Dear Fellow Patriots,

The end of the year, end of a decade, is among us and as is typical for most of people, it is common to wonder, “where did the time go?” The fall is always an exciting time for students and teachers, a time for getting energized for the new school year – happy to see friends we’ve missed all summer and looking forward to our new classes. As we head now into the dark days of winter, it is easy to get wrapped up in the doldrums of the day to day – waking up when it is dark, going home when it is dark, doing homework, going to practice. It can be a hard time for many of us and yet for some, it is extremely difficult to navigate through these times. When most people are happy and excited about the holidays, some are not. Some may feel the weight of these dark days on them and feel exceptionally out of sorts. It is for this group of students, that I would like to remind of the many services we have available right here at Lenape Valley. We have a department dedicated to special services and these services are available to any student in the building. The school psychologist, social worker and the student assistance counselor are among those resources that students can seek if they feel the need for support. The guidance counselors too can be a very good resource – they each have counseling degrees that go beyond academic counseling. Each of these valuable resources need no appointment, so please take advantage of them by stopping by to visit.

I encourage all of our students, staff and families, to use this approaching new decade with the acceptance of mistakes – of learning from mistakes, trying new things, learning, living and pushing oneself, to change yourself and change your world. Everyone has difficult moments of time, but it is often these difficult moments, that end up being the greatest times of your life.

Happy Holidays,

Paul DiRupo,
Superintendent

#wearelenape

LVHS Receives $10,000 to Support New Personal Finance Graduation Requirement

On December 17th, the LVHS BOE accepted a grant check for $10,000 from Next Generation Personal Finance (NGPF) to help support the implementation of our new Personal Finance course. The grant application was submitted by Mr. Mark Fiedorczyk, the Regional Supervisor of Curriculum and Instruction, and was the first grant application approved in the country as part of NGPF’s Million Dollar Gold Standard Challenge.
To be eligible for the grant, Mr. Fiedorczyk needed to implement a change that would require a specific course in Personal Finance to be approved as a graduation requirement. New Jersey already requires a course in Financial Literacy as a graduation requirement, but the Personal Finance curriculum supported by NGPF is geared towards finance in the digital age and focuses on the skills necessary for students to properly manage their own finances. The unit topics include Managing Credit, Checking, Savings, Budgeting, Investing, Taxes, and Paying for College. Real world activities include an online banking simulation, filling out and understanding W-4 forms, filing taxes, and understanding various investment vehicles.

Mr. Fiedorczyk began training with NGPF last April and also attended a 3 day conference in New York City in August. After a successful presentation to the BOE earlier in the year, the BOE approved the new Personal Finance course and approved Personal Finance as a new graduation requirement. LVHS is excited to implement this new course that will give our students the real world skills necessary to make sound financial decisions. Submitted by: Mr. Fiedorczyk, Supervisor of Curriculum and Instruction

### Guidance News

#### 2019-2020 Testing Dates

- January 27 - Mid-Term Exams - Periods 1 & 2
- January 28 - Mid-Term Exams - Periods 3 & 4
- January 29 - Mid-Term Exams - Periods 5 & 6
- January 30 - Mid-Term Exams - Periods 7 & 8
- March 2 - ASVAB 7:45am
- April 21 to 24 - NJSLA Language Arts
- April 28 to 1 - NJSLA Mathematics
- May 2 - SAT 7:15am
- May 4 to 15 - Advanced Placement Tests
- May 19 to 22 - NJSLA Science
- June 5 - Final Exams - Periods 1 & 2
- June 8 - Final Exams - Periods 3 & 4
- June 9 - Final Exams - Periods 5 & 6
- June 10 – Final Exams – Periods 7&8

#### Instant Decision Day Brings Great Rewards to Students

Excitement was in the air during Lenape Valley Regional High School’s second annual Instant Decision Day! This exciting event gave seniors the opportunity to participate in a face-to-face conversation with college admissions representatives from East Stroudsburg University, Fairleigh Dickinson University, Kean University, Kutztown University, Seton Hall University, County College of Morris, and Sussex County Community College.

Making a personal connection with the admissions representative allowed the students to present themselves in a manner that cannot be conveyed on paper. Students were also encouraged to interview the college to be sure that the school is the right fit for them. This unique opportunity gave the students the chance to ask meaningful questions about the college/university, while eliminating the agonizing wait for an admission decision.

