



# 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**

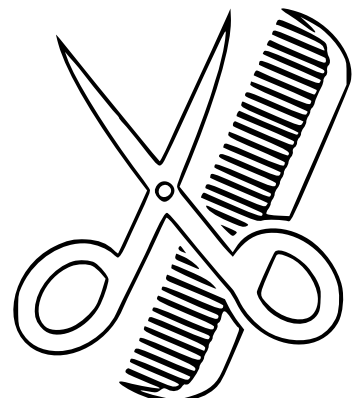
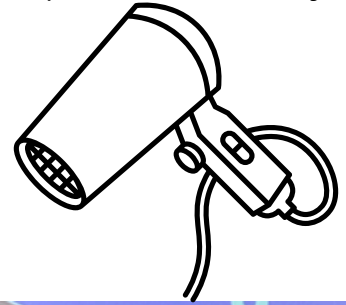
**WE ASPIRE TO GRADUATE THE MOST PREPARED SKILLED LABOR WORKFORCE IN CONNECTICUT.**

## **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 ✨

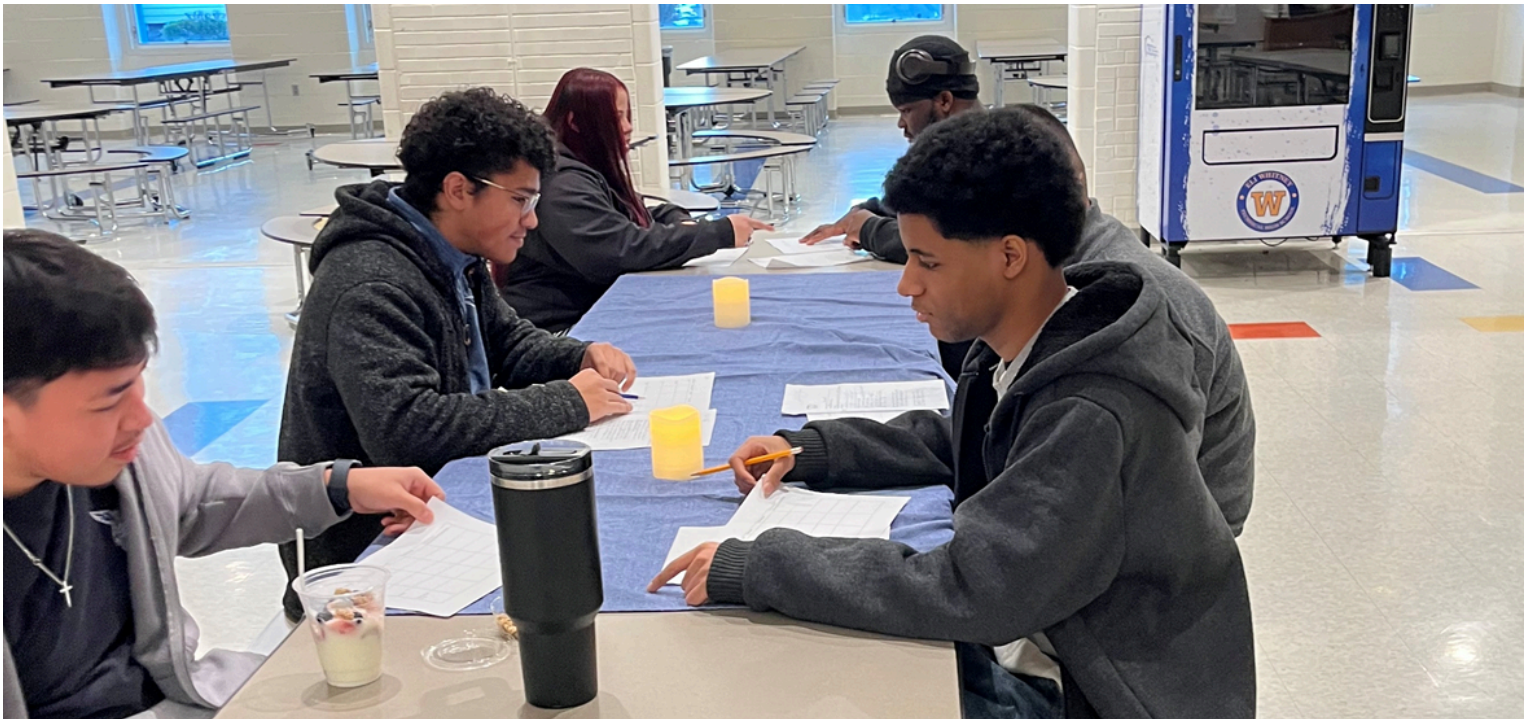
Our Hairdressing Shop had the exciting opportunity to host a special presentation by PIAM, featuring a mini hair show right here at Eli Whitney Technical High School. Students experienced firsthand the latest industry techniques, trends, and professional insights, gaining valuable inspiration and real-world 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!



