

WILLIAM A. SHINE
GREAT NECK SOUTH HIGH SCHOOL

341 Lakeville Road, Great Neck, New York 11020

*“Our Orange and Blue
starts with an Extraordinary You”*

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September 25, 2020

Dear South High Community,

Please see the following updates from South High:

ACT/SAT/PSAT

The following Saturday exams at North High and South High have been cancelled and/or rescheduled, and the College board confirms that it will cancel registrations and issue refunds.

- SAT on Saturday, October 3
- PSAT on Saturday, October 17
- ACT on Saturday, October 24
- SAT on Saturday, November 7

South High will be administering the ACT, SAT, and PSAT exams for South High students only as shown below:

- Tuesday, October 6: ACT Exam for seniors only
- Wednesday, October 14: SAT Exam for seniors only
- Wednesday, October 14: PSAT Exam for 10th & 11th graders only

Please note:

- On Tuesday, October 6th, classes will be in session for those students not taking the ACT.
- All classes on Wednesday, October 14th are cancelled. Only those students taking the SAT or PSAT are to report to school.

Halloween

Historically, seniors at South High have reveled in the celebration of Halloween by wearing costumes to school. Although, I myself have participated in the revelry when I was a senior at South High, it saddens me to inform our seniors and all of our students that this year costumes will not be permitted to be worn during the school day. My hope is that you will be able to celebrate appropriately and safely with your friends. This is a necessary measure we are taking to maintain the health and safety of our students, faculty and staff.

School Tips for High School Students

1. Be patient with yourself and others this year.

Just like you, your peers and teachers are getting used to this new normal. Take breaks when you need, ask for help when you need, and understand that everyone will adapt at a different pace.

2. You don't need ONE study space.

A well-stocked desk in a quiet place at home is key, but sometimes you need variety. Try your backyard or front lawn, local park, or even just moving to the kitchen table will give you a change of scenery, which can prompt your brain to retain information better.

3. Track more than HW in your school planner.

Keeping a calendar helps you plan ahead—but you've got more going on than just homework assignments! Make sure you're marking your extracurricular, work, and social commitments, too.

(Tests, band practice, SAT dates, half-days and holidays are just a few examples of reminders for your planner.)

4. Start small.

If you've got a big assignment looming, (like a research paper), stay motivated by completing a piece of the project every few days. Write one paragraph each night. Or, do 5 algebra problems from your problem set at a time, and then take a break.

5. School supplies (alone) don't make you organized.

Come up with a system and keep to it. Do you keep one big binder for all your classes with color-coded tabs? Or do you prefer to keep separate notebooks and a folder for handouts? Keep the system simple—if it's too fancy or complicated, you are less likely to keep it up every day.

6. Get into a routine.

When will you make the time to do your homework every day? Find the time of day that works best for you (this can change day-to-day, depending on your schedule!), and plan to hit the books.

7. Learn how to create a distraction-free zone.

A study on workplace distractions found that it takes workers an average of 25 minutes to return to what they were working on pre-interruption. Try turning off your phone notifications or blocking Twitter (temporarily) on your computer so you can concentrate on the tasks at hand.

8. Get real.

When you're looking at the homework you have to get done tonight, be realistic about how long things actually take. Gauging that reading a history chapter will take an hour and writing a response will take another 30 minutes will help you plan how you spend your time.

9. Use class time wisely.

Is your teacher finished lecturing, but you still have 10 minutes of class left? Get a jump on your chemistry homework while it's still fresh in your mind. Or use the time to ask your teacher about concepts that were fuzzy the first time.

10. Look over your notes each night to make sure you've got it.

Fill in details, edit the parts that don't make sense, and star or highlight the bits of information that you know are most important. Interacting with your notes will help you remember them.

11. Study a little every day.

Cramming Spanish vocabulary for a quiz might work in the short-term, but when it comes time to study for long term exams, you'll be back at square 1. You might remember the vocab list long enough to ace the quiz, but reviewing the terms later will help you store them for the long haul.

12. Don't let a bad grade keep you down.

A rough start to the semester doesn't have to sink your GPA. Take proactive steps by checking your grades regularly online and asking your teacher for extra help if you need it.

50 Ways to Take a Break

Breaks in the day are still as important than ever for students. Equally important is self-care throughout the week for parents and students alike. Talk to your children about realistic breaks during their Virtual Day schedule and work in time for self-care during the evenings and weekend. Attached please find 50 ways to take a break.

Please take the opportunity to get some extra rest and relaxation over the long weekend.

Be well, be safe and be sound....

Sincerely,

Dr. Christopher Gitz
Principal

50 Ways to Take a Break

Take a Bath

Listen to Music

Take a Nap

Go to a body of water

Watch the clouds

Light a candle

REST your legs up on a wall

Let out a sigh

Fly a Kite

Watch the stars

Write a Letter

Learn something NEW

Read a Book

sit in NATURE

Listen to a guided relaxation

Take Deep Belly Breaths

MEDITATE

Notice your Body

Call a Friend

Meander around Town

WRITE in a journal

Walk Outside

Buy some Flowers

Find a relaxing Scent

Eat a meal in SILENCE

Turn off all electronics

Go for a run

Take a bike ride

Create your own coffee break

View some ART

Examine an everyday object with Fresh Eyes

Drive somewhere NEW

Go to a Park

Pet a furry creature

Forgive Someone

read or watch something FUNNY

COLOR with Crayons

Make some MUSIC

Climb a Tree

Let go of something

Engage in small acts of KINDNESS

Do some gentle stretches

Paint on a surface other than paper

Write a quick poem

Read poetry

Put on some music and DANCE

Give Thanks

2x Move twice as slowly