

HP TIMES

NOVEMBER 2024



“Education is the most powerful weapon you can use to change the world.”

NELSON MANDELA



“No one is perfect. That’s why pencils have erasers.”

WOLFGANG RIEBE



“Always believe that something wonderful is about to happen.”

DR. SUKHRAJ DHILLON



“You are braver than you believe, stronger than you seem, and smarter than you think.”

A.A. MILNE, “WINNIE THE POOH”



“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.”

DR. SEUSS



“Dreams come a size too big so we can grow into them.”

JOSIE BISSETT



**WELCOME BACK TO SCHOOL EVERYONE!
IT'S TURNING OUT TO BE A GREAT SCHOOL YEAR SO
FAR!**

Everyone's heard the word "ego" before in some way. But the true meaning and purpose of the ego are much different. We'll examine the ego in psychology and self—because let's face it—everyone has an ego.

Simply put, the ego is the conscious, decision-making part of yourself that you regard as “I.” The ego involves processes or reactions involving “I, me, or mine.” The ego affects people’s thoughts, motives, emotions, and behaviors. However, this does not happen all the time. There can be situations where peoples’ “I” is less involved in their decision-making process. For example, when reading a book, working on an engaging task, or in a flow experience, the “I” becomes less prominent.

LET'S TALK ABOUT YOUR EGO

ELIZABETH BUCKLAND

Interestingly, the ego is believed to play a role in certain mental health disorders including OCD, narcissistic personality disorder, and borderline personality disorder. The ego can shape our self-identity and self-worth, of which both influence our interactions and behaviors with others. Childhood is an important time for the growth of many processes, including the development of the ego. A developed ego will learn to incorporate demands from the outside world and control internal impulses.

An overdeveloped ego can sometimes lead to Narcissistic Personality Disorder; commonly characterized as an inflated sense of self-importance, excessive need for attention, and a lack of empathy. Obsessive-Compulsive Disorder (OCD), Borderline Personality Disorder, and Paranoid Personality Disorder, however, are affected by an underdeveloped ego. OCD can often cause the ego to be attached to certain impulsive behaviors to maintain control or stability. A borderline personality disorder may be affected by an underdeveloped ego through a struggle to control emotions or thoughts, as well as forming safe relationships with others. Those with paranoid personality disorder often have a weak ego that is poorly differentiated from the unconscious, leading to a heightened perception of threats. None of these disorders can be diagnosed simply based on the state of one's ego and must be diagnosed by a medical professional.

Other popular theories include those presented by famous psychologist Carl Jung and developmental psychologist Erik Erikson.

Carl Jung's theory of psyche and self-identity reflected his beliefs of a collective unconscious, where all humans have universal experiences and archetypes. Additionally, Jung believed that the ego was a component of the human psyche, among the collective unconscious, personal unconscious, and the self. Jung proposed that the ego could be the conscious mind because it's the part that individuals have control over and are aware of.

Meanwhile, Erik Erikson's theory of psychosocial development believes that the ego grows through eight stages, each of which could be associated with a crisis or challenge in a person's life. In order to move along to the next stage, the ego must have a sense of mastery or resolution within each stage so it can move on to the next. Erikson believes that the ego's development continues throughout one's life, with each stage building on the previous. The ego is seen as a tool for self-expression, self-discovery, and fulfilling one's potential. Humanistic psychology, a modern subdivision of the age-old field, which emphasizes individual experience, self-awareness, and self-actualization to understand the human ego.

In closing, the human ego is a completely natural part of one's personality and psyche. It affects us from our childhood on, providing us a way to balance our internal and external pressures. And although society often misunderstands the word, having an ego isn't being selfish; it's human.

