



Principal's Newsletter-February 2019

National French Week celebration at Suffield High School

By Magdalena Kruk and Carl Casinghino

Suffield High School has recently observed National French Week, an annual celebration organized by the American Association of Teachers of French. Each year, AATF, together with branches of Alliance Française and French organizations across the country, join forces in promoting the French language and increasing understanding and appreciation of the francophone world in schools and communities across the United States.

During the French Week, which was celebrated at the high school in early December, the World Language Honor Society took the lead role in organizing a variety of cultural events promoting the diversity of francophone cultures. Each morning, SHS's daily news show, Morning Update, welcomed all students and staff with contemporary music, cultural facts, and language from a variety of francophone countries. French language students Matthew Sinofsky and Fletcher Seymour, serving as anchors all week, delivered a lively and enthusiastic show featuring student guests Allison Gambrel, Gabrielle Zeller, Liam Duffy, and Jewel Hazlett who joined in sharing information and cultural perspectives from French speaking countries around the world.

Sarah Johnston, the French Honor Society President, along with Shreedula Balakrishnan, the Spanish Honor Society President, and Gabrielle Zeller, the World Language Honor Society Secretary, took the initiative to organize a number of cultural events for the week. The hot chocolate and croissant fundraiser was a popular (and delicious!) event that was enjoyed by many students and staff. In addition, the Francophone Cultures Dress-Up Day was an opportunity to celebrate the linguistic particularities and colorful diversity of the many cultures.

In addition, French language students explored the achievements of inspiring individuals of the French speaking world of today. Their research findings, compiled in a creatively designed visual piece, formed a diverse mosaic that was displayed in the high school for all to enjoy. Students were encouraged to explore the areas linked to their academic studies, extracurricular activities, or personal interests. Their work represented accomplished individuals from many fields - arts and entertainment, sciences, politics, sports, literature, and more.

As a result of the French Week celebration, Suffield High School students were able to expand their knowledge of the contemporary francophone world, and also to realize that although the perspectives

on the topics that interest us tend to be shaped by our cultures, oftentimes we, as individuals, have more in common with other world communities that we might realize.



Mamma Mia Musical-SAVE THE DATE!

The Suffield High School Drama Club is presenting the Broadway smash Mamma Mia on March 14th, 15th, and 16th. The house opens at 6:30PM and the show starts at 7:00 PM in the high school auditorium. Tickets can be bought at the door or from a cast member. This fun musical features the 70's pop-rock band Abba and their hit songs such as "Dancing Queen," "Mamma Mia," and "Take a Chance on Me." The show is about a wedding taking place in the Greek islands. Sophie desperately wants her father to attend her wedding so he can walk her down the aisle. The only problem is she doesn't know who he is. The cast and crew are working hard to make this musical fun and entertaining. Don't miss it!

Suffield High School Music Department

The Suffield High School Band presents a Pops Concert featuring the SHS Jazz Ensemble on Wednesday, Feb 27 at 7pm in the SHS auditorium. Jazz and pops music will be played. Admission is free.

Suffield High School World Languages Student of the Month

by Magdalena Kruk

Congratulations to Sarah Johnston who was selected as the World Languages Student of the Month for December. Sarah is a senior at Suffield High School, currently enrolled in Advanced Placement French Language and Culture course.

Sarah is a talented language learner with an unbeatable enthusiasm for linguistic challenges and cultural diversity. Her effort and dedication to the study of French result in high level of competency in her ability to communicate in the language. In recognition of Sarah's linguistic achievement, she was inducted into the National French Honor Society in April of 2017. As a member of this prestigious Society, Sarah's leadership skills truly flourished – she quickly advanced to a Representative position, and currently serves as the President of our chapter of the national organization. In her role as President, with admirable enthusiasm, Sarah plans various cultural activities and coordinates many celebrations for Suffield High School community, such as the National French Week, Hispanic Heritage Month or the World Languages Week. Her original ideas, charismatic demeanor, and admirable entrepreneurial skills, make her an inspiring leader and passionate promoter of cultural awareness. During the recently celebrated Francophone Cultures Week, Sarah eagerly volunteered to coordinate the hot chocolate and croissant fundraiser, as well as a dress up day celebrating the francophone cultures. Both events were highly successful and enjoyed by the students and staff at the high school, letting us all appreciate and reflect on the diversity of other cultures.

