



## **Principal's Newsletter-November 2017**



In this edition of the school newsletter I want to remind parents of a few upcoming ways that parents can provide input and perspective to the happenings at Suffield High School. They are the November 27<sup>th</sup> Parent Advisory Council Meeting and parent report card conferences. Please consider taking part in these opportunities. More information regarding each is below.

### **Parent Advisory Council – November 27<sup>th</sup>**

This meeting will provide information regarding an upcoming daytime school assembly with accompanied evening community event. On December 7<sup>th</sup>, Jeff Yalden will bring his "About LIFE" high school assembly to Suffield High School. Jeff Yalden promises to provide students with an experience that is filled with comedy, passion, and emotion as he helps students understand the world they live in. His message is that of hope and inspiration during a time of uncertainty, social and cultural pressures, and yearning for acceptance.

### **Parent Conferences**

Parent-Teacher Conferences will be held on November 15<sup>th</sup>, 16<sup>th</sup>, and 17<sup>th</sup> where parents will have the opportunity to meet face-to-face with a teacher in a 10-minute meeting. Conferences are available between 12:30-2:30 on all three afternoons and from 6:00-8:30 on Wednesday and Thursday evenings. Meetings are scheduled through the following pick-A-time hyperlink starting on November 1<sup>st</sup> and will remain open through conferences. Office secretaries are ready to assist anyone, so please do not hesitate to call as we are always happy to help. (<https://pickatime.com/client?ven=11608505&event=314177>).



### **Rotary Students of the Month-September & October**

Congratulations to Shannon Frechette and Emily Bernabe who were chosen as the Suffield High School Rotary Students of the Month for September and October, respectively.

Shannon is a senior at Suffield High School who plans to attend college in the fall to pursue a major in Music Industry and a minor in Marketing. Shannon is an Honors student and has received awards during her four years at Suffield High School such as the Integrated Science Award, the Geometry Award and Scholar's Breakfast Award for all four years at SHS. Shannon was inducted into the World Language Honor Society. Shannon's Guidance counselor states, "Shannon is a hard-working and self-motivated student who sets high standards for herself and is always willing to go the extra mile to achieve her goals." Shannon has participated in and placed in the Majestic Theater Singing Competition, the Franklin County Fair's Got Talent competition and in Suffield Idol. Shannon has been involved in the Writing Center at Suffield High, the Giraffe Club, Wildcat Advisory Group, and Band. Shannon has participated in many community activities by performing at Suffield by the River, Suffield on the Green, PMC Pasta Dinner, CROP Hunger Walk,



Majestic Theater, just to name a few. You will most likely find Shannon singing the National Anthem at many of the Suffield High School sporting events, and she has performed at the Veteran's Day Assembly at A. Ward Spaulding School, among several other events. In her spare time, Shannon donates her time by helping out at various activities at Sacred Heart Church doing community service. Shannon also enjoys music, singing, playing guitar and flute, songwriting, performing, shopping and working out.

Emily is also a senior this year and is very active at Suffield High School. Emily has held many leadership roles during her time at Suffield High School. She is the President of the Class Council, Executive Council member of Student Senate, a member of the Chick-Fil-A Leader Academy, Vice President of National Honors Society, Secretary of the World Language Honor Society, and a member of the Wildcat Advisory Group. Emily has received awards such as the World Language Award, the Mathematics Department Award, the Social Studies Department Award, the Harvard Book Award, and the University of Rochester George Eastman Young Leaders Award. She was awarded the Hugh O'Brien Youth Leadership Award, the Rotary Award, Peer Model Award and the Life Education Award. Emily has also been named All-Conference Athlete for Outdoor Track and has consistently been named "Scholar Athlete" which is earned by making the honor roll during sport season. Emily plays on the Varsity Volleyball team and runs for Indoor/Outdoor track. When Emily is not at Suffield High participating in all these activities, she is most likely working at her part time job as a waitress or helping out at various Lions Club Events.



As you can see from all the wonderful things these students have accomplished, they are a perfect choice for Rotary Club Student of the Month, whose motto is "Service before Self."

Congratulations Shannon and Emily on this well-deserved award!

