



Arlington High School

Home of the Admirals

October 30, 2020

A Message From the Executive Principal

IMPORTANT DATES & EVENTS

[School Year Calendar](#)

November 6 - End of First Marking Period

November 9- Begin Hybrid Model

November 11 - Veterans Day - School Closed

November 12 - Marking Period 1 Grades Published

November 25-27 - Thanksgiving Recess- School Closed

December 21-31– Winter Recess - Closed

January 1 – New Year's Day - School Closed

January 4- School Resumes

Help Keep Our Students SAFE

Arlington High School is a **latex free** school. Latex allergies are serious, and potentially life threatening. Please, do not send latex gloves, balloons, erasers, or rubber bands to school. Latex may also be found in the ear straps of face masks.

Dear Arlington High School Families,

With the first 10 weeks of the school year nearing a close, we thought it would be important to reach out and update you on some of the changes that are occurring in the high school.

The district's commitment to improving the technology infrastructure to allow for live streaming is exciting, and provided us with an opportunity to reexamine our hybrid model. Students will now have live instruction from their teachers every day of the week. This is a drastic improvement over our previous model, and we are excited about being able to provide continuity of instruction throughout the school year. We will begin our hybrid instruction on Monday, November 9th. A copy of that schedule is on the next page, and more information about reopening can be found throughout this newsletter.

I am also excited to announce that Arlington High School has started our process to be designated as a No Place For Hate school through the Anti-Defamation League. The support for this initiative in the community has been tremendous. Our NPFH committee is comprised of students, parents, teachers, and administrators who will be working together through the school year to assess, and address, the needs of our students. Simply put, schools are no place for hate.

All the best,
John Orcutt

Arlington High School Hybrid Schedule November 9 - December 18

Monday	Tuesday	Wednesday (virtual)	Thursday	Friday
Blue 11/9	Blue 11/10	Closed	Maroon 11/12	Gray 11/13
Maroon 11/16	Blue 11/17	All 11/18	Maroon 11/19	Gray 11/20
Gray 11/23	Blue 11/24	Closed	Closed	Closed
Blue 11/30	Blue 12/1	All 12/2	Maroon 12/3	Gray 12/4
Maroon 12/7	Blue 12/8	All 12/9	Maroon 12/10	Gray 12/11
Gray 12/14	Blue 12/15	All 12/16	Maroon 12/17	Gray 12/18

Frequently Asked Questions

What does hybrid mean?

The High School has been evenly divided into four teams: Maroon, Blue, Gray, Remote Only. The students in blue, maroon, and gray cohorts will attend in-person on the days designated above. All other students will access live streaming during the school day.

How does Wednesday work?

Wednesday is a fully remote day for all students, and serves a couple purposes in our hybrid model. The first is that more than 800 high school students have asked to learn remotely this year. A remote day on Wednesday gives all of the students in the class an opportunity to engage with their teachers in the same format. It is also an opportunity for the building to have a thorough cleaning during the week to help reduce the potential spread of COVID-19. Finally, having Wednesday be a remote day is consistent with all of the schools in the district, and it will help families that need their older children home to watch their elementary school age children.

Why aren't there more in-person days?

Although Arlington High School is large, the majority of our classrooms are under 800 square feet. This greatly limits the number of students who can safely be in a classroom together at one time.

(continued)

Frequently Asked Questions

What is the plan if my child does not have a lunch period?

Students without a lunch period will work with their guidance counselors to find a time that works best in their schedule to leave a class 5 minutes early, and arrive to their next class 5 minutes late. Students cannot eat in classrooms.

Will students be allowed to take a different bus home?

Unfortunately, no. Transportation is limited this year. Students will only be able to ride on the bus they are assigned.

What do I do if my child is scheduled to attend in-person, but they're sick?

Do not send them to school. Students who are sick will still be allowed to access their instruction live, through their google classrooms, at home. Any student who is sick will need to be cleared by a doctor before returning to school. Please contact the nurses office with specific questions.

