Congratulations to...

- Audrey Gillies and Ben Gorsky for being recognized as “Outstanding Youth in Philanthropy at the 23rd annual Philanthropy Day celebration.
- Leah Choi for being recognized as the Student of the Month by the Blauvelt Chapter of the Sons of Italy.
- Senior Emily Coreas Sanchez who was accepted into the Hudson Valley Puerto Rican Hispanic Youth Leadership Institute program.

We Are Vikings SEL-ebration

Last month, Clarkstown South’s SEL Committee hosted the "We are Vikings" SEL-ebration! This event consisted of five activities related to fostering a sense of community and belonging at South HS. The activities (pictured above) focused on fostering a sense of belonging included making Viking friendship bracelets, a Viking photo booth where students took pictures sharing how they belong, a Viking chain link activity, a Viking connection board and our moods and how therapy dogs affect our moods.
As the northern lights fill the skies in *Almost, Maine*, eight different couples hope to find love in unexpected and sometimes hilarious ways. Join Centerstage’s drama club as we tell the story of these couples from their remote, snowy area that ALMOST had a real name. Writer John Cariani tells the stories of love...how we find it and sometimes lose it...through eight different vignettes about couples and their struggles in the world of love. So sit back...on a bench perhaps...and make sure to purchase your tickets for November 17 and 18 at 8 p.m. and November 19 at 2 p.m. at Clarkstown South. We hope to see you there!

_Parent Teacher Conferences will take place online as follows:_
- Monday, November 6 from 6:30 p.m. - 8:00 p.m.
- Tuesday, November 7 from 9:00 a.m. - 2:00 p.m.

Conferences will only be available through an electronic sign-up process using the TEESO program. Please access the sign-up link at [www.teeso.com/ccsd](http://www.teeso.com/ccsd). Parents will be able to begin scheduling conferences on Wednesday, Nov. 1st at 8:00 a.m.. All conferences will take place virtually.

These conferences are five minutes long. They are intended to be an opportunity to touch base quickly on your child’s progress this year. If you have a specific question or concern, please contact your child’s teacher directly.

School counselors, social workers, psychologists, and academic support personnel will be available during the November conferences, as well. Please email them directly for an appointment.

_Environmental Science Students Explore the Hudson River_

Science teacher, Mrs. Dean facilitated a memorable out of the classroom experience for her students last month. Students in South’s Environmental Science classes participated in _A Day in the Life of the Hudson River_ at Piermont Pier. Students were able to determine the tide and currents of the Hudson at different time points, do chemical analyses of the water at Piermont Pier throughout the day, as well as catch fish and crabs to determine the species that inhabit the area. The students will now be able to make some real-world connections to many of the concepts and techniques studied in class.
Welcome to “MOVEMBER”! Each year men around the country put away their razors for the month of November and let their beards or mustaches grow in support of men’s health. This year, South’s SRO’s will again be participating in the Movember challenge with Clarkstown Police Department’s fundraising team. The goal of Movember is to help raise awareness of men’s health issues such as mental health and suicide prevention, prostate cancer, and testicular cancer.

“Globally, on average, one man dies of suicide per minute of every day and 4 out of 5 suicides are men. Movember looks at mental health through a male lens, focusing on prevention, early intervention and health promotion. We’re working towards a world where men take action to be mentally well and are supported by those around them.

One in eight men in the USA will be diagnosed with prostate cancer in their lifetime. Prostate cancer is the most commonly diagnosed cancer in men in the United States. Globally, more than 1.4 million men are diagnosed with prostate cancer each year. Across the country, there are almost 3.25 million men living with and beyond the disease. Many are dealing with serious side effects from treatment.

Testicular cancer strikes young. It’s the most common cancer in young American men. At greater than 95%, the odds of survival for men with testicular cancer are better than good – but for some men, long-term treatment-related side effects mean quality of life is severely compromised. We focus on getting these predominantly young men back to living full and healthy lives.”

https://us.movember.com/?home

If anyone is interested in taking part in this event, please see Officer Rolston or Officer Caivano for help signing up.

CONTRIBUTED BY: OFFICER CAIVANO AND OFFICER ROLSTON
CLARKSTOWN SOUTH’S Student Resource Officers

SIGN UP FOR WINTER SPORTS ONLINE AT SOUTH’S ATHLETIC PAGE

The Winter Sports Signup Link is now open and can be found under the Athletics section on the school’s main webpage. The following sports are offered in the winter: boys and girls basketball, boys and girls winter track, boys and girls ice hockey, boys and girls wrestling, boys swimming and diving, boys and girls skiing, gymnastics, cheer, dance, and boys and girls fencing. Tryouts for winter sports begin November 13th! Any questions, please stop by the Athletic Office.

