



*SHHS remains committed to maintaining a safe place for our staff and students. As we continue to find ourselves in unprecedented times, it is more important than ever to hold a safe place for difficult conversations. Our words are powerful and have the ability to cause harm that may not be visible on the surface but have lasting effects on our school community. It is beyond necessary to create an environment that listens, supports, and validates each of our diverse identities. We recognize that we are all on a journey of education. I feel fortunate to have the ability to be a listening ear, but also provide our students with learning opportunities and teachable moments that will allow them to become proactive members of our community. Please know that if you find yourself in need of additional support, we are here.*

*Everyone is welcome at South Hadley High School. Together, we can build an inclusive school that encourages, supports, and celebrates the diverse voices of all.*

Respectfully,  
Elizabeth Wood  
Principal

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### Athletics

Starting this fall, all home sporting events will have an admittance fee. If you would like to purchase a season's pass and save on the entrance fees, you can reach out to the Athletic Director at [ecastonguay@shschools.com](mailto:ecastonguay@shschools.com).

Passes for adults will be \$25 and students/senior citizens will be \$20. This fall pass will get the cardholder into all regular-season home events. We will offer this again for our winter and spring sports seasons. Look for upcoming announcements in the weekly update and newsletter.

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### Library

The school library plays an active role in student learning and achievement at SHHS. To learn more, please visit the library's website at [bit.ly/lymanlibrary](http://bit.ly/lymanlibrary) or contact the librarian Ms. Pronovost at [epronovost@shschools.com](mailto:epronovost@shschools.com). Welcome back, SHHS!

## Guidance Department

### **Counselor Assignments**

All students are assigned to a school counselor alphabetically by their last names and can best be reached via email:

[jaustin@shschools.com](mailto:jaustin@shschools.com)  
[ameeker@shschools.com](mailto:ameeker@shschools.com)  
[kesempio@shschools.com](mailto:kesempio@shschools.com)

### **All Grade Levels**

- Ms. Austin.....A - G
- Mr. Meeker..... H - Q
- Ms. Esempio.....R - Z

### **JUNIORS AND SENIORS - College Visits at SHHS!**

If interested, please plan to attend meetings with the college representatives who visit SHHS each fall to meet with juniors and seniors to answer any questions they may have about college in general and/or their college specifically. Often, the representative who hosts these visits will be the person reading your application; this is a great chance to demonstrate your interest! We are in the process of scheduling these meetings and notifications will be sent via email-- so be on the lookout!

**SENIORS:** Post-Secondary Planning Conferences for Seniors and their Caregivers. Appointments are scheduled for late September through early October for seniors and their caregivers to discuss post-secondary planning with their counselor. You will receive a letter letting you know the date and time of your meeting.

**Sophomores and Juniors SIGN UP REQUIRED:** The PSAT is scheduled for Wednesday, October 11th. The PSAT will allow juniors to participate in the NMSQT (National Merit Scholarship Competition). The NMSQT is for juniors only. Counselors will plan classroom visits with 10th and 11th grade students to provide further details. Students must sign up in the Counseling Office by October 5th. The PSAT is offered at no cost to all interested sophomores but they must sign up by giving their name to the counseling secretary before October 5th. Juniors must bring a check made out to "South Hadley High School" for \$18 to be eligible for the exam. Please

note: Students who need accommodations must apply through the College Board.

Please contact our SSD Coordinator, Mr. Stackow, for assistance ([rstackow@shschools.com](mailto:rstackow@shschools.com)). High schools cannot provide accommodations for College Board exams without approval from College Board. For more information please visit: <https://accommodations.collegeboard.org/>

### **Test Prep:**

Students are highly encouraged to seek free practice opportunities via College Board <https://www.collegeboard.org/> (which makes the SAT) -- you can create your own account! You can also link your College Board account to Khan Academy for a practice plan. Please make sure to document your College Board username and password as you must use the same account throughout high school.

### **SAT Registration deadlines:**

September 8th for the October 7th test date - the late registration deadline is September 26th. October 6th for the November 3rd test date -- the late registration deadline is October 24th.

Please check College Board for up-to-date information.

<https://collegereadiness.collegeboard.org/sat/register/dates-deadlines> -

### **ACT Registration deadline:**

September 22nd for the October 28 th test date -- the late registration deadline is October 6th.

<http://www.act.org/content/act/en/products-and-services/the-act/registration.html>

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### Homecoming Dance

On Friday September 29th, the Student Council will be hosting the Homecoming Dance here at SHHS! Tickets are \$5 per person and light refreshments will be available to purchase. Dress casually and come dance to kick off the school year

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*All students, regardless of race, color, sex, gender identity, religion, national origin, sexual orientation, disability or homelessness, have equal access to the general education program and the full range of any occupational and vocational education programs offered by the South Hadley Public Schools.*

## Music Notes

The SHHS Music department is excited to start the 2023-2024 school year. Any student who wants to participate in the band class or chorus class that happens during the school day and have not yet registered, please do so ASAP!

The fall after school rehearsal schedule for the music department is as follows:

Monday - Vocal Roar, 2:10-3:30pm

Jazz Band, 4-6pm

Tuesday - Harlequins, 2-4pm

Percussion, 4-6pm

Guard, 6-8pm

Wednesday - Marching Band, 2:30-4:30pm

Thursday - ShImprov, 2-3:30pm

Friday - Harlequins, 2-4pm

Saturday - Marching Band, 9 to Noon

## **September**

### **Marching Band Performances:**

9/8/23 – Football Game vs. Wahconah

5:30pm Call Time

9/22/23 – Football Game vs. Chicopee Comp

5:30pm Call Time

9/23/23 - US Band Competition at

Blackstone-Millville, MA - TBD

9/28/23 - The Big E Parade - TBD

9/29/23 - Football Game vs. Pittsfield

5:30pm Call Time

If there are any questions regarding the music department, don't hesitate to email

Ms. Beth Ayn Curtis

at [bcurtis@shschools.com](mailto:bcurtis@shschools.com)

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## Nurses Notes

### **Vaccinations/Physical Exams-**

All students MUST be up to date on their vaccinations to start the 2023-24 school year. All vaccinations MUST be turned in before the 1st day of school August 31st! Massachusetts state law requires students to have up to date vaccinations. If you have any questions or concerns about the new school year requirements, please contact your school nurse. You may email your immunization records to the school nurse at your child's school building.

**-Religious exemptions** must be resubmitted yearly, in writing

**-All 10th graders** are required to submit a current physical exam (within the last twelve months)

**-All transfer/new students** are required to submit a current physical exam (within the last twelve months) along with a copy of up-to-date immunizations. Students will not be allowed to attend school until the nurse receives and reviews all necessary paperwork.

**-Prior to participation in any school sport**, MIAA requires a physical examination. A sports physical is valid for 13 months.

### **Health Conditions-**

If your student had a health care plan on file with the school last school year, please make sure you and your family physician fill out new documents and return for this school year. New paperwork is required every year and needs to be updated every school year.

If your student has a specific health condition or needs special care during the school day such as medication, treatments, or monitoring and does not have a current plan, please inform your school nurse and she can provide you with the proper paperwork needed for your student. Individual health care plans help keep your student safe and healthy.

### **Medication Policy:**

All medication orders must be renewed each school year. Any student requiring medication (prescription AND/OR over-the-counter) during the school day must have the following pieces of information in place at the start of the school year:

- Written doctor's order with signature, indicating diagnosis, medication with dose, time, and duration of treatment
- Written consent from a parent or legal guardian
- Medication in the original bottle with a label indicating the same information found on the medication order needs to be delivered to the health office by a responsible adult.

**\*Please contact me via phone or email to schedule medication, supply, and form drop off.**

### **Sick students-**

Please keep your student home if they have had any of the following symptoms:

- **Fever (100.0° Fahrenheit or higher), chills, or shaking chills**
- **Difficulty breathing or shortness of breath**
- **New loss of taste or smell Muscle aches or body aches**
- **Cough (not due to other known cause, such as chronic cough)**
- **Sore throat, when in combination with other symptoms**
- **Nausea, vomiting, or diarrhea when in combination with other symptoms**
- **Headache when in combination with other symptoms**
- **Fatigue, when in combination with other symptoms**
- **Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms**

**\*If your child develops any of the above symptoms at school, you will be contacted to pick them up immediately.**

Children and staff who test positive for Covid, must be isolated for at least 5 days. If they are asymptomatic or symptoms are resolving and they have been fever free without the use of fever-reducing medicine for 24 hours, they may return to programming after Day 5 and should wear a high-quality mask through Day 10:

- o If the individual is able to mask, they must do so through Day 10.
- o If the individual is unable to mask, they may return to programming with a negative test on Day 5 or later.

If you have any questions, please call/email your school nurse or visit our health services webpage at

<https://www.southhadleyschools.org/domain/1135> for more information on student health, school forms, and other helpful links.

Best wishes for a healthy and successful school year!

Ms. Brittany O'Neill, RN, BSN

School Nurse

[bloneill@shschools.com](mailto:bloneill@shschools.com)

P 413-538-5063 x 3705

F 413-532-6538

## **SENIOR NEWS- Class of 2024**

**Cap and Gown:** Measurements are done at the beginning of the school year with an online/digital program. More information to follow as it becomes available. A reminder announcement will be emailed to the senior class until everyone has submitted their information. No money is due at this time. Please contact Ms. Quinn with any questions. [jquinn@shschools.com](mailto:jquinn@shschools.com)

**Senior Field Day & Senior Banquet:** Both the senior field day and senior banquet will be held near the end of the school year. More information will follow as it becomes available.

