



## VIEW

Dear Families,

We hope your student has had a smooth transition back to school. It's been wonderful to have the "hum" of students back in the building.

On Thursday, September 9th at 6:30 pm CHS will hold our annual Open House. The event will be virtual this year. The purpose of the Open House is to provide families with the opportunity to follow your student's schedule, meet their teachers, and gain an understanding of the classes they are taking this semester.

The evening will begin at 6:30 with a brief welcome and overview from the administrative team followed by 10 minute (virtual) class rotations. Please be on the lookout early next week for an email with details about the event and links to the administrative welcome and all classes. We look forward to seeing you Thursday evening!

Please be reminded that Wednesday, September 29th is the first of four district-wide early release days for the 2021-2022 school year. These days are an opportunity for teachers across the district to engage in high quality professional development in order to increase student learning. The three additional early release days are December 8th, February 2nd, and April 6th. School will be dismissed at 12:10 and buses will pick students up at that time.

Our fall sports season is well underway; please consider joining us for a game or meet in the coming weeks!

Thank you,  
Heather

## NEWS INSIDE

- Picture Day - Sept. 9th & 10th
- Open House
- Family Teacher Conferences
- Early Release Sept. 29th
- School Counseling
- Laker Library
- News from the Health Office
- Senior Information
- Activities & Athletics
- CABA & Football Boosters
- Family Supports
- Community
- Monthly Calendar

SAVE THE DATE!

## FAMILY TEACHER CONFERENCES

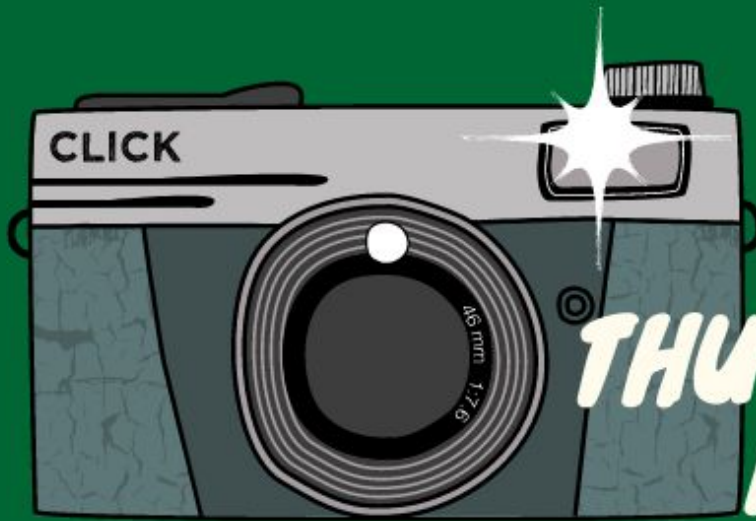
Mark Your Calendars!

CHS fall Family-Teacher Conferences will  
be Friday, October 8th from 10:30-6:30.

*More information about this event to come  
in the October Laker View!*

## VIRTUAL OPEN HOUSE

Thursday, September 9th  
6:30-8:30 PM



CHS PICTURE DAYS  
7 AM - 3 PM

**THUR. SEPT. 9TH &  
FRI. SEPT. 10TH**

### ALL STUDENTS NEED TO BE PHOTOGRAPHED FOR AN ID

Beltrami will be photographing CHS students on September 9th & 10th. Students will have their pictures taken during their humanities class. Students will be informed as to which day they will be photographed prior to the picture day. The picture form is enclosed in this mailing. Pre-order online!

Go to: [www.bsnap.hhimagehost.com](http://www.bsnap.hhimagehost.com); event: **CHS**; password is: **chs321** (password is case sensitive). Please note that the site will be live starting **August 1st**.

If you choose not to purchase a picture packet, your student will still need to be photographed for a school ID.

If your student attends CTE they may have their photo taken on either 9/9 or 9/10 between 7:15-7:30 AM or between 2:30-3:00 PM.

