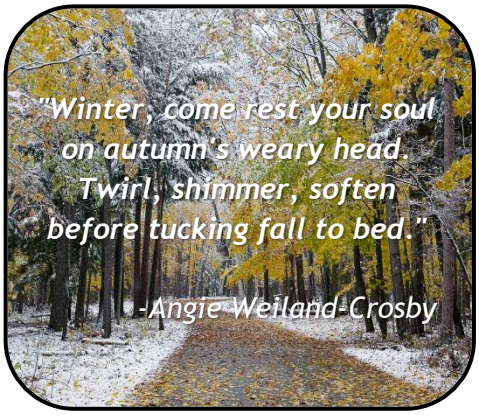
Haddam Killingworth High School
Nov|Dec 2024 Newsletter



From the Principal:

Every year, the holiday season brings with it a predictable avalanche of accomplishments and opportunities at HKHS. From the remarkable talent displayed by our musicians in concert, to the charitable contributions raised by our student clubs for those in need, to the finely detailed gingerbread houses crafted by our Foods students, the high school is a showcase of holiday spirit! In the classroom, students and teachers are fully committed to the learning outcomes and moving toward the end of first semester classes shortly after winter break. With the fall athletic season still fresh in our memory, the winter teams have already begun practice and are looking ahead to proudly representing their school.

As the daylight gets shorter, the list of activities at HKHS does not! We are so proud of our students and marvel at their talents and skills, as well as their commitment to their endeavors. **It is our pleasure to share with you a 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 13th, 2024** across the state in schools and many businesses! This is a statewide initiative raising funds, spirits, and awareness for kids battling cancer.

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! Learn more about this great program here!

Scan me to donate!

The RSD17 website is live and you can donate by clicking the link below or scanning scanning the QR code above: https://give.connecticutchildrens.org/team/601423.



An Evening of Holiday Harmony



Please come and support HKHS students this Sunday as they perform along with choirs from Cromwell, Middletown, Portland, and Mercy High Schools in an event sponsored by the Exchange Club of Portland. Tickets are $10 for adults and $5 for seniors & students and can be purchased at the door.



THIS SUNDAY!
December 15th
@ 3:00 pm
Middletown High School



HKHS Has (spooky) School Spirit!

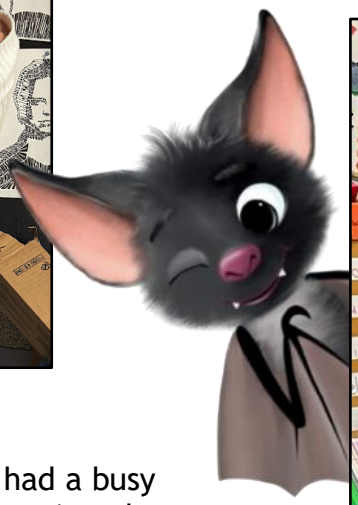
HKHS students went all out this year for our group Halloween Costume Contest! It was a fierce battle with many excellent contenders such as the Subway Surfers, Gnomeo & Juliet, and Favorite Broadway Character. **However, the Girls Soccer Team, aka the Despicable Me Minions, were victorious!**

Ms. "Raygun" Zukowski & Ms. "Justin Bieber" Bing also represented the HKHS staff in epic style!



HAPPY SPOOKTOBER

Congratulations to Madelyn Ruocco, a talented sophomore, for winning the Halloween Dog Costume Poster Contest, hosted by the local Girl Scouts council! Her creative design was showcased at the event, that took place at Parmelee Farm on Oct 26th and was also displayed around town and on social media!





Bat's All Folks!

The HKHS Environmental Club has had a busy fall! In October, the club members enjoyed reading "**Bo the Bat**" to the HK Cubs preschoolers, educating them on how bats are good for the environment. The kids, both big and small, had a great time decorating their own bat and even received special bat stickers. In addition, the club held a "**Batgrams**" fundraiser, where for a $1 donation, staff/students could send a special Halloween message and tasty treat to another person in the building. Proceeds were donated to a local wildlife organization.



