

for the WRECKORD

Staples High School PTA

70 north avenue, westport, connecticut 06880

FEBRUARY

FROM THE DESK OF JOHN DODIG

- 2 Youth Concert (Orchestra) Gr. 5 & 6, 9:15 to 10:15 am, SHS Auditorium
- 3 All-City Concert, 7pm, at BMS, CMS w/ SHS Chamber Orchestra
- 4 Youth Concert (Orchestra) Gr. 3 & 4, 9:15 to 10:15 am, SHS Auditorium
- 6 ACT: SHS is NOT a Test Site
- 6 Science Fair, Convert of the Sacred Heart, Greenwich, 8 am to 2 pm.
- 10 Curriculum Open House, 7 pm
- 15-19 Winter Recess– No School
- 22 Staff Development Day– No School for Students
- 26 PTA Coffee with John Dodig, 9 am, Faculty Dining Room

One of my friends sent me an email with a very short story about a teacher's experience with an elementary school child that transformed her life and the life of the child. We all get these things from friends and acquaintances and we're usually asked, in the end, to send them to ten of our closest friends and relatives. I read some, I skim through some, and I delete most. This one is different. This one supports my belief that teaching is the noblest of all professions because it allows adults to inspire young people to be more than they might otherwise turn out to be if they had not met each other and worked together. It provides opportunities for teachers to share their passion for a subject they love (at the high school level) and, at the same time, to look inside the child to find out who she/he really is and if there is a need to provide a helping hand at simply growing up. Those of you who come to PTA Coffees know that I often share with parents those very anecdotes which describe interactions between teachers and students that are heart-warming, emotional, and sometimes life-changing. I later discovered from someone that this story isn't really true but appeared somewhere in a magazine. Still, it has value in that it describes what all of us in this profession hope to accomplish for at least one person in our professional lives.

One of the hallmarks of Staples is that we care both about helping students develop superb academic skills AND helping young people find themselves. We want them to be well educated and happy to come to school every day. I am sharing the email story with you for two reasons: 1) It is just a wonderful story and 2) It represents what is important to every teacher at Staples.

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As she stood in front of her 5th grade class on the very first day of school, she told the children an untruth.

Like most teachers, she looked at her students and said that she loved them all the same. However, that was impossible, because there in the front row, slumped in his seat, was a little boy named Teddy Stoddard.

Mrs. Thompson had watched Teddy the year before and noticed that he did not play well with the other children, that his clothes were messy and that he constantly needed a bath. In addition, Teddy could be unpleasant. It got to the point where Mrs. Thompson would actually take delight in marking his papers with a broad red pen, making bold X's and then putting a big 'F' at the top of his papers.

At the school where Mrs. Thompson taught, she was required to review each child's past records and she put Teddy's off until last. However, when she reviewed his file, she was in for a surprise.

Teddy's first grade teacher wrote, 'Teddy is a bright child with a ready laugh. He does his work neatly and has good manners... He is a joy to be around.'

His second grade teacher wrote, 'Teddy is an excellent student, well liked by his classmates, but he is troubled because his mother has a terminal illness and life at home must be a struggle.'

His third grade teacher wrote, 'His mother's death has been hard on him. He tries to do his best, but his father doesn't show much interest, and his home life will soon affect him if some steps aren't taken.'

Teddy's fourth grade teacher wrote, 'Teddy is withdrawn and doesn't show much interest in school. He doesn't have many friends and he sometimes sleeps in class.'

By now, Mrs. Thompson realized the problem and she was ashamed of herself. She felt even worse when her students brought her Christmas presents, wrapped in beautiful ribbons and bright paper, except for Teddy's. His present was clumsily wrapped in the heavy, brown paper that he got from a grocery bag.

Mrs. Thompson took pains to open it in the middle of the other presents.

Some of the children started to laugh when she found a rhinestone bracelet with some of the stones missing, and a bottle that was one-quarter full of perfume. But she stifled the children's laughter when she exclaimed how pretty the bracelet was, putting it on, and dabbing some of the perfume on her wrist. Teddy Stoddard stayed after school that day just long enough to say, 'Mrs. Thompson, today you smelled just like my Mom used to.'

After the children left, she cried for at least an hour. On that very day, she quit teaching reading, writing and arithmetic. Instead, she began to teach children.

