THE LAKER



NEWS INSIDE

- Thanksgiving Baskets
- Colchester Theatre Company
- Ski and Board Club Sign-Ups!
- Wellness tips from the Health Office
- News from School Counseling
- Laker Library
- Senior Information
 - Cap/Gown ordersDue Nov. 10/11!
- Project Grad
- Activities & Athletics
- CABA
- Community
- Monthly Calendar

VIEW

Greetings CHS,

It's hard to believe that Quarter 1 is over and we are halfway through first semester! Report cards will be mailed home by the beginning of next week. Please do not hesitate to reach out to your student's teacher(s) or school counselor if you have any questions or concerns about their academic progress.

Colchester High School is accredited through the New England Association of Schools and Colleges (NEASC). Some of you may recall taking a survey around this time last year as a part of our accreditation process. Last week we had a collaborative team from NEASC visit CHS for two days as a part of this process. I want to thank our staff, students, leaders, and families for meeting with the NEASC collaborative team and for everyone who represented us so well.

While we await the official NEASC report and recommendations for improvement, I am very pleased with their initial feedback. Prior to the visiting teams departure they were able to share a brief summary of their findings and CHS is currently meeting all standards. They had some wonderful feedback and glowing commendations for our school and I look forward to their official report and bringing that information to the school board and community later this year.

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

Best Regards, Andrew Conforti Principal



This year CHS Cares will organize "Giving Thanks" baskets to honor all that we are grateful for and to give back to those who may need a little extra. We will be partnering with the CHS community and local businesses to sponsor a food drive for 27 families in Colchester. Bevins' Door has generously donated the turkeys from MacAuley's Meats to provide one for each family basket. We will be looking for food and monetary donations to fill the remainder of the baskets. As we are all aware, inflation on food has been significant this year and many families are struggling with food insecurity. There are a variety of ways that you can help.

During the month of November, remind students to bring in canned goods and non perishable items and place them in the designated boxes in their Humanities classes. The last day for donations is Thursday 11/17. We will be organizing and delivering the boxes on Friday afternoon 11/18.

Some suggestions include: canned vegetables, canned pie filling, cranberries, rice, stuffing, potatoes, gravy, etc. We also encourage items such as pasta, cereal, peanut butter, tuna, baby food, and soups. Consider even looking in your own cupboards for an extra box of mac and cheese or soup to donate! Every little bit helps. We are happy to accept cash or check donations made out to CHS but items would be the most helpful due to concerns around items being stocked.

We are planning to utilize a similar format to last year for deliveries. We will need some volunteers to help get them where they are needed throughout Colchester. If you would be willing to make a delivery of the boxes of food with the directions on where to deliver it, we could use your help. We will be delivering on Friday 11/18/2022 leaving CHS between 3-4:15. We will have directions to the homes and keep them in similar areas. Here is the link to sign up https://www.signupgenius.com/go/10C0D48AAAF2FAGFDC25-giving1

Thank you for your continued support of this worthwhile project!

Questions? Contact Kerry Shearman at 264-5732 or kerry.shearman@colchestersd.org

COLCHESTER THEATRE CO. PRESENTS MAMMA MIA!

November
11th and 12th 7:00 PM
13th 2:00 PM

Tickets \$10 general admission \$8 for CHS Students \$5 for CHS Students on Opening Night



SCAN THIS CODE FOR LINK TO BUY TICKETS ONLINE TICKETS WILL ALSO BE AVAILABLE FOR PURCHASE AT THE DOOR (CASH ONLY FOR AT-DOOR PURCHASES)



MUSIC AND LYRICS BY BENNYANDERSSON BJÖRN HLYAETS

BOOK BY

CATHERINE JOHNSON

This well-known and much-loved musical uses the songs of ABBA to tell an empowering story of identity, determination, disco, and familial love. On an idyllic Greek island, Sophie Sheridan (Leah Cartwright) is about to marry the love of her life, Sky (Remy Hardy) but one crucial thing is missing: a father to walk her down the aisle. When she reads an old diary belonging to her mother (Ava Blaisdell,) Sophie determines that her father must be one of three men (Noah Carmona, Jared Carnesale, and Mason Alling) so she invites them to the island, setting in motion a series of wacky misunderstandings.

