



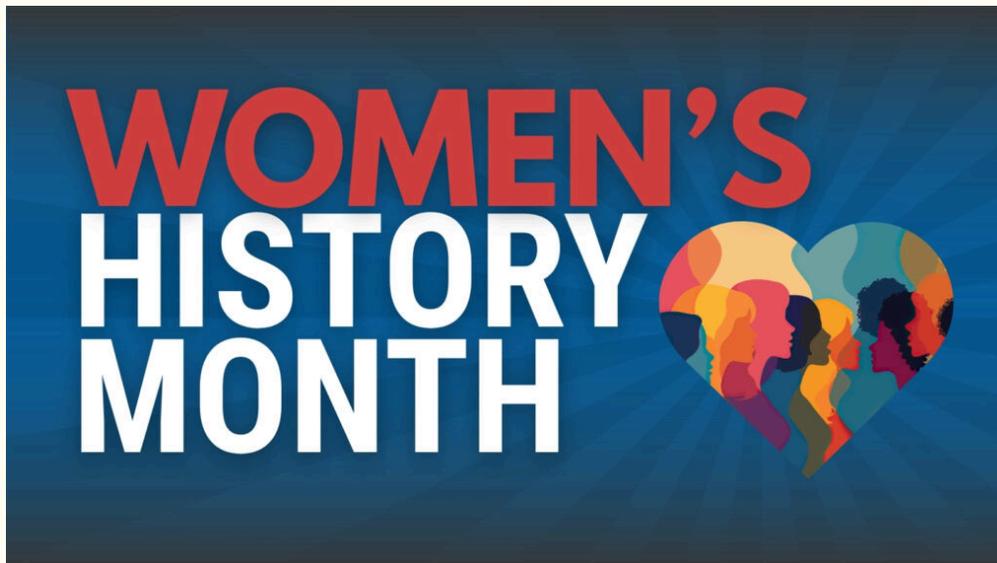
ELI WHITNEY TECHNICAL HIGH SCHOOL

Good Afternoon Whitney community,

As we welcome the month of March, our school community is excited to recognize and celebrate Women's History Month. This important time allows us to honor the countless women whose achievements, leadership, and perseverance have helped shape our world.



Throughout history, women have made powerful contributions in fields that were once considered inaccessible to them, including skilled trades, engineering, science, and technology. Trailblazers such as Marie Curie, a pioneering physicist and chemist whose research helped transform modern science, and Katherine Johnson, the NASA mathematician whose calculations were essential to early U.S. space missions, showed how expertise in technical fields can change the course of history. Aviation pioneer Amelia Earhart broke barriers in flight and engineering at a time when few women were allowed in the field. Innovators like Hedy Lamarr, whose work helped develop technology that later contributed to modern wireless communication, remind us that creativity and technical skill can come from unexpected places. Their achievements continue to inspire new generations of students to explore careers in science, technology, engineering, aviation, and the skilled trades.



March Milestones: PSAT & SAT Testing Season

March is also an important academic milestone for many of our students, as it marks PSAT and SAT testing season. These assessments play a key role in the college admissions process and can open doors to scholarships and academic opportunities. Strong performance on these exams helps colleges understand a student's readiness for college-level work and can expand the range of institutions available to them.

At the same time, the skills measured on these exams are valuable far beyond traditional four-year college pathways. Students pursuing careers in the skilled trades, such as construction, engineering technologies, electrical work, manufacturing, or automotive fields, also rely heavily on strong reading, math, and problem-solving abilities. Whether interpreting blueprints, calculating measurements, understanding technical manuals, or completing certification exams, these foundational skills are essential for success in modern trade careers.

While these tests are only one part of a student's journey, they provide a valuable opportunity to demonstrate critical thinking, reading comprehension, and analytical problem-solving skills that will support students in any path they choose, college, technical school, apprenticeships, or direct entry into the workforce. We encourage all students to approach the exams with confidence and to give their very best effort.