Mrs. Thompson paid particular attention to Teddy. As she worked with him, his mind seemed to come alive. The more she encouraged him, the faster he responded. By the end of the year, Teddy had become one of the smartest children in the class and, despite her lie that she would love all the children the same, Teddy became one of her 'teacher's pets.'

A year later, she found a note under her door, from Teddy, telling her that she was the best teacher he ever had in his whole life.

Six years went by before she got another note from Teddy. He then wrote that he had finished high school, third in his class, and she was still the best teacher he ever had in his life.

Four years after that, she got another letter, saying that while things had been tough at times, he'd stayed in school, had stuck with it, and would soon graduate from college with the highest of honors. He assured Mrs. Thompson that she was still the best and favorite teacher he had ever had in his whole life.

Then four more years passed and yet another letter came. This time he explained that after he got his bachelor's degree, he decided to go a little further. The letter explained that she was still the best and favorite teacher he ever had. But now his name was a little longer.... The letter was signed, Theodore F. Stoddard, MD.

The story does not end there. You see, there was yet another letter that spring. Teddy said he had met this girl and was going to be married. He explained that his father had died a couple of years ago and he was wondering if Mrs. Thompson might agree to sit at the wedding in the place that was usually reserved for the mother of the groom. Of course, Mrs. Thompson did. And guess what? She wore that bracelet, the one with several rhinestones missing. Moreover, she made sure she was wearing the perfume that Teddy remembered his mother wearing on their last Christmas together.

They hugged each other, and Dr. Stoddard whispered in Mrs. Thompson's ear, 'Thank you Mrs. Thompson for believing in me. Thank you so much for making me feel important and showing me that I could make a difference.'

Mrs. Thompson, with tears in her eyes, whispered back. She said, 'Teddy, you have it all wrong. You were the one who taught me that I could make a difference. I didn't know how to teach until I met you.'

(For you that don't know, Teddy Stoddard is the doctor at Iowa Methodist in Des Moines that has the Stoddard Cancer Wing.)

John Dodig, Principal

A Message From our Co-Presidents...

Throughout January, the BOE has examined each line item in the Superintendent's Proposed Budget for 2010-11 and has questioned some expenditures and suggested amendments. As mentioned in Jan 29th Weekly Email, Feb 1's BOE meeting is the last time for public comment on any portion of the budget. The email lists the specific impact for Staples, such as the possible reduction of the LMC Specialists from 2 to 1, the reduction of the extracurricular budget for the sports teams, Players and clubs, the technology budget remaining flat, and teacher reserves being increased by 1 to accommodate class size increases. Please see the January 15 Weekly Email for additional changes that affect Staples, and the BOE in Briefs, located on the Parent tab of Blackboard. We also listed the ways in which your voice can be heard: contact the BOE members by sending them an email to boe@westport.k12.ct.us or attend the meeting on Monday night and let your voice be heard!

At our recent PTA coffee on Friday last, this year's SHS PTA Nominating Committee was voted in. If you are interested in volunteering for Staples, this is a great way to feel connected to your child's high school. There are big to small jobs open for the 2010-2011 school year, from Co-President and other Executive Board positions to jobs on the General Board, including both one-time events and year-long activities. All hands are welcome! Please see page 5 on how to contact the Nominating Committee.

Student Assembly is having the first Respect Our School Cafeteria Clean-up Campaign starting Feb. 1 to Feb. 5. We look forward to reporting the results to you! We commend Student Assembly for this initiative and we encourage you to talk about this with your kids!

We hope you have a fun and healthy February break. Once we return, we have our February PTA Coffee with John Dodig on Friday, February 26 and the annual Risky Behavior Panel on Thursday, March 4 at 7:30 pm in the SHS cafeteria. Please see more details on the forum on page 4.

Lee and Sandy,

Lee Saveliff

poley@optonline.net

Sandy Rappaport

slrapp@optonline.net

THANK YOU!

THANK YOU to **all the shoppers** who supported our first annual SHS PTA Book Fair at Barnes & Noble this past December. It was a resounding success!

THANK YOU to our Music Appreciation Chair, **Lisa Berlin**, who bought beautiful orchids for the music directors for the Candlelight Concerts. We look forward to the lovely bouquets at the rest of the concerts.

