

Spotlight on Red Bank Regional

Honoring Excellence and
Embracing a Bright Future for 2024-2025 School Year

RBR Senior Honored by Greater Monmouth YMCA



Congratulations to RBR senior **Emily Perez-Hernandez**, who won the Greater Monmouth YMCA essay competition held in honor of Martin Luther King, Jr. Emily was recognized at the MLK Breakfast on January 17 and received a \$3,000 scholarship for her achievement. Emily's essay explored how young people can find strength to overcome adversity by developing a deeper understanding and appreciation of their heritage. Representatives from the Student Advisory Board and Dr. Moore attended the event to honor Emily's achievement. This marks the second year in a row that an RBR student won this prestigious award.

Red Bank Regional's Educators of the Year Selected

Congratulations to Mr. Keith Saverese, who has been named Red Bank Regional's Teacher of the Year. Mr. Saverese teaches Spanish and advises several student clubs and organizations, including the American Sign Language Learning Group. He also coordinates the Seal of Biliteracy Program. Mr. Saverese earned his Bachelor's degree from Rutgers University and his Master's degree from Jersey City University.

We also celebrate Odilia Perez, who has been named Educational Support Professional of the Year. Ms. Perez serves as a Multilingual Instructional Aide and is dedicated to fostering success for all her students. She plays a vital role in helping students new to the U.S. transition to their new country and school. Ms. Perez earned her Bachelor's degree in Mathematics Education from Kean University.

Our recipients will be honored later in the school year at the Board of Education and at the Monmouth County Superintendents Roundtable program in the Spring. We are grateful to both Mr. Saverese and Ms. Perez for their outstanding contributions to the RBR community!



RBR Vocalists Help Celebrate Dr. King at the Vogel in Red Bank

Bravo to RBR vocal program, **Mr. Brian Krajeck**, **Ms. Victoria Borrelli**, for their brilliant performances at the Martin Luther King Day Community Celebration on January 20 at the Count Basie Vogel Theater. The musical selections were superb and make a tremendous contribution to the success of the event.

Accolades for Student Musicians

Congratulations to **Bodhi Van Lieu** and **Jay Lazen** for being selected among just eight high school vocalists in New Jersey recognized for outstanding vocals in the prestigious Governor's School programs. In addition, **Jay Lazen** was named one of the top four high school vocalists in the state and will receive this distinguished award on Sunday, February 23rd at 3 PM at the New Jersey Performing Arts Center. In instrumental music, French hornist **Noah Hessling** has been accepted to perform with the CJMEA Region II Symphonic Band and Orchestra, showcasing his exceptional talent.

Instant Decision Days Expand at RBR!

This year, Instant Decision Days at Red Bank Regional expanded significantly, with more colleges participating and even greater opportunities for our students. College representatives met one-on-one with RBR applicants, reviewed applications, and offered on-the-spot admissions decisions.

Representatives from Fairleigh Dickinson, Seton Hall, Montclair, Drew, Rider, Ramapo, Kean, and Quinnipiac University participated, along with new additions Monmouth University and Rutgers-Newark. So far, over \$4,391,000 in scholarships have been awarded, with more than 100 admission offers extended to our students.

This extraordinary success was made possible through the collective effort of the entire RBR community. Teachers and counselors encouraged students to apply, provided guidance, and wrote thoughtful letters of recommendation that highlighted each student's strengths.

A special thank you to **Maria Byrd** and **April Barry** for their contributions in planning and organizing the event. School counselor Shalene McLaughlin took on the monumental task of coordinating the college visits, scheduling sessions, and guiding students through the process to make informed decisions.

Congratulations to all the students and everyone who played a part in making this event a resounding success!

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School Counseling Department Expands College and Career Planning Services

The School Counseling Department has significantly expanded its college and career planning services, hosting a variety of virtual evening events to engage families in the process. (For detailed information about upcoming programs, be sure to check out the department's newsletter, [*School Counseling Guidelines*](#).)

Here are a few highlights from the 2024-2025 school year:

College Rep Visits for Juniors and Seniors: Over 70 colleges visited RBR to meet directly with students. These visits are invaluable, as the representatives who meet with students are often the same individuals reviewing their applications. These face-to-face connections provide students with a chance to ask specific questions and make a lasting impression.

