



## Quick Links

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## CONESTOGA SPORTS SCHEDULES

Daily sports schedules for Conestoga High School athletic teams are available online at [www.digitalsports.com](http://www.digitalsports.com) by entering "Conestoga High School." Please contact the CHS Athletic Office, 610-240-1024, for additional information.

## CLASS PARENT ORGANIZATIONS

### Class of 2015

Senior Parent Meeting on January 8, 2015 at 9:30 AM in Room 142

### Class of 2016

Junior Parent Meeting on January 6, 2015 at 9:30 AM in Room 142

### Class of 2017

Sophomore Parent Meeting on January 15, 2015 at 9:30 AM in Room 142

### Class of 2018

Freshman Parent Meeting on January 13, 2015 at 9:30 AM in the

## From Your CHS School Nurses

With the upcoming flu season and continued nationwide awareness of the Enterovirus D68 please be assured that our district continues to be committed to providing a safe and clean environment for all students, faculty, staff and visitors.

*Information regarding Enterovirus D68*

**Symptoms**-cough, runny nose, sore throat, and sometimes fever (*children with history of wheezing or asthma are at higher risk*)

**How is it spread**-from person to person by droplets when an infected person coughs or sneezes

**Treatment**-no specific treatment and no medications available. Some people with severe respiratory illness may need to be hospitalized. *Please consult your healthcare provider if you or your child(ren) are experiencing symptoms*

Protect yourself from respiratory illnesses by following these steps

- Wash hands often with soap and water for 20 seconds, especially after changing diapers
- Avoid touching eyes, nose and mouth with unwashed hands
- Avoid kissing, hugging and sharing cups or eating utensils with people who are sick
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick
- Stay home from work or school if you are sick

More information is available at [www.cdc.gov](http://www.cdc.gov) and What's New: Enterovirus D68

## Senior Internship Program

The Senior Internship Program offers seniors in good standing an opportunity to explore an area of career interest during the last month before graduation. The process for the Class of 2015

begins the week after winter break when students will attend orientation sessions during their free periods. Senior parents will be mailed program information that week. Throughout the process, questions may be directed to Mrs. Pattie Littlewood, Program Coordinator, at (610) 240-1913 or at [littlewoodp@tesd.net](mailto:littlewoodp@tesd.net).

**Volunteers Needed**

Parents play an active role in supporting the activities of Conestoga. Last year, more than three hundred parents and community members donated their time-some regularly and some on a one-time-only basis.

In addition to helping with clerical work, mailings, supporting class projects and student activities, and driving students to special events, there are opportunities for volunteers to speak to students about their careers.

Please contact Pattie Littlewood, Coordinator of Volunteer Services, at [littlewoodp@tesd.net](mailto:littlewoodp@tesd.net) or at 610-240-1913, if you are interested in being involved in these or other activities at the high school.

Thank you for your ongoing interest in and support of Conestoga.

Any Conestoga parents interested in participating as a Community Sponsor for senior students participating in the Internship Program should also contact Mrs. Littlewood.

Senior parents will be needed to help mail parent information on January 6 and to help at various other times during the program.

**Parent Meetings and Snow!**

There are no parent meetings scheduled during the month of December. The first meetings of the year 2015 will be as follows:

Junior Parents	Tuesday, January 6
Senior Parents	Thursday, January 8
Freshman Parents	Tuesday, January 13
Sophomore Parents	Thursday, January 15

All the parent meetings will be held at 9:30 am in Room 142.

**Please note that parent meetings are cancelled if there is no school or a two-hour delayed opening because of inclement weather. Parents and students are encouraged to access the District website at [tesd.net](http://tesd.net) or the hotline at (610) 240-1970 for updates on weather and other emergencies.**

**NCAA and Student Athletes**

Students athletes considering playing collegiate sports should familiarize themselves with NCAA course requirements. Students are encouraged to speak with their assigned counselor to discuss further and visit the NCAA Eligibility Center website at [http://web1.ncaa.org/ECWR2/NCAA\\_EMS/NCAA.jsp](http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp).



**Next Senior Parent Meeting...**

The next Senior Parent Meeting: January 8th, 2015 at 9:30 in room 142.

Mark your calendars, this is the first week back to school.

Have a Happy Holiday and a great New Year!

**MESSAGE FROM THE STUDENT SERVICES DEPARTMENT**

***School Counselor Assignments***

Student Services Center assignments for 2014-2015 are as follows:

## Grades 9 - 12

Mrs. Laureen McGloin	A - Br
Mrs. Rachelle Gough	Bu -Dh
Mrs. Misty Whelan, Chair	Di -Gai
Mr. Brian Samson	Gal -Ja
Ms. Melissa Boltz	Je - L
Mrs. Jenn Kratsa	M - Na
Mr. Andrew Mullen	Ne - R
Ms. Leashia Lewis	S - Te
Ms. Megan Smyth	Th -Z

The Student Services Center encompasses a wide variety of services designed to assist students in their academic, career and personal/social development. Information on counselor assignments was mailed to each family in June. In addition to guiding students through the course selection process, school counselors provide assistance with self-awareness, educational planning, interpretation of test scores, occupational information, home, school and/or social concerns, or any matter the students feel is significant. Up-to-date printed information, software, and audiovisual aids are available in the center to assist students with decision-making, and college and career selection. The Student Services Center resources are available for student use from 7:00AM to 3:30PM Monday through Friday. Beginning in January, evening hours are offered once each month by appointment only.

## Extended Experience

Semester I Extended Physical Education application period ended on September 12, 2014. For students with EEPE on their schedules, failure to return a completed application form in a timely fashion will result in removal of Extended Experience from the student schedule for sophomore and juniors. Seniors will be put in a PE class to satisfy CHS PE graduation requirements. Semester I verifications will be posted on the TESD website. These forms verify that the experience has been completed and are due back to Conestoga's main office on or before January 9, 2015. Failure to return a completed verification form will result in a U on the report card.

## Smart Snacks in Schools

Please visit <http://www.tesd.net/Page/11810> to review the new Smart Snacks in Schools Guidelines that will now be followed at CHS.

## Upcoming Events

EVENT	DATE	TIME	LOCATION
Katie Koestner Assembly - "Cyber Smarts"	12/17/14	9:00 & 10:00 AM	CHS Auditorium
Winter concert 2 (Choir and Orchestra)	12/17/14	7:00 PM	CHS Auditorium
Katie Koestner Assembly - "No-Yes"	12/18/14	9:00 AM	CHS Auditorium
Manifest Movie Day	12/19/14	8:20 AM	Auditorium
Drama Club - Show for Third Graders	12/22/14	10:00 AM	Auditorium
WINTER RECESS	12/24-1/2/15		NO SCHOOL
School Resumes	1/5/15		
Academic Competition	1/6/15	8:00 AM	Auditorium
Senior Internship Program Orientation Meeting	1/7/15	7:20 AM	Auditorium
Senior Internship Program Orientation Meeting	1/8/15	7:20 AM	Auditorium
Comedy Night	1/8/15	7:00 PM	Auditorium
Manifest Movie Day	1/9/15	7:20 AM	Auditorium

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