

CCHS NEWSLETTER
(Published by CCHS and the CCHS Parents' Association)
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PARENT ASSOCIATION



While in some ways it feels like the school year has just begun, it's amazing to realize that the first quarter is already behind us, the holidays are upon us, and the year has already been filled with so many exciting activities around the CCHS campus. November brought Russ Burgess back to CCHS for another hypnotizing evening, a School Dance sponsored by the Student Senate, the junior class hosting the annual Senior Citizen's Thanksgiving Dinner, and the Concord Education Fund's Spelling Bee. The combination of the Cheer team's Thanksgiving Pie Sale, the school-wide Spirit week, and the Thanksgiving Day Varsity football game at Bedford, provided a great way to roll into the Thanksgiving break.

As I reflect on the richness of life at CCHS, I am so grateful to our many parent volunteers for their dedication and commitment, and the resulting breadth and depth of the contributions they make to our students, the faculty, and the school. Parents make their contributions not only through their volunteer work with the Parents Association, but also through CCPOPS, Friends of WIQH, support of our sports teams and Cheer Team, and countless other ways. Although it is top-of-mind during this time of Thanksgiving, we on the Parent Association executive board are grateful to all of you every day!

Look to the month ahead to bring a fall theater production of **MOLIERE'S "THE LEARNED LADIES"**, **DIRECTED BY BENJAMIN KENDALL, DECEMBER 1-3**, a **FINANCIAL AID WORKSHOP DECEMBER 6TH** in the school auditorium from 7:30-9:00, and **PARENT TEACHER CONFERENCES ON DECEMBER 7TH** from 2:00-8:20. Bring your checkbook and help support class fundraising with all the different offerings that include amaryllis bulbs and CCHS apparel. All on sale that day! On **DECEMBER 9TH CC POPS HOLDS THEIR TAG SALE**, the **SENIOR CLASS HOSTS AN ALL SCHOOL DANCE ON DECEMBER 16**, and finally the **CCHS BAND PERFORMS THEIR HOLIDAY CONCERT ON DECEMBER 21ST**.

If all of this makes any of you wonder how you might get involved and contribute, you might be interested to know that we on the executive board are already working with all of the committee leaders to make sure we have a rich pipeline of involved parents who will be ready to serve in key roles for next year's board and committees. This was a significant part of our conversation during our PA board meeting earlier in November. The very nature of our involvement (parents of students) means that some of us will "graduate" each year, and we must always be ready to find our successors. If you're already involved – thank you! If you're not, and you're interested in finding out how you can get connected, contact myself or any of the Executive Board members. Involvement can mean as little as "an extra pair of hands" for a one-time event, or helping to run or lead a significant activity or program. It's fine to start small and see where it takes you!

Wishing you all a joyous, safe, and relaxing holiday season.

Carolyn Hoffman Higgins, President, CCHS PA
978 369-9762



A REQUEST FOR DONATIONS

from CCHS parents, for small baked goods and gift items, for our staff and teachers, which will be presented, at the **TEACHER APPRECIATION DINNER**. This year's event is scheduled for **CONFERENCE DAY, THURSDAY, DECEMBER 7TH**. This has been a very popular tradition. Our CC families have responded with great generosity and creativity donating one to a few small items. We serve over 120 staff and have been able to offer each one something to take home. Examples of small gifts have been baked breads, honey, teas, coffee cards, cookies, pies, nuts, chocolates, gift certificates, and plants. (Please do not designate a gift for a specific teacher or staff member). Written notes or cards of appreciation are encouraged. **All donations are accepted between 1:00-4:00 pm on Thursday, December 7th in the Faculty Dining Room**. Please contact Anita Tekle at anitatekle@yahoo.com if you can contribute or have any questions. Arrangements can be confirmed and made through Anita for delivery of gift items.

