



Bear Essentials

Welcome to Our New Readers of *BE* Our Class of 2013 Students & Parents

Grade 8

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|---|---|
| 16 March 2009 | <ul style="list-style-type: none">•Incoming Parent Information Night/<i>Your Child, Your High School: What You Can Expect at SHS</i> (7:00 P.M. @ SHS)
A Panel Presentation featuring a student, a graduate, a parent, teachers, counselor/s and administrators |
| 17-18 March 2009 | <ul style="list-style-type: none">•Initiate Course Selection Process with grade 8 students at SHS•Course Selection Process presentations to
MMS students on 3/17 at SHS
PMS/St. Michael's/Pine Point students on 3/18 at SHS |
| 17 March-31 March 2009
20 March 2009 | <ul style="list-style-type: none">•Counselors, teachers, and parents work with grade 8 students to determine their schedules•Counselors will visit with students and teachers to review credits and course selection process.
PMS 8:30-9:30 A.M.
MMS 12:00-1:00 P.M.•Counselors and counselees input course selection data into PowerSchool/Power Scheduler online.•MMS/PMS/St. Michael's/Pine Point Counselors deliver course selection sheets to SHS by 3/31/09. |
| 2 June 2009 | <p>Ninth Grade Activities Fair</p> <ul style="list-style-type: none">•PMS/MMS/St. Michael's/Pine Point students attend Activities Fair. They will receive Summer Reading materials and Explanation of Procedures and Grading.
PMS/St. Michael's/Pine Point 9:00 A.M.
MMS 9:45 A.M. |
| 22 June-21 August 2009 | <ul style="list-style-type: none">•Counselees meet with SHS counselors to make schedule adjustments and resolve schedule conflicts. |

Grades 9-11

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| 2 February 2009 | <p>Course Selection Process Initiated (10:26-11:44 A.M.)</p> <ul style="list-style-type: none">•Distribute course selection sheets and booklets•Counselors review the course selection process•Interdisciplinary Coordinators/faculty members highlight elective offerings |
| 9-13 February 2009 | <ul style="list-style-type: none">•Counselors meet with counselees to review course request sheets and teacher recommendations.•Counselors and counselees input course selection data into PowerSchool/Power Scheduler online by February 12, 2009.•Classroom teachers initial course selection sheets signifying approval, based on current status in courses in progress. |
| 10 February 2009 DAY 4
11 February 2008 DAY 5 | <ul style="list-style-type: none">•Days designated for classroom teachers to check Course Selection Sheets and initial the form, verifying recommendation for the next year during classes (DAY 4) and (DAY 5). |
| 22 June-21 August 2009 | <ul style="list-style-type: none">•Counselees meet with counselors to make schedule adjustments and resolve conflicts. |
| 10 August 2009 | <ul style="list-style-type: none">•Schedules sent home to students. |
| 18-21 August 2009 | <ul style="list-style-type: none">•Students meet with counselors to review schedules. |

Where are They Now?

Kaitlyn Moore (Class of 2006) is a junior at Syracuse University with a dual major in Television, Radio and Film and the Bandier Program for Music and Entertainment Industries. The Bandier Program is a new program started last year which means Kaitlyn is the only junior enrolled in the program. 24 students per year are admitted to the Bandier Program. Kaitlyn will be the first student to graduate from this program.

Kaitlyn is Vice President of MEISA (Music Entertainment Industry Student Association) and SU Women in Communications.

As part of Kaitlyn's graduation requirements for her dual major, she needs to complete three internships. Last summer she was in Nashville, Tennessee for two months and interned at Universal Records-Nashville in their New Media department. Kaitlyn will be in Nashville again this summer to intern at RPM Management. They manage the careers of Julianne Hough (*Dancing with the Stars*) and Tim McGraw. Kaitlyn will be spending her spring semester in London taking classes through Syracuse University and interning at SonyATV Music Publishing-UK.

Kaitlyn says her media communications background from SHS has definitely helped her in her college career and through her internships. She continues to keep some of the connections she made while in the media classes and uses some of her SHS work as portfolio pieces. Her role in Student Government at SHS has also helped her in leadership positions at Syracuse.