# EARLY RELEASE 2021-2022

Wednesday, September 29th, 2021

Wednesday, December 8th, 2021

Wednesday, February 2nd, 2022

Wednesday, April 6th, 2022



## EARLY RELEASE BELL TIMES

A1/B1

7:45 AM - 8:38 AM

53 min class, 4 mins to pass

A3/B3

8:42 AM - 9:35 AM

53 min class, 4 mins to pass

A5/B5

9:39 AM - 10:32 AM

53 min class, 4 mins to pass

A4/B4

10:36 AM - 12:10 PM

Lunch #1

10:36 AM - 10:59 AM

Lunch #2

10:59 AM - 11:22 AM

Lunch #3

11:22 AM - 11:46 AM

Lunch #4

11:46 AM - 12:10 PM

Buses tentatively pick up at 12:10. Hold students in class until we announce that the buses are here.

On the four early release days listed above students are released at 12:10 PM. The bus situation for tech students will be as follows.

Essex Tech bus will bring the students back to CHS at 2:30 and they are responsible for finding their own ride home. If there are any *Island students* on the bus the driver will drive them home since she lives in the Islands herself.

BTC Morning students will return to CHS around 12:15 to catch buses home from CHS.

BTC Afternoon students will be brought to CHS at 2:40 in the afternoon as usual and will be responsible for finding their own ride home.





# NEWS FROM THE SCHOOL COUNSELING DEPARTMENT

## Senior AT's - we'll be covering:

Starting the college application process, creating Common App accounts, linking Common App to Naviance, requesting transcripts, etc.. Students will be bringing home a release form to get signed. There will be optional help sessions for students during AT's. They should contact their School Counselor to be pre-booked.

- Just a reminder that students can make appointments with their School Counselor through Patty Ward in the School Counseling Office or by emailing their School Counselor directly.
- We also put announcements of Personal Learning Plan opportunities (Employment, Leadership, Volunteer Activities) on the PLP board across from the Cafeteria.
- Don't forget; the deadline to sign up for the Oct 2nd SAT is Friday, Sept 3rd, and the deadline for the Oct 23rd ACT is Sept 17th

## UPCOMING SEPTEMBER EVENING SCHOOL COUNSELING PRESENTATIONS FOR STUDENTS AND FAMILIES

### SENIOR COLLEGE NIGHT

**Thursday, September 16th 6:30-8:00**

Zoom Link will be sent closer to the date.

We will cover the whole college application process and timeline for senior year and have a question and answer session.

### VSAC FINANCIAL AID NIGHT

**Tuesday, September 28th 6:30-8:00**

Zoom Link will be sent closer to the date.

A VSAC representative will cover the financial aid process involved in paying for college.

## RESOURCES

Make sure to check out the "School Counseling Page" on the CHS website for more resources and updates.

Check it out: <https://www.csdvt.org/chs/guidance/guidance.php>



**SAT**<sup>®</sup>

## The SAT Registration Calendar 2021-22

SAT Test Date	Registration Deadline	Late Registration Deadline
<b>August 28, 2021</b>	July 30, 2021	August 17, 2021
<b>October 2, 2021</b>	September 3, 2021	September 21, 2021
<b>November 6, 2021</b>	October 8, 2021	October 26, 2021
<b>December 4, 2021</b>	November 4, 2021	November 23, 2021
<b>March 12, 2022</b>	February 11, 2022	March 1, 2022
<b>May 7, 2022</b>	April 8, 2022	April 26, 2022
<b>June 4, 2022</b>	May 5, 2022	May 25, 2022

Students can register at [sat.org/register](https://sat.org/register).

The late registration deadlines above are for paper registration.

Online and phone late deadlines are listed at [sat.org/register](https://sat.org/register).



National Test Dates in the U.S.  
[www.act.org](https://www.act.org) for Additional Information

ACT Test Date	Registration Deadline	Late Registration Deadline
<b>September 11, 2021</b>	August 6, 2021	August 20, 2021
<b>October 23, 2021</b>	September 17, 2021	October 1, 2021
<b>December 11, 2021</b>	November 5, 2021	November 19, 2021
<b>February 12, 2022</b>	January 7, 2022	January 21, 2022
<b>April 2, 2022</b>	February 25, 2022	March 11, 2022
<b>June 11, 2022</b>	May 6, 2022	May 20, 2022
<b>July 16, 2022</b>	June 17, 2022	June 24, 2022

L

# Welcome back!

~from the CHS Library

A

We are so excited to welcome students back into the library this year!

