



Suffield High School Newsletter



December 2017 / January 2018

With fragmented months between Thanksgiving and the upcoming winter break, this will be the last newsletter until the beginning of February. The next edition of the newsletter will come out in early February and information will continue to be posted and updated through the school website and sent home through School Messenger. Please be sure to keep an eye out as mid-year exams are January 16-19 (pending snow days) and will be here before we know it.

An email and phone notification was sent home along with the Quarter 1 report cards to alert parents both of report cards being sent electronically, as well as updated report card comments. Starting with the last report card, each teacher will be reporting out on students' "Areas of Strength" and "Areas for Growth" as they directly align to Suffield High School's Core Values of Responsibility, Respect, Creativity, Integrity, and Rigor. An additional glossary will be sent home as parents are alerted of progress report comments being finalized. The glossary provides a rationale and example for each possible comment a teacher may select. Teachers will still have the ability to input an individualized comment should they wish to be more specific to the individual student. As always, I encourage parents to view PowerSchool for the most specific information regarding assignments and numerical averages.

I'll end by wishing everyone a joyous and happy holiday season from everyone here at Suffield High School. We all hope that you find time to relax and enjoy time with family and friends.

Jeff Yalden Presentation

Suffield High School, in collaboration with Suffield Youth Services, is excited to sponsor Jeff Yalden, youth motivational speaker and suicide prevention specialist, on Thursday, December 7th.

Jeff Yalden will be in the high school for the majority of the day on December 7th and will start with a presentation for all high school students and staff at 8:30am, followed by a workshop for district counselors and school psychologists at 10:30am. Jeff will be interacting with students during their lunch periods and will also provide a parent presentation in the high school auditorium at 6:30pm. In this presentation, Jeff will be discussing family communication, signs and symptoms of mental illness as well as social media/technology and its influence on our youth. Suffield Youth Services has also invited the North Central Youth Service Bureaus to attend the evening presentation. The Foundation of Exceptional Children of Suffield has graciously volunteered to assist in providing child care during the evening presentation.

We look forward to seeing you at the evening presentation. If you have any questions, please feel free to contact either Nikki Lengyel, Youth Services Coordinator, or Gina Olearczyk, SHS Assistant Principal.

"Helped me see the truth"
"Helped me look at more than
just the surface"
"Lose my ego, open
my heart"
"He told me EXACTLY what I
needed to hear"
"He made me see I am
not alone"
"Jeff Yalden changed my life in
an hour more than the world did
in 16 years"

Sponsored by Suffield Public Schools and
Suffield Youth Services.

"Helped me see why I'm angry"

**North America's #1 Youth Motivational Speaker
Focusing on Suicide Awareness & Prevention**

Jeff Yalden

SAVE THE DATE!!!

December 7, 2017

Suffield High School

All school assembly starts at **8:30 am** in the
high school auditorium.

Evening presentation starts at **6:30 pm** in
the high school auditorium.

Childcare will be provided.

PAC Meeting

The next PAC (Parent Advisory Council) Meeting will be on Monday, January 22nd at 6:00pm in the Commons at Suffield High School.

Core Value Awards

Congratulations to the following students who received the Core Value Awards for Quarter 1. They are as follows:



RESPONSIBILITY: Colton Chance, Mary Rusnock,
Julianna Service and Simone Smith



RESPECT: Ness Curti, Abby Halasi-Kun, Jared Lobo (not pictured Kailyn Stanio)



CREATIVITY: Michael Barron, Lucie Casinghino, Liam Duffy and Allison Gambrel



INTEGRITY: Michaela Conway, Laila Lawson, Shavais Oswecki and Payton Salvaggio



RIGOR: Marissa Guzzo, Sreekeerthi Manursreekantamurthygari, Gabriella Santaniello and Sydney Urch

Congratulations to all of these students on modeling what it truly means to be a Suffield High School Wildcat!

Farmington Valley Superintendent's Award & Rotary Student of the Month

We are pleased to announce that the recipient of the Farmington Valley Superintendent's Award for Suffield High School is Rylee Harfouche. Rylee was also chosen as the Rotary Student of the Month for November.

