

Hill Regional Career H.S. Parent Newswire

November 2009 - Edition: 3

Editor: Vernetta Smith

Publicity Committee: PTSO Members

*It Takes A Village
To Raise A Child!*
African Proverb

"It is our mission to work collaboratively with the school community to provide a quality education for our children, through increased parental participation, productive communication and assistance, while fostering a warm and welcoming environment."

Principal's Message, Michael Ceraso

A chill is in the air and the foliage around campus has begun to change color. We have already seen our first snowflakes. Welcome to November and our third month of the 2009-2010 school year. I'm amazed at how quickly the days are passing. When you read this, the first Marking Period will be over (Friday, November 6), and we will be looking forward to seeing you at Report Card Night on Thursday, November 19th.

We have had an extremely good start to the school year. One of my goals this year is to significantly raise academic expectations in every course, every classroom, every period, every day, and I am encouraged with what I see when I visit classes. Your children are here daily, talented and eager to learn, and prepared for the challenges their teachers have to offer them in their classes. Please continue to help this effort with your support and communication with your child, your child's teachers, and the administration.

Tardiness - We are working to significantly decrease tardiness this school year. Although we have made an improvement, we still have far too many students arriving late on a regular basis. Research has proven that students that arrive early are more prepared to learn based upon having an opportunity to unpack and organize, socialize, and get themselves mentally prepared to meet the challenges of their day. Our instructional day begins promptly at 7:45. Students not in their seats at 7:45 will be marked tardy. Students signing in to school after 7:55 will be held for Tardy Detention (1 hour after school writing an essay) after the 5th day they do this. In addition, all students experiencing regular tardiness will be referred to the Students Assistance Management (SAM) team for review of the issue. If you drive your child to school, I remind you that there is much construction in the vicinity of Hill Regional, making traffic in the area very unpredictable and leaving ten minutes earlier in the morning will ensure a punctual arrival. Please make every effort to have our students arrive early. "Leaders are never on time...They're early!"

Please be sure you read this everything in this Newsletter, as it contains an amazing amount of information about school activities and programs planned for the coming month. Please be particularly mindful of the Extended Day Program, which is a great opportunity for your child to receive needed or desired academic support after school. We are currently planning to begin the program in early November, and continue it through mid-January. In addition, we are planning to have specific CAPT after-school workshops that will address any student's need in either of that area.

I remind you of a very important date: Report Card Conference Night on Thursday, November 19th from 5 - 8 pm. See you there!

Hello Career Family! Once again, we are coming upon another change of season and with that come the beauty of fall. As things change, some things stay the same. The PTSO strives to stay consistent with our mission statement, "provide a quality education for our children, through increased parental participation, productive communication and assistance ...", as well as opening the door for other avenues that positively affect the students here at Career. We have seen a dramatic increase in parental involvement and participation so far this year and we thank you.

We especially thank the participants' of the Parent workshop - *Real Life Real Talk - Sex Ed for Parents*. The presenter, Mrs. Allison Daley did a wonderful job discussing the material and keeping everyone actively engaged. Our PTSO focus for meetings and workshops is to have informative subjects that influence student life here at school as well as social issues, college preparedness, teenage and family challenges.

Therefore, even though seasons may change, we still have the opportunity to become involved in their academic life and remove obstacles our children may face during this exciting and challenging time. By now, you should have received your child's academic progress report. Please do not hesitate to contact any teacher, guidance counselor or administrator with your concerns.

With that said, be on the lookout for the November 14th meeting with our Guidance Counselors and the December meeting, featuring a roundtable discussion with our students - their opportunity to tell us what's on their mind. It will be engaging and eye opening I'm sure. So come out and hear as well as express all concerns you may have regarding your student and the education process. We ask all to try to makes the meetings because an organization is only as good as its participating members.

Please note: we are still accepting PTSO Family Membership Dues of \$5.00 that is due once every year. Take care everyone and see you at the November 14 meeting and Report Card Night, November 19. Any questions, please do not hesitate to call or Ms. Smith @946-6976or email vernetta.smith@new-haven.k12.ct.us.

