



Nighthawk News

WWW.NEWTOWN.K12.CT.US/NHS
NEWTOWN HIGH SCHOOL BLOG

MAY 7, 2010

SPECIAL POINTS OF INTEREST:

- **Budget Referendum:** May 18
- **Graduation:** June 17
- **Last Day of School:** June 17

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Staff & Teacher Appreciation Breakfast

The PTSA is kicking off the fifth annual **Spring Staff & Teacher Appreciation Breakfast** on Wednesday, May 12! We are looking for volunteers to contribute food items and/or volunteer that morning:

- Set-up - 6:15am
- Servers - 6:45-8am
- Clean-up Crew - 8am

Included below is a list of possible donations that were enjoyed last year by 175 staff members:

- Juices
- Bottled Water
- Fruit Salad (very popular)
- Breads & Rolls
- Half & Half – quart size

- Bagels sliced and quartered – (Bagel Delight will slice & quarter bagels if ordered in advance)
- Butter & Cream Cheese
- Yogurt & Granola



- Egg Stratas, Casseroles, Quiche and French Toast dishes (a big hit)
- Muffins, Donuts, Coffee Cake

If you are able to help, you may drop off non-perishable items the day before in the Main Office **before 2:30pm**. All hot dishes and perishable items can be dropped off **by 6:30am** on Wednesday at the Career Center in the Guidance Department. Warming trays will be available.

Thank you all in advance for providing donations to show the teachers and staff our true appreciation!!

Please confirm your donations by contacting Lauren Elliott at lauren06482@yahoo.com or at 203-426-1747.

Lauren Elliott

SAVE THE DATE



Board of Education Coffee / Q&A Forum

At the request of the collective Newtown PTAs, the Board of Education will be holding a coffee and Q&A forum regarding the town budget. It is scheduled for Monday, May 10, 7:30-9 pm at 3 Primrose Lane in the Municipal Board Room. See <http://www.newtown.k12.ct.us/page.php?pid=366> for more information.

Please mark your calendars!

Budget Referendum

**Tuesday, May 18
6am - 8 pm**

Newtown Middle School

Absentee ballot information available from the Town Clerk or online at www.newtown-ct.gov

NHS PTSA
 General
 Meeting
 May 24
 7 pm
 Room B141

PTSA News

PTSA Meeting

Our last PTSA meeting for this school year has been rescheduled for Monday, May 24 at 7:00 pm. Our agenda will include a discussion and vote on the proposed PTSA Budget and Officers for 2010-2011. You can view those shortly on the NHS Blog as soon as the proposals are finalized. Any nominations from the floor must be submitted in writing to newtownctpsa@yahoo.com and received by 5 pm on Friday, May 21.

Volunteers Needed!

- PTSA President or Co-Presidents, Secretary and Vice President still needed.
- PTSA still needs chair-people to assist with the Welcome Back Staff Breakfast, the Student/Staff Directory, the First Day Student Packets, Nighthawk News monthly newsletter, the CAPT breakfasts, the senior citizen drama events, and other 2010-11 committees.

PLEASE reach out to us and offer a little of your time to keep the PTSA going for our students, our school and our community!

Contact us at newtownctpsa@yahoo.com

NHS PTSA Board:

President	Sarah Beier
Vice-President	Heliett Sanchez
Vice-President	Audrey Greenwood
Treasurer	Chris Haitz
Secretary	Carla Kron
NHS Principal	Chip Dumais
PTSA Staff Liaison	Karen Sherman

Contact us at: newtownctpsa@yahoo.com or Sarah at 203-364-1988

Cultural Arts

The NHS PTSA is delighted to sponsor our first Cultural Arts event ever! The Brass Synergy Quintet will be making appearances at the other Newtown schools next week as part of their ongoing Cultural Arts programming. They will perform outside on the cafeteria patio during the lunch waves on Friday, May 14. Rain-date is May 18. If you would like to learn more about this amazing group, visit www.synergybrass.com.



Parent Representatives Needed

NHS is looking for parent representatives to serve on two new committees each looking to improve our school:

Positive Behavior Intervention Support (PBIS) Committee Parent Member Needed

Newtown High School PBIS Committee is recruiting a parent member to:

- Assist in the development and implementation of Positive Behavior Intervention Support (PBIS) in Newtown High School.
- Participate in bi-monthly committee meetings, 2 year commitment.

