



Renascentia Hall International

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Two Days, Four States: Renascentia Hall Goes to Niagara Falls



...and Amish Country, The Finger Lakes, Cornell University, the Appalachian and Pocono Mountains, past a mini Statue of Liberty...

RH's whirlwind trip to Niagara Falls, New York and Cornell University over Columbus Day Weekend began in the pre-dawn hours in Newark and quickly took us through the northeastern corner of Maryland into Pennsylvania. Our coach bus travelled through Amish country up to Lancaster, PA and then on to Harrisburg.

The first stop was just north of Harrisburg in Duncannon, PA, where some of the group caught a glimpse of the white, 25 foot tall Statue of Liberty replica situated on a pedestal in the Susquehanna River. From there, we took a lovely, scenic ride past Bucknell University in Lewisburg and on to western New York state, stopping for lunch at Mc Donald's. It was late afternoon when we arrived at Niagara Falls and we quickly made our way to the Maid of The Mist boat ride at the bottom of the Majestic Falls. The blue autumn sky was dotted with clouds and mist from the Falls. Donning pink ponchos, our group boarded the boat and snapped photo after photo of the water, the spray, the rainbows, neighboring Canada, and of course, each other. Tourists from all over the world were there. We even saw a bride and groom having their wedding pictures taken with the Falls in the background.

Chinese cuisine was the popular dinner choice at the international food court and then on to the beautiful Wyndham Hotel in Williamsville, NY. After everyone settled in at the hotel, the group walked to a nearby ice cream shop for dessert and a little shopping. After a hearty breakfast it was on to Ithaca, NY, home of Cornell University. The one-hour guided walking tour of the sprawling campus was very informative. The student guide showed us where the various departments are located around the campus.



One nice benefit that the university offers their students is a shuttle from Ithaca to Cornell's New York City campus which is a four hour trip each way. Tour completed, it was time to go home. We took a leisurely ride through the Poconos and admired nature's splendid autumn foliage and arrived back in Newark late Sunday evening.

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Thanksgiving & Christmas Travel

Thanksgiving and December will be here very soon. Students planning to travel over the upcoming holidays should start researching immediately. **A completed Travel Permission Form must be reviewed with the Host Family and then returned to the Student Advisor before ANY transportation, lodging, or activities are purchased.** We need to have accurate information about departure and return times.

Missing school days requires approval from teachers. We will contact parents for their approval and then notify students and host families if the travel has been approved. Only after the Travel Permission Form has been signed can travel arrangements, including air travel, can be completed.

Reminder: First year RH students are not allowed to travel without an approved chaperone over age 21, except to fly home.

Host Families are asked to provide transportation for the student to the Philadelphia airport if possible. Travel to other airports will be arranged through RH.

Upcoming Events

- 12/19-12/29/15 – Christmas Travel:** Contact RH for Travel Agent details
- 12/26/15 – Student Christmas Party:** Make a list of your favorite karaoke songs, dress to impress, and bring a small gift for the gift exchange
- 12/29/15 – King of Prussia Mall shopping trip**
- 1/1/16 – Snow Tubing day trip in the Pocono Mountains**
- 1/9/16 – Longwood Gardens**

Medical Visits 101

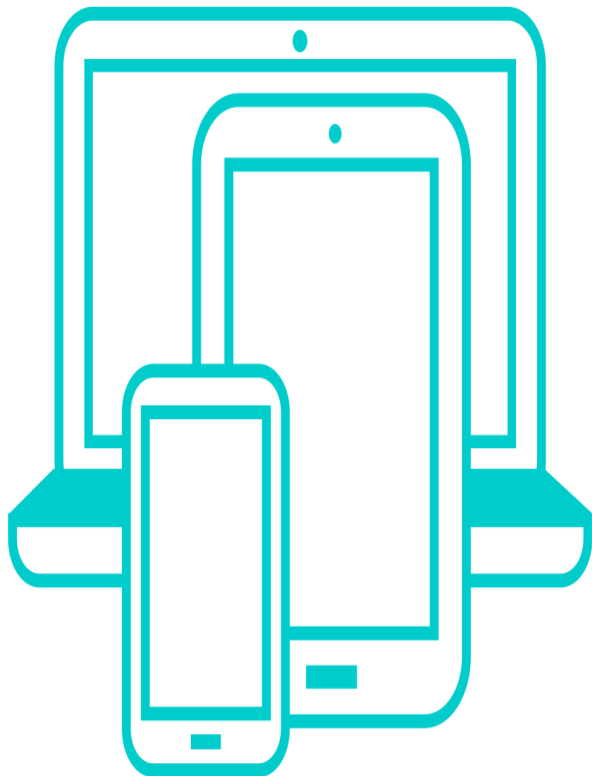
Coming down with an illness or being injured is an unpleasant part of life. Sometimes, it's necessary to seek medical attention in these situations. If you feel your student's condition is serious enough to see a doctor, keep this guide handy:

- ◆ **Use Renascentia Hall's address for ALL medical visits:**
Renascentia Hall, LLC 700 Barksdale Road, Suite. 2 Newark, DE 19711
- ◆ **Please do not use the Host Family address.**
- ◆ Make every attempt to **see your Primary Care Physician FIRST, if possible.**
- ◆ If you cannot reach your Primary Care Physician, you may go to a medical aid unit such as MedExpress.
- ◆ **DO NOT GO TO THE EMERGENCY ROOM UNLESS YOU HAVE A TRUE EMERGENCY.** The deductible for an Emergency Room visit is \$350.00.
- ◆ **Remember, an excused school absence can only be for fever, vomiting, and/or diarrhea.** A student who "doesn't feel good" must go to school. If the discomfort persists, the student should go to the school nurse for evaluation.



Pressure to be Available on Social Media May Harm Teenagers

The need to be constantly available and respond 24/7 on social media accounts can cause depression, anxiety, and decrease sleep quality for teenagers says a study presented at a British Psychological Society conference in Manchester, Great Britain.



The researchers, Dr. Heather Cleland Woods and Holly Scott of the University of Glasgow, provided questionnaires for 467 teenagers regarding their overall and night-time specific social media use. A further set of tests measured sleep quality, self-esteem, anxiety, depression, and emotional investment in social media which relates to the pressure felt to be available 24/7 and the anxiety around, for example, not responding immediately to texts or posts.

Dr. Cleland Woods explained: "Adolescence can be a period of increased vulnerability for the onset of depression and anxiety, and poor sleep quality may contribute to this. It is important that we understand how social media use relates to these. Evidence is increasingly supporting a link between social media use and wellbeing, particularly during adolescence, but the causes of this are unclear".

Analysis showed that overall and night-time specific social media use along with emotional investment in social media were related to poorer sleep quality, lower self-esteem as well as higher anxiety and depression levels.

Lead researcher Dr. Cleland Woods said "While overall social media use impacts on sleep quality, those who log on at night appear to be particularly affected. This may be mostly true of individuals who are highly emotionally invested. This means we have to think about how our kids use social media, in relation to time for switching off."

The study was presented at the BPS Developmental and Social Psychology Section Annual Conference. (<http://www.bps.org.uk/events/conferences/developmental-section-and-social-section-annual-conference-2015>), which took place from September 9-11 at the Palace Hotel, Manchester.

Monthly Student Reports are Due the Last Day of Each Month

Each month, students' parents receive a report about their child's well-being and progress. Host Families have a portion of these reports to complete, the *Make All A's* worksheet. **The worksheet must be submitted to RH by the last day of each month** so they can be translated and included in the report. Your cooperation is appreciated.

Thanksgiving Weekend Trip to Pittsburgh!

A traditional American Thanksgiving is good *but* the day after is when the fun really starts! Join your RH friends (Host Families- that means you, too) for the Thanksgiving Weekend Trip to Pittsburgh, PA. Not only is the Steel City home to the NFL Pittsburgh Steelers, it's also *the* place to ride the Duquesne Incline. *The what?* The Incline is like an outdoor elevator that whisks, well, whisks is an exaggeration. It's a pleasant ride up to a museum of Pittsburgh history where you also will enjoy a fantastic panoramic view of "The Burgh" and the three rivers that it's known for- The Ohio, The Allegheny, and of course, the Mon. That's Monongahela. Stick with the 'Mon'. Oh, the locals say "Dew-cane" Incline, by the way. They say things a little different out there.



