Sleepy Hollow High School

Tales of the Hollow

December 2023

From the principal's desk...

Parent Guide: Nurturing Your Teenager's Success

Dear SHHS Families,

As we reflect on the first quarter of the school year, we recognize the unique challenges and opportunities that come with parenting teenagers. This period of your child's life is marked by growth, independence, and increasing academic responsibilities. We believe that your active involvement in their lives can make a significant impact on their success, both inside and outside the classroom. Here are some strategies and suggestions on how you can be involved and supportive in your teenager's personal, social and academic journey.

- Communicate Often and Much: Open and honest communication is key to any relationship, but especially with your teenager. The key is finding the topics and questions they want to talk about. Create a safe space for your teenager to express their thoughts and concerns. Listen actively, ask questions, and show empathy. You may be the only person they are willing to speak to about really challenging issues, and your reaction to their questions may guide them moving forward or determine if they trust you in the future.

- Choose your Battles: Teens crave and will even demand autonomy at every turn. They want to be able to not only make choices but to know those choices are respected. When you feel a(n) conflict or argument starting to surge, pause and ask yourself if this is a situation where you can let them win a battle. Conceding will let them know that you respect them and that your reaction to their wants/needs is not always no. Save your firm stances for the things you care most about.

- Set Boundaries: While you should give them freedom, you must also limit your high schooler. Because teens lack impulse control (particularly early in their high school years), clear rules are healthy and important for them. Limit screen

(cont...)

In this issue...



Page 3: Oct. 2 - 6 was Spirit Week. Each day had a different theme and activities, culminating with the rally/bonfire and homecoming game.



Page 7: Sleepy students volunteered at the recent 10K race. Students cheered on runners as well as distributed water and snacks.



Page 11: Thirty-four female students attended the Westchester "International Day of the Girl" Conference with the theme of, "Unlocking Your True Potential."

Commending High PSAT Scores from National Merit Scholarship Program



Sean T. Dickason, Nina N. Lyppens, Sumiran Margolis, and Joseph Weitzen have been named Commended Students in the 2024 National Merit Scholarship Program.

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise.

Although they will not continue in the 2024 competition for National Merit Scholarship awards, Commended Students placed among the top 50,000 students who entered the 2024 competition by taking the 2022 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT).

Elevating Future Dreams

Sleepy Hollow High School students Jennifer Nieves and Donna Rodriguez are benefiting from the enriching experience of participating in the Her Honor mentoring program. Her Honor connects accomplished women mentors with ambitious young girls.

Through tailored guidance and inspiring workshops, participants develop essential life skills and confidence. According to the program, “Mentoring is our tool to bridge education and employment gaps. We connect the needs of our public education system with powerful resources in the business community.”

Her Honor Mentoring was developed by Nicole Sheindlin and Judith Sheindlin, as an innovative and pragmatic way to boost self-confidence in young women in the workplace and everyday life.

Looking for A Great Read?

Here’s a staff recommendation.

“As a yielding daughter, a subservient wife, and a powerless servant, fourteen-year-old Adunni is repeatedly told that she is nothing. But Adunni won't be silenced. She is determined to find her voice - in a whisper, in song, in broken English - until she can speak for herself...”
- *Goodreads.com*



“I recently read *The Girl with the Louding Voice*, and I loved it! It has a wonderful message about women in society and how important it is to educate women around the globe.”
- *Marni Meyer, English teacher*











SPIRIT WEEK 2023



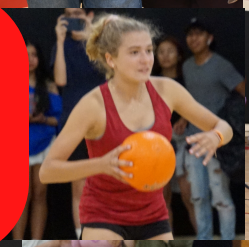




RANKINGS

Seniors - 992.5
Juniors - 682.5
Sophomores - 665
Freshmen - 375









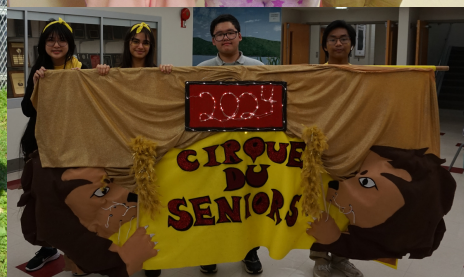












SPIRIT WEEK 2023

























Interviewing the Faculty and Learning about the Staff

Students in Ms. Sarah McLaughlin's ENL Level 1 class interviewed important members of our school community.

