

Conestoga High School

Issue: 2

September 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.

Fall Schedule Change Reminders

Once School begins, students will attend their scheduled classes for the first several days of school. We will resume making changes on Tuesday, September 8 through September 15, 2015. Core level changes can be made through December 23, the last school day



Dear Parents,

Welcome to the 2015-16 school year! We had an excellent opening with staff and students working together to get the year off to an outstanding start. It is great to have the classrooms and hallways buzzing with activity. Each day we are reminded how our students, staff and community make Conestoga a truly remarkable school.

At our opening meetings, we asked students and teachers to look ahead to the many opportunities for the upcoming year as we begin anew. We encouraged students to invest themselves in Conestoga by working hard and getting actively involved. We asked them to set goals for themselves as a way to make the most of their time at Conestoga.

I look forward to working with our students and their families during the upcoming school year. I welcome your involvement, questions and input. Please feel free to contact me at any time, and as always, go 'Stoga!

Amy A. Meisinger, Ph.D.
Principal

Come to Open House

prior to winter break. Request for specific teachers, periods and course sections will not be honored.

September 17, 2015



Volunteers Needed ...

(but Clearances aren't!)

Parents play an active role in supporting the activities at Conestoga. We are grateful to the more than three hundred parents and community members who donated their time last year - some regularly and some on a one-time-only basis. As you may have heard, volunteer background clearances are not needed for the 2015-2016 school year. New amendments to the Child Protective Services Law (CPSL) enacted on July 1, 2015 have delayed implementation of the requirement for volunteer clearances until July 1, 2016.

Throughout the year, our volunteers help with clerical work, mailings, driving students, and supporting specific class projects and student activities.

Volunteers will be needed in September to assist with mailings, directory proofreading and sales, selling gym uniforms, and welcoming families new to the T/E School District. Please contact Jeanne Braun, Coordinator of Volunteer Services, at brauni@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.

Parents are invited to attend Conestoga High School's 2015 Open House program beginning at 7:00PM on Thursday, September 17, 2015. Prior to the event, students will be asked to take home a copy of their *Day 1* schedules along with a map of the building. Upon entering the building, parents will report directly to their child's first period class, which will begin promptly at 7:00 PM. Each class will meet for twelve minutes, during which time teachers will discuss course content, requirements, homework, and grading practices. Study halls and unassigned periods will provide opportunities for brief contact with administrators, school counselors, nurses, librarians and other support personnel. These periods also provide a good opportunity to visit the cafeteria where light refreshments will be available.

Directory Sales

September 17, 2015



Student Directories will be sold during Open House on the evening of Thursday, September 17. The cost is \$5.00 per directory.

CLASS PARENT ORGANIZATIONS

Class of 2016

Senior Class Parent Meeting:

October 13, 2015 at 9:30 AM in Room 142

Class of 2017

Junior Class Parent Meeting:

October 15, 2015 at 9:30 AM in Room 142

Class of 2018

Pope Francis Visit Information

As many of you know, the entire Philadelphia area is preparing for the historic visit of Pope Francis to Philadelphia during the weekend of September 26. Events related to the visit involving large numbers of people are also being scheduled, including a possible event at Valley Forge National Park, on the Friday prior to the visit. Local authorities are preparing for a significant influx of visitors

Sophomore Class Parent Meeting:

*September 15, 2015 at 9:30 AM in Room
142*

Class of 2019

Freshman Class Parent Meeting:

*September 17, 2015 at 9:30 AM in Room
142*

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



to our area. Heavy volume at nearby hotels is expected. Because the Paoli train station is one of two open R5 stations that will allow SEPTA access to the city, our District may be particularly affected. Among the questions being considered by local emergency preparedness authorities include the potential for high congestion or gridlock conditions on roads such as Rt. 202, Rt. 30, and Rt. 252, the ability to access Paoli hospital during emergencies, parking overflow, and the deployment of extra services to meet any need that may arise. Potential closures of roads into the city such as I-76 may increase the impact on surrounding areas. We have been in regular communications with the local police to receive updated information.