### **Yearbook Photos**

For those of you looking to take senior photos this summer, the dimensions for the yearbook will be 3.5" x 3.5". This will also include a thin border. Photos larger than this will be cropped. The system accepts .jpg and .png files only. Our preliminary deadline for senior photos will be 2/1/2024. We will also be looking for "first day of school pictures", (preschool, kindergarten, first etc.) These photos can be emailed to Ms. Quinn at [shhs\\_yearbook@shschools.com](mailto:shhs_yearbook@shschools.com) at any time. Yearbooks will be for sale February 1, 2024.

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### **AHERA Notification**

This notification is required annually by the Federal Asbestos Hazard Emergency Response Act (AHERA):

Asbestos Management Plans have been developed for each South Hadley School. The plans are available and accessible to the public at each school office or at the District's Business Office in the Town Hall.

### **Children's Protective Act of 2000**

In May 2000, legislation entitled "An Act to Protect Children & Families from Harmful Pesticides" was signed into law. The law went into effect in November of 2000.

The Act requires each school to file "Integrated Pest Management" (IPM) Plans with the state, and to restrict our usage of harmful pesticides. IPM stresses preventive maintenance and non-chemical methods of

dealing with pests. Should chemical applicators be needed, there are notification requirements and licensing requirements with which we will need to comply. The district has hired Minutemen Pest Control to work with us in this area. Copies of our school's IPM Plans (indoor & outdoor), are available in the main office.

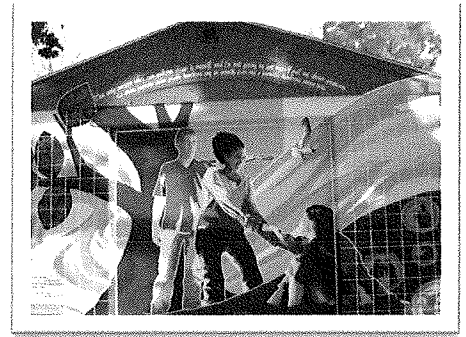
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### **Non-Discrimination**

No person shall be excluded from or discriminated against in admission to a public school of any town, or in obtaining the advantages, privileges and courses of study of such public school on account of race, color, sex, gender identity, religion, national origin, sexual orientation, disability or homelessness. If you feel you may need special accommodations or assistance as a result of a handicapping condition or limited English proficiency, please call Beth Cooke, Director of Student Services at the South Hadley School Department, 116 Main Street at 413-538-5072 (hearing impaired fax 413-532-6284) and notify us of your special need.

Si necesitas alguna adaptación o asistencia especial debido a algún tipo de minusvalía, por favor llame al teléfono 413-538-5072 (fax para personas con deficiencias auditivas 413-532-6284) y notifiquenos cuales son sus necesidades específicas.

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### **Greetings from the South Hadley Drug & Alcohol Prevention Coalition!**

My name is Susan Cook, and along with Steve Fleming, I head the Coalition. We are a group of adults and youth representing South Hadley that work *to reduce youth substance use*. I am so excited to invite you to help expand our group. We are looking for Parents (of all age youth) and Youth (ages 14-18) that are willing to join a meeting once a month in the evenings from 6:30-8 pm, in the SHHS library, to plan awareness events, speakers, youth activities, and parent information webinars. The work is funded by the Drug-Free Communities Grant. Please visit our website: [www.southhadleyprevents.org](http://www.southhadleyprevents.org) and look for us at Open House! Please email me, Susan Cook, to ask questions and join our mailing list, [scCook@shschools.com](mailto:scCook@shschools.com)

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*All students, regardless of race, color, sex, gender identity, religion, national origin, sexual orientation, disability or homelessness, have equal access to the general education program and the full range of any occupational and vocational education programs offered by the South Hadley Public Schools.*





## Aug/Sept 2023 Calendar of Events

Date	What	Time	Who	Where
8/28/23	Teacher Convoc.	8:00-2:00	District Staff	MESMS
8/29/23	Teacher In-Serv Prof. Dev. & Staff ID's	8:00-2:00	Auditorium	Café 1
8/30/23	Teacher In-Serv Prof. Dev.	8:00-2:00	Auditorium	
8/31/23	Students First Day of School			
1	Student Pictures & IDs		Back Gym	
4	No School - Labor Day			
5	V Golf	3:00	Chicopee Comp	Away
	JV/V Boys Soccer	4:00/4:15	Amherst-Pelham	Away
	JV/V Girls Volleyball	4:00/5	Southwick Tolland	Home
6	V Field Hockey	4:00	Minnechaug Reg	Away
	JV/V Girls Soccer	4:00/6	Agawam	Home
7	JV/V Girls Volleyball	4:00/5	Commerce	Away
	V Field Hockey	6:00	Southwick Tolland	Home
	School Committee	6:00	Virtual	COA
8	Activities Fair - Various Clubs		During School Day	SHHS
	JVV Girls Soccer	3:30	Hampshire Reg	Home
	JV/V Boys Soccer	4:00	Easthampton	Away
	V Football	7:00	Wahconah	Home
9	JV Football	10:00am	Wahconah	Away
11	V Golf	3:30	Northampton	Away
	JV/V Girls Volleyball	4:00/5	Hampden	Away
	JV/V Girls Soccer	5:00/7	Wahconah	Away
12	V Golf	3:00	Hampshire Reg	Away
	V Field Hockey	4:00	East Longmeadow	Home
	JV/V Boys Soccer	5:00/6	Frontier	Home
13	V Golf	3:00	Amherst-Pelham	Home
	JV/V Girls Volleyball	4:00/5:30	Smith Voc	Away
	JV/V Girls Soccer	4:00/4:30	Pittsfield	Home
	Drug & Alcohol Coalition Mtg.	6:30	Library	SHHS
14	JV/V Boys Soccer	4:30/6:30	Hampshire Reg	Away
	V Field Hockey	5:00	Greenfield	Away
15	JV/V Girls Volleyball	4:30/5:30	Holyoke	Away
	V Football	7:00	Greenfield	Away
18	V Golf	3:00	Belchertown	Home
	JV/V Girls Soccer	4:00/6	Belchertown	Away
	JV/V Girls Volleyball	4:00/5	Granby	Home
	V Field Hockey	4:00	Agawam	Home
	JV/V Boys Soccer	5:00/7	Wahconah	Away



## Aug/Sept 2023 Calendar of Events

Date		What	Time	Who	Where
19	JV/V	Girls Soccer	4:00/7	Chicopee Comp	Away
20	V	Golf	3:00	Chicopee Comp	Home
	JV/V	Girls Volleyball	4:00/5	Duggan Academy	Home
	V	Field Hockey	5:00	Greenfield	Away
21	V	Golf	3:00	Palmer	Home
	V	Boys Soccer	4:00	Southwick-Tolland	Away
		School Committee	6:00	Virtual	COA
22		Class Mtgs in Auditorium		During School Day	SHHS
	V/JV	Boys Soccer	4:30/5	Lenox	Away
	JV/V	Girls Volleyball	4:00/5	Athol	Home
	JV/V	Girls Soccer	4:00	Pope Francis	Away
	V	Field Hockey	4:00	Longmeadow	Home
	V	Football	7:00	Chicopee Comp	Away
26	V	Golf	3:00	Chicopee High	Away
	JV/V	Girls Soccer	4:00	Agawam	Away
	JV/V	Girls Volleyball	4:00/5	Renaissance	Away
	JV/V	Boys Soccer	4:00/6	Mahar	Home
27	V	Golf	3:00	Northampton	Home
	JV/V	Boys Soccer	4:00	Chicopee High	Home
28	V	Field Hockey	4:00	Minnechaug	Home
	JV/V	Girls Volleyball	4:00/5	Southwick-Tolland	Away
	V	Football	7:00	Pittsfield	Away
29	V	Boys Soccer	4:00	Southwick Tolland	Home
	JV/V	Girls Soccer	4:00/6	Hampshire Reg	Away
		Home Coming Dance	7:00-9:00	GYM	SHHS

South Hadley High School  
South Hadley, Massachusetts

**Schedule for Opening Day**  
**2023-2024**

Thursday, August 31st, 2023  
First Day Schedule (Day 1, Abbrev. Schedule)

We will be operating under a modified schedule for the first day, Advisory and all 7 classes. Classes are shortened to account for the addition of the extra period and there will be NO BREAK PERIOD.

**7:23 – 7:45**

**Advisory Block**

All students are to report to their advisory group for announcements and to complete homeroom tasks.

**9<sup>th</sup> grade Chromebook issue from IT**

**7:49 – 8:19**

**Period 1**

**8:23 – 9:00**

**Period 2**

**9:04 – 9:45**

**Period 3**

**9:49 – 10:30**

**Period 4**

**10:35 – 12:00**

**Period 5**

Lunch for students and faculty according to published lunch schedule.

**12:04 – 1:00**

**Period 6**

**1:04 – 2:01**

**Period 7**

**2:01**

**Dismissal for all students**

**Schedule for 2<sup>nd</sup> Day of School**  
**2023-2024**

Friday, September, 1st, 2023  
Day 2 Schedule (No 2<sup>nd</sup>)

Listed below is the schedule for today. The classes and times will be normal for day 2.

**7:23 – 8:25** **Period 1**

**8:29 – 9:26** **Period 3**

**9:26 – 9:34** **Break Period**

**9:34 – 10:31** **Period 4**

**10:35 – 11:59** **Period 5**

Lunch for students and faculty according to published lunch schedule.

