



SCHOOL NEWSLETTER

QUARTER I - 2021

BE IN THE KNOW

Progress Reports Monday, November 29th with PAS Day
Schedule on Tuesday November 30th

Winter Sports Expectations for Our Community, please click on the link below:

Winter Sports Expectations

Seniors If you did not submit your Senior Form in regards to Graduation/Cap/Gown, please reach out to Mrs. Bicknell by Monday, November 22nd.

For College Bound Seniors spend some time over Thanksgiving and work on your Common APP and FAFSA because *remember deadlines matter*.

Refer to *Vermont Student Assistance Corporation* Resources for additional assistance by clicking on the link below or see your School Counselor.

VSAC: Paying for College/Post Secondary Training

Community Service Did you know that all students earning a Spaulding High School diploma are required to engage in some community service? Students graduating in the Class of 2022 need to have 20 hours completed. For students looking for opportunities, they should click on the link below or contact Margo Austin at maustshs@buusd.org with any questions about community service.

Community Service

MESSAGE FROM SUPERVISORY UNION

With winter weather approaching us rapidly, it is time again to prepare for school cancellation and delay decisions. This page provides an outline of the process we follow for making school cancellation/delay decisions for weather events.

The school calendar is set up to accommodate snow days, and we encourage all of our students to get out and play in the snow if Mother Nature throws a snowball at us! In the event of a snow day, all school activities will be canceled for the day.

Our procedures:

1. Prior to a "weather event" and early in the morning of an event, we gather information from a variety of sources:

- We look at forecasts from a variety of sources well in advance.
- We contract with Roger Hill to provide regular updates and consultation, both prior to and on the morning of events. We receive consultation and advice from NOAA (The National Oceanic and Atmospheric Administration) as well.
- We communicate, as appropriate, with the road crews and/or police departments for both Barre Town and Barre City, as well as our contracted transportation company and our own staff who are on the roads early.
- We communicate with other school superintendents in the region to coordinate closing/delay decisions when it makes sense, realizing localized conditions and other factors may necessitate different decisions for different supervisory unions and districts.

2. Our goal is to have a decision made by 5:30am.

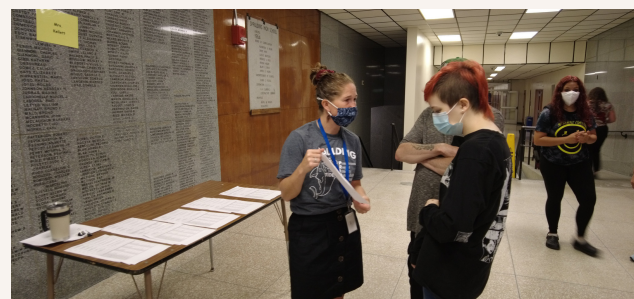
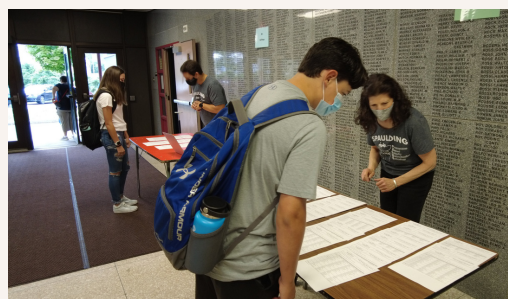
- This is not always possible, as there are many things happening quickly.
- Most often, Roger Hill and NOAA make a recommendation and we follow it, as they get automatic input from many sources and have expertise that we do not. They consider what has happened, what is happening currently and what is most likely to happen as the day goes on. It is rare that our own information does not align with their recommendation.
- If the recommendations have not come out by 5:30am, we wait a little longer.
- If we feel like we have information and circumstances that require a different decision than the experts' recommendations, we review everything again carefully before making that decision.

3. Once a decision is made to delay or close, we communicate in the following ways:

- We initiate a "Text Em All" through the phone system. Texts can be sent much more quickly than phone messages, so please be on the lookout for a text early in the morning.
- We contact the media. WCAX is a timely and reliable resource for the whole state.
- We send out an email to all staff and families.
- We post on Facebook, Twitter, web pages, and phone greetings.
- We contact the police and road crews.
- We contact the food and transportation companies.

The decision to delay or cancel is extremely important for everyone's safety. We take it very seriously. There is no guarantee that we can make the correct decision every time, but we do our absolute best. Please help us by being patient and understanding, and providing appropriate and constructive feedback.

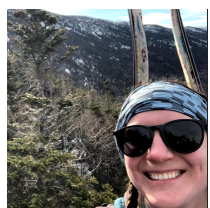
Stepping into Fall



Mrs. Graham & Mrs. Kellett greet incoming Freshman and review student schedules during Freshman Orientation.



SPOTLIGHT ON OUR COMMUNITY MEMBERS



Danielle Berg, Art Teacher

Creative and caring are two traits that embody Danielle Berg, our new Art Teacher who hails from Bennington, Vermont.

