

# Conestoga High School

**Issue 6: November 2018**



## **College Admissions Evening**

**Thursday, November 8, 2018  
7:00 pm  
CHS Auditorium**

The Conestoga Student Services Department invites all juniors and their parents to attend College Admissions Evening. This is a student and parent evening featuring keynote speaker Jeremy Branch from the Penn State University's Admissions Office. Our Keynote speaker will be followed by workshops on various topics including finding the right college fit. Join us for a very informative night.

## **Cavalcade**

The Conestoga Music Department and TEMPO are once again proudly sponsoring the 'Stoga Showcase of Sound on Saturday, November 3rd. Come out to Teamer Field and enjoy performances by 15 area marching bands including our own Marching Pioneers. The show runs from 5-10 pm and tickets are available at [www.stogamusic.com](http://www.stogamusic.com).

## **CHS Blood Drive**

**November 8, 2018**

Conestoga will host the first Blood Drive of the year. Student Council hosts two blood drives annually, one in the fall and one in the spring. Any student 16 (with parental permission) or older who weighs more than 110 pounds as of the date of the Blood Drive can volunteer to give blood. Your son or daughter will be able to sign up to donate in school prior to the blood drive taking place. Recently, we have enjoyed a record number of donors. We again are looking forward to a successful drive.

## **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.

### **Online Parent Teacher Conference Scheduling Reminder**

Parent Teacher Conference scheduling is available online from Monday, November 5 (10:00 AM) to Monday, November 12 (11:55 PM). All parents/guardians of District students should have received an email with information about how to schedule your conference online. This year, parent conferences will be held on November 19, 20, and 26 for elementary students, on November 20 and 26 for middle school students and on November 26 for high school students. If you have any questions, please feel free to contact the main office of your child's school or email [FamilyHelpDesk@tesd.net](mailto:FamilyHelpDesk@tesd.net).

### **Parent Informational Session: Orton-Gillingham Approach to Reading Instruction**

**November 5, 2018**

Please mark your calendar and consider attending this Parent Informational Session discussing an approach to reading instruction. There will be both a morning session and evening session available. [Please click here to view the informational flyer.](#)

### **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. Also needed is a Polio dose given after age 4. Please check with your health care provider at the time of your physical examination.

### **In the News from Student Health Services**

As colder weather approaches, influenza or flu season will soon be upon us. 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.

### **SOS Program**

Conestoga offers depression awareness and suicide prevention training as part of the health wellness curriculum using information from research based program, The Signs of Suicide® (SOS) Prevention Program. The program has proven to be successful at increasing help seeking behaviors by students concerned about themselves or a friend. It is the only school-based suicide prevention program listed by the Substance Abuse and Mental Health Services Administration for its National Registry of Evidence-Based Programs and Practices that addresses suicide risk and depression, while reducing suicide attempts.

On November 14th and 15th, 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.

### **Conestoga Commencement 2019**

SAVE THE DATE! Conestoga's 2019 Commencement will be held on Wednesday, June 5<sup>th</sup>. Additional details will be shared in upcoming blasts! Stay tuned for more details!

### **Communications from Conestoga**

Are you receiving the communications from school?

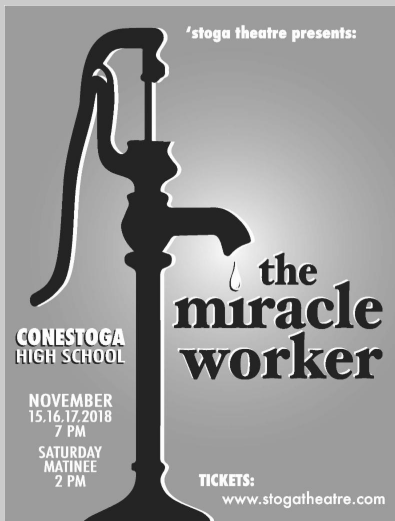
There are many ways that parents receive information about what's happening at Conestoga, including letters mailed home, emails from Conestoga High School, CHS bi-weekly email blasts, and Class Chairperson email blasts.

To provide clarification and details about these methods of communication, and to provide troubleshooting if you are not currently receiving one or more of these communications, please click the link below for detailed information.

[Please click to view this link about information regarding Communications from Conestoga.](#)

### **'Stoga Theatre Presents**

## **The Miracle Worker**



Conestoga High School's fall drama presents the story of young Helen Keller. Helen Keller blind, deaf, and mute since infancy, is in danger of being sent to an institution. Her inability to communicate has left her frustrated and violent. Come see the heart touching drama of how Helen's life experience such a great transformation.

### **Show dates and times:**

November 15, 16, and 17, 2018 at 7:00 pm

Saturday Matinee is on November 17, 2018 at 2:00 pm

**Tickets:** Please visit [www.stogatheatre.com](http://www.stogatheatre.com)

The costume committee will be collecting old eye glasses for the Lions Club as a special drive during this show. It is a charity that Helen Keller held near and dear to her heart. Please consider bringing any old eye glasses that you would like to donate.

