



VIEW

Greetings CHS,

Happy fall to the entire Colchester High School community! October finds CHS past the initial transition from summer and fully back in the 2021-2022 school year.

Thank you for those of you able to join us for our virtual Open House in September. We look forward to seeing you (virtually, of course) at our fall conference day on Friday, October 8 from 10:30am-6:30pm. By now you should have received an email from your student's teachers inviting you to conferences. You can sign up for conference using the Sign-Up Genius link in the email sent by your student's teachers. All conferences will be held via Zoom. You can find all the meeting links on this document: [Fall 2021 Virtual Family Conferences](#)

There is no school for students and teachers on Monday October 11. Enjoy the long weekend!

As always, please do not hesitate to reach out to us with any questions.

Warmly,
Heather Baron
Principal

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2021 Youth Risk Behavior Survey

Our school is taking part in the 2021 Youth Risk Behavior Survey on October 29, 2021 during Mod 2 - Homebase. The YRBS was developed in 1991 by the Centers for Disease Control and Prevention (CDC) and is sponsored by the Vermont Department of Health and Agency of Education. The YRBS has been administered every other year in Vermont since 1993. The YRBS gathers information about health risk behaviors of 6th through 12th grade students. A copy of the survey is available on the Department of Health YRBS webpage (www.healthvermont.gov/yrbs).

More Information & Parent Opt-Out Form

Click [here](#) for more detailed information and the parent 'opt out' form.

HAPPENINGS AROUND CHS...

PINK OUT THE STANDS!



Friday night's Football game is a pink out! CHS cares sold pink t-shirts to raise funds and awareness for breast cancer research during lunches this week. Shirts will also be available at the game Friday night for a \$10 donation. Cash or Checks made out to Colchester High school. Show your school spirit and support this incredible cause. Let's go Lakers! contact kerry.shearman@colchestersd.org if you have questions.

¿QUÉ PASA IN WORLD LANGUAGES?

September 15-October 15 is National Hispanic Heritage Month.

At CHS, students in Spanish classes have been learning about the achievements and contributions of many Hispanic Americans. Check out the front lobby display case, decorated by the Spanish 5 students, Sharing photos and achievements of just a few Hispanic American champions who have inspired others to achieve success. Pictured: Thomas Buckley, Bella Jarvis, Caden Sultzbaugh, Maggie Ryan, Courtney Lai(not pictured, Isabela Basille)



Some Spanish III students are participating in a few Zoom sessions offered by the **Vermont Council on World Affairs** with **Central American Youth Ambassadors**. Students share cultural perspectives with youth from Panamá, Costa Rica, Guatemala & Venezuela in a fun, informal, game-like atmosphere. CHS participants are Autumn Petterson, Elena Solomon, Mindy Lin, Allison Winslow, Phoebe Richardson and Caitlin Hallock.

If you have any questions, please contact carrie.robinson@colchestersd.org





NEWS FROM THE SCHOOL COUNSELING DEPARTMENT

Attention Sophomore and Junior Students and Families who have already signed up for the PSATs

Just a reminder that the PSAT will be administered at CHS on Saturday, October 16, 2021 for any interested CHS juniors.

Please be reminded that every student will need to wear a facial mask for the entirety of the test and head directly to the gymnasium, as the assessment will start promptly at 8:00 am and end at approximately 12:00 for the PSAT. In addition, students should come to school well rested, having eaten a good breakfast, with a photo ID, 2 sharpened #2 pencils with erasers and an approved calculator (<https://collegereadiness.collegeboard.org/sat/taking-the-test/calculator-policy>). There will be a limited number of calculators to borrow.

If you have any questions please call Julie Pastore at 802-264-5712 or email her at julie.pastore@colchestersd.org.

Attention Seniors and their families:

Just a reminder that if you missed the VSAC Financial Aid presentation, the recording can be found on the Counseling page under Presentations. There is also a Financial Aid page as well and in addition to offering FAFSA help, VSAC has amazing resources you can access at vsac.org.

UPCOMING SEPTEMBER EVENING SCHOOL COUNSELING PRESENTATIONS FOR STUDENTS AND FAMILIES

FAFSA FORMS NIGHT

Thursday, October 28th 6:00-8:00

We are here to help you complete your FAFSA and VT State Grant applications.

Join the CHS School Counseling Team and our VSAC Gear-Up Counselor, Liam Danaher, to work through these applications with you. There will be two sessions via Zoom; 6-7pm and 7-8pm on Thursday, October 28th.

You will need to bring your 2020 taxes for both you and your student.

Space is limited for FAFSA Forms Night, so please contact the Guidance Office to reserve a spot by calling 264-5713

FRESHMEN & SOPHOMORE NIGHT

Thursday, October 14th 6:30-8:00

High School can be confusing. We'll help you understand the alphabet soup of PSAT, SAT, ACT, AP, PLP. We will also cover Flexible Pathways, 21st Century Learning Expectations, Proficiencies, set the groundwork for success with organization, time management, and stress management; and we'll even share our recipe for the Secret Sauce. All this and more!

