A message from the Principal

To be honest with you, I cannot believe we are into the month of December already! It seems like yesterday that I was wishing our students and staff the best for Thanksgiving!

I shared with them some of the things I am thankful for as principal, which includes:

- Being thankful for the inspiring, caring, engaging, and influential faculty and staff we have here at SBHS.
- Being thankful for our supportive administration and leadership team and their energy and efforts on behalf of faculty, staff and students.
- Being thankful for our motivated, talented and creative students who call themselves Vikings.
- Being thankful for the ways we – students and staff - embrace and model our five core values.

As principal, I am also thankful for our parent community in South Brunswick. I often share with others the importance of having a “winning equation” for students. The equation that produces excellent results happens when students, staff and parents are all working together, in alignment, supporting one another with common goals and expectations. We are a great school because that “winning equation” is applied each and every day here at SBHS.

Recently, one of our teachers shared a story with me titled The White Envelope from the website http://www.giving101.org/white-envelope-project/ You can watch the video or read the story and I am encouraging you to spend a couple of minutes reflecting on the meaning of giving and caring for those in need, especially around the holidays.

As a school community, we are amazing when it comes to supporting those less fortunate through projects. We do this through a “Giving Tree”, Food Drives, IPLE Holiday Drive, Adopt a Family in Town, Friends of JJ Holiday Toy Drive, to name a few.

Wouldn’t our world be a better place if we all gave something to someone else – anonymously – and didn’t expect anything in return?

This holiday season, I plan to follow the The White Envelope project and purchase something for someone in need. I will write a note to my wife and place it inside a white envelope which will be added to my tree at home. As a family, we will open it last, and I will share the message of the story.

When you read The White Envelope, you will appreciate this message of giving. If your family chooses to participate in this project, consider sharing your thoughts with me via email. I would appreciate hearing from you!

I want to wish you a joyous holiday season and look forward to serving your children, our staff and this community in 2017 and beyond!

Pay-to-Participate for Advanced Placement and Clubs

If you haven't already done so, please remember that students in Advanced Placement courses MUST pay a $50.00 registration fee per course to meet the Pay to Participate requirement. The period for registration was October 15, 2016 – November 15, 2016. Keep in mind that the $50.00 course registration fee is separate from the $93.00 AP Exam Ordering fee. The registration fee is applied to the cost of Advanced Placement course materials and training for teachers.

To pay the registration fee for an Advanced Placement course, please log onto the South Brunswick High School Website. Under Quick Links,” please select the “Pay to Participate Registration Information.” Select http://www.sbschools.org/schools/sbhs/school_information/ptp_registration.php (Instructions for online payments are available below this link.)

IMPORTANT: In the event that a student does not pay the required fee, we will withhold Advanced Placement weighting and we will not order an AP Exam for the student.

If you have any questions, please contact April Gonzalez, Assistant Principal for Academic Leadership.

The Viking Leadership Alliance participated in the The Orange Project, which ran from December 2nd to December 9th. The purpose of this project was to raise awareness about mental illness and prevention of youth suicide. The VLA’s goal was to shed light on these issues to eliminate the stigma associated with mental illness and to encourage youth to talk about the issues they are facing. In addition to helping the South Brunswick community, the organizers of The Orange Project have a larger goal of breaking the Guinness Book of World records for most handwritten notes (30,000). Accomplishing this feat will bring more attention to the overall message that mental illness should be talked about and suicides can be prevented through communication.

Club Pay-to-Participate/ Registration Information

Students must submit a payment receipt to each group Advisor. Please see advisor for additional information and responsibilities. The fee is $25 per group with a maximum of $250 per family. To pay go to http://www.sbschools.org/schools/sbhs/ and select “Pay to Participate Registration Information” in the yellow Quick Links box.