THANK YOU to all the **very generous PENS contributors**. Your support of Staples and Mr. Dodig's request to further support and improve the technology available to all SHS students is greatly appreciated. We will be sure to let you know what items will be purchased; but know that because of you, the children's learning opportunities will be enhanced with the PENS gift. If you are interested in making a donation and/or a matching corporate gift, please see page 5.

WELCOME NEW SHS FAMILIES

As the Newcomers Chairs, we are here to welcome new families to Staples and to Westport. If you have questions about SHS or about Westport, please either call or email us. We are here for you!

Please contact: Elizabeth Beller, 203-557-3990 or boscotime@gmail.com and Caroline Russell-Walling, 203-557-3230 or crussellwalling@optonline.net.

HOLIDAY BOOK FAIR RESULTS and THANKS

Thanks to your participation in the Holiday Book Fair, the Staples PTA was able to donate over \$2300 to Wrecker Mini Grants. This includes \$190 from tips at the wrapping table! These are fantastic results and we want to thank all of you shoppers for remembering to mention "Staples" at the registers!

We have lots of thanks to spread around for all the coordinated efforts that helped make these stellar results possible:

- To Angela Simpson for curating our art exhibit at the Barnes & Noble store. We hope you took a moment or two to admire the variety of art from our talented students.
- To the Graphic Arts Club, led by Carla Eichler, who designed our eye-catching flyers.
- To Mr. Honeycutt and Mr. Zito for helping us get the word out in their clever ads on Good Morning Staples and Wrecker Radio.
- To Lis Comm, English Dept., for coordinating our comprehensive list of 2nd semester English class novels used in our wish list table.
- To the mom volunteers who did a beautiful wrapping job for customers.
- To the students from the Ambassadors Club who came after school and did a great job wrapping customer purchases.
- To the student chefs who helped with the cookbook discussion event.

Thanks again to everyone for your support! Christa Panny and Janet Rubel, Co-Chairs

SHS PTA RISKY BEHAVIOR PANEL

Thursday March 4th, 7:30 PM, SHS Cafeteria

Do You Know Where Your Teens Will Be This Weekend?

Find Out at the SHS Risky Behavior Panel

Sponsored by SHS PTA/PYD RISKY BEHAVIOR PANEL

Learn the consequences of teen risky behavior. Find out from SHS seniors what is really going on! Listen to an expert panel that will include a Westport paramedic, Westport's Youth Detective, Westport's DARE Officer, a private attorney, an SHS faculty advisor, and SHS Peer Advisors. Parents, it is so important that you know the implications of your teen's behaviors. Find out what to watch for and learn what the kids are doing. Even if you think your student is not involved in risky behaviors, they are affected by what they hear is going on. Come join us and get informed.

Some comments from attendees at Risky Behavior Panels sponsored by SHS PTA/PYD in the past:

"A child under the age of 16 cannot give consent for sex-there is no such thing as consensual sex under the age of 16. And that means all sexual activity, not only intercourse. If charged and convicted of this crime, the offender will be sentenced to a mandatory nine months in jail, which cannot be suspended by any judge. They will then be required to register as a sex offender." - **attorney**

"The biggest mistake made by parents and kids is not calling 911 when they suspect alcohol poisoning. Just remember the police are on your side; they want to help the kids, not get them into trouble." - **paramedic**

"If you take away only one thought from this evening, it should be listen to your kids, really, really listen to them." - **attorney**

"I was surprised to hear so many kids are looking for unsupervised homes after school." - **Staples administrator**

"Being upstairs and knowing you have liquor in an unlocked liquor cabinet downstairs where your child is with friends is the same as providing the liquor to them." - **attorney**

"Using cell phones, kids call taxis at 2:30 in the morning and ask to be picked up on their street corner. They sneak out and go to other people's homes." - **police officer**

"Some of the most dangerous cases coming across my desk these days involve interaction between sexual predators and minors over the Internet. These are extremely dangerous people who try to persuade kids to meet up with them in person." - **police officer**

PENS - PARENTS ENHANCING STAPLES

The SHS PTA Non-Event Fundraiser

Our PENS campaign this year will continue the tradition of raising funds for the benefit of Staples students and staff. Last year's budget resulted in some significant cutbacks for Staples, yet through your generous donations, the SHS PTA was able to purchase new laptops that ensured continued excellence for your children's education. At this point in time, we do not see any easing of the budget situation. Therefore, PENS will again be raising funds to further support and improve the technology available to all SHS students. As you are no doubt aware, technology significantly enhances our children's learning opportunities, and Staples and the SHS PTA are both fully committed to meeting the diverse needs of tomorrow's learners and to act as leaders in technology integration. Please help continue to make Staples the best school for its students.

