

Conestoga High School

Issue 2: September 2016



Dear Parents,

Welcome to the 2016-17 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

September 15, 2016

Parents are invited to attend Conestoga High School's 2016 Open House program beginning at 7:00 PM on Thursday, September 15, 2016. Prior to the event, students will be asked to take home a copy of their Day 1 schedule 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

Conestoga Directories will be on sale at Open House on Thursday, September 15th. The directories cost \$5 each and all proceeds benefit the Sophomore Class.

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.

Club Fair 2016

Do you have a student interested in learning more about the clubs and activities offered at Conestoga High School? Please encourage your student(s) to spend some time at the annual Club Fair, which will take place from September 13 - 16, 2016 throughout the school day in the Main Lobby.

Conestoga offers more than 100 various clubs for students to explore and participate in. During Club Fair week, student representatives from many of the CHS clubs will set up informational

tables to advertise the goals, objectives, and activities that they hope to work on throughout the year. Student Activities provide a wonderful opportunity for students to enrich their high school experience through involvement in clubs, activities, and athletics, and Club Fair is the perfect time for students to join or re-join any clubs of interest. We hope to see the students there!

College Application Night

Attention All Seniors:

Please join us on **Tuesday, September 20, 2016 at 7:00 PM** in the CHS Auditorium for College Application Night. This program will teach seniors how to apply to college at Conestoga. It is a great way to learn more about the college application process. All seniors and their parents are welcome. We look forward to seeing you there!

Fall Schedule Change Reminders

Once school began, students attended their scheduled classes for the first several days of school. We resumed making schedule changes on Tuesday, September 6 through September 9, 2016. Core level changes can be made through December 23, the last school day prior to winter break. Requests for specific teachers, periods and course sections will not be honored.

Homecoming Dance

Saturday, September 24, 2016

The annual Homecoming Dance, sponsored by the Student Council, is scheduled for Saturday, September 24, from 7:30 pm to 10:30 pm. Students from all grade levels attend the dance, with or without dates. The dress is "semi-formal," which means coats and ties for the boys and dresses for the girls.

Parent volunteers staff the refreshment areas 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 can be easily found at the end of the evening. Unfortunately, blazers, phones, and shoes have been lost in the past. Conestoga cannot be responsible for lost or stolen items, so make sure to label everything that your student checks.

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.

Additional Homecoming Information

With the arrival of Fall, we eagerly anticipate our annual Homecoming Weekend on Friday, September 23rd and Saturday, September 24th. Activities scheduled for the weekend include:

- Homecoming Pep Rally - Friday, September 23 at 1:00pm
- Homecoming Football Game vs. Harriton - Friday, September 23 at 7:00PM
- Homecoming Dance - Saturday, September 24 from 7:30 - 10:30 PM at CHS

Students must arrive to the dance 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 you 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.

PSAT Testing

We have begun preparations for this year's administration of the Preliminary Scholastic Aptitude Test (PSAT). As a school, we value the experience the PSAT offers our students in preparing them for College Board's Scholastic Aptitude Test (SAT) as the SAT remains the most commonly utilized assessment for Conestoga students in the college admission process. This week a letter was mailed home to all families of students in grades 9-11 regarding the administration of PSATs which contained the following information:

- On **Thursday, October 13th** Conestoga will administer the PSAT 8/9 to all 9th grade students. Testing will take place from 7:20 a.m. - 10:30 a.m. All expenses will be covered by the district.
- Conestoga will offer the PSAT/NMSQT on **Saturday, October 15th** to all interested students. Registration will occur the week of September 12-16 during lunches. The fee for the PSAT/NMSQT is \$25.
- 9th graders who wish to register for the PSAT/NMSQT instead of the PSAT 8/9 should notify their counselor before September 23rd.
- Counselors will be visiting homerooms in the coming weeks 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 school counselors with questions regarding the *SAT Suite of Assessments* or PSAT administration.

Back-to-School Means Back-To-Volunteering

Parents play an active role in supporting the activities at Conestoga. We are grateful to the more than 300 parents and community members who donated their time last year. Thank you to all of the volunteers who helped in many ways over the summer and to those who have stepped up to help with Health Screenings the first two days of school. There are many opportunities to volunteer at Conestoga in September!

We need volunteers to help with *mailings* in the morning on Sept 6, Sept 8 and Sept 14. Also, volunteers are needed in the *Library* and in the *Achievement Center*. Please note that background clearances are required to volunteer in the Achievement Center.

