



Ledyard High News

ISSUE 3

With additions

January 2012

PRINCIPAL'S LETTER

Dear Parents, Guardians, and the LHS Community,

I am composing this note during a 90 minute delay, our first of this winter, on January 17. What a difference a year makes. Last January's newsletter opened with this: "I write to you on January 14, and outside my window is a 2:00 moon and snow drifts reaching three feet." It seemed that most of my time last January was spent updating our website with the latest changes to our exam schedule, but so far so good in 2012. Please join me in keeping a good thought.

We enjoyed an excellent fall semester. Behavior and our climate continue to be excellent, our honor roll numbers were high, and our student activities have been very successful. December's holiday concerts were well attended, and our student performers met their usual high standards. Their generosity and that of our music teachers in improving the seasonal cheer throughout our community and in local towns is really remarkable. We also had five athletic teams win conference titles this fall, and I believe it has been quite some time since we have seen that. We are especially pleased with the resurgence of our girls teams – a focus of our athletic department in recent years – and the product of talented athletes and good coaching. Meanwhile, our Robotics team is building and "training" their creation to shoot basketballs in competition. Next it will be demanding Jordans.

Our spring semester Open House is coming up on February 16 at 6:30. Traditionally, parent attendance drops considerably for our second parents' night, and that is a shame. I hope everyone will remember that students have all new teachers with all new course requirements and responsibilities. It seems no less important to meet the second semester teachers than it did the first. I really hope you can join us.

We have been making a real effort, as we do each year, to minimize our new text and library expenditures by attempting to recover lost books. Those missing items have been known to total \$30,000 or more, so having them returned or paid for is essential. Please help us out if your student has yet to return books or materials. If you are unsure if your child has missing items, check in Powerschool under "SOY Balance" or call our guidance office.

Finally, I have been surprised to learn recently that a number of parents were unaware that I have announced my retirement as principal of Ledyard High School after 37 incredibly short years in the district, effective July 1 of this year. I did so in early December, including to our students during morning announcements, and mistakenly assumed that all of you would have heard about it from them. What *was* I thinking? I hope to continue my association with the students of Ledyard Public Schools in some capacity should the opportunity present itself; but it has, in any case, been an honor and a delight to work with you and the thousands of students, past and present, of LHS.

Sincerely,

Louis J. Gabordi

LEDYARD HIGH SCHOOL SCHEDULE OF EVENTS 2011-2012

January

16	NO SCHOOL (Martin Luther King Day)		
18	Board of Education Mtg	7 p.m.	LHS Media Center
18,19,20	EXAMS (Dismissal at 12 noon)		

February

1	Board of Education Mtg	7 p.m.	LHS Media Center
6	Parent Advisory Council	6:30 p.m.	LHS Media Center
8	HALF DAY (LHS Professional Development)		
12	Ledyard Athletic Booster Club	7:30 p.m.	LHS Media Center
15	Board of Education Mtg	7 p.m.	LHS Media Center
16	OPEN HOUSE	6:30 TO 9	Begins in auditorium
20	NO SCHOOL (February Break)		

March

5	Parent Advisory Council	6:30 p.m.	LHS Media Center
6, 7, 8	CAPT (testing) Actual schedule of these days will be posted closer to the date)		
12	SPRING Sports Mtg (Athletes, parents, coaches)	7:00 p.m.	Gaucher Auditorium
13, 14	CAPT (testing) Actual schedule of these days will be posted closer to the date)		
19	Ledyard Athletic Booster Club	7:30 p.m.	LHS Media Center
21	Board of Education Mtg	7 p.m.	LHS Media Center
22	National Honor Society Coffeehouse		LHS Cafeteria
23	NO SCHOOL (System-wide professional Development)		
30	Lasagne Dinner (Music)	5 to 7 p.m.	LHS Cafeteria
30	TALENT SHOW	7:30 p.m.	Gaucher Auditorium