Come see this fun and high-energy show students have been putting great work into! Show dates are November 11th and 12th and 7:00 PM and November 13th at 2:00 PM.



Tickets are on sale at https://www.brownpapertickets.com/event/5611859 or can be purchased at the door with cash on the nights of the show.



SKI AND BOARD CLUB IS BACK! When: Session 2 - Thursdays February 2, 9, 16, and 23.



Sign-ups will be in person at CHS on the night of the Winter Sports

Parent/Athlete Meeting.

Monday, November 14 at 5 pm.

- A table will be set up in the front entryway of CHS.
- Sign-ups will be first come, first serve, starting promptly at 5 pm.
- Payment is due at time of registration.
- If possible, please fill out forms ahead of time to help streamline the registration process.
 - The sign-up form, as well as all necessary information, including pricing, can be accessed on the <u>Ski and Board Club website</u>, which is linked to the CHS Website. (Activities>Athletics>Winter Sports>Ski and Board Club)

Please see Mr. Thime with any questions, or email him: jason.thime@colchestersd.org

ADVICE FROM THE HEALTH OFFICE

The new omicron specific COVID-19 boosters are now available for high school aged students!

Who can get the new booster? The updated booster is for people 12 and older who have completed their primary COVID-19 vaccine series and received their last booster or additional dose at least two months ago.

You can get free COVID-19 vaccines at:

- Your health care provider's office
- A pharmacy (appointments are usually needed)
- Walk-in clinics by local health offices or EMS
- Other locations where you get your vaccines

Don't forget Flu shots! It's best to get your flu shot before the end of October. You can get your flu vaccine and your covid booster at the same time.

For more information about Covid-19 boosters visit the <u>Vermont Department</u> of Health website





NEWS FROM THE SCHOOL COUNSELING DEPARTMENT

Attention all Sophomores!



<u>HOBY</u> Leadership Seminar Applications are due to **Ms. Moran** in the School Counseling Office by

Friday, November 11th

HOBY will accept 2 Sophomores from CHS to attend the 4 day seminar along with other eager high school students from across the state. HOBY is an outstanding and <u>fun</u> opportunity that aims to enrich your leadership skills and/or bring out your leadership potential.

Extra applications available in School Counseling office
Click **here** for more information on HOBY

*Must be able to attend entire seminar at St. Michael's College this spring. Exact dates: to be announced soon

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

SAT Test Date	Registration Deadline	Late Registration Deadline
August 27, 2022	July 29, 2022	August 16, 2022
October 1, 2022	September 2, 2022	September 20, 2022
November 5, 2022	October 7, 2022	October 25, 2022
December 3, 2022	November 3, 2022	November 22, 2022
March 11, 2023	February 10, 2023	February 28, 2023
May 6, 2023	April 7, 2023	April 25, 2023
June 3, 2023	May 4, 2023	May 23, 2023

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**.



ACT Test Date	Registration Deadline	Late Registration Deadline
September 10, 2022	August 5, 2022	August 19, 2022
October 22, 2022	September 16, 2022	September 30, 2022
December 10, 2022	November 4, 2022	November 11, 2022
February 11, 2023	January 6, 2023	January 20, 2023
April 15, 2023	March 10, 2023	March 24, 2023
June 10, 2023	May 5, 2023	May 19, 2023
July 15, 2023	June 16, 2023	June 23, 2023























CHS Library News

Something New on the CHS Library Website

Check out our "Reading and Listening" section (formerly the Books and Reading tab) to find a selection of great podcasts. There's something for

everyone; from investigative journalism to radio drama. We'll be rotating these selections periodically, so if you have a podcast that you love and you think we should add it to the site, please let Ms. Binder know!



Casey Fiesler from Atlanta, CC BY 2.0 https://creativecommons.org/licenses/by/2.0, via Wikimedia Commons

November Displays and Activities

Voting day is coming up fast. Check out our front windows for a timeline of voting rights and legislation throughout U.S. history as well as information on how eligible voters can get registered and make their voices heard on election day. And of course, don't miss the selection of great titles featured in this display.

November is also National Novel Writing Month. You'll find a selection of titles to help inspire the budding author in our back library window, and stay tuned throughout the month for ideas and activities from the library to help get you writing. You don't have to write a novel, but we hope you'll be inspired and take some time this month to express yourself!