In addition to her active involvement in the World Language Honor Society at the high school, Sarah is a member of the Interact Club (a community service based group affiliated with Suffield Rotary Club), the National Honor Society (through which she recently participated in the Readers for Leaders initiative, reading to kindergartners activity at Spaulding Elementary School, the Holiday Toy Drive, and caroling event at Suffield by the River).

Sarah's outside of school activities include volunteering at Suffield by The River and other local nursing homes in Connecticut, as well as serving as volunteer for Nova Hearing Service. She currently works as a Recreation Assistant at Suffield by the River where her efforts are primarily focused on offering companionship to elderly residents suffering from dementia.

In her free time, Sarah enjoys many activities, such as knitting, sewing, cooking, reading, writing, dancing, singing, swimming, skiing, yoga, and meditation. She does admit that her true passion is travel and she has extensive travel experiences in such destinations as Mexico, Portugal, Catalina Island, Spain, Barbados, Dominican Republic, Antigua, as well as multiple states in the United States. She stated: *"I absolutely love to travel! I have learned so much from my travels about different languages, cultures, traditions, and people."* She admits that her love for languages and cultures stems from her family and travel experiences. *"My grandparents were both born and raised in the beautiful country of Portugal. I have been surrounded by the Portuguese culture and traditions all of my life. My family's influence taught me to be open minded, accepting, and eager to explore the world. My travels have not only brought me to new and exciting places, but have brought wonderfully unique individuals into my life. Seeing different people in their native environments, simply carrying out their day to day lives shows that there is no one, definitive way to live life. Life is what you make of it. Culture does not separate people or makes one group better than the other. Being culturally accepting does not simply mean being tolerant or accepting the coexistence of cultures. I found that it means to appreciate the individual uniqueness and to embrace the total diversity of a culture for all that it is."*

Sarah strongly believes that *"When you learn a language, you learn a culture. It's true. Learning French at school has been one of the most rewarding experiences for me. I have been able to use my knowledge and skills in French around Europe. I have gained a better sense of language comprehension during my travels. You get an amazing sense of pride when you have been learning a language for so many years and suddenly get the chance to use it."*

In the future, Sarah would like to pursue a profession in the healthcare field, as she is determined to help her community in any way she can.

Bonne chance, Sarah, et félicitations!



Rotary Student of the Month-January

Congratulations to Hannah Stack who was chosen as the Rotary Student of the Month for January. Hannah is a senior at Suffield High School and is an Honors student. Hannah was chosen to be a student representative to our Board of Education. Hannah has been a volunteer coach at the Special Olympics, where she met with students and encouraged children with development delays. Hannah was also responsible for teaching golf to children with disabilities. Hannah participates in extra-curricular activities such as Best Buddies, where she has attended a Leadership Conference. Hannah is the Best Buddies President for the 2018-2019 school year. Hannah is also a member of Suffield High School's Interact Club, which is a junior Rotary Club. Students in Interact Club exemplify the philosophy of "Service-Above-Self." Hannah was chosen by the staff to receive the core value award of "Respect". Hannah also manages to find time to work a part-time job as a Sales Associate. Hannah has many interests such as cross-training, golf, field hockey, dance and helping others. The criteria for receiving the Rotary Student of the Month Award are demonstrating high ethical standards, advancing understanding, goodwill and peace in their interaction with others, and performing community service

in a manner that improves their community. It is evident why Hannah was chosen as this month's Rotary Student of the Month. Congratulations Hannah!



Model Congress

Last week 5 members of Suffield High School participated in the 79th Session of Model Congress held at American International College. Suffield High School's delegation, Tabitha Hinkle and Marc Cox, along with our observer delegates Benjamin Grigoriou, Catherine Murphy and Veronica Partain made an excellent showing for our first year in attendance! Our team, along with students from 10 other schools from within New England, developed mock legislation, held mock committees and debated fiercely to pass bills that would be appropriate for the United States today. While real legislation can take months - if not years-to pass, students who attended only had three days to debate what should become law!

