

The Current

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A publication of Sayville High School
West Sayville, NY

THE CURRENT ... WELL, EVERYTHING GOES DIGITAL!

How naive we all were back on March 14th. Colleges cancelling classes? Outrageous! Spring sports on hold? Insanity! And to think, no school on Monday, Tuesday and Wednesday? That's awesome!

Well, four weeks later, and we still haven't been back. The third quarter ended, Spring Break vanished and we're already two weeks into the fourth quarter and there's no end in sight.

Students and teachers are adapting to completing all their work from home, and figuring out how to maintain relationships that we all took for granted a month ago. New words phrases have entered our vocabulary, like "zoom," and "flattening the curve."

So *The Current* will adapt as well. Look for this weekly publication in your English Google Classrooms every Monday. Our goal is to help the many people who are trying to keep our school community alive, and to keep us all informed about school related news.

We're all looking forward to the day when things get back to normal, whatever "normal" might look like. But for now, stay home, stay safe, stay healthy.

REGENTS EXAMS CANCELLED! AP EXAMS TO BE ONLY 45 MINUTES!

Two major announcements came from the New York State Department of Education and the College Board in the past few weeks. On Monday, April 6, Board of Regents Chancellor Betty Rosa announced that all high school regents exams scheduled for June have been cancelled. As of now, no decision has been made about the August exams. Students who are concerned about graduation requirements should consult their guidance counselor.

Also in response to the Corona Virus crisis, the College Board has cancelled several upcoming SAT exams. Additionally, the decision was made to postpone AP exams for a week, now beginning on Monday, May 11. Tests will be only 45 minutes, online and taken from home. For the most recent updates on SAT and AP exams, please visit the [College Board Website](#).

An important lesson for all of us to take from the rapidly developing and dynamic situation we find ourselves in is to rely only upon credible sources of information. For any questions about school related issues, consult your guidance counselor,



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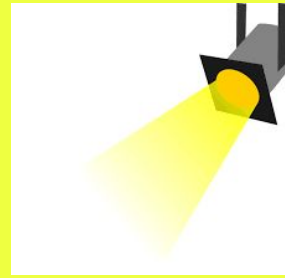
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SAYVILLE STUDENT SPOTLIGHT

LAUREN FLAUMENHAFT

SALUTATORIAN, CLASS OF 2020



At the beginning of the 3rd quarter, there's a noticeable change among the seniors. Their academic record, final average and final class rank has been computed, and they can take a deep breath. For some students, however, there is an eagerly awaited tradition: the Principal's announcement of the Valedictorian and Salutatorian. So when Mr. Hoffer asked everyone to excuse his interruption in early February, Lauren Flaumenhauft held her breath. She knew she had done well, but was it well enough? It was, and Lauren was named the Salutatorian for the Class of 2020.

Lauren attributes her success to one thing: "You have to do the work. Every day," she said. In addition to being successful academically, Lauren has participated in basketball, softball, the National Honor Society, the World Language Honor Society, the Science Honor Society, the History Club and Rho Kappa.

When asked how she feels about the school no longer reporting class rank, she said, "Long term, it really doesn't matter. I'm sure some people still want to know, but I never experienced any unhealthy competition."

Lauren's long time friends offered these words: classmate Bailey Lillis said, "Lauren is one of those people who is absolutely brilliant, but will never make anyone around her feel inferior. She will never boast or brag about her intelligence, or talk about being an AP student or publicize her salutatorian status. To me, she's just Lauren, and I love that about her." Another friend, Brie Baldante says of Lauren, "Lauren has always been there for me. We've been friends for so long and she's always loyal. I know we'll be friends throughout college, and even past that, no matter how far we go." Lauren applied to a long list of colleges, but in the end



HOW OUR TEACHERS ARE STAYING IN TOUCH

In addition to keeping Google Classrooms up to date, digitally conferencing with students and figuring out new and engaging ways to teach, some teachers have clearly been messing around with new technology. Click the links below to see their virtual greetings.

Video messages...

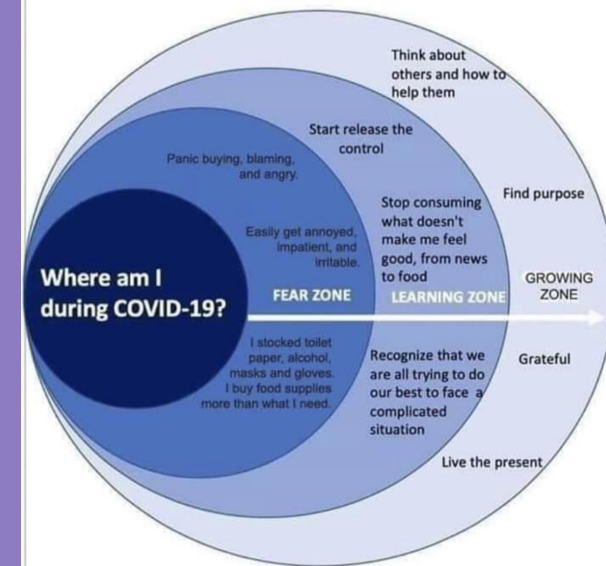
[From the Math Department](#)

[From the Music Department](#)

[From the Art Teachers](#)

[From the English Department](#)

Where are you during this time?



