

# RHS Weekly View

A TRADITION OF EXCELLENCE

9/25/2015

## Stigma Free Dancing

On September 19, the Ridgewood High School Dance Company performed at the Over the Edge fundraiser for the Northern New Jersey Girl Scouts.

The RHS dancers danced with the Stigma Free Dancers, a group led by Jen Landa that aims to help raise awareness of mental health issues and erase the stigma of seeking help for mental illness.

The RHS dancers performed an excerpt from one of their pieces and then taught it to the Girl Scouts at the event. Everyone had a great time and helped raise money for a great cause.



Dance teacher, Jen Landa, poses with Anna Schoff, Kenny Crane-Moscowitz, Sarah Bradley, Aaqib Hassan, Brendan Sheehan, and Hennessy Sheehan on Saturday, September 19, during an event held for the Northern New Jersey Girl Scouts.

### FAST FACTS...

Make sure to always be checking with Ridgewood High School on both [FACEBOOK](#) and on [TWITTER](#). Click on the links to subscribe.



Members of the Freshman FOCUS class "ham it up" for the camera.

## Focusing on Freshmen

Ridgewood High School's Freshman F.O.C.U.S. program assists ninth graders as they enter Ridgewood High School with activities that have been designed to ease the immediate transition to a new academic setting.

Peer Counselors are eleventh and twelfth grade RHS students that have been carefully selected, trained and supervised. They are the key element in the program, as peer counselors provide immediate and meaningful contact for ninth graders. Peer Counselors reach out to a small group of ninth graders and continue to work with that same group of youngsters consistently throughout the year. Freshman F.O.C.U.S. is also led by the professional Guidance staff with help from the administration.

This unique program provides the opportunity for students to address the issues of personal development that all adolescents face. The goal of the course is to provide a solid foundation and sense of community that will enhance the academic and personal success for all students.

## Upcoming

### September 26:

Us Bands Competition;  
6:00 pm; MetLife Stadium

### October 1 to 6:

Senior Portraits,  
Campus Center

### October 2:

New Players Rock Band  
Fundraiser; 7:00 pm;  
Little Theater

### September 24:

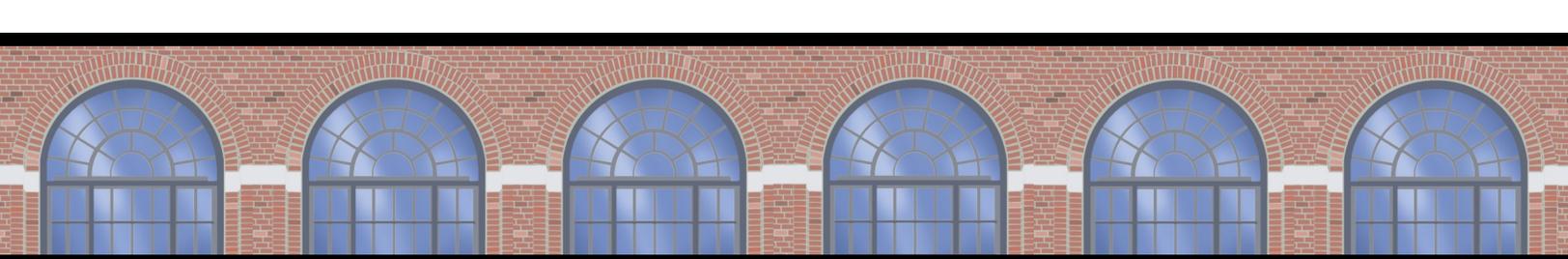
12th Grade Parent  
Meeting

## #RHSPride

Students, do you have any pictures of you and your friends having fun around RHS? Teachers, do you have any pictures to share of your class engaged in interesting or fun lessons? Parents, do you have any pictures of your students that you want to show off?

Then tweet them to [@RidgewoodHS](#) or post them to [Facebook.com/hs.ridgewood](#) using the hashtag: #RHSPride.

All pictures must be school appropriate and the best might be featured in the RHS Weekly View or in the [RHS High Times newspaper](#).



### A Window Into Ridgewood High School



Students enjoy the last few warm days of summer as they eat their lunch in the courtyard of Ridgewood High School



Students in Jen Landa's acting class practice lines and skits on the stage of the Little Theater.



Students in Chuck Johnson's physical education class run several different sprint and short distance exercises on the field.



Fall comes to Ridgewood High School, as the trees around campus begin to turn to browns and reds in preparation of the coming cold weather.



Students talk with a representative from Rollins College. Hundreds of representatives from colleges around the country come each year to Ridgewood High School to talk about their programs and promote their academics to RHS seniors.

#### QUOTE TO REMEMBER...

*"Everybody is a genius. But, if you judge a fish by its ability to climb a tree, it will spend its whole life believing that it is stupid."* -Albert Einstein



RIDGEWOOD HIGH SCHOOL

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

