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*October 2018 Grapevine*

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October 2018

Dear Friends,

We’ve had a great start to the school year! Our tenth graders are getting to know one another, as well as getting acclimated to the building. They are doing a great job so far!

I try to communicate with parents weekly via E-News. If you have signed up for E-News but are not receiving my emails, go to the district website, scroll to the bottom of the page and hit the “Contact Rush-Henrietta” button to let us know of your problem. We will do our best to fix it for you!

Home-School communication continues to be a priority for us! E-mail seems a terrific tool for quick communication. I ask teachers to return responses to you within 24 hours. Please let your child’s grade level administrator or me know if you are having any difficulty hearing from our staff members.

The week of October 1-6 is Homecoming Week! Our themed Spirit Days this year will be:

- Monday: Hawaiian Day
- Tuesday: USA Day
- Wednesday: Jersey Day (any sport will do!)
- Thursday: R-H Spirit Day/Senior Toga

We encourage students to get involved and to show their spirit! The annual Food Truck Rodeo will be on Wednesday from 5 to 8 p.m. This is a fundraiser for all of our classes so come on out and support the students and have a great meal.
PowderPuff football game will begin at 6 p.m. and we are sure to be entertained by our senior class “manleaders” during halftime. There will be no classes on Friday, October 5, as we are having a Superintendent’s conference day to engage in professional development. The induction ceremony for the Rush-Henrietta Hall of Fame will occur during halftime of the varsity football game on Saturday afternoon. Please note that game time will be at 3 p.m. on Saturday, October 6.

Remember parents: There is never a sanctioned “Senior Skip Day” at Rush-Henrietta Senior High School!

We are looking forward to seeing you at Open House on Thursday, October, 11. It will start at 6:30 p.m. and run through 8 p.m. The format will truly be “open” for you to decide which teachers you would like to meet and what time you want to visit with them. Teachers will be in their classrooms (or designated areas) for the evening. We will have copies of room lists and building maps to assist you when you drop in.

We also will be hosting a variety of information centers in the cafeteria and C-wing conference room for you to visit during Open House. Information about the college application process, job shadowing/internships, NCAA eligibility, and opportunities for students who are involved in our business program will be featured. There will be a separate presentation on financial aid, which will take place from 6 to 7 p.m. in the auditorium. We also hope to have displays from a variety of our student clubs available for viewing in the library.

As I mentioned in a recent e-mail to you, students “vaping” in the building has increasingly become an issue for us. Paul Swiatek, Substance Abuse Counselor, will be in the cafeteria to display what vaping instruments look like and the materials used to “vape.”

A special note to parents of juniors: The PSAT, Preliminary Scholastic Aptitude Test, is offered once a year in October. Again this year, I am pleased to announce
that our district will be paying for all juniors to take the PSAT exam during school hours on the morning of Wednesday, October 24. All 11th graders will take this test free of charge! Besides being a practice opportunity for college entrance exams (SATs), the PSAT exam is the means for students’ participation in the National Merit Scholarship Program. So, taking the PSAT test free of charge is a “win-win” for all juniors.

On that note, I want to congratulate the following members of the senior class who, due to their performance on last year’s PSAT exam, have earned “Commended” status in the National Merit Scholarship program: Amanda Crocker, Jared Eaton, Jacen Emerson, Andrew Nash and Lilijana Oliver.

Senior Hannah Lang, achieved Semi-Finalist status in this same program. Hannah is one of 16,000 students nation-wide who earned this designation! Congratulations to these R-H scholars!

That’s all for now, please don’t hesitate to contact me with questions, concerns or compliments by calling 359-5200 or by email at Bpatton@rhnet.org

Take care,

Sincerely,

Beth Patton
Senior High School Principal
### 2018-19 SAT/PSAT/ACT Dates

**SAT**

<table>
<thead>
<tr>
<th>SAT Date</th>
<th>Registration Deadline</th>
<th>Late Registration Deadline</th>
</tr>
</thead>
<tbody>
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<td>November 3, 2018</td>
<td>October 5, 2018</td>
<td>October 24, 2018</td>
</tr>
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<td>December 1, 2018</td>
<td>November 2, 2018</td>
<td>November 20, 2018</td>
</tr>
<tr>
<td>March 9, 2019*</td>
<td>February 8, 2019</td>
<td>February 27, 2019</td>
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<tr>
<td>May 4, 2019</td>
<td>April 5, 2019</td>
<td>April 24, 2019</td>
</tr>
<tr>
<td>June 1, 2019</td>
<td>May 3, 2019</td>
<td>May 22, 2019</td>
</tr>
</tbody>
</table>

*SAT only, no Subject Tests given on this date.

Register online at [www.collegeboard.org](http://www.collegeboard.org).

The registration fee for the 2018-2019 SAT Reasoning Test is $64.50.

The registration fee for the SAT Subject Tests is $26.00.

The late registration fee is an additional $29.00.

Scores are available about 4 weeks after the test is administered.

