SB Reads: Full S.T.E.A.M Ahead by Lisa Manganello

In cooperation with the South Brunswick Public Library, the SBHS librarians are proud to announce Full S.T.E.A.M Ahead as the 2016 South Brunswick Reads theme. To support this partnership, we will be adding a steampunk spin to our exploration of Science, Technology, Engineering, Art, and Math. Steampunk fiction features richly imagined modernized Victorian societies powered by steam engineering. Recent steampunk fiction will be read and recommended to our students. To support the district’s BYOD policy, the SBHS library will offer our readers the new option to download steampunk selections to a phone or tablet using our Axis 360 app. Click here for the Steampunk wiki page and reading lists. To launch SB Reads, the librarians hosted a tea on Wednesday, February 10th. Students and teachers were treated to a cup of tea and talk of great books throughout the school day. If you have any questions about SB Reads, please contact our librarians, Lisa Manganello and Shannon Kish.

Love our Libraries Week - February 8th-11th

South Brunswick Reads is made possible through a thriving partnership between the South Brunswick Public and School libraries. To celebrate this connection, the SBHS library hosted Love our Libraries Week, February 8th through the 11th. On Thursday, February 11th, the South Brunswick Public librarians visited the high school to remind students of the benefits of library membership. Students were encouraged to sign up for a public library card and to learn more about the great free services including Freegal, a music and movie downloading service, Zinio, to access the latest digital issues of popular magazines, and Overdrive, for downloadable ebooks. The district’s BYOD initiative allowed the public librarians to help our students to utilize these great services on their phones, tablets, and computers.

SBHS Full STEAM Ahead Makers Day - March 18th

The SBHS Library will participate in New Jersey Makers Day on Friday, March 18th. To test our plans for an updated makerspace, students can make a variety of STEAM products. Encourage your student to stop in to the library on March 18th to find out more.

Please encourage your students to visit the library. For the latest library news and events follow us on Twitter @SBHSLibrarian and #SBHSLibraryLife. For recent book reviews, friend us on GoodReads at South Brunswick High School Library.

Summer Institute 2016: SBHS students plan for summer coursework by Thomas Decker

Students are now enrolling for the 2016 Summer Institute. The SBHS Summer Institute offers a set of courses which enable a student to advance a course level in a given sequence of courses, begin post-secondary study in an interest area, take a course of studies not currently offered during the school year at South Brunswick High School, complete more advanced or intense study in a given area of interest, or respond to a scheduling conflict which precludes the student taking a course critical to his/her educational plan.

SBHS Summer Institute Courses for Advancement are available for credit. Students will automatically receive Option II credit on their transcripts that will count toward graduation credit, if students fulfill all course requirements.

This year, the SBHS Summer Institute will offer 18 courses, including some courses for rising 9th graders, as well as one for rising 8th graders. The Summer Institute will run from June 24th to August 5th. Students have the opportunity to take Advanced Biology, Advanced Geometry, Personal Financial Management or Robotics as well as other courses.

This year a new course will be offered: College Academy. This academy is designed for 12th graders who want an early start to the college application process. A complete list of all courses offered is available on the SBHS website.

Applications and fees for the Summer Institute are due by May 15, 2016. The Institute is open to students both in and outside of South Brunswick School District. Enrollment is limited and courses will be filled on a “first come, first served” basis.

Thomas Decker, K-12 Supervisor of World Languages and ELL is serving as the Head of School for the Summer Institute. For more information, please visit the SBHS website or contact Thomas Decker, via email: thomas.decker@sbschools.org, or phone:732-329-4044 x 5201
March & April at a Glance

Dates School will not be in session
Spring Recess
March 21st - March 28th

Early Release Days
Parent Teacher Conferences
March 15th
Afternoon & Evening
Conferences
(There will only be one day of
parent/teacher conferences at the high
school. March 16th and 17th will be
full days of school at the high school.)

Professional Development
April 5th

Special Events and Programs
District Band Festival
March 8th
Temptasian
March 12th- 7:00 p.m.
District Art Gallery
March 31st - 6:00 p.m. - 9:00 p.m.
Women’s Leadership Conference
April 2nd - 8:00 a.m.
Mr. SBHS
April 8th - 7:00 p.m.
Colorguard Championship
April 16th
School Spirit Week
April 18th - 22nd
International Night
April 21st - 6:30 p.m.
College/Career Fair
April 28th

Board Meetings (7:00 P.M.)
March 14th
March 28th
April 11th
April 25th

Check our
online school calendar at
www.sbschools.org
for a complete list of
school events and updates.
Follow the calendar link
at the top of the page.

Junior Prom is right around the corner!!

The Junior Prom will be held at the Pines Manor in Edison on May 21st from 5:30 p.m. to 10:30 p.m.

