



Ledyard High News

ISSUE 1

October 2009

PRINCIPAL'S LETTER

Dear Parents, Guardians, and the LHS Community,

We have been extremely fortunate to have such beautiful weather during the opening month of school, and the “indoor weather”, so to speak, has been just as wonderful. Your children arrived with energy and excitement on day one. As happy as I always am to welcome everyone back, I must say that this year has felt even more special. And now, a month into the year, it is clear that the summer break erased none of the gains we made in school climate last year. Your many positive comments have helped to confirm this, as have our daily observations in our building. As, always, I want to thank you for your partnership in this area. We are confident that another great school year is ahead.

The information available at our recent Open House included how to contact your child's teachers. Speaking or writing directly to our teachers is always the most efficient way to have your questions answered. Remember that all teachers use the Ledyard.net email; individual teachers may be reached by using the first initial followed by last name@ledyard.net. Mine, for example, is lgabordi@ledyard.net. Also, please feel free to use our voice mail system. The directory is available by calling us at 464-9600.

We invite you all to join us for our Parent Advisory Council (PAC) meetings on the first Tuesday of each month from 6:30 – 7:30 in the LHS library. Meetings will continue monthly through May. This is an important opportunity to learn more about the educational experience of your child and to influence our thinking, as well. You will help to determine the monthly agendas. Each year we seem to have a few more folks involved. We hope you will join us whenever you can. Be sure to bring your questions and suggestions, if you have any, or just come to learn a little more about LHS.

It appears that our efforts to better serve you through fuller, more frequent communication were bolstered by our new student information system, Power School. We have received numerous emails and other comments on the difference which the Parent Portal has made in your ability to monitor and help your children. Along with the first progress reports of this year, you will receive instructions for using Power School and the passwords for both you and your students. Please put the passwords in a safe place; this is the surest way to maintain the privacy of your children's grades. We also hope to receive fewer requests due to lost passwords. In this mailing you will also receive a form asking if getting access to the internet is difficult for you. If such access is difficult, please fill out the form and return it to us. We will then see to it that hard copies are mailed home in the future.

Again, many thanks for all you do to help us give your children the best possible education. I can't imagine a better community in which to be a high school principal.

Sincerely,

Lou Gabordi

LEDYARD HIGH SCHOOL SCHEDULE OF EVENTS 2009-2010

October

5	LHS Parent Advisory Council (CHANGE IN DATE)	6:30 p.m.	LHS Media Center
6	Ledyard Safe Teens Coalition Community Forum	5:30 – 8:00 p.m.	LHS Cafeteria
7	Half Day (Professional Development for district teachers)		
7	Board of Education Mtg	7 p.m.	LHS Media Center
8	COLLEGE FAIR	6:30 p.m.	LHS Cafeteria
12	NO School (Columbus Day)		
15	Homecoming Pageant	6:30 p.m.	Gaucher Auditorium
16	Homecoming Football Game (v Windham)	6:30 p.m.	Mignault Field
17	P.S.A.T.s	7:45 a.m. to 12 Noon	L.H.S.
17	Homecoming Dance	7 to 11 p.m.	LHS Gymnasium
20	LHS Alumni Association Mtg	6:30 p.m.	LHS Media Center
21	Board of Education Mtg	7 p.m.	LHS Media Center
26	MAKEUP PICTURES		
28	Half Day (Professional Development for district teachers)		
29	Meet the Music Concert	7:30 p.m.	Gaucher Auditorium

November

3	LHS Parent Advisory Council	6:30 p.m.	LHS Media Center
3	Financial Aid Night	6:30 p.m.	Gaucher Auditorium
4	Board of Education Mtg	7 p.m.	LHS Media Center
7	S.A.T.s	7:45 a.m. to 12 noon	L.H.S.
11	NO School (Veterans' Day)		
17	LHS Alumni Association Mtg	6:30 p.m.	LHS Media Center
18	Half Day (Professional Development for high school teachers)		
18	Board of Education Mtg	7 p.m.	LHS Media Center
19	ASVAB Test (See Career Center)		
19,20,21	Drama Production	7:00 p.m. each night	Gaucher Auditorium
25-27	No School (Thanksgiving Break)		

