



COVENTRY HIGH SCHOOL NEWS AND EVENTS *Welcome Back!*

Phone: 742-7346, Fax: 742-4591

October 2010

PRINCIPAL'S MESSAGE

By Michele Mullaly

Our school year is off to a wonderful start. Our students returned to school with a renewed commitment to their learning and enthusiasm about the promise a new year in school offers. In classes they have been engaged in learning activities, inquisitive, thoughtful, and working diligently. In the hallways, in extra curricular activities, and at athletic events they exude positive energy, are supportive of each other, and friendly with their teachers and staff. We are proud of our students and pleased with the great start to our school year.

Our dedicated teachers are also approaching this new year with enthusiasm and commitment to your student's achievement. They are excited to work with your students on mastering course content, and they look forward to partnering with you this year to establish a strong home and school connection to support our students in setting goals and developing habits in school and at home that will help them to reach those goals. Please let our teachers, counselors, Mr. Tomany, or me know if we can assist you in any way this year. Good communication is important to us as we work together with you!

As I review our students' course schedules, I am pleased to note that many of our students are taking advantage of the opportunity to take courses that bear or lead to college credit and prepare them well for post secondary education. As participants in the National Mathematics and Science Initiative Project Opening Doors grant we have increased the number of our AP courses, their enrollment, and our students' achievement. As part of that initiative our students receive additional supports and seminar sessions with opportunities to learn with our expert teachers and with teacher colleagues and student peers across the state. Few schools can offer these exceptional, additional learning experiences to their students.

Through the UConn Early College Experience program we are able to offer 23 college credits—credits which are transferable to other colleges. Through the Manchester Community College High School Partnership Program we offer eight courses, that is 24 college credits, which also can be transferred from MCC to other colleges. Through Eastern Connecticut State University's WHIP program we have 30 credits a semester available to juniors and seniors. While it does not bear college credit, through the Virtual High School Program, our students are able to access other challenging curriculum not currently offered in our school. For example, we currently have students enrolled in their second year of Mandarin Chinese through virtual high school.

Whether when graduating high school students hope to pursue a trade and enter a family business or pursue an esoteric area of study at an elite university, we offer challenging courses to prepare for college and post secondary education. Colleges, post secondary institutions, and the many organizations that award scholarships to students look favorably on a student's transcript that indicates a student embraces learning and seeks out academic challenges. Counselors are always available to advise and assist students in parents in course selection.

In other arenas beyond the classroom it has also been an exciting beginning to our school year. The new bleachers and scoreboard which the town of Coventry received through a STEAP grant have enhanced the experience of Patriot fans and sparked school spirit. Many of our juniors and seniors signed the "I Promise" pledge in September as Coventry police teamed with WFSB to encourage students to commit to not engage in distracted driving. We look forward to our fall concert and to the dramatic production of *Arsenic and Old Lace* on October 21-23. We invite you to support our athletes, musicians, and students involved in dramatic arts!

The 2010-2011 school year promises to offer many academic and extracurricular opportunities for our students. Please encourage them to remain involved and focused on learning and to participate in some of the many activities available to them outside of the classroom.

Inside this issue:

<i>Guidance Dept</i>	2
<i>Junior Class News</i>	3
<i>Science Club</i>	3
<i>Music Dept</i>	3
<i>Art Dept</i>	4
<i>Family Cons & Science</i>	4
YSAB	4
Library	5
Drama Club	5
Nurse's Notes	6
Culinary	7
Youth & Family Service	8
Health Flyer	9
<i>Board of Education</i>	9
Athletic Director	10



GUIDANCE DEPT

All students and parents of students in all Coventry Public Schools along with students and parents of students in Coventry High School are welcome to attend a workshop on Financial Aid on Wednesday, December 1, from 6:00 p.m. to 7:30 p.m. in the Lecture Hall. On this evening the Guidance Department has arranged for the Assistant Director of Financial Services from Yale University to speak about the various components of the Financial Aid process. This is an important presentation for any student and/or parent of a student that is college bound. Topics will include information about completing the FAFSA (Free Application for Federal Student Aid) Scholarships, as well as sources of federal and private aid. This is an excellent opportunity to speak with and ask questions of a representative within the field of post-secondary financial services.

