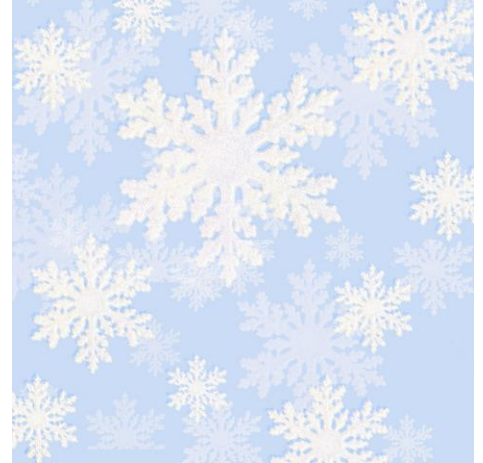


Haddam Killingworth High School

January/February 2019

From the Principal...



Greetings from Haddam Killingworth High School!

As we start off strong for second semester, we are already looking ahead to 2019-20. Once again, we will be using the online course selection process through the PowerSchool portal. Stay tuned for more information in the coming weeks about the course selection process.

In the meantime, I am as proud as ever to share good news and celebrations from the high school.

Reaching for the Stars with Astronomy

Mr. Leaving's Astronomy class is taking their learning to the stars...and beyond! Students have participated in a number of activities which included designing their own space mission in a team environment, the creation of gallery walk posters highlighting individual research, a field trip to the CCSU observatory, as well as a hands-on observation on a cold and clear night in late November. Throughout the semester, students learned and explored various topics such as

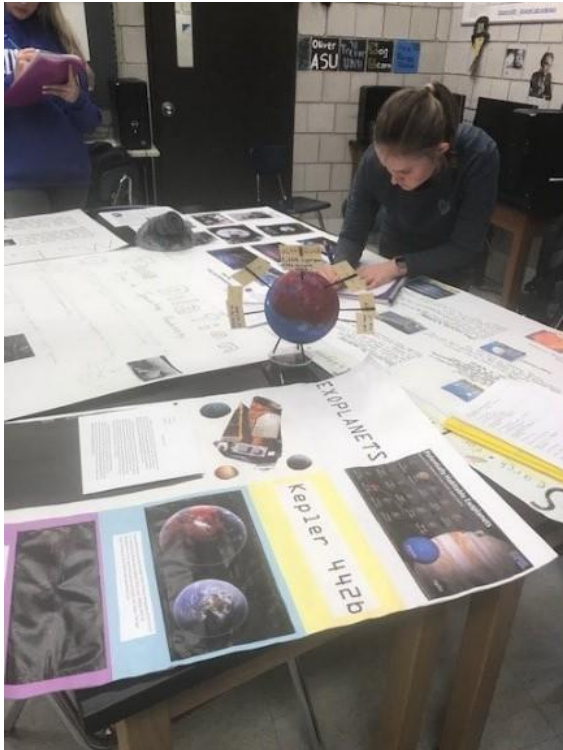
Astronomy Night



Students used the app Stellarium to locate stars and constellations, as well as utilizing a star map. School supplied, as well as donated telescopes, provided the students with options for viewing the night sky. Students used the knowledge gained in class to locate the North Star using Canis major and the Cassiopeia constellations and also to see the milky way as it stretched above them.

Gallery Walk

Students created a gallery walk to illustrate their findings after completing intensive individual research on a current astronomy topic. Topics included string theory, black holes, variable stars and some contemporary designs in the Space X falcon, BFR, and NASA's Orion project.



Mission: Trip to Where?

