



# Nighthawk News

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

MARCH 28, 2014

## SPECIAL POINTS OF INTEREST:

- **SBAC Testing:**  
March 25-  
April 4

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## Principal's Message

Among the first things I looked to when considering the prospect of becoming Newtown High's Interim Principal was the school's mission. Upon seeing the school's Core Values and Beliefs and 21<sup>st</sup> Century Learning Expectations that were approved last spring by the high school faculty and Newtown Board of Education, it was clear to me that I would be coming into a community that had its priorities straight. Associated with that document (which appears below) are rubrics by which achievement of the learning expectations can be measured.

The crafting of this document, which was written by a faculty committee with input from staff, parents and students, was the first step in the decennial accreditation process overseen by the New England Association of Schools and Colleges (NEASC). The Core Values and Beliefs which, as NEASC prescribes, "...function as explicit foundational commitments to students and the community," evolved from a

great deal of thought and discussion that took place over a period of months.

We are now immersed in a self-study, assessing how well we achieve the NEASC standards. The self-study will culminate in a four-day visit by a team of approximately twenty educators who will arrive in September of 2015 to learn about us and offer

their assessments and recommendations. Input from various constituencies throughout the school community will be solicited as we undertake this process.

The Core Values and Beliefs and the 21<sup>st</sup> Century Learning Expectations will be promulgated throughout the school and will be reflected in every curriculum document and in the instruction taking place in every classroom; indeed, as per NEASC guidelines, "Every component of the school is driven by the core values and beliefs and supports all students' achievement of the school's learning expectations."

We are proud of the document that has been produced, believing strongly that it accurately reflects the values and beliefs of our community. We look forward to the work ahead and welcome the opportunity to work closely with parents and students on this important endeavor.

Mr. Jeff Jaslow  
Interim Principal

## Newtown High School

### Core Values and Beliefs

The Newtown High School community is committed to cultivating the growth of *productive and innovative citizens who demonstrate integrity and empathy in our local and global communities.*

*We believe that a rigorous curriculum, collaborative environment, and supportive community will foster intellectually curious, resilient, and kind individuals who continuously strive to meet their full potential.*

#### Academic 21<sup>st</sup> Century Learning Expectations: Newtown High School students will:

##### Information Literacy:

- Demonstrate strategies to identify, locate, and interpret information.
- Relate and apply new knowledge using a variety of resources including technology.

##### Problem Solving:

- Demonstrate use of the scientific method and apply appropriate procedures to solve and communicate an authentic problem or situation.

##### Spoken Communication:

- Convey information and ideas to others in a presentation using spoken language, nonverbal language and, when appropriate, multimedia.

##### Written Performance:

- Take and support a position on information and ideas.
- Convey information and ideas in a given written format.

#### Civic

- Demonstrate civic responsibility through community service and the understanding of governmental processes.

#### Social

- Demonstrate social responsibility by respecting yourself and others, working with honesty and integrity, keeping high expectations, and supporting the community.



# PTSA News



## Welcome, Principal Jaslow!

On behalf of the PTSA board and our NHS parents and students, we welcome our Interim Principal, Jeff Jaslow.

## Thank You!

On behalf of Student Government and the PTSA we would like to thank everyone who contributed to our Senior Citizen outreach dinner on Wednesday, March 19. We had approximately 50 Senior citizens who enjoyed a delicious dinner and a viewing of our amazing play, Peter Pan.

### NHS PTSA Board 2013-2014

President	Maggie Conway
Vice-President	Lisa Floros
Vice President	Rachele Kahn
Treasurer	Angela Thill
Secretary	Alpana Dholakia
PTSA Staff Liaison	Karen Sherman

Contact us at:

PTSA Board: [newtownctpsa@yahoo.com](mailto:newtownctpsa@yahoo.com)  
Volunteer Coordinator,  
Lisa Chaloux: [newtownctpsa@gmail.com](mailto:newtownctpsa@gmail.com)



## Spotlight on Safe School Climate



Newtown Schools will be asking all parents, students and school personnel to participate in a scientific survey to assess school climate. In partnership with the Center for Social and Emotional Education (CSEE), Newtown will be administering the Comprehensive School Climate Inventory (CSCI) to parents and students which can be taken online via a unique survey link.

The Comprehensive School Climate Inventory (CSCI) measures school climate in two important ways. First, it evaluates virtually all of the dimensions that scholars and researchers believe color and shape school climate. Second, it is a 360 degree measure that recognizes the perspective of grades 3-12 students, and all parents/guardians and school personnel. The CSCI will take students and adults only 15 to 20 minutes to complete and it evaluates four major dimensions of school climate: safety, teaching and learning, relationships, and environment. The CSCI findings will be utilized by the Newtown schools to build community, promote student participation, develop school-home-community partnerships, and inform the ongoing development of a collaborative plan for school improvement.