Works cited:

<https://www.psychologytoday.com/us/blog/toward-a-less-egoic-world/201905/what-is-the-ego-and-why-is-it-so-involved-in-my-life>

<https://www.betterhelp.com/advice/willpower/whats-the-best-way-to-define-ego/>

NEW STAFF

MR. DEPALMA

New to the Holland Patent High School Music Department this year is Mr. DePalma. Graduating from Proctor High School in 2004, he was inspired to pursue Music Education because of his high school music teacher. Mr. DePalma attended SUNY Potsdam, where he graduated in 2009. Before coming to Holland Patent, he taught at Tupper Lake CSD, Utica City CSD, and Central Valley Academy. Mr. DePalma enjoys running, playing racquetball, gaming, and swimming with his children, Nola and Wesley. This year, Mr. DePalma is running the DnD Club, Tri-M, and String Ensemble. He teaches; Chamber Orchestra, Guitar 101, Guitar II, and does lessons. He is most excited to see, and be a part of the Cabaret skits. He's not looking forward to driving to Holland Patent in the winter though. Mr. DePalma is very excited to be a part of our community!



MISS GOLDEN



Hello! My name is Ally Golden and I am a Career Exploration Specialist at Oneida-Herkimer-Madison BOCES through the School and Business Alliance, also known as SABA. My day to day consists of; coordinating job shadows, inviting career guest speakers to the high school, scheduling business and college tours, organizing career fairs, and much more. I split my time between the Holland Patent and Clinton School districts. You can find me in the School Counseling conference room on Wednesdays and Thursdays. I really enjoy helping students decide what they want to do after high school by providing real life experiences. Whether it is going to college or jumping into a career, we are able to navigate the different possibilities for all students. In my free time, I love to stay active and golf with friends! I look forward to connecting with you all and I am excited for the year ahead of us!

NEW STAFF

MRS. HUMPF

My name is Mrs. Humpf, I am one of the School Social Workers in the high school. I absolutely love being a social worker, I have worked and interned in a variety of settings including foster care, residential facilities, and private practice, but I truly love the school environment. One of my favorite things about my job is seeing students put the skills they learn into practice. It is so fun to watch students begin to believe in themselves, take risks, and try new things. Social workers can plant the seed, but it is up to the individual to help the flower bloom! Outside of work, I am a dance teacher, a cat mom of two, book lover, bird watcher (yes, I am an old lady), and a wife. I grew up in, and graduated from HP, so I am super familiar with our district and even had many of the teachers that are currently here when I was in high school! I am here on days 5 and 6, so I welcome students to stop by and say hello!



MR. HOWARD

Mr. Howard is our Attendance Teacher through the OHM BOCES. He enjoys getting to work with students through their attendance issues and encourage them to come to school more. He was having trouble finding a teaching job in Social Studies, so he did a little research into what an attendance teacher does, and found it to be the perfect fit for him. His supervisor gave him a shot at it and he's enjoyed his job ever since! Outside of his undying love for anything hockey, he's an avid player of Magic: the Gathering and can be found sometimes contributing articles on world affairs to the Utica University Center for Public Affairs and Election Research.



NEW STAFF

MRS. GYDESEN AND MS. BLAY

Please welcome Kirstina Gydesen and her Co-teacher Ms. Blay to HP! They are School to Work instructors through The ARC Oneida Lewis Chapter. They teach life and employment skills with the School to Work Program. Here is some information shared by Mrs. Gydesen. Our team was awarded "Team of the Year" 2024 through our organization! The School to Work program has teachers in multiple school districts throughout Oneida and Lewis counties.

This is the first year at Holland Patent. Our students have been learning life skills and employment skills. Our class does traditional classwork combined with real world experiences. We are enjoying utilizing the kitchen lab in the old home economics classroom. We also go to work sites and learn how to do different tasks required for the job location. I love my job and am extremely proud of the hard work that our students have put in! Every day is a new learning opportunity for them and myself.

I studied history and secondary education at Trinity College of Vermont and Ripon York St. John's University in York, England. I have taught multiple grade levels over the years including being a trainer for a major local company. I took a break from teaching and tried my hand at some other occupations. I worked in the press for a number of years, mostly with the Boonville Herald. There I wore many hats. I sold advertising, was a photographer, reporter, and wrote my own weekly column.



NEW STAFF

MRS. GYDESEN AND MS. BLAY

After Covid happened, I felt the need to go back to teaching. I came across a job opening at The ARC and put in my application. During my interview with my now boss, I knew that this program would be a perfect fit for myself and my teaching style. I began as a float instructor (it's similar to a substitute teacher but on a full time scale) and was then moved to the Proctor Development program in Utica. I enjoyed my time teaching at Proctor but put in for a transfer when the Holland Patent Options program was announced. I am a native of Forestport and was looking forward to helping develop a program in a school district that was similar to the one I attended. I am honored to work with such amazing educators at both The ARC and here at Holland Patent.