April

2	Parent Advisory Council	6:30 p.m.	LHS Media Center
4	Board of Education Mtg	7 p.m.	LHS Media Center
6	NO SCHOOL (Good Friday)		
9-13	NO SCHOOL (Spring Break)		
16	Ledyard Athletic Booster Club	7:30 p.m.	LHS Media Center
18	Board of Education Mtg	7 p.m.	LHS Media Center
25	HALF DAY (LHS Professional Development)		

May

2	Board of Education Mtg	7 p.m.	LHS Media Center
5	S.A.T.s	8 a.m.	LHS
7	Parent Advisory Council	6:30 p.m.	LHS Media Center
12	JUNIOR PROM	6 to 11 p.m.	Port & Starboard
14	Ledyard Athletic Booster Club	7:30 p.m.	LHS Media Center
16	Board of Education Mtg	7 p.m.	LHS Media Center
17	Eighth Grade Orientation	6:30 p.m.	
24	National Honor Society Coffeehouse	7 – 9 p.m.	LHS Cafeteria
26	SENIOR PROM	7 to 11 p.m.	Mystic Marriott
28	NO SCHOOL (Memorial Day)		

June

1,2	Choral POPS Concert	7:30 p.m.	Gaucher Auditorium
5	AWARDS NIGHT	6:30 p.m.	Gaucher Auditorium
6	Board of Education Mtg	7 p.m.	LHS Media Center
8	Band POPS Concert	7:30 p.m.	Gaucher Auditorium
11	Ledyard Athletic Booster Club	7:30 p.m.	LHS Media Center
13,14,15	EXAMS (Dismissal at 12 noon)		
23	Graduation		

LEDYARD HIGH SCHOOL ATHLETICS

Fall Sports Recognition Night was recently held at halftime of our boys’ and girls’ basketball games. The LHS girls’ cross country, boys’ cross country, volleyball, boys’ soccer and football teams were honored for their outstanding seasons in which they all captured ECC championships. Also, junior swimmer Jessica Hespeler was recognized for capturing two state open championships and being named a USA Scholastic All-America. Congratulations to all of our fall student-athletes and coaches for a job well done!

Our winter sports season has hit the half way mark and all of our teams are having great success. I urge all of our community members to come out and support our student athletes who are competing in basketball, wrestling, swimming, indoor track, fencing, hockey, and cheerleading. You can get a daily athletic schedule by going to ledyard.net and linking to athletics or by going to casciac.org.

Finally, our **Spring Sports Night** will be held on Monday March 12 at 7pm in the school auditorium. All students who are interested in participating in a spring sport must attend this meeting with a parent or guardian. If you have any questions, please contact Athletic Director Jim Buonocore at 860-464-9600 ext. 123 or jbuonocore@ledyard.net



GO COLONELS!

The Ledyard Athletic Booster Club

invites parents and guardians
to meet with us as we gather each
month to discuss ways to help
enhance sports at LHS.

Please join us on the following dates:

February 13th

March 19th

April 16th

May 14th

June 11th

7:30 p.m.

LHS Media Center



Senior Class Graduation Party News January 2012

Bingo at Foxwoods: Wednesday, March 14th. Doors open at 4pm, Games start at 6:30pm. Attendee's must be 18 years of age. Tickets are \$15.00 each. Door Prize \$100.00, Admission Package contains Early Birds, Regular games, Bonanza and U-Pic-Em's. Contact Rebecca Scahill at rlsakds@yahoo.com or any of the chair people for tickets.



Memory Wall: It is time to dig out your photos for the memory wall! Photos can be individual students or groups of students. Photos should primarily be of graduates. Look through your photos from preschool, class pictures, field trips, clubs, sports, special events, events outside of schools, your favorite teacher, dances etc. Please drop off copied photos (sorry we can't return pictures) at the high school main office. If you have any questions, please contact Kerri Charette, our Memory Wall Coordinator, at kerri.charette@comcast.net



Payments: The cost of the party is \$125.00. Checks can be made out to LHS Grad Party. Please put the student's name on the memo line to ensure accurate account posting. You can pay in two installments. The first payment of \$75.00 is due February 6th, with the second payment due April 6th. If you need confidential financial assistance, please speak to your student's guidance counselor. All attendees, regardless of age, must have parental permission to attend the party. You must turn in your permission slip with your final payment.

