Haddam Killingworth High School
Jan | Feb 2026 Newsletter





From the Principal:

Although I am really quite annoyed with Punxsutawney Phil, he has not derailed second semester which is well underway at HKHS. Our students have been auditioning for music festivals, representing the Cougars well in the athletic arena, and seniors are rounding out their senior portfolios in preparation for March presentations. The underclassmen have made their course requests for next year, already looking ahead to their next phase of learning. This time of year can be intense, and we continue to encourage our students to enjoy our co-curricular program as a way of finding a little balance between work and play.

This month, our faculty are continuing their professional learning around how AI can be effectively and thoughtfully used to extend student learning, and our team is carefully planning the introduction for students as we seek to prepare them for resources and challenges they will encounter outside of school. There is so much happening each month at HKHS - you would be so proud to see your students in action in their classes! I hope you enjoy a glimpse of the happenings of late through this newsletter.

Conferences are Around the Corner!

HKHS utilizes **pick◦A◦time** to schedule conferences between parents/guardians and teachers twice per year, either in-person or virtually. Our second set of conferences will take place on **Wednesday, March 11th and Thursday, March12th from 12:30pm to 3:00pm** each day. Note that students will be dismissed at 11:55am on both days.

To sign up, you will need to create an account on the pick◦A◦time website or log in if you've previously created one. **You will need your student's six-digit district ID number for this process.** Each student knows this number as they use it as their PowerSchool login, it is used as their school email address, and is also located on all report cards and transcripts.

The pick◦A◦time scheduling portal will ONLY be open from
Saturday, February 28th at 8am
until Saturday, March 7th at 8pm.

Further instructions, including a spring-specific conference link, will be sent out later this month to all parent/guardian email addresses.



→ → → Please note that the pick◦A◦time system will not allow multiple sets of parents/guardians to schedule separate conferences with the same teachers for the same student. If multiple conferences are needed, please reach out to your student's teacher(s) directly. ← ← ←

Share the News! The 37th Annual HKTV Holiday Telethon was a SUCCESS!



HKTV students delivered an outstanding, professional-quality, LIVE broadcast during this year's three-hour, *student-run Holiday Telethon*. From detailed pre-production planning to seamless live execution and post-production, students demonstrated exceptional teamwork, technical skills, and professionalism throughout the event. **Over 2,300 live viewers tuned in and an incredible $19,483.65 was raised** for *Love from Lincoln, Hope from Hailey*. These funds will directly support families awaiting or undergoing life-saving heart transplant surgeries, helping ease both emotional and financial burdens during an incredibly challenging time.







The story received professional media recognition as well, covered by HKHS alum **Kevin Gaiss** on *NBC Connecticut*. *See Kevin's coverage here!*

In addition, HKTV student Jonathan Saraceno was selected to have their Holiday Telethon story air on *Fox 61 Student News* during the 7am, 5pm, and 10pm live newscasts. *Watch it here!*



Holiday Telethon Producer Reagan Aronson and Assistant Producer Myra Cortes also appeared on *The Pete Mezzetti Show* to promote the event on VSCTV. *You can watch their segment here!*



This truly was a district-wide effort, with BES, KES, HKIS, HKMS, and HKHS all playing a role in the telethon's success.



HKTV

Speaking of Donations…

HKHS collected donations back in December that totaled **$500** for the Connecticut Children's Medical Center's **15th annual PJ Day For The Kids**! **RSD17 as a district raised $3,081 total** in support of children battling cancer. This statewide initiative raises funds, spirits, and awareness for kids fighting this terrible disease and you can learn more about this amazing program here! ***Thank you to all who donated for your generous support!***



Freshmen Families!

A reminder for 9th grade students and families: The State of CT requires that **all** students entering the 10th grade, for the 2026–2027 school year, have a current physical examination by a healthcare provider. The physical exam must be dated between June 1st, 2025 and August 30th, 2026. Before the first day of school on August 26th, 2026, please submit an updated physical examination to the school nurse for review. The documentation can be brought directly to the school nurse by your student, sent via email to HKHSNurse@rsd17.org, or sent via fax to the nurse's office at (860) 345-8751.

TEENS + Energy Drinks…



Up to 50% of teens in the U.S. are reported to drink energy drinks, according to the Centers for Disease Control & Prevention. Energy drinks frequently contain large amounts of caffeine, sugar, and other additives that can cause health problems, especially in teens. **High caffeine intake can lead to increased heart rate, increased blood pressure, sleep disturbances, anxiety, headaches, dizziness, dehydration, and the risk of caffeine dependency.** *Most concerning is the link between excessive caffeine and heart rhythm disturbances.* Nationally, there has been a rise in teens requiring ER visits for energy-drink related emergencies.