Just one part of our current Voting Rights window display!

Library Statistics

- Some 80 new titles added to the collection since the start of the year
- Over 30 interlibrary loan transactions completed
- 583 circulations of print materials
- 54 circulations of digital materials through the VT Schools Shared Digital Collection
- 7 classroom collaborations connecting students in grades 9-12 with resources and development of inquiry skills
- Multiple engaging library displays created
- 1 special event/speaker (Jason Reynolds' virtual visit with students in the state of Vermont)
- An average of 75-80 student visits to the library each day (plus another 50 students using the library as a calm space prior to the first bell)!



CAP/GOWN & DUES INFO:

Seniors received cap/gown and announcement information at the **mandatory senior AT on in October** with the Josten's representative. Josten's will return on Thursday, November 10th and Friday, November 11th 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 10th or 11th.

**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.

<u>Seniors that missed getting their packets</u> can pick it up the in the main office at CHS. Seniors can return their cap and gown order and dues to the main office by November 10th. The main office is open 6:30-3:30 daily.

SENIOR YEARBOOK INFO

All senior portraits and other senior section photos and content (including senior quotations and messages), are due by **Friday, November 18th, 2022.** We strongly prefer that photos be submitted electronically (in .jpg format) - the picture quality is much better.

All senior portraits, photos, and content should be submitted via the google forms that will be sent to all seniors at the start of the school year.

If you are unable to submit your senior portrait 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.

BUY YOUR YEARBOOK NOW!

2023 Yearbooks are on sale now!

→ After the fall sale, yearbooks will be on sale for \$75.

The last day to preorder a yearbook is June 16th.

Note: If you don't pre-order a yearbook, we cannot guarantee any extra orders - don't let your student miss out on this amazing publication! Order your yearbook now!

There are two ways to order a yearbook:

- Use your credit or debit card to pay online at www.jostens.com
- 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.

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



PROJECT GRADUATION COLCHESTER HIGH SCHOOL CLASS OF 2023

Next Meeting is November 7th at 6pm in Room 101 of CHS

Project Graduation began in Maine 40 years ago in response to the tragic loss of 18 lives in alcohol and drug related crashes following graduation. During the 1979 commencement period (May 15-June 30) in Maine, seven of the 12 deaths among teenagers that resulted from driving under the influence of alcohol occurred in the area of Oxford Hills. In response to this loss of life, a school-community coalition from Oxford Hills developed and implemented a program called "Project Graduation," a chemical-free graduation celebration, during the 1979-1980 school year. During Oxford Hills' 1980 commencement period, there were no fatalities, no alcohol or drug-related injuries, and no arrests for driving under the influence of alcohol. Maine's first Project Graduation was such a success that many other high schools adopted similar programs. By 1986, Project Graduation activities were held in fifty states. Today the term "Project Graduation" describes a legal substance free graduation celebration sponsored by the community under the supervision of many adult volunteers.

Upcoming Fundraising Events

November:

Senior apparel- chsseniorsvt.itemorder.com
You can also visit Joann's uniform online shop

December:

12/12- Rozzi's night

Easy delicious dinner while helping raise money for Project Grad

12/18- Vermont Teddy Bear- we are looking for 9 seniors to volunteer to work - there will be two shifts 9-1 &1-5. Keep an eye out for the sign up genius.

January/February

We will do two bottle drives. One after NYE and the other after the Super Bowl. Dates TBD

1/30/2023 Snapraise- will go live on January 30 and go for 28 days. We will be sending out information to seniors and their family by the end of November. This fundraiser has been a huge success for some of our athletic programs.

Laker love cookie gram- we will be taking orders starting 1/20/23-2/3/23.

March

3/24 @730 mark your calendar for Hypnotist night @CHS - this is a family friendly event

Our Homecoming fundraiser event was very successful. We raised \$6,493.89.
Our two coin drop events raised \$954.01
Thank you!

Ongoing fundraising

Cap- n - Cork - bottle and can drop off Corporate donations- if you know of any businesses that would like to make a donation. Please reach out to chspg2023@gmail.com

Colchester friends and families

We are looking for donations of cash, merchandise, services and/or gift certificates. Donations of products or services will be used for raffle or incentives prizes for our seniors during Project Grad night. Donations can be made to CHS Project Graduation. A 501(c)(3) nonprofit organization and are tax deductible as allowed by law.

