

CCHS NEWSLETTER

(Published by CCHS and the CCHS Parents' Association)

Volume 24 – Number 5

JANUARY 2007



PARENT ASSOCIATION

Greetings everyone,

I hope you all enjoyed a safe, relaxing, and fun-filled holiday break with your families.

Although December is a short month on the school calendar, it is always a busy time for the entire CCHS community. We enjoyed Moliere's comedy, *"The Learned Ladies"*, holiday band and orchestra concerts, and the start of the winter sports season. We also had a very well organized and successful Parent-Teacher Conference Day. We extend our gratitude to the CCHS teachers and staff who gave so generously of their time to organize the event and meet with so many parents on December 7th. And special thanks also to Kate Bird, Anita Tekle, Mary Ellis, and the other parents who ran the Teacher Appreciation Dinner that was held the night of Conference Day, as well as to the many CCHS families who donated gifts for the teachers. Speaking of Conference Day, it was a great time to pick up holiday wreaths, CCHS attire, and the other seasonal offerings that were available for sale that evening.

Each year, the Parent Association shows our appreciation of the faculty when we give out a number of grants to support a wide variety of new initiatives and pursuits that are proposed by various CCHS faculty members. The Grants committee recently completed its fall cycle. The committee was able to fulfill grant requests from many departments – Art, Athletics, English, Science, Special Education – dispersing all of the funds that were collected as part of this year's PA membership drive. Highlights of the grants awarded include equipment to be used in conjunction with Earth Science's pod cast of its lectures, equipment and training for further implementation of the Athletics Department's project adventure curriculum, a wedding table for the Ceramics classes, and numerous DVDs for the Foreign Language, English and Art departments. A newsletter with a description of all the fall grants will be published in January.

Looking ahead to January, 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. This perennially popular event, which is sponsored by the CCHS Parents' Association, gives the families of 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.

We are pleased to report that, after working through some technical difficulties, our very popular October program featuring Marilee Jones, MIT's Dean of Admissions, who spoke on **"Less Stress, More Success: Negotiating the College Admissions Process in the Era of Spin,"** is now airing on **CCTV** at various viewing times through the end of January. Check out the [Concord Journal](#) or the CCTV website – <http://concordtv.org/> – for show times.

As part of our outreach and educational initiatives, the CCHS PA is now making a greater effort to connect and collaborate with the many groups in our community that are providing important and valuable parent education programs. Mark your calendars now for several exciting upcoming parent education program that will be presented to parents at CCHS. All programs are in the evenings. Watch *Chit-Chat* and upcoming newsletters for reminders and more details as the programs get closer:

- ❖ On **JANUARY 16TH** at 7:30 p.m., the Concord-Carlisle Parent Initiative will sponsor a program featuring **Dan Simone, one of the Adjustment Counselors at CCHS**, who will talk about **normal adolescent development** to CCHS parents. He will offer **strategies for improved communication and how to foster independence in the mid- adolescent years**
- ❖ An event on **FEBRUARY 12TH** is being offered by the Center for Parents and Teachers and is being co-sponsored by the CCHS PA. It features **Dr. Jean Kilbourne**, an internationally recognized speaker who has received a myriad of honors and awards for her **pioneering work on alcohol and tobacco advertising**. She was named by the [New York Times Magazine](#) as one of the three most popular speakers on college campuses today. Her book, [Can't Buy My Love: How Advertising Changes the Way We Think and Feel](#), won the distinguished Publication Award from the Association for Women in Psychology
- ❖ As a follow-up to the very successful fall program we offered by Marilee Jones, the CCHS PA will be sponsoring a program on **MARCH 5TH** on the topic of resiliency. The speaker will be **Dr. Nadja Reilly**, who is with **Children's Hospital in Boston** and is also an instructor at **Harvard Medical School**. The topic of her talk will be **"Building the Strength Within: Promoting Adolescents' Resilience and Emotional Well-Being"**.

Finally, as we look ahead to the New Year, we want to remind you that we'll soon be starting the process of looking to fill some key roles on the PA Board and Committees for the next academic year. More details will be provided in upcoming newsletters.

From all of us on the CCHS PA Executive Board, we wish you all a fulfilling and happy 2007.

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



As I write this the holidays are approaching. By the time you read this I expect the holidays will have passed. I hope everyone has had a restful and joyous holiday break from school.

Just a short time ago we had the annual parent/teacher conference day. It is one of the major events at school in which I actually have little or no role. It gives me time to observe from a distance. It is obviously a valuable time for both parents and teachers when they get to talk face-to-face, even if for a short time. The connections made on that day can prove invaluable to a student's success for the rest of the year. Another observation I had is how valuable the various fund raising activities are to the students and the school. On that note it strikes me how active the parents groups are in this school. Every year parents get involved as their children start ninth grade. I think the parents benefit from the social aspects as much as the students and school benefit from whatever funds are raised. The funds are typically going for proms, class gifts, and other class activities. In other words they support the very important social aspect of a student's high school experience. Ironically, the fund raising activities also support the social aspect of the parent's experience though the high school. Getting to know other parents, particularly those from the same class, can be very helpful as one engages the many challenges of the age. Over all, the level of community building, vital to the healthy environment of the school, is immeasurable. Thank you to all of you who take their time to do this important work. I encourage others to join in.

It is the time of year that I should give you a little information about the budget process. At least for Concord residents the news is good. It would appear that there is no scenario in which Concord voters would be asked for an override vote to support the high school budget. For a variety of reasons, but predominantly because the state is much closer to fulfilling its obligations to cities and towns, the requested budget fits within the Concord levy limit. Unfortunately, the budget supported by the school committee is about \$56,000 above the amount supported within Carlisle's levy limit. This is what is referred to as a mismatch. The options for resolution include Carlisle finding the money, the school committee lowering their requested budget, and/or a variety of town meeting votes to determine the voters preference. One possibility that has never yet occurred to break a mismatch is to have a joint town meeting where Concord and Carlisle voters together create a budget amount. I wish I understood it all better, but what I do understand is that there is no budget if there is no match, so over the next few months the local politicians will have to get together to make some decisions. Stay tuned.