Rylee is one of the top students in the Class of 2018. Academically she has been recognized for her outstanding work in the areas of French, English, Biology, Social Studies, Psychology and Art. She is a three time recipient of the Scholar-Athlete Award as well as the recipient of the Connecticut Association of Schools Leadership Award. Outside of the classroom Rylee has been a representative on Class Council, done community service through the SHS Giraffe Club, is a peer writing coach in the SHS Writing Center, a member of the Chik Fil-A Leadership



Academy and a four year member of the Volleyball team. This year Rylee is also president of the Sigma Chapter of the National Honor Society at Suffield High School. Rylee is also very active outside of school. She has done volunteer work at Connecticut Children's Medical Center and volunteers at the elementary level in the Suffield Public Schools. As a licensed EMR she has volunteered with Suffield Ambulance. Rylee has also found time to hold down a part-time weekend job at Highland Park Market. Rylee intends on pursuing a nursing degree with a minor in law at the undergraduate level and then plans on pursuing a graduate APRN program with a career goal that would combine nursing and law.

World Language Student of the Month- November

Felicidades to Karissa Stanio for earning World Language Student of the Month for November. Karissa is currently enrolled in Spanish IV Honors. Her written work displays excellent grammatical skills and uses a wide variety of vocabulary. Karissa is an active participant in oral activities and a positive role model for her peers. She is unique and creative in all of her assignments and thoughtful in every response. She is interested in exploring the cultures and communities in our classroom, drawing comparisons and posing interesting questions. Karissa is determined, maintains high standards for herself, is unceasingly positive, and intrinsically motivated.



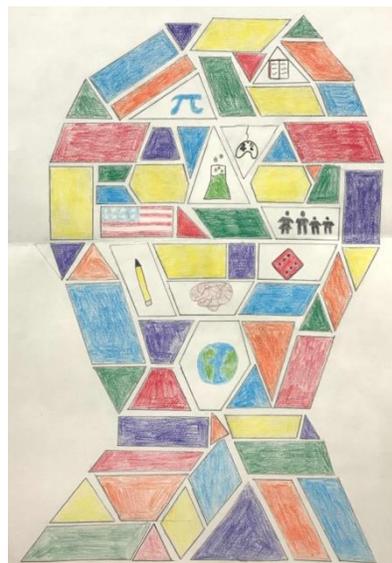
Aside from her achievements in the language classroom, Karissa has earned awards of academic excellence in Social Studies as well as Ceramics. She is a student athlete. She is a varsity members of both the cross country and track teams, earning coaches awards for her participation as well as All- Conference. Karissa is also very active in the community, volunteering both through the Giraffe Club at Suffield High School and at her church.

Karissa's dedication to her academics and her community makes her a leader among her peers. Congratulations Karissa!

SHS students celebrate Hispanic Heritage Month

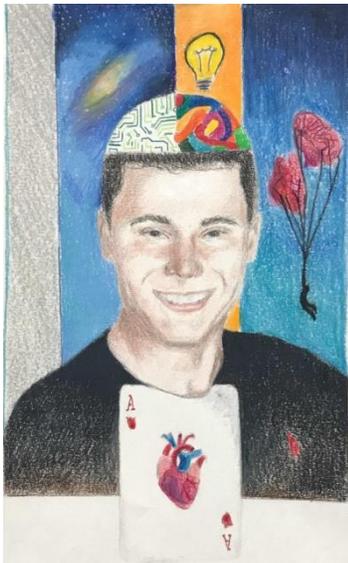
It has become a fall tradition at Suffield High School to celebrate the heritage of *Spanish speakers* in the United States and throughout the world. This year, our World Languages department kicked off our activities to celebrate Hispanic Heritage Month with guests on our Morning Update show and projects in Spanish classes through which students investigated cultural identity and produced their own work to express important aspects of their personal identities.

