

With one week to go before our Midterm Exams, I hope that your children have started to organize themselves and prepare for their midterms. This is an important checkpoint in the year, but students sometimes put so much pressure on themselves to remember everything from the semester that they run the risk of losing focus on the real purpose of exams. At their core, midterm and final exams should serve as a time for all of us – students and faculty – to pause, reflect on the work we have done over the semester, and focus our attention on the essential questions and transferable skills that our work has emphasized.

To help with that, here are a few pointers for you to share with your children as they prepare for their midterm exams:

- Identify what is most important to study by paying close attention to review sheets and in-class review activities and by attending additional study sessions with your teachers if they are offered. The ideas and concepts that the teachers emphasized in the first weeks of the class are often a guide to what was most important in the class.
- Organization is important! Keep your notes and class resources organized and have a plan for when and where to study. This should be in a quiet place free from distractions.
- Plan to space your studying out in shorter, more focused bursts of time over several days rather than waiting until the last minute for long study sessions. Our brains remember beginnings and endings best, so multiple shorter study sessions with brief breaks built into the schedule will help solidify your understanding of what you are studying.
- Learn to recognize the difference between the positive level of stress that will keep you focused on your studying and the negative stress that can leave you feeling overwhelmed and anxious. Your mental health is important, so if you are feeling overwhelmed as you prepare for exams, please be sure to reach out to a member of our counseling staff or other trusted adult for support.

Go Spartans!

Andre Hauser

Principal

Amity Happenings and Information

- **Cocoa and Cram Midterm Prep Session for Gr. 9:** The Link Crew freshman transition leaders will be hosting study sessions for 9th grade students to help get them ready for midterm exams from 6:30 – 8:00 pm on Wednesday, Jan. 11. Parents of 9th grade students received an email from the school on Wednesday with more details on what to expect and how to make sure that your child is prepared to get the most out of the guided study session.
- **Science National Honor Society Induction:** Amity's newest members of the Science National Honor Society will be inducted into the organization at a ceremony at 2:45 pm on Wednesday, Jan. 11, in the Amity cafeteria. Congratulations to all the new inductees!
- **Cafeteria Service During Midterms:** During exam week, the cafeteria will be offering a grab and go bag lunch available for purchase at the end of the school day. Breakfast is not going to be available during the week.
- **Diversity In Action Club community potluck dinner:** Celebrate the new year and meet new people at the BOW Community Potluck on Wednesday, February 1st! This potluck is meant to showcase all the great service and diversity work done at the high school. The event is open to all BOW residents. To participate in the event, please fill out this [RSVP form](#) and check out [the flier](#) for the event.
- **Work for Region 5:** Are you interested in rewarding work that fits the school day and school year schedule? If you are, Amity Region 5 is always looking for interested candidates for instructional assistants and substitute teachers. See the attachment at the end of this week's Happenings for more information and a link to apply.

College and Career of the Week

The [University of Tampa](#) (UT) is a private university located in Tampa, Florida. Despite being in downtown Tampa, the campus offers plenty of green space along the banks of the Hillsborough River. UT offers its 9,600 students [200 programs of study](#) within its four academic colleges. Most popular majors are international business, biology/environmental science, finance, nursing, marketing, and criminal justice. Campus life is active with approximately 300 [clubs, student organizations](#), and [recreational sports](#) to choose from. The UT Spartans also offer [19 NCAA-D2 athletic teams](#) that compete in the [Sunshine State Conference](#). [Annual tuition, room and board](#) is \$44,378 (2022-2023). Learn more by checking out UT's [fast facts](#), taking [a virtual tour](#), or viewing [UT's rankings and recognitions](#).

"[Electricians](#) install, maintain, and repair electrical power, communications, lighting, and control systems" (Bureau of Labor Statistics, 2021). [Electricians](#) usually learn by doing through [apprenticeships](#), although some may attend trade schools. All electricians must be [licensed by the state](#) they work in. The national average annual salary is \$60,040 with *average job growth expected (7%)* through 2031 (BLS, 2021). However, the average annual salary in CT is [higher at \\$68,080](#). To learn more, please visit the following websites: the [National Electrical Contractors Association](#), and the [Independent Electrical Contractors](#).

Some trade schools/programs that offer electrician's training include:

[Independent Elec Contractors of NE
Industrial Mgmt. & Training Institute
Hamden Adult Education](#)

[CT Apprenticeship Program
Porter & Chester Institute](#)

or visit the *ELECTRICIAN'S* table during *TRADES WEEK* to learn more.

