



# RAMAPO HIGH SCHOOL

Weekly Bulletin  
September 28- October 2, 2026



| Monday<br>September<br>28st        | Tuesday<br>September<br>29nd       | Wednesday<br>September<br>30rd     | Thursday<br>October<br>1st         | Friday<br>October<br>2nd           |
|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| Day 1                              | Day 2                              | Day 3                              | Day 4                              | Day 1                              |
| PER 1: 8:20 - 9:16 AM              | PER 2: 8:20 - 9:16 AM              | 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 3: 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 4: 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            | Lab 1: 11:18 - 11:38 am            |
| UNIT LUNCH:<br>11:18 AM - 12:14 PM | UNIT LUNCH:<br>11:18 AM - 12:14 PM | UNIT LUNCH:<br>11:18 AM - 12:14 PM | UNIT LUNCH:<br>11:18 AM - 12:14 PM | UNIT LUNCH:<br>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         | Lab 2: 11:54 am - 12:14 pm         |
| PER 7: 12:14 - 1:10 PM             | PER 8: 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 7: 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 6: 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              |

## Mark Your Calendar

- **October 8<sup>th</sup> - Ramapo Open House**



Don't forget to  
check out other  
RHS news in  
***RAMPAGE***  
Click: [Rampage](#)

**ATHLETIC  
SCHEDULES: Click  
Athletics**



Follow Ramapo  
Athletics on IG

Click: [RHS Athletics](#)





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## SALUTE TO SERVICE

A Veterans & Youth Event.  
All are welcome.

HONORING OUR  
LOCAL  
VETERANS.

INSPIRING OUR  
YOUTH.

LISTEN TO  
VETERANS'  
STORIES.

HONOR THEIR  
LEGACY.

BE  
ENCOURAGED BY  
TRUE HEROES!



Open to middle school, high school and college age students and adults.  
Please register by October 8 so we can plan for food needs:

BETHANY COMMUNITY  
CENTER  
WASHINGTON  
TOWNSHIP, NJ



OCTOBER 10, 2026  
5 - 7 PM  
FREE ADMISSION &  
DINNER

Artwork courtesy of illustrator Armand Serrano: [www.armandserrano.com](http://www.armandserrano.com)



## Academic Decathlon Interest Meeting!

Thursday 10/1 during lunch in room  
607



Snacks will be served  
ALL are welcome regardless of GPA

Are you interested in participating  
in a Climate Change Group?

If so, please email Mrs. Dargento  
today at [cdargento@rih.org](mailto:cdargento@rih.org) for  
more information.





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Ramapo Healthcare Club  
**NATIONAL RECOVERY MONTH**  
September Awareness  
Recovery is Possible. Support Matters

**What is it?**  
National Recovery Month is observed every September. It began in 1989 and highlights evidence-based treatment and recovery. It also recognizes the people, families, service providers, and communities that support recovery.

**Why it Matters**  
Recovery is more than just not using- it's about building a healthier and happier life. It brings awareness, encourages access to resources, and reminds us that recovery is possible for everyone.

**Reduce Stigma**  
Addiction is a chronic, treatable health condition, not a moral failing. Compassion and understanding can reduce stigma and help people feel supported

**2026 THEME:  
RECOVER IS  
REAL**

**LEARNING  
RECOVERY  
TOGETHER**

**INTERESTED IN LEARNING ABOUT  
YOUR HEALTH AND MEDICINE?**

**JOIN THE HEALTHCARE CLUB**

**WHAT IS THE HEALTHCARE CLUB?**  
THE HEALTHCARE CLUB BRINGS AWARENESS TO IMPORTANT DISEASES, ILLNESSES, AND ISSUES RELATED TO HEALTHCARE. WE HELP STUDENTS LEARN ABOUT THEIR BODY'S, HEALTH, AND OVERALL WELL BEING. THE HEALTHCARE CLUB IS INVOLVED IN THE HEALTHCARE COMMUNITY AND HELPING OTHERS.