The Morning Update team featured exchange student Monica Van Ginkel to open our week with an extended address in Spanish to our school – after which, of course, she discussed with her co-anchor what she had said. Monica, who is from the region of Catalonia in Spain, has also become part of our Morning Update production team and has even directed an opening segment for the show and a commercial for our fall play. She also recently visited an Advanced



Placement Spanish class and delivered a presentation on her life in Spain and engaged in a discussion with students about comparisons with our community in America.

On the Morning Update show, each day students were asked a question of the day and they were also treated to some conversation in Spanish by our anchors, including John Nadeau, Grace Domashinski, and Ben and Michael Grigoriou. According to the Library of Congress and data from the U.S. Census Bureau, Hispanics constitute almost 20 percent of the nation's total population today. At the current rate, Hispanics will constitute 31 percent of the population, or 128.8 million people, by 2060. Students at the high school had an opportunity to discover these and other facts during the week-long celebration of Hispanic cultures.



Additionally, students in some of our Spanish classes explored issues of identity, which included investigations of the work of Frida Kahlo. They also created projects in various media to express their own portrait and conducted presentations in Spanish to share this work with classmates. We are featuring two examples of these projects, by Rabi Zulfiqar and Dave Danek, with this article.

Thanks to the members of the World Language Honor Society, the Morning Update team, and all students and teachers of Spanish who made this celebration such a successful one.

Wendy's High School Heisman Award Winner

Congratulations to Alexis Bergamini on being named School Winner in the prestigious 2017 Wendy's High School Heisman Award program! The Wendy's High School Heisman program, awarded in conjunction with the collegiate Heisman, celebrates the achievements of the nation's top high school seniors both in and out of the classroom. Just as the collegiate Heisman is known for being the top award in college football, the WHSH award is known for being the most prestigious award at the high school level. Congratulations Alexis on this well-deserved award.



Science Fair News

The Science Fair Club is proud to announce that for the very first time in Suffield history, two of our SHS students, Marissa Guzzo and Zachariah Service have entered the "Super Bowl of Science" and are entered into the Regeneron Science Talent Search. This is the national competition of science fair projects that is the most rigorous and competitive, therefore the most well respected. Both Marissa and Zachariah have already earned their valuable Scientific Digital Badge and are now in competition for the \$250,000 First Prize. Good luck to both Marissa Guzzo and Zachariah Service!



NCCC Music Festival

On November 14th and 16th, Suffield High School Music Department hosted the NCCC Music Festival. During these days, 250 students from ten NCCC high schools came to Suffield High School to rehearse as a large Concert Band and Chorus and perform a concert for the public. The concert was on Thursday evening, November 16th and over 500 people attended. Many students from the other high schools spoke highly of the facilities and the people at Suffield High School. It was a very successful event for the school and the Music Department.

Olivia Grimard was awarded with the Linda Smiley Scholarship during the NCCC music festival on November 17th. The scholarship is given to senior music students who are exemplary in both musicianship and character. Olivia's participation and leadership in all aspects of the music program at SHS and her kind disposition were taken into consideration when deciding the recipients.

Field Trip News

The Suffield High School Business Law class participated in a field trip to the Connecticut State Supreme Court in Hartford, where the students heard arguments in the PATRICK CALLAGHAN v. CAR PARTS INTERNATIONAL, LLC and the KEVIN EPPS v. COMMISSIONER OF CORRECTION cases. The students were able to experience the rich history of the Supreme Court which was established in 1784. Students also discussed the differences between a trial court and an appellate court. The Supreme Court building has been in existence since 1910. Students learned why and how it was constructed. Students were also able to visit the Museum of Connecticut History. The museum has on display the colonial Charter of 1662, the state constitutions of 1818 and 1965, and special exhibits including the Charter Oak story, the Colt Firearms Collection and political, military and industrial artifacts.



The photography classes visited NYC with the mission of documenting the city. Our group moved through the city taking photographs at various locations (Grand Central, Madison Avenue, St. Patrick's Cathedral, The Plaza, Central Park, Columbus Circle, Broadway, Rockefeller Center, Bryant Park, and The NYC Public Library). Students had the opportunity to explore photographing in an urban environment mixing architectural photography, landscape photography and street photography. The students will put together a body of work, create an artist statement around their narrative and a final exhibition will be displayed in the high school. This trip was a great success and allowed the students to continue to push their skills in the photographic process.