December

1	LHS Parent Advisory Council	6:30 p.m.	LHS Media Center
2	Board of Education Mtg	7 p.m.	LHS Media Center
16	Half Day (Professional Development for high school teachers)		
16	Board of Education Mtg	7 p.m.	LHS Media Center
18	Holiday Concert	7:30 p.m.	Gaucher Auditorium
22	LHS Alumni Association Mtg	6:30 p.m.	LHS Media Center
23	Half Day		
24-31	No School (Winter Break)		



MARINE SCIENCE

Marine Science I students went on their first Project Oceanology field trip in early September. The purpose of this trip was to collect physical and biological data for a particular environment. Student groups included a study of marshes, the beach, rocky shore and subtidal environs. Everyone had a great time and brought back great data and many neat sea creatures. The classes are now finishing their papers and posters that were the result of the field trip.

Marine Science II students went on their first Project Oceanology trip in early September. These students used GPS units, surveyor transits and a laser rangefinder to accurately map changes seen in the topography and overall shape of Bushy Point Beach. This year's data can be added to and compared with data from several years in the past. Next trip for Marine Science II will be in mid October when we head to The Race to collect some of the top predators of Long Island Sound (the bluefish).

School Counseling News

SENIOR MEETINGS- Counselors have recently completed initial senior meetings. These meetings are important for the review of college/career plans for next year. Please be sure to schedule a follow up meeting with your counselor as soon as your materials are ready to be mailed and remember to **adhere to all deadlines** to assist us in making your college application process a smooth one. **Please visit the guidance department webpage's "senior" tab. Here you will find all of the paperwork from our senior meetings plus a great deal more useful information.** <http://www.ledyard.net/lhs/guidance/seniors/index.html>

IMPORTANT DATES:

PSAT: Test Date Oct. 17 administered at LHS. Juniors and Sophomores (who have taken geometry) should sign up. Students can sign up in the Counseling office from Sept. 30th to Oct 14th and the cost is \$22.

SAT: Test Date Nov. 7 administered at LHS. Late registration deadline is Oct. 15
Test Date Dec. 5 administered at area high schools. Regular registration is Oct. 30

ACT: Test Date Dec. 12 administered at area high schools. Regular registration is Nov. 6

FINANCIAL AID NIGHT: Nov. 3rd (Tue) at 6:30pm at LHS. A guest speaker from the Connecticut College Financial Aid Office will be presenting a program on FAFSA, CSS profile and all information pertaining to college funding.

OTHER INFORMATION: please see the "Career Center News" for information on the **College Fair** and **ASVAB** administration.

Career Center News

LHS Students Attend Nurse Camp at William W. Backus Hospital

On September 25, 2009, Ledyard High School sent five students who have expressed an interest in pursuing a career in nursing to William W. Backus Hospital. Each student was given a pair of scrubs and spent the entire day job shadowing various areas of the hospital. Some of the students were in the operating room next to the surgeon during surgery. Other students were able to spend time with labor and delivery, orthopedics, oncology, endoscopy, diagnostic analysis, emergency room and critical care nursing.

All of the students expressed what an amazing opportunity this was and said the experience has helped them decide to pursue a career in nursing.



Nurse Camp – Fall 2009

Hope Nelson, Jennifer Panosky, Nicole Moon, Amy Geyer and Sarah Iliff

AMHERST
COLLEGE

OXFORD
UNIVERSITY
BRANDEIS
UNIVERSITY

CAMBRIDGE
UNIVERSITY
YALE
UNIVERSITY

COLLEGE FAIR

DARTMOUTH
COLLEGE

RENSSELAER
POLYTECHNIC

CORNELL
UNIVERSITY

UNIVERSITY OF
CONNECTICUT

NORTHEASTERN
UNIVERSITY

WHEATON
COLLEGE

EASTERN
CONNECTICUT

EMORY
UNIVERSITY

VANDERBILT
UNIVERSITY

GEORGETOWN
UNIVERSITY

EMBRY-RIDDLE UNIVERSITY

PURDUE
UNIVERSITY



UNIVERSITY OF MAINE

Thursday, October 8, 2009 * 6:30-8:00 PM

Over 120 University, College & Trade School Representatives

SYRACUSE
UNIVERSITY

LHS CAFETERIA

TUFTS
UNIVERSITY

Free Admission * Open to the Public

Fair tip: Bring pre-printed labels with your name and address to give to the representatives to receive more information from their school. This saves time from filling them out by hand.

