

VIEW

Greetings CHS,

We hope you had a relaxing Thanksgiving break. We continue to be thankful that we are able to provide in-person instruction at CHS. This is, in no small part, because students and employees have been so diligent in following the health and safety guidelines set out by the state.

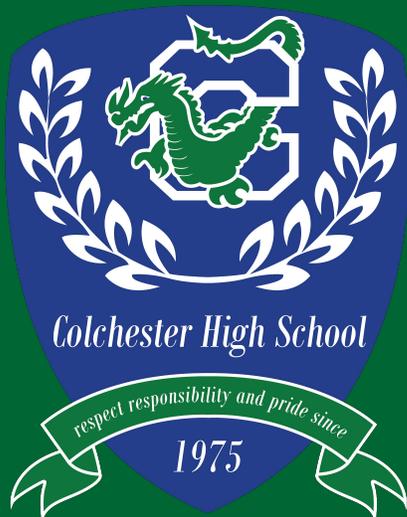
In October we shared updates we made to the [CHS Guide to Teaching and Learning: COVID edition](#) to include our plans should CHS need to close for a short (1-5 days) period of time (i.e. an “intermittent closure”). We’ve added Section 4 to indicate what classes and the school schedule will *likely* look like if we need to close for a short period of time. In the guide is also our plan should the high school need to go remote for a longer period of time. We will, of course, communicate more details and specifics should we need to close. Hopefully these are plans we will not need!

Next Wednesday the 9th is our second Early Release of the year. Students will have all their remote classes that day, but teachers will not hold office hours.

We know many families review their students grades on PowerSchool regularly. Now is a good time to sit down with your student and check in on their academic progress on PowerSchool. We encourage you to have conversations with your students about their progress in classes. If you have questions about how to access PowerSchool, please reach out to Heidi Echo (heidi.echo@colchestersd.org). If you have questions about your students progress, please don’t hesitate to reach out to their teachers.

On a related note - between the holidays, the shortened days and winter weather, and the academic pressures of school, this time of year can be challenging for many of our students. If your student needs support, please do not hesitate to reach out to us. Our guidance counselors are here and can help support your student.

Warmly,
Heather



NEWS INSIDE

- Virtual Gingerbread
- Reminders:
 - Picture Retakes
 - Early Release December 9th
- News from the Health Office
- Guidance Updates
- Honor Roll
- Senior Information
- Project Grad
- Honor Roll
- Activities & Athletics
- CABA & CFBA
- Colchester Community
- Monthly Calendar

HAPPENINGS AROUND CHS...

US Veteran visits two times “virtually” to CHS Psychology classes on Veteran’s Day 2020

On Wednesday November 11, 2020, students in both Mr. Price’s remote 4th Mod and 5th Mod Psychology Classes were honored to host US Army Major Shannon Blake (Ret.) – a veteran from the US – Afghanistan War. Major Blake provided some powerful and emotional personal testimony on his experiences in Afghanistan and he also discussed many complicated realities US soldiers face after they participate in foreign conflicts. Major Blake focused a part of both his presentations on the organization he helped create to aid US Veterans who are struggling – Warriors Soar <WARRIORSSOAR.org> (S.O.A.R. standing for Support, Outreach, Assistance & Recovery). He was also very willing to answer some serious questions from the students about issues veterans face. It was an incredible learning experience for both the students and the teacher. We look forward to having Major Blake return to CHS in person for another presentation sometime in the future.



S. O. A. R.
SUPPORT ★ OUTREACH ★ ASSISTANCE ★ RECOVERY
WARRIORSSOAR.ORG

Any questions or comments please email Mr. Price @
<james.price@colchestersd.org>

EARLY RELEASE SCHEDULE DECEMBER 9, 2020



REMINDER

Wednesday,
December 9th is
an Early Release
Day



Wednesday Remote Class (Synchronous)

Mod 1 9:00–9:45
Mod 3 10:00–10:45
Mod 4 11:00–11:45
Lunch Break 11:45–12:15
Mod 5 12:15–1:00

NO AT/Office Hours

Teacher Professional Development
1:30–3:00

Happy Learning to All!

USEFUL LINKS FOR FAMILIES

The CHS Guide to Operations and Procedures

The CHS Guide to Teaching and Learning

Weekly Learning Plans

REMINDER:

Picture retakes will take place on Tuesday, December 8 and Thursday, December 10. If you missed pictures the first time around or want to have your photos retaken, come with your best smile! Beltrami Studios will be in the mini-gym from 7:30 a.m. to 10:30 a.m. No appointment necessary!

