

THE SPARTAN SPECTATOR

Principal's Newsletter



Dear SHS Spartan Families,

We have made it to May. The end of the school year is in sight. To say this school year has been different is an understatement. However, we have all worked hard together to make it happen and have entered the other side relatively safe and in one unified piece. I am very proud of our high school community.

As we enter the last six weeks of school, please make sure your student is utilizing the resources available if they need assistance with their classes. All of us have been working hard to help support our students who have struggled with the academic and social-emotional challenges that COVID has brought about.

After School Teacher Assistance/Learning Centers

After school assistance is still available from our wonderful staff. Students just need to coordinate with the teacher to find out when they are available. Students can also get assistance during "Learning Centers". Throughout the day, staff is available to help students during their study hall times. The teacher may not be your student's primary instructor but can still assist them with the concepts. Student's study hall proctors will be able to provide learning center availability if needed.

Tutoring Assistance

Peer tutoring is available in the LMC. Our peer tutors are students from National Honor Society and/or Beta Club. Our tutors will be working mainly with 9th and 10th graders. If your student needs assistance, please have them talk with their teacher or counselor.

Edmentum

This is an online program that allows students to complete work that may assist them in their academic program. Students are identified as needing this resource and placed in the program accordingly.

Summer School (Free Enrollment)

Somers High School offers summer school at SHS through the use of an online platform called Edmentum. Students will have their own virtual classroom wherein they will complete the required lessons and assessments under the supervision of our summer school instructor.

Skills Blast Assistance (Free Enrollment)

This program will be offered over the summer for those students who may have successfully passed their coursework but could use additional assistance on English and/or Math skills that will make them even better prepared for the fall. Please [click on this link for additional information](#) and a quick survey. This will help us determine the interest for this program.

...continued on next page

Social Emotional Learning

As we navigate the COVID experience with our students, our staff has centered their professional learning on social emotional learning and how to implement SEL best-practices in their classrooms. In an effort to partner with parents in supporting the social emotional well-being of our students, the district has created a [Social and Emotional Learning website](#) with a multitude of resources for families. We hope you will find these resources beneficial.

Puppy Pride

Our emotional support dog program is also going extremely well. Students and staff really seem to enjoy it. Takes a little stress out of our daily hectic lives.

Teacher and Staff Appreciation Week: May 3rd -7th

This week we will be celebrating the excellent care and work our staff has done this past year. More so now than ever. I am so proud about how our staff came together and understood the challenges they would be confronted with when the year began. We honor this dedication and hope that you can find a way to show your support as well. May 4th is the official Teacher Appreciation day.

Arrival/Dismissal

The arrival time and process at SHS will remain the same. Parents dropping off students by car should follow the high school drop-off route signs posted at the elementary school entrance. Doors will open at 7:20 a.m. We ask that students do not arrive early. Upon arrival at school, students should report directly to their first class.

Drivers should enter through the student parking lot doors. All others should be using the main entrance. New dismissal times in order to aid the flow of traffic on Vision Blvd.

Drivers 2:10; Students driving younger siblings will need to wait for the 2:15 bell.

Students being picked up 2:13

Students riding the bus 2:15

	S	T	R	I	V	E
7:40 - 8:27	1	6	5	4	3	2
8:31 - 9:21	2	1	6	5	4	3
9:25 - 10:12	3	2	1	6	5	4
10:16 - 11:03	4	3	2	1	6	5
11:07 - 12:40 <i>A 11:07 - 11:28</i> <i>B 11:31 - 11:52</i> <i>C 11:55 - 12:16</i> <i>D 12:19 - 12:40</i>	5	4	3	2	1	6
12:44 - 1:26	7	7	7	7	7	7
1:30 - 2:12	8	8	8	8	8	8
	<i>No Pd</i> 6	<i>No Pd</i> 5	<i>No Pd</i> 4	<i>No Pd</i> 3	<i>No Pd</i> 2	<i>No Pd</i> 1

IMPORTANT DATES AND EVENTS

Testing

Next Generation Science Assessment (NGSS) - May 12th. Once again, only juniors will be in the building. Like with the SAT, all other students will do asynchronous learning.