Students might consume them for an intended energy or concentration "quick fix" as they navigate common academic, extracurricular, and social demands and stressors. Unfortunately, they can leave students feeling more fatigued, leading to difficulties with academics and emotional regulation. Healthier practices include consistent sleep (8-10 hours), balanced nutrition, hydration with water, and regular exercise for a natural boost. Read more about the harmful side effects here at uclahealth.org or The Effects of Caffeine on Kids: A Parent's Guide at healthychildren.org.



QUARTER 2 + SEMESTER 1

…report cards were sent out electronically on Friday, February 6th. Honor Roll & High Honor Roll will be available by mid-week on the HKHS website under the Home & Info tab. Please remember that you can log into your PowerSchool Parent Portal account at any time to check current 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.



HKHS Robotics HOSTS!

The HK Robotics Club was proud to host the **1st Annual HKMS Vex Robotics Qualifier** on Sunday, February 1st.

Thirty-one middle school teams from around the state competed for spots in the **Connecticut Robotics State Championship** event that will take place in March. Students competed in:

- *head to head competition*
- *programming skills*
- *engineering notebooks/ interview skills*









Haddam Killingworth Middle School had four teams competing, and our high school team members were there helping to run the event. *A big thank to ALL of our student and parent volunteers who helped to run the event and made it a huge success!* **A HUGE thank you also goes out to our event sponsors: Da Vinci Pizza in Killingworth and The Villager Restaurant in Chester.**

Winners of the upcoming State Championship will have a chance to compete in the World Tournament in St. Louis, Missouri with teams from all across the globe! ***You can learn more or tune in to watch (in April) this event here.***

Your 2025-2026 YEARBOOK is in the works…

CLICK HERE

to order yours TODAY!



Yearbook sales are ongoing…

FOR NOW!

Remember that ALL students who want a yearbook must order one as they are NOT included in class dues.

Don't miss out!



It's SCARY How Talented Our Students Are!

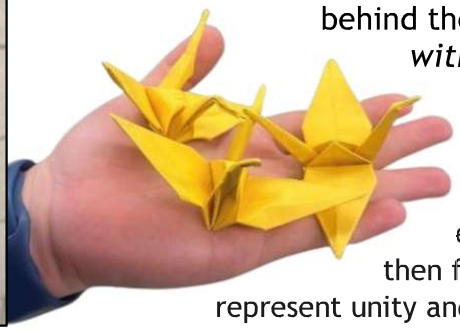
Recently our Introduction to Studio Art students collaborated with Burr Elementary School art teacher, Anna Wilcox and her 1st grade art students on a project appropriately titled: "**MONSTER BUDDIES**". Each 1st grader created their own monster drawings, and the HKHS Studio Art students brought them to life!





"No Room For Hate" finds a home...

This collaborative art project created by the **Student Equity Team** and the **National Art Honor Society** (NAHS) has found a permanent place here in the hallway of HKHS. The concept behind the project was "*Fill the Space with Kindness, No Room for Hate.*"



Pledges were written by HKHS students this past spring expressing how they might embody that concept. They were then folded into origami birds to represent unity and togetherness.

ON DISPLAY: Shoreline Edition!

Several HKHS art students currently have their work on display in East Hampton as part of the **Shoreline Visual Arts Show**. This event is a showcase of artwork by talented students from Shoreline Conference schools.

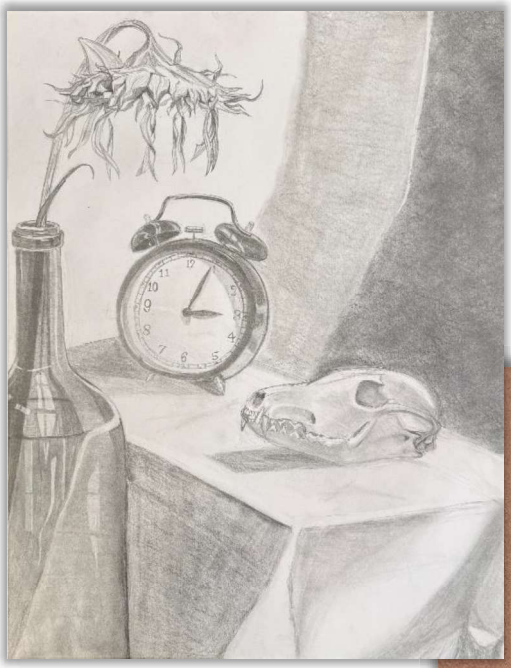
All artwork will be on display at East Hampton High School from February 5th - 12th and an Artist Reception was held on Monday, February 9th.