ASVAB TEST

The Armed Services Vocational Aptitude Battery (ASVAB) test will be given on Thursday, November 19, 2009 at the High School. This free Career Exploration Program is designed to be helpful to students, whether they plan to enter the workforce after graduation or pursue further education at a university, community college, or vocational institution. This test offers an interest inventory and other activities designed to help students explore the world of work and gain confidence in making career decisions. It is important to understand that there is **no recruiter contact** from this listing of students and results **will not be released** to recruiting military services.

The ASVAB Test is open to students in the 11th and 12th grades. Students interested in taking the test can sign up in the Career Center starting Tuesday, October 19, 2009. Permission slips are required for students under the age of 18 and are due by Friday, November 13. If you have any questions, please contact the Career Center at 464-9600 Ext 147 or cschwenk@ledyard.net

Pre Engineering at LHS



LHS will be adding our 4th pre-engineering course this year. Civil Engineering & Architecture (CEA), a Project Lead the Way course, will be offered in the 2nd semester. CEA will use Autodesk Revit software to introduce commercial (& some residential) building construction and design. Some other topics include topography, soil sampling, water runoff, site work, foundation and beam placement and calculations.

See Mr Ewing (Rm414) or your guidance counselor for more info.

See “www.pltw.org” for additional info.



Music news

Welcome new Staff

Mr. Green and Mr. Hammond would like to welcome three new members to the LHS music family . Our new choral director is Mr. Evan Lambert. Mr. Lambert is a first year teacher who, in addition to making the other music teachers feel old, will bring a lot of energy and new ideas to the program. He will teach Women’s Chorus at the High School and spend the remainder of his day teaching at Gallup Hill. In addition to Mr. Lambert, we are extremely excited to welcome Mr. Michael McCarthy to LHS music. Mr. McCarthy is a gifted pianist, vocal coach/teacher who brings many years of experience and success to the program. He will be accompanying the choirs and working with

students at the high school. Finally, we are very glad that Mrs. Robin Loy has agreed to “handle the money” for this year (and hopefully many more to come). Mrs. Loy will be a great asset to the program and we are so grateful for her willingness to help out.

Meet the Music Program set for October 29

The music department will present their annual Meet the Music Program concert on Thursday, October 29 at 7:30 p.m. in the auditorium. The Meet the Music Program features all of the curricular choirs and bands and it is a great way to kick off another year in Ledyard Music. Tickets will go on sale for the concert on Monday, October 19 and they will be sold in the hallway outside of the main office every morning from 7:00 a.m. until 7:45 a.m. Tickets will also be sold in the cafeteria during both lunch waves. Tickets are reserved seating and cost \$5. Again this year, we will offer families the discounted rate of 4 tickets for \$10 (family pack). This offer is limited to immediate family members only. **Please note this concert will start at 7:30 pm.** For additional information please contact Mr. Hammond.

Music Department to travel April 30-May 2

The music department will travel to New York City and Jackson New Jersey the weekend of April 30-May 2 to participate in the Music in the Parks Music Festival. In addition to the music festival, students will spend a day in New York City, where they will visit the Museum of Natural History, and attend a Broadway musical. The trip will also include a day on the roller coasters at Six Flags Great Adventure. Information has been given to students in all classes and announcements have been made asking students in classes second semester to pick up trip information. Trip contract and an initial \$50 non refundable deposit are due no later than Friday, October 16. For more information about the trip please contact Mr. Hammond. For questions regarding money please contact Mrs. Loy at RALS991@aol.com

