



# Nighthawk News

[HTTP://NEWTOWN.NHS.SCHOOLDESK.NET](http://newtown.nhs.schooldesk.net)



JANUARY 2016

## SPECIAL POINTS OF INTEREST:

- **Poetry Out Loud Competition:** February 5
- **World Languages Beyond the Classroom Day:** February 10
- **NHS College Fair:** March 28

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## Principal's Message

Dear Parents,

We are now into our second semester at Newtown High School. It has been an eventful year, including outstanding work by our students in the classroom and within the school community. In an effort to continue to improve our practice, we have solicited feedback from parents during breakfast meetings, as well as receiving input from our students through surveys given during advisory periods.

A survey regarding our PLC days, for example, yielded positive information about our students' use of their time for study and completion of assignments. In fact, 91% of our student-respondents liked the freedom they have to prioritize their time, and 82% would like to see this time increased to once a month. As students will be moving on to college and future

careers, the ability to set goals, use their time appropriately, and accomplish tasks on their own will be critically important.



We are equally committed to improving our professional practices to ensure all students have an equitable educational experience. Based on dialogue with parents during our breakfast meetings, our administrative team has begun to work with faculty across all departments to improve consistent practices in communicating and applying academic expectations (e.g. homework policies and the timeline for inputting grades in Powerschool). This work will continue throughout the year in

an effort to improve common experiences students have as learners.

Finally, we hope to continue to recognize all students and their achievements in the coming months ahead. We hope you continue to support our students by attending musical, athletic, and other school-wide events. Please don't forget to bring friends and family members to see the upcoming *Beauty and the Beast* musical production, March 16-20<sup>th</sup>. I cannot impress enough how important it is that we share the positive aspects that take place every day in our school community and that we demonstrate a collaborative effort to honor students' academic, civic, and creative accomplishments.

Sincerely,

Dr. Lorrie Rodrigue  
Principal

# From Your PTSA

Happy New Year!

The PTSA board is in the process of appointing a Nominating Committee who will be working on seeking candidates for open PTSA board positions for the 2016-2018 school years. We will be electing a President, up to 2 Vice Presidents, a Secretary and Treasurer.

If you would like to be considered for any of these positions, please email [nhspts1@gmail.com](mailto:nhspts1@gmail.com).

Thank you for your support.

Maggie Conway  
PTSA President



**SAVE THE DATE!**  
**Please join us for our next**  
**PTSA meeting on**  
**February 2, 2016**  
**9:30am**  
**Front Office Conference Room**

### **NHS PTSA Board 2015-2016**

President	Maggie Conway
Vice-President	Rachelle Kahn
Secretary	Alpana Dholakia
Treasurer	Angela Thill
NHS Principal	Lorrie Rodrigue
Teacher Representative	Karen Sherman

Contact us at:  
 PTSA Board: [nhspts1@gmail.com](mailto:nhspts1@gmail.com)



# World Language Department

## World Languages Beyond the Classroom Day

Newtown High School's World Language Department will be hosting "**World Languages Beyond the Classroom**" Day. On this day we are inviting professionals from all career paths to share their experiences with world languages beyond the classroom and academic environment. Our goal is to demonstrate the value of languages and how it is beneficial to study languages for any career or life path.

The day is planned for February 10. Speakers can come for any amount of time and will be asked to talk with students in classrooms to share the value of language in their professional experience. Presenters will most likely speak for about 10 minutes each, and then students will be rotated to listen to other presenters. At this time presenters will share their experiences with another set of students.

Some topics that might be covered include:

- What languages do you speak/understand?
- What is your educational background?
- What would you recommend that high school students do to prepare for your career?
- How has your study/knowledge of languages impacted you personally?

- How do you use your languages in your working life?
- How has your ability to speak/understand more than one language impacted your professional options?
- How has speaking/understanding a world language affected your view of other cultures?
- If appropriate, please speak to what it is like living/working with different cultures and strategies you use to be a better communicator.

