

Camden Hills Regional High School
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Windjammer News

October 2019

Making News: Journalism

The newest senior English elective is the one-semester course Journalism, initiated by a current senior who wanted herself and her classmates to have the opportunity to both analyze news articles and put those observations into practice when creating their own journalism stories about local issues and events. After she had convinced the English department of the value of such a course, its inclusion in the course catalog drew a number of interested signups. The class is currently running with Jamie Gillette as teacher.

Students are reflecting on their current media habits, reading widely of published media, considering ethical and legal implications in the media, writing for different audiences, and analyzing models of high-quality reporting for insights on how to strengthen their own work. Eventually, students will create a portfolio of articles written in various genres on local issues they'll be researching independently, including several students who will report on the upcoming PopTech conference. The course emphasizes the importance of student voice and choice, and will hopefully lead students to publish their work in appropriate venues beyond the school walls and to apply new awareness to their ongoing consumption of media.

Ms. Gillette is actively interested in bringing in local journalists as guest speakers to discuss their professional experiences and insights or to provide feedback on students' work. If you're interested, please contact her at jamie.gillette@fivetowns.net.

Transitional Life Skills

Fall 2019 TLS Happenings: We have a large crew in the Transitional Life Skills this year and we are excited to see what the year will bring! This year we will host the Annual Special Olympic Bowling Meet at Oakland Park Lanes on November 18th. We will ask area schools to send high school volunteers to help us out this year. I like the idea of building a bigger volunteer community to parallel the participating athletes' sending districts.

Following the bowling meet & pending some good early snow coverage, we will learn to nordic ski on campus (with the help of Maine Sport xc gear) and head to Sugarloaf in January for the annual Winter Games.

Second semester, we will begin Unified Basketball. Unified Basketball was so much fun last year, we look forward to this year. I have already had student volunteer inquiries. We have such a giving school community.

In addition, next semester, Camden Hills will also host the annual Special Olympic Track Meet on May 8th (rain date May 11th). We hope to have many community and high school volunteers from all participating districts. This is a fun event.

Beside all of the activities, we also participate in various water ventures. We live on the coast of Maine and I strongly feel all students should have experiences on the water. We row with Station Maine, sail with Rockland Community Sailing and have recently learned to haul lobster traps, band lobsters and bait bags on a commercial fishing boat. We were able to see White Head Light House and a curious seal on this excursion.

In order to earn money to participate in all of these adventures, we volunteer for the Maine Boats & Harbors Show, earning money as the official "Recycle & Refuse Team". I rely on adult volunteers to supervise student volunteers of the course of 4 days of R & R shifts. I am so very thankful for the help, which includes our school principal, Dr. Carlson. Thank you for your continuing support, it's going to be a fantastic year!



The Yearbook Homecoming Sale ends 10/4! Buy your book now for the lowest price of the year! Go to Jostens.com and order today!

Senior Photos, baby photos, and senior memories are due by 10/18. Go to https://chrhs.fivetowns.net/student_services/activities/yearbook to submit your photos and memories. If you have any questions, please contact the yearbook advisor at jennifer.munson@fivetowns.net

Five Town CSD

ADULT *and* COMMUNITY EDUCATION

We hope everyone has settled into the new school year! We just marked our **50th** year of adult and community education – we were the first in Maine on September 15, 1969 – and continue to offer a selection of both important classes to help people get and improve their education and workforce

skills, and those that are just a fun way to learn something new.

We'd like to call your attention to several important offerings.

- Integrated education and training program for CNA certificate - this program is free to qualified adults.
- Certified Clinical Medical Assistant with CCMA Certification
- Other Certificate programs include: Dental Assisting with RHS, Phlebotomy with CPT, Pharmacy Technician with PTCB, Group Fitness & Personal Training and Medical Transcription

There are many new and returning offerings including our very popular cooking, art, dance and jewelry-making classes, and we continue to offer Drivers Education every month. If you'd like a digital copy of the brochure, or to register for a class, visit our website: fivetowns.maineadulted.org

Camden Hills Regional High School
Class of 2021
Washington Trip

Mandatory Parent/Student Meeting
CHRHS Gymnasium

Camden Hills Regional High School is fortunate to be able to send a majority of next year's Senior Class on a trip to New York, Philadelphia, Baltimore, and Washington DC. This trip is made possible thanks to the financial generosity many years ago of Dr. Bisbee, who established the Washington Trip Bisbee Fund. There is a registration fee, and any additional costs that students may be expected to pay will be determined annually.

