



# Nighthawk News

HTTP://NEWTOWN.NHS.SCHOOLDESK.NET



FEBRUARY 28, 2015

## SPECIAL POINTS OF INTEREST:

- **CAPTs:**  
March 2-4
- **All-School Community Forum:**  
March 10
- **2015-2016 Course Selection & Overrides Due:**  
March 27

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## Principal's Message

As we now settle into the spring semester at the high school, a focus remains on our commitment to support all students to ensure their academic success. A personalized learning environment is essential, which means that our practices must be intended to meet the unique learning needs, aspirations, interests and backgrounds of all students. Students continue to work diligently to achieve at high levels, not only to fulfill the necessary requirements toward graduation but to make certain they are competitive for college and career.

However, a personalized environment also means we must keep a close eye on the emotional aspects that influence learning. Are students receiving the support they need to minimize stress? Are they able to balance their workload appropriately?

Are we involving parents when necessary to ensure communication is ongoing? Are student success plans being implemented and monitored? These are the challenging questions we ask ourselves as educators on a daily basis.

Morning breakfast meetings and PTSA meetings have proven worthwhile in establishing and continuing a dialogue among parents and Newtown High School staff. However, we would like to open up further discussions about ways to ensure students are managing stress and are able to maintain a balance in their lives. This may be as simple as restricting homework during holidays...or implementing a "catch up" day for students. Many strategies exist and are being utilized across high school campuses to demonstrate that adults and educators care for the

emotional well-being of all students.

On Wednesday, April 8, at 6:00 pm, we will be screening the documentary, **Race to Nowhere**, as the impetus for our discussion that evening related to student stress and achievement. This will take the place of our April parent breakfast meeting. The topic of stress has come up in our monthly meetings and is something we would like the time to tackle in more depth. While the selected film been shown in years past, some of the underlying issues raised in the documentary continue to challenge parents and educators alike.

We hope you can make it to our screening and parent discussion on April 8. Additional details and reminders will be sent out in the coming weeks.

Dr. Lorrie Rodrigue  
Principal

## 2015-2016 Newtown Schools Calendar

The [calendar](#) for the 2015-2016 school year is now available on the Parents' Page on the [Newtown District website](#).

NEWTOWN PUBLIC SCHOOLS 2015-2016 SCHOOL CALENDAR

MONTH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
AUGUST																																
SEPTEMBER																																
OCTOBER																																
NOVEMBER																																
DECEMBER																																
JANUARY																																
FEBRUARY																																
MARCH																																
APRIL																																
MAY																																
JUNE																																

Additional information: School calendar subject to change without notice. School calendar is subject to change without notice. School calendar is subject to change without notice.

# PTSA News

## Community Forum

### An All-School Parent Conversation Focused on Teaching, Learning, and the Proposed 2015-2016 Spending Plan

Dr. Joseph V. Erardi, Jr., Superintendent of Schools, in partnership with PTA Presidents, will be holding a one hour community forum on Tuesday, March 10, starting at 7:30 pm. The meeting will take place in the Lecture Hall at Newtown High School.

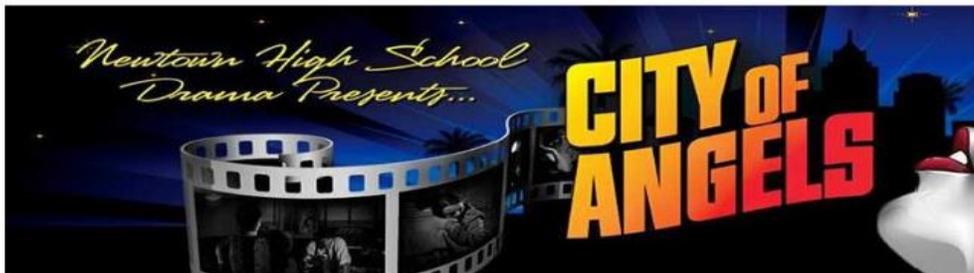
The meeting will be co-sponsored by the PTA Leadership Council which includes all Newtown Schools.