Not only did Lenape Valley students acquire college acceptances and great advice, but an impressive sum of $1,110,000.00 was awarded in merit scholarship money! The Lenape Valley staff experienced tremendous satisfaction observing the well-prepared students excited about the newly presented opportunities on the horizon.
LVHS to Offer AP Capstone Diploma Program

Diploma Program Focuses on College-Level Research, Collaboration, and Presentation Skills Crucial for College and Career Success

Lenape Valley will be one of approximately 1,800 schools worldwide to implement the AP Capstone™ Diploma program—an innovative program that allows students to develop the skills that matter most for college success, such as research, collaboration, and communication. The program consists of two courses taken in sequence: AP® Seminar and AP Research.

Students who score a 3 or higher in AP Seminar and AP Research and on four additional AP Exams of their choosing earn the AP Capstone Diploma™. This signifies outstanding academic achievement and attainment of college-level academic and research skills. Students who score a 3 or higher in both AP Seminar and AP Research (but not on four additional AP Exams) earn the AP Seminar and Research Certificate™.

Lenape Valley will start offering AP Seminar in the fall of 2020.

In AP Seminar, typically taken in 10th or 11th grade, students choose and evaluate complex topics through multiple lenses; identify credibility and bias in sources; and develop arguments in support of a recommendation. AP Seminar is a project-based learning course. Official AP Seminar assessments include research reports, written arguments, and presentations completed during the academic year. Students complete the course by taking an end-of-course written exam in May.

In the subsequent AP Research course, students design, execute, present, and defend a yearlong research-based investigation on a topic of individual interest. They build on skills developed in AP Seminar by learning how to understand research methodology; employ ethical research practices; and collect, analyze, and synthesize information to contribute to academic research. Like AP Seminar, AP Research is a project-based course. Each student’s official AP Research score is based on his or her academic paper, presentation, and oral defense. There is no end-of-course exam for AP Research.

In partnership with the higher education community, the College Board developed AP Capstone so students can practice and master skills that serve them well in college and career. Colleges and universities have voiced their support for the program. Submitted by: Mr. Fiedorczyk, Supervisor of Curriculum and Instruction

An All American Athlete in Patriot Nation

Senior soccer player Bridget Dudziec was selected as a High School All American this fall. Her 33 goals and 18 assists this season helped her to lock up her spot on the team. Bridget was 1 of 40 girls in the country to be selected to the team. She is also 1 of 20 girls to be picked from the East Coast. Bridget played in the All American game on December 7th in Orlando, Florida. Submitted by: Mr. Meeth, Girls Soccer Coach

Congratulations Bridget!
Cell Campaign 2019

AP Biology Students ran a cell campaign. Students took on the role of a cell organelle and ran for office as “President of the Cell”. Students made campaign posters, pamphlets and t-shirts to promote their organelle. The campaign ended with speeches and a vote for the new Cell President. There were two winners - a tie between the chloroplast and the endoplasmic reticulum. (Alexa Petrie and Amy Voigt respectively). Submitted by: Dr. Richardson, Chemistry Teacher

From Mrs. Motyka’s Gradebook…

Anatomy and Physiology students tested the efficacy of different types of sunscreen using UV sensitive paper.

AP Biology students came to the CP Biology lab class to help teach concepts on Photosynthesis. The students had a great time learning from each other.

Submitted by: Mrs. Motyka, Science Teacher

Annual Summit

All Sussex County middle schools attended a school Summit at Sparta High School October 25th. High school students served as mentors to the middle school students. They facilitated activities and stayed with their assigned group during the entire day. Several speakers spoke regarding making good choices and being positive. Some middle schools performed on stage and did a great job. This particular Summit has been going for 19 years. The Center for Prevention and Counseling coordinates everything and does an outstanding job. Pictured here are Melissa Van Klinger, Maddie Roth, Jess McThomas, and Amber Singh. Submitted by: Mr. Grillo, Student Assistance Counselor
Mole Day

Students in Dr. Richardson and Mrs. Graniello’s chemistry classes celebrated Mole Day on October 23rd. Mole day is celebrated annually on October 23 from 6:02 a.m. to 6:02 p.m. Mole Day commemorates Avogadro’s Number (6.02 x 10^23), which is a basic measuring unit in chemistry. To show their chemistry spirit students created moles, made mole day shirts, and brought mole themed foods to class. The chemistry students learned how to calculate the mass of one mole of an element or molecule, and played games to practice calculations. AP chemistry students were able to make s’mores and then did calculations to find things like how many moles of sugar or atoms of carbon they consumed. Submitted by Dr. Richardson, Chemistry Teacher

Culinary Workshop to Celebrate the Fall

The Gifted and Talented students enjoyed a fall themed Culinary Workshop this Halloween. Students were taught about the benefits of different types of apples by a nutritionist and then the chef demonstrated how to flambé apples which were then put on top of ice cream. Students were then able to top their apples and ice cream with fun Halloween themed treats. The team from Maschios did an amazing job teaching our students and getting them involved in a great hands-on workshop experience. Submitted by: Mrs. Christopher, Gifted & Talented Advisor
Halloween: Clearly Not Just for Kids Anymore

Halloween this year brought out the creative side of our teachers – pitting department against department in a “Best Costume” contest. Who do you think did it BEST?

