

THE SPARTAN SPECTATOR

Principal's Newsletter



Dear Spartan Families,

February usually tends to be a slower time for high schools thus allowing us to catch our breath as we await and prepare for the SAT (March 24th), AP Exams (May), and Next Generation Science Standards (April) testing to begin. Midterms are over and winter sports are winding down.

Our 2022-2023 Course of Studies will be online beginning on Monday, February 7th. The portal to register for classes will be open on February 16th. Please review the Course of Studies and work with your student to select classes that will challenge them. Teachers will soon be making recommendations, and I encourage your student to discuss their selections with them in order to find optimal success.

We will continue to work diligently to improve services to students and parents. I always maintain an open-door policy and am here to assist you. Please feel free to contact me if you have any concerns. I am looking forward to working with each of you and to helping make our school the best it can possibly be.

Sincerely,
Gary M. Cotzin
Principal
Somers High School

ENGLISH NEWS

by the English Department

After an arduous week of midterm exams, students are resuming their normal curriculum. Please read on to find out the current units with which our students are engaged:

AP English Literature and Composition/UConn ECE 1011 is diving into their Semester 1 Culminating Presentations while also beginning Gabriel Marquez's *Chronicle of a Death Foretold*. The students continue to complete regular in-class practices for the challenging AP Literature and Composition Exam. AP English Language and Composition/UConn 1010 is continuing to practice for the exam by way of timed reading and writing drills, alongside their Semester 1 Culminating Presentations.

College English 12 students are beginning their *A Thousand Splendid Suns* (Khaled Hosseini) unit that includes a brief overview of the vast history of Afghanistan while Honors English 12 is completing a choice unit involving *The Kite Runner* and *A Thousand Splendid Suns*, both by Khaled Hosseini.

At this point in the year, **grade 11** students are reading *Frankenstein*, a very rich unit in which students discuss the following themes: human vs nature; scientific and medical advancements and innovations; the significance of companionship and responsibility. Meanwhile, in English 11, students just started reading *The Great Gatsby* and will be supplementing their reading with watching the film to deepen their understanding. This is an interesting unit on privilege, relationships and the American Dream.

Sophomore English classes are reading William Shakespeare's *Merchant of Venice* in Honors English 10, and College Prep English 10 students are ending their *Lord of the Flies* (William Golding) unit. Some are currently working on their Inside/Out project in response to finishing *Lord of the Flies*. To finish up the unit, students will take a week to discuss tribalism and how it is portrayed in both the novel and in reality.

Some **grade 9** students are working with William Shakespeare's *Romeo and Juliet*, while others are finishing up *To Kill a Mockingbird* (Harper Lee) essays. As they write, they learn about MLA formatting and appropriate use of quotes, in addition to properly citing. Students will soon be following this up with *Animal Farm*, during which they discuss the literary style of allegory.

History

by Phil Goduti

The AP United States History classes were excited to get back to Boston this past November. It was the first trip that the department has been able to run since the start of the pandemic. Students were excited to explore the Freedom Trail and link those experiences back to the classroom through an essay on the American Revolution. They walked in the footsteps of history beginning on the Boston Commons and moving on to the granary grounds, where Sam Adams, John Hancock and Paul Revere are buried. From there, they traveled to the site of the original Boston Latin School, the iconic Old State House, where the Boston Massacre took place, Paul Revere's house, and the Old North Church, where Paul Revere lit his lanterns for the Patriot army.



Physical Education + Health

by Mellanee Harmon, Eric Henne, Amanda Welch, and Corey Maznicki



Health:

We are proud to announce that Mrs. Harmon and Mrs. Welch are now certified CPR/First Aid/AED Instructors through the American Red Cross. CPR training is a requirement for graduation, and this certification process exceeded this requirement through a two-year certification through the American Red Cross. The training covers adult, child and infant hands-only CPR, choking, controlling bleeding and assessment. The cost of the training is only \$32. We are so proud of how successful our students have been in achieving this life-saving certification. Our next certification will be for our 2nd semester students in May.