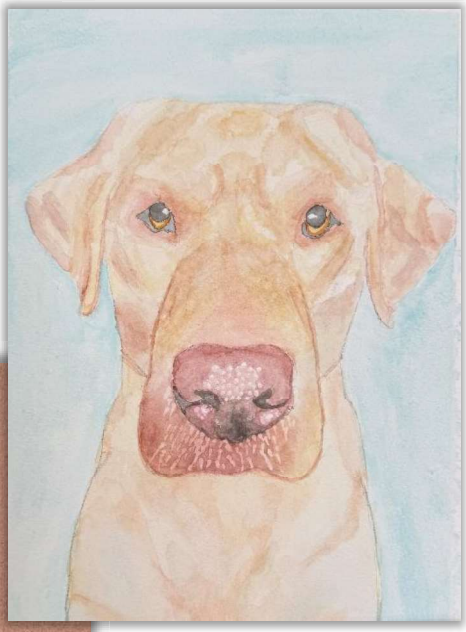
Desi Harris, Grade 9

Shoreline Visual Arts Show

Lawton Duch, Grade 11



Camryn Lisitano-Rode, Grade 11



Christian Tolliver, Grade 10

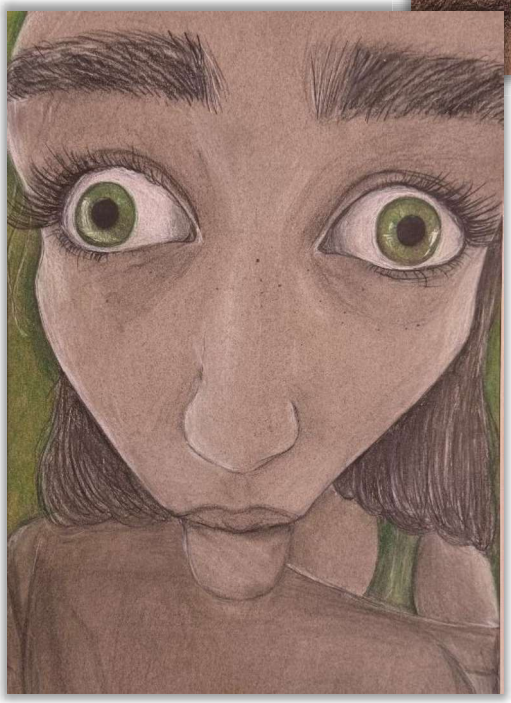


These amazing works of art came from students in our Intro to Studio Art, Drawing Studio, Advanced Art Projects, and AP Studio Art courses.

February 5–12, 2026
at
East Hampton High School
15 North Maple St, East Hampton



Seth Coulombe, Grade 11



Lily Austin, Grade 12



Stephanie Coleman, Grade 12

Math Honor Society Students Volunteer to Support Community Through VITA

A small but dedicated group of students from HKHS's **Mu Alpha Theta Math Honor Society** is making a meaningful impact in the community through the Middlesex United Way Income Tax Assistance Program (VITA). Established at HKHS in January 2025, Mu Alpha Theta encourages students to use their mathematical skills in service of others—and these students are already doing just that.

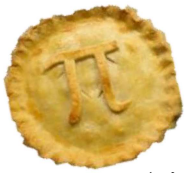
Last winter, Tetsuya Imai, the club president, and fellow member Delaney Aronson, completed the VITA certification process and volunteered their time to help community members prepare and file their taxes. Reflecting on the experience, Tetsuya shared that he especially enjoyed "*the puzzle-like nature mixed with human interaction*," noting that each tax return is different and that it is "*extremely fulfilling to meet and serve people in need of our help*." He also highlighted the collaborative nature of the program, describing fellow volunteers as "*incredibly supportive and knowledgeable*," creating an environment where everyone learns from one another to best serve clients.

This year, the commitment is growing. Four additional Mu Alpha Theta students are currently in the process of becoming certified so they can join the effort during the upcoming tax season. For returning volunteers, the decision to come back was an easy one, noting that they chose to come back for the people and the impact.



L to R: Safina Hussain (11), Audrey Macy (11), Delaney Aronson (12), Dylan Brown (11), Aaron Richwine (11), and Tetsuya Imai (12)

Beyond the significant financial benefit to the community—returning hundreds of thousands of dollars to Middlesex County families—the relationships built with clients and fellow preparers make the experience especially meaningful. The VITA program offers free tax preparation and electronic filing for eligible individuals and families with annual incomes up to $69,000. Certified volunteers work one-on-one with clients throughout tax season, helping hardworking families claim every available credit at no cost. **Through their time, training, and dedication, these students exemplify the mission of HKHS's Mu Alpha Theta Math Honor Society by using mathematics as a tool for leadership, service, and positive change.** In partnership with Middlesex United Way, they are making a lasting and meaningful contribution to the community—one tax return, and one connection, at a time.