Kisha Perez
Nurse

Favorite Move: *Pretty in Pink*

Interviewed by: *Domenica Chimbo Morocho*

Family: From Puerto Rico

Interviewed by: Keyli Muzha Damaguala

Leticia Andujar
Guidance Couselor

Favorite Color: black

Interviewed by: Mary Guaraca Maji

Favorite Food: sancocho

Interviewed by: Jesus Guzman Majia

Megan Purvis
ENL Dept. Chair

Favorite Color: green

Interviewed by: *Domenica Chimbo Morocho*

Family: From New York

Interviewed by: Karen Uzhca Roque

Debbie Brand
Principal

Favorite Food: pizza

Interviewed by: *Domenica Chimbo Morocho*

Family: mother from Peru, father from New York

Interviewed by: Kevin Uzhca Roque

Daniel Larkin
Assistant Principal

Favorite Food: pizza

Interviewed by: Leslie Mora Aguirre

Spoken Languages: *English and a little Spanish*

Interviewed by: Elvis Guerra Guerra

Jessica Perez
Assistant Principal

Family: mother from England, father from Puerto Rico

Interviewed by: Wenly Moscoso Garica

Steven Bencosme
School Resource Officer

Favorite Food: mangu

Interviewed by: Yadiel Moscoso Severino

Family: from Dominican Republic

Interviewed by: Eudes Villar Guillen

Taking Home Two Awards for the Literary Magazine, *Shadow and Substance*

Shadow and Substance, Sleepy Hollow High School's literary magazine, won Best Overall Layout Design and took silver for Best Overall Literary Magazine at the 84th annual ESSPA conference.

The conference was held in mid-October. This version of the magazine came out at the end of the 2022-2023 school year and features student written and artistic work.





CAPITAL BOND PROJECT

Proyecto de Bonos de Capital

Vote December 12, 2023 from 7 am – 9 pm

Vota el 12 de diciembre de 2023 de 7 am a 9 pm

VOTE

Tarrytown residents: Washington Irving School
Tarrytown residentes: Escuela Washington Irving

Sleepy Hollow residents: W.L. Morse School
Sleepy Hollow residentes: Escuela W.L. Morse

PUBLIC SCHOOLS OF THE TARRYTOWNS

To learn more about the Capital Bond Project visit TUFSD.org/facilities
Para más información sobre el Proyecto de Bonos de Capital visite TUFSD.org/facilities

Volunteering at the Sleepy Hollow 10K Race

It is said that “There is no better place to celebrate Halloween than in Sleepy Hollow.” The celebration certainly began on the morning of October 28 when the RivertownRunners hosted the 2023 Sleepy Hollow Halloween 10K. It was not exactly the perfect fall morning - it was in the 70s - but it was sunny and the skies were clear. And of course, our very own Sleepy Hollow High School students came out to support the event. The high school students volunteered their morning to help cheer on the runners and distribute water and snacks after the race. The runners appreciated hearing our students clap for them and provide words of encouragement, such as, “Stay strong,” “You got this,” and “Tu puedes.” It was amazing to see students from all grade levels show up to support this community tradition. First was the Kids Under 1- mile Fun Run. These adorable future runners did a great job with the help of their parents. I even spotted a former student running with his son in a stroller. The next event was the 10k. The runners came out in full Halloween spirit. Barbie, Superman, Freddy Kruger, and even the Empire State Building could be spotted running the course. It was a fun day had by all, and if you could not make it out, be sure to join us in March for the half marathon!



Celebrating Halloween in the Hollow

Students in Kristen Dreher’s AP studio art and portfolio classes, along with some members of the art club, helped decorate local businesses by painting their windows, the first time since covid.













Celebrating Hispanic Heritage Month through Music

On November 3, many students had the opportunity to attend a musical presentation in recognition of Hispanic Heritage Month.