**WHAT WE DO**

- MAKE IMPORTANT HEALTHCARE ISSUES AND ILLNESSES KNOWN TO THE RAMAPO COMMUNITY
- CARD MAKING EVENTS
- MEDICAL SUPPLY DRIVES
- BAKE SALES
- DONATIONS

**WHY SHOULD YOU JOIN?**

- GET VOLUNTEER HOURS
- MAKE AN IMPACT TO THE HEALTHCARE COMMUNITY
- GIVE HELP TO THOSE WHO ARE IN NEED
- IF YOU ARE INTERESTED IN PURSUING A CAREER IN MEDICINE

**SCHOOLGY CODE:  
7GJ3-QV96-MC47M**

Email: [kim27@student.rth.org](mailto:kim27@student.rth.org)  
or [leannet27@student.rth.org](mailto:leannet27@student.rth.org)  
if you have any questions

The Good News Bible Club would like to invite all students and staff to our Thursday morning Bible talks. Our first meeting of the year will be October 1st. We will be meeting every Thursday morning at 7:50am in the auditorium.

**NEED A TUTOR?  
WE CAN HELP!**

**Need help studying?  
Want someone to read  
over an essay?  
Looking for help with an  
assignment?**

**Scan the QR Code to  
request a tutor.**



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## SEPTEMBER IS SUICIDE PREVENTION MONTH TEXT 988

### 988 Suicide & Crisis Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

It's okay to ask for help



Ms. Mantashian, SAC & Mrs. Cornell, SAC  
[jmantashian@rih.org](mailto:jmantashian@rih.org) & [rcornell@rih.org](mailto:rcornell@rih.org)



### Ramapo APTS Parent Memberships

2026-2027 <https://my.schedarup.com/r/2026-2027-aps-memberships-copy-2627/items>

Join the APTS! Click Here



SIGN UP TO RACE  
RAISE MONEY FOR CLASS OF 2030!

SUNDAY  
DECEMBER | 6 | 9:30AM  
RACE LOCATION: OVERPECK PARK  
RIDGEFIELD PARK, NJ

\$10 PER ENTRY WILL GO TOWARDS  
CLASS OF 2030  
JOIN TEAM: RAMPAPOHS  
FIRST 20 GET A FREE PAIR OF SOCKS



PARENT STUDENT 5K TRAINING PROGRAM  
RAISE MONEY FOR RAMAPO CLASS OF 2030

8 WEEK 5K TRAINING PROGRAM  
BEGINS: OCT. 12, 2026  
RACE DAY: DEC. 6, 2026 OVERPECK  
PARK

\$20 PER SIGN FOR TRAINING PROGRAM, \$10 PER SIGN UP FOR RACE  
REGISTRATION

BACK TO CLASS OF 2030  
SIGN UP HERE





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## RIH SENIOR BUDDY PROGRAM

**SENIORS: BE A PART OF THIS LUNCHTIME PROGRAM DEDICATED TO BUILDING MEANINGFUL CONNECTIONS WITH SPECIAL EDUCATION STUDENTS!**

Buddies will spend one or more lunch periods multiple times a month with students in our special education programs—building genuine connections, breaking down barriers, celebrating differences, and ensuring that every student feels seen, valued, and truly part of our school family.

- ♦ **Mission-** to create a culture where inclusion is not just encouraged, but lived- one friendship at a time! ♦

[RIH Senior Buddy Program Survey](#)



Scan QR Code or go to link to fill out buddy form



## REGISTER FOR BEST BUDDIES!

### WHAT IS BEST BUDDIES?

BEST BUDDIES® IS A NONPROFIT 501 (C)(3) ORGANIZATION DEDICATED TO ESTABLISHING A GLOBAL VOLUNTEER MOVEMENT THAT CREATES OPPORTUNITIES FOR ONE-TO-ONE FRIENDSHIPS, INTEGRATED EMPLOYMENT AND LEADERSHIP DEVELOPMENT FOR PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES (IDD).



### BEST BUDDIES AT RAMAPO HS

THE BEST BUDDIES SCHOOL FRIENDSHIP PROGRAM IS A CLUB THAT PROMOTES INCLUSION ON CAMPUS BY PAIRING STUDENTS WITH AND WITHOUT INTELLECTUAL AND DEVELOPMENTAL DISABILITIES IN ONE-TO-ONE FRIENDSHIPS. EACH MONTH FEATURES FUN ACTIVITIES AND EVENTS, PLUS OPPORTUNITIES FOR LEADERSHIP, CREATIVITY, AND INCLUSION!