**12:03 – 1:35** **Period 6**

**1:40 – 2:01** **All School Activity**

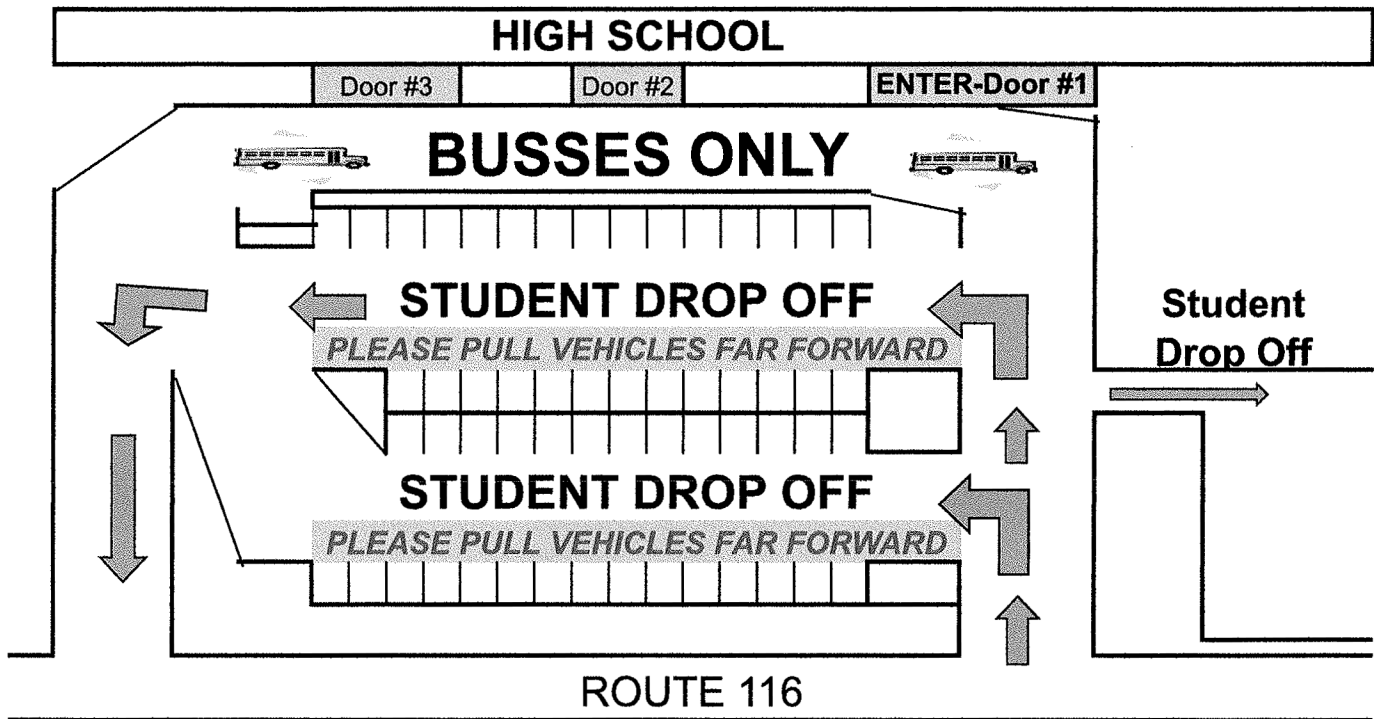
**2:01** **Dismissal for all students**

**Picture Day**

All students grade 9-12 will have pictures taken on Friday, September 1st - for student ID's and picture package opportunities.

Seniors will have an additional opportunity for yearbook photos, if they have not had them done already, on Friday, October, 13th.

# COURTESY DROP OFF PRACTICES



## **SOUTH HADLEY PUBLIC SCHOOLS MEDICATION PERMISSION FORM**

The South Hadley School system, in compliance with MA General Law, Chapter 112, Section 80B, requires that students who need medication during school hours provide:

1. A written doctor's order stating the diagnosis, medication, time & duration of treatment
2. A written consent form signed by the parent or legal guardian
3. The medication in the original, properly labeled bottle

No more than a 30 day supply of medication will be kept at school.

Psychotropic drugs, such as Ritalin, Adderall, and Dexedrine, must be transported by an adult, counted, and co-signed with the nurse.

All medication must be brought to the Health Room, where it will be kept in a securely locked cabinet and dispensed by the nurse.

### **THIS APPLIES TO OVER-THE-COUNTER DRUGS AS WELL AS PRESCRIPTIONS**

Child's Name \_\_\_\_\_

Diagnosis \_\_\_\_\_

Medication \_\_\_\_\_

Dosage \_\_\_\_\_ Route \_\_\_\_\_ Time at School \_\_\_\_\_

Date Medication ordered \_\_\_\_\_ Duration \_\_\_\_\_

Special Considerations \_\_\_\_\_

\_\_\_\_\_  
Printed name of physician

\_\_\_\_\_  
Signature of physician

Phone \_\_\_\_\_

Date \_\_\_\_\_

### **TO BE COMPLETED BY PARENT**

I give permission for my child \_\_\_\_\_ to receive the above medication.

Check here to administer on half days of school \_\_\_\_\_

Date \_\_\_\_\_ Signature of Parent/Guardian \_\_\_\_\_



## HS Staff Directory - Emails

(As of 8/29/23) **2023-2024** common\2023-2024 \ staff lists\staff directory-emails

Name	Position	Room #	email
Allard, Charles	Special Education Teacher	527	callard@shschools.com
Argetsinger, Jozen	Special Education Teacher	600	jargetsinger@shschools.com
Aucoin, Meghan	Special Education Eval Leader	202	maucoin@shschools.com
Austin, Jessica	Guidance Counselor	Guidance Office	jaustin@shschools.com
Balut, Timothy	Social Studies Chair	3610	tbalut@shschools.com
Barnes, Melissa	Paraprofessional ETA	200	mbarnes@shschools.com
Benoit, Matthew	Science Teacher	409	mbenoit@shschools.com
Bergstrom, Neil	English Teacher	519	nbergstrom@shschools.com
B-G Weller, Peter	English Teacher	512	pbgweller@shschools.com
Bourgeois, Tyler	Technology Coordinator	IT Office	tbourgeois@shschools.com
Bourque, Kimberly	English Teacher	516	kbourque@shschools.com
Britton, Timothy	ETA Therapeutic	401	tbritton@shschools.com
Brueshaber, David	Vocational Carpentry Teacher	103/101/100	dbrueshaber@shschools.com
Burgos, Nick	Special Education Teacher	408	nburgos@shschools.com
Cafeteria 1 & 2		Café 1 & 2	
Carver, Kimberly	Science Teacher AP Biology	407	kcarver@shschools.com
Casey, Maddison	Math & Computer Science Teacher	518	mcasey@shschools.com
Casolari, Nicole	Math Teacher	605	ncasolari@shschools.com
Castonguay, Eric	Athletic Director/ P.E. Teacher	A. D. Office	ecastonguay@shschools.com
Chaffee, Amber	Paraprofessional ETA	200	acaffee@shschools.com
Chaput, Travis	Social Studies Teacher	611	tchaput@shschools.com
Chrzanowski, Tania	Health / P.E. Teacher	316 / Gym	tchrzanowski@shschools.com
Cole, Tara	Special Education Teacher	513	tcoble @shschools.com
Collaboration Room	Library - Glass Room	Library	
Cote, Michael	Special Education Teacher	406	mcote@shschools.com
Counter, Erin	Paraprofessional	Roamer	ecounter@shschools.com
Cross, Liza	Math Teacher	603	Lcross@shschools.com
Curtis, Beth Ayn	Music Director	201	bacurtis@shschools.com
Custodial Office	Custodial Office	105	
Desautels, Tad	P.E. Teacher	Gym	tdesautels@shschools.com
Dion, Cathy	MCAS Coordinator	Roamer	cdion@shschools.com
Dion, Scott	Special Education Teacher	406	sdion@shschools.com
Dragon, Christopher	Paraprofessional ETA	202	cdragon@shschools.com

Duggan, Linda	Math Teacher	601	lduggan@shschools.com
Ellis, Heather	English Teacher	521	hellis@shschools.com
Esempio, Karen	Guidance Director	Guidance Office	kesempio@schools.com
Ferry, Erin	Paraprofessional ETA	202	eferry@shschools.com
Figge, Melody	Graphics Teacher	400	mfigge@shschools.com
Flagg (Doerpholz), Linsey	Paraprofessional	202	lflagg@shschools.com
Foley, Amy	English Teacher	515	afoley@shschools.com
Frank, Jacob	Social Studies Teacher	604	jfrank@shschools.com
Gagne, Irene	Paraprofessional ETA	301	igagne@shschools.com
Gearin, Kelly	P.E. Teacher	Gym/316	kgearin@shschools.com
Geraghty, Karen	Paraprofessional	3202	kgeraghty@shschools.com
Gjylapi, Marsela	Paraprofessional	202	mgjylapi@schools.com
Goelz, Leslie	Social Studies Teacher	608	lgoelz@shschools.com
Gomes, Erin	Special Education Teacher	525	egomes@shschools.com
Hagar, Courtney	TTC Teacher	303	chagar@shschools.com
Hall, Gary	Math Teacher	520	ghall@shschools.com
Hamilton, Kristin	English Teacher	523	khamilton@shschools.com
Handy, Morgan	Spanish Teacher	403	mhandy@shschools.com
Harms, David	Science Teacher	511	dharms@shschools.com
Helems, Josh	School Resource Officer (SRO)	Library	jhelems@shschools.com
Hoagland, Matthew	Food Service Director	Kitchen	mhoagland@shschools.com
Holmes, Sheryl	Paraprofessional	202	sholmes@shschools.com
Humiston, Jacob	Vocational Carpentry Teacher	103/101/100	jhumiston@shschools.com
Johnson, Erin	Psychologist	Main Office	ejohnson@shschools.com
Kantowitz, Steven	Culinary Teacher	311	shkantowitz@shschools.com
Kappenman, Heather	Paraprofessional ETA	200	hkappenman@shschools.com
Ketteringham, Laura	Science Teacher	308	Lketteringham@shschools.com
Kitchen		Kitchen/Office	
Kubic, Sarah	Paraprofessional	202	skubic@shschools.com
Langevin, Phil	Foreign Language Teacher	402	plangevin@shschools.com
Lee, Megan	Special Education Teacher	310	mlee@schools.com
Lemieux, Pat	Assistant Principal	Main Office	plemieux@shschool.com
Lesniak, Tina	English Chair	514	tleśniak@shschools.com
Loneragan, Paula	Fine Arts & Foreign Language Chair	404	ploneragan@shschools.com
Mackey, Courtney	District Social Worker	204	cmackey@shschools.com
Main Office		Main Office	3720/ 3721 / 3704