Ways Students Can Prepare for Success:

Practice regularly: Use official SAT practice resources to become familiar with the format and types of questions.

Review key concepts: Focus on foundational math skills, grammar rules, and reading strategies that frequently appear on the exam.

Take timed practice tests: Simulating real testing conditions can help improve pacing and build confidence.

Develop healthy habits: Getting a good night's sleep, eating a balanced breakfast, and arriving prepared can make a big difference on test day.

Ask for support: Teachers, counselors, and academic resources are available to help students review content and develop test-taking strategies.

We are proud of the dedication our students demonstrate each day. With preparation, perseverance, and support from our school community, we know our students will continue to grow and achieve their goals.

Thank you for your continued partnership in supporting student success. We look forward to a month of learning, celebration, and accomplishment.

This Week in Carpentry



This Week in Plumbing



This Week in IST

ELI WHITNEY TECHNICAL HIGH SCHOOL

CYBER RANGE

IN PARTNERSHIP WITH
SOUTHERN CONNECTICUT
STATE UNIVERSITY

SPRING 2026 • CLASS OF 2026



KICKOFF MEETING

COLLABORATION ESTABLISHED

Dr. Uprety and her SCSU seniors joined our students for a highly successful kickoff, setting a strong foundation for the Cyber Range initiative.

INDUSTRY PARTNER

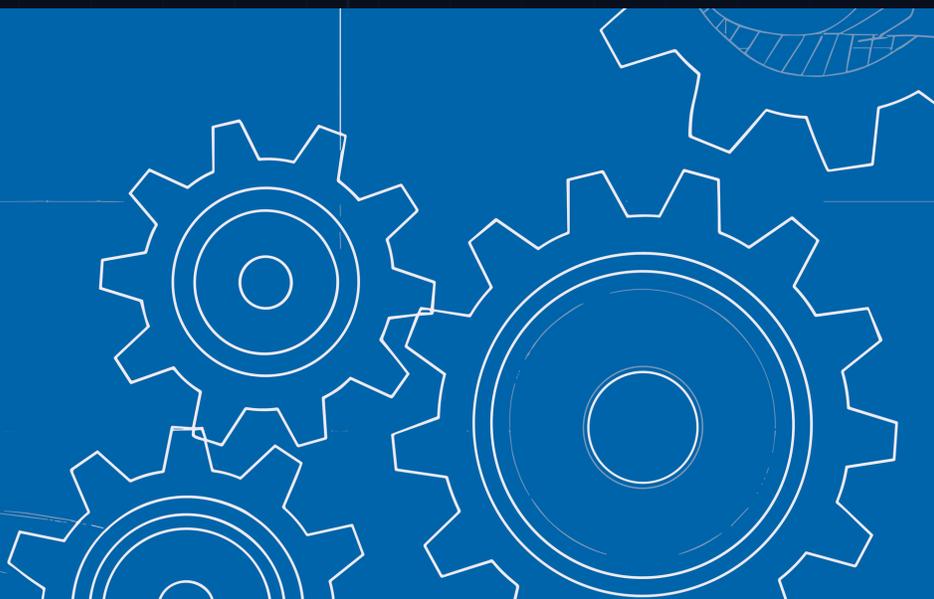
PFSENSE FIREWALL CONFIG

Ms. Gaither, a network engineer from Amazon, guided students through configuring pfSense—an open-source firewall platform used in commercial and data center environments.

INFRASTRUCTURE

SERVER SETUP UNDERWAY

Seniors and SCSU CS majors began initial setup of the new Cyber Range server—a major milestone in building this hands-on cybersecurity learning environment.