PE:

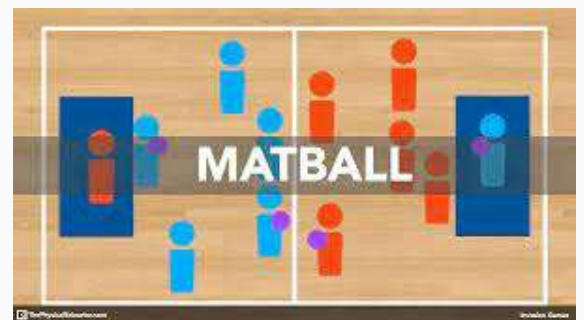
Everyone congratulate Mrs. Welch on becoming a new mom! She is home resting comfortably while Mr. Maznicki has stepped in as a long-term substitute. He is a graduate of Somers High School, attended Springfield College, and is an avid tennis & pickleball player. We are very happy for Mrs. Welch and also happy to have Mr. Maznicki on board!

Second semester has just begun and PE 9/10 is opening up with our “new games” unit. The purpose of this unit is to introduce students to “non-traditional” sports games that combine multiple elements of different activities. For example, we are starting with a game called “SpeedBall”. It is a combination of soccer, basketball, and handball. Students are able to score points in a multitude of ways, which allows students to play to their strengths and discover how they can best benefit their team. Some other games we play in this unit include:

MatBall (*kind of like an extreme kickball*)

FlasketBall (*combines football themes with basketball themes*)

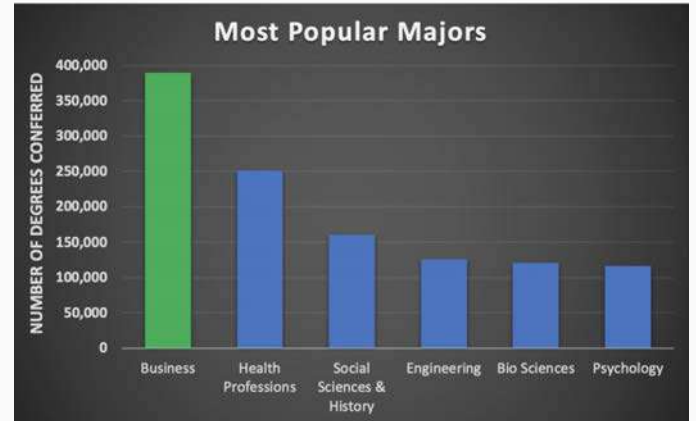
SwatBall (*uses a large beach ball*)



There are many others as well. We are looking forward to a thrilling and exciting second semester and hope the students are as well!

BUSINESS: The Most Popular College Major!

Every year since 1980 the most popular college degree earned has been in business, and by a very wide margin!



**Source: National Center for Education Statistics. Data shown is for the latest year available; 2018-2019. View data [here](#)*

This doesn't come as a surprise, as it's easy to see the versatility a business degree offers, with a wide array of job opportunities. After all, the U.S. Bureau of Statistics has estimated around 35% of all jobs will be in the area of business, marketing, finance, and sales by the year 2026. Even if someone didn't start their career with a business degree, it's common for those who want to advance their career or move up the organization ladder to go back to school and focus on business. This helps them gain leadership and management skills, as well as the college degree often required for advancement.

If you too plan to obtain a business degree, you'll have many choices within the area of business to focus on. For example, Mr. Mayo studied business, but focused specifically on accounting. Prior to teaching he worked as an accountant for a corporation. Mr. Clement intentionally focused on general business, as he knew he wanted to become a teacher and desired having a very broad understanding of business operations. For his elective courses he tended to focus on management, leadership, and business law.

Here's a breakdown of some of the most popular focus areas you can hone in on as a business major. At SHS we offer business courses that intentionally mirror these areas. If you have any questions about what courses you should take with us, what it would be like studying business in college, or any of these areas, please don't hesitate to ask Mr. Clement or Mr. Mayo.

Accounting: Focuses on documenting financial transactions within a business. You can focus on public or private accounting. Those in private accounting are typically hired directly by a company to manage their records and make financial decisions. Those focusing on becoming a Certified Public Accountant not only help businesses file their financial statements, but commonly provide services to individuals for filing their yearly tax returns.

Marketing: Many perceive this as only advertising and sales, since we're all exposed to commercials and advertisements daily. However, marketing can go much deeper into topics such as supply chain management, market research such as customer psychology and demographics, pricing, packaging, etc.

...continued on next page

Management: People sometimes think people go into management to become “the boss.” Although a major topic within the domain of management is effective leadership and supervisory responsibilities, studying management can benefit those who don’t have this aspiration. Management also includes enhancing process efficiency, strategic planning, organizational behavior, implementing change, budgeting, among many others.