Little Caesar Fundraiser October 19- November 6 and Patriot –Jet tickets

The music department will be selling Little Caesar Pizza Kits to help students pay for their trip to New York and New Jersey in April. The fundraiser will run from October 19 to November 6, with orders being available for pick up on November 18 in the Library. If you have any questions please contact Mrs. Hernandez (irhdz@comcast.net)

Thanks to Matt Auger, the music department will also be selling chances to win 4 tickets to the Patriot-Jets game on Sunday, November 22. Tickets will be sold at all home football games and at the Meet the Music Program concert in October. The drawing will be held at halftime of the Ledyard/Putnam game, Friday, November 13. Please contact Karen Swan (Kswan7@comcast.net) for more information.



PRESS RELEASE: "EMILY DICKINSON: PERSON, POETRY, AND PLACE" July 2009
Ledyard Teacher Selected for National Workshop

This summer, Barbara Park from Ledyard High School attended a National Endowment for the Humanities Landmarks of American History and Culture workshop for schoolteachers.

Ms. Park was one of eighty participants selected for "Emily Dickinson: Person, Poetry, and Place," hosted by the Emily Dickinson Museum in Amherst, Massachusetts.

"We were delighted that Barbara Park joined colleagues from across the country to learn more about the life, poetry, and legacy of one of America's greatest poets," said Cindy Dickinson, the museum's director of interpretation and programming and the workshop's project director.

During the weeklong workshop, participants attended lectures, participated in hands-on activities, toured the Emily Dickinson Museum and other local sites related to the poet, and developed curriculum ideas for their classrooms back home.

Unpublished in the poet's lifetime, Dickinson's poetry is considered among the finest in the English language. Dickinson's intriguing biography and the complexity of her poems have bred an intimacy and obsession with the poet's life and work that are far more pronounced for Dickinson than for any other American poet. A resident of Amherst for her entire life, Dickinson drew inspiration for her work from the social, cultural, and natural environments in which she grew up.

The Emily Dickinson Museum is dedicated to educating diverse audiences about Dickinson's life, family, creative work, times, and enduring relevance, and to preserving and interpreting the Homestead (the poet's house) and The Evergreens (the home of her brother Austin) as historical resources for the benefit of scholars and the general public (www.emilydickinsonmuseum.org).

Created in 1965 as an independent federal agency, the National Endowment for the Humanities supports learning in history, literature, philosophy and other areas of the humanities. The NEH's Landmarks of American History and Culture Workshops provide the opportunity for K-12 educators to engage in intensive study and discussion of important topics in American history. The one-week academies give participants direct experiences in the interpretation of significant historical sites and the use of archival and other primary historical evidence. For more information, visit www.neh.gov.

Prepared by Cindy Dickinson, Emily Dickinson Museum, 280 Main St., Amherst MA 02002

LEDYARD ATHLETIC BOOSTER CLUB

P. O. Box 291

Ledyard, CT 06339

"Keep Sports Alive at Ledyard High"

Membership 2009-2010

Dear Parent/Guardian,

The Ledyard High School Athletic Booster Club needs your support. This is an organization whose sole purpose is to support the Ledyard High School athletes. We do this through various fund-raisers and **membership dues**. Your annual dues of \$15 help to fund coaches' requests.

With your membership, you will receive and Athletic Booster Club card. This card will entitle you and your immediate family members to \$1.00 off each ticket for each athletic event at LHS.

In the past, we have purchased football helmets, football shoulder pads, and various team uniforms. For many years, the booster club has paid for the swim teams' timing system at Avery Point. We recently paid for a lacrosse scoreboard and improvements made to the baseball field. The booster club has purchased all ECC and State banners in the gym. The booster club supplies plaques, trophies, and patches. Each year we also fund two four-year college scholarships.

We need your help in raising funds to be able to continue our support of the LHS athletes. You can **help** by becoming a **Booster Club Member** and in staffing our **concession stand** for football games, the Ledyard Relays, and baseball or lacrosse games. **Ticket takers** are needed for football and basketball games.