For further information, or if you have any questions, please call the Coventry High School Guidance Department at 860-742-7346, Ext. 160.

The PSAT was administered to all sophomores and juniors on October 13. This College Board assessment provides practice on reading, writing, and math skills assessed on the SAT, which is used by most colleges as part of the admissions process. The PSAT is also one of several measures CHS uses to identify the potential to be successful in Advanced Placement courses. Parents and teachers will receive results from the assessment later this year. In English and mathematics classes students will review the results of the PSAT and analyze how to approach identifying the correct answers to these problems.

School Counselor	Caseload (by Last Name)	Ext.	Email
Krystina Schulze	A - Go	Ext. 154	kschulze@coventryct.org
Heather Mackintosh	Gr - M	Ext. 152	hmackintosh@coventryct.org
Judy Burr	N - Z	Ext. 150	jburr@coventryct.org

Picture make-ups has been **MOVED TO NOVEMBER 3rd**

Tutoring Center is open from 2:30 until 4:00 on Tuesdays and Thursdays.

Media Center is open late on Tuesday and Thursday from 2:30—4:30



JUNIOR CLASS NEWS

Ms. Schulze is pleased to announce that Mrs. Maxwell will be joining her as co-adviser for the Class of 2012. Class dues of \$30.00 are now being collected, with an increase to \$35.00 after November 15th. Payment of dues is required to attend the Junior Prom, May 19th at Georgina's. The Junior Class will also be holding a Chocolate Bazaar on December 5th as a part of the Christmas on Main celebration. Donations of any and all chocolate (or chocolate themed) items, as well as empty baskets and ribbon, are greatly appreciated. They can be brought to Mrs. Maxwell's room at the high school at any time. Volunteers are also being sought to assist in baking and candy-making for the event.

Science Adventure Club: Mrs. Alkire – Room 116

This club will be planning fundraising activities for the coming year and preparing for a trip to Costa Rica during the 2011 summer. In addition a new trip for the summer of 2012 will be chosen and fundraising activities will be created for the new trip.



The Coventry High School Music Department presents

The Fall Preview Concert

featuring the

Coventry High School Band, Wind Ensemble, Percussion Ensemble

as well as the

CHS 7 O'Clock and 8 O'Clock Jazz Bands

Friday, Oct. 15, 2010

7pm ~ Veterans Auditorium

Free Performance:

Donations will be accepted at the door to help support the ongoing efforts of the Instrumental Music Dept.



On Tuesday November 9, 2010 CHS will be hosting the Charter Oak Music Festival. The concert starts at 7:00 pm in the Veterans Auditorium and tickets can be purchased at the door. The chorus and band will be performing at the tree lighting ceremony on Thursday December 2, 2010 at 6:30 and our annual combined winter concert will be held on Monday December 21, 2010 at 7:00 pm in the Veterans Auditorium.

Band Fall Concert ~ October 15, 2010
 Charter Oak Music Festival @ CHS - Nov. 9, 2010
 Town of Coventry Tree Lighting ~ December 1, 2010
 Annual Combined Winter Concert ~ December 20, 2010
 Chamber Concert ~ February 9, 2011
 Valentine's Dance with the CHS Jazz Ensemble ~ Feb. 11, 2011
 Choir Cabaret ~ March 27, 2011 ~ 3pm
 Band Spring Concert ~ April 1, 2011
 Town of Coventry Memorial Day Parade ~ May 30, 2011
 Choir Spring Concert ~ June 1, 2011
 Band Final Concert ~ June 3, 2011





FAMILY AND CONSUMER SCIENCE ~ MRS. CLARK

From the desk of Alison Blair-Visual Arts Teacher CHS

The art students have been reviewing and building drawing skills in all advanced classes and have begun to create some large scale portfolio level work. A trip is being planned for advanced art students to NYC the first week of December, with a visit to The Guggenheim Museum and The Metropolitan Museum of Art. In Art Fundamentals students are learning to utilize the language of art in many drawing projects with an emphasis on line, value and color. Many student artworks are on display at the High School in the cafeteria, the hallways and the Courtyard Gallery outside the lecture hall.