Club members have also been concerned about the number of birds that fly into windows here at HKHS so prism decals have been put up at certain locations to deter the birds. This has greatly reduced the number of our feathered friends hitting windows, and the decals cast beautiful colors throughout the school. **The Environmental Club would like to wish everyone a safe and environmentally friendly holiday season!**

SNEAKER/ATHLETIC SHOE RECYLING CAMPAIGN

The HKHS Environmental Club is also hosting a sneaker/athletic shoe collection campaign from now through June 2025! **Did you know that 200 million pairs of shoes end up in landfills EACH year?** Please consider sending in your old sneakers/athletic shoes (in any condition!) as well as cleats, hiking boots, and even single shoes. Dropoff boxes can be found at the RSD17 Central Office, the HKHS main office & fieldhouse or in Mrs. Ritter's classroom.





2024 HOMECOMING IN THE TROPICS!

Student Council members worked hard to create an island paradise where students & staff alike *shore* had a good time!







Joe Slane & Jordan Duncanson were crowned the 2024 Homecoming King & Queen at the Oct 18th tropical-themed dance.

YEARBOOK ORDERS

Yearbook sales are ongoing! Remember: ALL students who want a yearbook must order one as senior dues no longer include a yearbook. Senior parents/guardians can also buy the popular "Senior Ads" which vary in price based on size. **Click HERE to order!**

You make the memories,
THE YEARBOOK MAKES YOUR MEMORIES LAST.



Do you have candid photos of HKHS students you'd like to share with the yearbook staff?

Photos from athletic events, field trips, and especially candid photos from around school, etc. are always needed! Appropriate photos can be submitted via email to HSyearbook@rsd17.org.

YEARBOOK
YEARBOOK
YEARBOOK
YEARBOOK
YEARBOOK



HKHS Students Are On The Move!

On Nov 15th, HKTV and Journalism & Broadcasting students experienced an extraordinary opportunity to step inside the world of broadcast journalism with a field trip to NBC Studio in West Hartford. This hands-on excursion not only inspired budding journalists, but also provided invaluable insights into the intricate workings of a professional newsroom. Students observed a live working studio, taking in the fast-paced environment of the newsroom, control room, and production studio. They were even able to experiment with the green screen to get a taste of the technology behind weather forecasting and special effects!



A highlight of the trip was meeting industry professionals like Kevin Nathan, Anthony Carpino, and Taylor Kinzler. These experts generously shared their experiences, offering students a glimpse into their career journeys and a chance to ask questions about the field.



Beyond the behind-the-scenes action, students also attended an information session covering a broad spectrum of topics: explanation of the variety of departments within NBC, career paths and educational requirements for college/higher education, and real-world experience and internship opportunities at NBC.

National Mathematics Honor Society: Mu Alpha Theta

Haddam Killingworth High School is proud to announce the establishment of its local chapter of Mu Alpha Theta, the national math honor society. Founded by Dr. Richard V. Andree, Mu Alpha Theta is an organization dedicated to promoting scholarship in mathematics and emphasizing its integral role in education. Our chapter's mission aligns with this vision, fostering a deeper appreciation for math among students and the broader community. With 13 founding members, the society will sponsor engaging activities, such as weekly math challenges, the annual Pi-Day Pi-K event, and a planned field trip to the "MoMath" Museum in New York City.

Through leadership and collaboration, the society also oversees the Peer Tutoring Club, supporting academic excellence schoolwide. We are excited to see this chapter inspire a love of mathematics and innovation at HKHS! As a reminder, the Peer Tutoring Club continues to offer a drop-in tutoring lab for students needing help in all math classes on Wednesdays during the Lunch Activity period. Tutoring for other subjects is also available!