### **Physical Education Students of the Month**

Congratulations to Adrian Chaparro, John Condon, Courtney Daigle, Allison Gambrel, and Ashley Giannoccaro who were chosen as the Physical Education Students of the Month for November. These students continually give maximum effort every day in class. They are always willing to help the teacher and other students, always have a positive attitude, and always treat others with kindness and respect. In addition, these students always exemplify our school's core values of Responsibility, Respect, Creativity, Integrity and Rigor.

### **Agriscience News**

On September 29th, Suffield FFA went on a field trip to the Big E to make flower corsages to hand out to the public. Over 100 students went on the field trip and the students enjoyed the day. During the month of October, the Agriscience Department was busy scheduling committee meetings, and on October 20th, the Suffield FFA had their chapter meeting in the Large Animal Facility to talk about National Convention, as well as other activities in the chapter. Twenty-one students from the Suffield Regional FFA went to the National Convention in Indianapolis, Indiana from October 24th through October 28<sup>th</sup>. We had two teams competing which were Nursery Landscape and the Livestock Evaluation. Nursery Landscape received gold and placed top ten in the nation. Individually, Brooke Tillotson and Lela Waite



received gold and Jackson Smith and Joey LaFlamme received silver. The Livestock Evaluation team received bronze. Individually, Halie Shea received silver and Robert Mueller, Elizabeth Leighton, and Morgan Blake received bronze. From the state of Alaska to the Virgin Islands, and from the state of Maine to Hawaii there are 649,355 students enrolled in the FFA. Approximately 67,000 members attended the National Convention. The Suffield FFA will be hosting an Open House for the 8th graders on November 9th.

Pictured below are the 21 students who went to Nationals, along with Mrs. LaFlamme, Mrs. Oliver, Mrs. Lanz, Mr. LaFlamme and Mr. Moccio. Also pictured is Emily LaFlamme, who received her American Degree on October 28th. The American Degree is the highest degree an FFA member can receive in his/her time in the FFA.



### **SHS World Languages Student of the Month**

Congratulations to John Nadeau who was selected as the World Language Student of the Month for October. John is a junior at Suffield High School, currently enrolled in Advanced Placement Spanish Language and Culture course.

John is a talented language learner with an unbeatable passion for linguistic challenges and cultural diversity. John's success in Spanish class is in large part due to his enthusiastic and tenacious approach to the language study – he communicates with his teacher and classmates exclusively in Spanish, and eagerly incorporates new vocabulary and grammatical concepts to improve his oral and written expression in the language. As he admitted: *"Even though speaking Spanish can be a challenge sometimes, I enjoy the task of speaking the language in class. I also enjoy speaking Spanish with the many adults and friends in my life that also know the language."* In recognition of his dedication to the study of Spanish, John was inducted to the National Spanish Honor Society in April of this year.

John loves to travel, and is looking forward to participating in a school trip to Costa Rica in February 2018 - an excellent opportunity to immerse in authentic language and to admire the diverse array of natural splendors of this Central American country. He intends to continue studying Spanish in college, and hopes to travel to other Spanish speaking countries, such as Spain and Peru, in the future.

John also enjoys discovering the culinary peculiarities of Spanish speaking countries, and occasionally prepares authentic Hispanic dishes for his family. In addition to Spanish, his passion is also music, with some of his favorite songs being by Hispanic artists, such as Jennifer Lopez, Shakira, and Pitbull. In fact, John has frequently offered to be the DJ in a number of school sponsored activities – a great opportunity to share his talents and interests with others.



John is a caring individual, who generously dedicates his time to many school clubs and organizations. He currently serves as the Secretary of the Student Senate, is member of the World Language Honor Society, a Morning Update anchor, a Media Center assistant, a stage manager for the Drama Club, a member of the Spirit Squad, a member of the 2019 Class Council, and a Spanish tutor. As he genuinely stated: *"I love helping out others and giving back to our wonderful school."*  
¡Gracias, Juan, y felicidades!

### Science Fair Club News

The Science Fair Club had a Halloween meeting on October 30th. The group worked on formalizing student science project ideas while enjoying some scientifically prepared treats! The Science Fair Club has also registered with Cubes in Space with the possibility to launch one of our science fair projects in a rocket next June into space from the NASA site in Virginia.





### **News and Notes from Science**

AMGEN Pharmaceuticals Biotechnology Experience Grant: Suffield High School has been selected as the only Connecticut high school to participate in a grant through AMGEN in conjunction with the University of Rhode Island, which provides schools with a grant worth \$20,000 in lab supplies and research grade equipment. Our 10th grade biology students and AP Biology students will be conducting experiments to clone a gene from a sea anemone into a bacteria to measure the gene's effects on the organism. Our Forensic Science students will also utilize the grant to conduct DNA Fingerprinting to match DNA located at a crime scene.