Veterans Day

To honor Veterans Day, Mrs. Zielinski's classes at Suffield High School wrote letters to honor our military veterans and all those who served in the United States Armed Forces. Here are a few quotes from the outstanding letters along with a picture of our students!

"It must be stressful working so hard every day and a lot of weight that you must be carrying on your shoulders (both figuratively and literally) but with all of you working together it inspires me to help others to help grab the team from its lowest point and to keep moving forward." Kevin Duverger, Senior

"I have great appreciation for you taking the time out of your life and those you have left behind. It must be difficult to drop just everything and leave it behind to go and fight for our country." Quint White, Senior

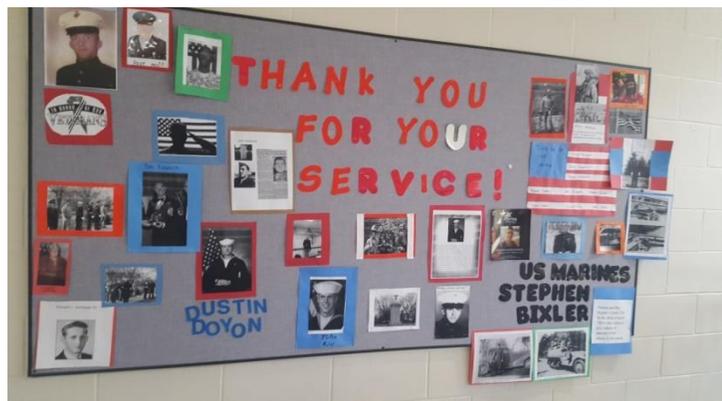
"Thank you very much for your time, bravery, and your sacrifice. Thanks to you, we are forever free. I for one have a lot of respect for Veterans like you. Thanks to you we now have peace and freedom in America. Thanks to you we also have justice. There are many things that you have done that I am forever grateful for." Bryan Calderon, Senior

"I am very grateful for the sacrifices you make every day to defend our great country. With all that is going on in the world right now, all the hatred and anger, I am thankful that there are brave men and women like you who keep our country safe." Peter DeCasperis, Senior

"Thank you for serving and protecting those I love, such as my Dad, Mom and my siblings. I love them so much and they mean the world to me. Thank you again." James Mark, Senior

"Lastly, it gives me an appreciation and a sense of pride to share how special our military are. I love to express to people how proud of you I am, to have people willing to sacrifice their lives and put themselves on the line to protect us and our home." Haley Desaulniers, Senior

In social studies classes at Suffield High School, students learned about the origins and the meaning of Veterans Day. To honor Veterans, students were asked to bring in a picture of a veteran who is a relative, friend, or community member. Students were also encouraged to bring in pictures of members of the military who are currently serving.



Workshop

What Parents & Students Need to Know About College (& Getting Ready for College)

Parent Transition Workshop

January 16, 2018 - 6:30-8:00 PM

Suffield High School Media Center

GUEST SPEAKER: Jane Thierfeld Brown, EdD

Does your student have an IEP or 504 plan? Is college in their future? Join us for some practical advice!

Jane Thierfeld Brown is Assistant Clinical Professor at Yale Child Study, Yale Medical School, Director of College Autism Spectrum and former Director of Student Services at the University of Connecticut School of Law. She has worked in Disability Services for 37 years. She holds an Ed.D from Columbia University, Teachers College. Dr. Brown consults with many families, students, school districts and institutions of higher education. Dr. Brown has appeared on Good Morning America, CBS News and NPR. She has co-authored "Student with Asperger's: A Guide for College Professionals," (2009) Published in Japanese 2017, "The Parent's Guide to College for Students on the Autism Spectrum," (2012) *will be available for purchase the evening of*, and "Behavior Management and Self-Regulation," (2012) along with many textbook chapters and articles. Dr. Brown is married and has three children, the youngest being a 25 year old son with Autism.