The theme this year is "A Night Under the Stars" and the cost is $95 per person. Packets will be available in the Activities Office and Grade Level beginning March 4th. "Tickets" will be sold during all lunches in the main alcove from March 29th - April 1st. Prom Court nominations will take place during these days as well. Students may also obtain table seating selection forms at that time. No actual "tickets" will be given; all students who turn in a prom packet will be placed on a check-in list for prom night. Table seating selection forms will be due Tuesday, 4/19 and Wednesday, 4/20 during all lunches in the main alcove.

2016 Senior Prom
“A Night in Paradise”

The 2016 Senior Prom, "A Night in Paradise," will take place on Saturday, June 4th at the East Brunswick Hilton. The Senior Prom begins at 6:30 p.m. and ends at 11:30 p.m. The cost of the prom is $125 per person. Prom packets with additional information, as well as specific rules and regulations, are available in the Senior Class Office/SPS as well as from any Senior Class Officer.

Packets are due in the cafeteria alcove during all lunches the week of April 11th through April 15th.

“She's the First”

She's The First has been working hard selling baked goods in order to raise money to send a girl living in a developing country to school. Their first event, co-sponsored by Model UN, was a movie night on March 3rd. There the club showed He Named Me Malala in order to raise awareness about the importance of educating young women around the globe. We look forward to another year of successful fundraising, inspiring feminism among students, and making a difference in the community.

Class of 2019 News

The Class of 2019 has been hard at work fundraising. With their first year under their belt, these students have really come together to show class pride! If your son or daughter still doesn't have a Class of 2019 shirt, they can still purchase one for $10 in the Activities Office. Their first major fundraiser selling Griggstown Farm pies was such a success they decided to repeat it! They have also been selling Phili Pretzel Factory Pretzels, and will be selling them again at least once a month after school, so keep your eyes peeled! If your son or daughter would like to help out the Freshman Class, they can apply to run for a class officer for his or her sophomore year!

Krayons for Kids

The class of 2016 committee is proud to promote ‘Krayons for Kids!’ It is an initiative to donate new coloring supplies to the patients at Bristol Myers Squibb Children’s Hospital. Show your support by dropping off new crayons and coloring books during the whole month of March. Collection boxes will be locations throughout the High School including: all Gyms and cafeterias, Sports Entrance, and Main Entrance. Additional opportunities to donate coloring supplies towards this cause will be during the Annual District Art Show, which will take place on March 31st at South Brunswick High School.
Class of 2017 holds successful Wing Bowl Event

The Class of 2017 hosted the first annual Wing Bowl event on Friday, February 5th. The wing eating contest was a huge success, bringing in over 160 people. We had eight juniors and seniors competing for a $40 gift card for Buffalo Wild Wings. Our grand champion, Nick Caimi, finished an astonishing 33 hot wings in two, five minute rounds. Congrats, Nick! In addition, the South Brunswick Superintendent, Dr. Jerry Jellig, also beat Chris Belding, a member of SBHS’s custodial staff, in the Blazin’ Challenge. Join us next year for a great time!

Special Olympics try their hand at new winter sport

This year the Special Olympics team engaged in a brand new winter sport. Trying bowling for the first time made the athletes both excited and eager. At each of the seven practices, the athletes learned bowling regulations, ball to pin positioning, and sportsmanship. At the Area Meet held at Brunswick Zone in North Brunswick, the bowlers went on to compete with athletes from various county schools and organizations.

Our bowlers took home gold, silver, and bronze medals. Two athletes advanced to compete in a Sectional Tournament held at Strathmore Lanes in Aberdeen Township. Both athletes prestigiously won silver medals!

Congratulations to our student athletes and coaches!

American Red Cross Club holds two successful blood drives

The blood drive committee of the American Red Cross Club has been very busy lately with its last two community blood drives. The December drive brought in 96 pints of blood and our February drive collected 80 pints totaling 176 pints of blood for patients in need of blood transfusions.

We are proud to say the ARC Club was invited to an event held at the Prudential Center on February 26th. They were honored and presented with a certificate for recruiting donors leading to the largest community based blood drive for our December drive. The recognition and reception was followed by a Devils game and an opportunity to take a picture with one of the Devils players Brian Gianta.

Thank you to the South Brunswick community for your continued support of our blood drives.

Please take a moment and the video below to see how blood donors save lives.

https://www.youtube.com/watch?v=txPGMw212tk&feature=youtu.be&rel=0

(Pictured are club advisors Donna Moreen and Peri Sokol with Mr. Varela and two students of the club receiving recognition at the NJ Devils game.)

