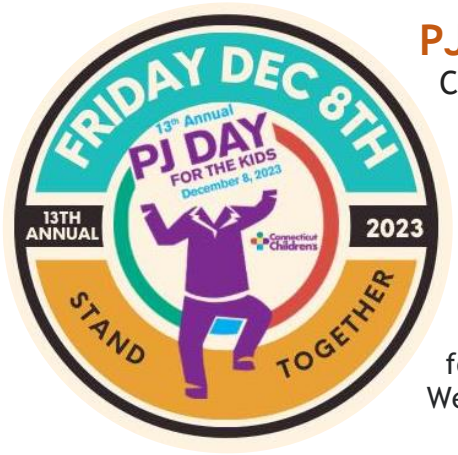
Haddam Killingworth High School
Nov|Dec 2023 Newsletter



From the Principal:

The flurry of activity inside the walls of HKHS match the energy in the greater community as we "double-down" on learning activities while enjoying celebrations of the season. Students and teachers are deeply engaged in the content and typically enjoy autonomy and agency in learning activities. As I travel throughout the building this week, I am enjoying the festive atmosphere of the season - from remarkably detailed gingerbread houses on display from our Foods classes, to holiday music selections being practiced by our choral groups in the cafeteria foyer with great acoustics! In my visits to classrooms, I am struck by the ability of our teaching staff to build productive learning spaces that are still comfortable and familial.

The rich and varied opportunities that HKHS students enjoy lead to very full days, with celebration and revelry woven into the picture. **I hope you enjoy this glimpse of the Cougar spirit that fills our school every day!**



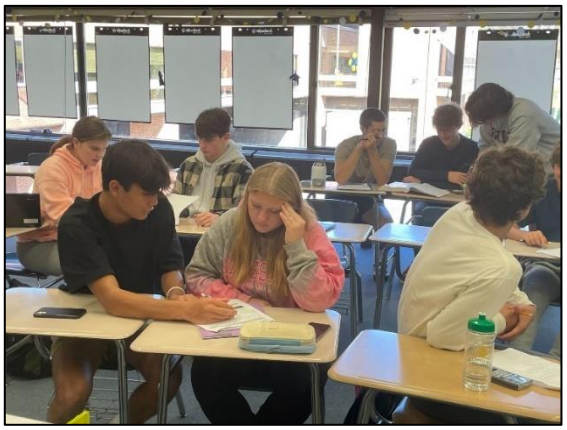
PJ Day for the Kids for Connecticut Children's Medical Center (CCMC) is **Friday, Dec 8th, 2023** across the state in schools and many businesses!

We get the *privilege* of choosing to wear our pajamas to work / school for $1 in support of kids fighting cancer. Every dollar we gather helps in that fight. CCMC is the only children's hospital in the state and is a very special place for so many families in Haddam Killingworth. We're very lucky to have it here and hope to have your support!

The RSD17 website is live and you can donate by clicking the link below or scanning the QR code above: http://give.connecticutchildrens.org/RSD17-HK.

THE MATH LAB

On Tuesdays during the Lunch/Activity block, the **Peer Tutor Club** offers extra help for students from Algebra 1 through AP Calculus! We have some amazing and generous tutors who excel in math and enjoy teaching it to others. Students are encouraged to swing by for help with homework, to prepare for an upcoming assessment, or just to ask a quick question. The Math Lab is located in Mrs. Adamczyk's room (C213).



HKHS Is On The Move!

Check out the exciting places our students have gone!



Advanced culinary arts students attended a field trip to the WTNH Channel 8 news station on Oct 20th and were able to watch the news while it happened live.

Mrs. Siciliano was joined by Bella Richwine on the Connecticut's Morning Buzz segment to showcase fun fall recipes. Bella was able to teach all of CT how to make pumpkin pudding on live TV!



International Coastal Cleanup Day!

Every autumn, around the world, concerned citizens gather together to participate in the **Ocean Conservancy's International Coastal Cleanup Day**. Locally, "Save the Sound" sponsors this cleanup and data gathering event. Each year, HKHS's Spanish & French Honor Societies team up with Old Saybrook High School's Ecology Club to clean Old Saybrook Town Beach & Harvey's Beach.