FCCLA and Early Childhood education students will be hosting a "mini monster party" for ages 2-7 on November 1st from 4:30-6:30. Food, fun, games and crafts for \$6 admission fee. Parents required to attend. Reservations 860-742-7346 x136 with age of child(ren) or questions.

On October 23, 2010 FCCLA (Family Career and Community Leaders of America) will be preparing a pancake breakfast at the health fair. The pancakes are prepared with apple sauce to replace oil to reduce fat and have whole wheat flour and flax seed in them for added fiber and omega 3. Brielle Zeligzon and Jessica Gardner designed and tested the recipe. They are also making up flyers about the nutritional content of the breakfast. Other students involved include Shelley Plourde, Nicole Piantanida, Frank Bishop, Bobby Johnson and Morgan North. They will be helping with cooking and sales on the day of the health fair.

FCCLA students are attending a conference about FCCLA on November 23 at UConn branch Waterbury.



ATTENTION: Youth and Adults - We need you!

Are you looking to have a voice? Do you have a voice and want it heard? The Coventry Youth Services Advisory Board, is all ears and looking for you.

******The Board still needs to fill 2 empty youth member seats in order to continue to meet the requirements of and receive grant money from the state to run Coventry Youth Services.******

This group is committed to discussing current trends among youth and their families, determine what programs and services would most benefit the community

The purpose of this organization is to advise and make recommendations on the overall program direction to the Youth Services Coordinator. The Board assists the Youth Services Coordinator in developing and enriching the lives of the youth in Coventry and through the coordination of existing services and the planning of new programs. The function of the Youth Advisory Board is to act as a resource and as a monitor for youth service programs by assessing the progress of youth programs.

The Coventry Youth Services Advisory Board and the Coventry Council for the Prevention of Student Drug and Alcohol Abuse meets on the second Tuesday of each month (September-June) at 6 pm in the Town Hall, Planning and Zoning Conference Room. For more information, contact Youth Services Coordinator, Crystal Morawitz at 742-5324.

News from the library:

Parents, do you know that the library purchases subscriptions to online databases that students can use at school or at home (with an internet connection)?

Middle school students have access to:

- CultureGrams – for information on countries, states and Canadian provinces
- Grolier Multimedia Encyclopedia including Animals of the World and the New Book of Popular Science for reference, recommended websites, and today’s news and facts



High school students have access to:

- Social Studies websites from ABC-CLIO for information on United States Geography, American Government, American History, World History (Ancient and Medieval Eras and the Modern Era) and Issues: Understanding Controversy and Society
- Opposing Viewpoints -excellent for finding information on social issues

This information is reliable, safe and has been chosen to meet the curricular needs of the students. It is vastly superior to Wikipedia and Google for student research. Because these sites are only available to subscribers, students must pick up an information sheet from the library with user names and passwords.

I am happy to assist students with research and can be found Wednesday- Friday in the library at CNH/CHS.

Karen Norris
School Librarian

HELP, HELP, HELP
 Volunteers needed for the CNH book fair:
 Friday, December 3 for set up
 Monday – Friday, December 6-10 for sales
 Friday, December 10 for break down after 12



From the Drama Desk

October 2010

Be sure to update your calendars because the Coventry High School Drama Company is presenting *Arsenic and Old Lace* on Thursday, October 21, Friday, October 22 and Saturday, October 23 at 7:30 p.m. Ticket prices are \$7.00 for adults and \$5.00 for students and senior citizens. The box office will open each performance night at 6:30 p.m., and all tickets are general admission. The production is taking place a week earlier than originally scheduled, so if you had a different date on your calendar, that is the explanation.

