



ELI WHITNEY TECHNICAL HIGH SCHOOL

Good Evening Whitney Family,

As the second marking period comes to a close on January 26, we would like to take a moment to remind our school community that student success is a shared responsibility. When families, teachers, and students work together as a team, we create the strongest foundation for academic growth.

Throughout this marking period, teachers have been encouraging students to take greater ownership of their learning by developing responsibility, perseverance, and effective academic habits. Parent partnership is essential in reinforcing these skills at home.

Ways Parents Can Support Student Success and Help Reduce Academic Failures:

- Encourage consistent attendance and punctuality
- Review grades, assignments, and feedback regularly through the school's grading platform
- Help students establish effective routines for homework, studying, and organization
- Encourage students to communicate with their teachers when they need help
- Support completion of assignments on time and promote accountability
- Reinforce the importance of effort, persistence, and positive study habits
- Monitor screen time and ensure a balance between academics and extracurricular activities
- Communicate with teachers and school staff if concerns arise
- Celebrate progress and growth, not just final grades

Together, by maintaining open communication and reinforcing high expectations, we can help every student finish the marking period strong and continue making meaningful academic progress.

Thank you for your continued partnership and support of our school community.



ELI WHITNEY'S VISION STATEMENT

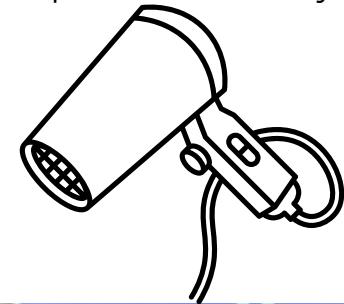
WE ASPIRE TO GRADUATE THE MOST PREPARED SKILLED LABOR WORKFORCE IN CONNECTICUT.

ELI WHITNEY'S MISSION STATEMENT

OUR MISSION IS TO PROVIDE OUR STUDENTS WITH THE ACADEMIC AND TECHNICAL SKILLS NEEDED TO BECOME PROFESSIONALS WHO MEET THE 21ST CENTURY DEMANDS OF OUR COMMUNITIES IN AN ENVIRONMENT THAT IS SAFE AND CULTURALLY RESPONSIVE.

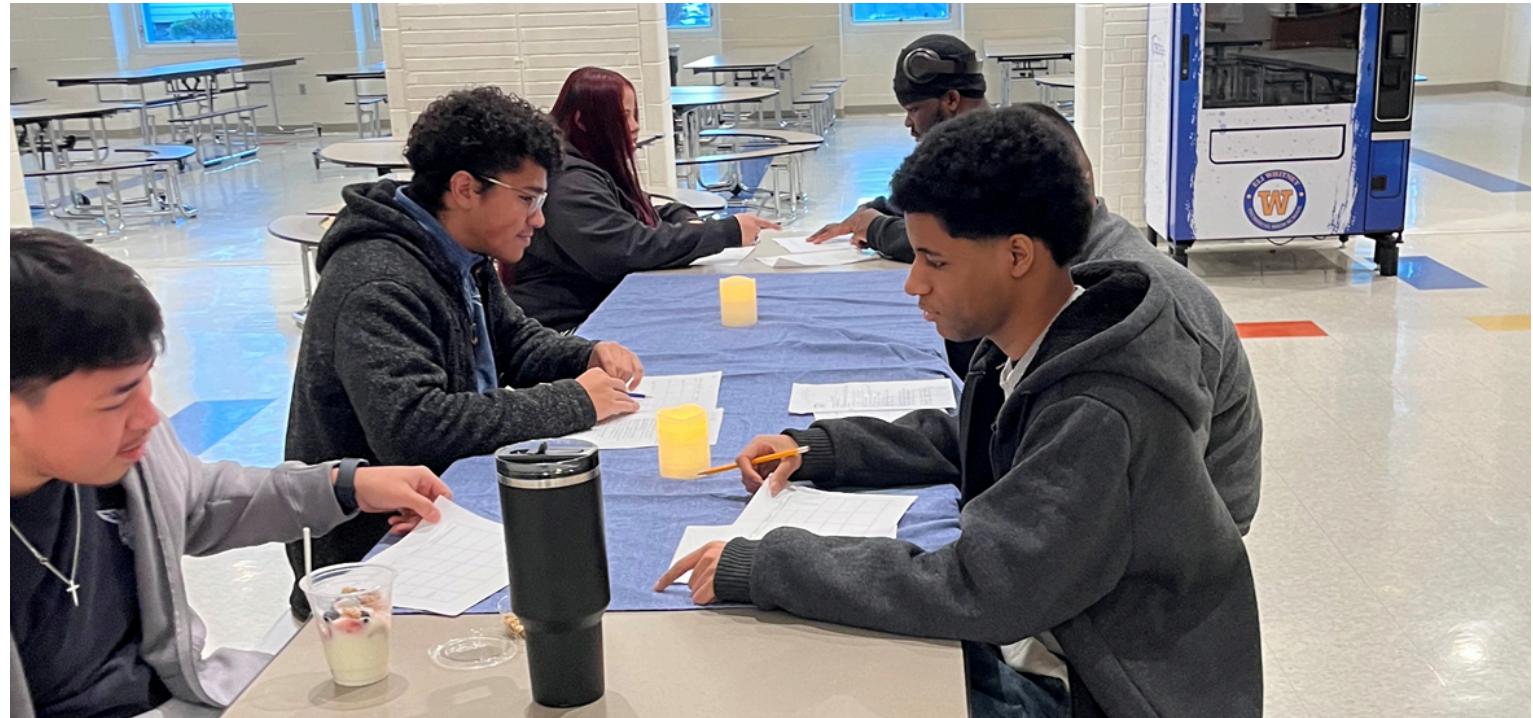
★ Industry Insight Comes to Eli Whitney Tech ★