The design of this hour gathering is to share information on the present state of Newtown Schools and to also share information on how the parent community can be an active partner with teaching and learning. In addition, Dr. Erardi will share the many new initiatives that the Board of Education has introduced within the 2014-2015 school year and administration will also address the 2015-2016 proposed budget.

The forum is open to all community members; however, the information will be most relevant to parents who have children attending Newtown Schools.

Questions regarding this parent forum can be answered by calling [203-426-7621](tel:203-426-7621) during normal business hours.

## NHS Spring Musical



**March 19-22, 2015**

**Newtown High School**

**Tickets: \$18 adults, \$14 youth and 65+**

**Tickets: [nhsc.booktix.com/203-364-4534](http://nhsc.booktix.com/203-364-4534)**

**Information: [nhsmusicals@gmail.com](mailto:nhsmusicals@gmail.com)**

The glamour and grittiness of late 1940s Hollywood comes to the Newtown High School stage March 19-22 in the high-energy jazz musical **City of Angels**.

From the opening bars of a wailing saxophone solo and staccato voices weaving in four-part harmony, you'll be on the edge of your seat until the inspirational finale, when a real-life writer embraces his alter ego, the "reel-life" character he has created. In between, the characters, and the music, zoom between reality and fiction, romance and crime, Hollywood and film noir.

The sold-out audiences who saw Newtown High School's recent musicals were treated to traditional Broadway standards. This year, Newtown's considerable student talent tackles new challenges.

"I chose **City of Angels** because I knew that our students could rise to the challenge of this complex show," said director Jane Matson. "They will be able to stretch their acting wings with the intricate plot and challenge themselves vocally with the difficult music. "My second reason for choosing this show was that the band plays such an important role. We consider the band another character in the show and this show gave us an opportunity to feature our incredibly talented musicians."

"Lastly, this show is a technical challenge. Half in black and white and half in color, the set, lighting and costumes must weave effortlessly between the two without ever distracting from the story."

The musical **City of Angels** has mature themes and is not recommended for young audiences.



# CAPT Begins March 2

**TESTING DATES:**

**MARCH 2 – MARCH 4**

As March approaches, the Newtown High School faculty and administration are preparing our students for the upcoming CAPT experience. The Connecticut Academic Performance Test (CAPT) is extremely important in assessing what our students know and are able to do as learners. This information is critical in order to improve our instructional practices and to ensure our students achieve at high levels.

All tenth grade students in Connecticut are required to take the Science assessment. All eleventh grade students who did not meet goal on the Science CAPT will be taking this assessment. Students retaking the assessment will be able to demonstrate areas of improvement that will be recorded on their transcript. All CAPT scores will be indicated on all

permanent transcripts and on report cards.

Newtown High School will be making adaptive schedule changes in March to comply with state legislation as well as to aid students during test-taking. Testing will be held on March 2, 3, and 4<sup>th</sup> for all sophomores and on March 2 and March 3 for eleventh grade students. Each day the students will experience CAPT assessment(s) followed by a shortened class schedule and lunch.

During these three days we will also administer a PRE-CAPT Science assessment to all freshmen which will take place on March 2. On the following two days, March 3 and March 4, all freshmen will meet in the gymnasium for a class assembly. Regular bus schedules will be maintained through-

out testing. Juniors and Seniors who are not involved in testing will follow the modified class schedule when testing concludes.

We are committed to helping all students achieve success on the 2015 CAPT Science. Please encourage your student(s) to eat a healthy breakfast and get plenty of rest so that they are well-prepared and well-rested for CAPT. The Newtown High School PTSA will also be providing breakfast items to test-takers each morning.

**“Eat Well, Sleep Well, Test Well”**

David Roach  
Assistant Principal

## CAPT Schedule

	CAPT March 2, 2015- A Day			CAPT March 3, 2015 -B Day			CAPT March 4, 2015- C Day		
7:20-8:25 <b>65 Minutes</b>	10th Gr Science I 9th Gr Science Practice Extended Time- 9:00			10th Gr Science II 9th Gr Assembly Extended Time- 9:00			10th Gr Science Supplemental 9th Grade Assembly		
8:25-8:35 <b>10 Minutes</b>	<i>Return All Materials</i>			<i>Return All Materials</i>			<i>Return All Materials</i>		
Classes	Periods			Periods			Periods		
8:35-9:15	1			7			5		
9:20-10:00	2			8			6		
10:05-10:45	3			1			7		
10:50-11:30	4			2			8		
11:35-12:05	Wave 1	5	Lunch	Wave 1	3	Lunch	Wave 1	1	Lunch
12:10-12:40	Wave2			Wave2			Wave2		
12:45-1:15	Wave 3			Wave 3			Wave 3		
1:20-2:02	6			4			2		



