

Rockville TelegRAM

ROCKVILLE HIGH SCHOOL

Published monthly, September-June
70 Loveland Hill Road
Vernon, Connecticut 06066-2304
860-870-6050

JANUARY 2012

MARK YOUR CALENDARS

January 3	Classes resume
January 10	Half day, 11:57 a.m. dismissal (Rockville High only)
January 16	No School, Martin Luther King Day
January 17	Special Board of Education Meeting for Presentation of Superintendent's Budget for 2012-2013
January 17	Project Graduation meeting, 7:00 p.m.
January 24	Advisor / Advisee meeting, 8:47-9:17 a.m.
January 25	Cocoa & Cram for Freshmen, 2:00 - 4:30 p.m.
January 26*	Semester exams, Blocks 1 & 2
January 26	RHS Parent Group meeting, 6:30 p.m.
January 27*	Semester exams, Blocks 3 & 4
January 30*	Semester exams, Blocks 5 & 6
January 31*	Semester exams, Blocks 7 & 8
February 1*	Third quarter begins
February 2	Grade 8 Parent Orientation, 6:00 p.m., Auditorium
February 6*	Second quarter report cards distributed to students
February 16	College Planning Evening
February 10	Online registration deadline for March 10 SAT Administration

*Dates subject to change as a result of school closings due to inclement weather

SCHOOL CANCELLATIONS

If inclement weather forces school to be canceled, open late (two hour delay), or close early, announcements will be made on area radio (WTIC AM & FM, WRCH, WZMX) and television (WFSB 3, WVIT 30) stations. Parents may also access Vernon information online at www.ctweather.com and sign up for email or cell phone text notifications about delays and cancellations. If the opening of school is delayed, the schedule will continue in the usual rotation of an A day or a B day. If school is closed, the rotation will continue on the next school day. For example, if Monday is an A day, and school is closed on Tuesday, then it will be a B day when school reopens. The same policy applies for holidays and school vacations.

RHS PARENT GROUP MEETING INFORMATION

The Rockville High School Parent Group will hold its next meeting on Thursday, January 26 at 6:30 p.m. in the school's Library. All are welcome to attend! this is a great opportunity for parents to get involved in decision making and helping with the success of all students at Rockville High School. For more information please contact Principal Eric Baim (860-870-6050 x303 or Eric. Baim@vernonct.org).

BOARD OF EDUCATION BUDGET WORKSHOP INFORMATION

The Vernon Board of Education will be following the schedule of budget workshops listed below in conjunction with the development of its proposed budget for 2012-2013. All meetings will be held in the third floor Board Meeting Room of the Administration Building (30 Park Street). The meetings are open to the public and residents will be given an opportunity to speak to the Board of Education at the end of the January 17 meeting and at the beginning of the meetings on January 24, January 31, and February 6. Parents are encouraged to attend the workshops.

Tuesday, January 17	6:00-8:00 p.m.	Special Meeting Presentation of the Superintendent's 2012-13 Budget
Tuesday, January 24	6:00 – 8:00 p.m.	Special Meeting -- Budget Workshop
Tuesday, January 31	6:00 – 8:00 p.m.	Special Meeting -- Budget Workshop
Monday, February 6	6:00 p.m.	Special Meeting to Approve 2012-2013 Estimate of Expenditures

ATTENTION FRESHMEN!

Submitted by Mrs. Amy Begue, Link Crew Co-Coordinator

Midyear exams are coming in January and Link Crew wants to help you get ready! Come to the fourth annual "Cocoa and Cram" study event on Wednesday, January 25, 2012, from 2:00 to 4:30 p.m. in the RHS café. Link Leaders and teachers will be on hand to help with reviewing in all the major subject areas. Hot cocoa and snacks will be provided to keep your energy up through a massive study session. Bring a friend and get ready for exams! A late bus will be available if needed; sign up in the Attendance Office. See any of the Link Leaders, Mrs. Begue (Room 206) or Ms. Marinan (School Counseling Office) for more information.

SCHEDULE FOR SEMESTER EXAMS

If students have their own transportation, they should report to school only for scheduled exams. Students who are unable to provide their own transportation and must arrive at school at a time when they do not have an exam must report to the Library.

