

The Laker View

News from Colchester High School

www.csdvt.org/chs

May 2012

Dear Parents and Students,

During the third week of May, 2012, students in grade 11 will participate in the New England Common Assessment Program (NECAP) for science. The purpose of this letter is to provide you with an overview of the assessment program. We are hoping you will help us encourage all our students to give these tests their very best effort.

The NECAP tests were designed to measure your son/daughter's progress in meeting Vermont's Grade Level Expectations, or GLEs. The GLEs define the knowledge and skills a student should have mastered by the end of each school year. In this science test students will complete two sessions of multiple-choice and constructed-response questions and one session of questions tied to an Inquiry Task.

The New England Common Assessment Program will be one of the important tools available to parents and educators to determine how well our school is helping students meet standards and grade level expectations. In every assessment, scores are only as meaningful as the effort the student puts into the tests. Encourage your son/daughter to take the tests seriously and to give his or her best effort. You can best help your son/daughter prepare for the assessment by making sure that he or she is rested on the days the tests will be given. As with every day, it is critical that students have a good breakfast before heading off to school.

Our testing day will be Thursday, May 17, 2012. All three science assessments will be given that day. Students who attend the Burlington Technical Center will be excused from BTC that morning in order to take the assessment at CHS. The afternoon BTC schedule will not be impacted. Students who attend the Center for Technology at Essex will also be excused from CTE as they will also be assessed here at Colchester High School.

Thank you for supporting your son/daughter and our school during the testing period. If you have any questions, please do not hesitate to contact the school.

Sincerely,

CHS Administration

AP Testing Schedule

May 7: Chemistry a.m.

May 9: Calc a.m.

May 10: Lit a.m.

May 11: US History a.m., Euro p.m.

May 14: Bio a.m., Physics p.m.

May 16: English Language a.m., Stats p.m.

Late Testing

May 23: Stats, Government*, US History all a.m.

May 24: Euro p.m.

May 25: Lit a.m.

From the Desk of Principal Minor

May 5, 2012

Dear Parents and Students,

I feel very fortunate to be working at Colchester High School. I have had the opportunity to build connections with parents, faculty, staff, and community members that share the same passion and interest for students as I do. As the school year comes to a close I would like to thank everyone for all they do for our school community. I commend our students for their hard work this year and for their commitment to making CHS a great school.

Special Bell Schedule at CHS for Thursday, May 17

NECAP Testing for Juniors

All juniors will be taking the New England Common Assessment on Thursday, May 17. Juniors will be taking the entire Science NECAP examination from 7:45 – 11:00 on the second floor of CHS. Juniors who fail to attend the May 17 testing day will be required to attend a make-up testing session that week. Please note that juniors **WILL NOT** miss any of their normally scheduled classes the morning of May 17 as we will have a special bell schedule that day.

Fast Forward for 9th and 10th Graders

All ninth and tenth grade students will participate in a career exploration fair during the morning of May 17. The morning will begin with a speaker who will talk with students regarding the importance of planning now for life outside of high school. Each student will then participate in two different career activities of their choice.

Delayed Start for all Seniors

On Thursday, May 17 seniors will have a delayed start and are not required to attend school until 11:00. Seniors are **REQUIRED to attend for the remainder of the day**. Please see the bell schedule (following page) for more details. Seniors who have credit restoration contracts should pay special attention to the bell schedule for May 17 so that they do not miss class. Seniors who have credit restoration contracts will lose credit in their courses if they do not attend on May 17. Please be aware that this could result in not graduating.