Mu Alpha Theta
National High School and Two-Year College Mathematics Honor Society

2024 Cougar Bowl

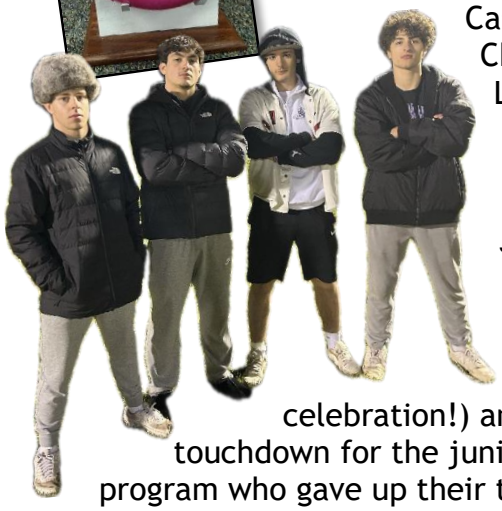


The 4th annual HKHS Cougar Bowl flag football game was held on Nov 25th and the current juniors, HKHS's class of 2026, was victorious over the seniors!





The seniors were coached by the cozy characters of Trevor Dixon, Colin Castagno, Ryan Rafferty, Chris Frasco, & Hunter Leslie, while the winning junior team was coached by Jacob Lamarre, Joseph Slane, Jesse LaViola, & Jake Wolf.



The 2024 Cougar Bowl MVPs were **Alisya Dorman**, who scored a touchdown for the seniors (and performed a backflip celebration!) and **Chloe Felder** who scored a touchdown for the juniors. A big thank you to our HKFB program who gave up their time to ref and coach our players for three weeks leading up to the game. **This event really is a *team effort!***

NHS Gives Back!

This Wednesday, Dec 11th, the members of the Haddam Killingworth National Honor Society will be traveling to Burr Elementary School to mentor the younger students during their annual Mindfulness Day.



Mindfulness is the practice of paying attention to the present moment, including your thoughts, feelings, and the world around you. Research shows that mindfulness can help students reduce stress and anxiety, and improve their academic success.

Our high school seniors will read stories to the younger elementary students and participate in winter-themed crafts. The NHS members are really looking forward to interacting with the future of our community during this season to inspire mindfulness!

NEWS FROM THE FIELD!

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

BOYS CROSS COUNTRY

All Conference 1st Team AND All State 1st Team → *Jack Cozean & Daniel McCourt*
All Conference 2nd Team AND All State 2nd Team → *Cash Smigel, Evan Berardino, Alexander Fredericksen, & Matthew Lara*

GIRLS CROSS COUNTRY

All Conference 1st Team AND All State 1st Team → *Charlotte Behnke, Grace Mitchell, Julia Downing, & Amelia Riggs*
All Conference 2nd Team AND All State 2nd Team → *Keira Sehl-Albert, Delaney Aronson, & Emilia Schweitzer*

The HKHS Girls Cross Country team are this year's Shoreline Champions AND the Class SS State Champions! The HKHS Boys Cross Country team brought home the Class SS State Championship as well!

BOYS SOCCER

All Conference 1st Team → *Seraphin Merriam & Tetsuya Imai*
All Conference 2nd Team → *Tristen Edwards*
All Conference, *Honorable Mention* → *Michael Perry*

GIRLS SOCCER

All Conference 2nd Team → *Jordan Duncanson*
All Conference, *Honorable Mention* → *Payton Rich*

FIELD HOCKEY

All Conference 1st Team → *Ava Ramino*
All Conference 2nd Team → *Peyton McDonald, Chloe Engler, & Della Krete-Cacase,*
All Conference, *Honorable Mention* → *Madalynn Catalano*

VOLLEYBALL

All Conference 1st Team → *Ava Mazzotta & Caley Napoletano*
All Conference 2nd Team → *Lauren Wiese*
All Conference, *Honorable Mention* → *Caoimhe Sweeney*

FOOTBALL

All Conference → *Trevor Dixon, Hunter Leslie, Joseph Slane, Ryan Rafferty, John Moyher, & Tyler Napierkowski*
All Conference, *Honorable Mention* → *Chris Frasco, Riley Schipritt, & Jackson Bottaro*

Congratulations to all of our student-athletes for their hard work on and off the field!