As I write this we are in the middle of the high tension season for the seniors. Over 60% of them applied to at least one college through one of the many early application opportunities. That is by far the most CCHS students ever to apply early. I have no idea what the response from the colleges will be, but I am told that the CCHS application numbers are indicative of what is happening elsewhere. Thus the early pool is much larger than ever before. Frankly, I wish there were a better way. The level of anxiety and stress caused by the whole process is way out of proportion to its actual importance in one's life. Just my opinion based on decades of watching kids go off to thousands of colleges with most graduating and progressing on to successful lives. I hope, for the sake of the seniors, that the people in their lives are helping them put the whole process into perspective and not painting a picture that there is only one special college worth attending. Again, just my opinion.

Hope all is well and the New Year brings many joys to all the CCHS families.

Save the Date - January 12, 2007

CCHS INTERNATIONAL ISSUES STUDENTS will

be hosting a **Dinner and Silent Auction at the First Parish Church in Concord on January 12, 2007**

from 6:00 – 9:00 p.m. A musical performance and guest speaker will provide entertainment and a timely message. All profits will go to Partners in Health in the fight against AIDS in Lesotho, Africa. Tickets will be sold for \$25 in the CCHS cafeteria during all lunch blocks the week before the event. Tickets will also be available at the door of the First Parish Church on the night of the dinner. Questions may be emailed to redribboncampaign@gmail.com or sfox-morrow@colonial.net.

On behalf of the entire School Committee, we wish you all a Happy New Year!

At its December 12th meeting the School Committee voted budgets which do not require overrides for both K-8 and CCHS in Concord. There will be a capital debt exclusion request made for improvements at CCHS in the amount of \$1,245,000. The vote for construction funds for a new Willard School will be held next fall, when the design is further along. That's the headline news.

The proposed budget for Concord Public Schools is \$26,423,840, and represents a 3.78% increase. The School Committee has allowed additional state aid that came to the town last year to be applied to this budget, and there is a slight decline in enrollment. Those are two main factors contributing to the lack of the need of an override.

The proposed Concord-Carlisle Regional School Budget is \$20,369,327, which represents a 6.15% increase. The CCHS budget is paid for through a combination of assessments to the two member towns based on enrollment, state aid, and money from the region's free cash. The region also applied additional money from the state last year to help cover this year's proposed budget. There was a shift in enrollment towards Carlisle this year, and enrollment at CCHS has again risen overall. Currently the proposed budget is within the levy limit set by the Concord Finance Committee, but the Carlisle Finance Committee did not match that levy limit, voting a number that is \$56,121 less. This would translate into a reduction in the budget, if the Regional School Committee were to reduce the budget to match that number, of \$200,381. The Regional School Committee does not propose doing that. The School Committee will continue to work closely with the leadership in Carlisle to ensure that there is a match in the budgets that voters vote on in the spring.

Voters will be asked to approve \$1,245,000 worth of capital expenditures at CCHS.

The transportation building, better described as the old trailer, has to be replaced. This money includes the regional portion of the building plus septic design and installation (\$120,000), a double wide modular classroom to provide more classroom space (\$150,000), software which will integrate human resources and financial management (\$175,000), heating system upgrades (\$285,000), science lab fume hoods (\$75,000), cafeteria and hall renovations including asbestos removal and new tables and chairs (\$120,000), fire alarm detection equipment (\$170,000), and upgrade existing lighting which is partially funded by a grant and has a short payback due to energy efficiency (\$150,000). The Regional School Committee has carefully looked at investing in CCHS only where necessary for safety, for use in the next few years, and where there is short payback or the investment can be transferred.

The statement of interest has been sent to the state on CCHS, and this begins a process with the new Massachusetts State Building Authority (MSBA). The state will review our initial statement and then work with the region as we move forward with a building plan for CCHS. The state plans to make the first round of reimbursement commitments in 2007, with applications being accepted beginning in July 2007. Dates being spoken of for notification to towns that reimbursement will be available are around December 2007. Then the towns have 120 days to secure positive votes for design and construction funding. As more information becomes available the School Committee will share it.

The Willard School design process is moving forward, with a project manager being hired and an architect to be chosen soon. Due to time limitations and the desire to have more information available to voters, the decision was made to put off voting on construction funds for this project until next fall. The Selectmen plan to call a Special Town Meeting in October. This timeframe would still allow for the opening of a new Willard School in September 2009.

Please attend the Public Hearings on Wednesday February 28 at Alcott School at 7:30. It is your opportunity to hear information and comment on school matters.

Thank you,
Betsy Bilodeau



CONCORD SPECIAL EDUCATION PARENT ADVISORY COMMITTEE (SPED PAC)

Concord Special Education Parent Advisory Committee (SPED PAC) - Meeting and Coffee on Wednesday Jan. 10, 9:30 -11am upstairs at the Back Alley Café, 12 Walden Street. All parents interested in Special Education are encouraged to attend. Come, meet other parents and find out what is going on with special education in Concord. Lets hear your questions or concerns. Visit us at www.concordspedpac.org for more details.



CONCORD CARLISLE SCHOLARSHIP FUND'S WEBSITE

The Concord Carlisle Scholarship Fund application instructions and forms have been updated for the 2007-2008 awards cycle and are now available for downloading at www.ccscholarshipfund.org.

Want to support your son or daughter during the stressful week of midyear exams?



Then send them a Care Package!

A Fundraiser to Benefit CCHS Class of 2009

Midyear exam week is a time when students are constantly studying and could really use a boost of energy. Sending your child a care package is one way to help them out during this time. Care Packages contain many treats including fruit, cookies, bottled water, candy, granola bar, pencil, Cheez-its, and a coupon for use in the cafeteria. You can send your child a care package that will be delivered to him/her the week of exams for \$15.

If you would like to order a care package for your child, please send in the form below along with a check made payable to **“CCHS Class of 2009”** for \$15 to:

**Kimberly Swain
Class of 2009 Treasurer
114 Pine Hill Lane
Concord, MA, 01742**

Forms are due **Friday, January 12, 2007**. Feel free to include a personal note to your son/daughter wishing them good luck on their exams that can be included in the package.

Questions? Email Kimberly Swain at soccergirl4821@yahoo.com or Brian Miller at brianmiller@colonial.net

Student's Name: _____ Lunch Block: _____

Homeroom: _____ Grade: _____

Parent/Guardian Name: _____

Email: _____ Phone #: _____

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

NEWS FROM 2VOLUNTEER

The Website is Coming! The Website is Coming!

