



**ROCKLAND HIGH SCHOOL  
COMMUNITY UPDATE  
MARCH 2021**

**MARCH AT A GLANCE:**

As we head into the month of March, I continue to appreciate our students, families, and staff's flexibility as we all are continuing to deal with the challenges of a hybrid model with in-person and remote learning. Below is a look at the month ahead:

	<u>Monday 3/1</u>	<u>Tuesday 3/2</u>	<u>Wednesday 3/3</u>	<u>Thursday 3/4</u>	<u>Friday 3/5</u>
<u>Cohort A- In Person</u> <u>Cohort B- Remote</u>				Cohort A High Honors Ceremony 8:30 AM	
	<u>Monday 3/8</u>	<u>Tuesday 3/9</u>	<u>Wednesday 3/10</u>	<u>Thursday 3/11</u>	<u>Friday 3/12</u>
<u>Cohort A- Remote</u> <u>Cohort B-In-Person</u>	RHS Equity & Inclusion Subcommittee Mtg 2:50 PM			Cohort B High Honors Ceremony 8:30 AM	Term 3 Progress Reports Available
	<u>Monday 3/15</u>	<u>Tuesday 3/16</u>	<u>Wednesday 3/17</u>	<u>Thursday 3/18</u>	<u>Friday 3/19</u>
<u>Cohort A- In Person</u> <u>Cohort B- Remote</u>		RHS Site Council Meeting 7:30 AM			
	<u>Monday 3/22</u>	<u>Tuesday 3/23</u>	<u>Wednesday 3/24</u>	<u>Thursday 3/25</u>	<u>Friday 3/26</u>
<u>Cohort A- Remote</u> <u>Cohort B-In-Person</u>					No School Staff Professional Development
	<u>Monday 3/29</u>	<u>Tuesday 3/30</u>	<u>Wednesday 3/31</u>	<u>Thursday 4/1</u>	<u>Friday 4/2</u>
<u>Cohort A- In Person</u> <u>Cohort B- Remote</u>					No School Good Friday

**TERM 3 PROGRESS REPORTS:**

Term 3 progress reports will be available Friday, March 12th, on X2 Aspen. Please check our Student & Family portal to see how everyone is doing at the halfway point of term 3.

**GUIDANCE NEWS:****For the Class of 2022**

As our juniors prepare for college planning, many expectations remain unclear in the college admissions landscape for the Class of 2022. We are still planning to administer the May 8th SAT exam at RHS, so students have an opportunity to test, should they so choose. Students should register for the SAT through their College Board account.

[Here](#) are test prep resources for SAT and ACT exams.

**For the Class of 2021**

Guidance counselors will be presenting information on local scholarships as follows:

Thursday, March 11th 2:00 - 2:20 - Seniors in Cohort B

Monday, March 15th from 2:00 - 2:20 - Seniors in Cohort A

Seniors will get an email a few days before the scheduled presentation with the meeting link. We strongly encourage students to attend the presentation as we will clarify the application, instructions, and the deadline for submitting scholarships. Scholarship information, including the application, instructions, and list of scholarships, will be made available to all seniors on Monday, March 15th at 2:30 PM. The information will be emailed and will also be posted in the student's Guidance Google Classroom.

**THE REUBEN AND LIZZIE GROSSMAN AWARD RECIPIENTS:**

Seniors, Althea Olsen and Zachary Solomon, will be recognized as recipients of the Reuben and Lizzie Grossman Scholarship and Award. The Reuben A. and Lizzie Grossman Foundation Award, as stated in the charter, is to “recognize high ideals of leadership and service which have been demonstrated through outstanding accomplishments within the community and school, and to promote and encourage youths to place service above self.”



### **FALL TOP DOG CEREMONY:**

On Thursday, February 4th, and Thursday, February 11th, RHS held two separate Fall Semester Top Dog Ceremonies to recognize our outstanding seniors who made significant contributions to RHS this fall. Teachers nominated these students at RHS. Seniors who were recognized as Top Dogs received a framed picture with a quotation from the teacher who nominated them, a t-shirt, and Hilliard's blue gold star chocolate bag!



Top Dogs from Cohort B were recognized on Thursday, Feb. 4. From left: Hannah Makarski, Zachary Solomon, Althea Olsen, Greta Russo, Anthony DiNino and Colin McKerrell.