Polly Ash – President, pash@ledyard.net
Robin Loy – Treasurer, rals991@aol.com
Janet Farquhar – Secretary, ct_farquhar5@yahoo.com



ANTI-BULLY WORKSHOPS
Feb 12 and 26 (Two-part series)
Ledyard Congregational Church
3-4:30 p.m.

Teens: "Healthy Relationship. Is Jealousy a Sign of Love?"
Gr 3-6 "Stop it, Bully. That's Mean!"
Parents/teachers/adults "How Do You Communicate With Your Teens?"

Workshops are free and open to the public. Please call for more information and to register as seating is limited. 860-464-9926 or email Ledyard.cong.church@snet.net. Please note "Anti-Bully Workshops" in subject line.

FROM THE NURSES' OFFICE

As temperatures drop, one would expect that our kids would be sporting winter coats and warm shoes. However, we have noticed that this isn't always the case at Ledyard High School. When asked why, students respond with a variety of justifications for their short-sleeved shirts and flip-flops including "A coat won't fit into my locker" and "I am only outside for a few minutes". Choosing your battles with our teenage children just makes sense, but this is one area where parental influence may be needed. Frequent fire alarms here at the high school sometimes send us out for unplanned evacuations. When this happens because of a gas sensor, we may be outside for as much as 20 minutes. Please encourage your kids to wear appropriate clothing including shoes (rather than flip-flops) and warm clothing during the winter months...but, in case they forget, here is some information on frostbite that may help them prevent serious skin damage.



Signs and symptoms of **frostbite** include:

- A slightly painful, prickly or itching sensation
- Red, white, pale or grayish-yellow skin
- Hard or waxy-looking skin
- A cold or burning feeling
- Numbness
- Clumsiness due to joint and muscle stiffness
- Blistering, in severe cases



Frostbite typically affects smaller, more exposed areas of the body, such as your fingers, toes, nose, ears, cheeks and chin. Because of numbness, you may not realize you have frostbite until someone else points it out.

Frostbite occurs in several stages:

- **Frostnip.** The first stage of frostbite is frostnip — a mild form of frostbite in which your skin turns red and feels very cold. Continued exposure leads to prickling and numbness in the affected area. As your skin warms, you may feel pain and tingling. Frostnip doesn't permanently damage the skin.
- **Superficial frostbite.** The second stage of frostbite appears as reddened skin that turns white or very pale. The skin may remain soft, but some ice crystals may form in the tissue. Your skin may begin to feel deceptively warm — a sign of serious skin involvement. If you treat frostbite at this stage, the surface of your skin may appear mottled, blue or purple as it's warmed or thawed. With warming, you may notice stinging, burning and swelling. A fluid-filled blister may appear 24 to 36 hours after rewarming the skin.
- **Severe frostbite.** As frostbite progresses, it affects all layers of the skin, including the tissues that lie below. You may experience deceptive numbness in which you lose all sensation of cold, pain or discomfort. Joints or muscles may no longer work. Large blisters form 24 to 48 hours after rewarming. Afterward, the area turns black and hard as the tissue dies.

MUSIC NEWS

Bye Bye Birdie

Auditions were held the week of January 9th for this spring musical. Rehearsals begin in February with the show being performed the weekend of May 4 and 5 in the high school auditorium.

Winter Fund Raising Event

Music students will be selling Butter Braids again this year from February 1-14. The profit goes directly to student trip accounts. Chamber will be going to Disney World in March, Jazz Band to NYC in May and all the choirs will be visiting Six Flags New England on May 15 to compete and spend some time at the park. Diane Correia (rdcorreia@sbcglobal.net) and Deb Schaufler (Schauflerdebbie@sbcglobal.net) are heading up this project, so please contact them with any questions.