Approximately 30 students are involved in different aspects of the production, with Samantha Burke, the very capable Stage Manager, at the helm. Glenden Merrell is the Assistant Stage Manager and the Lighting and Sound Design once again will be handled by Kirk Bittner with Anthony Pappalardo assisting. The cast includes actors from ninth through twelfth grade. Bram Kyer, Jamie Buczko, and Zoe Blair are performing with CHS Drama Company for the first time; and seniors Nicole Bernier, Jessica Rand, Megan Stavens, Jessica McDonald, Nick Henri and Peter Larson are gracing the stage once again. Once students start to participate in the productions of the CHS Drama Company, they love being involved in other productions. Returning to join the other players in the productions are Michael Clausen, Madison Butler, Sierra Arzenati, Sarah Doran, Jessica Voros, Kate Berger, Alexa Jacobs, and Luke Herzog. The audience can look forward to a lively rendition of a classic favorite.





NURSE'S NOTES ~ Janean Heckman

Influenza (flu) Facts

Initially the flu may seem like a common cold with runny nose, sneezing and sore throat. But colds usually develop slowly, whereas the flu tends to come on suddenly. And although a cold can be a nuisance, you usually feel much worse with the flu. Common signs and symptoms:

- Fever over 101 F in adults and often as high as 103-105 F in children
- chills and sweats
- headache
- dry cough
- muscular aches & pains, especially in your back, arms, and legs
- fatigue and weakness
- nasal congestion
- loss of appetite
- diarrhea & vomiting in children



Treatment:

Usually you will need nothing more than bed rest and plenty of fluids, but if you have any questions, contact your doctor; in some cases doctors will prescribe an antiviral medication. If you have symptoms of the flu and are at risk of complications, see your doctor right away. Seek medical care if you have signs and symptoms of pneumonia. These include severe cough that brings up phlegm, a high fever and sharp pain when you breath deeply. Students should remain home until they are free of fever (less than 100.4) for 24 hours and able to participate in a full day of classes.

Scoliosis Screening:

The Connecticut State Departments of Health and Education require that screenings be done annually in schools for students in grades 5-9 to detect scoliosis (lateral curvature of the spine) and other visual spinal abnormalities. Early detection and treatment can prevent many serious back and health problems which might develop later in your child's life. Ninth grade students will be screened during P.E. classes in March. Information will be sent home before the screening takes place.

Head Lice Awareness Bulletin:

Head lice can be an occasional problem in schools. Head lice are not a health hazard or a sign of uncleanliness and are not responsible for the spread of disease. The most common symptom is itching/scratching of the scalp. Parents/guardians are encouraged to do frequent and regular checks of their child's scalp at home. Although it is probably impossible to totally prevent head lice, it is prudent for parents/guardians to teach their children not to share personal items such as combs, brushes, scarves, hats, and other articles of clothing or headwear. Further information and pictures to help with identification can be found at pediatrics.about.com/od/headlice/ig/Head-Lice-Pictures/ Please notify the school nurse should you determine your student has head lice. She will be able to provide you with additional information or assistance.

Online Health Information:

The internet can be a wonderful resource for health related issues. While much of this information is current and reliable, there is plenty of online "information" that cannot be trusted. So, how can you weed out the good information? An excellent place to start your search is with the federal government (they end in ".gov") sponsored websites. Other large professional organizations and well-known medical schools are also good resources. Online health information should never take the place of a qualified medical professional. The web, however, can be an excellent tool to inform yourself on diagnosed conditions, medications, or the treatment plan prescribed by your doctor. Here are some reliable sites to try:

www.cdc.gov-federal- government Centers for Disease Control and Prevention

www.Healthfinder.gov- health information from government agencies and partner organizations

www.mayoclinic.com- Mayo Clinic's health education for patients and the general public

www.mederm.com- a project of the American Medical Association, the American Academy of Pediatrics, and the American College of Obstetricians and Gynecologists

www.familydoctor.org- health information from the American Academy of Family Physicians

www.medlineplus.gov- information offered by the National Library of Medicine

commercially sponsored medical information for consumers

www.pediatrics.about.com- health information accredited by the Health On the Net Foundation. Content is reviewed by the Medical Review Board

School Nurse Substitutes

Immediate openings are available for School Nurse Substitutes in Coventry.