Internet Safety Reminders

Cyber-bullying is a national problem in the United States. The nation is struggling to eliminate the violence and danger presented by the use of computers and cellular devices. The Center of Disease Control and Prevention has labeled electronic aggression an emerging public-health problem. Cyber-bullying affects students outside of school as well as inside of school. Teens are using the Internet as an innovative, new way to bully without getting caught. The effects of cyber bullying are causing violence in schools, depression, and suicide. Colchester High School is trying to prevent their students from being bullied online by educating students about internet safety. Cyber predators prey on young people. They portray themselves as children or teens and use the child's vulnerabilities to ingratiate and win the child's trust. Children need to know that they should never talk with people they do not know online, never share personal information and never meet with someone they meet online. Children should always use the safety settings on social networking sites, such as Facebook and MySpace. Social networking sties have age restrictions to help limit online problems. Children should be told not to lie about their age.

Sincerely,
Amy Minor, Principal

CHS Final Examinations June 2012

During examination week, students are required to attend school during their class examination period. Students are welcome to use their non-examination periods to study for exams in the cafeteria. The buses will run in the morning as usual, and they will do the afternoon run at 12:30 p.m. instead of 2:20 p.m. Students may not remain at school in the afternoon unless they have administrative approval.

It is very important that your student attend the scheduled examination. Failure to take the examination in a course will result in failure and/or loss of credit in the course. If the student is sick and will not be present at the exam, a parent/guardian must call the office and notify Ms. St. Germain. If the student arrives late, he/she must report to the Assistant Principal. Late admission is not automatic, and in fact, will be denied unless the student has proof of a valid reason for the late arrival.

- Please be reminded that on these days students arrive at school at the usual time.
- Exams begin promptly at 8:00 a.m. Students will NOT be admitted late.
- Students must leave after their last exam. There will be bus service at 12:30 p.m.
- Students should not come to school on the makeup day unless they have scheduled a makeup exam through the teacher and an administrator.
- Mr. Emery or Mr. Memoli **MUST** approve all makeup exams due to an absence.
- If your student will be absent, please contact Ms. St. Germain at **264-5711**.
- Students may not remain at school in the afternoon unless they have administrative approval.

We wish your student success during midterms.

Sincerely,
CHS Administration

COLCHESTER HIGH SCHOOL FINAL EXAMINATION SCHEDULE

June 2012

Tuesday June 5	B1 Exam 8:00—10:00 B3 Exam 10:30—12:30
Wednesday June 6	B4 Exam 8:00—10:00 B5 Exam 10:30—12:30
Thursday June 7	A1 Exam 8:00—10:00 A3 Exam 10:30—12:30
Friday June 8	A4 Exam 8:00—10:00 A5 Exam 10:30—12:30
Monday June 11	Make Up Exam Day



Bell Schedule

Fast Forward at CHS

Thursday, May 17, 2012



7:45 – 11:00 NECAP/Fast Forward

Grade 9 & 10

7:45 - 8:55 Kick off (w/Colin Ryan)
9:00 - 9:55 Career Session I
10:00 - 10:55 Career Session II
11:00 - 11:20 Theater Wrap Up

Grade 11

7:45 - 11:20 NECAP Testing
TEST 1: 8:00 – 9:00 (Break)
TEST 2: 9:10 - 10:00 (Break)
TEST 3: 10:20 – 11:20

**Library will be available for extra time if necessary*

11:20 - 12:17 MOD A4 (38 minutes of class/19 minutes for lunch)

Lunches: ONE 11:20 – 11:39, TWO & THREE 11:39-11:58, FOUR 11:58-12:17

12:20 - 12:58 MOD A1 (38 minutes)

1:01 - 1:39 MOD A3 (38 minutes)

1:42 - 2:20 MOD A5 (38 minutes)

*Seniors will have a delayed start. All seniors are required to attend their classes on May 17 as per the schedule above.

Marathon Volunteers Needed

Every year about 20-40 CHS student volunteers help out in various ways at the Annual Key Bank Vermont City Marathon. This year's Marathon is Sunday, May 27. This is the second year that CHS volunteers will be working at the FINISH LINE giving runners water and Gatorade. Volunteers must arrive at Battery Park by 9:30 and stay until 2:00 pm. (5 hours community service!)

