

RHS Weekly View

3/22/2013

A TRADITION OF EXCELLENCE

Ridgewood Does Yoga

Stress over grades and classes is one of the most frequently cited problems of students at Ridgewood High School, but both teachers and parents are trying to make efforts to change that. In classes like stress management, students are learning how to relax and cope with the pressures of the school day. "The last time we had Yoga class, I had a presentation to give the period after. Yoga helped relieve the anxiety of public speaking," says Joseph Umali."

Through this initiative and others, RHS is hoping to reduce the level of anxiety in students and let them know that it is okay to take a breath every now and then. "I really like [meditation,] because it's one of the only times I don't feel guilty for letting myself not do anything," says Jean Kim.

"Yoga has helped me to relax for the rest of the day and makes me focused for classes," says junior Christian McAvey. Students are finding that the added benefits of learning to breath and de-stress have had a positive impact on their academics, and have given them skills they can apply to other aspects of their lives. "I have also tried using the breathing techniques before games. I try to calm myself and it really works. My game has improved," says Anne Reilly, and according to Victoria Chung, the class has given her the "tools to relax myself whenever I'm frustrated."

FAST FACTS...

The average class size of a class at Ridgewood High School is 20.2 students. The student to faculty ratio is 11.8 to 1.



Students practice Yoga under the watchful eye of instructor, Susan Kamenno.

Honored Student Scholars

Ridgewood High School junior Rachel Posner received the Clarkson University Leadership Award, along with a \$60,000 scholarship. This is the highest honor one can receive at Clarkson University.

Ridgewood High School Senior, Mansheej Paul, was named a Colgate University Alumni Memorial Scholar for the Class of 2017, the highest honor any admitted student can receive.



RHS students, Rachel Posner and Mansheej Paul pose with counselors Laura Moore and Chris Fabish after receiving their awards.

Upcoming

March 21 to 23:

New Players Present:
Aida; 8:00 pm; Little Theater

March 23 to 24:

New Players Present:
Aida; 2:00 pm; Little Theater

March 25:

Board of Ed Meeting;
7:30 pm; Ed Center

March 29:

Good Friday

SAYLESTOCK

Held in memory of 2003
Ridgewood Alumnus,
Matthew Sayles

Van Neste Square

Sunday, April 28, 2013

12 pm – 7 pm

An art show and music festival featuring a variety of bands, and artwork by students, teachers, parents, and friends, all of which will be for sale during the day's events.

If you are interested in helping or wish to give a donation to the Matthew Sayles Foundation for Salivary Gland Cancer please visit:

www.allaboutmatt.org

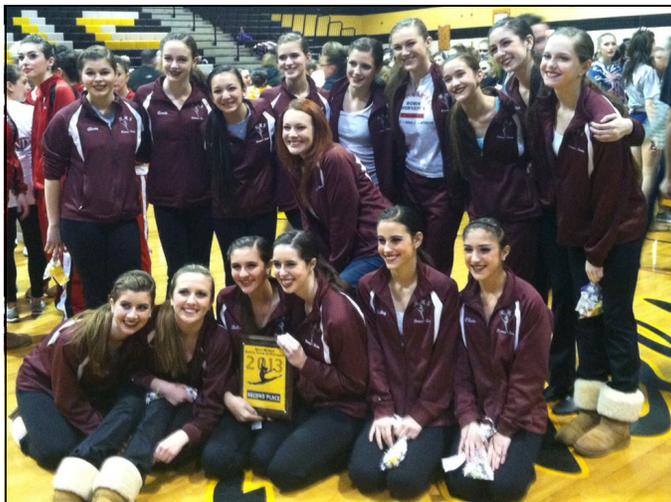
Hall of Fame Teacher



On April 27, 2013, Ramapo College will induct Ridgewood High School history teacher, Douglas Aday, into its Athletic Hall of Fame for his outstanding contributions to the college's baseball team during the 2001 to 2005 seasons.

During his career tenure, Aday served as team captain and during his senior year became the school's all-time career leader in doubles (62), RBI (150), and hits (222). He was a two-time All-NJAC performer, a two-time Rawlings Mid-Atlantic Regional All-American member, and a two-time Team MVP.

Aday currently teaches US history and civics at RHS, as well as coaches for Ramapo College Baseball.



Over the February Break, the Ridgewood High School Dance Team took second place at the New Milford Dance Team Invitational. Pictured above (in no particular order,) Ashley Caruso, Elizabeth Daly, Marissa DelVecchio, Katherine DuBois, Talia Kanell, Annie Marx, Alexa Powell, Bella Rosati, Olivia Shammass, Hennessy Sheehan, Hailey Smith, Rebecca Suss, Olivia Szymanski, Pamela Traflet, and Erin Woods pose with their coach Lauren Mele.

