

CHIEFLY CONARD



CONARD HIGH SCHOOL
ISSUE NO. 5

110 BEECHWOOD ROAD
DIRECT: 231-5000

WEST HARTFORD, CT 06107
FAX: 521-6699
May, 2009

DATES TO REMEMBER

May

- 19 PTO Business Meeting
7 pm
- 20 Spring Concert 7 pm
- 25 Memorial Day –
No School
- 25 Memorial Day Parade
10 am
- 27 WL Honor Society Inductions
7 pm
- 28 Unified Theater Performance
7:30 pm
- 29 Unified Theater Performance
7:30 pm
- 29 Senior Picnic

June

- 3 9/10 Academic Awards
- 6 SATs
- 9 Principal's Coffee 8:30 am
- 10 11/12 Academic Awards
7 pm
- 12 Senior Prom
- 13 ACTs
- 15 Spring Sports Awards
- 24 Graduation 5 pm
- 26 Last Day of School

**CONGRATULATIONS
CLASS OF 2009!**

Assistant Principal's Message



Dear Parents,

It is with some measure of anxiety and yet great pride that I announce that I have been called to active service with the 1-102nd Infantry (MTN) of the CT Army National Guard. To that end, I will be taking a leave of absence for military duty during the 2009-2010 school year. My last day at Conard will be Friday, 14 August 2009. At that point, I will go on active duty orders with Apache Company, 1-102nd INF (MTN) of Norwalk, CT where I currently serve as First Sergeant. My company, with several other companies within our battalion will deploy to Afghanistan at the end of this year for the period of one year. I have served with the CT Army National Guard for the last twenty years. While the 1-102nd has had two overseas deployments since 2001, this will be my first overseas deployment. I am very proud to have this opportunity to serve our country; however, I am anxious to leave my family as well as my extended family here in West Hartford. More information will follow as the specific plan to fill my absence unfolds. Please know that Mr. Moore and the entire administrative team are planning for a seamless transition. Your support during my

absence means more than you can know.

Sincerely,

Paul W. Vicinus, Jr.

Principal's Message

As you read this month's Chiefly Conard, I am sure that your thoughts are, naturally, on the end of the year items. Graduation brings excitement, as well as nerves for what comes next. We all watch our children go from 9th grade boys and girls to graduating men and women in what seems to be the blink of an eye. It is my fervent hope, and belief, that we have provided these sons and daughters of West Hartford with the best education that they could possibly get anywhere in the United States. I hope that part of this education was in providing them with examples as to how to lead their lives. This role model hopefully is a parent, but it could also be a classmate, a teacher, a school counselor, an administrator, a custodian who always says hello, an office staff member who perhaps took the time to calm their nerves on what was a bad day, or a cafeteria worker with a ready smile. How we carry ourselves day in and day out is an example for our children. This is, to me, the main reason that Conard will miss Paul Vicinus so much next year. He is the ultimate role model.

Anyone who knows Mr. Vicinus, or has been taught by him, is well aware of the contributions he has made to Conard. He is someone that I hold up as an example of commitment, integrity, and effort in my own life. That is why it is with such great respect that I wish him well during the next year, as he serves our country in Afghanistan. Mr. Vicinus is a man who lives up to his ideals, and who has, time and again, sacrificed his own time in order to better serve the needs of Conard, and his kids here. I have watched him save the lives of countless students who were on the wrong path, or believed that nobody cared about them. Mr. Vicinus proved to them that he did care, and that they could count on him. Because of Mr. Vicinus, many former and current students are in a far better place in life than they would be if not for his interventions.

When I was named Conard's principal two years ago, I had been Social Studies Department Supervisor, and Mr. Vicinus was the Math Department Supervisor. The second person, after my wife, who I told that I had been hired, was Mr. Vicinus. I begged him to become an Assistant Principal with me, because I knew that I needed someone who would always be honest with me, and was just as passionate as I was about the future success of Conard High School. Since we took over as a part of the new leadership team, Paul has been with me on every major decision. He deserves credit for every success we have had, and is a true leader in technology, pedagogy, and discipline, but he does it all with the heart of a teacher. I believe that it would be impossible to find someone at Conard who in any way questions Paul's excellence.

We will miss Mr. Vicinus greatly while he is leading his troops in Afghanistan, and we eagerly await his return during the 2010-2011 school year. Soon we will be

announcing an interim assistant principal to sit at Mr. Vicinus' desk during the time that he is serving his country. I know that we have many outstanding candidates who will do the job very well, and will strive to live up to the standards set by Mr. Vicinus. That said, the staff and students here will miss Mr. Vicinus very much over the next year. Please join me in wishing First Sergeant Vicinus well in his mission in Afghanistan, and include him and his men in your family's thoughts and prayers.

Tom Moore, Principal

Greetings from Guidance



Grades 9-11

Students have met individually with their counselors to discuss next year's classes, review progress reports and encourage extra-curricular involvement. If a student missed their appointment or needs to see their counselor, please schedule an appointment either by signing up in the appointment book or see Mrs. Hall, the Guidance Secretary.

