

VIEW

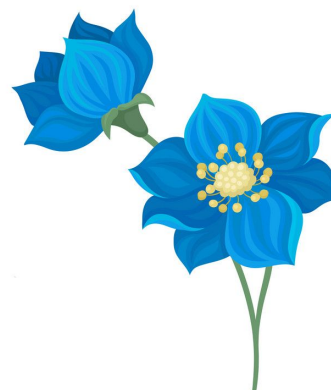
Dear CHS Families,

Happy March! We hope you are enjoying the longer days and (sometimes) warmer weather.

As we approach spring we are thinking about the last few months our seniors have at CHS! We have formed a Senior Group consisting of students and faculty to brainstorm and plan events to celebrate the senior class this spring. Our first meeting is this Friday. Seniors - stay tuned for more information!

Each year CHS administers the Smarter Balanced Assessment (SBAC) in Math and English Language Arts to all 9th grade students as well as the Vermont State Science Assessment (VTSA) to all 11th graders. Please see [THIS](#) letter from the district about the assessments. At this time the state has not given us any indication that we will be exempt from administering the assessments this year (last year all districts were exempt from the federally and state mandated spring assessments). To minimize the impact on students in-person instruction time, we are planning on administering the tests on the first two Wednesdays in April. On **Wednesday, April 7th** all **9th graders** will come to CHS to take the **Math SBAC** from 7:45am-11:30am and on **Wednesday April 14th** all **9th graders** will come to CHS to take the **ELA SBAC** and all **11th graders** will come to CHS to take the **VTSA** from 7:45am-12:00pm. There will be no remote classes on those days. Normal bus runs will be offered on both those days to transport students to CHS and back home. We will provide more information in the April 1st Laker View.

Warmly,
Heather Baron



NEWS INSIDE

- SBAC & VTSA Testing update
- Colchester Theatre Company - *Winter Songs* sneak peek!
- News from Guidance
- Governor's Institute
- Senior Information
- Project Grad
- Friends of Colchester Music
- Activities & Athletics
- CABA
- Parent/Caregiver Support
- Colchester Community
- Monthly Calendar

COMING SOON from CTC



Colchester Theater Company is excited to share a virtual showcase with you that highlights the musical and technical skill and talent of our students and brings you light in times of darkness.

Watch as the performing arts center is transformed into a winter landscape. This show follows scenes and songs revolving around finding ourselves and community in the cold of winter. Bright lights, snowy skies, and tons of songs performed by the CTC community.

Be on the lookout for information on how to stream this year's unforgettable theater production on our website and for the press release that will be featured soon in *The Colchester Sun*.

This is an event you do not want to miss!





NEWS FROM GUIDANCE

Registration is now open for the live components of this year's virtual College & Career Pathways and Vermont Applies. Videos and reflection questions will be available March 1st. Click the links below to register!



COLLEGE & CAREER PATHWAYS 2021

VSAC's annual College & Career Pathways event will be taking place virtually this year in March. Whether you're college-bound, training-bound or not sure, this event is for you. This year's event will include:

- Videos and reflection activities to walk you through planning for life after high school
- Live workshops for students on identifying career interests, building and communicating skills, and finding the right fit
- Live workshops for families on paying for college and career training, scholarships, navigating the admissions process, apprenticeships and careers in the skilled trades, and more
- Virtual tours and info sessions of Vermont colleges, universities, and short-term training programs
- Weekly contests with the opportunity to win prizes for watching videos and attending workshops or tours

Find out more and register at vsac.org/ccp.

VERMONT APPLIES: SPRING 12TH GRADE ADMISSIONS EVENT

Seniors, still need to apply to college or a training program for the fall? It's not too late!

Participating colleges and training programs will help you apply to their school and receive a quick admissions decision.

Find out more and sign up at vsac.org/vermontapplies

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.

USEFUL LINKS FOR FAMILIES

**The CHS Guide to Operations and
Procedures**

**The CHS Guide to Teaching and Learning
Weekly Learning Plans**

The GOVERNOR'S INSTITUTES of VERMONT

Summer 2021 Programs

At these summer Immersions, students will...

Arts

Dive into visual, dramatic, musical, written or digital creation, guided by artist mentors and Q&A presentations from professional artists!

Engineering

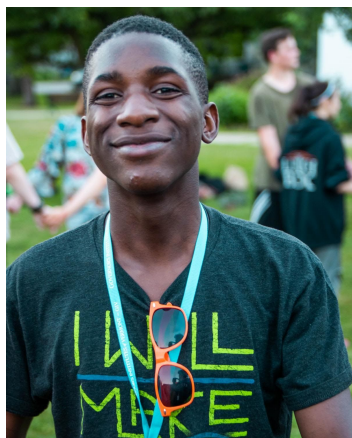
Assess local energy systems with the help of robotics and mechanical engineering to find sustainable solutions to some of today's most pressing problems!

