

Good afternoon Eli family,

- Freshman students will continue PSAT testing on Monday and Wednesday.
- As Monday is Halloween, students in academics will be allowed to wear appropriate costumes. They must follow uniform policy. Appropriate footwear and type of costume, and should not disrupt the educational process. There should be no face masks or face painting. **Safety concerns are that we must be able to identify students. Trades must be in appropriate uniforms.**
- WTNH-8 is doing a series on trades and student choice. Mr. Ken Pierce has visited on two occasions. The first session focuses on one of our senior plumbing students, Jayden Harris, who is also connected to Work-based learning position.



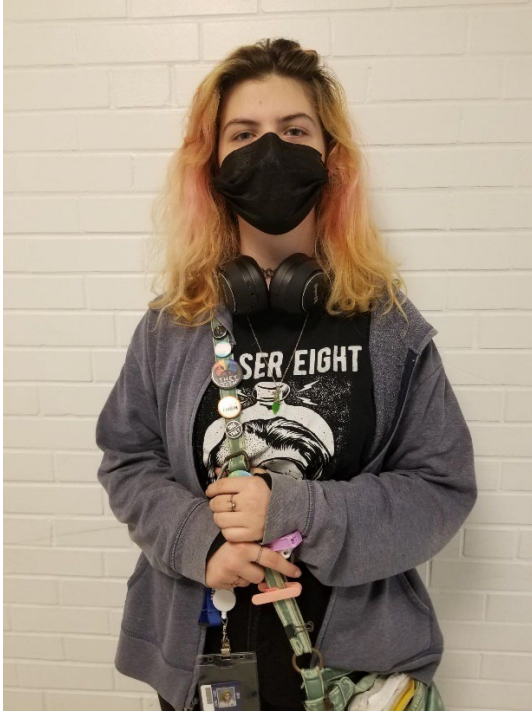
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INSPIRED Students are selected by staff members based on the following criteria; **k**Ind, exemplary atte**N**dance, good academic **S**tanding, a **P**ositive attitude, hard work**I**ng, **R**espectful, motivat**E**d, **D**eserving.

- Congratulation to the first selected, (in order of pictures):
Junior Erika Tuburcio

- Freshman Biana Christensen
- Sophomore Crow Sclafani
- Senior Thomas Montgomery





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- The girls' volleyball team continues its great season with a victory over Hillhouse. The first playoff game will be against Ellis tech on Tues, Nov. 1st. Pending a victory, another CTC game semi-final playoff will be held on

Thursday, Nov. 3rd, location TBD. Students will be welcome but will require ID's.

Congratulations to our Seniors as they were celebrated Tuesday night!
Nyani Morris, Izabella Diaz and, Yeilani Crespo





Tue., 11/1	V Girls Volleyball	Ellis Tech	Home - Eli Whitney RVTS-Gym [Directions]	4:00 p.m.		
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Mon., 11/7	V Girls Volleyball	CIAC Tournament First Round (M,S)	Away - Higher Seed	6:00 p.m.		
Wed., 11/9	V Girls Volleyball	CIAC Tournament Second Round (M,S)	Away - Higher Seed	6:00 p.m.		
Fri., 11/11	V Girls Volleyball	CIAC Tournament Quarterfinals (S,M)	Away - Higher Seed	6:00 p.m.		
Tue., 11/15	V Girls Volleyball	CIAC Tournament Semifinals (M,S)	Away - Neutral Site	TBA		
Sat., 11/19	V Girls Volleyball	CIAC Tournament Finals	Away - East Haven	TBA		