KRISTEN JOHNSON of Ms. GIUNTA'S web design class has taken on the task of creating a website for 2VOLUNTEER, which will be the source of all information about community service in general and specific volunteer opportunities in particular. The site should be operational by the end of January, and students will be able to search for opportunities of interest to them.

A number of students volunteered to participate in the town-wide Emergency Shelter Event held at CCHS on Saturday, November 18. **Here is what DAVID SHOUP, Class of 2009, had to say about the experience:**

"On November 18, I volunteered at the simulated Emergency Shelter in the gym of CCHS, role-playing a 'victim'. The event was created to drill the town on what to do in the event of a large snow storm. I played multiple roles of people who were displaced by the storm, and earned three hours of community service. It was fun, and with my friends, I was able to give a few hours to help out the town."

Community service can give you a sense of accomplishment, help you explore career interests, help you develop new skills, introduce you to new people, and should be fun. The mission of 2volunteer, itself a committee of parent volunteers, is to help facilitate matches between needs in the community and CCHS students.

Semester II Schedules will be issued on Monday January 30 at 7:35 in homeroom.

CORI FORMS

You will not be able to volunteer at CCHS without an updated Cori Form. Please see Mrs. Coleman in the main office to fill out a form.



COME TO THE SUMMER OPPORTUNITIES AND JOBS AND JOBS FAIR!!! 26th Anniversary Summer Opportunities Fair--January 29, 2007



Come help us celebrate the 26th anniversary of the Summer Opportunities Fair! Whether you are looking for a camp, enrichment opportunities, or an adventure this summer, the Summer Opportunities Fair has something for you!

**The 26th Anniversary Summer Opportunities Fair
will be held on January 29th
from 5:30-8:30 pm in the CCHS cafeteria.**

In an effort to give students of all ages 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, special needs programs, wilderness adventures, education and enrichment opportunities, sports camps, foreign language and student exchange programs, volunteer opportunities, and more. Admission is free. Refreshments will be available. **Snow date January 30th, 5:30-8:30 pm.**

Sponsored by the CCHS Parents' Association



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. The fine for parking in a No Parking zone is \$15.00. Thank you for your cooperation.

Students are reminded to check the lost and found boxes in the cafeteria and in the main office. Items will be sent to Goodwill after vacation.



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.

TELEPHONE REMINDER:

*The number to call is **978-341-2490** to reach anyone at the high school. Listen to the prompts and follow the instructions. Do not use 978-318-1417.*



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.

CLASS 2011 ORIENTATION BEGINS

Eighth graders from the Carlisle and the Concord Middle School will be visiting CCHS during the month of January. Dates for these visits as well as parent orientation meetings are noted in the enclosed calendar page. Starting with the **March Newsletter**, Concord and Carlisle parents of **Class 2011** will begin to receive the CCHS Newsletter if you/they are signed up for the list serve.

COURSE REGISTRATIONS FOR 2007-2008

Program of Studies booklets are being prepared for current freshmen, sophomores and juniors so that they will be able to select courses for the coming school year. Materials will be distributed at the beginning of second semester in February, and students will have ample opportunity to review course descriptions, talk with their teachers and counselors, consult with their parents and submit their selections.

In February, all students who are in sequential programs of study will receive a recommendation from their current teachers for next year's placement. Parents who have questions about recommendations are invited to contact teachers directly. If you have a general program question, please call the counselor for your son or daughter. Course selections determine the number of sections to be offered, so making the right decision is very important.

THANK YOU PARENTS!

The entire faculty would like to express their appreciation to all of the parents who worked and provided the delicious supper on Thursday, December 7th, Conference Night. It was Spectacular! Thank you very much.

MESSAGE WINDOW FOR STUDENTS

Each day we receive many requests from parents to deliver messages to students. Since there is not a staff member available to deliver messages and because we do not interrupt classes, a message window was established in the main office. The names of students for whom there is a message are posted on the main office window opposite Mrs. Hammer's desk. If their name is posted, students should see Mrs. Hammer to pick up their message. Please remind your sons and daughters to check the message window in the main office.

Part of the **NO STUDENT LEFT BEHIND LAW** states that schools must release the names of their junior and senior students **if** a branch of the armed services request it. It also states that you **have the right** to request that we do not release your child's name. If you don't want your child's name released, please contact Mrs. Merry at 978-341-2490 x7103 and she will remove your child's name from any list that is requested.

THE DISMISSAL PROCESS

During this past quarter we've had a number of students surprised when we told them that we **DO NOT ACCEPT** dismissal notes from parents **AFTER THE FACT**. We **DO NOT ACCEPT PARENT SIGN-OFFS ON ATTENDANCE REPORTS FOR UNEXCUSED ABSENCES**.

THIS IS WHERE WE NEED YOUR HELP -

- ❖ If your child needs to be dismissed from school, **WE MUST HEAR FROM YOU BEFORE HE/SHE LEAVES SCHOOL**. We do all that we can to ensure that your child is safe from the time he/she steps onto school grounds until they leave. Once they are here, we have a "duty to care" for him/her. We take that responsibility very seriously. If we do not know where they are, certainly you can understand how this impinges upon our ability to know that they are safe. In addition to our legal responsibilities, your child cannot learn if they are not in the classroom.
- ❖ Our dismissal process requires that **A NOTE OR PHONE CALL IS RECEIVED IN THE OFFICE PRIOR TO YOUR CHILD'S DISMISSAL**. They should bring the note in the morning to Mrs. Hammer. If you call in the permission, your child must come to the main office prior to departure to check out with Mrs. Hammer. If you haven't called the office at that point, your son/daughter will contact you before he/she leaves the building.
- ❖ After the appointment, your son/daughter **MUST CHECK BACK INTO THE MAIN OFFICE AND RECEIVE A PASS BACK TO CLASS**. This process allows us to know that your child had permission to leave the building and that they have returned. Therefore, if we had a building emergency, we would know that he/she was safe.

AGAIN, OUR UTMOST CONCERN IS YOUR CHILD'S SAFETY.

- ❖ **PLEASE ASSIST US IN THE PROCESS BY LETTING US KNOW WHEN YOUR SON/DAUGHTER WILL BE OUT OF THE BUILDING PRIOR TO THEIR DEPARTURE.**

Battle of the Bands!