We welcome students, parents and staff to volunteer. If you are interested, please contact Carrie Robinson at CHS. Students may sign up outside room 203 or see Ms. Robinson, or get forms through NHS or Track. This is an exciting and inspiring community event and we thank all volunteers in the CHS community who help make it such a success!

Junior/Senior Prom

Dear Parents and Students,

On **Sunday, May 27**, Colchester High School will hold its annual Junior/Senior Prom at the Hilton in Burlington. The event will be staffed by the junior and senior class advisors, CHS Administrators and teachers, and the Colchester Police. In order to ensure that this event is safe and successful, I would like to share with you our guidelines.

- ✓ **The Prom starts at 7:30 p.m. and ends at 11:00 p.m.** The doors open at 7:30 p.m. and close at 8:30 p.m. Students will not be permitted to enter after 8:30 p.m.
- ✓ Tickets will go on sale in the CHS Planning Room on Tuesday, May 1 until Friday, May 18.
- ✓ All tickets **MUST** be purchased in advance for \$35.00 per student, **cash only**. Each student must purchase his/her own ticket.
- ✓ If your student plans to invite a student from another school they must obtain approval from administration. No guest applications will be accepted after **Tuesday, May 15**. No individual over the age of 21 will be permitted to attend.
- ✓ Students may not bring food or beverages into the prom.
- ✓ No backpacks are allowed under any circumstances. Students are only permitted to bring a small handbag or purse into the prom. Please be aware that all bags are subject to a search before the student is allowed into the prom.
- ✓ Any student suspected to be under the influence will be administered a breathalyzer by the Colchester Police Department.
- ✓ If a student chooses to leave the dance, s/he may not return. No exceptions. **This includes going outside to cool off.**
- ✓ Dress Code: The Prom is a formal dance. Boys must wear slacks, collared shirt, and a tie. Girls must wear appropriate formal attire. The Prom theme for 2012 is: A Hollywood Black Tie Affair.

Sincerely,

Amy Minor, Principal

Junior/Senior Prom
Sunday May 27, 2012
7:30 p.m. – 11:00 p.m.
Hilton Burlington

Summer School Offerings

This summer we hope to be able to offer a number of different Summer School courses at Colchester High School. Below, you will find a list of the courses we would like to offer along with the times and dates they will be held. If eight or more students enroll in a specific course, we will be able to offer the class. Each class has a \$200.00 fee and scholarships can be offered to students on free and reduced lunch.

If you are interested in enrolling in a Summer School course, please contact your teacher or Ms. Grise at 264-5722 to register. Registration needs to be made by the end of the day on Friday, June 8 so that we can determine what courses we can offer based on enrollment. The courses of Algebra, Geometry, Science 9, Biology, Thinkers and Revolutionaries, and American Experience are course offerings made only to those students who have already been enrolled in the course at Colchester High School.

Please consider this opportunity to enroll in a Summer School course.

Summer School Tentative Schedule

Course	Dates	Times
Algebra I	6/18-7/13	7:30-10:30
Geometry	6/18-7/13	7:30-10:30
Science 9	6/18-7/13	7:30-10:30
Biology	6/18-7/13	7:30-10:30
Thinkers and Revolutionaries	6/18-7/13	7:30-10:30
American Experience	6/18-7/13	7:30-10:30
Independent Study P.E.	TBA	TBA
Essential Writing	TBA	TBA

Virtual High School

What is VHS and why would I want to take a class through the Virtual High School?

- VHS is a global consortium of schools offering classes to students via the internet. There are over one hundred different classes offered each year, most of which are not available at CHS.
- You have scheduling flexibility-whenver or wherever you have Internet access you can go to class.
- You will gain 21st century learning skills such as multimedia presentation, online collaboration and communication, and team-building.
- You will also get to collaborate with students from other states and countries.

What do I do if I am interested in taking a VHS class?

- Review the list of courses here or go online to www.govhs.org.
- Pick up an application from Mr. Hall in guidance.
- Complete and return your application as soon as possible.

Please see the next page for Virtual High School Course Offerings for 2012-2013.