NOT ALL  
Heroes  
WEAR  
CAPES





# This Week in Sports



HOOPS



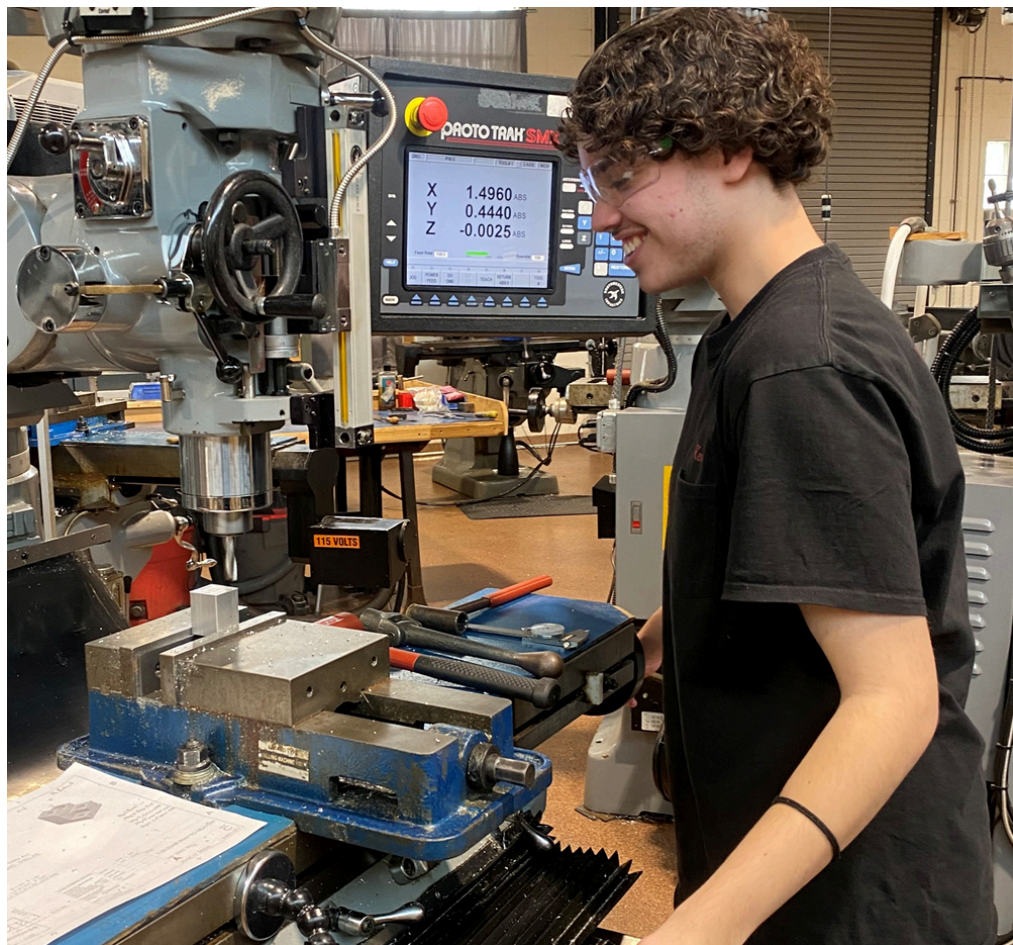


# This Week in Shops





# 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

8

Buffalo Chicken Rice Bowl  
Popcorn Smackers, Rice,  
Steamed Broccoli Florets  
Honey Glazed Carrots  
Fruit Choices Milk Choice

9

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 Filet  
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

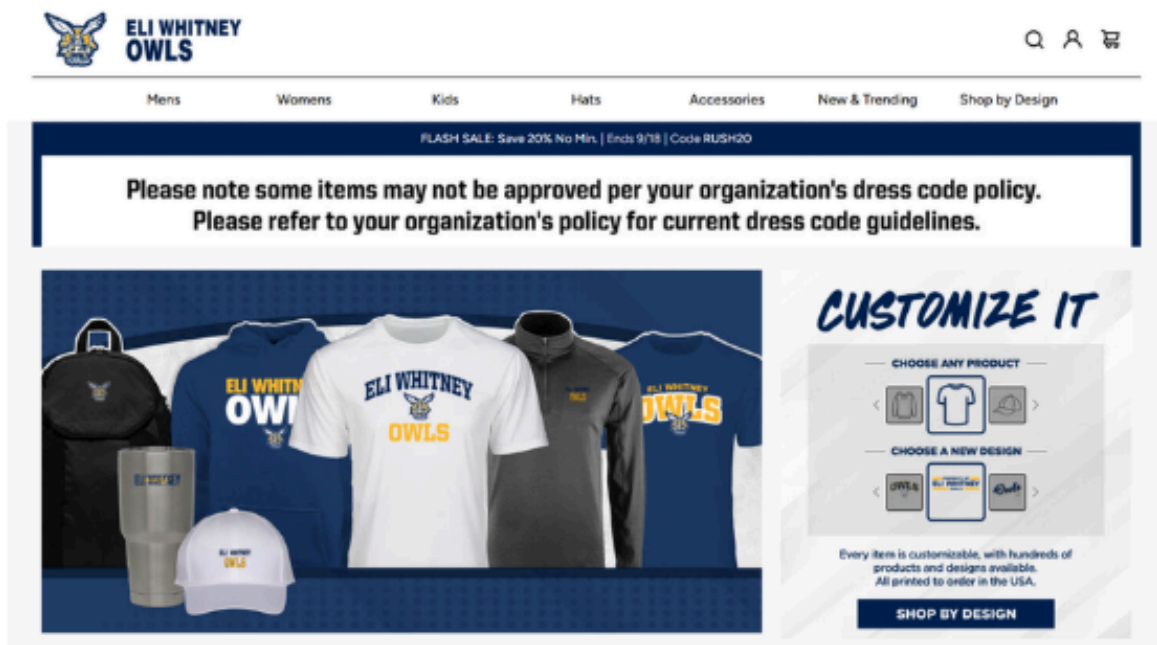
Sloppy Joe on Roll  
Cucumber/Tomato Salad  
Tater Tots  
Fruit Choices  
Milk Choice