8 Bands Compete in the Annual Competition Sponsored by WIQH.

Date: February 3rd, 2007

Time: 7:30 pm - Price \$15.00

Tickets will be on sale the week of January 29 to February 2 during lunch hour in the cafeteria.

Or send payment to:

Ned Roos

WIQH

500 Walden Street

Concord, MA 01742

We would love some chaperones. If anyone is interested they can contact Peter Lee at fresellalee@hotmail.com



UNDERSTANDING ADOLESCENTS: WHAT TO EXPECT DURING THE HIGH SCHOOL YEARS

A PRESENTATION FOR PARENTS AND GUARDIANS

SPEAKER: DANIEL SIMONE, LMHC

TUESDAY - JANUARY 16, 2007 AT 7:30 P.M. - CONCORD CARLISLE HIGH SCHOOL AUDITORIUM

Daniel Simone, LMHC, School Adjustment Counselor at CCHS, will speak with parents about normal adolescent development. He will offer strategies for improved communication and how to foster independence in the mid-adolescent years.

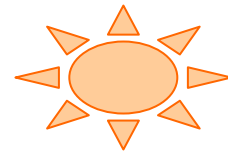
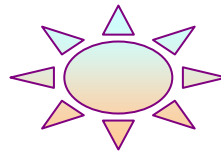
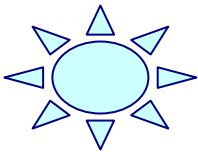
Topics will include:

- *Normal Adolescent Development*
 - *Building Resiliency*
- *Strategies for Improved Communication*
 - *How to Foster Independence*
 - *Identifying Risk Factors*
 - *Realistic Expectations*

Daniel Simone, LMHC has worked as a therapist and high school counselor for the past 9 years. He is new to the Concord Carlisle High School community this year, having been a school counselor at Newton North High School. In the past he has presented to parents on stress in the senior year, success factors in adolescent therapy, and negotiating peaceful living within the family. He is an adjunct faculty member in the graduate counseling programs at Lesley University and Cambridge College.

ALL ARE WELCOME

Suggested donation \$8/person & \$15/couple - Sponsored by the Concord Carlisle Parent Initiative



We are happy to provide this information because the program is geared towards teens. However, this is not a program organized by CCHS. Please direct all inquiries to the website and phone number listed in the ad.

Arthur Dulong, Principal



LINDY HOP DANCE CLASSES FOR TEENS AT EMERSON UMBRELLA

A social activity that is fun and healthy will be offered to Concord-area teenagers beginning in 2007: Lindy Hop. Originating in Harlem during the 1920s and 1930s, Lindy Hop is a high-energy form of swing dancing that is well-suited to youngsters. Elizabeth Miller, a dance instructor from Somerville who has won titles in both regional and national Lindy Hop competitions, will offer Lindy Hop classes for teens (middle school and high school age) on Sunday afternoons beginning on January 28 at Emerson Umbrella Center for the Arts at 40 Stow St. in Concord. The cost is \$75 for six 1.5-hour classes with two instructors. Enrollment is limited, so register now!

To kick off the program, an adult-supervised Teen Lindy Hop Dance event will take place on Friday evening, January 26, at the Concord Scout House at 74 Walden St. The 20-piece Beantown Swing Orchestra, directed by Concord resident Frank Hsieh, will play classic big band music from the 1930s and 40s, while several Boston-area Lindy Hop dancers and performance teams will demonstrate this historic form of dance. A Lindy Hop lesson will be given by Elizabeth before the band begins, and the floor will be open for dancing throughout the night. Although this event is designed specifically for teens, parents and other adults are welcome to attend. Tickets are \$5 for teens and \$10 for adults, and refreshments will be provided. Once the dance classes are underway, the Beantown Swing Orchestra will continue to host these dances on a monthly basis so that the teens can practice what they have learned in a safe and exciting environment.

More information about the program and an online registration form for the dance classes are available at www.beantownswing.com (click on LINDY), or call Frank Hsieh at 617-272-5730.



1. **NEW YEAR'S DAY – NO SCHOOL**
2. Classes Resume
3. Senior District Rehearsal
4. Pit Orchestra Rehearsal
Math Team @ Weston
5. Senior District Rehearsal
HOMEROOM/ATTENDANCE REPORTS
6. Senior District Rehearsal/Concert
7. Free
8. Principals Coffee – 8:30 am in room A-7
9. Free
10. Chorus/Orchestra Dress Rehearsal
8TH GRADE SANBORN MIDDLE SCHOOL VISITS CCHS
11. **8TH GRADE PEABODY MIDDLE SCHOOL VISITS CCHS**
Pit Orchestra Rehearsal
12. **8TH GRADE CARLISLE MIDDLE SCHOOL VISITS CCHS**
HOMEROOM
ALL SCHOOL DANCE SPONSORED BY CLASS 2008
13. STEP Club – WINTERFEST
14. Free
15. **MARTIN LUTHER KING DAY – NO SCHOOL**
16. Newsletter Deadline
17. Chorus/Orchestra Dress Rehearsal
Math Team @ Wayland
SAC Meeting
18. Pit/Orchestra Rehearsal
Chorus/Orchestra Concert
19. Musical Rehearsal
HOMEROOM/ATTENDANCE
20. Sophomore Movie Night
21. Free
22. Attendance Review Board Meeting
Musical Rehearsal
EXAM WEEK BEGINS – FULL DAY
23. School Committee Meeting
Musical Rehearsal
A & B MID YEAR EXAMS – FULL DAY
24. Sophomore Parent Meeting – Guidance
Musical Rehearsal
C & D MID YEAR EXAMS – FULL DAY
25. Musical Rehearsal
E & F Mid Year Exams – FULL DAY
26. **G & H MID YEAR EXAMS – FULL DAY**
QUARTER 2 ENDS
Musical Rehearsal
27. SAT
Frosh Movie Night
Musical Rehearsal
28. Dodgeball sponsored by Class 2008
Musical Rehearsal
29. **SUMMER OPPORTUNITIES FAIR** sponsored by the Parents' Association / (Class 2009 refreshments)
Musical Rehearsal
HOMEROOM – 2ND SEMESTER SCHEDULES DISTRIBUTED
30. Back Up Date for Summer Opportunities Fair
Musical Rehearsal
31. Musical Rehearsal
Back up date for Sophomore Parent Meeting – Guidance

MID-YEAR EXAMINATION INFORMATION

THE SCHEDULE

The Block Schedule for the week of January 22 (Exam Week) is printed on the next page. Please study it carefully and share it with your parents and/or students.