Faculty Highlight: Sean Kase



Sean Kase is currently in his sixth year at Ridgewood High School, spending the first three years in history and since then fully involved in the business department. He received his Bachelor of the Arts in Social Studies from Montclair State University (NJ). He will soon be going back for his MBA in Marketing.

One of your Favorite Memories of your time at RHS:

While attending DECA Nationals in Salt Lake City in 2012, and during our free time, our group of 28 students and 3 other chaperons went on a hike at Antelope State Park, which is located in the Salt Lake. It was a great experience to do together as a group. Our close encounter with a couple of bison standing off of the path was certainly one of those memories I won't soon forget. While we didn't reach the top of the mountain, I knew I'd get my chance again.

What Advice Would you Give Every Student:

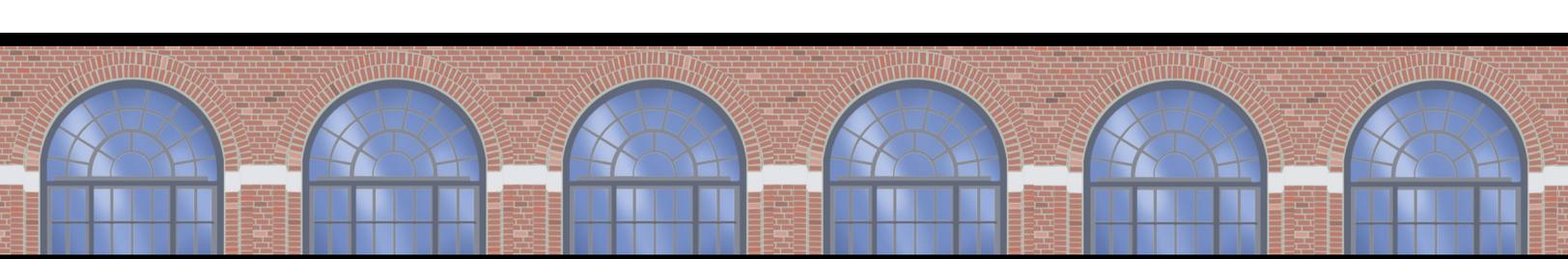
Get involved in new things, but find your main focuses so you don't spread yourself too thin. You never know what you are capable of before you test your limits.

Something You Don't Know About Me:

This summer (inspired by our DECA trip to Salt Lake) I took a solo road trip across the country for two weeks where I hiked and camped in three national parks (Yellowstone, Grand Canyon, Smoky Mountains) as well as in a state park (Antelope State Park) where I finally got to the top of the mountain during my 7-hour trek in 100 degree heat. The entire trip was one of the most amazing experiences of my life. I got to see all the different geographies of this country such as crossing the Mississippi for the first time by car, walking into the New Mexico desert, waking up just outside a cattle farm of Nebraska, and setting up a tent in the open prairies of Wyoming.

RPS POLICY CORNER: Behind-the-Wheel Driving Instruction

Students sixteen years of age or older (including sophomores) may enroll in a six-hour Behind-the-Wheel course. Classroom Driver Education is required of all sophomores and juniors. Behind-the-Wheel instruction is provided by the Ridgewood Community School on a tuition basis. An insurance reduction certificate is issued to students who successfully complete the classroom course and a six-hour Behind-the-Wheel course.



A Window Into Ridgewood High School



The RHS New Players rehearse for the musical production of *Aida* premiering this weekend.



Come see the new Players musical production of *Aida*, playing this weekend. For a preview of the show, check out the trailer above. Show times: Friday and Saturday at 8 pm, and Saturday and Sunday at 2 pm.



Ridgewood students enjoy a delicious lunch in the cafeteria as a welcome break to the school day.

Dr. Fishbein Talks Budget



Dr. Daniel Fishbein talks with seniors about the budget.

Dr. Daniel Fishbein, Superintendent of Ridgewood Public Schools, along with members of the Ridgewood Board of Education, stopped by the high school on March 20, to talk with seniors about the upcoming 2013-2014 school year budget.

Dr. Fishbein took his time to explain how the RPS budget was laid out and what factors determined the amount of money that the school system had to spend for each new year. The superintendent also took time to answer student questions in regards to funding.



The Ridgewood High School Girls Lacrosse runs drills as the team prepares for their Spring season.

The presentation was part of an effort to educate students about how the school operates and to encourage students to get out and vote in the upcoming budget question on April 16, 2013.



RIDGEWOOD HIGH SCHOOL

Website: <http://rhs.school.ridgewood.k12.nj.us/>