As a result, all school activities and facilities use will be canceled between student dismissal on Friday, September 25 through the evening of Sunday, September 27. The varsity football game against Haverford scheduled for Friday evening has been rescheduled for Thursday, September 24 at 7PM at Teamer Field. Of primary concern is the ability for an emergency response team to be able to access medical facilities quickly if a person is in need. We will continue to monitor the event details in cooperation with local authorities to determine if further action is necessary, including the possibility of an early dismissal on Friday, a delayed opening on Monday or even school closures. Adjustments to the school day will be communicated through the same methods we use for weather emergencies, and the District website will be updated as appropriate.

PSAT Testing

PSAT Testing

College Board has announced a new *SAT Suite of Assessments* to be launched this school year which will impact the Class of 2017 and beyond. College Board's Scholastic Aptitude Test (SAT) remains the most commonly utilized assessment for Conestoga students in the college admissions process. As a school, we value the experience the Preliminary Scholastic Aptitude Test (PSAT) offers our students in preparing them for the SAT. This week a letter was mailed home to all families regarding the administration of PSATs which contained the following information:

- On **October 14th** Conestoga will administer the PSAT/NMSQT and PSAT 8/9 from 7:20 - 10:20 to grades 9-11 followed by an abbreviated class schedule
- Seniors will have a 3-hour delay and should plan to arrive by 10:20
- 10th and 11th graders will take the PSAT/NMSQT
- 9th graders will take the PSAT 8/9 but may opt to take the PSAT/NMSQT by notifying their counselor before September 22nd
- All costs are covered by the district
- College Board does not offer a make-up day for any absent students
- Counselors will be visiting homerooms next week to share information with 9th, 10th and 11th graders
- For additional information: <https://collegereadiness.collegeboard.org/>

We are pleased to offer this opportunity to further support college readiness and assist students to achieve their personal best. Please contact any of our guidance counselors with questions regarding the new *SAT Suite of Assessments* or PSAT administration.

Is This Normal?

PRESSURE - WORRY - STRESS - ANXIETY

Is This Normal?

When is it too much for tweens and teens?

Wednesday, September 16, 2015

9:00 - 10:30 AM

T/E Administrative Offices, 940 West Valley Rde, Ste 1700

Wayne, PA 19087

ARCH Invites you to a community conversation...

Stress affects everyone differently. There is stress that's beneficial and motivating - good stress. There is stress that causes anxiety and even health problems - bad stress. ARCH invites you to a presentation and discussion about the stress and anxiety in our families. The presentation will:

- Discuss how to evaluate if the stressors in your child's life, and their reactions, are "normal" or something that

needs to be addressed and when professional help should be considered.

- Offer take-away strategies to help your child (and possibly you) understand, cope, and manage stress and/or anxiety.

This Community Conversation will be led by...

- **Karen Moon**, LCSW, is a psychotherapist in Wayne, PA. She works with adolescents and their families, groups and individuals. Karen holds a certificate in Positive Psychology and a Master in Social Work from Washington University in St. Louis.
- **Kim Zahlaway**, LCSW, is a Licensed Clinical Social Worker in Berwyn, PA. She specializes in working with children, adolescents, adults and families impacted by Depression, Anxiety, Learning Disabilities, ADHD, Asperger's Syndrome, Parenting Education, School Problems, and major Life Transitions. Kim received a Master in Social Work from Simmons College in Boston.

Homecoming 2015

October 3, 2015

The annual Homecoming Dance, sponsored by the Student Council, is scheduled for Saturday, October 3rd from 7:30 PM to 10:30 PM. Many students attend from all grade levels, and dates are not required. The dress is "semi-formal"; this means coat and tie for the boys and dresses for the girls.