The CSCI uses input from all constituencies in the community – educators, administrators, students, and parents. The survey questions are clear, precise, and easy to understand. The recom-

mendations that are a part of each school's final report are built on research and best practices from K-12 education. CSEE's President, Dr. Jonathan Cohen, says, "How students feel about being in school shapes their learning and development. A safe, caring, and responsive climate for learning fosters a strong attachment to school and provides the optimal foundation for learning. A positive school climate impacts student behavior, enhances positive youth development, and increases academic achievement."

The National School Climate Center, the non-profit organization that developed the survey instrument, was founded in 1997 at the Teacher's College of Columbia University, and works with schools and districts nation-wide to support the development of healthy and positively engaged students. The (CSCI) is a research-based needs assessment developed by NSCC that will help the District measure and improve school climate, which includes the safety of our schools, the quality of teaching and learning, the quality of the physical environment, and the quality of the relationships within our school community. The information gained by conducting this school climate survey will allow the District to build on existing strengths and to foster positive student achievement.

For more information, please contact Kathy Boettner, Assistant Principal, Newtown High School at [boettnerk@newtown.k12.ct.us](mailto:boettnerk@newtown.k12.ct.us).

# Smarter Balanced Field Test Update

## 2013-2014 Testing Schedules

### Revised SBAC Schedule

The testing window for the Smarter Balanced Field Test opened on March 25. District schools have each selected a time to test (approximately 3 weeks). Keeping in mind that this is an opportunity for us to “test the test” as well as our district technology and scheduling, we are hoping to glean information that will assist us in providing the best experience possible for students when the operational test is administered in Spring 2015.

Please check our district website for further information. Go to [www.newtown.k12.ct.us](http://www.newtown.k12.ct.us) and click on the “Smarter Balanced” button (scroll down) in the center of the page for further details.

March 25th (F)		March 27th (H)			
7:20 – 9:17		7:20 – 9:17		<i>During the SBAC tests the remainder of the school runs on a regular schedule without a bell between 1<sup>st</sup> and 2<sup>nd</sup> periods or 3<sup>rd</sup> and 4<sup>th</sup> periods.</i>  <i>Students testing will report to their 3<sup>rd</sup> or 5<sup>th</sup> period class after testing.</i>  <i>The LMC &amp; Computer Labs will be closed for testing on these dates from 7:00 to 11:30.</i>	
(10th Grade SBAC ELA) (Abazi through Kistner) Students will resume regular schedule during 3rd period at 9:22.		(10th Grade SBAC ELA) (Abazi through Kistner) Students will resume regular schedule during 3rd period at 9:22.			
9:22 – 11:19		9:22 – 11:19			
(10th Grade SBAC ELA) (Klein through Zimmerman) Students will report to testing at 9:22 and resume regular schedule during 5th period at 11:24.		(10th Grade SBAC ELA) (Klein through Zimmerman) Students will report to testing at 9:22 and resume regular schedule during 5th period at 11:24.			
April 1st (A)		April 2nd (B)		April 3rd (C)	
7:20 – 9:17		7:20 – 9:17		7:20 – 9:17	
(11th Grade SBAC ELA) (Agugliaro through Klass) Students will resume regular schedule during 3rd period at 9:22.		(11th Grade SBAC ELA) (Agugliaro through Klass) Students will resume regular schedule during 3rd period at 9:22.		(11th Grade SBAC Math) (Agugliaro through Klass) Students will resume regular schedule during 3rd period at 9:22.	
9:22 – 11:19		9:22 – 11:19		9:22 – 11:19	
(11th Grade SBAC ELA) (Klein through Zimmerman) Students will report to testing at 9:22 and resume regular schedule during 5th period at 11:24.		(11th Grade SBAC ELA) (Klein through Zimmerman) Students will report to testing at 9:22 and resume regular schedule during 5th period at 11:24.		(11th Grade SBAC Math) (Klein through Zimmerman) Students will report to testing at 9:22 and resume regular schedule during 5th period at 11:24.	

Green = CAT (Computer Adaptive Test)

Blue = PT (Performance Task)

## SAT Bootcamp

In just one weekend, come learn everything you need to know to outsmart the SAT from the only prep company whose curriculum developers have earned multiple perfect scores (2400) on the test. With Catalyst's SAT Bootcamp, you'll arm yourself with a strategy for every type of question guaranteed to be on the exam, learn how to avoid the most common traps, and discover how to write a perfect-score essay -- no matter what question is asked!

Cost: \$165.

Date: April 26 -27

Time: 9am - 1pm

Students attend both days.

Sign up at [www.CatalystPrep.com](http://www.CatalystPrep.com) or call 800.235.0056 with any questions.