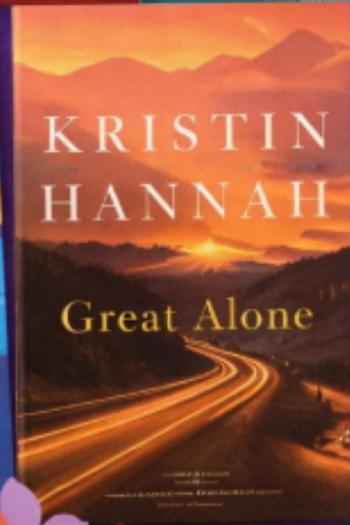
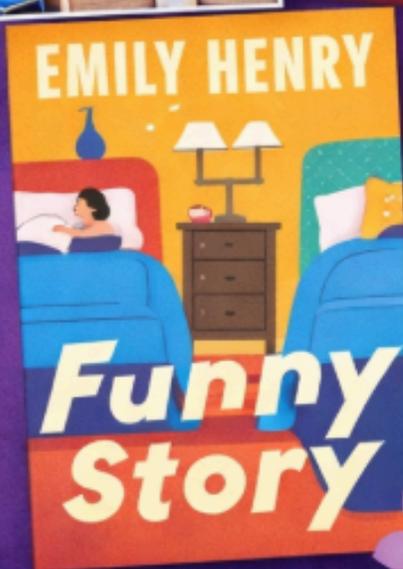
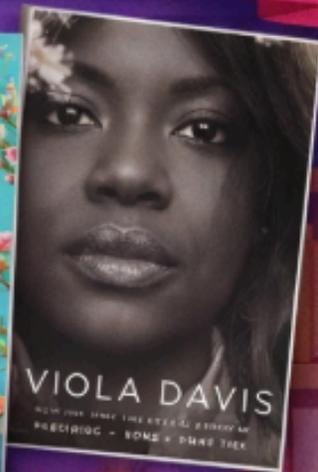
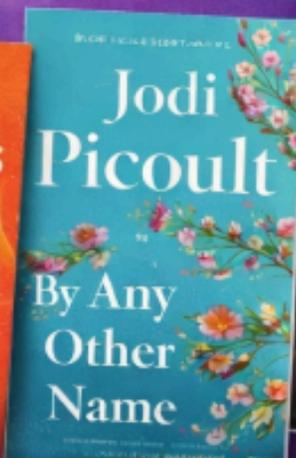
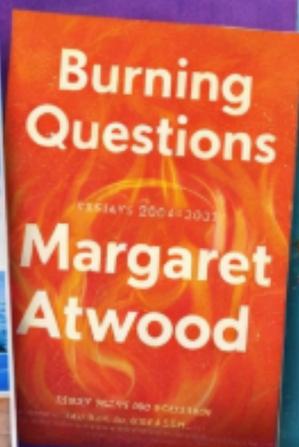
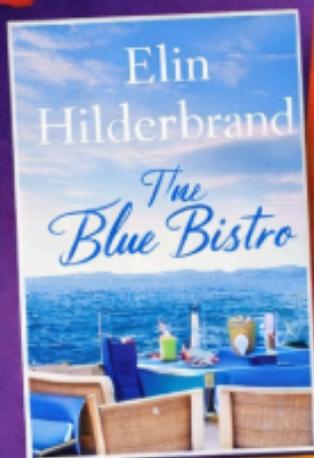


This week in MUSIC



Eli Whitney
**WOMEN'S
HISTORY MONTH**

Ms. Hagan's In the Library Reading Recommendations



*Celebrating
Inspirational Women!*

ELI WHITNEY TECHNICAL HIGH SCHOOL

ATTENDANCE MATTERS

EVERY STUDENT, EVERY DAY

Building Success Through Consistent Presence

90%

Attendance rate needed for academic success

18

Days of school missed = chronic absence threshold

10%

Learning time lost with just 2 absences per month

WHY ATTENDANCE MATTERS

- ✓ **Technical Skill Mastery:** Hands-on learning in shops and labs requires daily practice and sequential skill building
- ✓ **Academic Achievement:** Students with better attendance earn higher grades and test scores
- ✓ **Life Skills:** Regular attendance builds responsibility, time management, and work ethic
- ✓ **Career Readiness:** Technical careers demand reliability—attendance builds the habits employers value
- ✓ **Safety & Certification:** Consistent presence ensures proper training in shop safety and industry certifications