Pi Day Isn't Far Away!



In simple terms, Pi (π) is the special number you get when you divide a circle's distance around (circumference) by the distance across (diameter). No matter what size the circle is, your result will always be about 3.14 which is why "**Pi Day**" is celebrated annually on March 14th. **HKHS will be celebrating with our 3rd annual Pi-Day Pi-K Walk!** This event will take place on Monday, March 16th where students and staff alike will walk for 3.14 km around the track followed by pie distribution at the finish line!

News from the Stage

We've Got Rhythm, We've Got Music...

Congratulations to the 18 HKHS band and chorus students who recently attended the Southern Region Music Festival! The event was held at Middletown High School in mid-January.





Attendees included seniors Elijah Sorrentino and Adam Livingston; juniors Zi Abbott, Christopher Sanders-Roberts, Paul Birkmeyer, and Juliette Harriman; sophomores Eliza Sturges, Nicholas Stegman, Kaylee Chlodnicki, Eleanor Barry, Hannah DeCaro, and Hayden Gouin; and freshmen Owen Voegtli, Madelaine Therrien, Isabella McGinley, Ryland Harvey, Hailey Buckie, Willow Whiteside, and Scarlett LeBlanc.

CONGRATS TO ALL OUR TALENTED STUDENTS!







SAVE THE DATES!

HK Drama held auditions for the spring musical,

LITTLE SHOP OF HORRORS

on Monday, February 9th and the cast is taking shape!

For more information please reach out to Mrs. Webster at mwebster@rsd17.org and make sure to mark your calendars for **Friday, May 1st & Saturday, May 2nd at 7pm** to join us to watch this hilarious and unforgettable production!







Mr. Czarkowski's **Speech & Debate** class has just completed the first two rounds of its annual debate tournament. ***Students debated a wide range of topics, including digital surveillance, remote work, health care, Puerto Rican statehood, and federal age limits for politicians***. The debates, held in the Library Media Center, drew large crowds who were captivated by the rhetorical sparring between teams.



The tournament will conclude on Wednesday, February 18th, when the two top teams face off for the **2026 Debate Championship Trophy**. Jack Bailey and Maggie DiNapoli will compete against Chloe Oboma and Stephanie Coleman. For those who would like to watch from home, the debate will air on Channel 18 shortly after the final concludes. *MAKE SURE TO TUNE IN!*



Missed Out on Previous Newsletters?



You can find them on the HKHS website under the School Bulletins tab! Please remember that many important communications from the school, such as report card notifications, schedule and attendance information, etc. are sent out through PowerSchool Parent Portal accounts. Any parent or guardian can set up an account but you will need your student's access details which can be obtained through counseling secretary Amy Giarnella at agiarnella@rsd17.org.

NATIONAL ART HONOR SOCIETY

ART = LIFE

On December 17th the National Art Honor Society (NAHS), in collaboration with photography students, ventured on an exciting field trip to the Wadsworth Atheneum Museum of Art.







The visit was filled with excitement as we explored a diverse collection of artistic expressions, from stunning paintings to mixed media. We marveled at beautifully crafted pottery created by one of our very own HKHS teachers! We delved into other fascinating forms of art, all of which enhanced our appreciation for creativity in its many forms.



The experience was not just educational but also a delightful adventure for everyone involved!

[contributed by Ivy Zheng, NAHS Publicist]



PEP, PEP, PEP it up!

On Friday, January 30th, the HKHS Pep Band performed at the varsity girls' basketball game vs. Coginchaug. The band opened the game with the Star-Spangled Banner and then played stand tunes during timeouts and between the quarters of the game. The band and the team took a group photo together at the end of the game, and the team cheered enthusiastically for the band as they walked back to the band room at the end of the night. It was great to see such spirit and support shared between the musicians and athletes!

Catch the pep band performing at the boys' basketball game at home vs. Granby Memorial on Thursday, February 12th at 7pm.

Culinary Adventures!

Our culinary students have been busy in the best possible way! The end of first semester was packed with creativity and excitement, from building gingerbread houses and taking a field trip to Channel 8, to cooking up plenty of delicious dishes along the way.

