

Conestoga High School

Issue: 2

September 2014



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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](#)

[Class of 2016](#)

[Class of 2017](#)

[Class of 2018](#)

Freshman Class Parent Meeting: Tuesday, September 23, 2014 at 9:30 AM

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.

Volunteers will be needed early in September to assist with health screenings, mailings, selling gym uniforms, coordinating picture day and welcoming families new to the T/E School District. Please contact Pattie Littlewood, Coordinator of Volunteer Services, at plittlewood@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.

Dear Parents,

We had a great opening to the 2014-15 school year as students have settled into their classes and acclimated to the new year. The hallways are buzzing with activity and the excitement of fall is upon us! Please contact the school if we can assist in any way. As always, Go 'Stoga!

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.

Chris Herren to Speak at Conestoga



Conestoga High School is pleased to announce that on **Thursday, October 2, 2014** we will host nationally regarded guest speaker, Mr. Chris Herren, who will present an assembly to all Conestoga students titled, *Unguarded: A Conversation with Chris Herren* about drug addiction and recovery. This opportunity has been made available through the efforts and contributions of T/E School District, SADD, ARCH, FLITE and the Paoli Wildcats.

Chris Herren, a high school basketball legend from Falls River, Massachusetts, realized his lifelong dream of playing for the Boston Celtics, only to lose it all to alcohol and drug addiction. Sober since August 1, 2008, he has refocused his life to put his sobriety and family above all else. Chris Herren continues to share his story with the hope of reaching just one person and making a difference in his/her life. He draws on his own history to convince audiences that it is never too late to start making a difference. For more information on this Speaker/Performer, please visit www.apbspeakers.com.

If for any reason you would not like your child to participate in this assembly, please let us know by contacting Mrs. Michelle Rodden at 610-240-1019 prior to the day of the event. For those parents/guardians who are interested in hearing Chris Herren speak, you are invited to a **community presentation on Wednesday, October 1**, at Conestoga High School in the Auditorium, beginning at 7:00pm.

Please feel free to contact [Anthony DiLella](#) in the Activities Office with any questions or concerns.

Homecoming 2014

The annual Homecoming Dance, sponsored by the Student Council, is scheduled for **Saturday, October 11th from 7:30 p.m. to 10:30 p.m.** 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 used for staffing the refreshment areas and the coat check—a necessity given the number of navy blue blazers involved as the evening goes on and the gym heats up! Parents are encouraged to label all items that may be checked or set aside during the dance, especially navy blue blazers! Unfortunately, cameras, jewelry and shoes have also turned up missing in previous years. Conestoga cannot be responsible for lost or stolen items.

Parent volunteers are needed to help with the coat check and refreshments. **Please call Pattie Littlewood at (610) 240-1913 to volunteer.**

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 10th and Saturday, October 11th.** Activities scheduled for the weekend include:

- **Homecoming Pep Rally - Friday, Oct. 10th - 1PM**
- **Homecoming Football Game vs. Marple Newtown High School - Friday, Oct. 10th @ 7:00PM**
- **Homecoming Dance - Saturday, Oct. 11th from 7:30-10:30PM @ CHS. The theme is "There is No Place Like Stoga" (Wizard of Oz)**

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.

ALLERGY ALERT

Students with life threatening allergies are a growing health concern in schools across the country. The T/E School District has a policy (#5403) to address this issue.

Food allergies, insect stings, latex and medications can cause an anaphylactic reaction in people who are highly allergic to them. Anaphylaxis is a sudden, severe allergic reaction that involves various areas of the body simultaneously. Symptoms of an anaphylactic reaction can be any or all of the following:

- Hives
- Tingling, itching, redness on skin, lips, eyelids or any part of the body
- Swelling/itching of mouth and throat
- Nausea, vomiting, diarrhea
- Paleness, dizziness

- Loss of consciousness

Even if your child does not have a life threatening allergy, another schoolmate may have one.

- The T/E School District Nursing Staff

Emergency Cards

The green Emergency Medical Information Card was sent home with your child in the first day packet (or mailed home with your student's schedule or mailed home with etc.). It is most important for the school nurse to have a card on file for each student. If you have not already done so, please return the completed card to school **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 call the nurse with an update.

MESSAGE FROM THE STUDENT SERVICES DEPARTMENT

School Counselor Assignments

Student Services Center assignments for 2014-2015 are as follows:

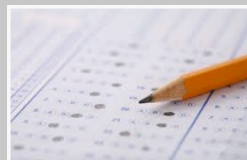
Grades 9 - 12

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.

PSAT'S

PSAT / NMSQT OCTOBER 18, 2014



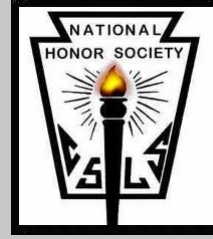
Attention parents of sophomores and juniors! On **October 18, 2014** Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test (PSAT/NMSQT) will be held at Conestoga High School. The time is 7:45 - 11:30 AM (approximately). A Conestoga ID or other approved photo ID will be required on the day of the test. In accordance with the College Board policy on cell phones, **NO** cell phones are permitted in the testing room.

The PSAT/NMSQT is an abbreviated version of the Reading, Math, and Writing sections of The College Board's Scholastic Aptitude Test. Full details concerning the test, including a sample test with a scoring key, will be issued to students when they register. The PSAT/NMSQT is a "must" for college-bound juniors. Sophomores are welcome to take it to get an early start on college testing. For further information, contact the CHS [Student Services Center](#).

Note: In accordance with the College Board policy on cell phones, NO cell phones are permitted in the testing room.

NATIONAL HONORS SOCIETY PLANS INDUCTION

November 11, 2014



The Conestoga Chapter of the National Honor Society will hold its annual induction ceremony on Tuesday, November 11, 2014 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 2015 and 2016, 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 Misty Whelan, Guidance Department Chairperson and NHS Advisor, at whelanm@tesd.net.

Report Cards & Progress Reports

First marking period progress reports will be mailed home during the week of October 6, 2014. The first marking period will end on Friday, November 7, 2014. Consult the Tredyffrin/easttown School District online calendar at www.tesd.net for further information on marking periods ending dates.



Upcoming Events

EVENT	DATE	TIME	LOCATION
Senior Portraits Class 2015	9/20/2014	9:00AM	FDR
Freshman Class Parent Meeting	9/23/2014	9:30AM	CHS - Rm 142
Rosh Hashanah - No School	9/25/2014	School Closed	
Senior Portraits Class 2015	9/27/2014	9:00AM	FDR
Tri-M Induction	10/1/2014	9:00AM	Auditorium
Chris Herren Parent Presentation	10/1/2014	7:00PM	Auditorium
Chris Herren Student Presentation	10/2/2014	9:00AM	Gymnasium
Fall Flea Market	10/4/2014	8:00AM	CHS

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