Thank you for your support,
Kate Bird -978-369-0100



NOTES

FROM ART DULONG

As I write this one of the most beautiful fall seasons I can remember is just winding down. I very much enjoyed the sunshine, warm days, and cool, but not cold, nights. Of course, most of the warm days and sunshine were enjoyed through the office window. As usual there is a great deal going on that you should now about. So, in no particular order...

Judging by the most recent school committee meeting it seems that there is a real possibility that there may be some new fields up at the top of the hill very soon. After hearing from the fields committee, as represented by Town Manager Chris Whelan, and after hearing from the local neighbors, the school committee decided to publicly back the proposal that would use regional land for three new fields that could be used for soccer, lacrosse, and recreation. I was not a part of that particular discussion, but I do believe the new fields will greatly enhance the academic program we offer as well as our after school sports program. I am hoping that having more fields available may allow us to offer intramural sports in the fall and spring. I need to do an assessment with Barry Haley, our AD to understand the reality of that idle thought, but I am hopeful. I want to make one thing absolutely clear. There is no cost to the High School or the Regional School District for the field development. For us, it is a best-case scenario. I fully support the proposal.

Speaking of costs, the FY08 budget is well into the development stage. At this moment the school committee has not had a review of the budget so it would not be prudent to speak of too many specifics. I can tell you that things are much better fiscally than they have been in recent years. I do not mean to say that all is well with the world, but to date I have not been asked to produce a reduction list and people have been politely listening to my modest proposals for enhancing the current program offerings.

We are continuing to address building needs, knowing that even in the most optimistic scenario it would be several years before a new CCHS could be built. The exterior doors and interior fire doors are almost all replaced at this time. There are still a few details to work out with some particular doors, but the new doors look better, close tighter, lock more reliably, and are better insulated. They will be a big improvement. We are in the process of changing the lighting in classrooms. The goal is to create better and more natural lighting. We have experimented with one classroom, S18, and the comments from the teacher and the students have encouraged us to go ahead with light replacement throughout the building. It will take a while to complete, but will be a marked improvement. There has actually been research to indicate that brighter and more natural lighting positively affects learning.

The first quarter grades are all in. Report cards are generated. Students will be given (or will have been given) the report cards on Tuesday afternoon November 28. Please be sure to ask for it, if you have not yet seen it. On December 7th we have the annual parent conference day. Most of you probably already have an appointment or a series of appointments. However, if the report card brings you news that provokes the need for more information, you should know that any of the teachers can arrange to meet with you, speak with you on the phone, or email you at times other than the arranged conference day. Communication is an integral part of the process that enables parents and teachers work as a team to solve academic difficulties.

The performance season is now officially under way. We recently had various music performances. This weekend 12/1-12/3 the students are presenting Moliere's "The Learned Ladies" as their fall play. Within a couple weeks we will have some seasonal fare with the Holiday Band Concert. Tryouts for the winter musical are only days away. In a different performance venue, the Junior State, Model UN, Math Team, Science Olympiad, and Academic Bowl groups are all doing their thing. Moot court is getting ready for the new season. In short, the many talents of the many students in the school are currently on display or soon will be. I encourage you to support the variety of offerings, even if your own child might not be involved. I can assure you that the talents you see will amaze you.

The winter sports teams have also begun. In particular, I want to mention that the swim team, for the first time in the history of CCHS, will be able to walk to practice every day. It is a luxury and a blessing to have a state of the art swim facility located on our own campus. It is not ours, but the folks at The Beede Center have been very cooperative in the way they have apportioned time for practices and competitions. I am absolutely sure that the entire community will benefit from having a very visible swim team presence. Our swim program has long been one of the jewels of our sports program. Now more people will be able to watch and understand.

Very soon we will be into the December and New Year holiday period. I wish everyone a productive and enjoyable December followed by joyful holidays.

Don't forget to visit all of the tables on Conference Night - December 7th. Students and parents have worked very hard to showcase an assortment of gifts, clothing, holiday items, and more. All of the purchases you make will help to support the classes and clubs in their fund raising activities.