Athletics

Hello Laker Fans!

The spring season has begun and we're getting into full swing. The weather has been cooperating and hopefully it will continue to keep all our games on schedule. You can find all our team's schedules at www.csdvt.org/chs/main/athletics. Please check out the schedule and come to a game.

The Sports Award night is Tuesday, May 29 at 7PM.

Start planning now for the CABA Golf Tournament which will take place on Saturday, August 11, 2012 at the Links at Lang Farm. This is the biggest fundraiser for the Booster Club so please show your support and play so the CABA Booster group can continue to give back to our teams.

The fall sports meeting for football will be held on Sunday, August 12 at 7PM. The first day to practice is August 13.

All other fall sports meeting will be held on Tuesday, August 14 at 7PM. The first day to practice is Thursday August 16.

Thank you for all your support all year and go Lakers!

Bernie Cieplicki
Athletic Director

Football Boosters

The next Football Booster meeting will be held May 9 at **7:00 PM** in room 109 at the high school. All are invited and encouraged to attend.

Football Boosters is holding a Calcutta on May 19 at the Pour House in So. Burlington. Tickets are \$100 for a chance to win \$3000. And a \$100 prize for every 10th ball out. Ticket includes dinner for two. Dinner is at 6:00 with the drawing to follow immediately after. This is Colchester Football's biggest fundraiser and we appreciate your support. For a ticket please contact Liz Roy at 881-3670

Boys' Hockey Golf Tournament

The 2nd Annual Boys' Hockey Golf Classic will be held on Friday, June 22 at Rocky Ridge Golf Course at 1:00 with a shotgun start. Teams can start to register now. Cost is \$400 per 4-person team and includes greens fees, cart, gift bag, dinner and a chance to win a variety of door prizes.

Please contact Justine Cuce at joeynjustine@comcast.net for more information or to register. The registration form will also be available on the Boys' Hockey website at <http://colchesterlakershockey.com/>, just click on the Boys' Golf Tournament link.

Colchester Athletic Boosters Association
7th Annual
Colchester High School Golf Classic
Save the date!

Saturday, August 11, 2012
 Registration: 7:30-8:30 a.m.
 The Links at Lang Farm-Essex VT

Continental Breakfast: 7:30-8:30 a.m.
 Shot Gun Start: 9:00 a.m.
 Lunch & Prizes: After completion of golf



SIGN UP NOW!

Contact Janel Crowley @janelcrowley@comcast.net to sign up or to make donations.

Calendar of Upcoming Events

May:	29 Sports Awards Night 7:00
7-10 Barnes & Noble Field Trips 9 th Grade	30 Science Essential Topics 3:30-5:30
7-18 AP Testing Window	30 Honors Banquet Doubletree 7:30
8 SAT Registration Deadline	31 Public Speaking Tribute Speeches 6:30
8 Jostens to Deliver Announcements to seniors Main lobby 11-1	June:
9-12 All State Music Festival Burlington	1 Drama Awards 7:00
14 10 th Grade Shelburne Museum Trip 9:15-1:40 MacArdle/Wood	2 SAT Test Date
15 10 th Grade Shelburne Museum Trip 9:15-1:40 Landry/Lenox	4 End of Quarter 4
15 School Board Meeting 7:00	5-11 Exams
15-17 Model UN Trip	5 B1 8:00-10:00 B3 10:30-12:30
16-19 Spring Drama Production 7:30	5 School Board Meeting 7:00
17 Fast Forward Freshmen and Sophomores	6 B4 8:00-10:00 B5 10:30-12:30
17 Science NECAP Testing Juniors	7 A1 8:00-10:00 A3 10:30-12:30
18 Last Day for Field Trips	8 A4 8:00-10:00 A5 10:30-12:30
22 Pops Concert 7:00	9 ACT Test at CHS 8:00
23 Student of the Month Luncheon	11 Exam Makeups
24 Senior Seminar Presentations 7:00	12-14 Graduation Practices 1:00-4:00
25 Coffeehouse 7:00	15 Class Night 6:00
27 Prom	16 Graduation 10:00
28 Memorial Day	19 School Board Meeting 7:00

