

### Ansonia High School

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Guidance  
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Main Office  
Teacher

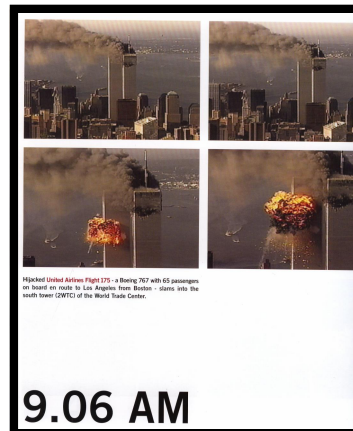
## Book of the Month: *NEW YORK September Eleven Two Thousand One*

Giorgio Baravalle, Ed.

September 11, 2001 will always be remembered as a dark day in our nation's history. Documented in *NEW YORK September Eleven Two Thousand One* are the words, images and emotions of its many victims. As shown above, page six displays one of the many horrific moments of that morning. Panning these pages will give students and faculty a true feeling of the domestic and international scope of the 9/11 tragedy. It is important that we all revisit that day, if for no other reason than to remember the numerous victims and their families.

Peace in the world begins in our homes, our schools and our communities. As a nation we can rise above

such cowardice, ignorance and hate through our everyday actions of decency, compassion, and caring towards those around us.



## From the Principal, Cont'd from page 1

can do much to support our mission in educating your child.

During the course of the year, there are many opportunities to be involved in our school. One of the first is Parents' Night on Thursday, September 20<sup>th</sup>. I encourage all parents to meet the teachers and learn about your child's classes and expectations.

And... don't forget to mark your calendars for Parent-Teacher conferences on November 14<sup>th</sup> and 15<sup>th</sup>. In addition, we urge you to become involved in our very active PTSO, which provides ongoing support to our students.

You can sign up on Parents' Night or email the AHS PTSO for more information [ahsptso@yahoo.com].

To all of our students, parents/guardians - remember that academic achievement and personal success depend upon all of us working together. Together we can accomplish great things!

**WELCOME BACK STUDENTS!**  
*We're looking forward to a challenging, exciting and successful year!*

*What's new this year?...*

Dates to Remember	
Sept 3	Labor Day No School
Sept 11	Patriot Day
Sept 11-14	Spirit Week
Sept 14	Fall Sports Pep-Rally
Sept 18	Underclassmen Pictures
Sept 19	Early Dismissal Teacher Professional Day
Sept 20	"Back to School Night" 6 pm
Sept 28	Progress Reports

We've already signed on to participate in two new grant-funded programs. The first will focus on technology and be led by Mrs. Karen Phipps (*who also is responsible for compiling this newsletter - Thanks, Mrs. Phipps!*). Also new is a program that will bring students from area high schools together to collaborate on an academic project about the Middle East under the direction of Mr. Sabulis and Mr. Borne de Araujo. Check out future newsletters for more information about these projects.

September 2007

Ansonia High School



# The Charger Times

## Notes from the Principal's desk...

### Mission Statement

To prepare every learner to meet ever-changing personal and global challenges, the primary mission of Ansonia High School is to cultivate the emotional, physical, social, and intellectual growth of each student. The success of our mission requires the active participation of students, faculty, parents, and community in the learning process.

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The rapidly approaching cool weather and brilliant colors of autumn herald the end of summer and the beginning of a wonderful new school year. It's amazing that we are already three weeks into September! The opening of school went very smoothly; students were cooperative and the air was filled with curiosity, energy, and excitement. Our congratulations and thanks to the faculty, staff, and students who made the first week a productive and rewarding beginning.

Students are now well into the daily routine, focused on both academics and co-curricular activities. To ensure that we established a climate of respect and high expectations for all students right from the start,

we began with our annual Freshmen Orientation and followed with class meetings for all four grade levels. Dr. Benjamin Carson's "THINK BIG" philosophy provided the inspiration and foundation for our focus on personal responsibility, belief in oneself, and high academic performance. Several staff members were on hand to reinforce policies and procedures to ensure the safety and well-being of all our students.

Our efforts to communicate and connect with students will continue in the upcoming weeks through the new *Student Seminars*, providing administration and counselors an opportunity to meet with small groups of students to reinforce expectations, provide information about strategies for high school success, answer any questions, and provide a forum for an exchange of ideas and suggestions to make AHS the very best it can be.

We will continue our work this year to hold high behavioral and academic standards. Our primary focus is **learning**, so that each student will be equipped with the knowledge and skills to be successful in their future endeavors and to *meet ever-changing personal and global challenges*. Our mission to cultivate the emotional, physical, social and intellectual growth of each student can only be achieved when we have a strong partnership between school and home. As parents, you

*(Continued on page 4)*

## Student of the Month

Devin Gant has been selected by the faculty and staff at AHS to be the September Student of the Month.

Devin is described by his teachers as being a polite, positive peer that is always cooperative and willing to help out both teachers and students.

It has also been noted that he has a very positive demeanor, always with a smile on his face.

Please congratulate Devin on this exemplary achievement!

**Devin Gant is the  
September Student  
of the Month**

## Welcome New Staff

Ansonia High School would like to welcome the following new staff members to AHS:

### Charger Health Clinic:

- Mrs. Karen Lisi, the new school nurse, can be found in the Charger Health Clinic. She is the wife of Assistant Principal, Robert Lisi, and is proud of her two sons, Robert Jr. and Christopher, both AHS graduates!