All juniors interested in going on the Washington Trip, which is scheduled for **June 21st to June 27th, 2020**, must attend an informational meeting held at **7:00PM** in the gymnasium on **either Tuesday, October 8th or Wednesday, October 9th**. This meeting is an opportunity for the students and their parents to learn more about the trip, its rules, and the extensive schedule. The meeting will last approximately one hour, and it is mandatory for both the student and (at least) one parent, in order for the student to go on the trip. If, however, a student or parent has a conflict that cannot be resolved, he or she must email me by October 8th. (jeff.hart@fivetowns.net). The email should state the conflict, the student's interest in going on the trip, and the student and parent's willingness to attend a make-up meeting. You will not be able to register for the trip at a later date in the year. Failure to attend the meeting in October, or failure to email a letter by October 8th to me expressing interest in going on the trip, will result in a student losing the opportunity.

As previously announced at the first class meeting this year, and stated in the student handbook, any student who is suspended from school this year may not be eligible to go on the Washington Trip. More information can be found in the CHRHS Student Handbook (available at school and online). This information will also be presented at the organizational meetings on October 8th and 9th. In addition, I have set up a group on Schoology that has some information, and I will continue to use that group to reach out to students throughout the school year. The access code for that group is **FG8J-ZWCG-JSHX3**

The CHRHS Washington Trip is an amazing opportunity. We had a great trip last year, which was my third year leading the trip. I look forward to another great one this year!

Feel free to contact me with any questions.
Thanks,
Mr. Jeff Hart, Washington Trip Coordinator



CHILLS LIBRARY FIRST 3 WEEKS 2019

TOTAL CIRCULATIONS

Total number of books checked out
Same period last year = 253

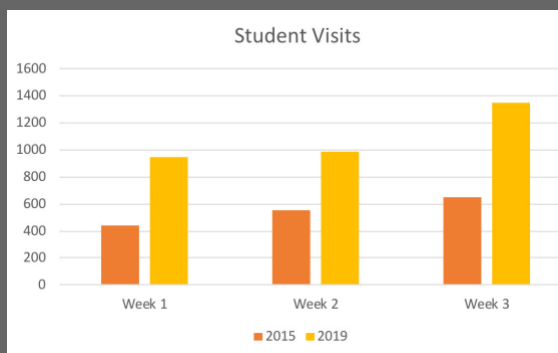
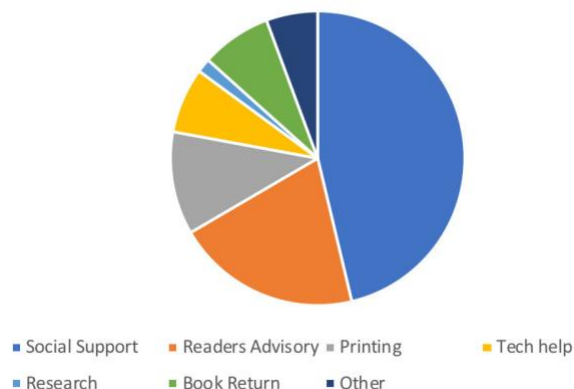
408



This is what your CHILLS
Librarians do all day.

Data aggregated from the
first three weeks, and
includes students and staff.

CHRS Librarian Activities



How many students and staff use the
CHILLS Library each week?



LATE DAYS IN THE LIBRARY CONTINUE

Thank you to our partners at Camden and Rockport Public Libraries
Tuesday, Wednesday, Thursdays we are open until 4:15!



The 2019 fall musical is *Mary Poppins*!

Performance dates are November 8, 9, 15, & 16 at 7pm and November 10 & 17 at 2pm.

Tickets go on sale October 1st!

Tickets may be purchased online at stromtickets.com, or by calling the Strom Box Office at 236-7800, ext. 3282. You may also buy tickets directly from the box office at the high school after school. Advanced ticket prices are Reserved \$15, General Admissions \$12 adults/\$8 seniors & students.

At the door, Reserved \$18 and General Admission are \$14 adults/\$10 seniors & students.

Mary Poppins, a timeless classic based on the series by P.L. Travers and produced with permission of Music Theater International (MTI), is set in London, and takes audiences on a magical adventure with the “practically perfect” nanny, Mary Poppins (Julianna Day, Annabel Parker) as she helps the Banks family “turn themselves right side up.”