Counselors will be sending passes to any student who has a schedule conflict for next year. Please remind your child to see their counselor when they are given a pass. It is very important and prevents potential conflicts that may be impossible to resolve if the matter is not attended to in a timely manner.

Summer school begins on July 1st and consists of two three week semesters, the last day of which is August 7th. Summer school is a good time to get ahead or catch up on missing credits.

Grade 9

Freshmen are encouraged to explore summer opportunities. Summer is an important time to develop skills and interests that can enhance a resume. Ideas for volunteer and community service can be researched with **Mrs. Grigoraitis**, the Activities Director or **Mrs. Duquette** in the Career Center.

Reading stands by itself as the single most important skill needed for doing well on all college standardized testing. This summer we encourage your child to read for pleasure. The PSATs are scheduled for the fall and all tenth grade students will be taking the exam. The more they read, the better they will do!

Grade 10

Counselors have met with sophomores through their English classes to introduce them to the features of the technology program, Naviance. Students completed a Naviance based career test which links potential careers to possible college majors and colleges. All sophomores completed career /college research projects as part of their tenth grade English curriculum. Naviance is a great research program we strongly encourage the students to use in their post high school planning process. Naviance can be accessed by going to the Conard Guidance website, clicking on 'Useful Resources', then clicking on teci Naviance. Username is: 'last name first name' and password is: student ID. If you are having any difficulties logging on, please contact your counselor.

The PSAT will be offered *free* to all sophomores in October. Juniors must register and pay to take this test in the fall. You can prepare by reading for pleasure. Remember to READ, READ, and READ!!! The

faster you train yourself to read and comprehend the easier the exam will be.

Grade 11

Counselors have completed the individual junior planning sessions along with the Junior Workshops with their juniors. During the three-part workshop, juniors registered for SATs/ACTs, completed college searches on Naviance, started working on their student brag sheets, and worked on their resumes. Students and parents are reminded to complete the parent and student brag sheets (located on Naviance) and update resumes as soon as possible. Counselors will begin to write college letters of recommendation and will need these documents to write a more meaningful letter.

Juniors should be well into the process of visiting and narrowing down their college selections.

Summer is the time to continue to research colleges, firm up schools of interest and either visit or revisit them before September. Students are urged to research their 'Target' and 'Likely' schools as thoroughly as their 'Reach' schools. This includes college visits and possible interviews.

College Board exams (SATs) will be offered in the fall on October 10th and November 7th. ACTs will be offered September 12th at Hall and October 24th at Conard. Any student considering early action or early decision should have all their standardized testing in order before early application deadlines. They should also begin work on their applications/essays this summer. All students will be encouraged to apply to their colleges/university early in their senior year especially if they are applying to any state schools. This past year, students who applied later in the school year were at a disadvantage in the admissions process. Parents of current juniors

need to be aware of future expenses as the college process can quickly add up. SATs cost \$45.00 per test date and reports sent to schools cost \$9.50 per college. College applications cost roughly \$40.00 to \$80.00 per school. The guidance department encourages parents to keep an eye on costs and plan accordingly. Financial assistance is available for students/families who qualify. If there are any questions, please see your counselor.

Grade 12

Seniors must inform their counselor or the guidance secretary of their post high school plans (name of College, Vocational School, Gap Year program they plan to attend, employment plans, etc.).

Colleges require a final transcript and it will be sent automatically, only if we know their final college decision.

Do not allow the nasty bug, SENIORITIS to hit. Colleges will be reviewing the final semester's results and they have been known to place a freshman on academic probation, or even worse, withdraw a student's acceptance letter. With graduation day quickly approaching, keep working. You are almost there!

ART



The gala celebration of the Art Department's annual school wide art show "Art in a World Gone Baroque", will be held on Wednesday evening June 10th from 5:30 pm until 7 pm. The Awards will be presented at 6 pm in the Conard Cafeteria. We hope every art student, their friends and parents come to celebrate. The Show will run from

Tuesday, June 9th through Thursday, June 11th in the Conard Cafeteria.

The Art Club will be taking a field trip to the Museum of Contemporary Art in Boston on May 19th with an art group from Hall High School. This trip is an attempt to recognize the extra accomplishments of our dedicated art students, and to begin a dialogue between the two schools' art students. The exhibit at the museum is the work of Shepard Fairey. He is most well known for his Obama "Hope" poster but he is also an interesting street artist and commercial designer. The group will have a tour of the museum and hands on activity focusing on the amazing contemporary architecture of this museum.

***Sheri Ellis
Brigid Kennedy***

Teacher News

The West Hartford Art League honored **Sheri Ellis** of Conard High and Joanne Barry-Durtro of Hall High at their 75th Anniversary celebration held on May 15th. The two art teachers received the Community pARTner of the year award for their impressive Artwalk mural at Jerry's Artarama last fall. The award was given for appreciation of volunteer efforts, civic pride and work with art students.