Any donation amount or contribution is greatly appreciated.

What is an appropriate gift? Only you can decide what is right for your family. Whether you give \$5, \$50, \$500 or more – rest assured that your gift will be both confidential and greatly appreciated.

Please complete and return the form below:

YES! I would like to support PENS! Enclosed is my gift of \$_____.

___ My/our employer has a matching gift program. The appropriate form is enclosed.

Name _____

Address _____

Please make your tax-deductible, confidential donation payable to:

SHS PTA – PENS and mail to: SHS PTA, 70 North Avenue, Westport CT 06880.

On behalf of all SHS students, THANK YOU for your generosity!

SHS PTA NOMINATING COMMITTEE VOLUNTEERS FOR 2010-2011 **PTA POSITIONS**

The SHS Nominating Committee is actively exploring candidates for the full slate of PTA Executive and General Board positions for the 2010/2011 school year. All PTA board positions are filled by the Nominating Committee. Participation can be personally rewarding, and enhances the educational experience of our children. Please consider volunteering to serve, even if you have not done so in the past. We thank those of you who have already expressed an interest in next year's PTA, including those who have indicated interest in a specific position. A list of current PTA positions can be found in the back of your Staples directory and on the Staples High School website under <http://shs.westport.k12.ct.us/pta/> and click on "Staples PTA Job Descriptions" on the right. If you would like to be considered for a particular position or if you know of a candidate you would like to recommend, please contact one of the Nominating Committee members by February 26, 2010.

Nominating Co-Chairs - Barbara Sweeney (203) 226-4369 basw@optonline.net and Daphne Lewis (203) 221-0692 dlewis39@optonline.net; Past President Anne Hardy (203) 227-8150 hardylon@optonline.net

Committee :

Ginger Donaher (203)226-6500 gdonaher@optonline.net

Mary Foster (203) 226-6375 mdfoster@optonline.net

Tracy Fincher (203) 227-3377 dtfinch@aol.com

Ann Foreman (203) 226-6595 sherwoodae@aol.com

Amy Randich (203) 557-3473 arandich@optonline.net

PTA News...

REFLECTIONS

We are pleased to announce our winners for the 2009-2010 Reflections art competition. This was a year of great competition and all of you that entered should be very proud of your work. The first place winners in each category have been sent on to a state-wide competition. The Staples winners for the six categories are:

Dance: First place, **Nadia Waski**; Photography: First place, **Max Berger**, Second place, **Jordan Olson**, Honorable Mention, **Allegra Chaple**; Film: First place, **Allegra Chaple**; Visual Arts: First place, **Connie Zhou**, Second place, **Madeline Kimble**, Honorable Mention, **Jake Baron** and **Brittany Berlin**; Literature: First place, **Suzanne Kleine**, Second place, **Jeremy Rubel**, Honorable Mention, **Karen Lively**; Music: First place, **Jake Landau**

School News...

SHOW YOUR WRECKER PRIDE!!!

Block "S" stickers are available for sale in the Athletic office! Each sticker is 4"H x 3"W and costs \$3.00 each. Call 341-1260 now to get yours and show that you are proud to be a Wrecker.



INTEL FINALIST

Jason Gandelman, a student in the Science Research program, was one of 40 students selected as an Intel Science Talent Search finalist. These 40 individuals were chosen from a pool of 300 semi-finalists. His project is "Bioinformatic and Synthetic Approaches to Studying Advanced Glycation End-products."

The finalists will meet in Washington D.C. from March 11-16 where they will undergo a rigorous judging process. They will compete for \$630,000 in awards, with \$100,000 going to the first place winner.

Please congratulate Jason on his success.

TRYING OUT FOR A SPRING SPORT?