Any seniors who still need to sign the senior rock, please see Holli Brigante.

Don't forget to follow us at Facebook chsclassof2023
Instagram chsprojectgrad2023

ACTIVITIES & ATHLETICS

Greetings Laker Nation!

CHS would like to thank everyone that made the fall season an overwhelming success. I am so happy for all of our student athletes, especially our senior class for being able to participate in the activities they love and have invested so much time in over their lifetimes.

The winter sports meeting will be held in the PAC on November 14th at 6:00 PM, with practices beginning Monday, November 28th. Competitions will follow as the calendar turns to December.

Click here to register for Winter Sports

Again, a big thanks to all our Laker families for their continued support of all of our programs.

Mark Ellingson, CHS Activities & Athletics Director



Want to know more about CABA or get involved? You can always contact us at chscaba@gmail.com. Stay up to date with CABA by visiting our website at https://cabavt.org/. Here you will also find a link to CABA's online store.

Are you prepared for playoffs, Laker Nation!? CABA has limited long (\$10) and short (\$8) sleeve shirts available for sale (black, white, and blue), as well as Laker sunglasses, umbrellas, Sherpa blankets, and shaker bottles! All items are being sold at the concession stand or reach out to a CABA member if interested (or email us!). Looking for weekly sports schedules? Be sure to

follow CABA Facebook and CABA Instagram to keep up to date with all game schedules and news!

Fall athletes, don't forget to return your uniforms to Mark Ellingson by Nov. 9th to avoid the cost of replacement. Full uniform kits should be washed and placed in a bag with your name on it.

Winter Concessions: Back for the first time since 2020! All winter sports families will be expected to volunteer so be on the lookout for the link, as we get closer, to sign up early for a slot that works best for your schedule.

Check out a couple of CABA's recent purchases for our athletes! We funded a scoreboard for the field hockey/ultimate frisbee field and renovated the CHS weight room with new weights and cardio equipment.







PARENT/CAREGIVER SUPPORT OPPORTUNITY

CHS partners with Centerpoint to provide consultation opportunities for parents and caregivers. Parents are invited to reach out to Kim Burgess, LADC, Centerpoint Clinician, 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:

KIM BURGESS, LADC

CENTERPOINT CLINICIAN

802-288-0582

KIMB@CENTERPOINTSERVICES.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 to hearing from you!

CHANGES is facilitated by Sabino Ramirez, MA. Sabino is a Mental Health Counselor with specialized expertise in working with teens, young adults, and families. Sabino 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 Sabino Ramirez for information at: 802-288-0583 or by email at sabinor@centerpointservices.org





Burnham Memorial Library

As we firmly settle into fall, just wanted to keep you up to date on the different happenings here at your public library. Be sure to check out our display highlighting Native American Heritage Month -- which is marked annually in November -- and find fiction, non-fiction, and graphic novels that celebrate Indigenous writers and their experiences. Here's a list of some YA picks we have available at Burnham (and if you need a card, please reach out -- happy to help get that all squared away for you).

If you've got some travel planned over school break, consider checking out <u>one of our new Playaways</u> -- you get to listen to a great story, while saving your phone battery? Win-win. But, if you're looking for stuff to do around town, here's some activities we have lined up in November for middle and high school students:

Craft: Bookmarks Galore

Thursday, Nov. 10 from 3:15 pm - 4:15 pm

Drop by the YA room to grab a snack and get creative making bookmarks in a variety of styles – ones to slip onto the page corners, one with pom-poms, ones from old book spines. Make one, make two, make a bunch for you and your friends!

Cook, Bake & Eat

Tuesday, Nov. 15 from 5:30 pm - 7:15 pm

Come cook a vegetarian dinner and a dessert from recipes featured in one of our new books, <u>The Complete Cookbook for Teen Chefs.</u> We'll be using the stove/oven over in the downstairs area of the meeting house next door to the library. **Space is limited to ensure we have enough ingredients, so please sign up in advance (and let us know if there are any allergies or other dietary needs we need to take into account).**

As always, you can email me directly at mmalone@colchestervt.gov with any questions/suggestions... or follow @burnhamlibraryya on Instagram to see what we're up to over here.