For planning purposes the class schedule is:

7:35 to 8:28 am

8:33 to 9:26 am

9:31 to 10:24 am

10:29 to 11:22 am

11:27 am to 1:05 pm (lunch provided from 12:01 to 12:31 pm)

1:09 to 2:02 pm

Please let Ms. Elizabeth Ward ([WardE@newtown.k12.ct.us](mailto:WardE@newtown.k12.ct.us)) know if you are able to attend and for what hours.

Thank you so much! We appreciate your support of the World Language Program at Newtown High School.

## Student Host Family Needed



A life changing opportunity is available to you through the NICE program! Host a student from Spain from March 30 to April 8 to have a new lifetime friend in Europe, gain life experience and even boost college resumes!

You are an expert on American culture; why not share your expertise with a friend from Spain? All you need to host is a bed for the student to stay in and to be ready to share adventures.

Email [WardE@newtown.k12.ct.us](mailto:WardE@newtown.k12.ct.us) or see Ms. Ward in the World Language office for more information. [Application forms](#) may be downloaded from Ms. Ward's website. Thank you!

Elizabeth Ward  
World Language Dept. Chair

# Science Department News

## UConn's Natural Resources Conservation Academy

On January 11, Dr. Laura Cisneros of UConn presented to the NHS science department about The Natural Resources Conservation Academy (NRCA). UConn's NRCA is an exciting program that engages high school students (grades 9 to 11) in natural resource conservation in their local community that is meaningful for the student, complementary to existing science curriculum, and beneficial to our communities and environment.



First, students attend a week-long field experience at UConn in July. Afterwards, each student conducts a conservation project under the mentorship of a local conservation leader. Projects culminate in March, when students present their work at the Connecticut Conference on Natural Resources and graduate as "Connecticut Conservation Ambassadors." NRCA is currently working with another great group of students on a diversity of conservation projects throughout the state. More information can be found on their website: <http://nrca.uconn.edu/>

To date, NRCA has worked with 92 students and 51 community partners on 74 conservation projects. It has been an enriching experience for both students, their partners, and their communities.

Dr. Cisneros is making school visits and speaking with students throughout CT about the NRCA to recruit for the 2016 program, and this year they will be inviting teachers with students attending the program to participate in one of the field experience days as well.

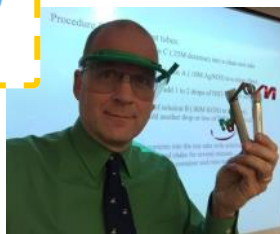
## Torque Equilibrium



Students in Mrs. Torrance's Physics class used helium balloons, meter sticks, weights, and fulcrums to establish an equilibrium between upward and downward torques in their physics class.

The weights provided the downward force, the balloons provided the upward force, and the distance between the forces and the fulcrum determined the torques.

## Tweets from the Science Department



Classic December [#chemistry](#) activity at [#NewtownHS](#): dextrose reduces diammine Ag ion, Ag coats inside of test tube.



Determining Keq of Fe<sup>3+</sup>/SCN system in [#APChem](#)



Chris Canfield  
Science Department Chair

# English Department News



## National Recitation Contest

### POETRY OUT LOUD

On February 5, 2016, the English department will host its 9<sup>th</sup> annual Poetry Out Loud in-school competition. Students are invited to select, memorize and recite a poem as part of this national recitation competition created by the National Endowment for the Arts and the Poetry Foundation.

While students who choose to compete gain valuable public speaking skills that build self-confidence, students in the audience benefit from hearing poetry brought to life, which emphasizes our collective human experience and promotes a deep appreciation for language. Stay tuned to the NHS blog for info about the school final, in which our top 10 students will compete to represent NHS at the regional competition!

## AMERICAN STUDIES COURSE

In 2016-2017, the English and Social Studies departments will collaborate to offer our junior students a unique interdisciplinary opportunity. The American Studies course, a co-taught 2-period block, offers students the chance to explore how American literature and American history together reveal the complex patterns of what characterizes our country. The inquiry-driven curriculum will engage students in examining how literature, the arts and material culture illuminate the political, economic, and social patterns of the past and their imprint on the present.