This year we collected **6 bags of trash weighing 26 pounds**! A variety of refuse was collected including:



236 cigarette butts, 119 food wrappers, and 111 small pieces of plastic.

Knowing that it can take 5 years for a cigarette filter to disintegrate and some plastic items can take 600 years, we are very happy to have removed them from the beaches and kept them away from the birds and marine life that can consume or become entangled in these items. Learn more about this great cause at https://oceanconservancy.org/trash-free-seas.

HKTV Takes On The Big Apple!

HKTV students were thrilled to attend the **All-American High School Film Festival** in New York City, on Oct 21st, their first overnight field trip since the beginning of Covid.









Students joined other aspiring high school filmmakers from all over the world who share the same interests and passions for film. Students engaged in hands-on experiences with the latest technology, contributed to panel discussions, and participated in workshops with top TV & film industry professionals. To see more photos from the festival visit https://www.hsfilmfest.com/2023photos.

The Yale Club of New Haven hosted their in-person **Yale Book Award** event on Monday, Oct 16th where senior **Ava Harriman** was honored! Read more about it here!





NEWS FROM THE FIELD!

Please help us recognize the accomplishments of our student athletes from the fall season!

GIRLS SOCCER

First Team All Shoreline | **Marielle Fulcher**
Second Team All Shoreline | **Tu-Lanh Criscuolo**
Second Team All Shoreline | **Payton Rich**
Honorable Mention | **Payton Kaplowitz**

BOYS SOCCER

All-State | **Cole Merriam**
First Team All Shoreline | **Cole Merriam & Ryan Lasusa**
Second Team All Shoreline | **Phin Merriam & Tetsu Imai**
Honorable Mention | **Ben Werner**

FIELD HOCKEY

All-State, Second Team | **Téa Norman & Ava Ramino**
First Team All Shoreline | **Téa Norman & Ava Ramino**
Second Team All Shoreline | **Jaimey DiNapoli & Chloe Oboma**
Honorable Mention | **Brigitte Battistoni**
Patsy Kamercia Award | **Téa Norman**

VOLLEYBALL | *2023 Class S Runner Ups!*

All-State | **Reese Timothy**
Shoreline Player of the Year | **Reese Timothy**
First Team All Shoreline | **Reese Timothy**
Second Team All Shoreline | **Ava Mazzotta**
Honorable Mention | **Sammy Minickene**

CROSS COUNTRY | *2023 Boys & Girls teams are Shoreline Champions!*

All-State | **Jack Cozean, Daniel McCourt, Keira Sehl-Albert, & Sydney Adelberg**
First Team All Shoreline | **Jack Cozean, Daniel McCourt, Matthew Lara, Luke Hedges, Charlotte Behnke, Grace Mitchell, & Sydney Adelberg**
Second Team All Shoreline | **Cash Smigel, Alex Frederickson, Sawyer DiMatteo, Keria Sehl-Albert, Delaney Aronson, Julia Downing, & Emilia Schweitzer**

FOOTBALL

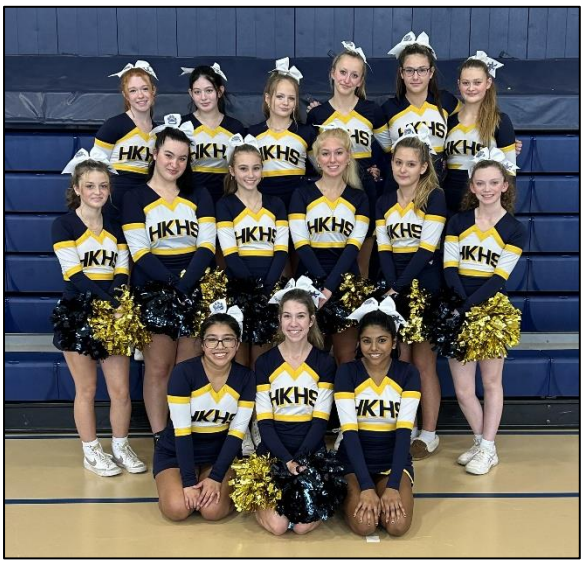
Principal's Cup Champions!
All Pequot | **Trevor Dixon, Wyatt Solosky, Joe Slane, & Hunter Leslie**