Once you pay, PRINT A RECEIPT and bring to your club advisor.
December/January at a Glance

**Dates School will not be in session**
December 26 - January 2
January 16

**Early Release Days**
December 6
December 23
January 25

**Winter Concerts**
7:00 p.m.
December 6
December 23
January 25

Wind Ensemble, Choruses, Chorale,
Freshman Orchestra
December 7
Concert Choir, Symphonic Band, String Orchestra
December 8
Chamber Orchestra, Freshman Bands,
Symphonic Orchestra
December 13
Percussion Ensembles

**School Spirit Week**
December 19 - 23
December 23 - Pep Rally

**PSAT Night**
January 4 - 7:00 p.m.

**Winter Play**
January 19, 20 & 21 - 7:00 p.m.

**8th Grade Parent Night**
January 25 - 7:00 p.m.

Quarter 2 ends on January 27.

Check our online school calendar at [www.sbschools.org](http://www.sbschools.org) for a complete list of school events and updates. Follow the calendar link at the top of the page.

To view the District School Calendar and School Closing Information listing dates school will not be in session, as well as early release days, please go to [http://www.sbschools.org/our_schools/docs/12-13_closings_calendar.pdf](http://www.sbschools.org/our_schools/docs/12-13_closings_calendar.pdf)

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**Kudos, Kudos, Kudos...**

Congratulations to the following seniors who have been recognized in the National Merit Scholarship Program

**Semi-Finalists**
Natasha Badami, Swathi Chandrika
Rayvanti Chappidi
Elizabeth Chen
Adam Jamil
Daniel Kim
Irina Liu
Ganesh Modugu
Bhavani Sankaralingam
Paulo Ser odio
Saket Shah
Aditi Shankar
Ananya Swaminathan
Shelley Wang
Alice Zheng

**Commed Students**
Chanyoo Ang
Amy Bangad
Michael Bi
Nicolas Casilli
Surabhi Dattatri
Anamika Dua
Aditi Ganesan
Rebecca Golm
Archana Josyula,
Sumeeth Kamath
Kapil Kanwar
Marisa Katz
Humzah Khan
Zaynab Khan
Olivia Knutson
Navina Magesh Kumar
Mikel Matti coli
Shailesh Murali
Vishal Patel
Samil Paul
Joshua Panyak pily
Jay Phansalkar
Adithya Prabh a
Saagar Shah
Prasidh Sriram
Amolika Sristava
Megan Ung
Shreyas Varadachari
Shreyas Vinjamuri
Rahul Vohra
Brian Wang
Christina Yan
Devin Yang
Rebecca Zheng

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Our Robotics teams will be hosting their 7th Bi-annual Game Night on December 9th at 5:30pm in the Red Cafeteria. Come support our teams for an evening of casual or competitive gaming, featuring games like Mario Kart, Smash, Minecraft, FIFA, and more. Play for fun, or compete for prizes! See the Game Night flyers posted around the school for more information.

On Saturday December 10th, come join us here at SBHS for the biggest High School Robotics event in New Jersey! Stop by the blue cafeteria anytime between 8am and 4pm to see some robots in action. The event is free and open to the community! Food and drinks will be sold to support our teams. To learn more, visit [sbhsrobotics.github.io](http://sbhsrobotics.github.io).

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The Newspaper Club/Viking Vibe has been diligently working on its first print issue which will be published in December. We have also been regularly updating our website with new content almost every day. Please check us out at [vikingvibe.com](http://vikingvibe.com), subscribe to our newsfeed or download our free app available for both iOS and Android platforms. Just search for us wherever you download your apps. We are the one and only Viking Vibe! Recently, our students and alumni took home statewide awards for the Summer Contest at the Garden State Scholastic Press Association’s (GSSPA) annual Student Press Day. Our Editor-in-Chief senior Malaika Jawed (who also serves as GSSPA’s student president – a first for South Brunswick!) earned three awards: First Place in Opinion Writing, Second Place in Sports Writing and an Honorable Mention in Features Writing. Alumna. Victoria Gonzalez earned First Place in In-Depth Reporting and an Honorable Mention in Reviews and Entertainment. Junior Patrick Peralta earned a Second Place and an Honorable Mention for Opinion Writing and junior Nick Costa also earned an Honorable Mention for Opinion Writing. We are looking forward to more great writing in future months!
The Viking Connection

SBHS
Peter Varela
Principal

April Gonzalez
Assistant Principal for Academic Leadership

Yoshi Donato
Assistant Principal
Class of 2017 &
James Kimple Center

Susana Nikitczuk
Assistant Principal
Class of 2018 &
Guidance

Jaymee Boehmer
Assistant Principal
Class of 2019

Michael Scheese
Assistant Principal
Class of 2020

Mission Statement: The South Brunswick High School community values academic excellence, diversity, and a safe learning environment. The school empowers students to develop skills and character as they explore their talents and interests in order to become informed citizens and leaders in the global community.

