

Good afternoon Eli Family,

I hope everyone has a safe and wonderful Thanksgiving!



- I would like to congratulate our precision machining instructors, Mr. AmEnde and Mr. Roettger in obtaining a \$15,000 grant from the HAAS foundation. The funds will be used to support students participating in SkillsUSA, tools and shop uniforms.



- We held an Internet safety training for all students this week discussing their digital footprint. The presenter stressed the fact that what is posted in social media never goes away and colleagues and employers may search profiles to decide upon acceptance or hiring.



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- I would like to thank Ms. Dedmond, for participating in the following event: The Ronald McDonald House, The Trees of **HOPE!!!** Thank you for the ornaments received from students in culinary, graphics, and Ms. Camacho's science classes. Ms. Dedmond will be at the Maritime Center [green-glassed building on Long Wharf] Saturday, November 26th from 10:00 - 12:00 setting up the tree. I encourage you to come help or watch. It's fun to bring

your children, too. The actual viewing event begins Saturday, December 3rd and runs through Sunday, December 11th. I believe the weekend hours are 10:00 - 4:00 p.m. and people can visit during the week until 5:00 p.m.





- Below are our students participating in the exploratory phase.











- The E-house continues to make progress as the carpenters look to seal up the building.



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- 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	Wilcox/Kaynor	Away – Falcon Field Meriden-falcon field [Directions]	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/


- 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. Any questions, please contact Mr. LeSieur, Dean of Students.
 - 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%7CTWFpbGZsb3d8eyJWIjojMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTil6Ik1haWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=mE%2BsZa3J>

[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 and safe Thanksgiving,
Mr. DiNatale
Principal