GIRLS' SWIMMING

The girls' swim team won their last four dual meets of the 2023 season to finish with a 7-2 record! The Cougar girls' final winning streak started with Suffield (101-61), followed by a close meet against Ledyard (86-84), then Windsor Locks (84-66), and a final win against Old Lyme Co-Op (76-49) on the team's Senior Night on Nov 1st, which honored seniors Emma Sajus, co-captains Layla Hayward & Peyton Tyler, and team manager Liza Murphy.

Thirteen swimmers scored winning points for HKHS: Elsa Shatraw (FR), Emma Sajus (SR), Gianna Dabkowski (FR), Layla Hayward (SR), Maggie Miller (SO), Olive Forristall (FR), Olivia Campo (JR), Olivia "Liv" Macaluso (JR), Peyton Tyler (SR), Sam Kukta (SO), Sofia Campo (JR), Sophia Langer (FR), & Veronica "VV" Pypa (JR).

Ten swimmers qualified to compete in individual and relay events at the Class S State Swimming Championships in mid-November: Shatraw (500 free #31, 100 backstroke 2nd alternate), Sajus (200 individual medley #26, 100 butterfly #18), Dabkowski (50 freestyle #30, 100 freestyle #32), Hayward (50 freestyle #32), Macaluso (100 butterfly #11, 100 backstroke #13), Miller (200 freestyle #25, 500 freestyle #21), Forristall (200 individual medley #31, 100 breaststroke #29), O. Campo (200 individual medley #36), Tyler (200 freestyle #29, 100 freestyle #34), & S. Campo (relay alternate).



CHEERLEADING

The cheer team had a great fall season and was a **huge factor** in making our first post-Covid pep rally a huge success! It was one of our best pep rallies ever due to the dedication of our cheer squad.



The 3rd annual **COUGAR BOWL** was held on Nov 20th and the Class of 2024 defeated the Class of 2025 with a final score of 21-7! This is the 2nd year in a row our current seniors have come out on top. Layla Hayward & Emmy Kehlenbach were the games' MVPs with Caley Napoletano being named MVP for the juniors.





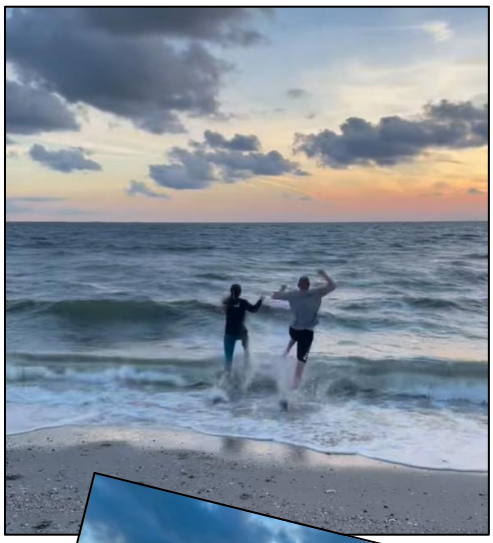


The girls were cheered on by boys from the junior & senior class!

The 2023 **PRINCIPAL'S CUP** was held on Nov 21st and HKHS was victorious against the Valley Regional Warriors with a final score of 20-7!









In celebration of both the boys & girls cross country teams winning their respective Shoreline Championships, Coach Matt Diglio and Coach Kristie Kaminski completed a polar plunge, as promised at the beginning of the season!

HKHS Has **HALLOWEEN** Spirit!

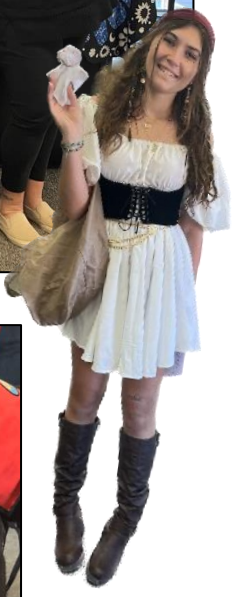
Andrea Beltran dominated the staff costume contest with her amazing portrayal of our security guard Steve! An honorable mention goes out to Wendy Adamczyk for her amazing impersonation of Cindy Lou Who!





