



## Long Beach High School

# Principal's Newsletter

## 16 Earn International Baccalaureate Diplomas

### *Long Beach Graduates its first IB Class*

Sixteen graduates of the Class of 2012 have officially become the first Long Beach High School students to earn International Baccalaureate (IB) diplomas. Heidi Abrego, Karl Oskar Ahr, Michelle Bello, Emily Charleson, Rachel Convertino, Jacqueline Cook, Andrew DiGiorgio, Liam Fitzpatrick, Aditi Gupta, Eileen Kelly, Roxette Romanes, Alexa Salazar, Angela Sevilla, Matthew Sheehan, Jane Smyth and Sophie Torres joined the ranks of a select group of 25,000 students nationally and 50,000 globally who have completed this demanding program.

Long Beach High School became an International Baccalaureate World School in 2010. The IB Diploma Program is a comprehensive two-year academic

program that is designed to prepare young people to meet the academic demands of college while motivating them to become thoughtful, caring and active citizens. Classroom instruction is designed to encourage students to be inquirers, well-balanced, thinkers, caring, reflective, knowledgeable, principled, open-minded, risk takers and communicators. Students who are not IB diploma candidates can elect to take any number of the 21 individual IB courses offered at Long Beach High School and receive certificates of credit by taking the IB exams.

## Message from the Principal

Welcome back to what promises to be another exciting school year at Long Beach High School. While our school year is just a few short weeks old, our building is already a buzz with activity.

The principal's newsletter is a new publication that will be released sporadically throughout the year. I hope to use this vehicle to highlight student success and share with you important items from the high school.

Good communication between home and school is critical. As such, please feel free to contact me or any of the Vice Principals whenever you need. I can be reached electronically at [gpassi@lbeach.org](mailto:gpassi@lbeach.org).

- Gaurav Passi, Ed.D, Principal

# A MESSAGE FROM YOUR SCHOOL NURSES

## “A WEALTH OF HEALTH”

*Carol Henck, RN - Elizabeth Lebowitz, RN*

A frighteningly growing number of teens around the world are injecting dangerous chemicals under their skin in the name of art and self-expression. The media regularly glorifies **Tattoo Culture** as evidenced by frequent sightings of tattoo-sporting actors, athletes and models. Emulating these celebrities puts our children at serious risk!

A tattoo is a **permanent** mark or design made on your skin with pigments inserted through pricks into the skin's second and deeper layer. Typically, the tattoo artist uses a hand-held machine that acts much like a sewing machine, with one or more needles piercing the skin repeatedly. With every puncture, the needles insert tiny ink droplets. The process, which is done without anesthetics, causes bleeding and significant pain.

The inherent risks of tattooing are many:

- The Food and Drug Administration does **not** regulate the tattoo industry. Inks contain toxins and possibly cancer causing compounds that are injected directly into the skin. The FDA has only recently begun investigating tattoo inks to evaluate their composition, how they metabolize in the body as well as the short and long-term safety of pigments used.
- Tattoo dye can cause **allergic skin reactions**, even years after application.
- Poor infection control practices have been linked to outbreaks of MRSA infections among tattoo recipients. Tattoos are estimated to account for more than twice as many **Hepatitis C** infections as compared to IV drug use. Other infections, including **Hepatitis B, HIV, and Tetanus** can be contracted by tattooing.

- **MRI complications:** Redness or swelling and interference with imaging quality can be caused by tattoo inks.
- **Blood banks**, such as American Red Cross, require a 12 month waiting period, after obtaining a tattoo, in order to donate blood, due to the high risk of infection.
- Persons who are prone to getting keloids, which is an overgrowth of **scar tissue** in the area of a wound, are advised to avoid a getting a tattoo.
- Tattoos change as body grows; **removal** is an expensive, time-consuming and sometimes ineffective process that has its own inherent risks.

The “Do-It-Yourself” tattoo business, with instructions, tools and products available over the Internet, has become increasingly popular, even right here in **Long Beach!** These methods pose an even more serious threat to our teens, as the use of unapproved acid-based dyes, re-use of needles and inks and unregulated, unsanitary conditions expose our teens to an even higher risk of infection, injury and long-term medical conditions.