ATTENDANCE

Everyone is expected to be in attendance for every block all week. Each day, is a full day of school. Regular attendance policies and procedures will apply.

LATE ARRIVAL

Students who arrive late (after 7:35 a.m.) must report to the main office to sign in and to be admitted to school for the day. Tuesday, Wednesday, Thursday, and Friday students who are late must wait in the main office to be escorted to their exam room.

TRANSPORTATION

Buses will run at the regular morning times every day. The regular 2:10 bus will run every day. Late buses will run everyday.

CAFETERIA SERVICES

Cafeteria services will be available each day.

LIBRARY SERVICES

The library will be open regular hours and all services will be available as they are during a regular school day.

CLASSES DURING EXAM BLOCKS

Some courses will have class instead of an exam during exam blocks. Teachers will inform students if this will be the case.

STUDY HALLS

Students who have a study hall or the second half of a science lab during one of the exam blocks must report to the cafeteria for a study hall. Please note, however, that study halls will meet in their regular locations during class blocks. Students may also use the library for study.

RELEASE OF STUDENTS FROM EXAM ROOMS

All students must remain in their exam rooms until the end of the examination period. Students may not be dismissed early from exams. Students should bring a book to read or work to do in the event they complete their exam before the end of the period. No students will be permitted to move through corridors, visit teachers, or go to their lockers during the examination sessions.

RETURN OF MATERIALS

Students who are taking semester courses should return all materials or pay for lost materials on the day of their exam.

REPORT CARDS

Grades close January 26. Reports cards will be issued in homeroom on February 9.

SECOND SEMESTER

Second semester begins Monday, January 29 with a homeroom at 7:35 to distribute second semester schedules.

WHAT TO DO IN THE EVENT OF SCHOOL CANCELLATION

If school should be called off due to inclement weather, the schedule for exams will be moved up one day for each "snow day". Be sure to take all materials home at the beginning of the exam period to have all necessary materials for studying.

PLEASE SEE THE NEXT PAGE FOR EXAM SCHEDULE

**IF YOU HAVE ANY QUESTIONS ABOUT THE MID-YEAR EXAMS OR THE SCHEDULE,
PLEASE SEE MR. DULONG, DR. WEINSTEIN, OR MR. HEHN.**

MID TERM EXAM SCHEDULE 2007

Monday 1/22/07	Tuesday 1/23/07	Wednesday 1/24/07	Thursday 1/25/07	Friday 1/26/07
7:35 A1	7:35 A Exam	7:35 C Exam	7:35 E Exam	7:35 G Exam
8:19	If you have a study hall or the second half of a science lab period scheduled during an Exam Period, you should report to the cafeteria for a study. Bring study materials with you.			
8:24 B1				
9:08				
9:13 G1	10:15	10:15	10:15	10:15
9:58	10:20 Lunch	10:20 Lunch	10:20 Lunch	10:20 Lunch
10:03 C2				
10:48				
10:53 D1	11:20	11:20	11:20	11:20
11:37	11:25 B Exam	11:25 D Exam	11:25 F Exam	11:25 H Exam
11:42 E1	If you have a study hall or the second half of a science lab period scheduled during an Exam Period, you should report to the cafeteria for a study. Bring study materials with you.			
12:26				
12:31 F1				
1:15				
1:20 H1				
2:05	2:05	2:05	2:05	2:05

STUDY for your exams – **EAT BREAKFAST** and **LUNCH** – Get a **GOOD NIGHTS SLEEP**
BE PREPARED with materials you may need for your exams

→ Copy of information sent to parents on the List-Serve on 12/15/06 from Arthur Dulong

I am writing to tell you about a pilot plan we will be implementing for the end of first semester exams. As you know the School Advisory Council has recommended that we examine the policies and practices at CCHS that might contribute to student stress. The Department Chairs, with that in mind, have devised an exam schedule that they think may help some students deal with some of the stress of semester exams. In particular they are hoping to relieve some of the time crunch that so many students feel if they cannot finish the exam in the allotted time. Here is what we will be trying on a pilot basis.

➤ **Monday, January 22** – A full day of school in which all 8 blocks meet. (C2 Block inserted after G1 Block) The purpose of this day is for final review prior to exams.

➤ **Tuesday through Friday (1/23-1/26)**

The days schedule would be:

First Block	7:35am – 10:15am
Lunch	10:20am – 11:20am
Second Block	11:25am – 2:05pm

➤ **The blocks would be as follows:**

Tuesday	A Block first, B Block last
Wednesday	C Block first, D Block last
Thursday	E Block first, F Block last
Friday	G Block first, H Block last

Two classes per day, each class is scheduled for 2hr 40min. However, the actual test design is for a 1hr 40minute exam. The 1hr and 40min is the same exam time we have always used. At the conclusion of the 1hr 40min test time, students who have completed the exam have the option to leave the classroom. Students who have not completed the exam or students who would like to sit quietly in the room studying for their next test may remain.

Why the change? We have a significant number of students who are allowed extra time by virtue of an IEP or a 504 Plan. For those students the previous exam schedule could be a nightmare. One exam followed by the second, neither of which was actually finished with the extra time coming at the end of the day. Thus some of these students began testing at 7:35am and finished at 4:00pm or later. All, or at least almost all, of these students should be able to complete the full exam within the extended block. Also, many of the teachers regularly give any student extra time whether or not they are on a plan that requires it because they are interested in grading a complete exam. These teachers should be able to satisfy those students within the extended block.

For sure, there are certain classes which administer an exam that is strictly timed. While they must still honor the extra time requirements specified by a plan they may adhere strictly to the test limit (1hr 40min). In these cases the department will determine which courses will administer strictly timed tests. For example, perhaps the science department will determine that the Honors Chemistry test is a timed exam. That means that all Honors Chemistry classes will be taking the exam under the timed condition. Teachers will announce well ahead of time if the course they teach is one in which a strictly timed test will be given. But I want to repeat, if there are students in these classes whose IEP or 504 Plan allow extra time, they will be given extra time as provided in their IEP or 504 Plan.