AP Testing (Regular day for non-testing students)

Class	Date/Type
English	Wed. May 5th, paper
Calc	Monday, May 24th, paper
Chem	Tuesday, May 25th, Paper
Bio	Thursday, May 27th, Digital
Physics	Monday, May 24th, Paper
US	Wednesday, June 2nd, Digital
World	Thursday, May 20th, Digital
Psychology	Tuesday May 11th, Paper

Senior Activities (all are subject to change due to new and/or modified COVID restrictions) Please [click here to view](#).

Sincerely,
Gary M. Cotzin
Principal
Somers High School

Art

Honors and AP Art Show

We are working out the details on public viewing, but **the full year Honors and AP Art students will be holding the show again this year.** The showcases of work, entirely curated by each artist will be installed mid-late May. More details will follow, but the students are very excited to display their work to the school community!



ART Students Have Some Advice

This year has been more than “a little strange” for visual art students. Working in hybrid mode most of the year provided a lot of challenges for making art at home. Motivation and distraction issues at home; materials and work transport; finding the right kind of physical space to work: all of it has been a new challenge. Some art students are still working on art at home full time, and along with those who recently came back, have some new found knowledge about their own “work at home” issues.

Since many students move into higher level art classes, and really will need to know how to self manage and make art at home over the summer and next year, I’ve asked my Honors/AP Class to share some tips.

“Schedule a specific time, one that works for you, to work on art and then stick to it.”

“Get started as soon as you are motivated. Don’t wait to start or you might lose the energy.”

“Keep scrap paper or a sketchbook handy to scribble notes or sketches for projects when the idea strikes.”

“Try to find a separate space to work that is dedicated to art making.”

“Set up all materials ahead of time so they are ready to go when you are motivated. If you have that separate space, it will be easy to do.”

“Listen to your favorite music while you work.”

“Try to get feedback from other art friends. Send photos of your work and video chat with each other to keep the ideas flowing.”

“Make sure you are working on something you LOVE doing whenever possible.”

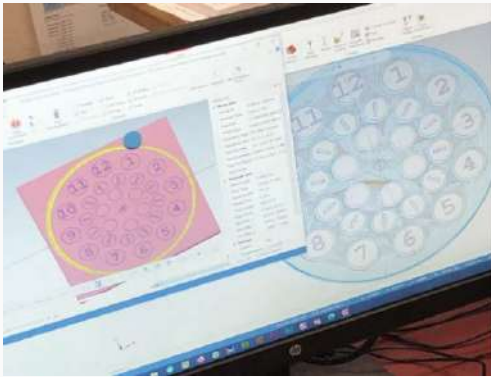
“If you have to do an assignment you are not in love with, try to MAKE it into something you love by using a new style or media you’ve always wanted to try.”

Next year’s advanced art students (and parents): hope this helps!!!

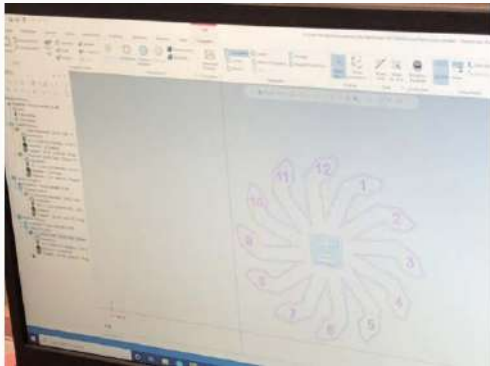
Technology + Engineering Education

Machining Clocks in the Tech Department

The CNC Machining class has been hard at work over the past couple of months learning about materials, machines, cutters, and how to calculate machining feeds and speeds. Students started off writing code for the CNC machines by hand and testing their programs on soft materials like foam.



After learning programming basics, students began exploring the CAM software program MasterCam. Using the program, students have been drawing parts and using their drawings to write programs that have become more and more complex. The students have been machining and engraving slightly harder materials like wood and corian.



At this point students are now ready to design their own parts for the CNC machine. The students in the class have been tasked with designing their own unique clocks. The students have been given a battery powered clockwork and a choice of 3 different hand sizes. They then have to design, program and machine a wall mounted clock body and face.



The students have come up with some very interesting designs and are beginning the process of setting up the CNC router to cut them out of wood. Thus far the class has done an excellent job demonstrating what they have learned and we are looking forward to seeing the final products.

