



PRESTON PARENT BULLETIN

January 2024

Happy New Year!

2023 slipped by so quickly, reminding us that every moment is sacred and deserves to be enjoyed. In the hectic pace of life, it is so easy to lose touch with the present...ever planning ahead, and seeming to live in the future. And now, 2024! Another chance to savor the special fragrance of this moment, and to take full advantage of whatever leisure the moment allows. May it be a time of renewed spirit, of fresh hope, and some dreams come true.

Thank you for all you have done to assist the Preston mission in 2023.

NOTE: EXAM WEEK BEGINS MONDAY, JANUARY 22, 2024

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 school counselor to discuss your concerns. Preston's Counseling 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 PantherPortal, on

Wednesday, February 7, 2024—after 5PM

Teachers will available for Parent/Teacher conferences on

Thursday, February 8, 2024

Session 1: 3:00pm – 5:00pm

Session 2: 5:30pm – 7:30pm



Young Alumnae Brunch

On Thursday January 4th, Preston High School welcomed back over 40 alumnae from the past four years to speak to the current seniors as they prepare to head off to college. The Class of 2024 prepared questions regarding life after high school and how to balance academics and social life. Alumnae enjoyed a continental breakfast while reminiscing with former classmates and teachers and sharing advice.

Card Party

This year the Card Party will be March 16th and the theme is ... Roaring 20s! This event is a huge undertaking and your help in any way is very much appreciated. See below for ways you can get involved:

Gift Donations: Each grade level has been assigned a category and we ask that each family contribute at least one item towards the category. These lists are not all-inclusive, just sharing some ideas. Any gifts must be new and unopened!-- Freshmen - Cleaning products. Examples: dustbuster, UV sanitizer, o-cedar bucket and mop, lysol/clorox wipes, sponges, windex, gift certificate for cleaning service, etc.

Sophomores - laundry products. Examples: laundry basket, hamper, detergent, drying rack, hangers, laundry tools and gadgets, iron, steamer, dryer sheets, etc.

Juniors - sports and games. Examples: basketballs, soccer balls, outdoor games, board games, "summer fun", etc.
Seniors - self-care. Examples: gift certificates to spa, bath salts, shower steamers, etc.

- Gift Certificates: If you or a friend own a business, we hope you'll consider donating a gift certificate or two. You will be included in the program. Contact me with questions.
- Monetary Donations: If you'd like to become a sponsor or make a donation towards a money tree in honor of a student or alumna, those can be done via the link

below or by sending in a check in an envelope with the student. You will be included in the program.

- Wrapping: With over 300 prizes, there will also be lots of wrapping to do. We'd love for those "master wrappers" to share their talents if possible. Please complete this form if interested in volunteering: <https://forms.gle/9TUoW92ghnenrJjB9>
Thursday, January 18th at 3pm
Monday, February 5th at 3pm
Wednesday, February 28th at 3pm
- Volunteer: If you don't want to take your chances at playing, you can still help by working the evening and getting a feel for what the night is like. Please complete this form if interested in volunteering: <https://forms.gle/9TUoW92ghnenrJjB9>
- Attend: Tickets are \$30 per person or \$270 for a table of 10. Call your friends, pack some snacks, fill the cooler and join us. This link can be used to purchase tickets and to donate a money tree: <https://payit.nelnet.net/form/MLYhs808>. If you are interested in becoming a sponsor, please print and complete the form and send it in with a check.

Mother Daughter Brunch

The Mother Daughter Brunch is Saturday March 2nd at 11AM at Marina del Rey. The flyer with more information will go out at the end of January.

Parent Association Meeting

The January Parent Association meeting was rescheduled for January 16th at 6:30pm in-person. Mrs. Maria Droni, ADAPP Counselor, will be giving a presentation titled "Hidden in Plain Sight". The February Parent Association meeting will be Tuesday February 13th at 6:30pm via Zoom and Mrs. Wyneisha Hunt, DEI Specialist, will be present.

Friendly reminders from our Counseling Dept.