If you have any questions, please contact Chad DeMagistris, Assistant Principal, at chad.demagistris@colchestersd.org.



Gingerbread Goes Virtual!

Happy Holidays, Students, Families and Members of the CHS School Community!

We won't be building actual Gingerbread Houses for our local senior centers this year but students and staff will still have the opportunity to engage in some sweet Gingerbread inspired competitions that will build Homebase as community and nurture our school spirit.



During the week of December 7th Homebase advisors will engage students in our very first Virtual Gingerbread Extravaganza. Our best virtual gingerbread creations will be voted on by students and displayed in the hallway windows for all to enjoy. (Check out Mr. Ellingson's creation pictured here!)

To further nurture our holiday spirit, during the week of December 14th, Homebases will work together to compete in the newly created CHS Gingerbread BINGO Competition! The first group to complete and to document their series of tasks and to call "BINGO!" wins.

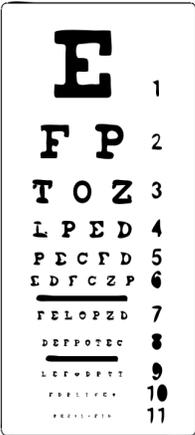
Winning Homebases will be awarded custom CHS Gingerbread gear that's sure to bring smiles to our faces!

Let the snowflakes fall and the games begin!

CHS Admin



NEWS FROM THE HEALTH OFFICE



Vision and Hearing Screening

We have begun screening for students in grades 9, 12, and some of grade 10 that were missed last year due to the school shut down. A letter will go home if the student does not pass the screening. Due to Covid-19 restrictions, the recommendation from the Vermont of Health is to only screen hearing and distance vision. Students who are remote, or attend an off-campus program, can call 264-5723 to make an appointment to come in to be screened.

Sending a Huge shout out to CHS Families for keeping students at home when they are sick. Thank you for doing your part to help us all stay safe and keep our schools open!



[Virtual Health Office](#)

[Blog](#)

[Health Website](#)

CSD FAMILY NIGHTS

A chance for families to connect with community experts on a variety of topics. The 4th Tuesday of the month from 6:30 pm - 8:00 pm via Zoom.

The Colchester School District is hosting monthly virtual Family Nights with local experts covering a variety of topics including resilience, anxiety, fostering connections, and promoting independence in children. The next Family Night is "Safe and Sound", hosted by Gillian Boudreau on November 24th. She will focus on fostering a connection during difficult times to support resilience with children on the spectrum. [Click here to view the full flyer](#) which includes zoom links to the upcoming and future presentations.

Thanksgiving Baskets Thank You!

We have faced so many challenges this year but CHS Cares was blown away by the incredibly generous response to our annual Thanksgiving drive. The donations received were in record numbers and we were able to provide food to 34 families within the district. A special thank you to Dick Mazza's store, Shadow Cross Farm, Colchester Shaws, Perkins Tuberville, Cabot creamery, CABA, our food service and volunteers and especially to our generous community members who overwhelmingly supported this drive. Thank you, together we have truly made a difference in the lives of those in our community.





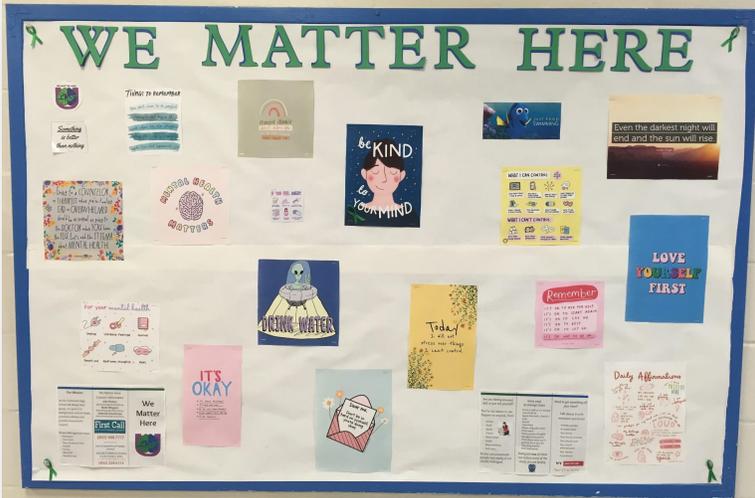
NEWS FROM GUIDANCE



WE MATTER HERE

Check out this [short video](#) from the We Matter Here team.

