

# RHS Weekly View

A TRADITION OF EXCELLENCE

11/13/2015

## Honoring Those Who Served

On November 13, local veterans visited Ridgewood High School to enjoy breakfast and help educate students about their experiences while serving our country.

Local veterans mingled with students over a breakfast prepared by the foods classes. Afterwards, the assembly, held in the Little Theater, featured performances by various RHS chorale groups, a [video tribute](#), and a panel discussion.

Students had the chance to hear Ridgewood veterans speak about what their service meant to them. The panel also answered questions from students in the audience.



Ridgewood students sit with Veterans during the annual RHS Veteran's Day Breakfast. Students enjoy the chance every year to get hear about the experiences of the men and women who have served the country.

## Project Interact Honors the Troops

Ridgewood High School Project Interact always does all it can for our men and women serving overseas and at home.

The student group recently created handmade cards for troops overseas. Project Interact also donated \$200.00 to the United Service Organizations, which provides help to over 10 million military service members and their families.



Students in Project Interact display the cards they will send to the men and women currently serving in the United States Armed Forces.



Ridgewood drum majors and color guard captains pose with their trophies at Ridge High School. The RHS Marching Band finished out their competitive season with a 3rd place finish out of 16 bands at USBands National Championships on November 9. The band was also awarded Best Music and Best Visual Performance at the competition.

## FAST FACTS...

Ridgewood High School is ranked 25th in the state by NJ Monthly, and 60th in New Jersey by Newsweek Magazine.

## Upcoming

**November 13 to 15:**  
Junior New Players;  
Little Theater

**November 14:**  
All State Opera  
Festival; Paramus HS

**November 16:**  
RHS Jazz Ensemble  
Auditions; 6:30 pm;  
Room 150

**November 18:**  
Teacher Enrichment  
STUDENT SLEEP-IN

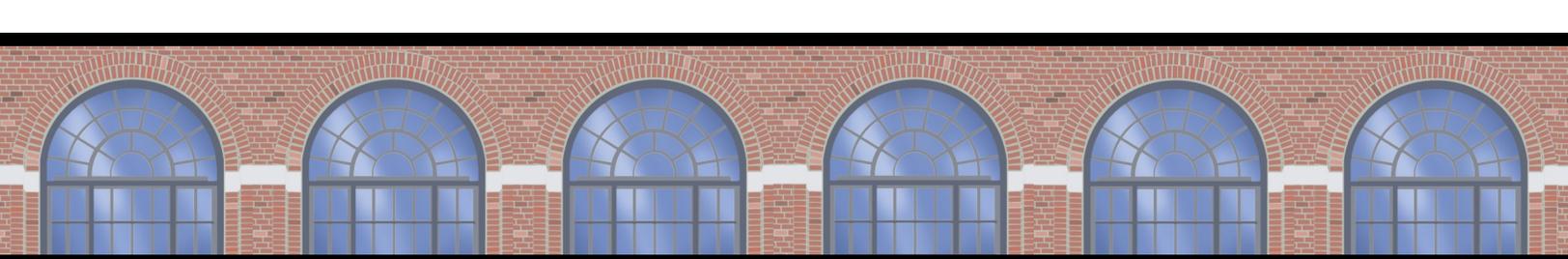
**November 18:**  
Financial Aid Meeting;  
7:30 pm; Campus  
Center

**November 19:**  
Maroon and White  
Recital; 3:30 pm;  
Library

**November 20:**  
A Cappella Concert;  
7:00 pm; Little Theater

## NHS BLOOD DRIVE

The Ridgewood High School National Honor Society is hosting its annual Fall Blood Drive, on Wednesday, November 18, between 8:45 am and 2:50 pm. The mobile donation center will be parked outside the school. Students who are 16 and younger must fill out a permission slip with their parent's



Jennifer Landa and the students in her acting I class pose with guest director Katie Cummings. Mrs. Cummings is from Milwaukee First Stage, which is one of the most acclaimed children's theater companies in the country and the second largest theater company in Milwaukee. She worked with the students as a guest speaker and teacher, running warmups, theater games, and character work. The class then concluded with a chance for students to ask questions.