Students flew to Honduras to participate in Biodiversity Research

This past summer 15 students flew to Honduras to participate in Biodiversity research with Operation Wallecea. The students ranged in grade from 9th to graduated seniors, but all had an avid interest in science and wanted to get some hands on experience working with field scientists from around the world. They were accompanied by Mrs. Lebovitch from the high school science department and Dannielle Lebovitch, a graduate from SUNY Binghamton’s neuroscience program.

Trisha Cabanado had this to say about the experience “In Honduras we got to experience what's at the heart of conservation, the actual fieldwork. We worked alongside scientists and other students from other parts of the world. At base, eating together and doing group activities it would feel like a regular summer camp. Getting to go out every day seeing the sights and observing the flora and fauna, that's what made it feel like an adventure. I loved getting up and going snorkeling, not just for fun but to check the health of the coral; and I enjoyed hiking and spotting different bugs and lizards.”

This coming summer we are trying to go on another adventure to Peru to spend two weeks on an Amazonian expedition. Students will be based on a research ship in the Pacaya-Samiria National Reserve which is the second largest protected area in Peru. There are two main objectives of the research program; to collect data on the sustainability of forest resource use by the indigenous Cocama people within the reserve and to provide information on the impacts of climate change and anthropogenic disturbance in the Amazon. Interested high school students should speak to Mrs. Lebovitch or Mrs. Shehata.

Students who attended: Alexandra Iordace, Alexandra James, Courtney Kovacs, Danae Audibert, Danielle Petersen, Jessica Sobze, Jared Austerlitz, Jayvaria Butt, Lauren McGregor, Manasa Sivakumar T, Manasvini Raghunathan, Miranda Irizarry, Pamela Sobze, Trisha Cabanado and Zain Shaikh.

First Ever Homecoming Rally and Homecoming

The first ever homecoming rally took place on October 21st. Fall sports teams were recognized, the Marching Band and choir performed, and the Homecoming Court was announced.

Friday October 21st was Homecoming and the theme this year was Through the Decades. Class Council and Student Council floats traveled around the track during halftime representing our chosen decades. The Student Council paraded The Viking Time Machine in the front. Followed by the Class of 2017 replicating the 90’s, Class of 2018 displaying their 60’s theme, Class of 2019 showing their 80’s pride and Class of 2020 rocking to the 50’s.

As the parade ended the Royalty followed. This year’s Homecoming Court included senior gentlemen: Hamza Abidi, Chris Camacho, Dan Kim, Michael Napoli, Chris Swierczek, and Anirudh Vemulapalli. With senior ladies: Gillian Chambres, Jill Grzelak, Rachel Hecht, Sam Love, Amanda Palumbo, Nina Trach, Deepshika Muruganathan and Joshua Liao went home with a crown.
Student Council continues their “Cause-of-the-Month” Campaign

Student Council is continuing their Cause-of-the-Month Campaign in the 2016-2017 school year.

September kicked off the year with Prostate and Ovarian Cancer Awareness month. Facts about the cause were posted around the school, and carnival activities were set up in the alcove to encourage students to learn more about the cause on September 21st. The staff and students wore teal and light blue to show their support.

October was dedicated to Breast Cancer Awareness. Pink cotton candy, pink lemonade, and pink tie-dye shirts were sold during the school day and at the Pink Game at night. SBHS decided to "Think Pink" on October 7th.

November 8th, Veterans Day, was our day for SBHS to wear red, white, and blue. We supported our troops donating over $200 to Operation Chillout, organization that helps homeless veterans in the area. Students and teachers also wore red, white, and blue to show that "SBHS supports Our Troops".