We need your help to make this organization a vital part of the Ledyard High School athletic program. All members are welcome to attend any and all monthly meetings. During these meetings we approve coaches funding requests, discuss improvement projects for the athletic facilities, and other ideas to help athletics at Ledyard High School. We currently have positions open on our Board of Directors that we need to fill. Unless you volunteer to take on a project, the commitment level for these positions would not require any work other than to attend the monthly meetings.

We would like to have all the high school teams represented and active in the organization. Please indicate on the **attached form** where you will be able to help. Your help, comments, ideas, and commitment are always welcome.

Please call Kurt Eichelberg (464-6005) if you have any questions.

L.H.S. ATHLETIC BOOSTER CLUB	
Annual dues \$15 for academic year 2009-2010	
Name _____	Phone _____
Address _____	email _____
List names and ages of school-age children	
Child 1: _____	Sport Teams: _____
Child 2: _____	Sport Teams: _____
Child 3: _____	Sport Teams: _____
I can help with (please check)	
Concession stand – Friday night football games	_____
Concession stand – Ledyard Relays	_____
Ticket sellers – Friday night football games	_____
Ticket sellers – basketball games	_____
Selling tee shirts – Friday night football games	_____
Open House	_____
Make Chili to sell at football games	_____
Make desserts to sell at football games	_____

ADVICE FROM OUR NURSES

When Sickness Strikes: Know When to keep a Child Home From School

School nurses frequently get asked questions from parents about when to keep their children home from school

If your child is exhibiting flu symptoms, keep him or her home from school. If your child has a cold, the decision to keep him or her home may depend on the severity of symptoms. Keep your child home if he or she has a fever of 100° or higher. If your child returns to school with a lingering cough or nasal congestion, send him or her with tissues and advise him or her to drink extra fluids.

Know the difference between a cold and the flu.

Flu is a serious illness, and children who have the flu should always stay home from school. Flu symptoms include fever, chills, cough, sore throat, headache, or muscle aches. With the flu, symptoms come on very quickly. It is a good idea to contact the child's doctor if he or she has these symptoms.

Symptoms of a common cold include stuffy nose, sneezing, sore throat, and hacking cough. Often, cold symptoms come on gradually. Although the common cold is usually not serious, if symptoms are severe, it is a good idea to keep your child home to rest and get better, rather than spread the cold to other children at school.

Question: If my child does have the flu or a bad cold, how long should I keep him or her home from school?

Answer: Parents should keep their sick children home from school until they have been without fever (temperature under 100° without the use of Tylenol) for 24 hours, to prevent spreading illness to others.

Research shows that people with the flu may be able to infect others 1 day before symptoms occur and up to 5 days after getting sick. This means it is possible to spread the flu to someone before you know you are sick.

Some children may benefit from an antiviral medication when they have the flu. This can be prescribed by a physician and can help lessen the symptoms and can reduce the risk of complications, allowing children to return to school sooner than expected. To be effective, antiviral medications must be taken within 48 hours after flu symptoms begin.

There are some ways to minimize chances of getting a cold or the flu. Avoid close contact with people who are sick. Cover your mouth and nose, preferable with a tissue, when coughing or sneezing. Wash your hands frequently, especially after being near someone who is sick. Avoid touching your eyes, mouth or nose to prevent the transfer of infected material. Above all, if your child becomes sick, **keep them home so they can rest.** You will help them get better more quickly and prevent the spread of the flu to others.

HELP US HELP OUR SCHOOLS

Sign up at the following stores so that every time you make a purchase, a donation will be made to our school either in merchandise or money.



Dear Parents:

Welcome to the start of a new school year and another year of A+ Bonus Bucks. Starting October 9, 2009 through March 25, 2010, **LEDYARD HIGH SCHOOL** will have the opportunity to earn cash through Stop&Shop A+ Bonus Bucks Program.