## **Winter Sports Information**

The Athletic Office is now accepting PIAA paperwork for winter sports. **The PIAA paperwork is due by Monday 11/5.** The paperwork can be picked up in the Athletic Office or downloaded from the [Athletic Website](#). Please refer to the website (great source of information) or call the athletic office if you may have any questions.

- The V/JV winter sports teams begin on Friday, 11/16
- The Freshman winter sports teams begin on Tuesday, 11/27

## **National Honor Society Plans Induction November 7, 2018**

The Conestoga Chapter of the National Honor Society will hold its annual induction ceremony on Wednesday, November 7, 2018 at 6:00 PM 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 2019 and 2020, 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 project. Parents with questions should contact Melissa McMenamin, Guidance Counselor and NHS Advisor, at [mcmenamim@tesd.net](mailto:mcmenamim@tesd.net).

### **Report Cards and Progress Reports**

The first marking period ends on Friday, November 2, 2018. Report Cards will be available in HAC on November 16, 2018. Consult the Tredyffrin/Easttown School District online calendar at [www.tesd.net](http://www.tesd.net) for further information on marking period ending dates.

### **'Stoga Points of Pride**

*Please click the headings below to view the congratulatory links in greater detail.*

- **Conestoga Girls Tennis Team complete season as PIAA 3A Girls Tennis State Runner-Ups**

### **DELTA Presents AudioBody Electronic Circus Arts**

DELTA (Districts Educating and Learning Through the Arts) presents AudioBody Electronic Circus Arts on Friday, November 17th at 7:00 pm in the Valley Forge Middle School Auditorium. [If you are interested in learning more, please click here to view more details.](#) If you want to purchase tickets in advance, [please click this link.](#)

### **Class Parent Organizations**

#### **Class of 2019**

Senior Class Parent Meeting: November 29, 2018 at 9:30 am in Room 142

### **Class of 2020**

Junior Class Parent Meeting: November 15, 2018 at 9:30 am in the Room 142

### **Class of 2021**

Sophomore Class Parent Meeting: November 27, 2018 at 12:00 pm in Room 142

### **Class of 2022**

Freshman Class Parent Meeting: November 13, 2018 at 9:30 am in Room 142

## **Sports Announcements/Alerts**

To provide the most current updated sports information on a given day due to changes that may occur regarding adverse weather conditions/cancellations or for some other reason, the Athletic Department has implemented the following for your convenience:

- For updated announcements, please refer to the CHS website. On the top bar, scroll to Athletics then Announcements under the Athletic tab.
- If you would like to receive e-mail/text alerts regarding any type of sports announcements/changes, you will need to register at [digitalsports.com](http://digitalsports.com). Please refer to CHS website. On the top bar-scroll to Athletics then Schedules/Alerts under the Athletic tab to review the step-by-step directions.

Please feel free to call the Athletic Department at 610-240-1024 at any time with any questions.

## **Citadel Heart of Learning**

Citadel has announced the nomination period for the [2019 Citadel Heart of Learning Award](#) is now open. Chester Country students, parents, and community members are encouraged to nominate a deserving teacher who goes above and beyond the call of duty.

The Citadel Heart of Learning Awards was created in 2001 by Citadel and the Chester Country Intermediate Unit. The program has recognized, honored and thanked thousands of teachers for their tireless dedication to students and community. [You can access the nomination form by clicking this link.](#) Citadel will announce nominees and finalists by April.

## **Raising Resilient Children**

On November 15th at 7:00 pm there will be an event open to the public discussing the difficulties families face raising children in an age of technology, high expectations, and cultural definitions of success. The discussion will be presented by Brad Reedy, PH.D. [Please click this link to view the detailed flyer.](#)

## QUICK LINKS

- [Student Services Department](#)
- [Senior Parking and Privilege Information](#)
- [Conestoga High School website](#)

## CONESTOGA SPORTS SCHEDULES

Daily sports schedules for Conestoga high school athletic teams are available online at <http://stogapioneers.digitalsports.com> . Please contact the CHS Athletic Office at 610-240-1024, for additional information.

### Upcoming Events

<u>EVENT</u>	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
End of 1st Marking Period	11/2/18		
SAT Testing	11/3/18	8:00 am	CHS
Cavalcade of Bands	11/3/18	5:00 pm	Teamer Field
Winter Sports Forms are due	11/5/18	7:20 am	Athletic Office, Room 118
CPR Testing	11/5-11/8/18	7:20 am	Gyms
<b>In-Service Day - No School for Students</b>	11/6/18		
Fall Blood Drive	11/8/18	7:20 am	Gym
Guys Harmonize Performance	11/8/18	1:35 pm	Auditorium
College Admissions Evening	11/8/18	7:00 pm	Auditorium
Freshman Parent Meeting	11/13/18	9:30 am	Room 142
Junior Parent Meeting	11/15/18	9:30 am	Room 142
Fall Drama - <i>The Miracle Worker</i>	11/15-11/17/18	7:00 pm	Auditorium
Fall Drama - <i>The Miracle Worker</i>	11/17/18	2:00 pm	Auditorium

Visit the Conestoga High School Website

STAY CONNECTED:



Conestoga High School, 200 Irish Road, Berwyn, PA 19312

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