Exams will be administered according to the following schedule:

Thursday, January 26*

Block 1 Exam	7:40 a.m. to 9:40 a.m.
Block 2 Exam	10:00 a.m. to 12:00 p.m.

Friday, January 27*

Block 3 Exam	7:40 a.m. to 9:40 a.m.
Block 4 Exam	10:00 a.m. to 12:00 p.m.

Monday, January 30*

Block 5 Exam	7:40 a.m. to 9:40 a.m.
Block 6 Exam	10:00 a.m. to 12:00 p.m.

Tuesday, January 31*

Block 7 Exam	7:40 a.m. to 9:40 a.m.
Block 8 Exam	10:00 a.m. to 12:00 p.m.

Wednesday, February 1*

Second semester classes begin

*These dates will change if school closings occur prior to or during the exam period.

SECOND QUARTER REPORT CARDS

The second marking period is scheduled to end on Tuesday, January 31. We expect to distribute report cards to students on Monday, February 6. Parents are encouraged to contact their student's teachers or school counselor with any questions or concerns regarding the report cards. If inclement weather causes school to be canceled prior to February 6, the distribution date will be moved to the next school day.

STUDENT BIOGRAPHICAL INFORMATION

Parents are reminded to contact the Main Office (860-870-6050) with any new information regarding their student(s). It is important that the school have the most up-to-date information for each student including home address and phone number and parent work and cell phone numbers.

IMPORTANT INFORMATION FROM THE ATTENDANCE OFFICE

Please review the Attendance Procedures with your student. They can be found on page 16 of the student/parent handbook or on our website.

Reporting Student Absences: Parents are expected to call the Attendance Office (860-870-6050, option 1) by 9:00 a.m. the day their student is absent. Voice mail is available 24 hours a day. If a call is not received before 9:00 a.m., an automated phone call will be placed to the parent or guardian of absent students. This call will be directed to the home phone number we have on file. If you would prefer the call to go to another number (cell, work, etc.), please contact Mrs. Courtois with the information (Rita.Courtois@vernonct.org or 860-870-6050 x400).

Late Arrival to School: Students arriving late to school must report to the Attendance Office to sign in to school and to receive a pass to their class. Tardies to school will only be excused if a note or phone call is received from the parent/guardian on the day the student is tardy. It is the student's responsibility to bring in a note or have a phone call made to the Attendance Office on the same day as the tardy.

Early Dismissal from School: Students should bring an early dismissal note to the Attendance Office before 7:27 a.m. Students will be issued a pass for their dismissal and they should then sign-out upon leaving and sign-in upon returning to school in the Attendance Office. Students leaving early must sign out in the Attendance Office prior to leaving the building for dismissal.

TRANSPORTATION SAFETY IS EVERYONE'S RESPONSIBILITY

Parents, please remember that there is absolutely no parking along the front of the building. There are fire lanes in the front of the building and they are off limits at all times unless the vehicle is a bus or an emergency vehicle. There are parking spaces available to the public located in the building's front parking lot. Please use extreme caution when dropping students off for school in the morning. Vehicles stopped on Loveland Hill Road in front of the school to discharge students cause added congestion and safety concerns for students crossing the street and for others traveling in vehicles.

A reminder that passing a stopped school bus with its red lights flashing is illegal. This includes passing such a bus in a parking lot. Unfortunately, this has been occurring within the drop-off zone at RHS. These buses are discharging students and the traffic laws must be obeyed.

CONTACTING RHS STAFF MEMBERS

Parents are encouraged to contact their student's teachers and counselor throughout the school year. All staff members may be reached by phone at 860-870-6050. Staff members may also be contacted by email (first name.last name@vernonct.org). A complete listing of staff members' email addresses can be found on the RHS website (www.RockvilleHighSchool.org). Additionally, the iParent system provides direct email access to the teachers listed on the schedule screen.

PERFORMANCE STANDARDS FOR GRADUATION

Grade 11 and 12 students who have not met the Mathematics Performance Standard for Graduation and/or the Reading/Writing Performance Standard for Graduation may participate in a three-day Mathematics, Writing, and/or Reading DPT session. Each session will include two days of remediation followed by the administration of the District Performance Task (DPT) on the third day. **Students who wish to participate in any or all of these DPT sessions should sign up with their counselor.** The final DPT sessions for the school year are as follows:

Science – Room 120

Wednesday, January 11, 2012 – remediation – 2:30-4:30 p.m.