Standardized Testing Dates & Progress Reports

Please make sure you are familiar with the important dates below!

2024-2025 TESTING DATES

PSATS October 23, 2024 Grades 9th-11th *[seniors stay home for post-secondary planning]*	**SATs** *[11th graders only]* **Practice SATs** *[9th & 10th graders]* March 26, 2025 *[in the morning]* *Make-Up Testing: April 9, 2025*	**NGSS** *[11th graders only]* April 2, 2025

SENIOR DIGITAL PORTFOLIO PRESENTATIONS
March 26, 2025 [in the afternoon]

ADVANCED PLACEMENT (AP) EXAMS

Mon, 5/5/2025	Tue, 5/6/2025	Wed, 5/7/2025	Thu, 5/8/2025	Fri, 5/10/2025
Biology (8am)	Human Geography and Chemistry (8am)	English Literature & Composition (8am) & Computer Science A (12pm)	Statistics (8am)	United States History (8am)
Mon, 5/12/2025	**Tue, 5/13/2025**	**Wed, 5/14/2025**	**Thu, 5/15/2025**	**Fri, 5/16/2025**
Calculus AB and Calculus BC (8am)	French Language & Culture (8am)	English Language & Composition (8am)	Spanish Language & Culture (8am)	Psychology (12pm)

ACTFL Assessment of Performance toward Proficiency in Languages (AAPPL) EXAMS
May 20, 2025 - May 22, 2025
[applicable to some but not all upperclassmen World Language students]



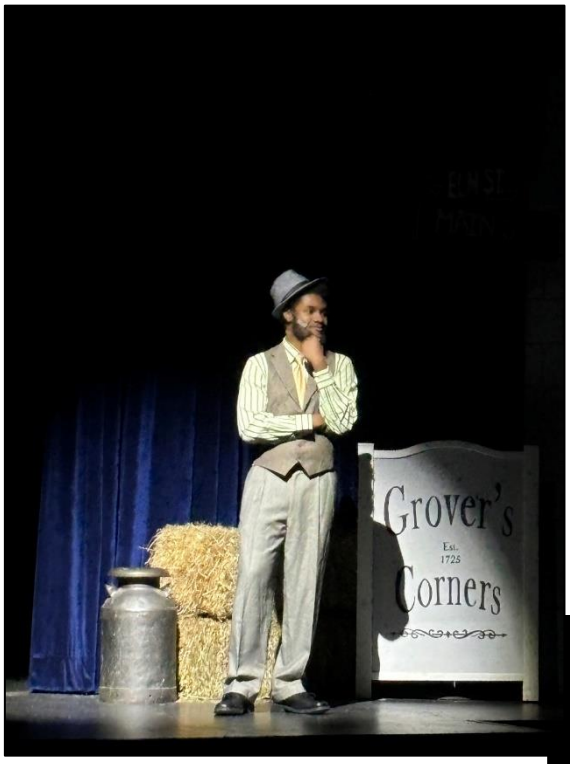
We are at the half way point of the 2nd quarter! Parents & guardians were emailed the end of last week to remind them to log into their PowerSchool Parent Portal accounts to check their child's grades. If you have any questions about their grades, please reach out to individual teachers. The format for teacher email addresses is firstinitiallastname@rsd17.org.