OCTOBER SEL LESSONS FOCUS ON HOW EMOTIONS INFLUENCE ACTIONS

Consider the following: Have you ever wished you could take back something you did or said when upset or angry?

If you could “do-over” the conversation or action, what might be your course of action? Why might it be challenging to effectively engage in conflict when we have heightened emotions?

Last month’s RULER lessons focused on how emotions influence actions. Students participated in a role play scenario between a parent and student and discussed alternative ways the interactions could have played out if both characters had regulated their emotions. Furthermore, the students recognized how positive and planned conversations can be more productive even when people are frustrated and angry.
**VIKING ATHLETIC NEWS**

The 2023 Fall Season has turned into one of great success. In our JV county tournaments, the JV Boys Volleyball team defeated Clarkstown North to claim the 2023 title, while the JV Field Hockey and JV Girls Volleyball teams both made it to the county championships.

In Varsity Soccer, both the girls and boys teams made the sectional playoffs and improved throughout the season. The Varsity Girls Tennis team was led by captain Leah Choi and the team got better each match. The Varsity Boys Football team defeated Clarkstown North in the Supervisor's Cup by a score of 44-7. The team was led by senior captain’s Kevin Butler, Carson Crisp, Will Zamprelli and Colin Holder.

Both of our Varsity Volleyball teams had terrific seasons. The girls were co-league champions and both the girls and boys secured the three seed in playoffs. After defeating Saunders and Brewster, the girls volleyball team is moving on to the semi-finals where they will travel to Harrison HS. The Boys Volleyball team defeated Wappingers to move on to the semi-finals where they will travel to Scarsdale HS. Both matches will be played on Wednesday, November 1st. The Boys Volleyball Sectional Finals are scheduled for Friday, November 3rd at Clarkstown South, and the Girls Volleyball Sectional Finals are scheduled for Saturday, November 4th at Mahopac High School. Good luck to both teams!

One of the most successful seasons in Clarkstown Field Hockey history concluded with a 11-4-3 record and a League title. More impressive than the league title, was the team’s sectional final appearance for the first time in school history. Captain Shana Goldsmith garnered All State, All Section, and All League recognition and will continue her career next season at Scranton University.

The Varsity Girls Swim and Dive team continues to have success. Laura Arciniegas, Alessandra Arciniegas and Kayla Dwyer have secured their spots in the NYSPHSAA State qualifier! The team hosts Sectional Finals on November 1st and 2nd at Festa Pool, while diver Emily Zaris competes in Sectionals on October 30th. Good luck to the team in Sectionals and States!

The Winter Sports Signup Link is now open and can be found under the Athletics section on the school's main webpage. Tryouts for winter sports begin November 13th! The following sports are offered in the winter: boys and girls basketball, boys and girls winter track, boys and girls ice hockey, boys and girls wrestling, boys swimming and diving, boys and girls skiing, gymnastics, cheer, dance, and boys and girls fencing. Any questions, please stop by the athletic office.

**NEWS FROM THE SCHOOL COUNSELING OFFICE**

**Sophomore Extended Homeroom** - November 14th  
Topic: career exploration and academic success

**Junior Extended Homeroom** - November 21st and 28th  
Topic: college planning and the college search process.

**Seniors - Month of November**

1. Seniors should be working on, and submitting, college applications.
2. Ideally, college applications should be completed prior to the Thanksgiving break.
3. Seniors should contact their counselor if they need help with any part of the college application process.
4. Seniors should begin to check Naviance for scholarship opportunities: [https://www.ccsd.edu/Page/2428](https://www.ccsd.edu/Page/2428)
CLARKSTOWN HIGH SCHOOL SOUTH'S CENTERSTAGE DRAMA CLUB

ALMOST, MAINE

BY JOHN CARIANI

NOVEMBER 17 & 18 AT 8PM
NOVEMBER 19 AT 2PM
GET TICKETS AT WWW.CENTERSTAGEDRAMACLUB.COM
OR AT THE DOOR.

ORIGINAL MUSIC BY JULIAN FLEISHER
ALMOST, MAINE IS PRESENTED BY SPECIAL ARRANGEMENT WITH BROADWAY LICENSING, LLC, SERVING THE DRAMATISTS PLAY SERVICE COLLECTION.
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