# SOS Program

*Implementation of the SOS program at the high school began on Monday, March 24. The program will be administered through English classes, beginning with Grade 12. The schedule for implementation will be as follows:*

*12<sup>th</sup> grade between March 24 - April 3; 11<sup>th</sup> grade between April 7 - April 24; 9<sup>th</sup> and 10<sup>th</sup> grades beginning April 28.*

The SOS Program is being implemented in the high and middle schools. Depression among middle and high school students continues to increase in the United States. About 11 percent of adolescents have a depressive disorder by age 18 according to the National Comorbidity Survey Adolescent Supplement (NCS-A). Girls are more likely than boys to experience depression. The risk for depression increases as a child gets older.

Because normal behaviors vary from one childhood stage to another, it can be difficult to tell whether a child who shows changes in behavior is just going through a temporary "phase" or is suffering from depression. Youth who have depression may show signs that are slightly different from the typical adult symptoms of depression. Adolescents who are depressed may refuse to go to school, feel hopeless or helpless, get into trouble at

school, be negative, or feel misunderstood. Untreated depression may increase substance use, suicidal thoughts and attempts.

The SOS Program is a research based early intervention program listed on the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidenced-Based Programs and Practices. The program is a school-based intervention that includes education and screening. Students participate in a guided classroom discussion on depression and the advantages of early intervention. They learn the early warning signs for depression, and complete a screening form. They can elect to self refer for help by requesting to speak with a school counselor or a mental health professional at any time. Students also view a video that teaches them to recognize the signs of depression in others. They are taught that the appropriate response

to the signs are to acknowledge them, let the person know you care, and tell a responsible adult.

The intervention attempts to:

- increase knowledge about depression
- prevent suicide attempts
- increase self-help seeking behaviors
- increase help seeking behaviors on behalf of others
- reduce stigma associated with mental health problems

A passive consent form was sent home in late February to parents of all students who can participate in the program. Parent Forums have been completed. A parent SOS newsletter will be available on the district website.

Teachers and counseling staff have been educated about the SOS Program and taught intervention and referral protocols.

## Common Myths and Facts

Provided by Screening for Mental Health, Inc.

**MYTH:** Talking about suicide may give someone the idea.

**FACT:** You don't give a suicidal person morbid ideas by talking about suicide. The opposite is true. Bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do. There is no evidence that screening youth for suicide induces suicidal thinking or behavior.

**MYTH:** It's normal for teenagers to be moody; teens don't suffer from "real" depression.

**FACT:** Depression can affect people at any age or of any race, ethnicity, or economic group.

**MYTH:** Teens who claim to be depressed are weak and just need to pull themselves together. There's nothing anyone else can do to help.

**FACT:** Depression is not a weakness, but a serious health disorder. Both young people and adults who are depressed need professional treatment. A trained therapist or counselor can help them learn more positive ways to think about themselves, change behavior, cope with problems, or handle relationships. A physician can prescribe medications to help relieve the symptoms of depression. For many people, a combination of psychotherapy and medication is beneficial.

**MYTH:** People who talk about suicide won't really do it.

**FACT:** Almost everyone who dies by suicide has given some clue or warning. Do not ignore suicide threats. Statements like "You'll be sorry when I'm dead," or "I can't see any way out"-no matter how casually or jokingly said-may indicate serious suicidal feelings.

**MYTH:** Anyone who tries to kill themselves must be crazy.

**FACT:** Most suicidal people are not psychotic or insane. They may be upset, grief-stricken, depressed, or despairing, but extreme distress and emotional pain are not necessarily signs of mental illness.

**MYTH:** If a person is determined to kill themselves, nothing is going to stop them.

**FACT:** Even the most severely depressed person has mixed feelings about death, wavering until the very last moment between wanting to live and wanting to die. Most suicidal people do not want death; they want the pain to stop. The impulse to end it all, however overpowering, does not last forever.

**MYTH:** People who complete suicide are people who were unwilling to seek help.

**FACT:** Studies of suicide victims have shown that more than half had sought medical help within six months before their deaths.



# SOS Program, *continued*

## Frequently Asked Questions about the SOS Program

### **Why are the Newtown Public Schools (NPS) introducing the SOS Program to our students?**

NPS is introducing the SOS program to the middle and high school as it is recognized as a preferred evidence-based prevention program by the Substance Abuse and Mental Health Services Administration (SAMHSA). The primary intent is to reduce suicide and suicide attempts amongst our students. Secondary gains are increasing awareness about mental health issues, reducing stigma, and educating students to tell trusted adults if they are concerned about themselves or about a friend. The Program is available in over 7,000 schools nationwide and has been in existence since 2003.

### **Why is the SOS Program being offered now?**

NPS administrators and consultants have been working for over the past year to determine which suicide prevention program would work best in our school system and to make sure that the school system can properly support students' concerns. The SOS program was vetted by the school board in December and introduced to staff at both the middle school and high school in February.

This is not a one-time initiative, but one that will be integrated into the health education program. In future years, it is the goal to implement the SOS program in the 7<sup>th</sup> and 9<sup>th</sup> grade, with a refresher class for 11<sup>th</sup> graders.