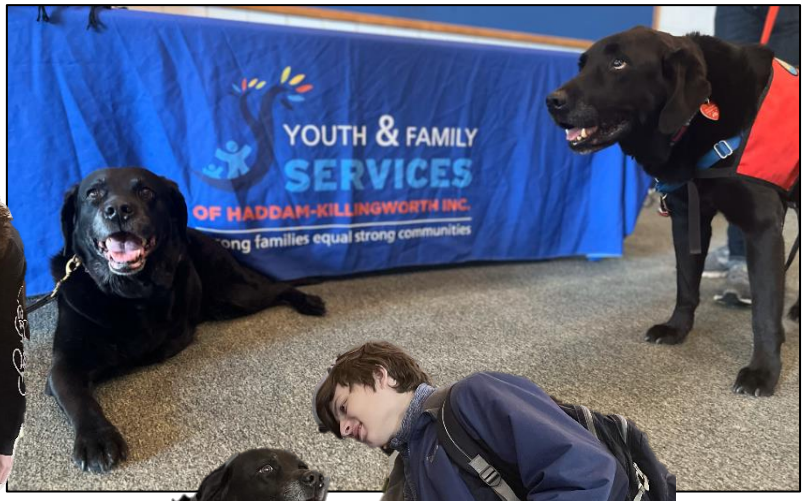


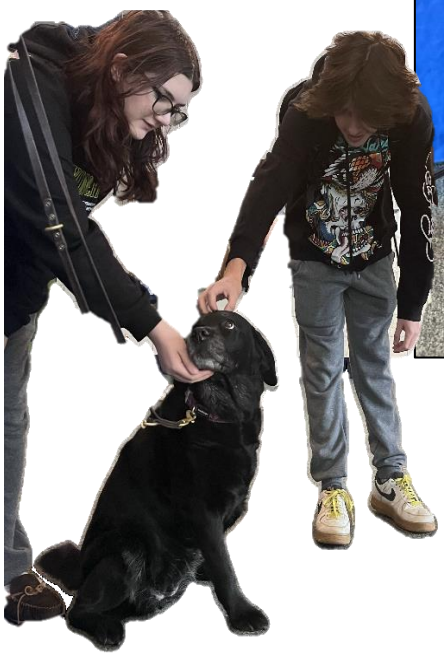




Our faithful secretaries came out of their cocoons as beautiful butterflies and "Ghost-grams" were handed out to students & staff!

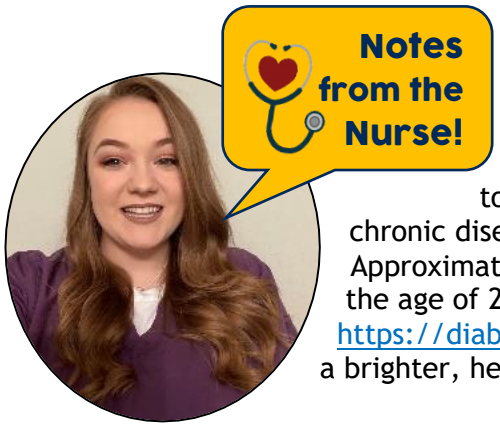
Therapy Dogs!







Therapy dogs **Daisy & Colby** visited HKHS on Oct 24th to spread cheer to all! Thank you to HKYFS for this amazing service!



November was National Diabetes Awareness Month!

November marks National Diabetes Awareness Month, a time when the world comes together to shed light on a chronic disease that affects millions. Approximately 283,000 Americans under the age of 20 are estimated to have been diagnosed with diabetes according to https://diabetes.org/. This is a when we can focus on moving forward towards a brighter, healthier future for those living with Type 1 diabetes!

December is National Impaired Driving Prevention Month!