Student, Faculty, and School Information

COLCHESTER HIGH SCHOOL 2011-2012 HONOR ROLL ~ 3rd QUARTER

9th Grade High Honors

Andre Amrain, Alexander Barrett, Connor Barton, Pascal Bechade, Erik Bemis, Julia Bessy, Connor Breen, Patrick Bushey, Michael Chambers, Corinne Colgrove, Bryce Colvin, Thomas Condon, Elizabeth Connors, Daniel DeMars, Kevin Desmond, Cady Dubuque, Hannah Echo, Clayton Ellwood, Mark Gauthier, Dakota Gorkun, Ellis Igneri, Cassandra LaBonte, Erik Lagerquist, Timothy Lewis, Patrick McHugh, Margaret McNeil, Bryan McSweeney, Chelsea Mead, Meghan Meyers, Haley Mock, Casey Nichols, Bhawana Niroula, Quinn O'Reilly, Andrew Pike, Allison Pilcher, Mirela Poljak, Madeline Powell, Gabrielle Rancoud-Guillon, Samuel Rancoud-Guillon, Ellen Rathe, Alexina Richard, Hannah Rogers, Nigel Sarrazin, Kristen Schumacher, Rachel Scibek, Benjamin Seaman, Paige Shepard, Sophia Simkins, Sophie Singer, Hannah Spence, Anthony Tabet, Nicole Talcott, Jordyn Thayer, Quinn Trabulsky, Destyni Travers, Cody Turner, Rexana Vachereau, Kiera Zehnacker

10th Grade High Honors

Kiley Baillargeon, Alexander Barnes, Jeremy Barton, Taylor Bean, Angela Bernasconi, Gunnar Borgstrom, Elise Bouffard, Calvin Brault, Daniel Brigante, Molly Carver, Nickolas Castle, Kristina Chapman, Ashley Church, Summer Colley, Benjamin Cross, Braeden Doud, Tanner Ducharme, Alana Feeley, Haley Forkey, Joshua Gervais, Matthew Goudie, Danielle Hart, Lauren Hutchings, Tucker Jean, Jordan Lamay, Manon Larrieu, Aaron Longchamp, Ethan Miller, Justin Miller, Jacquelyn Nagle, Dugan O'Donnell, Natalie Orner, Samuel Pakulski, Maia Patrie, Christopher Prado, Carina Sobel, Ciara St. Armour, Ethan Thibault, Meranda Turner, Amanda Wark, Gabriela Zimbron

11th Grade High Honors

Erin Balas, Artie Barrett, Vanessa Barton, Deanna Bessy, Marie Bouffard, Sydney Brown, Kathryn Carver, Megan Chambers, Seth Chornyak, Stefan Coccetti, Hunter Colvin, Julia Crane, Leah Dell, Denir Djozic, Emily Eakin, Jake Ermolovich, Chiara Evans, Melinda Fortuna, Ashley Francis, Jenna Griffith, Jordan Isham, David LaCroix, Andrew LaPlant, Lindsay LeBlanc, Caleb Mann, Kathleen McMahon, Lindsay McNall, John McNeil, Dylan Meekins, Laura Miller, Kyla Mooney, Purushottam Niroula, Mariah Noth, Hanna Orselet, Alexis Osler, Jackie Park, Nicole Quintal, Karl Raacke, Kate Rielly, Jacqueline Sortor, Kimberly Spacapan, John Surprenant, Collin Turner, Kasey Verba, Alyse Winchester, Grace Yasewicz, Lauren Zwonik

