

B H S W C A

May 2017 Newsletter



**“ Don’t be Anxious
be Confident”**

What is test anxiety?

It's worry or fear caused by having to take tests.

Test anxiety may cause:

Physical symptoms

You may fidget, have “butterflies” in your stomach, a quickened heart rate or breathing, nausea, sweaty palms, a headache, etc.

Mental distraction

You may be unable to concentrate, and may be easily distracted by noise, uncomfortable temperature, passersby, etc.

Mental blocks

You may be unable to think effectively about the task at hand.



Testing, Testing, 1, 2, 3.... Now Breathe

As we get closer to Regents week (6/13-6/20) we understand that many students may be experiencing test anxiety. Test anxiety may be a physical or mental response students experience, such as feeling “butterflies” in their stomachs, an instant headache or sweaty palms before or during an exam. Students tend to get anxious but why? Studies have shown that what causes anxiety is lack of preparation, cramming the night before, poor study habits and lack of organization. Test anxiety can also be caused by thinking about past bad test performance on previous exams, lack of taking notes and/or doing homework. However, there are many ways students can feel better prepared for exams. One way is to attend our BHSWCA Saturday Academy for Regents and Common Core exam preparation. Saturday Academy begins Saturday May 13th and will continue May 20th, June 3rd, and June 10th (there is an additional Saturday June 17th for students sitting for Chemistry Regents only). Parents see below for other ways you can help your child feel prepared for exams!

Here are some tips from Schools.NYC.gov for parents to help their children reduce anxiety before exams:

- Help your child to prepare everything that they will need for the exam the night before— pen, pencil, ruler, eraser, calculator, etc.
- Do something fun on the night before the exam to distract them like playing a board game, watching a movie, or participating in a sporting activity. Set the alarm so your child can relax and get a good night sleep before the exam.
- Make sure they eat a healthy breakfast on the day of the exam, as the brain needs lots of energy to maintain focus. Foods such as eggs, cereal, fresh fruits and whole wheat toast help to energize the brain. Avoid foods that contain lots of sugar and caffeine like soda and cookies, as well as fatty junk foods.



The University of the State of New York
THE STATE EDUCATION DEPARTMENT
Office of State Assessment
Albany, New York 12234

Regents SCHEDULE: JUNE 2017

UPDATED 6/16 – This schedule supersedes any previously released schedule.

Students must verify with their schools the exact times that they are to report for their State examinations.

| June 13 TUESDAY | June 14 WEDNES- DAY | June 15 THURSDAY | June 16 FRIDAY | June 19 Φ MONDAY | June 20 TUESDAY | June 21 WEDNES- DAY | June 22 THURS- DAY | June 23 FRIDAY |
|--|---|---|--------------------------------|---|-----------------------------------|--|-----------------------------|---|
| 9:15 a.m. | 9:15 a.m. | 9:15 a.m. | 9:15 a.m. | 9:15 a.m. | 9:15 a.m. | 9:15 a.m. | 9:15 a.m. | RATING DAY |
| RE in U.S. History & Govern- ment | English Language Arts (Common Core) | RE in Global History & Geography | Geometry (Common Core) | RCT in Global Studies* Φ World Lan- guage Assess- ment suggested date/time: Lo- cally developed Checkpoint A Exam | Physical Setting/ Chemistry | RCT in U.S. History & Govern- ment* | RCT in Reading* | |
| 1:15 p.m. | 1:15 p.m. | 1:15 p.m. | 1:15 p.m. | 1:15 p.m. | 1:15 p.m. | 1:15 p.m. | 1:15 p.m. | Uniform Admission Deadlines Morning Examina- tions: 10:00 a.m. After- noon Ex- aminations: 2:00 p.m. |
| Algebra I (Common Core) | Living Envi- ronment | Physical Set- ting/ Earth Science Physical Set- ting/ Physics | Algebra II (Common Core) | RCT in Writing Φ World Lan- guage Assess- ment suggested date/time: Lo- cally developed Checkpoint B | RCT in Sci- ence* | RCT in Mathemat- ics* | | |

6th Annual Career Day 2017



BHSWCA students posing with some presenters (above).

Dr. Delf and Nurse Practitioner Cherrisse Bunch

BHSWCA

was honored to organize it's 6th Annual Career Day Event on Friday, April 28, 2017. Professionals from various careers met with groups of students and discussed their personal career journeys. Presenters discussed the education, training, and skills needed to be successful in their fields. One of the presenters who is a Barber and parent to Jayden Betancourt was kind enough to share some of his barbering skills with our students. BHSWCA would like to thank Mr. Betancourt for taking time from his busy schedule to help our students make informed career decisions.

