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Pray thee, spare thyself at ...

Pray thee, spare thyself at times..... Thomas Aquinas

Published on Dec 16, 2016 13:08

ARHS Happenings Newsletter



This has been another amazing, busy week at ARHS. The band, orchestra and choir performed a dress rehearsal for their winter concert at the faculty meeting on Monday. The hard work was evident in each piece and the culminating performance at Thursday night's concert was amazing! The winter sports season got underway this week, with the girls basketball team hosting their first home game. Students and teachers are busy in the classroom, too, finalizing projects and preparing for impending mid-term exams in late January. Sophomores and juniors received their PSAT test booklets this week and many seniors were anxiously

awaiting college application responses. All in all, it's a busy time of year for everyone, particularly in the life of high school students. As part of Monday's faculty meeting, I asked the faculty to mindfully plan their workloads over the next few weeks so that they—and their students—could take an intentional break from work during the December school break. This time to rest, relax and reflect is imperative to restore the mind and the spirit. Please remind your children to take a deep breath and pace themselves over the next several weeks, so they can have some time to mentally recharge. Have a wonderful weekend!

Sincerely,

Anna N. Mahon
Principal

High School Happenings and Information

Thank you from PTSO: Thanks so much for everyone who contributed to the holiday gift basket drive. The baskets are being completed and will be dropped off to the school for delivery next week.

PSAT Presentation: The presentation given to all 10th and 11th grade students in Spartan Seminar is posted on the [school website](#) under the Counseling Dept. The Counseling Department will be hosting lunch workshops during all lunch waves on Monday, Tuesday, and Wednesday. Please stop by if you have a specific question about your PSAT scores or need help signing on to Khan Academy or College Board.

School Spirit Gear: Are you interested in having more ARHS gear? If so, please visit the [online store](#) and follow the instructions. Use the password: AMITYSTU2016 to log on.

Student Government Annual Clothing Drive: The Amity Clothing Drive is underway! Please consider donating any new or used clothing items. All items go to help families in need from domestic violence. Please see this [flyer](#) for more information.

Senior Service Learning Program Parent Informational Evening: On Wednesday, January 4, 2017 at 6:30pm in the John Brady Auditorium, Karen Waterman, the College and Career Counselor will be presenting the expectations and guidelines of 2017 Senior Service Learning Program (generally referred to as the Senior Internship or SSLP). Parents are asked to attend if your senior is likely to participate in the May-June 2017 unpaid experiential learning program.

January Parent University: On January 11, 2017, 6:00 pm, in the John J. Brady Center for Performing Arts, the Amity Regional School District will present a screening of *Chasing the Dragon: The Life of an Opiate Addict*. The film will be followed by a panel discussion with a recovering addict and professionals from law enforcement, law, and medicine. We encourage you to share this [flyer](#) with community members, returning college students, and colleagues in area schools.

Important Reminders

2017 AP Exam Registration: For the 2017 AP exams, students at Amity Regional High School will be **registering online**. This registration will take a few minutes and can be completed from any computer with internet access. This year, each AP exam costs \$97.00. Students requiring financial assistance should contact Mrs. Gerilyn Ferguson (Gerilyn.Ferguson@reg5.k12.ct.us) in the Amity Counseling Dept. Online Exam registration will begin on Fri, Jan 20, 2017 at 3:00 PM and end on Wed, Feb 15, 2017 at 11:59 PM. A late fee of \$10 will be assessed for any registrations that come in after Fri, Feb 10th at 11:59 PM. In order to register, students should click on [this link](#) to register. To complete registration, students must answer all of the required

questions. Registration is not complete until students have printed the PDF of the confirmation page that is provided at the end. We strongly recommend that parents and students are both present while registering to ensure that the correct exams are ordered.

Hamden Adult Education: Registration for the second semester of Adult High School Credit Diploma Program will be held on Monday, December 19th and Wednesday, December 21st from 6:30 pm to 8:30 pm. At Hamden High School. Students must be seventeen years of age and be officially withdrawn from Amity Regional High School to be eligible. Please see your school counselor for more information.

Save the Date: Post-Secondary Planning Night for juniors will be held on January 10th at 6:30 in the John J. Brady Center. Ann Fleming-Brown, Director of Admissions at Union College will be presenting on the college and university search and application process.

Notes from the Counseling Department

Senior Service Learning Program (SSLP) Information: The SSLP (also referred to as Senior Internship) process will begin January 3, 2017. Karen Waterman, The College and Career Counselor will be speaking to the entire Class of 2017 to detail deadlines and give a general overview of the expectations of the program. More details to follow.

Career and College of the Week: This year the Career Center will highlight a complementary career and college of the week. This week, the career is [Materials Engineer](#) and the college is [Carnegie Mellon](#) located in Pittsburgh, Pennsylvania. Students will receive an e-mail that details aspects of the varying careers and colleges. Students can also view the bulletin boards in the Career Center and/or speak with the Career Center staff for details.

SAVE THE DATE: A Gap Year Fair is being held on January 11, 2017 at Fairfield Warde High School from 6-8:30 pm. For more information, please visit [this site](#).

What's Happening in Athletics?

Athletic Department Website: For all information regarding practice and athletic schedules for winter sports, please refer to the athletic department's website [here](#).

For a copy of next week's competition schedule, see [here](#).

For a copy to this week's competition results, see [here](#).

Amity District Office: 25 Newton Road, Woodbridge, CT 06525 | Phone 203-397-4811

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