Frances Ballard, PTSO Pres. - fballard@sbcglobal.net / 932-5078

HRCHS REPORT CARD CONFERENCE/ PTSO POTLUCK DINNER

Thursday, November 19, 2009

5:00 PM - 5:30 PM Dinner

5:30 - 6:00 PM - Meeting in Auditorium

6:00 PM - 8:00 PM - Parent Conference

Greetings!

It's time for **Report Card Night Conference and our annual Potluck Dinner**, Thursday, November 19. This year, we're asking YOU to plan ahead. We need all 700+ parents to show up to pick up student report cards and talk with teachers. Please make arrangements in advance to attend this very important event.

With that said, HRCHS PTSD invites all parents, guardians, teachers and students to dinner. The dinner is prepared and donated by our wonderful parent volunteers and community partners. However, if you are unable to prepare a dish, we will gladly accept a monetary contribution to the PTSD fund.

Please complete and return this form to the main office, or email vernetta.smith@new-haven.k12.ct.us or fballard@sbcglobal.net no later than 11/12/09. Thank you in advance for your valuable time and participation. See you all on Thursday, November 19.

HRCHS Report Card Potluck Night
(203) 946-6976 / 946-5845

Name: _____

Student: _____

Tel. #: _____

Email: _____

I will prepare my favorite Pasta or Salad:

I will donate **\$5.00**.

Please return form by 11/12/09 to Ms. Smith in the main office.

Suggested dishes: Baked, Ziti, Eggplant, Lasagna, spaghetti, meatballs, meat-sauce, sausage, toss salad, pasta salad, garlic bread, soda, water, napkins, plates, utensils and deserts!

Career and Technical Services, Ms. C. Lowman

Student may inquire about the following opportunities during the beginning of their lunch wave, if parents have questions they can call me at 946-6589 between 8:30 am and 2:00 pm:

ACE Mentoring Program is a mentoring program for those students interested in exploring the architecture field or the construction engineering field. If selected I believe they will meet with the mentors once a week. It is a volunteer Opportunity.

Guidance Department

Testing: We administered the Preliminary Scholastic Aptitude Test (PSAT) --free of charge -- to ALL Freshmen, Sophomores and Juniors on Wednesday, October 14th. These students will receive their PSAT results, with an item-by-item analysis, by January. While the Freshmen, Sophomores and Juniors took their test, Seniors met in the Auditorium to review procedures for senior year. The guidance counselors met with seniors in September to register them for the November SAT. Seniors should see their counselor to arrange for a date to take another SAT and whatever SAT II Subject Tests the colleges to which they plan to apply require.

Parents note: not all colleges require the same SAT Subject Tests, but nearly all of them require the SAT itself. It is highly recommended that parents of Seniors and the students discuss these issues. While Career High School has a CEEB Number (070488), it is not a designated testing site. This means that every CHS student must take the SAT in a school other than Career. Please consult the SAT practice bulletin, www.collegeboard.com, or call your child's Guidance Counselor for more specific information.

November College Conferences: At this writing, we have scheduled the following college conferences in October and November on the following dates:

Parents please note: Students **MUST** arrange to attend by getting a pass from their guidance counselor **BEFORE** the conference.

SAT I or SAT II

Upcoming Exam Saturday, November 2nd

Next Exam Saturday December 7th -

Application due 11/13

Guidance Overview for parents:

All students: The First Marking Period is a particularly important opportunity for your child to establish a strong pattern for academic progress and success. Progress Reports were issued during the second week of October, and as stated above the first report card will be distributed on November 19. Parents please review all of this information completely and very carefully - pay note not only to grades, but also to teacher's comments and attendance and tardiness totals which are listed at the bottom directly beneath the grades. If you have questions, you should call your child's guidance counselor to arrange for a meeting, as the counselors have copies of the reports AND access to your child's academic records at their fingertips on their computers. While you are welcome to come to the school at any time to discuss your child's progress, it is best to arrange an appointment with

the counselor to do this rather than to come in without an appointment. With a confirmed appointment, you have a dedicated time to meet, and are guaranteed to have that time.

