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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 February 12, 2015 at 9:30 AM in Room 142

Class of 2016

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

Class of 2017

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

Class of 2018

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

CONCUSSION 101

Mark your calendars for this free public awareness event.

Parents, students, coaches, nurses, school professionals, and the community are invited to "Concussion 101," a free public awareness speaker event sponsored by the [Chester County BrainSTEPS Program](#).

When: Tuesday, January 13 from 6-8 p.m.

**Where: TCHS Brandywine Campus Cafeteria
Entrance B
455 Boot Road
Dowington, PA 19335**

RSVP: www.cciu.org/Concussion101

The evening will feature a keynote presentation from **Chris Nowinski**, a former Harvard football player and WWE professional wrestler who has been affected by concussion and is now an internationally known speaker on the topic of brain trauma. Act 48 hours are available!

Program Highlights

- Causes and consequences of concussion/traumatic brain injuries (TBI)
- Personal perspective of an individual who has been affected by concussion/TBI
- Importance of being vigilant for concussion and recovery
- Screening and long-term impact of repeated injury
- Act 48 hours - [Click here to register online through My Learning Plan](#)
- Light refreshments will be available

*[*Visit the official website for details*](#)*

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@csad.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://web1.ncaa.org/EGWB2/NCAA_EMS/NCAA.jsp.



College Admission Evening

Wednesday, January 14, 2015
7:00 - 9:00 PM
CHS Auditorium

The CHS Student Services Department invites all juniors and interested sophomores to attend **College Admission Night: "Oh the Places You'll Go!"** - on Wednesday, January 14 from 7-9 PM in the CHS Auditorium. This is a student and parent evening featuring keynote speaker, Jim Nundorf, from The University of Chicago Admission Office, followed by workshops on many topics including financial aid, finding the right fit, and managing the pressures of applying to colleges and universities. Join us for a very informative night.



ESL FAMILY NIGHT

THURSDAY, JANUARY 15, 2015

T/E SCHOOL DISTRICT ESL FAMILY NIGHT

THURSDAY, JANUARY 15, 2015



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ESL FAMILY PARTY! SEE OLD FRIENDS, MAKE NEW FRIENDS!
MEET NEW FAMILIES! GET A LIBRARY CARD!

SPONSORED BY THE CHS MULTICULTURAL CLUB

Please Join Us!

ESL FAMILY NIGHT
CONESTOGA HIGH
SCHOOL
200 Irish Road
Berwyn, PA 19312
THURSDAY
JANUARY 15, 2015
6:30-8:00 PM

Come out to meet the
ESL teachers & families
from other countries.

*Please wear
traditional clothing
from your country if
you choose.

Refreshments:
Please bring a
favorite dessert
from your country
to share with other
ESL families.

Please return this part to your child's ESL teacher.

Names: _____

____ We will come to ESL FAMILY NIGHT

We will BRING A DESSERT ____ YES ____ NO

MIDTERM EXAM SCHEDULE ANNOUNCED

Barring snow days or other emergency school closings, midterm exams are slated to take place on January 21, 22, and 23, 2015. The exam schedule is planned as follows:

Wednesday, January 21:

- 7:20 - 9:05 am - Math
- 9:30 - 11:15 am - English
- 12:30 - 2:15 pm - Conflicts

Thursday, January 22:

- 7:20 - 9:05 am - World Language
- 9:30 - 11:15 am - Social Studies
- 12:30 - 2:15 pm - Conflicts

Friday, January 23:

- 7:20 - 9:05 am - Science
- 9:30 - 11:15 am - Conflicts
- 12:30 - 2:15 pm - Conflicts

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. Beginning in January, evening hours are offered once each month by appointment only.

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
Science Olympiad - Battle at Valley Forge	1/10/15	7:00 AM	CHS
Keystones - Literature Module 2	1/12/15	11:37 AM	CHS
Keystones - Biology Module 1	1/13/15	8:20 AM	CHS

Freshman Parent Meeting	1/13/15	9:30 AM	CHS Auditorium
Keystones - Biology Module 2	1/14/15	11:37 AM	CHS
College Admissions Evening	1/14/15	7:00 PM	CHS Auditorium
Keystone Testing Makeup	1/15 and 1/16/15	TBD	CHS
Sophomore Parent Meeting	1/15/15	9:30 AM	CHS Auditorium
ESL Family Night	1/15/15	6:00 PM	CHS Cafe
No School	1/19/15		
CHS 8th Grade Meet & Greet Music Dept.	1/21/15	11:30 AM	CHS Auditorium & Cafeteria
Main Line Camp Fair	1/21/15	5:30 PM	CHS Main Lobby & Cafeteria
Midterm Exams	1/21, 1/22, 1/23/15	7:20 AM	CHS
End of Second Marking Period	1/23/15		
SAT Testing	1/24/15	8:00 AM	CHS
Snow Date for Main Line Camp Fair	1/28/15	5:30 PM	CHS
Curriculum Night	1/29/15	7:00 PM	CHS

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