From the Nurse's Corner

Connecticut's HUSKY Plan may be for you!

Please contact the school nurse if you would like more information on Connecticut's HUSKY Plan @ (860) 599-5781, ext. 311 or email: cbanks@stoningtonschools.org.

Healthy Kids do well in school! HUSKY pays for doctor visits, (including physical exams), prescriptions, emergency care, vision and dental care, mental health care, special health care needs and more. It's for children under the age of 19 from families of all incomes.

Accountabilities

Second quarter will be ending soon and reports cards issued. Please check with your son or daughter to make sure that they have returned or will be returning to the school any library books, sports equipment, textbooks or other property owed to the school. Discipline accountabilities are added to the list (Student Agenda/Planner, page 29).

Please see Mrs. Provanca in the office to return all items and receive a receipt. **A receipt is required for proof of payment.**

Payschools

Your child's school meal account balance is now available for review over the Internet on Payschools. To access Payschools, go to www.stonington.org and select the Home/School Connection link on the left side of the web page and then select the Payschools link on the right side of the web page. Last, enter your child's student ID number. If you have any questions, contact Tim Paquette, Director of School Nutrition.

SHS GUIDANCE DEPARTMENT

Miss Jennifer McCurdy, Director
Mrs. Lillian DeSimone

Mrs. Angela Capalbo
Mrs. Allison Van Etten

Community Resources

In these times of uncertainty there is comfort knowing that Stonington is still a comparatively small town. Many people are not aware that although we may be small there are many free services provided by the town that can ease the struggles of our families in need. One of the jobs of the School Social Worker is to connect students and families with the resources available in our community. For this reason I am using the *Bear Essentials* forum to get the word out.

Stonington Human Services is one of our community organizations providing direct services to residents of Stonington. The following are some of the resources they offer to address Stonington's individual, family and community needs. The list has been pared down to services that our students and parents at Stonington High School might use and does not include all the services they provide.

Counseling:

Stonington Human Services offers grief counseling free of charge to Stonington residents.

Support Groups & Educational Workshops:

Past support groups included parenting as well as grandparents raising grandchildren. Currently in partnership with Beacon Hospice we provide bereavement support groups.

Juvenile Diversion Board:

The purpose of the Juvenile Diversion Board (JDB) is to provide an alternative to Juvenile Court for juveniles who have committed minor criminal violations in Stonington and to assist youth who have exhibited problems in the home, school and/or community.

One Stop Prom Shop:

The shop features a large selection of fashionable gowns, shoes, jewelry and purses for semi-formal and formal dances at no cost to Stonington students in grades 9-12. Students may swap their old dress for a new dress or simply choose to take a Prom Shop dress/accessory if they do not have an item to swap.

Hire-A-Teen:

Hire-A Teen is a job referral service designed to match youth ages 13-17 with Stonington residents for the completion of jobs such as: childcare, pet sitting, assisting the elderly, yard work and snow removal. Students can apply for the Hire-A-Teen Program in the SHS career center on Mondays during X-Block.

Stonington Prevention Council:

The Council works to permanently change community attitudes, laws, and policies to stop substance abuse as well as other addictive behaviors, and establish a safer community. Student members are currently being sought.

Teens to Tots Preschool:

The preschool is located in Stonington High School and staffed by a Certified Head Teacher. Two, three and five day programs offered for children ages 3-5 feature a curriculum that encourages social, emotional, physical and intellectual growth. School year and summer preschool are offered.

After School Programming:

Stonington Human Services offers a variety of after school programs. Current programs offered include: Kids Care Community Service Club, KidzLit Early Literacy Program; DISKovery Hour Homework Club and Immersion Presents in partnership with the Mystic Aquarium.

Parental Resources Advocacy, Information & Referral Call:

Call Stonington Human Services Monday-Friday between 9:00 A.M.-4:30 P.M.

Supportive Programs:

Everyday Essentials - Providing basic need items (toilet paper, laundry detergent, personal hygiene supplies, etc.) to eligible Stonington residents.