Senior parents/guardians:

Many scholarships are still available for Seniors. In classroom counseling groups students were shown how to access scholarship resources on their grade level Google classrooms. As Counseling receives scholarship information, we post it on a live Google doc titled “Upcoming Scholarship Opportunities,” so that students can review the list of scholarships and information/links offered by companies, agencies, etc. Please encourage your student to visit her Google classroom for updates and to also use popular scholarship search engines, such as Going Merry, Fastweb, etc. in their search. Links for numerous scholarship search engines are also listed on the Google classroom. Remember: “You have to be in it, to win it.”

Junior parents/guardians:

Mrs. Tortorella has shown students how to register for the SAT via their personal College Board accounts in their classroom counseling groups. Students and families

should begin reviewing the upcoming SAT dates to decide which is best for your student. Links to College Board and upcoming [Digital SAT Dates and Deadlines](#) and more information can be found on your student’s grade level counseling Google classroom in the classwork section.

The cost of the SAT is \$60 unless your student qualifies for a fee waiver, in which case they are entitled to two free tests. Please review the [SAT Fee Waiver Eligibility](#) from College Board to see if your student qualifies for the fee waiver. If they do qualify, please have your student provide Mrs. Murphy with the appropriate documentation (snap letter, a student's SSI letter, or first two pages of your most recently filed 1040 tax forms) to confirm eligibility. Once a student's eligibility is verified, Mrs. Tortorella will provide the student with a fee waiver code to use at the time of registration. This information can also be found on the grade level counseling Google classroom.

FINANCIAL AID

The Financial aid applications for academic year 2024-2025 is now open to current 9th – 11 graders. Please click [here](#) or go to our website www.prestonhs.org > Admissions > Financial Aid, to take you to the page. The deadline is April 30, 2024.

REMINDER OF THE BELOW CALENDAR CHANGE

- Reminder that on February 12th Preston High School will be closed as a reward for the record-setting 2023 Food Drive. *GOOOO FOOD DRIVE PANTHERS!!*

The Physical Education Makeup lass will be held on Saturday, January 20 th at 8:00am sharp. This is a requirement for any student who has had 2 absences from PE in Quarter 2 without a doctor’s note to excuse the absences. Any and all notes should be given to Ms McEvoy. (please refer to the PE Policy Sheet for more info). This makeup class is also available for any student who would like extra credit in Phys. Ed. If a student has a B, the grade would go to A if the student attends and completes the class.

Students are required to send an email to Ms McEvoy (mmcevoy@prestonhs.org) by 8:00pm Friday the 19 th to let her know that the student plans on attending the class.

Midterm exam week is in a couple of weeks. Thank you for ensuring that your student(s) is prepared, on time, and well rested.

If you have questions about attendance or behavior policies during exams, please refer to the following, found in the Student Handbook:

p. 11 states that students **MUST** be in attendance for school and Regents examinations. There are no make-ups for Regents exams as they may only be administered when the state schedules them. (June, August, and January)

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. 12: See # 2 regarding the consequences for cheating on an exam.

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 4th**. 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 April 11th.

PRESTON HAPPENINGS

During the month of December, the **Gaelic Society** placed a **Giving Tree** in Preston's lobby full of ornaments with toiletries, granola bars, socks and more to donate to the homeless outreach program at the Aisling Irish Center in Yonkers and to send care packages to soldiers and veterans from the local community. The Preston community donated 6 boxes and bags full of



goods to both organizations, thank you so much for your generosity!

Ms. DeMaio's **Italian Club** once again hosted the PCC Senior Run program participants to a **Christmas party** on December 8th.

Approximately 40 senior citizens and 50 Italian club members listened to Italian music, dined on pizza and pastries and played Tombola for prizes.