➤ **A few more clarifying points for your information.**

During exam periods students are not required to be at school when they are not scheduled for an exam. Students who are at school can be in the library (until it fills to capacity) or in the cafeteria, or in the upper gym. So, a few examples to help explain. Assume a student has both an A Block and B Block exam. On Tuesday that student must be in school all day until the second exam is completed. That student should not be leaving school for lunch or other activities, unless they have Off Campus privilege or unless you give specific dismissal permission via a note or phone call. Assume the same student completes the second exam at 1:15, that student is welcome to stay at school in the areas mentioned, but also may leave because their exams are completed. Another example, assume a student has no A block exam. That student is welcome to arrive early, but only needs to arrive before 11:25am, the beginning of the second exam. One last example, assume a student has no B Block exam. That student is free to leave school at the conclusion of the A Block exam.

Without doubt there could be many scenarios. Essentially, be at school when their are exams and between exams if one does not have Off Campus privilege or specific permission from you.

I hope all of the above is clear, but if not please be in touch. I am hopeful that this will be a positive and manageable change for the semester exam schedule. But...remember this is a pilot. If it does not work well we would not do it again.

Students are reminded not to bring large amounts of money to school. If you must, please leave it in the office and pick it up at the end of the day.

All students should check the lost and found box if they are missing any clothing items. All items remaining will be sent to Goodwill after vacation

COMMUNITY EDUCATION

Concord/Concord-Carlisle Schools - Adult & Community Education
120 Meriam Rd. Concord MA 01742
978-318-1540 fax 318-1539
information and enrollment at: www.ace.colonial.net

SAT PREPARATION FOR THE MARCH 10, 2007 TEST

Summit Educational Group - These courses consist of 38 hours of preparation, including a diagnostic test to assess strengths and weaknesses and practice tests to assess progress throughout the program.

- ❖ Monday and Wednesday, 12 sessions, 6:00-9:00 PM
- ❖ January 3-March 7, CCHS, \$595 #266

SAT PREPARATION FOR THE MAY 5, 2007 TEST

Summit Educational Group - More at www.ace.colonial.net.

- ❖ 12 Tuesdays, 6:00-9:30 PM, January 30-May 1 - CCHS, \$595 #267
~or~
- ❖ 12 Wednesdays, 6:00-9:30 PM, January 31-May 2 - CCHS, \$595 #268 - More at www.ace.colonial.net.

KAPLAN PREPARATION FOR THE SAT

Kaplan offers 3 courses at CCHS in preparation for the April or May SAT's. See www.kaptest.com for dates/times or call 800-KAP-TEST. Enroll early, space limited.

- ❖ SABS7036: 12 classes Wednesday & Saturday - January 17 to March 7 - Classes start at 6:00 PM Wednesday & 9:00 AM Saturday, \$899
- ❖ SABS7036: 12 classes Monday & Wednesday - February 12-April 25; classes start at 6:00 PM, \$899
- ❖ SABS7037: 12 classes Tuesday & Thursday - March 13-May 3; classes start at 6:00 PM, \$899 course timetables at www.ace.colonial.net

DRIVER EDUCATION

A & A Auto School - 30 hours of classroom instruction, 6 hours behind the wheel and 6 hours observation. To enroll call A&A Auto School directly at 508-875-1357 or get a mail-in form at the CCHS Main Office. Students must obtain a copy of the required text, Driver Manual, available at any Registry office. Afternoon & evening classes available.

WINTER 2007

- ❖ Afternoon: Tuesday & Thursday, 3:00-5:00 PM - January 9-March 6, \$400
- ❖ Evening: Tuesday & Thursday, 6:00-8:00 PM - January 9-March 6, \$400

SPRING 2007

- ❖ Afternoon: Tuesday & Thursday, 3:00-5:00 PM - April 10-June 5, \$400
- ❖ Evening: Tuesday & Thursday, 6:00-8:00 PM - April 10-June 5, \$400

RESEARCH ASSISTANCE AT THE CONCORD FREE PUBLIC LIBRARY

The Reference Department staff welcomes calls for assistance in finding and retrieving online and print information. Online information includes locating and retrieving full-text articles from journals, magazines and newspapers. We can recommend library databases that are accessible via a Minuteman Library Network card and/or a Boston Public Library card, and will guide you in selecting and in retrieving from the most appropriate database(s), Internet websites, or print sources at the library. To set up a time with a reference librarian (during the day, or an evening time); call Ray Gerke at the library, 978-318-3365.

COPY OF A MESSAGE SENT OUT ON THE LISTSERV ON 12/19

First, starting after school on **January 2nd all the busses** will load students at the front of the building near the cafeteria. Right now there are Carlisle busses and some West Concord busses that load behind H Building. That will change after the vacation. Please inform your children who take the afternoon busses. We will, of course, have announcements here at school, but your assistance will help assure that no one gets left behind by virtue of going to the wrong location.

The second small issue is that it seems that more than half of the auto drop off in the morning happens between 7:30am and 7:35. Since the first bell rings at 7:30 and class starts at 7:35 and the heavy traffic sometimes backs up, we have a fair number of students reporting late to first class. If some or all of you could **plan to arrive sometime before 7:25** we may still get the traffic issue but the students will not be late to class because of it. Not knowing everyone's personal morning schedule I am not sure what can be done about it. but anything you could do would be helpful and appreciated.

 CLASS OF 2007

There are still a number of seniors who have not purchased a cap and gown for graduation. A list is posted on the window in the main office near Mrs. Coleman's desk.

- ❖ **If your name is on the list please bring in a check for \$30 NOW made out to CCHS.**
- ❖ **If you have a cap and gown from a previous graduate that you are going to wear, please let Mrs. Coleman know. You will still need to order a 2007 tassel.**
- ❖ **SENIORS WITHOUT A CAP AND GOWN WILL NOT BE ABLE TO PARTICIPATE IN THE GRADUATION CEREMONY IN JUNE.**

CLASS OF 2008

Happy New Year to All! Here's what's up in January.

SATURDAY, JANUARY 6 features the Unplugged Concert - chaperones are needed. Yes, we know this is hard, but it is necessary if these activities are to continue.