# School Climate

## What is School Climate and Why is it Important?

We can all remember childhood moments when we felt particularly safe (or unsafe) in school, when we felt particularly connected to a caring adult (or frighteningly alone), when we felt particularly engaged in meaningful learning (or not). These are the school memories that we all tend to vividly remember: good and/or bad. It is not surprising that these kinds of experiences shape learning and development.

However, school climate is larger than any one person's experience. When people work together, a group process emerges that is bigger than any one person's actions. A comprehensive assessment of school climate includes major spheres of school life such as safety, relationships, teaching and learning, and the environment as well as larger organizational patterns (e.g. from fragmented to shared; healthy or unhealthy). How we feel about being in school and these larger group trends shape learning and student development. A positive school climate is associated with academic achievement, effective risk prevention efforts and positive youth development.

### How do we define School Climate?

School climate refers to the quality and character of school life. School climate is based on patterns of students', parents' and

school personnel's experience of school life and reflects norms, goals, values, interpersonal relationships, teaching and learning practices, and organizational structures.

A sustainable, positive school climate fosters youth development and learning necessary for a productive, contributing and satisfying life in a democratic society. This climate includes:

- Norms, values and expectations that support people feeling socially, emotionally and physically safe.
- People are engaged and respected.
- Students, families and educators work together to develop, live and contribute to a shared school vision.
- Educators model and nurture attitudes that emphasize the benefits and satisfaction gained from learning.
- Each person contributes to the operations of the school and the care of the physical environment.

*(This definition of school climate and a positive, sustained school climate were consensually developed by the [National School Climate Council](#) that NSCC co-leads with the Education Commission of the States.)*

Kathy Boettner  
Asst. Principal

# Course Selection for 2015-2016

It's hard to believe we are more than half way through this year and beginning to plan for next year. Teacher recommendations for academic classes for the 2015-2016 school year are in PowerSchool. Please review the recommendations and the Program of Studies in preparation for course selection. The link for the [Program of Studies](#) can be found on the front page of the NHS website, under "[Quick Links](#)."

Ninth graders are asked to make an appointment with their "new" counselor, the one they will work with through senior year. The counselors are assigned alphabetically by the student's last name.

The counselor breakdown for the Class of 2018 is:

Students with last name beginning with:	Counselor
A	Mrs. Cathy Ostar
B - Da	Mrs. Lauren Marti
De - Gr	Mr. Bret Nichols
Gu - Le	Mrs. Ana Mendes
Li - O	Mr. Jeff Tolson
P - Sg	Ms. Deidre Croce
Sh - Z	Mrs. Jan English

Students have until March 27 to meet with their counselor and edit course requests. If there are questions about recommendations, please speak with the recommending teacher. If there are questions about course planning or graduation requirements, please contact your school counselor. If it is decided an override is necessary, the forms are available in the School Counseling Office. Overrides are also due by March 27.

Cathy Ostar  
Director of Guidance

# Science Department News

## Science & Engineering Fair

For the second year in a row, Newtown High School hosted the Southern Connecticut Science and Engineering Fair, an event that brought the brightest young science minds from surrounding schools into our midst.



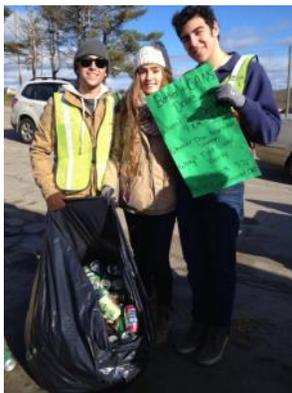
The responsibilities of NHS for this event were coordinated by science teacher Tim DeJulio, with the help of colleagues, Susan McConnell, Virginia Cambareri, Carol Villodas, Nathalie DeBrantes, and Chris Canfield. Thanks are also due to Athletic Director Gregg Simon for the use of our gymnasiums (right in the middle of basketball season!).

