

Hall's Corner

October 25, 2019

Brighton Believes

Integrity, Respect, Responsibility, Kindness, and Self-control

BHS believes that everyone has the right to attend school in an environment that is safe, welcoming, caring, professional, and free from harassment.

Topics this week

- **Early Release Day on 12/13/19 – Plan ahead!**
- **Students in the News – Check this out!**
- **Counseling News**
 - College Visits for next week
 - Historically Black Colleges & Universities College Fair!
- **Therapy Dogs at BHS and in Brighton – Welcome Josie!**
- **Athletic News**
- **Calendar of Future Events – check this out for November!**

EARLY RELEASE DAY and BUSSING

Twelve Corners Middle School and **Brighton High School** staff will do professional development on Dec. 13. TCMS classes will end at 10:46 a.m. and BHS classes will end at 10:47 a.m. on that day. Buses will leave campus at 10:55 a.m. All students must exit the building by 10:55 a.m. Buses normally leave at 2:55 p.m., so you can expect the same amount of travel time on that day. For example, if your child currently arrives home at 3:20 p.m., count on them arriving home around 11:20 a.m. on our early dismissal day.

STUDENTS IN THE NEWS

GIRLS SWIMMING & DIVING KUDOS!

The Girls Swimming & Diving Team won the Division III Title Championship for 2019! This is the third year in a row that they have attained this level of achievement! **YOU MAKE BHS PROUD!**

NYSSMA All-State Conference

Congratulations to the following BHS Students who were selected to be participants and/or alternates for the upcoming 2019 NYSSMA All-State Conference in Rochester, Dec. 5-8: **Henry Berger, Lizzy Bernold, William Fox, Harry Franklin, , Andrew Guo, Hayden Lieb, Ka-Hyun Nam, Benjamin Sneider, Sofia Veneziani-Flowe, and Jess Williams.**

COUNSELING NEWS

COLLEGE AND CAREER MONDAYS FOR SENIORS – CLASS OF 2020!

SENIORS: GET HELP ON YOUR POST-SECONDARY PLANNING

Two BHS Counselors will be available for seniors every Monday afternoon (Tues & Wed after holidays) September – December!

Career Exploration, Application Questions, Essay Revisions, Updating Resumes, Naviance, and more!

Instant Decision Opportunities:

Brockport- Oct. 28

FLCC- Nov. 4

Canisius College– (Tues.) Nov. 12

Keuka College - Nov. 18

St. Bonaventure University- Nov. 25

MCC-Dec. 2

Alfred University-Dec. 9

St. John Fisher-Dec. 16

Please use this link for access to the Counseling Department page: <https://www.bcsd.org/Page/2070>

Historically Black Colleges & Universities College Fair!

Brighton High School will be providing transportation for 11th and 12th grade students to the 2019 HBCU College Fair on Monday November 19th at the Riverside Convention Center. This is a great opportunity to learn more about specific colleges, the college admissions process, and future careers. **On-site admissions interviews will be available to 12th grade students.** Students may interview with up to three colleges and must present transcripts, SAT/ACT scores and letters of recommendation in order to be scheduled. If a senior is interested in an on-site interview, they must also complete the enclosed Blue Sheet to request transcripts & test scores along with the field trip registration form. BHS will then provide copies of transcripts, test scores & letters of recommendation to the student on the day of the trip. Permissions slips are available in the BHS Counseling Office and Registrar's Office. Permission Slips are due to the Registrar's office by November 1st. We hope that you will find this information helpful in navigating the post-secondary journey!

Sincerely,

The BHS Counseling Department

THERAPY DOGS AT BHS- Welcome Josie the Golden Retriever!

Josie, a 3-year-old Golden Retriever, joined us at BHS earlier this week. **Josie** is our 4th Therapy Dog at Brighton High School. **Atticus, Possum, and Lilly have already been working at BHS since the 2018-2019 school year.**

I sent the following information to parents last spring about the District's therapy dog programs and included an article from ASCD. **Please do not hesitate to reach out to me if you have any questions.**

1. Why are we doing this?

- a. From the late 1990's to the mid 2000's, BHS had a Golden Retriever named Harley that came to school every day with one of our security guards. Faculty and students loved Harley and were quite upset when his owner retired from BHS.

- b. Since becoming principal in 2012, I have heard from several faculty members about getting another dog back in the school. Over the last two years, I have heard from several students wanting to have dogs in the school that could be available to students throughout the day.
- c. In the summer of 2017, we started to do research on public school therapy dog programs in the greater Rochester area. I obtained Board of Education policies and procedures used by schools with therapy dogs, and a team of BHS staff visited Pal-Mac Schools in late January 2018 to see their therapy dog program in action. Pal-Mac has had therapy dogs for over six years in all of their four school buildings. The feedback we collected from the faculty, staff, and students at Pal-Mac was overwhelmingly positive.
- d. We then shared the information we collected on therapy dog programs in school with Dr. McGowan and the three other building principals at CRPS, FRES, and TCMS. All were supportive of BHS piloting dogs at BHS in the spring of 2018.
- e. I shared the news with Students Senate on two occasions as well; student feedback was also extremely positive and students were receptive to the idea.
- f. We started piloting having therapy dogs from Therapy Dogs International (TDI) in March and April, and continued to do this in May and June. We have been gathering feedback (informally) from students and parents along the way and have the support of our entire counseling department as well. So far, the feedback from BHS students has been supportive and positive!