I'm looking forward to watching the Holland Patent Options program grow.

When I'm not at work, I can be found hiking in the Adirondacks or volunteering at one of the many local historic sites in the area. I also enjoy writing and am working on turning my old column into a book.



My name is Sarthablay Chit, but I have my students call me Ms. Blay. I am a School-To-Work Instructor at the Holland Patent High. I am also a Youth Pastor as well as a full-time student at Oral Roberts University, continuing my education online. My co-teacher and I work under The Arc of the Oneida-Lewis County, where our hearts and focus are on those with learning disabilities or learning disfunctions. We teach employability, and home skills for benefiting the future of our students. I love to play piano, guitar and sing for fun. Something I enjoy for work is chatting with my students and anything that has to do with helping/supporting them. I live and originally am from Utica, NY. I just graduated last May from Christ For the Nations Institute that is located in Dallas, TX. While attending college in Dallas, TX, I was a Girl Scout Instructor for the Girl Scouts of Northeast Texas for two years. From that, I learned to love teaching and supporting students in need. When I first began coming to Holland Patent High my co-teacher and I found out that we are somewhat related! The orchestra teacher, Mr. DePalma, here at Holland Patent High was also my orchestra teacher as well! What a small world! If anyone is ever wondering about my ethnicity, I am Karen/K'Nyaw. My family is from Myanmar and escaped war from dictatorship. A fun fact about me is that I was born deaf, but I can hear completely fine now.

NEW STAFF

WELCOME TO HIGH SCHOOL, POOKA!

This year saw the arrival of a very special addition to the Holland Patent High School, which is Pooka of course! Pooka is a one-year-old goldendoodle, who gets his name from a Celtic folklore story about a shapeshifting animal. Pooka's job here at Holland Patent is to be a therapy dog.

Pooka is a therapy dog currently under the care of Ms. Strzepek, who is certified through the Alliance of Therapy Dogs. Pooka also has a Canine Good Citizen Certification through the AKC as well. Through research it has been shown that animal assistance for therapeutic use began all the way back in medieval Belgian society.



Ms Strzepek stated, "My goal with having Pooka here is to brighten the days of the students in school." Therapy dogs are known to encourage student growth by helping students improve their academic achievement, improve behavior, increase attendance, build confidence, and social skills. Therapy dogs can increase student well-being by calming anxiety, lifting sadness, reducing loneliness, they can even address any ongoing trauma.

Now the next question you may want answered is "What did Pooka's training look like?" Well as Ms. Strzepek put it, "We want to follow those three golden rules." Which are the following 1. Can be shy, 2. They can't jump on people, and 3. They can't pull aggressively on their leashes. While Pooka is done with his training, every year he will need to do tests with his therapy organization to keep his license. As well as one visit per quarter (there are four quarters a year) to recertify the training he has received. We're so excited to welcome Pooka to HP!

NEW STAFF

MISS LEHMAN



Hello! My name is Zoie Lehman, and I am the Prevention Specialist for the Holland Patent High School and Middle School. I was hired by the Center for Family Life and Recovery in June 2024, and started at Holland Patent in September. In this position, I work with students who may be at risk for mental health and substance use challenges. Together, we develop coping skills, while also promoting the values of individual, school and communal culture.

In May 2024, I graduated from St. Lawrence University with a degree in Forensic Anthropology and Public Health. I completed fieldwork through the University of Tennessee, also known as the "body farm," where I was able to specialize in Human Decomposition, Osteology, Pathology, and the Social Determinants of Health.

During my free time, you can often find me with my loved ones. I enjoy being an active member of the Holland Patent, Rome, and Utica communities. When I am not working, I enjoy learning, grabbing a cup of coffee, setting up mock anthropology scenes, and using my Cricut.

NEW CLUBS

AV CLUB

The Audio-Visual Club's goal is to utilize technology for graphic displays to effectively inform the school community about current and upcoming events. As a new club, we have reached towards our goal by creating weekly slideshow presentations. These slideshows report on various topics, including sporting events, club meeting dates, class event schedules, and student achievements and activities. AV club is currently run by Ms. Szot and we are looking for additional members with skills in graphic design. Meetings are most Tuesdays after school in room 117.