Roberts Wesleyan Chorale to visit in February

Chamber Choir will be hosting a visit from the Roberts Wesleyan Chorale on Monday and Tuesday, February 20-21. (Roberts Wesleyan is located in Rochester New York.) The chorale is directed by former Ledyard High School Music Director Jamie Spillane. There will be an afternoon clinic for our students and an evening concert with our Chamber Choir at St. David's beginning at 7:30 p.m. Monday, February 20th. There will be no set admission charge, but the concert will be a fundraiser and donations will be accepted to help defray the cost of the Chamber Choir trip to Florida in March.

February 2012 in the Library

<http://ledyard.follettdestiny.com> - Library Resources

<http://colonelslibrary.org> – Library web site

slantelme@ledyard.net Mrs. Lantelme, LHS School Librarian



Thank you to the Pietras family for donating two new books to the high school library collection:

Way of the Panda: the curious history of China's political animal, by Henry Nicholls, chosen for Katie, 2011 LHS Graduate.

2008 LHS Graduate, Michael, chose; *The New Cool: A Visionary Teacher, His First Robotics Team, and the Ultimate Battle of Smarts*, by Neal Bascomb.

Both of these books are in our collection and available for check out. You can honor your student by adding to our collection. It's simple, \$15 buys a paperback, \$25 buys a hardcover, send checks to the school, attention Library. Include the following information: student's name and the subject matter or specific title. I would be happy to communicate via email:

slantelme@ledyard.net.

Apps Updates!



The Library Catalog including valuable resources is available for quick and easy access via your mobile device: Go to the App Store and search for **Destiny Quest**. You'll need to drill down through some choices, and ultimately need to enter the

URL: <http://ledyard.follettdestiny.com>.

Gale Virtual Reference Library is also available via your mobile device:

Go to the App Store and search for Gale Cengage Learning. There are over 300 multi volume texts to search. You'll be prompted to enter a password; ledyard.

Check out our catalog for titles, web sites, and database collections:

Library Catalog: Destiny Quest (<http://ledyard.follettdestiny.com>)

Looking for a specific title? Your student can create an account with their last name and student 10 digit number (on the back of their student id). You can place books on hold once accounts have been created. Search for online resources by opening the **One Search** tab. Online resources in response to your search are listed and available.

Direct Links to our database collection:

<p>Oxford English Dictionary http://oed.com (hint: ledyard & ledyard)</p>	<p>SIRS – Social Issues Researcher http://sks.sirs.com (hint: ledyard)</p>
<p>Gale Virtual Reference Library http://access.gale.com/ledyardhs/ (hint: ledyard)</p>	<p>Gale Literature Research Center http://infotrac.galegroup.com/itweb/so722 (Hint: ledyard)</p>
<p>ABC-CLIO Databases http://databases.abc-clio.com (hint: lhs2 and ledyard)</p>	<p>American Government World at War The American Indian Experience Pop Culture Daily Life through History World History: Modern Era American History</p>
<p>iconn.org – CT State Digital Database Use your public library card for complete access!</p>	



LHS ROBOTICS

Team 1740, the Ledyard Cyber Colonels, attended the FIRST Kick Off for the 2012 season last Saturday at Millstone along with four other FIRST teams. For those of you who do not know, FIRST means For Inspiration & Recognition in Science & Technology. It is a competitive program to inspire future engineers and scientists through gracious professionalism. The overarching principle is that teams help each other work together, and make a point of being professional to each other, as this morning's opponent may be your afternoon teammate. Other local (Dominion sponsored) teams attending were Fitch's Aluminum Falcons, Bacon Academy, Apple PI from Guilford, and the Lyme Old Lyme champion, Techno-Tics, some of whom have helped our own team in many ways.