During the Christmas and New Year holiday periods, we often see a rise in drunk-driving deaths. As a result, you'll likely see more law enforcement on the roads as part of *Drive Sober or Get Pulled Over*. This National Highway Traffic Safety Administration (NHTSA) campaign, which runs Dec 14th to Jan 1st, aims to educate people about the dangers and consequences of driving drunk.

Drivers who are between the ages of 16 to 20 years old are **10 times** more likely to be involved in a fatal crash, than drivers over the age of 21. Car crashes are a leading cause of death for teens, and about a quarter of fatal crashes involve an underage drinking driver. In 2021, 27% of young drivers 15 to 20 years old who were killed in crashes had BACs of .01 g/dL or higher.

Please talk to your student about the importance of being safe this holiday season and beyond! And remember…

IF YOU FEEL DIFFERENT
YOU DRIVE DIFFERENT



International Culture Club (ICC)

The International Culture Club has had a busy fall! The club once again participated in the KIVA microloan program and selected Rosemarie in the Philippines to receive a $175 microloan. This will allow Rosemarie to invest in her general store business and help support her family, which includes seven children.

Additionally, the club has already studied Japanese culture and is currently examining the culture of Italy. ICC held their Japanese food festival at the beginning of November where students researched and then made their own versions of classic Japanese dishes to share with the club. Next the club will be making Italian cannoli and preparing for our Italian food festival that will take place right before winter break.





Patriots Celebrate Volunteerism in 2023

The Celebrate Volunteerism initiative aims to share examples of dedicated volunteers, build awareness of the need for volunteering, identify and educate others about volunteer opportunities and inspire New Englanders to follow the Kraft family's example of becoming lifelong volunteers. Throughout the season, the Kraft family, the New England Patriots Foundation, and Gillette celebrate volunteers that work tirelessly to support children and families in need throughout the New England region, while also encouraging Patriots fans to get involved in their communities. Each week throughout the season, the Patriots select a "Patriots Difference Maker of the Week."

We are thrilled to share that Saige Merwin has been recognized as one such volunteer! **Saige will be honored at a special ceremony in January at the Patriots vs Jets game!**



Saige Merwin | Elbow Bump Kid Inc | Haddam, CT

Saige was diagnosed with Type 1 Diabetes as a baby and has been helping others with the disease for many years. Now 16, Saige has talked to many newly diagnosed kids through the years. Saige's tireless advocacy for the insulin bill passed in Connecticut in 2020 saves families thousands of dollars each year and inspired others to advocate to their elected officials. Saige's mentoring of newly diagnosed and helping younger kids at events creates a sense of community for children to see that there are others just like them.

Elbowbumpkid Inc is named after Saige, who was nicknamed the “Elbow Bump Kid” years ago in the diabetes community due to elbow bumping instead of hand shaking. Saige's continued presence and willingness to take time out of their busy teenage life to volunteer to help families is a gift.

Saige truly believes in the power of community and knows the importance of having peers that relate to the daily challenges associated with managing Type 1 Diabetes. Saige doesn't hesitate to volunteer for events despite having an active teenager social life, this provides a resource for other T1D kids and caregivers to ask questions about how they navigate their T1D at school, sports & friends outings.

The younger kids look up to Saige as a role model. Saige doesn't hesitate to ask a business for a donation, spend hours on the weekend putting together donation bags for families, talk a child through inserting a new medical device or anything that is needed to help this nonprofit thrive and help as many families as possible in CT & MA. Saige has spoken at a diabetes conference for several years to inspire other children to fundraise and get involved.

Lynne Flint awarded the NIAAA State Award of Merit for Connecticut!

The National Interscholastic Athletic Administrators Association (NIAAAA) champions the profession of administering athletic programs in our nation’s high schools and middle schools. No other body values, promotes, preserves, supports and stands ready to uplift the cause of the athletic administrator, as does the NIAAA. Providing education, leadership and service platforms allows the NIAAA to best help colleagues network, choose from resources, draw from practices and give back to your profession while advancing in one’s career.