The American Studies curriculum is designed not only to integrate the two disciplines of literature and history, but also to integrate study of the past with the present-day lives of the student. Students interested in the course should speak with their English and/or Social Studies teachers as they move through the course selection process.



# School Counseling Office

Happy New Year! The School Counseling Staff enjoyed their Holiday Break and we hope every else did, as well.

Here is what's been happening in January and the next coming months!

- We had a successful night for our **Financial Aid Night**, on January 13, with Julie Savino from Fairfield University. She gave great FAFSA and Financial Aid information to our senior parents.
- In the next couple of months we will be busy helping students start the 2<sup>nd</sup> semester strong and are available to all students and their families should any needs arise.
- The students' course request timeline is getting close and counselors are beginning the course selection process in our Counselor Workshops, helping students choose their courses for next year.
- We will be celebrating our **Early Graduates** on February 2 in a ceremony at the high school.
- In February, on Wednesday, February 10 (snow date: Feb. 11) we will have our **Freshman Overview** (of 9<sup>th</sup> Grade and Curriculum Orientation) for 8<sup>th</sup> grade students and parents at 7:00 pm in the NHS Cafetorium.
- Our **College Fair** will be held in the Gymnasium on Monday, March 28 from 7:00-8:30 pm. It is a great event where approximately 125 colleges attend. All are welcome!
- Our next update will include information about AP Testing and upcoming ACT and SAT testing dates.

# Career Center Information

**203-426-7679**

Kitty Latowicki - College/Career Center Coordinator [latowickik@newtown.k12.ct.us](mailto:latowickik@newtown.k12.ct.us)

Peg Ragaini - School to Career Coordinator [ragainip@newtown.k12.ct.us](mailto:ragainip@newtown.k12.ct.us)

**The Career Center** is open from 7:00 am-2:30 pm, Monday through Friday. To schedule an appointment with either Mrs. Ragaini or Mrs. Latowicki, please call 203-426-7679. Please contact us if you require further information on anything written below.

There are eight computers available for student use and a table and chairs for schoolwork and studying. We welcome all students in all grades. If the Career Center is not open due to appointments, college visits, speakers, etc. a sign will be posted on both doors alerting students of the closure. Mrs. Latowicki is available to meet with a student and/or parent/s, before, during and after school. She is available to discuss careers, colleges, technical schools, scholarships, life after high school, etc. Please call or email her to set up an appointment.



## COLLEGE AND POST-SECONDARY OPTIONS FAIR

**Monday, March 28**

**7:00-8:30pm**

**Newtown High School Gym**

The Newtown High School College and Post-Secondary Options Fair will take place on Monday, March 28 from 7-8:30 pm in the gym. A list of schools and other institutions will be listed on the [NHS Counseling](#) and [Career Center](#) websites as we get closer to the date of the Fair.

Please also check the document library in [Naviance](#) (under *College Planning*) for a document named "Attending College Fairs" which addresses:

- Things to do before the Fair
- What to bring to the Fair
- Things to do at the Fair

### FAIR VOLUNTEERS NEEDED!

Student volunteers are needed for the upcoming College Fair on Monday, March 28. Without the assistance of student volunteers, the fair cannot achieve the same success as in previous years. Help is needed! Volunteers are needed for the following time slots:

2:05-3:30 Set Up

4:45-7:00 Meet & Greet

7:00-8:30 Assistance During the Fair

8:30 9:30 Clean Up

Any interested students should stop by the Career Center to sign up to volunteer. Students will receive community service hours for time spent at the Fair.



# Career Center Information

## Enrichment Programs

Please take time to check out the Enrichment Programs in [Naviance](#), under the *Colleges* tab. These programs are available to high school students, some during the school year, but mostly for summer enrichment. There are programs available for students with all different types of interests. Many enrichment programs give students the opportunity to have new experiences in subjects they are interested in, as well as opportunities to get involved in areas they are passionate about. There are summer school opportunities as well.