**PSAT**

PSAT test date is **Wednesday, October 24, 2018**.

All juniors will be taking the PSAT during the school day. This provides students the opportunity to practice taking the exam in a controlled setting.

Counselors will provide PSAT information to students shortly after school starts.

The test will take place at **Rush-Henrietta Senior High School**.

**ACT**

<table>
<thead>
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<th>Registration Deadline</th>
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<tbody>
<tr>
<td>October 27, 2018</td>
<td>September 28, 2018</td>
</tr>
<tr>
<td>December 8, 2018</td>
<td>November 2, 2018</td>
</tr>
<tr>
<td>April 13, 2019</td>
<td>March 8, 2019</td>
</tr>
<tr>
<td>June 8, 2019</td>
<td>May 3, 2019</td>
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</tbody>
</table>

Register on-line at [www.actstudent.org](http://www.actstudent.org).

The registration fee for the 2018-2019 ACT is $50.50.

The fee for the ACT Plus Writing is $67.00.

Late registration fee is $30.00.

Scores are available 2 - 8 weeks after test is administered.
**Attention All Juniors**

PSAT/NMSQT Information

The Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT) is a program cosponsored by the College Board and National Merit Scholarship Corporation (NMSC). It's a standardized test that provides first-hand practice for the SAT®. It also gives students in our junior class a chance to enter NMSC scholarship programs and gain access to college and career planning tools.

The PSAT/NMSQT measures:

- Evidence-based reading and writing
  - Reading test
  - Writing and language test
- Math

Students have developed these skills over many years, both in and out of school. This test does not require recall of specific facts from classes.

The most common reasons for taking the PSAT/NMSQT are to:

- Receive feedback regarding strengths and weaknesses on skills necessary for college study. Students can then focus preparation on those areas that could most benefit from additional study or practice.
- See how individual performance on an admissions test might compare with that of others applying to college.
- Enter the competition for scholarships from NMSC (grade 11).
- Help prepare for the SAT. Students can become familiar with the kinds of questions and the exact directions that will be on the SAT. The SAT is typically taken as early as the second semester of the junior year.

All juniors will be taking the PSAT during the school day. This provides students the opportunity to practice taking the exam in a controlled setting. Counselors will provide PSAT information to students shortly after school starts.

Once the exams are graded and the results are in, each student will receive their test results, their exam booklet and the answers. After reviewing their performance, students are able to focus on specific areas for growth. If students need help interpreting their exam scores, a counselor will be available to meet with them to review the results.

| PSAT test date: Wednesday, October 24, 2018 |
| During the School Day |
| Place: Rush-Henrietta Senior High School |

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Health Office News

E-Cigarettes & Vaping:

E-cigarettes and vaping devices that deliver nicotine, THC (chemical compound in marijuana), flavorings and other additives through an inhaled aerosol are a rapidly emerging trend popular among teens and young adults. Part of the popularity is due to the variety of flavorings available that are very appealing to teens. Some devices are so small that they can fit into the palm of a hand, and look similar to a small flash drive (JUUL). The e-juice in vape fluids are not regulated by the FDA and may contain varying amounts of nicotine. Even vape solutions that are nicotine free sometimes contain toxic compounds once vaporized. There is still much to learn about this new trend and how it affects lungs and developing brains. We do know that the teenage brain is much more susceptible to the highly addictive effects of nicotine.

Please see the attached information from the Centers for Disease Control and Prevention (CDC) about how to talk to your child about vaping. We are also fortunate to have Paul Swiatek, a Substance Abuse and Prevention Counselor at the Senior High School. He can help you or your child with questions and concerns about this topic. Paul can be reached at 585/359-5233 in the SHS Counseling Center.
Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents

BEFORE THE TALK

Know the facts.


Be patient and ready to listen.

• Avoid criticism and encourage an open dialogue.

• Remember, your goal is to have a conversation, not to deliver a lecture.

• It’s OK for your conversation to take place over time, in bits and pieces.

Set a positive example by being tobacco-free.

• If you use tobacco, it’s never too late to quit. For free help, visit smokefree.gov or call 1-800-QUIT-NOW.
START THE CONVERSATION

Find the right moment.

• A more natural discussion will increase the likelihood that your teen will listen. Rather than saying “we need to talk,” you might ask your teen what he or she thinks about a situation you witness together, such as:

  » Seeing someone use an e-cigarette in person or in a video.
  » Passing an e-cigarette shop when you are walking or driving.
  » Seeing an e-cigarette advertisement in a store or magazine or on the internet.

Ask for support.

• Not sure where to begin? Ask your health care provider to talk to your teen about the risks of e-cigarettes.
• You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counselors whom you know are aware of the risks of e-cigarettes.
• These supportive adults can help reinforce your message as a parent.

ANSWER THEIR QUESTIONS

Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them.

Why don’t you want me to use e-cigarettes?

• Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.

• Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don’t want that for you!

• E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.

• The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.

What’s the big deal about nicotine?

• Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.

• Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.

