



# Northwestern Regional High School

Winter

NEWSLETTER

2019

Barkhamsted, Colebrook, New Hartford, Norfolk

## NORTHWESTERN ATHLETES COMPETE FOR A CAUSE



### NORTHWESTERN VS. GILBERT



The annual Northwestern vs. Gilbert basketball games are a big night at Northwestern! Over the years, the boys' and girls' basketball teams have taken advantage of the large crowds to raise money for a community service project. This year they chose to donate all proceeds to the Jimmy V. Foundation as 100% of the proceeds will benefit cancer research and programs. On Friday, February 8<sup>th</sup>, the basketball teams and coaches (both Northwestern and Gilbert), the cheerleaders and the pep band wore cancer awareness shirts during school and during the game warm-ups. The basketball team shirts had the famous Jimmy V. quote: "Don't give up... Don't every give up" on the back of the shirt. At the game, there was also a table of raffle items, donated by the players, which were raffled off along with a 50/50 raffle. The NW boys' varsity team took a loss to Gilbert, 57-61, and the girls' varsity won, 50-41.



## ANNUAL CROSS TOWN CHALLENGE

During the week of February 4-8, Northwestern was involved in the CROSSTOWN CHALLENGE with The Gilbert School. Canned goods were collected and donated to the Food Pantry in Winchester. Much needed food items were collected by both schools.

*"We seek to empower students to be independent lifelong learners and contributors in a changing society."*—NWR7 Mission

*"We will demonstrate responsibility for ourselves, as well as to our family, community, nation and the world."--NWR7 Vision*



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## FFA STUDENTS TO COMPETE AT NATIONAL FFA CONVENTION IN INDIANAPOLIS

On November 2nd, 4 Northwestern Regional FFA members competed in the CT FFA State Nursery & Landscape Career Development Event held at UCONN Storrs. Senior **Stephanie Nonamaker** and Juniors **Beth Christensen, Victoria Duffy and Lily Schwartz** captured 1st place and have earned the opportunity to compete in October representing CT at the National FFA Convention in Indianapolis!!!



On May 7<sup>th</sup>, the Junior and sSenior class will attend a presentation called **Choices Matter**, a program which brings in speakers to share their stories about the impact underage drinking had on their lives to the student body. The program offers interaction simulations including a safe driving simulator.

## CHAPTER CREED AND EXTEMPORANEOUS SPEAKING WINNERS ADVANCE TO THE DISTRICT CONTEST

On Thursday, Feb. 7th, the Chapter Creed and Extemporaneous Speaking Contests were held. For Creed, **Alexa Yacawych** took first place and **Dakota Nalette** placed 2nd and for Extemporaneous **Victoria Duffy** took first place and **Beth Christensen** placed second. They will advance to the District Public Speaking Contest which we are hosting on March 26th. For Prepared, **Stephanie Nonamaker** placed first and **Emilie Caron** took second.

## CT FFA NURSERY AND LANDSCAPING CAREER DEVELOPMENT EVENT

The Northwestern Regional FFA Chapter put together a team of four FFA members interested in plant science to compete in the CT FFA Nursery and Landscape Career Development Event. By placing first in the state out of 11 teams, our team earned our FFA Chapter the opportunity to compete at the National competition in October, 2019. The Connecticut contest that Northwestern won was a condensed version of the National competition. There were several phases to the contest including a general knowledge test, plant and disorders identification, landscape site evaluation, safe equipment operation, and tools and equipment ID.



NATIONAL FFA  
CDE

**Foreign Language Week will take place from April 8 through April 12<sup>th</sup>. The Northwestern Foreign Language Honor Society students are in charge of arrangements this year, including guest speakers, international food events, visitors, and a variety of activities.**

## NTA SCHOLARSHIPS FOR SENIORS

Each year, the Northwestern Teachers Association (NTA) raises money to award scholarships to deserving students. In past years, the NTA has awarded up to \$5,000. The application this year is due March 28, 2019. Please see Mrs. Wallace next to the College & Career Center to apply.

## CONGRATULATIONS NORTHWESTERN MOCK TRIAL TEAM

Congratulations to the Northwestern Mock Trial Team (pictured below). On Friday, December 7 they matched up with two of the finest teams in the state. While Northwestern was unable to advance, they more than held their own and barely lost to Weston in a thrilling trial.