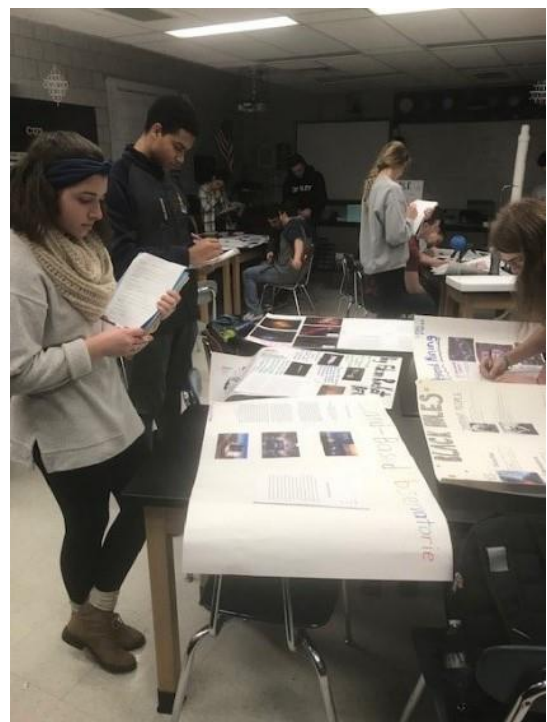
Students worked in teams to calculate and plan a trip to a target of scientific interest within the Solar System. As part of this project, students used their knowledge of Kepler's Laws to perform calculations in the same fashion as NASA engineers. The individual teams determined their

scientific target, set goals, calculated what was necessary for a Hohmann transfer using orbital frequencies, and designed a spacecraft from current style modules capable of completing the mission.



Health and Wellness

The Wellness Department would like to introduce you to the newly updated Fitness Center! The weight room has recently been reorganized and received a "facelift" and we are awaiting new wall art contributed by the Art Department. The design of the new Fitness Center allows for more space for students to focus on their personal goals. We have also added three new pieces of cardio equipment including an ergonomic water rower and two treadmills.





The Fitness Center is currently utilized by various teams and Physical Education classes. However, the Fitness Center is open for **all students:**

- **Lunch/Activity:**
Tuesdays & Thursdays
- **After School (2:15-3:45 pm):** Mondays, Wednesdays, & Thursdays

Next year, we have a few changes to our elective course offerings:

- *Fitness in Today's Society will become **Lifetime Fitness**:* Rather than split 50/50 between the classroom and an activity setting, this course will be explicitly activity based. This course will focus on group workouts improving personal fitness including circuit training, station work, yoga, and many other of the latest trends in fitness.
- *Weight Training will become **Strength & Conditioning**:*
Students will work both individually and in small groups to improve health and skill related components of fitness. This will include traditional weight lifting as well as the use of body weight movements, plyometrics, agility drills, kettlebell exercises, and cardiovascular training.



Foods

The culinary arts students were very busy throughout the first semester. The basic food classes finished off the semester with another trip to CT Style, showing off the winning gingerbread house from the annual gingerbread house competition. They also learned different cooking techniques such as sautéing, baking, roasting, and more. The international cuisine class dove into the cuisines of other countries, one of which was



Greece. They made foods from homemade gyros to lokmas, a Greek dessert. A new semester of students has started the culinary classes and are very excited to learn all the tricks of the trade in the culinary world.



Child Development

In Child Development, the new semester brings new groups to the Infant and Toddler Growth and Development, and Introduction to Child Development classes.

Laboratory Experience students meet weekly for “Big Kid Time” with the toddlers and preschoolers of the HK Cubs Childcare Center. On Thursdays, the toddler 1’s and 2’s visit the child development classroom to say hello, sing songs, hear a story, perform finger plays and

explore play materials with the high school students. On Fridays, the preschool 1 and 2 classes visit, sing and perform finger plays, hear stories, participate in fine motor activities such as art, and play cooperative games with the high school students.

Early Childhood Internship students work in the HK Cubs Childcare Center three days per week, assisting the caregivers with their routine, as part of their study of early childhood. Earlier this year, the students created brochures outlining the developmental highlights of infancy, toddlerhood and preschool or provided an explanation of special education and the services that are available to children. Most recently, they have begun a unit on careers working with young children. Students will conduct research online through the Bureau of Labor Statistics Occupational Outlook Handbook to explore the various opportunities available.

Updates from the English Department



Mr. Czarkowski's Speech and Debate class culminated their first semester with a three-round debate tournament held in the media center. Students were pleased to showcase their debate skills in front of crowds of eighty to ninety students from a variety of classes.

Students, working in pairs, selected a topic and a side -- affirmative or negative (in other words, "for" or "against"). The debates covered a wide range of relevant topics that ranged from raising the minimum wage to redefining senior year of high school. In the two weeks leading up to the tournament, students had to research their topic, frame their argument, anticipate objections, and expose flaws in their opponent.