WINTER DANCE IS FRIDAY, JANUARY 12 - chaperones are needed for this too.

Don't get enough abuse? **SUNDAY, JANUARY 28 IS THE DODGE BALL TOURNNEY** - no chaperones are needed, but Class Advisor, Laurie Giunta says one parent team would be welcome. Teams consist of 6 people at least 2 of which have to be women. Could be fun, or payback for chaperoning!

CLASS OF 2009

We hope everyone had a very enjoyable holiday and is well rested coming into the New Year 2007.

Thank you for the incredible support for the Clothing and Amaryllis Bulbs sales on conference day! Pattie Hecht has graciously led the troops on the continued sale of CCHS clothing which continues to be a successful fundraiser for the class. Laurie Cadigan once again headed the sale of the Amaryllis bulbs, a very popular item around the holidays. A special thanks goes to the Mahoney Family for providing us the Amaryllis bulbs at a modest cost, which makes this a very profitable fundraiser for the class.

Our events after the holidays include the sophomore semi and parent social (same evening; to be held in Concord), the senior citizen spring fling, reception before the junior prom hosted by the class of 2009 and a dance in March. Is there interest in a winter parent social in Carlisle? If there is a Carlisle family who would like to host one, please contact one of the Parent Reps. We will start planning these activities after the holidays, so watch the class emails for more information.

And last but not least, congratulations to Mr. Pavlik and Mr. Miller for coaching the CCHS soccer team to the State Title-what an accomplishment. Being drenched by your team never felt so good!!!

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

CLASS OF 2010 - NO NEWS THIS MONTH

“Guidance Bulletin”

January, 2007

Happy New Year

Financial Aid Information

ALL seniors interested in financial aid will need to complete the FAFSA (Free Application for Federal Student Aid), which is a cost free form. The FAFSA should be submitted as soon as possible after January 1, 2007. If necessary, parents can use estimated figures and verify them late with tax forms. *Many* seniors will complete the Financial Aid PROFILE form. The list of colleges requiring the PROFILE is in the registration material. A photocopy of all information should be made. The Profile form is available on line at collegeboard.com. The FAFSA and profile should be completed on-line.

Students can pick up the local scholarship forms from the CCHS Records Office or download them from cchsscholarshipfund.org/. Any CCHS student can apply to this fund. The Concord-Carlisle Scholarship Fund requires the FAFSA, but Carlisle students wishing to apply to the **Caroline Hill Fund** need to list the code number **0520** on the PROFILE as well.



Loans for College

If a family anticipates significant financial need, they may qualify for a federal loan such as the Perkins and Stafford. Both of these programs require that a FAFSA form be submitted early in January. Many families will not qualify for a Perkins or Stafford loans because their expected family contribution will be above the cutoff, but there are still many other loans available.

Non Need Scholarships – Grants

Although there are colleges which offer merit driven funding, most college sponsored funding is need driven. A merit (non need) scholarship or grant is entirely awarded on such factors as: class rank, College Board scores, and second talent or extra curricular participation. This is not a new phenomenon. In many colleges this grant falls under the title “Presidential Scholarship Programs.” Look for these programs and during the admissions interview ask the question. “Do you have a scholarship program for which I can compete.” **The key word is compete. Always view a competition as an opportunity.**



Avoiding Scholarship Scams

Each year, an estimated 300,000 students and parents are cheated by scholarship scams, according to the Financial Aid Information Page, a comprehensive financial aid web site. “Fraudulent scholarship and loan companies are counting on families in desperate need of financial resources to not thoroughly investigate their company,” cautions Bob Williams, President and CEO of the Better Business Bureau. Scholarship scams have existed for years but with increased usage of the Internet, they are on the rise. Dr. Kenneth Hartman author of the College Board’s “Internet Guide for College-Bound Students,” and contributor to the College Board’s web site, provides the following warning: “Scholarship scam artists lurk on the World Wide Web, and they could be hazardous to your bank account.”

Several warning signs have been reported to the Financial Aid Information Page and the Better Business Bureau. The following are just a few: Scholarships with application fees, Questionable addresses, Scholarship services requiring fees and Unusual requests for personal information. **Source:** A Fall Issue of “Higher Education Access” a publication at The TERI (Educational Resource Center Institute) College Access Center, Boston Public Library.

There are phony college scholarship services.....Recently, the Federal Trade Commission found a number of web sites with deceptive practices. Companies posing as scholarship search or financial-aid foundations charge from about \$25 to provide lists of scholarships, to more than \$800 to guarantee eligibility for a minimum amount of financial aid. These promises of guarantees are not possible. To identify false claims consult the following web site: www.ftc.gov/scholarshipscams. Beware of services that do “all the work” students must apply for scholarships and

grants. Advice: Don't give out credit card or bank account information to "hold a scholarship." Scholarship lists are available at schools and libraries or at www.fastweb.com and www.collegeboard.com. **Source:** Dallas Martin, PhD., president, National Association of Student Financial Aid Administrators, Washington D.C., www.nasfaa.org

Financial Aid Hot Lines

- 800-442-1171 Teri College Access Center located in the Boston Public Library. This service will answer questions concerning the completion of the financial aid forms and provide general financial aid information.
- 800-842-1531 Massachusetts Educational Financing Authority (MEFA). State authority, non profit, low interest loans Extension 1 (Loans), Extension 2 (U Plan), Extension 3 (U-Fund).
- 800-433-3243 Federal Student Aid Information Center - Assistance in completing the Free Application for Federal Student Aid (FAFSA).

Financial Aid Source

The most complete and accessible source of financial aid is The TERI (Educational Resource Institute) College Access Center at the Boston Public Library. The center has counselors available and a great deal of reading material and a computerized financial aid search program (ESPAN). The reading materials cover a most complete range of publications, i.e., books, periodicals and brochures. The data retrieval capability consists of the Fund Finder which is the most up-to-date financial aid computerized program on the market. For more detailed information one may call the TERI at the Boston Public Library 617-536-0200 or on the internet www.teri.org. The Boston Public Library is located at 700 Boylston Street, Boston, MA.



Top 8 Ways to Weather the Financial Aid Season

January often brings snow, ice, and the start of the financial aid season. That's right – when the new year begins families can apply for financial aid for their students who will attend college the following fall. Financial aid includes loans, grants and scholarships, and today's parents are increasingly looking at alternative sources for funding such as home equity loans.