Also, many volunteers are needed to help out at the ***Homecoming Dance on Saturday, September 24th*** at the Coat Check and Water Station. Don't worry, your child won't see you - you are NOT chaperoning the dance! Click here to sign up: [**CHS Homecoming Dance 9-24-16**](#)

For questions or volunteering, please contact Jeanne Braun, Community and Volunteer Services Coordinator at 610-240-1913 or braunj@tesd.net. Thank you for your continued interest and support of Conestoga.

'Stoga Points of Pride

Please click each of the headings below to view the congratulatory links in greater detail.

- **Conestoga Senior Delivers Eulogy at American Cemetery in Normandy, France**

MESSAGE FROM **THE STUDENT SERVICES DEPARTMENT**

School Counselor Assignments
Student Services Center assignments for 2016-2017 are as follows:

Guidance Counselor	Classes of 2017-18	Class of 2019 & Beyond
<u>Laureen (McGloin) Stohrer</u>	A-Br	A-Bro
<u>Rachelle Gough/ Anne Davis</u>	Bu-Dh	Bru-Dh
<u>Katherine (Corkhill) Barthelmeh</u>	Di-Gai	Di-Gr
<u>Brian Samson</u>	Gal-Ja	Gu-Ke
<u>Melissa Boltz</u>	Je-L	Kh-Ma
<u>Jennifer Kratsa</u>	M-Na	Mc-N
<u>Dan McDermott</u>	Ne-R	O-R
<u>Leashia Lewis / Jodie Davis</u>	S-Te	S-T
<u>Megan Smyth / Christine Baumann</u>	Th-Z	U-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 7:00 AM to 3:30 PM Monday through Friday.

Extended Experience Fall 2016

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, student must meet the following requirements:

1. Completed Fall EEPE Application form were due on September 9, 2016.
2. Participate in at least 30 hours of supervised instruction.
3. Complete and return a Fall EEPE Verification form by January 6, 2017.

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 9, 2016 students will not be able to earn credit for the Fall Semester 2016. After this date, seniors will be placed in a gym for the duration of the semester. Junior 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 9, 2016

The Conestoga Chapter of the National Honor Society will hold its annual induction ceremony on Wednesday, November 9, 2016 at 7:00 PM 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 2017 and 2018, 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 project. Parents with questions should contact Melissa Boltz, Guidance Counselor and NHS Advisor, at boltzm@tesd.net.

TE CARE Meal Assistance Program

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 who meet certain income criteria with a school meal assistance program. 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. Assuming funds permit, the assistance of \$30/mo/student for elementary students, \$40/mo/student for middle school students, and \$50/mo/student for CHS students will be offered by T&E Care in the 2016/2017 school year.

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

Class Parent Organizations

Class of 2017

Senior Class Parent Meeting: September 15, 2016 at 9:30 AM in Room 142

Class of 2018

Junior Class Parent Meeting: September 13, 2016 at 9:30 AM in Room 142

Class of 2019

Sophomore Class Parent Meeting: September 22, 2016 at 9:30 AM in Room 142

Class of 2020

Freshman Class Parent Meeting: September 20, 2016 at 9:30 AM in Room 142

- **Student Services Department**
- **Senior Privilege Information**
- **Senior Parking Permit Information**

CONESTOGA SPORTS SCHEDULES

Daily sports schedules for Conestoga high school athletic teams are available online at www.digialsports.com by entering "Conestoga High School." Please contact the CHS Athletic Office at 610-240-1024, for additional information.

NCAA and Student Athletes

Student 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](#).

Upcoming Events

<u>EVENT</u>	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
PSAT Registrations Begin	9/9-9/16/16	Lunches	Cafeteria
Class of 2017 Senior Portraits	9/10/16	9:00 AM	Cafeteria (FDR/Teamer Side)
Junior Parent Meetings	9/13/16	9:30 AM	Room 142
Club Fair and Fall Festival	9/13-9/16/16	7:20 AM	Main Lobby
Senior Parent Meeting	9/15/16	9:30 PM	Room 142
Open House	9/15/15	7:00 PM	CHS
Class of 2017 Senior Portraits	9/17/16	9:00 AM	Cafeteria (FDR/Teamer Side)
Freshman Parent Meeting	9/20/16	9:30 AM	Room 142
Sophomore Parent Meeting	9/22/16	9:30 AM	Room 142
Homecoming Pep Rally	9/23/16	12:49 PM	Large Gym
Class of 2017 Senior Portraits	9/24/16	9:00 AM	Cafeteria (FDR/Teamer Side)
Homecoming Dance	9/24/16	7:30 PM	Large Gym

STAY CONNECTED:



Conestoga High School, 200 Irish Road, Berwyn, PA 19312

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