

BAYARD RUSTIN HIGH SCHOOL



THE GOLDEN KNIGHT

September 3, 2019

Dear parents and families,

Hope everyone had a great holiday weekend! It is nice to have another 4 day week to kind of ease into the new school year.

This morning I sent an email to students with some recent articles regarding vaping. I included the email and the links to the articles below. As always, I ask that you continue to reinforce this information with your children.

Unfortunately, these things are pervasive and readily available, and kids don't fully understand what they are inhaling. Thanks for your support.

Over the next few weeks there are a number of special events, so just another reminder to:

- Check your email and our website regularly
- Access the parent portal regularly
- Never hesitate to be proactive in contacting a teacher, counselor or administrator if you need help or have a concern

Mike Marano, Principal

Dear students,

I have been reading an awful lot recently about young people being horribly impacted by vaping, so I have compiled these articles for you to read. We talk to you a lot about vaping and the dangers of it, and I know that you will continue to have these conversations in your health classes as well. I am sure that your parents chime in on the issue too.

If you don't believe US, then take a look at this information, and think twice before you vape. You might THINK you know what you're doing, but the odds are that you don't!

As always, know that we lecture you on this because WE CARE, and remember that we are here to help you or anyone you know that may be struggling with this.

Thank you for reading this and considering...

Sincerely,

Dr. Marano

<https://apple.news/Aq7slKpEBR8imEolLMRod4w>

<https://www.inquirer.com/health/vaping-e-cigarette-lung-illness-pa-nj-20190831.html>

<https://www.phillyvoice.com/vaping-death-e-cigarettes-illinois/>

<https://www.fox29.com/video/600929>

<https://www.yahoo.com/gma/city-milwaukee-urges-residents-stop-vaping-immediately-102400000--abc-news-topstories.html?.tsrc=notification-brknews>

Dear Parents,

National sleep expert Dr. Wendy Troxel will visit Rustin High School Thursday, September 12 at 6:30 p.m. to discuss sleep research and the medical community's call for later start times for teens. *The session is open to all West Chester parents and community members, and you are strongly encouraged to attend.* She will also be speaking with our high school students during the school day.

Our school district has formed a school start time task force to study this topic. That task force will be preparing a report for the school board on the feasibility of starting our secondary schools 45 to 60 minutes later than they currently do.

Teens who don't get enough sleep have a higher risk of mental and physical health problems like depression and suicide. They also have problems with concentration and memory, and an ability to learn, and are more likely to have car accidents. Many schools nationally, and some locally, have adjusted start times to better fit with teens' natural internal clocks.

This presentation will focus on sleep research, rather than our committee's work.

For more information about our committee visit www.wcasd.net and click on the School Start Time Task Force link.

For more information about Dr. Troxel, please visit:
https://www.rand.org/about/people/t/troxel_wendy_m.html

Dr. Jim Scanlon
Superintendent

KNIGHTS In The News...

Rustin students place in the Philadelphia Young Playwrights competition...

Five Rustin students placed in the annual Philadelphia Young Playwrights competition. Junior Ashley Pechin placed second for her script, *Fate's Melody* and juniors Ryan Ferguson, Peter Murnane, and Frederick Runzer placed third for their script *The Epic Battle of the Walruses*, as well as junior Dilan Kuders, who also placed third for his script *Lost in the Night*. We have some very talented writers here at RHS, congratulations!

Rustin DECA students open their own business...

Three of our Rustin DECA members (Carlee Hontz, Megan Dion and Maddie Filetti) have started their own business! Here is the article that appeared in the Daily Local:

https://www.dailylocal.com/business/free-ride-service-in-west-chester-launches-sept/article_aa262a06-c9f9-11e9-bebc-3be1833f7264.html

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August - September Calendar

Friday August 30: No School

Monday September 2: No School

Thursday September 5: Guidance presentations to Seniors

Thursday September 12: Wendy Troxel @ Rustin HS 1:00 PM (9th-10th Grade)
6:30 PM (Parents)

Sunday September 15: 9/11 Heroes Run @Rustin HS 2:00 PM

Monday September 23: Picture Day

Wednesday September 25: Parent Open House 6:30 PM

Thursday September 26: Two-hour delay for students

Monday September 30: No School For Students and Teachers

Check our website: <https://www.wcasd.net/Domain/799>

Follow us on Twitter @rustinhs and @WCRustinKnights!