Before you know it, tryouts will be here for our spring season. Baseball conditioning will begin Monday, March 15th and the remaining sports begin on Monday, March 22nd. Spring sports include boys and girls golf, lacrosse, tennis and track, plus baseball, rugby and volleyball for boys, softball for girls and coed water polo and sailing. In order to participate, each athlete must have a current sports physical as well as an emergency permission form filled out.

The current sports physical must have been done within one year of the tryout date in order to be eligible to tryout. In order to remain eligible to play, a current sports physical **MUST** be maintained throughout the season.

OUT OF DATE SPORTS PHYSICAL OR NO SPORTS PHYSICAL:

Form A and B: Staples High School Sports Participation Health Record **and** Staples High School Sports Participation Medical Examination:

Side A is filled out by the athlete and parent

Side B is filled out by the physician. The State of Connecticut blue form will **not** be accepted.

Attachments will not be accepted.

http://shs.westport.k12.ct.us/staples/athletics/athletic_downloads/Athletic.FormAB.pdf

CURRENT PHYSICALS: If your physical is current, you only need Form C.

Form C: Staples Athletic Emergency Information.

http://shs.westport.k12.ct.us/staples/athletics/athletic_downloads/Athletic.FormC.pdf

All athletes need a new Form C every season.

Return the completed forms to the nurses' office or to the athletic trainer. Questions? Call Sue Skutnik, Athletics Secretary, 341-1260.

News from the Guidance Department...

DEADLINES FOR SPRING SATS & ACTS

Registration packets are available in the College & Career Center.

<u>SAT DATE</u>	<u>Reg. Deadline</u>	<u>ACT Date</u>	<u>Reg. Deadline</u>
3/13	2/4	4/10	3/5
5/1	3/25	6/12	5/7
6/5	4/29		

Staples H.S. School Code: 070-920

Register online at www.collegeboard.com or at www.actstudent.org.

COURSE SELECTION

This is the time to choose courses carefully. During the months of February & March counselors will begin to see students on an individual basis to pre-register them for courses for the following school year. Please make these choices carefully as changes are not always possible. Teacher recommendations are most important in these decisions. The schedule below will be followed:

Grade 11	February 9, 10, 11, 12 and February 23
Grade 9	March 1, 2, 3, 4, 5
Grade 10	March 15, 16, 17, 18, 19

Please have students sign up to see their counselor on the appropriate dates for each grade level to pre-register for courses. Students sign up in their counselor's appointment book in the Guidance Office.

SENIORS

Do not slump! Too often this time of year seniors think that it is safe to relax and not work as hard. After all, first semester is over and colleges will make decisions on information received to date. Many times, however, students are wait-listed at colleges and third quarter grades are requested. Obviously those grades play a key role in removal from a wait list. Moreover, colleges have been known to revoke their acceptance of a student based on poor performance and/or loss of credit in the second semester of senior year. Keep your standards high! Remember to tell your counselor and Mrs. Ketley of all acceptances. Also, please inform your teachers who were kind enough to write recommendations for you. It is not too late to thank them if you have not done so already.

JUNIORS

Remember to stop by and make an appointment to see your counselor regarding post high school planning. Please bring the list that you developed through the Naviance Program with you to the meeting.

FRESHMEN

From January 27th to February 9th, all freshmen will be taken from physical education classes through the College and Career Center to complete a personality survey called, "Do What You Are." This survey is part of the Naviance program.

SERVICE ACADEMIES

Juniors who are interested in applying to the United States Military (West Point), Air Force, Merchant Marine, or Navel Academy are required to write to their Congressman now. Please discuss this with your counselor. The deadline date for contacting Congressmen is early October of the senior year, but the sooner you apply, the more time your Congressman have to evaluate your file. All Congressmen have application packets available in their offices. Counselors will be happy to help you with the process

FEDERAL STUDENT AID (F.A.F.S.A.)

The F.A.F.S.A. application form is online at www.fafsa.ed.gov. Although aid is based on 2009 tax return information, don't wait to fill this form out, you must estimate as best as you can. The schools will ask for verification of this information later if you are admitted and receive financial aid.

News from the Guidance Department Con't...

AWARDS & SCHOLARSHIPS

Staples Tuition Grants Scholarships are now available for downloading at www.staplestuitiongrants.org. The deadline for the Tuition Grants Scholarship application is **March 15th**, with financial documents due April 22nd.