You want to shop, you say? You will—at the Tanger Outlets on Black Friday! You want to eat sushi? You will feast at the Toyko Sushi Buffet on Friday afternoon. You want to tour Carnegie Mellon University? Done. We'll take a tour there on Friday. We'll stop at the University of Pittsburgh on Saturday for a campus tour and some men's basketball! Did I mention Primanti Brothers? That's where Saturday's dinner will be...you'll never forget it. French fries right in your sandwich- delicious! You want more? Ok, we'll visit the Pittsburgh Zoo and PPG Aquarium. The National Aviary, too.

Sign up by November 18th and Danielle will give you a 5% discount- that's more spending money for your Black Friday shopping! Email Danielle at dlu@renashall.com.

We will have a deluxe motor coach, stay at a 3-star hotel with an indoor pool, and fill up at the breakfast buffets. Friday, November 27 through Sunday, November 29 with bus pick up and drop off at the Prices Corner Park & Ride. Sign up today!

Student Transportation Dos & Don'ts

This is an important reminder about student transportation. Student safety is a priority at RH. *All persons* driving RH students **MUST** be approved by RH to drive a student anywhere.

Using UBER is prohibited. RH completes background checks on all individuals who have contact with our students. The Host Family is responsible to provide transportation for any school and RH activities. If they can't, they need to reach out to other host families or approved drivers for car pool options.

On the other hand, it is very important **for students to communicate with their host family about those activities at least three days before and preferably a week in advance** for them to make arrangements *unless it is an emergency*. **If the students don't communicate with host family at least three days before, then we can't require host family to provide transportation for any of those activities.**

Students, follow the guidelines in your **Student Handbook**. They explain how much notice you are required to give your Host Family when you are planning activities that you need transportation to.

For other non-school related activities, the "at least three day notice" rule still applies. Students should consider the distance and host family's schedule before planning these activities.

Student Spotlight



Wenzhe Jayko Ji and some schoolmates at Aquinas Academy on Halloween.

Important School Dates

Please check your school website regularly for updates

- November 1-10 – Holiday Fruit Sale: Wilmington Christian
- November 2 – No School: St. Mark's
- November 3 – Election Day
- November 4 – Parent Teacher Conferences: Salesianum
- November 6 – No School: Wilmington Christian
- November 7 – Open House: Tatnall
- November 8 – Open House: Independence, Salesianum
- November 10 – Open House: Friends Select
- November 11 – Veterans' Day
- November 11 – No School: Red Lion
- November 11– Annapolis Area Christian: Open House
- November 13 – No School: Sanford, Salesianum, Ursuline
- November 13 – Homecoming Dance: Salesianum
- November 14 – Harvest Hoe Down: Holy Angels
- November 16 – No School: Ursuline
- November 19-20– No School: Wilmington Christian
- November 20 – Open Mic Night: Friends Select
- November 21– Holiday Bazaar: Sanford
- November 24 – Rake N Run: Red Lion
- November 24 – Thanksgiving Break: Wilmington Friends
- November 25 – Turkey Bowl: Aquinas
- November 25 – Early Dismissal: Salesianum, Tatnall
(resumes 12-1-15) Wilmington Christian
- November 25 – No School: Annapolis Area Christian,
Friends' Central, Friends Select, Holy An-
gels, Red Lion, Sanford, Tatnall, Ursuline
- November 26-29 – Schools Closed: Annapolis Area Chris-
tian, Aquinas, Holy Angels, Independ-
ence, Friends Central, Friends Select,
Red Lion, St. Mark's, Salesianum, San-
ford, Tower Hill, Ursuline, Wilmington
Christian, Wilmington Friends,
York Catholic
- November 26 – Thanksgiving Day
- November 30 – No School: Friends' Central

生日快樂 Happy Birthday!



Tian Taylor Qin
November 3



Feiya Cassie Wang
November 20



Donglin Jerry Li
November 23



Yang Jenny Jin
November 24

We Wish You A Happy Birthday!

Exercise vs. Anxiety

Studies show that regular exercise can lessen the effect of anxiety. Put down your video games, cellphone and, yes, even your textbooks, and get moving! Try dancing, walking,



running or playing sports, as these activities increase your heart rate and cause the release of endorphins or "feel good" hormones. Getting enough rest and eating a balanced diet helps your body stay healthy and strong. Make sure you're drinking enough water, too. When you exercise, you win!