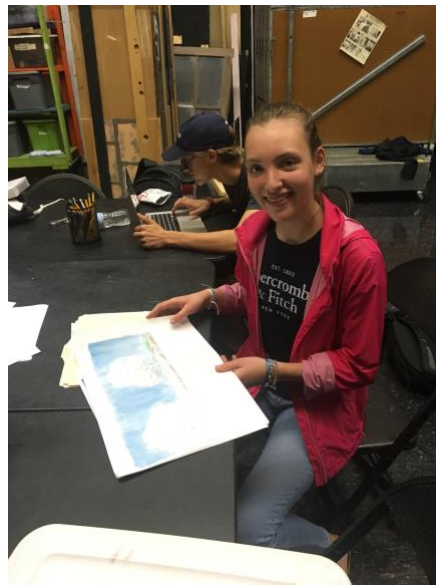
Appearing with the wind, the whimsical nanny comes in response to an advertisement written by two “adorable” children, Jane Banks (Lorelei Rademacher, Maren Kinney) and Michael Banks (Preston Henderson, Adelaide Harbaugh), and takes the children on adventures in London with her jack of all trades companion, Bert (Bradlee Watts, Wesley Henderson), where they encounter dancing statues, the kind Bird Woman (Audrey Leavitt), the mysterious Mrs. Corry (Kate Kemper), life-sized toys, the mean nanny Miss Andrew (Robyn Walker-Spencer), chimney sweeps, and a trip amongst the stars.

All the while, the children’s parents, George (Kevin Bergelin) and Winifred (Aly Shook) must overcome their own set of problems including George’s employment suspension at the behest of his boss, the Bank Chairman (Joshua Kohlstrom), and Winifred’s questioning of her role in the family. With some comic relief provided by the Bank’s nosy housekeeper, Mrs. Brill (Elaine Landry), and houseboy, Robertson Ay (Ruben Feldman), the cast is completed with an ensemble that includes singers, dancers, and other named characters such as Katie Nanna (Alice Moskowitz), Miss Lark (Sophie Ernst), Admiral Boom (Nate Stanley), the Policeman (Leo Feldman), the Park Keeper (Abi Hammond), Neleus (Isaiah Doble), Mr. Von Hussler (Nigel Wilton), Mr. Northbrook (Caleb Edwards), and Valentine (Tanner Hilt).

The 2019 CHRHS production team will include Gretchen Henderson (stage director and choreographer), Joani Mitchell (accompanist, pit band director), Kim Murphy (choral director), Tom Heath and Rick Ash (tech directors), Jane Self (producer), Terri Ralston (hair and makeup advisor), and Heidi Kopishke (costume design).

Junior Thia Allen is the lead set designer and has been working on the project since before the school year began. Sophomore Oliver Worner will be working on lighting design with the Strom Tech Club. Junior Elias Porter will be running the sound including 20 wireless microphones. Junior Jasper Berryman-Moore is the lead carpenter and stage manager. Hair and Makeup design is being headed up by junior Abi Hammond. Senior Cyndal Emerson is the Director’s assistant and in charge of prop acquisition, along with sophomore Brian Bland. Seniors Jan Low and Svea Delevett are assisting with costume design.

We hope you will join us for this grand adventure!



VPA Student of the Month for September – Elaine Landry

Congratulations to Elaine Landry, September Student of the Month for the Visual and Performing Arts Department. Elaine has earned this award in recognition of her constant dedication to and passion for the performing arts.

Since freshman year, Elaine has been involved in every aspect of the drama department – including significant roles in musicals such as Erma in *Anything Goes* and Mrs. Brill in the upcoming production of *Mary Poppins*. Elaine performed the role of Brooke/Vicki in the 2018 Spring Play production of *Noises Off* and was elected to the All Festival Cast for her lead role in the 2018 One Act festival production of *The Idiot and the Oddity*. In addition to her performances on stage, Elaine has helped behind the scenes with Props, Costumes, Hair and Make-Up – even helping to paint sets when extra hands are needed. Whatever job needs to be done – Elaine is the “go to” person.

At Camden Hills Regional HS, Elaine has participated in Women’s Choir, Chamber Singers and Chorale. Within each ensemble, Elaine is an outstanding musician and peer leader. She has been a member of the student-directed ensemble; Fortissima, since her freshman year and this year is co-director of the group. Outside of the classroom, Elaine has auditioned and participated in many honor music festivals, including annual participation in the MMEA District III Mixed Honors Choir and participation in the 2019 MMEA All State Honor Choir. Elaine also studies voice privately and participates in the annual Musical Theatre NATS (National Association of Teachers of Singing) competition, and has placed in the top three each year.

