

Hill Regional Career H.S. Parent Newsletter

November 2010 - Edition: III Principal: Michael M. Ceraso

Editor: Parent Liaison

News Committee: PTSD Membership

<http://www.nhps.net/career.net>

Parent Organization Mission Statement: "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".

Upcoming Calendar of Events

- 11/2 - No School - In-service
- 11/11 - Veteran's Day - No School

PTSO Meeting
Tues., Nov. 9, 2010
Library Media Center

11/18 - Report Card Night/Dinner

Coronation Ball - Fri., Nov. 19, 2010

- Time: 6:30pm - 11:30pm
- Tickets: \$ per person
- \$ per couple

Tickets sold during lunch waves



11/24 - 1:00PM Early Dismissal

11/25-26 - Thanksgiving - No School

Real Life Real Talk - Planned Parenthood

Let's Talk - Sex Ed for Everyone

Date: TBA

- When is the right time to have "the talk"?
- Afraid to talk about sex because you're not sure what to say or where to start?
- Are you feeling lost because of the Technology gap between you and your child?

Workshop Recommended for ALL ages! Please call to register! - Refreshments

Notes from: City Wide PTO Meeting

The mission of the City-Wide PTO is to positively impact the lives of children and families by empowering and supporting parents in their partnership with the school district, to achieve better communication and collaboration, with the ultimate goal of improving student learning, achievement and success for our children.

What do we expect parents to do at home and at school?

- At Home: Setting expectations about the importance of education. Emphasizing that school will pay off at the end.
- Be a parent not a friend
- Incentives
- Ask questions and communicate with their child
- At School: Make some events mandatory (but offer multiple meeting times)
- Parent pledges
- Communicate with teachers and school

Can you measure whether or not you are engaged?

- Familiarity of parent in the school
- The number of people who attend events
- The number of parents that sign contracts
- How many parents sign up for email

REPORT CARD CONFERENCE HRCHS PTSD POTLUCK DINNER

Thursday, November 18, 2010
5:00PM - 6:00PM Dinner
6:00PM - 8:00PM - Conference

Hello Parents!

Thursday, November 18, 2010 is Report Card Pick-up and our Annual Potluck Dinner. The PTSD is asking all parents to attend report card conference; ask relevant questions; and exchange correct contact information with teachers. So please make arrangements to be here! Our goal is to see 700+ parents in attendance.

Also, we need dishes donate a dish of food to compliment our various donations from community restaurants. Also you are all invited to participate with our Potluck dinner. You can pledge to come out and eat, cook, bake and/or make a \$5.00 donation to the PTSD. So, come out, let's have a great dinner prepared by parent volunteers and community restaurants, followed up with good conversation and hopefully great report cards.

Please complete and return the bottom portion to the main office, or email vernetta.smith@new-haven.k12.ct.us or fballard@sbcglobal.net - no later than Tuesday, 11/12/10. Thanks so much - we'll see you all on Thursday, November 19.

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

Name: _____

Tel. #: _____

I will donate my favorite dish:

I will donate **\$5.00**

Please return form by 11/12/10 to Ms. Smith

Parent Op Ed, K. Yapp-Greene, Parent Volunteer

Very special thanks to those parents who attended the workshop, Parents Perception vs. Students Reality; Maria Silvia, MSW was the moderator who brought both her vast knowledge and expertise to the session. I am sure that all the parents will agree that it was informative and thought provoking. I hope all

families that were in attendance used the session as a catalyst for change in your own households! Please remember that Maria's door is always open for issues that may arise. She is here to help our teens navigate through their hectic/busy worlds. For all parents who were not able to make it, please remember that your attendance at school functions is of paramount importance to your student! It shows that you care and want them to do well. We will have more workshops in the future and we would love to have you in attendance.

As you all know, we had the great pleasure of welcoming the New England Association of Schools and Colleges (NEAS&C). This association is the oldest regional accrediting organization in the United States. It is their mission to assess each member schools high standards. During the committees visit, they shadowed students, met with faculty, parents and audited classes in an attempt to get a view of the life and times of Hill Regional Career High School. What they found were the teachers are passionate about teaching and learning, and that parent support is commendable and parent involvement is outstanding. (applause) The committee was also in search of rigor, meaning, the use of demanding and precise standards and their application. It is very important that parents remember - education BEGINS at home...

Parents and teachers have to work together to provide OUR children with a high quality education. Do you demand courteous and respectful behavior during their school day? Teachers cannot teach effectively if they have disruptive and unruly classrooms. Do you visit the school/classrooms periodically? Not only does this show support of your child it also shows that you support the teacher's efforts. Have you taken the time to read the schools mission statement? Is that mission statement being applied at school and in your home? Do you ensure that your child has school supplies available and are they replenished in a timely manner? i.e., pens, loose leaf paper & graph paper, dictionary, thesaurus, 3-ring binders, etc. Do your children have a computer at their disposal? Remember that computers are no longer a luxury, they are a necessity. Do you encourage your child to read? Good reading skills will improve their educational experience

all around. Ensure strict homework policies and adhere to those policies. There should be no wiggle room in this area. Foster a sense of pride in school work by offering praise for hard work, consistent effort and good grades. As parents we should be focusing on the present, and more importantly the future. Our passion about their education will certainly be contagious.