What happens if my child doesn't feel well during the school day?

Any student who presents with a potential symptom of COVID-19 will be placed in the isolation room, under the supervision of our nurses. Regardless of the severity of the symptoms, these students will need to be picked up and evaluated by a physician before they are able to return to the building.

What happens if there is a positive case of COVID-19 in the building?

If we are notified that a person has tested positive for COVID-19 we will follow the guidance from the Dutchess County Department of Behavioral & Community Health. The circumstances of each situation will determine the immediate and long term steps that we take around our instructional model.

Do I still need to complete the daily student health screener?

Yes. We ask that you complete the daily student health screener on the days that your child is scheduled to attend in person. Please, answer the screener honestly as it is one of the best defenses we have against spreading COVID-19 and staying open. Any student that is in the building without having the completed screener will be called down to the nurses office and assessed by them.

Why was the bell schedule modified for in-person days?

We've learned a lot from our neighboring districts who are conducting live streaming. One of the things we have heard repeatedly is that there is a need to create additional time for teachers to interact with the remote students throughout the course of the day. Both bell schedules are on the following page.

Bell Schedules

Live Instruction: AHS Wednesday Schedule	
Periods	Time
1	9:00 - 9:30
2	9:35 - 10:05
Break	10:05 - 10:25
3	10:25 - 10:55
4	11:00 - 11:30
Break	11:30 - 11:50
5	11:50 - 12:20
6	12:25 - 12:55
Break	12:55 - 1:15
7	1:15 - 1:45
8	1:50 - 2:20

Monday, Tuesday, Thursday, Friday Bell Schedule

Period	Time
Homeroom/controlled entry	7:20-7:35
1	7:35-8:15
2	8:20-9:00
3	9:05-9:45
4	9:50-10:30
5	10:35-11:15
6	11:20-12:00
7	12:05-12:45
8	12:50-1:30
Staggered Dismissal/Prep Time	SD 1:30 to PT 1:40--2:20

It is important to note that students will not be able to take a different bus home in the afternoon. There will be no bus passes this year.

How is drop off and dismissal going to work?

The building will open at 7:00am for students who are being dropped off. These students will be sent to one of the nearby cafeterias while they wait for the bell to ring. At 7:20, all students will go to their first period classroom to cut down on congregating in the hallways. At 1:30pm we will begin our staggered dismissal. Students who ride the buses will be dismissed first, followed by students being picked up and students who drove themselves.

COVID 19 Health & Safety Guidelines

The health and safety of our students, staff and their families is our top priority. We want students and employees to feel comfortable and safe returning to school campuses. Our District will continue to work with the [Dutchess County Department of Behavioral and Community Health](#) for local guidance. The ACSD reopening plan incorporates recommendations and guidance from the [New York State Department of Health](#), the [New York State Education Department](#), and the [Centers for Disease Control and Prevention](#)

For specifics regarding mandatory health screenings, physical distancing, personal protection equipment and face coverings, hygiene, cleaning, and disinfection, personal hygiene, visitors to the school, medically vulnerable/high risk groups, and other topics related to health and safety, please review the [Arlington Central School District Family Health & Safety Guide](#). The health and safety guide will be used for students, faculty, staff, and other individuals to ensure appropriate protocols, including PPE, are used to protect against the transmission of the COVID19 virus when on school grounds and in school facilities.

Fall Accomplishments

Despite the many difficulties we continue to face, we are proud to recognize our fall athletes, musicians, and thespians as they continue to make Arlington High School proud. Although we are disappointed that not all of our athletes were able to participate this fall, many of our admirals took to our current reality and excelled. Congratulations to all.

Thank you to our Athletic Director, Mr. Cring, our coaches, teachers, and parents for supporting our students and making the best out of our reality.