Entrepreneurship: Creativity & Innovation

Use their passion and curiosity about business, with the guidance of proven entrepreneurs, experts and a network of peers, to come up with innovative business ideas and act on them!

Environmental Science & Technology

Collect, compile, and compare data about Vermont's environment through guided field sampling, observation and environmental analysis!



Global Issues & Youth Action

Get a worldly look at how leadership, policy and activism shape our world and what young Vermonters can do to make a difference!

Health & Medicine

Explore sports medicine and psychology, biology and biochemistry, and learn alongside practicing med students and professionals!

The Kenneth I. Gross and Tony Trono Governor's Institute of Mathematical Sciences

Challenge their minds with puzzles and mentored problem-solving activities and contests to learn more about the real-world and theoretical applications of mathematics!

Technology & Design

Participate in fast-paced design challenges to build and prototype solutions to real-world problems with a focus on programming, design thinking, microcontrollers, and graphic design!

Applications are Open!

GIV is going virtual this summer!

As of today, interested students in 9th through 12th grade (including graduating seniors) can submit their applications for GIV's online summer 2021 programming!

Do you know a passionate, curious Vermont high school student? Please take a moment to forward them this email. Interested students can learn more at our website and start their online application at giv.org/institutes/summer-2021/.



**Get more info here: GIV Summer 2021
Or email us with questions: info@giv.org**

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 [Jostens.com](https://www.jostens.com) and Senior Dues can be turned in to Gabby Brooks in the main office.

SENIORS



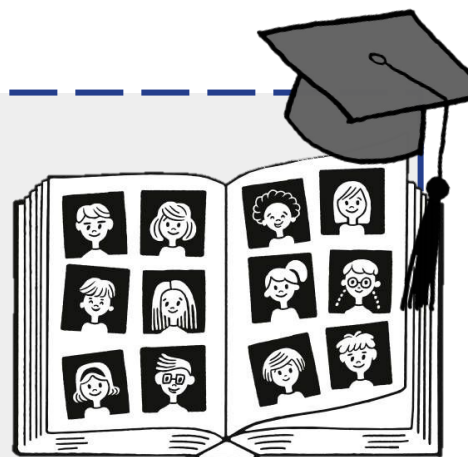
STUDENT DEBT

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](https://www.josten.com) 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!



PROJECT GRAD 2021

NEEDS YOUR HELP!!

How can you **HELP** the class of 2021 celebrate?

- **BIGGEST FUNDRAISER - Calcutta March 20, 2021**
(see details on the next page!)
- Make a donation to Project Grad by sending your tax deductible donation to CHS ATT: Project Grad 131 Laker Lane, Colchester VT 05446
- Donate your bottles at Cap N Cork at 164 Porters Point Rd # 2, Colchester, VT 05446. Make sure you designate them for Project Grad.
- Attend Project Grad meetings the 1st Tuesday of every month. Get on the mailing list by sending CHSprojectgrade21@gmail.com or visit our Facebook page <https://www.facebook.com/groups/415047723004039>.

PROJECT GRADUATION STUDENT COMMITTEE

CALLING ALL SENIORS! Project Graduation is inviting any student who wants to attend any 2021 Student Committee meeting on the last Thursday of each month until May.

Topic: **2021 Project Graduation Student Committee**

Time: Feb 25, 2021 06:00 PM Eastern Time (US and Canada)

Every month on the Last Thu, until May 27, 2021, 4 occurrence(s)

Mar 25, 2021 06:00 PM

Apr 29, 2021 06:00 PM

May 27, 2021 06:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/89493842158?pwd=RjFHbENla04yLzlvbnJKWG5lRTVBdz09>

Meeting ID: 894 9384 2158

Passcode: 250725

CHS Project Graduation Virtual Calcutta

March 20, 2021



Join us for a night off the chart virtual fun!

Tickets: \$75 or \$100

(\$100.00 tickets include insurance and a VIP Laker swag gift)

WINNERS:

Grand Prize

\$2021

Every 10th ball out gets a prize of \$20.21



Project Grad takes place on **June 12, 2021** (the night of graduation), and goes all night long! The event provides CHS graduates with an opportunity to celebrate with their classmates in a safe, drug & alcohol-free environment.