Here are some tips to successfully navigate the financial aid process from David Myette of Champlain College. With 33 years of experience in the field, Myette is the recent national chairman of the national Association of Student Financial Aid Administrators.

1. Apply for financial aid early, starting in January. With funding from the government and the colleges up for grabs, it's better to be among the first in line.
2. Complete the Free Application for Federal Student Aid (FAFSA) electronically. It reduces errors because it edits your answers as you go along. Visit the web site at www.fafsa.ed.gov.
3. Depending on the college, there may be additional college-specific application forms to complete. Check with each of the colleges you are considering.
4. Watch out for application deadlines – they vary at different colleges. Consider writing out a schedule of each college date.
5. You don't have to have your federal tax return completed to apply. You can use estimated figures and then provide a copy of your final tax return to the colleges when it is completed.
6. You also don't have to have to be accepted for admission to have your financial aid application sent to all of the colleges you are considering. Just list each of the college code numbers on the application. You can get these code numbers on the web site when you apply or you can call the schools. When you get accepted, you'll get an award letter.
7. Communicate with your financial aid officer; they don't have a crystal ball. If you have an unusual family or financial circumstances, they need to know that – put it in writing.
8. Finally, keep copies off all forms completed and correspondence sent.

Internship Program

The second semester CCHS Internship Program is getting started for all interested juniors and seniors. Seminar meetings will begin on **Wednesday, January 10, 2007** during the lunch blocks. All students who would like more information or would like to join the program, need to see Ms. Reidy in the Counseling Office prior to that day. We will discuss the program requirements and discuss a field of interest and placement at that time.



Did You Apply Early Action/Early Decision

Counselors are not always informed by colleges of admissions decisions. Please let your counselor know in person or by email when you receive notification. Students who have been accepted **EARLY ACTION** to their first choice school should consider “*withdrawing*” applications in the regular admissions pool to other colleges. This provides a better chance for other applicants (both at CCHS and other high schools) to be admitted and is an honorable act.

Notes from the Adjustment Counselors

It's often noted that high school aged adolescents are neither fish nor fowl--not children, but close to childhood, and not adult, but hovering closely to that enormous shift in identity that will come with the onset of young adulthood. As high school counselors, we see a wide range of ways in which teens at the beginning and end of high school negotiate the transitions that mark freshman and senior years. We thought we would share some reflections with you as we all transition into 2007 together!

Freshmen Transitions

Most of you with children in the class of 2010 have helped your children to successfully navigate their entry into high school. They got used to the new building, the new kids, the new teachers, and the change in social and academic life that marks that movement from middle school to high school. So what's next? Exams! Although middle school students have, of course, taken exams, this is the first time that your high-schooler will be taking a major final (for semester long courses) or mid-year (for full year courses) exam that "counts." From many students' points of view, this is something new and a little worrisome. For many others, they will sail through with nary a concern. Fortunately, CCHS teachers do a fantastic job helping freshmen prepare for exams, offering review sessions and study strategy training for students in class as well as after school.

If your child seems very anxious about exams, here are some tips for helping them through:

- ✚ Help them vocalize their concerns. Some teens (and some children of all ages--even many adults!) will deny anxieties because they fear appearing vulnerable. One way to open up the conversation might be "so I hear that a lot of kids are a little worried about exams...what are you hearing from your friends about this?" Talking about "friends" is a great way for a child/teen to begin to explore his/her own feelings in a safe way. Once you have started the conversation, you can move it into the area of the child's personal, unique feelings and concerns. Teens also love to hear the stories of how parents and other adults managed stressful circumstances in the past.
- ✚ Provide a little extra nurturing. All kids, including teens, love to be fed and paid attention. Tell your teen that you are happy to provide refreshments should he or she wish to have some friends over to study, or make a special treat for your child if s/he prefers to study alone.
- ✚ Help them keep it in perspective. The exam isn't their whole grade and their grade doesn't define who they are as a person or whether they will be successful in life. There is an incredible amount of pressure on high school students today to produce and achieve. Some of this pressure is motivating but much of it is causing undue stress and anxiety in our students. Parents need to be on the front line of helping students balance the value of working hard and being productive with other values, realistic appraisals of ability in different areas of study, and the need for rest and rejuvenation.
- ✚ If the test does not go well, don't panic as a parent. Students whose parents make grades the parents' problem often have difficulty motivating themselves to do better. Students invariably are disappointed when they do not achieve at the level they would like. Parents need to provide support and consolation as well as assistance in helping the student to develop a plan to overcome obstacles. If you or your student feels that help at school is warranted, guidance counselors and school adjustment counselors are here to help parents and students with these issues. Feel free to call us!



Senioritis

Seniors face a different set of challenges from those of freshmen. Many are completing college applications. Some have already been accepted under early action or early decision programs. Second semester senior year is a period of intense psychological work for most teens. Many students will withdraw (temporarily) from adult connections and turn to each other more intensely between Jan-May, revisiting adult supports in the weeks leading up to graduation. Many seniors will verbalize their excitement about going away to school but may wish for permission to express the other side of the equation--the sense of loss and the disequilibrium they are experiencing as they face leaving a very nurturing school, community and family. The Counseling staff has found that by letting seniors know that it is normal to feel both excited and a little scared; curious and avoiding change, many seniors will feel more comfortable with their complex feelings and experience greater ease with the experience.

If you have questions about your child or wish to talk more about any of these issues, feel free to contact your teen's Counselor or one of the School Adjustment counselors, Kelli Kirshtein (978-341-2944) or Dan Simone at 978-341-2490, extension 7108/7109.

Freshman/Sophomore Parents Night

Interested in how you can support a successful high school experience for your child? Want to know how to help your adolescent be on target for the college admissions process? Both of these questions will be answered in the *Sophomore Planning Night, Wednesday, January 24, 2007 at 7:30 – 9:00 p.m. in the CCHS Auditorium.*

CCHS Counselor Alison Furey and Adjustment Counselor Kelli Kirshtein will provide an overview of the timeline for college admissions, discuss issues around stress and risk factors for adolescents, the influence of peers, and supports available to peers. While all 9th and 10 grade parents are welcome to attend, the evening should be of particular interest to first time parents.

See You Next Month