### **What are students going to learn from this program?**

The students will learn the warning signs for depression and that depression is a treatable illness. Also, that depression can progress to suicidal thoughts or attempts if left untreated.

Students will also learn the acronym A.C.T. Acknowledge, Care, Tell. Acknowledge: Listen to your friend, don't ignore threats. Care: Let your friend know you care. Tell: Tell a trusted adult that you are worried about your friend. Students sometimes recognize in their friends warning signs of depression or suicide. Many times students keep their concerns about their friends to themselves. The acronym is meant to encourage students to tell a trusted adult if they are concerned about a friend's depression or if they are talking about suicide.

### **Won't saying the word, "suicide", increase the likelihood of a child committing suicide?**

Extensive research has proven that talking about suicide does not increase the likelihood of a child committing suicide, in fact it does the opposite. Talking about suicide directly allows for a person to talk about their feelings and to help them find a way of getting help.

### **Will my child be diagnosed with depression?**

No. Students will **not** be diagnosed during or after this class by school personnel. It does create a message that adults care and that there are trusted adults willing to help them with their concerns.

### **What class will my child miss?**

The SOS program will be administered in English classes. One class session will be devoted to SOS.

### **Will the SOS Program be offered in an assembly format?**

No, this will not be offered in an assembly but rather a classroom format.

### **How many students will be in a class?**

The class size will be under 30 students. There will be a minimum of 3 adults in the classroom with the students.

### **If I opt my children out of the class or if they opt out, where will they go?**

All students will be sent to a supervised structured setting.

### **I want my child to watch the video but do NOT want him/her to fill out the depression screening...**

You may request your child to opt out of the screening but, at the present time, we do not have the ability to be certain that if your student watches the video he/she will not fill out the screening form.

If you want your child to view the video at another time, please contact: Judy Blanchard, District Health Coordinator at (203) 426-2798 or by e-mail at [blanchardj@newtown.k12.ct.us](mailto:blanchardj@newtown.k12.ct.us).

### **My child's name will be on the screening form. What will happen to the form after the class?**

Forms will **not** be placed in your child's school record. We are collecting the forms for two reasons:

To make sure that all children who scored high for depression or reported suicidal behavior have an opportunity to talk with someone. If this is the case, a member of the counseling staff will meet with your child on the day of administration. Parents/guardians will also be notified if there are any concerns.

Tabulations of students' needs will be summarized to get a "big picture" snap shot of the overall student body's mental health status so that we can plan programs accordingly. No names would be included in these summaries and the forms will then be destroyed.

# Science Department News

## NHS Hosts Science Fair

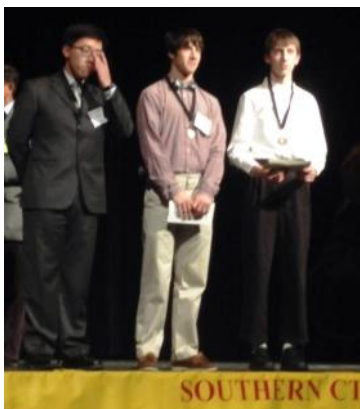
On Saturday, February 8, Newtown High School hosted the 14<sup>th</sup> Annual Southern Connecticut Science and Engineering Fair (SCSEF). There were 250 students from area schools who entered research proposals or completed projects in four categories: Health & Medical, Environmental, Physical, and Behavioral. These projects and proposals were evaluated and scored by area science professionals (including former NHS science teachers Jack Tracey and Frank Labanca) who served as the judges for this competition



Students set up their projects in the main gymnasium, and they stood and explained their work to teams of judges over the course of the morning (each student's work was evaluated by two teams of judges). Judging ended in time for a delicious lunch in the cafeteria, catered by Newtown Deli, and all participants then went to the auditorium to hear keynote speaker David Pogue, a personal technology consultant for Yahoo, a host of NOVA science programs on PBS, a contributor to Scientific American, and the former technology columnist for the New York Times.



After the keynote address, first, second, and third place medals were given for projects and proposals in each category (including a second



place medal for a physical science proposal by NHS student Christopher Gamble.

The SCSEF went off without a hitch, people from around the state got to see our magnificent school, and NHS was able to be the center of the science education universe for a day.

We look forward to hosting it again next year.

## Acids & Bases

Honors Integrated Physical Earth Science gets a colorful lesson about Acids and Bases.



Mr. Harrison's class recently practiced their 17<sup>th</sup> century skills by producing an Acid/Base Indicator using red cabbage. Students boiled and strained their cabbage, producing their indicators then tested 8 unknown substances and recorded the color change. They quantified the

colors using pH indicator paper to produce numerical values for each color.

Over the long weekend, they tested products of their choosing at home to see if they were acids or bases.

On a culinary note, there are now 6 new red cabbage lovers, and one who said, "Hey, this tastes like coleslaw!"

## Science Supervisors Association

Science Department Chair Christian Canfield attended the dinner meeting of the Connecticut Science Supervisors Association (CSSA). This meeting was special because it took place at the Connecticut Science Center in Hartford, right under the giant Pteranodon suspended over the main lobby.