Thursday, January 12, 2012 – remediation – 2:30-4:30 p.m.

Friday, January 13, 2012 – remediation – 2:00-4:00 p.m.

Mathematics – Room 204

Tuesday, January 31, 2012 – remediation – 2:30-4:30 p.m.

Wednesday, February 1, 2012 – remediation – 2:30-4:30 p.m.

Thursday, February 2, 2012 – DPT – 2:30-4:30 p.m.

Writing – Room 135

Tuesday, February 7, 2012 – remediation – 2:30-4:30 p.m.

Wednesday, February 8, 2012 – remediation – 2:30-4:30 p.m.

Thursday, February 9, 2012 – DPT – 2:30-4:30 p.m.

Reading – Room 232

Tuesday, February 14, 2012 – remediation – 2:30-4:30 p.m.

Wednesday, February 15, 2012 – remediation – 2:30-4:30 p.m.

Thursday, February 16, 2012 – DPY – 2:30-4:30 p.m.

SAT INFORMATION

It is recommended that students register online for the SAT (www.collegeboard.com). By doing so, they receive immediate confirmation and test center assignment and can print and/or make corrections to their admission ticket. The high school code for RHS is 070645. The RHS test center code is 07-615. The deadline for online registration for the March 10 administration of the SAT is February 10. The testing fee is \$49 per student.

Most colleges and universities require that official SAT scores be reported to them directly by the College Board. Within the online registration process, students may choose up to four schools to receive their scores from The College Board at no cost. If this step is not completed during the registration process (or if scores are to be sent to more than four schools), an additional fee (\$10.50 per report) will be charged.

**As a service to its students, Rockville High School is an official site for the Scholastic Aptitude Test (SAT). The examination and the process of administration are the exclusive property of the College Board and any and all surveys such as the Student Search Service are not subject to any Federal Education Rights and Privacy (FERPA) regulations. Please feel free to contact the Rockville High School Counseling Office (860-870-6050, ext. 401) or the College Board (866-756-7346) for further information.

“COLLEGE GOAL SUNDAY” PROGRAM

Connecticut’s third College Goal Sunday will take place on Sunday, January 29, from 1:30 p.m. to 4:30 p.m., at thirteen sites throughout the state including Manchester Community College, Windsor High School, the University of Hartford, and Eastern Connecticut State University (Willimantic). The program is designed to assist prospective college students and their parents in completing the Free Application for Federal Student Aid (FAFSA). In addition to receiving assistance with the FAFSA, participants will receive general information regarding state and federal financial aid programs. The Connecticut College Goal Sunday program is an effort to make sure that the process of applying for college financial aid does not become an obstacle that would keep any person from pursuing an education beyond high school. By attending the College Goal Sunday event, participants will receive free, hands-on assistance in completing the FAFSA and will walk away from the event with a completed financial aid application. To register for this program, visit www.collegegoalsundayct.org and click on the “Students and Parents” tab to select a specific location and register.

IMPORTANT NEWS FOR SENIORS

COLLEGE APPLICATIONS: Rockville High School is moving toward more electronic submissions of college applications and the supporting documentation. Additional information was provided to seniors at the Senior Seminar on September 21. Parents are encouraged to contact their student's counselor with any questions regarding the college application process.

SCHOLARSHIPS & FINANCIAL AID: Scholarship and other financial aid information is posted in the School Counseling Office and updated weekly. All local scholarship applications will be available online in early February through the Naviance program. A limited number of scholarship lists will also be available in the School Counseling Office. An explanation of the Local Scholarship Program will be provided to all seniors by the counselors in their English 12 classes. Many seniors will be eligible for the McCarthy-Miller Scholarship that awards more money to seniors each year than any other local scholarship. The application (due in early April) requires copies of income tax returns for 2011 for the applicant and their parent(s). Information about state and national scholarships is posted in the School Counseling Office and updated weekly.

