

Conestoga High School

Issue: 16

May-June 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.

Follow us on twitter!
[@StogaAthletics](#)

CLASS PARENT ORGANIZATIONS

Class of 2015

Reflections: June 1, 2015
7:00PM at the Daylesford Abbey
Graduation: June 2, 2015
7:00PM at The Pavilion, Villanova University

Class of 2016

Junior Parent Luncheon:
Wednesday, June 10th at 11:30 AM
Diane and Evan Pancoast
423 Heatherwood Lane, Devon
RSVP to pancoastfamily@comcast.net
with salad/side/dessert you can bring.

Class of 2017

Sophomore Parent Luncheon:

Medications

If your student currently has medication/medical supplies in the Nurse's Office, it will need to be picked up by a parent or guardian by **June 18th**.

Any medications which remain after the last day of school will be discarded.

The District Medication Policy 5406 requires that a new doctor's order be written each year in order for a child to receive prescription or over-the-counter medications in school.

Attention Senior Parents

Information about Internship evaluations, rehearsal instructions and graduation, was mailed to all parents earlier this week, but parents have not received the information. The 2015 Class Chair will be sending a blast containing all the information as soon as possible. Thank you.

Reflections Reminders...



**Monday, June 1, 2015
7pm at the Daylesford Abby**

Reflections is a non-denominational event that features musical performances and speeches by selected seniors. All senior families were sent an invitation earlier this month. Because seating at Daylesford Abbey is limited this event is for seniors and their immediate family only.

Senior students were asked to please bring refreshments for the reception: Last names beginning with: A-G bring an appetizer, H-P bring a dessert, Q-Z bring water (dozen bottles). Please be sure that all food is ready-to-serve. Food & water will be

June 9th

More details to follow.

For information contact Lorraine

Miller email:

Lsm4good@gmail.com

Class of 2018

Freshman Class Parent Meeting:

Thursday, June 11th at 11:00 AM

at the home of Susanne and Douglas Hay, 278 Coket Lane, in Strafford.

Please note that the meeting time has changed from 9:30 am to 11:00 am.

collected that evening, beginning at 6pm.

PARKING at the Abby is LIMITED so plan accordingly and arrive early. Overflow parking is available at Paoli Presbyterian Church. A FREE SHUTTLE will run between Paoli Presbyterian and the Abby all evening.

- Daylesford Abby: 220 South Valley Rd, Paoli
- Paoli Presbyterian Church: 225 S. Valley Rd, Paoli

In the event of rain - look for an email about changes to the Reception.

Senior Reflections and Graduation

Please join me as we say goodbye to our seniors at Reflections on June 1st, 7:00 pm, at Daylesford Abbey and again at Graduation on June 2nd, 7:00 pm, at The Pavilion, Villanova.

It has been a pleasure serving as your Parent Chair for that past 4 years. I wish you and your students good luck in the coming years.

Gretchen Guttman



SATURDAY & SUNDAY

JUNE 13-14, 2015

Shop the Barnes & Noble Bookfair

A portion of all purchases, including the café, will be donated to CAPCO every time you MENTION CONESTOGA HIGH SCHOOL at check-out!

CHS English Department 2015 Summer Assignments - can be found on the CHS Website (Student TAB, Summer Assignments)

[Click Here to Link to CHS Summer Assignments](#)

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,

SAT Changes Announced

SAT Changes Announced - The College Board has announced a new *SAT Suite of Assessments* to be launched during the 2015-16 school year which will impact the Class of 2017 and beyond. It will include a redesigned SAT (March 2016), a redesigned PSAT/NMSQT (October 2015) as well as a new PSAT 10 designed for 10th graders (February 2016) and new PSAT 8/9 designed for 8th and 9th graders (October 2015). As part of the changes, College Board is requiring all schools to administer the PSAT during the school day. On October 14, 2015 Conestoga will administer the PSAT/NMSQT and the PSAT 8/9. A letter will be sent home to all high school students in September with details about the testing schedule. Please note, these changes will NOT impact the Class of 2016 as the SAT changes begin in March of 2016. We encourage students and families to visit the College Board website at: <https://collegereadiness.collegeboard.org/> to learn more about the upcoming changes. Additionally, students in the Class of 2017 will meet with their counselors in early June for an information session about the upcoming changes. Please contact any of our guidance counselors with questions regarding the new *SAT Suite of Assessments*.

