



GHS HEADMASTER and PTA NEWS

Tuesday, January 9, 2018

Setting the standard for excellence in public education

(203) 625-8000

www.greenwichschools.org/ghs

UPDATES FROM GHS HEADMASTER UPDATES FROM GHS HEADMASTER

GHS Guidance

Seniors and Parents of Seniors - you are encouraged to attend the Financial Aid meeting being held Thursday January 11th at 7pm in the GHS Media Center. The Guidance Department will share information about the Greenwich Scholarship Association, The Greenwich High School Student Loan Fund, how to understand financial aid award letters, and how to compare costs of colleges using net price. Further details can be found on the GHS Guidance website.

Seniors and Parents of Seniors - all students who intend to participate in either a **Senior Project or Senior Internship** this spring, must register on the website www.ghs-senioroptions.org by the deadline of January 25th. The deadline for Senior Project Proposals is January 18th. There is a Counselor Advisory scheduled for Thursday January 25th to support students in completing the registration process. Further details can be found on the GHS Guidance website.

Innovation Lab - Application Process

There will be a parent information session at 6:30 PM- 7:30PM on Wednesday, January 10 in room 517. Freshman and Sophomore students will be sent a student-created documentary about our program by January 17. They may also attend an open house on February 1. Applications for rising freshmen, sophomores, and juniors are open right now. You may find this application, a permission slip for our open house and more information about our program on our website at: ghsinnovationlab.com.

Therapy Dogs

There will be therapy dogs at GHS during midterms. The dogs will be here from 10am - 11am on January 19, 22, 23 and 24 in room 615 and 616. The purpose is to help with stress management before/after midterms.

UPDATES FROM THE GHS PTA

Message from the Co-Presidents

Dear GHS Families,

With happy wishes for a healthy new year we invite you to our upcoming membership meeting on February 1st; ***Lifestyle Hacks for Healthy Teens*** which will be full of suggestions for healthy foods for teens and tricks for helping them get a better night's sleep.

Are you the parent of a Junior? January is College Kick Off month at GHS. Links to our November PTA meeting program ***What Every Parent Should Know About Applying to College***, along with links to the handouts, has been posted on the **Parent Resources** webpage.

YOUR GHS PTA was busy in December!

- We funded a trip to the Mark Twain House for English and Social Studies students.
- We funded upcoming Diversity Week cultural enrichment expenditures.
- We are planning and organizing an amazing SummerFare event and Healthy Teens PTA meeting.
- We advocated for GHS programs and capital expenditures at the BOE budget meetings.

Please feel free to email us with questions, concerns, and suggestions at GHSPTA@ghspta.org.

Maria Merrill & Anne Pfetsch
GHS PTA Co-Presidents

SummerFare 2018

The GHS PTA will host its annual SummerFare



Camp Expo on **Wednesday, January 24th**, (snow date is January 25th) from **6:00 to 8:00 pm** in the

Senior Parents - SRO

The annual senior show is coming up March 8, 9 & 10. We are busy planning for the show with a great team of 20 students who are serving in chair positions. We are hoping to have every senior involved in the show in some capacity. It is truly a rite of passage for GHS students, and anyone who doesn't get involved is missing out. Every year seniors remark on how they became so much closer to their class through SRO. If you've never seen the show, it involves students acting out skits, dancing, singing, and playing musical instruments. No talent is necessary, all seniors are welcome for the mass dances, which are easy to learn! If your senior has stage fright, we have behind the scenes opportunities as well - we need people to take on technical duties, work backstage, make a slideshow of photos of seniors, help with ticket sales, run a bake sale, and much more.

How can you help? Please encourage your senior to attend one of our informational meetings, where we will explain all of this. Meetings will be before and after school on Jan 9th and 10th. Before school meetings are at 8:10 in Rm 417 and after school meetings are at 3:20 in the Student Center.

How else can parents be involved? Every year we hold a cast dinner on Friday night (March 9th) before the show. We will bring in food for the whole cast. We are hoping that parents will pitch in with cash donations to help defray the cost of the dinner. We also will accept donations of food and water to have for the cast during the shows. If you are interested in contributing please contact Jen Lynch, SRO Adviser at jennifer_lynch@greenwich.k12.ct.us.

GHS Theater

Greenwich High School Theater Arts will hold auditions for the musical, Hairspray, on Feb. 26 and 27, 2018 at 3:15 in Room 612. Students should prepare 16 bars of a song of their choice and dress to dance. All students are welcome to audition. Performances will be May 17-19, 2018 in the PAC. Questions: Contact patricia_cirigliano@greenwich.k12.ct.us

From the GHS Wellness Education Department:
Greenwich Hospital Healing Touch Volunteers are

GHS Student Center. Summerfare is an evening for exhibitors to present materials and talk with public and private elementary, middle and high school students and their parents about summer programs, internships, and camp opportunities. Please bring your student of any age (elementary through high school) to learn about amazing summer opportunities near and far and both paid and unpaid. We will have a door prize drawing for a pair of Beats headphones so encourage your student to attend! Admission is free and open to the public - bring a friend! For more information, please contact the committee chairs at SummerFare@ghspta.org

Lifestyle Hacks for Healthy Teens

Please join us on February 1 at 9:30am in the Media Center as we welcome Dr. Kurt Waples, a Functional Medicine Doctor and owner of Bluestone Health Group, who will be discussing practical lifestyle tips on how to optimize sleep quality and nutrition for our busy 21st century teens to help them stay on track towards their 2018 health goals.