Project Grad **IS NOT** organized by CHS staff or the administration. It takes a team, a collective effort of parents and committee supporters, to pull off an event of this size. In other words... **WE NEED YOUR HELP!**

Please e-mail the 2021 Project Graduation committee at chsprojectgrad21@gmail.com or visit the Facebook page to see what is going on at <https://www.facebook.com/groups/415047723004039>.

In a year of nothing normal we want to send the CHS Class of 2021 off into the world knowing they are forever Lakers!



CSD Family Nights

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.



FRIENDS OF COLCHESTER MUSIC

OUR STUDENTS CAN PLAY MUSIC AGAIN!!!

Friends of Colchester Music is still busy.

We did make purchases in the fall - individual music kits for our elementary students, making bell covers for our brass instruments at the high school, purchasing pianos for the middle school and piano bags for the high school. Most recently a Xylophone for the high school band. As many of you are aware our big fundraiser is Krispie Kreme donuts which we get from Canada. This fundraiser will not be able to happen this year along with our selling flowers and DVD's at concerts. If you would like to make a donation so we may keep assisting our teachers in the Colchester Music Department. If you would like to donate please go to our website <http://www.friendsofcolchestermusic.com/> to donate via PayPal or send a check addressed to FCM to MaryFran Holly 121 Buckingham Drive Colchester, VT 05446.

"Music is a more potent instrument than any other for education, because rhythm and harmony find their way into the inward places of the soul." – Plato



NEWS FROM THE HEALTH OFFICE

[Virtual Health Office](#)

[Blog](#)

[Health Website](#)



ACTIVITIES & ATHLETICS

We are so excited to have started competitions this winter season. All home basketball (JV and Varsity) and Hockey games can be streamed via [this link](#).

We are grateful for our partnership with LCATV; they are doing a great job making sure families are able to see our student athletes compete. Away games will be available in many different forms and links provided by the opposing team and can be viewed on the weekly schedule of our [home page](#).

With the start of competitions, we are very grateful for the precautions taken by student athletes with the goal of completing our winter season. Please help your student athlete continue to follow our guidelines.

Currently, we are looking to start Spring sports on April 5 with a parent meeting the last week of March via Zoom.

Go Lakers!

Mark Ellingson, CHS Activities & Athletics Director

Hope everyone enjoyed their winter break! All of us at CABA are thankful we've been able to watch many of our Lakers compete virtually this season! Good luck to the teams as we head into playoff season!

Reminder that the CABA online apparel store will be temporarily closed until August 2021. Our friends at Project Graduation will be opening their own apparel store to help fundraise for 2021 Project Grad. So if you need any apparel before August, please visit their store!

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/CABAVT/>
- 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

PARENT/ CAREGIVER SUPPORT OPPORTUNITY!

CHS partners with Centerpoint to provide consultation opportunities for parents and caregivers . Parents are invited to reach out to Danielle Jatlow, LICSW, LADC, Centerpoint Program Director, to discuss adolescent health and wellness, ask questions, enhance developmentally-matched parenting skills and strategies, learn about community resources, or to just have a space to share .

FOR MORE INFORMATION OR TO MAKE AN APPOINTMENT,
PLEASE CONTACT :

DANIELLE JATLOW , LICSW, LADC
CENTERPOINT PROGRAM DIRECTOR
802-777-5932
DANIELLEJ@CENTERPOINTSVCES.ORG



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



4-H Teen Time



Critical Conversations

Join us in the Critical Conversations around race and justice, and learn how to unlock your leadership potential to inspire change.

Participants will be guided by Extension educators in conversations and activities to help you understand topics such as racism, implicit bias, equity, culture and discrimination and learn how to facilitate difficult conversations. The goal of these sessions is to help you learn how to carefully examine the issue, weigh costs and consequences, and discuss possible courses of action.

Register at www.uvm.edu/extension/youth/announcements

March 6 & 7, 4:00 - 6:00 pm

Open to ALL youth in grades 7-12 from Vermont and beyond

Space is limited to 40 participants

(Please do not register until you are 100% committed to attending.)

Zoom link will be sent before the first session

Closed-captioning will be provided for this program.

To request additional disability-related accommodations to participate, please contact Lauren.Traister@uvm.edu or 1-800-260-5603 by February 13, 2021 so that we may assist you.





Burnham Memorial Library

Hello out there!

Fun fact: there's a new teen craft at curbside pickup almost every week. There's even sometimes leftovers if you can't make it quite weekly. First come, first dibs! New this month, and all spring and summer long if y'all like it—Burnham Book Bags (b3)! Too tired to think about what to read? No problem! There's a bag of books, teen humans only, with a genre or theme listed on the tag. Stop by curbside and pick one out that sounds mildly interesting. If you don't like it, you have to return the books anyway but you can keep the little gifts (no, I'm not telling you what else is in there because I haven't gone shopping yet). Binge bags are also first come, first dibs.

