



“Ram Report” March 8, 2019

Week in Review

- School was cancelled on Monday, March 4th due to inclement weather. This cancellation initiated Blizzard Bag #3 for students. Blizzard Bag #3 is due Monday, March 11th no later than when students walk into class.
- Blizzard Bag #2 was expected to be submitted no later than when students walked into class on Tuesday, March 5th.
- GJSHS had an Hour of Power on Wednesday, March 6th.
- The Granby Wellness Committee met on Wednesday, March 6th.
- The Educator Evaluation Work Group met on Tuesday, March 5th.
- Students at GJSHS attended advisory today. Today’s lesson focused on ways of dealing with differences.

Shoutouts

- Thanks to the Girls’ Basketball Team on a great season. The girls were the 6th seed in the WMass Division III tournament and were defeated by 3rd seeded Wahconah Regional High School on Friday, March 1st.
- Big shout out to the girls lax team for raising \$1400 from their Krispy Kreme fundraiser. The girls ordered warm up shirts and reversible jerseys.
- **The Granby Music Parents Association was awarded with \$500 from the Florence Savings Bank’s Customer’s Choice Community Grants Program on March 5. Thank you very much to the local community that voted to support the Granby Music Programs. Thank you Florence Savings!**

Things to know...

- Drama Club audition sign-ups for our spring performance, “Most Likely to Succeed”, are located outside the main office. Student can check their email, or speak to Ms. Van Over, for more information. Students and parents all received an email with additional information.
- GJSHS is bringing back our Student(s) of the Month. Our past practice is to have one high school student, one 8th grade student and one 7th grade student

nominated by and voted on by GJSHS faculty. This is how selections will be made for the remainder of this school year, but we are always open to suggestions and feedback that might improve the process. Our Student(s) of the Month nominees are expected to personify the values that are the foundation of a strong community--integrity, service to others, kindness, respect--are just a few examples. It is important we recognize students who live this values daily and contribute to GJSHS being the strong and positive community that we are all fortunate to be a part of. Congratulations to this month's honorees. We will be contacting you all with our plans on how you will be recognized for this honor. The next Students of the Month will be identified in late March.

- In partnership with the Granby Police and Fire Departments, school officials are planning a variety of lockdown, shelter in place and evacuation drills which is part of the district's Emergency Operations Plan. These drills are intended to help staff and students practice and review emergency response protocols so we are prepared in the event of an emergency. After all drills we will inform parents/guardians via phone call and/or email that a drill was conducted. Key emergency operations actions that will be used can be found [here](#); these are also posted in all classrooms.
- AP exam fees are due no later than May 1st. Please see Mr. Sullivan or Mrs. Tease with questions.
- Pioneer Valley Driving school will once again be offering classes at GJSHS during the April Beak. For more details, please contact Pioneer Valley Driving School 413.253.7432.
- There are nomination forms on the counter in the main office for student government positions for current 8th through 11th graders. The positions include, class president, vice president, treasurer, secretaries, and student council. Completed forms must be returned to the office by the end of school Friday, March 15th. Voting for student government will be Tuesday, March 19th.

Look Ahead

- The GJSHS band will take their yearbook photo on Monday, March 11th. Students are expected to wear their band shirt for this photo.
- Distractology is coming to GHS! Click [here](#) to read more about the program. Mrs. Jordan will be meeting with students on Wednesday March 13, 2019 beginning at 7:45 am (after attendance) in the cafeteria.
- Our Granby School Nurses will be sharing "tech tips" in the next few weeks to help bring awareness of the impact of technology on our daily lives. Stay tuned for our first tech tip next week!
- Blizzard Bag #3 is due no later than when students walk into their class on Monday, March 11th.

- The Jr. STUCO will be hosting a School Spirit Dance for all 7-9 graders on Friday, March 22 from 6:00 - 8:00

Student Support Suite

- Ms. Bierden is beginning to schedule individual college planning meetings with juniors and their parents. These meetings began the week of March 4th. They will be approximately 30 minutes long with times before school until 3:00PM. Please email Ms. Bierden at sbierden96@granbyschoolsma.net to set up your individual meeting.

Resources, Supports and other things of interest...

- MCAS is fast approaching of our 7, 8 and 10th grade students. [Here](#) is a MCAS parent guide.
- We consistently work to push students to be leaders, to persevere through challenges, to bring their best effort and to think about how their actions might impact others. [This](#) is a powerful clip from the movie Facing Giants that exemplifies these values.
- Check out this [article](#) about the work students, school leaders and local politicians are doing to support improved funding for rural school districts in Massachusetts.
- **The Use of Screen Technology and Guidelines for Age Groups**

According to the English Oxford Dictionary, technology is defined as “the application of scientific knowledge for practical purposes, especially in industry.” Perhaps a more “user friendly” definition could be modern technology is anything with a screen. Modern technology has put a world of information at our fingertips. While technology makes our lives easier in many ways, it has also created brand new kinds of stress on all human beings across the lifespan. Because of this the American Academy of Pediatrics (AAP) has the following guidelines in regards to age and the and the amount of “screen time”:

- For children younger than 18 months, avoid use of screen media other than video-chatting. Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.
- For children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- For children ages 6 and older, place consistent limits on the time spent using media, and

the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.
- Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.

American Academy of Pediatrics, 2017

Athletics

- The booster club is looking for volunteers....If you are interested, please email Tammy Sosa at Tammysosa1175@gmail.com
- Chad Gagnon is our new boys jv volleyball coach. Best of luck this season coach!

*****Tweet Tweet*****

Be sure to follow Granby Athletics on Twitter.....Granby HS Athletics @rams_ghs

Spring Schedules are now posted, please visit MIAA.net for more details.

SPRING REGISTRATION IS NOW CLOSED.

REMEMBER ALL ATHLETES NEED PHYSICALS, PLEASE BE SURE TO SCHEDULE APPOINTMENTS AND UPLOAD TO FAMILY ID.