After a social hour and dinner (and lots of professional networking opportunities), the guests moved to the auditorium to hear Nicholas Balisciano speak about STEM (Science, Technology, Engineering, & Mathematics) and the Engineering Practices that are part of NGSS (Next Generation Science Standards). Mr. Balisciano is the Program Manager for Education & Workforce Development Initiatives at the Connecticut Center for Advanced Technology, Inc. (CCAT), a non-profit economic development organization in East Hartford.

Connecticut science leaders meeting in the heart of the State, at its pre-eminent science establishment; Mr. Canfield returned from the meeting energized and enthusiastic about being one of Connecticut's science educators!

Chris Canfield  
Science Department Chair

# 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 7:30 am-3:00 pm, Monday-Friday. 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 parents, after school or in the evenings by appointment only. She is available to discuss careers, colleges, technical schools, life after high school, etc. Please call or email to set up an appointment.

## COLLEGE AND POST-SECONDARY OPTIONS FAIR

Wednesday, April 2

7:00-8:30pm

Newtown High School Gym

The Newtown High School College and Post-Secondary Options Fair will take place on Wednesday, April 2 from 7:00 – 8:30pm in the gym. A list of schools and other institutions can be found on the NHS Counseling and the Career Center websites. To date we have 175 attendees.

Please check the document library in [Naviance](#) (under *College Planning*), as well 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 fair on April 2. Without the assistance of student volunteers, the fair will not be successful as it has been in previous years. 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.

## Websites for Summer Job Searches



[www.Coolworks.com](http://www.Coolworks.com):

Features seasonal jobs in camps, resorts, and other adventurous places.

[www.Servenet.org](http://www.Servenet.org):

Lists volunteer opportunities across the U.S. (Search opportunities by age groups.)

[www.useajobs.gov/studentjobs](http://www.useajobs.gov/studentjobs):

Finds government jobs. Use the site's search engine and click on “summer” or “intern” to find appropriate positions. The “Agency Info” tab explains each different government office.

[www.Groovejob.com](http://www.Groovejob.com):

Focuses on summer and part-time work for teens. You can search by zip code.

[www.Snagajob.com](http://www.Snagajob.com):

Many retail positions and a section entitled “Advice for Teen Job Seekers.”

## Gap Year Programs

A gap year is the year between high school and the start of college. A gap year can even take place once a student is attending college and decides to take time off. Students take a gap year with “the intent to enter or return to higher education.”

There are many different options for students who are interested in participating in a gap year. For further information about gap year programs and what it means to do a gap year, refer to the following website: <http://teenlife.uberflip.com/i/227280>.

## Enrichment Programs

Please visit the *Enrichment Programs* under the Colleges tab in [Naviance](#). There are amazing programs available to high school students. 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 offer the information.

## What Do Employers Learn About Candidates from Their Resumes?

Design your resume to match the position you seek: convey the skills and traits you would bring to the job. Be sure to demonstrate:

- Your relevant skills, knowledge, and experience
- Your personality (to ensure your compatibility with the work environment)
- Your general interests
- Your ability to set and achieve goals

Employers get a sense of your personality through your accomplishments, how you write, and the type of activities or interests in which you are involved.



Write in a positive tone when describing your education, experience, skills, and qualities. Don't be shy! If you don't believe in yourself, how will a potential employer believe in you?

Nevertheless, the resume must be an honest

depiction of your experience and abilities. Don't lie or stretch the truth. Any misrepresentation will come back to haunt you—if not at the interview, then on the job.

There is no ideal resume suitable to all job seekers. Your goal should be to create a document that reveals your strengths through both your content and your writing style. Be enthusiastic, confident, and focused.

(Retrieved from [www.careercruising.com](http://www.careercruising.com))  
Please contact the Career Center for username and password.

### A College Degree Still Pays!

**Research shows that a college degree still pays, despite the cost. Learn about six careers with great rewards that require a college education. By Lia Sestric**

Sure, college debt isn't something that anyone wants to have. But no matter how tough it is to swallow, you shouldn't forfeit a post-secondary education.

"Unless a person is interested in working in, say, a non-managerial position in construction, auto tech, or sales, (he or) she needs a college degree," says Eddie LaMeire, a college admissions consultant and a former college admissions counselor. "With a college degree, you'll just be more employable, which largely explains why the unemployment rate for college grads is about half of the rate for those who stopped their education with a high school diploma."

Those who have more than a diploma to their name also make considerably more in pay, as shown in The College Board's report

"Education Pays 2013: The Benefits of Higher Education for Individuals and Society."

This report reveals that "during a 40-year full-time working life, the median earnings of bachelor's degree recipients without an advanced degree are 65 percent higher than the median earnings of high school graduates." Associate-degree holders make 27 percent more, and those with some college but no degree earn 13 percent more, according to the report.