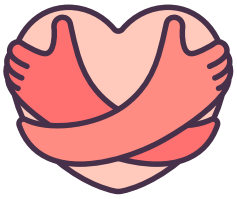
This year, the SHHS Jazz Combo partnered with Pablo and Anna Mayor and their group, Folklore Urbano, to prepare a concert celebrating Latin music and dance.

The show was designed to serve as a historical overview of Latin Music and its traditions starting with sounds from the Andes, the Spanish culture, African culture (touching on Ecuadorian/Dominican/ Colombian/Cuban), and ending with music that happened in NYC with Latin jazz.

The student musicians had been participating in workshops (during their regularly scheduled rehearsal time) led by renowned NYC Latin musicians. The students worked hard to create an authentic presentation of this music.

Folklore Urbano was founded in 1999 to "bridge traditional and contemporary sounds" while instilling"an understanding and respect for Latin American culture, the environment, and diversity," according to its website.

For more information about them, their mission, or their music, please visit their website: www.folkloreurbano.com.



Self — Care

Energy Drainers

Try to avoid those activities and thoughts that zap energy levels, draining this necessary and powerful resource.

- Trying to control things we can't control
- Being too hard on ourselves
- Worrying what people think about us
- Spending time on things that don't matter
- Trying to be someone we are not
- Comparing ourselves to others

Positive Affirmations

To replace negative thinking it is important to retrain your brain to think more positively by using daily positive affirmations. Take a look at the list of affirmations, choose your top 3 and display them somewhere you can see everyday to repeat to yourself.

1. I am extraordinary.
2. I forgive myself for my mistakes.
3. Today, I am grateful.
4. I am perfect just the way I am.
5. Today is a fresh start.
6. I have people who love me.
7. It's okay not to know everything.
8. I choose to think positive.
9. I deserve happiness.
10. I'm going to make today count.

Honoring Our Horsemen

The first Honorable Horseman celebration of the year was held in October. Teachers nominate students for recognition when someone has gone out of their way to do something helpful, thoughtful, or otherwise honorable.

Tommy Meehan
Christian Chun
Kyla Schactel
Emma Berrezueta
Sophia Peniche
Ana Taveres
Cynthia Sari
Dazling Torres
Cristian Bravo
Gerald Ray Navarro
Ronaldy Lizardo
Carlos Almonte
Nia Dowdy
Barbara Gil de Oliveira
Nola Vercesi
Tiago Berrezueta

Bridget Guallpa
Alondra Alonzo
Bria Perez Guadalupe
Chris Sanchez
Abril Andino
Greta Wuerffel
Will Arnold
Annie Luciano
Hannah Verbeke
Scott Klami
Emily Orellana
Ryan Tang
Evelyn Zhunio
Sebastian Andrade

Jackson Levine
Bryce McConneughey
Sopha McLaurin
Rosemely Gratereaux De Jesus
Roilan DeJesus Arias
Amarie Guzman
Dalvin Rodriguez
Anna Doorley
Sophia McLaurin
Samantha Taub
Adrian Castillo
Grace McGovern
Matias Salinas Llivichuzhca
Walmy Perez Hernandez

Isabella Luciano
Keyla Valdivienzo
Cirocco Ciccotelli
Brianna Rosario
Finnegan Murphy
Gabriella Morel
Naeem Mohammad
Julian Patino
Amaury Pena
Mikel Oquendo
Luke Weidner
Dariel Llitera Pichardo
Prosny Louis
Jonathan Negron

Samantha Poy
Lukas Contreras
Quincy Newland
Emely Siguenza
Jasmine Gomez
Elina Veras
Amber Lopez
Anabella Luciano
Nelly Rodriguez
Giancarlo Rodriguez
Priscilla Matos
Robinson Lora Hilario
Bricelys Ramirez
Bella Perkins









Engaging with and Reflecting on a Memoir

The English 12 honors students took a field trip to the Bethany Arts Community in Ossining to participate in an arts workshops based on the memoir *That Bird Has My Wings: The Autobiography of an Innocent Man on Death Row* written by Jarvis Jay Masters



Students were able to participate in 3 workshops: using writing to express yourself and being willing to be vulnerable, movement as a means of expression, and drawing as a medium of expression. In each workshop the students heard the stories of the presenters, learned about the impact of imprisonment and the correlation to how one sees and moves in the world, and produced specific content related to each session's focus.