Please contact David Kimball at kimballd@newtown.k12.ct.us for more information or to express your interest. An application may be obtained at <https://sites.google.com/a/newtown.k12.ct.us/pbs/>

Tools for Schools: Indoor Air Quality Committee Parent Member Needed

Another parent representative is needed to serve on an indoor air quality committee called Tools for Schools.

This is a team within the school district buildings working to maintain a healthy environment by identifying, correcting, and preventing problems related to poor air quality.

At the high school, we are currently looking for a parent to volunteer to be on this committee. It will involve taking a brief on-line course and training at the school.

If you would like more information or are interested in serving on this committee, please contact NHS Assistant Principal Jaime Rivera at riveraj@newtown.k12.ct.us.



World Language Department News

Newtown High School Sophomore Marina Leonart Calvo was awarded Bronze/Third Place in the 5th Annual Chinese Bridge U.S. High School Student Chinese Contest, held in Marlboro, Massachusetts at the International Academy of Boston on April 24.



Marina, as one of the nine finalists for the beginners' group, competed against the other contestants from all over the country, some as far away as Hawaii, and came out in third place. She is the only student in the group with less than a year of learning experience. She began with Newtown High School Chinese teacher Ding Hong in September, 2009

after moving to the school from Barcelona, Spain.



In addition to the speech contest, she also participated in the culture-related activities, such as learning to make dumplings, calligraphy and international relations.

The speech contest consists of three groups: beginners, intermediate and special. Altogether 23 finalists were selected to compete in Marlboro from students from all over U.S. who sent speeches. The speeches were all presented in oral and written Chinese, as well as translated into English. To qualify for the finals, a recorded speech was submitted and judged earlier

this year.

This contest was started in 2005 to promote the teaching and learning of Chinese language and culture in U.S. high schools. It is jointly organized by Chinese Hanban (Chinese Language Council International), CLASS (Chinese Language Association of Secondary-Elementary Schools), and The China Institute, University of Massachusetts.

Since the inception of the world speech contest, successful participants have placed highly---winning year-long scholarships in China and many other prizes. The contest is an opportunity for some of the top language learners in the country to meet each other, make connections, share learning experiences and exchange learning resources. It is also an opportunity for teachers to build a better network to ensure students' success.

Paula Greenfield
World Language Dept. Chair

PE/Health Update

Second semester students have adjusted nicely to the transition in the PE/H schedule due to construction. With the good weather, PE classes are conducted outside either on the football field and track or back fields. Outdoor activities have included Softball, Capture the Flag, Ultimate Frisbee and Flag Football.

With inclement weather, students are in assigned classrooms participating in health lessons. Students are encouraged to check the PE/H white board in the main lobby daily for class location.

Mrs. Kathy Davey
PE/Health Department Chair

Science Department News

Students in Dr. Berechid's Biotechnology class (currently studying Forensic Science) participated in an activity used by real crime scene investigators to recreate the scene of a crime involving blood. Students learned how to calculate the impact angle of the blood stains and then used the Stringing Method to estimate the height above the ground from which the blood originated.

Chris Canfield
Science Department Chair



Pictured students include Casey Tenney, Shane Casey, Nick Martin, Jeff Spencer, Kaitlin Woodard, Devon Miles, Megan Baylis, Alexander Markham, Stephanie Badick, Alexandra Avila and Zoe Taksic, Sarah Walton, Shawna O'Sullivan, Aidan Sherman, and Ian Archer



Student-Athlete Program: NoticeME!

Newtown High School has joined the NoticeME! program, a Student Information Athletic System that helps every student-athlete in the athletic department with their college selection process from day one. Every student-athlete will benefit from joining NoticeME! and the Newtown High School Athletic Department will benefit as well. This program is a partnership with the athletic department where a portion of the funds will go back to the athletic department to support our current budget needs.

