

# COUGAR WEEK IN REVIEW

JOHN F. KENNEDY HIGH SCHOOL

Dear Kennedy Families,

The highlight of the week for our students and staff was "Class Night". The event is always one of our students' favorite nights and consistently proves to be a lifelong memory of high school for our graduates. In recent years, we have included teacher teams that represent each grade level. I'm very grateful to the nearly 40 teachers that participated in the event or served as judges for the night. I also want the parents to know that your children were both spirited and cooperative. With nearly 800 students in the gym, the event can be a challenge. However, student-leaders for each grade organized participants and student government officers organized the events. The Juniors were Class Night Champions but it was equally as special watching the freshman class coming together and bonding as a group.

Our next schoolwide event is our 6<sup>th</sup> annual "Wellness Week". Our students and staff have organized assemblies, activities, and themed days to support various components of student and staff wellness. We kick-off the week on Monday, March 11<sup>th</sup> with Mindful Gaming Monday. There will be board games, therapy dogs, and a guest speaker focused on managing anxiety.





Class Night 2024

***Please enjoy our week in review...***

**Cougar TV Morning Announcements:** <https://www.youtube.com/watch?v=U2RdT1kCd6A>

**Cougar Crier Newspaper:** <https://online.fliphtml5.com/gcalb/znlw/index.html#p=1>

**Extra Help Schedule:** [https://www.bellmore-merrick.k12.ny.us/Assets/JFK\\_Links/091223\\_2023-2024\\_JFK\\_Extra\\_Help\\_Schedule\\_-\\_Sheet1.pdf?t=638301259198330000](https://www.bellmore-merrick.k12.ny.us/Assets/JFK_Links/091223_2023-2024_JFK_Extra_Help_Schedule_-_Sheet1.pdf?t=638301259198330000)

## **Heckscher Museum's Long Island's Best: Young Artists**

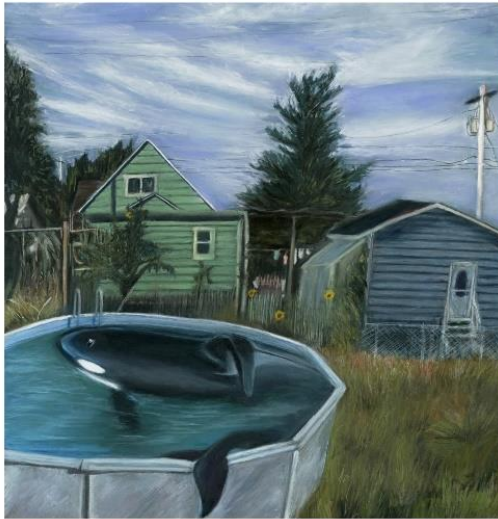
Congratulations to **Julia Cohen, Dylan Friedman, and Daniella Tejada**. These three students were chosen for the prestigious annual Heckscher Museum's Long Island's Best exhibition. Long Island's Best: Young Artists at The Heckscher Museum is the only juried exhibition on Long Island that offers high school students the opportunity to show their work in a museum.

Students were challenged to create works of art inspired by a piece they viewed at the museum while on a field trip in the fall. The museum chose 87 students this year from over 456 works of art submitted.

We highly recommend seeing the art show in person. Make a day of it! Huntington has great restaurants!

The show runs from March 24th - May 5th, 2024, with a virtual exhibition beginning March 30th.

