Happy New Year!

As we say Good-bye to 2019 and hello to a new decade we ponder the passing of time and we count our blessings and wish you and your family the joy of dreams fulfilled this year.

And, we say to you THANK YOU for your collaboration in the Preston mission. As the New Year coincides with the completion of first semester, let us work together to encourage strong study habits – no shortcuts to legitimate academic success – and positive attitudes towards a learning that endures. Exams begin on Tuesday, January 21.

NOTE: The prohibition against after-school activities during exams begins on Friday (1/17) at 1:16PM. Therefore, our building will close promptly at 1:45 PM. Please make arrangements with your daughter(s) to leave for home before that time. Supervision will not be available after 1:45.

Special Note to Parents:
The end of the semester, and exam week in particular, is a period of great stress for students. Certainly, many students feel some anxiety as they prep for exams and await the results of their efforts. A normal amount of stress can serve to motivate a student to buckle down and concentrate on her studies. For other students, though, the stress builds to unhealthy levels as they feel completely overwhelmed, unable to concentrate, & unable to eat properly. Such stress may also interrupt her sleeping pattern and cause her to become highly emotional. In a very few cases, the distress a student feels can spiral from anxiety into depression. As a concerned parent, I am sure that you want not only to stay on top of your daughter's academic performance, but also to monitor her emotional state. If you see signs of stress or anxiety, reassure her of your support by lending a sympathetic ear and a shoulder to lean on. If she appears especially distressed, please do not hesitate to contact her guidance counselor to discuss your concerns. Preston's Guidance Department faculty is experienced in helping our students deal with their emotional issues, especially at exam time. When anxieties intensify into depression or a student threatens self-harm, our counselors can help the family find outside psychological, psychiatric or medical support as well. As always, we want to partner with you in keeping your daughters emotionally healthy and academically successful.

Please click or copy & paste the below link to read the “Tips for Beating Test Anxiety” article on the CHILD MIND INSTITUTE website:

https://childmind.org/article/tips-for-beating-test-anxiety/#.XDX1rLYyGqE.email

Report Cards will be available to parents/students, via ParentWeb, on Tuesday, February 4, 2020—after 5PM

Teachers will available for Parent/Teacher conferences on Thursday, February 6, 2020
   Session 1: 3:00pm – 5:00pm
   Session 2: 5:30pm – 7:30pm
Junior Advisement Day: To facilitate both the presentation and selection of elective courses for their Senior year, a special program has been planned for Juniors on Monday, January 27, from 9:00 am to approximately 2:00 p.m. All Juniors are required to attend. Advisement Day is an introduction to making good choices for senior electives relative to the student’s college plans. Departments will explain their elective courses and juniors will have the opportunity to question the relationship of the course(s) to their long-term academic goals. For example, if the student is considering a career in science, she will want to strongly consider a 4th year science elective to both enhance her profile for college admissions and also to get a head start on her intended major. Some electives, while not directly related to an intended major, strengthen essential skills and round out the student’s experience, e.g. Women in World History, Music, Art, Film History, a foreign language, AP and dual credit courses. An important Junior Parent meeting regarding Senior electives will be held in the evening of the 27th at 7:00pm.

Reminders: Please note the following in the Student Handbook:

p. 11 states that students MUST be in attendance for school and Regents examinations. Under ordinary circumstances, makeup exams are not scheduled. Please read further on procedures when an exam is missed.

p. 18-21: The effect of absence on grades; note especially # 1, # 2 and # 3 on p. 19.

p. 11 & 17: “The one exception to the closed campus policy occurs during examinations in January and June. Students may leave the campus after they complete their exams. If the student is scheduled for both a morning and afternoon exam on the same day, she may leave the campus for lunch, but may not travel by car unless driven by a parent or parent-designate. If a student leaves campus after her morning exam and returns late for her afternoon exam, she loses the portion of the exam time missed by her tardiness and she loses the “off-campus” privilege for the remainder of the exam period.

p. 17-18: See # 2 regarding the consequences for cheating on an exam.

REminder OF THE BELOW CALENDAR CHANGES
- The Next Parent Association meeting has been scheduled for February 25th.
- Reminder that February 3rd Preston High School will be closed as a reward for the record-setting 2019 Food Drive.

PARENT ASSOCIATION NEWS

Happy New Year! We are all looking forward to a prosperous and eventful 2020! There are many exciting events coming up this year and we hope you will be able to participate and/or volunteer! Thank you again to all of you who have already volunteered in 2019!

The annual Young Alum Brunch was held on Wednesday, January 8th. Thank you to all of the returning members of the Classes of 2019, 2018, 2017, and 2016 for attending and sharing some of their newfound wisdom and post-Preston experiences with the
current seniors, fellow alumnae, and faculty and staff.

The Preston Players present *Once on this Island* Thursday, February 13th through Sunday, February 16th. We will also be hosting a "Players Alum Night" the evening of the Saturday performance prior to the start of the show. For more information on how to purchase tickets, please contact Cristina Fragale at cfragale@prestonhs.org or 718-863-9134 ext. 132. Hope to see you there!