Each debate was split into opening remarks, cross-examination, and rebuttal. At the conclusion of the debate, three faulty judges were given the difficult task of selecting the winning team. Juliana Teebagy and Kerri Peoples won the tournament with three hard-fought victories over talented opponents.

Meanwhile, our English 9 class is in the midst of our *The Old Man and the Sea* unit. We have been learning about Hemingway's code hero characteristics, and the students have been making connections to the people in their lives who exhibit each of the five qualities. After brainstorming a person from their life that connects to the code hero characteristics, the students then write a letter to that person telling them what we are doing in class and how they believe they embody the code hero characteristics. Not only does this assignment help the students make meaningful connections to the text and our unit, but it is also a great practice in one of our English 9 class goals: developing empathy.

HK Music Notes

Jazz Band at Berklee Jazz Festival

The HKHS Jazz Band participated in the Berklee College of Music 51st Annual High School Jazz Festival on January 26. The ensemble traveled to Boston to compete in the largest high school jazz festival in the world, with ensembles from more than 130 schools performing throughout the day.



Andrew Santopietro, a senior, was presented with the Judge's Choice Award for his performance on the guitar.

Southern Region Festival

Twenty-one students from the Haddam Killingworth High School Choir attended the Southern Region Music Festival at Platt High School on January 11th and 12th. HK had the second highest total number of choral students accepted into the festival for the third year in a row. In addition, we were proud to have two students, Schuyler Dragoo (Violin) and Sidney Dragoo (Viola)

represent HK in the Southern region 2019 Orchestra concert. Seventeen of these students prepared solos, scales, and sight singing in preparation for their audition on February 2nd for the All State Festival Choir and Orchestra which takes place April 11-13th.

S. Region Choir Students

Arjun Badami, Cristina Barragan, Jasmine Byrne, Devin Coon, Phoebe Corey, Rebecca Fisher, Michaela Flaherty, Jackie Flaherty, Valleri Freibauer, Adelaide Hawkins, Zach Houlton, Hannah Laird-Hoover, Crystal Lentz, Gabby Lester, Abigail Manley, Melissa Manley, Elizabeth McManus, Kerri Peoples, Mia Rubino, Morgan Yazmer. Also accepted into the choir but unable to attend were Alexander Giblin and Kaitlyn Perri.



Congratulations to the six students who made the All State Festival for Choir! They are: Devin Coon; Schuyler Dragoo; Jackie Flaherty; Elizabeth McManus; and Morgan Yazmer.

News from the HK Players Drama Club

Our students recently produced outstanding One-Act Plays. A summary is as follows:

The Actor's Nightmare by Christopher Durang - Directed by Curtis Kubacka

Having casually wandered onstage, George is informed that one of the actors, Eddie, has been in an auto accident and he must replace him immediately. Apparently no one is sure of what play is being performed but George (costumed

as Hamlet) seems to find himself in the middle of a scene from Private Lives, surrounded by such luminaries as Sarah Siddons, Dame Ellen Terry and Henry Irving. As he fumbles through one missed cue after another the other actors shift to Hamlet, then a play by Samuel Beckett, and then a climactic scene from what might well be A Man for All Seasons—by which time the disconcerted George has lost all sense of contact with his fellow performers. Yet, in the closing moments of the play, he rises to the occasion and finally says the right lines, whereupon make-believe suddenly gives way to reality as the executioner's axe (meant for Sir Thomas Moore) instead sends poor George to oblivion—denying him a well-earned curtain call.

Small Actors by Stephen Gregg - Directed by Elizabeth McManus

Emily desperately wants to play the lead in her high school's production of Romeo and Juliet. Instead, she gets a one-line, four-word role. None the less, she tells her parents (who will be out of town during the performance) that she got the lead, and suddenly, things spin way out of control. Mom and Dad cancel their vacation plans and invite every relative they can round up to

come visit and see their daughter play Juliet. This outlandishly funny and very touching play is about the roles we all play—in theatre and in life.