Mr. Autieri and Mr. Courchesne working collaboratively brought the Suffield Police Department's Lieutenant Ryan Burrell and Officer Alex Scata to the Forensics class to provide a hands-on learning experience about "accident reconstruction." The unit content focuses on the basic calculations of "drag force" (aka coefficient of friction) and "speed" of a vehicle based through the use of friction boards and drag sleds. The police demonstration brings the class content alive when they use an actual police cruiser to produce a realistic tire marks to be examined. Lt. Burrell then walks the students through the actual process of determining the speed of a vehicle. In this case, the students calculated 43mph, as compared to the actual speed of 45mph; an acceptable error in accident reconstruction calculations.

Lt. Burrell and Officer Scata also shared information about investigations they have encountered, discussions about why and how major accidents occurred and how they use forensic analysis to determine the cause of accidents. Additionally, they spoke about their role in the court room and how students can get involved in criminal justice as a career.

We thank them for their time and energy spent in our classroom, the support of our forensic program and most of all for their role in our community as officers of the law.

Did you know? Our students are taking full advantage of two grants from the generosity of SFES. Students have been utilizing materials in their experiments generated from a grant for a STEM Laser Cutter and all students across the science department are using virtual simulations through Gizmo software to model important scientific concepts.

Curriculum Changes: To continue our transition to the new Next Generation our Grade 9 teachers have been busy creating authentic learning experiences aligned to a real-world, scientific phenomenon. Currently, our Grade 10 teachers are planning and developing curriculum during the 2017-18 school year for next year. If you have any questions about the new standards or what they encompass, please contact Mr. Autieri, Science Curriculum Leader at [sautieri@suffield.org](mailto:sautieri@suffield.org).

### **Yearbook News**

Yearbooks are now on sale to freshman, sophomores and juniors for \$50 through the website: [yearbookforever.com](http://yearbookforever.com) Seniors automatically receive a yearbook as long as they have paid their class dues by the end of the school year.

Senior parents may purchase an ad in the yearbook for their son or daughter by going to the same website: [yearbookforever.com](http://yearbookforever.com)

### **Athletic Department News**

The Varsity Field Hockey Team is continuing to work hard as they have won 5 out of their last 7 games. They are currently ranked 5th in Class M and second in their conference. They are working hard to hold on to a good seed for the state tournament which begins November 7th. The Football team has been having a really nice season. The team is currently 4-2 and has a big game coming up against SMSA. Boys cross country completed an undefeated regular season and won the NCCC championship for a second year in a row. The boys had seven runners make the All-Conference team. The girls cross country team finished 5th at the NCCC Championships led by a 7th place finish by Gabby Zeller. Zeller, Karissa Stanio, and Haley Young were all named to the All-Conference team. The team looks forward to taking on the best in class M at the upcoming state championships. The girls' soccer team continues its undefeated season at 13-0. For the first time in the program's history they are Ranked # 1 in the state, 2nd in Region 1 and 34th in the country. The boys' soccer team is currently 11-2 and ranked 5<sup>th</sup> in class "M". The Suffield girls' swim team is entering the final meets of the season well positioned for States with 15 entries vying to continue on. State qualifying will be held on Nov. 11th at Plainville H.S. The Girls' Volleyball team has qualified for the state and league tournaments and is currently 9-8. Suffield has been selected as a 2016-2017 CIAC Michael's Cup "Class Act" Sportsmanship recipient. The award will be presented on Thursday, November 16, 2017 at the CIAC Sportsmanship Summit luncheon being held at the Aqua Turf.

### **Drama Production**

On Friday, November 3<sup>rd</sup> and Saturday, November 4<sup>th</sup> at 7:00 pm the Suffield High School Drama Club will produce the play Almost, Maine.

THE STORY: On a cold, clear, moonless night in the middle of winter, all is not quite what it seems in the remote, mythical town of Almost, Maine. As the northern lights hover in the star-filled sky above, Almost's residents find themselves falling in and out of love in unexpected and often hilarious ways. Knees are bruised. Hearts are broken. But the bruises heal, and the hearts mend—almost—in this delightful midwinter night's dream.