Elaine has participated in many community-based movies and theatrical productions. Her film credits include *Island Zero*, an independent horror film, and *Ultra Witchy*, a local horror short which premiered at Damnation Land last year. She has worked as a music theater intern for Murphy Theater Productions – helping to run both a semester program and a week-long camp for ages 12 – 15, with culminating theatrical performances. This past summer she played the role of Rapunzel in MidCoast Actors’ Studio production of *Into the Woods*. Her favorite theatrical experiences include a stint at Maine State Music Theater and also the chance to play the role of Laurie in the Portland Stage Co. professional production of *Brighton Beach Memoirs*.

Elaine’s future plans include going to a four-year college to major in Musical Theater. Her advice to younger students is “just find what makes you happy and don’t stop doing it. That’s what I did – I fell in love with theater, kept doing it, and it has become a part of me.”

*Come see Elaine and her peers in the upcoming CHRHS production of Mary Poppins,
Nov. 8, 9, 15, 16 at 7:00 PM and Nov. 10 and 17 at 2:00 PM.*



Visual & Performing Arts
Student of the Month
October
Bradlee Watts

CHRHS senior, Bradlee Watts, has been involved in nearly every aspect of the theatre and music department for the past four years. His participation in these programs have earned him many honors and awards as well major roles in a variety of productions.

Mr. Rick Ash, manager of the Strom Auditorium, describes Bradlee as the “mainstay” of the theatre program. When not on stage, he has been active “behind the scenes” helping with set construction, painting, or whatever else needs to be done. He is an active member of the Strom Tech Club running lights and sound for many outside groups who rent the hall. He has participated in a number of plays and has performed in the school musical for the past four years. This year, he will play the lead role of “Bert” in Mary Poppins as part of the “Kensington Cast” (the role is double cast). He will be performing in this role on 11/8, 11/10 and 11/16. Brad was also the lead role in “You & Mia” and, in that role, became part of the “All Festival Cast” for the Maine Drama Festival.

Bradlee is very active in music, having been a percussionist in the Concert Band for the past four years as well as performing in Chorale and Chamber Singers. Described as “responsible and a peer leader,” his singing talents have earned him positions in the District 3 Choir in 2016-18 and the All-State Choir in 2017 & 2018. He has been a member of the student run vocal ensemble “the Offbeats” for the past four years and is now co-director of that ensemble.

Post-graduation, Bradlee hopes to pursue a career as a voice actor for animated movies and other types of projects. He also plans to continue his endeavors in music. His advice to other students regarding involvement in the arts: “Make as many friends as possible! Arts kids are very accepting and you will have a great time performing, meanwhile having fun in the process. Don’t filter yourself! Be unique and you’ll be able to find the true meaning behind the arts and maybe even some hidden talents!”



Isaiah Doble to sing with the ACDA All Eastern Musical Theater Repertoire Choir.

In June of 2019, Isaiah Doble submitted a recorded audition in order to be considered as a participant in one of the 2020 ACDA All Eastern Honor Choirs. There will be four choirs featured at the March 2020 Conference in Rochester, NY; Isaiah has been chosen to participate in the Musical Theater Repertoire Choir.

The choir will be comprised of students from across the Eastern Seaboard and from grades 10,11,12 and college-level. The students will prepare the music in advance of the festival and then have the opportunity to work with conductor, Rob Fisher. Fisher's biography states: "Rob Fisher is an internationally recognized music director, conductor and pianist, and a leading figure in American music and musical theater. He has been a guest of virtually every major orchestra in the country as conductor or pianist. Fisher was recently represented on Broadway as the score supervisor and arranger for *An American in Paris* (Grammy nomination) and *Anything Goes* (Grammy nomination). Additionally, he remains the music supervisor and arranger for *Chicago: The Musical*, which celebrated twenty years on Broadway in 2016. His arrangements have appeared in many Broadway shows, and he has a specialty in choral arranging."

Isaiah Doble is one of a select few from the State of Maine who have been selected to perform in this prestigious ensemble. Congratulations Isaiah!





CHRHS Makerspace

Provides space, time, and tools for students to create meaningful and relevant design ideas that are both hands on and conceptual. We encourage critical thinking as well as critical making where students work to explore real-world problems. It is also available for more hands-on, process and technology learning opportunities. The Makerspace is also where NuVu works within the building.

