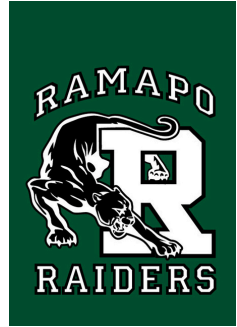




Ramapo High School Weekly Bulletin March 9-13, 2026



*Clocks spring ahead on
Sunday, March 8 at 2:00AM*

Monday March 9	Tuesday March 10	Wednesday March 11	Thursday March 12	Friday March 13
Day 1	Day 2 MINIMUM DAY	Day 3	Day 4	Day 1
PER 1: 8:20 - 9:16 AM	Minimum Day No Lunch / No Labs DAY 2 Per 2: 8:20 - 8:57 AM Per 3: 9:01 - 9:40 AM Per 4: 9:44 - 10:21 AM Per 8: 10:25 - 11:02 AM Per 7: 11:06 am - 11:43 AM Per 6: 11:47 AM - 12:24 PM	PER 3: 8:20 - 9:16 AM	PER 4: 8:20 - 9:16 AM	PER 1: 8:20 - 9:16 AM
PER 2: 9:20 - 10:18 AM		PER 4: 9:20 - 10:18 AM	PER 1: 9:20 - 10:18 AM	PER 2: 9:20 - 10:18 AM
PER 3: 10:22 - 11:18 AM		PER 1: 10:22 - 11:18 AM	PER 2: 10:22 - 11:18 AM	PER 3: 10:22 - 11:18 AM
Lab 1: 11:18 - 11:38 am		Lab 1: 11:18 - 11:38 am	Lab 1: 11:18 - 11:38 am	Lab 1: 11:18 - 11:38 am
UNIT LUNCH: 11:18 AM - 12:14 PM		UNIT LUNCH: 11:18 AM - 12:14 PM	UNIT LUNCH: 11:18 AM - 12:14 PM	UNIT LUNCH: 11:18 AM - 12:14 PM
Lab 2: 11:54 am - 12:14 pm		Lab 2: 11:54 am - 12:14 pm	Lab 2: 11:54 am - 12:14 pm	Lab 2: 11:54 am - 12:14 pm
PER 7: 12:14 - 1:10 PM		PER 5: 12:14 - 1:10 PM	PER 6: 12:14 - 1:10 PM	PER 7: 12:14 - 1:10 PM
PER 6: 1:14 - 2:10 PM		PER 8: 1:14 - 2:10 PM	PER 5: 1:14 - 2:10 PM	PER 6: 1:14 - 2:10 PM
PER 5: 2:14 - 3:10 PM	PER 7: 2:14 - 3:10 PM	PER 8: 2:14 - 3:10 PM	PER 5: 2:14 - 3:10 PM	

Senior Prom Packet

Didn't have time to stop by Room 105? Click on the link below for the packet!

[Click here for Senior Prom Packet](#)

Mark Your Calendar

- **March 10 - Minimum Day**
- **March 11 - Mountain Bike Team, room 905, 3:15PM-4PM**
- **March 12 - Good News Bible Club, room 412 (Choir rm), 7:50AM, meets every Thursday**
- **March 18 - Art and Soul Club interest mtg (Pop Culture Club), room 225, during lunch**
- **March 20 - School closed**
- **April 3 - School closed**
- **April 8 - FLOW Jazz Night, 7:30PM-9:30PM**
- **April 9 - Junior Prom, The Terrace, 7:00PM-10:30PM**
- **April 16-18 - Gold Masque presents *The Addams Family*, 7:00-9:00PM**

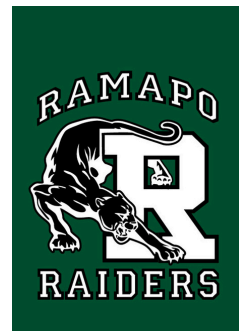
APTS

APTS Meeting
Friday, March 13th
Media Center
9:00AM

ATHLETIC SCHEDULES:
[Click Athletics](#)



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Ramapo Student Government

HOMEROOM REP MEETING
MARCH 4
PERIOD 2/BLOCK 1
IN THE CAFE

CHILDREN'S CANCER CENTER ART SUPPLIES DRIVE
MARCH 5-13

MARCH MADNESS HOMEROOM CONTEST
MARCH 16-20

SPRING PEP RALLY
APRIL 16

POCHELLA
JUNE 2

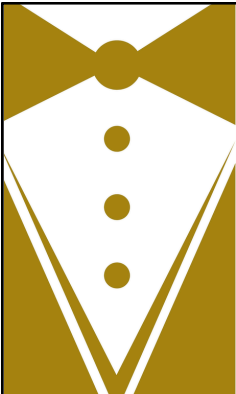


*Support the Class of 2028
Get some new Gear for Spring!
Orders Due 3/15!*

SUPPORT THE CLASS OF 2028



Orders Due By Sunday 3/15
Click here to order



CLASS of 2027
Junior Prom Fundraiser
FEBRUARY 23RD - MARCH 16TH

JUNIORS GET \$20 OFF AT
TUXEDO WORLD OF WYCKOFF
RENTAL COST OF EITHER SUIT OR TUX.

A PERCENTAGE OF YOUR RENTAL
BENEFITS 2027 PROJECT GRADUATION.
MAKE SURE TO MENTION RAMAPO HS.

TUXEDO WORLD OF WYCKOFF
637 WYCKOFF AVENUE
WYCKOFF, NJ 07481
201.891.1141

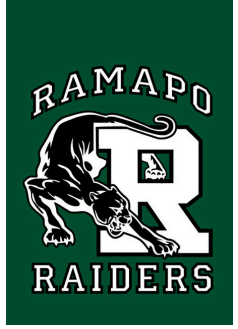
ANY QUESTIONS CONTACT:
ARITA ALMI • AMASHA ROMERO AT
RAMAPOCLASS2027@GMAIL.COM

SERENDIPITY

Ramapo's literary and art magazine, *Serendipity*, is seeking student-written submissions of short stories, poetry, creative non-fiction, short drama, song lyrics, essay, etc. for this year's edition. We are accepting your original writing through April 15th and you can submit your work by email to Mr. Manzo at wmanzo@rih.org. If you have any questions, contact Mr. Manzo by email or stop by Room 223.



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From the **Healthcare Club**

National Nutrition Month



WHAT IS IT?

National Nutrition Month is a time in **March** to promote healthy eating habits and inform food choices. It helps people to be educated about balanced diets, portion control, and the importance of nutrients for health. Building healthy habits into your day can help you feel great now and in the future.



How to Stay Healthy

- Make half your plate fruits and vegetable
- Watch portion sizes
- Drink more water
- Be active
- Follow food safety guidelines
- Limit sugary and salty foods
- Experiment with more plant based meals



What to Avoid

- Sugary drinks and snacks like soda, candy, and pastries
- Processed foods high in salt, sugar, or unhealthy fats
- Overeating or having large portion sizes
- Excessive fast food or fried foods
- Skipping meals, especially breakfast

UPCOMING SCHEDULE

Monday March 16	Tuesday March 17	Wednesday March 18	Thursday March 19	Friday March 20
Day 2	Day 3	Day 4	Day 1	School Closed