Parent volunteers are needed for staffing the water station and the coat check. If you are interested in volunteering, please contact Jeanne Braun at (610) 240-1913 or braunj@tesd.net . Please label your students' items (such as blue blazers!) so they are easily found at the end of the evening. Unfortunately, cameras, jewelry and shoes have been lost in the past. Conestoga cannot be responsible for lost or stolen items.

Tickets will be sold at Conestoga for two weeks prior to the dance.

No tickets will be sold at the door.

All Conestoga High School Code of Conduct Rules are in effect.



With the arrival of Fall, we eagerly anticipate our annual Homecoming Weekend on Friday, October 2nd and Saturday, October 3rd. Activities scheduled for the weekend include:

- Homecoming Pep Rally - Friday, October 2 - 1PM
- Homecoming Football Game vs. Harriton - Friday, October 2 - 7PM
- Homecoming Dance - Saturday, October 3 - 7:30 - 10:30 @CHS

Students must arrive by 8:30PM. Guest passes are required for any non-CHS student. Passes are available in the Main Office. It is our expectation that students will conduct themselves appropriately and show good judgment throughout all events. All school rules will be in effect, as is the case with school sponsored activities. Additionally, administrators will be visiting homerooms in the coming weeks to discuss appropriate decorum and expectations with the students.

We encourage you to consider the following suggestions to ensure a successful homecoming weekend.

- Communicate clear expectations to your son/daughter.
- Help your son/daughter make the right choices by giving him/her clear, uncompromising messages that discourage drinking alcohol and the use of drugs.
- Communicate with the parents of your child's date. Get his/her phone number in case of an emergency.
- Network with other parents on safe and appropriate pre- and post dance activities.

Homecoming is an exciting experience for our students. With your support of our efforts to provide a positive, safe environment, we are confident that our students will have a memorable and enjoyable experience.

T&E Care Offers School Meal Assistance Program

Tredyffrin & Easttown Care is a local non-profit that helps families in our community in a variety of ways. Because effective learning is best done on a full stomach, T&E Care supports families in the T/E School District with a school meal assistance program. This assistance is available to families meeting certain income criteria. Families who are approved for

free or reduced lunch assistance are not eligible to apply for our program as well. More details on the acceptance criteria can be found on the short application.

If your family could use a little extra help with breakfast and/or lunch assistance and you feel you might fit the criteria explained in the application, please contact your child's counselor for a copy of the application. You can also go to T&E Care's website to download the application (address below). There is no deadline to apply - your child can join this program at any time during the school year. Assistance of \$30/mo/student for elementary students, and \$40/mo/student for middle and high school students was offered by T&E Care last year. It is expected that similar amounts will be available again in 2015/2016. [You can also download a copy of the School Meal Supplemental Assistance Program 2015-16 application by clicking here.](#)

Any community members interested in helping to fund this important initiative, please go to T&E Care's website (www.tecare.org) for more details on how to get involved.

www.tecare.org/lookingforassistance/schoolmealassistance.html

ALLERGY ALERT

Our district, consistent with national trends, continues to see an increase in the prevalence of students with life threatening food allergies. The focus of our allergy management continues to be prevention, education, awareness, communication and emergency response.

As you may know, our District continues to review and update our Allergy Policy and Regulation (5403) and the Wellness Policy and Regulation (5402) to assure that they appropriately provide for the safety of our children. A copy of these District policies and the regulations are available on the District's website (www.tesd.net).

STUDENTS WHO HAVE LIFE THREATENING ALLERGIES NEED
ALL OF US TO KEEP THEM SAFE

Emergency Cards

The Green Emergency Medical Information Card was mailed home. It is important for the school nurse to have this card on file for each student. If you have not already done so, please return the completed card to the school nurse ***as soon as possible.***

Remember to fill out ***both*** sides of the card. If there are any changes in emergency information during the school year, please notify the nurse with an update.