You must be an RN with experience in the last 5 years, and have a current CT license.

For more information, please visit the Coventry Public Schools website under job openings or contact Stephanie Levin at 860-234-1969 or slevin@coventryct.org



Family and Consumer Science By Christopher Jones

Culinary Students Shine at Local Event

On Tuesday, September 28th, the Eastern Highlands Health District (EHHD) hosted a Farm-to-Table dinner. The dinner was held at the Hole in the Wall Gang Camp in Ashford, CT. This event is part of the EHHD initiative to promote awareness of childhood obesity and create healthier communities. Proceeds from the evening benefited the Hole in the Wall Gang Camp. Mr. Christopher Jones, Family and Consumer Science teacher at Coventry High School, coordinated student culinary volunteers.

Volunteers had an opportunity to work in a professional kitchen with talented chefs and assisted with greeting, serving, and clean up. Students who participated were Marcin Kaziuk, Robert Lundquist, Glenden Merrell, Mike Provost, Britta Stelmach and Brittany Strycharz.

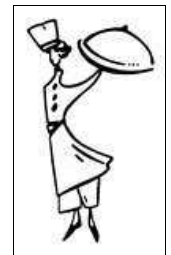
These students did an outstanding job representing Coventry High School. In fact, according to one of the event organizers, Kathleen Krider, "CHS students were AWESOME! They worked hard, followed directions to a detail and stayed for the big cleanup. They are to be thanked for their efforts which helped to make the evening a big success!"

Culinary Roundtable

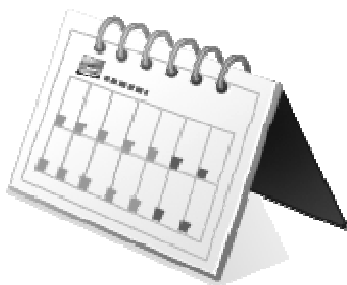
Mr. Jones recently represented Coventry High School at the Culinary Roundtable at Manchester Community College. The Culinary Roundtable is an annual event through which local high school Culinary Arts teachers meet to discuss and share best teaching practices. The afternoon proved beneficial to all educators involved.

Benefit Spaghetti Luncheon Coming Soon!

The Culinary Arts class will soon be holding its annual benefit luncheon (Date TBA). Proceeds from the luncheon will benefit the Coventry Food Bank. Students are eager to display their skills in the kitchen while also giving back to their community. For more information contact Mr. Jones at 742-7334 x142 or cjones@coventryct.org.



CALENDAR OF EVENTS



November 2, 2010
November 3, 2010
November 4, 2010
November 9, 2010
 pm
November 12, 2010
November 16-18, 2010

November 24, 2010

November 25-26, 2010
December 1, 2010

December 20, 2010

Staff Development Day – NO SCHOOL
Picture make up date
H S Project Opening Day
The Charter Oak Music Festival 7:00
in the Veterans Auditorium
Report Cards Mailed Home
Parent Conferences – Early Release at
12:20 p.m.
Thanksgiving Recess – Early Release at
12:20 p.m.
NO SCHOOL
Chorus and band will be performing at
the tree lighting ceremony at 6:30
combined winter concert at 7:00 pm in
the Veterans Auditorium.