### **Greta Russo**

Greta Russo is a member of the varsity soccer and lacrosse teams. She is also a student council executive board member and the president of the Massachusetts Association of Student Councils. She has partnered with volunteer work with the Special Olympics of Massachusetts and is a National Honor Society member. Greta plans to attend a four-year college majoring in either pre-med or environmental policy.

**Hannah Makarski**

Hannah is a three-sport athlete who has participated in soccer, track, and basketball. She is a mentor of the Bulldog Buddy program, a freshman mentor as well as working in our unified gym classes. Hannah also volunteers her time with the Special Ed program in our preschool program. She plans to attend Merrimack College, major in health science, and become a respiratory therapist.

**Althea Olsen**

Althea is the National Honor Society Secretary who has been the recipient of achievement awards such as the Science award and English award. She attended the Boston Leadership Institute for Surgical Research. She contributes positively to RHS by writing for the school newspaper, serving as a Freshman Mentor, and competing on the softball and swim teams. She gives back to the community by volunteering. She most recently organized a Magic School for neighbors with young children when the district shifted to fully remote.

**Anthony DiNino**

Anthony DiNino has excelled as a student in the Pathways Program. He has connected with his peers within the program and has been an exceptional fundraiser for the Pathways Organization. He has excelled with customer service, working as a highly personable employee at the Dog Depot. He has also been an active participant in the Unified Sports Program, especially as one of the top performers on the soccer and basketball teams. Anthony brings a positive attitude, relentless work ethic, and cares greatly about other people and Rockland High School.

**Zachary Solomon**

Zach is a National Honor Society student who has been actively involved in the Concert Band. He is a three-time recipient of the Music Achievement Award. He participated on the cross country team and swim team. Zach has shown an interest as a curious member of the astronomy club as well. Most impressive, Zach is an Eagle Scout. He completed a project this fall in which he cleaned out a messy closet filled with random marching music and built a shelving unit that matches pre-existing cabinets to store the marching music. The second part of his project was building a rolling cart that can store flipbooks for marching band and parade music, so students can easily store their music and keep it organized so it does not get lost. The final part of the project was emptying a storage unit that contained drama props, furniture, clothes, and equipment so he could build a big shelving unit.

**Hunter Wardwell**

Hunter is a senior who has contributed significantly to the school's athletic programs. He is a model student-athlete as he also takes his academics very seriously as an honors student. Hunter is a two-sport varsity athlete competing on football and basketball teams. He is a captain, demonstrating exceptional leadership to younger teammates. In his free time, he volunteers as a Rockland Youth Football Coach.

**Colin McKerrell**

Colin is an exceptional honor roll student who has been recognized as an AP Scholar with Honor. Athletically, Colin has participated in the wrestling and football teams. As a football player, Colin has been a leader on the team as a captain. Colin works part-time at Dairy Queen in Hanover as a food preparer.



### **Jessica Driscoll**

Jessica was selected to travel to Guatemala on a service-based trip where she would give dozens of Mayan indigenous people sustainable access to clean drinking water and teach health and hygiene workshops in indigenous communities. Jessica did not let the cancellation hinder her. She was the driving force behind organizing the gift wrapping efforts for the 2nd Annual Giving Tree! Jess came to school during her senior privilege time to wrap books and brought bright and positive energy with her! Jessica is also a two-sport athlete competing on the volleyball and lacrosse teams. She is an incredibly kind-hearted and genuine young woman and I know that her future holds big things!

### **Erin Gardner**

Erin was selected to travel to Guatemala on a service-based trip where she would give dozens of Mayan indigenous people sustainable access to clean drinking water and teach health and hygiene workshops. Erin asked how she could contribute in addition to donating a book to the 2nd Annual Giving Tree. She came to school during her senior privilege time to wrap books! Erin has such a positive way of changing the world in which she lives and I'm sure her future will be impactful! Erin is a member of the Student Government Council and competes on the lacrosse team. She also works at Southwood Nursing Home.

### **Claudia Abouzeid**

Claudia Abouzeid is a senior who will be graduating in three years. Committed to her studies, Claudia knew early in her high school career she wanted to graduate early and then attend college to continue her studies. Claudia's compassion and societal awareness are indicative of her depth as a person. She is enthusiastic and passionate about social justice. She is a kind, dedicated student, and her commitment to greater equality and fighting injustice makes me proud to have her as a student. She plans to study psychology.

