



RAMAPO HIGH SCHOOL WEEKLY BULLETIN

January 22 - January 26, 2024



Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
B Day	A Day	B Day	A Day	B Day
MODEL U.N. MANDATORY MTG LITTLE THEATER 2:45-3:15		BIBLE CLUB ROOM 903 7:15AM (meets every Wed) Therapy Dog Visit Room 701 (During Lunches)		SENIOR SUPERLATIVES DUE AMNESTY INTERNATIONAL ROOM 602 (after school)

Thought for the Week from S.A.D.D : More than one out of every five (20.8%) students report being bullied (National Center for Educational Statistics, 2016).

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)*
- **Post Covid Clearance Form:** If an athlete has had Covid & 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. The District Doctor requires this.

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 email Mrs. Shaara or Mr. Rowley with any questions.

RHS COUNSELING DEPARTMENT

The RHS Counseling Department is available to any member of the RHS Community in need of support. Support can include an informal check-in; a group wellness activity; an independent counseling referral or a safe space to listen, reflect and create options. Please visit the Guidance Office to schedule an appointment or to connect with someone as needed.

LOOKING AHEAD...

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