If you need assistance setting up or accessing your PowerSchool Parent Portal account, please email agiarnella@rsd17.org

News from the Stage

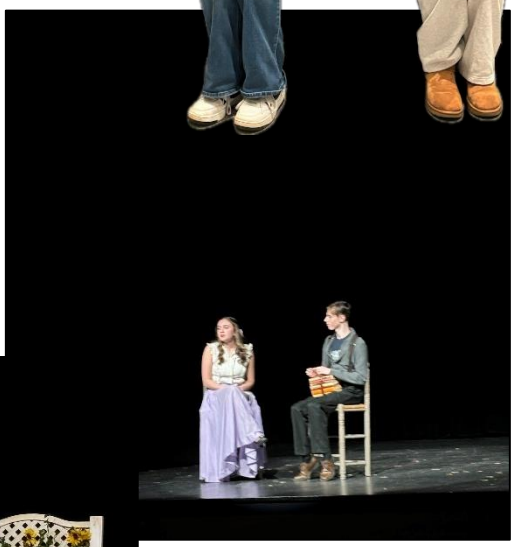
Congratulations to the cast and crew of "Our Town" for their beautiful production which took place on Nov 5th & 6th!





The show starred sophomore Christopher Sanders-Roberts as The Stage Manager, senior Ava Loughlin as Emily Webb, freshman Nicholas Stegman as George Gibbs, senior Sarah Pierce as Mrs. Gibbs, junior Elijah Sorrentino as Dr. Gibbs, junior Maggie DiNapoli as Mrs. Webb, and senior Joey Jacobs as Mr. Webb.

OUR TOWN
By Thornton Wilder



The fall drama was directed by Marcy Webster, who worked hard with her outstanding cast and crew to bring this cherished American play to life.



The show was skillfully stage managed by senior Molly O'Neal.



CONGRATULATIONS!

Gingerbread House CONTEST

November and December are a busy time for our culinary arts students. They have been hard at work perfecting their pie making skills as well as working diligently on their HOMEMADE gingerbread houses for HKHS's annual Gingerbread House Competition!













Voting has concluded for 2024 and you can look out for the winning house on Dec 18th WTNH Good Morning CT. The winning gingerbread house will be revealed during the 9am segment!

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 11th 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

I Hear Singing...

The HKHS Music Department brought together the HK choir students to present an hour-long celebration of music along with an overview of semester one learning to our HK Auditorium on Dec 6th. Selections included Shalom Chaverim, Up on the Housetop, We're Walking in the Air, Once Upon a December, and many more!





Students from our HK Select Choir classes travelled to St. Johns Church on Dec 2nd to sing for a community event. Highlights of the trip included a performance of "Carols Around (And a Round)" and a sing-along to "Deck the Halls". After the concert, students were treated to homemade goodies and a visit from Santa Claus himself!



Southern Region Festival Audition Acceptances!

CMEA CONNECTICUT MUSIC EDUCATORS ASSOCIATION

Congratulations to the 16 HKHS music students who were accepted into the Southern Region Music Festival! This year the festival will be held on January 17th & 18th at Naugatuck High School. Most of our students will be auditioning for the All State Music Festival which is the next stop on their musical journey to compete with the best of the best in the state! For more information on how to purchase tickets, check the website in early January 2025: https://cmea.org/.

ATTENTION PLEASE

FUNDRAISER ALERT!



The HKHS Music Department will host an online Double Good Popcorn fundraiser from Monday, Jan 27th, 2025 at 5pm through Friday, Jan 31st, 2025 at 5pm. This sale will benefit individual student account balances for our 2025 Boston music trip!

Stay tuned to the HKHS website and the Cougar Den Instagram account for the purchasing link once we get closer to the sales window!
Your support is greatly appreciated!

36th Annual HKTV HOLIDAY TELETHON

HKTV students from Haddam Killingworth High School are thrilled to announce that HK Youth & Family Services (HKYFS) will be the featured beneficiary of this year's 36th Annual Holiday Telethon! The live broadcast aims to support and bring awareness to HKYFS, a vital non-profit organization dedicated to empowering youth, supporting families, and strengthening the Haddam Killingworth community.

HK Youth & Family Services is a dedicated non-profit organization serving the towns of Haddam and Killingworth. Through a range of programs, HKYFS strives to support youth and families, providing resources, guidance, and a strong network to empower individuals and strengthen the community.