All you have to do is:

Log on to www.stopandshop.com/aplus to register online

OR

Dial 1-877-275-2758 to register your card over the phone

After you register your card, each shopping trip at Stop&Shop using your Stop&Shop Card earns CASH for our school! Each month, the amount of CASH awarded will be updated on the Stop&Shop website. You can track the amount of points you earn for our school by checking your grocery receipt and online when you create an account at stopandshop.com. Our school will receive a check at the end of the program. The money can be used for any of our school's educational needs.

Remember, even if you registered your card last year, you must re-register this year for our school to receive credit. Attending to this simple process makes a HUGE difference to our school. We need your support.



Please be sure to register your card to benefit **LEDYARD HIGH SCHOOL** using ID # **05724**

Also, don't forget to encourage your friends and relatives to do the same. It could mean the world to our children



Visit www.target.com/TCOE

Help us help our school. 

Enroll in Take Charge of Education® and Target will donate a percentage of each REDcard™ purchase you make back to our school.

► **Learn More and Enroll**



The REDcard™

BIG Y -Education Express

It's Simple. It's Free!

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ECOS (Environmentally Concerned Organization of Students)

Advisors: Kirsten Montgomery, Wenqiao Wang & Katrina Bercaw
President: Ronnie Tardiff
Vice-president: John Michalak
Secretary: Breana Miller

ECOS welcomes two additional, dedicated advisors, Dr. Wang and Mrs. Bercaw.

GOALS FOR 2009-2010:

- increase the energy efficiency of our building
- create a “greener” cafeteria
- continue educational campaigns at our high school and within the larger community
- continue fund raising to support environmental initiatives at the LHS
- host our 5th annual Earth Week, April 19-24

ECO-FRIENDLY GIFTS

ECOS has white organic cotton t-shirts adorned with our logo above for \$14. Green recycled plastic water bottles are available for only \$1. Bazura bags and jewelry are available as well. Visit bazurashop.com or bazurabags.com to see their selection. ECOS can order these items at a lower price than is available on-line, while making a small profit to support our programs.

AUTUMN GREEN TIPS

1. Put away the leaf blower and rake your leaves or mow and mulch leaves, allowing them to biodegrade on your lawn.
2. Get creative with Halloween costumes: create your own from materials you already have or purchase used ones from thrift stores. Looking for ideas? Visit one of these websites: greenliving.suite101.com www.non-toxickids.net life.gaiam.com
3. Give organic goodies to trick-or-treaters. Yes there are delicious (kid-approved) organic lollipops available even at McQuade’s Marketplace. Puritan & Genesta in Mystic and Herbwise Naturals in Westerly also offer alternative treat options. Other organic candy can be found from Artisan Sweets, Endangered Species Chocolate and Global Exchange’s Fair Trade on-line store.
4. Decorate using natural items such as hay, corn stalks, Mums, and pumpkins that will biodegrade. Green Planet Parties on-line has other items available as well.
5. Put any decorative lights on a timer or use solar ones.
6. Close and open windows and shades to adjust the temperature in your home, rather than running to the thermostat.
7. Going apple picking? Bring your own bags.
8. Shop for those colorful, delicious fall fruits and vegetables at one of these local farms or Farmers’ Markets that run through October. Visit www.buyctgrown.com
9. Turn off your car’s engine. Whether you’re stuck in traffic that is not moving, in line at a drive-thru or waiting for someone, don’t let your car idle.
10. Remove air conditioners from windows and keep windows locked when closed to reduce drafts.

WANT TO HELP?

We need parent volunteers to make our programs successful. Please contact one of the advisors above at ledyard.net if you have ideas, time or other resources you are willing to contribute toward our goals.

For additional information, check out our new website sites.google.com/site/lhsecosclub



LEDGE LIGHT HEALTH DISTRICT

Preventing disease, illness and injury

FOR IMMEDIATE RELEASE

Contact:
Kerensa Mansfield
Community Health Coordinator
860.448.4882 x309

September 28, 2009

kmansfield@ledgelighthd.org

Underage Drinking Statistics are Focus of Community Forum Former Jets Player Dennis O’Sullivan Keynotes Event

LEDYARD — Although teen drinking in Ledyard has decreased, there is still work to be done. Surveys of parents and teens collected information on use and attitudes surrounding alcohol, tobacco and other drugs by teens in Ledyard. While teens reported less recent drinking in 2009 than they did in 2007, many said that alcohol is easy to get and that their parents have hosted underage drinking parties.