Our team's goal is to destigmatize mental health, normalize stress, promote wellness and stress management and provide resources for support. We have many resources on the CHS website under Counseling- Mental Health and Wellness. This video will also be posted there so you can go back and review the suggestions if/when needed.



Check out our board across from the guidance office for inspirational messages and strategies for dealing with the stresses in life (pictured above!), and keep checking out our webpage as we will be adding even more helpful resources.

If you are interested in joining the team or hearing more, please email Ms. Pastore.

And remember, please reach out to others if you need it and always support each other.



FROM OUR VSAC OUTREACH AND GUIDE COUNSELOR:

VSAC is leading a month long initiative during December called [Vermont Applies](#) designed to help 10th-12th graders explore postsecondary options. Vermont Applies includes:

- A free [Virtual Vermont College Fair](#) on December 2nd – Register Today!
- Workshops related to postsecondary applications all across the month of December- see list of workshops here: [Vermont Applies](#)
- Vermont colleges are waiving application fees during December. See the list of schools participating here: [Vermont Applies](#)

PLEASE JOIN US FOR THE TWO JUNIOR COLLEGE NIGHTS IN JANUARY AND FEBRUARY:

Night #1 - Thursday, January 28th;
7:00-8:00 PM on Zoom

Night #2 - Thursday, February 11th;
7:00-8:00 PM on Zoom

RESOURCES

Make sure to check out the “Counseling Page” on the CHS website for more resources and updates. Don’t forget to regularly check the PLP Board for job, volunteer, and leadership opportunities. *disclaimer: these opportunities are not necessarily endorsed by the school, but are available in the community.

VERMONT



APPLIES

What is Vermont Applies?

A month-long series of workshops to help you with after-high-school plans



Vermont Virtual College Fair

December 2nd from 3:00–8:00 pm

Many colleges are waiving their application fee for students in December!

Online Workshops throughout December

- Filling out the Common App
- Resume & Interview Tips
- Scholarships 101

For a complete list, go to our webpage!



To learn more and register, visit:
www.vsac.org/VermontApplies

or scan the QR code:



COLCHESTER HIGH SCHOOL

2020-2021 HONOR ROLL ~ 1ST QUARTER

9TH GRADE HIGH HONORS- Taylor Olivia Barnaby, Mason Flyer Cardinal, Noah Carmona, Caiden Thomas Cassidy, Connor James Cheeseman, Pheonix Miannej Clark, MariSol Genevieve Costello, Hanna J Coughlin, Ava Dallamura, Zachary Buckingham Davis, Aviana Elise Fenton, Ethan Ryan Ferenc, Kaia Campbell Fitzgerald, Tyson Dragan Green, Caitlin Elizabeth Hallock, Aunika Lynne Higbee, Francis Isadore Kautzman, Raymond Wallace LaChance, Braeden Benjamin Laidman, Mindy Lin, Kaitlyn Grace McCullagh, Selena Maria Molnar, Lily Sno Niemi-Moskowitz, Nicole Hilary Norton, Miles O'Brien, Ilona Angelique Parrish-Russell, Aris (Felix) Blue Patrie, Gwen Gale Peery, Mason Silvio Perry, Kieran Patrick Phillips, Kelsi Lynn Pratt, Aurora Proulx, Spencer Dennis Putnam, Athena Nicole Ralph, Jonah Robert Recicar, Phoebe Ran Richardson, Trace Keefe Roach, Ava Lynn Robare, Jacob Alexander Rodriguez, Sierra Kathryn Santor, Sophie Frances Schuyler, Elizabeth V Shirk, Mina Li Teske, Emily Jeanne Thompson, Owen Cooper Towers, Molly Trivento, Keira Underwood, Mohini Vallabhaneni, Meili Xiaowei Winchester, Allison Rachel Winslow, Eva Marilyn Youlen