NEW CAREER AWARENESS SERIES And YOU can be a Speaker!

This year, Conard's Guidance Department has launched a Career Speaker Series for students. Professionals in a variety of fields are invited to come and showcase their career. When recruiting speakers, a real effort is made to highlight professionals who have a tie to Conard - they may be former students or parents/relatives of current students – and to the community.

Typically, each program consists of a panel presentation and discussion, where students have the opportunity to interact with professionals first hand, as they learn about preparing for various careers – from those requiring a High School diploma to advanced degrees, and what coursework at Conard will best prepare them. Speakers share “real life” experiences about how they got to where they are and the skills needed. Students learn that the “path” is sometimes not a straightforward one.

The series, which is repeated during two lunch periods, is open to all students grades 9-12, and hundreds have attended so far, either by signing up ahead of time – which all are encouraged to do - (in the Guidance office), or with a particular teacher and classmates.

This year's series has consisted of:

- **CAREERS IN FINANCE** _____ **November**
 - *Glen Richardson, Director, School of Business, UConn*
 - *Bill Neuman, Financial Officer, Sky Investment Group*
 - *Matthew Piechota, CPA, Blum Shapiro*
 - *Carolyn Weaver, Actuarial, Travelers Insurance Co.*
 - *Diane Tome, Bank Teller, Webster Bank*

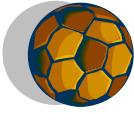
- **ACING THE JOB OR COLLEGE INTERVIEW** _____ **February**
 - *Karen Hinds, President, Workplace Success Group*

- **CAREERS IN HEALTH CARE (Part I)** _____ **April**
 - *Claudia Goodman, Dental Hygienist, Epstein, Rappoport & Wrubel*
 - *Rena Citron, Gerontologist, Community Care, Inc.*
 - *Michael Zacchera, Paramedic, Hartford Hospital*
 - *Carol Blanks-Lawson, School of Allied Health, Hartford Hospital*

- **CAREERS IN HEALTH CARE (Part II)** _____ **May**
 - *Beth Vossler, Nurse, Conard High School*
 - *Holly McGrath, Veterinarian, CT Veterinary Center*
 - *Brian Elliott, Athletic Trainer, Select Medical Corp.*
 - *Scott Rubin, Physician's Assistant, Hartford Medical Group*
 - *Dr. Christina Bjorklund, Chiropractic Physician, Complete Chiropractic Care, LLC*
 - *Dr Melissa Lambright, Optometrist, SIGHT, LLC*

For further information, or to become involved as a speaker, please contact Karen Mortensen karen_mortensen@whps.org 231-5031 or Marylou Shand marylou_shand@whps.org or 231-5024

Athletics



Fall Sports Registration Information

All forms must be returned to the athletic office at the high school by August 15th before you can begin try-outs for any sport.

1. Registration Form (White – In Triplicate) – You must register for each sports season. The registration form along with the \$110 pay to play fee (checks payable to Conard HS) needs to be returned to the high school before the following dates:

2. Physical Form (Yellow) – This form needs to be filled out, signed by your doctor and returned to the athletic office. YOU MUST RETURN A YELLOW PHYSICAL FORM TO PARTICIPATE IN ATHLETICS AT THE HIGH SCHOOL.

The West Hartford Athletic Department requires that all student athletes be certified to participate by their private physician every year. Physicals can be performed within the past two years. The physician must complete the school physical form and specify that the student may participate in sports during the current school year. For a fall sport, a physical must have been done after – **November 30, 2007.**

For a winter sport, a physical must have been done after – **March 13, 2008.**

For a spring sport, a physical must have been done after – **June 13, 2008.**

Whenever possible, student-athletes are encouraged to get a physical from their private doctor. However, if you are unable to get a physical with your private physician you may receive one from the school physician on the following days (YOU MUST bring the yellow school physical form with you, signed by a parent/guardian giving permission for a physical. Physicals will not be given without a signed form):

Football Players Thursday, August 20th at **Conard HS** in the gym.

All Other Fall Athletes Tuesday, August 25th in the morning at **Conard HS** in the nurse's office.

Please check the website for exact times and further information in June.

3. A check for \$110.00 payable to Conard High School (please write your son/daughter's name and sport on the check)

Forms may be mailed to the high school or dropped off before the dates listed – write “attention athletics” on the envelope. Please note: checks are not cashed until the second week of September.