Stay proactive, our role should never wane. We are an integral part to their success or lack thereof.... Are you as involved as you should be? Are your expectations just as high for yourself as they are for your child's teachers?

In parting, we should use the accreditation process of our school to assess ourselves as parents. We are as equally responsible for the educational well being of our children as their teachers. Please keep up the support! Thank You.

Guidance Department

Testing: We administered the Preliminary Scholastic Aptitude Test (PSAT) --free of charge -- to ALL Freshmen, sophomores and juniors on Wednesday, October 13th. These students will receive their PSAT results, with an item-by-item analysis, by January. All seniors have been registered to take 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.

Please consult the SAT practice bulletin, www.collegeboard.com, or call your child's Guidance Counselor for more specific information.

OCTOBER

28 - Thurs. - 12:00 - Albertus Magnus, NH

NOVEMBER

4 - Thurs. - 9:00 - St. Vincent's Coll., Bridgeport, CT

5 - Fri. - 8:45 - Southern CT State University

10 - Wed. - 9:30 - UCONN

17 - Wed. - 9:00 - UNH

18 - Thurs. - 11:00 - University of Hartford

SAT I or SAT II

Upcoming Exam Sat., November 6th (All Seniors)
Next Exam Sat., Dec. 4th - Application due 11/5

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 18. Parents please review all information completely and very carefully - note the grades, teacher's

comments, attendance and tardy totals that 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.

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.

9, 10 & 11 Grade Students - The PSAT is an excellent predictor of how your child will score on the CAPT and 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. 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. As your child continues to adjust to Career and its unique academic demands and requirements, you should carefully monitor your child progress reports and, report cards to ensure that your child receives a solid education at Career. 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 teachers or administrator immediately. Parents, freshmen often need more support from you, teachers and

administrators as beginning high school students than they have needed in earlier academic transitions. Please feel free to come to school, sit in classes and visit the parent room.

Finally, all underclassmen (9 - 11 graders) should be taking challenging academic courses, and striving to do excellent 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.

Career Service

Congratulations to the following students who were accepted into the LEAP College Prep Scholar program:

Dave Cuffy	Sade Blaine
Morgan Esdaile	Semaj Haley
Amanda John	Kyla Sead
Teshika Thomas	

Job Shadowing - 20-25 students interested in a Business career will have the opportunity to participate in a job shadowing program with AT&T on Thursday, December 9th. This program is offered through Junior Achievement, a worldwide organization dedicated to educating students and promoting workforce readiness, entrepreneurship and financial literacy through experiential, hands-on programs. Interested students should see Mrs. Huckabey in Career Services. Parents please feel free to call for more information @946-5845.

Yale New Haven Hospital will offer 25 internships in Allied Health and Business through the School-to-Career program to eligible NHPS students. Selected students will receive a grade and minimum wage for hours worked. The students will meet with Mrs. Huckabey in Career Services once a week to prepare for their placement. Internships will begin January 2011 and end in May 2011. Applications are due no later than, Friday, November 27th. For more information please feel free to call, visit or email Mrs. Huckabey ~ bianca.huckabey@new-haven.k12.ct.us

YNHH School Based Clinic, Allison D. Mararity

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.

UCONN GEAR-UP

The following evening and Saturday programs are available for UCONN Gear Up students:

Academic Resource Center

Cross HS Library – Mon. & Wed. 5-7pm

Hillhouse HS Library – Tues. & Thurs. 5-7pm

Tutoring and bus tokens are available.

Monday Night Football – Mon. nights 5-7pm

locations vary. A friendly academic competition with teams representing 6 area high schools - Team members and a team leader is needed to represent Career (9th & 10).

CSI New Haven - Sat., 9 - 10:30am – Cross HS 9th and 10th graders investigate forensic evidence to solve a mock crime.

Saturday Senior Seminar - 1pm-3pm – Cross HS once a month starting Oct. 23 to help seniors with the transition from high school to college, including essay writing, college applications, financial aid and financial literacy.

Parent & Student Workshop - Sat. Nov. 20, 9-1pm at Hartford Public High School. Steps4Success is a half-day workshop presented by the Hispanic regarding college application, financial aid, and choosing the right school. Transportation is available to and from Long Wharf Gateway CC. Contact Patricia Newman at Career HS or by calling the UCONN Gear Up office at 203-407- 7706.

Project Opening Doors AP Recognition Reception – On Oct., 21, Hill Regional

Career and Wilbur Cross High School students and teachers were presented with \$32,000 for reaching academic targets on 127 AP Exams. Project Opening Doors AP Grant was presented by Mayor DeStefano, Superintendent, Dr. Mayo and grant administrators Camille Vantour and Helen Weingart to 93 AP Math, Science and English students who earned a score of 3 or higher on the AP exams. The goals of Project Opening Door include many elements of the new Educational Reform Initiative recently undertaken by NHPS, such as increasing access to the most rigorous classes in high school, closing the achievement gap, and making college attendance and graduation a reality for every student. Congratulations to our 38 Students.