Human Resources: This is often tied into management; however, more narrowly focuses on matters dealing with the “people side” of business operations. Careers in human resources involve recruiting and training employees, benefits (ie. Insurance), labor relations, and more. They are there to help ensure a business is hiring the best people for specific jobs, training and treating them well, and retaining those employees.

Computer Information Systems: If you’ve already taken Computer Applications 1: Personal Finance, you know quite a bit about this topic! People in this field focus on utilizing spreadsheets, databases, and other technology to manage and improve processes in business. This too is a broad category. Jobs often include: Data analysts, quality assurance professionals, information managers, systems administrators, technical support, and many more.

Business Law: This can benefit business people regardless of which area they focus on. Those who have this as their primary of study can go on to become business lawyers, but also commonly combine this with a secondary area, such as leadership, management, accounting, or political science. Business lawyers can focus on the creation of wills and estates for individuals, providing legal advice for corporations, real estate legal matters, the formation of contracts, etc.

Entrepreneurship: Those who focus in this area typically have aspirations of becoming a business owner or moving higher up the organizational ladder into management. In studying this area, you learn about business strategy and problem-solving, establishing a business plan, evaluating business entities, product development, financing, management, and more. This area often incorporates other areas of business, as business owners must be at least broadly familiar with all areas of business mentioned above.

International Business: This area focuses on how all of the above areas are implemented globally. Think about it... major U.S. corporations don’t have locations only in our country; they’ve expanded around the world. However, businesses operate differently, depending on cultural norms, variations in laws, etc. This major prepares you to do business world-wide.

Other Unique Areas: As the business world evolves, so do college programs. It’s now more common to see colleges and universities offer unique focus areas, compared to the traditional ones above. Some include leadership, negotiations, health services administration, sales, personal finance, supply chain management (managing how products are made, transported, and sold), quality management, tourism, hospitality, project management, agribusiness, business communications, and more.

New Member to the SHS TIDE department.

Mr. Brody Rheault has joined the SHS Technology Innovation Design and Engineering department. Brody is taking the place of long term faculty member, Mr. Roy Slater who has retired after 46.5 years of teaching at SHS. Brody is a community member of Somers, where he graduated HS from in 2018. After high School, Brody attended Central Connecticut State University where he



graduated with a Bachelor of Science in Technology and Engineering Education. Outside of school Brody's hobbies include coaching, exercising, woodworking, laser engraving, and video editing.

This semester, Brody will be teaching courses in Graphic Design, World of Technology and Research and Development. We welcome Brody to the team and can't wait to see what he has in store for the SHS TIDE department!

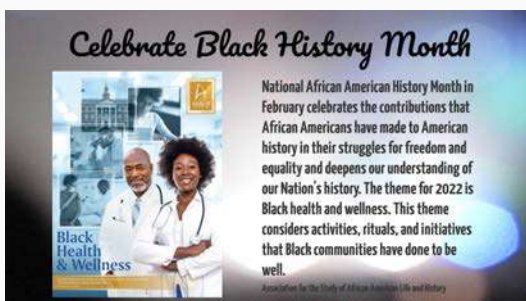


Do you know how to knit or crochet? **The Somers High School Makerspace is collecting beanies for cancer patients and tiny blankets for the NICU throughout the spring semester.** Check out the [SHS Makerspace page](#) for more information on the *Knots of Love* guidelines for acceptable yarns and free patterns. Donations can be dropped off in the Library Media Center.



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Dr. Woodson believed that young African Americans in the early 20th century were not being taught enough of their own heritage, and the achievements of their ancestors. In February 1926, Woodson sent out a press release announcing the first Negro History Week. He chose February because the month contained the birthdays of both Abraham Lincoln and Frederick Douglass, two prominent men whose historic achievements African Americans already celebrated.

Since 1976, every U.S. president has officially designated the month of February as Black History Month and endorsed a specific theme. The 2022 theme, “Black Health and Wellness” acknowledges the legacy of Black scholars and medical practitioners in Western medicine, as well as activities, rituals and initiatives that Black communities have done to be well. ([Association for the Study of African American Life and History](#))



Check out this [Interactive slideshow](#) that the LMC created to celebrate Black History Month!