Moving forward, the club aspires to enhance school-wide communication through the creation of a video broadcast accompanying the slideshows. This video presentation will not only integrate the existing information provided in our slideshows but will also expand to include additional news and updates happening around the district. Our ambition is to make these broadcasts a vital part of school life, ensuring the coverage of events and encouraging the participation and awareness of all students and staff.



CLUBS UPDATES

FFA NATIONAL CONVENTION

Here is little bit of information about Miss Lamb, why she loves the FFA Chapter, and why you should join! She was in FFA when she was in high school and her parents were involved as well. FFA helped her be a better public speaker in front of others. Some benefits of FFA include: You can learn how to speak out loud in front of other people. You can learn many skills related to FFA. We think you should join and check it out because we do fun events like; the FFA National Convention and the Sunflower Fest. Sunflower Fest is held at Mr. Mike Garrett's farm. He is a member of the Holland Patent board. On his farm he has lots of sunflowers in his fields and acres. FFA helps park cars and run a food booth every year when they have Sunflower Fest.



On Day 1 of the FFA National Convention they met up with 6 different high schools and got on a charter bus, then went to a farm and toured their greenhouse.



On Day 2 they went to the Henry Ford museum for the rogue factory assembly line.



CLUBS

FFA NATIONAL CONVENTION

On Day 3 they went to Fair Oaks dairy farm, where they had freestall barns and went through rotary parlors and saw robotic milking.



On Day 4 they went to an opening session for the FFA Convention and a Rodeo for FFA members only.



On Day 5 they went to steak n shake and they also had trivia night.



CLUBS

FFA NATIONAL CONVENTION

On Day 6 they went to see temple grandin and 2 of our students met with the deputy commissioner.



PAST EVENTS

PRICE CHOPPER/MARKET 32: TOOLS FOR SCHOOLS

Tools FOR Schools
August 18, 2024 - February 15, 2025

Help our school earn **FREE** Educational Equipment!

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Sign up to earn for our school at rewards.pricechopper.com.


Help HP earn free educational equipment by registering for a Price Chopper/Market 32 AdvantEdge Card!

Runs from 8.18.24 to 2.15.25

Sign up to earn for HP at rewards.pricechopper.com.

MVCC CRIMINAL JUSTICE EXPO

Our 10th-12th grade students had the opportunity to attend the Criminal Justice Expo at MVCC on October 23rd. There were several local law enforcement agencies that spoke with the students and did live demonstrations. It was a fun experience for all involved!



CRIMINAL JUSTICE EXPO

Wed. • Oct. 23 • 9 a.m. - Noon
Jorgensen Center Field House • MVCC Utica Campus

- Learn about criminal justice and public safety careers
- Connect with local employers
- See demonstrations by various agencies

MVCC Career Development Center

315-731-5847 mvcc.edu/careerevents

PAST EVENTS



FBLA 1ST ANNUAL CRAFT FAIR

The Future Business Leaders of America hosted their first annual Fall Craft Fair on September 21st in the Holland Patent High School gymnasium. Over 30 vendors were in attendance with a wide range of products. FBLA would like to thank all volunteers and vendors who made the event possible!

CFLR OCTOBER NEWSLETTER

The Center for Family Life and Recovery reports that substance use trends among students are troubling. Galaxy Gas (nitrous oxide for culinary use) and vaping are dangerous trends, prevalent in teens. World Mental Health Day and Red Ribbon Week are great opportunities to talk about drug prevention. In addition, CFLR has a family support group, which meets every first and third Tuesday of each month via Zoom.

Copies are available in the counseling office.



PAST EVENTS

HOMECOMING

The annual Holland Patent Homecoming dance was held on Friday, October 4th in the high school cafeteria and outside. Students enjoyed a live DJ, snacks and refreshments. The Student Council worked very hard to put the event together and is happy that it was a great success!