This event will be held via Zoom. Link to be provided closer to the date of the event.

RESOURCES

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

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



The SAT Registration Calendar 2021-22

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

Students can register at sat.org/register.

The late registration deadlines above are for paper registration.

Online and phone late deadlines are listed at sat.org/register.



National Test Dates in the U.S.
www.act.org for Additional Information

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



PICTURE RETAKES

Picture retakes are on Thursday, October 21st from 7:00AM to 12:00PM in the mini gym. If you are having retakes done you must return your original picture packet to the photographer on retake day.

Please note that **ALL** students need to be photographed for ID purposes even if you are not purchasing a picture packet. If you have not had your photo taken, please be sure to do so on October 24th as IDs are required for **ALL** students. If your student attends CTE they may have their photo taken between 7:00-7:30 AM on Thursday, October 21st.



Parks & Recreation

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

Visit 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.

FCM NEEDS YOU!!!



Friends of Colchester Music would like to thank the Scheck family for a wonderful donation in memory of the Scheck children's grandmother. FCM greatly appreciates this generous donation.

We are investigating the return of the Krispy Kreme sale in November. Be on the lookout for the sales flyers.



Friends of Colchester Music is in need of a Chair and volunteers. This is a fantastic booster club and a great cause to volunteer for!!! We meet once a month for an hour. When there are concerts we sell DVD's and flowers as fundraisers. We will need a new Chair for the 2022/2023 school year. Please help to continue a great organization.

As always if you would like to make a donation so we may keep assisting our teachers in the Colchester Music Department please go to our website <http://www.friendsofcolchestermusic.com/> to donate via PayPal or send a check addressed to FCM to MaryFran Holly Chair 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



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.

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.
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).



PROJECT GRADUATION

COLCHESTER HIGH SCHOOL

CLASS OF 2022

Project Graduation is a substance free celebration for graduating seniors on the night of graduation and will be held the night of June 11, 2022. The event is sponsored by local businesses and fundraising. The event is not sponsored by the school and is a separate entity made up of parents of graduating seniors.

Meetings: Every other Wednesday starting Sept 22nd
Join remotely with link to be shared prior to the meeting

Email: Make sure you are on our email list - if you are not getting our emails and would like to, send a request to projectgradplan2022@gmail.com

Upcoming Events:

- Homecoming Dance
 - Sunday, October 10th from 7-10 (no school Monday October 11th)
 - Will be held at Lang Farm Barn in Essex
 - Tickets will be sold for \$25 each
 - Tech students – email projectgradplan2022@gmail.com If you are unable to purchase tickets at school.
 - Looking for parent volunteers to chaperone - [sign up genius](#)
- Coin drops at CHS on October 1st & 22nd
 - Want a chance to win a cool prize at Project Grad in June 2022? Whenever you volunteer at a fundraiser your name will go into a raffle.
 - We are currently looking for volunteers to work the coin drops at CHS before the football games on 10/1 and 10/22.
 - [CHS Project Grad 2022: Coin Drop \(sign-up genius.com\)](#)

Other ways to support Project Grad:

- Senior Parents - Please join our Facebook page - Colchester High School Project Grad 2022
- Seaway car wash is accepting donations on behalf of Project Grad when you wash your car - support this local business and tell your friends and neighbors!
- Drop bottles and cans for redemption at Cap 'n Cork - 164 Porters Point Road and donate to Project Grad 2022
- We have also created a GoFundMe page that you can donate to and please share with any contact you may have. [GoFundMe 2022](#)
- If you would like to make a tax deductible donation (we will send you a receipt) to Project Grad make a check out to **CHS Project Graduation 2022** and mail it to:
Colchester High School
Attn: Project Graduation
PO Box 900, Colchester VT 05446



ACTIVITIES & ATHLETICS

With the fall season in full swing, I would like to personally thank all our students and their families for their continued support of our programs and our athletes.

It has been so wonderful to be able to see our Lakers competing around our wonderful campus. I would also like to thank our faculty and administration for their support of our Lakers, it makes me very proud to be a member of this community.

As the calendar turns to October we look to get into the championship segments of fall sports and the fall drama production starts to ramp up as winter quickly approaches. Seeing our student participation is what fuels our school and our community.

Good Luck in all your endeavors Lakers,
Mark Ellingson

C

What a great Fall Sports season we are having! We have had some great wins as well as some tough match ups! Looking forward to the second half of the season! CABA has been providing concessions during home soccer games, hopefully you have stopped by for a snack! All profits from the concession stand help pay for uniforms and other needed equipment for CHS teams. While we require at least one family member from each soccer team to work a shift, anyone can volunteer! Please sign up with the following link: [Concession Sign Up](#) We also will be opening the concession stand during the annual CMS under the lights games on Monday October 5th. We need 4 volunteers for each time slot and are looking for Senior students to be 2 of the volunteers for each of those time slots. Students gain community service hours by volunteering! You can sign up for the CMS under the lights games here: [CMS Under the Lights](#) Thank you for continuing to help support our athletes!

