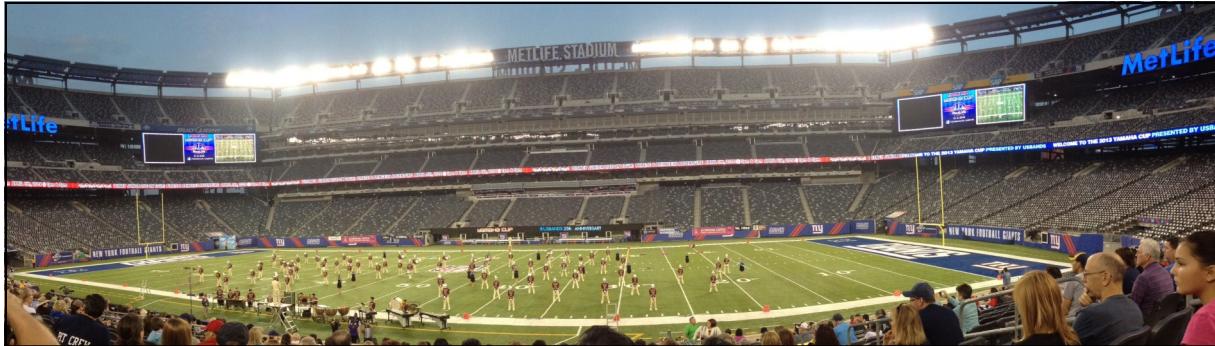


10/11/2013

# RHS Weekly View

A TRADITION OF EXCELLENCE



The Ridgewood High School Marching Band performs its show under the lights of MetLife Stadium. The band competed in the Annual Yamaha Cup on Saturday, October 5, and took home third place in their division.



Senior Monica Dawes poses with Ridgewood High School principal, Dr. Thomas Gorman. Dawes was one of RHS' National Merit Scholarship Semifinalists. She qualified, along with several other RHS students, due to their impressive AP scores. Those who qualified, such as Dawes, have an opportunity to continue in the competition for the Merit Scholarship that will be awarded in the Spring.

## FAST FACTS...

Over the past year, 80% of RHS students that took the AP exams scored a 3. That is a 4% increase in scores over the previous year.

## ACL Prevention Program

Ridgewood High School senior, Katherine Conklin, knows a thing or two about ACL injuries. Since the start of her high school athletics career, she has suffered two of them.

Now Conklin has created a seven minute video which she hopes will help educate people on ACL tears and give tips on how to prevent this painful and debilitating injury. According to Conklin's research, it is an injury that disproportionately affects females as opposed to male athletes.

One key to prevention, according to Conklin, is to improve balance and core strength.



Ridgewood Senior Katherine Conklin created a video to warn student athletes and others about the dangers of ACL tears.

## Upcoming

**October 12:**  
Vernon Marching Band  
Competition; 6:00 pm;  
Vernon High School

**October 13:**  
Orchestra Car Wash;  
RHS Parking Lot

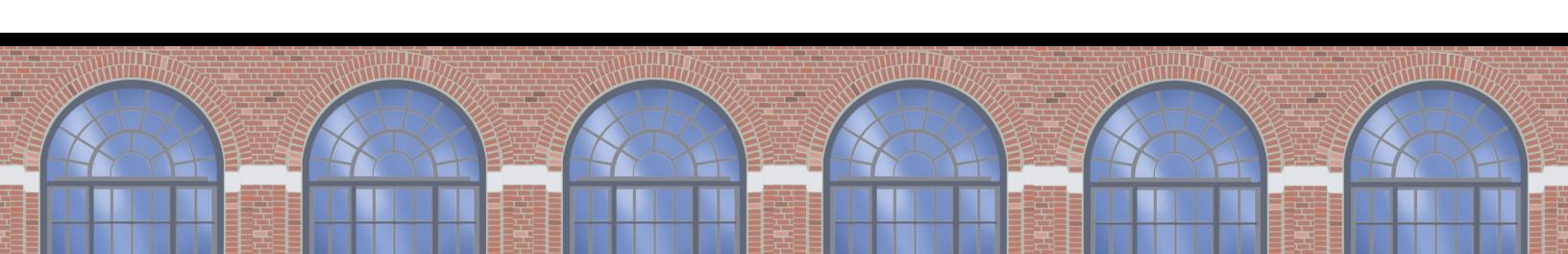
**October 14:**  
COLUMBUS DAY  
  
School Closed for  
students

**October 15:**  
National Honor Society  
Induction; 7:30 pm;  
Campus Center

**October 17:**  
Project Graduation  
Meeting; 7:30 pm;  
Campus Center

**Athletic Travel Release**  
  
If your child is competing at an away sporting event and will not be able to take the bus back to RHS, they must obtain prior authorization from the Athletic Director.