It was an opportunity for students to learn to express themselves beyond the traditional English essay response and to think about the value that each of them bring to their communities.

Galloping Gourmet Club

The Galloping Gourmets cooking club believes in the innate importance of culinary skills as part of an independent, healthy lifestyle. Members aim to learn about and engage in cooking together and to give back to the community in special events and sales. The club meets twice a month, first to discuss what members would like to prepare and then to prepare it and share a meal together. The club runs food sales, contributes annually to the Food Bank of the Hudson Valley, donates holiday meals to families in the community, and establishes a kitchen, which is open to the whole school. The Galloping Gourmet Club believes that food is love, and it loves our school.

Spicy Pumpkin Chili

Prep Time: 15 minutes Cook Time: 1 hour
Total Time: 1 hour 15 minutes Servings: 10

Ingredients:

- 1 pound ground beef (or vegan substitute like Impossible™ meat)
- ½ teaspoon crushed red pepper flakes, or to taste
- 1 teaspoon fresh garlic, minced
- ½ large onion, diced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 (15 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can Great Northern beans, rinsed and drained (cannellini are good too)
- 1 (8 ounce) can tomato sauce
- 1 (4 ounce) can tomato sauce with garlic and onions
- 2 (14.5 ounce) cans petite diced tomatoes
- 1 (14.5 ounce) can fire-roasted diced tomatoes
- 1 (15 ounce) can pumpkin puree
- 2 teaspoons pumpkin pie spice
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon salt, or to taste

Instructions:

1. Heat a large skillet over medium-high heat; cook and stir the beef in the skillet until crumbly and no longer pink, about 5 minutes. Stir in the red pepper flakes, garlic, and onion; continue cooking until the beef has browned and the onion has softened and turned translucent. Add the green and red bell pepper and cook 5 minutes more.

2. While the beef is cooking, combine the kidney beans, black beans, Great Northern beans, tomato sauce, tomato sauce with garlic and onions, petite diced tomatoes, fire roasted diced tomatoes, and pumpkin puree in a large slow cooker. Season with pumpkin pie spice, chili powder, cumin, and salt.

3. Stir in the ground beef mixture and cook on high until the chili is hot, about 1 hour.

Cook's Note: You can make this as spicy as you wish, or not at all, if you prefer, by adjusting the amount of red pepper flakes. Garnish with shredded cheese and/or scallions if desired, and serve over rice.

Feeling Empowered

On October 13, a group of 34 students (accompanied by Ms. Samantha Horn, Ms. Joan Mullin, and Ms. Mary Noll) attended Westchester County's "International Day of the Girl" Conference at Manhattanville College.

The theme of the conference was "Strive to Thrive: Unlocking your True Potential."

In addition to attending a panel discussion on philanthropy, students participated in interactive workshops covering a range of topics, including financial literacy, voting legislation, and managing anxiety.

Following the conference, one student commented, "Having a room full of incredible women of all ages, backgrounds, and skill sets...made me feel like I was part of an incredible community."

Another noted, "I left the conference with such a renewed sense of empowerment."







Studying Rock Formations in New York City



Mr. Noah Berger's geology class visited the American Museum of Natural History and Central Park in Manhattan.

The students examined the rock formations in the park to study Manhattan's historical geology and glacial past.

They examined the mineral composition of Central Park to those in the museum, which offers samples from every mineral group and all parts of the world.



Discovering Plants in Peabody Preserve



The members of the science and society class along with some science research students taught by Ms. Michele Zielinski went to Peabody Field to look for wild edible plants with a guide. They learned about various plants plants such as plantains, bittercress, and field garlic.

Thanks to the Friends of Peabody and the PTA for supporting this field trip. The students enjoyed learning outdoors and now are ready to survive in the wilderness foraging for food!