UNDERSTANDING CHRONIC ABSENCE

Missing just 2 days per month (18 days per school year) equals chronic absence. This can happen with excused or unexcused absences, including illnesses and suspensions. Chronic absence significantly impacts a student's ability to keep pace with grade-level standards.

TECHNICAL EXCELLENCE REQUIRES CONSISTENCY

At Eli Whitney, hands-on learning and technical skills development happen every day in the shop and classroom. Missing school means missing critical skill-building experiences that can't be replicated at home.

HOW FAMILIES CAN HELP

- ✓ Establish consistent bedtime and morning routines
- ✓ Schedule medical appointments outside school hours when possible
- ✓ Communicate with school counselor about potential barriers to attendance
- ✓ Emphasize the importance of school attendance at home
- ✓ Monitor your student's attendance and intervene early if issues arise

ELI WHITNEY TECHNICAL HIGH SCHOOL

Helping Your Child Succeed: Parent Support & Student Responsibility for Better Grades

Working together to help your child to be successful is important in the school/home partnership. This sheet provides interventions that can be used, along with other resources, as strategies your child is shown to talk with you about things that may not be going as well.



TIPS FOR FAMILIES

These are strategies for **parents** so that you can best support your child:

- Check your Parent Portal (PowerSchool) account: Regularly
- Check in with your child on owed missed work
- Ask your child to show you their Google Classrooms for each of their classes.
- Email your child's teachers with concerns or questions
- Ensure that your child is getting to school each day.

ACTIVE/ENGAGED LEARNING

These methods focus on engaging with the material more effectively, which can make studying feel automatic:

- Review Notes Daily: Spend 10 minutes each day reviewing class notes.
- Utilize Practice Problems: For math, don't just read the examples; work on many practice problems.
- Use Flashcards: Create physical or digital flashcards for key vocab, terms, formulas, or things to know for an exam or exam prep.
- Eliminate Distractions: Turn off your phone and block distracting websites before starting your homework, or study time.
- Teach the Material: Teach the concept to a friend or parent.

PLANNING & ORGANIZING

These strategies help students gain better control over their time and tasks:

- Establish a Dedicated Study Schedule: Set aside specific, non-negotiable times for homework and studying each day.
- Prioritize Tasks: Use a planner or calendar to list assignments, due dates, and tests. Focus on the tasks with the earliest deadlines.
- Break Down Large Projects: Divide big assignments or projects into smaller steps with their own due dates.
- Organize Study Materials: Keep your organized binders, folders, or digital folders for each subject. |
- Attend and Be Prepared for Class: Consistent attendance is crucial, and it's even better if you come prepared with materials and having completed or reviewed the previous day's notes before the lecture starts.

UTILIZING SCHOOL RESOURCES

The school provides resources specifically for struggling students—make sure to use them:

- Stay After School/Utilize Teacher Office Hours: Schedule one-on-one time with teachers to get extra help on tough topics or to review a test you performed poorly on.
- Use Study Halls: Use unscheduled time at school to stay ahead, study, or set aside extra time to work on homework or get assistance from the supervising teacher.
- Get a Study Buddy: Find a reliable classmate and form a study group.
- Email your teachers: Ask questions or let them know if you need extra help or turned in a late assignment.
- Use Your Classroom: Regularly check Google Classroom and your email for missing assignments, downloadable notes, or extra resources



Mobile Crisis Intervention Services And Urgent Crisis Center for Youth

Wellmore's Crisis Services are an alternative to emergency care for youth with immediate mental health needs, helping to keep families

In the absence of a parent/guardian, schools can address student mental health/behavioral crises by sending the youth to the Urgent Crisis Center or by calling Mobile Crisis Intervention Service via 211.