Special Olympics Track and Field

SBHS Special Olympics is gearing up for the 2016 spring track and field season. SBHS Special Olympics Club members will help athletes train for the Area 5 Special Olympics Track Meet in May. Athletes will train for the following events: 25 meter dash/walk, 50 meter dash/walk, standing jump, and softball throw. Practices begin on Saturday, April 2nd from 10:00 a.m. – 11:30 a.m. at the Crossroads Track. All are welcome to be a part of this fun club! If interested in being a member of the SBHS Special Olympics Club, an information meeting will be held on Wednesday, March 30th in B100 after school. Hope to see you there!
Mental Wellness at SBHS by Amy Finkelstein

"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."
~World Health Organization, 1948

The emotional well-being of our students is of utmost importance to the staff at SBHS. While we have always recognized the importance of mental wellness, we are excited to have this as a dashboard goal this year! With the district’s focus on this topic, we are able to have time to meet and focus our energy and resources on even more ways that we can support students!

Listed below are actions the Mental Wellness Committee (comprised of teachers, counselors, clinicians, administrators, a parent representative, the municipal alliance coordinator, and a board member) have accomplished so far this year!

We have held Parent Academies this year focusing on student stress, transitions to middle/high school/college, freedom to fail, and drug and alcohol awareness.

Teaching staff has participated in professional development on the following topics: stress management (for ourselves and students), self-regulation, executive functioning, mindfulness, drug and alcohol awareness, transgender issues, and eating disorders.

Students in grade 9 health received lessons by the Student Assistance Counselor on suicide awareness and how to report concerns in our school.

These are actions in progress:
Subcommittees are involved in the following projects:

- Planning a student mental wellness fair for the Spring to expose students to support services in our school and community (will take place during lunches), conducting a book study on mental health related to workload, extending learning opportunities into the curriculum to incorporate mental health awareness through activities and presentations, and facilitating several student focus groups this Spring to discuss mental health concerns and school climate.

- We have begun to share articles and highlight activities in our schools through twitter, using #sbbalance. We would love for families to join in tweeting!

- We are creating a user-friendly mental health directory for both staff and parents to access on the portal, to make it easier to find local services.

- Staff will have a refresher training on how to handle concerns of student self-harm.

- SBHS administrators regularly meet with our BRIDGE program clinicians. The BRIDGE program offers individual, group, and family services, and assists with crisis assessments and referrals. Students may also attend their lunch, after school, and community activities.

- Peer and HiTops programs help students support one another and teach valuable lessons.

- This month, we had the amazing opportunity to shadow a cross section of our population, and experience firsthand a day in the life of SBHS students.

- We will be holding a “Proms, Parties, and Pitfalls” event in the evening to address underage drinking.

- We work in collaboration with other dashboard goal committees, as we are so clearly tied to physical wellness, school climate and safety, cultural diversity, homework, and supporting at-risk learners!

Upcoming initiatives we are considering are:

- Collaborating with the SB library to create study sessions there with therapy dogs available to alleviate stress.

- Bringing in a trainer from the Sexual Violence Prevention Coalition of Middlesex County to train staff and student groups on prevention and awareness.

- Adding a component to the 9th grade first day orientation about support services in our school to help manage stress and transitions.

- Continuing the Mental Wellness goal into the 2016-17 school year, with more emphasis on getting students information on signs/symptoms of mental health issues and resources for coping and support.

For more information on counseling and emergency services, go to www.sbschools.org, and click on "Departments" then "Student Services". There is a link for emergency/crisis numbers. Also on our website, under "Parent and Student Information", there is a link to "Mental Wellness Resources" with further information on services we can provide.

Thank you!

Your mental wellness committee chairs:

Amy Finkelstein, LCSW
Supervisor, Student Assistance and Wellness

April Gonzalez
Assistant Principal of Academic Leadership

Kathleen Derillo
Supervisor of Special Education, SBHS

Christine Mariano
South Brunswick Parent Academy Director & South Brunswick Municipal Alliance Coordinator

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Amy Finkelstein, LCSW
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Assistant Principal of Academic Leadership

Kathleen Derillo
Supervisor of Special Education, SBHS

Christine Mariano
South Brunswick Parent Academy Director & South Brunswick Municipal Alliance Coordinator
“I woke up late and didn’t have time for breakfast.” Many of our students break away from important classes complaining of feeling weak and dizzy because they didn’t have time to eat in the morning. This is hardly a problem that is isolated to South Brunswick High School.

The American Academy of Pediatrics estimates that 20 to 30 percent of teens routinely skip breakfast. Missing this important meal means missing out on improvements in cognitive performance, memory and learning. Teens that don’t eat breakfast also have a harder time meeting their nutritional requirements and maintaining a healthy weight.

