



Eagle's Nest



HIGH POINT SCHOOL NEWSLETTER

FEBRUARY 2018

"Love Is Respect" Initiative



February is designated across the nation as Teen Dating Violence Awareness and Prevention Month, and High Point was extremely proud to participate in this critical campaign through a series of activities designed to educate our students about healthy vs. unhealthy relationships, warning signs, and preventions steps. Throughout the week of February 12 to 16 — with our halls and walls decorated with student-hung posters and



flyers on the theme — our school social workers, Ms. Banks and Ms. Brenner, led classroom activities focused on promoting respect, defining love, and encouraging random acts of kindness; and on Tuesday the 13th, everyone dressed appropriately for "Wear Orange Day," to represent awareness of the issue. Then, the following Tuesday, we were treated to guest speakers from

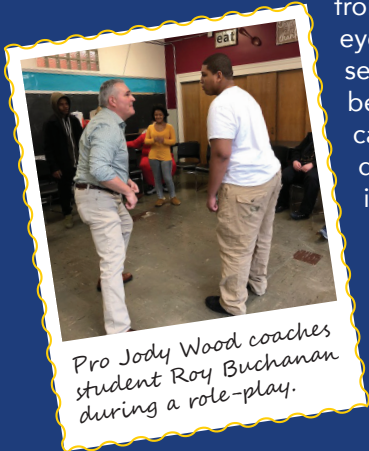
Bergen County's Alternatives to Domestic Violence program, who shared a wealth of information, along with resources, on abuse and violence in relationships, teaching the students what red flags to look for and how to empower themselves. Rounding out the month's events, we had a schoolwide discussion summarizing the "Love Is Respect" message, in which the students were actively engaged. With the CDC reporting that one in four teens will experience dating abuse in the coming year, three steps are crucial to reduce the incidence: education, awareness, and prevention. In February, we concentrated on all three.



Eleventh-grader Tommy Baker makes a "Love Is Respect" flyer.

A Master Class

Wednesday, February 7, was a dramatic day on the High Point campus ... and we mean that in the best way possible! Namely, professional actor Jody Wood (check out his impressive credits here) from JW Actors Studio visited our students for an innovative and invaluable hands-on workshop featuring social skills and public presence. Specializing in coaching young people on effectively communicating and collaborating with their peers, Jody worked with the kids to create stories, to learn to live in the moment, and to listen carefully before reacting in social settings. The students also practiced public speaking and performing in front of an audience, with an eye toward increasing their self-efficacy and building belief in themselves that they can appropriately respond during conversations and interactions. This was truly an educational and award-winning event genuinely enjoyed by our students, especially those interested in careers in music, literature, and theater.



Pro Jody Wood coaches student Roy Buchanan during a role-play.

Good for the Heart

The month of hearts and valentines and candy was a very festive one for High Pointers — in more ways than one! Valentine's Day itself was a real delight thanks to the delectable luncheon provided by our Culinary Arts program, set against the backdrop of a customized selfie wall, provided by teacher Ms. Salazar (see the website for more details and photos!).

The next day was no less momentous, for February 15 marked our celebration of "100 Days of School," complete with Mr. Torres & Co.'s full-course wholesome breakfast, a daily discussion on recognizing healthy support systems, and a renewed focus on the remainder of the school year.



Destiny Seeley and Sandra Ordonez had sweet smiles to go along with the sweet treats!

MARK YOUR CALENDARS