Parental consent prior to obtaining a tattoo is legally required for a reason! Engage your child in a discussion regarding the topic of tattoos, and help them make an informed decision! If your child decides to obtain a tattoo, they must also accept the responsibility to provide the impeccable care required. **THINK BEFORE YOU INK!**

Please refer to the websites below for important guidelines: [www.kidhealth.org](http://www.kidhealth.org); [www.fda.gov/consumer](http://www.fda.gov/consumer); [www.mayoclinic.com/health](http://www.mayoclinic.com/health).

Compiled from: [www.huronhealth.com](http://www.huronhealth.com); [www.fda.gov/consumer](http://www.fda.gov/consumer); [www.naturalnews.com](http://www.naturalnews.com); [www.mayoclinic.com/health](http://www.mayoclinic.com/health); [www.kidhealth.org](http://www.kidhealth.org); [www.news.consumerreports.org](http://www.news.consumerreports.org)

## Construction Update:

Below is a summary of the status of some of the projects at the high school:

- The main lobby of the high school has been completely transformed. The weight room has been relocated. We plan to use the main lobby of the high school as gallery space.
- Work continues on the new addition of the building. The new addition is slated to be open sometime in November. Once it is open four 9<sup>th</sup> grade classrooms will be relocated to the third floor. A new music suite will be open on the second floor.
- Crews will begin working on replacing the ceiling in the carport area shortly.

### *Attention Seniors:*

Sign up using Naviance Family Connection for upcoming college visits. 40 Schools are scheduled to come to LBHS in October. Schools include, Tulane, University of Vermont, The Art Institute of NYC, University of Sothern Florida, U. Conn, Costal Carolina, Mass. College of Art and Design, CUNY, U. of Sothern California, Rutgers, Binghamton, Johnston and Wales, and MORE!

## *Attention Parents: Register for Parent Portal*

Parent Portal allows you to:

- View your child's report cards, progress reports, and schedules before they are mailed home
- View your child's attendance on a daily basis
- Register your e-mail for e-mail blasts from the high school administration
- Removes your e-mail from our spam filters to allow access to e-mail our staff.

Contact the main office for your username and password (516) 897-2013.

## GUIDANCE CORNER

### SAT/ACT Information:

PSAT @ LBHS: October 20  
– Sign up in Guidance *New Extended Deadline October 5*

SAT @ LBHS: November 3,  
December 1, March 9,  
May 4, June 1 – Sign up at  
[www.collegeboard.com](http://www.collegeboard.com)

Deadlines Apply for the SAT  
(No Walk-ins Accepted) –  
See “SAT FACT SHEET” on  
the Guidance HS Website

### ACT @ LBHS

October 27, April 13, June 8  
– Sign up at [actstudent.org](http://actstudent.org)

Deadlines Apply for the ACT  
(No Walk-ins Accepted)

SAT vs. ACT Workshop at  
LBHS on October 30 at 7  
p.m.

**SAT/ACT FREE  
PRACTICE TEST @LBHS**  
on November 17 and March  
16 Sign up in Guidance

# Congratulations Long Beach Students:

## *Senior Caroline Walsh Named National Merit Semi-Finalist*

Senior Caroline Walsh was named one of approximately 16,000 semifinalists in the 58th annual National Merit Scholarship Program. As a semifinalist, she will have the opportunity to compete for some 8,300 National Merit Scholarships to be offered next spring.



## *All-State Music Honors: Two Students Invited to All-State*

Seniors Joseph Keiserman (left) and Russell Goetz have been selected to perform in both the All-State Mixed Chorus and the All-State Vocal Jazz Ensemble at the 2012 New York State School Music Association All-State Winter Conference, which will be held in Rochester, N.Y. from Nov. 29 through Dec. 2. Both young musicians have elected to perform in the Vocal Jazz Ensemble. This is the second year in a row that both students earned All-State honors. They will perform at the renowned Eastman Theatre under the direction of nationally prominent conductors. This is one of the highest honors bestowed on high school music students in New York State. Thousands of students auditioned for this honor at solo evaluation festivals held across the state last year.



## *Surf Team and Life Skills Students Participate in Surfer's Healing*

It was a fine fall day on Sept. 12 as Surfers Healing Surf Camp hosted a special day of wave riding at the Lido West Town Beach in Lido Beach. Students in the Long Beach High School Life Skills program were among several different school groups to participate in this annual event. Assisted by Surfers Healing instructors, the students set off on longboards to ride the waves and experience the healing powers of the ocean as their families and teachers cheered them on.