Sports, Ms. Taft, parent volunteer

Career's Girl's track team had an awesome year. The team won the SCC Indoor and Outdoor Championship as well as the Class M Outdoor Championship. Both the girls and boys teams are looking for sprinters, hurdlers, and middle distance and long distance runners. The teams are also looking for athletes to compete in the field events such as long jump, high jump, shot put and discus. Participating in track and field is a great way to get in shape. Keep in mind that some colleges offer scholarships to those who do well in track and field. Practice for track and field will start in late November. For more information contact Coach Jackson 606-7172.

Parenting Teen Tips

Perhaps the only thing more difficult than being a teenager is parenting one.

- Hormones, the struggle for independence, peer pressure, and an emerging identity wreak havoc in the soul of the adolescent.

- Issues of how much independence to grant, how much "attitude" to take, what kind of discipline is effective, which issues are worth fighting about, can be better established with a solid home life – a good this will help increase the odds that kids will avoid many of the pitfalls of adolescence. Particularly a kind, warm, solid relationship with parents who demonstrate respect for their children and show interest in their child's activities, and set firm boundaries.

- Make sure the parent-child connection is consistent, positive, and characterized by warmth, kindness, love, and stability. Your children will likely flourish socially and academically. Also, teens with these kinds of positive relationships with their parents on the

whole struggle less with depression, and have higher self-esteem

Parent/Student Reminders

Main Office – Students absent from school must provide a note within 48 hours of returning to school
Homeroom – 7:45 – 7:55 AM

Homeroom is the starting point for the day. Students are provided with announcements and activities that will keep them organized and prepared for the next event.

Tardy Students - students tardy to school must be accompanied by a parent. Tardiness due to late buses is excusable. Students tardy to homeroom are to report to the main office for a tardy admission pass. Failure to do this will result in the student being officially absent.

Emergency Information – Please make you're your contact information is current.

Early Dismissal - Students leaving before 2:15pm - must have a signed note from his/her parent. Notes will be verified in the main office.

Dress Code - What Not to Wear to school!

1. No skirts/dresses/shorts more than 4 inches above the knee. (Self-test: if the tips of your fingers with your arms alongside your legs are longer than your outfit, your attire is inappropriate for school.)
2. No RIPPED Jeans (no holes)
3. No "do Rags", hats, sweatbands or scarves unless you have Religious Belief documentation
4. No pajamas, slippers, inappropriate wording or pictures on clothes
5. No midriff tops
6. No coats or jackets (please place in locker)

Bullying – bullying behavior by any student (state law) is strictly prohibited, and inappropriate conduct will result in disciplinary actions, including suspensions and/or expulsion from the New Haven Public School System. See *Administrative Procedures for Students and Parents*.

Sexual Harassment- is unwanted and unwelcome behavior of a sexual nature, which interfered with a student's rights to learn, study, work, achieve, or participate in school activities in a comfortable and supportive atmosphere. Sexual harassment is also illegal and is prohibited in school settings - by staff or student.

NOVEMBER 2010

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2 Election Day No School - In-service	3	4 City-wide PTO SPMT	5 Closed 1 st Marking PD	6
7 Daylight Savings End	8	9 6:00PM PTSD Meeting Guidance Overview/Financial Aide	10	11 Veteran's Day No School	12	13
14	15	16	17	18 5-6PM Dinner 6-8PM Report Card	19	20
21	22	23	24 1:00PM Early Dismissal	25 Thanksgiving No School	26 No School	27
28	29	30				

December At-A-Glance

SAT I or SAT II - Next Exam Sat., Dec. 4th - Application due 11/5

Dec. 7 - Early Dismissal - 1:00PM

Dec. 23 - Early Dismissal - 1:00PM

Christmas Recess - No School- 12/24 - 12/31

Career High School Mission Statement

The mission of Career is to prepare all of our students to become productive members of their own community and a global society by providing an educational environment that establishes rigorous standards of academic performance with a focus on health and business. We encourage students to maximize their potential by promoting critical and creative thinking, developing technological competence and fostering respect for a diverse and changing world. These goals are the shared responsibility and commitment of the staff, faculty, students, parents and community.

Academic Expectations:

Hill Regional Career High School Students will:

- Write using standard English for a variety of purposes and audiences.
- Read actively and critically for a variety of purposes.
- Use academic knowledge and information to think critically, problem solve, and make decisions.
- Select and apply the tools of technology to improve personal and professional productivity.
- Effectively communicate using a variety of methods.

Social and Civic Expectations:

Hill Regional Career High School Students will:

- Exhibit respect for themselves and others.
- Develop an awareness of behavior that promotes a healthy and responsible lifestyle.
- Provide service to the greater community.
- Demonstrate an appreciation for diverse cultures.
- Exhibit positive communication and collaboration within the school and regional community.