• Nicotine can even train your brain to be more easily addicted to other drugs like meth and cocaine.
• I don't say this to scare you, but I want you to have the facts because nothing is more important to me than your health and safety.

Aren't e-cigarettes safer than conventional cigarettes?
• Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes.
• Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.
• Some e-cigarette batteries have even exploded and hurt people.

I thought e-cigarettes didn't have nicotine—just water and flavoring?
• I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.
• Let's look at the Surgeon General's website on e-cigarettes (E-cigarettes.SurgeonGeneral.gov) together so you can see for yourself.

I (or my friends) have tried e-cigarettes and it was no big deal.
• I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products, including cigarettes. Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
• Next time we go to the doctor, let's ask about the risks of nicotine, e-cigarettes, and other tobacco products.

You used tobacco, so why shouldn't I?
• If I could live my life over again, I never would have started smoking. I learned that people who smoke cigarettes are much more likely to develop, and die from, certain diseases than people who don't smoke. This was really scary, so I quit smoking.
• Quitting was really hard, and I don't want you to go through that. The best thing is to not start at all.
KEEP THE CONVERSATION GOING

Many parents find that texting is a great way to reach their teens. Here are some suggestions for text messages that might catch your teen’s attention. And, you can easily share pages of the website (E-cigarettes.SurgeonGeneral.gov) with your teen.

Look for this symbol, click it, type in the message you want or use the message provided, and share with your teen via Facebook, Twitter, or email.

Connect and encourage.

• You always liked science. Check out the science about e-cigarettes and young people: E-cigarettes.SurgeonGeneral.gov
• Getting off nicotine is hard but I’m so happy I quit. Don’t make that mistake and get addicted. Smoking and tobacco use, including using e-cigarettes, are unsafe for young people.

Remind and repeat.

• Most teenagers don’t use e-cigarettes. E-cigarettes with nicotine can mess with your brain, and your brain is still developing until you are at least 25.
• You might be tempted by e-cigarette flavors, but inhaling certain flavorings that have been found in some e-cigarettes can be harmful.

Share facts and resources.

• Just learned that many e-cigarettes have nicotine in them. That’s the drug that makes cigarettes so addictive. Nicotine can also mess with your brain development.
• Just saw a report from the Surgeon General that e-cigarettes can mess with how your brain develops and might even affect your mood and focus. Please don’t use any products that contain nicotine.
• Hope none of your friends use e-cigarettes around you. Even breathing the cloud they exhale can expose you to nicotine and chemicals that can be dangerous to your health.

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R-H Homecoming
October 1-6, 2018

Homecoming Weekend Kick-Off

Food Truck Rodeo
Wednesday, October 3
5-8 PM

Powder Puff Game
Wednesday, October 3
SHS Stadium
6-7 PM

Homecoming Game
Saturday, October 6
3 PM

Spirit Week
(October 1-4 & 6)

No School October 5:
Superintendent’s Day

Students and staff are welcome to participate in Spirit Week and dress up according to the following schedule:

Monday
Hawaiian Day

Tuesday
USA Day

Wednesday
Jersey Day

Powder Puff Game—Stadium Field 6 PM
Manleaders will perform at halftime

Thursday
Spirit/Toga Day (for seniors)

Pep Rally
(5th block)

Spirit Kings and Queens announced
Soccer Battle Balls will be main event
Manleaders will perform
Join us for food, music and football!

Wednesday, October 3, 2018

5:00PM - 8:00PM

Rush-Henrietta
Senior High School
1799 Lehigh Station Road

Powder Puff football game: 6-7PM

Food Trucks
Wraps on Wheels, Tuscan Wood Fired Pizza,
Meat the Press, Meatball Truck, Chefs Catering,
J & S Fried Dough, Abbotts,
Roc City Sammich, and MORE...
Picture Day is Coming Soon!

Make-Up Day: November 7th

ATTENTION STUDENTS

If you missed the June and September Picture Day, please come to the camera on Make-Up Day.

Parents, please encourage students to get their Free ID Picture on 11/7/18.
FINANCIAL AID NIGHT

Thursday
October 11, 2018
6 - 7 PM

Rush-Henrietta
Senior High School Auditorium

Jerome St. Croix
Director of the Financial Aid Department at MCC will:

$ Present an overview of how college financial aid works
$ Discuss the 2018-2019 financial aid forms (FAFSA/Profile) and their completion
$ Review financial aid timelines
$ Answer questions and provide contact information to assist you

SENIOR HIGH SCHOOL OPEN HOUSE

Thursday
October 11, 2018
6:30 - 8 PM

This will be a College and Career Fair style event for families to access resources and obtain information from representatives in the following areas:

- Finishing Trades Institute
- MCC Admissions
- MCC Applied Technologies
- Scholarships/Financial Aid
- Naviance assistance
- School Tool assistance
- U.S. Military
- EMCC
- College Board
- Taste of College
- STEP with RIT
- NCAA
Members of the Rush-Henrietta Senior High School Class of 2019 took the PSAT/NMSQT last year and a number of them met the requirements to enter the National Merit Scholarship Program! Amanda Crocker, Jared Eaton, Jacen Emerson, Andrew Nash, and Lilijana Oliver will be recognized as commended students! These high-performing students have demonstrated outstanding academic potential. They are among the top-scoring 50,000 participants nationwide; about 1.6 million people took the PSAT. Special congratulations to our own Hannah Lang, who is one of only 16,000 students named as a National Merit Program Semifinalist.

