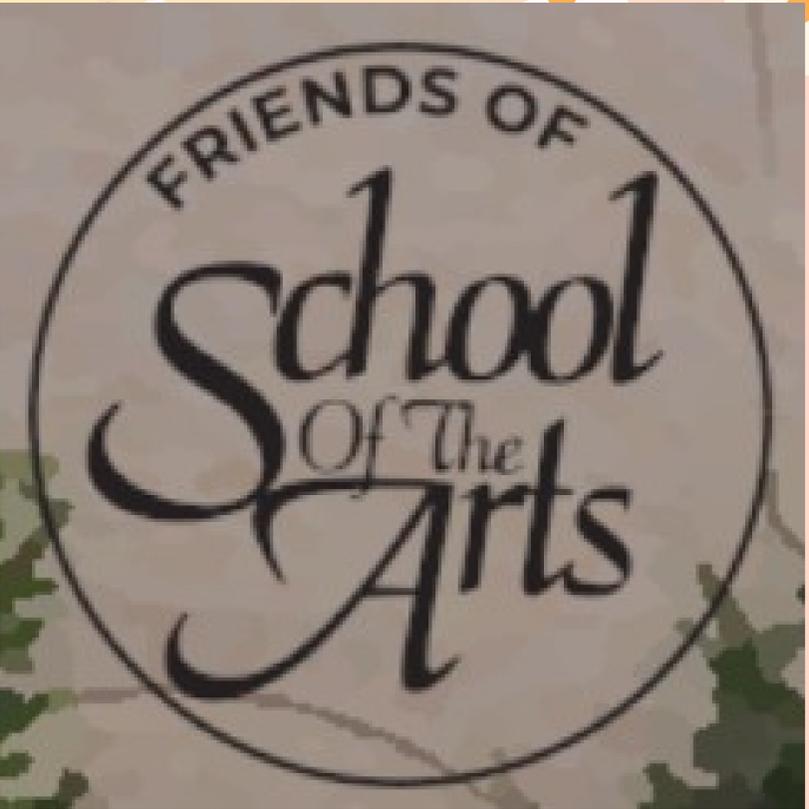
## EmpowHER Leadership Potential



### Event to Include

- Panel discussion with Dr. Lisa Kitko (VP URMC & Dean URMC School of Nursing), Nannette Nocon (Wealth Advisor, Nocon & Associates), and Naomi Silver (CEO, Rochester Red Wings), moderated by Susan Holliday (Former President, Publisher & Owner, Rochester Business Journal)
- Engaging break out sessions led by Elana Philips (Wealth Advisor, Anderson & Associates) and Shaina Zazzaro (Founder, Effortlessly Healthy)
- Guided Mentor/Student Activities
- Networking Lunch
- Paychex JA Discovery Center Career Visits





 Update Contact Info



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



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](#).

# 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



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

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.



Ms. Adams  
Grades 7-9 Last Names M-Z  
nadia.adams@rcsdk12.org  
(585) 242-7682 X 4253

