



RAMAPO HIGH SCHOOL

WEEKLY BULLETIN

January 29 – February 2, 2024



Monday, January 29	Tuesday, January 30	Wednesday, January 31	Thursday, February 1	Friday, February 2
A Day	B Day	A Day	B Day	A Day
<p>MARKING PERIOD 3 BEGINS</p> <p>PHILOSOPHY CLUB 2:45PM - Room 502</p>	<p>GUIDANCE GUEST PRESENTATION: MANAGING THE WINTER BLUES Period 6 and 7 (separate presentations) <u>SIGN UP HERE</u></p>	<p>BOOK CLUB Room 303 (after school)</p> <p>UNIVERSITY PROGRAM OPEN HOUSE CLASS OF 2028 7:00PM IHHS Auditorium</p>		<p>GUIDANCE GUEST PRESENTATION: WINTER NUTRITION SUPPORT Period 7 <u>SIGN UP HERE</u></p>

Thought for the Week from S.A.D.D. : 56% of teen crash deaths occur between 6:00pm and 6:00am.

ATTENTION ATHLETES - SPRING MEDICAL FORMS DUE TO NURSE BY FEB 12

It's time to complete and submit your spring medical forms - **DUE FEB 12** - The official NJSIAA spring practice start dates are:

- March 10** - Boys Tennis, Baseball, & Softball (pitchers and catchers only)
- March 13** - All other Spring Sports

Forms Due for Sports Participation:

- **Athlete Registration:** Athletes will be registering via Genesis this year. Please go to the [Genesis Parent Portal](#) → Login → Forms → Winter Sports Registration Form.
- **Health Updates:** Required for all athletes prior to the start of each season. *[Health History Update Questionnaire \(Found in Genesis\)](#)*
- **Sports Physicals:** Valid for 365 days and must be valid at the beginning of the sports season for participation. *[Pre Participation Physical Evaluation Form \(Click to download\)](#)* **PHYSICAL FORMS ARE DUE FEB 12 TO NURSE (HARD COPIES ONLY - no emails accepted).**
- **Post Covid Clearance Form:** If an athlete has had Covid and not previously cleared by their doctor then they will need to be cleared. Also if a student gets Covid in between seasons, then once again they will need to be cleared.

All athletes must have a valid sports physical on file, an updated Health History update on file, be cleared by our District Doctor, and registered on Genesis BEFORE they can participate. Failure to have forms in on time may result in the inability to participate in tryouts, practices, or games.

ATTENTION JUNIORS - SENIOR AMBASSADOR PROGRAM - DUE MARCH 1

Are you a junior and interested in becoming a Senior Ambassador in the Transitions program? The mission of Transitions is to develop seniors' leadership skills and to provide freshmen with guidance in the social aspects of high school. The goal for Transitions 2024-2025 is Connections and Resiliency. If you are interested in the Senior Ambassador Program please complete this application by March 1st: [SENIOR AMBASSADOR APPLICATION](#). Please see Schoology for more information or email Mrs. Shaara or Mr. Rowley with any questions.

LOOKING AHEAD...

Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
B Day	A Day	B Day	A Day	B Day