As stated by Ms. Berg, "I truly enjoy the ability to travel, meet people, and having my Black Lab, shepherd mix, Finch in my life." Like Finch who is multifaceted, Danielle has an affinity for adventure and working with people to see how art can spark joy in their lives.

For example, to increase access to art mediums, she found a grocery cart, bedazzled it with a variety of decorations, and filled it up with art materials in order for her students to be able to make, create, and do art within the confines of COVID last year at Enosburg's Art program.

Why you ask, well why not? Like many students who were *Zoom* or *Google* fatigued, she wanted her students to experience something tangible and have a creative outlet that was much needed. "I equate it to my love for snowboarding and being able to be outdoors." She finds that having balance is much needed, but instead of just hitting the slopes of *Smuggler's Notch*, Ms. Berg does this with art for her students.

She is excited to be at *Spaulding High School* and recognizes she has replaced the legendary Mary Reardon, especially being in her classroom. Mary is present everywhere and she admires the work Mary has left behind by establishing a wonderful art program that she hopes to continue to keep alive.

As she noted warmly about her own high school art teacher being a mentor, "I hope to do the same" and help students who have an interest in art to see this as a career path or a creative outlet that gives one balance.



Grady Chase, Senior

Grady has learned to love each sport, such as football, basketball, and baseball over the past four years at *Spaulding High School*. But his heart lies on the diamond.

"Baseball keeps me more focused... trying to help my teammates run the bases without getting out; very important."

For Grady, more experience, team chemistry, and determination were key factors in his ability to believe in himself as a player and overcome those nervous jitters as a Freshman. He credits former teammate, AJ Castellaneta, *Class of 2019* who provided him with the mentorship that was much needed, along with "His Boys": Kiernan, Brady, Noah, Cole, Cooper, Ned, Logan, Solomon, Mason, Sam, and Titus.

"LaFran, being with these guys was much needed, especially during COVID. We needed that camaraderie, we needed the time to hang, and be ourselves," so much so they built a slip n slide at Billy's pond and they are hoping to secure a school bus and equip it with sofas... Yes, I did note this in the newsletter, but they are hopeful.

As he reflected upon the loss of a Spring Season in 2020 for his peers; just devastating as echoed in his voice, especially for the graduating Class of 2020. "I am happy to know that I had a Spring Season last year and we were able to enter the playoffs. I know it meant so much to the Seniors from the Class of 2021 with so many unknowns."

However what has been a constant in Grady's high school experience is his sports, his coaches, and meaningful relationships with his friends.

Connecting Academics to Real Life: Wellness Aden Cushman, *Class of 2025* was charged with an assignment in Mrs. Chap's to compose a write up for an advocacy campaign around wellness and being fit.

As Fall Sports were starting up, he reflected upon his own insights as an athlete, especially as a Cross Country runner.

"I recognize with some athletes that we fall victim to a loss of motivation..." whether it be that athletes don't have a game or coach to force them to be their best.

In turn, Aden turned his focus on pre season training as a Freshman. He recognized his own gaps as an athlete since 5th Grade, but praises the work of his teammates, Matt Toborg, *Class of 2022* & Hayden Ross, *Class of 2023* because they have been great mentors to his teammates.

But the real kudos goes out to Mr. Booth, *Band Teacher* & an alum of *Spaulding, Class of 2000*. Fondly noted by many as "Bobby" because Bobby is "not only my teacher, but also a talented musician in his own right."

Aden appreciates Bobby and credits the impact he has had upon his transition to high school.

"I continue to play Alto Saxophone since 4th grade and I enjoy it."

Like many, Aden has adapted to high school and he is mindful of the lessons learned from Mrs. Chap's class.



As noted to the right, please read his assignment for Mrs. Chap.

Aden Cushman, *Class of 2025*

ACADEMIC HIGHLIGHTS

Student Work



From last Spring, Varsity Baseball echoed TIDE PRIDE as they clenched another win and advanced to the *Division II Championships*.

Staying in Shape in the Off-Season

As the spring sports wrap up, some athletes tend to put their sports behind them. We all fall victim to a loss of motivation. When we don't have a game coming up, or a coach pushing us to be our best, we don't have a reason to practice.