IMPORTANT INFORMATION FOR STUDENTS AND PARENTS— PLEASE TAKE NOTE

The parking in front of the school including around the islands and at times on the islands themselves, has become a safety issue. The Concord Police Department and Concord Fire Department ask that motorists obey and respect the **NO PARKING SIGNS THAT ARE POSTED**. Should an emergency occur, it is important that emergency vehicles have access and not be impeded by illegally parked vehicles. Thank you for your cooperation.



SUBSCRIBING TO THE LIST SERVE:

Go to www.lists.ptg-concord.org/mailman/listinfo and click on the link to your child's class. If you have children in multiple classes, repeat the process for each child. **READ AND FOLLOW THE INSTRUCTIONS** provided. You will need to have your child's student I.D. handy when subscribing. When you subscribe, you will receive an auto-generated response which you **MUST REPLY** to in **ORDER TO ACTIVATE YOUR SUBSCRIPTION. IF YOU DO NOT REPLY, YOUR SUBSCRIPTION REQUEST WILL SIMPLY DISAPPEAR FROM THE SYSTEM. PLEASE PASS THIS INFORMATION ALONG TO ANYONE WHO HAS NOT SUBSCRIBED YET.**



SUPPORT THE CLASS OF 2008

**HOLIDAY WREATH SALE
CONFERENCE DAY
THURSDAY, DECEMBER 7TH.
Fresh evergreens wreaths with assorted bows and decorations at Great Prices!!**

COMMUNITY SERVICE

Community Service has a bulletin board at CCHS near the main door. One-time and on-going volunteer opportunities are posted. New opportunities in Concord, Carlisle, Boston and Lowell are also posted. If you have questions, need community service, or want to discuss how and where to get involved, email 2volunteer@colonial.net.



SCHOOL CANCELLATIONS

In the event of school cancellation or delayed openings, announcements will be made on radio stations WBZ and WHDH and on television channels 4, 5, and 7. In the case of a delayed opening, school will begin at 8:35 a.m. instead of 7:35 a.m. Buses will arrive at bus stops one hour later than usual in the morning. Classes will end at the regular time, 2:05 p.m.

PARKING ON SCHOOL GROUNDS: All vehicles parked on school grounds must be parked in a marked parking space and should be left locked. Student parking is permitted only in the student parking lot adjacent to the L & S buildings.

PARENT-TEACHER CONFERENCE DAY - THURSDAY, DECEMBER 7TH.

Each year, after the first quarter report cards have been distributed, the high school provides an opportunity for parents to meet with their son/daughter's teachers and guidance counselor to discuss student progress. This year, our **Parent-Teacher Conference Day** will be held on **Thursday, December 7th, from 2:00 p.m. to 8:20 p.m.** Ten-minute modules have been scheduled for conferences with teachers and counselors. A mailing with all of the information needed to set up appointments was sent to all CCHS parents in October.



CONCORD-CARLISLE SCHOLARSHIP FUND

Applications for the Concord-Carlisle Scholarship Fund are available online at www.CCScholarshipfund.org. **Students seeking support for the 2007-2008 academic year must submit their applications by April 1, 2007.** A complete application must include a Students Aid Report (SAR) from the Free Application for Federal Student Aid (FAFSA).

The Concord Carlisle Scholarship Fund has been providing support to deserving local students for over 40 years. In 2006 over \$150,000, was awarded to local students to help finance their college educations. Applicants must reside in Concord or Carlisle or have attended school in one of these towns. METCO students are eligible.

The CCSF scholarships are awarded strictly based on need not merit. However, applications are shared with many local organizations such as, the Concord Rotary, the West Concord Women's Club, the Concord Women's Club, the VFW, the Concord Public Library, Welch's, the Rivercrest Deaconess, and the Carlisle Garden Club, which award merit and need based scholarships.