Exploring a Variety of Scientific Fields

Several 9th and 10th-grade students joined STEP, a program funded by NY State and run by Mercy College.

The program provides MS and HS students in Sleepy Hollow as well as in other neighboring districts opportunities to explore professions in the scientific, engineering, and health-related fields.

STEP also encourages students to pursue the education and training necessary to enter these fields. The program provides academic support, college counseling, and career exploration for historically underrepresented and economically disadvantaged students who excel in science and mathematics.

If you know a current 9th and 10th-grader who fits the profile, please contact Jason Choi who serves as the Sleepy Hollow liaison to the program.

Creating a Welcoming Space in the Zen Den

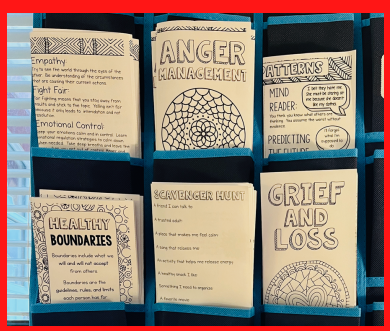
The Zen Den opened this past September and is intended as a space where students can come voluntarily to practice self-regulation, taking a brief pause from their day before returning to class and other school activities. Spending time in the Zen Den can help students feel more relaxed and grounded.

Ms. April Best and Ms. Delores Farmer staff the space, checking in students, assessing their needs, and facilitating them returning to class. The space has materials for coloring and journaling, as well as brain teasers, fidget toys, coping strategy cards/pamphlets, and breathing exercises.

The ideas for organizing the space came from staff members Ms. Tawn Turnesa, Ms. Amanda Green, and Ms. Amy Walsh. Dr. Brand prioritized its creation this school year, shifting offices in the guidance suite over the summer to make space for the Zen Den.









College Corner



An article in *Grown & Flown* shares some of the biggest mistakes made with FAFSA and financial aid.

1. Believing advice from people who aren't qualified to give it.

2. Deciding not to apply for financial aid because "we'll never qualify."

3. Not filing your income tax returns before applying for financial aid.

4. Missing the college's institutional deadline.

5. Deciding not to apply for financial aid as a freshman and planning to ask for it later.

6. Not having a savings plan for college.

7. Taking a work bonus in the FAFSA "base year."

8. Listing the 529 savings plan as a student asset instead of a parent asset.

9. Accumulating savings in a student-owned account.

10. Allowing the grandparents to write the check directly to the college.

11. When parents are separated or divorced, thinking it's the parent the student spends more time with who will complete the FAFSA.

12. Borrowing more than you can afford.

13. Not taking advantage of low-interest federal student loans.

14. "If she gets into _____, we'll make it work!"

15. Not call the financial aid office when you have a question.

For more information and details, you can view the complete article here.

Participating in the Area-All-State Festival



The Performing Arts Department is proud to announce that we have six musicians who were selected to participate in the Area-All State Festival: Sasha Marciano, Nina Lyppens, Sumi Margolis, Cynthia Pintado, Sydney Chin, Nola Vecesi.

Students from the performing groups prepare a NYSSMA solo for assessment of their performance and positive feedback. The NYSSMA solos also are a vehicle to select members to be involved in the NYSSMA conference and the Area All- state festivals.

Once the students are selected from all across Westchester, each member learns music and rehearses with a guest conductor. The festival ends with a concert performance.

These students rehearse many hours in preparation of the final concert. Students selected must have dedication and a strong work ethic to be in these festivals. It is an honor for a student as well as for the teachers to have a student selected for these ensembles.

Using Donations for Art and STEM Projects



Visual arts teacher Jane Lawrence received more than $1,500 in donations through Donors Choose to purchase plants to use for an indoor garden and to use as a catalyst for artistic projects.

She has two classrooms that she works in this year and focuses her teaching on two practices: giving students the opportunity to practice ownership of their space and teaching the students to find and appreciate beauty.

Students will be shooting surrealistic photos of the plants, creating STEM projects to nurture them, and hand building clay pots to hold them (and hopefully send home cuttings after they propagate them!).