10TH GRADE HIGH HONORS- Nathan Allard, Mason Buchanan Alling, Emma Joy Alter, Henry Bacon, Aiyana Faith Baldasty, Emma Ann Bergeron, Ava Elizabeth Blaisdell, Isabella Mae Bledsoe, Sarah Bokelberg, Jeannine Bourassa, Sean James Boyd, Anthony Mitchell Brescia, Paxton Elizabeth Brigante, Marina Angela Bushell, Jared T Carnesale, Leah Margaret Cartwright, Shelby Lynn Cohen, McKenna Ann Conrad-Pawlik, Mei-Ling N Correll, Annaliese B Crook, Collin Patrick Fath, Matthew Robert Fournier, Ethan Michael Gamelin, Owen Elias Grenier, Griffin Scott Hayes, Abigail C Hoag, Taylor Grace Karpinski, Jack Alexander Kelley, Ryan David Kerner, Raiyan Labeeb, Jacobi Mark Lafferty, Amanda Margaret Lajeunesse, Aaron Scott Laquerre, Caleb Denis LeVasseur, Hairuo Liu, Kyla Lee Lumbr, Rowan Honour MacArdle, Maeve Elizabeth MacAuley, Aiden Paul McHugh, Liam Thomas Messier, Lucas Michael Muir, Quy Tan Nguyen, Ella Carol Pecor, Erin Williams Perry, Emma Elizabeth Pratt-Johnson, Tyler Patrick Ryan, Meghan Elizabeth Savage, Laila Emma Shawa, Owen Michael Talbot, Anna Marie Tarte, Tyler Jacob Thompson, Jacob Frederick Thon, Adeline Bea Trahan, Charles Gerard Walsh, Miles Alexander Watson, Jasmine Weaver, Chase Oliver Whelihan, Hanna Park Wilkins, Leanne Cuiyao Winchester, Makenna Lauren Wirtz, Erin Sierra Yarnell

11TH GRADE HIGH HONORS- Kaitlin E Anderson, Ryan James Anderson, Abbey Archuleta, Isabella Susana Basille, John Stephen Blair, Curtis Bourassa, Erin Kennedy Boyd, Taylor RubyMae Brousseau, Thomas E Buckley, Julien Thomas-Henri Buttolph, Bryce Carey, Logan S Crocker, Myah R Crocker, Ryan B Dousevicz, Meayva Bienna Fitzpatrick, Maia Xue Franchetti, Michael A French, Michael Harrington, Carter Alan Howe, Peyton R Jenkins, Jonathan C Labrie, Courtney Lai, Emily Jean Lovejoy, Wyatt Russell Luce, Joselyn Maldonado Benitez, Jennifer Lynn Martel, Maeve Elizabeth McCullagh, Emma Carol McDonald, Beni Mulolo Upako, Prinsha Neupane, Morgan Page, Chloe Elisabeth Palmer, Ethan James Piette, Spencer A Plumb, Domenick Robert Puttlitz, Alexander Michael Putzier, Alaina Kadas Rolston, Maggie H Ryan, Kendall Anne Spencer, Connor Mark Sweeney, Zoe Kate Tarinelli, Ava Brooke Towers, Sally Rose Zuk

12TH GRADE HIGH HONORS- Cannan William Barrows, Colby Lee Beaupre, Kaleigh Blair Bogner, Evan Paul Bokelberg, Brooke Cole Booska, Matthew Ryan Brooks, Maekayla Hope Brower, Hannah Carroll, Joseph Caruso, Madison M Cirillo, Julia Danielle Correll, Taylor Madison Dickie, Jaelynn June Dusablon, Gabrielle M Farineau, Brendan Stephen Fath, Cole Benjamin Fenton, Grant M Holmes, Leah Cecilia Lamothe, Samuel George Lopes, Henry Manchester Lopez, Molly Leah Luter, Olivia Grace Moore, Fariha Nawar, Jessica Elise Nelson, Emmakate Aleta O'Donnell, Jason Wayne Robinson Jr, Sylvie Patrice Sarrazin, Megan Laurel Scheck, Kyrill Sergejevich Serdyuk, Ethan Thomas Shelden, Chloe Katherine Smith, Jack Duffy Talbot, Bodey R Towle, Brooke A Tucker, Jackson Thomas Valley, Jacob Christian Whitman, Kenneth Wayne Whitney