A message from our Nurses regarding the use of antibiotics

At the first sign of a sniffle, congestion, sore throat or cough do you make an appointment with your doctor?

Symptoms such as the above are usually typical signs and symptoms of a common cold most likely caused by a virus. Cold viruses can be treated with fluids, rest and ibuprofen (for sore throats). Interestingly enough, a third of the public still believe antibiotics work against coughs and colds and go to the doctor in search of them.

Education about the problem of antibiotic resistance, increasing understanding about the appropriate use of antibiotics and, in particular, increasing understanding about when antibiotics will not do any good is needed. Antibiotics will only work against bacteria and not the common cold virus. Typically doctors will have you treat your symptoms first for at least the first three days even with a fever before prescribing an antibiotic.

The misuse of antibiotics has led to antibiotic resistance which creates concerns. Antibiotic resistance occurs when an antibiotic has lost its ability to effectively control or kill bacterial growth; in other words, the bacteria are resistant and continue to multiply while taking the antibiotic.

What we can do to help with antibiotic resistance...

If you are prescribed an antibiotic for a bacterial infection finish all of the medication and take the antibiotic at the times the doctor prescribed. We should never have any leftover antibiotics in our medicine cabinets.

Stop & Shop A+ School Rewards Program

Again this year, South Brunswick High School – ID#: 09268 has the opportunity to participate in and earn CASH from A+ School Rewards, a great fundraising program run through your local Stop & Shop!

PLEASE NOTE: You DO NOT need to re-register your card if your school selection(s) remains the same as last year.

To participate: Visit www.stopandshop.com/aplus and scroll down to the center of the page to select REGISTER YOUR CARD from the red box on the right marked FOR CUSTOMERS; or,

Call the A+ School Rewards Hotline at 1-877-275-2758 for assistance.

To earn points:

- Use your registered STOP & SHOP CARD each time you shop at Stop & Shop, and you will earn CASH for our school. You can track the number of points you are earning for our school by checking your grocery receipt.
- At the end of each month, your points are calculated and converted to CASH rewards for our school. These CASH rewards are updated monthly on the Stop & Shop A+ website beginning in November.
- After the last day of the 2017 program, which is March 17, these same conversions are performed and the final school account total is posted.

Have you liked us on Facebook?

HTTPS://www.facebook.com/SBSDSBHS
The W.I.S.H. (Working in Senior Housing) Club just held their 4th Fall Ball at Genesis Park Place in Monmouth Junction. The amazing students in this club made decorations, favors, and danced the afternoon away with the residents. The club’s members meet once a month to learn about dementia and working with the elderly population. They visit local assisted living and skilled nursing facilities once a month to play games that they have developed with the residents, to sing songs with them, and to spend time socializing with them. This spring, the club will hold a Spring Carnival in one of the assisted living facilities. These students truly epitomize our core values!

Model UN team won "Outstanding Small Delegation" and 3 of the students won individual awards! This includes Malvika Narayn for Best Position Paper, Nada Shalash for Outstanding Delegate and Janet Zhou received a verbal commendation for her work in her committee.

PEER
Peer Leadership is working on various service projects this year. So far, we have collected backpacks full of school supplies to donate to the Monmouth Junction School. Two groups also volunteered at Habitat for Humanity in Freehold. One group worked to help build a house for a family in need and the other group painted at the Habitat ReStore. Great job guys! Next up we will be volunteering at Bentley Community Services pantry in South Brunswick.

W.I.S.H. Club holds their 4th Fall Ball

The Giving Tree
Many clubs and organizations have signed up to 'Adopt' a needy South Brunswick family for the holidays. This wonderful program provides holiday gifts for children and their families in the community who otherwise would receive nothing. If your child is not a member of one of the groups that has ‘adopted’, please consider participating through our Giving Trees by contributing gift cards for Stop and Shop, Target or local gas stations. The trees will be on display during December, but you don’t need to wait, just have your son/daughter bring his/her gift card to Lauren Morris Activities Coordinator located in the Activities Office, Room 109 in the Annex. Cards in envelopes clearly marked ‘Mrs. Morris’ can also be dropped off at the main reception area. All gift cards will be distributed to qualified needy South Brunswick families through the SB Social Services Department.