Congratulations to our Rush-Henrietta students and best of luck to Hannah as she moves on in the competition!
RUSH-HENRIETTA MUSIC DEPARTMENT

Rush-Henrietta is very proud that five of our senior high school students have been selected as participants or alternates for the 2018 NYSSMA All-State Conference in Rochester, NY November 29 - December 2, 2018. Thousands of students auditioned for his honor last spring at solo and ensemble festivals throughout the state.

The Rush-Henrietta Senior High School Symphonic Orchestra is directed by Mr. David Kluge and the RH Singers is directed by Mr. John Polvino.

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<th>Instrument/Voice</th>
<th>Assigned Organization</th>
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<tbody>
<tr>
<td>Gweneth Antonio (11th)</td>
<td>Violin</td>
<td>String Orchestra</td>
</tr>
<tr>
<td>Hannah Lang (12th)</td>
<td>Violoncello</td>
<td>String Orchestra</td>
</tr>
<tr>
<td>McKenna Light (11th)</td>
<td>Alto 1</td>
<td>Alternate</td>
</tr>
<tr>
<td>Gavin Maguda (12th)</td>
<td>Tenor 1</td>
<td>Mixed Chorus</td>
</tr>
<tr>
<td>Timothy Marshall (12th)</td>
<td>Bass 1</td>
<td>Alternate</td>
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We are so proud of the work our music students have done this year, and we celebrate the great accomplishments of all our ensembles. Rush-Henrietta truly is a great community for music!

Congratulations

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2018 Fall Flu Clinics
Make The Time For Your Flu Shot...Your Health is a Priority!
Flu Prevention Partners uses the quadrivalent vaccine which protects against 4 strains of the flu. We can immunize ages 18+ as well as pregnant women.

October 2018 Dates

Senior High School
1799 Lehigh Station Rd., Henrietta, NY 14467
Monday, October 1 – 3:00-5:00 p.m.

Parker Administration Building
2034 Lehigh Station Rd., Henrietta, NY 14467
Friday, October 12 – 2:30-4:30 p.m.

Vollmer Elementary School
150 Telephone Road, West Henrietta, NY 14586
Thursday, October 18 – 3:00-4:30 p.m.

Sherman Elementary School
50 Authors Ave., Henrietta, NY 14467
Friday, October 19 – 3:00-4:30 p.m.

WE ACCEPT THE FOLLOWING INSURANCES: BC/BS, Excellus, MVP, Cigna, Aetna, United Health Care, Univera, Independent Health, POMCO, LBS & Medicare. For those with different plans or for the uninsured, the cost is $29, check or cash (exact change, please). BE SURE TO BRING YOUR INSURANCE CARD
To learn more, visit our website: www.flupreventionpartners.com or call us: (877) 249-7198

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COLLEGE FAIR

The Western New York Consortium of Higher Education is Coming to R-H!

Tuesday, October 30, 2018
7:45 AM – 8:30 AM
in the R-H CAFETERIA

Alfred University
Bryant & Stratton College
Buffalo State College
Canisius College
Daemen College
D’Youville College
Erie Community College
Fredonia State University
Genesee Community College

Hilbert College
Jamestown Community College
Medaille College
Niagara Community College
Niagara University
St. Bonaventure University
University at Buffalo
Villa Maria College

Register online through Family Connection Naviance.
www.rhnet.org/naviance
Print your confirmation page—that is your pass.
Parents are welcome and encouraged to attend.
RUSH-HENRIETTA SENIOR HIGH SCHOOL

Parent - Teacher Conference Day
Monday, November 19, 2018
1– 8 PM

Appointments for individual teacher conferences may be made by calling grade-level secretaries or the Counseling Center from:

7:30 a.m. to 3 p.m.
November 5 - 9, 2018

When calling to make an appointment, be sure you have the names of the teachers you wish to meet.

We recommend no more than two or three individual teacher conference requests per parent. If there are more classes that are of concern, then please reach out to your student’s counselor directly.

Grade 12  Mrs. Wendy Gula  (585) 359-5245
Grade 11  Mrs. Relika Toledo  (585) 359-5240
Grade 10  TBD  (585) 359-5246
Counseling Center  (585) 359-5220
Five-Hour Pre-licensing... for those who want to take their driving test. The New York State Department of Motor Vehicles (DMV) mandates attendance in either driver education or a five-hour pre-licensing course to qualify you for Form MV-278 which DMV requires to schedule a driving test. For those not taking driver education, a five hour course is offered below. Bring your valid Learner's Permit to class.