### HOW CAN I JOIN?!

YOU CAN SIGN UP TODAY!  
SCAN THIS QR CODE  
OR VISIT [WWW.BESTBUDDIES.ORG/JOIN](http://WWW.BESTBUDDIES.ORG/JOIN)



### JOIN OUR SCHOOLLOGY GROUP!

USE THIS CODE TO JOIN:

WRH9 - RTMK-QTQ46



Ramapo School Store

## OPEN AT LUNCH

Located in the Library Media Center



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### CLOTHING:

- Short Sleeve T-Shirt \$15
- Long Sleeve T-shirt \$25
- Sweatshirt/Hoodie \$40

### CANDY:

- Candy Bar \$2
- Gum 2 for \$1

### SPECIALTY ITEMS:

- Lip Balm \$1
- Hair ties \$1
- Shout Stain Remover \$1
- Bracelet \$5
- Phone Pocket \$5
- Magnets \$5
- Spirit Sticks 2 for \$8



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Chick-fil-A  
RAMSEY

## CHICK-FIL-A DAY AT RAMAPO!



**MONDAY, OCTOBER 5TH**  
AT DISMISSAL (HALF-DAY)

ALL ORDERS COME WITH A CHOCOLATE  
CHIP COOKIE, WAFFLE CHIPS AND  
WATER BOTTLE

PLACE  
YOUR  
ORDER:



[LINK](#)

QUESTIONS? EMAIL [RAMAPOPTS@GMAIL.COM](mailto:RAMAPOPTS@GMAIL.COM)



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## BECOME A POLL WORKER!

Are you interested in becoming a Poll Worker for the upcoming 2026 General Election and playing a direct role in the democratic process? This is a great opportunity to serve your community and gain valuable civic experience.

### WHO CAN APPLY?

- United States citizen
- New Jersey resident
- At least 16 years old by November 3, 2026.



### ★ IMPORTANT DATES ★

#### SIGN-UP DEADLINE:

Friday, September 25, 2026  
— End of Day —

#### MANDATORY INTEREST MEETING:

Monday, September 28, 2026  
— Unit Lunch —



**INTERESTED?  
COMPLETE THE SIGN-UP FORM  
BEFORE THE DEADLINE!**

Don't miss this opportunity to be part of the election process!

★ General Election Day: November 3, 2026 ★

New Jersey Division of Elections confirms that high school students age 16+ are encouraged to apply; training is required and provided.

★ ★ ★ ★ ★



## Women in Business Meeting

FIRST MEETING OF THE SCHOOL YEAR  
ROOM 602  
AFTER SCHOOL

MONDAY, SEPTEMBER 28<sup>TH</sup>

## Hope Has No Finish Line

Relay For Life



### Interested in joining Relay For Life?

Join Relay and the Event  
Leadership Team to  
help us plan Relay 2027

Join us  
September 22nd and 28th  
Room 905  
during lunch  
Contact: Leannebov@gmail.com  
For more info or questions

[Relayforlife.org/flownj](https://Relayforlife.org/flownj) for more info

**RAMAPO JEWISH CULTURE CLUB**  
FRIENDS ☆ COMMUNITY ☆ FUN

**FRIDAY, OCTOBER 2ND**  
DURING LUNCH!  
in the little theater

**SUKKOT**  
CANDY/SNACK BUILDING  
WITH CANDY & SNACKS!

CHICKEN SCHNITZEL SANDWICHES!  
HOPE YOU'RE EXCITED!

GOOD FOOD GREAT FRIENDS STRONGER COMMUNITY

GIFTS WILL BE GIVEN OUT TO ANYONE COMING TO JEWISH CLUB FOR THE FIRST TIME!

**FUTURE DATES:**  
NOVEMBER 13TH (Friday - Event TBD)  
DECEMBER 7TH (Monday - Chanukah Gift Wrap)

GOOD FOOD ☆ GOOD PEOPLE ☆ GREAT TIMES