Your generosity is greatly appreciated.

Happy ‘Season of Giving’ to all!
News from the Library by Lisa Manganello

It has been a busy fall in the library! We are hosting many exciting programs and events this year! Our Viking Challenge Tea was a great success on November 16th with many students and classes visiting to join us for a cup of tea and a good book recommendation. The Viking Challenge reading contest is designed to broaden our student’s horizons as they plan for life after high school, this year’s reading selections include recent national award winners. This year, we have expanded our challenge to include the Viking 25. Students may select a book of choice to meet each of the twenty-five categories. We hope you will encourage your child to participate. Additional information on the contest can be found on the library wiki page.

Our library continues to grow with new books arriving throughout the school year. Our librarians are always ready to recommend print and online materials. To support students as SBHS continues BYOD (Bring Your Own Device), the library will offer charging stations to power up student devices. We will work to educate our students on device etiquette looking for teachable moments to share how and when to use a device. To better meet our student’s technology needs, we are expanding our ebook and database offerings. Popular fiction ebooks are available for student checkout via Axis360. Once the Axis360 app is downloaded to a phone or tablet, students can access a variety of popular titles. The SBHS databases supply credible, quality information on many topics, including: history, current events, international and domestic politics, literature, science, and health. Passwords are available at the library desk. Finally, our library catalog is available online to students at southbrunswickhs.goalexandria.com.

Please encourage your child to come and visit the SBHS Library Media Center. The library is open at 7:10 every morning. Students may visit before school, during HAP classes, and at lunchtime. Our desktop computers are available to students throughout the school day and our laptops and iPads are available for class use. The library staff looks forward to working with our students.

Food for Fines
At a recent meeting, Mrs. Joanne Kerekes, Assistant Superintendent for Curriculum and Instruction and the Supervisor of District Librarians, spoke of the need for donations to the South Brunswick Food Pantry, and introduced the idea that our district libraries are in a position to help. To support our community, all elementary librarians will be sharing the picture book Maddi’s Fridge with their students. While the high school librarians are planning a book display that highlights community service, we are hoping that we can entice our students to actively participate in the fight against hunger: In December, we will waive overdue library fines for students who donate to our South Brunswick Food Pantry collection.

The rules:
- Students can clear overdue fines with a food donation
- Outstanding books must still be returned
- Students will still be charged for the replacement of lost books
- Donations will be accepted until December 23.

The Meadow Farms Online Catalog Fundraiser is just in time for your holiday shopping.

Go to the following link: http://shop.meadowfarms.com/index.asp?PID=1011173

You shop, and our SBHS PTO will earn a percentage of the sale. Please forward this Link to your family and friends to help support our efforts.

Orders get shipped directly to your home! Spend $75.00 on products on the site and get free shipping!

All the funds raised will go right back to the SBHS school community. The more we raise the more we can do for our students and faculty!

Sale ends December 16, 2016.

Additional news...
Food truck fest was a great success! Thank you to all who were able to make it!

Canned goods were collected at the Food Truck Fest and donated for the food pantry!

Senior Class wins Powder Puff

The 16th Annual Powder Puff Football game was held on November 19th at 6:00 p.m. Leading up to the big game, students from each of the classes decorated their halls, practiced their offense and defense, created cheers and put together their Spirited Uniform for a battle of the classes. The seniors became two time champs.
Musical Notes:

Marching Band - The Viking Marching Band had an outstanding season this fall winning the New Jersey State Championship for the fourth year in a row. In addition, the band won awards for Best Colorguard, Best Visual, Best Overall Effect, Best Percussion and Best Music. The Marching Band also won the Yamaha Cup Championships at MetLife Stadium where they also received awards for all captions. The band went undefeated in regular season winning competitions at Piscataway HS, Hillsborough HS, Hopewell Valley Regional HS, and East Brunswick HS. At the US Bands National Championship the band took second place and won the award for best music. The band also provided community support by playing at the Veteran’s Day ceremonies at the South Brunswick Municipal building and participating in numerous school events.