The next two-day course is being held on Wednesdays, October 10 and 17, 5–7:30 p.m. at the Rush-Henrietta Senior High School, Room E-102. You must bring your valid Learner's Permit to each night of class. The cost is $49. You must pre-register for this course. Register your student online for DA301 following the instructions below.

Driver Improvement Program... for those who already have their license.

Are you interested in refreshing your driving skills, learning crash prevention techniques, and saving money? Complete this course and, as a principle driver, you will receive a 10% reduction on your automobile liability and collision insurance premiums. You may also qualify for up to four points off your current record of violations. Taught by a certified instructor, this course is approved by the New York State Department of Motor Vehicles. All drivers with a New York State driver’s license are eligible.

The next two-day course is being held on Tuesday and Thursday, October 23 and 25, 6:30–9:30 p.m., at the Rush-Henrietta Senior High School, Room E-100. Bring to class: your valid driver's license. Register for course DA202.

The cost of this course is $43 for those who are not members of AAA. Those without AAA membership, please register online for either course following the instructions below. If you are an AAA member: DO NOT register online; call the Continuing Education office, 359-7805, with your AAA number to receive your AAA member price of $37.

Register online for the above Continuing Education courses:

1. Go to www.rhnet.org/ceregister
2. Click the My Account at top left of the page; use your Login and Password or - if you haven't already - set up your New Account.
   » If the account is in your name (the adult), click again on My Account to reveal Manage Members on left hand side; click Manage Members to view, edit, or add family members to your account.
3. When ready to register, click the Course Search at top left of the page; in the Keyword box, enter the course code (e.g. DA301, DA202); click green Search button.
4. Click course title to view course information.
5. Scroll down to bottom of page; after “Please select the name of the person who will be attending this course,” choose the correct name from the drop down list.
6. Add the course to your Cart.
   » If you have more than one registration, follow steps 4, 5, 6, and 7 for the additional registrations, choosing the correct person attending each course.
7. When all are added to your Cart, click green Checkout button; follow instructions to make your Visa or Master Card payment; fill out Cardholder name if card is held in a name other than the person attending the course.

Individual Music Lessons

This is a great opportunity for all ages to develop or advance musical skills. Lessons are available for guitar, drums, piano, voice and beginning violin. All instructors are New York State music educators or skilled performers. Students are responsible for their own instrument, lesson materials, maintenance, and supplies. After you register, your instructor will arrange your lesson times, dates, and school site with you. Cost for eight ½-hour lessons: $149.

To register for music lessons, call the Community Programs office at 359-7805.
Our commitment to good nutrition for kids continues for 2018-2019!

Over the last several school years, we’ve been putting in place new nutrition standards for the meals we serve your kids. And in 2018-2019, we’re continuing to strengthen our efforts to provide our students the best possible nutrition. Here’s how we’re moving forward for lunch, breakfast, and healthy snacks this year.

For Lunch:

- We’re continuing our “DON’T4GET!” campaign to remind kids to choose at least one fruit or vegetable as part of their complete school lunch.
- All of the grains we serve are whole-grain rich (with a few exceptions).
- All of the other changes are still in place, including: calorie maximums, on-going reductions in sodium, more choices and variety of fruits and vegetables (especially the healthiest kinds), and less than 10% saturated fat and zero trans fat in all meals.
- Fat-free and low-fat milk (unflavored or flavored) may be offered, but kids can choose not to take milk if they choose enough other items.

For Breakfast:

- We’re continuing our “FIRST THINGS FIRST” campaign to promote the importance of breakfast for kids’ ability to learn in the morning.
- Kids must choose a fruit serving as part of their complete school breakfast.
- In addition to the fruit, kids must take at least two other items for a complete breakfast, with lots of grain options (most whole-grain rich, as with lunch), milk, occasional vegetable choices, and protein options, too.
- Fat-free and low-fat milk (unflavored or flavored) may be offered, but kids can choose not to take milk if they choose enough other items.

“Smart Snacks”

New regulations also apply to all snacks sold at school. These “Smart Snacks” requirements cover a la carte entrees, sides, and snacks offered in the cafeteria, plus all food sold at other venues at school -- in school stores, snack bars, vending machines, etc. Infrequently, fundraisers may be exempt from the nutrition requirements. All of these foods will have to meet various criteria for whole-grain content, calories, sodium, fat (including saturated fat and trans fat), and total sugar. Allowable beverages will include water, fat-free (unflavored or flavored) and unflavored low-fat milk, 100% fruit and vegetable juice without added sweeteners, and, at High Schools only, other zero-calorie and lower-calorie drinks, with size limits. Caffeine is allowed only in High School drinks.
# RH Food Service
## Price List 2018 - 2019