17 Ways to Screw up your College Interview by Ian McWethy - Directed by Abby Manley

When two college recruiters at a prestigious university need to fill one last spot to keep their jobs, thirteen eccentric, dimwitted, and slightly-insane high school seniors are eager to come in for an interview. What seems like a simple task turns into a nightmare when the applicants turn out to be a reality TV star, a practicing vampire, an amateur magician, and others that are much, much worse. Each applicant's interview hilariously illustrates what NOT to do at a college interview.

SAVE THESE IMPORTANT DATES FOR OUR SPRING MUSICAL!



- ✓ **Cast Auditions are February 11th**
- ✓ **Rehearsals begin February 20th**
- ✓ **Tickets go on sale April 1st!**
- ✓ **Show nights are May 3rd and 4th at 7pm**

Haddam Killingworth High School 2019 Scholastic Art Award Winners

Congratulations to the 6 Haddam-Killingworth High School Visual Arts Students for being recognized by Scholastic for their outstanding work. Scholastic Art Awards of Connecticut is an affiliate of The Alliance for Young Artists & Writers. This program recognizes the work of talented young artists in Grades 7 to 12. Student artwork is juried by professional artists and university art faculty and is selected on merit for inclusion in a statewide art exhibition held at the Hartford Art School. The awards ceremony took place on Sunday, January 27th at the Lincoln Theater on the University of Hartford Campus. A total of 5 pieces and one ceramics portfolio

were awarded for outstanding achievement in a variety of art courses taught by Jason Cannan and Betsy Himmelman.

Art Student winners:

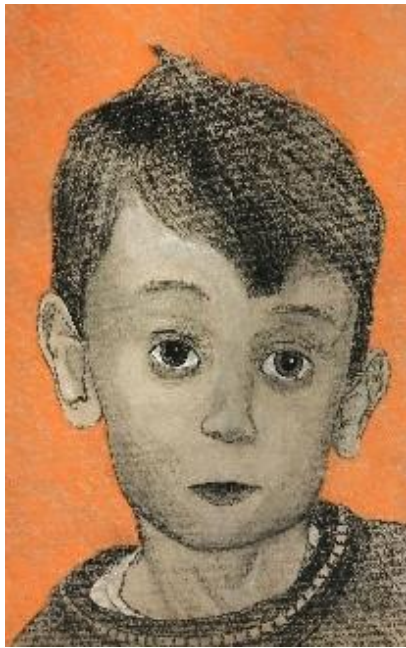
Elena Boyington, Drawing and Illustration, “Jay”



Rebecca Conti,
Ceramics Portfolio



Anna Mercier, Drawing and Illustration, “Mikey”



Malin Nystrom, Drawing and Illustration, “Tessa”



Zoe Smith, Mixed Media



Tessa Wills, Drawing and Illustration, "Malin"



**PLEASE SUPPORT THE WINTER CLOTHING DRIVE
TO BENEFIT THE CLASS OF 2021**

ITEMS WE ARE LOOKING FOR

- All types of clothing and outerwear
 - Shoes, Sneakers and Boots
- Hand Bags, Belts, Backpacks, and Books and Sleeping Bags

Have donations? Please send in to school anytime between 2/5/19 and 2/22/19 OR stop by on our Saturday drop off day 2/23/19 from 9am until 12pm at HKHS Aud Lobby!

From our TV Studio

Connor Chute & Devin Gallant were both recently inducted into the National STN Honor Society. The STN Honor Society was established to recognize the accomplishments of outstanding students enrolled in STN programs.

STN supports, promotes, and recognizes excellence in scholastic broadcast journalism, creative video, filmmaking and media convergence.



Parent Alert Regarding Exam Attendance

As we brought the first semester to a close, a trend began to emerge of students missing one or more days of midterm exams for family travel or vacation. While we were able to accommodate make up exams for our students, this complicates the exam period and grading for teachers and can be disruptive to your student's education. Midterm exams occur in mid-January each year. Although there is often some variation on the exact days that these exams are held due to snow days, we typically aim to coincide with Martin Luther King Day weekend. Please keep our exam schedule in mind when scheduling vacations and trips in order to make the experience as smooth as possible for your student.