Of course, there's no promise of higher earnings if you further your education, but this can certainly put the odds in your favor. So to put things in perspective, the six careers with a median salary of \$60K or more that require either an associate's or a bachelor's degree are: Financial Analyst, Dental Hygienist, Accountant, Registered Nurse, Medical and Health Services Manager, and Construction Manager.

(Retrieved from Naviance on 1/28/14)

### Careers in Engineering Technology

If you'd like to be one of the experts that engineers turn to for help in creating everything from more advanced toothbrushes to taller skyscrapers, one of these careers may be right for you:

- Avionics Tech
- Biological Tech
- Chemical Engineering Tech
- Civil Engineering Tech
- Electrical Engineering Tech
- Electronics Engineering Tech
- Engineering Tech
- Industrial Engineering Tech
- Mechanical Engineering Tech
- Petroleum Engineering Tech

(Retrieved from [www.careercruising.com](http://www.careercruising.com) on 1/29/14)

The Career Center recommends the career information found in Career Cruising.

Please email [ragainip@newtown.k12.ct.us](mailto:ragainip@newtown.k12.ct.us) or [latowickik@newtown.k12.ct.us](mailto:latowickik@newtown.k12.ct.us) for the username and password.



## Connecticut Construction Day Field Trip

Construction Day will take place on Wednesday, May 14. The trip is open to sophomores, juniors and seniors. Students will travel to the Durham Fairgrounds by bus and have the opportunity to participate in a hands-on expo.



and crane simulator, climb a utility pole, build a masonry wall, cut tile, rev a Chevy engine, operate a jack hammer, solder, use a variety of power tools, and more.

The trip will leave Newtown High School at 6:45 am and return before the end of the school day. The cost of the

trip is \$10 plus money for lunch. The students and chaperones will stop for lunch at McDonald's.

The trip is limited to 30 students. Stop by the Career Center to pick up the permission forms.

### Scholarships

This is the time of the year when scholarships are plentiful. There are scholarships for students who:

- Are planning to major in education, nursing, physical therapy, the medical profession, accounting, business, journalism, environmental science, etc.
- Are involved in the arts: ie, music, art, painting, sculpture, poetry, photography, cinematography, journalism, literature, culinary art, architectural design, etc.
- Participate in lacrosse, softball, football and cheer, ice hockey, swim and dive, orchestra, band,
- Will be participating in an apprenticeship program after graduating from NHS
- Are involved or have been involved in community service in the school or within the community
- Are either a cancer survivors or currently receiving treatment
- Are employed while attending NHS
- Have financial need
- Have a parent that is a permanently and totally disabled worker
- And more!

All information regarding scholarships is in [Naviance](#) (explanations and criteria about scholarships, deadlines, dollar amount, etc.). If assistance is needed navigating the list please contact Mrs. Latowicki in the Career Center.



### College Career Pathways

College Career Pathways is a dual enrollment program that incorporates secondary and postsecondary college elements. College Career Pathways students have the opportunity to graduate high school having completed a full semester of college credit. Sophomore, junior and senior students have the opportunity to earn 12 transferable college credits from Naugatuck Valley Community College without paying the costs of

tuition, fees, or books. All Connecticut public universities recognize community college credits. Students must be a sophomore, junior or senior to earn college credits through this program. Students must be enrolled for the college credit the academic year they are enrolled in the College Career Pathway class. Students cannot register retroactively to receive the college credit.

The College Career Pathways Program is in the process of adding and/or renewing articulation agreements for the 2014-2015 school year for the following classes or combination of classes. Please check with your school counselor or teacher at the start of the 2014-2015 regarding the availability of college credit. High school students must complete the enrollment process to earn college credit.

**Business Foundations and Business Management:** Students must enroll for college credit and earn a 70 or above.

**Drafting/Engineering Design I and 2:** Students must enroll for college credit. Grading criteria to be determined.

**Graphics Tech I and 2:** Students must enroll for college credit. Grading criteria to be determined.

**Intermediate Algebra (full year course):** Students must enroll for college credit, earned an 80 or better in Intermediate Algebra and pass the Accuplacer\* with a 90 or above in the EA or a 42 or above in the CLM.

**Physics (Conceptual or Honors):** Students must enroll for college credit and earn a 70 or above.

**Principles of the Human Body:** Students must enroll for college credit. Grading criteria to be determined.

**Public Speaking:** Students must enroll for college credit and earn a 70 or above.

For further information contact Peg Ragaini in the Career Center at 203.426.7679 or email [ragainip@newtown.k12.ct.us](mailto:ragainip@newtown.k12.ct.us).

## Careers in Business Management

If you are interested in a career in Business Management, there are opportunities through Newtown High School.

### What High School Courses Should I take?

Course selection always involves the student, school counselor and parent. NHS courses listed below include specific skills for this pathway. This is not a mandatory listing, nor does it indicate the level of any course. It is provided to raise awareness of the wide variety of options available to NHS students.