Our Hairdressing Shop had the exciting opportunity to host a special presentation by PIAM, featuring a mini hair show right here at Eli Whitney Technical High School. Students experienced firsthand the latest industry techniques, trends, and professional insights, gaining valuable inspiration and real-world exposure to the hairdressing field. It was an engaging and educational experience that truly brought the industry into our classroom!



⚡ AP Environmental Science Energy “Speed Dating”

AP Environmental Science students explored a variety of energy sources through an engaging “speed dating” activity. Students rotated through stations, learning about the benefits, challenges, and environmental impacts of different energy options. This interactive approach encouraged critical thinking, collaboration, and meaningful discussions while deepening their understanding of how energy choices affect our world.



❤️ Students Saving Lives This Week! ❤️

This week, our Health students took the lead in planning, organizing, and helping run a highly successful blood drive in partnership with the Red Cross. 🚑🌟 Their hard work and dedication truly made a difference! We are also incredibly grateful to the students and staff who generously gave their time—and their blood—to help save lives. 💪❤️ Together, our school community showed the power of compassion and service in action!



This Week in Sports



HOOPS



This Week in Shops



This Week in Shops



Menu

Lunch

JANUARY 2026
Connecticut Technical Education & Career System

DID YOU KNOW? A balanced healthy breakfast is available to ALL students AT NO CHARGE every school morning. Get your day off to a great start with SCHOOL BREAKFAST!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Nardone's Cheese Pizza w/ Assorted Toppings Mixed Garden Salad Marinated Broccoli Fruit Choices Milk Choice	6 Beef & Cheese Nachos Spanish Rice Fiesta Red Beans Pico de Gallo Fruit Choices Milk Choice	7 Chicken Parm on Roll Potato Salad Confetti Corn Salad Fruit Choices Milk Choice	1 Holiday Break Dec. 24 – Jan. 2 No School!	2 Hamburger/Cheeseburger On Bun Coleslaw Seasoned Potato Wedges Fruit Choices Milk Choice
12 Stuffed Crust Pizza w/ Assorted Toppings Mixed Garden Salad Steamed Green Beans Fruit Choices Milk Choice	13 Beef & Bean Chili Garlic Knot Roll Honey Glazed Carrots Fruit Choices Milk Choice	14 French Toast Sticks Turkey Sausage Links Home Fried Potatoes Fresh Baby Carrots Fruit Choices Milk Choice	15 Baked Potato Bar Chili, Cheese, Broccoli Warm Dinner Roll Steamed Rice Fruit Choices Milk Choice	16 Breaded Mozzarella Sticks w/ Marinara Sauce Warm Dinner Roll Lemon-Roasted Carrots Sautéed Zucchini & Tomatoes Fruit Choices Milk Choice
19 MLK Day No School!	20 Cheese Pizza w/ Assorted Toppings Mixed Garden Salad Fresh Baby Carrots Fruit Choices Milk Choice	21 Pulled Pork Carnitas Cilantro-Lime Rice Cuban Black Beans Mexican Street Corn Fruit Choices Milk Choice	22 Breaded Drumstick Mashed Potatoes Kernel Corn Honey Biscuit Fruit Choices Milk Choice	23 Breaded Chicken Fillet On Bun Smiley Fries Roasted Butternut Squash Fruit Choices Milk Choice
26 Mozzarella Bites w/ Marinara Sauce Buffalo Cauliflower Kale and Apple Salad Fruit Choices Milk Choice	27 Pasta w/ Meatballs Steamed Broccoli Florets Mixed Garden Salad Fruit Choices Milk Choice	28 Grilled Cheese Tomato Soup Smiley Fries Fruit Choices Milk Choice	29 Sloppy Joe on Roll Cucumber/Tomato Salad Tater Tots Fruit Choices Milk Choice	30 Breaded Chicken Strips Garlic Knot Roll Fresh Baby Carrots Chickpea Salad Fruit Choices Milk Choice