Santa Anonymous Boot Program - In partnership with TVCCA's RSVP, this program provides new winter boots to eligible Stonington children ages toddler-Grade 12.

Payless School Shoe Vouchers - Sponsored by the Salvation Army, Payless vouchers are provided to eligible Stonington children to purchase school shoes.

Adopt-A-Family - Stonington families in need can be “adopted” by local churches, businesses and residents during the holidays or any other time throughout the year to assist with purchasing items that otherwise they would not be able to afford.

Bicycle Recycling - In partnership with the Town Landfill, refurbished bicycles are provided to eligible Stonington residents of all ages.

Community Service & Volunteer Opportunities:

Fill out an application online at www.stonington-ct.gov under the Department of Human Services.

Opportunities are available in the following areas:

- * After School Programming
- * Community Events
- * Clerical Assistance

Computer Lab - The computer lab is open 9:00 A.M. - 4:00 P.M. free of charge to all Stonington residents.

Budget Counseling - Budget counseling is available at Stonington Human Services by appointment. Sessions include an initial assessment of financial strengths and weaknesses, the development of a budget and a plan to improve the client’s financial situation with a primary goal of strengthening family self-sufficiency. Follow-up sessions evaluate progress toward the established goals, offer feedback, and discuss alternative options, if necessary.

Energy Assistance Programs - Stonington Human Services has been a local fuel bank for the last ten years by participating with Operation Fuel, TVCCA and United Way’s Project Warm Up to help those in need.

Job Coaching - The Human Services Department offers job coaching to residents looking for work. Practical advice and skill building in areas of job search, resume creation, and interviewing procedures are a few examples of services provided.

Advocacy and Referral - Stonington Human Services acts on behalf of its residents in an effort to procure programs and benefits available on the local, state and federal levels. Advocacy includes application and paperwork preparation and communication with appropriate agencies to expedite the process. An example would be help in enrollment in the HUSKY Program, which helps families get affordable health insurance. Agency referrals are made to outside agencies as appropriate.

If you are interested in any of these services you can call Stonington Human Services at 535-5015.

Guidance Updates!

During the month of December, Link Crew students visited Ninth Grade Academy classrooms to continue to build connections. Mrs. Capalbo will be returning to SHS in January and will continue the Junior Achievement Success Skills program.

All juniors have been introduced to the Naviance Family Connection program as a resource for navigating the college process and searching for careers. Within this program, students can take a learning style inventory, a personality profile, and a career interest profile. These three assessments may be useful in helping students choose a career to explore, narrow down a college major, and/or identify areas of interests. Juniors will be required to use this program for college and career planning. Juniors must create their account, complete the Game Plan Survey, and complete Personality Profile prior to March 2, 2009. For more information on the Family Connection or to obtain your log in code, please contact your child’s guidance counselor.

Winter Sports Spectacular

Mr. B. Morrone, Athletic Director

The Varsity Club had its annual fundraiser called The Winter Sports Spectacular. The Winter Sports Spectacular included our boys' basketball and girls' basketball teams. The game was fun and exciting as the faculty proved to be an unworthy adversary. The Varsity Club charged door admission and also had a donation table with information about the club's cause. \$700.00 was raised for the Pawcatuck Neighborhood Center. During these difficult economic times the student-athletes on the Varsity Club thought it only appropriate to keep all fundraising efforts "in house". Thus far this year, the Varsity Club has been able to donate \$900.00 to the Pawcatuck Neighborhood Center. Future plans for the club will include a deck tennis tournament and the third annual Special Olympics.

News From Human Services

Counseling Services:

Counseling services are offered at no cost to Stonington residents. Call 535-5015 for an intake appointment or for more information.

High School Coed Tennis Open Play

Grades 9-12

Wednesdays @ Pine Point School Gym

January 17, 14, 21, 28; February 4, 11 and 25

7:00 - 8:00 P.M.

Fee: \$40.00 Residents Only

Supervisor: George Crouse

UCONN Basketball Trips:

Men's Basketball vs. Seton Hall

Sunday, January 18, 2009

Game Time @ 2:00 P.M.

Women's Basketball vs. Notre Dame

Sunday, February 22, 2009

Game Time @ 2:00 P.M.