### LUNCH PRICES
*All adult sales are taxed*

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch K-6 (Elementary)</td>
<td>$2.40</td>
</tr>
<tr>
<td>Lunch 7-12 (JH &amp; HS)</td>
<td>2.70</td>
</tr>
<tr>
<td>Adult Lunch Including Tax</td>
<td>4.30</td>
</tr>
<tr>
<td>All Entrees</td>
<td>2.20</td>
</tr>
<tr>
<td>Hot &amp; Cold Sandwiches</td>
<td>2.20</td>
</tr>
<tr>
<td>Yogurt, 4 oz.</td>
<td>.85</td>
</tr>
</tbody>
</table>

### BREAKFAST PRICES

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduced Breakfast &amp; Lunch</td>
<td>$2.25</td>
</tr>
<tr>
<td>Breakfast (K-6)</td>
<td>1.70</td>
</tr>
<tr>
<td>Breakfast (7-12)</td>
<td>1.70</td>
</tr>
<tr>
<td>Adult Breakfast Ala Carte</td>
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</table>

### BREAKFAST ITEMS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Bagel - Cream Cheese</td>
<td>$1.10</td>
</tr>
<tr>
<td>Bagelette (Mini Bagel)</td>
<td>.70</td>
</tr>
<tr>
<td>w/ Cream Cheese</td>
<td></td>
</tr>
<tr>
<td>Breakfast Entrées</td>
<td>1.95</td>
</tr>
<tr>
<td>Cereal</td>
<td>1.10</td>
</tr>
<tr>
<td>Egg Products, Omelet or</td>
<td>1.10</td>
</tr>
<tr>
<td>Egg Patty</td>
<td></td>
</tr>
<tr>
<td>English Muffin</td>
<td>.70</td>
</tr>
<tr>
<td>Muffin, Assorted</td>
<td>1.10</td>
</tr>
</tbody>
</table>

### SIDE DISHES

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit, Canned</td>
<td>1.10</td>
</tr>
<tr>
<td>Fruit, Fresh, Whole &amp; Package</td>
<td>1.10</td>
</tr>
<tr>
<td>Potatoes or Rice</td>
<td>1.10</td>
</tr>
<tr>
<td>Salad, Toss, ½ Cup</td>
<td>1.10</td>
</tr>
<tr>
<td>Soup, with 1 Package Crackers</td>
<td>1.10</td>
</tr>
<tr>
<td>Vegetable, Hot</td>
<td>1.10</td>
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</tbody>
</table>

### BAKED GOODS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Biscuit with Butter PC</td>
<td>.70</td>
</tr>
<tr>
<td>Bread, Garlic</td>
<td>.70</td>
</tr>
<tr>
<td>Bread Stick, Soft</td>
<td>.70</td>
</tr>
<tr>
<td>Roll, Dinner with Butter PC</td>
<td>.70</td>
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</tbody>
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### SNACKS

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<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Cheese, String</td>
<td>.70</td>
</tr>
<tr>
<td>Chips, All Vend Pack</td>
<td>.85</td>
</tr>
<tr>
<td>Chips, “Fun Size”</td>
<td>.70</td>
</tr>
<tr>
<td>Chex Mix</td>
<td>.90</td>
</tr>
<tr>
<td>Cookie, Small</td>
<td>.55</td>
</tr>
<tr>
<td>Cookie, Large</td>
<td>1.05</td>
</tr>
<tr>
<td>Crackers, Animal</td>
<td>.70</td>
</tr>
<tr>
<td>Crackers, Cheez-Its</td>
<td>.85</td>
</tr>
<tr>
<td>Crackers, Goldfish</td>
<td>.85</td>
</tr>
<tr>
<td>Crackers, 1 Package</td>
<td>.35</td>
</tr>
<tr>
<td>Granola Bar</td>
<td>.85</td>
</tr>
<tr>
<td>Ice Cream, Assorted Varieties</td>
<td>1.10</td>
</tr>
<tr>
<td>Ice Cream,</td>
<td>.80</td>
</tr>
<tr>
<td>Dixie’s Assorted Varieties</td>
<td></td>
</tr>
<tr>
<td>Rice Krispie Treats</td>
<td>1.25</td>
</tr>
<tr>
<td>Rold Gold, Heartzels</td>
<td>.70</td>
</tr>
<tr>
<td>Yogurt, Parfait (HS only)</td>
<td>1.65</td>
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</tbody>
</table>

### BEVERAGES

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Coffee</td>
<td>$2.90</td>
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<tr>
<td>Fruit 66 100% Fruit Beverage</td>
<td>1.95</td>
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<tr>
<td>Hot Chocolate</td>
<td>.80</td>
</tr>
<tr>
<td>Juice, 100% 4 oz</td>
<td>.70</td>
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<tr>
<td>Juice, 100% 10 oz Plastic Bottle</td>
<td>1.80</td>
</tr>
<tr>
<td>Milk, Assorted</td>
<td>.65</td>
</tr>
<tr>
<td>Tea, Hot</td>
<td>.80</td>
</tr>
<tr>
<td>Water, Dasani Water 12 oz</td>
<td>.95</td>
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<tr>
<td>Water, Dasani Water 20 oz</td>
<td>1.20</td>
</tr>
<tr>
<td>Water, Vitamin Water/Sparkling Ice</td>
<td>1.95</td>
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### MISCELLANEOUS ITEMS

<table>
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<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Gloves, Vinyl, Pair</td>
<td>.35</td>
</tr>
<tr>
<td>Gloves, Vinyl, Box</td>
<td>4.35</td>
</tr>
<tr>
<td>Plastic Spoons, Forks, Knives</td>
<td>.05</td>
</tr>
<tr>
<td>Straws &amp; Napkins, ea</td>
<td>.05</td>
</tr>
<tr>
<td>Trays, 5 Compartment &amp; Flat, ea</td>
<td>.25</td>
</tr>
</tbody>
</table>

*Not all items available at all schools*
Ready, Set, GO
Back to School Season Has Begun!

