

Conestoga High School

Issue 13: February 2020



Senior Internship Program Update

Conestoga offers seniors an opportunity to explore an area of career interest during the last month before graduation. All seniors should have turned in their Faculty Advisor Form and submitted a draft letter of interest. Seniors should be reaching out to potential sponsors in February and March. All internship forms are due April 17th. Please ask your senior what they are thinking about for their internship and offer your assistance in identifying contacts. Seniors can also search contacts from prior CHS internships. Information about the Senior Internship Program can be found at <http://tesd.net/internships>. Questions can be directed to Jeanne Braun, Program Coordinator at 610-240-1913 or braunj@tesd.net.

If you or your place of employment is interested in mentoring a Conestoga senior for the internship period, please reach contact Jeanne Braun at braunj@tesd.net. It's a wonderful way to give back to our community.

Please be aware that compliance with Pennsylvania legislation requires Community Sponsors (the people your children intern with) to have completed background clearances in order to take a Conestoga intern who is under 18 years of age. More information on this requirement can be found on the Conestoga website.

Spring Sports

The Athletic Office is now accepting PIAA paperwork for Spring Sports. The paperwork can be downloaded on the CHS Website- Under Athletics-PIAA Forms/General Information or picked up in the Athletic Office.

The PIAA paperwork is due by Friday, February 21st

- V/JV/JVA Teams begin on Monday, March 2nd
- Freshman/JVB Teams begin on Monday, March 9th

The website is a great source of information (announcements, signing up for alerts, schedules...). Also, feel free to contact the Athletic Office (610-240-1024) with any questions.

Financial Aid Evening

Please join us for Financial Aid Evening on **Thursday, March 19th** at 7pm in the Conestoga Auditorium. Cabrini University's George J. Walter, Vice President of Enrollment Management, will present about what parents need to know related to the financial aid process for college. All are welcome. We look forward to seeing you there!

Junior College Conferences

Attention Junior Parents / Guardians:

It is our pleasure to invite you to schedule a post-high school planning conference with your child's counselor sometime this winter or spring. This meeting is an opportunity to discuss your goals and your high school academic record as we help guide you toward your own individualized post-high school plan. We recommend that parents call the Student Services Office at 610.240.1045 at their earliest convenience to schedule a conference. These meetings began on December 2nd and dates can be scheduled through the spring. It is helpful to know your student's availability or free period so we can schedule the meeting when your child does not have class. We look forward to meeting with you!

Conestoga Key Club holds Pennies for Patients Drive

The Conestoga Key Club will running their Pennies for Patients program from February 24th to March 13th. Did you know that over 1.4 million Americans are currently living with blood cancer? In all likelihood, a blood cancer diagnosis has drastically impacted the life of a family member, a co-worker, or a friend of yours. However, thanks to the research and patient services efforts spearheaded by The Leukemia & Lymphoma Society (LLS), the survival rate for these individuals has greatly increased and the quality of life for patients has vastly improved. LLS supports major programs that involve live-saving research, patient services, and various other community services. For more information on Pennies for Patients and how the funds are used, click the following link: www.penniesforpatients.org.

Students will be collecting spare change, bills and check donations during their three-week campaign entitled "Pennies for Patients". We will be encouraging donations with some incentives and a friendly competition between homerooms. Please consider donating to your student's homeroom during the campaign! Cash, (bills or coins) and checks accepted (made out to the Leukemia & Lymphoma Society). Donations can be sent in at the start of the campaign on Monday February 24th through Friday March 13th.

We're hoping to raise \$2000 during Pennies for Patients and make an amazing impact to help the Leukemia & Lymphoma Society help families affected by cancer. Collection boxes will be placed in homerooms late next week and students can also donate during lunches and those donations can be also attributed to homerooms.

After the event is over, the homerooms that raise the most money in each grade level will be rewarded with a treat. In addition, the homeroom with the highest overall donations will be rewarded with an extra special treat!

Please consider donating to this great cause!

Students at Conestoga High School Help Conquer Childhood Cancer by Holding a Four Diamonds Mini-THON

Conestoga High school will be holding a six-hour activity marathon on March 20,2020 to raise money to support the Four Diamonds at Penn State Hershey Children's Hospital. The money raised will cover medical expenses for families that have children battling pediatric cancer, as well as support a comprehensive team of researchers that are looking for a cure.

Modeled after the Penn State Dance Marathon, "Four Diamonds Mini-THONs" originated in 1993 and empower students to learn about event management and philanthropy by joining in the fight against pediatric cancer. Last year, students across the country that hosted Mini-THONS just like Conestoga's raised a combined \$7 million for Four Diamonds.

Before the event, students will be seeking donations from family and friends to sponsor their Mini-THON experience. During the event students will participate in dancing, games, competitions, and much more, staying active for the entire 6 hours.

This year, Conestoga Student Council and Key Club set an ambitious goal of raising \$15,000 and they hope to have at least 300 students

involved in the Mini-THON. They've done a lot of planning and are anticipating a great event. The goal is to unify the students as they join the fight against pediatric cancer.

