

Welcome to
Conestoga High School!

Class of 2026



Agenda

- ▶ Counselor Role
- ▶ Keeping connected
- ▶ Ways to get involved
- ▶ First day schedules
- ▶ Tips for success

Student Services Office

Hours - 7:15am to 3:00pm

We are here to help!

2022-2023 CHS COUNSELORS

LAUREEN STOHRER

A - BROU

RACHELLE GOUGH

BROV - DEH

RACHEL REAVY

(in for Katherine Barthelmeh)

DEI - GI

BRIAN SAMSON

GJ - JOH

MELISSA McMENAMIN

JOI - LIU

JENNIFER KRATSA

LIV - MEO

DANIELLE YUCIS

MEP - PH

DAN McDERMOTT

PI - SHC

ANNIE DAVIS

SHE - VA

MEGAN SMYTH

VE - Z

Mental Health Specialists

- ▶ Christine Dunleavy A – G
- ▶ Tama Martelluci H – O
- ▶ Joellen Corrocher P – Z

When will ninth graders meet their counselor?

- Today!
- In the coming days and weeks, counselors will be in 9th grade homerooms and scheduling individual and small group meetings.
- Counselors will send your student a pass in homeroom.
- Students may stop by the office during a study hall or their lunch to schedule an appointment.

Welcome to High School!

- Expand your thinking...
- Challenge = growth
- Personalized plan based on YOU!
- Self-Advocacy

Staying in the Loop....

- ▶ Conestoga Web Site: <http://www.tesd.net/stoga>
- ▶ District email blasts to all families, K-12 (district updates, every Friday)
- ▶ CHS email blasts (CHS updates, every other Friday)
- ▶ Monthly Parent Meetings - dates are on the district calendar (parent chair will email meeting minutes)
- ▶ Schoology
- ▶ T/E All-Call - late openings, etc. www.tesd.net/teallcall

Helpful Hints

- ▶ Many students don't use lockers. Those that do, DON'T decorate!
- ▶ Most students carry backpacks.
- ▶ There is NO "supply list"...teachers will share the first days.
- ▶ Lunch schedule and privileges.

Lunch Schedule

LUNCH A	LUNCH B	LUNCH C	LUNCH D
Lunch A 11:12 - 11:42	Period 5 11:12 - 11:33		Period 5 11:12 - 11:54
Period 5 11:47 - 12:29	Lunch B 11:36 - 12:06	Period 5 11:12 - 11:54	Period 6 11:59 - 12:20
Period 6 12:34 - 1:16	Period 5 (Cont.) 12:08 - 12:29	Lunch C 11:59 - 12:29	Lunch D 12:23 - 12:53
	Period 6 12:34 - 1:16	Period 6 12:34 - 1:16	Period 6 (Cont.) 12:55 - 1:16

Ways to Get Involved

- ▶ Jump in!
- ▶ Engage in your passions and strengths
- ▶ Try out new things
- ▶ Community service/Volunteering
- ▶ Start your own club
- ▶ Dr. Jolly (room 208) can help!

Clubs & Activities at CHS

We offer over 150 clubs/activities!

▶ Interest Related Clubs

Fishing Club, Greening Stoga Task Force, Chess Team, Film Production Club, Robotics Club, Ski and Snowboard Club

▶ Academic Clubs

Voices (Speech/Debate), Science Olympiad, Model UN, Academic Competition Teams

▶ Community Service Clubs

Peer Mediation, Stoga Study Buddies, Best Buddies, Key Club

Club Fair - week of September 19th!

Athletics

▶ Freshman Athletic Teams

Fall: Football, Soccer, Field Hockey

Winter: Volleyball, Basketball

Spring: Baseball, Softball, Lacrosse

*For any other sports, 9th graders may tryout for JV/Varsity teams

▶ Club Sports

Ice Hockey, Rugby, Paddle, Crew & Squash

See the Athletics page on our website

First Days of School

- ▶ Day 1 - 9th graders ONLY from 7:50-11:30 (orientation /walk schedule). Lunch provided. 2nd half of day, students meet their teachers.
- ▶ Day 2 - Team building, student panel, odd day classes.
- ▶ Day 3 - Health screenings, counselor meetings, even day classes.

Available Resources...take advantage!

The Achievement Center - Room 201

- Math Aide
- Writing Aide
- Science Aide
- Study and Organization Skills
- National Honor Society tutors

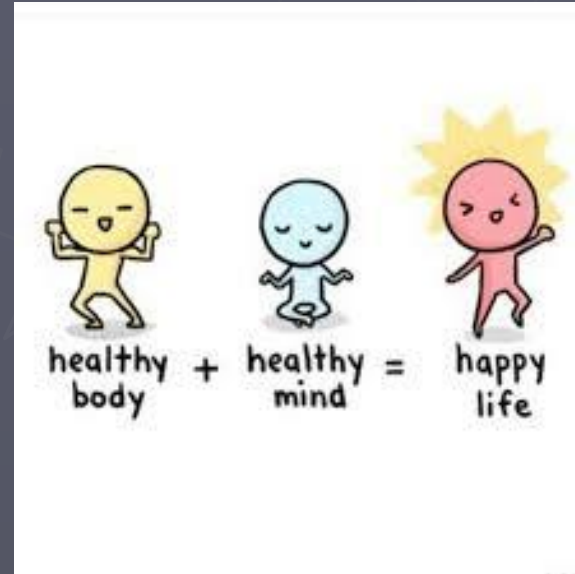
Support Services:

- CARE Team, CHS Counselors, Mental Health Specialists

Balance

INTELLIGENCE of BEING WHOLE

Mind-Body



Is your home a Safe Home?



ACT

▶ Acknowledge

- Listen & take it seriously

▶ Care

- Voice your concern, remain calm

▶ Tell

- Tell a trusted adult/resource

BALANCE is a beautiful thing.



Thank you for coming!

- ▶ Tours are available now
- ▶ If you are new to T/E Schools, please join us in the Student Services Office for a reception at 5:45 to welcome you to our community!
- ▶ Q & A