FINANCIAL AID INFORMATION: The 2012-2013 Free Application for Federal Student Aid form (FAFSA) must be completed online by all seniors who are seeking financial aid. This form determines eligibility for all federal monies. The family completes this form, indicating the colleges to be informed of the results. After it is processed, the student receives a Student Aid Report (SAR). The FAFSA must be submitted online after January 1, 2012 at www.fafsa.ed.gov.

** Parents and students should visit the website in advance of filing the FAFSA to request a PIN because there is some "wait time" before the number is assigned. A separate PIN is required for parents and students. This PIN is necessary to electronically "sign" your application. Electronically signing the application allows you to save time in the filing process.

Many colleges also require that students file the PROFILE financial aid form in order to qualify for any financial aid at their school. Register for the PROFILE application at <https://profileonline.collegeboard.com/prf/index.jsp>.

- Select the Fall 2012 / Spring 2013 PROFILE.
- Enter your collegeboard.com user name and password (or click "sign up" and provide the required information).
- Save your user name and password.
- Select the "Click Here Before You Begin" box.
- Print the Pre-Application Worksheet and Application Instructions before beginning to help you complete the PROFILE process.
- Complete the registration questions, select the colleges and programs to receive your PROFILE report, and pay the registration processing fee. Your registration information is not saved until these steps are completed.
- Register at least two weeks before the earliest priority filing date specified by your colleges and programs. Go to the PROFILE Online home page and click on "Participating Institutions" to check the priority filing date for each of your schools.

JUNIOR & SENIOR ATHLETES

Students who plan to participate in Division I or Division II intercollegiate athletics during their freshman year in college must complete an NCAA Initial Eligibility Clearinghouse form. Students should register at the end of their junior year after an informed judgment has been made as to their potential at the Division I or Division II level. Prospective student-athletes should access the registration materials online at www.eligibilitycenter.org. Click on "NCAA College-Bound Student-Athletes" and then click on the phone icon for registration information. Once the online registration is complete, the student must notify the School Counseling office so that their transcript will be mailed in June.

NOTE TO PARENTS: General level courses are no longer acceptable as core courses by the NCAA Clearinghouse, making students ineligible for Division I or Division II athletic participation.

PSAT INFORMATION FOR PARENTS

Sophomores and juniors who took the Preliminary Scholastic Aptitude Test (PSAT) in mid-October 2011 received their scores on December 20. Parents can visit www.collegeboard.com/html/demo/ to view a video regarding the interpretation of the PSAT scores. If parents have additional questions regarding the PSAT, they may contact Director of School Counseling Kimberly Marinan at 860-870-6050 x401.

GRADE 8 ORIENTATION PLANNED

On Thursday, February 2, Rockville High School will hold its annual Grade 8 Orientation Evening, beginning at 6:00 p.m. in the RHS Auditorium. All students currently in the eighth grade and their parents are encouraged to attend. A presentation will be made in the Auditorium to introduce the RHS administration and to review items about the high school such as course selection, school counseling services, athletics and other extracurricular activities. Following this presentation, parents and students will have an opportunity to tour the building and speak with representatives from all academic departments who will be available to answer questions and provide information regarding the variety of course offerings at RHS. Contact Director of School Counseling Kimberly Marinan (860-870-6050 x401 or Kimberly.Marinan@vernonct.org) for additional information about the evening's activities.

FAMILY AND CONSUMER SCIENCES NEWS

Submitted by Mrs. Patricia Goff, Family and Consumer Sciences Department Chairperson

As the time grows closer to selecting courses for the next school year, the Family and Consumer Sciences Department would like to remind students and parents to consider some choices available for next school year. We now offer Baking I and Baking II classes to compliment our existing foods classes (Food For Today, Food Choices, and Creative Foods). Learning about nutrition, healthy eating, safe and sanitary practices, and actually preparing and tasting a variety of foods are benefits as well. Each class has a very specific focus so please check the Program of Studies for a description of each one.

Another available course is Fashion Trends. Learning about fashion history and trends of the past and present as well as exploring career choices in the fashion industry are covered and explored. Creative Sewing allows students to create their own projects and designs. Students with all levels of sewing experience are welcome to join this busy class.