YOUTH & FAMILY SERVICES OF HADDAM-KILLINGWORTH INC.
Strong families equal strong communities

HKYFS, led by co-directors Allison Behnke and Jennifer Favalora, has recently undergone transformative changes in leadership and programming, reinforcing their mission to provide critical resources to local youth and families. The organization's services, including crisis prevention and mentorship, offer essential support and guidance to those in need. By raising funds and increasing awareness, the Holiday Telethon will directly contribute to HKYFS's capacity to expand and sustain impactful programs across Haddam and Killingworth.

The 36th Annual HKTV Holiday Show will air live on Friday, Dec 20th, from 8am to 11am on Comcast channel 18, Frontier channel 6090, and online at Holidayshow.rsd17.org.



Donations are essential to the success of this event. Pledges can be made during the live broadcast by calling (860) 554-5490 or online at http://holidayshow.rsd17.org/, or by check payable to HKHS, with ALL proceeds going to HKYFS.

As a thank you to the community, all pledges over $25 will be entered into a "Fish Bowl Prize" drawing, and donors may choose to be acknowledged live on air!

HKTV and HKYFS deeply appreciate every donation and pledge, which enable life-changing programs to thrive in Haddam and Killingworth.

Please join us in supporting HKYFS' mission to make a lasting difference in our community.

HKTV Spreads the Word!

Senior Molly O'Neal and junior Reagan Aronson, two of the producers of the HKTV Holiday Telethon, were recently on The Pete Mezzetti Show to spread the word about the upcoming event along with HKYFS co-director, Allison Behnke.





PETE MEZZETTI SHOW
THE PEOPLE AND THE STORIES OF CT

[You can watch their segment here!]

HKHS Internship Program: Fall Update



This fall and winter, HKHS students are interning with the Clinical Engineering Department at Yale New Haven Hospital, two departments at Middlesex Hospital, CertifyFit, Middlesex County Chamber of Commerce, Connecticut River Area Health District (CRAHD), Burr District School, and the Essex Veterinary Hospital. Students are observing, helping, or researching. One student is even designing a project on radon that the public will benefit from! These exciting experiences allow students to see the connections between their school work and the world of work, as well as gain new knowledge and skills.



In Search Of: Additional Internship Sites

The HKHS Internship Program is in search of additional businesses and organizations to offer after school internships and/or job shadowing opportunities both for this school year and the future. Currently, we are particularly looking for mechanical engineering, marketing and sales, as well as building computers or related equipment.

Our students have many varied interests and are able to do certain jobs that are considered safe and/or they may job shadow. Our program is flexible and, generally, students work two days a week for a few hours after school for a total of about 35 hours over the course of the semester. If you think your workplace might be a good fit, please contact Dr. Corey Borzain, Internship Coordinator, at cborzain@rsd17.org for more information.

Upcoming EVENTS

- **HKHS Band Concert** | Thursday, Dec 12th @ 6pm
- **ACTs** | Saturday, Dec 14th
- **Junior Planning Night [Class of 2026]** | Monday, Dec 16th @ 6pm
- **Professional Development Day** | Tuesday, Dec 17th – ***Early dismissal for students!***
- **36th Annual Holiday Telethon** | Friday, Dec 20th – ***Early dismissal for students!***
- **1st Day of Winter** | Saturday, Dec 21st
- **Winter Break** | Monday, Dec 23rd through Wednesday, Jan 1st – ***No school!***
- **Alumni Day** | Wednesday, Jan 8th
- **Quarter 2 Ends** | Wednesday, Jan 15th
- **Midterm Exams** | Thursday, Jan 16th through Wednesday, Jan 22nd
- **Southern Region Music Festival** | Friday, Jan 17th & Saturday, Jan 18th
- **Martin Luther King Jr. Day** | Monday, Jan 20th – ***No school!***
- **K-12 Portfolio Day** | Tuesday, Jan 21st – ***Early dismissal for students!***
- **Quarter 3 [& Semester 2] Begins** | Thursday, Jan 23rd
- **8th Grade Parent/Guardian Orientation** | Monday, Jan 27th @ 6pm
    - *[students can attend but do not need to]*
- **All State Music Festival Auditions** | Saturday, Feb 1st
- **ACTs** | Saturday, Feb 8th
- **Professional Development Day** | Tuesday, Feb 11th – ***Early dismissal for students!***
- **President's Day Break** | Monday, Feb 17th & Tuesday, Feb 18th - ***No school!***

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 L. Hayward,
Principal

• Guidance Counseling Dept Update •



JUNIOR FAMILIES!