Maio, Mark	Technology Coordinator	IT Office	mmaio@shschools.com
Mantillo, Julia	Paraprofessional ETA	202	jmantillo@shschools.com
Mazzulli, Alexandra	Student Adjustment Counselor	Guidance Office	amazzulli@shschools.com
Meeker, Andy	Guidance Counselor	Guidance Office	ameeker@shschools.com
Meigs, Richard	Science Teacher	510	rmeigs@shschools.com
Mongeau, Chris	Paraprofessional ETA	202	cmongeau@shschools.com
Morales, Manuel	Paraprofessional	202	mmorales@shschools.com
Nelson, Jessica	Special Education Teacher	318	jnelson@shschools.com
O'Neill, Brittany	Nurse	Health Office	bloneill@shschools.com
Pion, Jess	Adjustment Counselor	Guidance Office	jpion@shschools.com
Palmer-Pontz, Justin	Head Custodian	Custodian Office	jpalmer-pontz@shschools.com
Popp, Adam	Culinary Teacher	313	apopp@shschools.com
Pronovost, Deborah	Guidance Secretary	Guidance Office	dpronovost@shschools.com
Pronovost, Erin	Library Media Specialist	Library	epronovost@shschools.com
Provost, Paula-Jean	Principal's Secretary	Main Office	pjprovost@shschools.com
Quinn, Jennifer	Special Education Teacher	3517	jquinn@shschools.com
Reynolds, Anna	LBLD (Language)	602	areynolds@shschools.com
Sanchez-Fernandez, Ada	Paraprofessional	202	asanchezfernandez@shschools.com
Santiago, Kiarlys	Paraprofessional	202	ksantiago@shschools.com
Sarrazin, Theresa	Main Office Secretary	Main Office	teri@shschools.com
Sawyer, Hannah	Spanish Teacher	405	hsawyer@shschools.com
Scully, Anne	Student Adjustment Counselor	Guidance Office	ascully@shschools.com
Senn-McNally, Maureen	Fine/Applied Arts Teacher	302	mmcnally@shschools.com
Sheltra, Cassidy	Paraprofessional ETA	200	csheltra@shschools.com
Smith, Lori	Paraprofessional	202	lsmith@shschools.com
Smith, Ramona	Science Department Chair	507	rsmith@shschools.com
Specialists	Specialists Room	Lib Conf Room	PT, Speech etc.
Stackow, Robert	Special Education Teacher	527/202	rstackow@shschools.com
Stratton, Sue	Paraprofessional	Restorative Practices	sstratton@shschools.com
Viens, Jordan	Paraprofessional	202	jviens@shschools.com
Viens, Stephanie	Vocational Dept Chair-Criminal Justice	314	sviens@shschools.com
Walsh, Mary	Head Nurse	Library Office	mwalsh@shschools.com
Wendt, Madeline	Social Studies Teacher	609	mwendt@shschools.com
Whitney, Matthew	Student Activities Accounts Advisor	Library/Collab rm	mwhitney@shschools.com
Wood, Elizabeth	Principal	Main Office	ewood@shschools.com
Young, Dianne	Math Chair	607	dyoung@shschools.com
Ziobrowski, Steve	Technology Coordinator	Tech. Office	sziobrowski@shschools.com

SEPTEMBER 2023

# SOUTH HADLEY RECREATION DEPARTMENT



## K-2 FLAG FOOTBALL & SOCCER

Fall sport registrations are now closed, however, we still have space in our K-2 Flag Football Program & K-2 Recreation Soccer Program. If you are interested in registering for either of these programs please email Danielle at [dbachand@southhadley.ma.gov](mailto:dbachand@southhadley.ma.gov). **\*Please note players must have turned 5 by August 31st and currently be enrolled in Kindergarten.**



## PRESCHOOL FUTSAL SOCCER PROGRAM

This is our introduction to soccer program run by Futsal and Street Soccer designed for Pre-K kids. The program is a platform for high speed, high volume ball touches and maneuvering in tight spaces. Players are not broken into teams, and no games are played in this program.

**Players are required to have their own soccer ball (size 3) & wear athletic clothing & cleats (must be rubber) or sneakers. Shin guards are optional. If you do not have a ball, let us know and we will provide a limited supply for the coaches to have.**  
**Fall Session**

**Date:** Wednesdays, September 6 - October 25

**Time:** DOB 9/1/2018 - 8/31/2021: 5:30-6:10pm

**Where:** Buttery Brook Park

**Cost:** \$115 per player

and/ or

**Date:** Sundays, September 10 - October 29

**Time:** DOB 9/1/2020 - 8/31/2021: 10:00-10:40am

DOB 9/1/2018 - 8/31/2020: 11:00-11:40pm

**Where:** Buttery Brook Park

**Cost:** \$115 per player

## WINTER SPORT REGISTRATIONS

Our winter sport registrations will open on Monday, October 2nd. For more information on each program and to register please visit our website [www.southhadleyrecreation.org](http://www.southhadleyrecreation.org).

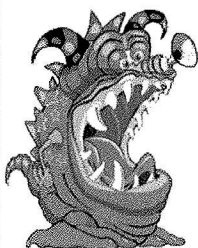
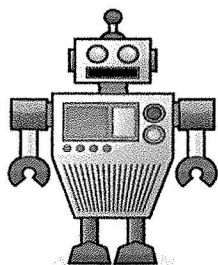
Below are the offerings we will have this winter:

K-2 Recreation Basketball  
Grade 3-8 Recreation Basketball  
Grade 5-8 Suburban Basketball\*  
DARE High School Basketball  
Grade K-8 Wrestling

\*May require a tryout/evaluation







## ART-VENTURES FOR KIDS

### Where the Wild Things ART

Art adventurers explore many whimsical and original art forms and techniques, discovering clay and collage, painting and drawing, mask-making and decorating, just to name a few! Sculpt colorful monsters and clay pots, design ceramic robots, decorate birdhouses and wooden guitars, create tape resist t-shirts and so much more. Plus, hear wonderful stories, such as "Where the Wild Things Are" and "Nova the Robot," each relating to a work of art. (A little literacy education in disguise.) Humor and surprises are always included. Explore, experiment, create. Art adventurers bring home awesome works of art each week! So much FUN!

Dates: Mondays, October 23rd - December 11th

Time: 4:00-5:00pm

Where: South Hadley Public Library - Community Room

Fee: \$155 for 8 weeks of ART fun! All material included

Register: [www.southhadleyrecreation.org](http://www.southhadleyrecreation.org)

**\*A scholarship may be available for a child whose parent is willing to assist at each class. If interested, contact [afterschool@artventuresforkids.com](mailto:afterschool@artventuresforkids.com)**

## MAD SCIENCE

**CRAZY CHEMWORKS** ~ We'll learn about the tools scientists use in their laboratories, as well as atoms, molecules and reactions, acids and bases, fluorescence, and phosphorescence. We'll also examine and investigate super sticky things by exploring suction, hydrogen bonding and static cling. We'll also see some very cool dry ice demonstrations! Continue the science at home with fun labware take-homes and experiments.

Who: Entering Grades 1-5

When: Tuesdays, October 17-December 12 - no class 11/7 (make up on 12/19 if needed)

Time: 4-5pm

Where: South Hadley Public Library

Register: [www.southhadleyrecreation.org](http://www.southhadleyrecreation.org)



## CONTACT US



[recreation@southhadleyma.gov](mailto:recreation@southhadleyma.gov)



[www.facebook.com/southhadleyrecreation](https://www.facebook.com/southhadleyrecreation)



413-538-5030 x6188



[@southhadleyrecreation](https://www.instagram.com/southhadleyrecreation)



[www.southhadleyrecreation.org](http://www.southhadleyrecreation.org)





South Hadley Music Parents Association  
is hosting a

# Craft & Tag Sale Event

SHMPA is seeking vendors of crafts or tag sale items and community groups to participate in this fundraising event. Rent spaces to sell your goods and benefit a good cause!



Reserve 2 **parking spots** for \$20 and \$10 for each additional, adjacent spot. Rain or Shine

For more info or to sign up, email  
[shmpa@southhadleymusic.org](mailto:shmpa@southhadleymusic.org)

**10.09.2023**

.....  
South Hadley High School Parking Lot  
8am-3pm

.....