The gingerbread competition was especially fierce this year but we are proud to announce the winners are…



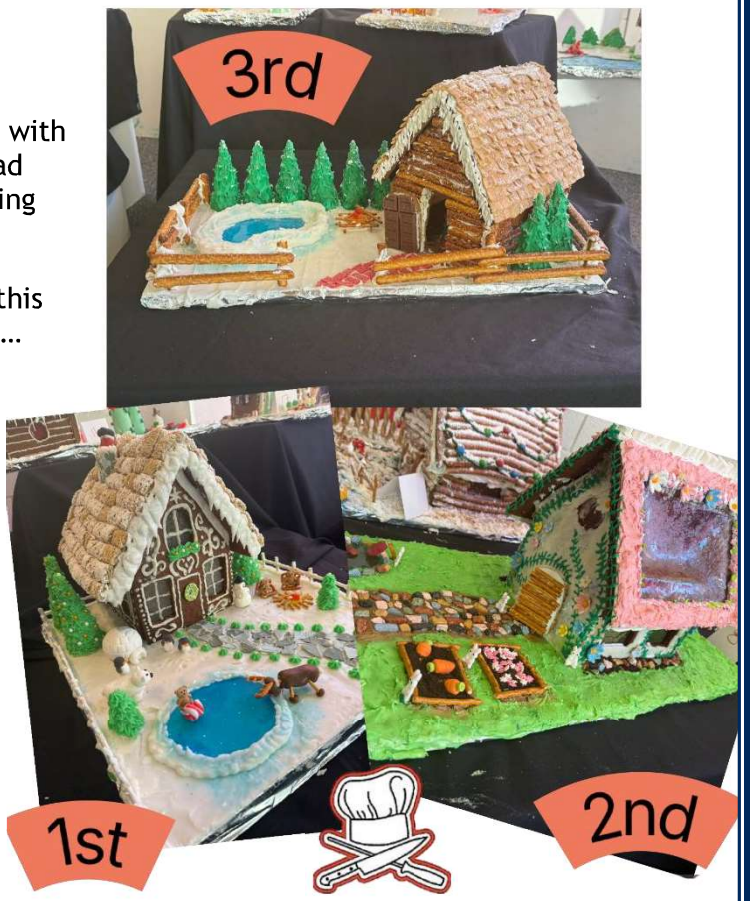
First Place — House #9
Ava Geissler, Audrey Bailey, & Ella Mitchell



Second Place — House #8
Emily Spong & Alexis Maher



Third Place — House #15
Camryn Lisitano-Rode & Gabrielle Wettemann



As we jump into second semester, a brand-new group of students is tying on their aprons and getting started with the foundations of the kitchen: sanitation, safety, and measurements. It marks the beginning of their culinary journey, building essential skills that will lead to confidence in the kitchen and many delicious dishes to come!

BRAINS or BRAWN? Why Not Both?

Congratulations to our **THIRTEEN** Shoreline Athletic Conference Scholar-Athletes from the fall 2025 season. *By FAR the most from one school out of the entire conference!*


Delaney Aronson
Haddam Killingworth
Girls Cross Country


Charlotte Behnke
Haddam Killingworth
Girls Cross Country


Evan Berardino
Haddam Killingworth
Boys Cross Country


Julia Downing
Haddam Killingworth
Girls Cross Country


Chloe Engler
Haddam Killingworth
Field Hockey


Alex Fredericksen
Haddam Killingworth
Boys Cross Country


Josh Frith
Haddam Killingworth
Football


Tetsu Imai
Haddam Killingworth
Boys Soccer


Grace Mitchell
Haddam Killingworth
Girls Cross Country


John Moyher
Haddam Killingworth
Football


Wyatt Voegtli
Haddam Killingworth
Boys Cross Country


Spencer Savoy
Haddam Killingworth
Football


Cash Smigel
Haddam Killingworth
Boys Cross Country

Band Is In The House!

On January 28th, an Open House was held for the HKHS Band program. This event allowed prospective band members to visit a rehearsal, play music with current band members, and enjoy some snacks.





We were excited to welcome back students who have played an instrument previously but are not enrolled in band this year. While students should have requested their 2026-27 courses by now, anyone else who is thinking of adding band to their schedule for next year should talk to Ms. Legman (mlegman@rsd17.org) and notify their school counselor ASAP.

Bon Appétit!

February 2nd marks the halfway point of winter and is known as Groundhog Day to Americans, but to the French, it means crêpes!