Important Attendance Information

All schools in the ACSD will collect and report daily teacher/student engagement or attendance regardless of the instructional setting. This will occur whether school opens in September in-person, hybrid, or remote. Attendance policies and procedures will be communicated with families and students prior to the start of the school year or if the instructional model changes during the year. Teachers will record daily attendance in our student management system based on the required daily scheduled student contact and engagement. Contact with the families will be made to determine reasons for absence and needs or barriers the student may have to participate in daily lessons.

If your student is unable to access learning in a virtual or hybrid schedule due to sickness or other reason, use the below email to communicate to the attendance office. In your email, please add the following:

- (1) the student's full name
- (2) days and dates absent from school
- (3) the reason for absence or tardiness

NOTE: Please use this email when you are sending in a note for your child. The email address is as follows: ahsattendance@acsdny.org

AHS Guidance Department: College & Career Planning

The world is changing so much each day, and it seems almost impossible to keep up! New fields are emerging and some will require skills and knowledge that are currently not clearly defined. Please view the [College Application Process](#) to learn more about post-secondary college education. For information regarding standardized testing prep and course selections, please visit the [AHS Guidance Web Page](#). You can also take [Virtual College Tours](#). The National Center for Education Statistics provides great resources for finding the right college program. You can learn more about this at [College Navigator](#).

For [Career Planning](#), the U.S. Department of Labor's Bureau of Labor Statistics publishes a large amount of information on employment and wages by occupation. This includes career information, employment levels and projections, and various types of earnings data. Learn more [here](#).

Any questions, please contact your guidance counselor.

AHS PTSA

The **Parent-Teacher-Student-Association (PTSA)** provides funding and support for many initiatives here at AHS. Please consider joining the PTSA as volunteers are always needed and welcome! [Click here for the latest 2020 Fall Flyer](#)



Visit the [AHS PTSA website](#) under the **Parents** section of the AHS website or on [Facebook](#) or [Twitter](#). The entire faculty thanks the PTSA for all it has done to support Arlington High School.

The ACSD SEPTA (Special Education PTA) is also an active and important organization in the district. For more information on SEPTA, please visit the website [HERE](#) found under the PTSA website.

Our mission is to empower all students to be self-directed, life-long learners, who willingly contribute to their community, and lead passionate, purposeful lives.

Please help us remain a latex-free school!

Important School Information: Parents/Guardians please be aware that all students are responsible for knowing the contents of the [AHS Student Handbook](#) and the [District Code of Conduct](#)

Dignity for All Students Act (DASA)

For more information, please visit the HS webpage at: [AHS Dignity Act Information](#)

New York State's Dignity for All Students Act (The Dignity Act) seeks to provide the State's public elementary and secondary school students with a safe and supportive environment free from discrimination, intimidation, taunting, harassment, and bullying on school property, a school bus, and/or at a school function. The Dignity Act took effect on July 1, 2012. This legislation amended State Education Law by creating a new Article 2 – Dignity for All Students. The Dignity Act also amended a New York State Education Law regarding instruction in civility, citizenship, and character education by expanding the concepts of tolerance, respect for others and dignity to include: an awareness and sensitivity in the relations of people, including but not limited to, different races, weights, national origins, ethnic groups, religions, religious practices, mental or physical abilities, sexual orientations, gender identity, and sexes.

Mental Health Awareness & Support

Anxiety Management tools can serve to help us to continue to do the things that we need and want to do in our lives when worry and anxiety present themselves.

- The attached document “Processing Diamond” illustrates the 4 ways in which we process: thinking, emotions, behavior and the way in which we feel physically. When we change one of these, the others change as well. [Processing Diamond](#)
- The attached document “My Anxiety Management Tools” offers several suggestions on ways in which to manage anxiety and worry and a place to note the strategies that you have found to be most helpful. [Anxiety Management Tools](#)

Resilience can be a great tool to pull from when dealing with a challenging situation. The attached document “Building Resilience” serves as a guide to reflect on past strategies used in order to draw on these tools in difficult circumstances. [Building Resilience](#)

Mindfulness is defined as a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings and thoughts. The attached document “Daily Mindfulness Activities” offers some suggested practices that can be beneficial in cultivating this skill.