Our Model Congress team put in a lot of hard work prior to attending by: developing legislation, completing many hours of research on why our legislation should be passed, conducting mock committee sessions and reviewing committee procedures. On top of all of this, they only had about two weeks to review legislation from all of the other schools.

Suffield High School's legislation outlined a procedure to dissuade individuals from producing harmful weapons on 3-D printers by developing a registration system for this technology. While our legislation

ultimately was not chosen, many other schools agreed that this was a wonderful idea that needs to be looked at in the future. At the awards ceremony on Saturday night, Katie Murphy was awarded 'Best Observing Delegate'.

Entrepreneurship Class

Mr. Dudeck's Entrepreneurship class had a guest speaker on Thursday January 31, 2019. Matt Ross from Gold Athletics spoke about starting your own business, and the challenges associated with that. Matt is the owner of a fundraising company and he has a staff of ten employees and covers territories throughout Massachusetts and Connecticut.



Agriscience News

by Ashley Drake (student)

The Agriscience department held their Chapter Speaking Day in January, where students compete in a variety of public speaking competitions. These competitions include Creed, Extemporaneous Speaking, and Prepared Speaking. The Creed Speaking competition is held for freshman only. It requires students to recite the creed accurately and passionately. Afterward, the student must answer questions about the creed posed by the judges. The Prepared Speaking competition requires students to prepare a speech regarding an agricultural topic and memorize it. They then will be required to answer questions about their speech. Extemporaneous Public Speaking competition requires a student to draw a prompt at random and prepare a speech in the time allotted. After the time is up for preparation the student will recite their speech to a panel of judges. After, they will answer questions about their speech.

The winners are as followed:

- Creed-Ashley Greene, Norah Hill

- Prepared-Jackson Smith
- Extemporaneous-Joseph LaFlamme; Joanna Beaudry

Agriscience also held the annual Senior Capstone night in January. Each senior student in the program is required to make a presentation 10-15 minutes long detailing their Supervised Agricultural Experience, FFA experience and in-classroom experience over the past four years. These students discussed their past and future goals, the skills they have acquired and the rewards and challenges that they have faced. This is an opportunity to look back at their time in the Suffield Regional Agriscience Program and show their family and friends what accomplishments they have achieved. We hope that underclassmen watching these presentations will be inspired to thrive and make the most of their time in the program.



During the month of January, the Agriscience department held interviews for new students. Many prospective students attended and the teachers participated in the interviews in order to determine which students seem to fit the program best (along with an extensive review of their application).

We will be holding our annual FFA Dance of February 8th as a kick off for FFA Week. FFA Week is a celebration similar to the school's spirit week. It is a week celebrated nationally by FFA chapters in order to get students excited and thinking about agriculture. Students will be asked to dress accordingly for the theme each day of the week!

On February 13th we will be holding the Greenhand/Chapter Degree Ceremony. This is a ceremony where qualified freshman and sophomores will receive their first or second degrees in the FFA. These degrees require a variety of qualifications that the students need to meet prior to earning the degree.

On February 20th students who won the Chapter competitions will be traveling to the district speaking competition in Rockville. This is a competition against where the top two students in each district compete against each other to determine who will be moving forward to States. In addition, the National FFA president will be holding workshop at this competition.

On February 28th the Suffield Regional FFA chapter officers will be holding a workshop for students who are interested in applying for chapter office next year. This is a great way to help students understand the different roles of each face and the responsibility associated with becoming an officer.

From the Nurse

What is it that we need throughout the day to inspire us and promote feelings of contentment? For one person it could be hope and for another confidence. A short affirmation can make a difference. Both students and staff can visit the nurse's bulletin board to "Take What You Need".

"When the words are both true and kind, they can change the world" - Buddha



Helpful Tips from the Nurse's office

Know the FLU

F
A
C
T
S

FEVER

ACHES

CHILLS

TIREDNESS

SUDDEN ONSET



Kindness Crew

During the months of February and March – the Kindness Crew will be giving the students of Suffield High School a chance to say “Thank You.” We will be coming around during Wildcat Time, as well as during lunches to provide thank you notes and postcards that any student or staff can write and we will distribute them to those members in the school as well as mail them, if need be.

Think of all the people in your life that you would like to thank, and what a hand written note would mean to them!