<https://www.heckscher.org/exhibitions/long-islands-best-young-artists-at-the-heckscher-museum-2024/>



Top: **Daniella Tejada**

Bottom Left: **Dylan Friedman**

Bottom Right: **Julia Cohen**

### **Kennedy Robotics**

Congratulations and good luck goes out to the Kennedy Robotics Teams 59968 H and 59968 F as they head out to Westchester to compete in the State Championship this Sunday! **Katerina Poliviou, Paula Pastor, Michael Tommasello, Benjamin Gish, Vanessa Kacaj, Avidan Moont, Mason Tso, Max Guo, Daniel Lin, Evan Kolberg, Philip Chou, Matthew Stone, Justin Barrera and Autumn Tienauchariya!**

## **Mock Trial**

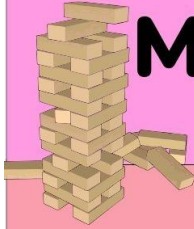
JFK's Mock Trial team has Displayed their knowledge of the court system this Wednesday when they competed against Clarke at the Nassau County Mock Trial Tournament. It was a great performance by our lawyers: **James Cunningham, Christopher Keating, and Eliana Routsos** as well as our witnesses **Dani Carlino, Kerry Duenas, and Rachel Van Daly**. All members of our team have put in many hours of preparation and practice and have learned a great deal about our judicial system. We will have our next Mock Trial meeting on Thursday, March 7th in room 106.





# **WELLNESS WEEK**

## **MARCH 11 - MARCH 15**



### **MINDFUL GAMING MONDAY**

ASSEMBLY: JUNIORS 3rd PERIOD

Today's theme: Board Gaming/Therapy Dogs in GI ROOM

WEAR SPORTS JERSEYS



### **CHROMACARE TUESDAY**

ASSEMBLY: SENIORS 3rd PERIOD

Today's theme: Mandala Coloring IN GI ROOM

WEAR BRIGHT COLORS OR POSITIVE MESSAGES

### **WELLNESS WEDNESDAY**

Today's theme: NO HOMEWORK, Yoga in GI ROOM,

WEAR CASUAL COMFY CLOTHES



### **SONIC HEALING; THERAPEUTIC ROCK THURSDAY**

ASSEMBLY: FRESHMEN 3rd PERIOD

Today's theme: Play your favorite song for your classes,

Music played over the PA in between periods

WEAR ROCK BAND TEE SHIRTS



### **REEL RELAXATION FRIDAY**

ASSEMBLY: SOPHOMORES 3rd PERIOD

Today's theme: Movie playing in the auditorium with healthy snacks

WEAR PAJAMAS

## **KENNEDY PTA**

**Membership:** Support our students and programs but joining the JFK High School PTA.

CLICK TO JOIN:

<https://jfkbellmorepta.memberhub.com/store?limit=21&live=true>

\*But if you prefer to send a check or cash, just send it in an envelope with your name, your child's name, your email and phone number.

## **Music Department News**

We are excited to announce that our Wind Symphony & Concert Choir have been invited to perform at Carnegie Hall through Best Bands & Choirs International Festival on April 18. Tickets are on sale now through our music department. Anyone wishing to purchase tickets may do so here until our allotment of tickets has been sold out. <http://tinyurl.com/3ukkeur9>

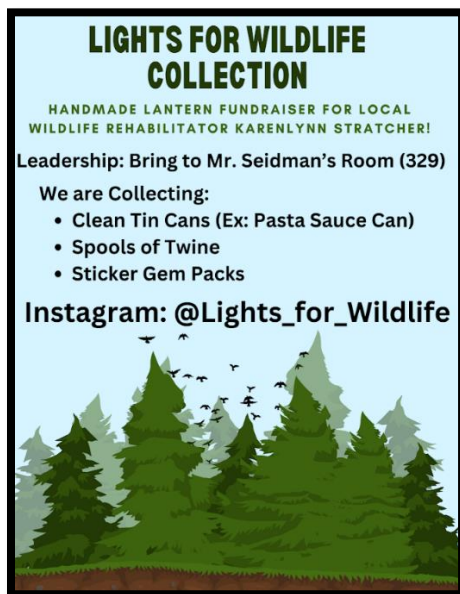
For any questions or concerns, please call 516-992-1441.