There’s no getting around the truth: Adolescents are often in a hurry, and mornings are no exception. While a sit-down breakfast made up of the four basic food groups is the ideal, a grab-and-go breakfast item is the next best thing.

Such sources of carbohydrates (good energy for teens) as these should be in your teen’s possession as he or she dashes out the door on a school morning:

- Granola bars
- Breakfast bars
- Dried fruit
- Fresh fruit
- Dry cereal

So, remind your busy sons/daughters that they need fuel to keep their engines running properly at school. Breakfast is their most important meal of the day….help them to make it happen!

W.I.S.H. Club unveils “Woolworth’s on Wheel’s” by Meryl Orlando

Five years ago, a group of students participated in a Character Education initiative where they visited several skilled nursing and assisted living facilities. The students were so excited about working with those seniors that they asked if they could start a club so that those visits could continue. Thus, the W.I.S.H. club was born.

Now in its fourth year, the club is a thriving organization of over 40 students who visit 4-5 facilities each month. These students play memory games, sing old songs, and interact with the residents in these homes.

Twice a year, the club plans a special event—a Fall Ball and a Spring Carnival. The club also meets twice a month to plan the visits and to learn more about the issues facing senior populations such as dementia.

On Sunday, February 28th, at Genesis Park Place, the students unveiled “Woolworth’s on Wheels”—a cart filled with snacks and sundries. Based on the premise that the residents can’t get out to the store, the students wanted to have the “store” come to them.

The residents were thrilled to shop and look forward to future visits from our club members. As it was in its inception, the W.I.S.H. club continues to be a shining example of our students’ extraordinary character.
What’s new in STEM at SBSD by Aparna Rajagopal

Invention Convention Mentoring
In what has become an annual tradition at SBHS, Dr. Rajagopal organized a workshop for elementary school students interested in participating in the district-wide Invention Convention on Saturday, December 12th. Stacey Ta (Elementary Math-Science Supervisor) helped with this endeavor. This event provided girls from the XSTEM club (Thank you Megan Ung, Medhavi Sehgal, Mitalee Bharadwaj) at the high school an opportunity to mentor younger students and serve as ambassadors for STEM. Over 125 4th and 5th grade students from all 7 elementary schools across the district attended this session.

The Invention Convention
On Saturday, January 9th we hosted a well-attended Invention Convention at SBHS.

Computer Science Education Week – Hour of Code at SBHS
During the Computer Science Education week in December 2015, we participated in the Hour of Code, and joined two million others across the globe to introduce students not registered in a coding class to the fundamentals of coding. Students enrolled in Computer Science classes assisted in this project with enthusiasm. Mike Mat ticoli, a junior at SBHS who is passionate about coding and computer science, was instrumental in advocating for this event.

A new Partnership with Bristol Myers Squib (BMS) and Student to Science (S2S) provided students the opportunity to interact with local STEM professionals as they conducted experiments and made connections between science concepts and real life applications. This Virtual-Lab experience gave students a chance to experience a fully interactive, Web-based, hybrid distance-based learning (HDBL) program. Some students built floatation devices to save cell phones that fall into water, and others learned water purification techniques through precipitation of contaminates, and experienced how environmental scientists work to improve water quality. S2S and BMS generously provided the chemicals and equipment required for these experiments.

SBHS students were awarded 23 medals at the NJ Science Olympiad Regional Tournament held in January

Two teams coached by Amrish Garg and John Noble of the Science Department and consisting of 36 students represented SBHS at the NJ Science Olympiad Regional Tournament held in January this year. Each team of 18 students participated in 10 events. Among the 23 competing teams, Team A took 4th place and Team B took 7th place overall, enabling SBHS to advance to the State Finals Tournament to be held in March. Altogether the students were awarded 23 medals for their performances.


In order to further sharpen their skills, our students participated in two Invitational Tournaments held at Yale University and Montgomery High School respectively.

More photographs of this event are at: http://sbhsstem.weebly.com/pictures.html

Students from ROBOTICS Team 750E were at the event to exhibit their robot. This outreach was well received by both elementary school students and their parents.
The Viking Closet’s 5th Annual Sisterhood of the Traveling Prom Dress Event was a huge success

The Viking Closet, for the 5th year, ran a very successful “Traveling Prom Dress Event. Over 120 guests attended with over 500 dresses donated. 30 businesses contributed and more than 60 volunteers assisted in the set up with more than 70 volunteers on hand the day of the event. Anyone entering the event found makeup artists, Henna artists, Hairstylists, along with entertainment by soloists, duets, string trios to name a few. Movies played while patrons shopped.