NuVu Studio (*based in Cambridge, MA*)

NuVu offers studio-based design and innovation courses that immerse students in the creative process through prototyping and iteration. All student work is process-oriented, and many students leave with portfolio-ready work that may be included in college admissions material.

At the Makerspace here at Camden Hills, the NuVu studios are taught as part of the NuVuX partner school program. We are one of 12 current partners. As such, we have access to NuVu's full course-catalog, their resources, experts, other partner schools around the world, and a dedicated veteran design staff working to create meaningful and relevant design briefs for our student body. In the Makerspace, we encourage critical thinking as well as critical making and encourage students to explore real-world problems. Both NuVu studio courses and the Makerspace focus on hands-on learning, design process, and technology learning opportunities.

Ways Students Can Use The Makerspace

- Work with Mrs. Southworth and Ms. Valanidas to help take a project to the next level.
- Get expert advice / mentorship / invite guest speakers.
- Participate in a NuVu class and build a great portfolio piece for college admissions.
- Use the Makerspace when available (as reflected on our upcoming shared calendar) with a Pass from a teacher.
- Participate in events, activities and workshops.



Lots of fun Flex Time activities coming this month. Please pay attention to the announcements and the following social media.

Follow us on Instagram @*CHRHS.Makerspace* Facebook *CHRHS.Hatchery*

CONTACT :

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Megan Valanidas megan.valanidas@fivetowns.net NuVuX Design Fellow x3478

Current Studios

Freshmen Science/Makerspace Orientation

“Assisted Snacking”

All Freshmen Science students worked with their Science teachers (Ms. Murphy, Mr. Stewart, Mr. Benner), Ms. Valanidas (NuVu), and Mrs. Southworth (Makerspace Coordinator). The five-day Makerspace experience is meant to highlight the NuVu practice of prototyping, the iterative process, learning what is available and how to use the Makerspace, and how to gain access and procedure for future Science projects. Students earned two “Makerspace badges.” They had a lot of fun building devices, contraptions, and tools which will be used to enhance the food that was presented on their desks. Each group focused on what challenges are involved in the process of eating - breaking chips, dirty fingers, double dipping, etc...



Zenith (NuVu Studio)

“But I Recycle...”

Megan Valanidas (NuVu), Jeff Small (teacher)

One third of all plastics being made today will end up in the Ecosystem. At least 8 million tons of plastic end up in our oceans every year, and make up 80% of all marine debris from surface waters to deep-sea sediments. Today’s Ecological challenges are myriad; climate change, accessibility, peak oil, peak soil, pollution, marine debris, the list goes on. This comes as no surprise, but how can we intervene? Recycling will not be our savior and sustainable solutions may not go far enough. It's time we begin designing *with* and *for* the environment.

By experimenting with bioplastics, understanding bio-design techniques and systems-based strategies, students will imagine future worlds and their incumbent products, devices and tools. By defining ‘sustainability’ in our own words we will consider how Restorative, Regenerative and Circular Design strategies can be used to rebuild and restore Nature.



Zenith (NuVu Studio)

“Children’s Book Studio”

Megan Valanidas (NuVu), Emily Sapienza (teacher)

Students will envision and create children's books for under-represented communities. They will learn a variety of illustration techniques such as watercolor, collage and silhouettes. They will speak with experts in the field on industry trends about what makes a great children's book as well as analyze current events today and distill them for a child as a tool for parents to open the dialogue of our current political and social climate. Applying various writing techniques, we will learn how to storyboard, create captivating prose and elicit the imagination of a child. This studio will culminate with a final book encapsulating the key theme, illustrations and story line.



MID-COAST SCHOOL OF TECHNOLOGY

Is Career and Technical Education Right for Me?

Career and technical education (CTE) gives millions of people a more practical and streamlined way to prepare for the workforce. In fact, during 2016 alone, more than 2.6 million CTE-related credentials were awarded at the post-secondary level in the U.S. Every day, adults just like you are able to begin satisfying and reliable careers thanks to the training and qualifications that they receive through CTE programs.

That's because, after completing some career and technical education, jobs often become easier to get. Many employers simply prefer to hire people who have learned work-relevant skills through CTE classes rather than those who have only studied academic subjects. And a lot of CTE-oriented schools specialize in offering training for occupations that are experiencing strong demand in the labor market.