Important Dates

August 15th – Registration Deadline

August 20th – Football Physicals in gym, **3pm – nurse's office**

August 24th – First Day of Football

August 25th – Sports Physical in nurse's office, **3 pm**

August 29th – First Day of Girls' Soccer, Boys' Soccer, Girls'

Volleyball, Field Hockey & Cheerleading

August 31st – First Day of School
First Day of Girls Swimming,
Boys/Girls Cross Country

For further questions, call the athletic office @ 231-5064 or email

www.whps.org/school/conard/athletics

ImPact at Hall and Conard High School

The management of a sports-related concussion, regardless of participation level, is currently one of the most hotly debated topics in sports medicine. Much of this debate centers on the safe determination of return to participation once a concussion has been diagnosed. This fall we implemented neurocognitive testing in our concussion protocol. Our Medical Staff comprised of Medical Advisor, Dr. Doug MacGilpin and our Athletic Trainers, Brian Elliott and Stacy Ciarlegio, decided to pilot the ImPact program (Immediate Post Concussion Assessment and Cognitive Testing) with selected teams throughout the 2008-2009 year.

ImPact is a sophisticated, research-based computer test developed to help clinicians evaluate an athlete's recovery following concussion. ImPact is a twenty minute neurocognitive test battery that has been scientifically validated to measure the effects of a sports related concussion. In the preseason, each athlete is given a baseline test. Then during the season, when a concussion is suspected, a follow up test is administered to see if the results have changed from the baseline. The non-invasive, video-game type exam, which takes twenty to thirty-minutes to administer, provides an

initial evaluation of some brain functionality, tracking such information as memory, reaction time, processing speed and concentration. The exam is simple, and most people actually enjoy the challenge of the test. The test was not used for any other purpose with regard to the student. The results are confidential and are only used to assess if a concussion has occurred. This is not an IQ test. If a concussion is evident then our Medical Advisor and our Athletic Trainer review results in order to assist the student athlete in safe return to play.

The Hall and Conard administrative, medical, coaching and athletic training personnel recognize that this test gives us the best available information to guard against harm that can occur with multiple concussions. ImPact is simply another tool of assessment that will be added to our existing medical protocol for concussion management. Your child's health and safety are very important to us and this program gives us an additional tool to protect his or her well-being.

This year we administered baseline tests to 349 student athletes as part of a pilot program to determine the effectiveness of the test as well as the logistics to test numerous athletes. In the fall we tested all field hockey and football players. In the winter and spring seasons we tested all ice hockey boys and girls and all boys and girls lacrosse athletes.

Beginning the 2009-2010 academic year we will test all athletes that participate in contact or collision sports. Once an athlete has taken the baseline test it is not recommended to re-test baseline for two years. In order to baseline test all student athletes in the recommended sports we will begin testing athletes in the later part of the spring season. All freshman and new athletes will take the baseline test during the pre-season

for fall sports and testing for winter and spring athletes will take place one month prior to the season.

While we would encourage everyone in the sports with higher risk of concussion to take the test it is not mandatory. If you do not want your child to participate please indicate that by checking the box on the consent form that each student athlete will bring home prior to testing.

Sports Medicine Prevention and Education - The Best Medicine

Our Athletic Trainer Brian Elliott is often seen out and about on the athletic fields over seeing games and administering care to injuries. However, behind the scenes many hours of education and training is taking place with our coaches from both Conard and Hall High Schools under the direction of our Athletic Trainer. The programs and brief description listed below were presented this year to our coaching staff and our student athletes. Each of these programs was presented to educate as many coaches and student athletes to ensure the best training possible while trying to prevent as many injuries as possible.

ACE Program

ACL Injury Prevention, Core Stability, and Neuromuscular Efficiency Training. Presented in the fall to female basketball players and coaches. The program consisted of a power point presentation explaining the anatomy and function of the knee, as well as risk of injury for the ACL. An exercise program that focuses on ACL injury prevention was taught and implemented into the girls' basketball program daily routine. This exercise program was overseen by the athletic trainers throughout the entire season.

In the spring, the same ACE Program was presented to coaches from both schools that coach a variety of sports, both male and female. The spring sports teams have already begun to implement the exercises into their practices and it is our hope that this trend will continue into the summer and fall '09 season

In the spring a two part series of lectures were presented to Hall and Conard coaches focusing on strength, speed and agility training. Our Athletic Trainers, Stacy Ciarlegio (Hall High School) and Brian Elliott (Conard High School) presented on the following topics.

Overhead Athlete Program

This spring an Overhead Athlete lecture was presented to coaches from Conard and Hall High Schools. This lecture addressed the anatomy and function of the upper extremity and the potential injuries that can occur from repetitive overhead motions during sports. The importance of core stability, flexibility, proper warm-up, and proper rest periods was addressed. Coaches were also shown a series of exercises that they can implement into their practices. Our athletic trainers helped to implement these exercises into the pre-season training for the spring teams and are overseeing the exercise programs throughout the season.

On the second night a learn-by-doing clinic was presented to all Conard and Hall coaches by Kevin Brochu of MF Athletics. Kevin is a certified strength and conditioning coach and is currently the National Strength and Conditioning Director for the State of Rhode Island. This clinic featured dynamic warm up drills for high school athletes as well as several different types of agility, speed, strength, and flexibility drills using medicine balls, banana steps, agility ladders, stability balls, and mini bands.