The Ledyard Safe Teens Coalition will share findings of these surveys at a community forum at Ledyard High School on Tuesday, October 6 from 5:30 to 8 p.m. Project Evaluator Dr. Archie Swindell will present information on both the use of alcohol by Ledyard teens and community attitudes about underage drinking.

These revealing statistics will be followed by a presentation from former NFL New York Jets football player Dennis O’Sullivan. O’Sullivan’s presentation, entitled “Pure Performance,” will focus on the negative effects alcohol and drugs have on an athlete’s performance.

Join Ledge Light Health District, Ledyard Public Schools and the Ledyard Safe Teens Coalition for the start of a community conversation about fostering safe and healthy behaviors in Ledyard teens. This event is free, although space is limited. A light dinner will be provided. To register contact Coalition Coordinator Kerensa Mansfield at kmansfield@ledgelighthd.org or call 860-448-4882 x309 before October 5.

Ledge Light Health District provides professionally managed comprehensive public health services designed to improve the quality of life and health and safety of its residents. The District service area consists of East Lyme, Groton, Ledyard, New London and Waterford, with a service population of over 120,000.

Ledyard Safe Teens Coalition is a grant funded initiative from the Connecticut Department of Mental Health and Addiction Services to implement effective safeguards aimed at preventing underage drinking in Ledyard. It is one of many educational programs from Ledge Light Health District designed with the goal of a healthier community.

Ledyard Safe Teens Coalition Presents a FREE Community Forum

Tuesday, October 6, 2009
Ledyard High School Cafeteria
5:30 - 8:00 p.m.

Learn What Parents & Teens Say About Teen Drinking

Refreshments

Door Prizes

Pure Performance



Join Ledyard Safe Teens Coalition for a light dinner and a revealing discussion on underage drinking. Coalition Evaluator Dr. Archie Swindell will present data on underage drinking from Ledge Light Health District's 2009 Parent and Youth surveys.

Highlighting the event will be Dennis O'Sullivan, former New York Jets football player, who will talk about Pure Performance. O'Sullivan will discuss the negative effects alcohol and drugs have on an athlete's performance.



Ledyard Safe Teens Coalition's mission is to foster a healthy, safe and drug free environment for Ledyard youth through community collaboration.

RSVP by Oct. 5 to

Kerensa Mansfield at kmansfield@ledgelighthd.org or call 860-448-4882 x309

MATHEMATICS TEAM

The Ledyard High School Mathematics Team will be launching the new season this month. Key returning members are senior Michelle Wang and juniors Dan DeNinno and David Sindel. The organizational meeting last week brought some promising prospective new members representing the class of 2013. We look forward to their participation in the first meet of the year at NFA on Tuesday, October 6th.

FOREIGN EXCHANGE STUDENTS

Once again this year we welcome the exchange students from PAX, Program of Academic Exchange in New York. They are living with families in town and are looking forward to having a wonderful experience in America and at Ledyard High School.

This year we are lucky to have:

Gina Al Manakhly	Germany
Manual Fraile	Spain
Arturo Villareal	Mexico
Raphael Von Erdman	Germany
Audrey De Macedo	France
Marta Basanez	Spain

Please seek them out and welcome them to LHS. It is never too early to be thinking about hosting a student for the next school year. If anyone is interested, please contact Deb Evans @ 464-9600 ext 144 or devans@ledyard.net. You can also go directly to the PAX website www.pax.org

Thank you for the support many of you have given this new program and for giving a great opportunity to kids from all over the world.