Students were able to enter our free raffles for senior and junior prom tickets, mani/pedi’s, up do’s, makeovers, a swarovski necklace, a costume jewelry basket by Bling, Uggs, Michael Kors sandals, and 7 coach bags. A door prize was also given every hour to a lucky ticket winner. Every student was able to take home a free pair of prom shoes, a prom purse and a piece of jewelry. Each girl received a goodie bag full of items from Five Below as well as a beautiful bouquet from Hugs for Brady. Refreshments were also served to our guests.

Thanks to the amazing Viking Closet Club students that worked tirelessly for months to make this event the success that it was. Without them, this event would never have come to fruition. These students took a simple cafeteria and turned it into a beautiful dress boutique! Club members got involved in fundraising, advertising, short film making, photography, baking, banquet set up and take down, customer service, inventory, heavy lifting, display design, organization skills, and retail tasks to name a few.

Along with makeovers and hairstyling we were able to add Henna tattoos to our repertoire. It was an overwhelming hit. Other new additions this year included Ms. Sokol-Orlandos Advanced Fashion Design class repairing some of the dresses that were in need of tender loving care.


A special thanks to the restaurants- Alphonso’s, Nonna’s and On the Border who personally delivered all the food and fed the volunteers. Thanks to Kathy Juana from Mission Lane for all the brand new Calvin Klein Clothing.

Parent/Teacher Conferences

Tuesday, March 15, 2016
1:00 p.m. - 2:30 p.m.
6:45 p. m. - 9:00 p.m.*

*All Evening Conferences will take place in cafeterias, gyms or first floor classrooms.

ALL staff members will be available for parent/teacher conferences without appointments.

Each conference will be limited to five minutes to enable you to see as many teachers as possible. The teachers’ locations will be available at the front entrance of the building when you arrive.

**PLEASE BE SURE TO PARK IN LEGAL PARKING SPOTS.

Senior Parking Update

At this time, our Senior parking lot is full and we’ve distributed all of the Spring decals. Students who do not have the proper decal displayed may receive a consequence.

If there are further questions, please contact Mrs. Donato at yoshi.donato@sbschools.org

New Club Applications

Applications for new clubs 2016 - 2017 school year must be submitted between April 1st and May 1st. Applications are now available in the Activities Office, Room 109.

Student Government Elections

Calling all students who are interested in participating in either the school-wide Student Council or any of the individual Class Councils next year -- application packets for both elected offices and appointed positions will be available in the Activities Office, room 109, beginning April 15th. All details and information for candidates will be included in the application packets.

Applications for new clubs 2016 - 2017 school year must be submitted between April 1st and May 1st. Applications are now available in the Activities Office, Room 109.

New Club Applications

Applications for new clubs 2016 - 2017 school year must be submitted between April 1st and May 1st. Applications are now available in the Activities Office, Room 109.
James Kimple Center serves the homeless at Soup Kitchen  
by Sandra Lucariello

As part of the James Kimple Center's New Years Resolution to Give Back, on February 4th, a few students and staff from the program volunteered for the day serving the homeless at the Trenton Area Soup Kitchen. Some of them served food behind the kitchen line, while the others delivered trays of food to the patrons and assisted with the other daily activities. Together with the staff, they were able to serve over 350 patrons for lunch.

Mrs. Lucariello shared, "similar to when I volunteered in high school at the Trenton Soup Kitchen, it was incredibly rewarding to help those in need, which is why I wanted to share this experience with my students."

Once we returned from the trip, the students and staff met to de-brief about their experience. Through this discussion one student shared, "It made me see poverty in a different way. It's sad because you know that these people don't have any place to stay and it makes me reflect on my life and my own struggles....what I'm going through could be worse." Another student requested that we make the experience a regular thing because "it was a great experience helping others." The students not only gained so much from helping those in need, but also bonded with one another through this opportunity. The Trenton Soup Kitchen is 100% funded by donations and organized by volunteers, which makes it so important to help out. We look forward to volunteering there again soon.

Musical Notes:

Drama Club to present “Into the Woods” May 5th, 6th and 7th  
By Virginia Kraft

The South Brunswick Concert Choir is busy raising funding for their busses to their performance at Carnegie Hall this Spring. On May 28, 2016 the choir will be premiering a new work by Ivo Angostini in Carnegie Hall. In order to raise funding for their bussing the choir sold “Singing Valentines.” Valentines were tunefully delivered around school on February 10th and 11th surprising and delighting students and teachers!

The Pirandello Players Drama Club is in rehearsal for “INTO THE WOODS” by Stephen Soundheim and James Lapine. After a very successful run of “ONE WIFE TOO MANY” in January the Players are looking forward to tackling this modern day fairytale set to music! The show will run May 5th, 6th and 7th, 2016.

