

Good afternoon Eli family,

- Freshman students are currently in their phase two selection shops. Be sure to come to school prepared in proper uniform. Try to perform the best you can in each trade to gain the best experience possible.
- WTNH-8 released the segment on Plumbing and workforce readiness. Jayden Harris exemplifies the success of a hardworking focused student at Eli Whitney! Great work!! Thank you to Mr. Bracale and Mr. Guest for your guidance and dedication to our students and community!
<https://www.wtnh.com/news/connecticut/connecticut-technical-high-schools-creating-a-home-grown-workforce/>
- Here are some action pictures of the carpentry and plumbing students working on the E-house. The E-house is an energy-efficient model built from the ground up.









-
- The school counseling team held a college and career fair including Sikorsky and General Dynamics. Tremendous opportunities await our students! Thank you to Mr. LeSieur and Ms. Willinsky for coordinating the event!





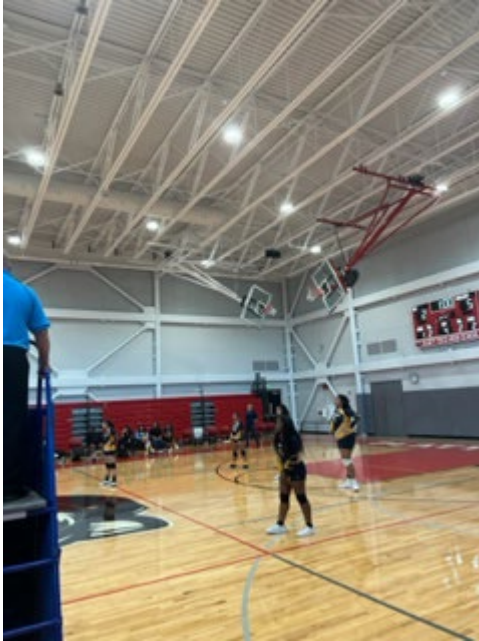




- The following are more action pictures of students doing amazing work in Electrical and Hairdressing and Barbering!





- The girls' volleyball team played Wolcott Tech in the CTC game semi-final playoff on Thursday, Nov. 3rd. The girl's volleyball team played extremely competitively but lost. The season continues as the girls have their first round of 2022 Class M Girls Volleyball playoffs. The game will be at Eli Whitney on Monday, November 7, 2022, at 4:00 pm. GO OWLS!!! Students will be welcome but will require ID's.



 6 Whitney Tech (14-2)
 27 Wilcox Tech (8-12)

- Congratulations to Izabella Diaz as she was chosen as a CT Player Connecticut girls volleyball top performer!
- <https://www.ctinsider.com/gametimect/girls-volleyball/article/Connecticut-girls-volleyball-top-performances-17552777.php>
- The tri-op Eli Whitney football continues its season. Below is the schedule and record. Get out and support the team! Go OWLS!

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.		

- We had a Technology Day coordinated by Ms. Rucker and Mr. Zito. The panel included Dr. Solek-Executive Director -CTECS, Charles Anim-XBOX developer-Microsoft, Abiola Oshin-AT&T, Alex Martinez-Travelers, Harin Taugeer-Sigma computing, Dr. Jeff Auken-Info SYS and CTECS Board Member, and Bryan Murphy-Rep-Mayor of Hamden.
- The presenters discussed what it is like to be in their roles, how they got there and what the students need to focus on. The event was enlightening based on all the opportunities.





-

- 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>

- The first quarter has ended. BE sure to reflect on the quarter and be prepared for the next. Always seek to improve!
- 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