### Suggested Courses:

- **English:** 4 years (senior option: Public Speaking)
- **Math:** 4 years to include Pre-Calculus
- **Science:** 4 years
- **Social Studies:** 4 years
- **World Language:** 4 years
- **Business Education:**
  - Business Foundation and Business Management
  - Computer Applications
  - Desktop Publishing
  - Financial Foundations and Financial Management
  - Accounting 1 and 2
  - Personal Finance
  - Personal and Business Law
  - Banking and Investments
  - Marketing 1 and 2
  - Connecticut Technology Innovation Academy
  - Business Communications 1 and 2
  - Web Design
  - Cooperative Work Experience
  - An App for That
- **Junior/Senior Project:** In this course, students work with a community professional to develop and present a project. Besides allowing students to determine their course content, it is an opportunity for students to learn time management skills prior to college. Students have completed projects by developing a business plan and starting their own business. Examples include: "Dutch Oven Marketing Plan" and "Butcher's Best Business Plan."

### NHS Programs/ Activities:

- **Career Center Programs** utilize community volunteers to provide career information to students. Programs include:
  - Career Speakers: open to all students with permission of their teacher(s).
  - Career Tours: open to sophomores, juniors, and seniors. Examples would be the CARTUS tour or the PEZ factory.
  - Career Shadowing: This program allows sophomores, juniors, and seniors one excused day per semester to spend time in a career field of their interest with a community volunteer.
  - Internships: Junior and senior students spend 30 hours at a workplace to gain knowledge about a career. Internships occur outside of the school day and may be either paid or unpaid.
  - Newtown Savings Bank: Junior and senior students have the opportunity to intern at Newtown Savings Bank.
- **Current Community Volunteers include:** The Involvement Practice, Thin Air LLC, Newtown Savings Bank, Newtown Public Schools Business Office, and Economic Development Office
- **Related NHS Student Clubs:**
  - DECA
  - Debate Team
- **Sample Scholarship Opportunities related to the Business Management Pathway:**
  - B.I.G. Scholarship
  - Buick Achievers Scholarship Program
  - Connecticut Association of Educational Office Professionals
  - Financial Planning Association Scholarship
  - Working Women's Forum Scholarship
- **College Career Pathways:**

These are courses that junior and senior students can take at the high school and earn college credit without paying for the tuition, fees, and books. Students may receive 3 credits from Naugatuck Valley Community College if they take Business Foundations and Business Management.

Please see the online Program of Studies under the [School Counseling Office](#) (under the Department tab on the high school webpage) for College Career Pathways classes in Science, Math, and English.

Depending on the policies of each college/university, these college credits earned in high school may be transferred upon high school graduation.

## Careers in Business Management, *continued*

### Careers:

- Accounting Manager
- Accounts Payable manager
- Administrative Services Manager
- Assistant Credit Manager
- Association Manager
- Billing Manager
- Business Development Manager
- Chief Executive
- Compensation and Benefits Manager
- Credit and Collections Manager
- Entrepreneur
- Facilities Manager
- First Line Supervisor
- General Manager
- Government Manager
- Hospital Manager
- Human Resource Manager
- Management Analyst
- Management Trainee
- Manufacturing Manager
- Meeting and Convention Planner
- Operations Manager
- Payroll Manager
- Public Organization Manager
- Public Relations Manager
- Purchasing Manager
- Risk manager
- Sports and Entertainment Manager

## Community Opportunities for High School Students

### EMT Course Through the Newtown Ambulance Association

**What:** This is a State of Connecticut approved training course for EMT certification. The course includes classroom lectures, practical training, CPR certification, emergency room observation, learning patient assessment for injury and illness, practicing treatments of medical conditions and traumatic injuries, developing and improving skills in lifting and moving, medical documentation, and other emergency medical services operations. Upon completion of the course material and classroom sessions, students will sit for approved State of Connecticut written and practical tests. (Additional fees may be required for testing.) Connecticut State OEMS requires EMT candidates to have a



minimum of 150 hours of class time prior to sitting for State testing. Students must also complete the course with a grade of 80% or higher to qualify to take the final and state exams.

**When:** Starting Oct. 2014 - The class is approximately 155 hours in total.

**Where:** Newtown Ambulance Garage (under construction), Fairfield Hills, Newtown, CT

**Who:** Students must be 16 years of age by the completion of the course. There is no maximum age limit to attend the class, but in order to work as an EMT, you must have the physical abilities to perform the tasks required. These tasks including, but

are not limited to, driving the ambulance, lifting patients, carrying equipment, etc.

**Cost:** The cost of this is **TBD**, deposit is required by the start of the class. The cost includes a textbook, text preparation material, a stethoscope, penlight, and a blood pressure cuff. If a student chooses to join Newtown Volunteer Ambulance after completion of the course, they will be eligible for a reimbursement of a portion, or all, of the cost of the course once they have fulfilled active membership requirements for 2 years (not including their trainee period).