The school counselors are hosting our Junior Planning Night on Monday, Dec 16th 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 the Class of 2026. We will be scheduling individual meetings with each of our juniors 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 on Monday night!***

SENIOR FAMILIES!



The 2025-2026 FAFSA form is available now and can be found by visiting https://studentaid.gov/. It is important to check with the college(s) your student has applied to regarding their *individual* deadlines for financial aid. If you have questions, please refer to the **FAFSA Resources** section under the **Post-Secondary Planning** tab of the HKHS school counseling website. You can also visit https://studentaid.gov/resources#fafsa for more additional information and watch this "What Is FAFSA?" video from Federal Student Aid, an Office of the U.S. Dept. of Education.

Reminder: FAFSA Completion Graduation Requirement

Starting with the Class of 2025, the RSD 17 Board of Education has set completion of the Free Application for Federal Student Aid (FAFSA) as a graduation requirement. ALL members of the Class of 2025 are **required** to complete the FAFSA **or** complete a waiver exempting them from completing the FAFSA in order to graduate from HKHS as stated in the 2024-2025 Opportunities Book. The school counseling office will provide waivers this spring and will notify senior families once the waivers are available.

CSS Profile + SRAR



Some colleges also require the CSS Profile as part of their financial aid process. This is an online application through College Board that is used by colleges and scholarship programs to award non-federal institutional aid. Students should check the requirements at *each* college to which they have applied to confirm if it is required.

It is important for seniors to monitor their application status at **ALL** schools that they have applied to. Many colleges require students to submit a SRAR (Self-Reported Academic Record)

in addition to sending in their transcripts, letters of recommendation, and test scores. *Please be sure that students have submitted all components of their applications.* Many colleges require applicants to send mid-year grades for example. Please note that the school counseling office sends these automatically once first semester grades are stored in January.

Scholarship Season is Fast Approaching!

The school counseling office receives information from many local scholarship organizations every year. We typically receive these applications (or updates for scholarships we already have on file) throughout the winter. These are then posted (or updated) in Naviance for our students to review and complete. Please note that application deadlines listed in Naviance often have to be manually updated each year so many will have 2023-2024 deadlines listed until we receive new information. The majority of **local** scholarship deadlines are between late March through mid-May.

Seniors interested in applying for scholarships should check Naviance regularly starting in January. Naviance gives students the option to "favorite" scholarships that they are eligible for to make the application process easier. **Seniors are encouraged to review the scholarships listed in Naviance over their winter break to narrow down which ones they would like to pursue once applications can be submitted.** The school counselors will share more information about scholarships with our seniors in Advisory this winter.

In addition to Naviance, students should explore https://bigfuture.collegeboard.org/ for career, college, and/or scholarship opportunities.

bigfuture by The College Board

Thousands of regional and national scholarships exist that we will not have listed in Naviance so students are encouraged to explore Big Future for all of the opportunities that can be found there!

PSATs

PSAT

Students in grades 9th – 11th took the PSATs on October 23rd, 2024. PSAT scores are now available to view in your student's personal College Board account. 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 as we do not have the ability to assist with account access.

2025 Alumni Day!

HKHS is holding our annual Alumni Day on Wednesday, Jan 8th, 2025. This event allows our current seniors to learn about the college and work experiences of our recent graduates.

If you have a student who graduated from HKHS in 2023 or 2024 please ask them if they would like to be a part of this event, whether they are home from college, attending a technical school or program, or have joined the workforce or military, we'd love to hear from them! If interested, please have them contact Amy Giarnella at agiarnella@rsd17.org for more details.