NHS does not promote any program, we just provide the information. There are hundreds of programs listed in Naviance. Students should also check the bulletin board outside the Career Center. Please contact individual programs for detailed information and to ensure all the information in Naviance is correct.

### Examples of Summer Enrichment Programs:

- UConn Natural Resources Conservation Academy
- UConn Explore Engineering E2 Program
- Yale Young Global Scholars Program for Outstanding High School Students

## Job Opportunities

All job opportunities which are received in the Career Center are posted on the bulletin board in the Career Center.

Please stop in to see job opportunities posted on the board.

## Community Service



Any student looking for community service opportunities should stop by the Career Center for all kinds of opportunities. On the first Thursday of every month we send out a Community Service NewsBrief to all students and their families as well as all faculty and staff. All opportunities received after the first Thursday of the month are posted on the bulletin board in the Career Center.

## Career Cruising

Career Cruising is a career exploration program available on the web to NHS students and families. The program may be accessed under "Links" on the home page of [Naviance](#), the School Career Center website, or by going directly to [www.careercruising.com](http://www.careercruising.com).

The username and password are available in the Career Center or by calling 203.426.7679 or emailing [ragainip@newtown.k12.ct.us](mailto:ragainip@newtown.k12.ct.us).

Sophomores will be completing the Matchmaker career interest inventory during one of their spring Counselor Workshops.

## Scholarships



Our scholarship list is updated weekly. In the coming weeks and months many of the local scholarships will arrive in the Career Center. Some paper applications for the scholarships are available in the Career Center but most are available online. Please check [Naviance](#) for the available scholarships. When applying for scholarships, be mindful of deadlines. Do not wait until the last minute to gather the documentation you need to complete a scholarship application, i.e. recommendations, transcripts, SAT/ACT scores.

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Many of the scholarships are for seniors only. There are a few in the list that are available for underclassmen. A legend (included here) is available to help differentiate which scholarships are for which grades and which scholarships are new for the week. If you have any questions regarding scholarships, contact Mrs. Latowicki.

### Legend

- \* **NEW Scholarships for the week**
- ◆ **Seniors only apply**
- ▶ **Juniors only apply**
- **Sophomores, Juniors & Seniors Eligible**
- ⚙ **All Grades Eligible**

## Scholarship Tips for Seniors

- Scholarships are for those seniors who are planning on continuing their education at either a 4-year or 2-year college, or technical school.
- Each scholarship is different and reading for details is important. Be mindful of deadlines. There are rarely extensions or excuses accepted if an application is late. You do not have to wait until the due date to submit or mail a scholarship application. Waiting until the due date may be problematic if you are sick, or there is a weather-related event.
- Transcript and report card requests must be made at least 24 hours in advance through Mrs. Latowicki or a School Counseling secretary. Again, do not wait until the last minute to request these documents.
- There are scholarships based on interests, religion, ethnicity, a disability, community service, GPA's, majors, etc.
- Check for scholarships through your parent's and/or grandparent's employers or organizations they are involved with.
- Check the website of the school you plan on attending since many schools offer scholarships which go unanswered since many students are unaware that scholarships are being offered.
- Scholarships may reduce your financial aid. If this causes a problem, a call to the financial aid office, at the school you are attending, explaining your situation, may be helpful.
- Never fill out an application in pencil.
- Most applications may be downloaded from [Naviance](#) unless otherwise noted. Paper applications are available in the Career Center as specified. Some applications are through specific websites, also noted in [Naviance](#).
- Check other scholarship websites listed on your [Naviance](#) home page, i.e. Cappex, Sallie Mae, CollegeWeekLive, Fast Web, Unigo, etc.
- PLEASE remember to write thank you note/s to the local and regional organizations that awarded the scholarship. This is a very important step in the scholarship process.