Important SAT Preparation

Sophomores, juniors, and their parents received their PSAT information in the mail in late December. The PSAT is a valuable practice experience for the SAT test in junior and/or senior year. It which is not only Connecticut's standardized state test at this time, but also remains an important piece in the college application process for most colleges. In order to increase student scores on the SAT, which can lead to better chances for admission to choice colleges and to valuable merit aid packages, HKHS highly encourages students to prepare for the SAT outside the classroom. While our curriculum certainly affords students the opportunity to master the skills and knowledge necessary to perform well on the SAT, individual practice helps familiarize students with pacing, format and other tips to increase their scores. We strongly recommend that students link their College Board account with a Khan Academy account. Khan Academy is free and recommended by the College Board. Students receive a free, personalized preparation plan based on their unique performance on the PSAT. Here's how to link the two accounts and get started:

FREE and INDIVIDUALIZED SAT Preparation through College Board and Khan Academy

- Did you know that students can get a daily practice SAT practice problem from the College Board's FREE "Daily SAT" APP? Did you also know that the College Board has 6 released SAT practice tests online for students that can be scanned and scored using printable bubble sheets and the free Daily SAT APP?
<https://collegereadiness.collegeboard.org/sat/practice/daily-practice-app>
<https://collegereadiness.collegeboard.org/sat/practice/full-length-practice-tests>
- College Board and Khan Academy have also locked arms in a plan to help students achieve success on the SAT. By linking their two accounts, students have the opportunity to address skills that they had difficulty with on the PSAT or SAT through video tutorials and practice problems. Through individual question response analysis, Khan Academy provides individualized practice sets for students based on their test scores.
<https://collegereadiness.collegeboard.org/sat/practice/khan-academy>

By practicing skills and applications and exposing yourself to the types of questions on the SAT, students will gain additional knowledge, skill, and confidence to support their upcoming SAT test.

Steps to link your College Board and Khan Academy Accounts

Step 1

Log in to or create your Khan Academy account at satpractice.org

Step 2

When prompted, agree to link your Khan Academy and College Board accounts

Step 3

Sign in or create your College Board Account and hit "Send" to send your scores

**Sign up. Link up.
Get practicing.**



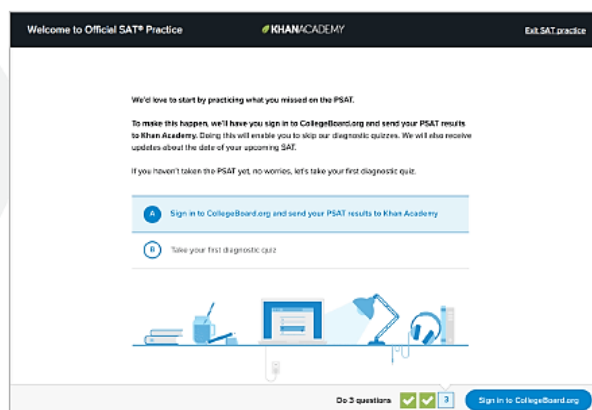
Step 1: Create a Khan Academy Account

- ▶ Log in to or create your Khan Academy account
 - ▶ Go to satpractice.org
 - ▶ Click green button labeled "Check it out now"
 - ▶ Sign in with Gmail, Facebook, or click "Sign up with email"
 - ▶ If you click Sign in with Gmail or Facebook, enter in your username and password for either these accounts and you are signed in
 - ▶ If you click "Sign up with email" Enter in First Name/Last name/Email/Birthdate and click "Sign Up"
 - ▶ An email will be sent to your account to verify; sign in to your email
 - ▶ Open email from Khan Academy accounts and click on the "Finish Signing Up" button
 - ▶ A welcome screen will appear where you will enter username and password and click "Sign Up"

Step 2:

Begin to link your Khan Academy Account to College Board

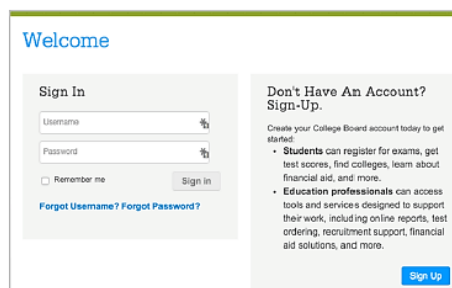
- ▶ You have logged into Khan Academy for the first time and will be asked if you would like to send PSAT results
- ▶ If you already have a Khan Academy account, a prompt will appear asking if you want to send your PSAT results to Khan Academy
- ▶ After choosing that option, you will be directed to collegeboard.org