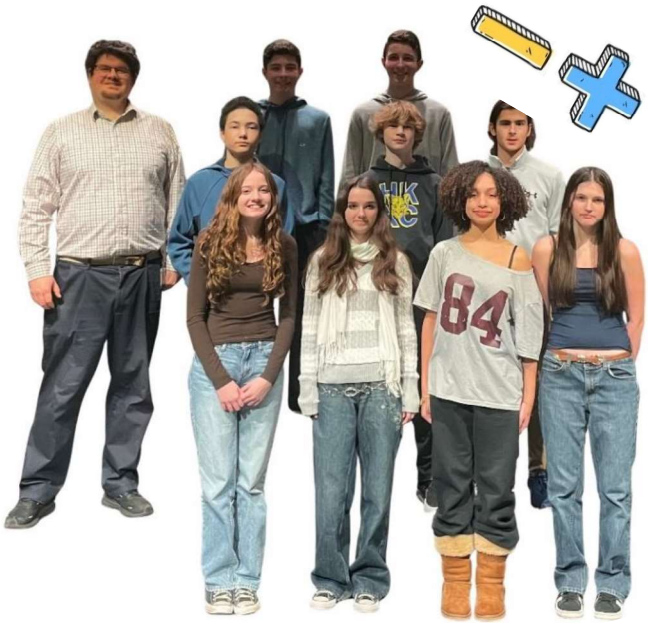




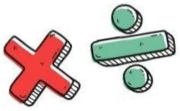
SOCIÉTÉ HONORAIRE DE FRANÇAIS

In honor of **La Chandeleur, or "Crêpe Day"**, students in the French Honor Society made and served *hundreds* of crepes to their fellow students in the cafeteria. This activity is part of the club's mission to share French culture with our school community. ***The crêpes were délicieux!***

We've Crunched The Numbers...



...and HK came out on TOP! Our JV math team once again took **1st place** at RHAM for the final meet of the season, resulting in HKHS placing first in the league for the entire year. Coach Zac Cropper-Alt said "*The team demonstrated exceptional problem-solving skills, teamwork, and mathematical precision throughout the competition, making this a well-deserved win. This year's team consistently performed at the top of every round and meet. Every day at practice they challenged and supported each other*."



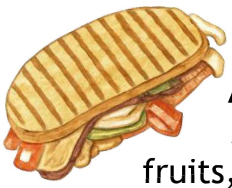
Congratulations to team leaders Owen Voegtli, Emma Castiglione, Alex Harlow, and Tyler Medina, with support from Daniel Tinker, Matt Medina, Mason Bergman, Alyssa McCue, Carina Perez, and Sylvie Peese. Details to come about individual awards likely to be received by several of these students.

CSAML
Connecticut State Association of Math Leagues

The varsity math team season continues through May with two more local meets scheduled to go, followed by states, New Englands, *and possibly beyond*! Varsity is also on track to win the local championship, as they have gotten 1st place at <u>every</u> meet so far this year!

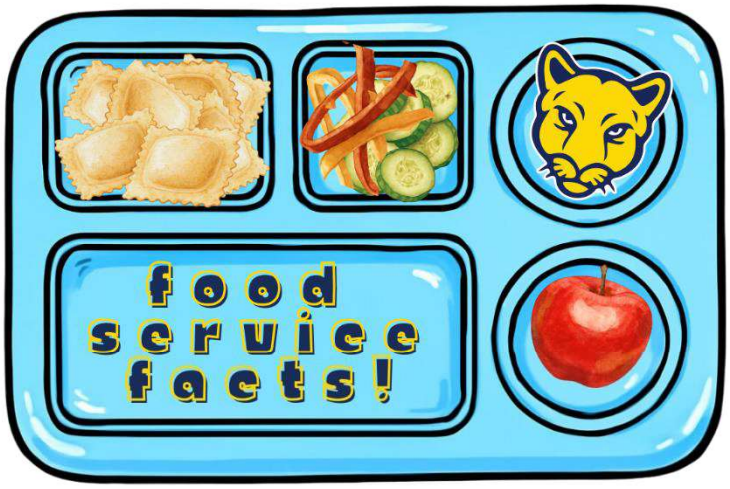
Catch Up With The CAFÉ!

It's cold as a cucumber - come to the cafeteria for a hot meal!



In a rush? We offer grab & go sandwiches, salads, pizza, AND as of February, **PANINIS**! All meals include up to two fruits, two vegetables, and a milk.

Remember: Students who have a pass can grab lunch and leave!



The full cost of each lunch is $4.25 and menus can be found at the top of the Home & Info page of our website. If you are eligible for the Free & Reduced Program, there is either no cost or a reduced cost of $0.40. A student's eligibility is **<u>not</u>** known to anyone as they simply enter their student ID # and the appropriate amount (*if any*) is charged to their account. For any questions regarding the Free & Reduced Program, please reach out to agiarnella@rsd17.org. More information on all things Food Services can be found here. ***Suggestions and comments are always welcome and be directed to RSD17 Food Services Director Sharon Shuttleworth at sshuttleworth@rsd17.org!***

According to the School Nutrition Association, "*Balanced nutrition throughout the day contributes to student success in and out of the classroom.* ***Research shows children are getting their healthiest meals at school.*** *Studies have demonstrated that school meal programs play an important role in supporting obesity prevention, overall student health, and academic achievement by improving children's diets and combatting hunger.*"

Choose Your Own Adventure!

Each January HKHS hosts a “elective fair” at the end of the first semester to showcase the various courses students can **CHOOSE** to explore in addition to the core required classes in English, math, science, and history. Our 11th & 12th grade students primarily run the event manning tables where 9th & 10th graders can come to find out more about specific courses they might like to take.