[www.southhadleymusic.org](http://www.southhadleymusic.org)  
[shmpa@southhadleymusic.org](mailto:shmpa@southhadleymusic.org)





SOUTH HADLEY PUBLIC SCHOOLS  
Food Service Department  
100 Mosier St.  
South Hadley, MA 01075



*We Serve Growing Minds!*

Dear Parent/Guardian:

Welcome back to the 2023-2024 school year. The cafeteria staff is committed to serving nutritious and well-balanced meals that meet or exceed the state guidelines. Governor Healey and the state have signed the bill for ALL students to receive free breakfast and lunch for the 23-24 school year. This benefit will expire June 30, 2024.

**MEAL SERVICE:** Each school will be offering breakfast and lunch to ALL students. Please see the menus for serving times.

**PRICING:** ALL meals are FREE to ALL students for this school year, ending June 30, 2024. If students want a second meal, the cost will be: Plains School lunch cost \$2.35, Mosier & Middle cost \$2.60, and the High School cost \$2.85. Snacks and ala cart items will be offered to the students. There is NO charging of these items, they must have cash or money on the lunch account.

**FREE & REDUCED APPLICATIONS:** While ALL students will receive free meals this school year, if you want to participate in other programs/benefits offered by the state, then you will need to fill out a free & reduced meals application if you are **NOT** directly certified through the state. If you receive a letter from the lunch program stating that your child/student is "direct certified" for either free or reduced-price meals, you **DO NOT** need to fill out an application. If your child/student qualified for free or reduced-price meals in the past and you did **NOT** receive a direct certified letter this school year, you should fill out a new application. To clarify, if families want to participate with other benefits provided by the state and you are NOT direct certified, then a free & reduced meals application **MUST** be submitted. Direct certified letters will be emailed. To avoid interruption with your child's benefits, a new application **MUST** be submitted prior to the end of the 30 days (October 13, 2023).

If you have submitted an application for free and reduced meals for your household, you will be notified of the status once we complete the review. Please be patient while we process applications.

**COMPLETE LUNCH:** ***PLEASE*** let your students know that even though all meals are free this school year, they **MUST** take a complete meal, or they will be charged the full amount. Every lunch offers the 5 components of a reimbursable lunch: meat/meat alternate, grain, vegetable, fruit and milk. Every student must take at least 3 of the 5 components of the lunch to be considered reimbursable and 1 of those items **MUST** be either a fruit or vegetable. If a student refuses to take either the fruit or vegetable, they will be charged at the ala carte rate which is more expensive than the current lunch prices.

**LUNCH PAYMENTS:** The lunch program will continue to be "cash-less" this year! Checks can be mailed in or dropped off at the main office and we will make the deposit into student's accounts. If cash is the only option, all funds will be deposited, change will not be given back to avoid contamination and slowing down the serving line. We **STRONGLY** encourage that all students (parent/ guardian) consider depositing money into their accounts electronically by using [www.myschoolbucks.com](http://www.myschoolbucks.com). Simply login in and follow the user-friendly prompts. After you register for an account, you will be able to make deposits into your student's account, as well as monitor the balance, and history of purchases from the previous 90 days. If at any time you would like to know your child's balance, you may speak with the cafeteria manager or contact the Food Service Office at 534-1995 or email Matt Hoagland at [mhoagland@shschools.com](mailto:mhoagland@shschools.com) or Cindy Roy at [croy@shschools.com](mailto:croy@shschools.com).

**LUNCH BALANCES:** ALL student balances are carried forward each year. If there are funds on their account, they can use them for snacks, extra meals, ala carte items etc.... If there is a negative balance, please make every effort to clear them out. Please contact the food service office if you have any questions referring students' balances.

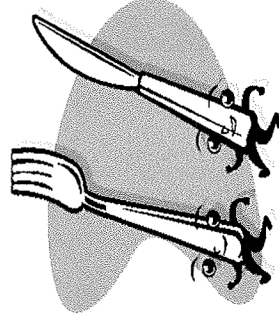
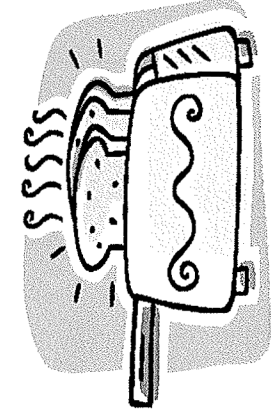
We look forward to serving your child with high quality and nutritious school meals.

Sincerely, Matt Hoagland

# South Hadley School Breakfast Menu 2023-2024

## Prices:

Full Price: 1.50  
 Reduced: .30  
 Adult: 2.00  
 Milk: .40



<b>MONDAY</b> Chilled Fruit & Juices Assorted Low Sugar Cereal Chilled Low Fat Milk	<b>TUESDAY</b> Chilled Fruit & Juices Breakfast Bars Chilled Low Fat Milk	<b>WEDNESDAY</b> Chilled Fruit & Juices Assorted Muffins Chilled Low Fat Milk	<b>THURSDAY</b> Chilled Fruit & Juices Breakfast Pizza Chilled Low Fat Milk	<b>FRIDAY</b> Chilled Fruit & Juices Mini Pancakes Chilled Low Fat Milk
<b>MONDAY</b> Chilled Fruit & Juices Assorted Muffins Chilled Low Fat Milk	<b>TUESDAY</b> Chilled Fruit & Juices Bagel w/ Cream Cheese Chilled Low Fat Milk	<b>WEDNESDAY</b> Chilled Fruit & Juices Banana Bread Chilled Low Fat Milk	<b>THURSDAY</b> Chilled Fruit & Juices Cinnamon Buns Chilled Low Fat Milk	<b>FRIDAY</b> Chilled Fruit & Juices Egg and Cheese Sandwiches Chilled Low Fat Milk
<b>MONDAY</b> Chilled Fruit & Juices Assorted Low Sugar Cereal Chilled Low Fat Milk	<b>TUESDAY</b> Chilled Fruit & Juices Breakfast Bars Chilled Low Fat Milk	<b>WEDNESDAY</b> Chilled Fruit & Juices Assorted Muffins Chilled Low Fat Milk	<b>THURSDAY</b> Chilled Fruit & Juices Breakfast Burrito Chilled Low Fat Milk	<b>FRIDAY</b> Chilled Fruit & Juices Mini Waffles Chilled Low Fat Milk
<b>MONDAY</b> Chilled Fruit & Juices Assorted Muffins Chilled Low Fat Milk	<b>TUESDAY</b> Chilled Fruit & Juices Bagel w/ Cream Cheese Chilled Low Fat Milk	<b>WEDNESDAY</b> Chilled Fruit & Juices Banana Bread Chilled Low Fat Milk	<b>THURSDAY</b> Chilled Fruit & Juices Cider Donuts Chilled Low Fat Milk	<b>FRIDAY</b> Chilled Fruit & Juices Egg & Cheese Sliders Chilled Low Fat Milk

4oz yogurt available with every breakfast. This menu is subject to change without notice.