We are thrilled to announce that our very own Lynne Flint is the 2023 recipient of the **NIAAA State Award of Merit** for Connecticut! This award, which was first introduced by the NIAAA in 1988, is based upon the member's service, leadership, and contributions at the local and state level. Without question, Lynne’s devoted service as an athletic administrator has earned her this recognition. The positive impact that she has had on the lives of student-athletes and her contributions at the local, league, and state levels have not gone unnoticed. **Congratulations Lynne!**

HKHS Internship Program Update!

HKHS's new internship program is off to a great start! The fall semester interns have been observing, learning, and participating in many varied activities at their internship sites. One intern is learning about running a business from the first customer contact to the last at *Madison Motors* in Killingworth. Another intern has seen how circuit boards are manufactured and helped in planning the restructuring of a workspace at *SensorWorx* in Wallingford. Another intern has learned extensive terminology around physical therapy and learned about several types of procedures with the physical therapists at *Masonicare* in Chester. Next up we have several mid-winter semester interns beginning their internships at *Commonwealth Senior Living* in Haddam and *Prism Office Solutions* in Branford.

Looking to get involved? We are always looking for potential internship partners! At the moment, we are specifically looking for a business that is using research (ex. marketing research, survey research, healthcare research, etc.) and a business that is involved in mechanical engineering or using CAD. If you think your workplace might be a good fit, please contact Dr. Corey Borzain, Internship Coordinator. Please feel free to text or call (860) 554-1324 or email cborzain@rsd17.org.



News from the Classroom!





Our Spanish 2 & 3 honors classes are busy using the target language to study the target culture!







Students from our select choir courses visited senior citizens at St Peter's Church Fellowship Hall on Monday, Dec 4th to bring them some holiday cheer!

News from the Stage

Vintage Hitchcock, A Live Radio Play was successfully performed Nov 3rd & 4th at HKHS. Audiences enjoyed the live music, engaging sound effects, and hilarious character acting portrayed by our students!





Pictured: Maggie DiNapoli & Damon Ridgeway

Our next main stage production, **Bye Bye Birdie**, begins with auditions and crew sign ups in February. Students are urged to attend a drama meeting 2nd lunch on Tuesdays in the chorus room to learn more about the production.

Coming May 2024!



Southern Region Festival Audition Acceptances!

Congratulations to the 25 HKHS music students who were accepted into the Southern Region Music Festival! The festival will be at Wilby High School on January 19th & 20th, 2024 (snow dates Jan 26th & 27th) and closes with a concert that is open to the public. For more information on how to purchase tickets, check the website in early January 2024: https://cmea.org/.

Accepted students include:
Amelia Riggs, Ava Loughlin, David Sargent, Edward White, Jayani Bennett, Chase Lenart, Jacob McGoey, Gabriella Williams, Shylee Emigh, Bella Richwine, Zi Abbott, Brian Nguyen, Tarin Degnan, Samantha Pach, Juliette Harriman, Sarah Pierce, Olivia Campo, Sofia Campo, Trilly Havens, Alexis Maher, Xandra Catalano, Rebecca Mitchell, Cash Smigel, Adam Livingston, & Joey Jacobs.

Upcoming Events in Music & Drama:

- Winter Band Concert @ 6pm 12/14/23
- HK Choirs at Middletown High @ 4pm 12/17/23
- Charity Benefit concert for Middletown Exchange Club HK TV Holiday Telethon @ 8am..... 12/22/23
- Southern Region Music Festival ..... 01/19 & 01/20/24 *[snow date 01/26 & 01/27]*
- All-State Music Festival Auditions 02/03/24
- Student-Directed One-Act Plays @ 7pm 02/08/24
- Spring Musical Auditions 02/12/24
- Solo/Small Group Choral Concert @ 7pm ..... 03/14/24 *[theme is Heroes & Villains]*

HKTV Holiday Show 2023

HKTV students at Haddam Killingworth High School are excited to announce Kindness Over Muscular Dystrophy as the beneficiary of the 35th Annual Holiday Telethon. The founders of the non-profit organization are Chris & Jess Curran, the parents of Conner, a 13-year-old boy with Duchenne Muscular Dystrophy. Duchenne is an incurable form of muscular dystrophy characterized by a rapid deterioration of muscles, most commonly affecting young boys. Duchenne is typically diagnosed between the ages of three and seven and occurs in one out of every 5,000 boys. As of now there is no known cure.