Interested in a career working with children? Then Child Development and Childhood Education should be considered. Not only do you learn important life skills, work with real children in the nursery school, and career exploration, you may also earn college credit. Still want to learn more? Take Education Practicum and continue to apply your learning while working with students of all abilities.

EARLY CHILDHOOD CAREER CLUSTER

The RHS Early Childhood Career Cluster provides students the option of focusing elective courses toward a career path in Early Childhood Education. Upon successful completion of the selected courses, job shadowing, and portfolio preparation, the students will have the tools needed either to enter into the workforce in an entry-level position in their field or continue their studies in a post-secondary institution. Interested students can find additional information in the Program of Studies book or through their counselor, Mrs. Goff, or Mrs. Reilly.

SEEKING 3 & 4 YEAR OLDS

The Vernon Public School District is looking for three- and four-year-old children (must be 3 by 1/1/2013) who are residents of Vernon and would be interested in attending the Vernon Public School/EASTCONN Head Start Preschool Collaborative for the 2012-13 school year. To be eligible for the lottery, an application must be received by Friday, March 9, 2012 at 4:00 p.m. For more information, please call Jen at 860-870-6000 (x137).

MUSIC DEPARTMENT NEWS

Congratulations to the RHS Music students who auditioned and were selected for the highly selective 2012 Connecticut Eastern Region Concert Festival. The Band students are Michael Lee (clarinet), Caleb Brownell (trumpet), and Jacqueline Ose and Olivia Whitehead (saxophone). RHS junior Peter Melander auditioned and was selected for the Connecticut Eastern Region Orchestra, where he will play his French horn. The Chorus students selected from RHS are Marissa Fujimoto, Sara Clarke, Jenny Mears, Erin Brownwell, Patrick Connolly, and Kirby Stalley. These students will perform in the Connecticut Eastern Region Concert Festival on January 6 and January 7 at the University of Connecticut along with students from thirty-eight regional high schools.

STUDENTS AS EMPLOYEES

The Connecticut Department of Labor requires all 16- and 17-year-olds to obtain working papers in order to work within the state. A student must bring a written promise of employment from their employer to the Career Center to obtain this necessary document. New working papers must be obtained for each place of employment.

TEDDY BEAR COLLECTION

Once again for the holidays, RHS staff members generously donated Teddy Bears to benefit needy children in our local area. Included were twenty-nine 50th Anniversary Bears purchased from St. Jude Children's Research Hospital. The collection provided a happy display in the Main Office for several weeks before being delivered to the Cornerstone Foundation for their shelter's Christmas party, along with toys collected by the National Honor Society. Many thanks are extended to everyone who donated a Teddy Bear and/or toy (or more!), and to the National Honor Society students and their advisors, Mrs. Leslie and Mrs. Noryk, for providing transportation for **130** toys and about **150** beautiful Teddy Bears!

AGRICULTURAL EDUCATION UPDATE

Thank you to all who supported our Wreath and Poinsettia sale! Also thanks to those who had their photos taken with the "Alpaca Deer"!

Upcoming events include:

Thursday, January 12 -- Interview Night for 8th Graders

Thursday, January 19 (3:30 p.m.) -- AgEd Exam Study at the Ag Center

Contact Mrs. Harlow (Tera.Harlow@vernonct.org) for more information

Friday, January 20 -- Rockville FFA Alumni -- Pasta Dinner at the Tolland Agricultural Center

Pre-paid tickets -- \$10 per adult, \$6 per child (12 & under), \$32 for family of 4 or more

Contact Samantha Knapp at (413) 222-2573 before January 12 for more information

Tuesday, January 31 (7:00 p.m.) -- Rockville FFA Alumni Meeting at the Ag Ed Center

Thursday, February 2 (6:00 p.m.) -- Booth at RHS 8th Grade Orientation

Tuesday, February 7 (2:15 p.m.) -- Chapter Prepared Public Speaking CDE (Career Development Event)

Wednesday, February 8 -- SAE Fair, Cake/Pie/Fruit Basket Auction and Greenhand Degree Ceremony

SAE Fair 6:00 p.m. -- Auction 7:00 p.m. -- RHS Auditorium -- Open to All

Contact Mrs. Harlow (Tera.Harlow@vernonct.org) for more information

CLASS OF 2012 NEWS

Submitted by Mrs. Rhonda Morgan and Mrs. Diane Madore, Class of 2012 Co-Advisors

Cap and gown measurements will be completed on Tuesday, February 28 during lunch waves. All seniors must be measured for and purchase a cap and gown at this time. Seniors will not be able to participate in the June Commencement ceremony without a cap and gown. The cost will be \$35 per student. Extra tassels will also be available that day for \$5 (cash & carry).