Andover Hebron Marlborough Youth and Family Services presents

Strengthening Stepfamilies



*Are you sometimes overwhelmed with the challenges of your changing family?
Do you want to know more about how other blended families survive and even succeed?
Do you sometimes think there must be a better way?*

Join us for a fun and informative parenting education and support group:

Positive Parenting for Blended and Stepfamilies

6:00 – 8:00 pm, Wednesdays, October 13, 20 and 27, 2010

AHM Youth and Family Services, 25 Pendleton Drive, Hebron

Fee: \$50/family – Some reduced fees available for those in need at this time.

TO REGISTER Call: 860 228-9488

Couples are encouraged to attend together – married, living together, dating. All are welcome.

**Strengthen adult-child relationships
Clarify roles of parents and stepparents
Increase cooperation and peace at home**



Workshop presenter Ruth Ettenberg Freeman, LCSW is EASTCONN's Family Services Coordinator. She has taught parenting education for over 25 years. Ruth and her husband successfully navigate blended family life with their biological daughter, stepson, step-grandchildren and foster son. Course participants report important outcomes including decreased family conflict and increased connection and compliance. Ruth uses humor and research to support parents, stepparents and significant others to improve family life.



"Ruth is amazing at clearly showing all the information she has collected over her career. I've never found a book or teacher who could present it so well. Her information is different from what I learned before. And it works."

Tia Willour, Mansfield parent

Much appreciation to Hebron's Gilead Congregational Church, UCC for their generous support of "Strengthening Stepfamilies"

BOARD OF EDUCATION



Weather-related / Emergency Closings, Delays, and Early Release Notifications: Announcements regarding these closings, delayed openings, and early releases will be made via our ALERTNOW calling system. In addition to broadcasting this information on selected TV and radio stations, all student homes are now phoned by ALERTNOW. If families would like a list of the selected media outlets, please see the website at www.coventrypublicschools.org.

DONUTS WITH DONNA: The Superintendent of Schools is available for casual conversations with community members during the school year. “Donuts with Donna” is a way for you to greet your school Superintendent, ask questions, and keep informed about education in our town. Please feel free to stop by, where there will be an informal atmosphere with an open dialogue and no set agenda. The next session of “Donuts with Donna” is Wednesday, November 17 from 10:00 a.m. – 11:00 a.m. at Thymes Remembered, 1703 Boston Turnpike, (Route 44).



ATTENTION PARENTS OF PRE-SCHOOL CHILDREN

The Coventry Board of Education, through the Coventry Early Intervention Services (CEIS), is offering a **free pre-school screening** for all Coventry children ages three and four years. The screening will be held at the Fire Department across from the Town Hall, Main St., Coventry on Monday, October 18 through Friday, October 22 2010 from 9:00 a.m. to 3:00 p.m.

Screens in areas of vision, hearing, speech, language, cognitive and motor development are provided as an opportunity for parents to learn more about their child’s development. Also, parents will receive information which will assist in fostering their child’s growth.

Parents are urged to take advantage of this service. **Children who will be entering kindergarten for the 2011-2012 school year should be brought to the screening.**

PROJECT GRADUATION CONTACT INFORMATION

Co-chairs:

Connie Ziko (860) 742-7129

Robin Hulsart (860) 742-2295

Email: coventryprojectgrad@gmail.com



The fall season has started and already the teams are having many successes. Please come out to support our many student athletes both inside and out. To keep up with the many changes in schedules please sign up for email updates from the CIAC website at this link <http://www.casciac.org/ciacsports.shtml> . Click where it says 'E-mail and Twitter Updates' and create an account. You can request updates for a specific sport or for all sports. Check it out....you will never have to call to find out if a game is still on!

For those of you that have not been to a soccer or football game this season, you are missing out on our beautiful new bleachers and scoreboard thanks to a STEAP grant. The picture below is of the ribbon cutting ceremony that took place on September 16th. We hope to see you enjoying the additions to our facility.



Coventry High School
78 Ripley Hill Rd.
Coventry, CT 06238-1343

NON-PROFIT ORG. US POSTAGE PAID PERMIT NO. 23 COVENTRY, CT 06238-1343