Sponsored by Suffield Public Schools Special Education Parent Advisory Council. Please RSVP to Lori O'Neil, School Social Worker at loneil@suffield.org or 860-372-7912

Random Acts of Kindness Update

Zielinski's Kindness Crew is excited to let you all know that our next Random Acts of Kindness will be in conjunction with the Epilepsy Foundation - by assisting Team LilyPops on their mission to raise \$2,500 by April 14, 2018 when they attend the National Walk for Epilepsy in Washington DC!

Please donate such items as gift cards, games, Legos, bags of candy etc. The Suffield High School community will then have a chance at adding their name to a raffle the week before Winter Break. All winners will receive their winnings Friday, December 22 just in time for the Holidays!

Teen Leadership Update

The fall semester Teen Leadership class has teamed up with Mr. Bosworth to lead sportsmanship presentations for coaches and athletes at SHS. On November 20th, the class ran a sportsmanship seminar with the SHS coaches that involved a hands-on activity and discussion on the importance of sportsmanship and the roles that coaches play in promoting sportsmanship for their teams.

Physical Education Students of the Month

Congratulations to Trevor Kulas, Grace Malec and Hannah Cyr who were chosen as the Physical Education Students of the Month for November. These students continually give maximum effort every day in class. They are always willing to help the teacher and other students, always have a positive attitude, and always treat others with kindness and respect. In addition, these students always exemplify our school's core values of Responsibility, Respect, Creativity, Integrity and Rigor.

Suffield High School Honored with Michael's Cup

Suffield High School was awarded the CIAC Michaels Achievement Cup in Sportsmanship for the 2016-2017 school year. The award exists to honor CIAC member schools that provide exemplary programs; which empower students to take ownership for all issues related to sportsmanship within the athletic department and the community. During 2016-2017, Suffield High School implemented the CIAC "Class Act" Sportsmanship program. As part of the program, Suffield provided a leadership and sportsmanship training for the captains of the NCCC schools. Suffield also implemented a new tradition of having captains present to the faculty on how they are positive leaders of the school community and how they are going to improve sportsmanship at the high school level. Suffield High has also created a Class Act Council to work on new initiatives to improve sportsmanship. The first initiative for the Class Act Council and the Teen Leadership class for the 2017-2018 school year is to provide Sportsmanship and Leadership training for all NCCC schools that attend our training session on December 15th.



Fourteen high school athletic programs from across the state were selected as CIAC Michaels Achievement Cup exemplary programs recognizing their achievements for the 2016-17 academic year. The 14 schools were selected by the Michaels Cup Committee for their efforts in launching and implementing the CIAC Class Act Schools sportsmanship program.

All CIAC member schools that have opted in to the voluntary Class Act Schools program were eligible for the Michaels Cup. All Class Act Schools were given the opportunity to fill out an application consisting of several questions regarding the ways the Class Act program was implemented and the impact that has come as a result. The Sportsmanship Committee then studied the applications and selected the 14 honorees.

Agriscience News

On November 3rd Suffield Agriscience CDE teams competed at UCONN for state competitions. The results are as follows:

Meats CDE	Suffield 5 th Place	Individually Kady McCain placed 8 th in State
Horse Judging CDE	Suffield 4 th Place	Individually Ashley Drake placed 4 th in State
Livestock Judging CDE	Suffield 8 th Place	Individually Gabriella Vargas-Blanchard placed 4 th in State
Poultry CDE	Suffield 4 th Place	Cathryne Tronsky placed 1 st in State Aurora Barbosa placed 3 rd in State
Nursery Landscape CDE	Suffield 6 th Place	Carson Strout placed 11 th in State
Floriculture CDE	Suffield 6 th Place	

On November 9th Suffield Agriscience held their annual Open House. We welcomed prospective 8th grade students to take a walk through our program. There was wonderful participation from the current students and several students stayed after school to help set up for the night. Thank you all who came to help. The next big event in the program is Holiday Sale which is from November 29th to December 6th. Agriscience students will be making wreaths, kissing balls, birch reindeer, cemetery boxes and will be selling school-grown poinsettias throughout Holiday Sale. Please come by and support our program!