If your child is a:

Senior: Your child should have taken at least ONE SAT; or at least registered to take the next one. Your child should be working on college applications. Bear in mind that college applications involve accurately providing many pages of information, and usually require an essay on a topic that is chosen by the college. In this case, your child will be required to write several essays on different topics as the child completes applications. Well-prepared applications often take several DAYS of hard work to complete. It is important that each of your child's applications is reviewed by your child's counselor. ALL college applications must be reviewed prior to submission with your child and your child's guidance counselor -- no applications should be considered "finalized" until the guidance counselor reviews it. Also, no applications should be sent without FIRST being reviewed by you, of course, and your child's guidance counselor. ALL colleges ask to see mid-year and third marking period grades and final transcripts.

Junior: The PSAT is an excellent predictor of how your child will score on the SAT, and whether your child might qualify for Advanced Placement. When you get the results, they will provide a question-by-question breakdown which will tell you and your child where your child's academic strengths are and needs. Your child should be taking appropriately challenging academic courses, and striving to do excellently in all of them.

Sophomore: Again, the PSAT is an excellent predictor of how your child will score on the CAPT and SAT. When you get the results, they will provide a question-by question breakdown which return will tell you and your child where your child's academic strengths are and needs. The CAPT should be your and your child's major academic focus this year in pursuing academic study on a daily basis. In addition, it a very good predictor of whether your child might qualify for Advanced Placement courses.

Freshman: In addition to providing an academic challenge in day-to-day coursework, we will be administering several practice CAPT tests this year to get your child familiar with the test and its challenging requirements. Your child continues to adjust to Career and its unique academic demands and requirements. You should carefully monitor your child to ensure this process is a smooth and successful one. Your child should have books and homework on a DAILY basis. If this is not occurring, please contact the school and speak to your child's counselor or administrator immediately. Freshmen

Yale New Haven Hospital are still accepting applications, students can stop in to be the website address and directions. They have opportunities for the Allied Health and Business interns. If accepted they will volunteer twice a week for two hours a week.

WYSE is a mentoring program for young ladies. Selected students will be mentored one on one. Parents can check out their website at www.wyseonline.org. Interested students must see me before October 27 so that I can give them my intake form.

often need more support from parents, teachers and administrators as beginning high school students than they have needed in earlier academic transitions.

Finally, all underclassmen (11th - 9th graders) should be taking challenging academic courses, and striving to do excellently in all of them. There is a wonderful support framework for academic help -- after school with the course teacher; the Extended Day Program, or one-to-one tutoring with a volunteer.

OCTOBER			
28	Wed	11:30	Trinity College, Hartford, CT
30	Fri	1:15	Drew University, New Jersey
NOVEMBER			
4	Wed	11:00	Gateway Automotive Prog - Cafe
4	Wed	1:30	Eastern CT State University
5	Thurs	10:30	Sacred Heart University
5	Thurs	12:30	Post University, Waterbury, CT
6	Fri	11:30	St. Vincent's College - Nursing
9	Mon	9:15	Southern CT State University, NH
12	Thurs	9:00	University of Hartford, CT
18	Wed	9:00	Gateway Community College, NH
19	Thurs	10:30	U.S. Coast Guard

Coronation Ball

Friday, November 20, 2009
7PM - 11:00PM
HRCHS Gymnasium

Appropriate attire is Formal,
Semi-Formal or casual wear!

No Exceptions: No Jeans, Durags,
Caps, Hoodies, Sneakers, Boots
and/or bad taste in clothing will
be allowed.

Parent volunteers are always
welcomed! Please email Kristen
Grandfield, Justin Boucher or
Tasann Haynes.



A child educated only at school is an uneducated child. GEORGE SANTAYANA

Sports John Adamovich

As the fall season draws to a close for Track, Volleyball and Soccer, we find ourselves looking back at what we have accomplished. Using teamwork we show how much can be accomplished if no one cares who get the credit. Winning and losing are just two ways of evaluating a season. I believe there is much more to High School sports than that. Watching many of our fall teams compete in the very tough SCC Division, I noticed how each team pulled together to stay strong and picked each other up as the season progressed. The fight and drive I viewed was of warriors on a mission, who would never give, never quit, and always gave their very best.