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BIRONG MAKES PLANS FOR A DIGITAL SENIOR CLASS SENDOFF

With so many typical spring traditions currently under threat, Senior Krista Birong decided that the Class of 2020 is not going down without a fight. She's enlisted the help of almost 100 members of the Senior Class as well as the staff of *The Current* to assist in the production of a video yearbook, filled with messages and memories. Krista, who is well known for her skill as a video editor, has been working with teachers of English 12 to get the word out and make sure that every senior has the opportunity to speak his or her piece. The soundtrack will feature music from the Senior Class' high school years, and will perhaps have some special guest appearances, offering words of advice and gratitude for all the hard work of the Class of 2020.

SEND YOUR PICTURES AND VIDEOS TO
SAYVILLESENIORS.STRONG ON INSTAGRAM
OR TO KBIRONG@ST.SAYVILLESCHOOLS.ORG



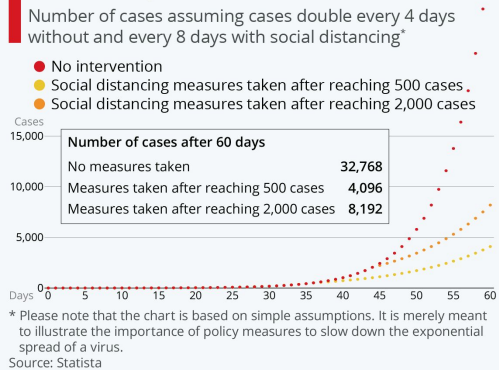
SAYVILLE GRADUATES RESPOND TO CRISIS: CARROLL'S KITCHEN

One of the first industries to be impacted by the shutdown was the restaurant industry. Almost immediately, Governor Cuomo shuttered restaurants and left restaurant workers unemployed. Sayville graduate and chef, Ryan Carroll immediately jumped to action. He gathered up a bunch of unemployed chefs and restaurant workers, many of them Sayville graduates, and started a charity kitchen. Customers can purchase chef made meals for takeout or delivery, and a portion of the profits go towards paying the out of work restaurant workers, providing free meals for medical workers and those in need, and supporting the group's "Grandma Eats Free" initiative. Recognizing that older people are vulnerable to the virus, Carroll will have free meals delivered to local grandparents. On a recent visit to pick up a delicious meal, Steven Rizzo, Julianna Pettick-Perez, Chris Hendricksen, Dan Russo and Jenna Hanshe, all Sayville graduates, were serving in various roles from chefs to delivery people, to donation coordinators. Congratulations to this exceptional group of young Sayville Alumni who are definitely making the world a little better place.



Visit: Carrols Kitchen LI

Why Social Distancing Is So Important



[CLICK HERE TO RETURN TO THE COVER](#)

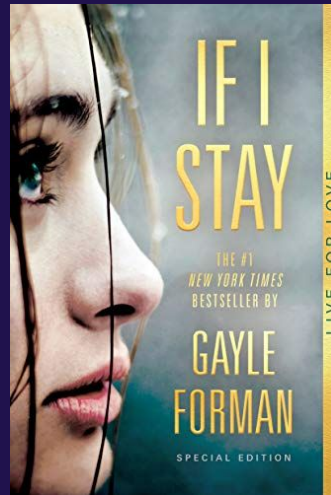
NORA O'S BOOK REVIEWS

on THIN ICE

by Julie Cross

Brooke Parker never thought she would have to move back to her mom's hometown. Yet, she also never thought her life would get so out of control. With her Dad in prison for a crime she knows he didn't commit, and her mom falling into a deep depression all Brooke wants is a fresh start.

Enter Jake Hammond, Golden Boy of Juniper Falls, Captain of the hockey team, and the boy with the best chance of making it big. But after a hazing ritual goes wrong Jake finds himself hurt, stuck on the sidelines, and forced to be an assistant coach for the girls' hockey team as a community service. As these two get to know each other better they realize that maybe they have the strength to help one another.



