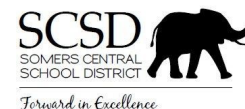


Somers High School

Weekly Newsletter October 4, 2019



Dates:

October 7– October 12	Spirit Week
Wednesday, October 9	Yom Kippur– No School
October 10– October 12	Homecoming Weekend
Monday, October 14	Columbus Day– No School
Tuesday, October 15	Professional Learning Day— No School
October 17 & 18	Senior Photos, 9 AM—2:30 PM, Auditorium
Saturday, October 19	PSAT Grades 10 & 11
Friday, October 25	Underclass Photo Retakes, 9 AM—2:30 PM
October 21—October 28	Red Ribbon Week
Thursday, October 24	Disney in Concert, 7 PM—9 PM, Auditorium
Saturday, October 26	Pajama-thon 9 AM—3 PM, 136A, Cafeteria
Monday, October 28	Stephen Hill Presentation, 9:10 AM—10:10 AM

HOMEcomings SPIRIT WEEK IS COMING!

Classes will compete to be Somers High School's *Most Spirited Grade* through:

- dressing up for Spirit Days
- participating in various games during the Community Lunch
- a spare change collection to benefit Special Olympics (Donation jars by grade in main hallway)
- class banner competition
- winning competitions at Friday's Pep Rally!

Dress-Up days are:

Senior 70's Day (12th Graders only) - POSTPONED TO 10/18

Monday 10/7: America Monday

Tuesday 10/8: Tourist Tuesday

Wednesday 10/9: Yom Kippur - No School

Thursday 10/10: Color Wars (9th—Pink; 10th—Green; 11th—Blue; 12th—Black)

Friday 10/11: Somers School Spirit Day

Homecoming shirts and other Somers apparel are on sale in the school store located above the commons.

CLUBS AND ACTIVITIES AT SHS

Each day's club meetings are listed on Schoology in Student Life under Events. Students are welcome to join clubs at any time. Questions: Email StudentLife@somersschools.org

Homecoming Pep Rally – October 11, 2019

Class period schedule:

1	7:35 A.M.	8:19 A.M.
2	8:22 A.M.	9:06 A.M.
3	9:09 A.M.	9:53 A.M.
4 CL	9:53 A.M.	10:40 A.M.
5	10:43 A.M.	11:27 A.M.
6	11:30 A.M.	12:14 P.M.
7	12:17 P.M.	1:00 P.M.

Seniors should report to their 7th period classes and we will dismiss them at 12:35 PM to report to the bleachers in the Lower Gym for their class photo.

STEPHEN HILL PRESENTATION :

On Monday, October 28th, SHS will hold a full-school assembly where we will hear from motivational speaker Stephen Hill. During this moving presentation, Stephen will share his personal story of his addiction to and triumph over drugs and alcohol use that began in 9th grade when he was elevated to play on his high school's Varsity Lacrosse team. That same night, the PTSA in partnership with Somers Partners in Prevention will host an evening presentation for all parents of children in grades 5-12, beginning at 7:00 PM in the SHS Auditorium.

VAPING AMONG TEENS—A NATIONAL EPIDEMIC

Please click on the link below for an important video from NBC News on the increase in vaping related incidents.

[Vaping Among Teens on the Rise](#)

SHS PTSA Membership

Your PTA Membership helps fund programs for our children and entitles you to vote on important PTA matters. Please visit our [website](#) for information on joining the PTA.

Support the SHS PTSA when you shop: Help support the SHS PTSA by shopping on Amazon and Shutterfly. Visit our [website](#) for information and the links to shop.

Support SHS Through Stop and Shop Purchases:

Visit our [website](#) for more information. Stop & Shop purchases translate to dollars for programs for your children. Registration is open. The program runs September 6, 2019 - March 14, 2020. If you've registered your card and designated SHS you do not need to re-register.

Facebook: Parents please like or join your graduating year page or group as well as the Somers PTA Council page where we will share PTA Events/Programs.

[Class of 2020](#), [Class of 2021](#), [Class of 2022](#), [Class of 2023](#), [Somers PTA Council](#)

SEPTA MEETING

Join us for our next general SEPTA meeting on October 23rd at 7:30pm in the SMS library. Come see what SEPTA is all about and help us plan another great year for our kids.

