

Conestoga High School

Issue: 10

February - March 2015



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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 March 19,
2015 at 9:30 AM in Room 142

Class of 2018

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

Sample Letter in Support of House Bill 168 - Eliminating Keystone Exams as a Graduation Requirement

At its meeting on February 23rd, the School Board approved a resolution supporting House Bill 168, which eliminates Keystone Exams as a graduation requirement. We have posted the Board's resolution as well as a sample letter in case parents or community members are interested in expressing an opinion about House Bill 168 or the Keystone Exams. Below is a link to information about the Keystone Exams, the sample letter and the Board's resolution. This information is also available on the T/E School District home page at www.tesd.net.

[Sample Letter in Support of House Bill 168 - Eliminating Keystone Exams as a Graduation Requirement](#)

CHS Career Days March 10-12, 2015

Career Days is less than two weeks away! The speaker line-up is amazing. Here's a quick look at just some of the topics being offered:

- .net programming
- Aquatic Biology
- Cyber SecurityBusiness
- Nursing
- Private Equity Investing
- Radio Sales
- Special Agent/FBI
- Video Production
- Writing

[LINK to full list of topics & speakers](#)



Career Days 2015 requires NO pre-registration. Information Tables will be set up during all LUNCH periods on March 5-9 in the CHS Cafeteria.

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 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.

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://www1.ncaa.org/ECWR2/NCAA_EMS/NCAA.asp.



Outsmart the SAT!

March 7 & 8, 2015

The Catalyst SAT Bootcamp is a two-day seminar for students that provides go-to strategies for every question they'll face on the test -- a real preparation class designed by instructors who have earned multiple perfect scores on the actual SAT. The SAT Bootcamp is designed for students taking the SAT in the Spring of 2016. Topics include how to:

- Shortcut math questions that stump more than 90% of test-takers
- Compose a perfect-score essay - no matter what question the SAT asks
- Spot hidden clues that instantly reveal the main idea in long reading passages
- Avoid the four sneakiest ways SAT Grammar questions try to trick students

Location: Cabrini College, 610 King of Prussia Road, Radnor, PA 19087

Schedule: Saturday, March 7th from 9am-1pm and **Sunday, March 8th** from 9am-1pm

Cost: \$175 - We unfortunately cannot accommodate walk-in students.

For more information or to enroll, visit www.CatalystPrep.com and click the Bootcamp Sign-Up tab on the website's menu bar. **The deadline to enroll in this special SAT prep opportunity is Wednesday, March 4th.** Open to all students (not just Conestoga).

A Portion Of The Proceeds Benefits The Conestoga High School Class Of 2016 CAPCO!

T&E Care is Looking for Kids Clothes for the Grab Bag

- **Items Needed:** donations of new or gently used clothing (any season), plus good quality shoes, boots, coats, belts or other accessories for infants through teens.
 - For a list of items not accepted, please go to www.tecare.org .
- **Donation Drop Off:** March 5-13 (during business/school hours only)
 - **Locations:**
 - local TESD schools
 - Play It Again Sports (Berwyn)
 - Doctor's Best (Berwyn)
 - The Tredyffrin Library (Wayne)



CHS CRAFT FAIR & FLEA MARKET

SATURDAY

April 11, 2015

8AM – NOON

Conestoga parking lot

Reserve a booth NOW

Link to [Vendor Contract](#)

on T/E Bulletin Board



[Click Here for CHS Flea Market & Craft Fair Flyer and Vendor Contract!](#)

▪ Club La Maison (Wayne)

- **Mark your calendars!** Come and shop the Grab Bag on **March 20 (2-7pm) or March 21 (9am-12pm)** at St. Matthew's United Methodist Church on Walker Rd. This fundraiser for T&E Care is a great chance for everyone to restock your kids' closets with great quality clothes. a suggested donation of \$10/bag is appreciated.

Questions: please contact the T&E Care at clothes@tecare.org

CHS Cheerleading Try-Outs 2015-2016

If you would like to be a Conestoga Football or Basketball Cheerleader for the 2015-16 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

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*

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	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.

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
Spring Blood Drive	3/2/2015	7:20 AM	Large Gym
CHS Spring Sports Begin for Varsity - JV	3/2/2015	2:30 PM	CHS
Spring Musical - 8th Graders - <i>Beauty and The Beast</i>	3/3/2015	10:00 AM	Auditorium
National Latin Exam	3/4/2015	7:00 AM	Room 268
Spring Musical - <i>Beauty and The Beast</i>	3/4/2015	7:00 PM	Auditorium
Naviance Training	3/5/2015	7:20 AM	Rooms 268 & 245B
Spring Musical - <i>Beauty and The Beast</i>	3/5/2015	7:00 PM	Auditorium
Spring Musical - <i>Beauty and The Beast</i>	3/6/2015	7:00 PM	Auditorium
Spring Musical - <i>Beauty and The Beast</i>	3/7/2015	2:00 PM	Auditorium
Spring Musical - <i>Beauty and The Beast</i>	3/7/2015	7:00 PM	Auditorium
CHS Spring Sports Begin for JVB Freshman	3/9/2015	2:30 PM	CHS
Career Days	3/10-3/12/2015	7:20 AM	Rooms 142, 268, Auditorium
Junior Parent Meeting	3/10/2015	9:30 AM	Room 142
Senior Parent Meeting	3/12/2015	9:30 AM	Room 142
Military Day	3/13/2015	7:20 AM	Main Lobby
SAT Testing	3/14/2015	8:00 AM	CHS Building

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Try it FREE today.

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