- The English Department
- The Art Department
- The Science Department
- The Math Department
- The Special Services Department
- The Guidance Department
Homecoming Dance

We had approximately 370 students show up to the Homecoming dance--the most we have had in a very long time! The theme was a Red Carpet and students entered the dance on a red carpet where paparazzi (a Schoolcraft Photographer) snapped candid pictures of them. They danced the night away to the wonderful sounds of Magic Touch DJ's. Students had a wonderful time that night.

Freshman Homecoming Princess and Prince - Samantha Coremin & D’Angelo Castellana

Sophomore Homecoming Princess and Prince - Sofia Atencio and Patrick Puco.

Junior Homecoming Princess and Prince were Milagro Segura and Gavin Coles.

Robbie Erlemann won Homecoming King and Isabella Granada won Homecoming Queen.

Submitted by: Mrs. Cautero, Student Council Advisor

No Shave November

As part of our month long celebration of all who have served in the Armed Forces, the Lenape Valley teachers, staff, and administrators took part in No-Shave November. Participants pledged $10 not to shave for the entire month of November and all proceeds were donated to the Wounded Warrior Project. Lenape Valley has donated nearly $1000 in the 2 years. Submitted by: Mr. Reynolds, Assistant Principal
Football Players Visit the Sending Schools

Football coach Don Smolyn continued a Lenape Valley tradition by taking twenty football players to share their joy of reading with the sending district schools. The mornings were spent by the players reading some of their favorite books to the younger students.


Mike Engelhardt, Gaston Poti, Matt Credidio, Matt Karpiak, and Liam Shalita Herbert visited Netcong on October 11th

Drew Togno, Gavin Coles, Trey Stasse, JT Lyons, Trey Kaplan, Dave Post, Justin Palumbo, Rocco Bonavolonta, Sean Cooper, and Cameron Samiljan visited Byram on October 25th.

Trex Recycling Making A Difference

The Lenape Valley community kept over 400 lbs. of plastic out of our landfills last year by participating in the Trex Recycling contest! Trex is a company that takes plastic film and turns it into "lumber" to be made into decking, benches, and more. The Go Green Club is once again participating in the Trex recycling contest during the 2019 - 2020 school year. We hope to collect 500 lbs. of plastic this year to win a Trex bench for our back patio garden. We have already collected over 100 lbs. of plastic during the months of September and October! The contest will run until April 15, 2020. Please help us to achieve our goal of recycling 500 lbs. of plastic film.

Here is what you can do:

- Bring all the plastic film that you cannot reuse to Lenape Valley and deposit it in one of the Trex bins located in the main office; the commons; and in B221.
- You can bring in the following items: plastic shopping bags, plastic bread bags, the plastic film around napkins, paper towels, toilet paper, paper plates; cereal bags; dry cleaning bags. Please see the Trex Recycling poster attached below for a complete list of plastics that you can recycle.
Here are some pointers:

- Please do not place plastic bottles into the Trex bins, or bring them to school for recycling, you can recycle these at home.
- Please make sure all plastic you place in the Trex bin is dry and free of food residue.
- Please do NOT use extra plastic bags when shopping so you can help us to collect more plastic. We only want plastic that cannot be reused; the Go Green Club advocates for using reusable shopping bags instead of plastic bags whenever possible.