Step 3:

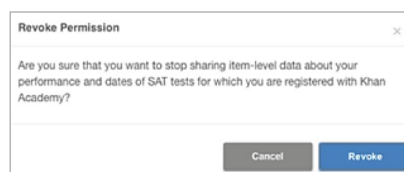
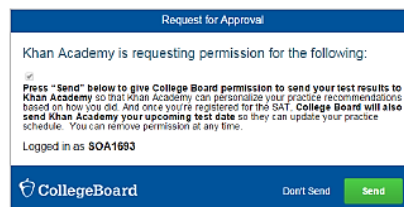
Create a College Board Account

- ▶ Sign in to your College Board account; if you do not have a College Board account, click 'Sign Up' to create one.
- ▶ The steps for creating a College Board account are:
 - ▶ Click on the "Sign up" blue box
 - ▶ Fill in the fields to create your student account ensuring all information is correct
 - ▶ Click "Next" at the bottom when all fields are completed
 - ▶ You are now Signed In



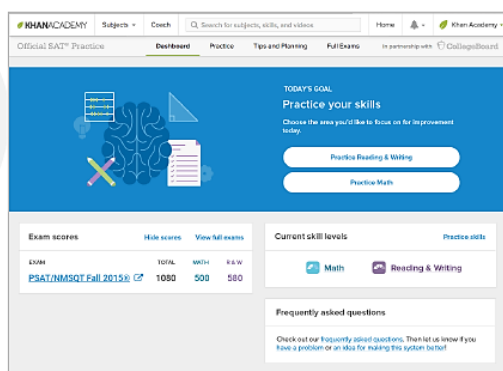
Step 3: And Hit Send to Link Accounts

- ▶ After successfully logging in to your College Board account, you will be asked for permission to link your accounts.
- ▶ After clicking "Send" you will be redirected to SAT practice on the Khan Academy site.
- ▶ You can remove the link at any time, by clicking on "Revoke" which is found in College Board account settings.



Now Start Practicing on Khan Academy with Personalized Recommendations

- ▶ You can start your practice in either Math or Evidence Based Reading & Writing.
- ▶ The recommendations are based on how you did on the PSAT/NMSQT or PSAT 8/9.
- ▶ Keep practicing – with each additional problem and activity the personalization gets stronger and gets you closer to your goal score on the SAT, PSAT/NMSQT, PSAT 10, or PSAT 8/9.



YEARBOOK INFORMATION

The deadline to purchase yearbooks is swiftly approaching. **Yearbooks MUST be ordered in advance directly from JOSTEN'S at Jostensyearbooks.com.**

Note to **SENIORS** who did **not** pay four years of dues by the 11/1/2018 deadline: **YOU MUST ORDER YOUR OWN YEARBOOK** from Jostens at

jostensyearbooks.com. Email Nancy McGee at nmcgee@rsd17.org with questions.

**SPRING SPORT INFORMATION – SIGNS UPS LOCATED IN THE MAIN
OFFICE
ALL STUDENTS MUST SIGN UP EVEN IF THEY HAVE PLAYED
BEFORE**

(BASEBALL, SOFTBALL, GOLF, BOYS & GIRLS LACROSSE, BOYS & GIRLS TENNIS, BOYS & GIRLS TRACK)

Spring sports begin on March 16 (except for a select group of baseball pitchers & catchers who will be notified, this group begins on March 9)

There will be a mandatory meeting for all student athletes and their parent/guardian on March 12 at 6:00pm in the Auditorium. Individual team meetings will follow. If you participated on a fall or winter team, you do not need to attend the information session at 6:00pm. You may report directly to your individual team meeting at 6:30pm.

Participation packets can be found in the main office. These packets must be returned to your coach **BEFORE** the start of the spring season. Even if you are an upperclassman returning, or have participated in a fall or winter sport, these forms must be submitted.