GET YOUR ELI WHITNEY SPIRIT GEAR HERE



ELI WHITNEY
OWLS



Mens

Womens

Kids

Hats

Accessories

New & Trending

Shop by Design

FLASH SALE: Save 20% No Min. | Ends 9/18 | Code RUSH20

Please note some items may not be approved per your organization's dress code policy.
Please refer to your organization's policy for current dress code guidelines.



CUSTOMIZE IT

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CHOOSE A NEW DESIGN



Every item is customizable, with hundreds of products and designs available.
All printed to order in the USA.

SHOP BY DESIGN

SHOP OUR BSN SCHOOL SITE

[HTTPS://SIDELINE.BSNSPORTS.COM/SCHOOLS/CONNECTICUT/HAMDEN/ELI-WHITNEY-TECHNICAL-HIGH-SCHOOL](https://sideline.bsnsports.com/schools/connecticut/hamden/eli-whitney-technical-high-school)

NOTE: THERE ARE ITEMS ON HERE THAT DO NOT ALIGN WITH OUR UNIFORM POLICY AND WILL NOT BE ALLOWED TO BE WORN AS OUR UNIFORM (SUCH AS CROP TOPS AND HOODIES).



Eli Whitney's Winter Reading Challenge

Chill Out & Read

Ready to chill out this winter with a good book?

Join our Chill Out & Read Winter Reading Challenge from Dec 1- Feb 1.

- **Read Anything:** Graphic novels, audiobooks, manga, nonfiction- **anything goes!**
- **Fun and Easy:** Fill out a short form about what you read.
- **Win Cozy Prizes:** Hot cocoa kits, gift cards, and more!

Every book you log = Another chance to win

Step 1: Grab a book from the library, online, or at home

Step 2: Enjoy reading & Complete the Google Form

Step 3: Earn a chance at winning awesome winter prizes!



Get Cozy, Get Reading. Chill Out & Read!

MARTIN LUTHER KING JR. DAY OF SERVICE AND CELEBRATION

Rooted in Service and Rising in Community



MONDAY, JANUARY 19 @ 12:00 – 4:00 PM

📍 Yale Peabody Museum, 170 Whitney Ave, New Haven, CT

FESTIVAL / FAMILY DAY

OPEN TO PUBLIC



APRIL 27, 2026



INCLUSIVE SCHOOL SAFETY PRACTICES FOR STUDENTS WITH DISABILITIES

PARENT EVENT



Parents - Enjoy Dinner with an Expert Panel

Date : April 27, 2026, from 4:30pm to 7:30pm



Location: Southern Connecticut State University (SCSU)
New Haven, CT 06515



Developer of the
Comprehensive School Threat
Assessment Guidelines.



Michele Gay
Co-Founder & Executive Director
of Safe and Sound Schools



Dr. Stephanie Leite
Consultant on
Threat and Disability



Melissa Marshall, J.D.
Director of Policy & Programs.
The Partnership for Inclusive
Disaster Strategies



SUMMER NURSING SYMPOSIUM

SUMMER 2026 DATES:

JULY 6-10, MONDAY - FRIDAY

FOR RISING SOPHOMORES AND JUNIORS
INTERESTED IN NURSING!

Topics

- Breaking down barriers to college
- Introduction to the nursing role
- Hands-on activities
- RN shadow experience
- CPR training
- ...and more!