This year's Mother-Daughter Brunch will be held on Saturday, March 7th from 11:00 a.m. – 3:00 p.m. at the Marina Del Rey. Tickets will be $75 per person/$150 per pair. Reservation forms will be distributed in Homeroom on Monday, January 27th and are due back with payment and table arrangements no later than Monday, March 2nd.

The "Luau" Card Party will be held on Saturday, March 21st at 6:00 p.m. at Preston High School. Tables will be available for purchase online starting Monday, January 13th. Please consider volunteering to help wrap, solicit, set-up and/or work the event. Prize and cash donations of any size are very much appreciated! For more information regarding how you can help out at the event please email Grace Fragale at gfragale@prestonhs.org.

Saturday, March 28th – Alumnae Reunion for graduating classes ending in 5’s and 0’s.

Preston's 12th Annual Golf Classic at Split Rock Golf Course - Tuesday, May 5th 1:30-9:00 p.m. Please let us know if you or your company is interested in attending or sponsoring a portion of the event, or if you are available to assist with solicitations for sponsorships and raffle prizes.

If you have any questions, comments or suggestions contact the Recruitment and Development Office at any time! Cristina Fragale, Senior Director ext. 132; cfragale@prestonhs.org, and Grace Fragale, Director of Communications ext. 143; gfragale@prestonhs.org

Thanks for all of your support!!!!

In preparation for the National Honor Society Induction: Qualifications for membership in the Monsignor Thomas Preston Chapter of the National Honor Society will be posted around the school at the start of the third quarter. **Academically eligible sophomores & juniors must submit their application materials detailing their leadership and service experiences by March 3rd.** All faculty members are asked for input on those eligible students whom they know well. The NHS Faculty Council will meet to determine membership. Students will be notified by letter of their selection for membership. Induction into the Chapter will be held on March 31st.
...the 2019-2020 **Cardinal Edward Egan Scholarship** (sponsored by the Tri-State Italian-American Congress) recipients Danielle Brown, Kiana Cancel, Alana DeFedele, Ariana DiNuovo, and Makayla Ortiz.

... to our **City Champions Varsity Volleyball team**, coached by Mr. Joel Sanchez & assistant coach Saeede Saledepout ~ Marilian Arboleda, Jessica & Melanieann Broderick, Ananda Burgos, Isabella Colon, Kaitlyn Feliciano, Sara Kocovic, Miranda Loughery, Briana Marmolejos, Lauren Pabon, Mia Rodriguez, Brianna Schroeder, Margaret Varenne and Chloe Western.

... to our **Varsity Cheerleaders** who earned 1st place in all 3 regionals and are on to States and Disneyworld. Coached by Ms. Lori Finelli (Head) & assistant coaches Marisa Caliendo, Alyssa Finelli, & Gabby Vitiello. Team: Giana Angel, Briana Boiano, Daniella Caggiano, Kylie Ceballo, Angelica Chavez-Downes, Arianna DiNuovo, Samantha DiTomasso, Ava Ferro, Elizabeth Kalaj, Analisa & Gianna Matranga, Dena Nally, Phoebe Oquendo, Sarah Quinn, Ava Salvato, Elmarina Vucaj, Elizabeth Wickes, Chloe Zerbo and Gianna Zillito.

### Upcoming Calendar Events

**January 21-24**  
**Regents and School Exams Week** *(no extra-curricular activities)*

Monday, January 27  
**Junior Advisement Day, 9am (required for Juniors) No school for other grades**  
Jr Ring Night Photos taken  
**Junior Parent Meeting, re: Senior Electives, 7:00pm***

Tuesday, January 28  
**Third Quarter begins**  
Scholars Reception, 6:00 pm – 7:30 pm, café

**Monday, February 3**  
School Closed as a reward for the record-setting 2019 Food Drive  
2020-2021 On-line Re-Registration via Student Web opens

**Tuesday, February 4**  
1st Semester Report Card Grades are available after 5PM to Parents/Students via Parent Web.

**Thursday, February 6**  
**Parents/Teacher Conferences, 3:00-5:00 p.m. & 5:30 -7:30p.m.**  
2:30 PM Early Dismissal

Friday, February 7  
Juniors take the Princeton Review Practice SAT and are dismissed from school at the conclusion of the exam.

**Thursday, February 13**  
**Preston Players Presents - Once on this Island, 7:30pm**

**Friday, February 14**  
**Preston Players Presents - Once on this Island, 7:30pm**

Mother Mary Veronica Applications Due
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>Saturday, February 15</td>
<td>Preston Players Presents - <em>Once on this Island</em>, 7:30pm</td>
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<tr>
<td>Sunday, February 16</td>
<td>Preston Players Presents - <em>Once on this Island</em>, 2:00pm</td>
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<tr>
<td>Monday, February 17</td>
<td>Presidents Day – School Closed</td>
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<td>February 18-21</td>
<td>Mid-Winter Recess- School is Closed</td>
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<td>Tuesday, February 25</td>
<td>PA Meeting, 6:30pm</td>
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<td>Wednesday, February 26</td>
<td>Ash Wednesday</td>
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<tr>
<td>Thursday, February 27</td>
<td>NEHS Induction Ceremony, café 6:30pm</td>
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<tr>
<td>Friday, February 28</td>
<td>On-line Re-Registration for Academic Year 2020-2021 closes</td>
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