K

E

R



Please stop by and see us for books, research help, and a host of digital resources. You can also check out our [website](#) for access to the [Library catalog](#), research databases, book recommendations, and more.

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Y

## Contact us:

If you have any questions please feel free to send an email to one of us or pop into the library any time.

**We look forward to seeing you!**

**Ms. Binder** (*Librarian*)

[frances.binder@colchestersd.org](mailto:frances.binder@colchestersd.org)

**Ms. Barnes** (*Library Assistant*)

[cynthia.barnes@colchestersd.org](mailto:cynthia.barnes@colchestersd.org)



## NEWS FROM THE HEALTH OFFICE



**Colchester Middle School will be hosting a vaccine clinic on Wednesday September 8th and September 29th from 9am-5pm.**

First and second doses of the Pfizer vaccine will be available.

The clinic will be run by the Vermont National Guard and is open to anyone 12 years old and over.

Students under the age of 18 will require parent consent. This can be done by signing up for an appointment at [www.healthvermont.gov/myvaccine](http://www.healthvermont.gov/myvaccine).

Registered CHS students may leave school, with parent permission, to walk over to the middle school for their appointment. Please call the attendance office at 264-5711 to make arrangements.

**Just a reminder to stay home when you are sick.**

[Click HERE](#) for info about returning to school after staying home!



## CAP/GOWN & DUES INFO:

# SENIORS

Seniors will receive cap/gown and announcement information at the **mandatory senior AT on Wednesday, October 13th** with the Josten's representative. Josten's will return on Thursday, November 11th and Friday, November 12th during lunches (11:07-12:55) to collect the orders.

Senior dues are \$20 and cover the cost of the class gift, flowers, and other costs associated with graduation.

Your payment to Jostens for your cap/gown/tassel and any other items you order from Jostens, as well as your senior dues should be paid at the time the order is placed on November 11th or 12th.

**\*\*PLEASE NOTE:** You will need two checks, one to CHS for senior dues in the amount of \$20 and a second check to Jostens for payment of the cap and gown and any other items you order.

Seniors attending CTE can pick up the information packet in the main office at CHS beginning the afternoon of October 13th. CTE seniors can return their cap and gown order and dues to the main office by November 11th. The main office is open 6:30-3:30 daily.

## SENIOR YEARBOOK INFO

All senior portraits (and other senior section photos) are due by **Friday, November 19th, 2021**. We strongly prefer that photos be submitted electronically (in .jpg format) - the picture quality is much better.

Photos should be sent to  
[cshyearbook@colchestersd.org](mailto:cshyearbook@colchestersd.org).

If you are unable to submit the photo electronically, you may put a hard copy in the drop box in the main office; yearbook staff will scan the photo and return it to you. Senior quotations & messages must be submitted via the Google form that will be emailed to students at the start of the school year.

Please visit the CHS Yearbook website for more information (CHS Website >Other resources >Resources >Yearbook).

## BUY YOUR YEARBOOK NOW!

There are two ways to order a yearbook:

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

**You can order your yearbook starting on August 1st, 2021 for \$75.** We will be accepting orders until June 11th, 2022. 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!

Please visit the CHS Yearbook website for more information (CHS Website >Other resources >Resources >Yearbook).





## ACTIVITIES & ATHLETICS

Fall sports are in full swing at CHS; our Lakers have been training so hard, and are ready to start competitions. Please find our Fall Sports Schedule [here](#) and Make sure you come out and support our Lakers as they compete this fall.

This weekend we will host Football on Friday night and Girls soccer on Saturday morning, while Golf and XC will be competing on the road.

The Athletic and Activities Department would like to thank everyone (coaches, students, parents) that has assisted us in getting this year off to a flying start.