Local scholarship applications including **Woman's Club** are now available in the Guidance Office. The deadline for this application is **March 5th**.

Proton Energy Scholarship will recognize and award high school seniors across the nation who demonstrate outstanding achievement, excellence and promise in the field of science or technology, and who plan to pursue higher education in this field. The scholarship will award four-year undergraduate scholarships with a total value of \$100,000. **Deadline: February 10, 2010.** Visit www.ProtonEnergyScholarship.org

University of Connecticut Avery Point: Kitchings Family Scholarship. Two \$4,000 scholarships will be awarded. One recipient will be a freshman who plans to attend the Avery Point campus and major in Marine Science/Coastal Studies program and the other will attend Avery Point and major in Maritime Studies. Recipients will be reviewed and selected on the basis of their UCONN application and priority will be given to students who apply by the December 1 Early Action deadline. Contact Laurie Saunders, Admissions Office (860)405-9026.

Connecticut PTA Scholarship Awards in memory of Christa McAuliffe, First Teacher in Space. The awards in the amount of \$1,000 will be awarded to a graduating senior from the PTA/PTSA high schools who plan to attend a four year college to pursue a career in teaching. Essay topic: "What is your reason for entering the teaching profession?" **Deadline: March 1.**

Nutmeg Statewide PTA Scholarship will present two scholarship awards to graduating seniors from the PTA/PTSA high schools in the amounts of \$1,500 and \$500. The students must be planning to attend a four-year college to pursue a career in service to children OTHER THAN TEACHING. Award recipients' choices have been pediatric plastic surgeon, attorney, social worker, child advocate, etc. Applicants are asked to write a one page essay with the first sentence beginning: "I expect to be serving children ten years after college graduation by....." **Deadline: 5pm on March 12.**

University of Connecticut Women's Center "100 Years of Women Scholarship Award.: \$250-\$1,000. Applicant must demonstrate a commitment to women's issues through service to their community or school; be a current UConn undergraduate or undergraduate who will be enrolled for the fall semester of 2010, or high school senior planning to enroll at UConn, be in need of financial assistance; and demonstrate high academic performance. http://womenscenter.uconn.edu/Application_10.pdf **Deadline: February 26.**

University of Connecticut School of Engineering offers a one-week residential summer program for current **high school juniors and seniors**, called Explore Engineering E (square). E square participants must be nominated by their high school math, science, or technology teacher. Visit: www.uconn.edu

GAR College Class Scholarship (Gordan A. Rich Memorial Foundation): \$12,500 per academic year. Must have a min. GPA of 3.5. and be dependent children of full-time employees who are in good standing with the financial service companies for which they work. Qualifying financial services companies will be determined by The Gordan A. Rich Memorial Foundation. Typically financial services companies include commercial banks, investment banks, securities brokerage firms, insurance companies, fund and asset management companies, credit card and finance companies, and similar businesses. Joyce.gross@credit-suisse.com. **Deadline: February 16.**

Capitol Scholarship Program – Provides state grants to help talented students pay for college based on financial need. www.ctdeh.org. Students must rank in the top 20% of their class **OR** have a combined score of 1800 or better on the SAT exams **OR** have ACT scores of 27 or better. All applicants must submit a 2010-2011 FAFSA <http://www.fafsa.ed.gov> by February 15, 2010. **Deadline: February 15.**

Connecticut Breast Cancer Coalition/Foundation, Cindy Dimestein Memorial Scholarship \$500 scholarship awarded to a high school senior in CT who has been affected in some way by breast cancer. **Deadline March 31.**

Milton Fisher Scholarship: For Innovation and Creativity – a four-year scholarship of up to \$20,000 (up to \$5,000 per year for four years), for exceptionally innovative and creative high school juniors & seniors, and college freshmen from Connecticut and New York City. www.rbffoundation.org. **Deadline: March 31.**

News from the Guidance Department Con't...