WORLD LANGUAGE



Academic All-Stars: SENIORS STEPPING UP

In World Language this year, our AWESOME seniors

Olivia SUTER, Ben DUPERRE, and Sarah FINNEGAN

led our classes with style. Their impeccable knowledge of the French and Spanish languages has been instrumental towards the success of our underclassmen.

"Teaching my peers has not only been really fun but has further secured my desire to pursue a teaching degree when I graduate," says Honors 5 French student Olivia SUTER.

Honors 5 Spanish student Sarah FINNEGAN adds: "I like helping out other Spanish classes because I know from experience how helpful it is to read together and get help without having to ask for it."

Honors 5 French student Ben DUPERRE describes his experience in these words: "Teaching my classmates made me feel like more of a leader in the classroom than ever. I found great value in teaching them and hope to use this experience as a leader after high school."

We are so proud of our seniors! Thank you for stepping up and illuminating the path to excellence. Your students are grateful!
Merci beaucoup and mil gracias!



SHS Music Department Update

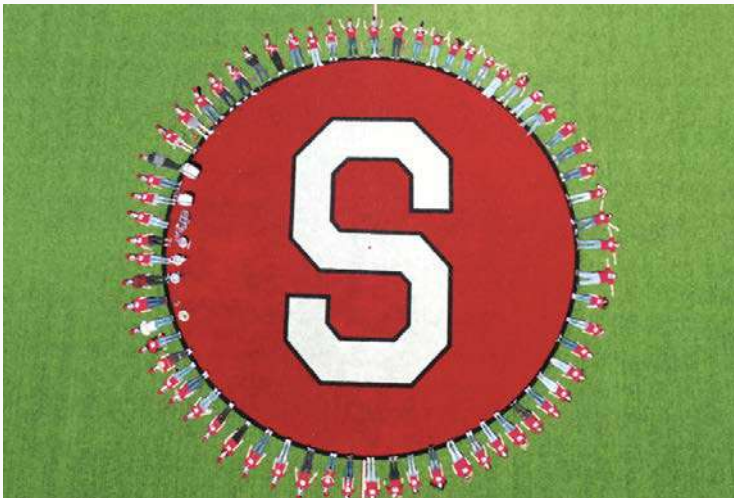
The Music Department ROCKS

The SHS Band had their first ever Livestream Concert “Time Travelers” on March 31st and it was a tremendous success! Students performed together in the SHS auditorium and the event was streamed on YouTube. If you missed it - don't worry! The concert can still be viewed [at this link](#):



UPCOMING EVENTS:

Stay tuned for our All District song “Walk Through Life” with music and video footage of our talented students at all schools. We had an awesome time working with KWB Media and PinkZebra to create an uplifting and energetic celebration of music and teamwork.



May 25th at 7:30 we will have our one and only Outdoor Concert!!!!

Audience size will be limited and we will be wearing masks and practicing social distancing while also celebrating the work of our amazingly talented students and sending off our seniors. Stay tuned for information about tickets for this event.

LMC update



Tails of Joy

On Wednesdays, the Media Center has been hosting the Tails of Joy therapy dogs. Sophie, Molly, George, and their handlers have quickly become our favorite visitors! Each week about 150 students and staff members have stopped in to say hi and destress. While they wait, they are invited to hang out in our "Relaxation Station", color bookmarks, and enjoy the virtual aquarium and soothing music.



Engineering Makerspace

Tuesday nights are busy in the LMC! Ms. Maynard, Ms. Stoltz, and group of science-minded girls have been meeting to gain hands-on experience creating functional prototypes. Sponsored by the Society of Women Engineers Hartford, the SHS team has been meeting in person for the six week sessions while joining in Drs. Kwaczala and Jaiswal from WNEU and other college and high school students virtually. So far the girls have designed 3D key chains, motorized cars, water distribution systems, and microscopes. They've learned that they all have different strengths, and their successes come when they persevere and work together. Next up-bioreactors!



Food Services

The Food Service and Management 1 classes stuck with a Tomato theme for their recipes this past month. The Stove Top Lasagna was their favorite. Please see recipe links below.

