

New Milford High School

# PRINCIPAL'S CORNER

## NEWS & NOTES, SEPTEMBER 2017

### A New and Exciting School Year!

Dear Parents and Students:

Welcome Back!

A new school year has started and I'm happy to report that we have had an exceptionally smooth opening. Students and staff have acclimated well and seem to have gotten back to the routine of school.

**Congratulations** to Mrs. Denise Duggan! Mrs. Duggan is the Department Chair of our Health Department and has been named New Milford's Teacher of the Year! This is a well deserved honor to a wonderful teacher and leader.

We recently held our Open House with strong attendance from parents. Thank you! I truly believe that New Milford High School is a wonderful school that offers tremendous opportunities for our students in and out of the classroom. I hope to see you all out and about at the many exciting events to come this year.

Here's to a happy and successful school year!



### Student Assistance Program

#### Inside this issue:

Club & Activities	2
Student Assistance	2
College Fair	2
Planning ahead	3
Special Ed News	3
Guidance News	3
Upcoming events	4

We are delighted to continue our Student Assistance Program again this year. The Student Assistance Program provides an array of services for New Milford High School students. Students involved with this program may not necessarily be involved with drugs, but may be at risk for substance abuse or other problems, or may be concerned about someone who is involved with substances or may be at risk.

Leading our Student Assistant Program is:

Judith O'Callaghan, LMFT, LADC - Student Assistance Counselor  
 NMHS Room 1204 (860-350-1204)

See more on the Student Assistance Program on page 2



Club and activity is chess club and so much more!

## Club & Activity Period

At New Milford High School we believe in offering students the opportunity to have a well-rounded high school experience. We believe it is important for students to strike a balance between academics and extra-curricular activities, but also understand that athletics and the arts are not for everyone or that some students may find it difficult to participate in extra-curricular activities outside school hours. This is why we

are committed to offering students the opportunity to participate in clubs and activities during the school day through Activity Period.

Activity Period happens approximately once per month and allows students and staff to form bonds based on common interests such as jig saw puzzles, ping pong, a love for animals, or a passion for comedy. We also have several community service orient-

ed clubs that meet during Activity Period such as Key Club, Athletic Council, and Leo Club. In all we have over sixty different clubs that will meet during Activity Period this year – there truly is something for everyone! Visit [http://images.pcmac.org/SiSFiles/Schools/CT/NewMilfordPS/NewMilfordHigh/Uploads/Forms/Activity\\_Period\\_Listing\\_2017-2018.pdf](http://images.pcmac.org/SiSFiles/Schools/CT/NewMilfordPS/NewMilfordHigh/Uploads/Forms/Activity_Period_Listing_2017-2018.pdf)

## Student Assistance Program

### SIGNS THAT A TEEN MAY NEED ASSISTANCE

While many symptoms associated with substance use can also be normal occurrences in adolescent development, be aware of the following warning signs:

- Abrupt changes in mood or attitude (more sensitive, angry, secretive, irritable)
- Less communicative – defensive when questioned about friends or social plans
- Reduced academic performance
- Poor peer relationships or change in friends
- Change in lifestyle – unexplained increases or decreases in money, dropping former school activities
- Aggressive/acting out behavior
- Development of physical problems – weight change, memory loss, change in appetite, involvement in more accidents, difficulty concentrating, change in hygiene

## College Fair



Danbury Fair Mall College Fair will be held on October 16th from 5:00 p.m. to 8:30 p.m. Representatives from more than 220 two-year and four-year colleges, nursing schools, business schools, and trade schools will participate

in the annual Great Danbury College and Vocational Fair. Officers and enlisted personnel from the various branches of the military services will also be on hand to discuss the military's enlistment and

education programs such as R.O.T.C., the military academies and the GI Bill.

See mapping out a strategy on next page

## Attending the College Fair ?

### Mapping Out a Strategy

Before you leave for the fair, make sure you have the following supplies: a small notebook with your list of colleges and questions you want to ask, a pen or pencil, and a tote bag to collect college materials.

Students with access to computers may wish to print self-stick address

labels. Include your name, address, phone number, e-mail address, high school, year of graduation, intended major(s), and any extra-curricular activities you're interested in.

This will save you from filling out the college information cards with the schools you're interested in.

Planning ahead ensures that you get to visit the colleges that most interest you, but also be sure to leave time for browsing. Be adventurous. Don't just focus on "name" schools. You may just discover a school you've never heard of offers what you're looking for! For additional information:

[http://www.schoolguides.com/danbury\\_college\\_fair.html](http://www.schoolguides.com/danbury_college_fair.html)



## From the Special Education Office

The special education department developed an interactive website focusing on special education co-taught classes and standards for High School classrooms in New Milford Connecticut. The website is divided into sections: Sci-

ence, English, Math, Social Studies, and Resources. This interactive website builds upon what was learned in the classroom and develops the skills associated with the Common Core State Standards. The interactive website introduces material to students, and subject material

becomes more fun and engaging. Parents, students, educators, and the larger school community will be able to take advantage of the information provided in this website. <http://greenwavesuccess.weebly.com/>



## PSAT

On Wednesday, October 11, 2017, our school will administer the PSAT 8/9 and the PSAT/NMSQT®, a test that showcases the classroom skills and knowledge that are essential for college and career

readiness and success to all grade 9, 10, and 11 students. We have gone to great lengths to create an authentic testing environment that mirrors that of an SAT and better prepares our students for the

actual SAT. Our students have been assigned a testing room and our teachers will act as proctors for the test. We will have a special schedule that day to accommodate the test. Students will proceed directly to their testing room at 7:35 a.m. for test directions and it's our goal to start testing at or as close to 8:00 a.m. as possible. More information will be sent home in the coming days.

New Milford High School  
388 Danbury Rd.  
New Milford, CT 06776

Phone 860-350-6647

Follow us on Twitter at:  
[https://twitter.com/NMHS\\_CT](https://twitter.com/NMHS_CT)  
<https://twitter.com/MrShugrue>

New Milford High School  
Home of the Green Wave



## Core Values & Beliefs

**W**ork

Work to become lifelong learners and peer collaborators who meet challenging goals by applying 21<sup>st</sup> century skills.

**A**chieve

Achieve through hard work, honest reflection, and self-advocacy using critical thinking and problem solving.

**V**alue

Value civic responsibility and the diversity within our community and global society.

**E**mpower

Empower students and teachers to become curious, creative, innovative, and insightful.

**UPCOMING** *Mark Your Calendars* **EVENTS**



**NMHS Band Home Show**  
**September 23, 6:00 p.m.**  
**Stadium Field**

**Senior Guidance Night**  
**October 4, 7:00 p.m.**  
**Theatre**

**Financial Aid Night**  
**October 11, 7:00 p.m.**  
**Theatre**

**College Fair**  
**October 16, 5:00 p.m.**  
**Danbury Fair Mall**

For other upcoming events, please visit our school web site at: <http://nmhs.newmilfordps.org/?PageName=%27Calendar%27>

Or our District web site at: <http://www.newmilfordps.org/?PN=Calendar>