NEWS FROM THE

Counseling & Career Center

Recent articles in the news media today talk about the numbers of people leaving their jobs in hospitals and in medicine due to the stresses and pressures of the pandemic. But careers in health care continue to inspire the young people at Somers High School. Twenty students attended a Health/Medicine Career Forum in January to hear from SHS alumni Stephanie Butler, a nursing student at Sacred Heart, Rose Karvandi, a Physiology & Neurobiology Pre-Med student, and Kerry Duffy, an I.T manager at Flatiron Health, a health technology company. The panelists shared their career paths, insights and advice with students. The event was sponsored by the Girls in STEM Club.



Somers Fire Department Representatives with Current Cadets

This event led to students asking how they can volunteer to gain experience so we invited representatives from the Somers Fire Department, Lt. Shawn Marquardt and Candice Bidwell, to the school this month to talk about the Department's Cadet Program. This program allows students to train alongside the EMT's, EMR's and Paramedics and to respond to calls under close supervision. Current high school students who are involved with the program also shared their experiences.

For more information on guest speaker forums or the Somers Fire Department Cadet Program, contact Ms. Meg Duffy in the Counseling & Career Center.



Panelists with Girls in STEM members and Ms. Duffy

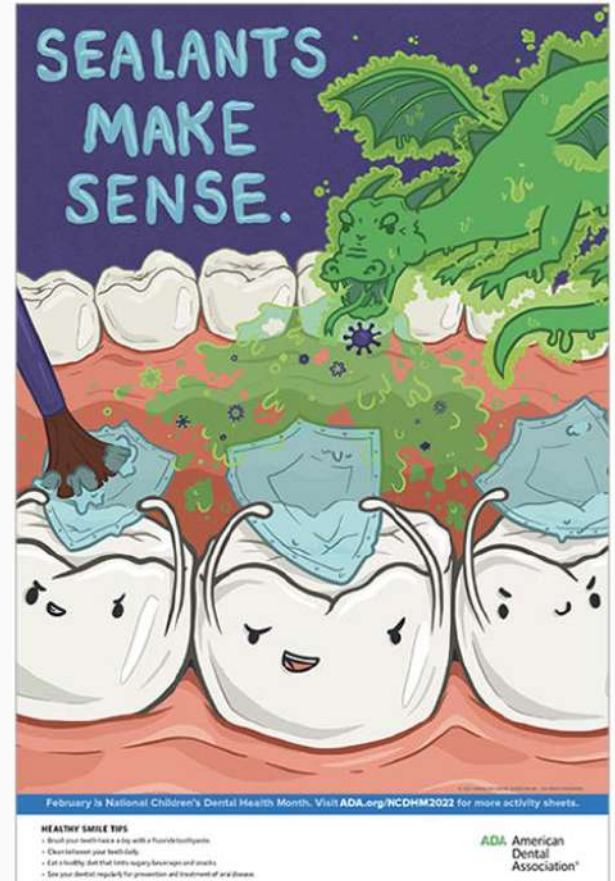
Notes from the Nurse



February is National Children's Dental Health month and like most other aspects of our lives, our dental health has been impacted by Covid-19. Many people have missed dental visits due to reduced hours of dentist offices or having to quarantine. The CDC website states, "The most prevalent oral conditions are dental caries and periodontal diseases, and they are largely preventable. Dental caries is the most common chronic childhood disease and continues into adulthood." Dental health plays a huge role in overall health and prevention of disease is something fairly simple we can all take into our own hands.

Here are simple ways to help our children avoid dental issues:

- Drink plenty of water as dry mouth is extremely detrimental to oral health
- Consume a Healthy diet limiting sugary foods
- Brush teeth at least twice a day especially after eating and before bed
- Brush after if snacking on foods that contain refined sugars like pretzels or crackers
- Floss daily
- Reduce/eliminate tobacco consumption
- Dental resin sealants are simple and effective in cavity prevention
- Using fluoridated toothpaste
- Schedule and keep bi-annual dental cleaning appointments
- Take time for self-care as stress can lead to grinding teeth and chipping of teeth and wear on enamel



SPARTAN SPORTS

Our winter sports seasons are in full swing with all teams competing for league titles and improving postseason rankings. The indoor track team (4 boys and 4 girls each practicing with Ellington High School) competed in the NCCC Championships on January 31st at the Floyd Little Athletic Center in New Haven. The indoor track state championships are scheduled for February 12th.

The boys and girls basketball teams are both near the top of the NCCC league standings and state rankings, with both teams having multiple game weeks coming up with important games prior to the NCCC tournament.