Attention Parents of Seniors!

Graduation may seem a long way off, but it will be here before you know it. An important part of the festivities is the GHS Senior Graduation Party, which is organized and paid for by the GHS senior parents. Please consider giving as generously as you can in order for us to help make this event a success for ALL of our seniors. **Click [HERE](#) to donate to the Graduation Party for the Class of 2018!**

Looking Ahead

Mark your calendars with these important dates:

- **Martin Luther King, Jr. Day – Schools Closed** - January 15th
- **Midterm Exams** - January 17th-22nd ([exam schedule](#))
- **Headmaster Forum** – January 22nd at 7:00pm Media Center
- **Early Release** - January 24th ([class schedule](#))
- **SummerFare** – January 24th 6:00-8:00pm Student Center
- **PTA General Meeting** - February 1st at 9:30am

scheduled to come to GHS on Monday, January 22nd and Tuesday January 23rd, from 10:00 am - 1:00 pm in the upper gym foyer to help our students relax, refocus and rejuvenate during midterm week. A few minutes of positive energy, and mindful breathing can help to calm the body and clear the mind, which is especially helpful in dealing with the stress of midterms.

From GHS Cardinal Fit Club:

The GHS Cardinal Fit Club has scheduled a presentation for students on Friday, Jan. 12th, 8:30 - 9:28 in the Media Center which focuses on the power of eating for mental clarity and academic performance. Jenna Hourani, a registered dietitian, will provide information on what, and how foods boost brain power, as part of a healthy lifestyle.

Media Center

During mid-term exams, the GHS Library will be open from 7:45 a.m. to 3:15 p.m. each day for quiet study only. Media Specialists will be available to assist with technology, resource, and research questions during that time. A member of the IT Department will be available from 8 to 8:30 a.m. each morning to assist with Chromebook problems.

In addition, **Greenwich Library** will extend its regular hours to 10:00 p.m. on January 16, 17, 18, 22, and 23 and to 6:00 p.m. on Sunday, January 21 to accommodate students studying for med-term exams. Students are asked not to bring food into Greenwich Library (the library cafe is open until 7 p.m.)

Unified Sports - Join Unified Sports!

Unified Sports is a school-based program designed to foster a positive and inclusive foundation for athletic and social interaction among special and general education students. Three sports are offered throughout the year with a culminating tournament to close out each season. All practices are held in the GHS gymnasium. Please see the schedule below for our upcoming basketball season. If you would like to receive more information about this program or be added to the email list, please contact Erin Randall at erin_randall@greenwich.k12.ct.us

Saturday, January 20 10-11 a.m.
Saturday, January 27 10-11 a.m.

Lifestyle Hacks for Healthy Teens

- **Mid Year Graduation** - February 1st at 4:00pm
- **Winter Recess & President's Day** - February 12th-19th

Additional dates are available on the full School Calendar by clicking [HERE](#).

Continued from Headmaster News

GHS BEAK (GHS student newspaper)

Check out the GHS BEAK online ghsbeak.com.

Distinguished Teachers

Please consider nominating a GHS teacher for a Greenwich Distinguished Teacher Award. For more information, click [HERE](#).

Student Activities

Compass Yearbook: Yearbook pre-orders are available online at yearbookforever.com.

Headmaster Forums

Headmaster Forums are relatively small gatherings (20-40 parents) with the GHS Headmaster. The topics for discussion are largely determined by the parents in attendance with an initial focus defined below. All Headmaster Forums will be held in the evening starting at 7:00PM in the Media Center.

January 22: Math/Science/Technology Focus

March 12: General Focus

April 16: Athletics

May 14: Humanities Focus

Adult and Continuing Ed Classes

The Spring Catalog has been mailed to all Greenwich Residents and registration has begun for Continuing Education classes, ESL, and GED. It is also on the Greenwich Adult and Continuing Education website. Classes will begin January 29th. Most classes are held in the evening at Greenwich High School. If they have any questions call 203-625-7403.

Anonymous Alerts

Anonymous Alerts allows students or parents to anonymously submit any sensitive or urgent student issues quickly to school officials. Students

Saturday, February 3 10-11 a.m.

Saturday, February 10 10-11 a.m.

Saturday, February 24 10-11 a.m.

Saturday, March 3 10-11 a.m.

***Tournament Date: Tuesday, March 6 3:30-5:30
p.m. at Fairfield Ludlowe High School***

or parents can submit reports such as bullying, cyberbullying, depression, dating violence, drug or alcohol use, threats against the school, weapons on campus and more. All messages submitted remain completely anonymous. Click [HERE](#) for more information.