# SOUTH HADLEY HIGH SCHOOL

SEPTEMBER 2023

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>LOOKING FOR A PART-TIME JOB WHILE THE STUDENTS ARE IN SCHOOL?</b></p> <p>THE FOOD SERVICE DEPARTMENT IS LOOKING FOR PERMANENT &amp; SUBSTITUTE EMPLOYEES. IF INTERESTED, CALL 534-1995</p>	<p><b>AUG 29</b></p> <p><b>TEACHER FULL DAY IN-SERVICE</b></p>	<p><b>AUG 30</b></p> <p><b>TEACHER FULL DAY IN-SERVICE</b></p>	<p><b>AUG 31</b></p> <p><b>"WHOLE GRAIN" CHEESE PAN PIZZA</b> CUCUMBER WHEELS W/ DIP SLICED PEACHES</p>	<p><b>SEPT 1</b></p> <p><b>ASSORTED SANDWICHES</b> HOMEMADE SOUP BLACK-EYE PEA SALAD CHILLED FRUIT OTIS SPUNKMEYER COOKIES</p>
<p><b>4</b></p> <p><b>LABOR DAY</b> <b>NO SCHOOL</b></p>	<p><b>5</b></p> <p><b>GRILLED CHEESE SANDWICH</b> RED, FAT "CAPE COD" CHIPS FRESH VEGGIE STICKS CHILLED FRUIT</p>	<p><b>6</b></p> <p><b>COLD CUT GRINDERS</b> LETTUCE, TOMATO, &amp; CHEESE MINI PRETZELS MIXED FRUIT</p>	<p><b>7</b></p> <p><b>CHICKEN SALAD WRAPS</b> BROCCOLI W/ DIPPING SAUCE "GOLDEN" CRACKERS MINI RICE KRISPIE TREAT</p>	<p><b>8</b></p> <p><b>CUBAN SANDWICHES</b> <b>(SLICED HAM, PICKLE SLICES &amp; CHEESE)</b> NACHO CHIPS FRESH VEGGIES OTIS SPUNKMEYER COOKIES</p>
<p><b>11</b></p> <p><b>CHICKEN PATTIE SANDWICH</b> LETTUCE &amp; TOMATO POTATO PUFFS STEAMED VEGGIES CHILLED FRUIT</p>	<p><b>12</b></p> <p><b>GILARDI'S "WHOLE GRAIN" STUFF CRUST PIZZA</b> TOSSED SALAD DICED PEARS</p>	<p><b>13</b></p> <p><b>MOZZARELLA STICKS</b> MARINARA SAUCE STEAMED RICE MIXED VEGGIES "JUICY" WATERMELON SLICES</p>	<p><b>14</b></p> <p><b>CHICKEN FAJITAS</b> PEPPERS &amp; ONIONS SALSA &amp; LIGHT SOUR CREAM RICE PILAF STEAMED BROCCOLI SLICED PEACHES</p>	<p><b>15</b></p> <p><b>ASSORTED SANDWICHES</b> CHICKEN NOODLE SOUP GOLDEN CRACKERS 3-BEAN SALAD OTIS SPUNKMEYER COOKIES</p>
<p><b>18</b></p> <p><b>CHEESE BURGERS</b> LETTUCE &amp; SLICED TOMATOES GARLIC DUSTED POTATO WEDGES SUMMER SQUASH BLEND MIXED FRUIT</p>	<p><b>19</b></p> <p><b>TACO TUESDAY</b> LETTUCE, TOMATO, CHEESE, SALSA &amp; SOUR CREAM CORN RICE PILAF CHILLED PINEAPPLE CHUNKS</p>	<p><b>20</b></p> <p><b>MACARONI &amp; CHEESE</b> CARROTS BREAD &amp; BUTTER SLICED PEACHES</p>	<p><b>21</b></p> <p><b>GRILLED B.L.T. SANDWICHES</b> LETTUCE, TOMATO, &amp; CHEESE RED, FAT "CAPE COD" CHIPS BROCCOLI FLORETTES W/ DIP APRICOT HALVES</p>	<p><b>22</b></p> <p><b>CHICKEN CAESAR WRAPS</b> TOMATO SOUP GOLDEN CRACKERS CHIC PEA SALAD OTIS SPUNKMEYER COOKIES</p>
<p><b>25</b></p> <p><b>STEAMED HOT DOGS</b> CUCUMBER WHEELS BAKED BEANS RED, FAT "CAPE COD" CHIPS DICED PEARS</p>	<p><b>26</b></p> <p><b>SLOPPY JOE SANDWICHES</b> PARMESAN OVEN FRIES CORN NIBBLETS CINNAMON APPLESAUCE</p>	<p><b>27</b></p> <p><b>CHICKEN NUGGETS</b> HERBED NOODLES MIXED VEGETABLES CHILLED FRUIT</p>	<p><b>28</b></p> <p><b>BAKED POTATO BAR</b> CHOICE OF TOPPINGS: CHILI OR CHEESE, BROCCOLI, SOUR CREAM &amp; BACON BITS &amp; WHOLE GRAIN BREAD STICK DICED PEARS</p>	<p><b>29</b></p> <p><b>SPICY CHICKEN PATTIES</b> OVEN BAKED FRIES FRESH VEGGIES 3-BEAN SALAD OTIS SPUNKMEYER COOKIES</p>
<p><b>MEALS ARE FREE TO ALL STUDENT THROUGH JUNE, 2024</b> <b>PAYMENTS FOR SNACKS, 2<sup>nd</sup> MEAL OR ALACART ITEMS</b> <b>CAN BE PAID ON-LINE AT</b> <b><a href="http://MYSCHOOLBUCKS.COM">MYSCHOOLBUCKS.COM</a></b></p>		<p><b>BREAKFAST</b> <b>REMINDER!</b> <b>NOW SERVING BREAKFAST.</b> <b>DAILY 7:00AM TO 7:20AM</b></p>		<p><b>"CASH-LESS"</b>  If you would like to put money on your student's account, you can send in a check. Change will not be given if a student uses cash. The entire amount will be deposited into their account.</p>

**BREAKFAST AND LUNCH ARE FREE TO ALL STUDENT THROUGH JUNE 2024! LUNCH MEALS INCLUDE MILK & ASSORTED WHOLE FRUIT. ADDITIONAL MILK IS 50 CENTS. LARGE SALADS, YOGURT, AND ASSORTED SANDWICHES ARE AVAILABLE DAILY AS A TYPE "A" MEAL ALTERNATIVE. THE MENU IS SUBJECT TO CHANGE.**

## DECISIONS FOR MAKING BUS STOPS

The School Department receives numerous inquiries and requests relative to bus stops. During the last school year, we received over 100 requests to make new bus stops. Unfortunately, due to time constraints, road conditions, and several other factors, we can not respond favorably to every request. Each request is reviewed, often by more than one person, before decisions are made.

The first thing we do when considering a bus stop is determine if the student is eligible for transportation per the School Committee Policy EE. The policy states that elementary and middle school students who reside more than one mile from their school shall be eligible for transportation services. K-8 Students living closer than one mile from school may purchase a bus pass, which will entitle them to ride the bus to and from home. The School Committee has established a rate of \$180 per school year for this service. Students at the high school level pay for transportation and are exempted from any cutoff once they purchase a bus pass. Bus stops for all students may be up to one mile from their residence, according to MGL c71, s68.

The determinations for the distances are measured from the property line of the residence over regularly traveled ways to the designated bus stop or the property line of the school. While the parent/guardian is responsible for the safety of the student between the residence and the designated bus stop, every attempt is made to designate locations for bus stops which are as safe as possible under local conditions, and as considerate as possible of the continuous and smooth flow of commuter traffic. (Stopping too frequently presents hazards to other vehicles on the road.)

Once the determination of eligibility for transportation has been made, we then look to see where the student resides and if there is a current stop within the parameters set by the policy. If there is a stop within the parameters, the student is added to that stop. If there is not a stop in that location, we then determine if there are any other students eligible and make a stop that is conducive for all students. We look at a number of other factors in making decisions on where to locate bus stops, including, but not limited to:

- age of the student(s);
- whether there are sidewalks in the area;
- whether we can centralize a stop on a corner, and not send a bus down a side street;
- if a bus must go down a side street, we must determine if the bus can turn around;
- whether we can centralize a stop if it affects multiple students

We communicate with Five Star Transportation and the School Resource Officer, if needed, to determine the addition of new stops. It is impossible to accommodate every request based on the current number of stops per bus and the timing of the bus routes. Some routes have fewer stops but longer runs (miles) and some buses have more frequent stops with shorter routes. Because the entire network must operate within the time constraints set by the School Committee (based on the opening and closing times for each school), we can not make enough stops to accommodate every request. The school bus industry estimates that each stop can add 3-5 minutes to a route (it varies based on the speed of the bus before it starts to brake for the stop, the number and age of the students loading, whether students are crossing the street and other factors).

We try to give the best possible service to students; however, it is impossible to have stops at every house as this will affect the time that students arrive at school, along with the flow of commuter traffic. If you feel that you need a bus stop added or changed, please allow up to two weeks for a response to your request based on the previous discussed criteria. Thanks in advance for your cooperation.



# South Hadley High School 2023-2024

## AM BUS LEAVES TERMINAL BETWEEN 6:20 & 6:30AM

PM BUS LEAVES THE HIGH SCHOOL APPROXIMATELY 2:07PM

HIGH BUS 1 - AM Route	HIGH BUS 1 - PM Route
S. OLD LYMAN & ABBY	S. GRANBY & HILLSIDE
S. 143 OLD LYMAN	S. GRANBY & LAKEVIEW
S. ABBEY & ANN	S. LAMB & EAST CAREW
S. ABBEY & ABBEY LANE	S. LAMB & SOUTH
S. WILLIMANSETT & LAURIE	S. HARTFORD & NEW LUDLOW
S. LAURIE & PAUL	S. LAURIE & PAUL
S. NEW LUDLOW & HARTFORD	S. WILLIMANSETT & LAURIE
S. LAMB & SOUTH	S. 143 OLD LYMAN
S. LAMB & EAST CAREW	S. ABBEY & ABBEY LANE
S. GRANBY & LAKEVIEW	S. ABBEY & ANN
S. GRANBY & HILLSIDE	S. OLD LYMAN & ABBY
S. GRANBY & COLUMBIA/BENOIT	S. 152 OLD LYMAN
	S. 60 OLD LYMAN
	S. OLD LYMAN & LYMAN TERR
	S. GRANBY & COLUMBIA/BENOIT

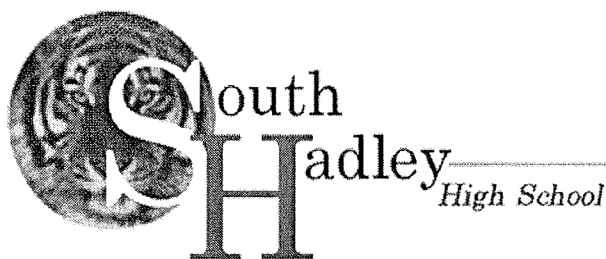
HIGH BUS 7 - AM Route	HIGH BUS 7 - PM Route
S. LATHROP & CRYSTAL LANE	S. LATHROP & CRYSTAL LANE
S. ALVORD & CEDAR	S. ALVORD & CEDAR
S. ALVORD & ALVORD EXT	S. ALVORD & ALVORD EXT
S. 77 ALVORD ST	S. 77 ALVORD ST
S. 152 FERRY ST	S. SAN SOUCI & ALVORD
S. SPRING MEADOW & ALVORD	S. SAN SOUCI & SUNRISE CIR
S. RIVERLODGE & BRIAR SPRING	S. NEAR 28 SAN SOUCI
S. RIVERBOAT OFFICE	S. SAN SOUCI & UPPER RIVER
S. 9 UPPER RIVER RD	S. 29 UPPER RIVER RD
S. 29 UPPER RIVER RD	S. 9 UPPER RIVER RD
S. SAN SOUCI & UPPER RIVER	S. RIVERLODGE & BRIAR SPRING
S. NEAR 28 SAN SOUCI	S. RIVERBOAT OFFICE
S. SAN SOUCI & SUNRISE CIR	S. SPRING MEADOW & ALVORD
S. SAN SOUCI & ALVORD	S. 152 FERRY ST
S. ALVORD & ALVORD PLACE	S. ALVORD & ALVORD PLACE
S. PINE & DOANNE TERR	S. PINE & DOANNE TERR
S. SKYLINE & BRAINERD	S. SKYLINE & BRAINERD