Submitted by: Mrs Strodel, Go Green Club Advisor

Letters From Abroad

Mrs. Marta Rivara’s English II Honors classes exchanged letters with Ms. Julia Rivara's English students from schools in the Risaralda Region of Colombia, South America. To give Julia Rivara’s students the opportunity to communicate with an authentic audience, Columbian students wrote letters in English and Lenape Valley’s students reciprocated. Lenape’s students collaborated on topics to share, which included life at our school, their studies, activities and sports, weather and geography of our region, favorite foods, pets, and family. The topics they addressed in their letters included, according to Mrs. Rivara, “without prompting, our students were appropriate, enthusiastic, and generous in their responses. The students in Colombia were grateful and happy for our students' letters and shared their letters with each other in their classes.” Submitted by: Mr. Kisatsky, Supervisor of Humanities

Syracuse University Project Advance

Mr. Nick Ripatrazone and Mrs. Marta Rivara hosted Syracuse’s Department of Writing Studies’ instructor/lecturer Mark Bousquet, PhD, for their biannual Syracuse University Project Advance meeting at Lenape Valley. Bousquet was “taken by how engaged and enthusiastic both [Rivara and Ripatrazone] are about [their] students” as well as “the high quality of questions posed by the students and their general inquisitiveness.” This meeting is one of many requirements needed for Lenape Valley students to earn college credit through Syracuse’s concurrent courses. Submitted by: Mr. Kisatsky, Supervisor of Humanities

So That’s How They Make Fireworks!

Dr. Caley Richardson’s chemistry students recently completed the Flame Test Lab. In this lab, students burn various metal ions to excite the sample and produce visible light emission. This concept can be seen in firework displays. From left to right: Rachel Mojica, Brandon Detombeur, Larimar Santos, Kayla Petrucelli. Submitted by: Dr. Richardson, Chemistry Teacher
**Fundraiser Goes Viral!**

Mrs. Cautero's Sports and Recreation Marketing Classes ran a sales unit where Period 1 and Period 7 competed for the most sales for a FanCloth.com Fundraiser. Students were required to sell at least one Lenape Valley apparel item, prepare a sales pitch and complete a sales analysis at the end of the project. Students ended up selling 511 items and made an amazing $4,599 profit. Congratulations to the students who participated, including the winners!

- 1st place sales went to Jayce Kenny who sold 62 items and won Apple AirPods and a $100 Amazon Gift Card.
- 2nd place sales went to Bridget Dudziec with 23 items sold and a $50 Amazon gift card and
- a tie for 3rd place winners Alanah George and Mia McLean who each sold 21 items and won a $25 Amazon gift card for each of them.

Period 7 ended up winning a pizza party for their sales and Period 1 won a donut breakfast. The profits will be used to help offset the Junior/Senior prom, in addition to a $300 toy donation for FBLA’s Toys for Tots program due on December 12th. *Submitted by: Mrs. Cautero, Business Teacher*

**STEM Room Highlights**

Lenape Valley STEM students are off and running this year being challenged with everything from architectural design, graphic design, and engineering design projects. Our new 3D printers and a CNC mill are offering our students an opportunity to explore and create solutions to various projects.

Seniors Eric Falleni and Adam Raffay are using our 3D printers to prototype parts for their vacuum design they designed in Autodesk Inventor.

Henry Marocchi is preparing the CNC Mill to cut a part for a puzzle design he is testing.
Students are constructing bridge models to test the structural integrity and efficiency of their designs.

Student Ryu Aponte is using the STEM Lab to work on his physical model of his architectural design that he created in Autodesk Revit.

Margaret Vetter is using Adobe Illustrator and Photoshop in our STEM computer lab to design a new logo for the department.

**NJIT Career Day Trip**

On December 6th, a group of 14 Lenape Physics students and Mr. Drury visited NJIT’s Engineering Career Day. The Engineering Career Day program was designed to give high school students an opportunity to explore engineering and consider engineering as a career path. Students met current engineering students and faculty, and were presented with systems, devices, robots and vehicles.

This event allowed the students to gain a better understanding of how their science and math courses could be applied in
Many students really do not have an understanding of what they will be doing in their major. This program offered the students a glimpse at the possibilities available for them in the fields of engineering and science. *Submitted by: Mr. Drury, Physics Teacher*

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**LVR Patriots Show Support for Our Truest National Patriots**

To celebrate Veteran's Day, Lenape Valley honored those in the community who have served in the Armed Forces. During the program, there were patriotic performances by both the Lenape Valley Band and Chorus. Veteran guests were welcomed by a standing ovation as they entered the gymnasium filled with students, staff, and administrators. Major William Pickett of the United States Army gave opening remarks and the keynote speaker was Daniel Corrigan, an Army Veteran from the 82nd Airborne Division. Sixteen veterans from our community were recognized for their service and received a certificate and lapel pin as a token of our gratitude. *Submitted by: Mr. Reynolds, Assistant Principal*

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**Paper Bridge Competition**