Deb Evans
PAX Community Coordinator

French and Spanish Honor Societies

French and Spanish tutors are available for those interested. Contact Mr. Jannke to arrange a tutor at kjannke@ledyard.net

Amigos de las Américas Club

Senior Angela Maloney lived in rural Paraguay this summer. She volunteered with Amigos de las Américas and PLAN International. Angela led community service projects to prevent deforestation, promote fuel-efficient stoves, and improve nutrition. She worked closely with local youth to develop leadership and plant seeds for lasting change. Learn more about her adventure from her blog:

viajeasanpedro.blogspot.com

Angela will be doing a series of presentation about her international service experience. Look for dates/times in the announcements.



Amnesty International Club

Banned Books Week (September 28 – October 2)

Banned books week is an event to raise awareness about censorship around the globe. We are trying to combat the injustices against writers who have been punished for expressing their beliefs. Amnesty has teamed up with the library at Ledyard High to encourage students to read banned books and sign petitions and speak up for the writers around the world who have been imprisoned or treated unfairly.

Cupcakes (and Causes)



Cupcakes (and Causes) is a think-tank, of sorts, in which we discuss causes of worldwide concern and eat delicious cupcakes. Join our Facebook student group to contribute to our discussions and plan future ones. We meet every two weeks at 8:00 pm in the Media Center. Our next meeting is October 13 and we will be discussing Muslims in China.

Key Club



“Key Club is the oldest and largest service program for high school students. What makes Key Club so successful is the fact that it is a student-led organization that teaches leadership through serving others.” -Kiwanis. Key Club is a volunteer organization run by high school students, aided through Kiwanis. Ledyard’s Key Club is in its first official year. Key Club’s President this year is senior Emily Cleary, its advisor is Mr. Kurt Jannke, and its Kiwanis advisor is Mr. Pete Sprenger. A unique aspect of Key Club is that it allows for students of all grades to participate, for example, each class has its own representative on Key Club’s Board of Directors. Key Club had its first meeting of the school year on September 16th. A freshman representative was chosen and charter members received handbooks, Key Club member cards, and Key Club pins at this meeting. There are many projects Key Club is planning on doing this year including: Ledyard Idol, a walkathon to benefit Operation Smile, and several other, smaller fundraisers to help provide some base money for these larger events. Key Club’s next meeting is October 7th at 12:00pm in Room 211 at LHS. For future events and meetings, please visit our webpage under Clubs and Activities on the LHS site.

National Honor Society



The National Honor Society has gotten up and running since the school year began. Long-term projects like the tutoring service, coffeehouse committee, and the duties of the NHS officers have already been coordinated. Projects coming up include the NHS induction of new members, and the turkey basket drive that pairs students in NHS with social services to create baskets of Thanksgiving dinners for less fortunate families. In the meantime, students have been keeping busy by participating in events like the LHS Open House, and the upcoming college fair. Because NHS has recently lost its members of the class of 2009, and has yet to induct its new members for this year, it is a very small group that has been working this hard thus far.

Ski Club

The LHS ski club organizes snowboard and ski trips each year. Typically, we fill one coach bus with students, teachers, parents and friends. On a Saturday we'll travel to Vermont or New Hampshire. We leave at 5:00 am and return by 8:00 pm. Usually, it costs around \$65 for the bus and lift ticket. Beginners are welcome and lessons and rentals are available. This year we have 2 trips planned. The tentative dates are January 23 and March 13, 2010. Contact Mr. Jannke in room 211 for more information or email kjannke@ledyard.net.



World Languages and Cultures Department

SMART Boards

We were the recipients of the LEAF capital grant last year. We are in the process of equipping five of our seven rooms with permanent interactive SMART Boards, projectors and new computers. We are building a network/Internet-based multi-media system to enhance instruction and improve student learning. Stay tuned!

WLC Website

Our departmental website is located at www.ledyard.net/WLC . Parents and students should visit the site often to keep up with our news and events. According to parents and students our homework page is extremely useful. Teachers post all future assignments so students do not have to write down their homework and parents do not have to ask, “What do you have for homework tonight?”

PARENTS/GUARDIANS:

Do you have a particular area of expertise that you would like to share with a Ledyard High School Senior? Our seniors need job shadowing and community fieldwork opportunities for the spring semester. If you can help, please contact Mr. Turner at the high school (464-9600) Ext. 119.