Get a jump start on managing your student’s account by going to www.MyPaymentsPlus.com and registering for a FREE account!

- Conveniently make payments to your student’s cafeteria account on the website and through our FREE mobile app (Available for iPhone, iPad and Android)
- View what your student is eating in the cafeteria
- Sign up for Auto-Pay and/or FREE Low-Balance E-Mail Reminders!

MyPaymentsPlus eliminates the worry of lost lunch money!

Please have your student’s ID number handy to complete registration! If you do not know your student’s ID number, please contact R-H Food Service Office at 359-5388.
New Rush-Henrietta Student Drug Prevention Team

Rush-Henrietta Senior High School has formed a new R-H Drug Prevention Team for 2018-19. Paul Swiatek, R-H Drug Prevention Social Worker, along with R-H students Fatimah Al Dulaimee, Shealyn Palm, Aleah Hoffere, Sara Bell and Vrushali Savalia are all off to a great start.

The student group will work along with the R-H Health and Safety Coalition, taking up the task of informing students and parents about the dangers of drug use. In particular, they will address the increased use of e-cigarette products and will educate our community about the potential lifelong problems of nicotine addiction. Also, the group will explore a variety of options to get the message out.

Our theme for the year is “Let’s Lower the Risk,” and we encourage you to share our Public Service Announcements if you see them on Facebook. You can visit our Facebook Page at LETSLOWERTHERISK!
Monroe Community College

Instant Decision Day

Wednesday, November 7, 2018

8:30 a.m. – 1:30 p.m.

in the College & Career Center

Monroe Community College is offering seniors at Rush-Henrietta the opportunity to apply for admission and to receive an on-the-spot decision on their admission to MCC!

Students will meet individually with an MCC admissions counselor and receive an acceptance decision instantly!

To participate in the Monroe Community College Instant Decision Day:

1. Submit a completed “Green Sheet” (transcript release form) to Mrs. Leatzaw in the Counseling Center by Monday, October 29th. Indicate on the green sheet that it is for Instant Decision Day.
2. Complete an application online at www.monroecc.edu by Wednesday, October 31st.
3. Make an appointment in the College & Career Center by Wednesday, October 31st.
4. Add Monroe Community College to your list of Colleges I’m Applying to in Naviance.*There is no application fee for MCC.

Important dates to remember:

Mon., Oct. 29 Deadline to submit Green Sheet in the Counseling Center
Wed., Oct. 31 Deadline to submit online application to MCC
Wed., Oct. 31 Deadline to make appointments in the CCC
Wed., Nov. 7 MCC Instant Decision Day
In Instant Decision Day
Tuesday, November 13, 2018
8:30 a.m. – 11:30 a.m.
College & Career Center

Seniors, meet one-on-one with an admissions counselor from Brockport!
Be reviewed on-the-spot and receive a conditional letter of acceptance!
You’ll also learn if you qualify for scholarships!

1. Complete the Common Application or the SUNY Application online.

2. Print out the pdf of your application and bring it with you to your appointment.

3. Submit a completed “Green Sheet” (transcript request form) to Mrs. Leatzaw in the Counseling Center no later than Wednesday, October 31, 2018. Indicate on the green sheet that it is for Instant Decision Day.

4. Add SUNY Brockport to your list of ‘Colleges I’m Applying To’ in Naviance Student.


6. The application fee must be submitted online with your application.
"Make a Difference Day"
RUSH-HENRIETTA CSD FOOD DRIVE

Monday-Friday, October 22-26, 2018

For the Rush-Henrietta Area Food Terminal (RHAFT)
Rush-Henrietta Schools Partnership with the Town of Henrietta

Please help our community's emergency food cupboard on "Make a Difference Day" by donating nonperishable food or personal items, such as:

**Major Needs:**
- instant mashed potatoes
- instant minute rice
- crackers
- Tuna and Hamburger Helper
- coffee
- hot chocolate packages
- Jello's & puddings
- canned meats

**Major Needs:**
- tuna
- peanut butter
- canned beef/chicken
- macaroni & cheese dinner
- baby food/formula
- beef stew
- canned hash
- chili

**Personal Care Products:**
- soap
- toilet paper/tissue
- toothbrushes/toothpaste
- deodorant
- shampoo
- diapers

**Packaged Foods:**
- sugar
- jelly
- rice
- ketchup/mustard
- tuna/hamburger helper
- noodles
- cake/muffin mixes
- tea/coffee

**Canned fruits, vegetables, soups, fruit juices**

As part of "Make A Difference Day," the district will continue to support the Rush-Henrietta Area Food Terminal. As a school community, we are asking our schools and district offices to collect nonperishable and personal care items during this week.