The Class of 2012 will hold its Senior Prom on Friday, May 18 at The Farmington Club in Farmington, Connecticut. The Senior Class Day outing is planned for Friday, June 1 at High Meadow in Granby. Additional information will be included in future newsletters.

MARK YOUR CALENDARS – HYPNOTIST SHOW RETURNS MARCH 30

On Friday, March 30, the junior class will present “Steve Wronker’s Funny Business,” a comedy hypnosis show that is sure to leave you laughing and be a lot of fun. Steve is making a repeat appearance at RHS – his show last spring was a successful fundraiser and we are hoping to pack the house for 2012. The show will begin at 7:00 p.m. in the RHS Auditorium. Tickets will be \$5 in advance and \$7 at the door. It is always a family friendly show and everyone is welcome!

COMING FEBRUARY 7, 2011 – PUBLIC SERVICE JOB SHADOW DAY

Attention students! Are you unsure of what you’d like to do after high school? Are you a sophomore, junior or senior? Are you reliable and responsible? Are you interested in seeing a career of interest firsthand? Do you have an available means of transportation? If you answered “yes” to these questions, you should consider participating in this exciting event. On Tuesday, February 7, 2012, RHS students will be placed in a variety of job sites to shadow a professional in The Public Service. We have many excited job shadow hosts this year. HURRY! SLOTS ARE FILLING QUICKLY! Some of the career areas include:

- Electrical Work
- Human Services (school psychologist, social worker)
- Athletic Trainer
- YMCA Children’s Program
- Teachers (music, art, gym, elementary)
- Financial Planning
- Cosmetology
- Air National Guard
- The Reminder (journalism, graphic design)
- Restaurant Management
- Law /Law Enforcement and Police Dispatch
- Dentist
- Physical Therapy (Adult and Pediatric)
- EMT’s and Paramedics
- Politics/Government
- Fire Department
- Banking
- Automotive
- Rockville Public Library
- Dog Training
- Vet Tech, Vet

Please see Mrs. Adduci or Ms. O’Sullivan in the Career Center if you are interested.

PARKING PERMITS REQUIRED

All students who drive to school must obtain a parking permit in the Main Office to ensure appropriate parking (in the correct lot) and to increase safety and security on school grounds.

HOMWORK HELPLINE

Big Y’s *Homework Helpline* is now in its 19th year of providing homework assistance for students. This free service is available Monday through Thursday from 4:00 to 7:00 p.m. by calling 800-866-2449 or online at www.bigy.com/homework. The *Homework Helpline* is staffed by certified teachers with a variety of classroom experience in many subjects. Through the years, many parents, students, and teachers have found the program to be an excellent resource. Check it out!

YOUR ASSISTANCE IS APPRECIATED!

Several corporations with locations in our area have programs in place that will provide funding or equipment to Rockville High School based on their customers' purchases or use of services:

- STOP & SHOP's A+ Bonus Bucks Program will donate cash to Rockville High for educational needs based on the amount of points earned by shoppers (beginning October 7) who register their Stop & Shop card at www.stopandshop.com/aplus. Rockville High's ID code is #06103. You can also call 877-275-2758 to register your card by phone. The program runs through March 29, 2012. Even if you registered your card last year, you must re-register it this year for RHS to receive credit.
- TARGET will donate money to RHS based on your purchases using your Target Visa or Target guest card. Connect to target.com/tcoe or call 800-316-6142 to register your Target Visa or Target Card. RHS' ID number is 39284.
- Register your PRICE CHOPPER AdvantEdge Card for their Tools for Schools Program at www.pricechopper.com. Rockville High's code is 35929. This will automatically earn credit for RHS every time you use your card.