The South Brunswick Wind Ensemble played host to the District Band Festival on March 8th. Honors ensembles from the Elementary Schools and Middle Schools joined the Wind Ensemble for a wonderful evening of musical sharing. The concert was dedicated in honor of Assistant Superintendent Joanne Kerekes. Upcoming is the Metropolitan Wind Band Festival at Roxbury High School on April 9th.

The South Brunswick Jazz Bands gave a wonderful concert for the community on March 4, 2016. The two bands, the Six-thirty Jazz Band and the 5 o’clock Jazz Band performed. It was a great night of music!

The South Brunswick Visual Ensemble – Winterguard hosted a national qualifying event under the auspices of Winterguard International. Over sixty teams from across the United States and Canada performed. The SBHS Visual Ensemble was named the Scholastic Open Division Champions and are currently ranked sixth as they head toward the International Championships in April.
Amnesty International Club News by Marisol Ciccone

2015 Northeast Regional Conference - Amnesty International USA - This past November, members of the SBHS Amnesty Chapter traveled to Boston to attend AIUSA’s annual Regional Conference. This year’s conference, called “From Moment to Movement”, aimed to share information and tools with AI activists, so they could go on to maximize their impact both within their communities and globally. The event offered several panels on a wide variety of Amnesty’s current focuses - including refugee conditions in Syria and Europe, women’s healthcare rights, torture and police brutality, and Guantanamo Bay. Many of the speakers at the conference had deeply personal experiences with the human rights abuses Amnesty works to fight, and they provided keen insight into the realities of these abuses.

After attending the conference, the SBHS chapter feels better inspired and focused in its own grassroots efforts to raise awareness and activism. The countless ideas provided within the lecture halls, panels, and Amnesty’s popular "Action Alley" can all help the high school members of Amnesty to further their activism efforts. This year, SBHS Amnesty will hold their Write for Rights event to encourage letter-activism within the school, based on the twelve Write for Rights cases introduced at the Regional Conference. The club also hopes to share information and tools with AI activists, so they could go on to maximize their impact both within their communities and globally. The event offered several panels on a wide variety of Amnesty’s current focuses - including refugee conditions in Syria and Europe, women’s healthcare rights, torture and police brutality, and Guantanamo Bay. Many of the speakers at the conference had deeply personal experiences with the human rights abuses Amnesty works to fight, and they provided keen insight into the realities of these abuses.

The SBHS Amnesty chapter's Write for Rights Movie Night allowed students to learn about human rights issues challenging the world, and establish a personal connection with the cases being discussed. The SBHS Amnesty chapter is happy to report that its Write for Rights event was extremely successful, with over 80 students who attended the event and 2000 letters signed. These letters were sealed and mailed to AIUSA headquarters in Washington, D.C., where they were shipped to their designated countries. The SBHS chapter was recognized by the organization for hosting one of the largest high school Write for Rights events in the country. The chapter is excited to continue its endeavor to end and prevent human rights abuses by fundraising for the Syrian refugee crisis in February.

2016 Guantanamo Bay – Amnesty International USA - January 11th of 2016 marked the 14th anniversary of the opening of Guantanamo Bay. Torture is one of AIUSA’s main focuses this year, specifically that occurring in Guantanamo Bay and that which had occurred during the days of the CIA detention program for which no one has been held accountable. This year, AIUSA focused on three of the ninety-three remaining detainees at Guantanamo Bay, each case concerning a detainee with a specific type of situation (such as those facing an unfair trial, those cleared for release, and those in “limbo”, neither facing a trial nor cleared for release). In honor of the movement to shut down Guantanamo Bay, a few of the officers of the SBHS Amnesty chapter wore orange jumpsuits provided by AIUSA around the school. Naturally, several students looked stunned or confused by the jumpsuits, because many people do not know about Guantanamo Bay. Nevertheless, some curious students asked about the purpose of the jumpsuits and others even showed interest in being a part of such a movement. The jumpsuits even evoked discussions regarding the ethics and maintenance of Guantanamo Bay in a couple of the officer’s classes. In future years, the Amnesty chapter hopes to have many more members wear jumpsuits, so people will be more likely to ask about the purpose of the jumpsuits rather than mistake it for eccentricity.

On January 27th, the SBHS Amnesty chapter held a meeting and discussed Guantanamo Bay and the CIA torture program. Members were then asked to trace hands and write anti-torture (specifically anti-GTMO) slogans on them, such as “Investigate This American Torture Story”, “I’m Still Here”, “We’re Humans Too”, etc. These hands will be displayed on the club’s bulletin board on a small artistic tribute to the anti-torture movement. Officers also took pictures in the GTMO jumpsuits as collective documentation of these events.
Athletic Happenings including Winter Highlights

The Viking Connection

Viking Athletic Club News
The 18th Viking Athletic Club Scholarship Golf Classic will be held at The Golf Course of Concordia on June 23rd at 1:15PM with a shotgun start time. This event is one of our major fundraising efforts for athletic scholarships. Please join us. Details are located on line, please join us.
http://www.sbschools.org/schools/sbhs/athletics/docs/Viking_Athletic_Club_Registration_Packet.pdf

Spring Sports
Spring sports begin on March 4th. Please go to www.schedulestar.com to view the sports schedules.