**Betty Remigino-Knapp,
Athletic Director**

World Language



Mandarin Chinese at Conard High
School

The students in Mrs. Chang's Mandarin Chinese classes recently provided me some information about why they chose to take this language and its value to them. In addition to paying their teacher some wonderful compliments, the students provided interesting feedback including a sampling which follows.

I took Chinese to learn something new and different—it will be helpful to know in the future; I enjoy learning languages...it opens up a lot of doors for me.

I signed up for Chinese because I already know Spanish and English and wanted to know/learn something new.

I took Chinese because with the trade with China, being able to speak Chinese would land me a job with high pay.

I took Chinese because I know that learning Chinese will give me an advantage in the world that I grow up in. I also took Chinese because I am Chinese and I thought it would be neat to be able to talk to my mom in Chinese while my dad and sister remain clueless.

I want to be able to speak many languages.

I've been taking Spanish for six years and I wanted to try something new.

I benefit from Chinese because I enjoy learning it and the teacher is great and I have a lot of fun.

I found it easier than Spanish. Also Chinese is one of the most spoken languages in the world. China is an emerging superpower in the world that will play a key role in many things.

World Language Surveys

As part of the Five-Year Curriculum Review process, the World Language Department is asking for feedback and will have a student and a parent survey available online at "surveymonkey.com" in one week. Please help us by taking the brief time to answer these questions. If you have questions, please contact

**Mr. Neumaier, World Language
Supervisor at 231-6055.**

Principal's Coffee



**June 9th
8:30 am**

Senior Dates and Information to Remember

SENIOR PICNIC – Friday, May 30th,
High Meadow, Granby, CT

- Tickets on sale May 11th – May 22nd (No tickets will be sold after this date)
Tickets sold in Room 162 (before school, 1st period, 8th period, or after school)
- Tickets are \$45
- Any person with obligations may not purchase a ticket until that is taken care of
- Every person **MUST** have a permission slip (even if they are 18 – CT state law)
- No checks accepted after May 15th

SENIOR PROM – Friday, June 12th at
Chez Josef, Agawam, MA

- Tickets on sale May 18th – June 6th (No tickets will be sold after this date)
Tickets sold in Room 162 (before school, 1st period, 8th period, or after school)
- Tickets are \$45
- Tables are available on a first come, first serve basis
- Dinner choices are: Chicken François (sautéed in a lemon & wine sauce), Filet Mignon, Salmon, Fettuccini Alfredo, and a vegan pasta (egg less pasta w/ marinara sauce)
- Any person with obligations may not purchase a ticket until that is taken care of
- No checks accepted

Reminders from the Nurses



Grade 10 Physicals: All 10th grade students are required by the State of Connecticut to have a physical exam by their doctor. Letters and forms will be sent home in June to all present 9th grade students. Arrange for the physical exam to be done during summer vacation, and remember to send the completed state health form to the School Nurse.

Sport Physicals: Plan now to assure your child has the necessary physical exam if he/she plans to play a sport next year. Make an appointment with your doctor or have your child come for a school sport physical in August. Check the Conard athletic website for forms and to find out the dates of the physicals.

Medications: Any student requiring medication in school must have a doctor's order on file with the nurse. Medications must be stored in the nurse's office and administered by the nurses. Forms are available in the office or on the website. The only medications that students are allowed to carry in school are asthma inhalers.

Allergies / Health Conditions: Please inform the nurses of any changes in your child's health status.

Emergency Contact Numbers: It is important for us to have current phone numbers in order to reach you if your child becomes ill or is injured during school hours. Please notify us of any changes in this information.

Technology Education



On Sunday, April 5th, five Conard High School Technology Education students and their electronics teacher Anthony Truss attended the first annual Connecticut State Vex Robotics Competition held at Central Connecticut State University.

Conard students faced off against teams from schools all over the tri-state region in a game called "Elevation". Elevation is a unique and challenging team-based game that puts high school students' engineering and technology skills to the test. Over the course of four weeks our Conard students aimed to build the most innovative robot possible. During the competition they worked together to obtain the most points possible. In addition to just having a great time and building amazing robots, through their participation in the VEX Robotics Competition and their work within their team, students learned and applied many academic, engineering, and life skills.

The five students who attended:

Victor Cotto*

Humza Afzal*

Ryan LaRue**

Doug Williams (DJ)**

Chris Eichar **

*Team 1196a

**Team 1196b

Out of thirty-four teams who were present Conard's two teams finished respectably in this, their first robotics competition. Team 1196a placed 20th, and team 1196b placed 17th. Most schools who attended this competition were veterans and have been preparing since September. Due to the rigorous electronics

curriculum, our Conard High School students had only four weeks to prepare, which included class time and after school sessions. They did a remarkable job; and all of us at Conard should be very proud of these students. They all represented Conard High School and the town of West Hartford admirably.

