



THE HAWK'S REPORT

ONE HOLLEY

MARCH 2023



Message from the Principal

Last month we took time to celebrate students who earned second quarter honor roll or high honor roll. I want to thank the parent community who reached out after the first quarter to suggest we create a celebration. After the suggestion from the parent community, we met with students and discussed what they felt would be an appropriate way to celebrate. We want to thank the parent community for reaching out and suggesting we do more to celebrate such an achievement. Students truly enjoyed their celebration.

This month we have parent-teacher conferences. If you would like to meet with a specific teacher, please feel free to reach out to them via email. However, if you would like to request a meeting with multiple teachers, please reach out to the guidance office to set up such an appointment. We are always looking to work together with families to ensure we are providing the best possible educational opportunities for each of our students.

The musical is this month! Please come support our students as they have spent many hours rehearsing, building sets, painting, and ensuring to provide our community with an unforgettable experience. The musical requires an immense amount of teamwork, commitment, and dedication. This year's show is fun for all ages! To purchase tickets, visit showtix4u.com or stop in and see Mrs. Andrews in the main office.

As always, if you need anything at all, please do not hesitate to reach out to me via email at mfeldman@holleycsd.org or via phone at 585-815-5459.

Thank you,
Mr. Feldman

IMPORTANT EVENTS

March 13 - JV/Varsity Spring sports begin

March 16 - Interim Reports available online

March 17 - 1/2 day. Students dismiss at 10:30am

March 20 - Board of Education meeting at 6pm

March 23 - Parent Teacher conferences 3-6pm

March 24-25 - MSHS Musical

March 28 - District Choir Concert at 7pm

March 30 - District Art Show. District Band Concert at 7pm



Mental Health Minute

Seniors! We have a lot of scholarships for you to apply for! Many only require an essay. Please see Ms. Solazzo in the Counseling Office or check out the scholarship wall outside the counseling office to find out more about them. Don't miss out on a great opportunity to earn money for college.

In 2020 the FCC adopted the number 988 as an easy way for people to access support while experiencing a mental health crisis. This crisis may include suicidal thoughts, substance abuse, and emotional stress. 988 is for everyone and it's more than just a "suicidal" line. You can also use 988 if you are worried about someone you know who is in distress.

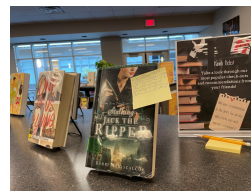
988 can be accessed by phone, text, or email. It will immediately put the caller in contact with 1 of over 200 crisis centers and trained crisis professionals. 988 has taken the place of the National Suicide Prevention Hotline, along with a few other services. A trained crisis counselor will answer and listen to how your problems are affecting you. They will then provide support and share resources if needed. Contacting 988 is a free service.

Music

Music in Our Schools Month takes place during March and is rapidly approaching! Please mark your calendars for our District Choir Concert (3/28) and District Band Concert (3/30). Our music students across the district are working incredibly hard to prepare an amazing line-up of performances for each concert. You won't want to miss it!

Library

March is National Women's Health Month, National Disability Awareness Month, and National Reading Month! To celebrate, we have lots of new book displays. In addition to our displays recognizing this month's observances, we have a display in which students are invited to add a book to the shelf with a note indicating their recommendation. We have already gotten a bunch of awesome reads added to our display; be sure to come and add your own recommendations!



Hawk Talk (Athletics)

Dr. Goetz will be here 4/12 for sports physicals. Please call the nurse's office to schedule an appointment.

Baseball Season is here! Coach Warne and Coach Slate are looking forward to a season full of excitement on the diamond! We encourage any high school student to come check out our Varsity and JV teams. Whether you are a student who loves the game and has been playing for years OR you are a student that is looking to giving "America's Past Time" a try! The coaches are planning a season of dedication, growth and hard work so our players can see results on and off the field! The season starts March 13th and we can't wait to see our hawks hit some dingers, catch a can or corn, get caught in a pickle, throw some yakkers, flash the leather and paint the plate!! Let's go Holley Baseball!



