

Good afternoon Eli family,

- I hope everyone had a great Veterans day honoring our military veterans of the United States Armed Forces. Thank you for your service!
- We have the second edition of the Owl Gazette. Another amazing job by our students!
https://www.canva.com/design/DAFO7rT6oDY/1cWoYqUg8pQB_OSQc6aaGQ/view?utm_content=DAFO7rT6oDY&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton
- The girls' volleyball team played Waterford High school in the second round of the 2022 Class M Girls Volleyball playoffs. The girls volleyball team won the first playoff game on Monday against Wilcox Tech. The second round against Waterford was played courageously but resulted in a loss. Congratulations to the team for an excellent and exciting season!!



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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!

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.		

- As part of our CARES initiative and the end of our Professional development day, we participated in a circle to share out what we are grateful for. We were each given a leaf to write our statement which would be placed on the Gratitude tree. Students are going to be given a leaf as well. Here are some close up. Thank you to Ms. Santell for building the tree!





- On November 15th we will be hosting an internet safety presentation for all students. A flyer will be sent for a Parent webinar regarding Internet Safety.
- 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%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6IjEhaWwiLCJXVCi6IjE6Mn0%3D%7C3000%7C%7C%7C&data=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 week,

Mr. DiNatale

Principal