Meg Malone (she/her)

Young Adult Services Librarian
Burnham Memorial Library
Currently reading: *Ten*, by Gretchen McNeil





The UVM Extension 4-H program is pleased to offer the following programs:

We have lots of **amazing programs** coming up this November and **deadlines are fast approaching** - so don't miss out, sign up today!

VTeen Leadership Weekend - a few spots remain, register by Nov 6

November 18-20, 2022 (In-person/Lake Morey Resort)

<u>VTeen Leadership Weekend</u> 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. The cost of the weekend has been reduced from \$340 to **only \$155** due to generous gifts from the State 4-H Foundation, Vermont Mutual Insurance and the Cordelia Family Foundation. The registration fee includes two nights lodging at the Lake Morey Resort, all meals and snacks, and activity supplies. <u>Learn more</u> and <u>register here</u> by Nov 6. We welcome all teens in grades 7-12; space is limited to 50 youth.

TRY for the Environment - apply by Nov 7

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 includes five program areas to connect young people to real-world environmental problems allowing them to be key change agents contributing to real-world solutions. The program areas include: renewable energy, waste solutions, food systems, forests & trees, and water. <u>Learn more and apply here</u>.

Social Networks & the Small World Problem: An Introduction to Network Science - register by Nov 9 November 12, 2022, 5:00-7:00 pm (In-person/UVM)

Come to this <u>VTeen 4-H Science Pathways Cafe</u> and, through a guided investigation of social networks, you will collaborate to discover network principles and uncover the solution to the "small world problem". <u>Learn more</u> and <u>register here</u>; open to grades 7-12. FREE pizza and drinks provided.

Go to the <u>4-H Announcements Page</u> to learn more.

And, from our friends at the Vermont Energy Education Program....

For folks who want to dig deeper into taking action on energy/climate, sign up here for an Energy Project Advisor to support you and the changes you want to make happen. Additionally, High Schoolers can sign up to get started with the Youth Climate Leaders Academy Kick-Off Retreat, happening on December 2nd/3rd. Just a couple more weeks left to register!

Please reach out with any questions you might have!

Lauren Traister

4-H Teen & Leadership Program Coordinator
University of Vermont Extension
(802) 888-4972 x 402
Follow us on Facebook
Learn about Upcoming 4-H Opportunities



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

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

COLCHESTER HIGH SCHOOLEXCELLENCE & EQUITY

IN A CLIMATE OF RESPECT, RESPONSIBILITY & PRIDE

We engage in

rooted in relationships, relevance, rigor, and shared responsibility.

We demonstrate

for ourselves, one another, and our school.

We create

where all Lakers can thrive.

We

to build on one another's strengths and perspectives.

We cultivate a

that respects and celebrates all Lakers.

We empower all Lakers to use their voice, pursue their aspirations and be

members of our community.



CALENDAR OF EVENTS

November:

- 1 Start Quarter 2
- 1 School Board Mtg. 7P
- 2 TL Mtg. 2:40P
- 3 SAT Registration Due for Dec. 3 Test
- 4 ACT Registration Due for Dec. 10 Test
- 5 SAT Test Date
- 7 PDC Mtg. 2:40P
- 7 Grades Due by 5P
- 8 GLA Mtg. 2:40P
- 9 TL Mtg. 9:43A
- 10-11 Jostens' collecting Cap/Gown orders during lunches 11-1P
- 10 Faculty Mtg. 2:40P
- 11-12 Colchester Theatre Company Fall Production 7P

November:

- 13 Colchester Theatre Company Fall Production 2P
- 14 Dept. Mtg. 2:40P
- 14 Winter Sports Parent/Athlete Mtg. 6P
- 15 School Board Mtg. 7P
- 16 TL Mtg. 2:40P
- 21-22 Teacher In-Service
- 21-25 School Recess
- 28 Winter Sports Practice Begins
- 28 PDC Mtg. 2:40P
- 30 TL Mtg. 9:43A

December:

- 1 Faculty Mtg. 2:40P
- 2 Speech Tournament 3P-7P
- 3 Debate Tournament 9A-3P
- 3 SAT Test Date
- 5 Dept. Mtg. 2:40P
- 6 School Board Mtg. 7P