Learning the Chemistry in Dentistry

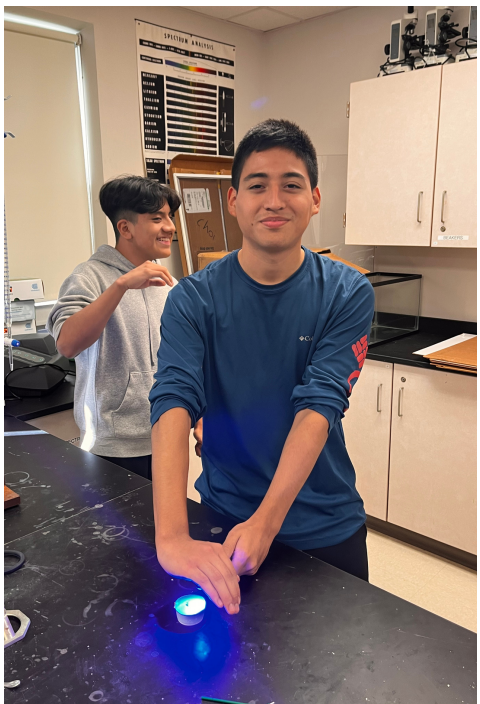
On October 23, Dr. Robert Gold D.D.S visited the AP Chemistry class to demonstrate the properties of innovative bonding agents. These bonding materials are much stronger than the ones used in the past. He also discussed the various chemicals e.g. hydrochloric acid to prepare the enamel and new composite materials to seal the cavity.

After the presentation, students were able to connect materials using a gel that hardened when exposed to ultraviolet radiation. The presentation showed the applications of concepts studied in chemistry such as mass spectroscopy and ultraviolet-activated chemical monomers.

In addition, Dr. Gold shared his experiences attending dental school and as a dentist.

If you are interested in sharing your knowledge and educational and career experiences in a STEM field, please contact the science department chairperson Jason Choi.







From the principal's desk (cont.) ...

time. Establish study spaces and times. Monitor their social media. Keep track of their friendships. Be clear and consistent about consequences, and follow through with them.

- **Set Realistic Expectations:** Encourage your teenager to set realistic academic and personal goals. Focus on effort and progress rather than just grades or accolades. Avoid comparisons with peers or relatives. Help them understand that it's okay to make mistakes and learn from them. As tempting as it may be to want to shield them from failure or conflict, those experiences are key to them developing strategies for self-discipline and personal growth.

- **Monitor Their Progress:** Keep track of your teen's social, emotional and academic progress. Check in with them and ask specific questions about the important people in their lives. Try to learn their names and qualities. Also keep an eye on their school work, checking their grades and assignments. They may resist, but this watchful eye may help them stay on track (a skill many teenagers struggle to master).

- **Encourage Extracurricular Involvement:** Clubs, music and theater groups, honor societies, service activities and sports are often the place students discover their passions, interests, and people who are similar to them. Encourage your child to explore extracurricular activities that align with their interests and talents and give them the freedom to let go of things they used to like but may have lost a taste for.

- **Volunteer and Get Involved:** Consider volunteering at school events, participating in the PTA, supporting school fundraisers, or even attending school functions. Your active presence in the school community not only sets a positive example but also shows your teen that his/her life and experiences are important to you.

Remember, every teenager is unique, and your parenting approach may need to be tailored to their specific needs and personality. By staying engaged, offering support, and fostering a nurturing environment, you can play a pivotal role in your teenager's academic success and personal development.

Debbie Brand

Upcoming Events

December

Dec. 9: ACTs
Dec. 9: HS/MS PTA Book Fair
Dec. 14: Board of Education Meeting
Dec. 16: Performing Arts Boosters Breakfast with Santa
Dec. 22: Interim Reports Released
Dec. 25 - Jan. 2: Holiday Recess

January

Jan. 1 - 2 : Holiday Recess
Jan. 9: HS Alumni Dialogue Day
Jan. 11: Board of Education Meeting
Jan. 15: No School - Martin Luther King, Jr. Day
Jan. 23 - 26: Midterms
Jan. 25: Board of Education Meeting
Jan. 26: Second Marking Period Ends