Hawk Talk (Athletics)

March is National Athletic Training Month. The slogan for 2023 is "There is an AT for that." Athletic trainers (AT) are trained in medical emergencies, illnesses, sports injuries, and mental health emergencies. Those areas then can be broken down into prevention, evaluation, treatment, and rehabilitation. They are the ones working behind the scenes and are not always recognized until there is an injury, illness, or emergency. Keeping records of injuries and illnesses are also part of the duties of an athletic trainer. Athletic trainers are the first ones to arrive and last to leave on practice and game days.

The prevention of injuries and illnesses start when athletes sign up to participate in sports. A pre-participation physical will identify athletes who are at risk or recovering from an injury. The physical will also identify athletes who have allergies and medical conditions like asthma or diabetes. Another way to prevent injuries is to monitor practices and games that occur outside. The weather can cause heat illnesses, cold illnesses, and the potential for lightning strikes. Heat, humidity, wind chill, and storms are all monitored by the AT so that coaches can focus on practicing or a game. Some other basic prevention skills involve taping an ankle, assisting with stretching, applying an ace wrap, and even walking a sports field looking for hazards.

The evaluation of an injury starts with talking with the athlete, the coach, and other athletes about how the injury occurred. Further evaluation involves testing muscle strength, ligament strength, and the stability of a joint. Every injury is different, and every evaluation is different.

The treatment of an injury can involve removal from practice or a game. The severity of the injury or illness will dictate if the athlete can stay until the end of practice or a game if he/she needs to be immediately seen by a physician. Rehabilitation can involve assisting an athlete with regaining the range of motion to an injured joint or muscle. A large concern with an injured athlete is that he/she maintains his/her level of cardio fitness. An athlete can ride a stationary bike to maintain cardio fitness when pain is preventing the athlete's ability to run. When an athlete sustains an injury or illness, the main concern is to keep the athlete out of his/her sport for the shortest amount of time possible. Belonging to a team can be a major part of an athlete's mental health.

Athletic trainers are always ready to jump into action when needed. ATs are ready for the minor needs of an athlete, coach, official, or spectator. They are also ready for the worst-case scenario which was seen with Damar Hamlin. Their education and continuing education give them the knowledge to know when to activate the emergency medical system (911). ATs can be seen working in orthopedic clinics, physical therapy clinics, colleges, professional sports, and secondary schools. Professional sports include football, ice hockey, soccer, baseball, basketball, and auto racing to name a few. Athletic trainers are now working in the industrial setting to assist employers and employees with fitness programs and stretching.

Through continuing education, athletic trainers are able to stay up to date on the newest trends in sports, medicine, and techniques for taking care of people they are working with.



Art

March is Youth Art Month, an annual observance each March to emphasize the value of art education for all children and to encourage support for quality school art programs. The Visual Arts Department at Holley will be celebrating our art programs and students during it's yearly K-12 District Art Show. Mark your calendars! This event will be held Thursday, March 30th at the Junior/Senior High School from 5:30pm-7pm in the light court right outside the art rooms. There will be refreshments available for purchase - funds will help support the Art club. There will be free raffles available to all students who attend. Art materials have been generously donated by various sources.

Come join in on the fun and participate in the community connection art project. Seniors Casey Onisk and Jalen Tette will be displaying their curated portfolio and encourage discussion of their artwork.

Casey Onisk has accepted an offer from Rochester Institute of Technology (RIT) and will be attending in the fall for Game Arts. If you know or see Casey around, congratulate them, great work we are so very proud of you!

The following 8th graders have their artwork displayed at local businesses: Hunter Sommerfeldt at Wiley's Ark, Kayla Mosher at Sam's Diner, Charli Gearing at Dustin's Pizzeria, Cadence Girangaya at Redwood Trades & Cafe, Harrison Flanagan at Holley Pharmacy, Desiree McCormack at Holley Community Library, Cassandra Emery at Hair Affair, Haidynn Mullins at Van's Pit Stop, Addison Probst at Holley Falls Restaurant. If you are a patron of one of these businesses and see our students work, please take a picture!