Students and staff had the chance to interact with many professionals including, a veterinarian, funeral director, truck driver, caterer, performing artists, educators and entrepreneurs. At BHSWCA we provide many opportunities for students to receive all necessary information needed to prepare themselves for the future. What better way to do that than to invite career professionals who can give students first hand information, answer questions and encourage them to start preparing now?!

Mr. Fidoten,
Marketing/ &Media

We would like to give the PBIS Team a special shout out for organizing yet another successful Career Day! Mrs. Wyre, Mrs. Williams, Mr. Donaldson, Mrs. Honeycutt, Mrs. Labrador, Mr. Piton, Ms. Grey, the Student Council and everyone else who participated and contributed to the success!

Mr. Jayson Betancourt—Barber (above)

Thelma Pollard and Karen Dickerson,
Hair & Make-up Designer

Paul Ross, Real Estate Agent

Carin Gilfry, Voice Actress

2017 College Decision Day

PLEDGE YOUR
#Collegiance

National **Decision Day** is an event sponsored by the National College Advising Corps (NCAC) to celebrate the success of high school seniors in pursuing post-secondary education. May 1st is National College Decision Day, the deadline for seniors to pick their college. For many seniors, they are facing the single biggest decision of their lives. Getting into college is a big deal and we think it deserves a big celebration. So we recognized the hard work of these students with our first annual BHSWCA Decision Day celebration! On Thursday, May 4th we celebrated their efforts with food, fun, pictures and pep talks! We are very proud of our students and how hard they have worked throughout the years. Below are seniors who have been accepted to attend the following colleges:

City University of New York

CUNY Bronx Community College

Aaron Ryes
Christine Singh
Dauda Nikiema
Kelly- Ann Markland
Shamia Sowkey
Umer Munir
Spencer Reid
Justin Cabrera
Cearra Madera

CUNY Borough of Manhattan Community College

Angali Ramlal
Esmelki Nunez
Natalie Reyes
Kaila Faichney
Amanda Gonzalez
Jamilex Santana

CUNY Laguardia Community College

Ashante Cannon
Kimone Ennis
Alejandra Cruz
Tyler De La Cruz

CUNY City College of Technology

Diomassy Dagnoko
Johnathan Capellini
Tasean Shuford
Keyshawn Barksdale
Danniele Robinson

CUNY Medgar Evers College

Julicia Dixon

CUNY Lehman

State University of New York

SUNY Broome

Daveon Blake
Michael Jordan Jr
Amir Cisse

SUNY Buffalo State College

Nashay Kelly

SUNY Canton

Bless- Sade Lindo
Breanna Chin

SUNY Cobleskill

Ramell Anderson
Oshane Huey
Mohamed Kouyate

Austin Martinez - SUNY Hudson Valley Community College

Fatlind Rexhaj - SUNY Westchester Community College

Brandon Channel - SUNY Niagara County Community College

Antwaun Lyons - SUNY Genesee Community College

Kidane Dacosta - SUNY Onondaga Community College

Melysa Hierro - SUNY Oswego

Michael Soler - SUNY New Paltz

Miryelle Montas - SUNY Potsdam

Karaishma Rai - SUNY Oneonta

Private Colleges

Angelina Rosa - Massachusetts College of Art and Design

Dalissa Duran - Muhlenberg College

Dyelle Mcneil - College of Mount St Vincent

Eric Moriano - Valencia Community College

Ivana Florian - Johnson and Wales University

Jaylee Castillo - St Thomas Aquinas College

Kiara Martinez - Virginia State University

Nicole Maldonado - Barry University

Monee Hunter - Nyack College

Rush Gordon - College of Mount St. Vincent

Congratulations to all our Scholars!!

BHSWCA

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BRONX, NY 10467



www.BHSWCA.com

Save the Date

Our next **School Leadership Team** meeting will be **May 18, 2017** at **4:00 pm** in room 240. Please contact Ms. Martinez our new Parent Coordinator for more information or with any questions at 718-944-5660 x2428.

Our expectation is that parents commit to attending a parent event at least 4 times during the school year. We are nearing the end of the school year. The last day of school is June 28th. How many parent events have you attended so far? It's not too late!