It's easy to keep going to practice when you're undefeated and riding the top of the wave; but when that wave starts to tow you under that's when you find out what kind of athlete you really are. Well from my viewpoint I can see Career athletes as winners! Always giving their best and holding their heads up high. I commend each coach, and each player for showing tremendous Pride because it's Pride which separates excellence from mediocrity. Thank you all for showing Pride in your School and making us all proud to be part of your teams.

For the complete basketball Schedule please go to www.casciac.org.

Yale New Haven School Based Clinic. Ms. Allison Daley

The Career School Based Clinic provides a variety of health and mental health services to the students at Career High School. These services include:

- ✓ Physical examination
- ✓ Sports physicals
- ✓ Immunizations
- ✓ Reproductive health care (pelvic exams, birth control counseling, STD testing and treatment, pregnancy testing, etc.)
- ✓ Health education
- ✓ HIV/AIDS and STD education
- ✓ Diagnosis and treatment of minor illness and injuries
- ✓ Treatment of chronic illness (asthma, eczema, anemia, acne)
- ✓ Mental health counseling
- ✓ Family counseling
- ✓ Issue-oriented support groups
- ✓ Substance abuse education and evaluation
- ✓ **Permission forms are available in the clinic, stop by and pick one up.**
- ✓ We have many special events happening now and through the end of the year! If you are interested please come to the clinic for more information.
- ✓ Flu Shots are now available (only students)
- ✓ Anger Management Group
- ✓ Bereavement Group
- ✓ Youth Tobacco Ending Nicotine Dependence Group – if you want to quit using tobacco this is the group for you!

If you have any questions or suggestions please contact the SBC at 946-2262, thank you.

School Nurse

Mrs. Tonya Abdul-Karim Williams
946-6600

Library Media Center, Marilyn Wilson

Career Morning News

The "Career Morning News" aired its first live broadcast from the Media Center this month. Anchormen Bobby Arel and Mike Wilner have taken their daily morning audio broadcast live to classroom monitors via our Channel I system. The production crew, Steven Maldonado, James Pearson III, Derek Downs and Jonathan Lane are working diligently each morning to bring the show to our homerooms. Plans to bring a Sportscaster and a Weather person on board are forthcoming. We are in the process of interviewing for those positions.

1st Annual Read-Around

Ms. Boughton's honors English class began the year with a writing task to address this quarter's essential question, "How do I define myself." They expanded their responses into personal narratives that were published and shared during the 1st annual "Read-Around" which took place in the Media Center this past week. The autobiographical pieces shared were both inspiration and heartfelt; fostering the curricular goals of establishing a positive learning community.

Book Bowl

A record number of students turned out for the first meeting of the "Book Bowl". Students will be reading ten books throughout the year in preparation for the city-wide contest. Meetings will take place every other Thursday in the Media Center. This year the city-wide competition will be held at our own Career High School Auditorium.

Freshmen Orientation

All Freshmen have completed an orientation to the Library Media Center where they learned to log into the NHPS, Career and Library web sites. Students received instruction on how to navigate through the various resources available to them throughout their years at Career. Mrs. Wilson demonstrated how to access both the print and on-line resources available to them and to their families. Ask your student about the OPAC, Encyclopedia Britannica Online, Iconn, and the Opposing Viewpoints resources. Students were given user names and passwords for these sites.

All Freshmen were also given their personal login credentials for school internet use. Students were given the District Acceptable Use Policy, which must be read and signed, by each student and parent or guardian. These policies must be turned in to their English teachers and will be kept on file by the Library Media Specialist. It is essential that each student abide by the terms of this Acceptable Use Policy during their years at Career. If your child is a Freshman, please be sure that you have read and signed this policy.

EXTENDED DAY TENTATIVE COURSES

The Extended Day schedule For Tutorials & Activities will be available the first week of November.

Programs will be offered Tuesday, Wednesday and Thursday' from 2:30PM – 3:30 PM.

Please email, call or check the school website for additional information.