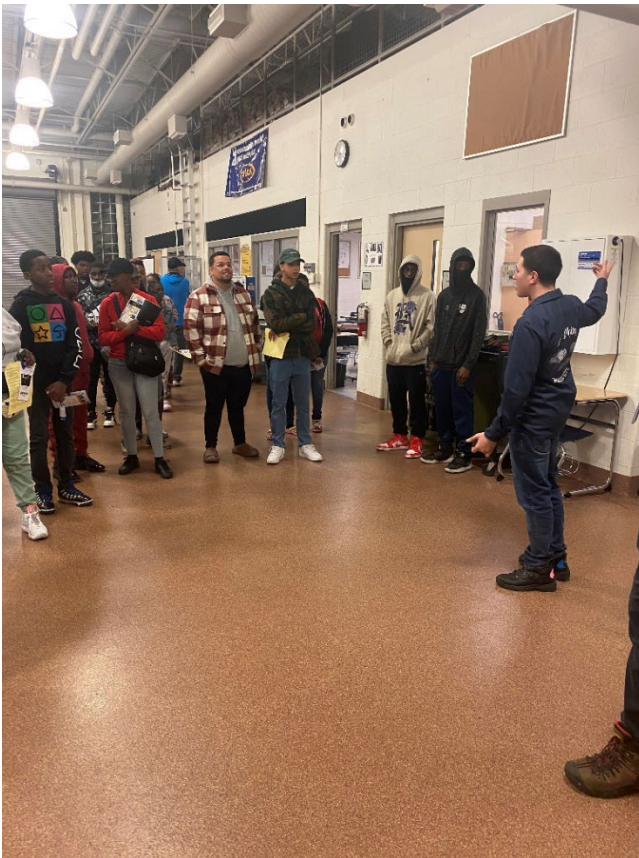
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- The tri-op Eli Whitney football continues its season. Below is the schedule and record. Get out and support the team! Go OWLS!

Fri., 10/28	V Football	ATI	Away - Immaculate HS-Mustang Valley [Directions]	6:30 p.m.		
Sat., 11/12	V Football	O'Brien Tech	Away - Emmett O' Brien Reg Voc Tech School-O'Brien Tech Athletic Complex [Directions]	10:30 a.m.		
Mon., 11/14	JV Football	Wilcox/Kaynor	Home - Vinal Tech-Football Field [Directions]	3:45 p.m.		
Fri., 11/18	V Football	Prince Tech	Home - Pat Kidney Field-Football Field [Directions]	6:00 p.m.		
Wed., 11/23	V Football	Wilcox/Kaynor	Away - Falcon Field Meriden-falcon field [Directions]	6:00 p.m.		

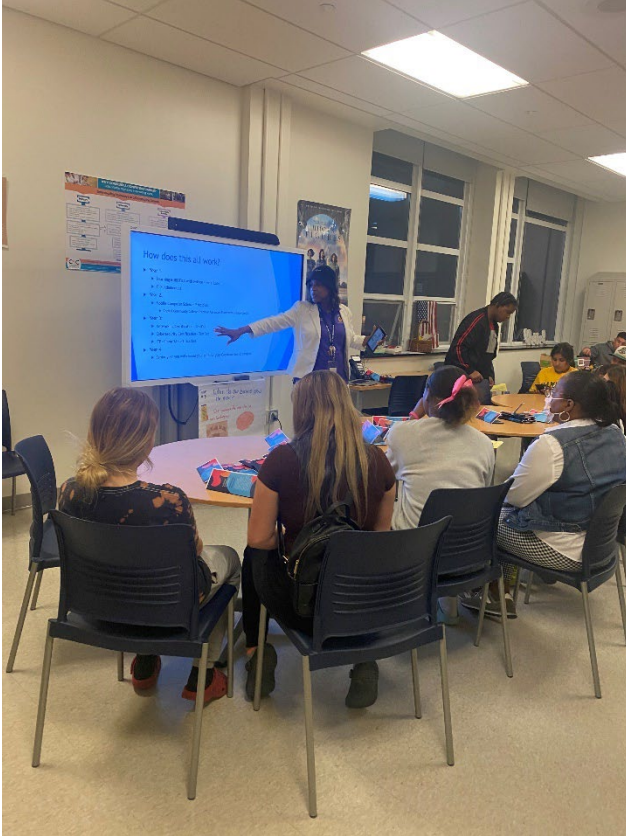
- Congratulation to our ESports team with victories in the first matches, led by Coach Fintz!
- We held the first student-athlete leadership workshop offered through our new partnership with Southern Connecticut State University students. Thank you to Mr. LeSieur for coordinating the effort!!