THE FOCUS OF TECHNOLOGY EDUCATION

Submitted by Mr. Matthew Kibbe, Technology Education Department Chairperson

In less than eighty years, the western world has moved from an industrial society to one with an economy based primarily on information and technology. Technology has achieved such a high level of sophistication that many people are unable to comprehend its economic, social, and cultural impact. This lack of understanding often leads people to feel they have little control over their daily lives because they do not understand technological changes or the reasons for them. Schools must prepare students to understand technology, the improved productivity enabled by technology, and the impact that technology has on our quality of life. Parents and educators must ensure that our graduates are well prepared to live in a technology-based society, and to be contributing members. At Rockville High School, the Technology Education Program helps students a great deal by focusing on the career clusters areas of transportation, communications, construction, and manufacturing. Enhancing the areas of science, technology, engineering, and math (STEM) are an important part of what we do. Technology Education courses can and do make a difference in raising the level of awareness among students about career choices while improving their technological literacy and technical "know how" in the process. Technology Education courses help to develop the minds of technology competent individuals who will be entering college or the workforce in the near future. Keep this in mind when course selection time approaches.

REMINDER FROM THE ATHLETICS DEPARTMENT

All sports participation forms can be found on the RHS website at www.RockvilleHighSchool.org under the Athletics link. Up-to-date schedules, permission slips, physical forms, Travel Release Forms, and Student-Athlete Handbook sign-off sheets can be down loaded for your convenience.

PROJECT GRADUATION NEWS

Submitted by Mrs. Jennifer DiTommaso, Project Graduation

Welcome to 2012! With the new year under way, we are working hard to make sure the graduation celebration for the Class of 2012 is the biggest and best ever. The Project Graduation celebration is free to all graduating seniors so support from parents of students of all ages is important. The first meeting of 2012 will be on Tuesday, January 17 in the RHS Staff Lounge (blue hall) at 7:00 p.m.

Thanks to all who supported Project Graduation by working at the Rentschler Field concessions. Julie and I enjoyed working with all of you and we couldn't have done it without you! We are still waiting for the grand total we raised with this fundraiser and should have it by the January meeting.

Letters have gone out to local businesses in our community asking for donations to help sponsor Project Graduation. We are pleased to say that we have received quite a few donations and are expecting to get more.

Letters will be going out in the next couple of months to RHS families in hopes that we will receive donations of time and/or money to help with this event. Key Hyundai is generously donating a car to raffle off again this year. We are very excited! Look for more information regarding purchasing a raffle ticket in the letter we will be sending out.

We are planning ahead for the festivities and one important part is the food. If you own or work at a restaurant/food store and would like to help donate food for the graduates, give us a call. Some of the favorites include wings, tacos, pizza, snack foods, water bottles, and soda. Please call Sandra at 860-872-6649 if you can help.

FREE NUTRITION EDUCATION & WEIGHT MANAGEMENT CLASS

The North Central Health District will sponsor a FREE Nutrition Education and Weight Management class for residents (18 years and older) of the district (Vernon, Ellington, Stafford, East Windsor, Windsor Locks, Windham, Enfield and Suffield). Offered on Thursday evenings (5:30 to 7:30 p.m.) beginning on January 26, this four-week class will be taught by a Registered Dietitian at the Rockville Public Library on Union Street in Vernon. The class will focus on increasing the awareness of dietary practices that promote heart health and reducing the risk of cardiovascular disease through the adoption of a heart healthy lifestyle. Each two-hour session will provide a wide range of nutrition and exercise information, including discussions about fat, fiber, calcium, sodium, and physical fitness. Classes are tailored to provide participants with the opportunity to increase their skills in creating a lifestyle which reflects a reduction in dietary fat, an increase in dietary fiber, and an increase in physical activity. Each participant will receive The U.S. Department of Agriculture's Nutrition and Your Health: Dietary Guidelines for Americans, the Choose My Plate Guide, and A Collection of Recipes booklet, selected healthy recipes provided by our Registered Dietitians. For more information, contact Heather Freeman at 860-745-0383. To register for the class, complete the registration form included with this newsletter and return it to the North Central Health District's Enfield Office by January 6, 2012.

