

Good afternoon Eli Family,

As we enter the holiday season with Thanksgiving this week, we all give thanks and we have been celebrating in classes with different activities. I thank my family, friends, Admin team, staff, and students for continuing to make Eli Whitney a special place. I hope everyone has a safe and wonderful Thanksgiving!

- Wednesday, November 23<sup>rd</sup>, 2022 will be an early dismissal day, 11:55.
- We celebrate the November Inspired students. Thank you to Ms. Cavallo and Ms. Brown for the coordination. **INSPIRED** Students are selected by staff members based on the following criteria; kInd, exemplary atteNdance, good academic **S**tanding, a **P**ositive attitude, hard workIng, **R**espectful, motivatEd, **D**eserving. Senior Jaemease Edwards, Junior Alexis Foster, Sophomore Marisol Aguayo and Freshman Julyanna Franco







- We celebrated Pre-apprentice week. We had two senior plumbing students sign with Quality Mechanical, Jayden Harris and Logan Ruggiero. Thank you to instructors Mr. Bracale and Mr. Guest for their commitment to making Eli Whitney students prepared for the real-world challenge!









- I would like to thank Ms. Dedmond, for participating in the following event:  
Eli Whitney will be donating a fully decorated **holiday tree** to the **Ronald McDonald House** of New Haven's **TREES of HOPE** event happening December 3rd through December 11th at the Maritime Center on Long Wharf Drive. The following are some fantastic owl tree decorations created by Ms. Camacho's science class.









- The tri-op Eli Whitney football has its last challenge of the season. Get out and support the team! Go OWLS!

Wed., 11/23	V Football	<a href="#">Wilcox/Kaynor</a>	Away – Falcon Field Meriden-falcon field <a href="#">[Directions]</a>	6:00 p.m.
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- Here is a link to the Eli Whitney Tech Instagram page.  
[https://www.instagram.com/eli\\_whitney\\_tech/](https://www.instagram.com/eli_whitney_tech/)
- Here is a link to the Facebook group.  
<https://www.facebook.com/WhitneyTech>



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- 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!

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- 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.

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- 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%7C73766ff90cce4d2cabfd%7C1%7C0%7C638025731747679201%7CUnknown%7CTWFpbGZsb3d8eyJWljoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=mE%2BsZa3J>



[CC2ij3tEb1TMsjCyTNYAlss9gOstmiU4Aml%3D&reserved=0](https://www.google.com/search?q=CC2ij3tEb1TMsjCyTNYAlss9gOstmiU4Aml%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! We will be offering extended day to support students in need of extra-help in classes.

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

Have a wonderful week,

Mr. DiNatale

Principal