### **Lauren Draicchio**

Lauren Draicchio is a four-year player of varsity lacrosse and also serves as the team captain. She has served as an executive and general member of the student council, a freshman mentor as well as class president. Lauren is a youth cheerleading junior coach and a youth basketball referee. She plans to attend a four-year college and major in nursing with hopes of becoming a Beyond Borders nurse, traveling to provide healthcare to less fortunate children and communities. Lauren was selected to travel to Guatemala on a service-based trip where she would give dozens of Mayan indigenous people sustainable access to clean drinking water and teach health and hygiene workshops in indigenous communities. As soon as the second

year of the Giving Tree book drive was announced, Lauren jumped at the opportunity to get involved and spread holiday cheer. Lauren came to school during her senior privilege time to wrap books. Lauren is a shining star and we know she will continue to impact her community during her next chapter!

Check out *The Veritas* for more information!

<https://rhsveritas.wordpress.com/2021/02/04/rhs-top-dogs-2021/>

<https://rhsveritas.wordpress.com/2021/02/11/rhs-top-dogs-2021-2/>

### **VIRTUAL PEP RALLY:**

On February 12th, RHS SGC sponsored our very own first virtual pep rally. Students wore class t-shirts to represent their class. During the rally, Miss Rockland was recognized and the athletic teams were also honored. The school played *Backpack Quest* and class representatives played *Two Truths and a Lie*. There were also some fun trivia questions!



### **Trivia Questions:**

- 1] Which RHS alumni teacher wrestled because he was cut from the boy's freshman basketball team in 1991?
  
- 2] This female RHS alumni teacher was captain of a sports team in 1988 that Rockland no longer offers. Who is she and which team was she the captain of?
  
- 3] Which RHS alumni teacher taught three other RHS alumni teachers in the years 1989/1990 and they were in 7th grade at the time?
  
- 4] The stadium added two light poles in the spring of 2004 allowing baseball to host night games for the first time, this RHS alumni teacher hit the first home run in the stadium under the lights, who is it?

The answers are listed at the end of this newsletter!

**IMAGES PUBLISHES NEW WEBZINE:**

[Here](#) is the newest edition of IMAGES!



Thank you to all the student contributors and especially to senior Julia Lima!

**SPORTS:**

The winter sports team concluded over February vacation. Thank you to everyone who played a role in making the season possible for our student-athletes. Here's a summary of how each of the teams concluded their seasons.

**Girls Basketball**

The girl's basketball team had an enjoyable and successful season. The girls defeated East Bridgewater in the first round of the tournament and then lost to Norwell. Julie Elie, Charlie Kelleher, and Maggie Elie were named South Shore League All-Stars. And most importantly, this team won the Sportsmanship Award for the league!!



Source (and additional photos)

<https://www.enterpriseneews.com/picture-gallery/sports/2021/02/16/rockland-varsity-girls-basketball-defeat-east-bridgewater/6759934002/>



## Boys Basketball

Following a two-week quarantine, the boy's varsity team resumed their season by competing in the tournament. The dogs defeated East Bridgewater but then lost to Abington in the second round.

*Photos from the team's win over EB can be found here:*

<https://www.enterpriseneews.com/picture-gallery/sports/2021/02/16/rockland-vs-east-bridgewater-high-boys-basketball/6759423002/>

Congratulations to Patrick Moriarty on being named the South Shore League Player of the year!



Congratulations to senior Derek Williams who signed his letter of intent to continue his studies at Quincy College and play basketball.



Congratulations to our freshman boys basketball team for winning the SSL championship trophy after defeating an undefeated Middleboro freshmen team!



## Hockey

Following a two-week quarantine, the boy's hockey team concluded their season with impressive wins over Silver Lake and Abington. Nick Blonde, Nick Leander, Thomas McSweeney, Jake Higgins, and Sean Geary were all named South Shore League All-Stars! Below are hockey fans who had some fun filling the stadium with cardboard cut-outs of our most loyal fans!



Volleyball, Cheerleading, and Football have begun in the “Fall 2” Season!