Stove Top Lasagna



The "Mise En Place"
for Tuscan Chicken

Tuscan Chicken



Tuscan Chicken
Skillet

Enchilada Pizza



Pan frying chicken
for Enchilada Pizzas

NEWS FROM THE




Counseling & Career Center

This year, the Counseling & Career Center piloted a new career assessment for all sophomores based on their interests called the O*NET Interest Profiler, part of the My Next Move website, provided by the U.S. Department of Labor. The program was well received by the students.

Along with providing an Interest Profiler, My Next Move helps one search for careers and provides detailed, up-to-date data by state on job outlook, current job opportunities, salary potential, schools for training, apprenticeship information for the skilled trades and so much more. It is a free, engaging, one-stop comprehensive tool to help students and adults determine their next move on the road of life. [Click here](#) to check it out for yourself!

"I want to be a ..."
"I'll know it when I see it."
"I'm not really sure."
...

Search careers
with key words.
Browse careers
by industry.
Tell us what you
like to do.

ASNUNTUCK COMMUNITY COLLEGE FALL 2021 – SOMERS HIGH SCHOOL PARTNERSHIP PROGRAM

WHO can take courses?

Qualified juniors and seniors can enroll in accredited courses at Asnuntuck Community College free of tuition and fees.

Qualifications: 80 (B) cumulative grade average.

Note: *Students should consider their appropriateness for the High School Partnership Program (HSPP) and course selection carefully. Students are encouraged to speak with their high school counselor regarding their participation in the program.*

HOW does a student enroll?

Students should discuss their interest in the HSPP with their high school counselor and complete the appropriate HSPP application form*.

WHERE are the courses offered?

At the Asnuntuck Community College campus at 170 Elm Street, Enfield, CT 06082, or remotely. You may view the [fall 2021 course schedule online](#).

WHAT are the advantages of the HSPP?

- Experience college level courses

- Explore a variety of interests

- Earn college credits that can transfer towards two or four-year degrees

DEADLINE: June 11, 2021



Notes from the Nurse



Let's Stay Hydrated!

This year due to covid-19 the water fountains had to be shut down. As a result students are sometimes going long periods of time without water which can have a significant impact on how they feel and their learning. Even mild dehydration can lead to the following symptoms (most of which I see students for everyday.)

- **Inability to focus on tasks**
- **Light-headedness**
- **Dizzy spells**
- **Headaches**
- **Altered Moods**
- **Dry tongue or mouth**
- **Muscle weakness**
- **Tiredness**
- **Feelings of lethargy**



Image from [Ecowell India](#) 2020

The good news is that it is easy to reverse. The average teen should be ideally drinking close to 100oz a day. This breaks down to about 6 standard 16oz water bottles. They should drink at least 3 while at school if not more. Please help remind your child to bring a reusable water bottle to school so they can fill it up at the contactless filling stations. With Spring sports and the upcoming warmer weather it is even more important to stay well hydrated to perform our best.

SPARTAN SPORTS

With the official start of spring sports on April 10th, 185 athletes in 8 sports are finally able to return to competition after not being able to play during the 2020 spring season.

Following their 2019 Class S state championship run, the **softball** team has won 7 games in a row after an opening day non-league game loss to Enfield, and lead the NCCC while heading into May with several important games. The **baseball** team has won 5 out of their last 6 games including a couple of late inning comeback wins to start the season with a 5-3 record.

With our **boys lacrosse** team (2 wins) and **girls lacrosse** team (3 wins) competing in the CCC this year due to realignment for non-league scheduling, both teams started the season with tough away games against the better teams in the CCC. Both teams will also play their traditional NCCC rivals in May, and will be looking forward to once again competing in their respective Class S state tournaments.

Our **boy's and girl's track and field** teams are off to a fast start, which included hosting their first home track meet in several years. With several athletes setting school records and the girl's team being undefeated and the boy's team having just one team loss, both teams are looking forward to competing in the NCCC Championships and their respective state tournaments.

The Spartans **golf** team has started the season with two team wins, and will also be looking forward to their league and state championship meets at the end of the season. Finally, we have 2 tennis players competing with the Enfield boys **tennis** team, which has started the season with 3 wins in their first 4 games.