Let's Go Lakers!  
Mark Ellingson

**C**  
**A**  
**B**  
**A**

Welcome back Lakers! Hoping everyone had a good summer break! We are looking forward to the start of the Fall Sports season. CABA will be providing concessions this year during home soccer games! CABA depends on the profits from the concession stand to help pay for uniforms and other equipment that teams need. This year CABA is not requesting any donations from families, we are only asking for help in running the concession stand. Soccer team families are expected to volunteer for at least one shift per player over the season. Teams will receive more information from their team parent. But anyone can volunteer! And students can gain community service hours by volunteering. Please sign up with the following link: [Concession Sign Up](#) Thank you for helping support our athletes! We would also like to thank some of the local businesses that help support Colchester athletes through CABA: Broadacres Bingo, The Spanked Puppy, Three Brothers Pizza, ACE hardware, McKenzies and Coca-Cola.

CABA now has the apparel store open for business so you can get your Laker gear! Our store has many new and exciting items to choose from to show your [#lakerpride](#). All orders will need to be picked up at Joann's in Colchester. Check it out here [CHS CABA online 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](mailto:chscaba@gmail.com) with any questions or to volunteer.
- Follow CABA on Facebook at <https://www.facebook.com/CABAVT/> or on Instagram
- 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

# COLCHESTER FOOTBALL BOOSTERS

## It's Football Time!

### VARSITY

9-3-21 BBA @ **HOME** 7:00

9-10-21 CHS @ ESSEX 7:00

9-17-21 CHS @ ST. JOHNSBURY 7:00

9-24-21 RICE @ **HOME** 7:00

10-1-21 SEAWOLVES @ **HOME** 7:00

10-9-21 CHS @ MMU 2:00

10-15-21 CHS @ RUTLAND 7:00

10-22-21 BFA @ **HOME** 7:00

### JR. VARSITY

9-7-21 MMU @ **HOME** 6:00

9-14-21 CHS @ CVU 4:00

9-20-21 ESSEX @ **HOME** 6:00

9-27-21 CHS @ RICE 4:00

10-4-21 CHS @ BFA ST. ALBANS 6:00

10-11-21 MIDDLEBURY @ **HOME** 6:00

10-18-21 MT. ABE @ **HOME** 6:00

10-25-21 CHS @ SEAWOLVES 6:00

### SAVE THE DATE

# CALCUTTA

October 10, 2021  
City Sports Grill

Prizes given every 10<sup>th</sup> ball out!  
Tickets on sale soon

### FOOTBALL FAN GEAR

Click [HERE](#)  
for Online  
Fan Apparel  
Store!



# 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](mailto: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 School 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](mailto:AmyJ@Centerpointservices.org)





The University of Vermont

## The UVM Extension 4-H program is pleased to offer the following programs this fall.

Here is a small sample of what we are offering....more will be added.

**VTTeen 4-H Science Pathways Cafes:** We are kicking things off with a virtual cafe on **Tuesday, September 28 from 5 pm - 6 pm.**

Join us to learn about "**Develecology: The Science of How Our Ecosystem Shapes Our Development**" from Lawrence G. Shelton, an Associate Professor in the Human Development and Family Studies program at the University of Vermont. Learn more [here](#). All participants must [register](#); a Zoom link and password will be sent to access the cafe and only those registered will be allowed in.

Our Teen Leadership Team is currently working on a **schedule** that will include **both in-person and virtual cafes** every month. **Stay tuned for more information!** Teen science cafes are open to youth in grades 7-12; you will meet a scientist, learn about their work, explore different science pathways, engage in informal discussions and ask questions. All virtual sessions are recorded for asynchronous at-home learning. You can [view recordings](#) here.

**4-H World Changers- Learn to Code:** Vermont 4-H is joining forces again with Ohio 4-H and UVM's College of Engineering and Mathematical Sciences to offer another learn to code program! Inspired by Girls Who Code, this program is designed for youth in grades 5-12 youth who have an interest in coding.

Our Fall program will focus on games. Join us for this 6 session virtual series to **create your own game using Scratch!** This program starts Thursday, September 30 @ 7:00-8:00 pm and runs each Thursday until November 4. [Learn more](#) and [click here to register](#).