Big East Conference Game @ XL Center, Hartford, CT

Coach bus departs Stonington Human Services at 12:00 P.M. and returns at 6:00 P.M.

Tickets: \$40.00 Residents & \$50.00 Non-Residents

High School Coed Indoor Soccer (Futsal) League:

Alert Now System

Stonington Public Schools is currently using the "Alert Now" mass notification system which will promptly contact parents and guardians of students registered in the district in the event of a mass casualty, disaster, early closing of school or other emergency. Alert Now will also be used to keep you aware of upcoming events. This is accomplished by using the e-mail/phone number you provide when your child is enrolled. If at any time you would like to verify if the information you provided is still accurate, please notify the high school receptionist, Mrs. Colschen.

All Night Graduation Party Update

Tracy Candelet & Leslie Gomes

ATTENTION SENIOR PARENTS: Time-is-a-ticking!! If you haven't already gotten involved in your son/daughter's ALL NIGHT DRUG AND ALCOHOL-FREE GRADUATION PARTY, then NOW is the time. We have received \$25.00 donations from about 1/3 of the class. If we don't have yours, it is not too late!! SEND IT IN TODAY!! Our pie fundraiser was a success, raising over \$2,000. We may repeat something similar for Easter. Our next fundraiser is the SURF AND TURF DINNER. Tickets are \$10.00 for adults and \$7.00 for senior citizens and young children. It is being held at B.F. Hoxie Firehouse in Mystic on February 7 from 5:00-8:00 P.M. WE NEED EVERYONE'S HELP -- we have plenty of volunteers already; all we need from everyone else is to ATTEND and bring as many friends as you can!! Also, we will be holding a basket raffle during the dinner. WE NEED BASKETS!! Please partner up with other parents and put together some fun baskets. The themes are "Family Fun" and "Off on My Own". Fun family oriented baskets can contain anything from movies and popcorn to games, etc. For the many kids going off to college and/or the "real" world, how about baskets with toiletries, towels, candy, popcorn, school supplies? Be creative!! If we can put together 20 good baskets along with the proceeds from the dinner, it promises to be a very, VERY productive night. PLEASE ATTEND AND BRING YOUR FRIENDS/FAMILY!

DON'T FORGET TO BE ON THE LOOKOUT FOR GRADUATION BALLOONS. ONLY \$5.00 FOR YOUR VERY SPECIAL GRADUATES AND THEIR FRIENDS. Willing to sell some tickets, email Holly at Holly.buckley@comcast.net.

KEEP SAVING YOUR OLD BOOKS FOR OUR SPRING BOOK SALE. ASK YOUR FAMILY AND FRIENDS FOR THEIR OLD DONATIONS AS WELL. Need to get rid of them now?? Email Tracy at mommapumpkin07@aol.com.

WE STILL NEED HELP WITH THE 50/50 RAFFLE. We need one person at each basketball game to sell 50/50 raffle tickets. It only requires about 1 hour of your time, Tuesdays or Fridays from 6:00-7:00ish. Everything is at the school. All you need to do is stand at the ticket table and offer the tickets to guests. IT IS A VERY EASY WAY TO MAKE \$50-\$100 PER GAME. PLEASE HELP!! If you can help please email Leslie at lgomes@stoningtonschools.org.

This party is a lot of fun for the kids. The last time they will all be together, BUT it takes a lot of work. If we all do just a little, it will be so much easier. Please consider helping just a little. IT IS FUN AND IT IS WORTH IT!!

Our next scheduled meeting is on Thursday, January 15 at 7:00 P.M. in the SHS commons. Hope to see every senior parent there.

Last Call for Yearbook Orders

The yearbook order will be placed with the publisher at the end of January. No guarantee of availability is possible after that, and the price will increase from the current \$75 to \$85. Please be sure to order a yearbook now if you want your child to have one. Order forms are on the wall outside room 113 at Stonington High School and are also available online at www.stoningtonhigh.org under Publications; Pawmystonian; Purchases; Yearbooks. Remember that we usually sell out, and it is likely that no books will be available for sale in June.