12th Grade High Honors

Kenneth Alderman, Seth Baldwin, Lauren Bernard, Emily Berry, Christopher Bowe, Grace Bryan, Colin Burns, Sandi Caus, Kayla Chisholm, Matthew Cleary, Margaret Connors, Bendan Copley, Shelby Couture, Eric Decker, Andrea El-Hajj, Clarise Fearn, Taylor Gagnon-Foy, Jessica Gamelin, Milisa Gingras, Charlotte Goodenow, Laurel Greer, Michelle Hall, Travis Hart, Nathan Hodge, Jasmin Holloman-Gallop, Gwendolen Jackson, Maria Jarvis, Nikolas Kaim, Keith Kennett, Charles Kozlowski, Danielle Labrie, Peter Lamothe, Jessy Lamphere, Monica Landry, Michelle Mobley, Michelle Monette, Kirsten Nedde, Nancy Nguon, Emerson Paradee, Emily Phelps, Elizabeth Powell, Anne Rathe, Amelia Schroeder, Heather Shepard, Anya Smith, Jordanne Veters, Caitlin Wark, Jenna Weed

9th Grade Honors

Josephine Ames, Brandon Arel, Tyler Breen, Kelli Bristol-Robare, Nathan Carp, Luke Chamberlain, Matthew Charbonneau, Caroline Claremont, Jack Conant, Grant Cummings, Alison Davis, Jacob Dwinel, Alexa Eddy, Brennan Fitzpatrick, Thomas Fortuna, Samantha Gordon, Ian Griffith, Katherine Hinman, Harrison Holmes, Audry Houle, Brittany Isabelle, Cassidy Lawrence, Brian Masson, Kathleen Matthews, Kennedy Maxfield, Jennifer McNall, Jazmin Merchant, Kyle Michel, Keira Mulcahy, Tierra Myers, Samrety Nguon, Justin Ricker, Lakysa Rock, Karen Savage, Jordan Schnabel, Nathaniel Schramm, Miranda Scorsome, Emily Somerville, Erik Swan, Bryan Thompson, Joshua Wallis, Jordain Williams, Chelsea Wimple, Janice Wood

10th Grade Honors

Spencer Balderas, Colby Blondin, Mckenzie Bogner, Matthew Brien, Katelyn Brigante-Sexton, Megan Bullock, Henry Butler, Austin Chagnon, Rachel Cleary, Thomas Couillard, Jordan Dartt, Nicole DeOrsey, Autumn Devoid, Woodrow Dubuque, Rachel Elgert, Emily Ellsworth, Alden Fredericks, Teremy Garen, Kelsey George, Richard Giroux, Julia Goldman, Ryan Hansen, Conner Hayes, Erica Hoffmann, Keagan Horton, Noah Kozlowski, Nicole LaCroix, Nicholas Lamphere, Taylor Lance, Kellie Lockerby, Milan Marak, Samantha Martello, Cassidy Moore, James Olson, Haley Palchak, Jason Ploof, Victoria Pruss, Camron Remillard, James St. Germain, Grant Thibault, Van Truong, Christian Tuyishime, Maci Wallace, William Ward, Matthew Waters, Tristan Whitaker

11th Grade Honors

Samantha Abeling, Jessie Allen, Pavlo Babkin, Matthew Bellows, Kristy Benoit, Nicholas Bezio, Lindsay Billado, Alyssa Borden, Thomas Bouffard, Robert Brigante, Alexandra Brownell, Austin Bushey, Sean Callahan, Zebulon Carney, Tiffany Couture, Sydney Crady, Meghan Critchlow, Devin Dessormeau, Bridget Doherty, Kayla Eustace, Ian Flores, Jacqueline Gauthier, Taylor Genest, Dominic Guerrina, Bradley Isham, Shaun Keogh, Nicholas Kerr, Brona Kilburn, Daniel Lauricella, Frederick LeBlanc, Abigail Long, Andrew Lopes, Kevin Lynch, Aaron Mallabar, Ally McAuslan, Keegan Mitchell, Jacob Morton-Black, Danialle Nichols, Joseph Pakulski, Sarah Paskevich, Sarah Pike, Matthew Ryan, Anthony Scorsome, Blake Stanyon, Lucie Stein, Garrett Swan, Samantha Thompson, Jason Van Kampen, Nicholas Wyckoff