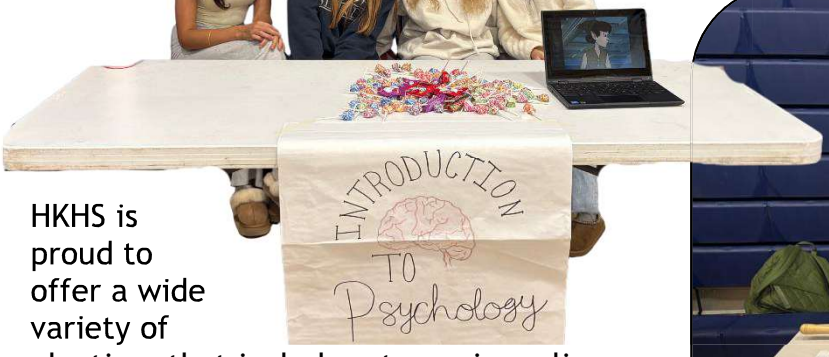




This event gives students a chance to explore the specialized courses we have to offer (*with real feedback from their peers!*) for the upcoming academic year, prior to the schedule selection process.









HKHS is proud to offer a wide variety of electives that include art, music, culinary, technology, childhood education, fitness, multimedia, automotive, and many more! **Check out the [2026-2027 Opportunities Book] for a full list of our offerings.**

UPCOMING EVENTS

- **ACTs** | Saturday, Feb 14th [*non-HKHS event*]
- **President's Day** | Monday, Feb 16th - ***District Closed!***
- **President's Day Break** | Tuesday, Feb 17th - ***No school for students!***
- **Q3 Progress Reports** | Tuesday, Feb 24th – ***Check PowerSchool for grades!***
- **Student Council Blood Drive** | Friday, Mar 6th
- **Daylight Savings Time Begins** | Sunday, Mar 8th – ***Time to SPRING ahead!***
- **Parent/Teacher Conferences** | Wednesday, Mar 11th & Thursday, Mar 12th
    - Slots available from 12:30pm to 3pm – ***Early dismissal for students!***
- **Professional Development Day** | Friday, Mar 13th – ***No school for students!***
- **SATs** | Saturday, Mar 14th [*non-HKHS event*]
- **Pi Day, Pi-K Walk** | Monday, Mar 16th
- **St. Patrick's Day** | Tuesday, Mar 17th
- **Professional Development Day** | Tuesday, Mar 17th – ***Early dismissal for students!***
- **Broadway Revue!** | Wednesday, Mar 18th – ***STAY TUNED FOR MORE INFO!***
- **1st Day of Spring** | Friday, Mar 20th
- **School Day SATs + Senior Portfolio Presentations to Staff** | Wednesday, Mar 25th
- **All-State Music Festival** | Thursday, Mar 26th to Saturday, Mar 28th
- **Quarter 3 Ends** | Thursday, Mar 26th
- **Passover Begins + NGSS Testing** | Wednesday, Apr 1st
- **Good Friday** | Friday, Apr 3rd - ***District Closed!***
- **World Language Honor Society Induction** | Monday, Apr 6th @ 7pm
- **School Day SAT Make-Ups** | Wednesday, Apr 8th
- **College & Career Fair** | Wednesday, Apr 8th [*during Advisory*]
- **National Honor Society Induction** | Wednesday, Apr 8th @ 7pm
- **ACTs** | Saturday, Apr 11th [*non-HKHS event*]
- **Spring Break!** | Monday, Apr 13th to Friday, Apr 17th - ***No school for students!***

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!

Respectfully,

Donna L. Hayward,
Principal

◦ Guidance Counseling Dept Update ◦

SENIOR Families!

The federal deadline for submitting FAFSA is **June 30th, 2026** for students pursuing post-secondary education this fall. Please visit the Help Center available on www.studentaid.gov for answers to commonly asked questions for this year's version of the FAFSA. ***Please note that we are unable to assist with the completion or updating of a student's FAFSA.***

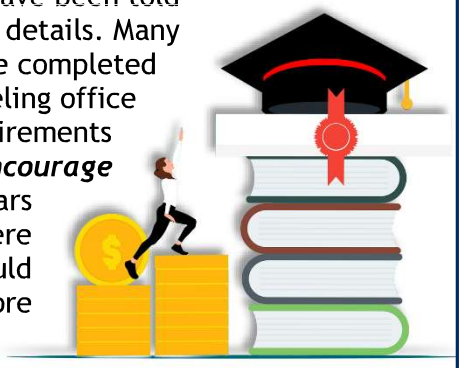
<<< Reminder: FAFSA Completion Graduation Requirement >>>

Starting with the Class of 2025, the RSD17 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 2026 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 both the 2025-2026 Opportunities Book and the 2026-2027 Opportunities Book. The school counseling office will provide waivers this spring and will notify senior families once the waivers are available. If you have not yet completed the FAFSA, we will be reaching out to you in the coming weeks about completing a waiver prior to graduation.