## NORTHWESTERN FOREIGN LANGUAGE HONOR SOCIETY HOLDS BAKE SALE TO SPONSOR A CHILD FROM OAXACA



The Foreign Language Honor Society held a bake sale to raise money for a program called Oaxaca Streetchildren, which helps children in Oaxaca, Mexico receive an education. The sponsorship is \$250 for one year and the money goes toward covering many educational necessities including one year of school tuition, uniforms, dress shoes, tennis shoes, school supplies, nutritional meals, and access to a library/computer lab. Great job FLHS students!!!!



## ART AND CULINARY DEPARTMENTS SUPPORT GUIDING LIGHT ORPHANS INC, AS PART OF KINDNESS IN MOTION



Guiding Light Orphans, Inc. is a charitable organization dedicated to providing support to HIV/AIDS orphans, critically vulnerable children, and their caretakers in rural Uganda. Ms. Cady and her students are creating ceramic bowls (left), including some with artwork by Ms. Grady, and Ms. Blazys is making soup to raise funds for GLO's women and children empowerment mission. The organization also provides medical camps, village help teams, epilepsy intervention, and a health clinic.

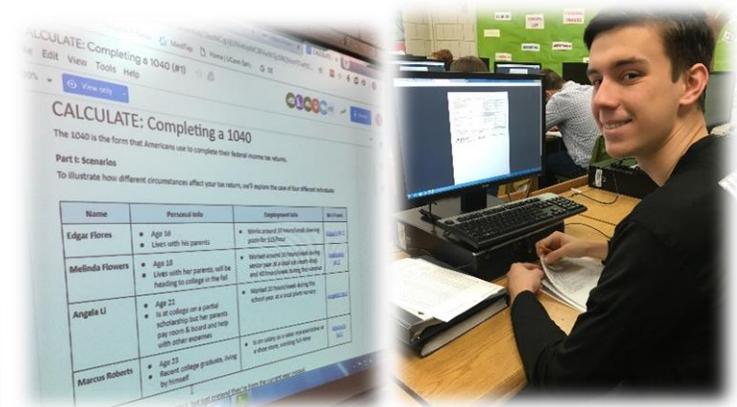


## SENIOR PURSUES CAREER IN RADIO COMMUNICATIONS AND INTERNS AT WZBG FOR SPRING SEMESTER

**Molly Saxton Reed** will be continue her education after graduation studying Radio Communications and has already received one acceptance from Ithaca College. Beginning in February, she will complete 15 hours as an intern at WZBG, a program offered through a partnership between the Business Education Department and the New Hartford Business Council.



**HONORS BANKING STUDENTS COMPLETE INVESTING PORTFOLIOS**



**PERSONAL FINANCE STUDENTS COMPLETE 1040 TAX FORMS**

## NHS CELEBRATES ANNUAL READ ACROSS AMERICA

On March 1<sup>st</sup>, National Honor Society students visited the Winsted Day Care Center to celebrate the birth date of Dr. Seuss by reading books including *One Fish, Two Fish* to a group of 3-4 year olds. Students, including **Adam Ferrarotti** and **Jack Kascas**, participated in the readings and enjoyed watching the children draw pictures (below) related to the lyrics, "*From there to here, from here to there, Funny things are everywhere*".



## MENTAL HEALTH AND THE USE OF SOCIAL MEDIA BY ADOLESCENTS

As parents we cannot help but be concerned about the recent reports of various social media platforms presenting disturbing images and promoting dangerous challenges to young people. Moreover, social media providers like Instagram, Pinterest, and Tumblr have internal algorithms that selectively feed the user material that they have been researching (Gerrard and Gillespie, 2019). For vulnerable teenagers this could include images and material about self-harm and depression.

Recent research is finding that there is a positive correlation between the amount of time teenagers spend on social media and the incidence of depression and decreased self-esteem. Durbin, DeNapoles, and Lundeen (2018) noted that the more time adolescents spend on social media the higher the incidence of depression. Durbin et al. (2018) also report that researchers have found that teenagers who use their smartphones late at night for social media are much more likely to suffer from depression, have poor coping skills, and reduced self-esteem. Further, the desire to maintain a positive and popular social media profile can leave adolescents filled with anxiety. (Continued on next page)

