

Conestoga High School

Issue 15: March 2020



Coronavirus (COVID-19)

Please [click here](#) to visit the TESD website for information regarding COVID-19 procedures.

Mini-THON

Conestoga's Mini-THON has been cancelled. Thank you to all who have donated already. Online donations are still being accepted in support of Four Diamonds, and can be made at the following link:

<https://fourdiamonds.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=2795>.

Senior Internship Program Update

Seniors met with Mrs. Braun this past week to provide updates on their internship search. Please check in with your senior to make sure their internship plan is coming together. All internship forms are due April 17th.

We were recently notified by local healthcare facilities that it is likely that they will not accept interns this year. Many seniors have approved internships at medical facilities, doctors' offices and university labs which may now be in jeopardy. As this is a rapidly changing situation, please talk with your child about developing a back-up plan for internship.

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.

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.

Financial Aid Evening

Financial Aid Evening will **not** be held on Thursday, March 19th. Stay tuned for updated information about this program.

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 email their counselor to make arrangements for their Junior College Conferences. We will continue to meet with families remotely during the school closure.

Attention Sophomores and Parents: **Save the Date: Sophomore Springboard** **April 23, 2020**

Attention to all tenth grade students and their parents:

The CHS Student Services Department is pleased to invite you to an evening program for sophomore students and their parents called "Sophomore Springboard". The program will be held on April 23rd in the Conestoga Auditorium at 7:00 pm. We will cover all the questions you may have about your upcoming junior year and beyond. Please join us for an informative evening.

Save The Date: Junior Prom

Conestoga's Class of 2021 Junior Prom is scheduled for Saturday,

May 9, 2020 at the Sheraton Valley Forge in King of Prussia, PA from 6-10pm. Tickets will be on sale during all lunches during the week of April 20-24. The cost of the ticket is still being finalized, but please plan to budget approximately \$90/ticket, which includes dinner, dessert and entertainment (DJ and photobooth.) Formalwear (dress/tuxedo) is suggested. If a CHS student is planning to invite a non-CHS student to prom, additional paperwork is necessary to register.

Our [FAQ sheet](#) provides additional details as well; if you have any further questions, please feel free to email Brooke Eidell at eidellb@tesd.net.

Health Curriculum Reminder: Signs Of Suicide Program

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 this past fall. Ninth graders currently enrolled in health for the spring semester will take part the week of April 13, 2020.

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.

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.](#)

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 SPOKE Students Win State Awards](#)
- [Conestoga Student Selected for the PA All-State Choir](#)
- [Conestoga Football Players Commit To Colleges](#)
- [Conestoga Science Olympiad Team: Headed to States](#)
- [Conestoga Robotics Teams: Headed To World Competition](#)
- [Conestoga Senior Named 2020 Pennsylvania Student Journalist of the Year](#)

Class Parent Organizations

Class of 2020

Senior Class Parent Meeting: April 23, 2020 at 9:30 am

Class of 2021

Junior Class Parent Meeting: April 16, 2020 at 9:30 am

Class of 2022

Sophomore Class Parent Meeting: April 21, 2020 at 9:30 am

Class of 2023

Freshman Class Parent Meeting: April 14, 2020 at 9:30 am

Sports Announcements/Alerts

All sports are suspended through March 26. Additional information will be shared as it becomes available.

Host a Student Through AFS

For over 50 years, Conestoga has been enriched by AFS students. In the past few years, students from Australia, Argentina, Austria, Brazil, China, Spain, Germany, Norway, France and Switzerland introduced their cultures to our community. Could you be a host parent for a semester or year next year? Students are interviewed and selected by officials in their home countries and are matched with screened families here. All students come with full medical insurance and spend their own money. Host families vary widely in 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 as a regular family member. Placements are available for either one or two semesters.

If you are interested in being an AFS host family or would like further information, please contact Sandy Forbes of AFS at 54sandyjo@comcast.net.

Senior Class Save the Date

Reflections

Monday, June 1 at 7:00 pm
Daylesford Abbey

Graduation

Tuesday, June 2nd, 2020 at 6:00 pm
Teamer Field

QUICK LINKS

- Student Services Department
- Senior Parking and Privilege Information
- Conestoga High School Website

Upcoming Events

<u>EVENT</u>	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
School Board Meeting	3/23/2020	7:30 pm	CHS Cafeteria
Third Grade Fun Night	3/27/2020	6:00 pm	CHS