A

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](#)

CABA meets on the second Tuesday of every month at CHS. Please join us at our next meeting on Tuesday October 12th at 6pm in room 101 at CHS.

And a big thank you to the local businesses that help support Colchester athletes through CABA: Broadacres Bingo, The Spanked Puppy, Three Brother's Pizza, ACE hardware, McKenzies and Coca-Cola.

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/> 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

B

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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 10th ball out!
Tickets on sale soon

FOOTBALL FAN GEAR

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



Odyssey of the Mind 2021-2

Informational Meeting

Monday Oct 4th, 6:30-7:30pm via Zoom

Send Link request to ootmcolchester@gmail.com



Join Us!

- All Students (K-12) and Parents Invited
- Learn more about the program
- Intended for new and returning participants.
- Time to get our teams together!!

What is Odyssey of the Mind (OM)?

The Odyssey of the Mind teaches students to learn creative problem-solving methods while having fun in the process. For more than thirty-five years, this unique program has helped teachers generate excitement in their students. By tapping into creativity, and through encouraging imaginative paths to problem-solving, students learn skills that will provide them with the ability to solve problems -- great and small -- for a lifetime. The Odyssey of the Mind teaches students how to think divergently by providing open-ended problems that appeal to a wide range of interests. Students learn how to identify challenges and to think creatively to solve those problems. They are free to express their ideas and suggestions without fear of criticism. The creative problem-solving process rewards thinking "outside of the box." While conventional thinking has an important place in a well-rounded education, students need to learn how to think creatively and productively.

You should consider participating if ANY of the following appeal to you:

- Acting
- Script Writing
- Set and Prop Building
- Brainstorming
- Problem Solving
- Creative Thinking
- Team Building

**For Questions or More Information Contact:
Stephanie Fournier, Colchester OM Coordinator
ootmcolchester@gmail.com**

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 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





The University of Vermont

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

We now have more information and registration available for the [teen science cafes](#) and the [Youth Environmental Summit](#). Learn more [here](#).

VTTeen 4-H Science Pathways Cafes:

Our **Fall Schedule** is now available. [Click here to view](#). We are offering **both in-person and virtual cafes!**

The **first virtual cafe** is on **September 28 from 7-8 pm**. Our guest scientist will discuss Devel ecology - The Science of How Our Ecosystem Shapes Our Development.

The **first in-person cafe** is on **October 16 from 5-7 pm** at UVM. Our guest scientist will discuss Cellular Agriculture and Tissue Engineering.

Teen science cafes are open to youth in **grades 7-12**; teens 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.

Youth Environmental Summit:

YES is an annual event for youth in **grades 6-12** who want to learn about environmental issues and find ways to take action.

Learn more about this year's **real-time virtual kick-off** on **Friday, October 29 from 9 am - 12:30 pm**. We will have several workshops focused on a theme of Climate Change. [Click here to view the event flyer and workshop descriptions](#).

We are also opening up our **YES Flipgrid** for the entire month of November where you can **explore, learn, and engage** in a wide variety of topics from **pre-recorded** workshops. Youth can also participate in the YES Scavenger Hunt and win prizes!

And don't forget.....

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

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!



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.



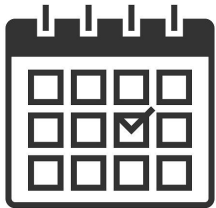
We cultivate a
STRONG & CONNECTED COMMUNITY
that respects and celebrates
all Lakers.



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

October:

- 2 SAT Test Date
- 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
- 13 TL Mtg. 2:40P (Wayland)
- 14 Freshmen/Sophomore Night 6:30
- 16 PSAT Testing 8A-3P
- 18 NHS Practice 2:30P
- 18 PDC Mtg. 2:40P
- 19 School Board Mtg. 7P

October:

- 18 Fall Choral Concert 4:30P
- 18-22 Spirit Week
- 20 TL Mtg. 9:43A
- 20 NHS Induction Ceremony 5:30P
- 21 Picture Retakes 7A-12P
- 21 Faculty Mtg. 2:40P
- 23 ACT Test Date
- 25 End Quarter 1
- 25 Dept. Mtg. 2:40P
- 26 Start Quarter 2
- 27 TL Mtg. 2:40P (Chad)
- 27 Fall Band Concert 7P
- 28 FAFSA Forms Night 6P

November:

- 1 PDC Mtg. 2:40P
- 2 School Board Mtg. 7P
- 3 TL Mtg. 9:43A
- 4 SAT Registration Due for Dec. 4 Test