



Quick Links

[Student Services Department](#)

[Senior Privilege Information](#)

[Senior Parking Permit Information](#)

[Junior Privilege Application Information](#)

CONESTOGA SPORTS SCHEDULES

Daily sports schedules for Conestoga High School athletic teams are available online at 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
March 12, 2015 at 9:30 AM in
Room 142*

Class of 2016

*Junior Parent Meeting on
March 10, 2015 at 9:30 AM in
Room 142*

Class of 2017

*Sophomore Parent Meeting on
February 19, 2015 at 9:30 AM in
Room 142*

Class of 2018

CHS Career Days

March 10-12, 2015

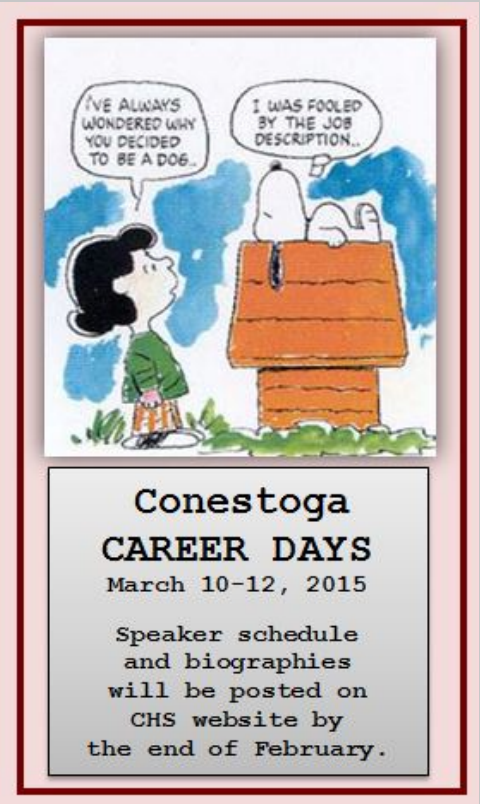
Conestoga offers students the opportunity to explore the options...

"What do you want to be when you grow up?" is a question some people ask themselves several times in a lifetime. For teenagers looking to chart their course beyond high school, it can feel like a really big decision.

Career Days at Conestoga is an annual event, organized and hosted by sophomore parents in support of the Student Services Department. More than two dozen professionals (several CHS parents and grads) will be talking about their careers and the path that got them to where they are today. Sessions are held during the school day and are open to all students.

Check out this sampling of the careers being discussed: Accounting, Graphic Design, Cyber Security, Nursing, Music Production, Fashion & Merchandising, Aquatic Biology, Sports Event Marketing, Law Enforcement, Theater and Writing.

More details will be coming. If you have questions, please contact the chairperson, Barbara Sredenshek (bsreder@verizon.net).



Freshman Parent Meeting on
February 17, 2015 at 9:30 AM in
Room 142

CHS Cheerleading Try-Outs

2015-2016 CONESTOGA CHEERLEADING TRY-OUTS

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@stead.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.

If you would like to be a Conestoga Football or Basketball Cheerleader for the 2015-2016 school year, you need to know...

Practice Days:

Monday, March 16 7:30-8:45
Wednesday, March 18 7:30-8:45

Try-Out Days:

Monday, March 23 beginning at 5:30
Tuesday, March 24 beginning at 5:30

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.



You MUST attend BOTH practice sessions in order to be eligible to try-out. Practices will be held in the Valley Forge Middle School cafeteria.

More detailed information will be given at the first practice session.

HOPE TO SEE YOU THERE!!!

If you would like a copy of this flyer with the information, please go to the athletic office.

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*

PRESCRIPTION DRUG &
MEDICINE ABUSE

What every parent
should know about the
LEGAL DRUGS that kids abuse

February 18, 2015

9 – 10:30 am

T/E Administrative Offices

Panelist:

- Addiction Counselor
- Berwyn EMS Captain
- Dentist
- Pharmacist
- Tredyffrin Police Superintendent
- Young person in recovery

Free and open to the Community

Details: www.archcares.org



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 and What's New: Enterovirus D68

Parent Meetings and Snow!

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 or the hotline at (610) 240-1970 for updates on weather and other emergencies.

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

Mrs. Rachelle Gough

Mrs. Misty Whelan, Chair

Mr. Brian Samson

Ms. Melissa Boltz

Mrs. Jenn Kratsa

Mr. Andrew Mullen

Ms. Leashia Lewis

Ms. Megan Smyth

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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

Craft Fair & Flea Market

SATURDAY, APRIL 11, 2015

8:00 am to 12:00 pm

Conestoga HS parking lot

Deadline for booth contract:
April 1st, 2015, or when they sell out

Forms on the T/E Bulletin Board



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.

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
School Closed	2/16/15		
Pickle Ball and Floor Hockey Sign Ups	2/17-2/20/15	Lunches	Cafe
Freshman Parent Meeting	2/17/15	9:30 AM	Room 142
Sophomore Parent Meeting	2/19/15	9:30 AM	Room 142
Best Buddies Training Conference	2/22/15	11:00 AM	Room 142
Floor Hockey Tournament	2/24/15	6:00 PM	Gyms
Pickle Ball Tournament	2/26/15	3:00 PM	Gyms
School Board Meeting	2/27/15	7:30 PM	Cafe

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