HIGH BUS 5 - AM Route	HIGH BUS 5 - PM Route
S. 60 OLD LYMAN	S. NEWTON & CAMDEN
S. OLD LYMAN & LYMAN TERR	S. NOEL & PTIROFF
S. NOEL & PTIROFF	S. PITROFF & HILDRETH
S. NEWTON & HILDRETH	S. COLLEGE & BURNETT ST
S. COLLEGE & BURNETT ST	S. COLLEGE & JEWETT
S. COLLEGE & JEWETT	S. SOUTH HADLEY COMMONS
S. SOUTH HADLEY COMMONS	S. 19 HADLEY ST
S. 19 HADLEY ST	S. HADLEY & FERRY
S. HADLEY & FERRY	S. HADLEY & PRIESTLY FARMS
S. HADLEY & PRIESTLY FARMS	S. 414 PEARL ST
S. 414 PEARL ST	S. 58 PARK
S. 58 PARK	S. PARK & MORGAN
S. PARK & MORGAN	S. MOSIER & WESTBROOK
S. MOSIER & WESTBROOK	S. MOSIER & PARKVIEW
S. MOSIER & PARKVIEW	

HIGH BUS 9 - AM Route	HIGH BUS 9 - PM Route
S. WOODBRIDGE & SILVER TERR	S. WOODBRIDGE &
S. 90 AMHERST RD	SYCAMORE KNOLLS
S. JACKIELYN & AMHERST RD	S. WOODBRIDGE & SILVER TERR
S. 478 AMHERST RD	S. WOODBRIDGE & CHILEAB
S. PEARL & SORBI 2ND ENT.	S. 128 WOODBRIDGE ST
S. PEARL & BACH #137	S. 178 WOODBRIDGE ST
S. 243 PEARL ST	S. WOODBRIDGE & PEARL LANE
S. 178 WOODBRIDGE ST	S. 243 PEARL ST
S. 128 WOODBRIDGE ST	S. PEARL & BACH #137
S. WOODBRIDGE & CHILEAB	S. PEARL & SORBI 1ST ENT.
S. WOODBRIDGE &	S. JACKIELYN & AMHERST RD
SYCAMORE KNOLLS	S. 478 AMHERST RD
	S. 90 AMHERST RD

HIGH BUS 6 - AM Route	HIGH BUS 6 - PM Route
S. WILLIMANSETT & HOLLYWOOD	S. WILLIMANSETT & STEWART
S. WILLIMANSETT & STEWART	S. WILLIMANSETT & HOLLYWOOD
S. GRANBY & RIDGE	S. GRANBY & RIDGE
S. GRANBY & MOUNTAINVIEW	S. GRANBY & MOUNTAINVIEW
S. GRANBY & BROOK	S. GRANBY & BROOK
S. MILLER & BROOK	S. MILLER & BROOK
S. EAST & BARTLETT	S. EAST & BARTLETT
S. 130 EAST ST	S. 130 EAST ST
S. EAST & CHARON TERR	S. EAST & CHARON TERR
S. EAST ST & MORGAN	S. EAST ST & MORGAN
S. MORGAN & EDISON	S. MORGAN & EDISON
S. MORGAN & MARYLYON	S. MORGAN & MARYLYON
S. COLD HILL & SILVER	S. COLD HILL & SILVER
S. SILVER & CHAPEL HILL	S. SILVER & CHAPEL HILL
S. SILVER & WELLESLEY	S. SILVER & WELLESLEY

HIGH BUS 10 - AM Route	HIGH BUS 10 - PM Route
S. BRIDGE & GRANT	S. BRIDGE & GRANT
S. BRIDGE & MAIN	S. BRIDGE & MAIN
S. MAIN & BARDWELL	S. MAIN & BARDWELL
S. N. MAIN & HIGH ST	S. N. MAIN & HIGH ST
S. TAYLOR & MAPLE	S. TAYLOR & MAPLE
S. TAYLOR & CANAL	S. TAYLOR & CANAL
S. 87 CANAL ST	S. 87 CANAL ST
S. 41 W. SUMMIT	S. 41 W. SUMMIT
S. RIVER RD & N.MAIN ST	S. RIVER RD & N.MAIN ST
S. RIVER & TIGGER	S, RIVER RD & TIGGER LANE
S. W. SUMMIT & CHESTNUTHILL	S. W. SUMMIT & CHESTNUTHILL
S. W. SUMMIT & LATHROP	S. W. SUMMIT & LATHROP
S. LATHROP & BARDWELL	S. LATHROP & BARDWELL
S. LATHROP & KIMBERLY DR	S. LATHROP & KIMBERLY DR
S. LATHROP & HIGHLAND	S. LATHROP & HIGHLAND
S. HIGHLAND & N.MAIN ST	S. HIGHLAND & N.MAIN ST
S. N.MAIN & JUDD	S. N.MAIN & JUDD
S. N. MAIN & WAITE	S. N. MAIN & WAITE
S. N. MAIN & DOVER	S. N. MAIN & DOVER
S. N. MAIN & DVALLEY VIEW	S. N. MAIN & VALLEY VIEW
S. N.MAIN & PHEASANT RUN	S. N.MAIN & PHEASANT RUN
S. BRAINERD & LEBLANC	S. BRAINERD & LEBLANC



153 Newton Street  
South Hadley, MA 01075  
TEL: 413.538.5063  
FAX: 413.532.6538

## Information Release Form

Dear Parent or Guardian,

Under Department of Education regulations 603 CMR 23.07 (4)(a), the school may release certain information for publication from officially recognized school activities or functions concerning your student from time to time without first obtaining your consent, unless you indicate now that we should not do so. **The information that may be released for publication includes only the student's name, class participation in officially recognized activities, honors and awards with or without pictures.** We have the capabilities to post pictures on our website (sports events, extracurricular activities, classroom activities) and would like to promote the activities of SHHS. If permission is granted, your student's name would not accompany the pictures on the website.

South Hadley High School would like your permission to release the above information for the time period that your student is enrolled at the High School. ***At no time will your address or phone number be published or handed out.***

We currently have the following publications: a monthly newsletter, an annual yearbook and recognition programs that release names to local papers. If at any time you change your mind, please notify the school in writing of your decision.

Sincerely,

Liz Wood  
Principal

### Return only if you **DO NOT** give consent

\_\_\_\_\_ **No**, I do not give my consent to the release of the above information.

\_\_\_\_\_  
Name of Student

\_\_\_\_\_  
Printed name of parent/guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian

**PLEASE RETURN THIS TO THE SCHOOL NO LATER THAN SEPTEMBER 14, 2023**

# 2023-2024 South Hadley Public School Calendar

July 2023							July						
Su	M	Tu	W	Th	F	Sa	4	Independence day					
						1							
2	3	4	5	6	7	8							
9	10	11	12	13	14	15							
16	17	18	19	20	21	22							
23	24	25	26	27	28	29							
30	31												
August 2023							August						
Su	M	Tu	W	Th	F	Sa	25	New Teacher Orientation					
	1	2	3	4	5		28	Convocation					
6	7	8	9	10	11	12	29	Teacher Professional Development (1)					
13	14	15	16	17	18	19	30	Teacher Professional Development (2)					
20	21	22	23	24	25	26	31	First Day of School					
27	28	29	30	31									
September 2023							September						
Su	M	Tu	W	Th	F	Sa	4	Labor Day					
					1	2	7	Kindergarten Starts					
3	4	5	6	7	8	9	11	Prek Starts					
10	11	12	13	14	15	16		School Committee Meeting					
17	18	19	20	21	22	23							
24	25	26	27	28	29	30							
October 2023							October						
Su	M	Tu	W	Th	F	Sa	9	Indigenous People's Day					
1	2	3	4	5	6	7	25	1/2 Day - Parent Conf - Prek to 8th Grade					
8	9	10	11	12	13	14	26	1/2 Day - Parent Conf - Prek to 8th Grade					
15	16	17	18	19	20	21		School Committee Meeting					
22	23	24	25	26	27	28							
29	30	31											
November 2023							November						
Su	M	Tu	W	Th	F	Sa	7	Election /Teacher Professional Development (3)					
		1	2	3	4		10	Veterans Day					
5	6	7	8	9	10	11	22	1/2 Day - Thanksgiving Recess Starts					
12	13	14	15	16	17	18	23	Thanksgiving					
19	20	21	22	23	24	25	24	Thanksgiving Recess					
26	27	28	29	30				School Committee Meeting					
December 2023							December						
Su	M	Tu	W	Th	F	Sa	22	1/2 Day - Holiday Recess Starts					
					1	2	25-29	Holiday Recess					
3	4	5	6	7	8	9		School Committee Meeting					
10	11	12	13	14	15	16							
17	18	19	20	21	22	23							
24	25	26	27	28	29	30							
31													