- Senior CAPT Science
- Senior CAPT Math
- Senior CAPT Reading
- Senior Writing
- Math Tutorial/CAPT Prep
- Science Tutorial/CAPT Prep
- Strengthening Math and Reading Skills in Chemistry
- Ancient Greek
- Library Research/Book Bowl
- Film Club
- Traditional Print Media and Its Influence Upon Us
- Mentoring: Building Students Character
Molding Behavior/decision Making



[SEPTEMBER 16 – OCTOBER 16 HISPANIC HERITAGE MONTH]

Hill Regional Career is recognizing this month by having bulletin boards with posters made by students and staff talking about different Hispanic countries. Also every Thursday at 2:30 A MOVIE ABOUT Latin America – the first video was Viva Cuba. On display there is art, information about sports, and music on the Dominican Republic. Every year during this time we pick a Latin American country and put illustrations up so everyone can participate. In the Library there are books on display written by Hispanic authors. The teacher of History and Spanish classes are giving special classes about this month in order to celebrate. There is much more our school is doing in order to celebrate Hispanic Heritage month.

What is it?

Hispanic heritage month is a month that five Latin American countries celebrate their anniversary of independence from Spain. It starts on September 16 to October 16. This month includes the celebration of Columbus Day. It's recognition of Hispanic culture. Also it is a time where the United States honors the achievements of Hispanics.

School and Community News

Hill Regional Career High School and Wilbur Cross High School are pleased to announce their participation in the *Project Opening Doors* Advanced Placement 5 year Grant Program funded by NMSI (National Math & Science Initiative) and coordinated by CBIA. The goals of this grant include many elements of the new Educational Reform Initiative undertaken by the New Haven Public Schools recently, such as reducing the achievement gap and making college attendance and graduation a reality for every student.

The "Kick-Off" ceremony and reception will be held on Thursday, October 29, 2009, 10:00AM at Wilbur Cross High School.

October 27
Ecology Club Meeting 2:30PM See Mr. Palmer

October 28
Cheerleaders Tryout 2:30PM Auditorium
Film Club Meeting 2:30PM RM 304

October 29
Girls Softball Tryout 6:00PM Café

CONGRATULATIONS!!!!

Career High School's Physics team competed went to the Physics Olympics at Yale on Saturday, October 24. The team competed against 50 teams from area schools. Career tied for a Bronze finish in the 'Gravity' event.

Congratulations to team members Elizabeth Garcia, Darlene Magbaleta, Toni Vollano and Wen Jiang

Hill Regional Career High School

Emergency Preparedness Information

Dear Parents,

Maintaining a safe school requires constant care, awareness, and an effort on the parts of all of the members of the school – staff, students, parents and municipal/community Organizations. At a time when emergencies and acts of violence have occupied our hearts and minds as never before, it is especially important that all school members are aware of and follow the simple procedures described below.

Building Evacuation

- In the event of a fire alarm or other similar emergency, students and staff will follow the posted Building Evacuation map that clearly identifies designated evacuation areas on school grounds.
- Attendance will be taken at the designated area several times during the evacuation. Evacuations are emergencies, not times for socialization. To ensure that the staff knows your child's location and status, your child **must** report to and remain in this area – not reporting to or leaving the designated area will be grounds for suspension.
- During an evacuation, no-one should use a cell phone, as explosive can be crafted to detonate via any cell phone signal. This is for your child's safety.

Lockdown

- In the event of an inside crisis that necessitates students and staff remaining in the building for safety, students and staff will follow the Lockdown Plan.
- During a Lockdown procedure, it is essential that all students follow the plan.
- During a Lockdown procedure, no-one should use a cell-phone, as the location of callers can be identified through the phone's GPS system.
- During a Lockdown procedure, no-one is allowed to leave OR enter the building

Outside Crisis

- In the event of a crisis occurring outside the building (local, regional or national), students and staff will follow the Outside Crisis Plan.
- Parents wishing to pick-up their children **MUST** report to the auditorium where the adult will be required to provide identification prior to pick-up
- No students will be released by incoming or outgoing telephone calls

Please review these procedures with your child so you both are aware of and familiar with them. If one or more of these plans are in effect, in order to ensure the safety of all members of our school, it is important that everyone follow the rule. If you have questions, feel free to call or stop by the school.