All student-athletes get:

- Fitness Report (baseline and progress)
- HS Coach Evaluation (baseline and progress)
- College Coach Evaluation (baseline and progress)
- Academic profile
- Athletic profile
- Athletic progress reports
- Practice schedules
- Team schedules
- Training program schedule
- Best-fit college progress report – combines academic profile and athletic profiles and data along with

student-athlete's goals, and develops a "moving-target" list of schools from freshman year until a choice of school is made.

- Online video of your video either taken at our Video Skills Showcase event or your own
- Discounted participation at future video skills showcase (Optional - \$100 cost)



Student-Athletes wanting to play in college get the above benefits plus these:

- Answer to any NCAA recruiting questions you have from our staff, not an email reply, not references to websites, a real person!
- Player profile on line and hard copy for college coaches to see
- Personal intro email from you to the college coach that comes directly from you

- Email sent out to every coach in your sport monthly
- Monthly newsletter from College Showcases America LLC with helpful hints about the college recruiting process
- A one-on-one coaching meeting with our college consultant to help you with your college interview process, upon registering.

The athletic department gets:

- School specific web page/portal with their school banner/logo. Secured area which only high school student-athletes and High School Admin. can access as well as registered college coaches.
- Up to thirty percent back from each student-athlete's subscription to NoticeME!

For more information, you can go to Nighthawksports.com and follow the links to NoticeME!

Gregg Simon
Athletic Director

Follow Nighthawk Sports on Twitter



More than one hundred people now follow the Newtown High School Athletic Department on Twitter. Carl Strait has expanded his "tweets" to include not only varsity game results but also game cancellations, game postponements and many other important pieces of information. If you would like to join the athletic community on Twitter, please go to Nighthawksports.com and follow the link.

Music Department News

Spring Concerts

The Newtown High School Music Department will be presenting their spring concerts at the end of May. Nearly 400 students will be performing in nine ensembles over the course of three evenings. Please join us as we celebrate a spectacular year in music and say good-bye to our dedicated seniors. All concerts begin at 7:00 pm and are free and open to the public. Doors open at 6:30 pm.

- May 12** Newtown Night of Jazz
- May 25** Chorus
- May 26** Orchestra
- May 27** Band
- June 4** Senior Cabaret

Band News

The Newtown High School Bands have been very active this spring with performance and educational opportunities. On March 24 they hosted the 8th Grade Band in a morning of music sharing and performance with our Wind Ensemble. The Wind Ensemble traveled on the same day to perform in the American School Band Directors Association Band Festival at Central Connecticut State University. The band was adjudicated by experts in the field and earned an "Outstanding" rating. On April 30 the Jazz Ensemble performed in the Western Connecticut State University Festival of Jazz. Students attended clinics throughout the day by WCSU faculty and staff, as well as an open rehearsal with acclaimed saxophonist David Liebman. In May the bands travel to Toronto to perform and be adjudicated at the North American Music Festivals event at York University.

Newtown Night of Jazz

On May 12, the Music Department will be hosting the 12th Annual Newtown Night of Jazz. This event will feature the Jazz Ensembles from Reed Intermediate School, Newtown Middle School and Newtown High School. This year's event will also feature very special guests, the Whistlin' Dixies from the Connecticut National Guard based in Hartford. They will perform and join our ensembles for the grand finale.

Michelle Hiscavich
Music Department Chair



Nutrition News



Eating Healthfully and Affordably

You want to buy healthy foods, but does it often seem that "healthy" and "inexpensive" are mutually exclusive terms? Here are some tips on how you can save money and shop for nutritious foods for your family.

Seven tips for grocery shopping healthfully and affordably:

1. **Plan menus and make a list.** By planning a list, it helps you to stay on track to get what you need, and prevents overspending by wandering aimlessly through the aisles and tossing whatever looks good into your cart.
2. **Shop the perimeter of the store.** Many of the nutrient-rich foods, such as fresh produce, meats and poultry, milk, yogurt, and cheese, and breads are found on the outer perimeter of the supermarket, so start there first.
3. **Buy store brands.** Generic brands tend to be less expensive than their national brand counterparts while the quality and nutritional value of the food may match the national brand. Check ingredient labels to see if it is a similar product.
4. **Compare unit prices.** Use the "unit price" (price per pound or ounce) to compare national brands with store and generic brands, or bulk and economy-sizes with regular-size packages. Many stores show the unit price on a shelf tag.
5. **Shop seasonally and locally.** Fresh produce often costs less

when it's in season and has less distance to travel. Visit a local farmer's market to take advantage of seasonal fruits and veggies.