**Regional School District No. 7  
School Calendar 2018-2019**

<p align="center"><b>August</b></p> <p>Mon Tue Wed Thurs Fri 20 21 22 23 24 27 28 29 30 31 ( 3 )</p>					<p align="center">Approved 12/14/2016</p>
<p align="center"><b>September</b></p> <p>Mon Tue Wed Thurs Fri 3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28 ( 19 )</p>					
<p align="center"><b>October</b></p> <p>Mon Tue Wed Thurs Fri 1 2 3 4 5 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26 29 30 31 ( 21 )</p>					
<p align="center"><b>November</b></p> <p>Mon Tue Wed Thurs Fri 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30 ( 18 )</p>					
<p align="center"><b>December</b></p> <p>Mon Tue Wed Thurs Fri 3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28 31 ( 15 )</p>					
<p align="center"><b>January</b></p> <p>Mon Tue Wed Thurs Fri 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30 31 ( 21 )</p>					
<p align="center"><b>February</b></p> <p>Mon Tue Wed Thurs Fri 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 ( 18 )</p>					
<p align="center"><b>March</b></p> <p>Mon Tue Wed Thurs Fri 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29 ( 21 )</p>					
<p align="center"><b>April</b></p> <p>Mon Tue Wed Thurs Fri 1 2 3 4 5 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26 29 30 ( 17 )</p>					
<p align="center"><b>May</b></p> <p>Mon Tue Wed Thurs Fri 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30 31 ( 22 )</p>					

August 27	First day for Teachers	Dec. 24-Jan. 1	Winter Recess
August 29	First day of School	Jan. 21	Martin Luther King
Sept. 3	Labor Day	Feb. 18-19	President's Day Weekend
October 5	Regional Teacher In-Service	Apr. 15-19	Spring Recess
October 8	Columbus Day	April 19	Good Friday
	EarlyRelease-MS Conferences	May 24	Early Release
November 6	Regional Teacher In-Service	May 27	Memorial Day
Nov. 21-23	Thanksgiving	June 10	181 <sup>st</sup> Day of School

## ATHLETIC NEWS

Please register your Athletes ASAP for Spring Sports on Family ID.

The High School Sports Banquet is March 19th at 7:00pm.

The Wrestling team has had a great year. Specifically, **Angelo Folino** placed second at New England's, Second in the State Opens and Class S State Champion. **Mikey Lytle** and **Angelo** are also Berkshire League Champions.

The Cheer program has completed their season with their last competition on 3/4.

Indoor Track has finished their season and the athletes are just waiting for Spring track to begin.

Ice Hockey finished their regular season with a 6-3 win that placed them 12th in Division 3. They played in Danbury March 4th but lost in a well fought game.

Boys Basketball finished the regular season and BL Tournament and are headed to their State game 3/5 in Stonington.

Girls Basketball finished their regular season 18-2 and are BL Tournament runners up. They played Amistad in the State tournament before losing to Jonathan Law in the second round.

Swim Program has won the BL Championship 3/4 and are League Champions again! They are now preparing for the State tournament starting 3/7.

(Cont'd) Given the evidence that social media can present mental health risks for young people this is good time to review the guidelines from the American Academy of Pediatrics (Moreno, Chassiakos & Cross, 2016) concerning the use of social media:

- For children 6 years and older, place consistent limits on time spent using social media and the types of social media that children are utilizing. Further, be sure that social media does not take the place of adequate sleep, physical activity, or other activities critical to health.
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home such as bedrooms. Adolescents should avoid sleeping with their smartphones, computers, and TVs in their bedrooms and should avoid all computer activity 1 hour before bedtime.
- Engage your teenager in regular discussions about online citizenship and safety, including treating others with respect, on and offline.

Parents can have a huge influence on how children navigate social media. Given the above recommendations from the American Academy of Pediatrics parents should think carefully about when to give their children access to a cell phone that is capable of navigating the internet. As in earning the privilege of driving a car, not all children are emotionally and developmentally ready to handle the responsibility of using a smartphone properly. Educating children regarding how to properly use social media and technology positively is an important reality of parenting in the 21<sup>st</sup> century.

### References

Durbin, J., DeNapoles, C.R., Lundeen, H. (2018, June 19). Social media and adolescents: what are the health risks? *Clinical Advisor*. Retrieved from <http://www.clinicaladvisor.com>

Moreno, M. A., Chassiakos, Y. R., Cross, C. (2016). Media use in school-aged children and adolescents. *Pediatrics*, 5, 1-6, doi: 10.1542/peds.2016-2592 Retrieved from <http://pediatrics.aapublications.org/content/138/5/e20162592>

Gerrard, Y., Gillespie, T. (2019, February 21). When algorithms think you want to die. Retrieved from <http://wired.com>