## DiggDeep Donations

Members of the NHS Environmental Club along with their advisors, Mrs. Baumgartner and Ms. Ramsey, spent their Saturday morning at the transfer station collecting bottles and cans for deposit.



The money earned will be donated to DiggDeep, an organization that fights water poverty around the world. We'd like to thank Arlene Miles from the Public Works Department for helping us set this up.



## Firm Footing in Anatomy

The students in Mr. Kuroski's Anatomy & Physiology class learned about skin by doing a dissection of pig's feet from a local butcher.



They now have a firm footing in this topic!



## Cellular Respiration

Mrs. McConnell wanted to know if her students truly understood cellular respiration, the process whereby cells get energy from food. So, she had them work in groups to create analogies and make posters that demonstrated their grasp of this fundamental biology topic.



## Chemical Reactions

Freshmen scientists in Mrs. Baumgartner's and Mrs. Georgina's IPES classes became chemical detectives. They looked for clues that chemical reactions were taking place, they identified the products, and balanced the equations.



For example, both  $\text{AgNO}_3$  (Silver Nitrate) and  $\text{KOH}$  (Potassium Hydroxide) are clear liquids but when combined they form a brownish liquid with a brownish precipitate; both a color change occurred and a precipitate formed indicating something happened. The balanced equation is  $\text{AgNO}_3 + \text{KOH} = \text{AgOH} + \text{KNO}_3$ .

Chris Canfield  
Science Department Chair

# College/Career Center Information

203-426-7679

Kitty Latowicki - College/Career Center Coordinator [latowickik@newtown.k12.ct.us](mailto:latowickik@newtown.k12.ct.us)  
 Peg Ragaini - School to Career Coordinator [ragainip@newtown.k12.ct.us](mailto:ragainip@newtown.k12.ct.us)

**The Career Center** is open from 7:00 am-2:30 pm, Monday through Friday. There are eight computers available for student use and a table and chairs for schoolwork and studying. We welcome all students in all grades. If the Career Center is not open due to appointments, college visits, speakers, etc. a sign will be posted on both doors alerting students of the closure. Mrs. Latowicki is available to meet with a student and/or parent(s), after school or in the evenings by appointment only. She is available to discuss careers, colleges, technical schools, scholarships, life after high school, etc. Please call or email her to set up an appointment.

## COLLEGE AND POST-SECONDARY OPTIONS FAIR

Tuesday, March 31

7:00-8:30pm

Newtown High School Gym

The Newtown High School College and Post-Secondary Options Fair will take place on Tuesday, March 31 from 7:00 – 8:30pm in the gym. A list of schools and other institutions will be listed on the NHS Counseling and the Career Center websites as we get closer to the date of the fair. To date we have 175 attendees.

Please check the document library in [Naviance](#) (under *College Planning*) as well for a document named "Attending College Fairs" which addresses:

- Things to do before the Fair
- What to bring to the Fair
- Things to do at the Fair

## Fair Volunteers Needed!

Student volunteers are needed for the upcoming College Fair on March 31. Without the assistance of student volunteers, the Fair will not be as successful as in previous years. Volunteers are needed for the following time slots:

2:05-3:30 Set Up

4:45-7:00 Meet & Greet

7:00-8:30 Assistance during the Fair

8:30-9:30 Clean Up

Any interested students should stop by the Career Center to sign up to volunteer. Students will receive community service hours for time spent at the Fair.

## Scholarships

Our scholarship list is updated weekly. In the coming weeks and months many of the local scholarships will arrive in the Career Center. Some paper applications for the scholarships are available in the Career Center but most are available online. Please check [Naviance](#) for the available scholarships. When applying for scholarships, be mindful of deadlines. Do not wait until the last minute to gather the documentation you need to complete a scholarship application, i.e. recommendations, transcripts, SAT/ACT scores.

Many of the scholarships are for seniors only. There are a few in the list that are available for underclassmen. A legend is available to help differentiate which scholarships are for which grades and which scholarships are new for the week. If you have any questions regarding scholarships, contact Mrs. Latowicki.



