



RAMAPO HIGH SCHOOL

Weekly Bulletin October 5-9th, 2026



Monday October 5th	Tuesday October 6th	Wednesday October 7th	Thursday October 8th	Friday October 9th
Minimum Day	Day 3	Day 4	Day 1	Day 2
Minimum Day No Lunch / No Labs DAY 2	PER 3: 8:20 - 9:16 AM	PER 4: 8:20 - 9:16 AM	PER 1: 8:20 - 9:16 AM	PER 2: 8:20 - 9:16 AM
	PER 4: 9:20 - 10:18 AM	PER 1: 9:20 - 10:18 AM	PER 2: 9:20 - 10:18 AM	PER 3: 9:20 - 10:18 AM
	PER 1: 10:22 - 11:18 AM	PER 2: 10:22 - 11:18 AM	PER 3: 10:22 - 11:18 AM	PER 4: 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 5: 12:14 - 1:10 PM	PER 6: 12:14 - 1:10 PM	PER 7: 12:14 - 1:10 PM	PER 8: 12:14 - 1:10 PM
	PER 8: 1:14 - 2:10 PM	PER 5: 1:14 - 2:10 PM	PER 6: 1:14 - 2:10 PM	PER 7: 1:14 - 2:10 PM
	PER 7: 2:14 - 3:10 PM	PER 8: 2:14 - 3:10 PM	PER 5: 2:14 - 3:10 PM	PER 6: 2:14 - 3:10 PM
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 - 11:43 AM				
Per 6: 11:47 AM - 12:24 PM				

Mark Your Calendar

- **October 8th - Ramapo Open House**
- **October 14th - PSAT Testing for Grades 10 & 11**



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](#)





RAMAPO HIGH SCHOOL

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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

Ramapo High School APTS & Ramapo Class of 2029
present

AN EVENING WITH MEDIUM CATHERINE McCALL

JOIN PSYCHIC MEDIUM CATHERINE MCCALL FOR AN UPLIFTING AND
INSPIRING GROUP READING EXPERIENCE. IN THIS GALLERY-STYLE
EVENT, CATHERINE WILL CONNECT WITH LOVED ONES IN SPIRIT,
DELIVERING MESSAGES FILLED WITH COMPASSION, HEALING, AND
VALIDATION FROM THE OTHER SIDE.
DRAWING ON OVER 17 YEARS OF EXPERIENCE AS AN INTUITIVE
HEALER AND SPIRITUAL TEACHER, SHE CREATES A WARM, SUPPORTIVE
SPACE WHERE ATTENDEES MAY RECEIVE PERSONAL CONNECTIONS
AND FIND COMFORT IN THE MESSAGES SHARED. EACH MESSAGE IS
DELIVERED WITH HEARTFELT LOVE AND SERVES AS A REMINDER THAT
OUR LOVED ONES ARE ALWAYS NEAR.

ATTENDANCE DOES NOT GUARANTEE A READING

**THIS EVENT IS INTENDED FOR ADULT MEMBERS OF THE COMMUNITY.
NO STUDENTS WILL BE PERMITTED TO ENTER.**

Details:

Thursday, October 29th, 2026

Doors open 6:00 PM

Reading begins 6:30 PM

Ramapo High School Media Center

331 George Street

Franklin Lakes, NJ

\$50 Per Person

<https://my.cheddarup.com/c/an-evening-with-medium-catherine-mccall-parent-2244/items>



Are you interested in participating
in a Climate Change Group?

If so, please email Mrs. Dargento
today at 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
TOGETHER
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

SCHOOLLOGY CODE:
7GJ3-QV96-MC47M

Email: e.kim27@student.rnh.org
or i.leonetta27@student.rnh.org
If you have any questions!



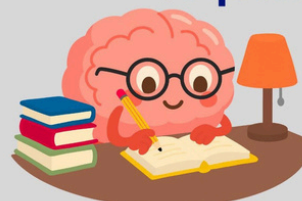
2027 FACULTY ADVISORS & APTS PRESENT



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 & rcornell@rih.org



Ramapo APTS Parent Memberships

2026-2027 <https://my.cheddarup.com/c/2026-2027-apt-s-memberships-copy-2627/items>

[Join the APTS! Click Here](https://my.cheddarup.com/c/2026-2027-apt-s-memberships-copy-2627/items)

FLEET FEET HOLIDAY HUSTLE 5K

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



FLEET FEET HOLIDAY HUSTLE 5K

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

JOIN OUR SCHOOLGY GROUP!
USE THIS CODE TO JOIN: **WRH9 - RTMK-QTQ46**



October 7th is the final deadline to apply for a parking spot! You know who you are, because I spoke to each of you personally. Get your paperwork and documents in or NO parking spot this year!!!



RAMAPO HS BOWLING TEAM

INTEREST MEETING

WED. 10/7 **3:15 PM** **ROOM 711**

ALL INTERESTED PLAYERS ARE WELCOME



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👉 Interested in Jazz Music? Join the Ramapo Jazz Band! 🎵

Do you play Trumpet, Trombone, Saxophone, Drums, Piano, Guitar, or Mallet Percussion? Are you a Vocalist interested in performing with a live jazz ensemble? Come learn more about the Ramapo Jazz Band at our Interest Meeting on Wednesday, October 21st @ 3:15 PM in the Band Room, Room 414.

Please fill out the attached Google Form before the first meeting:

<https://forms.gle/FFC28bRbx597Z9Q38>

Auditions:

The week of November 4th. Exact audition dates will be determined after the interest meeting based on the number of students auditioning for each instrument.

Regular Rehearsals:

Every Wednesday, starting November 11th, from 7-9 PM, unless otherwise noted.

Have questions? See Mr. Sloezen in Room 414 or email Esloezen@rih.org.

Can't make the interest meeting but still want to audition? Reach out!



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 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 RAMAPOAPTS@GMAIL.COM

Next week add:

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 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
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Minimum Day No Lunch / No Labs DAY 3
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Per 1: 9:44 - 10:21 AM
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Per 7: 11:47 AM - 12:24 PM

Minimum Day No Lunch / No Labs DAY 4
Per 4: 8:20 - 8:57 AM
Per 1: 9:01 - 9:40 AM
Per 2: 9:44 - 10:21 AM
Per 6: 10:25 - 11:02 AM
Per 5: 11:06 - 11:43 AM
Per 8: 11:47 AM - 12:24 PM

Minimum Anchor Day No Lunch No Labs
Block 1: 8:20 - 8:46 AM
Block 2: 8:51 - 9:20 AM
Block 3: 9:24 - 9:51 AM
Block 4: 9:55 - 10:22 AM
Block 5: 10:26 - 10:53 AM
Block 6: 10:57 - 11:24 AM
Block 7: 11:28 - 11:54 AM
Block 8: 11:58 AM - 12:24 PM