**Toy Drive for Cohen Children's Medical Center:** Skylar Weiss and Molly Kilman, students in our Leadership III class, are organizing a toy drive for their passion project. All toys will be donated to patients at Cohen Children's Medical Center. The drive will be from 3/4 to 3/15. It is kindly requested that all toys are new, unused, and unwrapped. Donations can be made in the main office or in Room 329.

### **Upcoming Important Dates:**

- 3/6: Winter Sports Letter "K" Night
- 3/6: Board of Education Meeting at 7:30pm
- 3/7: District College Planning Night at JFK at 7:00pm
- 3/9: SAT Exam
- 3/11-3/15: JFK Wellness Week
- 3/12: Social Studies Honor Society at 2:45pm
- 3/18: JFK PTA Meeting at 7:00pm
- 3/19: Science Honor Society at 2:45pm
- 3/25: PTA Founder's Day Dinner
- 3/27: 3<sup>rd</sup> marking period ends







# JOHN F. KENNEDY HIGH SCHOOL COUGAR NATION

## Cougar Athletics

### Letter Night

John F. Kennedy High School

Proudly invites you to our

2024 Winter Athletics

“Letter Night”



Wednesday, March 6, 6:00pm

in the Kennedy Auditorium

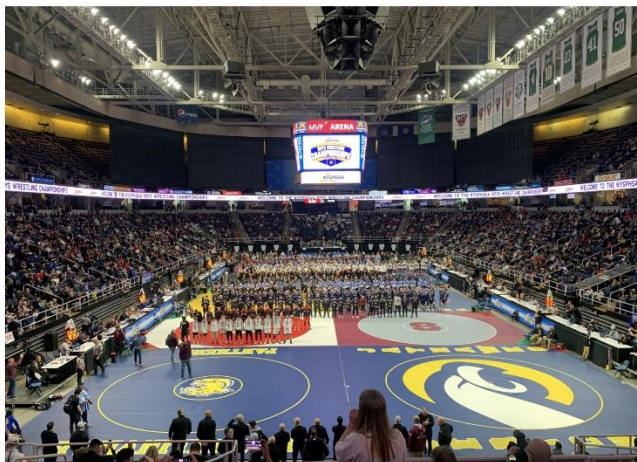
All winter sport athletes will be receiving their Varsity or Junior Varsity Letter. Parents are welcomed to attend.

## **Boys' Varsity Wrestling**

**Brandon Goldstein** lost a tough match for All State honors finishing the tournament at 2-2, however it has been an incredible 5 year run. He is, without question, the best heavyweight in Kennedy history and has set the bar high for his teammates and future Cougars on and off the mat.

**Brandon Goldstein** finishes his 5-year varsity career with the following:

- Earning the rank of Eagle Scout
- 102 varsity wins
- 10 tournament championships
- 5x All conference
- 4x county Qualifier
- 2x conference champion
- 2x All county
- 2x NYS Qualifier
- Eastern States place winner



## **Boys' Varsity Hockey**

The Boys' Varsity Ice Hockey team heads to Jamestown, NY for the State Ice Hockey Tournament. We wish the team the best of luck as they are excited to participate and hope to bring home the State Championship this weekend. We gave a celebratory send off to our Kennedy Varsity Hockey athletes (**Jack LaGalia, Chase Goldman, Noah Zinman, Jack Sarosy**) as they were leaving school on the bus to Jamestown, NY on Thursday, February 29<sup>th</sup>. We know they will make us proud.



### **Girls Varsity Kickline**

Kennedy Varsity Kickline will be attending NDA Nationals in Orlando, Florida for the first time! Kennedy will be hosting a Nationals sendoff for our district on Monday March 4<sup>th</sup> at 6:30pm. Mephram and Calhoun Kickline teams will join our Kennedy girls and will be performing all of their dances. Please come and support the team as they prepare for their first Nationals experience!

I hope you enjoy the weekend with family and friends!

Sincerely,

Gerard Owenburg, *Principal*

***"Make Every Moment Count"***