

Matthew Robinson, High School Principal

Al Mattice, Assistant Principal  
Kathryn McTiernan, Assistant Principal  
Lisa Perrone, Assistant Principal  
Scott Seligman, Assistant Principal

January 17, 2024

### **Important Upcoming Dates**

January 17: [Board Of Education Meeting](#), 7pm, HS Library

January 23-26: Regents Week; [SCHEDULE HERE](#); January Academy for students who need to make up work

January 23: Parents As Partners - Managing Social Media In Our Lives - Virtual - 6:30pm - [REGISTER HERE](#)

January 25: HS College FAFSA Workshop, 6:00pm - 7:30pm, HS Library (more information below)

January 26: 2nd Quarter Marking Period ENDS

January 30: Competition and Burnout: How parents can help with academic stress, competition, and burnout - Virtual - 7:30pm - [REGISTER HERE](#)

January 31: [No One Walks Alone](#) - 6:30pm - HS Library

February 2: 2nd Quarter Report Cards Posted

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[CLICK HERE](#) for High School Contact Information

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### **High School News**

**Parents/Guardians who are transporting their students home should not be parking across the street from the high school on the private property of the businesses. Please pull into the proper student pickup lane, which is located in-between the middle and high school. Thank you for your cooperation in keeping safety first.**

**Parents/Guardians who pick up their students via the loop (in between the middle and high school) should never park in the driving zone that would impede other cars from exiting campus. Please park along the side of the loop, in a Visitor's Spot or in an empty, un-numbered spot in the Senior Lot. Thank you**

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### **Regents Week Information:**

Following the NYS testing schedule, Ballston Spa High School will be administering Regents exams between January 23rd and January 26th, 2024. There are also courses that will be administering their local midterm exams during that week. A schedule for this week can be found by [CLICKING HERE](#). Also, please click on [THIS LINK](#) to find a document listing some exam day information and student reminders. ***\*\*Students that are NOT taking a test can NOT be in the building.\*\****

### **College FAFSA Workshop:**

For any senior students or parents looking for help with the FAFSA (*Free Application for Federal Student Aid*), there will be a workshop on Thursday, January 25th from 6:00 - 7:30pm in the High School Library. Anyone entering information on the FAFSA forms will need an FSA ID to complete the application. Please refer to the [FSA ID Instructions](#) and the [FAFSA Completion Guide 2024-25](#) for more information. ***\*\*FSA ID's should be set up at least one week prior to the workshop to allow time for the identity match process.\*\****

### **Parents As Partners:**

The district is excited to announce that we have partnered with Building Better Futures, LLC. to bring our families a series of 10 virtual presentations titled "Parents as Partners". To learn more about the dates and descriptions for each session topic, please click this link: [2023-2024 Parents as Partners Webinar Series](#).

***Seventh Session Topic:*** Managing Social Media In Our Lives

***Presenter:*** Dr. Jennifer Bashant

***When:*** The live webinar will take place Tuesday, January 23, 2024 at 6:30pm. The session will be recorded and available for 30 days from January 23rd.

***Description:*** One of the biggest challenges of parenting today is moderating our kids' use of technology. It can be a daily struggle over how much time is spent on phones, computers and video games. The explosion of social media and the overload of information is creating a sense of loneliness and negatively affecting our children's mental health. As parents and caregivers, we know too much technology is detrimental, but how much is too much, and what can we do to protect our children from the harmful effects?

***How to Register:*** Registration is required. Click [HERE](#) to register.

We hope you will take advantage of this amazing opportunity!

### **Transportation Video - Come Join Us!**

**[The Ride to School... Join us!](#)**

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### **Competition and Burnout: How parents can help with academic stress, competition, and burnout:**

On January 30th at 7:30pm, hosted by the Mental Health Association of NY, Ballston Spa Central School District will offer another webinar; "Competition and Burnout: How parents can help with academic stress, competition, and burnout". Registration is required. To register for this event, please click [HERE](#)

### **No One Walks Alone:**

We will close out the month with an in person event on January 31st at 6:30pm in the High School Library. Please join us for [No One Walks Alone presented by James's Warriors](#). This will include a personal and open discussion about depression, mental health, suicide and how to talk about it. For more information, please visit [www.jamesswarriors.org](http://www.jamesswarriors.org)

### **PTSA Information:**

Happy New Year!

We have a lot of exciting things happening with the PTSA.

Staff Appreciation lunch will be **Friday 1/26**. We need volunteers, door prizes and donations for food. Please use the QR code below to donate and you can make a note that it's for Staff Appreciation. Door prizes can be dropped off at the high school marked PTSA Staff Appreciation. I am also happy to pick up door prizes and/or if you are interested in volunteering please email [klmath@nycap.rr.com](mailto:klmath@nycap.rr.com)

Wednesday **February 7<sup>th</sup> 3:30 PM** in the BSHS Library will be our next PTSA meeting. Please join us.

Thank you in advance for your support of PTSA and our staff and students. We could not do it without you.



[CLICK HERE TO DONATE!](#)

### **Spring 2024 - College in The High School Registration Information:**

Any student that is taking a CHS/UHS course at Ballston Spa High School in the Spring of 2024 should click on [THIS LINK](#) for information regarding registration and deadlines. Any questions can be directed to Mr. Al Mattice, Assistant Principal, at 518-884-7150 ext. 2355 or [amattice@bscsd.org](mailto:amattice@bscsd.org).

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### **Covid Protocol:**

The new regulation for Covid is that students should isolate for 5 days from onset of symptoms, not from the positive result. They are welcome to return to school after that time. It is recommended that they wear a mask for five days following those five days. ***We will be offering ASP remotely to students out with Covid - this will be available by opening a Google Meet and using the Meet name ASP. This will also be offered to students whose bus is not running.***

### **Building Pride:**

Lately a lot of students have been leaving behind their plates, trash, and liquid messes after lunch. Please help us encourage them to clean up after themselves for the next group of students coming in, and to assist with an overall care for our shared space.

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### **High School Counseling Office News**

**FOR UPDATED INFORMATION FROM THE COUNSELING OFFICE, CLICK ON THE PICTURE BELOW:**



### **Highlights:**

- **Course Selection Coming Soon!** On February 2nd instructions will be posted in SchoolTool so students can make course selections for the 2024-2025 school year. Course selections must be entered before February 12th.
- **Sophomores** interested in BOCES need to contact their School Counselor ASAP in order to attend a field trip and complete an application. See the School Counseling Newsletter, linked above for more details.

Please be sure to check out the weekly Scottie Recap for highlights from the district.

Have a great day!

Ballston Spa High School Administrative Team