



Dear CHHS Families,

I hope this email finds you well and looking forward to the weekend. We have had another wonderful week here at CHHS including athletics beginning and our virtual back to school night on Wednesday evening. I hope you all enjoyed the chance to get to meet and hear from your children's teachers and we thank you all for taking the time to connect with us. We look forward to connecting with you individually during parent teacher conferences in November. As we move into the weekend, thank you again for continuing to support our school community by being mindful of interactions, activities, and health/safety practices outside of the school day.

Upcoming Dates

- PTSA Meeting **October 6, 7pm**
- Early Dismissal Drill **Friday, October 9** (you will also get a separate K12 alert about this)
- PSAT (11th graders) - **Wednesday, October 14**
- Grades 9-11 Picture Day (more details to come)
 - Croton Cohort - **Monday, October 19**
 - Harmon Cohort - **Friday, October 23**
 - Fully Remote Students - **Monday, October 19 3-5pm**

Attendance Reporting

It is essential that you continue to report any changes in attendance to Mrs. Cobb. In addition to the importance of reporting illnesses, we are also finding that students are emailing teachers in some cases letting them know that they were absent because they were having technology trouble or other issues, but this information has not been reported by a parent to Mrs. Cobb. Similarly, if a student is out for any reason on an in-person day and is logging in from home, she also needs to know that. It is very important for us to have accurate attendance at all times. Thank you very much for your attention to this.

Infinite Campus Student Portal

Your children will be receiving an email to their school email account shortly with how to access the student portal. At this time, they will be able to see their schedules. In the near future, they will also have access to the gradebook.

Clubs and Activities

We are excited to share that we will be hosting a virtual club fair in mid-October. We will send more information about how to access in the coming weeks, but we are looking forward to continuing our extensive extracurricular activities virtually very soon. We hope that you will

encourage your children to participate in clubs because we know how important they are for pursuing interests, connection to school and teachers, and for their social-emotional well-being.

From the CHHS PTSA - Princeton Review

The CHHS PTSA is pleased to share some information about Princeton Review's partnership with the high school PTSA if you are interested in signing your child up for test preparation: [PTSA Princeton Review Information](#) . As a reminder, you can also sign up to a member of the PTSA here: [CHHS PTSA membership](#).

Principal's Coffee - Student Assistance Resources

At our virtual coffee on Wednesday, Ms. Millen, our student assistance counselor, presented on teenage sleep/health especially during a time when students are on computers/screens so much and the connection to substance use and overall health. Here are the resources that she shared. You can feel free to contact her at Allison.Millen@chufsd.org if you would like to follow up or speak to her about any of these resources or her services at our school.

- Student Assistance Services Corporation. (914) 332-1300 ~ www.sascorp.org
- [Healthy Sleep](#) Division of Sleep Medicine at Harvard Medical School
- <https://www.healthline.com/health/sleep-deprivation/effects-on-body#Endocrine-system> The Effects of Sleep Deprivation on your Body
- [How to Improve your sleep by Matthew Walker](#)
- [Parents Guide to Teenagers and Sleep](#) | [Child Mind Institute](#)
- [Power to the Parent](#)
- [Sleep and Teens - UCLA Sleep Disorders Center](#) UCLA Sleep Disorder Center
- The Concerning Link Between Inadequate Sleep and Adolescent Substance Use. Retrieved from <https://www.drugabuse.gov/about-nida/noras-blog/2017/07/>
- [The Importance of Sleep for Teen Mental Health](#) US News, July 2, 2018
- [Teenagers and Sleep: How Much Sleep Is Enough?](#) John Hopkins Medicine
- [The Science Behind Your Weird Coronavirus Dreams \(And Nightmares\)](#) Time Magazine
- When Counting Sheep Isn't cutting it: Managing Sleeping Difficulties <https://mental-health-matters.com/when-counting-sheep-isnt-cutting-it-managing-sleeping-difficulties/>

From the CHHS Guidance Department

Since many college campuses are not scheduling in-person tours and events, the colleges have arranged to come right to you! Here are some upcoming virtual college fairs and workshops:

The National Association for College Admissions Counseling (NACAC) is offering 3 virtual college fairs on the following dates: 10/12, 10/18 and 11/8. Over 600 colleges will be participating on each date. There will also be over 500 live sessions offered by colleges on specific topics.

Click [here](#) to learn more! Registration is required for both the virtual fair and individual live sessions.

School counselors will be available to students virtually every Wednesday from 9:20-10:20AM to answer individual questions via zoom . The counselors zoom links can be found on the homepage of the [Guidance website](#) . As always, students can still set up appointments with their counselors during free periods or study halls when they are in the building and remote.

College admissions reps are offering virtual visits specifically for CHHS students this year in grades 10-12. These visits started on September 14 and will run through mid November. These visits are a perfect opportunity for students to learn more about different colleges and make connections with the reps that will be reviewing applications, especially since so many campuses are not offering in-person tours at the moment.

To attend the scheduled virtual visit, students will be able to click directly on the visit link from the college visit details page in their Naviance accounts. Parents can view the calendar of rep visits by clicking [here](#) or go to the calendar tab in the guidance section of the CHHS website. Please encourage your child to sign up today!

Finally, see below for information from previous weekly updates.

Have a wonderful weekend,

Laura Dubak

CHHS Principal

Parents of Students in AP Courses

If you have a student who is taking one or more AP courses this year, please read the [AP Parent Letter](#) . It contains information about testing dates, exam fees, due dates and exam policies and guidelines. Any student that qualifies for a free or reduced-cost lunch as indicated by the Child Nutrition Program is also eligible for a reduction in the cost of AP exams. If your child is eligible, you will receive a letter in the mail with details. You can also read that letter [here](#) .

40th Annual Harry Chapin Run Against Hunger

[40th Annual Run Against Hunger](#) : Register to participate in this year's effort to fight world hunger. Harry Chapin Run Against Hunger [Poster](#) and [Brochure](#) . Check out [this video](#) about the race and how you can make a difference in this community and beyond.

Times on the Infinite Campus Parent Portal

Please keep in mind that the times listed on the Infinite Campus parent portal schedules do not match the hybrid schedule times. Everything else on the portal schedule is correct - periods, times, letter days, etc. We shared a template with your children to help them stay organized with the new schedule. It might be helpful for them to fill in their schedule on [this template](#) if they have not done so already (also posted on our website).

Technology Help Desk

As a reminder, if a student is experiencing any technology issues, they can submit a helpdesk ticket to our student helpdesk: <https://www.chufsd.org/Domain/2777> . The link is also posted under quick links on our school website.



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