**WELCOME TO**  
  
**FUNDRAISING IS ONE OF OUR FRESHEST INGREDIENTS.**

**RIDGEWOOD HIGH SCHOOL PROJECT GRADUATION 2016**  
**NOVEMBER 18TH, 2:30PM-9:30PM**

**VALID AT ANY OF THESE PARTICIPATING MOE'S LOCATIONS:**  
 175 Route 17 South  
 Paramus, NJ 07652  
 (201) 262-0591

**PRESENT THIS AD AND**  
**15%**  
**OF THE SALE\* WILL GO TO SUPPORT YOUR ORGANIZATION.**

\*PRE-SALES ONLY. MUST PRESENT THIS AD AT CHECKED TIME OF USE. VALID ONLY AT LOCATIONS LISTED ON DATE OF EVENT. NOT VALID WITH ANY OTHER OFFER. ONE COUPON PER PURCHASE. EXCLUSIVE OF ALCOHOL, TAX AND GRATUITY. NOT FOR SALE OR RESALE. ITEM WHERE PROMOTED. CASH MADE 11PM. NO CASH BACK. RESTRICTIONS/EXCLUSIONS MAY APPLY.  
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 MOES.COM

**Coat Drive**  
 Benefiting  
 New Jersey Cares  
 Drop Off:

Saturdays: Nov. 21 & Nov. 28  
 15 Franklin Ave. Ridgewood  
 9:00 AM – 3:00 PM  
 (Formerly Ken Smith Motors)

Donations of Gently Worn  
 Children, Women & Men's Coats

Sponsored by Ridgewood A.M Rotary Club  
 Ridgewood Police Department  
 Ridgewood Public Schools

Questions? Contact:  
[bgwiest47@gmail.com](mailto:bgwiest47@gmail.com)  
 (201)652-0858



**RHS High Times News Corner**

This month the Ridgewood High School High Times talked about living Stigma Free with Mental Health Awareness.

**Statistics**

- 8% of youth have an anxiety disorder.
- 20% of youth ages 13-18 live with a mental health condition.
- 1 in every 5 adults in America experience a mental illness.
- One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.
- Suicide is the 3rd leading cause of death in youth ages 10 - 24.
- 10% of youth have a behavioral conduct disorder.
- 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.
- In every age group, women were more likely to have serious psychological distress than men.

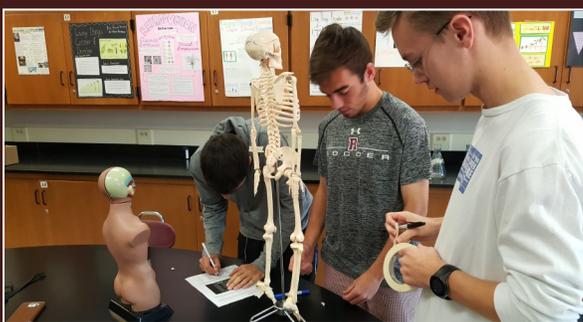
NTHS president Poyani Bavishi said in the opening speech, "Often times, mental disorders are not apparent on the surface, and are difficult to detect even in our closest friends."

To read more, check out the full story at [www.rhshightimes.com](http://www.rhshightimes.com)

## A Window Into Ridgewood High School



Students from Gail Stoughton's 21st century work skills class work with hand tools in the woodshop with the help of teacher, Ron Jaremcak.



Students in Mark Syvret's human anatomy and physiology class study the names of regions of the body with the help of a torso model and skeleton.



Spanish AP students utilize one of the conference rooms in the Learning Commons to Skype with a native speaker in Madrid in order to get a better understanding of the Spanish language.

## NHS Thanksgiving Food Drive

The Ridgewood High School National Honor Society is collecting food for the Ridgewood Social Services Association's Thanksgiving Food Drive.

Non-perishable food items can be brought to boxes outside the fitness center, band room, or in room 317 for donation. Any Thanksgiving-related foods, as well as breakfast and snack products, are requested to serve the community of Ridgewood and surrounding towns during this season. Please do not donate items in glass containers, as there is too much risk of breakage.

The RHS National Honor Society would like to thank you for your contribution to those less fortunate this holiday season.



Stefanie Gigante demonstrates the use of the Swivl device in her Latin II class. The product allows for filming, editing, and uploading of live lessons. Ms. Gigante received the Swivl as part of a grant from the Ridgewood Education Foundation and has been using it to record many of her classes ever since. More grants are being written by other teachers this year in hope of receiving their own Swivl device.

## QUOTE TO REMEMBER...

*"Live as if you were to die tomorrow. Learn as if you were to live forever."* -Mahatma Gandhi



RIDGEWOOD HIGH SCHOOL

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