### Math Department:

- Ms. Lusi Altan will be student teaching Mr. Affie's Geometry classes. She was born in Turkey and has lived in Connecticut since 2000. Ms. Altan attended Trumbull High School and is currently a student at Central Connecticut State University. She can be found in room 208.

### Science Department:

- Ms. Carole Kargher has been hired to teach Integrated Science and General Science. She can be found in room 211. Ms. Kargher is a graduate of the University of Connecticut and completed her student teaching at Hall High School in West Hartford, CT. She is a former scientist, with primary research experience at UCONN and applied research experience at Bayer HealthCare Pharmaceuticals. Ms. Kargher has five children of her own, from ages 4-24, a beloved Beagle, Onyx, and an equally beloved guinea pig, Cuddles. She is very excited to be a new part of the AHS family.
- Mr. Christopher Bartles, in room 212, has been hired to teach General Science and Chemistry.
- Mr. Robert Mitchell has been hired to teach Physics, UCONN Physics, and Pre-algebra. He is located in room 217.
- Mr. Carl LaRovera (permanent sub) teaches Academic Chemistry and General Biology. He can be found in room 216.

### World Language Department:

- Ms. Elaine Nadal has been hired to teach Spanish II, Spanish III, and ESOL. She teaches most of her classes in Seminar B but can also be found in 205 and 207.

### Media Center:

- Ms. Anne Pedevillano has been hired as the media center aide.

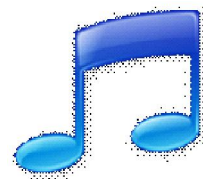
## Music Notes

The music department began preparing for the 2007-08 school year over the summer with meetings, room decorating and practicing in marching basics. We are all looking forward to another exciting year.

The chorus will be led by its many talented seniors and the band's seniors are stepping up and taking on new roles to help fill in the gaps as a result of the loss of last year's seniors. I

am very proud that they are all such team players.

Even more new band members are needed or performing at football games and other events in the future will be in serious jeopardy. Please consider taking up an instrument; beginners are welcome! You'll never regret your decision. Check out the band at the first pep rally on September 14<sup>th</sup>. Go Chargers!



## PTSO Announcements

The Ansonia High School PTSO would like to welcome back our Administration, Staff, Parents, and Students. The AHS PTSO is putting out a request to all families and staff to please join up. The membership fee is \$5.00 per family. PTSO representa-

tives will be available at "Back to School Night", which is scheduled for September 20<sup>th</sup>, 2007. The AHS PTSO has "AHS Cookbooks" which are available for \$10.00. The PTSO Post-Prom Committee is sponsoring a bus trip to the Mohegan Sun Casino

on Saturday, September 29<sup>th</sup>, 2007. Please contact Francie Mengold @ 734-6940 or 736-1800 for further details.

For more information regarding the AHS PTSO, please check our website: ([ahsptso@yahoo.com](mailto:ahsptso@yahoo.com)).

Congratulations to:

- Ms. Kelley and family on the birth of their son.
- Ms. Sheffield on her marriage to Joseph Del-Mastro
- Mr. Borne on his civil union to Tema Araujo

## Guidance News

The Guidance Department extends a warm welcome to our new principal Mrs. Susan McKernan, whose vision and leadership will guide our total school community. To all new staff, welcome to the AHS family! The "Great Class of 08" deserves an extra special welcome; this year is truly yours.

Seniors, the counselors are circulating to each senior homeroom to distribute and explain vital information that will guide your organization and fulfillment of important responsibilities. Specifically, these include SAT registration, a senior release form, a senior activity sheet for the purpose of recommendation data, the CONNECT EDU and Fast Web sites, and the college visitation sched-

ule. Please look to these responsibilities with diligence and be alert for much more to come. You know that you can see your individual counselor at any time, and as soon as possible, to begin the process.

CAPT scores have been distributed to each current junior and senior who tested last school year (2006-2007). Please review the score with parents and/or guardians. Congratulations to the CAPT Scholars; those students who fell short of proficiency, please be alert to retaking any portion needed.

Our sophomores have made a terrific transition from freshman year, and the continued growth of respect and responsibility will be to your advantage this school year.

The "Making High School Count" program presented to our freshman class was a very positive experience. The transition to high school, while challenging, is a great learning experience that will lead to further success. Also, the counselors will be visiting each homeroom to update students on available guidance services.

## From the Charger Health Center: Breakfast and Your Health

### Did you know eating breakfast consistently can add years to your life?

A classic study of 7000 people (Alameda County study) showed that eating breakfast regularly was one of seven lifestyle factors that influenced how long people lived. Eating breakfast regularly also helps prevent weight gain, prevents a heart attack, and improves memory and attention span. Eating breakfast and regular scheduled meals appears to improve hemoglobin levels, decrease platelet

stickiness, reduce blood sugar and improve thyroid function. As a result, your hormone levels remain steadier in the blood, which helps quash hunger pangs.

Your brain is also more alert and you can concentrate and memorize information better. Reach for non refined (non processed) foods high in fiber such as whole grain breads, cereals and fruit. High fiber foods stimulate appetite suppressing hormones to curb the appetite and make you feel full longer.

So, the next time you're tempted to skip breakfast..... think again.