All money raised by HKTV's Holiday Telethon will go to KOMD to support their search for more research and hopefully a cure for this disease. The decision to name the Currans and KOMD as the beneficiaries of this year's holiday show was easy once those involved heard Conner's story. Diagnosed at the age of four, Conner and his family have made it their mission to find a cure for the disease. The 35th Annual HKTV Holiday Show will air live on Friday, Dec 22nd from 8am-11am on Comcast channel 18, Frontier channel 6090, or on the web at Holidayshow.rsd17.org.

Pledges can be made by calling (860) 554-5490 during the live broadcast, by going to Holidayshow.rsd17.org, or checks can be made payable to HKHS. All pledges over $25 will be entered into a drawing for a "Fish Bowl Prize" and donors will have the option to be thanked live on air. All donations are greatly appreciated by HKTV and the Kindness Over Muscular Dystrophy organization!



HKHS Event Broadcast Production Class | *Front left to right - Reagan Aronson, Martin Kuchyt, Joseph Breton, & Jeffrey Schull. Back left to right - Christopher Palmieri, Mason Mazzotta, David Sargent, Damen Ridgeway, Leeha Reddy, Lindsay Blade, & Molly O'Neal.*



On Nov 2nd HKHS hosted our first Legislative Breakfast event where Superintendent Jeff Wihbey and Principal Donna Hayward welcomed Connecticut Senator Christine Cohen, State Representatives Christine Palm & Chris Aniskovich, First Selectman of Haddam Robert McGarry, & BOE Vice-Chair Jennifer Favalora to discuss capital improvements as well as the impact social media is having on educators and the educational system as a whole. They were joined by Assistant Superintendent Jennifer Miller, Assistant Principal Adam Apicella, HKHS teacher & HKEA Union Representative Wendy Adamczyk, and HKHS teacher Ryan Kish for the discussion. We look forward to continuing our work with both local & state officials to improve HKHS and all of RSD17 for our students!

It's Grade Check Time

PROGRESS REPORTS!

We are at the half way point of the 2nd quarter! Please log into PowerSchool to check your child's grades and reach out to their teachers if you have any questions. If you need assistance setting up or accessing your PowerSchool Parent Portal account, please email agiarnella@rsd17.org.



- **Q2 Progress Reports** | Wednesday, Dec 6th
- **ACTs** | Saturday, Dec 9th
- **Junior Planning Night |** Monday, Dec 11th @ 6pm
- **Professional Development ½ Day** | Tuesday, Dec 12th – ***Early dismissal for students!***
- **Winter Band Concert** | Thursday, Dec 14th @ 6pm
- **HK Choirs at Middletown High** | Sunday, Dec 17th @ 4pm
- **HK TV Holiday Telethon + ½ Day** | Friday, Dec 22nd – ***Early dismissal for students!***
- **Winter Break** | Monday, Dec 25th to Monday, Jan 1st – ***No school!***
- **Alumni Day** | Wednesday, Jan 3rd
- **End of Quarter 2** | Friday, Jan 12th
- **Martin Luther King, Jr. Day** | Monday, Jan 15th – ***No school!***
- **Southern Region Music Festival** | Friday, Jan 19th & 20th *[snow date Jan 26th & 27th]*
- **8th Grade Parent Orientation** | Monday, Jan 22nd @ 6pm
- **½ Day** | Tuesday, Jan 23rd – ***Early dismissal for students!***
- **All-State Music Festival Auditions** | Saturday, Feb 3rd
- **Student-Directed One-Act Plays** | Thursday, Feb 8th @ 7pm
- **Valentine's Dance** | Friday, Feb 9th
- **ACTs** | Saturday, Feb 10th
- **Spring Musical Auditions** | Monday, Feb 12th
- **Professional Development ½ Day** | Tuesday, Feb 13th – ***Early dismissal for students!***
- **February Break** | Monday, Feb 19th & Tuesday, Feb 20th - ***No school!***
- **Q3 Progress Reports** | Thursday, Feb 22nd