Have you heard about this [cool writing contest](#)?! Do it and Jason Reynolds might read your work – which, is awesome and if you don't know who he is I am sad for you. As always, you can call (264-5660) or email the library (burnhamlib@colchestervt.gov) whenever you need things, be they books or otherwise—we try to help. You can get your teen librarian directly (kpsaute@colchestervt.gov) too. Enjoy!



Kelsey Psaute

Current Reading: *The Downstairs Girl* by Stacy Lee

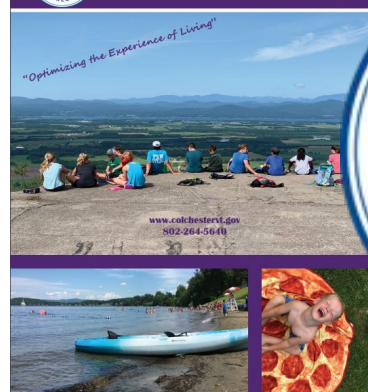
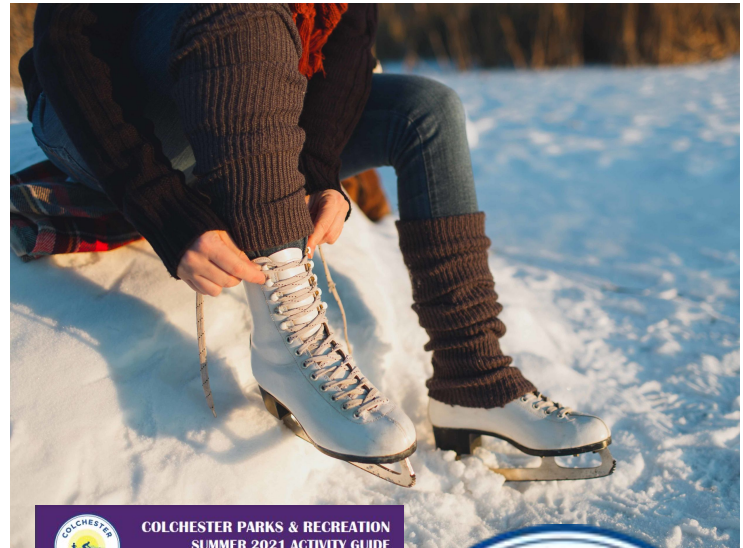
Young Adult & Technology Services
Burnham Memorial Library

Parks & Recreation

Colchester Parks & Recreation's 2021 Virtual Summer Brochure is available at <https://colchestervt.gov/333/Parks-Recreation>.

Resident and non-registration are open and camps are already filling up!

The ice rink at Airport Park is open and the trails are being regularly groomed. We encourage you to bundle up and enjoy these awesome features while we still can, physically distanced of course!





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.



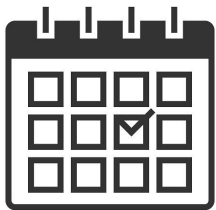
We cultivate a
STRONG & CONNECTED COMMUNITY
that respects and celebrates
all Lakers.



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

March:

- 1 No School
- 2 Family/Teacher Conferences
10:30-6:30
- 2 School Board Mtg. 7P
- 3 TL Mtg. 2:40
- 4 Faculty Mtg. 2:40 Equity with
Rebecca
- 8 Dept. Mtg. 2:40
- 10 TL Mtg. 2:40
- 15 PDC Mtg. 2:40
- 12 ACT Registration Due for April 17
Test
- 16 Variety Night Kick-Off
- 16 School Board Mtg. 7P
- 17 TL Mtg. 2:40
- 18 Faculty Mtg. 2:40

March:

- 22 Dept. Mtg. 2:40
- 24 TL Mtg. 2:40
- 29 PDC Mtg. 2:40
- 29 Spring Sports Parent/Athlete Mtg. 6P
Zoom
- 31 TL Mtg. 2:40

April:

- 1 Faculty Mtg. 2:40 Equity with
Rebecca
- 5 Spring Sports Practice Begins
- 5 Baseball Practice Begins
- 5 Dept. Mtg. 2:40
- 6 End Quarter 3
- 6 School Board Mtg. 7P
- 7 Start Quarter 4
- 7 Early Release
- 7 TL Mtg. 3P
- 12 PDC Mtg. 2:40
- 14 TL Mtg. 2:40
- 15 Faculty Mtg. 2:40