**Questions:** Please see the Newtown Ambulance Association website at [www.newtown-ambulance.org](http://www.newtown-ambulance.org).

### Newtown Police Explorers Post 823

As an Explorer, young adults have the opportunity to assist the Newtown Police Department. Explorers can broaden their understanding and firsthand knowledge of the challenges and job skills that make up their community's police service. In addition to gaining a working knowledge of police work, the participants have the opportunity to give of themselves to their community. Although **Post 823** is law enforcement oriented, Explorers are volunteers and do not serve as police employees, sworn or civilian.



#### Minimum Qualifications for Membership in the Explorer Post:

- 14 years of age
- Currently in high school
- Maintain a B average
- Good moral character, never involved in any criminal activity
- Physically fit
- Successful completion of a background investigation
- Good standing within the community
- Parental approval if under 18 years of age

**Questions:** Contact Officer Figol of the Newtown Police Department at 203.270.4255.

# Nutrition News



## Give the Brain an Added Advantage!

When it comes to academic performance, we know that good study habits are very important. And proper nutrition helps the brain function at its best. Getting adequate sleep and rest also plays a role. And did you know that exercise helps the brain as well?!

There is science that proves that exercise enhances the brain and the ability to focus. Research conducted by Dr. Charles Hillman and colleagues of the University of Illinois at Urbana-Champaign indicates that students perform better on tests when they participate in cardiovascular exercise. The study included 9- and 10-year old students who participated in moderate activity, the equivalent of a brisk walk around the school.

### Family Fitness Ideas:

- Take a walk
- Play tag
- Hit the playground
- Take a bike ride
- Turn on the music and dance
- Jump rope
- Play Frisbee
- Take the stairs
- Park the car at the end of the parking lot

Jill Patterson, RD  
Resident Dietitian

### Sources:

- <sup>(1)</sup> *Spark* by Kevin Ratty, MD
- <sup>(2)</sup> *Action for Healthy Kids Learning Connection*
- <sup>(3)</sup> [www.letsgo.org](http://www.letsgo.org)

## Food Focus of the Month: Garden Vegetables



- Vegetable gardens can be planted anywhere, but they need three main things to grow: lots of sunlight, water and good soil.
- All vegetables can be grown in the garden, but some are easier to grow than others. Garden vegetables that are fun to grow (and eat!) include string beans, leafy greens, tomatoes, squash (summer and winter squash), cucumbers, and potatoes (white and sweet).
- Eat a vegetable with a few meals or snacks each day. We need 4 or 5 servings of vegetables a day. One serving is a cup of lettuce, a handful of carrot sticks, or a small baked potato.

**Encourage your student to try garden vegetables in the school cafeteria this month!**



# Parent Speaker Series

It takes a village to raise a child:  
How community, mentoring and nature can help our children



Justin Pagnataro, Executive Director  
Two Coyotes Wilderness School, Newtown, CT

Justin mentored graduate students in teaching environmental education at the Yale School of Forestry, and coordinated an experiential science program in New Haven. He holds BS. degrees in both Anthropology and Biology, and has been teaching children about nature for the past twelve years. He brings his passion for nature and powerful commitment to community to Two Coyotes.

Wednesday, April 23 at 7 pm  
CH Booth Library, 25 Main Street, Newtown  
Please RSVP by April 10: <http://www.chboothlibrary.org>





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

## Important Links

- NHS Home Page <http://newtown.nhs.schooldesk.net/>
- Newtown High School Blog <http://dumais.us/newtown/blog/>
- Guidance/Naviance <https://connection.naviance.com/newtown>
- PowerSchool Portal <https://ps.newtown.k12.ct.us/public/>
- Athletics [www.nighthawksports.com](http://www.nighthawksports.com)
- 2013-2014 School Calendar <http://www.newtown.k12.ct.us/LinkClick.aspx?fileticket=OxiuRWc5-3g%3d&tabid=19680>
- NHS Schedule of Days Calendar <http://newtown.nhs.schooldesk.net/LinkClick.aspx?fileticket=S3yJTRzbHpU%3d&tabid=12312>

School Office:	203-426-7646
Fax:	203-426-6573
Attendance Non-illness: Illness (Nurse):	203-426-7656 203-426-7649
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



- April 2 NHS College Fair - 7 pm
- April 11 Early Dismissal
- April 14-18 Schools Closed - *Spring Break*
- April 22 Budget Referendum
- May 2 Early Dismissal
- May 3 SAT @ NHS
- May 5-15 AP Testing
- May 16 Senior Prom
- May 19 NHS Orchestra Concert
- May 21 NHS Chorus Concert
- May 22 NHS Band Concert
- May 26 Schools Closed - *Memorial Day*
- May 29 Senior Dance
- May 30 Senior Trip
- June 14 ACT @ NHS
- June 18 Projected Last Day of School!