The CIAC requires that a valid sports physical be provided before a prospective athlete can practice and/or compete for any CIAC member school. All student athletes must have a valid sport physical on file with the school nurse **BEFORE** practice or try outs begin. Students will not be notified if their physical is expired. It is the responsibility of the student to make sure they are cleared with a valid physical.

The following forms are included in the participation packet, all of which must be returned to the coach BEFORE the start of the season and can be handed in on March 12 at the Spring Sports meeting:

1. **Student Athlete and Parent Handbook Signature Sheet-** signed by both the student and parent. At the start of the season, students and parents must review the hand book found on the school website. **Hard copies are available on request.** Please read through this handbook carefully as it has important information on eligibility and procedures and has *recently been updated*. In order to participate in high school athletics students and parents must sign off stating that they understand these rules and regulations.
2. **Student/Parent Sudden Cardiac Arrest Education & Consent Form-** signed by both the student and parent *This form is state mandated*
3. **Student/Parent Concussion Education & Consent Form-** signed by both the student and parent *This form is state mandated, and will help with the identification of concussion symptoms and outlining our concussion protocol.*

4. **Athletic Emergency Information Card-** This form is very similar to the Emergency information form that goes to the School Nurse. It is for the Coach and Trainer in case an emergency arises during practice or game. This form is vital to the trainer and/or the coach to provide proper care.
5. **Athletic Trainer Consent to Treat Form**

E-Mail Contact for Spring Coaches

Baseball – Mark Brookes brookesm33@gmail.com
Softball- Jeff Talbott jeffreytalbott@sbcglobal.net
Golf- Josh Hagewood jhagewood@rsd17.org
Boys Lacrosse- Adam Dawidowicz BLacrosseHK@rsd17.org
Girls Lacrosse- Meagan Sears MSears@rsd17.org
Boys Tennis- Rod Pakus bayside8869@gmail.com
Girls Tennis- Donna Clark clark.dm326@gmail.com
Boys Track- Matt Diglio diggs1517@aol.com
Girls Track- Dick Dupuis rdupuis57@gmail.com
High School Nurse- Samantha Ward smward@rsd17.org

Whew! Clearly, there is a lot happening at HKHS! We hope to see you out and about at the myriad of school events planned in the coming weeks. Thank you, as always, for your continued support of our students and our school.

Respectfully,

Donna L. Hayward

SCHOOL COUNSELING UPDATE – FEBRUARY 2019

Incoming Freshmen – 8th Grade Parent Night was held on Monday, January 28th. HKHS school counselors presented to parents and students of the class of 2023 and discussed course selection, student expectations, and co-curricular activities.

Freshmen/Sophomores/Juniors – The Opportunities Book was given out to our students during Advisory. Our school counselors met with students to review course selection and prepare next year's schedules.

Seniors – Please be sure your child updates Naviance with the college status for each school they applied to. (Your child should advise whether they were accepted, deferred, waitlisted, etc.) Additionally, they should remove any colleges from their list that they have decided not to apply to. If they have any questions, please contact their school counselor.

Reminder: Students must submit documentation of 30 hours of community service prior to attending any senior activities. Community service forms are available on the counseling website and in the counseling office.

Senior Scholarships – The list of scholarships are available on Naviance. To access the scholarship list, click on "Colleges", "Scholarships & Money", then click on the Scholarship List. You can then view the scholarship description, applications and due dates. Scholarship applications are also available on Naviance. Any questions, please contact Mrs. Farkas(kfarkas@rsd17.org) or 860-554-5750 extension 3502.

UPCOMING DATES TO REMEMBER:

Freshman and Sophomore Parent Night – Monday, March 11, 2019 at 6:00pm. Counselors will be discussing College and Career Information, Naviance and course selection for the upcoming year. Snow date: March 12, 2019 at 6:00pm.

Annual College Fair – HKHS's Annual College Fair will be held on Wednesday April 24th, 2019 from 10:00 – 11:30am during Advisory in the fieldhouse. All parents are invited to attend. Grade 9 – 11 students will have a specific time to attend the College Fair that morning and counselors will prepare students for their visit. Students will be provided with a list of questions and the college/institution names, as well as a map of the college locations in the fieldhouse.