

# HORSEHEADS HIGH SCHOOL

## “NOTES”



Volume 45 Number 2

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### High School Phone Number: 739-5601

Ext. 1600	Kris Earl	Ext. 1608	Main Office
Ext. 1602	Dan Buseck	Ext. 1612	Attendance Office
Ext. 1603	Mike McCawley	Ext. 1622	Health Office
Ext. 1618	George Bacalles	Ext. 1625	Counseling Office

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### NATIONAL HONOR SOCIETY NEWS

Juniors and seniors who received invitations to apply to National Honor Society this year should be sure to note the application deadline of Thursday, September 22<sup>nd</sup>. All completed applications must be emailed to Mrs. Thompson, National Honor Society Advisor. Further information can be found at the NHS website - <https://sites.gstboces.org/nhs/>

The Horseheads High School chapter of National Honor Society will be holding its Induction Ceremony for new members on Tuesday, November 8 at 7:00 p.m. in the auditorium. All inductees as well as current members of NHS are required to attend.

Our annual poinsettia sale begins on October 27 and we are excited to be offering five different colored plants again this year! Be sure to contact a NHS member or Mrs. Thompson if you would like to purchase a poinsettia and support NHS students!

### SISTER CITIES ASSOCIATION NEWS

The Horseheads Sister Cities Association (HSCA) is pleased to announce that **we are searching for adult volunteers to be part of a team** to renew the exchange visits between Horseheads and sister city Nakagawa, Japan. We would like to plan an exchange that will start in March 2023 when a delegation of students and adults from Nakagawa spend a week in Horseheads exploring and experiencing family life, schools, and area attractions. Usually, the trip to Horseheads is the first time the Japanese students have been abroad, so it is a very influential experience for them.

We hope for a reciprocal exchange trip to Nakagawa in early July 2023, wherein Horseheads students and adults travel to Nakagawa exploring small community Japanese culture in a similar way.

**We are unable to renew this exchange without leaders. Parents and/or educators interested in being part of a team to bring this experience back to our students please contact Kelly Murray – [kmurray@horseheadsdistrict.com](mailto:kmurray@horseheadsdistrict.com).**

We hope to hold an informational meeting in the near future for students in grades 8-11 who reside in the Horseheads school district tax area and are interested in exploring Japanese culture through this experiential young ambassador opportunity.

### **STUDENT PHOTO RELEASE**

Throughout the year the school district may photograph, videotape, and/or interview students for its publications or broadcasts, which include both school and district newsletters and videos. Additionally, local newspapers and TV stations often attend school events and photograph, videotape, or interview students. Please note that the district and media may use the photos and videos taken at school events on their websites and on social media (Facebook, Twitter, Instagram, etc.). The district will still publish student pictures and images in school yearbooks. Complete the following and return to the Main Office if you DO NOT wish your child to be photographed or videotaped for school publications or by the media. Return form to HHS Main Office; email to [hcsdinfo@horseheadsdistrict.com](mailto:hcsdinfo@horseheadsdistrict.com); or mail to Horseheads High School, 401 Fletcher St, Horseheads, NY 14845.

Child's Name \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

### **SUICIDE PREVENTION AWARENESS MONTH**

As Suicide Prevention Awareness Month kicks off in September, the **988 Frequently Asked Questions** document is a helpful guide for sharing information on 988, a valuable resource for those in emotional distress.

Anyone can call, chat, or text 988 who is:

- suicidal
- experiencing a mental health or substance use related crisis
- experiencing any kind of emotional distress
- worried about someone in distress

## NO CHILD LEFT BEHIND ACT - OPTING OUT

The federal No Child Left Behind Act of 2001 and the Elementary and Secondary Education Act of 1965 require that all schools receiving federal funding must provide student information to military recruiters and institutions of higher learning unless parents opt out in writing. Students who are 18 years of age or older may also opt out of this requirement. If you do not want information to be released regarding your student, please return the form below to: Kris Earl, Principal, Horseheads High School, 401 Fletcher Street, Horseheads, New York 14845 before November 1<sup>st</sup>.

### Opt Out Request for Directory Information

Return to HHS Counseling Office, 401 Fletcher Street, Horseheads, NY 14845

**For parents/guardians:**

\_\_\_\_\_ I do not give permission for Horseheads High School to turn over the name, address, telephone listing, and school records of my child to military recruiters.

\_\_\_\_\_ I do not give permission for Horseheads High School to turn over the name, address, telephone listing, and school records of my child to institutions of higher learning.