Alcohol and Substance Abuse Resources

Please click the link below to access resources for preventing, recognizing, and seeking help for substance abuse issues.

[Alcohol and Substance Abuse Resources](#)

Our mission is to empower all students to be self-directed, life-long learners, who willingly contribute to their community, and lead passionate, purposeful lives.

Please help us remain a latex-free school!

Parent-School Communication



Contact your
child's
TEACHER
Regarding:

- Your child's academic work and performance
- Homework
- Parent conferences
- Classroom discipline

Please Click below:
[Staff Directory](#)



Contact your
child's
SCHOOL COUNSELOR
Regarding:

- Academic guidance
- Standardized testing
- Summer programs
- Tutors
- Interpersonal and family concerns
- Scheduling



Contact the
DEPARTMENT COORDINATOR
Regarding:

- Academic programs/curriculum
- Clarification of above items/subjects

Other concerns or questions after communicating with the above :

Contact the House Office Administrators

Other concerns or questions after communicating with the above :

Contact the Executive Principal

School Phone: (845) 486 - 4860

Note- Arlington email addresses are *first initial last name @acsdny.org*
Example - Jane Smith jsmith@acsdny.org

Directory of House Offices

Lynne Sardaro, Principal's Secretary ext. 31303

Linda Pucci, Main Office Secretary ext. 31302

Central House (Class of 2021: Grade 12)

School Number: (845) 486-4860

Richard Carroll, House Principal
rcarroll@acsdny.org, extension 31337

Brian Hogaboom, Associate Principal
bhogaboom@acsdny.org, extension 31338

Connie Weber, Guidance Counselor (A-D)
cweber@acsdny.org, extension 31343

Tara Marton, Guidance Counselor (E-L)
tmarton@acsdny.org, extension 31346

Marc Provost, Guidance Counselor (M-Sar)
mprovost@acsdny.org, extension 31348

**Michelle Hartman, Guidance Counselor (Sas-Z)
& Guidance Coordinator**
mhartman@acsdny.org, extension 31344

Jessica Magee, School Psychologist
jmagee@acsdny.org, extension 31347

Alison Evans, School Social Worker
aevans@acsdny.org, extension 31340

Selene Haile, Administrative Secretary
shaile@acsdny.org, extension 31341

Ginny Dunn, Guidance Secretary
gdunn@acsdny.org, extension 31357

East House (Class of 2022: Grade 11)

School Number: (845) 486-4860

Todd Richard, House Principal
trichard@acsdny.org, extension 31127

Juan Zucchero, Assistant Principal
jzucchero@acsdny.org, extension 31125

Casey Slinn, Guidance Counselor (A-FA)
cslinn@acsdny.org, extension 31192

Scott Jakubek, Guidance Counselor (FB-LEO)
sjakubek@acsdny.org, extension 31191

Sandi Tolworthy, Guidance Counselor (LEP-REN)
stolworthy@acsdny.org, extension 31193

Heidi Krueger, Guidance Counselor (REO-Z)
hkrueger@acsdny.org, extension 31194

Marybeth Neils, School Psychologist
mneils@acsdny.org, extension 31190

Lindsay Ellis, School Social Worker
lellis@acsdny.org, extension 31128

Cindy Westervelt, Administrative Secretary
cwestervelt@acsdny.org, extension 31121

Cathy Rubino, Guidance Secretary
crubino@acsdny.org, extension 31123

West House (Class of 2023: Grade 10)

School Number: (845) 486-4860

Miguel Suarez, House Principal
msuarez@acsdny.org, extension 31402

Jeanne Desire, Associate Principal
jdesire@acsdny.org, extension 31401

Diana Lucas, Guidance Counselor (A-GUS)
dlucas@acsdny.org, extension 31485

Kelley Marshall, Guidance Counselor (GUT-N)
kmarshall@acsdny.org, extension 31484