U.S. Army Field Band - On Sunday, November 13th the South Brunswick Music Department hosted the United States Army Field Band and Soldiers Chorus in concert. The auditorium was filled for the amazing concert. SBHS alumni Tim Coombs is a member of the auditorium was filled for the amazing concert. SBHS alumni Tim Coombs is a member of the U.S. Army Field Band and played the trumpet at the Veteran’s Day Ceremony at the Municipal Building on November 11th. They added a musical touch to the Project Graduation Craft Show on November 26th, and were the featured performers at the SB Public Library fundraiser on December 1st. In addition to their upcoming concerts, they will be performing for the South Brunswick Senior Citizens on December 12th and the South Brunswick Board of Education on December 19th.

The SBHS Music Department presents their Annual Winter Concerts - The SBHS Music Department will host four completely different evenings of music on December 6, 7, 8 and 13, 2016 at 7:00 p.m. Admission is free. The Music Department will once again be supporting the “Friends of JJ” Toy drive in an effort to deliver some holiday cheer to pediatric cancer patients. You can help! Please bring an unwrapped toy for donation to the cause.

The following groups will perform on each of the evenings:

- **Tuesday, 12/6** - Wind Ensemble, Choruses, Chorale, Freshman Orchestra
- **Wednesday, 12/7** - Concert Choir, Symphonic Band, String Orchestra
- **Thursday, 12/8** - Chamber Orchestra, Freshman Bands, Symphonic Orchestra

Athletics News

Congratulations to Elaine McGrath, who has been awarded the State Athletic Director of the year. In addition, she was recently appointed President of the New Jersey State Interscholastic Athletic Association Executive Committee (NJSIAA) back on Sept. 19th.

**Fall Sports:**

- The 2016 Fall Varsity Award Booklet will be online December 1st for all to view.
- Girls’ Soccer: GMC Finalists and Red Division Sportsmanship Winner
- Boys’ Soccer: Placed 4th in Red Division and a GMC Finalist - 3rd Time for Senior Class
- Girls’ Cross Country: 1st Red Division Championships, 1st GMC Championships, 4th in Central Jersey Group IV Championships and 13th State Group IV Championships

- Boys’ Cross Country: 3rd in Red Division Championships, 4th in GMC Championships and 7th in Central Jersey Group IV Championships
- Girls’ Volleyball: Red Division Sportsmanship Award
- Girls’ Tennis: Red Division Champions, 2nd Place GMC Tournament, Semifinalist for Group 4 Central Jersey
- Gymnastics: 4th place at GMC’s
- Cheerleading: Two Superior Ribbons at UCA camp for Cheer and Extreme Routine
- Football: Semifinalist of the NJSIAA State Tournament

**Winter Sports** are underway. Log onto www.schedulestar.com for an up to date schedule of all athletic events.

**Tuesday, 12/13** - Percussion Ensembles Come enjoy an evening of music!

**The South Brunswick Concert Choir** - Has had a busy fall! They have performed for several school events as well as many community events. They performed for the Veteran’s Day Ceremony at the Municipal Building on November 11th. They added a musical touch to the Project Graduation Craft Show on November 26th, and were the featured performers at the SB Public Library fundraiser on December 1st. In addition to their upcoming concerts, they will be performing for the South Brunswick Senior Citizens on December 12th and the South Brunswick Board of Education on December 19th.

**Madam’s Been Murdered..Tea Will Be Late** - The South Brunswick Pirandello Players are hard at work on their first production of the year entitled, “Madam’s Been Murdered… Tea Will Be Late.” This mystery/comedy will be presented January 19, 20, 21, 2017 at 7:00 p.m. The cast includes Seniors - Zyair Hill, Madeline Schmidt, Samantha Stanford, and Thomas Steele, Juniors - Meghan Albright, Tina Petrillo, Jordin Sava, Hudson Waller, and Tyler Wrotny, Sophomores - Kelly Biancamano, Mary Burke, JC DeMaria, and Allie Smith and Freshman – Amanda Dekok.