With the spring season reduced by a couple of weeks, all of our teams will continue to play full schedules while the status of several normally scheduled league tournaments are still to be determined. Please go to the [sports web page](#) for updated schedule information and links to all CIAC postseason information.



Congratulations to the following students for setting new school records:

Dara Salka ~ 400 meters

Rachel St. Germain ~ 1600 meters

Doug Suter ~ 400 meters, Pole vault 11'6"

Clubs & Activities

BETA CLUB



The Somers High School Beta Club Chapter was recently honored with The National Beta School of Merit Award. This award honors the Chapter's dedication and commitment to academic excellence exhibited by its members in grades nine through twelve. This award also recognizes students' participation in leadership development and service involvement that strengthens and builds character. A prime example of service involvement is the annual beautification project. Every spring, Mrs. Joan Rivard and other Somers Beautification volunteers organize a time to come to Somers High School to begin preparing the grounds for graduation. As is tradition, the newest members inducted into the Beta Club will participate in the beautification project as their first service project. We are looking forward to getting outside and pulling weeds, adding new mulch, and planting flowers for all to enjoy at this year's graduation.

Sweet Success!

**The Class of 2023
would like to thank
everyone who
supported the Krispy
Kreme fundraiser.
Over 100 dozen
doughnuts were sold!**



Clubs & Activities continued

The Interact Club hosted a Blanket Making Party! Students were able to enjoy the beautiful weather on Wednesday as they created fleece tie-blankets to give to a local domestic violence shelter. Each blanket was wrapped with a stuffed animal for extra snuggles.



Clubs & Activities continued

SHOW YOUR SCHOOL SPIRIT AND GET THE **SPARTAN SIGNATURE**



On Saturday, May 22nd, members of the SHS Class of 2023 will come to YOUR house and paint the **Somers Spartan** in red paint at the end of the driveway.

[Click on the link](#) for more information or to have a parent/ guardian sign up.

PROCEEDS SUPPORT THE SHS CLASS OF 2023

Questions? Contact tenley.stoltz@somers.k12.ct.us

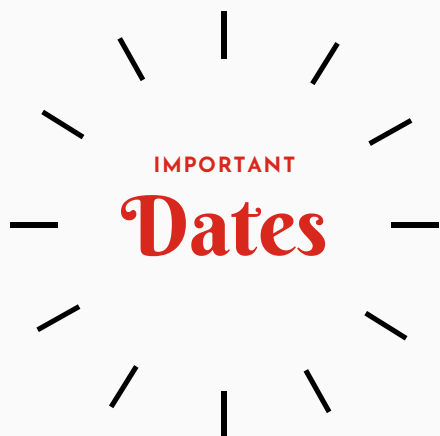
SAVE THE DATE!

Interact Club will be hosting a Walk-a-Thon for the Boston Children's Hospital on Sunday, 6/13 from 2-4 pm. More details to come!



*Drama Club will be presenting
the premier of
'Broadway Night'
at an invitation only event
May 22nd
which will be videotaped and
released to the public. Stay
tuned for more information!*





NGSS Testing: Juniors- 5/12

Early Release PD (11:00)- 5/12

NHS Blood Drive (8:30-11:30)- 5/13

Band & Chorus Concert (7:30pm)- 5/25

Early Release PD (11:00)- 5/26

No School: Memorial Day- 5/31

Senior Outing (10:00-7:00)- 6/1

Senior Prom (6:00-11:00)- 6/3

Senior Banquet (12:44-2:10)- 6/11

Interact Walk-a-Thon (2:00-4:00)- 6/13

Last Day- 6/16

Graduation- 6/16

USEFUL

Contact Information

Principal - Gary Cotzin
gary.cotzin@somers.k12.ct.us

Assistant Principal - Cheryl Gustafson
cheryl.gustafson@somers.k12.ct.us

School Nurse - Monica Willemain
monica.willemain@somers.k12.ct.us

School Social Worker - Suzylynn Williams
suzy.williams@somers.k12.ct.us

Kate Dzurenda - School Counselor
kate.dzurenda@somers.k12.ct.us

Lisa Grenier - School Counselor
lisa.grenier@somers.k12.ct.us

Karen Regan - School Counselor
karen.regan@somers.k12.ct.us

IT Support - Tim Lord
tim.lord@somers.k12.ct.us