9TH GRADE HONORS- Nadheer Aldulaimi, Thorsten Garm Andreasson, Trevor Richie Asimwe, Aurora Jean Barella, Xander Kayson Berthiaume, Madison Booska, Morgan JH Brawley, Lee-Ann Jade Burlingame, Nicholas A Chicoine, Ava Marie Cifrian, Nadja Ute-Victoria Dacres, Joshna Dhaurali, Joseph Bihari Donerkiel, Quinn Thomas Dousevicz, Ryan Fetters, Zoe Ann Gendron, Hannah Marie Giard, Amna Hanna Halilovic, Addison Mae Hawkins, Taylor Johann Henry, Zoe Marie Hirsch, Stephanie Baotien Huynh, Jonah Douglas Isham, Jayden Eric Jarvis, Isaac Matthew Karlin, Dylan James Kerner, Joshua J LaBelle, Adam Maher, Eric Joseph Merchant, John Frederick Meyer, Shane Nelson Mobley, Bradyn F Murphy, Gavin Troy Murphy, Kiera A O'Brien, Madison M Quigley, Brody Rassel, Lorelei Elizabeth Right, Lyla Grace Rivers, Benjamin Mason Rolston, Marnie Russo, Kamron M Salimi, Harrison R Shirk, Elena Perras Solomon, Jake Austin Tarinelli, Roma Doris Vallabhaneni, Noah Thomas Vezina, Carmella Jane Voity, Caleb William Walters, Chase Peter Willet

10TH GRADE HONORS- Natalie Jean Abair, Griffin Kevin Allen, Evan Burton Baird, Max Finnian Barron, Makayla Bermudez, Walker Riley Bertrand, Cooper Joseph Blondin, Kayden Robert Brochu, Eric Michael Buker, Alexis Lynne Cole, Trinity Rose Conley, Katherine Elizabeth Cook, Austin J Daigneault, Olivia May Dallamura, Ashlyn Brielle Dewyea, Sophie Olivia Farineau, Aidan Flaherty, Grace Gagnon, Ryleigh Taft Garrow, Emma Kimberly Gonyo, Jemima Genevieve Jeanty, Seth Bishop Juenker, Cameron Matthew Katon, Jacob John LaBelle, Amber Lee LaCroix, Kaylyn Le, Steldie Precieuse Mabiala, Emily Marie Maynard, Benjamin Anthony Meller, David Isaac Morton, Stephane Mujomba, Michael Nicholas O'Callaghan, Theodore Daniel Odom, Acadia Petrie, Holden Graham Richard, Grace Brooke Robinson, Jeremy Edward Sowles, Jaden C Sweeten

11TH GRADE HONORS- Evan H Audette, Piotr A Babyuk, Catherine M Balch, Harlee Bissonette, Jayden O Boyde, Harry E Brawley, Ian Bates Cassidy, Jake R Demag, Samantha Megan Gallagher, Tyler W Gibson, Bella Maria Jarvis, Kai Kendrick, Gloria K Kigonya, Benjamin Dennis Knapp, Draven Craig LaPine, Siena Sophia Leang, Austin P Manning, Frank Daniel Marcou, Jackson Miller, Justin Roger Mulac, Kyle Nadeau, Kaya Marley Nunan, Connor P O'Brien, Jonathan M Paskevich, Jake Perrotte, Austin M Phelps, Devon E Ricker, Connor M Roy, Mikayla Thibault, Leah Underwood, Choudari Vallabhaneni, Meghan E Vesosky, Bailee Linda Viau

12TH GRADE HONORS- Sebastian Christman Alessi, Adolphe A Alfani, Olivia Ellyn Aultman, Jake Michael Baird, Jayme N Baldwin, Caitlin Elizabeth Beauvais, Grace Annabelle Bistram-Carlton, Mason Shea Blondin, Destiny Callahan, Blake A Cardinal, Diego Edward Casab, Ethan John Chamberlin, Samuel Nathan Clark, Mason A Coburn, Dale Makaha Colley, Caitlin Elizabeth Connors, Keegan Patrick Conrad-Pawlik, Jacob A Corman, Connor L Couture, Ashley Marie Emmons, Savannah Delijah Eusebio, Elliot Gregory Fabian-Fine, Joumana Fadel, Colby Stephen Fane-Cushing, Blayne Kennedy Fitzgerald, Dylan L Fullerton, Carley Ruth Goedken, JeanPaul Habyalimana, Quinn Paul Holly, Lataiah Genae Kieu, Hannah Michele Lamphier, Kalub Langlais, Marcus Samuel Louko, Michael Mansfield, Lauren Ashley Martin, Faith E Mead, Madeleine R Mullins, Gavin Andrew Roberge, Tyler S Roberge, Ranjita Devi Sarki, Maelyn Marie Sartwell, Jackson T Solomon, J. Brody Stannard, Stephanie Jane Trepanier, Benjamin Luke Valley, Nathan Monroe Wehman, Cameron Mark Woodard, Joshua L Wright

2021

Thank you to the many seniors who have ordered their caps and gowns. **Students who have not yet ordered a cap and gown should do so as soon as possible.** If you have any questions about the ordering process, please reach out to one of the Senior Advisors, Mr. Richey (Jeffery.Richey@colchestersd.org) or Mr. Perry (Thomas.Perry@colchestersd.org), or Gabby Brooks (Gabrielle.Brooks@colchestersd.org) in the main office.