Please direct questions about applications or donations to ccsf@colonial.net."

Teri Hale
Trustee CCSF



2VOLUNTEER COMMITTEE

Our mission is to facilitate the connection between organizations who have community service needs and CCHS students who are looking for community service opportunities. We can be contacted by e-mail at 2volunteer@colonial.net.

"We make a living by what we get, but we make a life by what we give." - Winston Churchill

SOME SPECIAL NEEDS FOR THE HOLIDAY SEASON:

- ❖ **ESPERANZA-HOPE FOR CHILDREN, INC.** is looking for students with some Spanish-speaking abilities to help care for two girls, ages 2 and 4, who will be arriving from Honduras on November 20 for surgery at Shriner's Hospital, and will stay until March '07. In addition, used clothing can be collected and given to families at Shriner's. Please call Emily Collins at 978-369-3255 or e-mail Emily_collins2001@yahoo.com.
- ❖ **LOWELL WISH PROJECT** needs holiday help in their efforts to sort, package, and distribute gifts to needy individuals. Hours are flexible. Contact Donna Hunnewell at 978-441-9474 or e-mail Terri_wishproject@comcast.net, or visit the website at www.lowellwishproject.org.
- ❖ **MINUTEMAN ARC FOR HUMAN SERVICES** needs volunteers to help with Bingo Nights, Movie Nights, dances, art classes, reading tutoring, and many other activities. Contact Patty Ochoa, Development Director at 978-287-7932, or e-mail pochoa@minutemanarc.org.
- ❖ **OPEN TABLE** needs a couple students to help set up cafeteria tables at First Parish Church every Thursday about 2:30. Contact Jane Lifton at 978-369-2275.

Each month in this newsletter, 2VOLUNTEER would like to feature the community service experience of a student. If you have an experience you would like to relate, or know of a special experience of another student, please contact 2VOLUNTEER.



STUDENT VOLUNTEER, VERONICA RYAN ('09) SHARES HER EXPERIENCE:

Veronica Ryan (2009) helped care for a young Spanish-speaking girl who was staying in Concord while receiving medical treatment. - See *Esperanza-Hope for Children*, above.

Veronica writes: "Spending a few hours with Keyla was very fun, but it was also humbling. Keyla is adorable and is walking around like any other girl her age, but she has to work much harder at walking than most other two year olds. Sadly, her accident could have been prevented and there are more children like Keyla who don't have access to good medical care. Even with her handicap, she is very cheerful and she understands just as much Spanish as the other two year olds I know understand English. I don't think that there's any way better to do community service than to help children like Keyla."



STUDENT VISITORS/GUESTS are most welcome at the high school. We request that appointments be made in advance. All visitors/guests are requested to report first to the Main Office on the day of the visit to register. A visitor's pass will be issued for the day. Permission must be obtained from the Principal, or one of the Assistant Principals and teachers of the classes students will be attending for that day. A form is available from the Assistant Principal's secretary that students must fill out **BEFORE a guest is brought to school**. If permission is granted, the host student is expected to bring his/her guest to the Main Office to register as a visitor and to meet the Principal, or one of the Assistant Principals, at the beginning of the school day. We request that all guests be at least of high school age. **PLEASE NOTE, no guests will be allowed on days prior to long weekends or vacations or during exams.**

GROOMING AND DRESS

While there is not a formal dress code at CCHS, there are certain expectations regarding grooming and dress. All students are expected to attend school dressed in a manner, which is clean, within reasonable bounds of modesty, not hazardous to their health and safety, and not disruptive to the educational process. The state law of Massachusetts requires that shoes or sandals be worn in all public buildings. As a matter of precaution, legally required safety items such as aprons, goggles, or face coverings must be worn by students participating in activities that require such items. In addition, all students must follow safety regulations, which require securing hair or loose clothing against hazards of fire or entanglement in equipment. Students will be informed by their teachers of any safety measures, which pertain to their particular class or activity. Clothing that may be disruptive to the educational process includes clothing upon which any of the following is displayed: obscenities, advertising or promotion of alcohol or illegal drugs, words or symbols that will predictably upset (incite) others, or words or symbols which defame the beliefs or heritage of others.