Please come out and Enjoy the Show!

### **Field Trip News**

Some students from the Business Law class visited the Museum of Tort Law in Winsted CT. The museum is a nonprofit, educational institution that aims to make people aware of tort law's pivotal role in the protection of personal freedom and safety, and celebrates the historical and contemporary achievements of the civil justice system. The museum helped to make the point that tort law isn't about lawyers making money on lawsuits, but focuses on holding powerful corporations and other entities accountable. Holding corporations accountable in the eyes of a court may be the only way to receive justice for those individuals that were harmed.





From Left to Right: Ethan Menard, Gabriella Messenger, Jeremy Walch, Alex Honey, Stone Nadeau, Zach Bilas and Joe Messenger

On September 29th the Foods Classes went to Bushy Hill Farm in Granby, CT. The students picked apples and enjoyed a "farm to table" brunch! We learned about the economics behind the farming industry and learned how apples are harvested.

The Foods classes have teamed up with King Arthur Flour's Bake for Good Campaign and will be making dinner rolls that will be donated to Enfield Loaves & Fishes. Pledge to bake for good in community and King Arthur Flour will donate a meal to those in need!

<https://www.kingarthurfLOUR.com/bakeforgood/>



### National Honor Society Induction

The National Honor Society Induction Ceremony was held on October 23, 2017 at Suffield High School. Thirty-five new students were inducted into the National Honor Society joining the seventeen current members. The National Honor Society is built upon four pillars, which are scholarship, service, leadership and character. The induction address was given by Mr. Mark Beigel, teacher and department head of our science department. Refreshments were enjoyed by all after the ceremony.



### Inductees

#### Class of 2018

Alexia Alfaro  
Katelyn Andrade  
Ethan Cashman  
Elina Chae

Catherine Farmer  
Shannon Frechette  
Kristin Hansen  
Joseph LaValla

John Nieroda  
Zachariah Service  
Cameron Shaw

#### Class of 2019

Abigail Bahl  
Shreedula Balakrishnan  
Christopher Bulat  
Anna Casinghino  
John Dion  
Liam Duffy  
Benjamin Grigoriou  
Michael Grigoriou

Ziad Hassan  
Tabitha Hinkle  
Millicent Kochman-  
Sabbatino  
Jared Lobo  
Evan Mankouski  
Camden Miller  
Isabella Plano

Vera Raskina  
Olivia Rizzuto  
Alyssa Russo  
Jackson Smith  
McKenzie Sullivan  
Brooke Tillotson  
Cathryne Tronsky  
Alyssa Zawawi  
Gabrielle Zeller

### Best Buddies Club

The Best Buddies chapter at SHS met during the month of October to paint pumpkins for Suffield staff members. The students worked together to paint approximately 30 pumpkins which included various designs and colors. Some of the club members then spent Friday afternoon distributing the pumpkins to various teachers and offices around the building.





### Art Department

The ceramics classes have been building coil pots and learned about the traditional process of Native American Pueblo Pottery. They do not use electricity, modern tools or equipment. The clay is gathered in areas close to their homes and then dried out, ground down and then mixed with water. They hand build all of their pottery and make their own tools from tin cans and gourds. The pottery is then painted with stains made from ground minerals and painted with designs that are traditional to their culture. The pottery is then fired outside on the ground. The Pueblo pottery process is passed down through the generations and is a very spiritual process for them. These are some finished pieces from the ceramics class and they designed their pieces to reflect themselves.



### Random Acts of Kindness



Mrs. Zielinski's class has continued with their "Random Acts of Kindness" again for the 2017-2018 school year. Their first project has been working with Mary's Place. Mary's Place is a non-profit organization which provides a safe place in which children, teens and families who are grieving a death share their experiences, receive support and find comfort. At Mary's Place they believe that it is helpful and healing to share thoughts and feelings, grief experiences and memories with others who have had a similar experience. By offering peer support groups, bereaved children and families learn that hope and healing are possible.

Suffield High School's students, teachers, community members and businesses contributed large amounts of juice boxes, snack size waters, Goldfish crackers, Teddy Grahams, applesauce, pudding, chips, fruit snacks, Rice Krispie treats, granola bars and crackers, as well as toys and many bereavement books that Mary's Place had requested.

Thank you to our Suffield Community and the SHS Kindness Crew!