Cap/Gown orders can be placed online at Northwaygrad.com, and Senior Dues can be turned in to Gabby Brooks in the main office. Click [HERE](#) for the video directions and walkthrough on the ordering process.

SENIORS

PROJECT GRADUATION

Project Graduation will meet the first Tuesday of every month. December 1 will be next meeting at 7:00 at this link. Contact MaryFran Holly at mfholly@comcast.net with questions.



Microsoft Teams meeting
Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

+1 802-489-6040,,854044450#

United States, Burlington

Phone Conference ID: 854 044

450#

[Find a local number](#) | [Reset PIN](#)



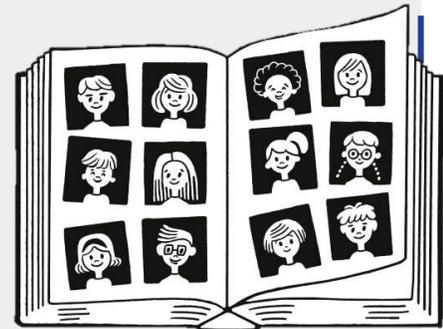
STUDENT DEBT

Please remember that it is your student's responsibility to keep track of any outstanding debt (lost books, parking fines, or damage to equipment) that he or she might have. If you are unsure whether your child has any debt, feel free to contact Heidi Echo, bookkeeper at Colchester High School 264-5702 or Heidi.Echo@colchestersd.org

Buy your yearbook now!

There are two ways to order a yearbook:

1. Use your credit or debit card to pay online at [Josten's website](#).
2. Write a check made payable to CHS, and submit it to Ms. deLaricheliere's mailbox in the main office along with an [order form](#). Seal it in an envelope and clearly label your name. **Sorry, we are no longer accepting cash for yearbook payment.**



Yearbooks cost \$75. We will be accepting orders until June 11th, 2021. If you don't pre-order a yearbook we only order 20 extras -- don't let your student miss out on this amazing publication!

Order your yearbook now!



ACTIVITIES & ATHLETICS

Winter sports registration is open! Please go to [RankOne](#) to register your student for a winter sport. If you have an account and have registered for a fall sport, just sign back in, click on the **Handbook Acknowledgement Form**, select the winter sport, and sign off.

Mark Ellingson, CHS Activities & Athletics Director

Below is a copy of the email that went out to the District on Tuesday, November 24th regarding Winter Sports

Dear CSD Families,

This morning, Governor Scott announced that the winter school sports season will be postponed until further notice. They will review this decision each week moving forward in hopes that the recent case growth starts to decline. This means that tryouts and practices at CMS and CHS will not begin on Monday, 11/30, as originally planned.

We know this comes as a disappointment, however, please understand that these decisions are being made with the health and safety of our athletes in mind. The Governor stressed that he is hopeful Vermonters will adhere to the public health guidelines so that the sports season will be able to continue.

Sincerely,

Colchester School District

Everyone at CABA has their fingers crossed in hopes that Winter season can start soon! Wishing everyone a safe and happy holiday season!

Need gift ideas for the Lakers in your family?

Be sure to visit our online store at <https://chscaba.itemorder.com/sale> to order Laker gear for the holidays!

In an effort to raise awareness for social justice and to remind students to “Be the Change”, the Colchester Athletic Boosters Association (CABA) is selling shirts to support the October 17th UVM event that was hosted by BHS and SBHS. All proceeds will be donated to the UVM Student Athletes of Color Affinity Group. If you would like to order a shirt, please use the following link: <https://chsbethechange.itemorder.com/sale>.

These links can also be found on the CHS Athletics page or under the Activities CABA tab.