FBLA 2ND ANNUAL HAUNTED HOUSE



The second annual FBLA Haunted House was hosted at Holland Patent High School on Saturday, October 26th. The Haunted House took place throughout the hallways with fun activities for kids in the gym. This year's theme was "Twisted Circus." FBLA would like to thank all scare actors and volunteers who made this event possible!



PAST EVENTS

VETERANS DAY CONCERT

The annual Holland Patent High School Music Department Veterans Day concert was held on Wednesday, November 6th at 7:00 PM in the high school auditorium. Honored guests included veterans from the American Legion Post 161, VFW Post 8259, and numerous veterans from all branches of the Armed Forces.



MVCC OPEN HOUSE

On November 15th, our 11th and 12th grade students had the opportunity to attend the MVCC open house. There they learned about the various programs offered, toured the campus and enjoyed lunch.

AREA ALL STATE

On November 22nd and 23rd, HPHS students attended Area All-State for Band, Orchestra, and Chorus. The event was held at Whitesboro High School where students spent Friday afternoon practicing and performed in a concert on Saturday. It was a great experience for all students involved.



UPCOMING EVENTS

CCS YMHFA TRAINING

Connected Community schools is offering a youth mental health and first aid training program for school staff on December 5th, 2024 from 9am-3pm.

Located at Connected Community Schools Impact Center on 207 North James Street in Rome.



CONNECTED
COMMUNITY SCHOOLS

SUNY UPSTATE PHYSICAL THERAPY OPPORTUNITY

DPT Early Assurance Virtual Information Session
This virtual information session will be partnered with three of our affiliate colleges:

- Syracuse University (3+3 - Health & Exercise Science)
- SUNY Brockport (3+3 - Exercise Science or Biology)
- SUNY Potsdam (4+3 - Exercise Science)

Monday, December 2nd, 6:30 pm to 7:30 pm

Register online at:

<https://engage.upstate.edu/register/DPT120224>

DPT Early Assurance Virtual Information Session

This virtual information session will be partnered with four of our affiliate colleges:

- ESF (3+3 - Environmental Biology, Biotechnology or Environmental Science)
- Oneonta (3+3 - Biology)
- Oswego (3+3 - Biology)
- Geneseo (3+3 - Biology)

Wednesday, December 4th, 6:30 pm to 7:30 pm

Register online at:

<https://engage.upstate.edu/register/DPT120424>

UPCOMING EVENTS

PROJECT FIBONACCI

Project Fibonacci is now accepting nominations for 14-19 year old students to attend their 7th annual Project Fibonacci STEAM Leadership Conference from July 27th through August 2nd, 2025. The conference will be located at Griffiss Business and Technology Park in Rome.



Additionally, Project Fibonacci's 3rd annual STEAM Women Rising Symposium, will be hosted on March 3rd, 2025. Featuring Melanie Sawyer as a speaker, the event is open primarily to grades 10-12 and offers a welcoming space for leadership learning and cultivating personal/professional growth. The event is located at the Beeches Manor in Rome.



UPCOMING EVENTS

NOVEMBER

11/26.....Go Home Early Drill

11/27-12/1.....Thanksgiving Break

DECEMBER

12/2 @6:30PM and 12/4 @6:30PM.....SUNY Upstate Physical Therapy Virtual Information Sessions

12/5.....CCS YMHA Training (Staff Only)