“Winter Season Highlights”

The Boys’ Winter Track Team had an outstanding season this winter. They won the GMC Relays Championship and the Red Division title this season. Issa Feknous led the team in scoring while winning the GMC title in the high jump and the State Sectional Championship in the pole vault. Nicolas Botett won the shot put at both the GMC Championship and State Sectional Championship for the 2nd straight year. Feknous, Botett, and Ajay Sindhu (shot put) qualified for the State Meet of Champions.

The Girls’ Track & Field Team had a great season, winning the following championships this winter: Group IV Relays State Champions, Central Jersey Group IV Sectional Champions, GMC Champions and GMC Relays Champions. Courteney Campbell won the Meet of Champions title in the high jump, and broke the school record in the process. She is the first girl in school history to win the indoor Meet of Champions in any event.

The Ice Hockey Team concluded its first season with their new Coach Sergie Starikov. Sergie was a celebrity in the hockey world this winter because of his time in the 1980’s playing for the Soviet Union Olympic Team as well as a short stint with the New Jersey Devils. Four year starter Tyler Allen scored his 100th career point this season which is a great accomplishment for any player. Tyler will also finish in the top 20 in the state for goals and points this season.

The Girls Basketball Team had a nine game win streak in February. They won the Red Division Title and a 17-6 overall record, making it to the semi-finals this season.

The SBHS Swim teams finished up the season with an excellent showing at the GMC Championships. Both the boys and girls placed fourth overall, and there were many personal best times achieved at the meet. The season ended with a tough loss in the first round of the NJSIAA State Tournament against the always-tough rivals, North Brunswick. Congratulations on a great season!

The Boys Basketball is currently 20-3 and competed in their first GMC Final since 1993. The boys also started their state tournament run on Tuesday, March 1st vs Hillsborough at home. The varsity was ranked in the top 20 in the state for the first time in 9 years and made it to the state semifinals. What a great season!

The Dance Team has had a record-setting season starting with big wins at the UDA Fairfax Regional Championship. They followed up with wins at the UDA Battle of the Northeast regionals. The team then traveled to the National Dance Team Championships where they advanced into the national finals in JV Jazz, Varsity Jazz and Varsity Pom placing 6th, 10th and 6th respectively setting the record for the highest national ranking in the history of the team. Great season end-Gold Jazz and Pom NJ State Dance Champions, Black Jazz and Pom NJ State Dance Champions, Gold Jazz and Pom NJCDCA State Champions, Black Jazz NJCDCA State Champions, Gold Pom 1st at Paramus Catholic Invitational, Black Jazz 1st at Paramus Catholic Invitational, Gold Pom “Best Technique” award at Paramus Catholic Invitational, Black Jazz “Best Choreography” award at Paramus Catholic Invitational.

The freshman basketball team finished their season strong, winning 4 of their final 6 games before falling to semi-finalist Piscataway in the GMC freshman tournament. The boys JV team made it to the finals of the GMCT and finished the year at 18-3.

The Viking Wrestling Team wrapped up their season with a 10-13 record. We had two District XX Champions, seniors Nick Daza and Max Rhoden. Sophomore Mathew Castimore placed 3rd at the District XX Tournament. All three moved on to the Region V Tournament and our best finisher was Max Rhoden with a 4th place finish at 195 lbs.
Student Council having a busy year…. by Kelly Boyer

Hugs for Brady Blacklight Dance

The Hugs For Brady Blacklight Dance fundraiser was a huge success yet again! Hugs for Brady is a local organization dedicated to helping children with cancer and supporting their families. Students came with teams and danced to a DJ under the lights. Blacklight face paint and refreshments were sold. Sponsors donated prizes that were given out and a total of $2,000 was donated to the cause. “Straight Outta Thompson” won biggest team this year.

SBHS Goes RED

February was dedicated to heart health. SBHS went red on February 11th to promote heart disease awareness. Hearts were hung up in all the hallways leading up to February 11th to promote the cause. Donations were collected as well as carnations were sold and distributed to help raise money. A new interactive jump roping activity during all lunches became a big hit to promote heart health. A total of $400 was raised.

Teens For Jeans

Also in February, a biannual Teens for Jeans event was held! Teens for Jeans is a program run through Aeropostale to benefit homeless teens and adults. Teens and staff were encouraged to donate old jeans in good condition from February 2nd to the 11th. Collection bins were set up around the school, then life skills classes helped to count and fold all the jeans. We were able to donate a total of 367 pairs of jeans.