The Four Diamonds' mission is to conquer childhood cancer by assisting children being treated at Penn State Hershey Children's Hospital and their families through superior care, comprehensive support, and innovative research.

Conestoga Mini-THON early registration is taking place NOW and regular registration will be from March 6-20th. Anyone interested in supporting the Conestoga students in this endeavor can donate to Four Diamonds by going to the Conestoga DonorDrive site at <https://fourdiamonds.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=2795>.

Event Details

Date: March 20, 2020

Time: 6:00 pm to midnight

Location: Conestoga High School

For more information contact Mrs. Gallo at galloe@tesd.net or Allison Long at longa@tesd.net

Class Parent Organizations

Class of 2020

Senior Class Parent Meeting: February 20, 2020 at 9:30 am

Class of 2021

Junior Class Parent Meeting: March 12, 2020 at 9:30 am

Class of 2022

Sophomore Class Parent Meeting: February 18, 2020 at 9:30 am

Class of 2023

Freshman Class Parent Meeting: March 10, 2020 at 9:30 am

TE All-Call Reminder

When serious weather conditions or other emergencies make it necessary to close or delay the opening of schools, announcements will be made on the TE All-Call Mass Communication System, the TESD website, the T/E Information Hotline - (610) 240-1970, T/E TV on Comcast Cable Channel 14 and Verizon Channel 20, as well as on local television stations.

Parents are encouraged to establish emergency procedures with

their children ahead of time to prepare for early school closings. Automated phone calls, text messages and emails will be sent to parents through the TE All-Call system, powered by SchoolMessenger. Please contact your school's main office if you need to add or change one of your contact numbers for TE All-Call. [Click here to learn more about the TE All-Call system.](#)

Traffic Safety Reminders

TESD urges all parents to exercise traffic safety around our schools. Please be reminded to:

- Drive slowly and carefully in school parking lots, drop off areas and nearby roads
- Obey all traffic flow patterns and rules of the road
- When dropping off and picking up students, please pull all the way up allowing traffic to flow
- Discuss pedestrian safety with your kids (use crosswalks/sidewalks, look both ways, don't "walk and text," etc)

Traffic patterns around the schools are always busy at the start and end of our school days. We appreciate your attention to the safety of all of our students.

Conestoga High School Expansion Project

The Conestoga High School Expansion project continues to proceed. The district will continue to provide updates on the renovation process through the district website. Expansion plans and information can be found at www.tesd.net/chs_expansion.

In the News from Student Health Services

As the weather continues to get colder, influenza or flu season is spreading quickly. Influenza can be a serious disease that leads to hospitalization or extreme illness. The single best way to protect against the flu is to get vaccinated each year. Student Health Services strongly encourages all students, family members and staff to receive a flu vaccination this fall. Contact your local family physician, health clinic or nearby pharmacy for information and questions regarding available flu vaccines.

Reminder to 11th Grade Parents/Guardians From the Health Office

The Pennsylvania School Act requires that all students in 11th grade receive a medical examination. Please include an updated immunization record with your physical exam. Effective 8/1/17 all students entering 12th grade will be required to have **2 doses of MCV (Meningitis), one which needs to be at/after age 16.** Please check with your health care provider at the time of your physical examination.

'Stoga Points of Pride

- [Conestoga Students Selected for PMEA Region VI Choir and Orchestra](#)
- [Conestoga's Literary & Art Magazine, The Folio, Wins Superior Ranking](#)

Stoga Music Theatre Presents

GO, GO, GO Joseph! Get ready to clap and sing along with one of Broadway's most beloved shows! Joseph and the Amazing Technicolor Dreamcoat brings to life the story of Joseph, his eleven brothers, and the coat of many colors. This magical musical is full of unforgettable songs including One More Angel in Heaven, Any Dream Will Do, and Close Every Door. It is a tale of love, deception, betrayal, perseverance, forgiveness, and redemption.

Noted for its family-friendly storyline, universal themes and catchy music, and told entirely through song, JOSEPH is the first full-length musical by the legendary theatrical team of Sir Andrew Lloyd Webber and Tim Rice – and celebrates its 50th anniversary this year!

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT is presented by arrangement with The Musical Company, a Concord Theatricals Company.

Director/Vocal Director/Choreographer: Nathan Shughart
Pit Orchestra Conductor: Christopher Nation

TICKET PRICES:
Adults -- \$15
Students (19 years and younger) -- \$12
Seniors (62 years and older) -- \$12

Tickets available at: <http://www.stogatheatre.com>





Building Executive Functioning Skills

Michael McLeod, MA, CCC-SLP TSSLD

Date: Thursday, March 5, 2020

Time: 7:00 PM

Valley Forge Middle School

105 Walker Road

Wayne, PA 19087

RSVP: bit.ly/BUILD0305

Understand the importance of executive function in activities such as planning, organizing, strategizing, paying attention and remembering details. **Learn** the connection between language and ADHD. **Build** crucial executive function skills in your child to help foster independence.