12/9.....Foothills Rural Community Ministry Can Drive Ends

12/10 @6:30PM.....4th-12th Grade Winter Chorus Concert

12/11 @5PM-7PM Financial Aid Night for Seniors

12/12 @6:30PM.....4th-12th Grade Winter Orchestra Concert

12/17 @6:30PM.....5th-12th Grade Winter Band Concert

12/19.....Senior SABA Job Shadow Day

12/21-1/5.....Winter Break

JANUARY

1/09.....BOCES CTE Info Session for 10th grade

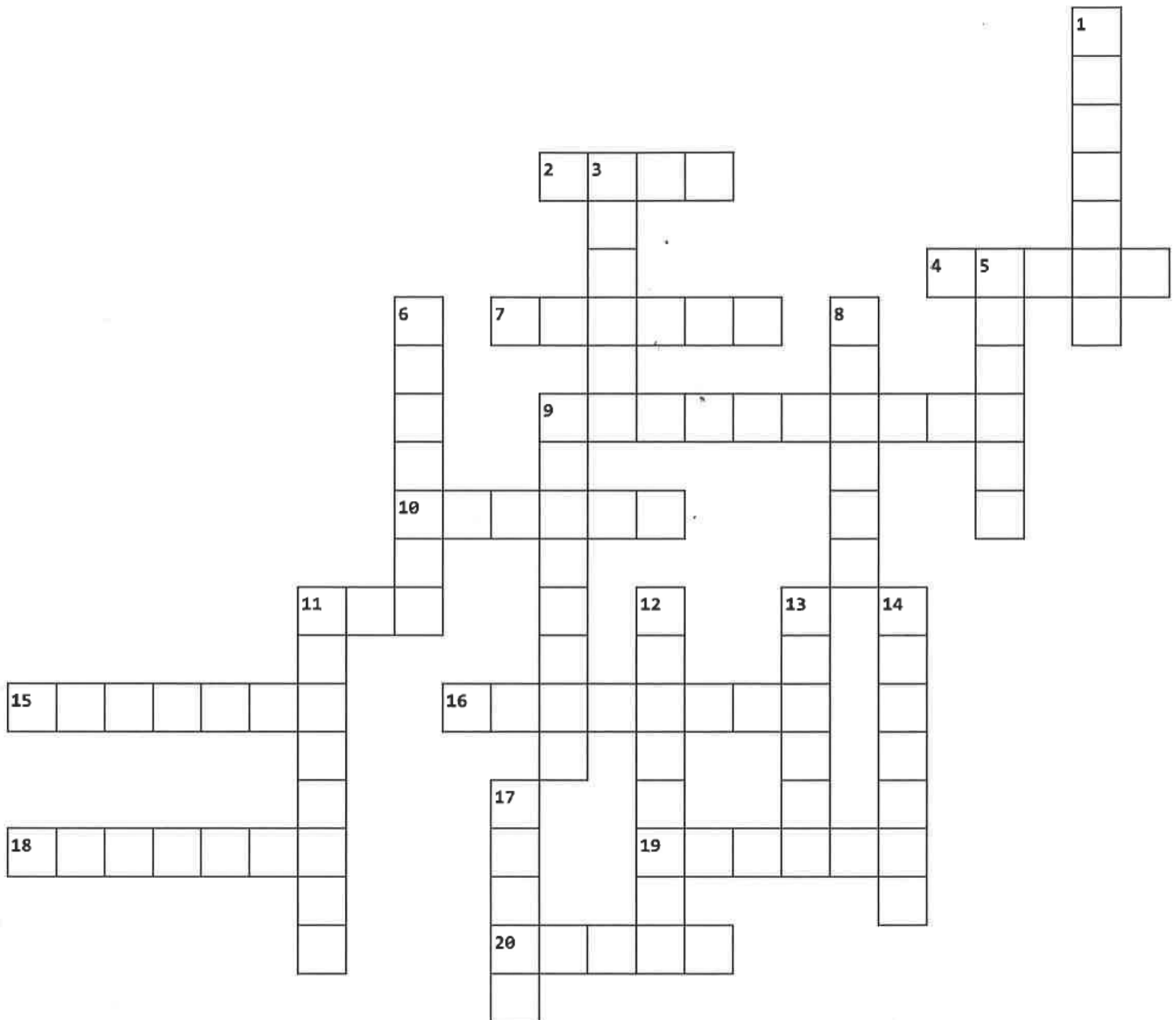
1/09.....BOCES New Visions Info Session for 11th grade

1/13-1/16.....Scheduling for students in grades 9-11

1/17.....High School presentations

1/21-1/24.....Regents Exams

Support Staff at the Holland Patent High School



Across

- 2. School to Work
- 4. Administrative Assistant
- 7. SABA
- 9. Attendance
- 10. CSE
- 11. Working Papers
- 15. GSH
- 16. School Nurse
- 18. HUB
- 19. A-K
- 20. Dog

Down

- 1. ARC
- 3. Assistant Principal
- 5. Psychologist
- 6. L-Z
- 8. Home Visits
- 9. Leader
- 11. Main Office
- 12. Support
- 13. CFLR
- 14. IRT
- 17. Social Worker

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