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SHORT CLIPS

CHARACTER OF THE MONTH

Each month, RLHS teachers recognize students who stand out amongst their peers. This quarter, we will be recognizing students for the following character traits:

- October—Respect
- November—Responsibility
- December—Kindness

DID YOU KNOW?! (SCIENCE FACTS!)

The human stomach can dissolve razor blades! The human body is more capable than you think Human stomach acid is typically 1.0 to 2.0, meaning that it has an incredibly strong pH. In a study published in the journal *Gastrointestinal Endoscopy*, scientists found that the "thickened back of a single-edged blade" dissolved after two hours of immersion in stomach acid.

QUOTABLE WORDS

"Yes, I am the first Latino poet laureate in the United States. But I'm also here for everyone and from everyone. My voice is made by everyone's voices." ~ Juan Felipe Herrera

WELLNESS TIP

Wake up and drink some water! It's recommended that we drink at least 8 glasses or a half gallon of water per day. Why? Benefits of drinking water:

- Rehydrates your body
 - Flushes out toxins
 - Improves metabolism
 - Increases brain power
 - Boosts the immune system
- LET'S GET HYDRATED!**

RAPTOR SUCCESS PROGRAM

Our programming works to support students in academics, wellness and enrichment opportunities. Students can complete a paper application to join!

Mornings Mon-Fri: 7:30-8:00am

Afterschool Mon-Thur: 3:00-4:30pm

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Follow us! Twitter: @ResearchLabBPS

Instagram: @rlhs366

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TIME TO TALK

Here at Research Lab, we believe that one of the keys to our success is building relationships with our students and between our students. One of the ways that we foster these relationships is through Restorative Practices such as Talking Circles and Academic Circles.

WHAT IS A TALKING CIRCLE? The purpose of a talking circle when used in classroom instruction is to create a safe environment where students can share their point of view with one another. We use the circle structure to symbolize that we are all equal, to eliminate outside distractions, and to practice listening. The focus is often around social emotional topics.

WHAT IS AN ACADEMIC CIRCLE? Academic circles are a type of talking circle where the topic is academic or content related.

WHEN DO STUDENTS PARTICIPATE IN CIRCLE? Students will participate in a circle at least one time per academic cycle, or once every six days. Some classes, like AP US History, conduct an academic circle once a week.

GETTING INVOLVED Are you interested in learning more about our school and being part of our shared decision making team? Join us for our monthly School Based Management Team (SBMT) meetings. We meet virtually (or in person). Scan the QR code for our meeting links. Dates are: October 18, December 20, January 17, February 28, March 21, April 18, May 16, and June 13.



Join our meetings!

DON'T MISS OUT!

Teens who attend school regularly are more likely to graduate. Good attendance also creates life-long habits that carry over into the work place later in life. Consider these tips:

• SET EXPECTATIONS

Being out for even one day means losing valuable learning time. Tell your child that the only acceptable excuses are illness, family emergencies, or pre-approved college visits.

• DISCUSS RESULTS

Point out that missing school means having to make up missed work. If a student falls too far behind, it could mean they have to retake courses, putting them behind and jeopardizing on-time graduation.

SCHOOL STARTS AT 7:55AM, BE ON TIME EVERY DAY!!



Canisius College Talent Search is back in the building! Learn more!



NOTABLE NEWS & NOTES!

Come visit our new location!
Save the Date!
Parent Teacher Conferences & Open House!
Monday October 17th 4:30—6:30 pm



Attention Athletes!

Did you know our study table runs every day?
Join us before practice/meets/games, 3pm-4pm

Laptops are rolling out!
Students at RLHS use computers as part of daily instruction. Remember to bring it charged, every day, every period!

HELP US FUNDRAISE!

If you have a TOPS card, sign up to earn money to support student incentives at Research Lab!



RESEARCH LABORATORY HIGH SCHOOL FOR BIOINFORMATICS & LIFE SCIENCES

Buffalo Public School #366
2495 Main Street • Tri-Main Center
Buffalo, NY 14214



Visit us online! Scan here!

OUR VISION: to offer an interactive and engaging environment based on project-based learning and collaboration with the medical community. This college preparatory school will prepare our graduates with the knowledge, skills and experiences to enroll in post-secondary science courses of study leading to high demand careers in a global economy.

IT TAKES A VILLAGE-----

We recognize the critical role parents play in their child's education. You can support your child at home by:

- Making sure that your child is well rested and at school on time, remaining in school until dismissal.
- Making sure that your child is prepared with the necessary materials and ready to learn.
- Monitoring your child's school work and communicating any concerns with their teacher.
- Providing time and a quiet space for your child to study and complete homework.
- Reading school and teacher communications, signing and returning communications as requested.

1st Quarter: Important Dates

- October 3 —Raptor Success Program Starts
- October 7 — Canisius College Field Trip
- October 12/15 — SAT & PSAT Grades 10,11,12
- October 17 — Parent Teacher Conferences 4:30-6:30pm
- October 18 — SBMT Meeting @ 3pm-3:45pm
- October 21—Homecoming Dance 6:30-9:00pm
- October 27 — Picture Day (grades 9-11)
- October 29—Sat. Acad. Event 9-12pm "BOO BASH"
- November 2 — Connect Life Blood Drive
- November 10—Quarter 1 Grades Close
- November 22 — SBMT Meeting @ 3pm-3:45pm
- December 3 — Sat. Acad. Event 9-12pm
- December 8th — Senior Pictures (9-11 retakes)
- December 20th — SBMT Meeting @ 3pm-3:45pm