## Local & Regional Scholarships Available Now or Coming Soon for Seniors

- |  |   |
|--|---|
| 26 Angels Foundation Scholarship                                 | Newtown Cultural Arts Commission Scholarship      |
| AFT CT Scholarship   | Newtown Federation of Teachers Scholarship        |
| Bill Lauf Memorial – journalism or environmental science         | NHS Choral Parents Scholarship                    |
| Bohdan Kolinsky Memorial Scholarship for Sports Print Journalism | NHS Orchestra Scholarship                         |
| Church Hill Physical Therapy                                     | NHS PTSA Scholarship                              |
| CT Nurserymen's Scholarship                                      | Newtown Junior Women's Club Scholarship           |
| CT Nutmeg PTA Scholarship  | Newtown Scholarship Association                   |
| Delta Kappa Gamma Society  | Newtown School Nurses Scholarship                 |
| Education Connection Scholarship                                 | Newtown VNA Scholarship                           |
| Ernest Badillo   | Newtown Youth Basketball Association Scholarship  |
| Fred Davidson Memorial Soccer Scholarship                        | Newtown Youth Football & Cheerleading Scholarship |
| Frederick A. DeLuca  | Newtown Youth Lacrosse Scholarship                |
| Glenn Moon Scholarship   | Pay it Forward Scholarship                        |
| Hawley School PTA – Hawley School graduate                       | Reed School PTA Scholarship                       |
| Head O' Meadow PTA Scholarship                                   | Robert Glander Memorial Scholarship               |
| Horticulture Club of Newtown                                     | Sandy Hook School PTA Scholarship                 |
| Jean O'Brien Memorial Scholarship                                | UConn 100 Years of Women Scholarship              |
| Kline Family Community Service Scholarship                       | UNICO   |
| Mary Frances Edgett Scholarship                                  | Urgent Care of Connecticut Scholarship            |
| Masonicare of Newtown Junior Volunteer Scholarship               | USBC Bowling – member, parent or grandparent      |
| Meserve Scholarship  | Waterbury Credit Union                            |
| Middle Gate PTA Scholarship                                      | Weller Education Scholarship                      |
| Newtown Babe Ruth Softball Scholarship                           | Weller Medical Health Scholarship                 |
|  | Weller Vincent Voccia Vocational Award            |
|  | Working Women's Forum Scholarship                 |

.... and more! **Check Naviance.**



# NATIONAL SCHOOL LUNCH STANDARDS

The Basics of School Lunch According to Federal Standards—Healthy Hunger Free Kids Act

2015

## Background

In January 2012, the final updated standards for school meals, the National School Lunch Standards (NSLP) were set forth. Standards, build upon recommendations from the Institute of Medicine:

- ◆ Ensure students are offered both fruits and vegetables every day of the week
- ◆ Increase offerings of whole grain-rich foods
- ◆ Offer only fat-free or low-fat milk
- ◆ Limit calories based on the age of children being served to ensure proper portion size
- ◆ Increase the focus on reducing the amounts of saturated fat, trans fats, added sugars, and sodium.

## The NSLP Transformation—Then and Now

**1946:** Type A meal

- ◆ Menu consisted of items from the four main food groups (meats, fruits/vegetables, grains and milk)
  - ◆ Students must take all the meal components
  - ◆ Resulted in a large amount of food waste

**1977:** Meals based on age groups with different serving sizes

- ◆ Offer vs. serve, full meal is offered but students can decline parts they don't want

**1995:** Nutrient Standard Planning

- ◆ More emphasis on meeting specific nutrient targets
- ◆ Menus planned to meet specific age-based nutrient targets with minimum calorie requirements
- ◆ Unintended consequences:
  - ◆ Variety of products fortified with nutrients not normally seen in those foods
    - ◆ Example: pastries fortified with nutrients normally found in fruits and vegetables (super donut)
  - ◆ Rise in foods added to menus to increase calories and lower overall fat content that were high in sugar

**Today:** Component-based Standard Planning

- ◆ In 2010, the *Healthy Hunger Free Kids Act* became law with new requirements replacing nutrient focused menus with menus using the five food components: meat/meat alternates, grains, fruits, vegetables and milk. Depending on the grade, must offer a certain amount with every reimbursable meal
- ◆ Resemble early years, and also address the age-based nutrition targets by including specific foods that are high in vitamins and minerals necessary for child development.