PRIUS RAFFLE

For Information: Kate Carr, C. C. Pools, Inc. 978-371-4936 or kate@ccpools.org

C. C. Pools, Inc. is offering a chance to win a **2006 TOYOTA PRIUS** to benefit the **Beede Community Swim and Fitness Center**. The goal of the raffle to pay construction loans on the Beede Center which was designed and built with private donations by non-profit C. C. Pools, Inc. Four fantastic prizes have been donated to the cause:

- ❖ **First Prize: THE 2006 TOYOTA PRIUS**
- ❖ **Second Prize: A SEGWAY I180**
- ❖ **Third Prize: A BMW CRUISE BICYCLE**
- ❖ **Fourth Prize: A GIANT OCR ROAD BICYCLE**

Only 999 tickets are available! \$100 each.

Tickets may be purchased with checks, cash or credit cards at C. C. Pools, Inc. 498 Walden Street, Concord, MA 01742, at J. M. Barrett & Company Real Estate, 33 Walden Street, Concord, MA, by calling the C.C. Pools' office at 978-371-4936, or buy on line at www.ccpools.org.

The winners of the 2006 Toyota Prius and other prizes will be **drawn on January 28, 2007 at ScupperJack's**, Rte 2A, Acton.

CCPOPS TAG SALE!

The **CCPOPS Tag Sale** will take place on **Saturday, December 9th, from 9 a.m. to 2 p.m.** We need your junk! Clean out those closets, cellars, garages and attics. We will accept most items - general household, clothes, books, toys, sports equipment, holiday decorations, small furniture items (end tables, chairs), unfinished craft projects, etc., etc. Please do not bring large furniture, computers and related equipment or non-working electrical items. Parents who are attending teacher conferences on Thursday, December 7th can drop off donations when they come to meet the teachers. Student volunteers will be at the curb outside the cafeteria entrance to accept and carry donations to the tagging site from 3 p.m. to 7 p.m. On Friday, December 8th, items may also be dropped off from 3 p.m. until 7 p.m.

Come and shop on Saturday - doors open at 9 a.m. for bargain shopping and there will be a bag sale at 1 p.m. (buy a bag and take whatever you can fit into it!)

Students who work at the sale will receive community service credit. Parent volunteers are also needed to help with the sale. It's a lot of fun and volunteers get first chance to see the merchandise and shop! There are work opportunities on December 7th and 8th, accepting and tagging items, and also on December 9th, working at the actual sale, and cleaning up afterward. Students or parents who want to help, or anyone with questions, contact Chris Rinaldo (978-287-4819) christine_rinaldo@yahoo.com or Diane Payne (978-287-5031) diane.payne@verizon.net.

Summer Fun in January

Save the Date!!

Summer Opportunities Fair — Monday, January 29th, 2007

Plans are now underway for the 2007 annual Summer Opportunities Fair, which will be held on Monday, January 29th from 5:30-8:30 pm in the CCHS cafeteria. In an effort to give students in grades K - 12 an opportunity to explore some exciting alternatives to their usual summer activities, the fair brings together representatives from over 80 organizations to present information about summer opportunities locally, nationally, and abroad. Exhibitors will display information on traditional summer camps, wilderness adventures, education and enrichment opportunities, sports camps, special needs camps, foreign language and student exchange programs, volunteer opportunities, and more. Sponsored by the CCHS Parents' Association.



Web Design Class

THE WEB DESIGN CLASS AT CCHS is going to be working on a project where they help a community group create a website. Some groups such as *2volunteer* (a group aimed at helping students find community service opportunities) and the *cheerleading squad* have already signed up. If you or someone you know is interested in having A STUDENT SET UP A WEBSITE FOR YOUR GROUP, please email as soon as possible to lgiunta@colonial.net.