### Scholarship Legend

- \* Denotes NEW Scholarships for the week
- ◆ Seniors only apply
- ▶ Juniors only apply
- ☐ Sophomores, Juniors & Seniors Eligible
- ⚙ All Grades Eligible

## Scholarship Tips for Seniors

- Scholarships are for those seniors who are planning on continuing their education at either a 4-year or 2-year college, or technical school.
- Each scholarship is different and reading for details is important. Be mindful of deadlines. There are rarely extensions or excuses accepted if an application is late. You do not have to wait until the due date to submit or mail a scholarship application. Waiting until the due date may be problematic if you are sick, or there is a storm, etc.
- Transcript and report card requests must be made at least 24 hours in advance through Mrs. Latowicki or a School Counseling secretary. Again, do not wait until the last minute to request these documents.
- There are scholarships based on interests, religion, ethnicity, a disability, community service, GPA's, majors, etc.
- Check for scholarships through your parent's and/or grandparent's employers or organizations they are involved with.
- Check the website of the school you plan on attending since many schools offer scholarships which go unanswered since many students are unaware that scholarships are being offered.
- Scholarships may reduce your financial aid. If this causes a problem, a call to the financial aid office, at the school you are attending, explaining your situation, may be helpful.
- Never fill out an application in pencil.
- Most applications may be downloaded from [Naviance](#) unless otherwise noted. Paper applications are available in the Career Center as specified. Some applications are through specific websites, also noted in [Naviance](#).
- Check other scholarship websites listed on your [Naviance](#) home page, i.e. Cappex, Sallie Mae, College Week Live, Fast Web, etc.
- PLEASE remember to write thank you note/s to the individual/organization who offered the scholarship. This is a very important step in the scholarship process.

## Local & Regional Scholarships Available Now or Coming Soon

- |   |  |
|---|--|
| 26 Angels Foundation Scholarship  | Newtown Cultural Arts Scholarship  |
| AFT CT Scholarship  | Newtown Federation of Teachers Scholarship   |
| Bill Lauf Memorial – journalism or environmental science  | Newtown HS Choral Parents Scholarship  |
| Bohdan Kolinsky Memorial Scholarship for Sports Print Journalism  | Newtown HS Orchestra Scholarship   |
| Church Hill Physical Therapy  | Newtown HS PTSA Scholarship  |
| CT Nurserymen's Scholarship   | Newtown Junior Women's Club Scholarship  |
| CT Nutmeg PTA Scholarship   | Newtown Scholarship Association  |
| Delta Kappa Gamma Society   | Newtown School Nurses Scholarship  |
| Education Connection Scholarship  | Newtown VNA Scholarship  |
| Ernest Badillo - \$1000 in memory of a NHS alum, participation in multiple sports and nice all around student   | Newtown Youth Basketball Association Scholarship   |
| Fred Davidson Memorial Soccer Scholarship   | Newtown Youth Football & Cheerleading Scholarship  |
| Frederick A. DeLuca - \$5000, 2- or 4-year school, academic achievement, participation in extra-curricular activities, financial need, and employment while attending high school | Newtown Youth Lacrosse Scholarship   |
| Glenn Moon Scholarship  | Pay it Forward Scholarship   |
| Hawley School PTA – Hawley School graduate  | Reed School PTA Scholarship  |
| Head O' Meadow PTA Scholarship  | Robert Glander Memorial Scholarship  |
| Horticulture Club of Newtown  | Sandy Hook School PTA Scholarship  |
| Jean O'Brien Memorial Scholarship   | UConn 100 Years of Women Scholarship   |
| Kline Family Community Service Scholarship  | UNICO – Italian, academic achievements, extra-curriculars, & community service, \$1000 with opportunity for \$6000 on national level |
| Mary Frances Edgett Scholarship   | Urgent Care of Connecticut Scholarship   |
| Masonicare of Newtown Junior Volunteer Scholarship  | USBC Bowling – member, parent or grandparent   |
| Meserve Scholarship   | Waterbury Credit Union   |
| Middle Gate PTA Scholarship   | Weller Vincent Voccia Vocational Award   |
| Newtown Babe Ruth Softball Scholarship  | Working Women's Forum Scholarship  |

.... and more! Check Naviance.