YANKEE CANDLE FUNDRAISER

SEPTA is pleased to once again be offering Yankee Candle products as a fundraiser this year. SEPTA earns valuable dollars for every item sold and donates back to the district grades K-12. Families may purchase online until October 12th. Visit www.yankeecandlefundraising.com and register as a Seller with your school's special group number. Group numbers are different for each school building. Please consult the SEPTA website at www.somersschools.org/septa or the packets sent home to retrieve your buildings special group number. Contact Denise Donnelly at denisendan26@optimum.net with any questions.

BECOME A SEPTA MEMBER

Please consider supporting Somers SEPTA by becoming a member. The money raised from membership and from our fundraisers goes directly back into the schools, supporting the children, teachers, and parents in the district. Sign up through www.myschoolbucks.com. Thank you for your support!



All-American Addict
A Journey To Recovery

Grades 9 - 12

October 28, 2019 • 9:10am - 10:10am

Somers High School

STEPHEN HILL
MOTIVATIONAL SPEAKER
J.D. CANDIDATE
AUTHOR

speaksobriety.com | [@speaksobriety](https://twitter.com/speaksobriety)

Speak Sobriety logo, Somers High School logo, Stephen Hill logo

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EARLY DISMISSAL TEST:

Today, Friday, October 4, 2019, the Somers Central School District will conduct its annual TEST of the Early Dismissal Plan. Students will be dismissed fifteen (15) minutes earlier than their normally scheduled time. The High School will dismiss at 1:55 PM.

ORDER YOUR YEARBOOK: ON SALE FOR \$85 THROUGH OCTOBER 16TH (Full Price \$110)

Early Bird Sale Price of \$85 good through October 16! The price goes up to \$95 on October 17th.

The full Price of \$110 will be in effect starting December 15th and only while supply lasts.

Don't miss out. Order Now at www.yearbookordercenter.com Enter SHS order number 4993.

- √ Order your Yearbook Online.
- √ Add optional personalization (engraved nameplate to the cover - SENIORS ONLY!)
- √ Senior Families: Place a Senior Advertisement (for our graduating senior class only).
- √ Place a business Advertisement too! Offered in an array of sizes to meet your budget).
- √ Enjoy this wonderful keepsake for years to come.

MILES FOR MEDALS:

On October 13th from 10 AM—2 PM, Somers Special Olympics is partnering with the LEO's and the varsity Cross Country team in Miles for Medals. This event will be held at FDR park in Yorktown, and will include a 5K walk/run along with a day full of fun activities. To register for our team: <http://events.nyso.org/goto/somers-leos>

POP-UP YOGA

Come breathe, slow the day, calm the mind, center, be present, as well as be ready to be playful, to laugh, and to do some cardio! First session: DAY 6, Monday 10/7/19-- Community Lunch, approx. 10:45-11:05am. Room 217A. [10 Reasons to Practice Yoga](#)

Yoga Mats available for your use. Come in whatever clothes you're wearing, and we will make it work. □ Come old, young, child, adult, ladies, gents, and pets!--Taught by English teacher Mrs. Allison Ferrier, 200-hour Yoga Alliance certified yoga instructor. For more information, contact Allison Ferrier, SHS Eng. Teacher, at aferrier@somersschools.org



SOMERS VOLUNTEER FIRE DEPT FOOD PANTRY COLLECTIONS

Support our Somers Community by helping the Somers Volunteer Fire Dept fill the St. Luke's Food Pantry. Donations can be brought to the Fire House on Rte 202 on the first Wed of every month or you can drop off donations at St Luke's office on Tues/Wed/Thur from 9-1. [click here for more information!](#)

GIRL SCOUT TROOP 1413 COLLECTION

Girl Scout troop 1413 will be collecting used backpacks, sneakers and travel size toiletries for the homeless from Oct 7- Oct 17 in conjunction with St. Patricks midnight run. A box will be placed outside the main office. Thank you for helping the homeless.

SENIOR APPLE PICKING TRIP:

Our Senior Apple Picking Trip will be on Thursday, October 17 (rain date: October 22).