MESSAGE FROM
THE STUDENT SERVICES DEPARTMENT

School Counselor Assignments

Student Services Center assignments for 2015-2016 are as follows:

Guidance Counselor	Class of 2019 & Beyond	Classes of 2016-18
<u>Laureen McGloin</u>	A-Bro	A-Br
<u>Rachelle Gough</u>	Bru-Dh	Bu-Dh
<u>Katherine Corkhill</u>	Di-Gr	Di-Gai
<u>Brian Samson</u>	Gu-Ke	Gal-Ja
<u>Melissa Boltz</u>	Kh-Ma	Je-L
<u>Jennifer Kratsa</u>	Mc-N	M-Na
<u>Dan McDermott</u>	O-R	Ne-R
<u>Leashia Lewis / Christine Baumann</u>	S-T	S-Te
<u>Megan Smyth</u>	U-Z	Th-Z

Mental Health Specialist	Student Last Name
<u>Dr. Christine Dunleavy</u>	A-L
<u>Mrs. Melissa Salzberg</u>	M-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 over the summer. 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.



Start following us on Twitter @StogaGuidance



Extended Experience Fall 2015

The Extended Experience Physical Education contract is for seniors, juniors and sophomores who want to substitute an outside physical education requirement during any given semester. In order to receive a satisfactory grade and credit on the transcript, students must meet the following requirements:

1. Return a completed Fall EEPE Application form by the due date of September 11, 2015.
2. Participate in at least 30 hours of supervised instruction.
3. Complete and return a Fall EEPE Verification form by January 8, 2016.

Extended Experience guidelines and required forms are available at: www.tesd.net. Please be aware that unless a completed and signed application form is returned to the main office on or before September 11, 2015 students will not be able to earn credit for the Fall Semester 2015. After this date, seniors will be placed in a gym for the duration of the semester. Juniors and sophomores without a completed application who wish to complete a gym requirement during the fall should see their counselor immediately.

Please remember that eight (8) semesters of physical education, extended experience and/or team sport are required for graduation from Conestoga High School.

NATIONAL HONORS SOCIETY

PLANS INDUCTION

November 10, 2015



The Conestoga Chapter of the National Honor Society will hold its annual induction ceremony on Tuesday, November 10, 2015 at 7:00PM in the Auditorium. As specified by its national charter, NHS members are chosen on the basis of scholarship, service, leadership and character. They participate in various service projects in school and in the community.

Students who have completed at least one full semester at CHS by the end of their sophomore or junior year are considered for membership. For the Classes of 2016 and 2017, a cumulative weighted GPA of 4.70 or higher is required for eligibility. Students who have achieved this GPA will receive letters inviting them to complete activity forms. Candidates are reviewed by a five-member faculty council on the basis of the four factors noted above. Students who meet the criteria of the organization are invited to attend the ceremony and become members of the NHS. Following induction, members of NHS are required to uphold the highest standards of character, leadership, service, and academic achievement. They are also required to attend monthly meetings and participate in service projects. Parents with questions should contact Melissa Boltz, Guidance Counselor and NHS Advisor, at boltzm@tesd.net.

Report Cards & Progress Reports

First marking period progress reports will be mailed home during the week of October 5, 2015. The first marking period will end on Friday, November 6, 2015. Consult the Tredyffrin/Easttown School District online calendar at www.tesd.net for further information on marking periods ending dates.



Upcoming Events

<u>EVENT</u>	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
Senior Portraits - Yearbook Class of 2016	9/12/2015	9:00AM	FDR
<u>NO SCHOOL</u>	9/14/2015		
Sophomore Parent Meeting	9/15/2015	9:30AM	Room 142
Freshman Parent Meeting	9/17/2015	9:30AM	Room 142
CHS Open House	9/17/2015	7:00PM	Building
Senior Portraits	9/19/2015	9:00AM	FDR
<u>NO SCHOOL</u>	9/23/2015		
Tri-M Induction	9/30/2015	9:00AM	Auditorium

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