What does CABA (Colchester Athletic Boosters Association) do for Colchester High school sports? CABA purchases uniforms for Cross Country, Field Hockey, Golf, Soccer, Alpine Skiing, Basketball, Dance, Nordic Skiing, Baseball, Lacrosse, Softball, Tennis and Track and Field. CABA also helps buy essential equipment and invests in large scale projects. These are expenses that are not covered by the school budget with tax revenue. All CABA apparel purchases help support this mission.

Parents, grandparents, friends and athletes are all welcome to volunteer with CABA.

- E-mail chscaba@gmail.com with any questions or to volunteer.
- Follow CABA on Facebook at <https://www.facebook.com/CABA/VT/>
- Sign up at <https://smile.amazon.com/>. Pick Colchester Athletic Booster Association Inc, and a portion of your sales will be donated right back to CABA.

CABA's Mission

- Provide supplemental financial and material support for the Athletic Programs at Colchester High School.
- Dedicated to enriching the Athletic Program at Colchester High School through the promotion of school spirit and good sportsmanship.
- Reinforcing the values and virtues of the LAKERS as Loyal, Able, Knowledgeable, Enthusiastic and Responsible Students

BURLINGTON REGIONAL 2020 7VS7

CHAMPION



Congratulations to the 2020 Varsity Football team for their win against CVU in the first ever 7v7 regional title game. It was a hard fought battle between both teams that came down to the very last play. Our Lakers were able to hold CVU off and come out on top with a victory. Congratulations from the Colchester Football Boosters, we are very proud of all your hard work!

COLCHESTER HIGH SCHOOL FAMILY/PARENT SUPPORT PROGRAM

Colchester High School is partnering with Centerpoint to provide a few consultation opportunities for parents and caregivers.

By appointment (in person, by phone, by Zoom) Danielle Jatlow, LICSW, LADC, Centerpoint Program Director, is available to discuss adolescent health and wellness.

Parents are invited to use the various opportunities to ask questions, increase developmentally-matched parenting skills and strategies, learn about community resources available to students and families, or just have a space to share.

For more information, please contact
Danielle Jatlow, LICSW, LADC, Centerpoint
Program Director at 802-777-5932.
daniellej@centerpointservices.org

Parent/Caregiver Support Opportunity!

OFFICE HOURS: By Zoom, phone, or in person every **Wednesday from 12pm-2pm**. A place for parents to talk through adolescent health and wellness, and other parenting/family topics or concerns. Email me or call and we'll schedule you in for a timeslot!

SMALL GROUP: For parents & caregivers who want to discuss, share, vent, listen, and give/receive feedback about navigating additional overwhelm while parenting during COVID-19, ways to focus on parental health and wellbeing while caregiving, and other topics of interest brought by participants. Parents should email me and we'll find a day/time that works for all interested participants.

INDIVIDUALIZED SUPPORT: Parents are always welcome to be in touch with me to discuss individualized developmentally-matched parenting issues, concerns about mental health or substance abuse, or to learn more about how to access support for your child. Simply reach out by phone or email and we'll connect!



GREETINGS! My name is Danielle Jatlow, and I'm the Director of Community Health Initiatives at Centerpoint. I've been working with adolescents and families of adolescents for over 20 years—in San Francisco, New York City, and (for the past 10 years) in Vermont. I recognize there is no “one size fits all” approach to parenting and that adolescence is a stage of development characterized by change and transition—and this change and transition has meaningful impact on an entire family. For many (most), the overlay of COVID- 19 has made the joys and challenges of parenting adolescents even more complex.

Centerpoint is partnering with Colchester High School to provide family-focused, health and wellness support and resources to parents and caregivers. CHS Parents are invited to reach out to me to ask questions, explore developmentally-matched parenting skills and strategies, learn about community resources, or just have a space to share about parenting adolescents.

Additionally, we have developed the following opportunities this Fall/early Winter:

- **OFFICE HOURS:** In person, by phone, or by Zoom every Wednesday from 2pm-2pm. The purpose of the office hours is for parents to have a space to talk through topics or concerns. Parents can email me to set up a time to connect during the Office Hours.
- **SMALL GROUP:** For parents and caregivers who want to discuss, share, vent, listen, or give/receive feedback about topics such as navigating the additional feelings of overwhelm while parenting during this time of COVID-19, ways to focus on your own health and wellbeing while caregiving, and other topics of interest brought by participants.

If meeting as a small group is of interest to you, please do be in touch with me by email or phone and we'll figure out a day/time that works for interested participants.