Our wrestling team hosted their first home meet in 2 years with a win over Portland. The NCCC Wrestling Championships are scheduled for February 12th at Rockville High School.

The Tri-Town hockey team currently has 7 wins on their way to qualifying for the DIII hockey tournament starting on March 7th. Kate Provencher, our only athlete playing girl's hockey, continues her first season on the Suffield co-op team.



NCCC INDOOR TRACK CHAMPIONSHIPS:

Congratulations to Doug Suter for winning the NCCC pole vault with a new personal record and Rachel St. Germain for winning the 1000 m, 1600 m, and 3200 m races!

Congratulations to Rachel St. Germain who was awarded Somers High School's first ever Gatorade Player of the Year for Girl's Cross Country!

Clubs & Activities

The SHS Class of 2023 will be holding a fundraiser at Jersey Mike's in Enfield! Starting this Sunday, February 6th through Saturday the 12th, \$2 from every printed coupon goes towards senior year activities. **(Coupons cannot be redeemed digitally, they must be printed out.)** **Thursday the 10th is Spirit night!** 10% of all sales between 5-9pm go towards the junior class, and there will also be a raffle. Show your support and enjoy a night off from cooking!

A promotional poster for Jersey Mike's Spirit Night. At the top, the slogan "EAT A SUB, MAKE A DIFFERENCE!" is written in a curved, bold font. Below it, the words "SPIRIT NIGHT" are displayed in large, dark blue, block letters. Underneath, the date and time "Thursday, February 10 • 5:00PM-9:00PM" are printed in a smaller, dark font. The central image shows a pair of hands holding a large sub sandwich filled with meat, cheese, and vegetables. In the bottom left corner of the image area is the Jersey Mike's logo, which includes the text "SINCE 1956" and "SUBS". In the bottom center is a circular seal for the "SOMERS HIGH SCHOOL CLASS OF 2023" featuring a profile of a Native American figure.

Good goes beyond the sub! Join us **Thursday, February 10th** in support of the **Somers High School Class of 2023**. We're happily donating **10% of sales** in support of this fundraiser. So stop by, enjoy some great subs and help Jersey Mike's support this worthy cause.

VALID ONLY AT:

39 Hazard Ave • Enfield, CT • 860-265-1399

Valid 2/10/2022 only. See store for details.

Clubs & Activities continued

JOIN US FEBRUARY 6TH *thru* FEBRUARY 12TH FOR A

FUNDRAISER!

PROUDLY SUPPORTING

Somers High School Class of 2023



39 Hazard Ave • Enfield, CT • 860-265-1399

FOR EACH COUPON REDEEMED JERSEY MIKE'S SUBS WILL
DONATE \$2.00 TO SOMERS HIGH SCHOOL CLASS OF 2023

FREE
CHIP & DRINK!

WITH ANY SUB PURCHASE

OFFER VALID ONLY AT PARTICIPATING LOCATIONS

Hurry! Valid 2/6 - 2/12/2022. One coupon per person per visit per day. Not to be combined with other offers. No cash value. Redeemable in person only. 4405



\$8.99 Meal Deal!
tax not included

A REGULAR SUB, CHIPS & A 22oz FOUNTAIN DRINK

OFFER VALID ONLY AT PARTICIPATING LOCATIONS

Hurry! Valid 2/6 - 2/12/2022. One coupon per person per visit per day. Not to be combined with other offers. No cash value. Redeemable in person only. 44112



BUY 2 GIANT SUBS
GET THE 3rd **FREE**

*of equal or lesser value.

OFFER VALID ONLY AT PARTICIPATING LOCATIONS

Hurry! Valid 2/6 - 2/12/2022. One coupon per person per visit per day. Not to be combined with other offers. No cash value. Redeemable in person only. 4407



\$2.00 OFF
ANY SUB

OFFER VALID ONLY AT PARTICIPATING LOCATIONS

Hurry! Valid 2/6 - 2/12/2022. One coupon per person per visit per day. Not to be combined with other offers. No cash value. Redeemable in person only. 44152





Early Release PD (11:00)- 2/9

Midwinter Concert (7:00pm)- 2/9

Midwinter Concert Snowdate (if needed 7:00pm)- 2/10

Presidents' Day (no school)- 2/21

PD (no school)- 2/22

USEFUL

Contact Information

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