The key point to remember is this: You may not need to get a strictly academic education at a traditional college or university in order to succeed. Several other paths are available, especially if you are serious about getting into the workforce quickly and starting a career that offers the opportunity for stability and good pay. By attending a school of career and technical education, you may even get to attend classes fully or partially online, during the evening, or on weekends.

What Is Career and Technical Education?

The most common *career and technical education (CTE)* definition goes something like this: CTE is an educational option designed to help students develop marketable and work-ready skills that lead directly to employment or that provide the foundation for more advanced occupational training.

When it comes to post-secondary education, CTE often consists of stand-alone programs that focus on practical training for specific occupations. In some cases, general academic courses are included alongside CTE courses. Other terms for career and technical education include:

- Career technical education
- Career-technical education
- Career/technical education
- Career and technology education
- Vocational education
- Trades training

CTE programs are offered at many types of educational institutions. For example, you can find them at trade schools, vocational schools, career and technical colleges, community colleges, and even many private and public universities. In addition, some labor unions, professional associations, and public workforce-development agencies offer CTE courses.

So, career and technical education is often a great option for adult students who are exploring ways to earn job credentials beyond the high school level. (A traditional four-year bachelor's degree is definitely not your only option.) In fact, it's possible to find a convenient CTE course of study that takes less than a year to complete. And many career-oriented schools offer accelerated programs that can allow you to earn an Associate's degree in less than two years or a Bachelor's degree in less than four years. In 2013, the proportion of CTE credentials that were awarded in America looked like this:

- Bachelor's degrees—43 percent
- Associate's degrees—22.4 percent
- Certificates of less than one year—16.7 percent
- Certificates of between one and two years—16.4 percent
- Certificates of between two and four years—1.5 percent

CTE has also become a major area of focus for a lot of high schools throughout the country. As a matter of fact, most public school students in America have completed at least one career and technical high school class before graduating and either entering the workforce or moving on to the post-secondary level. So you might have already taken some CTE courses, even if you didn't realize it at the time.

How CTE Relates to Career Clusters and Career Pathways

Career clusters are basically just categories of occupations that require the same types of skills and personality traits. The term *career pathways* usually refers to the training or educational options for particular occupations within specific career clusters. Career and technical education is designed to provide clear and reliable pathways for entry into those occupations.

So, for example, health sciences (i.e., health care) is a career cluster. And within health sciences, a student might choose to become a registered nurse. The most common and direct career pathway is to complete a two- or four-year CTE program in registered nursing.

Currently, many CTE providers and public institutions recognize the following career clusters:

- Health sciences
- Human services
- Business administration and management
- Marketing, sales, and service
- Finance
- Arts, communications, and audio-visual (AV) technology
- Information technology
- Science, technology, engineering, and mathematics (STEM)
- Architecture and construction
- Manufacturing
- Transportation , distribution, and logistics
- Food, agriculture, and natural resources
- Tourism and hospitality
- Law, security, and public safety
- Government and public administration
- Education and training

Interested in finding out more? See Ms. Pelletier in room 351.

We will be having an Open House on October 10.



NOTES FROM THE SCHOOL NURSE

Janis Hogan RN, Nationally Certified School Nurse

Meningococcal Vaccine

Students entering grade 12 are required by the state of Maine to have documentation of Meningococcal vaccine submitted to the school at the start of the school year. If you have not yet submitted this documentation, please contact your child's health care provider to see if they require the meningococcal vaccine. You may fax their completed record to 236-7813 or drop it off at the Main Office.

In addition, all students in grades 9 – 11 are required to have documentation of one Tdap and one meningococcal vaccine. Please check to see if your child has received these vaccines.

Ending the Silence Presentation – WATCH FOR THE DATE!

Did you know that a recent study published in the Journal of the American Medical Association found that about 1 in 4 children in Maine has at least one mental health disorder, like depression, anxiety, or ADHD?

There will be a presentation at CHRHS for parents/guardians by the National Alliance on Mental Illness (NAMI) titled *Ending the Silence*. This program outlines symptoms of mental health conditions and gives attendees ideas about how to help themselves, friends, or family members that may need support.

Student Flu Vaccine Clinic

The **FREE student flu clinic is scheduled for Wednesday, October 30th**. Forms are available on the CHRHS homepage or in the Main Office. Forms are due back by October 15th to allow time to order vaccine.

CHRHS is a 5210 School



<https://mainehealth.org/lets-go>