CUSTOM KEEPSAKE



HAND PAINTED
SPORTS BALL TO SHOWCASE
YOUR STUDENT ATHLETE

BASKETBALL
$125

BASEBALL
SOFTBALL
$50

FOOTBALL
VOLLEYBALL
SOCCER
$100

all orders come with stand for balls

ANNA WILCOX

ANNAWILCOX127@GMAIL.COM

(203) 731-7487

In your order please include image/name of team/school logo, athlete name and number, any other misc. info/tagline you'd like represented.





Health Guidance for Going to School

Showing up to school every day is critical for children's well-being, engagement and learning.

Make sure to send children to school if they are:

- Generally healthy and well.
- Participating in usual day-to-day activities.
- Children can even go to school if they:
  - Have a mild cold, which may include a runny nose and/or cough.
  - Have eye drainage without fever, eye pain or eyelid redness.
  - Have a mild stomachache.
  - Have a mild rash with no other symptoms.
  - Have head lice. Though they are annoying and should be treated, lice are not a reason to exclude a child from school.
  - Haven't had a fever overnight and they have not taken fever-reducing medicine during that time.

Avoid keeping children at home unless they are too sick to participate. Please see the back of this handout for details. Note that in most situations, a health-care provider's note is not needed to return.

Children may also avoid school due to anxiety (symptoms may include decreased appetite, feeling tired, stomachache, headache etc). If you are worried that your child may be suffering from anxiety, talk with your teacher, the school nurse, social worker or other school staff to discuss the challenge and identify what can help your child stay in school.

If your child has a compromised immune system or is at high risk for complications from common illnesses, please talk to your school (school nurse if available) about developing a plan with you and your child's health-care provider to keep your child healthy and safe while attending school.

Please note: This document is not meant to take the place of local health department/school district guidance including about contagious illnesses such as Covid-19 and the flu.

Attendance Works
Advancing Student Success By Reducing Chronic Absence ©

KAISER PERMANENTE®

NASN
National Association of School Nurses

Reasons to keep me home from school and what needs to happen before I can return

What is my symptom?	When should I stay home and when to seek medical care?	When can I return to school?
Fever	I have a fever of 100.4°F (38°C) or higher. **Seek medical care** if I have fever and any of the following: ear pain, sore throat, rash, stomachache, headache or tooth pain.	If I have not had a fever overnight without the use of fever-reducing medication and I am feeling better.
Vomiting and/or diarrhea	If I have vomited 2 or more times in the last 24 hours. If my stool is watery and I may not make it to the toilet in time. **Seek medical care** if I have stomach cramping and fever, I have bloody or black stool, or I am showing signs of dehydration (tired and sleepy, dry mouth and not urinating at least once in the last 8 hours).	If I did not vomit overnight and I am able to drink liquids without throwing up. If my diarrhea has improved.
Persistent cough or trouble breathing	**Seek medical care** if I have a persistent cough, difficulty breathing or trouble catching my breath or if I develop a fever with the cough. These symptoms may be signs of Covid-19 or flu and should be evaluated by a health-care provider.	Once I am feeling better and I have been cleared for return by my health-care provider. If my symptoms were due to asthma, please make sure that I have permission to use breathing medication at school.
Rash	**Seek medical care** if the rash has blisters, is draining, is painful, looks like bruises and/or if I develop a fever.	Rash has healed or I have been cleared for return by my health-care provider.
Eye irritation	**Seek medical care** if I have eye swelling, eye pain, trouble seeing or an eye injury.	Once I am feeling better.
Sore throat	**Seek medical care** if I have drooling, trouble swallowing or a fever and/or rash.	Once I am feeling better. If I was prescribed an antibiotic by my health-care provider, then I can return 12 hours after the first dose, if I am without fever and I am feeling better.

If you don't know whether to send your child to school or have specific concerns regarding your child's health, contact your child's health-care provider, a local urgent care or the school nurse.

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