Mobile Crisis Intervention Services: We come to you! 24/7

- Call 211 (Infoline) and press option 1 and then option 1 again to connect to a 211 staff person. They will connect you with a Wellmore clinician.
- Call the parent/guardian to let them know that you have asked for this assistance.
- A clinician will arrive at your school as soon as possible, but no later than 45 minutes. We will do follow up calls or home visits with the family to support the family after we leave.
- We will coordinate with current providers and provide referrals if additional support is needed.

Urgent Crisis Center for Youth (UCC): They come to us!

M-F: 8a-12midnight; S&S: 10a-6p

- We are located at 141 East Main Street in Waterbury (across from Palace & next to UConn Wtby).
- Our phone is 203-580-4298.
- Families do not need an appointment—they can just show up when they need immediate access to mental health support.
- A parent/guardian must be present with the youth and participate in the assessment (a parent can give consent verbally if there is a trusted adult present and involved).
- We will coordinate with existing providers during our assessment (when possible) and make clinical and supportive referrals as indicated.

If a child is behaviorally escalated or out of control at school and you need to call 911, it is now possible to have the youth transported to the Urgent Crisis Center instead of the Emergency Room.

- Direct the ambulance team to go to the UCC; they will call us to start the process.
- It is helpful for you to call the UCC and provide information about the situation.
- With permission, we can then follow up with you about our evaluation and crisis plan so that you can help to support the youth when they return to school.



In some crisis situations, a youth mental health crisis truly needs an emergency intervention. For youth presenting with immediate medical need, overdose, injury or imminent risk, please use 911 or go to an emergency department close to you.

Urgent Crisis Center For Youth

The UCC is located at 141 East Main St, Waterbury.

HOURS OF OPERATION

Effective August 1, 2025

Monday-Friday: 8AM-12AM

Saturday-Sunday: 10AM-6PM



Our Services

The Urgent Crisis Center (UCC) offers crisis stabilization support, comprehensive mental health assessment, short-term medication services, collaborative safety planning, collaboration with existing providers, and direct linkages to community services for youth ages 4-18.

Call 203-580-4298 to learn more about this service.
No appointments are necessary.

What Are Some Reasons A Youth Might Come To The UCC?

- Thoughts of suicide or self-injury
- Feelings of depression, anxiety or hopelessness
- Behaviors that are out of control or challenging in home, school or community
- Concerns about substance misuse
- Any situation that a youth or family defines as an urgent, mental health crisis.



Wellmore
Behavioral Health 
Wellness for a lifetime™

Centro de Crisis Urgentes

Para Niños

El UCC se ubicado en 141 East Main Street, Waterbury.

HORARIO DE ATENCIÓN

A partir del 1 de agosto de 2025

lunes a viernes: 8AM-12AM

sábado y domingo: 10AM-6PM



Nuestro Servicio

El Centro de Crisis Urgentes ofrece para la estabilizacion de crisis, evaluacion de salud mental comprensiva, servicio de medicamentos a corto plazo, planificacion colaborativa de seguridad, colaboracion con proveedores existentes, y vinculacion directa con servicios en la comunidad para niños de 4-18 años de edad.

**Llame al 203-580-4298 para aprender mas sobre este servicio.
No se necesita cita.**

Cuales son las razones por la cual un niño vendria a el Centro de Crisis Urgentes?

- Pensamientos de suicidio o autolesion
- Sentimientos de depresion, ansiedad o desesperanza
- Comportamientos fuera de control o desafiante en la casa, escuela, o comunidad
- Preocupaciones relacionadas con el uso indebido de sustancias
- Cualquier situación que un joven o su familia consideren una crisis urgente de salud mental



Wellmore

Behavioral Health

Wellness for a lifetime™