More info on *TRADES WEEK* is coming soon!

Senior Happenings

- **PLEASE MARK YOUR CALENDARS for UELP/SIP INFO NIGHT!** Mrs. Cocco, our College & Career Counselor, will review the expectations for our mandatory senior internship programs on **Tuesday, January 10th at 6:30pm in the Brady Center Auditorium**. Seniors must choose one of the two programs offered this spring - the UELP, [Unpaid Experiential Learning Program](#) (formerly known as SSLP) or the SIP, [Senior Interest Project](#).
- **Attention Seniors! Scholarship Season has begun!** Naviance is only one of the many resources for researching scholarships. The College and Career Center posts local and national scholarships on Naviance throughout the school year. Students can navigate through these scholarships in Naviance under the college tab. Additional merit based and need based scholarships may be available by checking our school website [here](#). If you need help navigating scholarships and/or need help with the process of applying, please see Mrs. Vallie in the Career Center.

Counseling Department Happenings

- **Post-Secondary Planning Night for Juniors:** If you were unable to attend last night's presentation, please see this [document](#) for resources that were shared.
- **Midyear Transcripts for Seniors:** Just a reminder that we automatically send a mid-year transcript to all schools listed in Naviance. Please be sure to update Naviance with college outcomes and make sure the list is up to date. Mid-year reports will be going out beginning the week of January 30th.



Career Center Information

- **Coming Soon! TRADES WEEK EVENT-Feb.13-17th!** Trades week will be an engaging week-long event designed to foster, promote, and learn about careers in the skilled trade fields. All grade levels will have the opportunity to meet with people in over 20 different skilled trades, who will share their pathways and experiences in their industry. A list of trades attending and more information to follow!
- Applications are now open for the [Connecticut Youth Leadership Project, Inc. \(CT-YLP\)](#) - 2023 CT Youth Leadership Forum (YLF), scheduled for July 31 – August 3, 2023 at the University of Connecticut, Storrs campus. This program is only for special education students with an IEP (Individual Education Plan). The application is available on the [CT-YLP Student Applications webpage](#). The deadline for the application is February 20, 2023. Questions can be directed to Stephanie Barksdale, Executive Director, by phone at 860-689-6868 or by email at execdir@ctylp.org. All information in your application is strictly confidential and will only be shared with members of the YLF Selection Committee.

Amity HS Athletics Booster Club

- Still not a member? Membership sign-ups are going on now! Help us to support ALL athletes by becoming a member today! Join here:

<https://docs.google.com/forms/d/e/1FAIpQLSfxdB1gAEQ-ukkACc3cB76EgXfC3rAxeuQYtZZ7gZfawF8AFg/viewform>

- Join us at our monthly meetings! Bring your ideas and suggestions. Become a volunteer. Hear about upcoming plans. Our next meeting will be held February 2 at 6:30pm in AHS room 501.
- Available now! Amity "A" decal stickers. Get them while you can. \$5 each. Please email goamityspartans@gmail.com to order. Cash or PayPal payments accepted. We will drop off to you or arrange a pick-up at the high school. Catch the Spartans Spirit!  
- Thank you to the supporters of our Shoe and Sneaker Fundraising Drive. If you still have any SNEAKERS you would like to donate, please email goamityspartans@gmail.com for drop off locations.
- SENIORS! The Booster Club recognizes graduating seniors who will pursue a career in any sports related field. We award several scholarships based on character and ability. Scholarships are given to Booster Club members.

Parent-Teacher-Student Organization (PTSO) Information

- **Support Us!:** Help the PTSO and your student by joining us today! To access our membership form, please open amityptso.org in a new browser, click on Membership, and then Click Here to join! PTSO membership must be renewed every year.
- **Monthly Meetings:** Our next meeting will take place on Thursday, January 19 at 7pm in the media center. We hope to see you there! For a list of our remaining meeting dates, visit our website amityptso.org and click on Meeting Info.
- **Donate through Amazon Smile:** Donate to the PTSO every time you shop, at no cost to you, by visiting [this site](#) and selecting Amity High School PTSO Inc as the charity of your choice.
- **Join our Facebook Group:** Be a part of our virtual community by visiting [this page](#) and answering the security questions required to gain access.

Attached Files

[Come Join the Amity Region 5 Staff.pdf](#)