Thank you,
Laurie Giunta

WIOH
Raffle
Dec. 4 - 15

Band Holiday
Concert
Dec. 21st.

Winter
Recess
Dec. 25 to
Jan. 1

Concord SPED PAC Presents

An Evening with our Special Education Director, Jessica Murphy

Tuesday, December 12th from 6:30 -8:30pm

Concord Carlisle High School Little Theater.

Have Questions?

Let our director know what's working and what's not. This is your chance to be heard, get answers and learn more about Special Education programs in Concord Schools.

Questions may be submitted in advance via email to **Stefanie Cloutier - stefaniec@comcast.net** or **Liz Hopkinson - lhopkinson@verizon.net**. For more information visit us at



CLASS OF 2007

- ❖ **SENIORS** – There are still a number of students who have not purchased a cap and gown. Please see Mrs. Coleman as soon as possible.

No News This Month

CLASS OF 2008

SENIOR CITIZEN THANKSGIVING LUNCHEON

Many thanks to all of the student and parent volunteers who helped make the Senior Citizen Thanksgiving Lunch such a success. Over 220 Concord and Carlisle senior citizens were the guests of the Class of 2008 on Saturday, November 18th. An added treat with dessert was the appearance of “The Poppas and the Mamas” a cappella singing group. Many of the members of this local adult singing group are parents of alumni and current CCHS students. We greatly appreciate their giving of their time and talent, while the high school music students were off at Senior District Auditions.

Thank you goes out to the families of the class of 2008 whose financial contributions helped pay for this traditional meal. The Mahoney family generously donated the colorful autumn decorations that graced the cafeteria from the doorways to the tables. Last, but not least the Class of 2008 wants to thank Bonnie Hardy and the cafeteria staff for all their wise directions and hard work which year after year make this event a great success.

CONFERENCE DAY WREATH SALE

The Junior Class will be selling a wonderful assortment of beautifully decorated Christmas wreaths during Conference Day, Thursday December 7th at the high school. The wreaths are \$25 each. Stop by the front hall and pick out a wreath for your front door. We will be glad to hold your purchase for you while you make your conference rounds.

STADIUM SEATS

The Class of 2008 will also be selling stadium seats at CCHS Conference Day, December 7th. These handsome seats display a CCHS logo designed by Class of 2008 parent Priscilla Sturges. These make great holiday gifts for any CCHS sports fan, and are priced at \$25.

CLASS OF 2009

Thanks to the many sophomore parents and students who participated in the children’s Halloween Carnival in late October with donations of cakes, apples and time. The response to the request for help was just great and it was clear that every child who attended had a great time. **THANK YOU FOR THE SUPPORT!**

The family tailgate party was another hit - well attended and enjoyed by all. A special thanks to Pattie Driscoll for organizing this event!

ON THURSDAY, DECEMBER 7 MANY PARENTS WILL BE VISITING CCHS FOR PARENT CONFERENCES. LOOK FOR THE 2009 TABLE TO DO SOME HOLIDAY SHOPPING. BACK BY POPULAR DEMAND - WE WILL BE OFFERING AMARYLLIS BULBS (\$20) AND CCHS APPAREL. Last year these items sold out quickly, so come early!

We wish you all a wonderful December and happy holiday season.

Claudia Feeney, Cathy Galligan, Patty Hecht, Anne Marks, Kathy Robey
Class of 2009 Parent Representatives

CLASS OF 2010

While many members of the class of 2010 were cheering on the CCHS football team on Friday, October 20th, Nancy and Charlie Morrison (Michael's parents) invited the class of 2010's parents to their home for the first parent social. A good time was had by the many that attended.