IF I STAY & WHERE SHE WENT

by Gayle Forman

If I Stay is a heart-wrenching novel, told from the point of view of Mia Hall, a 17 year old musician with dreams of going to Julliard. We follow Mia as she and her family get into a horrific car accident and she recounts all of the amazing moments in her life as she must decide if her life is still worth living after the events of the car crash. Mia must decide if what she has left is enough and she grapples with the thought "If I Stay." I highly recommend this novel. It makes your heart break and you will finish with a deeper appreciation for your family. Just make sure you have a tissue box on stand by.



ERAGON SERIES by Christopher Paolini

This novel takes place in a land of magic. Fifteen-year-old Eragon believes that he is merely a poor farm boy—until his destiny as a Dragon Rider is revealed. Gifted with only an ancient sword, a loyal dragon, and sage advice from an old storyteller, Eragon is soon swept into a dangerous tapestry of magic, glory, and power. Now his choices could save—or destroy—the Empire. Follow Eragon on his adventure as he grows into his destiny.



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The Current Weekly Survey Results

This week's survey covered topics from how we all feel we're doing, what we're doing and how the lock-down is affecting our habits. Here are the results!

Over 70% of students reported that they are doing OK, staying busy and productive. Almost 20% indicated that they are learning new skills and looking for growth opportunities! Most (almost 70%) feel that they are getting a reasonable amount of schoolwork. Students reported that they are seeking out reliable sources of information about the virus. Several reported that they are watching New York Governor Cuomo's (right) daily briefing.



FEELING NOCTURNAL?

Over 80% of students reported getting significantly more sleep. They are feeling more productive and in a generally better mood. However, many reported that they are sleeping all day and staying up all night!



Over 84% of Sayville High School students surveyed know who I am!



Lots of students responded that they are finally getting to read the *Harry Potter* series and *Twilight*. Favorite authors of students included John Green and James Patterson.

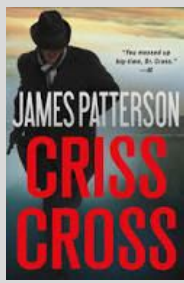
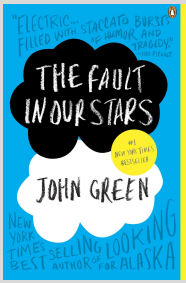
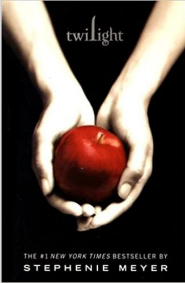
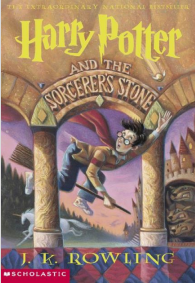
WANTED
For using sardine oil and tigers as a murder weapon.
Say 65% OF STUDENTS.

SAT[®]

CollegeBoard

Several students reported that they are using this time to prepare for the SAT!

By far, the show most of us are watching is *All American*.



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MENTAL HEALTH RESOURCES

The District PPS Staff has put together a comprehensive list of resources available to students and their families. The resource list is available on the [District Website](#).

THREE REASONS YOU SHOULD KEEP A JOURNAL DURING THIS HISTORICAL TIME.

Scientists have found that isolation is damaging not only to our mental health, but to our physical health as well, especially our immune systems,” wrote Kelly, explaining why we should not let distance stop us from taking the time to connect with family and friends. In addition, he recommended setting a daily schedule and sticking to it, finding time for activities you enjoy, picking up a new hobby and keeping a journal.

Clears Your Mind

Scientists agree that journaling can be very effective in times like these when a lot of us are dealing with coronavirus anxiety. Journaling can be a great stress reducer through organising one’s thoughts, clearing one’s mind and facilitating problem-solving.

Boosts Physical Health

One of the best ways to reduce stress is to improve physical health, and journaling has been shown to reap this benefit. A study published in 2006 in the journal of the American Medical Association found that patients struggling with a chronic illness, who wrote down their thoughts about stressful situations, actually experienced fewer physical symptoms than patients who did not journal.

A Historical Record

If you’ve tried journaling in the past but have never really picked up the habit, Kelly recommends just describing your days in isolation.

“Even if you don’t wind up writing a book based on your journal like I did,” wrote Kelly, “writing about your days will help put your experiences in perspective and let you look back later on what this unique time in history has meant.”

6 STRATEGIES FOR TEENS FACING A NEW (TEMPORARY) NORMAL

By UNICEF

Being a teenager is difficult no matter what, and the coronavirus disease (COVID-19) is making it even harder. With school closures and cancelled events, many teens are missing out on some of the biggest moments of their young lives — as well as everyday moments like chatting with friends and participating in class. For teenagers facing life changes due to the outbreak who are feeling anxious, isolated and disappointed, know this: you are not alone. We spoke with expert adolescent psychologist, best-selling author and monthly *New York Times* columnist Dr. Lisa Damour about what you can do to practice self-care and look after your mental health.