AFS Seeks Host Families for Exchange Students

Without leaving your home, your family can experience the richness of another culture by hosting an American Field Service (AFS) exchange student for the coming year. Students are carefully interviewed and selected by officials in their home countries, and are placed with families according to compatible interests. All students come with full medical insurance and their own spending money. Host families vary widely in

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://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp.



size, age, and income level. Requirements for hosting are curiosity about other cultures, a sense of humor, flexibility, and a willingness to open one's home and heart to a student from another country.

Placements are available for either one or two semesters. However, changes are made whenever student family chemistry is not satisfactory. If you are interested in serving as an AFS host family, or if you would like further information, call Carolyn Veith, local AFS coordinator, at 610- 688-5146.

Health Curriculum Reminder - SOS Program

As you may recall from the letter sent to ninth grade parents in the summer mailing, Conestoga is offering depression awareness and suicide prevention training as part of the health wellness curriculum using information from a research based program, the Signs of Suicide® (SOS) Prevention Program. Ninth grade students will take part in the SOS program during the mental health unit of their Health & Fitness course. Ninth grade students who had Health & Fitness in the fall took part in the SOS program from November 10 - 14, 2014. Ninth graders currently enrolled in health for the spring semester will take part on April 7 - 13, 2015. Health teachers will deliver SOS program instruction, including a DVD entitled "Friends for Life" and related follow-up discussions. A member of the school counseling team will be present during and after the lessons to collect confidential response cards voluntarily completed by students who feel that they or a friend might need help. Counseling team members will also provide immediate, confidential follow-up for any students requesting help after the SOS lessons.

Our goals in presenting this course content using the SOS Prevention Program are:

- To help students understand that depression is a treatable illness
- To explain that suicide is a preventable tragedy that often occurs as a result of untreated depression
- To provide students training in how to identify serious depression and potential suicidal thoughts in themselves or a friend
- To impress upon youth that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns
- To help students know which adults in the school they can turn to for help, if they need it

Helpful information for parents can also be found at:

<http://www.paloaltoonline.com/news/print/2015/03/16/guest-opinion-keep-calm-and-parent-on>

2015-2016 School District Calendar Information



Please visit the T/E School District web site to view the [2015-2016 School District Calendar Information](#) or click on the link below to view the 2015-2016 School District Calendar Information. School staff members are beginning to plan events and activities for the 2015-16 school year. Parents are encouraged to check the calendar after June 1, 2015 for dates of school events and activities.

[2015-2016 School District Calendar Information](#)

Student Services Update:
'STOGA GUIDANCE
Now on Twitter!



@stogaguidance

Follow the Conestoga Guidance Department on Twitter for the latest updates on Guidance events and college information!
Follow us on Twitter @**StogaGuidance** .

CHS Athletics
Now on Twitter!



@stogaathletics

Stay up to speed on the latest with 'Stoga Athletics. Follow us on Twitter @**StogaAthletics** .

Volunteer Clearances

There are three clearances required:

- The Pennsylvania Criminal Background Check
- The Pennsylvania Child Abuse History Clearance
- The Federal (FBI) Criminal History Clearance

OR

A signed and witnessed waiver for ten year residents of Pennsylvania.
Your signature on this form can be witnessed by any adult.

LINKS TO CLEARANCES:

[Click here to download the FBI Clearance waiver for ten-year residents of Pennsylvania.](#)

[Click here for information on how to obtain clearances.](#)

Thanks so much for your continuing support of the students and the staff of the T/E schools.

Please submit your clearance confirmations to the Human Resources Department at the District Administration Offices via email at volunteerclearances@tesd.net or by mailing them to:

Tredyffrin/Easttown School District
Human Resources Department
940 West Valley Road, Suite 1700
Wayne, PA 19087

Please send in your clearances by July 1, 2015, to insure that you are available to volunteer at the beginning of the next school year.

**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](#)

Upcoming Events

EVENT	DATE	TIME	LOCATION
Commencement Rehearsal	6/1/2015	10:00 AM	Large Gym Auditorium:

Senior Portraits: June 1-5	6/1-6/5/2015	2:30 PM	6/1-6/2 FDR: 6/3-6/5
Reflections	6/1/2015	7:00 PM	Daylesford Abbey
Commencement	6/2/2015	7:00 PM	Villanova University
SAT Testing	6/6/2015	8:00 AM	CHS

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