SPECIAL THANKS to *Nancy and Charlie Morrison* for hosting
AND to *Anne Goodhue, Beth Clarke and their committee* for organizing the lovely event.

Then on Friday, November 3rd, the class of 2010 braved the cool temperature at the Freshman Family Tailgate event, as well as kicked-off their first fundraising efforts. Maroon, fleece CCHS blankets were available from \$35 - \$40.

SPECIAL THANKS to *Sue Bumpus, Deedo Painter and Anne Standish* for chairing the event.

COME ONE, COME ALL - The class of 2010 will be busy selling maroon, fleece CCHS blankets AND 2010 class t-shirts (with everyone's name on the back) this **SUNDAY, NOVEMBER 19TH** from 1- 5 pm in the CCHS cafeteria during the **CCHS Cheer Team's** fundraising event. The blankets are available from \$35 - \$40, and the t-shirts are \$15. Please note that the t-shirts will be sold all through Spirit Week (next week) too!!

Please be sure to stop by the **"FRESHMAN CORNER"** at Conference Day on **THURSDAY, DECEMBER 7TH**. We will have more maroon, fleece CCHS blankets and t-shirts for sale. In addition, the long-awaited Skcratch Card will make its debut. Also, meet the Class of 2010 class officers and while at school, subscribe to the CCHS email system to stay informed about the class of 2010's many upcoming events!



December Calendar



1. **HOMEROOM/ATTENDANCE/FALL SHOW PERFORMANCE/YEARBOOK DEADLINE**
2. **FALL SHOW PERFORMANCE / SAT**
3. **FALL SHOW PERFORMANCE**
4. **PRINCIPALS COFFEE – 8:30AM, A-7 / WIQH RAFFLE BEGINS**
5. **FREE**
6. **SOPHOMORE ACTIVITY TBA / CONCERT BAND AUDITIONS**
7. **MATH TEAM @ A/B / CONCERT BAND AUDITIONS / HOMEROOM**
8. **CONCERT BAND AUDITIONS / HOMEROOM**
9. **CCPOPS TAG SALE / CONCERT BAND AUDITIONS**
10. **CONCERT BAND AUDITIONS**
11. **SOPHOMORE CAN DRIVE BEGINS / ATTENDANCE REVIEW BOARD MEETING**
12. **JANUARY NEWSLETTER DEADLINE**
13. **REP BAND AUDITIONS / MATH TEAM @ BELMONT / SAC MEETING 6:30 PM – MAIN OFFICE**
14. **REP BAND AUDITIONS / PIT ORCHESTRA REHEARSAL**
15. **REP BAND AUDITIONS / HOMEROOM-ATTENDANCE / WIQH RAFFLE ENDS**
16. **REP BAND AUDITIONS / DANCE SPONSORED BY CLASS 2007**
17. **REP BAND AUDITIONS**
18. **CHEER TEAM BAKE SALE ALL WEEK**
19. **FREE**
20. **FREE**
21. **BAND HOLIDAY CONCERT / FACULTY-ALUMNI RECEPTION**
22. **HOMEROOM**
23. **FREE**
24. **FREE**
25. **WINTER RECESS BEGINS**
26. **FREE**
27. **FREE**
28. **FREE**
29. **FREE**
30. **FREE**
31. **FREE**

“Counselor Bulletin”

December 2006

Volume I, No. 33



PSAT/NMSQT TEST SCORES

The **Preliminary Scholastic Assessment Test (PSAT)** is a practice test for the **SAT I**. Most students take the PSAT in the fall of their junior year as preparation for taking the SAT I in the spring of that same school year. Scores on the PSAT are typically not reported to colleges and universities.

In an attempt to protect the privacy of the student, CCHS mails the PSAT scores home along with a pamphlet that is designed to answer questions about the test scores. Expect scores by the winter holiday break.