The 2016 Yearbook earned the All NJ Platinum Award from the Garden State Press Association as well as a First Place award from the American Scholastic Press Association. Students are currently hard at work creating the 2017 yearbook. Do not miss out on your chance to purchase a book from this award-winning program.

Books are on sale at www.smart-pay.com for the price of $90. Don't wait because the cost increases to $100 on January 1st and book sales will close indefinitely at the end of January.

Any inquiries regarding payment plans or reduced costs due to financial hardships should be directed to the advisor at Anna.Lehre@sbschools.org
**Viking Closet News**

The Viking Closet is off to a great start. We received two wonderful monetary donations from Duchess Florals of North Brunswick and a $1,000.00 donation from the Asian Club at the end of June. We are so very thankful to both organizations!

We opened up the doors of the Viking Closet in October to families in need through South Brunswick Social Services and have helped 10 families to date.

The Viking Closet is hosting its annual Free Raffle on Wednesday, December 14th during all lunches. Students can enter by going to the designated tables near the Blue, Red, and Annex cafeterias to receive a ticket. Students can choose from a variety of high end prizes to win like brand new Calvin Klein clothing, Vera Bradley, Coach, North face, Polo and so much more! And remember it's completely free! Each student has 5 chances to win from one ticket!

The Viking Closet is also hosting its first ever Creative Sign Contest where any student with a little imagination can design a sign for the entrance to the Viking Closet! Pick up the contest rules outside of room B310. The contest has begun and we are currently accepting submissions! The winner will receive a $50.00 gift certificate to Dunkin Donuts. The winner will be chosen on December 14th.

At this time we are in need of winter outerwear of all sizes, including coats, gloves, scarves, hats, etc. Along with 2x and above clothing.

We will also begin taking donations of prom/semi formal dresses in the beginning of January.

**Parent Academy News**

**by Christine Mariano**

The South Brunswick Parent Academy is off to another great start! In its 11th year, SBPA began the 2016-17 season with 4 workshops on topics which offered timely and relevant information to our families: Race to Nowhere, HIB and Bullying, and most recently, Freedom to Fail. Missed any of our workshops? Information from and a video replay of each of those workshops can be found on the Parent Academy page of the District website, under Workshop Resources, or by clicking here.

Coming up after the holiday break, SBPA will offer two compelling workshops in January, Resistance to Change: Overcome It & Unlock Your Potential on January 10th and Self Regulation: Continuing the Conversation on January 24th. Both workshops will be held at Crossroads North Middle School, from 7-8:30 pm. You can register online on the Parent Academy page of the District website, or by clicking here.

The first workshop, Resistance to Change, will focus on changes in both our lives and our children’s lives and our reaction to it. For most of us, there can be a gap between what we seek to change and how to make such change happen. The concept is called “immunity to change” and we all have it, in varying degrees. The basic premise is that there is a real reason behind why there is natural resistance to change— even when there is good intent. Once you understand how inner resistance to change works, you can explore ways to help your child’s (and your!) resistance to change and discover ways to help overcome that resistance to help unlock his or her potential and increase pathways to success. As an added bonus, we will be giving away 10 copies of the book, Immunity to Change: How to Overcome It and Unlock the Potential in Yourself and Your Organization (Leadership for the Common Good) by Robert Kegan & Lisa Laskow Lahey.

Our second January workshop, Self-Regulation: Continuing the Conversation on January 24th will be a follow up to last year’s very successful workshop on the same topic. The focus of this workshop will be providing tools to parents which they can use to help their students develop good self-regulation skills. We all share the goal of wanting our children to be independent and productive and self-regulation is one of the keys to accomplishing this. To be successful, students must learn skills such as organizing their time and materials, persisting in their efforts, monitoring the quality of their work, keeping their emotions in check, and controlling their behavior. Join us and learn more about what you can do to help your child develop better self-regulation skills. In addition, we will also be giving away 10 copies of our companion reading, Mindset: The New Psychology of Success by Carol Dweck.

**Have you viewed the White Envelope Project?**

http://www.giving101.org/white-envelope-project/