**For students age 18 or over:**

\_\_\_\_\_ I do not give permission for Horseheads High School to turn over my name, address, telephone number, and school records to military recruiters.

\_\_\_\_\_ I do not give permission for Horseheads High School to turn over my name, address, telephone number, and school records to institutions of higher learning.

STUDENT NAME: \_\_\_\_\_

NAME OF SCHOOL: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

# 988 FAQ



## What is 988?



988 is the new three-digit number that connects people to the National Suicide Prevention Lifeline. This service is for **anyone who is:**

- suicidal
- experiencing a mental health or substance use-related crisis
- experiencing any kind of emotional distress

988 is more than just a number. It is a direct connection to compassionate and accessible care. When you call, text, or chat 988 you are connected to trained counselors that are part of the National Suicide Prevention Lifeline network. Moving to 988 does not mean the 1-800-273-8255 number goes away. Using either number will get people to the same services.

## Why do we need 988?



Mental health is just as important as physical health. Now there is a three-digit number for mental health emergencies that's easy to remember! **988 helps New York:**

- Connect with people who are struggling with behavioral health (mental health and/or substance use) concerns as soon as possible, 24/7.
- Reduce unnecessary use of law enforcement and other safety resources in crisis responses.
- Meet the growing need for crisis intervention where it's needed most.
- Shift the mindset about people who struggle with their mental health.
- Reduce healthcare spending with more cost-effective early intervention.

## Will services be offered in other languages?



The Lifeline currently provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 150 additional languages.

## Does it cost money to use 988?

Contacting 988 is a free service.

## Who can contact 988?



988 is for everyone and it's more than a 'suicide' line. **Contact 988 if you are:**

- suicidal
- experiencing a mental health or substance use-related crisis
- experiencing any kind of emotional distress
- worried about someone in distress.

988 is for people of all ages, genders, sexes, ethnicities, races, religions, sexual orientations, and socioeconomic statuses. If you are a Veteran or Spanish speaker, 988 has dedicated lines for you.

## What happens when I contact 988?



When contacting 988, you will first be routed to a local Lifeline crisis center based on your area code. A trained crisis counselor will answer and listen to how your problem is affecting you. They then provide support and share resources if needed. If a local crisis center is unable to take the call, you will be automatically routed to a national backup crisis center. All contact with 988 is voluntary.

## What is the difference between 988 and 911?

988 provides easy access to the National Suicide Prevention Lifeline network and related crisis resources. This is different from 911, where the focus is on dispatching Emergency Medical Services, fire, and police as needed. The goal of 988 is to meet the growing suicide and mental health-related crisis care needs.

Learn more  
about 988:



To request translations  
of this document:



## HEALTH OFFICE NEWS

### SCREENS

Per New York State, all 11<sup>th</sup> graders and new entrants to the school district are required to have hearing and near and distance vision screened. This will occur during the end of September/beginning of October.

New York State requires all 9<sup>th</sup> grade boys to be screened for scoliosis. This will occur during the end of September/beginning of October.

### SCHOOL PHYSICALS

School physicals, done by a Guthrie provider, will be scheduled for one day during the month of November. A school physical is provided if your child does not have a primary care provider.

### SPORTS

Saturday, October 15<sup>th</sup>, Varsity and Junior Varsity registration for winter sports opens on Family ID. Varsity and Junior Varsity winter sports tryouts begin on Monday, November 14<sup>th</sup>. Each athlete must submit a physical to the Health Office (if not already on file) that is dated on or after November 1, 2021.

### 2022 - 2023 HEALTH EXAMINATION REQUIREMENTS

As of July 1, 2018, New York State law requires a health examination for all students **entering a school district for the first time and when entering 9<sup>th</sup> and 11<sup>th</sup> grade**. The examination must be completed by a New York State licensed physician, physician assistant, or nurse practitioner.

- A copy of the health examination must be provided to the school within 30 days from when your child first starts at the school and when your child starts 9<sup>th</sup> and 11<sup>th</sup> grades. If a copy is not given to the school within 30 days, the school will contact you.
- If your child has an appointment for an exam during this school year that is after the first 30 days of school, please notify the Health Office with the date.
- Communication between private and school health staff is important for safe and effective care at school. Your healthcare provider may not share health information with school health staff without your signed permission. Please talk to your provider about signing their consent form for the school at the time of your child's appointment for the examination.
- We suggest that you make a copy of the completed forms for your own records before sending them to the school health office. Forms may be emailed or faxed to the nurse. Please see our contact information below.