Conard High School
End of year Assessment Schedule for June 2009

Senior Testing Schedule

The last day of classes for seniors will be Thursday, June 18th. Seniors will not follow a period exam schedule but will instead report for exams over three consecutive days. For seniors taking multiple exams, priority will be given for English, Social Studies and World Language., followed by Math, Science and electives. All conflicts will be arranged through the student's Assistant Principal.

Friday, June 19

Exam 1 9:30 – 11:00
Exam 2 11:15 – 12:45

Tuesday, June 23rd

Exam 5 9:30 – 11:00
Exam 6 11:15 – 12:45

Monday, June 22

Exam 3 9:30 – 11:00
Exam 4 11:15 – 12:45
(no additional bus runs)

Wednesday, June 24th

Graduation Rehearsal 9:30 am
Graduation - 5 pm
Report No Later than 4 pm

Freshmen/Sophomore/Junior Testing Schedule

The last day of classes for freshmen, sophomores and juniors will be Friday, June 19th. Exams will be given by period during the week of June 22nd – June 26th. Exams will begin at 9:30 am. On June 22nd through June 26th students should be at their regular bus stop 2 hours later than normal for transportation to Conard.

Monday, June 22

Period 1 9:30 – 11:00
Period 2 11:15 – 12:45
Make-ups 12:45 – 2:15
Bus runs 11:15 & 1:00 pm
(2:15 pm late bus)

Thursday, June 25

Period 7 9:30 – 11:00
Period 8 11:15 – 12:45
Make-Ups 12:45 - 2:15
Bus Runs 11:15 & 1pm
(2:15 pm late bus)

Tuesday, June 23

Period 3 9:30 – 11:00
Period 4 11:15 – 12:45
Make-ups 12:45 - 2:15
Bus runs: 11:15 am & 1:00 pm
(2:15 pm late bus)

Friday June 26

Make-ups 9:30 – 11:00
Bus Runs 11:15 am

Wednesday, June 24

Period 5 9:30 - 11:00
Period 6 11:15 – 12:45
Make Ups 12:45 – 2:15
Bus runs: 11:15 am & 12:48
3:00 late bus

RELAY FOR LIFE

As one of the Executive Chairs of the West Hartford Relay for Life, I would like to invite you to attend this year's Relay on Friday, June 26, 2009. The Relay will start at 4:00 in the afternoon at Northwest Catholic High school and end on Saturday at 10:00 a.m.

Relay For Life is the American Cancer Society's signature activity. It offers everyone in a community an opportunity to participate in the fight against cancer. Teams of people camp out at a local high school, park, or fairground and take turns walking or running around a track or path. Relays are an overnight event, up to 24 hours in length.

Relay for Life is a life-changing event that brings together more than 3.5 million people to:

- *Celebrate the lives of those who have battled cancer. The strength of survivors inspires others to continue to fight.
- *Remember loved ones lost to the disease. At Relay, people who have walked alongside people battling cancer can grieve and find healing.
- *Fight Back. We relay because we have been touched by cancer and desperately want to put an end to the disease.

If you would like to join a team, create a team, make a donation, or want further information on the event, please visit www.rflwesthartford.com or contact Alanna Goldberg at irelay@comcast.net.

Thank you!
Alanna Goldberg
Speech-Language Clinician



***Thank You Gift for
Your Child's Teacher***

Searching for just the right gift for your child's teacher at the end of the school year? The Foundation for West Hartford Public Schools' ***Teacher Thank You Gift*** program is a great way to acknowledge a wonderful and talented teacher.

Here's how it works: A family makes a tax-deductible donation to the Foundation of \$10 or more per teacher. The Foundation then sends the family/or the teacher a special certificate that says a gift has been made in the teacher's honor. The funds raised from these ***Teacher Thank You Gifts*** go to our Teacher Grant program. Every donation will go back to helping teachers teach our students!

The Foundation is dedicated to raising money from the community to give back to the public schools. We are non-political and town-wide. For more information on the Foundation, call 561-8755, email fwhps@westhartford.org, or write to 50 South Main Street, #420, West Hartford, CT 06107.



**Teacher Thank You Gift
Order Form**

I would like to acknowledge the great work of my teacher(s) this year through a donation to

The Foundation for West Hartford Public Schools.

Enclosed is my gift of \$_____.

Parent's Name _____

Student's Name _____

Address _____

_____ Zip _____

Teacher's Name (s) _____

School _____

Send certificate to me OR Send to my teacher

Please make checks (\$10 minimum per teacher) payable to Foundation for West Hartford Public Schools and send to 50 S. Main St., Room 420, West. Hartford, CT 06107. Contributions are tax-deductible.

DEADLINE: Friday, June 19, 2009

May 2009

Dear Conard Community,

We find ourselves gearing up for the winding down of another school year! Recently, with pleasure, the PTO expressed our appreciation for Conard's excellent faculty and staff by treating them to a delicious breakfast of hot dishes, fruits, breads, bagels, yogurts, juice and coffee prepared and served by many volunteers at our annual Spring Staff Breakfast on Friday, May 15th. This event seems to be the kick-off for the remaining spring events.