Winter Pep Rally

The winter pep rally was also very popular. Winter sports teams were honored and announced in front of the schoolwide population. Also performances by the Latin Dance Club, and both Dance Teams were loved. The freshman class ran a pie-a-teacher fundraiser where Mrs. Saniyago was the teacher selected to be pied by Jenna Cohen. The Junior class won the relay races but in the end the Senior Class won the spirit cup.
PTO/Project Graduation News  by Christine Resnick

We would like to thank the families who have offered to donate a dessert for our Staff Appreciation Coffee House to be held prior to the evening conference on March 15. Our staff looks forward to this treat each time we do this for them. There is still room for a few more desserts so if you would like to donate an item please email us PTO.SBHS@sbparents.org

With spring approaching, we are starting to think about the 2016-2017 PTO Executive Board. The nomination form will be sent out via email and will also be available on the PTO page of the school website in early April. Are you interested in becoming more involved in your child's school? This may be the perfect opportunity!

Project Graduation

Our 2nd Annual Tricky Tray Bingo will be held on Friday, April 28, 2016 at the SB Senior Center. This event was very close to a sell out last year so don’t miss out! Reserved tables in advance are $200 (seating 8-10), single tickets in advance $30, remaining tickets at the door $35. Get your friends together, along with your snacks and beverages for a fun night out! (MUST BE 21 OR OVER PLEASE).

Are you a business owner or do you work for an employer who may be interested in donating a prize for the Tricky Tray Bingo? If so, please email SBHSPROJECTGRADUATION@gmail.com

The annual Flea Market/Clothing Drive will be held on Saturday, May 7, 2016 in the high school parking lot, just in time for spring cleaning! The Used Book Sale will also be held that day in the school’s “blue” cafeteria. More information on all of these events will be available soon.

Recognize A Senior

Do you know a senior who you would like to recognize to help make his or her senior year memorable? Please go to the Project Graduation page of the school’s website for more information.

Just 4 Seniors  by Christine Mariano

Pizza, cookies and conversation just wrapped up for some of our seniors who took part in the Just 4 Seniors luncheon workshop series. The 8 weekly workshops focused on ‘life after high school’ and offered discussion and insight into the many issues facing our seniors as they transition out of high school. Topics included: goal setting, communication, time and money management, maintaining healthy lifestyles, positive risk-taking, handling stress and managing relationships. Conveniently located in the alcove outside the cafeteria during lunches for the last 8 Tuesdays, the workshops were designed to be both informal and informative, timely and fun, with no registration or obligation required; seniors were able to drop-in and participate in one or all workshops, as desired. Christine Mariano, South Brunswick Municipal Alliance Coordinator and co-facilitator of the program, noted, “The relatively short amount of time we have to discuss our topics and serve pizza! - requires us to jump right in! We try to give the students a glimpse into real-life issues they’ll be facing as they transition out of high school and hopefully, give them some strategies which will help them do so successfully. The pizza and cookies draw them in, but we like to think it’s the conversation that keeps them coming back.” In its 5th year at SBHS, the program is provided by a collaboration between the South Brunswick Municipal Alliance and the BRIDGE Center, our RU-UBHC School-Based Youth Services partnership.

South Brunswick Parent Academy to host a forum on underage drinking

Save the Date! Thursday, April 14, 2016

Proms, Parties and Pitfalls: From Middle School to High School Graduation and Beyond: Keeping Our Kids Safe in Today’s Culture

Plan to join us for a forum on underage drinking and substance abuse and the dangers it presents for our families and children, particularly during times of celebration. Presented as part of the District’s mental wellness initiative, this timely and important program will address the issue of underage drinking and substance use in our community and discuss ways in which we can work together to keep our teen-aged children safe from the risks associated with it. We’ll explore the myths and facts surrounding underage alcohol use and abuse and offer insight into the dangers our children and families face in dealing with these unfortunate realities. Equally as important, our program will also focus on what we as parents can DO to help address these issues with our children, particularly during those times of ‘celebration’: proms, graduation, etc., when parents often feel pressured to ‘relax’ the rules. The program will be presented by district and community professionals involved with and affected by the drug and alcohol issues affecting our students, who will share their perspective and experience.

Parents are encouraged to attend the program with their children, as it is designed to be eye-opening and informative and will serve as a great conversation starter for families. In addition, as an added incentive to attend, tickets to both the Junior and Senior proms will be raffled off as door prizes during the event, one entry per person. Bring your son or daughter and double your chances to win!

The program will run from 7-8:30 p.m. and will be held in the SBHS Library. Watch your SBHS email for more information!