Carrie Tournour RN, Vickie White RN

Horseheads High School Nurses

Office number: 795-2512; Office fax: 795-2510

Email: [ctournour@horseheadsdistrict.com](mailto:ctournour@horseheadsdistrict.com); [vwhite@horseheadsdistrict.com](mailto:vwhite@horseheadsdistrict.com)



## THE BIG FIVE

In 2008 CSS Workforce NY and the Chemung County Chamber of Commerce's Business Education Roundtable successfully launched The Big Five campaign. Thousands of posters and bookmarks were distributed across Chemung, Schuyler, and Steuben Counties championing five foundational concepts of workforce readiness:

- Be honest
- Show up on time every day
- Be ready for work
- Be willing to learn
- Maintain a good attitude

Though many things have changed since 2008, these basic values are still relevant today. CSS Workforce NY, GST BOCES, and the Chamber's Business Education Roundtable have teamed up to bring Education and Business together to revitalize this initiative and introduce it to a new generation of students and employees.

Follow us on Facebook and Twitter: Learn about up-to-date information about our district on Facebook and Twitter: On Facebook, the district and each of our seven schools have pages. Please "like" them to get the information on your news feed. Follow us on Twitter at @HhdsSchools to read our tweets.

NOTICE: The Dignity Act Coordinator (DAC) for Horseheads High School is Mike McCawley. Complaints regarding discrimination, harassment, or bullying of any student should be referred to Mr. McCawley 739-5601, ext. 1603. The Dignity Act Coordinator for the Horseheads Central School District is Caitlin DeFilippo, who may be reached at One Raider Lane, Horseheads, NY 14845, 607-739-5601, x4211.

The Horseheads Central School District offers educational programs without regard to race, color, national origin, creed, religion, marital status, military status, sex, sexual orientation, age, gender identity, predisposing genetic characteristic, or disability, and provides equal access to applicable groups under the Boy Scouts of America Equal Access Act. Inquiries regarding this policy may be made to Caitlin DeFilippo, Title IX/DASA Coordinator, and Co-Civil Rights Compliance Officer; Anthony Gill, Co-Civil Rights Compliance Officer; or Kelly Squires, Section 504 Coordinator, Horseheads Central School District, One Raider Lane, Horseheads, NY 14845, (607) 739-5601. This policy of non-discrimination includes access by students to educational programs, counseling services, course offerings, and activities, as well as recruitment and appointment of employees and employment pay, benefits, advancement and/or termination. The following person(s) has been designated to handle inquiries regarding the non-discrimination policies: Caitlin DeFilippo, Director of Human Resources, [cdefilippo@horseheadsdistrict.com](mailto:cdefilippo@horseheadsdistrict.com), 143 Hibbard Road, Horseheads Central School District, Horseheads, NY 14845, (607) 739-5601 and US Department of Education, Office of Civil Rights, LBJ Department of Education Building, 400 Maryland Avenue SW, Washington DC 20202-1100, (800) 421-3481.

**SAFE SCHOOLS LINE 607-795-2044 or 1-800-305-4984**  
**REPORT A CONCERN, RUMOR, BULLYING INCIDENT, OR ANY SAFETY ISSUE**  
**ANONYMOUSLY AND CONFIDENTIALLY**  
**24 HOURS A DAY**



# Passport to Graduation

## Horseheads High School

"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose."

~Dr. Seuss

Oh, The Places You'll Go

High school is a journey that will lead you to your future career and adult life. Like any trip, it requires planning, direction and patience.

In order to graduate from high school, you must successfully complete three criteria set by New York State: Courses, Credits, and Exams. You must take required courses, you must earn at least 23 high school credits, and you must pass required Regents exams. This passport includes a diploma requirement worksheet to help in your planning and preparation. Your middle school counselor will assist you in selecting your ninth grade coursework in the spring of your eighth grade year. You will meet each spring with a high school counselor in ninth, tenth and eleventh grade to select courses for the following years.

As you select courses, you should think about where will your journey take you? Do you want to enter the workforce after high school? Do you want to enter college or the military? Part of your meetings with your school counselor will help you in deciding your route and what can help you reach your goals.

Your route isn't just about the classes you take from 7:50am to 3:02pm every day. It is about the things you do besides being a student. Be involved in your school and community. Explore to find out what you are passionate about. Everything you do helps you along the road!

In your journey you will meet many people. The relationships will be important. Your journey will surely hit a few speed bumps, but the road will be smoother if you take responsibility for yourself and show respect for both yourself and others.

Your journey may seem long now, but it will fly by like the blink of an eye when you look back. One of the best things you can do is to show up! Be present and enjoy the moments.