2. What is the overall plan for dogs coming to BHS in the future?

- a. Our overall goal in piloting therapy dogs at BHS was to see how receptive people were to having dogs in the school building. Is it overall a positive endeavor? If yes, then what?
- b. BHS has made a recommendation to Superintendent Dr. McGowan to draft Board of Education Policy on having our very own Brighton Therapy Dog program. Our ultimate goal is to set up a process where faculty and staff members with certified therapy dogs, could apply to bring their dogs to school every day. Our hope would be to have at least 1-2 dogs in the main office/counseling area and 1-2 dogs in the general building with faculty and staff members. These dogs would be available to students throughout the school day.
- c. **We are happy to report that the Board of Education adopted Board Policy 3010 – Therapy Dogs, in the fall of 2018.**

3. Is there research that says therapy dogs are an effective mental health tool, stress relief option, intervention in helping with anxiety/depression, etc. for students and staff?

- a. **YES!** Here is one of the most recent articles published on therapy dogs in school. Please check out the attached article from **ASCD from February, 2018**. It gives a great overview on the power of having dogs in the school on a regular basis for students and faculty.

4. **Should therapy dogs only be used in schools where there has been a major traumatic event, loss of life, or ongoing strife?**
 - a. **NO, ABSOLUTELY NOT.** Therapy dogs can be used on a regular basis to combat anxiety, depression, and stress related issues that many teens feel on a regular basis. They can also be used as a PROACTIVE tool to combat/ease the effects of mental health issues. From data we have collected over the past 4 years on school culture and climate and the Youth Risk Behavior Surveys, teens are stressed out.
 - b. Whether it is the 24-7 social media world we live in, family life, school issues, or the hectic schedule teens of today are a part of, you can't argue that our kids are more stressed today than they were 20 years ago. Having therapy dogs available to students is just one more option we are hoping to bring to BHS to assist our kids in feeling better about school and managing their stress in a healthy way. The more relaxed and happy a student can be, the better they are going to perform in the classroom! The same goes for teachers and administrators!

5. **Is there a cost to the school district for inviting therapy dogs to school?**
 - a. **NO.** The dogs we were inviting to BHS last spring are part of an international program whereby people who like dogs and are willing to get them certified by Therapy Dogs International (TDI), volunteer their time to visit schools, hospitals, and nursing homes. Dog owners then sign up their TDI certified dogs for various locations asking for their services.

6. **Is there a cost to the school district for having our own therapy dog program in the future?**
 - a. **NO.** All of the dogs that will come to BHS in the future will be certified as per Board Policy 3010 and trained at the faculty/staff member's expense. The district does not pay anything for this service and faculty only pay for the initial training and certification of their own dogs.

7. **What about students/staff with allergies to dogs?**
 - a. Prior to starting our pilot program, I personally contacted every student's family where we had knowledge of a dog allergy. Each parent I spoke to was supportive of the pilot program. We will make sure that we communicate to families and to students about where dogs might be located during the school year. We will adjust schedules as needed and attempt to alleviate any parent/student concerns. From the schools we have consulted with, this has not been a significant issue for any of them.

8. **Did we communicate to parents about the therapy dog pilot and program?**
 - a. **YES.** We sent communication via e-news on three occasions to parents and students in the spring of 2018 and over the summer of 2018. We also communicated in the spring of 2019 when we brought on our 2nd and 3rd dogs.

As always, I am open to hearing your feedback on this program! Please feel free to e-mail me and/or call. If you have any questions, please do not hesitate to ask!

Thank you!
T. Hall

ATHLETIC NEWS

For the latest student athletic news, honors, and achievements, and recertification dates for FALL SPORTS, please click on the following athletic webpage:

<https://www.sectionvny.org/public/genie/783/school/1607/>

UPCOMING EVENTS

<u>Date</u>	<u>Event</u>	<u>Time</u>
October 26	ACT Test	8:00 AM
November 1	BHS Play "The Incomplete Works of Shakespeare: Some Comedy," TCMS Auditorium	7:00 PM
November 2	SAT Exam	8:00 AM
November 7	First Marking Period Ends	
November 11	Veterans' Day, School Closed	
November 12	Varsity and JV Winter Sports Begin	
November 13	BHS and TCMS Joint Meeting with the Principal, BHS Room 262	7:00 PM
November 15-16	NYSSMA Sr. High Area All-State Festival, Letchworth	
November 19	HBCU College Fair, Riverside Convention Center	
November 27-29	Thanksgiving Recess, School Closed	