## Enrichment Programs

Please take time to check out the Enrichment Programs in [Naviance](#). These programs are available to high school students, some during the school year, but mostly for summer enrichment. This information can be found in [Naviance](#) under the *Colleges* tab.

There are programs available for students with all different types of interests. Many enrichment programs give students the opportunity to have

new experiences in subjects they are interested in, as well as opportunities to get involved in areas they are passionate about. There are summer school opportunities as well.

NHS does not promote any program, we just provide the information. There are hundreds of programs listed in [Naviance](#). Please contact individual programs for detailed information

and to ensure all the information in [Naviance](#) is correct.

### Examples of Summer Enrichment Programs:

- UConn Natural Resources Conservation Academy
- UConn Explore Engineering E2 Program

## ASVAB

The [ASVAB](#) will be offered through the Career Center in October 2015 for interested juniors and seniors. Taking the ASVAB and completing the workbook which accompanies the results will provide your son or daughter with information that will help to determine a career direction. The ASVAB is not a pass/fail test. The ASVAB consists of eight short individual tests covering arithmetic reasoning, mathematics knowledge, paragraph comprehension, mechanical comprehension, general science, word knowledge, electronics information, and, auto and shop information.

The test permits students to compare their academic and occupation aptitude scores with those of other students throughout the United States. The ASVAB provides measures of general learning ability that

are useful for predicting performance in academic areas and can predict what a student could accomplish with training or further education. The ASVAB is designed especially to measure potential for success in occupations that require formal courses of instruction or on-the-job training.

Your son or daughter is under no obligation to join the military as a result of taking the ASVAB. Many students take the ASVAB for career exploration and have no interest in the Armed Services. Students interested in the military can use scores from the ASVAB to enlist in the military. More information on the ASVAB will be emailed through Naviance to students and families in the fall 2015 semester.

### Part-Time Jobs

Local employers contact the College/Career Center with part-time jobs for students. These jobs are posted on the bulletin board in the College/Career Center. Students seeking jobs are asked to contact the employers themselves.

Job opportunities for students aged 14 and 15 may be found through the Job Bank at Newtown Youth and Family Services. For more information on the Job Bank program, please call 203-270-4335 or go to [www.newtownyouthandfamilyservices.org](http://www.newtownyouthandfamilyservices.org) and select *Youth Programs* under the *Programs and Services* tab. The information on the Job Bank can be downloaded from that page.

### White Hat Hacker

*One of the coolest jobs available for someone with extensive knowledge of computers is that of a white hat hacker.*

These are hackers who use their abilities to help private companies and government organizations shore up their network security by trying to hack into their systems to find weaknesses.

This job has become particularly relevant in recent times as hacking groups like [Anonymous](#) and the group that committed the [recent Sony hack](#) have become more widespread.

[Techopedia](#) defines a white hat hacker as:

*"A computer security specialist who breaks into protected systems and networks to test and assess their security. White hat hackers use their skills to improve security by exposing vulnerabilities before malicious hackers (known as black hat hackers) can detect and exploit them. Although the methods used are similar, if not identical, to those employed by malicious hackers, white hat hackers have permission to employ them against the organization that has hired them."*

White hat hacking has been around for a while and one of the first documented cases of "ethical hacking" was when the U.S. Navy hired hackers to find out if their operating system Multics was secure enough to use for top-secret work.



Ethical hackers have been known to go beyond simply testing operating systems and firewalls, as an in-depth look into a corporation's security could mean physically entering the building. Some of them use tactics such as loading up hacking software on a flash drive and leaving it lying around the office for some unsuspecting employee to pick up, or rifling through someone's trash to see if they left any sensitive information out in the open.

Generally in private corporations an ethical hacker will be hired by the owners, C-suite, or stakeholders to test the company's security measures. No one else in the company knows anything else about the hack so they are not on their guard against it. Often these cyber attacks will take place at night when systems are less critical.