- **INDIVIDUALIZED SUPPORT:** Parents and caregivers are always welcome to access me to discuss individualized parenting/caregiving issues, concerns about mental health or substance abuse, or to learn more about how to access support for your child.

My work cell phone is 802-777-5932 and my email is daniellej@centerpointservices.org. Again, please do reach out—I would love to hear from you!

Best regards,
Danielle Jatlow, LICSW, LADC
Director of Community Health Initiatives/SAMH Services
Centerpoint





You can make **CHANGES!** And we'll help you get there.

CHANGES is a program that provides support for any student who would like to focus on issues of emotional well-being, mental health and wellness, substance use, or the life stressors that can emerge throughout the high school years.

Changes can support students to make healthier decisions and address challenges in their lives by:

- Increasing their awareness of their thoughts, feelings, and behaviors
- Building new skills and strategies for managing life stressors
- Becoming more informed, active, and responsible in their own decision making

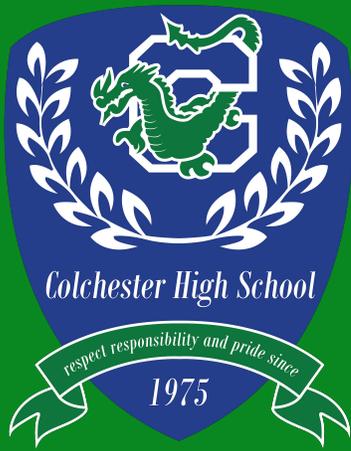
If you would like to access support through the CHANGES program:

You can speak with Director of Student Support Services Jean Shea, 802-264-5714, or your Guidance Counselor. We look forward hearing from you!

CHANGES is facilitated by Amy Jensen, MSW. Amy is a Social Worker with specialized expertise in working with teens, young adults, and families. Amy is a Clinician at Centerpoint and partners with Colchester High School to provide on-site, school-based screening, brief intervention, skills work, referral to services and supports, and family support as well. You can contact Amy Jensen for information at: 802-488-7717 or by email at

AmyJ@Centerpointservices.org





COLCHESTER HIGH SCHOOL

EXCELLENCE & EQUITY

IN A CLIMATE OF RESPECT, RESPONSIBILITY & PRIDE

We engage in
DIVERSE LEARNING EXPERIENCES
rooted in relationships,
relevance, rigor, and shared
responsibility.



We demonstrate
RESPECT & COMPASSION
for ourselves, one another,
and our school.



We create
SAFE SPACES
where all Lakers can thrive.

We
WORK TOGETHER
to build on one another's
strengths and perspectives.



We cultivate a
STRONG & CONNECTED COMMUNITY
that respects and celebrates
all Lakers.



We empower all Lakers to
use their voice, pursue their
aspirations and be
ACTIVE & ENGAGED
members of our community.

Colchester High School
131 Laker Lane
P.O. Box 900
Colchester VT 05446

Phone: (802) 264-5700
Fax: (802) 264-5757



CALENDAR OF EVENTS

December:

- 1 School Board Mtg. 7P
- 2 TL Mtg. 2:40P
- 3 Faculty Mtg. 2:40 Equity with Rebecca
- 5 SAT Test Date
- 5 CHS Speech & Debate Tournament 9A
- 7 Dept. Mtg. 2:40
- 8 Picture Retakes 7:30-10:30A
- 9 Early Release
- 9 TL Mtg. 3P
- 10 Picture Retakes 7:30-10:30A
- 12 ACT Test Date
- 14 PDC Mtg. 2:40
- 15 School Board Mtg. 7P
- 16 TL Mtg. 2:40

- 17 Faculty Mtg. 2:40
- 21 Dept. Mtg. 2:40
- 23-1 Holiday Recess

January:

- 4 PDC Mtg. 2:40
- 5 School Board Mtg. 7P
- 6 TL Mtg. 2:40
- 7 Faculty Mtg. 2:40 Equity with Rebecca
- 8 ACT Registration Due for February 6 Test
- 11 Dept. Mtg. 2:40
- 13 TL Mtg. 2:40
- 19 School Board Mtg. 7P
- 20 TL Mtg. 2:40
- 21 Faculty Mtg. 2:40
- 21 8th Grade Open House 6:30
- 25 Dept. Mtg. 2:40
- 27 End Quarter 2
- 27 TL Mtg. 2:40