30

Breaded Chicken Strips  
Garlic Knot Roll  
Fresh Baby Carrots  
Chickpea Salad  
Fruit Choices Milk Choice



# GET YOUR ELI WHITNEY SPIRIT GEAR HERE



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 ALLIGN 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!

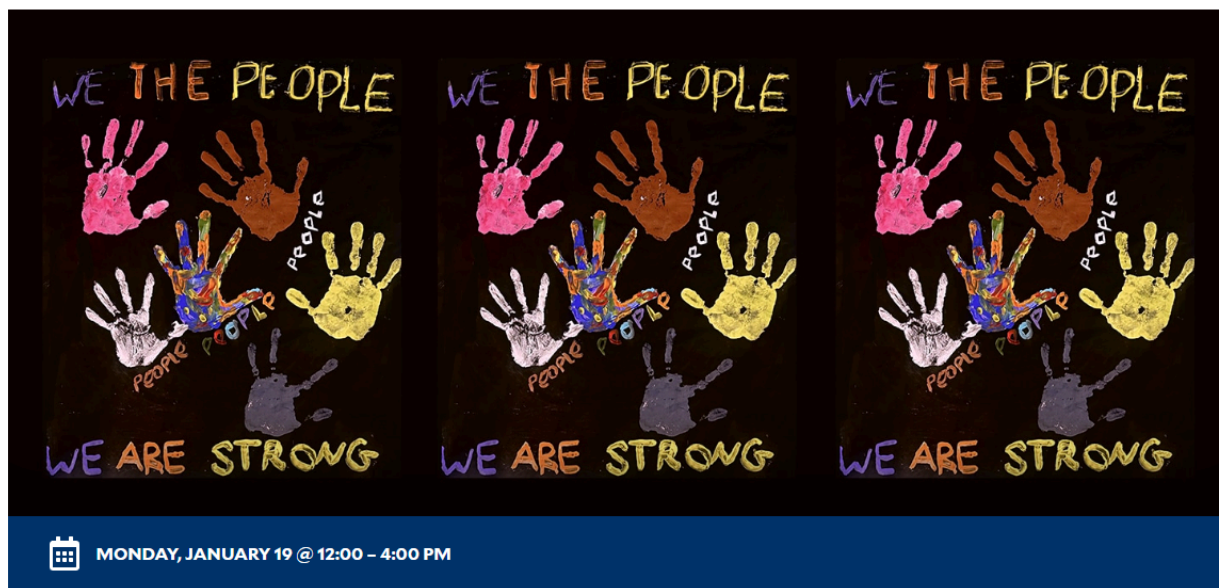


**Get Cozy, Get Reading. Chill Out & Read!**



# 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

**Dr. Dewey Cornell**  
Professor of Education,  
University of Virginia



# 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!



**SCAN QR CODE  
TO LEARN MORE  
AND APPLY**



 [nursingsymposium@southernct.edu](mailto:nursingsymposium@southernct.edu)



@scsunursing





CENTRAL  
CONNECTICUT  
STATE  
UNIVERSITY



# APPLY TO CENTRAL FOR FREE

**January 6<sup>th</sup> - January 17<sup>th</sup>**

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



Apply Now!

[ccsu.edu/apply](https://ccsu.edu/apply)



## 5 FACTS ABOUT TEEN BRAINS

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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.





CENTER FOR PARENT & TEEN  
COMMUNICATION

# Teen Brain Tip Sheet

## 5 TIPS FOR PARENTS

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### #1 AVOID THE LECTURE

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#### 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.

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### #2 GUIDE DECISION-MAKING

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#### 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.

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### #3 HAVE CALM DISCUSSIONS

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#### 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.

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### #4 SUPPORT EXPLORATION WITHIN SAFE BOUNDARIES

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#### 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.

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### #5 CREATE A HEALTHY ENVIRONMENT FOR BRAIN DEVELOPMENT

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#### 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.