

# Conestoga High School

Issue: 1

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](http://www.digitalsports.com) by entering "Conestoga High School." Please contact the CHS Athletic Office, 610-240-1024, for additional information.

## Fall Schedule Change Reminders

Once School begins, students will attend their scheduled classes for the first several days of school. We will resume making changes on Monday, September 8. The fall elective/PE change period will end on September 12, 2014. Core level changes can be made through December 23, the last school day prior to winter break. Request for specific teachers, periods and course sections will not be honored.

## ***Dear Parents,***

*Welcome to the 2014-15 school year! The "Big C" is once again filled with students bustling with the expectations of early fall and the start of a new school year. It is always refreshing to witness the anticipation and excitement our students bring as the halls and classrooms again buzz with activity.*

*Please be sure to view the District 2014-15 school calendar which can be found at [www.tesd.net](http://www.tesd.net). We have many exciting activities planned for opening days, with special attention given to orientation programs for freshmen and students new to the school district.*

## **Come to Open House**

**September 18, 2014**

Parents are invited to attend Conestoga High School's 2014 Open House program beginning at 7:00PM on Thursday, September 18, 2014. Prior to the event, students will be asked to take home a copy of their *Day 1* schedules 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 7:00PM. Each class will meet for twelve minutes, during which time teachers will discuss



## 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 [littlewoodp@tesd.net](mailto: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://byeb1.ncaa.org/ES/FR2/NCAA\\_FR2/NCAA.jsp](http://byeb1.ncaa.org/ES/FR2/NCAA_FR2/NCAA.jsp).



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.

## 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. Evening hours are offered once each month by appointment only.

**Extended Experience Fall 2014**

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, students must meet the following requirements:

1. Return a completed Fall EEPE Application form by the due date of September 12, 2014.
2. Participate in at least 30 hours of supervised instruction.
3. Complete and return a Fall EEPE Verification form by January 9, 2015.

Extended Experience guidelines and required forms are available at: [www.tesd.net](http://www.tesd.net). Please be aware that unless a completed and signed application form is returned to the main office on or before September 12, 2014 students will not be able to earn credit for the Fall Semester 2014. After this date, seniors will be placed in a gym for the duration of the semester. Juniors 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.

## PSAT'S

### PSAT / NMSQT Registration Planned



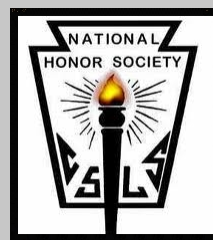
Attention parents of sophomores and juniors! Registration for the **October 18, 2014** Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test (PSAT/NMSQT) will be held **Monday through Friday, September 15 - 19**. Registration will take place in the main lobby during all lunch periods. The \$21 fee is due at the time of registration. Checks should be made out to *Conestoga High School*. A Conestoga ID or other approved photo ID will be required on the day of the test.

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](mailto: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](http://www.tesd.net) for further information on marking periods ending dates.



## Upcoming Events

<u>EVENT</u>	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
First Day of School	9/2/2014	7:20AM	CHS
Fall Health Screening	9/2-9/3/2014	7:20AM	Small Gym
Group Picture Day (12 <sup>th</sup> Grade)	9/2/2014	9:25AM	Teamer Field/Gym
Group Picture Day (9 <sup>th</sup> Grade)	9/2/2014	10:15AM	Teamer Field/Gym
Fall Health Screening: Hearing	9/3/2014	7:20AM	Rm 122A
Picture Day	9/5/2014	7:20AM	Auditorium
Senior Portraits Class 2015	9/6/2014	9:00AM	FDR
New Family Welcoming Reception	9/8/2014	7:00PM	CHS Main Lobby
Absentee Picture Day	9/11/2014	10:45AM	Auditorium
College Application Night	9/11/2014	7:00PM	Auditorium
Senior Portraits Class 2015	9/13/2014	9:00AM	FDR
Fall Festival and Club Fair	9/15-9/19/2014	8:00AM	CHS Main Lobby
CHS Open House	9/18/2014	7:00 PM	CHS

Senior Portraits Class 2015	9/20/2014	9:00AM	FDR
Rosh Hashanah - No School	9/25/2014		School Closed
Senior Portraits Class 2015	9/27/2014	9:00AM	FDR

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