On Wednesday, December 11th, Mr. Drury’s Physics students competed in a newspaper bridge competition. The object of the project was to build a bridge that would support the most mass of sand per gram of bridge. The bridge could only be constructed of newspaper and tape. The project allowed the students to apply the principles of physics they were learning in class. The winning team was Ryan Graham and Philip Echevarria with a bridge that was able to support 51 pounds and only had a mass of 315 grams. This was an efficiency of 73 grams of load per gram of bridge! *Submitted by: Mr. Drury, Physics Teacher*

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**Toys for Joy: FBLA, Interact and Student Council Students Help to Spread Joy**

FBLA ran its annual toy drive, "Toys for Joy", November 25-December 12, 2019. Thanks to all of the generous donations from faculty, staff and students, our drive was again a great success. Toys and other gifts were joyfully donated and set up in Project Self Sufficiency’s Toy Shop on December 12th. These donations give less fortunate families in Sussex and Warren counties the opportunity to give presents to their children. Interact and Student Council have been working together with FBLA for several years. This also gives students the opportunity to earn community service hours in their donations and time spent in helping our
community with non-profit work. We all love to "Put a Smile on a Little One’s Face. Submitted by: Mrs. Bardello, FBLA Advisor

Interact packing up our toys to bring to Project Self-Sufficiency on Thursday, December 12, 2019

Student Council members shopping for FBLAs Annual Toy Drive.

The Interact Club spent the day preparing and making stocking bundles for the children.

This was a great opportunity for the Interact members to help the Toy Shop spread some holiday cheer.

A Fun Way to Close Out the Year

Members of the Student Council and Service Arts Club promoted Spirit Week to close out the year. Teachers and students had a great time showing off their school spirit.
LVR Service Art Club Conducts Annual Holiday Craft Event

It is that time of year when the Lenape Valley High School Service Art Club members travel to Bristol Glen in Newton, NJ to conduct an annual holiday craft event for the senior citizens living there. On December 10th, 2019, the members of the art club engaged the senior citizens in making a holiday tree craft. The students assisted the Bristol Glen residents in creating a festive Christmas Tree out of paper cones, acrylic paintings, and various craft items such as pom-poms, wooden stars, and foam pieces. The organization of this event was a collaborative effort of Lenape Valley Service Art Club advisor Mrs. Sherry Carnegie and Bristol Glen volunteer services coordinator Mrs. Melissa Teitsma. Mrs. Carnegie stated that “this is one of her favorite events of the year because it is such a positive experience for all involved.” The senior citizens seemed to really enjoy interacting with the high school students while at the same time making art. The high school students benefited by being given the opportunity to make a difference in the lives of the senior citizens through helping them produce a holiday project.” Mrs. Carnegie went on to say that “she appreciates the support that she is given by the high school’s administration for this service art related trip. It is an amazing experience for everyone involved. The focus of the LVR Service Art Club is to benefit others in some way through the creation of various art projects. Mrs. Carnegie said that “she is looking forward to bringing members of the art club back to Bristol Glen in the future for this service art event.” Submitted by: Mrs. Carnegie, Service Arts Club Advisor

Bristol Glen resident Peggy Grote posing with Service Art Club member Victoria Filippone with the holiday tree craft project

On the Horizon….

Upcoming fun events at LVR include:

December 20th: 12:00PM dismissal
December 23rd through – January 1st: School Closed
January 2nd: School resumes
January 8th: DECA Regional competition
January 18th: Physics Olympics
January 20th: Martin Luther King Day - 12:00PM dismissal
January 27th – 31st: Mid-Terms – 12:00PM dismissal
February 4th: Interact Special Olympics
February 10th: NHS Blood Drive
February 11th: All Schools Concert
February 17th: School Closed – Winter Break
February 24th: Puppet Shows at the sending districts
February 25th: NHS Induction Ceremony
**Santa Announces Teacher of the Year**

Today, at the holiday concert for students and staff, Santa Claus (Mr. Claeys) made the announcement that *Mrs. Laura Mihatov* was selected Teacher of the Year and *Mrs. Cheryl Canfield* was selected Paraprofessional of the Year. Congratulations to you both!

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**Happy Holidays to All of Our Patriot Families!**

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**Follow us on Twitter!**

Our official social media accounts are now up and running for Lenape Valley! They will be run by our social media coordinators, Mr. Scholl and Mrs. McCullough. We would love for you to follow our LVR accounts for photos and updates throughout the 2019-2020 school year!

They are as follows:

Facebook group - LVR Patriots Official Page

Instagram - lvr_patriots_official_page

and Twitter - @lvrpatriots.

Please feel free to reach out to either of our coordinators with any questions and we are looking forward to a wonderful school year filled with fun activities!