Scheduling and Post-Secondary Planning: Under the leadership of Ms. Blanco, the scheduling and planning process has been continuously improved to better support students and families. Extensive sessions were conducted for each grade level, and an AP/IB/Dual Enrollment Fair was held in January to inform students about advanced coursework options. Additionally, the department hosted a Higher Education Student Assistance Authority (HESAA) program to assist families with FAFSA completion.

Expanded Partnerships: The department has continued to expand partnerships with Brookdale Community College and other local organizations to promote educational and career opportunities. New RBR-Brookdale pathways now allow students to pursue career certificate tracks in Automotive Technology, Culinary Arts, General Studies, and Spanish-English Interpretation—all while fulfilling their high school graduation requirements.

RBR Hosts Second Symposium on Mental Health Fitness for Student Athletes



Red Bank Regional's Game Changing Bucs hosted their second annual Mental Fitness Symposium on February 5.

Dr. Jarrod Spencer returned to continue the conversation about:

- "Clearing the Hurdles" (sleep, journaling, winding down your brain)
- "Relief from the Flood" (clearing your mind to optimize your performance)

Over 100 students registered and participated in the program, which included a keynote from Dr. Spencer, breakout sessions with the Game Changing Bucs and members of the coaching staff, and a panel discussion on the positive effects of journaling for mental health. Each participant received a custom-designed Buc Book journal, a t-shirt, lunch, and earned 3 hours of community service. Thank you to Nick Tucker, Brendan McGoldrick, Mike Stoia, and Lori Todd for being instrumental in making this event a success!

Winter Athletics Updates

The Red Bank Regional (RBR) Boys' and Girls' Basketball teams have had an outstanding season. The Boys' Basketball team has powered its way to an impressive 18-3 record, delivering thrilling performances, including victories over Ridge Road rival RFH. They have been consistently listed as "top 5" in the Shore.

The Girls' Basketball team has been equally impressive, boasting a 13-6 record and aiming to host the second round of the Shore Conference Tournament.

RBR Swimming Makes Waves

RBR's Girls' Swimming Team clinched their division title and advanced to the second round of the NJSIAA Tournament. Although they fell short against Princeton, they shattered multiple school records throughout the season:

Girls' Swimming Records:

- *100 Backstroke* – Amira Washington, 57.77
- *100 Butterfly* – Amira Washington, 56.59
- *400 Free Relay* – M. Freeman, E. Richards, S. VanDeBoe, A. Washington, 3:36.90
- *200 Medley Relay* – A. Washington, S. VanDeBoe, M. Freeman, O. Marrin, 1:51.11

Boys' Swimming Records:

- *100 Backstroke* – Mac Koster, 56.86
- *Medley Relay* – M. Koster, R. Bailey, W. Babik, S. Carnes, 1:40.50

With such exceptional performances, the future of RBR Swimming looks very bright.

Indoor Track Success

The Boys' and Girls' Indoor Track teams, led by Coach McGoldrick, have had an outstanding season, setting new school records:

Boys' Indoor Track Records:

- *Sprint Medley Relay* – Trey Cummings, Micah Eagles, Peter Gallina, Conor Fagan, 3:43.83
- *Triple Jump* – Trey Cummings, 40'9"

Girls' Indoor Track Records:

- *Pole Vault* – Julia McCormack, 10'6"
- *300m* – Anna Petersen, 42.15
- *Long Jump* – Anna Petersen, 16'4.25"
- *Triple Jump* – Julia McCormack, 34'0.5"

Julia McCormack earned the title of Shore Conference Champion in Pole Vault.

Highlights from Hockey

- Owen Montgomery set a new school record for saves on January 28th, with the record continuing to rise.
 - Jack Smith was named to the All-Shore Third Team for Defense in the South Division.
 - Braydon Sainato received Honorable Mention in the All-Shore South Division.
 - Braydon Sainato was nominated as a Top Senior on nj.com.
 - Owen Montgomery was nominated as a Top Junior on nj.com.
 - Zach Mulholland was nominated as a Top Sophomore on nj.com.
 - Ryder Kunkel was nominated as a Top Freshman on nj.com.
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