Computer Science, Mathematics, and Physics at Central Connecticut State University: They award at least 20 scholarships annually. Qualified students will receive up to \$5,200 per year which is renewable. Visit: <http://www.artsci.ccsu.edu/sstem/> **Deadline: April 1.**

The Governor's Coalition for Youth with Disabilities is now accepting applications for the 2010 scholarship program for Connecticut's graduating seniors with disabilities. You can access the application and application instructions from their website: www.gcyd.org Contact Doralis Hernaiz at 860-418-6043 or via e-mail at doralis.hernaiz@ct.gov if you have questions. **Deadline: February 15.**

Robert C. Byrd Honors Scholarship Program is highly competitive with applications limited to seniors who rank in the top 2% of their junior year high school class **OR** who achieve a score of 2100 or better on the SAT, or who have an ACT score of 32 or better. Financial need is NOT a component of the selection criteria. Visit www.ctdhe.org/SFA/pdfs/ByrdScholarship.pdf **Deadline: April 1.**

Connecticut Building Congress Scholarship Fund (CBCSF) offers scholarships to graduating Connecticut high school students entering college level programs in architecture, engineering, construction management, surveying, planning or other courses of study leading to associate, baccalaureate, or masters degrees in the construction field. The awards will be given for academic merit, extracurricular activities, potential and financial need. \$500 to \$2,000 per year. www.cbc-ct.org (Member Services page). **Deadline: March 10.**

Scholar Athlete Milk Mustache of the Year (SAMMY) 2010 Award Program recognizes outstanding scholar athletes in grade 12 from high schools throughout the contiguous U.S. 25 winners will receive a \$5,700 college scholarship from the Milk Processor Education Program. Applications will only be accepted online at bodybymilk.com. **Deadline: March 5.**

Additional Scholarships

For a complete list of national scholarships visit www.fastweb.com or www.finaid.org.

Course Registration Timeline School Year 2009/2010

December 2009

Course Catalog handed to students in English classes.

January 4–February 5

- Students and parents review the course catalog and begin a discussion at home regarding future classes.
- Teachers and students discuss course options.
- Teachers input course recommendations into the school computer system.
- Students make appointments to meet with their counselor to discuss teacher recommendations and turn course recommendations and elective options into course requests.

This appointment is for the student and counselor only.

Grade 11	Feb 9-12 and the 23 rd
Grade 9	March 1-5
Grade 10	March 15-19

Students must come prepared for this meeting with courses they wish to request for the following school year, 2010/2011. (see page 78 in the course catalog)

February 9

Course recommendations are available for parents and students to view via Home Access Center. Contact Jane Alix at 341-1214 if you need help logging into the Home Access Center.

February 9-March 19

After the individual meeting between the counselor and the student, the counselor will mail home a copy of the course requests for review. Changes must be made within 5 school days of receipt of the letter.

March 31

Override Deadline – NO EXECPTIONS. Override forms are available in the Guidance Office.

April 1-May 31

Master schedule is created based on the number of pre-registration course requests.

June

Conflict Resolution – Information will be forthcoming.

News from the Physical Education Department...

PE TIDBIT OF THE MONTH:

Now that 2010 is underway, the reality of your New Year's goals and resolutions has begun to take shape (hopefully you are still on track!). Is getting healthier on your list? Losing weight? Improving your sleep habits? Reducing stress? Eating a more balanced/nutritious diet? It is never too late in the year to think about these important topics. As you reflect on the lifestyle changes that you would like to make this year, be sure to make them reasonable and realistic. It is better to make several small ones that you can achieve than one overly challenging one that may discourage you. Good luck and have fun feeling better in 2010!

(information obtained from "HealthFitness" at hfit.com)

Community Bulletin Board...

LIFESKILLS PARENT TRAINING

LifeSkills Parenting workshop for parents of 7th to 10th grade students is a science-based program designed to strengthen parents' communications with their adolescent children in an effort to prevent risky behaviors. Parents of teenagers realize that the stresses and social pressures their children are faced with can affect the decisions and choices they make. This workshop focuses on ways parents can help their young adults develop the personal self management and social skills they will need as they continue their journey toward independence.

The class is limited to 14 participants and is led by two professional facilitators. The 7 week class cost \$140. LifeSkills Classes in Westport begin Tuesday, February 2nd to March 23rd, 2010. 9:30am to 11:00am at Positive Directions 420 Post Rd W. Westport

To register: www.positivedirections.org or call Positive Directions at 203-227-7644.

SPORTS LEGACY FOUNDER to SPEAK on CONCUSSIONS MARCH 14

If you missed it in January, come hear Chris Nowinski from the Sports Legacy Foundation speak about the new research being done on athletes' brains and the dangerous effects of concussions on our kids. Come learn about the changes coming to football and other contact sports. Sponsored by Westport PAL, and required of their coaches (other town coaches are invited).