White hat hacking proves that not all hacking is unethical or illegal, and is one of the most exciting jobs available in tech today. With computers holding more and more of the sensitive information of corporations and governments around the globe, as well as weapons and thousands of other critical systems, cyber-security has become a top priority in terms of protection.

*(Retrieved from [www.StemJobs.com](http://www.StemJobs.com))*

# Nutrition News



## National Nutrition Month

March is National Nutrition Month and we're celebrating in the cafeterias this year with a "Love Salad" theme!

Check out the information below on salads from Chartwells!

### FOUR STEPS TO A Perfect Salad:

Our Chefs recommend these easy steps to make your salads awesome. Mix and match different flavors and textures so every bite is something new!

1

start

#### WITH A VARIETY OF VEGGIES

Go beyond lettuce and try crunchy Napa cabbage, leafy kale, or tangy arugula. Mix in unexpected and nutrient-packed veggies like corn, peas, roasted sweet potatoes, marinated broccoli, raw beets, sweet cherry tomatoes, or mushrooms.

2

add

#### A FLAVOR BOOST

Kick it up a notch by adding one or two of your favorite sweet, salty, spicy, tangy, crunchy or chewy mix-ins like olives, raisins, fresh herbs, baked corn chips, diced fresh fruit, roasted sunflower seeds, parmesan cheese, or whole grain pita chips.

3

pack

#### ON SOME PROTEIN

Make your salad a meal with muscle-boosting proteins like grilled chicken, roasted turkey, marinated tofu, chickpeas, cheddar cheese, or taco-seasoned meat or beans.

4

drizzle

#### A DRESSING

Top your salad off with a little dressing; just make sure you use a small amount so you can enjoy all the other flavors you've added! Go bold by making dressings with unexpected ingredients like a squeeze of fresh lime juice, Sriracha, fresh ginger, or sweet and sour sauce.

### HOW MUCH IS ENOUGH?

If you're making a meal out of a salad, make sure you're including enough of the good stuff to keep you full and satisfied.

*Start* with about 2 cups of salad greens (about 4 cupped handfuls),

*Add* another cup or two of vegetables and/or fruits, then top with 2-3 ounces of protein (about the size of the palm of your hand). Add some crunchy toppings and a light dressing and you're set!

### MAKE PREP A SNAP!

Making a salad at home can seem like a lot of work, but enlisting the help of other household members can make things go faster, and prepping a bunch of ingredients for the

week can encourage everyone to eat salads more often. Choose 5 or 6 ingredients to have on hand for the week and pack them in clear containers so they're easy to grab when the salad mood hits you.



#### STILL TIGHT ON TIME?

Buy some ingredients pre-washed and cut! Spending a little more

on these items saves time, is less expensive than a restaurant meal, and offers you a better chance of making a healthier choice!



**MAKE USE OF DRIED FRUITS AND VEGETABLES**—they last a long time and are a quick and inexpensive way to jazz up a salad. Frozen and canned ingredients are great choices as well!



**EAT SEASONALLY**—Choosing fresh produce that's in season will ensure the best price, taste, and nutrition. For in-season ideas in your area, visit [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) or use our next tip.



**ASK THE EXPERTS**—farmers markets and the produce department at your local grocery store are two great places to go to learn about seasonal foods. These produce experts can also provide tips for selecting, storing, and preparing items with which you may not be as familiar.

# The Educator

A publication of the Drug Free Schools Committee at HVCASA Winter 2015

Sheila Levine, Chairperson Martha Shilstone Erica Keane Judy Blanchard  
 Maryanne Pieratti Maggie Meriwether Stan Watkins Paula Grayson  
 Judy O'Callaghan Ginny Verhoff Dianna DiNardo

## Update on Marijuana 2015

Over the past several years, students from schools in our area have indicated that they are using marijuana at higher rates; in other words more students are reporting having used marijuana "during their lifetime" and "over the past 30 days." This goes along with their perception of marijuana as less harmful than tobacco and some other drugs.

Certainly, with decriminalization and the legalization of medical marijuana in CT, it is possible that young people have been getting the message that the risks associated with marijuana use are of little consequence. In fact, youth here report that their parents would be more upset about them smoking cigarettes than pot. It is both timely and important for adults to help young people understand more about this drug.