Yale
New Haven
Health
Yale New Haven
Hospital



nursingsymposium@southernct.edu



SCAN QR CODE
TO LEARN MORE
AND APPLY

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**CENTRAL
CONNECTICUT
STATE
UNIVERSITY**



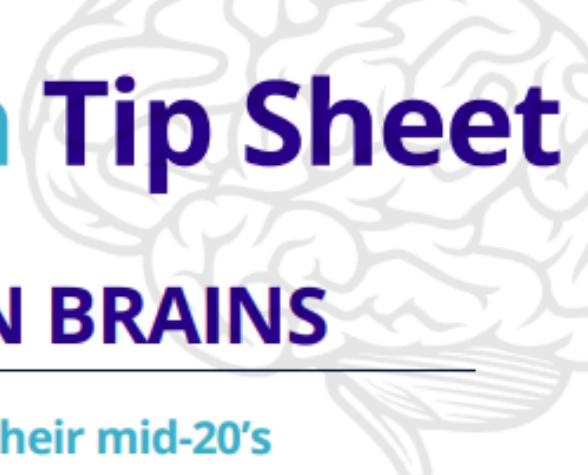
APPLY TO CENTRAL FOR FREE

January 6th - January 17th

Submit your application and the \$50 application fee will be waived



Apply Now!
ccsu.edu/apply



5 FACTS ABOUT TEEN BRAINS

1

Teen brains continue to develop until their mid-20's

- When teens are calm, they have the ability to problem solve almost as well as adults.
- The changes that occur between puberty and the mid-20s create a period of intense learning about who we are and who we want to be.
- Drugs, alcohol, and excess stress are particularly harmful to growing brains.

2

Different parts of teen brains grow at different rates

- The entire teen brain is growing rapidly.
- Teen emotions are close to the surface because their brains are wired to experience feelings. Their intense emotions are a sign of brain growth.

3

Teen brains are flexible

- Teens are searching for new experiences and knowledge. This helps generate more efficient connections in the brain that can lead to new ways of thinking, creative ideas, and opinions about the world.
- Adolescence is a time of opportunity. Teens gain thinking and reasoning, social, and emotional skills, and begin to figure out their interests, goals, and who they are as people.

4

The "feel-good" chemical dopamine is highly active in teen brains and rewards new experiences

- All teens must test limits to maximize learning and brain development.
- The highly active reward centers in the brain push teens towards seeking new and exciting experiences.

5

Learning doesn't just happen at school

- Teens learn at a fast pace. They need plenty of opportunities to learn.
- Teens are #superlearners! Their brains are rapidly taking in information that will last a lifetime.
- The teen brain is wired to absorb experiences at a fast clip. Brain growth is shaped by the lessons offered at home, by friends and community role models, and in school.



5 TIPS FOR PARENTS

#1 AVOID THE LECTURE

Why?

- Lectures are often given when emotions are running high.
- Teen brains react to emotions first and explanations second. Teens will perceive anger and disappointment during a lecture, which stresses them out. A stressed out brain cannot easily process information and struggles to understand the intended message.
- Lectures push buttons and enhance fears, but don't teach lasting lessons.

#2 GUIDE DECISION-MAKING

Why?

- The reasoning center of the teen brain is developing rapidly but at a slower rate than the emotional center.
- Parents can guide their teens' ability to make good choices by helping them learn not to make important decisions when emotional.
- Because peers activate the reward center of the brain, encourage teens to give themselves space away from peers before making big decisions.

#3 HAVE CALM DISCUSSIONS

Why?

- Brains work best under calm conditions. Teens are better able to process information and learn while calm.
- Unless safety is a concern, parents should take time to compose themselves so they can have a calm discussion. Model how to make decisions after you've had a chance to cool off.
- Teens grow best when we create calm settings that allow them to do their best thinking.

#4 SUPPORT EXPLORATION WITHIN SAFE BOUNDARIES

Why?

- Teen brains are wired to seek out new experiences. This is how people gain life-long knowledge.
- Young people need to test limits and stretch boundaries as they strive to become more independent. They also need boundaries to ensure they stay safe and take actions consistent with good values.
- Remember to show some flexibility and increased independence as they prove they are responsible.
- Taking healthy risks allows their brains to grow. Provide plenty of opportunities for teens to try new things that are both exciting and safe.
- Let your teen fail. With each effort to get back up, young people grow stronger, wiser, and more creative.

#5 CREATE A HEALTHY ENVIRONMENT FOR BRAIN DEVELOPMENT

Why?

- Encourage teens to eat a well-balanced diet, exercise for at least 20 minutes a day, and get 8-10 hours of sleep. These conditions are ideal for growing brains and mental/physical development.
- Sustained and high levels of stress are damaging to the brain's emotional and physical development. Adult support is essential and protective.
- Alcohol and drugs offer temporary escapes from stress, but can be destructive to healthy brain development. Guide teens toward healthy coping strategies by modeling them yourself and letting them know healthy choices can make them feel better.
- When parents model healthy behaviors, teens are more likely to pick them up.