Kim Ale, Guidance Counselor (O-Z)
kale@acsdny.org, extension 31386

John Lacey, School Psychologist
jlacey@acsdny.org, extension 31482

Chris Babb, School Social Worker
cbabb@acsdny.org, extension 31452

Stella Pagano, Administrative Secretary
spagano@acsdny.org, extension 31403

Christine Duffy, Guidance Secretary
cduffy@acsdny.org, extension 31480

Deputy Alonzo Montanya, SRO
amontanya@acsdny.org, extension 31483

South House (Class of 2024: Grade 9)

School Number: (845) 486-4860

Donna Bolner, House Principal
dbolner@acsdny.org, extension 31167

John Timm, Assistant Principal
jtimm@acsdny.org, extension 31165

Jeff Dezago, Guidance Counselor (A-D)
jdezago@acsdny.org, extension 31163

John Phillips, Guidance Counselor (E-LEE)
jphillips@acsdny.org, extension 31171

Kelly Mascetta, Guidance Counselor (LEF-Q)
kmascetta@acsdny.org, extension 31161

Amy Downes, Guidance Counselor (R-Z)
adownes@acsdny.org, extension 31159

Denise Zahakos, School Psychologist
dzahakos@acsdny.org, extension 31157

Jennifer Arco, School Social Worker
jarco@acsdny.org, extension 31155

Jodi Brewster, Administration Secretary
jbrewster@acsdny.org, extension 31153

Deanna Christiansen, Guidance Secretary
dchristiansen@acsdny.org, extension 31149

Important School Information: Parents/Guardians please be aware that all students are responsible for knowing the contents of the [AHS Student Handbook](#) and the [District Code of Conduct](#)

Latex Free: *It's the way to be!*

Arlington is a Latex Free School Environment. We have students in the high school with severe latex allergies. The following information is meant to inform the community regarding the importance of maintaining a latex free school environment.

Common Latex Products: Balloons, Bandages (adhesives), Blood pressure cuffs, Condoms, Elastic Gloves, Pacifiers, Spandex, Stethoscope tubing, and other products.

Fast facts on latex allergy

- Latex can be found in many products, including balloons, medical devices, and bathmats.
- Latex is naturally produced by some plants.
- Less than 1 percent of the general population is allergic to latex.
- The most common allergic reaction to latex is irritant contact dermatitis.

What is latex?

Latex allergy describes a range of allergic reactions to substances in natural latex. It most commonly occurs due to contact with latex gloves and produces a range of symptoms, some of which can be serious. Latex is a milky sap produced by some plants, including the tropical rubber tree. It is a mixture of water, sugar, and proteins. Plants usually release latex after they are injured, in the same way that humans bleed following an injury. Plants use latex as a defense against insects. Natural latex is usually white but can be scarlet, orange, and yellow. Although rubber gloves are the main source of allergic reactions to latex, it is also used in a wide range of products, such as condoms and some medical devices. Latex is used in over 40,000 products with many different uses.

What causes latex allergy?

Allergic people's immune systems identify latex as a pathogen – a substance or organism that harms health. The immune system triggers cells in the body to produce antibodies that fight the latex component. The next time the body comes into contact with latex, the antibodies detect it and signal the immune system to release chemicals, including histamine into the bloodstream.

The more a susceptible person is exposed to latex, the greater their immune reaction is likely to be – this is called sensitization.

During manufacturing, latex is often modified. Sometimes, the product is not thoroughly washed. As a result, more “free” latex is present on the surface. This “free” latex is responsible for a significant proportion of latex allergies.

Free latex easily sticks to the powder that is often used in surgical gloves. During use, the gloves frequently “snap” when putting them on or taking them off. This snapping sends the powder into the air. Inhaled latex can be a serious allergic problem.

Sources: [Medical News Today](#) and the [American Academy of Family Physicians](#)

Our mission is to empower all students to be self-directed, life-long learners, who willingly contribute to their community, and lead passionate, purposeful lives.

Please help us remain a latex-free school!