Some people feel nothing at all when they smoke marijuana. Others may feel relaxed or "high." Some experience sudden feelings of anxiety and paranoid thoughts (even more likely with stronger varieties of marijuana). Regular use of marijuana has also been linked to depression, anxiety, and a loss of drive or motivation, which means a loss of interest even in previously enjoyable activities. Its effects can be unpredictable, especially when other drugs are mixed with it.

All forms of marijuana are psychoactive (mind-altering); they change how the brain works. Marijuana contains more than 400 chemicals, including THC (delta-9-tetrahydrocannabinol). Since THC is the main active chemical in marijuana, the amount of THC in marijuana determines its

strength or potency and therefore its effects. The THC content of marijuana has been increasing since the 1980's when levels of THC were about 3%. Recent potency tests indicate THC averages about 12.3% - MORE THAN 4X STRONGER. In this same 2012 study, amounts of THC were recorded up to 36%.

**In the short-term, marijuana can cause:**

- problems with learning and memory
- distorted perception (sights, sounds, time, touch)
- poor motor coordination
- increased heart rate

### Fact:

**Marijuana affects the brain—altering memory, judgment, and motor skills.**

**But marijuana affects each person differently based on:**

- biology (e.g., his or her genes)
- marijuana's strength or potency (how much THC it has)
- previous experience with the drug
- how it's taken (smoked versus ingested)
- whether alcohol or other drugs are involved

Science confirms that the adolescent brain - particularly the part of the brain that regulates planning for complex cognitive behavior, personality expression, decision making and social behavior - is not fully developed until the early to mid-20's.

Developing brains are especially susceptible to all of the negative effects of marijuana and other drug use. Heavy marijuana use in the teenage years could damage brain structures vital to memory and reasoning, a new study suggests.

The study found changes in the sub-cortical regions of the brain, which are part of the memory and reasoning circuits, NBC News reports. Young people who had changes in this region of the brain performed more poorly on memory tests than their peers who did not use marijuana.

The heavy marijuana users in the study had not used the drug on average for more than two years before the memory testing occurred.

For more information:

[www.drugabuse.gov](http://www.drugabuse.gov)

[www.drugfree.org](http://www.drugfree.org)



**Newtown High School**  
**12 Berkshire Rd.**  
**Sandy Hook, CT 06482**

## Important Links

- NHS Home Page <http://newtown.nhs.schooldesk.net/>
- NHS Facebook Page <https://www.facebook.com/pages/Newtown-High-School/158260014186649>
- Guidance/Naviance <https://connection.naviance.com/newtown>
- PowerSchool Portal <https://ps.newtown.k12.ct.us/public/>
- Athletics [www.nighthawkssports.com](http://www.nighthawkssports.com)
- 2014-2015 School Calendar <http://newtown.nhs.schooldesk.net/LinkClick.aspx?fileticket=1rc4r0dxeVU%3d&tabid=20009>
- NHS Schedule of Days Calendar <http://newtown.nhs.schooldesk.net/LinkClick.aspx?fileticket=06deoCSYm5E%3d&tabid=12312>

School Office:	203-426-7646
Fax:	203-426-6573
Attendance:	203-426-7656
Cafeteria:	203-426-7637
School Counseling Office:	203-426-7651
NHS Resource Officer:	203-426-7646, x6124
Nurse:	203-426-7649
Psychologist:	203-426-7651
Substance Abuse Counselor:	203-426-7646, x6125

# Dates to Remember

- March 2-4 CAPTs
- March 6 Early Dismissal
- March 19-22 NHS Musical
- March 24 Early Dismissal
- March 25 Early Dismissal - *Parent Teacher Conferences*
- March 27 Junior Prom
- March 31 College Fair - 7:00 - 8:30 pm
- April 3 Schools Closed - *Good Friday*
- April 10 Early Dismissal
- April 13-17 Schools Closed - *Spring Break*
- April 24 Senior Prom
- May 1 Early Dismissal
- May 2 SAT @ NHS
- May 4-15 AP Testing
- May 18-20 Spring Concerts
- May 25 Schools Closed - *Memorial Day*
- May 28 Senior Dance
- May 29 Senior Trip