6. **Keep foods safe and prevent food waste.** Use dating information ("sell by" and "best used by") to help choose the freshest foods at the supermarket. Once you're home, store foods so those with the oldest "sell by" dates will be used first. When arranging your refrigerator, remember "FIFO" (first in first out).
7. **Use sales, coupons and rewards cards.** Planning meals and snacks around what's on sale can lower your grocery bills.

Purchasing a *school lunch* is another great option to provide a healthy and affordable meal for your children. Each meal is comprised of an item from each of the five main food groups (meat or meat alternate, grains, fruit, vegetable and milk). As compared to a nutritionally equivalent lunch packed from ingredients in a typical grocery store, the school provided meal usually proves to be less expensive. In addition, students may take extra servings of fruits and vegetables at no additional charge with the purchase of a complete meal. Please also note that families meeting certain federal and state eligibility guidelines can apply for reduced price or free school lunches. Current applications are available in the main office of each Newtown school.

Fruit & Veggie Promo!

It is spring, and it's a great time to enjoy fruits and vegetables! On Thursday, May 27, students who select a fruit and a vegetable with their school lunch meal will receive a prize. Encourage your student to choose fruits and vegetables in the school cafeteria...and all of the time!

Jill Patterson, RD, Resident Dietitian

Source: American Dietetic Association



Newtown Relay for Life

Saturday, June 5
Fairfield Hill Campus

The Newtown Relay For Life is held every year at the Fairfield Hills Campus to raise money for the American Cancer Society (<http://www.cancer.org>). There is great support from the community and local businesses. Several thousand people show up to participate in the all-night event. It was listed in the top 11 favorite things about Newtown in a 2007 survey of residents. And no, you don't run around the track! Team members walk (or use a walker or wheelchair) together or take turns throughout the night going around the track.

The money raised funds critical research and provides services to those in need. Anyone can call them 24 hours a day, 365 days a year at 1-800-ACS-2345.

History of the Relay in Newtown

- 2004 - \$174,000 Newtown's first year. Honorary Chair Jimmy Zarifis. Dawn Escoda and Ivette Gerics brought the Relay to Newtown with the thought they would raise \$25,000
- 2005 - \$250,000 Honorary Chair Jack DeFlumeri
- 2006 - \$335,000 Honorary Chair George Arfaris
- 2007 - \$361,000
- 2008 - \$410,000 Honorary Chairs Jimmy Zarifis, Jack DeFlumeri, George Arfaras and Ivette Gerics
- 2009 - \$230,000 Honorary Chair Ken Ayles

\$1.76 million raised so far - pretty good for a town of 25,000 people!

2010 - \$???,??? - Honorary Chair Jill Collins - Join us on June 5!

We need volunteers, fundraisers, business sponsors...

To get additional information or to sign up, go to <http://relayforlife.org/newtownct>



Transition to College:

"Dirt"

Featuring Comedian John Morello

with an introduction by
WCSU Choices Coordinator,
Sharon Guck

"Steps to a happy, healthy college experience"

Who's Going? All Area College
Bound Seniors and Their Parents

Tuesday, May 25th: 6-8pm at WCSU

Complimentary dinner will be served :)



WCSU West Side Campus Center
Main Ballroom



RSVP by 5/20 (203) 743-7741

High School Make-Up Classes

Make up courses are for students who have taken a course and not completed it successfully. Students must have a grade of 55 or higher and an attendance record of 75% to enroll. Not all students will be eligible to attend. Credit will only be given to students who previously failed the course during the regular school year. No absences will be permitted. All classes will be held at

Reed Intermediate School



Remember to bring paper and pencils/pens.