Presenting on innovative evidence-based practices for fostering Executive Function Skills and Resilience in adolescents. Michael will focus on building the skills of positive internal language while constructing interpersonal relationships and meaningful experiences. He will be discussing his holistic approach towards fostering independence through the lens of the academic, social, and emotional methodology.

Michael McLeod, MA, CCC-SLP TSSLD is an ASHA-Certified Speech-Language Pathologist and Executive Function/ADHD Specialist. He is the owner of GrowNOW Therapy Services, LLC, a specialized private practice in Media, PA. Michael has traveled internationally, presenting and teaching his unique GrowNOW treatment model for fostering Executive Functions & Resiliency.

Everyone Reads T/E

Everyone Reads T/E is a collaborative initiative between BUILD T/E and TESD regarding general education reading instruction. Our mission is to ensure that all students in the T/E School District learn to read to the best of their potential with as little emotional impact as possible and that all teachers in T/E have access to professional development and curriculum rooted in the science of reading. www.tereads.com



Who We Are

BUILD T/E is a parent-led, all-volunteer organization whose goal is to **support families of children with all types of learning differences**, residing in the Tredyffrin-Easttown School District. www.buildte.com

Supporting Families of Students

- With a 504 Plan or medical needs
- With an IEP or a Gifted IEP (GIEP)
- Going through the evaluation process
- Struggling in school

Connect with Us

www.buildte.org

- subscribe to emails
- view upcoming events
- connect with parents
- learn more

Find Us on Facebook

BUILD T/E: @buildte
Parent Forum: @buildparentforum
Gifted Forum: @buildtegifted
Everyone Reads T/E: @everyone-reads-te

Questions

Wendy Brooks: wenobrooks@aol.com
Wendy DeMarco: wedemarco1@gmail.com
Maggie Gaines: maggielgaines7@gmail.com
Jamie Lynch: jamielynch@tereads.com
Kate Mayer: katemayer@tereads.com



Mindfulness Workshop for Grades 3-8

Presented by the
BUILD Plan/Organize Initiative
Date: Thursday, February 20
Time: 6:30 to 8:00 p.m.

Hillside Elementary Large Group Room
LIMITED SPACE AVAILABLE - RSVP TODAY!

RSVP: <https://forms.gle/wyGsA8Kbsmy8rXnUA>

Mindfulness: A Gateway to Focus and Equilibrium

Parents and children are invited to attend this session together. Mindfulness expert Stacey Mandel will share creative techniques that support student focus and emotional balance at home and at school. With fun and compassion, Stacey makes mindfulness concepts concrete, accessible and inspiring. A former K-8 teacher, Stacey has introduced Mindfulness techniques to many local districts and youth-focused agencies.



Plan/Organize T/E Support Initiative:

Join this new support initiative for parents whose children struggle with executive function skills - in particular, organizing, planning and prioritizing. We seek to advocate for greater and broader executive function initiatives and awareness in our schools.

Initiative Leaders: Jessica Tinneney & Michelle Eisenberg

Who Are We?

BUILD T/E is a parent-led, all-volunteer organization whose goal is to **support families of children with all types of learning differences**, residing in the Tredyffrin-Easttown School District. www.buildte.com

Supporting Families of Students:

- With a 504 Plan or medical needs
- With an IEP or a Gifted IEP (GIEP)
- Going through the evaluation process
- Struggling in school

Connect with Us

www.buildte.org

- subscribe to emails
- view upcoming events
- connect with parents
- learn more

Find Us on Facebook

BUILD T/E: @buildte
Parent Forum: @buildparentforum
Gifted Forum: @buildtegifted
Everyone Reads T/E: @everyonereadste

Questions

Wendy Brooks: wenobrooks@aol.com
Wendy DeMarco: wedemarco1@gmail.com
Maggie Gaines: maggiiegaines7@gmail.com
Jamie Lynch: jamielynch@tereads.com
Kate Mayer: katemayer@tereads.com

Senior Class Save the Date:

Reflections

Monday, June 1 at 7:00pm
Daylesford Abbey

Graduation

Tuesday, June 2, 2020 at 6:00 pm

QUICK LINKS

- [Student Services Department](#)
- [Senior Parking and Privilege Information](#)

Upcoming Events

<u>EVENT</u>	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
Presidents Day - School Closed	2/17/2020		
Sophomore Parent Meeting	2/18/2020	9:30 am	CHS
Senior Parent Meeting	2/20/2020	9:30 am	CHS
Blood Drive	2/20/2020	7:50 am to 2:50 pm	CHS Gym
Spring Sports Forms Due	2/21/2020	7:50 am to 2:50 pm	CHS Athletic Office
Unity Week	2/24/2020 - 2/28/2020	7:50 am to 2:50 pm	Main Lobby
School Board Meeting	2/24/2020	7:30 pm	CHS