TRANSCRIPT PACKAGE TIMELINE

Seniors who wish to have transcript materials sent to colleges should submit a **Student Records Consent Form** to Mrs. Tessari in the **CCHS Records Office** at least 10 working days **before** the college deadline. For colleges with a January 1 deadline, the Record Consent Form should be in by **December 8**.

Students who have a **January 15 deadline** should have their consent forms in the Mrs. Tessari **before** the winter break. Students should see their counselor for assistance in filling out the Record Consent Form.



FINANCIAL AID WORKSHOP

On Wednesday, December 6 from 7:30 – 9:00 p.m. the Counseling Department will offer a Financial Aid Workshop in the CCHS Auditorium. Our guest speakers will be Ron and Ryan Parker from American College Planning Service. Topics will include: an overview of the financial aid process and methodology, tips on completing forms, how information is handled at the college’s financial aid office and alternative sources for funding a college education. While this workshop is targeted to parents of seniors, all parents are welcome.

A Reminder

CCHS Faculty spend a great deal of time writing college references for seniors. Students should remember to write thank you notes to those members of the faculty who have written them.

Sophomore Parent Evening Meeting

On Wednesday, January 24th from 7:30 – 9:00 p.m. the Counseling Department will offer a meeting for sophomore parents/guardians in the CCHS Auditorium. The meeting will cover topics including what to expect over the next few years, adolescent risk and resiliency factors, depression and anxiety, and stress management.

THE HOLIDAYS – SOME THOUGHTS FROM THE SCHOOL ADJUSTMENT COUNSELORS

Tired of the typical “Holiday Stress” article? We are too, but the season presents so many opportunities for fruitful conversations. Here are two issues that call out for some extra talk-time with teenagers:

- ✦ **The Present Dilemma.** “What to buy my friends” is a common question, accompanied with much stress – especially for the socially well-connected teen. It is not unheard of for teenagers to spend large sums of money on each other, totaling hundreds of dollars per teen. Teenagers benefit from conversations with parents and other caring adults about the real meaning of the holidays, financial realities, the effects of commercialism and advertising on their perceptions of what is necessary or normal, and alternatives to spending hours and hundreds of dollars on shopping for friends who are already well-stocked. Encouraging teens to bake, make crafts, or give “gifts of time” is one way to reinforce that it’s the heart, not the wallet, that really matters. Visiting the *Heifer Project* website or other philanthropy websites for ideas on charitable giving in honor of a friend or relative is a wonderful way to help teens and even

younger children reflect on their relative privilege and focus on the needs of those who truly would benefit from an expenditure. For \$5.00 students can make a donation to *The Sharing Foundation* that will buy a school uniform for a poor Cambodian child who needs one in order to attend school. Check the *Boston Globe* for the annual listing of local charities that will send an acknowledgement of a gift made in honor of the holidays for a friend or relative.

✚ **Holiday Cheer.** Not the happy feeling, but the happy hour is the issue here. Just as adults find themselves at more parties with more alcohol flowing, so do teenagers. If you haven't had a conversation recently about why you hope your teen will put off drinking until they are older, now is a great time, since its predictable that everyone will face more temptations in this department in the weeks ahead. *The Brown University Child and Adolescent Behavior Letter* (October, 2006) reports that teens that begin drinking early are at a greatly increased risk of alcohol-dependence in adulthood. According to a study reported in the *Archives of Pediatric and Adolescent Medicine* "47% of respondents who began drinking before age 14 were alcohol-dependent at some point in their lifetime." Many studies of alcohol and marijuana use note the increased likelihood of addiction for young users. Parents are still and indeed the biggest "anti-drug" – when teenagers hear sensible, science-based information from parents along with reminders of family anti-drug/alcohol values, they do listen (even if it seems that the headphones are blaring). And teens are not the only ones facing temptation: adults drink more during the holidays. I always ask myself: could I enjoy myself if I didn't drink, or drank very little? The teenagers are watching – why not let them catch *us* having fun without the buzz?

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Happy Holidays