Source: Patriot Ledger

**LUNCH MENU FOR MARCH:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> American Classics • Italian Hero on Whole Grain • Chips, Potato, Original, Baked, Lay's, 1.125 oz	<b>2</b> American Classics • Classic American Cheeseburger • Corn	<b>3</b> American Classics • Crispy Chicken Patty Sandwich	<b>4</b> American Classics • Italian Turkey Meatball Sub	<b>5</b> American Classics • Cheesy French Bread Pizza • Scooby Doo Graham Crackers
<b>8</b> American Classics • Ham & American Cheese Sub • Chips, Potato, Original, Baked, Lay's, 1.125 oz	<b>9</b> American Classics • Classic American Cheeseburger • Corn • Sliced Fresh Apples	<b>10</b> American Classics • Cheese Stuffed Breadsticks • Buffalo Chicken Dip • Marinara Sauce • Baked Tortilla Chip Scoops	<b>11</b> American Classics • Macaroni and Cheese • Green Beans • Whole Grain Dinner Roll	<b>12</b> American Classics • Cheesy French Bread Pizza • Sliced Cucumbers • Scooby Doo Graham Crackers
<b>15</b> American Classics • Turkey, Cheese, Lettuce Sub • Chips, Potato, Original, Baked, Lay's, 1.125 oz	<b>16</b> American Classics • BBQ Bacon Cheddar Burger • Corn	<b>17</b> American Classics • Cereal Fun Lunch • Buffalo Chicken Dip • Baked Tortilla Chip Scoops	<b>18</b> American Classics • Chicken Nuggets • Whole Grain Dinner Roll • Seasoned Peas	<b>19</b> American Classics • Cheesy French Bread Pizza • Sliced Cucumbers • Scooby Doo Graham Crackers
<b>22</b> American Classics • Italian Hero on Whole Grain • Chips, Potato, Original, Baked, Lay's, 1.125 oz	<b>23</b> American Classics • BBQ Bacon Cheddar Burger • Seasoned Corn	<b>24</b> American Classics • Popcorn Chicken • Seasoned Mixed Vegetables • Whole Grain Dinner Roll	<b>25</b> American Classics • Philly Cheese Steak • Chips, Potato, Baked, 1.12 oz	<b>26</b> American Classics • Cheesy French Bread Pizza • Scooby Doo Graham Crackers
<b>29</b> American Classics • Ham & American Cheese Sub • Chips, Potato, Original, Baked, Lay's, 1.125 oz	<b>30</b> American Classics • Classic American Burger • Corn	<b>31</b> American Classics • Chicken Taco Meat • Salsa • Cheddar Cheese Sauce • Baked Tortilla Scoops	<i>Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe</i>	

## **HOW TO HELP A TEEN OUT OF A HOMEWORK HOLE:**

Below is an article from *The New York Times* that speaks to the challenges for our students, when they fall behind, and how hard it is to catch up. It offers strategies for us as adults to support our kids.



**By Lisa Damour** Feb. 26, 2021

Pandemic school is taking its toll on students, especially teens. A [recent study](#), conducted by NBC News and Challenge Success, a nonprofit affiliated with the Stanford Graduate School of Education, found that 50 percent more kids in high school report feeling disengaged from school this year than last. In December, Education Week reported that schools were seeing “[dramatic increases in the number of failing or near-failing grades](#)” on report cards.

A major symptom of school disengagement is not turning in homework, a problem that can easily snowball. The further students fall behind, the more overwhelmed they often become and the [less likely they are to feel that they can catch up](#).

The good news is that finding out about missing homework is a first step to helping kids get back on track. You just need to keep a few considerations in mind.

### **Empathy will get you further than anger**

At this point in the pandemic, finding out that your child has let schoolwork slide may trigger an angry response. Everyone is worn down by the demands of pandemic life and many parents are already operating on their [last nerve](#). Getting mad, however, is likely to cause kids to adopt a defensive or minimizing stance. Instead, try to be compassionate. What students who have fallen behind need most are problem-solving partners who want to understand what they are going through.

If you’re having trouble summoning your empathy, bear in mind that there are many good reasons a student could fall off pace this year. For instance, Ned Johnson, a professional tutor and co-author of the book “*The Self-Driven Child*,” noted that most teens have very little experience managing email, which is now a main source of information for those in remote or hybrid arrangements. “We know how overwhelmed we as adults are by email. Imagine not being comfortable with it, and then suddenly getting everything — from Zoom links to assignments — that way.”

### **Dig deeper into the moment.**

Some students learning remotely may also have unreliable broadband service; others may miss key information because their attention is split between the teacher on the screen and distractions at home.