During the month of December Preston held a few competitions and here are the winners:

Preston's 2023 Annual Gingerbread House contest winners were:

First Place
Yvelisse Nunez

Second Place
Deanna Velez

Third Place
Angelica Miller

Fourth Place
Kristen Kuka &
Annalyse Gorritz



Preston's Annual 2023 Sweater Contest winners were:



Preston's Annual 2023 Door Decorating Contest were:



First Place
Ms. Mozzone's HR FR4

Second Place
Ms. Castignoli's HR JR4

Third Place
Ms. Burgos's HR JR3

Alumna Giana Angell '21 returned to Preston as a guest speaker at the Italian Club's January 3rd meeting. She discussed her experience with our dual enrollment program and because of the college credit courses she took at Preston she will be graduating 1 year earlier with her Bachelors and starting her Master's program in Business sooner. The dual enrollment program also provided her with the opportunity for an all-expense paid scholarship to study in Italy last semester. She will return again later this month to speak with the Italian Honor Society. Preston High School, in partnership with SUNY Albany and St. John's University, offers dual enrollment courses in English, History, Mathematics, Science, Theology and World Languages.



January is **Human Trafficking Awareness Month**. On January 10th, special agents from the U.S. Homeland Security Department and members from the Wonder Girls visited Preston and held a school-wide assembly educating our faculty, staff, and students on the dangers and prevalence of human trafficking and sextortion. Students were taught what to look out for, how to get help and online safety. We hope the links that were sent to parents, via email, on the same day, helped provide information and support any conversations you may or will have with your daughter(s) on this subject.

CONGRATULATIONS TO...

On December 18th, Gabriela Luna Herrera was inducted into the National Honor Society. After having demonstrated the qualities of leadership, scholarship, and service as decided by the NHS faculty council, Gabriela was presented with an NHS certificate and pin after the Advent Liturgy. She has already become active members of NHS, jumping right in with the projects for the year ahead. Congratulations NHS Panther!

Upcoming Calendar Events

Monday, Jan. 22 – Jan. 26	School Exams No Co-Curricular/Sports/Musical activities permitted between 1/20 -1/27
Friday, January 26	LOCK-IN, 7:00pm – 8:00am
Monday January 29	Third Quarter begins Spirit Week Begins
Tuesday, January 30	Scholars Reception, 6:30 pm, café

Thursday February 1	Accepted Students Information Night, 6:30 p.m., café
Friday, February 2	Feast of Mother Mary Veronica Prayer Service
Wednesday, February 7	1st Semester Report Card Grades are available after 5PM to Parents/Students via Parent Web.
Thursday, February 8	Parents/Teacher Conferences, 3:00-5:00 p.m. & 5:30 -7:30p.m.
Monday, February 12	School Closed for Food Drive Reward
Tuesday, February 13	Student Council's Valentine's Day social 3pm- 5pm Parent Association meeting, 6:30pm, via zoom
Tuesday, February 14	Ash Wednesday Liturgy
	
Friday, February 16	1:30PM Dismissal for faculty meeting
Monday, February 19	Presidents Day – School Closed
	
February 20-23	Mid-Winter Recess- School is Closed
Monday, February 26	Classes Resume
Thursday, February 29	2024-2025 Re-Registration Period Opens for grades 9 - 11
Friday, March 1	Junior Advisement, 9am No School for 9, 10 & 12 th graders
Saturday, March 2	Mother/Daughter Brunch, 11am – 3pm
Tuesday, March 5	Compassion Connection Dance Marathon, 3pm-5-m
Wednesday, March 6	3 rd Quarter Interim Reports released at 5pm
Tuesday, March 12	Ceili, 4pm – 6pm, café Parent Association Meeting, 6:30pm
Saturday, March 16	Annual Card Party, 6pm – 11pm
Sunday, March 17	Happy St. Patrick's Day!

JOIN US FOR PRESTON HIGH SCHOOL'S

Roaring 20s Card Party

• MARCH 16, 2024 •

DOORS OPEN AT 6:00 PM

2780 SCHURZ AVENUE

BRONX, NY 10465



TICKETS

\$30 PER PERSON OR

\$270 FOR A TABLE OF 10

PURCHASE BY MARCH 10TH



QUESTIONS? CONTACT US!

GDELVALLE@PRESTONHS.ORG

(718)863-9134 EXT. 143