January 2024							January						
Su	M	Tu	W	Th	F	Sa	1	New Year's Day					
	1	2	3	4	5	6	15	Martin Luther King, Jr. Day					
7	8	9	10	11	12	13	16-19	SHHS Midterms					
14	15	16	17	18	19	20		School Committee Meeting					
21	22	23	24	25	26	27							
28	29	30	31										
February 2024							February						
Su	M	Tu	W	Th	F	Sa	19	President's Day					
			1	2	3		20-23	Winter Recess					
4	5	6	7	8	9	10		School Committee Meeting					
11	12	13	14	15	16	17							
18	19	20	21	22	23	24							
25	26	27	28	29									
March 2024							March						
Su	M	Tu	W	Th	F	Sa	5	Election Primary/Teacher Prof. Development (4)					
				1	2		6	1/2 Day - Parent Conf - Prek to 4th Grade					
3	4	5	6	7	8	9	7	1/2 Day - Parent Conf - Prek to 4th Grade					
10	11	12	13	14	15	16		School Committee Meeting					
17	18	19	20	21	22	23							
24	25	26	27	28	29	30							
31													
April 2024							April						
Su	M	Tu	W	Th	F	Sa	15	Patriot's Day					
	1	2	3	4	5	6	16-19	Spring Recess					
7	8	9	10	11	12	13		School Committee Meeting					
14	15	16	17	18	19	20							
21	22	23	24	25	26	27							
28	29	30											
May 2024							May						
Su	M	Tu	W	Th	F	Sa	27	Memorial Day					
		1	2	3	4		31	SHHS Graduation (Tentative)					
5	6	7	8	9	10	11		School Committee Meeting					
12	13	14	15	16	17	18							
19	20	21	22	23	24	25							
26	27	28	29	30	31								
June 2024							June						
Su	M	Tu	W	Th	F	Sa	12	1/2 Day - Last Day (No Snow Days)					
						1	19	Juneleventh					
2	3	4	5	6	7	8	20	Last Day with Five (5) Snow Days					
9	10	11	12	13	14	15		School Committee Meeting					
16	17	18	19	20	21	22							
23	24	25	26	27	28	29							
30													

Approved 3.2.23						
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Dear Parents and Students:

On January 8, 2002, President Bush signed into law the **No Child Left Behind Act of 2001**. This act grants Armed Forces recruiters access to students and student recruiting information. South Hadley High School is required to provide a copy of our student directory to the Armed Forces in conjunction with the **No Child Left Behind Act of 2001**. South Hadley High School shall provide military recruiters the same access to secondary school students as is provided generally to post secondary education institutions or to prospective employers of those students.

A secondary school student or the parent of the student may request that the student's name, address, and telephone listing not be released without prior written parental consent.

You can request that the school not make your child's information available by filling out the form below and returning it to the Principal's office no later than September 25th. If you have any questions or concerns, please call the principal's office at 538-5063.

Common\students\Opt Out\Opt Out form-No Child Left Behind Act of 2001

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## **Armed Forces Recruitment Access Opt Out Form**

Detach and return to the Main Office by September 25th

South Hadley High School  
Public Law 107-110, Section 9528  
Access to Student Records, Military Recruiters

Date \_\_\_\_\_

I do not give permission for South Hadley High School to release the name of my student,

\_\_\_\_\_, his/her address or his/her telephone listing to any Armed  
(student)

Forces recruiters, as granted in the **No Child Left Behind Act of 2001**. I understand that if this form is not on file in the Main Office, that when requested, my student's name will be given to all Armed Forces recruiters.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Student Signature/Grade







# TALK TO KIDS

ABOUT THE RISKS OF VAPING

Use this guide at home

Youth vaping remains a public health concern. In 2022, the annual National Youth Tobacco Survey found that more than 2.5 million youth use e-cigarettes. Many teens vape on a regular basis, and most choose flavored e-cigarettes. Many kids think vaping is harmless, but it can have serious health consequences. Given the right tools and information, parents, educators, and other influential adults can make a profound difference in the lives of their children and students by sharing the facts and tips to help them stay safe.

## Facts About Teen Vaping

*Use this guide to start an honest conversation at home about e-cigarettes and addiction.*

Most e-cigarettes

**CONTAIN NICOTINE,**

the same highly addictive chemical in regular cigarettes.

Many e-cigarettes are shaped like

**USB STICKS, PENS, AND WATCHES,**

which makes them easy to hide at school.

The data show that kids who vape are

**MORE LIKELY TO START SMOKING**

cigarettes.

Of current middle and high school e-cigarette users,

**APPROXIMATELY 85%**

report using a flavored product.

Because their brains are still developing, teens are more

**SUSCEPTIBLE TO NICOTINE**

addiction than adults.

Vaping is not safe. In fact, some vapes contain

**AS MUCH NICOTINE AS A WHOLE PACK**

of cigarettes.

Some e-cigarette aerosols contain chemicals,

**SUCH AS FORMALDEHYDE,**

that can cause cancer.

## HEALTHY HABITS AT HOME

The environment in your home plays a big role in your child's decisions. Keep it healthy to help kids avoid harmful habits.

### ■ If you smoke or vape, try quitting.

Teens report that one of the top reasons they try e-cigarettes is that a friend or family member uses them. Share the reasons why you want to quit, and ask your family for their support as you start your journey.

### ■ Establish a tobacco-free home.

Don't allow smoking or vaping in your home. Make sure to ban smoking and vaping in your car too.

### ■ Steer clear of smoking and vaping in public places.

Avoid restaurants, parks, and other locations that allow people to smoke or vape.

### ■ Set family health goals each week.

Take a walk together around the neighborhood, try a new vegetable each week at dinner, do one-minute yoga stretches together, or challenge everyone to drink more water. Working as a team keeps it fun!



## PRACTICE WAYS TO SAY NO

Ask your child if they've ever felt pressure to try vaping. Then strategize what they can say or do if another kid offers them an e-cigarette, and have them practice by responding to different situations.

- Say a simple "No, thanks," or "Nah, that's not my thing."
- Change the topic ("Hey, are you going to band practice today?").
- Walk away and do something else.
- Talk with a friend, parent, or trusted adult.

## RESOURCES

Teens may not know the signs of nicotine addiction. If you think your child is vaping, talk to them about why it is harmful. Ask for support from others. Remember: It's never too late to get help.

### Signs of Addiction

- Cravings to use e-cigarettes or other tobacco products
- Feeling anxious or irritable
- Continuing to vape despite negative consequences
- Going out of one's way to get e-cigarettes

### Getting Help

- Talk to your family doctor about treatment options
- Visit [smokefree.gov](https://www.smokefree.gov)
- CDC Quitline:  
1.800.QUIT.NOW
- For Young People:  
Text DITCHJUUL to 88709
- For Families Helping Young People:  
Text "QUIT" to 202.899.7550



# Signs and Symptoms of Vaping Addiction

Nicotine is a highly addictive chemical that is found in the tobacco plant. Tobacco products—including cigarettes, cigars, smokeless tobacco, hookah, and most vapes—contain nicotine.



Answering yes to any of these questions means it's time to get help quitting. Do you or someone you know...

- ✓ Need to vape as soon as you wake up or during class
- ✓ Feel anxious or irritable when you want to vape
- ✓ Have trouble concentrating or sleeping
- ✓ Keep vaping even though you know it's bad for you
- ✓ Find yourself reaching for your vape without thinking about it
- ✓ Get interrupted by thoughts about vaping throughout the day

Help for Teens: [teen.smokefree.gov](http://teen.smokefree.gov)

Help for Teachers: [scholastic.com/youthvapingrisks](http://scholastic.com/youthvapingrisks)

FDA Exchange Lab: [digitalmedia.hhs.gov/tobacco](http://digitalmedia.hhs.gov/tobacco)

## Vaping Can Be Very Addictive

Nicotine can change the way your brain works, causing cravings for more of it. If you vape you might end up addicted to nicotine faster than if you smoked.<sup>1,2</sup> Nicotine from vapes reaches your brain within 10 seconds.<sup>3,4</sup>

## Teen Brain Development

If you think that getting addicted could never happen to you, think again. You're actually more vulnerable than adults to addiction because your adolescent brain is still developing. Nicotine exposure during adolescence can disrupt normal brain development and may have long-lasting effects, such as increased impulsivity and mood disorders.<sup>5</sup> Nicotine can also cause long-term changes to your brain, affecting memory and the ability to focus and learn—which all promote addiction.<sup>6,7,8,9</sup>

### References:

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3. St Helen G, Havel C, Dempsey DA, Jacob P, Benowitz NL. Nicotine delivery, retention and pharmacokinetics from various electronic cigarettes. *Addiction.* 2016;111(3): 535-544.
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6. Connor DA, Gould TJ. Chronic fluoxetine ameliorates adolescent chronic nicotine exposure-induced long-term adult deficits in trace conditioning. *Neuropharmacology.* 2017; 125:272-283.
7. Holliday ED, Gould TJ. Chronic Nicotine Treatment During Adolescence Attenuates the Effects of Acute Nicotine in Adult Contextual Fear Learning. *Nicotine & Tobacco Research.* 2017; 19(1):87-93.
8. Counotte DS, Spijker S, Van de Burgwal LH, et al. Long-lasting cognitive deficits resulting from adolescent nicotine exposure in rats. *Neuropsychopharmacology.* 2009 34(2): 299-306.
9. Fountain SB, Rowan JD, Kelley BM, Willey AR, Nolley EP. Adolescent exposure to nicotine impairs adult serial pattern learning in rats. *Exp Brain Res.* 2008; 187(4):651-656.

### CONTACT US

1.877.CTP.1373 | [AskCTP@FDA.hhs.gov](mailto:AskCTP@FDA.hhs.gov) | [www.fda.gov/tobacco](http://www.fda.gov/tobacco) | [FDA@Tobacco](mailto:FDA@Tobacco)  
FDA Center for Tobacco Products | 10903 New Hampshire Avenue | Silver Spring, MD 20993-0002  
Last Updated May 2021



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