And **Save the Dates** for our Winter Session exploring Python! February 3 - March 10, Thursday nights from 7-8 pm

**Youth Environmental Summit:** YES is an annual event for students in grades 6-12 who want to learn about environmental issues and find ways to take action. We hope to inspire, encourage, and prepare youth for a life of environmental responsibility, service and leadership by increasing awareness and knowledge of environmental issues and fostering leadership skills. We had hoped to return to an in-person event but there is just too much uncertainty with Covid-19, the Delta variant and schools allowing field trips.

So, we are going to try something **NEW THIS YEAR!** We will be offering **both a real-time virtual summit as well as pre-recorded workshops** that you can access on your own time. Using FlipGrid we have built a virtual community learning space to make sure the sharing, learning, and networking that usually happens at YES will still happen!

Our **real-time virtual kick off** will take place on **Friday, October 29 from 9 am - 12 noon** and it will feature a keynote speaker and a few workshops around a **unifying theme of climate change**.

Then, on **November 1** our **YES FlipGrid site** will open for you and your students to explore a wide variety of environmental topics. The site will stay open for the entire month of November. This allows you the flexibility to participate when it works with your schedule! Stay tuned - more information will be available soon!

**Teens Reaching Youth (TRY) for the Environment:** TRY stands for Teens Reaching Youth and is an environmental leadership opportunity for students in grades 7-12. It is an **environmental education program taught by teens** and designed to increase environmental literacy and responsibility in younger youth. TRY for the Environment connects young people to real-world environmental problems by allowing them to be key change agents contributing to real-world solutions. [Learn more](#) here. Applications are due no later than November 8, 2021.

**VTTeen Leadership Weekend: Save the Dates! November 19-21, 2021.** VTTeen Leadership Weekend is a fun-filled weekend developing important skills and traits that will help you stretch and improve your leadership, communication, problem solving, teamwork and other transferable skills to take back and use in your club work, school and community. Open to all youth in grades 7-12. Stay tuned - more information coming soon!



## Parks & Recreation

Colchester Parks and Recreation's fall brochure is now out!

Visit [colchestervt.gov/recreation](https://colchestervt.gov/recreation) for more info on youth programs, adult programs and the youth basketball league! The fall brochure covers the months of September, October, November and December and will be updated as more programs are added.

For any questions call our office at 802-264-5640.

**COLCHESTER PARKS & RECREATION**  
**FALL 2021 ACTIVITY GUIDE**

September • October • November • December

[colchestervt.gov/recreation](https://colchestervt.gov/recreation)  
802-264-5640

*"Optimizing the Experience of Living"*





# 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.

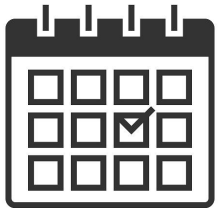
We  
**WORK TOGETHER**  
to build on one another's  
strengths and perspectives.

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

### September:

- 1 TL Mtg. 9:43A
- 2 Faculty Mtg. 2:40P
- 3 SAT Registration Due for Oct. 2 Test
- 7 School Board Mtg. 7P
- 8 TL Mtg. 9:43A
- 9 Open House 6:30P
- 9-10 Picture Days
- 11 ACT Test Date
- 13 Dept. Mtg. 2:40P
- 15 TL Mtg. 2:40P
- 16 Senior College Night 6:30P
- 17 ACT Registration Due for Oct. 23 Test
- 20 PDC Mtg. 2:40P
- 21 School Board Mtg. 7P
- 22 TL Mtg. 9:43A

### September:

- 23 Faculty Mtg. 2:40P
- 27 Dept. Mtg. 2:40P
- 28 VSAC Financial Aid Night 6:30P
- 29 Early Release
- 29 TL Mtg. 3P
- 30 Ski/Skate Drop-off & Prep

### October:

- 1 Ski/Skate Sale 6-9P
- 2 SAT Test Date
- 2 Ski/Skate Sale 8A-3P & Pick up
- 4 Dept. Mtg. 2:40P
- 5 School Board Mtg. 7P
- 6 TL Mtg. 9:43A
- 7 Faculty Mtg. 2:40P
- 8 SAT Registration Due for Nov. 6 Test
- 8 Family/Teacher Conferences  
10:30-6:30P
- 11 School Recess