

Conestoga High School

Issue: 8

January-February 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 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 February 19, 2015 at 9:30 AM in Room 142

Class of 2018

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

Senior Internship Program

Members of the Class of 2015 have been drafting letters of interest to be sent to potential community sponsors and contacting faculty members to serve as their advisers during the Senior Internship Program. Seniors do NOT need to have contacted a community sponsor at this point in the process. Extensive lists of past internships are available in the Library and the Student Services Center. Student journals from past internships are also kept in the Student Services Center to help seniors in the search for sponsors. Students are not limited to what has been done in the past, but the lists and journals can be helpful in identifying areas of interest.

During the Phase II meetings with the Program Coordinator on February 4 and 6, seniors will learn more about the process of finding community sponsors and tips on successful interviewing skills.

Parents or community members who are interested in sponsoring a student in their field of work should contact Pattie Littlewood, Coordinator of Community and Volunteers Services for the School District, at (610)-240-1913 or via email at littlewoodp@tesd.net to discuss the possibility of becoming a community sponsor in their career area. Additional questions or concerns may also be addressed to Mrs. Littlewood.

Spring Sports Forms

Spring Sports Forms are due on 2/13/15; forms are now being accepted in the Athletic Office. Information concerning which forms need to be submitted can be found at <http://www.tesd.net/site/Default.aspx?PageID=473>.

The Spring Sports Meeting is scheduled for Wednesday 2/11/15 at 7:00pm in the Auditorium for parents and students. Spring Sports begin on Monday 3/2/15 for V-JV-JVA and Monday 3/9/15 for Freshman and JVB.

Also, for those families planning their Summer Vacations-Fall Sports for V-JV will begin on Monday 8/17/15.

Prescription Drug & Medicine Abuse

A 2014-15 Community Conversation presented by ARCH

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@read.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.

Please click the following link to view the flyer for more details: [Community Conversation: Prescription Drug & Medicine Abuse](#)



When: Wednesday, February 18, 2015 from 9:00 - 10:30 AM

Where: T/E Administrative Offices
940 West Valley Rd, Suite 1700
Wayne, PA 19087

What: Please join us for a Panel Discussion on Prescription and Over the Counter (OTC) Medicine Abuse among our youth. This Community Conversation is free and open to the Tredyffrin/Easttown Community. It will be led by Kim Rubenstein, Certified Recovery Specialist and Executive Director for *Be a Part of the Conversation*.

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.



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).

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

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



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
Dr. Martin Luther King, Jr. Program & AASU Culture Day	2/4/2015	7:30 AM	CHS Main Lobby and Auditorium
Senior Internship Program - Phase II Meeting	2/4/2015	7:20 AM	Room 142
Senior Internship Program - Phase II Meeting	2/6/2015	7:20 AM	Room 142
SAT Testing	2/7/15	8:00 AM	CHS Building
CHS Unity Week	2/9-2/13/2015		CHS
Junior Parent Meeting	2/10/2015	9:30 AM	Room 142
CHS Spring Sports Meeting	2/11/2015	7:00 PM	Auditorium

Senior Parent Meeting	2/12/201	9:30 AM	Room 142
CHS Spring Sports Forms Are Due	2/13/2015		CHS
Manifest Movie Day	2/13/2015		CHS

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