12th Grade Honors

Kimberly Abruntilla, Kayla Alexander, Haley Baker, Karilyn Belval, Adam Bentley, Cecelia Billings, Alexis Brien, Jake Brigante, Alexia Campbell, Jared Cayia, Alex Chapin, Brady Corrigan, Nicholas Corrigan, Michaela Ellis, Alaena Evert, Tanner Foshier, Nathan Frieberg, Cayley Goodwin, Abbie Gregoire, Michael Hathaway, Robert Hazel, Erica Howard, Simon Iradukunda, Connor Kelsey, Casey Lander, Tyler Landry, Jacob Laramée-Blondin, Kristopher Lavigne, Nathan Limoge, Joshua Limoge-Francis, Shelby Losier, Hillary Matthews, William Maxham, Mikayla McMahon, Olivia Mercure, Victoria Moody, Shannon Mulcahy, Joanna Nagle, Joshua Place, Matthew Roy, Miranda Sanders, Amber Santor, Brandalynn Spaulding, Taylor St. Germain, Jessica Stough, Zachary Tandy, Jennifer Veronneau, Corey Weiss, Justin Wood

Yearbooks

Order your student's yearbook today--there are less than 100 left! Plus, those who pre-order will enjoy \$5.00 savings--the cost is now \$60.00, but will go up to \$65.00 on June 1. Order online (CHS Webpage > School News > Yearbook > Buy a Yearbook), or pay with cash or check made payable to CHS (submit payment to the CHS main office, attn: Aimee deLaricheliere; be sure to include the student's name with the payment).

Student of the Month Luncheon

The **April Student of the Month Luncheon** was held at the Hampton Inn on April 18. The following students were recognized for achievements in band and chorus: Amaal Abdelrahman, Jen Carp, Bridget Doherty, Ian Flores, Derek Marcelino, Ethan Miller, Justin Miller, Dylan Norcross, Joe Pakulski, Liz Powell, Anya Smith and Chloe Vogt.

We would like to extend our thanks to **Coates Island Marina** for sponsoring the April luncheon.

The **May Student of the Month Luncheon** will be held at the Hampton In on May 23. The following students will be recognized for achievements in the areas of art, drama and video: Elise Bouffard, Thomas Bouffard, Christopher Bowe, Rachel Elgert, Chiara Evans, Clarise Fearn, Andrew Feeley, Nate Hodge, Alec Kozlowski, Anne Rathe, Grant Thibault and Melissa Timbers.

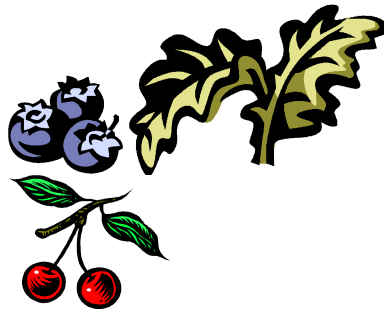
We would like to extend our thanks to **The Colchester Theatre Company** for sponsoring the May luncheon.

**And the CHS Purple Smoothie winner is.....
Mario Trabulsy! Congratulations!**

My Favorite Purple Smoothie

Ingredients:

½ Cup Skim Milk
1 Cup Frozen Cherries
1 Cup Frozen Blueberries
1/2 cup Kale
Optional:
Chia seeds
Water



Directions:

1. Measure all ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Blend for another 20 seconds, pour and serve!
Makes 4 Servings

Jostens Rep to Deliver Announcements

Stephen Sands from Jostens will deliver announcements on **Tuesday, May 8**. If your student placed an order for announcements or other items from Jostens they can pick them up on May 8 between 11-1 in the main lobby. Jostens will be sending a postcard home to remind students of the date for distribution as well as balance due information.