On **Friday, October 26**, district transportation along with student volunteers will collect the food and personal care items from all schools and district offices.

On **Saturday, October 27**, students and staff from our junior high schools will shelve the donated items at the RHAFT.

*If you have any questions regarding the food drive, call Chris Barker, Director of Student Management at 359-5048.*
R-H Spotlight Theatre Presents

#PRESENTTENSE

#SpotlightFallPlay2018

Fall Play

November 1-3 at 7 PM
SHS Auditorium
Tickets at the door:
$5 students through 12th grade, $8 for adults
Recommended for ages 13 and up
JULY 2019

EDUCATIONAL TRAVEL EXPERIENCE
FOR R-H STUDENTS.

Explore Amsterdam, Heidelberg, Munich, Venice, Lucerne, Dijon, Paris, London (+ Stonehenge and Bath) - (17 day trip)

Program costs will include:
- Full-time Tour Director
- Sightseeing: 5 sightseeing tours led by expert, licensed local guides (6 with extension); 3 sightseeing tours led by your Tour Director; 3 walking tours
- Entrances: Anne Frank House; Heidelberg Castle wine barrel; Doge’s Palace; glass-blowing demonstration; Notre Dame Cathedral; with extension: Stonehenge; Roman Baths
- weShare: Our personalized learning experience engages students before, during, and after tour, with the option to create a final, reflective project for academic credit.
- All of the details are covered: Round-trip flights on major carriers; comfortable motorcoach; Eurostar high-speed train; 13 overnight stays in hotels with private bathrooms (15 with extension); European breakfast and dinner daily

Compare the canals in Amsterdam to those in Venice. Consider the Alps from the perspective of Munich, Innsbruck and Lucerne. Contrast the haute couture of Paris’ Champs-Élysées with the razzle and dazzle of London’s Piccadilly Circus. Language, culture, cuisine - experience it all.

Contact Ms. Francia Marrot at fmarrot@rhnet.org

Back to Contents
Senior Pictures & Senior Quotes

November 9, 2018

is the deadline for 2019 Senior pictures.

We prefer a vertical format of 2 inches by 1.5 inches, a neutral background
and approximately a 1-inch head size.

Baby Pictures Cost: $35 buys 1/9 page.
Due January 25, 2019

Your name, address, phone, & email
Your baby’s name and photo
Your message (200 character limit)

Send a check to: Yearbook-Baby, 1799 Lehigh Station Rd., Henrietta, NY 14467

Then & Now photos
Due January 25, 2019

A group photo with least two R-H seniors taken before 9th grade.
We can help you take the Now picture or you can send both to rhyearbook@rhnet.org

Purchase your Yearbook
Order your yearbook today at www.jostens.com
Pre-sale! $60 until January 25, 2019; after $70 regular price.
November 9, 2018 is the deadline for 2019 Senior Pictures and Senior Quotes.

We prefer a vertical format of 2 inches by 1.5 inches, a neutral background and approximately a 1-inch head size.

Send us a quote and the name of the person who said it. Tweet size, please.

“I’m stronger than I seem, I’m braver than I believe, and I’m smarter than I think.”
- James Carville

Send your photo and your senior quote to rhyearbook@rhnet.org
Purchase your 2019 R-H Yearbook!

Order your yearbook today at www.jostens.com

Pre-sale price!

$60 plus tax until January 25, 2019
After then...$70 plus tax (regular price)
Books will arrive in June 2019.
Don’t miss out.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<td>R-H Homecoming</td>
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<td>R-H vs. Penfield</td>
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<td>Superintendent’s Conference Day</td>
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<td>(No School K-12)</td>
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<td>Fin. Aid Night</td>
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<td>Make a Difference Day</td>
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- **Western NY College Fair - SHS Cafeteria**: 7:45-8:30 a.m.
- **SHS Open House**: 6:30-8 PM
- **RHMPA - SHS Chorus Rm. 7 PM**
- **SHS PTO Mtg. Conf. Rm. C-143 6:30 PM**

(Updated)
RUSH-HENRIETTA
Central School District
2034 Lehigh Station Road
Henrietta, New York 14467
Phone: (585) 359-5000
Fax: (585) 359-5045
www.rhnet.org

2018-2019 Board of Education
Mr. Robert L. Cook, President
Mrs. Annmarie Strzyzynski, Vice President
Mrs. Mai Abdullah
Mrs. Jennifer M. Laird
Mrs. Nichole M. LaPlaca
Mr. James C. O’Brien
Mrs. Diane E. McBride

Superintendent of Schools
Mr. Lawrence Bo Wright