The "Athletic Travel Release Form" needs to be completed and approved by the AD by the morning of the event. It can be found on the RHS homepage under the [Athletics](#) tab and [Athletic Pages](#) sub-tab.



Ridgewood High School faculty and staff take part in the October 9 Enrichment Day, where different members of the school community come together to talk about important issues facing the world and the school community.

### Course Highlight: Dance



Above, students in Jennifer Landa's dance class create site specific works around the Ridgewood High School campus as a study on the post modern dance movement of the 1960s.

New Players Company presents  
***The Lion, the Witch, and the Wardrobe***

**10/24 @ 7 pm                  10/25 @ 8 pm**  
**10/26 @ 3 pm                  10/26 @ 8 pm**

**Students/Staff/Senior Citizens: \$10.00**

**Adults: \$15.00**

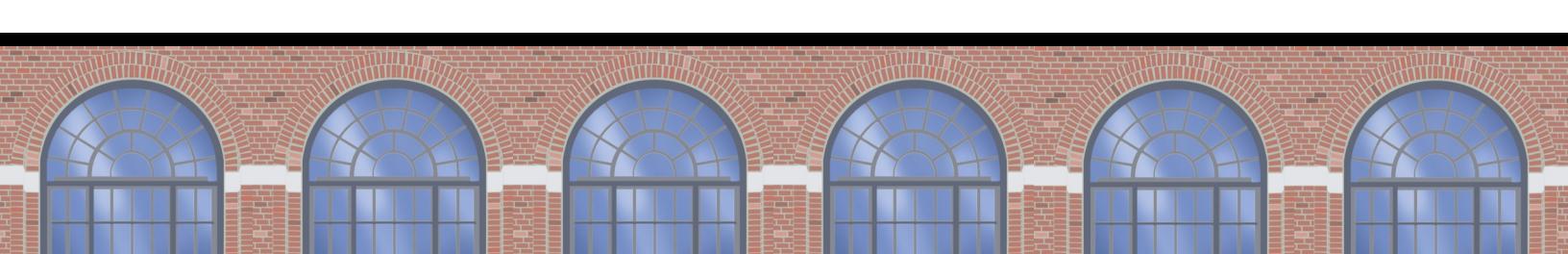
Starring: Katie VanBuskirk, Jeff Lampiasi, Maddie Wade, Colby Byrne, Amelia Fogg, Cathy Campo, Brian Bushell, Carolyn Bonaccorsi, Olivia Benson, Wes Dunn, Brad Alsop, Kenny Crane-Moscowitz, Cormac Bohon, Mark Hernandez, George Hajjar, Mickey McGinley, Patrick Meyer, Isabelle Siegal, Alex Calbi, Courtney Woods, Dana Martinez, Dwight Moran, Emily Flynn, Emma Loughlin, Haley Tyrrell, Katy Feldhahn, Kieran Power, Kyla Perlman, Lockie Nidds, Sam Flynn, and Sara Cantor

A performance-based class for grades 9, 10, 11 and 12, Dance provides an opportunity for students with a variety of skill levels to work as a Company and explore the work of American choreographers throughout the 20th century. Students are expected to participate in daily warm-up exercises, show attitude and energy appropriate for artful dance, and collaborate with other members of the class in preparation for the Dance Concert held at the end of each semester. Students accept the performance calendar as a condition of participation and as part of the course requirement. Dance may be taken as an elective for one or more semesters and can satisfy a physical education credit for seniors.

### RHS POLICY CORNER: 3:15

Academic Study Hall: 3:15 pm: A teacher may assign an academic study hall to a student who doesn't complete homework or long term assignments. This takes precedence over everything: athletic contests, doctor's appointments, jobs, etc. Students are dismissed at 3:30 pm if the assignment is completed. Failure to attend an academic study hall will result in assignment of an afternoon detention.

Afternoon Detention: 3:15 pm: An assigned afternoon detention takes precedence over everything: athletic contests, doctor's appointments, jobs, etc. Failure to attend a scheduled afternoon detention will result in assignment of an additional 3:15 pm detention. Failure to serve detentions may result in suspension.



## A Window Into Ridgewood High School



Students line up to sprint in their physical education class, during a warm autumn day.



Kellie Conforth's art class engages in gesture drawing of the dance class, on the steps of RHS.



The Ridgewood High School cheerleaders root for the Maroon football team during a home game.

## Board of Education Seeks Input

Some new graffiti has shown up around Ridgewood High School, but this kind is of the educational type. Timothy Monahan's AP Microeconomics class has taken to the corridors, gates, bookshelves, floors, and walls of RHS to create graphical models to represent changing market forces.

Using creative and interesting ways to display information helps students see that information as more than just marks on a paper, and illustrates that they have an impact in the world.



RIDGEWOOD HIGH SCHOOL

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