### Minimum Daily Requirements

**Grades k-5, k-8 and 6-8 Must Offer**

- ◆ 1 oz meat,
- ◆ 1 oz equivalent grain,
- ◆ ¾ cup vegetable
- ◆ ½ cup fruit
- ◆ 8 oz or 1 cup milk

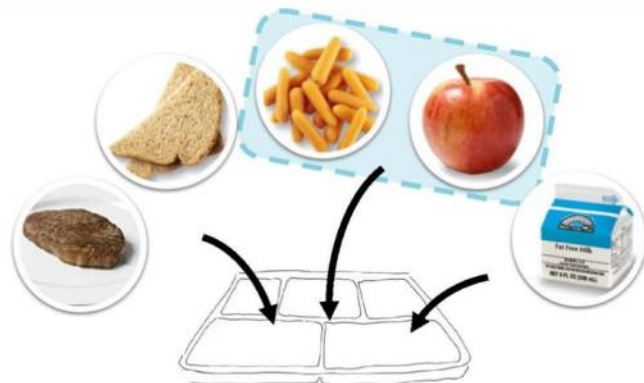
**Grades 9-12 Must Offer**

- ◆ 2 oz meat
- ◆ 2 oz equivalent grain
- ◆ 1 cup vegetable
- ◆ 1 cup fruit
- ◆ 8 oz or 1 cup milk

**Weekly Average Nutrient Requirements**

- ◆ Calories \* Sodium \* Saturated Fat
- \*\* Zero grams trans fat daily
- \*\* Weekly requirements higher than daily

Students Must Take At Least 3 Components For a Reimbursable Meal  
One Must Be a Fruit or Vegetable



**SECRET INGREDIENT: COMMUNITY INPUT TO MEET THE NEEDS AND PREFERENCES OF THE STUDENTS**



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

## Important Links

- NHS Home Page <http://newtown.nhs.schooldesk.net/>
- NHS Facebook Page <https://www.facebook.com/pages/Newtown-High-School/158260014186649>
- Guidance/Naviance <https://connection.naviance.com/newtown>
- PowerSchool Portal <https://ps.newtown.k12.ct.us/public/>
- Athletics [www.nighthawkssports.com](http://www.nighthawkssports.com)
- 2015-2016 School Calendar [http://www.newtown.k12.ct.us/LinkClick.aspx?fileticket=7rQE\\_8F\\_W5w%3d&tabid=27635](http://www.newtown.k12.ct.us/LinkClick.aspx?fileticket=7rQE_8F_W5w%3d&tabid=27635)
- NHS Schedule of Days Calendar [http://newtown.nhs.schooldesk.net/LinkClick.aspx?fileticket=UCh-Pz\\_x\\_ms%3d&tabid=12312](http://newtown.nhs.schooldesk.net/LinkClick.aspx?fileticket=UCh-Pz_x_ms%3d&tabid=12312)

School Office:	203-426-7646
Fax:	203-426-6573
Attendance:	203-426-7656
Cafeteria:	203-426-7637
School Counseling Office:	203-426-7651
NHS Resource Officer:	203-426-7646, x6124
Nurse:	203-426-7649
Psychologist:	203-426-7651
Substance Abuse Counselor:	203-426-7646, x6125

## Dates to Remember



- February 2      PTSA Meeting
- February 5      Early Dismissal
- February 10     *World Language Beyond the Classroom Day*
- February 10     8<sup>th</sup> Grade Student & Parent Orientation
- February 15-16   Schools Closed - *Winter Break*
- March 4          Early Dismissal
- March 17-20     NHS Spring Musical - *Beauty and the Beast*
- March 25        Schools Closed - *Good Friday*
- March 28        College Fair @ NHS