- Open house was held on October 29th, and it was an amazing event! Special thank to Ms. Willinsky, School Counseling Department Head for the scheduling of the event. We had 641 participants! Thank you to all of our staff and students making the event a welcoming and informative evening!







- Here is a link to the Eli Whitney Tech Instagram page. https://www.instagram.com/eli_whitney_tech/
- Here is a link to the Facebook group. <https://www.facebook.com/WhitneyTech>
- Daily attendance is important as it prepares you for professionalism in the workplace or college. Chronic attendance occurs when you have 2 or more absences in a month. Achieving ten unexcused absences places you in the chronic absentee category and may lead to credit denial. Communication is important for all absences, notes should be submitted as well.
- As the Eli Whitney students have been extremely cooperative in the educational process, we have had numerous situations with student disagreements. As mentioned before and in the handbook, fighting is not

an acceptable form of disagreement. Also, students should not carry knives, pepper spray or any facsimile weapons. Communicate with the school counselors, teachers, administration, or SRO if aware of a potential issue or if a student needs to talk to someone.

If you see something, say something. A physical altercation or possession of the aforementioned can lead to out-of-school suspension, expulsion, and/or arrest.

- While attending sporting events, FANS must be **respectful** to all. No inappropriate comments should be made. FANS are not FANATICS. As we have encountered some students making inappropriate comments, we may reach a point where students aren't able to attend our home games. Be respectful and make Eli proud!
- Dress code remains the same, **no crocs, midriffs, or pants with holes.** The attire must be appropriate. Once again, **IDs must be worn at all times.** Cell phones may be used at the discretion of the teachers in class. Recording of other students and adults is not permitted. We will be reviewing the policy to reduce the interruption of learning time.
- As we have transitioned into the Fall season, if we need to cancel school we will announce school closures in ParentSquare, and post on the following TV stations, CH3-WFSB, CH 61 Fox, CH8 WTNH, and CH30 WNBC.

The following message is from Mia Blue-Becton, LMSW, our School Social Worker for November.

November 2 is National Stress Awareness Day. Our SEL words for November will be stress and stress management.

"Stress is defined as the pressure experienced by a person in response to life demands" (Selye, 1956). "Stress is the process of adjusting to or dealing with circumstances that disrupt or threaten to disrupt a person's physical or psychological functioning" (Selye, 1976). Although stress is part of life, we can manage it by practicing stress management.

Stress management is learning ways to reduce stress by using stress management strategies.

Let's work together to alleviate stress by practicing the following strategies in school and at home: 1. Take three deep breaths (in through the nose and out through the mouth); 2. Do a one-minute body scan in the morning (or another part of the day) to reconnect yourself by closing your eyes, slowing your breath and greeting each part of your body like a long-lost friend; 3. Get some physical activity or movement within the day 4. Engage in self-affirmation by stating a positive statement about yourself or quote that motivates you, and repeat that affirmation daily; and 5. Practice gratitude by spending five minutes writing down what you are thankful for.

For additional stress management/coping strategies, click on the following:

<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.yourlifeyourvoice.org%2FJournalPages%2F99-Coping-Skills-Poster.pdf&data=05%7C01%7CJoseph.F.DiNatale%40cttech.org%7C35edf0a283654a5356db08dab905c9db%7C73766ff90cce4d2cabfde5341c9f8b42%7C1%7C0%7C638025731747679201%7CUnknown%7CTWFpbGZsb3d8eyJWIjoIMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=mE%2BsZa3JCC2ij3tEb1TMsjCyTNYAlss9gOstmiU4Aml%3D&reserved=0>

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- Let's work together to make Eli Whitney the best and safest school for trade and college preparation!

Have a wonderful weekend,

Mr. DiNatale

Principal