



Oyster River High School News

January 19, 2024

Hello Parents & Guardians,

Monday is our last day of midterms and an early release for students. Please check out the “January Schedule” linked below.

As we move into the new semester, it’s a good time to look at our systems and what is working well or can be improved upon. One issue that affects students has come up repeatedly from teachers, parents, and students: cell phones. There is an abundance of research that tells us how cell phones are a cause of or aide in causing: anxiety, sleep deficiencies, depression, inattention, stress. That “Cell phone usage badly affects mental health of adolescents...” (McNutt).

Our MTSS group, consisting of teachers and administrators, researched this issue in the 22-23 school year. They came up with purchasing “cell phone hotels” or charging stations for teachers as a positive way to help with cell phone usage in the classroom. This has worked well in many classrooms. We are working this semester to implement these positive stations or other positive ideas in all classrooms, so students can focus on their learning, their teacher, and their classmates. We all want to help our students to be healthy, happy, and learning. We want students to learn how to use their phones, not let their phones control them. Being able to put our phones down and focus on why we are here will be a good start.

Have a good weekend!

Rebecca

McNutt, R. (2019). Cell phone addiction and psychological and physiological health on adolescents. EXCLI Journal, 18, 47-50.

New

[All Students](#)

Midterm schedule [January schedule](#)

The 2025 New Hampshire **Teacher of the Year Program**- You can nominate a teacher by going to this link: [nominate](#) Here is a flier explaining the purpose and dates for the program. We have many outstanding teachers! This is a great way to show our teachers how much you think of them! [flier](#)

On Wednesday, January 17, 2024, Bill Sullivan was nominated and named as the new principal of the Oyster River Middle School (ORMS). Mr. Sullivan came to the district in 2000 as a 5th

grade classroom teacher. In 2011, he became ORMS' assistant principal and has been the interim principal since the beginning of the 2023-2024 school year.

The SAU Office is looking for a resident of the Town of Lee, NH, to serve as a Ballot Clerk for the February 6, 2024, Deliberative Session (snow date February 8). The meeting is being held at the Oyster River Middle School in the Concert Hall at 7:00 p.m. If you need additional information or are interested in serving as a Ballot Clerk, please contact Wendy at the SAU Office at 603-389-3286 or wdifruscio@orcscd.org.
To view the official announcement, please [click here](#).

On February 1, 2024, at 6:00 p.m. the Oyster River Cooperative School District (ORCSD) will host a free admission program presented by experts from the New Hampshire Internet Crimes Against Children Task Force (ICAC) at the Oyster River Middle School Concert Hall. Additional information is available on the district [website here](#) and the event's poster is [available here](#).

This event is open to the public and for adults only. This program is not suitable for students.

School Board News: [SB News 01 17 24.pdf](#)

The February 13, 2024, Teacher Workshop Day is now a regular school day. The Teacher Workshop day has switched to Friday, March 15, 2024. This decision was made by the School Board in consideration of the 2024 New Hampshire primary election having been scheduled for January instead of the anticipated February date. The updated 2023-2024 printable calendar is available [online here](#).

The 2024-2025 school calendar is now available [online here](#).

Please consider donating a baked good to the ***Freshmen and Sophomore Class Election Day Bake sale on January 23***. Items can be dropped off in the office on Monday or can be delivered directly to the bake sale table in the high school by 9 am Tuesday. Thank you!

Please sign up on the bake sale sign up form:

<https://www.signupgenius.com/go/30E0B4CA8A92DA2FA7-47104572-bake>

Parents of Seniors

We have one more day of midterms. W2 exams on Monday. This is an early release day for students. Please see the January schedule above under "All Students". Seniors who have early release, late arrival, or Senior Privileges will be able to use those privileges during midterms.

Parents of Juniors

We have one more day of midterms. W2 exams on Monday. This is an early release day for students. Please see the January schedule above under "All Students". Juniors who have early release or late arrival privileges will be able to use those privileges during midterms.

Parents of Sophomores

Please consider donating a baked good to the ***Freshmen and Sophomore Class Election Day Bake sale on January 23***. Items can be dropped off in the office on Monday or can be delivered directly to the bake sale table in the high school by 9 am Tuesday. Thank you!

Please sign up on the bake sale sign up form:

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We have one more day of midterms. Monday is an early release day for students.

Parents of Freshman

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Please sign up on the bake sale sign up form:

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Important Dates

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|----------------|---|
| January 22 | Last midterm exam day- early release |
| January 23 | No school- Teacher Workshop day- voting |
| January 24 | First dsay of Semester2/Quarter 3 |
| January 25 | Coffee House 6:00-8:00 pm |
| January 29 | Poetry Out Loud |
| February 1 | Internet & Digital Safety presentation- adults only |
| February 2 | Report Cards |
| February 8 | 8 th Grade Information Night 6:00pm |
| Feb 26-March 1 | Vacation week |

Athletic Features

Athletic Schedule: [Jan 21-27.pdf](#)

Community Features

Weekly Features

Bobcat of the Week: Student

Grade: Senior

Eliza Wheeler. She helps with organizing the blood drive with Rob Q and gets students to sign up. She talks them through it if they are nervous. She is also very helpful when a student in my advisory struggles. She is so kind, respectful and conscientious. She may not get noticed as she isn't showy or very outspoken normally. She does speak out when a wrong is being done to her peers or is happening in our school community. The amount of support and kindness that she provides to her friends and others who need is so wonderful to see.

Bobcat of the Week: Staff

Subject area or position: Special Education Case Manager

I would like to nominate Heather Stanley for teacher Bobcat of the week. Heather consistently goes above and beyond in assisting students with test preparation, giving up her free period to give student a quiet place to study and take test. She truly cares about each students well being and is dedicated to their education.

Reminders

Next week: W2 midterm & early release/no school-voting/Blue/White/Blue

Please remember to call or email if your student is going to be absent.

call: 603- 868-2375 Or email: ORHSAttendance@orcsd.org