Senior Video

Contributions to the senior video are now being accepted. As part of the Project Grad activities, seniors will view the premiere of their senior video. This is a video that will show highlights from their K-12 years. All seniors and parents are encouraged to submit video footage or photos that capture some of the defining moments of your son or daughter's elementary, middle school, and high school career. In the past we have had such footage as first grade graduations, birthday parties, sporting events, and class trips. Please do not submit baby pictures. Videos can be submitted in any format. Photos can be submitted on CD or print. Do not e-mail photos. All submissions will be returned. Contributions will be accepted until May 18 and can be submitted to the Main Office at CHS in c/o Dennis McCannell.

Senior Calendar 2011-2012

Cap and Gown Ordering	If your student has not ordered a cap and gown they need to do so immediately. Dues are \$30.00 which covers the cost.
Athletic Awards Night	Tuesday, May 29 at 7:00 in the Theater
Honors Banquet	Wednesday, May 30 at 7:30 at the Doubletree (date change)
Final Exams	Tuesday, June 5 – B1, B3 Wednesday, June 6 – B4, B5 Thursday, June 7 – A1, A3 Friday, June 8 – A4, A5 Monday, June 11 Exam Make ups
First Graduation Practice (mandatory)	Tuesday, June 12 from 1:00-3:00 in the Theater
Second Graduation Practice (mandatory)	Wednesday, June 13 from 1:00-4:00 in the Theater Class Picture Cap and Gown Distribution
Third Graduation Practice (mandatory)	Thursday, June 14 from 1:00-4:00 in the Theater
Class Night	Friday, June 15 at 6:00 in the Theater
Graduation	Saturday, June 16, at 10:00 a.m. in the gymnasium
Project Graduation	Saturday, June 16, evening and overnight

From the CHS Health Office:
May is Lyme's Disease Awareness Month



Cases of Lyme's Disease are on the rise in Vermont. Lyme's disease is caused by the bite of an infected black-legged tick or deer tick which carries the bacteria *Borrelia burgdorferi*.

Although anyone can get Lyme disease, children and teens spend a lot of time outdoors and are at particular risk.

Reasons to suspect that your child may have Lyme disease include:

- Your family lives in or has visited a region where Lyme disease is commonly found
- Your child is experiencing symptoms such as rash, fever, chills, fatigue, joint or muscle pain, or facial paralysis

Children sometimes experience joint pain as their first, and possibly only, symptom of Lyme disease. If you suspect that your child may have Lyme disease, seek care promptly.

If the doctor thinks that your child has Lyme disease based on symptoms and possible exposure, your child will most likely receive 2-4 weeks of antibiotics.

If your child's symptoms are not clear-cut, the doctor may decide to have your child's blood tested. Keep in mind that blood testing is more accurate the longer the child has been infected. A blood test for Lyme disease may not appear positive until 4-6 weeks after infection. Therefore, a doctor may order a later, second test if the first test was negative.

Ways to protect your family from Lyme disease

- Use insect repellent that contains 20 - 30% DEET. Follow the instructions on the packaging.
- Make your child bathe or shower as soon as possible after they come indoors.
- Remind them to look for ticks on their bodies. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Put clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.

For further information on Lyme's disease go to: <http://www.cdc.gov/lyme/faq/index.html>

Reference: Centers for Disease Control and the Vermont Health Department.

Colchester High School
Laker Lane, P.O. Box 900
Colchester, VT 05446-0900

NON-PROFIT ORG.
U.S. POSTAGE PAID
PERMIT NO. 250
BURLINGTON, VT



Colchester High School's
Essential Expectations for Student Learning



Reading	Writing
Problem Solving	Learning Habits

CHS graduates write using standard English for a variety of purposes and audiences.

CHS graduates comprehend, interpret, and evaluate a wide range of written material.

CHS graduates are able to problem-solve in a variety of contexts and content areas.

CHS graduates practice learning habits that promote their learning and the learning of others.

CHS School Motto: Academic Excellence in a Climate of Respect, Responsibility, and Pride!