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NEWS FROM THE COUNSELING CENTER:

We've reached the mid-marking period of quarter one. Please be sure to review your student's academic progress to date in the Parent Portal. If your student is experiencing academic challenges, please encourage her/him to visit the Academic Support Center for direct, in-school support. Students should also make seeing their teacher for extra help after school part of their routine for school success.

FAFSA IS NOW LIVE AT FAFSA.GOV

The FAFSA (Free Application for Federal Student Aid) for the 2019-2020 application cycle is now live and can be completed on [FAFSA.gov](https://fafsa.gov). There is no cost to filling out and submitting the FAFSA. All colleges require the FAFSA to determine any eligibility for need-based financial aid, but a large number also require it to be filed for scholarships and other merit-based awards. Deadlines for filing the form vary depending on the school and the filing plan but it is recommended to complete the form and submit it to colleges as soon as possible, especially if applying for any Early Action or Early Decision deadlines, as many colleges will try to combine an offer of admission with a financial aid award. A smaller number of highly selective private institutions and several flagship public schools (such as the University of Michigan, for example) also require the CSS Profile, which is available on the College Board website. A list of schools that ask for the Profile in addition to the FAFSA can be found here:

<https://profile.collegeboard.org/profile/ppi/participatingInstitutions.aspx>

Most important: Every year families tell us that they are not going to file the FAFSA because they are assuming they will not qualify for any institutional aid. NEVER ASSUME THIS. LET THE COLLEGE BE THE ONE TO TELL YOU WHETHER OR NOT YOU QUALIFY.

SCHOLARSHIPS AVAILABLE ON NAVIANCE

Spring of senior year is traditionally the time when students are applying for individual scholarships ranging from local community-based ones to large national ones with a significant amount of money attached. However, there are some scholarships specific to various schools and organizations that have live applications right now. As these scholarships come into us we will post them to the scholarship list on Naviance and send notification via email to eligible students and their parents. Log on now to learn about the Eisenhower Scholarship at Gettysburg College, the Jefferson Scholars Program at the University of Virginia, and the National Honor Society scholarship that any senior who is an NHS member in good standing may apply for. Right now this information will go out via email on an as-needed basis. In the spring we will send out weekly reminders of what scholarships are available and when the deadline to apply is.

UPCOMING COLLEGE VISITS FOR THE WEEK OF OCTOBER 7TH

<u>Date</u>	<u>College</u>	<u>Period & Time</u>
Monday, Oct. 7 th	Hofstra University	Period 1; 8:00 am
Tuesday, Oct. 8 th	Hunter College of the CUNY	Period 2; 8:33 am
	SUNY Brockport	Period 2; 9:00 am
	Mount Saint Mary	Period 3; 10:00 am
	Felician University	Community Lunch; 10:45
	U.S. Marine Corps	Period 5; 11:18 am
	Quinnipiac University	Period 5; 11:45 am
	Drexel University	Period 6; 12:15 pm
Adelphi University	Period 7; 1:40 pm	

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Wednesday Oct. 9th	Schools Closed – Yom Kippur	
Thursday, Oct. 10th	SUNY Geneseo	Period 2; 8:33 am
	Towson University	Period 2; 9:00 am
	Saint Anselm College	Period 3; 9:33 am
	SUNY Oswego	Period 3; 10:00 am
	Mitchell College	Community Lunch; 10:45 am
	Northeastern University	Period 5; 11:18 am
	University of Arizona	Period 7; 1:13 pm
	SUNY New Paltz	Period 7; 1:40 pm
Friday, Oct. 11th	Johns Hopkins University	Period 3; 9:33 am
	SUNY Delhi	Community Lunch; 10:45 am
	Syracuse University	Period 5; 11:18 am
	Seton Hall University	Period 5; 11:45 am
	University of Connecticut	Period 6; 12:16 pm
	Pace University (Westchester)	Period 6; 12:45 pm
	University of Alabama	Period 7; 1:13 pm
	Roger Williams University	Period 7; 1:40 pm

*Please note that we are now able to host up to two colleges per period. Students should note the time listed after the period information so they know when during a given period to expect to meet with each college.