## Horseheads School District

### Credit Requirements

\*Students must take prescribed coursework in addition to electives to equal 23 units of credits to graduate.

#### English (4)

English 9 \_\_\_\_\_  
English 10 \_\_\_\_\_  
English 11 \_\_\_\_\_  
Senior English \_\_\_\_\_

#### Social Studies (4)

Global I \_\_\_\_\_  
Global II \_\_\_\_\_  
US History \_\_\_\_\_  
Economics /Part in Gov \_\_\_\_\_

#### Science (3)

Life \_\_\_\_\_  
Physical \_\_\_\_\_  
Third Credit \_\_\_\_\_

#### Mathematics (3)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Languages other than English (1)

\_\_\_\_\_

#### Arts (1)

\_\_\_\_\_

#### Physical Education (3, .5 credits for each semester)

Sem. 1 ☐ Sem. 2 ☐  
Sem. 3 ☐ Sem. 4 ☐  
Sem.5/6 ☐ PFP ☐  
Sem.7/8 ☐ PFP ☐

#### Health (1.0)

\_\_\_\_\_

#### Electives (2.5)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Assessment Requirements

\*Regents are counted as the final exam for the associate course.

#### Local/Regents

Discipline	Exam Name	Score(s)
English	ELA	
Mathematics	Algebra 1R	
Science		
Social Studies	Global	
Social Studies	US History	

#### Advanced Designation

Additional exams required only for the Advanced Designation

Discipline	Exam Name	Score(s)
Mathematics	Geometry	
Mathematics	Algebra 2R	
Science *		

\*Note one exam must be in a physical science and one must be a life science.

#### Sequence for Advanced Designation:

*Note: Students choose **one** of the options below. Credits included in sequences may also be used to meet the 23 units of credits.*

Arts/Business/Technology/CTE  
(5 credits total)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

LOTE (3 credits total)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*NOTE: School districts may establish diplomarequirements in addition to those outlined in the [New York State Diploma Requirements](#)



Activities to help me on my journey:

- ♦ Athletics
- ♦ Clubs
- ♦ Community Service
- ♦ Summer Experiences
- ♦ Work Experience
- ♦ Leadership Opportunities

### **How to Avoid Roadblocks and Detours** **(Habits of Successful Students)**

1. **Get organized.** Make a plan of what you are going to do and when you have to do it. Keep a calendar with what is due in a place where you will see it EVERY DAY!
2. **Don't multitask.** Focus on one task to complete it before moving onto the next. This will help so you don't feel so overwhelmed at one time.
3. **Divide it up.** Break your work into manageable chunks. Take a break between working on things to give your brain and body a little rest. Study a little bit every day rather than trying to do it all in one sitting.
4. **Sleep.** You will be better able to focus in school and on your work if you get enough sleep at night. The day can be long if you are tired and cranky from staying up too late scrolling on TikTok!
5. **Set a schedule.** Find a schedule to study that works for you and stick to it! Do you do best when you sit down for homework right after school or after you take some down time? (Hint: your best won't be at 9, 10 or 11pm at night!)
6. **Take notes.** Taking notes helps keep you engaged in class. It also helps you learn the material that is required. If you are struggling to take notes, ask your teacher (before or after class) for help.
7. **Show up!** Attendance is important—especially with the block schedule. If you miss school, it is hard to catch up. Make sure to request work if you are out.
8. **Take responsibility for you.** We all make mistakes. It is how we handle those mistakes that matter. Choose to take ownership for how you do in classes. Your grades are a reflection of the work you put into any class.



**Office of  
Children and  
Family Services**

**To report child  
abuse or neglect:**

**Call toll free**

**1-800 -342 -3720**

**or**

**[ocfs.ny.gov/main/cps](http://ocfs.ny.gov/main/cps)**

**Horseheads Central School District**

**Now hiring: Cleaners, Food Service Helpers,  
Teaching Assistants, Substitutes**

**Join the Raider Team**

**Great benefits • New hourly pay rates**

**Job Fair**

**Wednesday, September 28  
4:00 - 6:00 p.m.**

**Horseheads High School Multi-Media Center  
One Raider Lane, Horseheads (South Wing - off Center Street)**

- Submit your application and interview on-site
- Meet members of our district staff to ask questions and learn about working in our schools
- Learn about health care, vision, dental, and other benefits not found with many other employers



**Questions? 607-739-5601, x4212 or [hcsdinfo@horseheadsdistrict.com](mailto:hcsdinfo@horseheadsdistrict.com)**