Nowinski is a Harvard educated, former football player and world wrestler, forced to retire because of multiple concussions. He is an engaging and informative speaker, not to be missed. Watch for announcements about the time, but please put March 14, Saugatuck Elementary School Auditorium on your calendar if you interested in attending this worthwhile event. Bring a friend!

For more information, please call Carmen Roda at 203-640-8085 or email aterber@optonline.net. For information on concussions, go to sportslegacy.org.

Community Bulletin Board...

CONTINUING EDUCATION

Winter/Spring 2010 Programs at Staples High School

Driver's Education

30 Hour Driver & Traffic Safety Education (1/4 credit towards graduation) **\$199**

Mondays & Tuesdays

306e March 16-May 11 ~ 3:00-5:00 PM

2 Hour Mandatory Parent & Child Safe Driving Class (*Select One in Conjunction with 306e*)

307i March 31, Wednesday ~ 6:00-8:00 PM

307j April 28, Wednesday ~ 6:00-8:00 PM

306f April 5-June 1 ~ 6:30-8:30 PM

2 Hour Mandatory Parent & Child Safe Driving Class (*Select One in Conjunction with 306f*)

307k April 6, Tuesday ~ 6:30-8:30 PM

307l April 10, Saturday ~ 9:00-11:00 AM

Behind-The-Wheel Instruction (8 Hours)

304 Dates and times of instruction to be determined by the student and driving instructor. **\$400**

8 Hour Safe Driving & Alcohol and Drug Education (Included in 30 hr. Driver & Safety Class) **\$125**

Required for home trained or private driving school trained students under 18 years old. Call our office for the dates offered.

Practice PSAT For Sophomores

950 Saturday, March 13, 2010 ~ 9:00 AM-12:00 PM **\$35** if you sign up by Feb. 27 (\$40 thereafter)

Marmont Academics Preparation for the SATs

301m Math, Thursday, March 25, April 8, 15, 29 ~ 3:00-5:00 PM **\$280 (\$525 for both Math & Verbal)**

301v Verbal, Tuesday, March 30, April 6, 13, 27 ~ 3:00-5:00 PM **\$280 (\$525 for both Math & Verbal)**

Yoga

Grades 9 & Up

886c Wednesday, January 27-April 7 ~ 2:30-3:30 PM, 10 Sessions **\$145**

886d Wednesday, April 28-June 2 ~ 2:30-3:30 PM, 6 Sessions **\$89**

College Theatre Auditions Coaching

610a Monologues Only (Coaching Ages 17 & Up) – 5 hours of Coaching w/David Roth **\$395**

610b Monologues & Songs (Coaching Ages 17 & Up) – 7 Hours of Coaching w/David Roth **\$535**

View more classes offered by Westport Continuing Education and register today

www.westportcontinuinged.com



**PTA COFFEE WITH
JOHN DODIG:
Friday, February 26th,
9:00 AM in the
Faculty Dining Room**

FTW FEBRUARY DEADLINE
TUESDAY, FEBRUARY 23rd
5:00 PM

Submit articles to:
shs_pta@westport.k12.ct.us

MARCH

- 2-26 CAPT Testing Window
- 2 End of IPRs: 3rd Quarter
- 4 PTA/PYD Risky Behavior Forum, 7:30 pm, SHS Cafeteria
- 13 PSAT Simulation through Westport Continuing Ed (Sophomores only)
- 13 SAT: SHS is NOT a Test Site
- 19-20 Fairfield County String Festival—WCSU
- 19-21 Staples Players presents "Little Shop of Horrors"
- 23 Westport Orchestra Festival Rehearsal, 2:30-6:30 pm
- 24 Westport Orchestra Festival Rehearsal, 7:30am-1pm
- 24 Westport Orchestra Festival Rehearsal, 7:30pm, SHS Gym
- 26 PTA Coffee with John Dodig, 9am, Faculty Dining Room
- 26-27 Staples Players presents "Little Shop of Horrors"
- 31 3rd Quarter Ends

2/10

for the WRECKORD

Staples High School PTA 70 north avenue, westport, connecticut 06880