“Many adults are having the exact same issues,” said Ellen Braaten, a psychologist and the executive director of the Learning and Emotional Assessment Program at Massachusetts General Hospital. “They are really productive when they can physically be at work, but may find themselves less attentive in the unstructured environment of working from home.”

Even teens who are attending school in person and using familiar systems for tracking assignments may be having a hard time managing their work now. The mental skills that help us stay organized — commonly called executive functioning — are being **undermined** by psychological stress, which is **unusually high** among today’s teens.

### **Work together to diagnose the problem**

Finding out that your child is in academic trouble can tempt you to jump to solutions. It’s best, however, to properly diagnose the problem before trying to address it. Liz Katz, assistant head for school partnership at One Schoolhouse, an online supplemental school, suggested looking into the reasons students fall behind at school. Some don’t know what they’re supposed to be doing, others know and aren’t doing it, and still others “are doing their best and just can’t meet expectations.”

As you talk with a teenager about where things have gone off the rails, be kind, curious and collaborative. “This isn’t about you being in trouble or getting off the hook,” you might say. “It’s simply about figuring out what’s going wrong so we can solve the right problem.”

Students who are struggling to keep track of what’s expected of them may need to reach out to their teachers, either for clarification about specific assignments or for general guidance on where and when they should be looking for information about homework. As a parent or caregiver, you can coach them on how to approach their instructors. Start by pointing out that teachers are almost always eager to lend support to students who seek it. You can also offer to give feedback on a draft email to an instructor explaining where the student got lost and what they have already tried. “For many students, the ability to ask for help is not fully formed,” said Ms. Katz, “or it can feel like an admission that they’ve done something wrong. Normalizing and praising self-advocacy is so important.”

For students who know what they’re supposed to do but aren’t doing it, other approaches make sense. They may be having a hard time sustaining motivation and **need support on that front**, or they may be swamped with commitments, such as caring for younger siblings, that make it impossible to complete their schoolwork. Here, parents and students will want to work together to make a realistic plan for addressing the biggest priorities in light of these circumstances. This might mean coming to an agreement about where the teen’s energies should be directed or exploring what additional support might be put in place.

In some cases, academic problems may be linked to issues with mental health. If there’s a question of whether a student is suffering from depression or anxiety; using drugs; or exhibiting any other significant emotional or behavioral concern, check in with the school counselor or family doctor for a proper assessment. Treatment should always take precedence over schoolwork. “If you’re depressed,” Dr. Braaten said, “no amount of executive function coaching is going to help, because that’s not the issue.”

Some students have subtle learning or attention disorders that became an issue only when school went online. Under regular conditions, said Mr. Johnson, instructors can notice when a student is tuning out and bring back his or her attention in a gentle way. Unfortunately, “Teachers really can’t do that effectively on Zoom.” If this is a concern, parents should consider checking in with teachers or their school’s learning support staff to get their read on the problem and advice for how to move forward.

### **Step back to see the big picture**

“We all need to be easier on ourselves,” Dr. Braaten said, “and to sort through what students really need to do and what they don’t.” Well-meaning parents might hope to motivate students by emphasizing the importance of high grades, but that can make it harder for kids to recover from a substantial setback.

As students start to work their way back, give some thought to how comprehensive their turnaround needs to be. Do they really need to get equally high grades in every class? Could they instead direct their energy toward getting square with the courses they care about most? Could they work with their teachers to agree upon trimmed-down assignments

for partial credit? According to Mr. Johnson, “Lowering expectations, *for now*, can actually help kids to get back on track.”

Dr. Braaten also noted that much of what students gain from school is not about content, but about learning how to solve problems. Engaging teens in constructive conversations to figure out how they fell behind can be an important lesson unto itself. “Having a 16-year-old who understands, ‘When I’m stressed, this is how I react,’” says Dr. Braaten, “may put us further ahead in the long run.”

In any school year, students learn a great deal beyond academic content. This year, more than most, might be one where students gain a deep understanding of how they respond when feeling overwhelmed and how to ask for help or rebound from setbacks — lessons that they will draw on long after the pandemic is gone.

<https://www.nytimes.com/2021/02/26/well/family/teens-homework-school.html>

**ANSWERS TO TRIVIA:**

[1] Mr. Liquori

[2] Mrs. Phelps and gymnastics

[3] Mr. Damon taught Mr. Casagrande, Mr. Liquori, and Mr. Rowe in the 7th grade

[4] Mr. Doyle