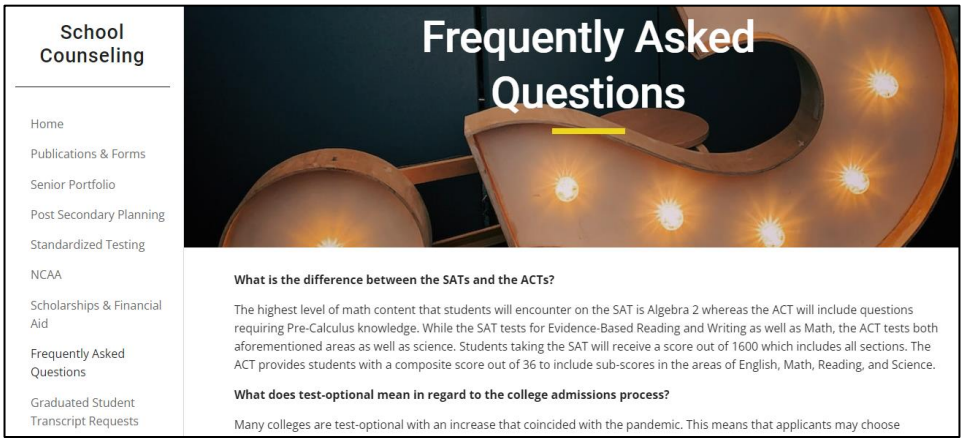
We look forward to seeing you at our school events and around campus.
Thank you so much for all you do to support our students and on behalf of the entire HKHS family, we wish you and your family a most joyous holiday season!

Respectfully,

Donna Hayward,
Principal

Guidance Counseling Dept Update!

Reminder that the HKHS counseling department website is live with tons of resources! You can visit the site here to access information about post-secondary planning, standardized testing, scholarships & financial aid, and more. Please encourage your student to visit the Frequently Asked Questions section for answers to many of the most common questions and issues they may have.



Junior Families!

The school counselors are hosting our **Junior Planning Night on Monday, Dec 11th at 6pm** in the high school auditorium. We will present on a variety of topics, including the college search process and standardized testing. There will be time for questions and answers following the presentation. Counselors have met with junior students in small groups in their Advisory period over the past two weeks. Our advisory meetings and the evening event kick off our post-secondary planning process with all juniors. We will be scheduling individual meetings with each of our students during the second semester. Meetings will be held during the school day, typically during a class that a student will be able to catch up in if they miss it. Parents and guardians are invited to attend, whether in-person or virtually. These meetings are tailored to students' individual plans, whether they plan to attend college, go into the workforce, or take another path. ***We hope to see you there!***

Senior Families!

The new simplified FAFSA is expected to open sometime during the month of December. Please keep an eye out for the announcement that the application has opened. It is also important to check with the college(s) your student has applied to regarding their individual deadlines. This document from the Department of Education gives more information about the updated FAFSA.

The counseling office receives information from many local scholarship organizations every year. We typically start receiving applications for our students to complete every winter. We post applications in Naviance for our students to review and complete. Seniors interested in applying for scholarships should check Naviance regularly starting in January. The school counselors will share more information about scholarships with our seniors in Advisory this winter. In addition to Naviance, students can explore https://bigfuture.collegeboard.org/ for career, college, and/or scholarship opportunities.

bigfuture by The College Board

PSAT Scores!

PSAT

Students in grades 9-11 took the PSAT on Oct 10th, 2023. PSAT scores are now available to view in student's personal College Board accounts. College Board no longer sends paper score reports to schools. If you would like to see your student's scores, please have them log in to College Board. If your student has issues logging into College Board that cannot be resolved by resetting their passwords, they will need to call College Board's Customer Service line at (866) 630-9305.

Alumni Day!

HKHS is holding our annual Alumni Day on Jan 3rd, 2024. This event allows our current seniors to learn about the college and work experiences of our recent graduates. If you have a child who graduated from HKHS in 2022 or 2023 who would like to be a part of this event, please ask them to contact Amy Giarnella at agiarnella@rsd17.org for more details.

HADDAM KILLINGWORTH