Scholarships Information!

The counselors will meet with all senior students on February 11th during Advisory for a presentation on the scholarship process. SchooLinks is the program we use to compile local, regional, and some national scholarship information. Students use a single sign-on process on their Chromebooks to log in so there is no separate account to access.

It is vital that students and parents/guardians understand that all available scholarships are **not** going to be listed in SchooLinks (*only the ones we are told about*) and that we do the best we can to update deadlines, requirements, etc. as we find out information. Students have been told that it is **their** responsibility to review and confirm scholarship details. Many scholarships are available to apply to online but many others can only be completed on paper and then submitted either by mail or handed in to the counseling office directly. It is important that students take the time to read the requirements ahead of deadlines, many of which are 3/1, 3/15, or 3/31. ***PLEASE encourage your student to apply for scholarships!*** We have found in recent years that many scholarship committees receive few to no applications so there is money being left on the table. Seniors interested in scholarships should be checking SchooLinks regularly and all seniors are encouraged to explore BigFuture.org for career, college, and scholarship opportunities.



EFC vs. SAI? What does it all mean?



Many scholarships are need-based and require some type of financial information. The most common financial requirement you will see on scholarships is for your **Student Aid Index (SAI)** which was previously known as the Estimated Family Contribution (EFC). Your SAI will be located on the **FAFSA Submission Summary** which was previously known as the Student Aid Report. Please note that a student's FAFSA Submission Summary will not be available until their FAFSA has been completely processed.

Regardless of what the requirements state, scholarships should only need the first 1-2 pages that include your name and Student Aid Index (SAI) – not the entire report or summary with other private information. We continue to work with scholarship committees to have the language updated in their materials but many still list the Estimated Family Contribution (EFC). Families can also refer to our Understanding Financial Aid Packages handout that includes these terms and many others.

JUNIOR Families!



Our post-secondary planning process continues as we schedule individual meetings with each of our junior students this semester. Meetings are 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, either in-person or virtually. These meetings are tailored to students' individual plan - be that college, the workforce, the military, etc.

For those considering college, **the spring of your junior year is a great time to plan campus visits!** It's best to visit when the school is in session so you can really get a feel for what the campus is like. If you are considering applying under *Early Action* or *Early Decision* plans, or if you plan sports in the fall, you may want to visit as many campuses as you can during the spring of your junior year.

ALSO on the horizon is our **College & Career Fair** which will be held on **Wednesday, April 8th** during Advisory. All students will attend but this is especially relevant for the junior class. Please note that there are other local and regional college fairs that students can attend and information about those events is typically sent out via the HKHSguidance@rsd17.org account.

FRESHMEN Families!



Counselors will be meeting individually with all 9th grade students this semester to review their course requests (*basically their course "wish list"*) for next year and discuss plans for meeting graduation requirements. Schedules will not be finalized until late in the semester however. If you have questions about available courses or graduation requirements, please refer to the 2026-2027 Opportunities Book which is available on the Home & Info tab of the HKHS website.

Alumni Day!

HKHS held its annual Alumni Day on Wednesday, Jan 7th! This event allowed our current seniors to learn about the college and work experiences of our recent graduates. We were joined by six of our former students from recent graduating classes for an informative session to discuss what they're doing now, the positives and negatives of the matriculation process, and things to be aware of while planning next steps for after graduation.



We are so happy to have the support of recent alumni!

[A HUGE thank you to Ally Hubbard, Molly O'Neal, Lindsay Blade, Luke Celentano, Bryce O'Linn and (not pictured) Veronica Pypa]

When is sick too sick for school?

School is better with you, even if you're a little under the weather!



Send me to school if:

- I have a runny nose or just a little cough, but no other symptoms.
- I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.
- I haven't thrown up or had any diarrhea for 24 hours.

Keep me at home if:

- I have a temperature higher than 100 degrees even after taking medicine; keep me home until I am fever-free for 24 hours without medicine.
- I'm throwing up or have diarrhea.
- My eyes are pink and crusty.





Call the doctor if:

- I have a temperature higher than 100 degrees for more than two days.
- I've been throwing up or have diarrhea for more than two days.
- I've had the sniffles for more than a week, and I'm not getting better.
- I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).

REMINDER! **If you think your child may have COVID-19, please test them prior to sending them to school.**

CSDE thanks New London Public Schools in the development of this flier.