There is one more **Principal's Coffee**, scheduled for **Tuesday, June 9th at 8:30 am in Room 169**. If you haven't had the chance, please consider joining us to meet with Principal Tom Moore and other parents for what is always an informative yet informal and comfortable session. Recent topics included discussing the impact of budget on the school, staff, and class size; responding to published news articles that have mentioned/referenced Conard High School; energy conservation in our school, listening to poignant pieces of written work authored by Conard students; school policies being revisited or reinforced; recognizing honored students and faculty; results of various school, district and state-wide testing; Junior and Senior Proms, Safe Grad and so forth.

Speaking of Safe Grad, this year's Graduation will take place on **Wednesday, June 24th**. Parents of graduating seniors have been working all year to put together the Safe Grad Party. This annual, all night, substance-free party is a tradition here at Conard. If you are not familiar with Safe Grad and would like to see the decorations before the party begins, stop by school late in the afternoon of the 24th and see for yourself how parents transform the school. As usual, the theme and decorations are a secret, so you will have to come by and see for yourself what the fuss is about! It's never too late to volunteer to help with this huge undertaking – we're always looking for parents to keep watch over things during the graduation ceremony. Please see Safe Grad's link from Conard's home page to contact one of the event's chairpersons.

The **PTO Volunteer Form** is attached to this issue of the newsletter. Please take a moment to download and look it over. We've added a number of new ongoing activities for which Conard and PTO are seeking volunteers to help coordinate. You may send your completed forms into the office or attach it to an email and send to Claudia Storm claudiaturco@hotmail.com or Cissy Graumann graubunch@aol.com. We appreciate all who indicate an interest in volunteering and do our best to contact everyone who returns their form. Please don't hesitate to contact the committee chair or us when you are interested in volunteering for an activity. As usual the committees and volunteers will be published in the front of the Student Directory, which will be available at Open House in the fall.

Ongoing Activities

- _____ **Career Center:** Help in the career center with college visits, employment opportunities and internships
- _____ **Community Outreach:** To help the school with future community planning, events, and programs.
- _____ **Gardening:** Work with other Conard parents to care for and add to the plantings at the school.
- _____ **Hospitality for PTO programs and Open House:** Help provide refreshments or food.
- _____ **Senior "Safe Grad" Party:** Plan and create this end-of-year, substance-free party.
(Class of 2010 parents only)
- _____ **Community Of Concern:** Committee of parents, faculty and students working together to combat the use of alcohol and drugs by teenagers in our community and other issues related to our teens.
- _____ **PTO Executive Board:** Join the Executive Board
- _____ **Prom Committee:** Help the Jr. and Sr. class boards with the prom as needed
- _____ **Library:** Help with shelving books and other tasks that keep the library running smoothly.
- _____ **School Improvement:** Help build programs and future planning.

Once-a-Year Activities

- _____ **College Panel Dinner:** Help with the dinner for college admissions officers in spring.
- _____ **English Department:** Help score practice CAPT tests during one week in February.
- _____ **Membership:** Help collect dues at the PTO table at the September Open House.
- _____ **Student Directory:** Update directory information during the summer.
- _____ **Staff Breakfast:** Thank-you buffet for all Conard teachers and staff in the spring.
- _____ **Teacher's Luncheon:** Help welcome back staff and faculty by preparing food or serving at the annual PTO-sponsored luncheon in August.
- _____ **Trivia Night:** Help plan annual fund raiser. Trivia Night takes place in the fall.

Meetings to keep you informed

- Principal's Coffees:** Monthly forum to keep up with what's happening in the school.
- PTO Business Meetings:** Held four times a year in the evening.
- PTO Programs:** Topics of interest to Conard families such as the combined Conard/Hall meeting and the College Panel that allows parents to tell personal stories about the college application process.

Name: _____ **Phone:** _____

Your e-mail address _____

Student's Name(s)/Grade(s): _____

Return as soon as possible to CHS PTO, Conard High School, 110 Beechwood Rd., West Hartford CT 06107

Contact or if you have any questions, please call

Claudia Storm 561-5214 claudiaturco@hotmail.com or Cissy Graumann 561-5146 graubunch@aol.com

Thank you for volunteering!

NEWS FROM SAFE GRAD 2009 ABOUT THE GRADUATION PARTY

Senior parents are busy planning a terrific, safe party for our seniors. The party is on June 24, 2009 from 10 p.m. to 5 a.m. at Conard. We are happy that they can celebrate together after graduation in a safe environment. The party is free for all seniors, and we hope that 100% of them will attend the party.

Please send in your donation!

We appreciate any donation from you so that we can provide entertainment, food, games, and prizes. Please send your donation, along with your name and your graduate's name, to:
Marjorie Rowlett, 45 Wardwell Rd., West Hartford, 06107

Volunteer at the Party.

We need many volunteers at the party on June 24 for all time periods between 10 p.m. to 5 a.m. Please help with entertainment, games, and food, and join other senior parents in chaperoning this exciting event for our children.