Questions? Call Continuing Education at (203) 426-1787 or Guidance at (203) 426-7651

SUMMER SCHOOL SCHEDULE 2010

CLASS	TIME	DATES	COST
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MATH

Integrated 1	7:30-10:30am	7/6/10-7/30/10	\$319
Integrated 2	7:30-10:30am	7/6/10-7/30/10	\$319
Integrated 3	11am-2:00pm	7/6/10-7/30/10	\$319

ENGLISH

English I	11am-2:00pm	7/6/10-7/30/10	\$319
English II	11am-2:00pm	7/6/10-7/30/10	\$319
American Lit I&II	7:30-10:30am	7/6/10-7/30/10	\$319
Senior English	7:30-10:30am	7/6/10-7/16/10	\$189
Senior English	7:30-10:30am	7/19/10-7/30/10	\$189

(American Studies equals American Lit I & II plus US History I & II)

SOCIAL STUDIES

US History I & II	11am-2:00pm	7/6/10-7/30/10	\$319
Am. Gov't	11am-2:00pm	7/6/10-7/16/10	\$189
Economics	11am-2:00pm	7/19/10-7/30/10	\$189

All classes will be held at the Reed Intermediate School

In person registration will be held at
Newtown High School, Room B135
June 22, 2010 9:00am - 12:00pm

Newtown High School Summer School 2010 Registration Form

Sign up for:

<input type="checkbox"/>	<input type="text"/>	Price	<input type="text"/>
<input type="checkbox"/>	<input type="text"/>		<input type="text"/>
<input type="checkbox"/>	<input type="text"/>		<input type="text"/>

Total

Student Name _____ Grade _____
Address _____

Parents Names: _____

Home Phone _____ Parent Business/Cell Phone _____

Method of Payment

Check MasterCard
 Visa Discover

Credit Card # _____ Exp. date _____ CVC Code _____

Signature _____

**For Further Information
Call (203) 426-1787**

Mail Registration Form with payment to:
Newtown Continuing Education
12 Berkshire Rd.
Sandy Hook, CT 06482

Or Fax your registration with Credit card information to:
Newtown Continuing Education
(203) 426-1787



Newtown High School
12 Berkshire Rd.
Sandy Hook, CT 06482

Important Links

- NHS Home Page www.newtown.k12.ct.us/nhs
- Newtown High School Blog <http://dumais.us/newtown/blog/>
- Guidance/Naviance <https://connection.naviance.com/newtown>
- Athletics www.nighthawksports.com
- Newtown Schools & BOE www.newtown.k12.ct.us
- NHS Marching Band <http://pages.newtown.k12.ct.us/~nhsband/index.html>
- NHS Choral Society <http://www.nhschoral.com/>
- 2009-2010 School Calendar <http://www.newtown.k12.ct.us/page.php?pid=396>
- NHS Schedule of Days Calendar [http://www.newtown.k12.ct.us/nhs/site/common/files/calendar0910\[1\].pdf](http://www.newtown.k12.ct.us/nhs/site/common/files/calendar0910[1].pdf)

School Office:	203-426-7646
Fax:	203-426-6573
Attendance:	203-426-7656 203-270-6105
Cafeteria:	203-426-7637
Guidance:	203-426-7651
NHS Resource Officer:	203-830-9299
Nurse:	203-426-7649
Psychologist:	203-426-7651
Substance Abuse Counselor:	203-270-4826

Send newsletter submissions
 to:
newtownctptsa@yahoo.com
 Deadline for June issue:
 May 24

Dates to Remember

May 10	Progress Report Period 4 Closes
May 12	Newtown Night of Jazz
May 18	Budget Referendum
May 24	PTSA Meeting - 7pm
May 25	Chorus Spring Concert
May 26	Orchestra Spring Concert
May 27	Band Spring Concert
June 2	Awards Night - Seniors
June 3	Awards Night - Underclassmen
June 3	Senior Dinner Dance
June 4	Senior Trip
June 4	Senior Cabaret
June 11-16	Finals - Early Dismissal
June 12	ACT @ NHS
June 16	Marking Period 4 Ends
June 17	NHS Graduation - O'Neill Center, 6 pm
June 17	Last Day of School

May 2010 Schedule of Days

Mon	Tue	Wed	Thu	Fri
3 C	4 D	5 E	6 F	7 G
10 H	11 A	12 B	13 C	14 D
17 E	18 F	19 G	20 H	21 A
24 B	25 C	26 D	27 E	28 F
31				