This year's build season is underway, and the team is working every day after school to design a robot that can shoot balls into basketball net types of baskets drive over a 4"x 6" curb, maneuver onto and balance alone or with other robots on a teeter totter type of ramp, and possibly collect balls off the ground. The team decides what it wants the robot to do in the game and then forms a production plan around the design they have come up with. The robots are traditionally within a 27" x 30" x 60" inch size with a maximum weight of 120 lbs. In the past, we have hung tubes on hooks, tossed balls through holes, hung tetrahedrons on top of a large tetrahedron, etc. We have demonstrated our 'bot' for the BOE on occasion and one year, the governor of Hawaii drove our robot, when we held a demonstration for the reception of the launching of the USS Hawaii.

The fun is designed to promote interest in engineering and science, but the process is open to anyone who wants a good time. There are business management opportunities, fund raising, pep rallying, artists, computer programmers and web site designers, and digital artists, animators, photographers, and videographers. One of our former members joined to work on the animation aspect of the game. She is now studying animation at Drexel University, where her experience on the team put her in a good position for a summer internship, working with a professor on some of Philadelphia's great birthday celebrations this year. Many of our team members have applied to engineering schools, where *they were asked* to apply for money, because of their FIRST involvement.

Another aspect of FIRST is to get sponsors and mentors who will help our students grow. It's a great way for a parent to become involved with his or her student's school activities. If you or your child is interested in this great fun, contact either Mr. Estabrooks (cestabrooks@ledyard.net) or Mrs. McIntyre (pmcintyre@ledyard.net) at the school.

National Honor Society



The annual NHS toy drive raised over \$1,000 dollars in addition to the plethora of toys donated by students and faculty members. The Toy Drive was a collaboration with Ledyard Social Services, and all toys were given out to children in need in Ledyard for the holiday season. NHS members went shopping at Target after all of the money had been collected to purchase toys. Target donated wrapping supplies and even gave NHS members free popcorn. All of the toys were then wrapped at Gales Ferry School and prepared to be given out to children. Overall, it was one of the most successful Toy Drives in the past few years.

The Coffee House on December 8th was quite the success. An abundance of adults and students came out to witness the talented students in our school. The next Coffee House will be Thursday, March 15.

Upcoming projects are still being decided by senior members but will include: Leukemia & Lymphoma Society Penny Drive, Reading Day in March, 8th grade Open House in May, and JWL Field Day in June. Now a 42 member group, this upcoming Spring is sure to be filled with many projects to be carried out by NHS.

School Counseling and Guidance News

[Naviance/College Planning Night for Junior Parents](#)

"[Naviance/College Planning Night](#)" is scheduled for Thursday, February 9, 2012 at 6:30pm in the LHS auditorium. This presentation is designed for members of the Junior class and their parents. An overview of Naviance will be given as well as information on college planning. Parents who need assistance will be able to create their Naviance accounts with our counseling department following our brief presentation.

[Course Registration for 2012-13](#)

We will begin course registration with students in mid-February. All students will be receiving a 2012-13 Program of Studies book prior to their meeting with their counselor. We encourage all students to speak with their parents and teachers for assistance while selecting courses for next year.

[SAT Prep Course](#)

There will be an SAT PREP course offered on Saturday mornings from 9-12:15 on the following dates:

March 17, 31

April 21, 28

Students must sign up in the School Counseling and Guidance office by March 14th. The cost is \$22 per student. The course will cover Math and Critical Reading. This Prep class is designed to help students prepare for the SAT administration on May 5, 2012 at LHS.

Students can register for any of the SAT administrations by visiting www.collegeboard.org . The deadline to register for the May 5, 2012 administration is April 6th.

SCHOLARSHIP APPLICATIONS -Please **DO NOT** request transcripts for **SCHOLARSHIPS** through **Naviance**. Scholarship transcripts cannot be sent electronically. Therefore, students need to come to the School Counseling and Guidance office to request a hard copy. Requests should be made only after the scholarship application has been completed. Scholarship transcript request forms are available in the Guidance office. See Mrs. Adams or Mrs. Paterson and allow 3 days to process the request. Transcripts for COLLEGE APPLICATIONS and NCAA **MUST** still be requested through Naviance.