Please contact **Lisa Mancini at lisamancini@sbcglobal.net or 561-2151** and indicate the time when you would prefer to volunteer.

Would you prefer to help clean up early on June 25? Would you like to set-up the party during the weekend of June 19-20? We welcome all volunteers for any of these times. Lisa is eager to hear from you!!

Decorations.

The decorating committee could really use your help! Parents are busy creating decorations in the basement at St. Mark's Church, 467 South Quaker Lane, every Tuesday and Thursday, starting at 6:30 p.m. No special skills required! Grab a paint brush and join in during these last few weeks. It's a lot of fun, and your help is really needed. Remember: the theme is a secret.

Support Safe Grad fundraisers.

Come to Cosi on June 9 from 4:00 to 8:00 p.m.!

On Tuesday, June 9, Cosi at 970 Farmington Avenue in West Hartford will sponsor a fundraiser for the graduation party. Come enjoy dinner at Cosi, and a percentage of the cost of your food will be donated to the party. Take-out food is included. The more people who come, the more the party receives. Tell your friends and neighbors!

Let's Paint the Town Red For Conard Class of 2009

Show your Chieftain Pride – Buy a Lawn Sign!
\$10 per sign

This is a fabulous way for Family, Friends, Neighbors and Businesses to
Congratulate the Class of 2009!!

Ways to order:

1. Mail an order form and **check made payable to “Conard High School Safe Grad”** to **Kate Lynch**, 122 Westminster Drive, West Hartford, CT 06107-3355.
2. Pay for a sign at a school function. Look for our table at Cat's, Winter Sports Awards and other school functions.

****We will deliver the sign to you the first week of May. ****

Name: _____

Address: _____

Telephone: _____ Email: _____

Number of Signs: _____

Type of Payment: _____ Cash _____ Check

For Information/Questions:

Kate Lynch – lynchwest6@comcast.net – 521-7131

Jennifer Cody – jcody65@comcast.net – 232-0724

All proceeds to benefit the Class of 2009 Safe Grad Party!!

Give a Flock

2009

Support Conard Safe-Grad

Spring is right around the corner and its time to start thinking about keeping our Seniors safe on Graduation night. For a donation of \$25.00 anyone of your choice will be sent a flock of flamingos for two nights (delivery and pickup are done by the committee).

A card with the donors name will be left with the "flock" so they'll know who to "thank".

Who to contact:

Kathy Osgood 561-8556 or email k.osgood@comcast.net

Lynn Rossi 521-4875 or email jarossi@snet.net

Or Lisa Serpliss 236-8466 or email ldserp@aol.com

From: _____

Phone# _____

Make checks payable to "Conard Graduation Celebration 2009"

Or: fill out the form below and mail it to:

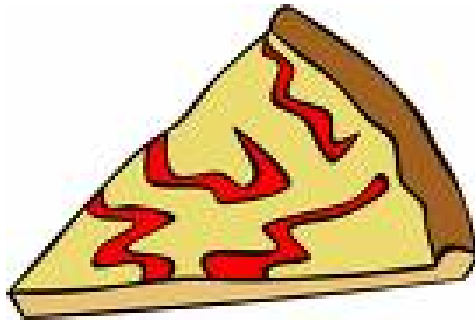
Kathy Osgood, 65 Sunrise Hill Dr. West Hartford, CT 06107

Send a Flock to: _____

Address _____

From: _____ Phone _____

Make checks payable to "Conard Graduation Celebration 2009"



FEED-A-GOOD-CAUSE WHILE FEEDING YOUR FAMILY

**CARMINE'S PIZZA DONATES TO CONARD
SAFEGRAD
FOR ALL PIZZAS PURCHASED
SUNDAYS - WEDNESDAYS**

For every pizza purchased on a Sunday, Monday, Tuesday, OR Wednesday from now until graduation, Carmine's Pizza will donate to Conard's Safe Grad party. For every large pizza, Carmine's will donate \$1.50. For every small pizza, Carmine's will donate \$1.00.

Funded entirely through parent and community donations, Safe Grad is a free all-night party to celebrate graduation in a safe and memorable way. Many graduates consider it a highlight of their high school years.

Please consider supporting merchants who support our children.

Carmine's is located at 1142 New Britain Avenue, West Hartford. 232-6101.
Open Sundays 12 – 8 p.m.; Mondays – Saturdays 11-9.

Mention the Conard Safe Grad party when you pick up your pizza, and Carmine's will automatically donate the funds.

EAT DINNER AT COSI
AT 970 FARMINGTON AVENUE
ON TUESDAY, JUNE 9
FROM 4-8 P.M.



AND

COSI WILL DONATE A PERCENTAGE
OF THE COST OF YOUR DINNER
TO THE SAFE GRAD 2009 PARTY!!

INVITE YOUR FAMILY, FRIENDS, AND NEIGHBORS!

****TAKE-OUT FOOD IS INCLUDED****