1. Recognize that your anxiety is completely normal If school closures and alarming headlines are making you feel anxious, you are not the only one. In fact, that’s how you’re supposed to feel. “Psychologists have long recognized that anxiety is a normal and healthy function that alerts us to threats and helps us take measures to protect ourselves,” says Dr. Damour. “Your anxiety is going to help you make the decisions that you need to be making right now — not spending time with other people or in large groups, washing your hands and not touching your face.” Those feelings are helping to keep not only you safe, but others too. This is “also how we take care of members of our community. We think about the people around us, too.”

While anxiety around COVID-19 is completely understandable, make sure that you are using “reliable sources [such as the [UNICEF](#) and the [World Health Organization’s](#) sites] to get information, or to check any information you might be getting through less reliable channels,” recommends Dr. Damour.

If you are worried that you are experiencing symptoms, it is important to speak to your parents about it. “Keep in mind that illness due to COVID-19 infection is generally mild, especially for children and young adults,” says Dr. Damour. It’s also important to remember, that many of the symptoms of COVID-19 can be treated. She recommends letting your parents or a trusted adult know if you’re not feeling well, or if you’re feeling worried about the virus, so they can help. And remember: “There are many effective things we can do to keep ourselves and others safe and to feel in better control of our circumstances: frequently wash our hands, don’t touch our faces and engage in social distancing.”

CLICK TO CONTINUE

Social & Emotional Health Continued

And remember: “There are many effective things we can do to keep ourselves and others safe and to feel in better control of our circumstances: frequently wash our hands, don’t touch our faces and engage in social distancing.”

2. Create distractions “What psychologists know is that when we are under chronically difficult conditions, it’s very helpful to divide the problem into two categories: things I can do something about, and then things I can do nothing about,” says Dr. Damour. There is a lot that falls under that second category right now, and that’s okay, but one thing that helps us to deal with that is creating distractions for ourselves. Dr. Damour suggests doing homework, watching a favourite movie or getting in bed with a novel as ways to seek relief and find balance in the day-to-day.

3. Find new ways to connect with your friends If you want to spend time with friends while you’re practicing social distancing, social media is a great way to connect. Get creative: Join in a Tik-Tok challenge like [#safehands](#). “I would never underestimate the creativity of teenagers,” says Dr. Damour, “My hunch is that they will find ways to [connect] with one another online that are different from how they’ve been doing it before.”

“[But] it’s not going to be a good idea to have unfettered access to screens and or social media. That’s not healthy, that’s not smart, it may amplify your anxiety,” says Dr. Damour, recommending you work out a screen-time schedule with your parents.

4. Focus on you. Have you been wanting to learn how to do something new, start a new book or spend time practicing a musical instrument? Now is the time to do that. Focusing on yourself and finding ways to use your new-found time is a productive way to look after your mental health. “I have been making a list of all of the books I want to read and the things that I’ve been meaning to do,” says Dr. Damour.

“When it comes to having a painful feeling, the only way out is through.”

5. Feel your feelings Missing out on events with friends, hobbies, or sports matches is incredibly disappointing. “These are large-scale losses. They’re really upsetting and rightly so to teenagers,” says Dr. Damour. The best way to deal with this disappointment? Let yourself feel it. “When it comes to having a painful feeling, the only way out is through. Go ahead and be sad, and if you can let yourself be sad, you’ll start to feel better faster.”

Processing your feelings looks different for everyone. “Some kids are going to make art, some kids are going to want to talk to their friends and use their shared sadness as a way to feel connected in a time when they can’t be together in person, and some kids are going to want to find ways to get food to food banks,” says Dr. Damour. What’s important is that you do what feels right to you.

6. Be kind to yourself and others Some teens are facing bullying and abuse at school due to coronavirus. “Activating bystanders is the best way to address any kind of bullying,” says Dr. Damour. “Kids and teenagers who are targeted should not be expected to confront bullies; rather we should encourage them to turn to friends or adults for help and support.”

If you witness a friend being bullied, reach out to them and try to offer support. Doing nothing can leave the person feeling that everyone is against them or that nobody cares. Your words can make a difference.

And remember: now more than ever we need to be thoughtful about what we share or say that may hurt others.

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unicef  for every child

JOIN THE STAFF OF **THE CURRENT**

TO KEEP US ALL CONNECTED
AND TO DOCUMENT THIS HISTORIC TIME
IN OUR LIVES

EMAIL STORY IDEAS AND ARTICLES TO
[MMONGIELLO@ST.SAYVILLESCHOOLS.ORG](mailto:mmongiello@st.sayvilleschools.org)

AND

DSHAW@SAYVILLESCHOOLS.ORG