OTHER NEWS ITEMS

College Goal Sunday - On January 29, 2012 from 1:30 p.m. to 4:30 p.m. at [The New London Science and Technology Magnet High School](#), 490 Jefferson Avenue New London, CT 06320. Students and parents can talk to experts and get in-depth help filling out the Free Application for Federal Student Aid (FAFSA). In addition to receiving assistance in filling out the FAFSA, participants will receive general information regarding state and federal financial aid programs.

More FAFSA assistance: If you are unable to attend "College Goal Sunday" and need assistance call the Federal Student Aid Call Center at 1-800-4-FED-AID (1-800-433-3243). If you plan on completing the FAFSA online visit <http://www.fafsa.ed.gov/> .

Virtual College Fair Sign up at www.collegeweeklive.com to be part of College Week Lives' Virtual College Fair. The fair is an excellent resource that is available online to assist students and families with the college search and application process. **The fair will be held on Wednesday, March 21 and Thursday, March 22.** Over 450 schools are expected to participate. The CollegeWeekLive website will be updated in the coming weeks with a new list of colleges, speakers, and calls to register for the March event. Students and families will be able to interact with school admissions counselors and current college students via real time online chat, as well as download college brochures access relevant information all in an online environment. There will also be keynote speakers addressing important admission topics as well as student panels where current college students will be discussing admissions issues. A list of participating schools can be found at www.collegeweeklive.com/colleges.html

LEARN is offering a transition workshop series for students with disabilities and their families. For more information, please contact Lois Eldridge at leldridge@learn.k12.ct.us (860) 434-4800 EXT. 182 or Dave Edgecomb at dedgecomb@ledyard.net 860 464-9600 x142.

See info below.

Parent Workshop Series – Winter/Spring 2012 Offered by LEARN Special Education

Register online at www.learn.k12.ct.us.

Click on Workshops and browse our offerings by title. If you need assistance please call Lois Eldridge at the Special Education Office at 860-434-4800 Ext. 182 or email transitionservices_list@learn.k12.ct.us. 44 Hatchedts Hill Road, Old Lyme, CT 06371

February 28, 2012

6:00-8:00 PM

Nutrition, Self-Awareness & Hygiene

Guest speakers:

Emrys Tetu,

Wellness With Food

Carol Barans,

Autism Speech Resource Center

Lois Eldridge,

Transition Coordinator, LEARN

This workshop will provide resources and handouts to help parents, students and educators in Special Education 8-21 years old to address and create a foundation for good student hygiene and self-awareness.

March 20, 2012

6:00-8:00 PM

Independent Living Skills

Guest speakers:

Traci Resler,

Kennedy Center, Transition Education Coordinator

Precious Putnam,

Disabilities Network of Eastern CT, Job Placement Vocational Advocate

This workshop will provide resources and handouts to parents, students and educators in Special Education 16-21 years old for travel independence, independent living and working.

April 26, 2012

6:00-8:00 PM

What Parents Need to Know About High School Transition Planning and Services

Guest speakers:

Beth Reel,

Transition Specialist, CT Parent Advocacy Center (CPAC)

Lois Eldridge,

Transition Coordinator, LEARN

This workshop will familiarize teachers, parents or other family with the laws and regulations specific to transition services and the high school level with a focus on the writing of Post-School Outcome Goal Statements (PSOGS). This workshop is sponsored by SERC, State Education Resource Center

Sophomore Class Fundraiser



The sophomore class is selling tickets to the **Providence Bruins vs. Worcester Sharks hockey game on Saturday, March 3rd**. Tickets are \$25 each and include bus transportation and a Bruins hat. Sign up during lunch or in the main office. All friends and family are welcome. Bus will leave LHS at 5:15

PAX EXCHANGE PROGRAM

Once again we will be looking for **interested families to host students for the next school year**. Students come from over 35 countries and have a good knowledge of English.



They have spent a year preparing to come, filling out applications, doing interviews. It's a dream for them to come to America, learn our cultures and do things like carve pumpkins , learn to ski and sing in a talent show.

Anyone interested in being a host family, please contact Debbie Evans at devans@ledyard.net or call 860-464-9600-ext.144