Sincerely,
Hill Regional Crisis Response Team

Estimados Padres,

Mantener una escuela segura requiere atención constante, mucha conciencia y esfuerzo coordinado de parte de todos los miembros de la escuela – personal, estudiantes, padres y las organizaciones comunitarias/municipal. En el momento en que haya emergencias relacionadas con la escuela y actos de violencia que sean producidos con frecuencia, es especialmente importante que todos los miembros de la comunidad escolar estén conscientes y sigan los procedimientos importantes que se describen a continuación.

Evacuación del edificio:

- En caso de una alarma de incendio u otra emergencia similar, estudiantes y personal seguirán el mapa de evacuación del edificio, anunciado por toda la escuela mediante carteles que identifican claramente las áreas de evacuación designadas.
- Se tomara la asistencia en el área designada varias veces durante la evacuación. Evacuaciones serán solo en situaciones de emergencia, no será tiempo de socializar. Para garantizar que el personal sabe el estado y la ubicación de su hijo, su hijo debe informar su presencia y permanecer en esta área, de no presentarse o de dejar el área designada será motivo de suspensión.
- Durante una evacuación, nadie debe utilizar un teléfono celular, una llamada puede ser trazada a través de GPS y los explosivos comúnmente se elaboran para hacerlos explotar a través de cualquier señal de teléfono celular. **Entienda que estas medidas son para la seguridad de hijo/a.**

Bloqueo:

- En caso de una crisis interior se exige a los estudiantes y el personal restantes se queden en el edificio por seguridad; los estudiantes y personal seguirá el plan de bloqueo.
- Durante un procedimiento de bloqueo, es esencial que todos los estudiantes sigan el plan.
- Durante un procedimiento de bloqueo, nadie deberá utilizar un teléfono celular, la ubicación de personas que llaman puede ser identificadas a través del sistema GPS del teléfono. No llame, esto es para la seguridad del niño.
- Durante un procedimiento de bloqueo, nadie puede salir o entrar en el edificio. Después del Bloqueo: Se les dará tanta información a los padres como sea posible. Esta será a través de la grabación telefónica de (Parentlink), carta o, en algunos casos, ambas.

Crisis exterior:

- En caso de una crisis que se produzca fuera del edificio (local, regional o nacional), los estudiantes y el personal de la escuela seguirán el plan de crisis para fuera del edificio.
- Padres que desean recoger a sus hijos y sus bultos se dirigirán al auditorio donde deberán proporcionar identificación antes de recogerlos.
- A ningún estudiante se le permitirá salir por llamadas telefónicas entrantes o salientes.

Por favor revise estos procedimientos con su hijo, para que ambos estén conscientes y familiarizados con ellos. Si uno o varios de estos planes están en efecto, a fin de garantizar la seguridad de todos los miembros de nuestra escuela, es importante que todo el mundo sigan la reglas. Si tiene alguna pregunta, no dude en llamar o pasar por la escuela.

Equipo de respuestas ante crisis de la escuela Hill Regional Career

Swine Flu: The New Haven Public School Website has current information regarding the Swine Flu – please follow the links below to get updated information.

- **Download Letter to All Parents - new information posted (10/26/09) - English and Spanish**
* If your student's school has a **School Based Health Clinic**, please read the following letter for additional information [English](#) and [Spanish](#)
 - **Download Fact Sheet: [English](#)**
 - **Center for Disease Control (CDC) new information posted - <http://www.cdc.gov/flu/swine>**
 - **Connecticut Department of Health new information posted - <http://www.ct.gov/ctflwatch/swineflu>**
 - **New Haven Health Department**
- Still have questions? Email the New Haven Health Department at nhvolunteers@newhavenct.net - 203-946-7878

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Time ends	2	3  Election Day In-service Day No School	4	5	6 1 st Marking Period Closes	7
8	9	10	11  Veteran's Day No School	12	13	14 9:30AM PTSO Meeting
15	16	17	18	19  Report Card/Potluck Night	20	21
22	23	24	25 Early Dismissal	26  Thanksgiving Day	27 No School	28
29	30					

December 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 Early Dismissal	8	9	10	11  Chanukah Begins	12
13	14	15	16	17	18	19 9:30AM PTSO Meeting
20	21 Winter Begins	22	23 Early Dismissal	24 No School – Recess Starts	25  Christmas Day	26 
27	28 Recess	29 Recess	30 Recess	31 Recess		Back to School January 4, 2010