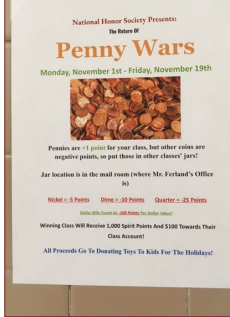
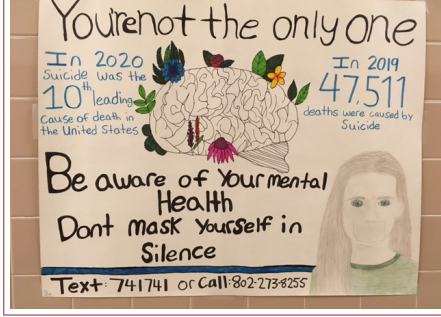
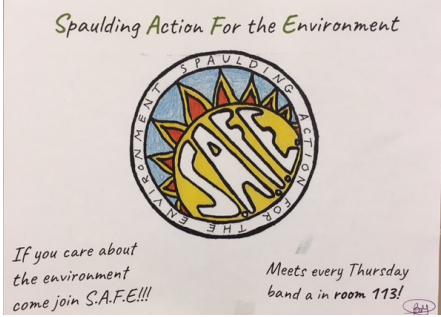
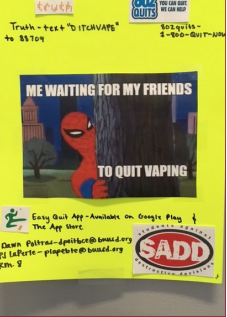
Practicing in the offseason is just as important as any other time of the year. Off-season practice is different from in-season practice, there is a right and wrong way to do it.

First, you should take some time to recover both physically and mentally. During this time, you can do things like yoga and other flexibility activities. The key is to lessen your activity levels enough that your body has time to heal.

Once you have completely healed, then you can start training again. No matter what your sport is, you use some key muscles. Your core, and back are especially important. These baseline muscles are the most important to train in the off-season. The off-season is also a good time to work on the fundamentals of your sport. Things like form and agility are important everywhere.

Off-season practice also lessens your chance of injuries. If you are able to build up a good muscular base, you are less likely to break down during the season. If you work up your abilities in the off-season, you will be able to perform at your best when it counts.

The off-season is truly a time to slow down, take things easier, and work on building a good base so that you can start off next season in the best way you can. -Aden Cushman



SPREADING TIDE PRIDE



Doing what I love, what I am interested in, and what I want to do are important to members of *Spaulding High School*.

And this is clearly evident as the walls are adorned with flyers about various clubs and from Freshman Orientation Day: Extracurricular Sign Up Day.

For members of Student Council, more than ever - meeting fellow classmates and getting involved with one's school are so important.

Why? well why not?

As noted by **Noah Rubel**, *Class of 2022*, "COVID really has impeded our ability to be involved with our school and I really missed the world of performing arts," especially Drama Club and the annual performing arts show, the Winter Concert. Whereas Student Council Advisors, Mr. Leene and Mrs. Portelance credit collaboration and community support.

Mrs. Portelance noted how Student Council was able to work with *Central Vermont Career Center* programs: Emergency Services & Medical Professions in regards to sponsoring an *American Red Cross* Blood Drive earlier this month.

Despite a pandemic and various challenges, Mrs. Portelance offered a heartfelt recognition to student chairpersons: **Eleanor Steinman** and **Meredith Kerin**, both Seniors & **Abigail Lindhiem**, an active Junior because their goal was to reach 20 pints and they reached 18, along with fellow colleagues, Mr. Holmes & Mr. Ross for their generosity of Student Council being able to use the gymnasium.

"Getting involved with your school community is a fantastic way to make connections with classmates and teachers. Experiences such as the Blood Drive and clubs such as Student Council, provide opportunities to have conversations with other students you may not have a chance to meet otherwise. It gives students a chance to meet teachers they may have in the future or currently have, allowing for interactions in a different setting than a classroom. Student Council welcomes your involvement at any point in the school year. There are no sign-up deadlines. See Mrs. Portelance or Mr. Leene if you would like more information regarding Student Council."



JUMP DOWN THAT RABBIT HOLE

A WINTER PRODUCTION
THURSDAY & FRIDAY,
DECEMBER 2ND, 3RD, & 4TH | 7PM

Let the entertainment begin. Our Drama Club met with two guest artists, Dwight & Vicky Icenhower this past Fall. Dwight is a world-renowned, award-winning *Elvis and Elton John* Tribute Artist. His wife and manager Vicky is a stage and photography makeup artist.

Students spent some time asking Dwight & Vicky about their career in the performing arts industry, and were delighted to hear Dwight sing a few Elvis and Elton songs, using our new auditorium sound system.

Afterwards, the Drama Club went outside to learn about the art of stage makeup. Practicing with their new Ben Nye stage makeup kits, students learned how to contour, or paint their face to change its shape. A huge thank you to Dwight and Vicky for their generous time.



Tickets can be purchased at the door or you can order them online by clicking on the link below:

[Alice In Wonderland Tickets](#)

For further information, please contact Ms. St. Raymond at ksainshs@buusd.org



SPOTLIGHT ON ATHLETICS



Ready... set, let's go! Eagerly awaiting for Fall Sports, athletes were adamant about one thing: let's make our season a good one.

For Carter Dayton, Class of 2023. "It was a tough year, a tough season, and knowing that our team experienced a series of losses; just devastating." However, you can hear in his voice how appreciative he was to have his teammates and the camaraderie of each other. Tide Ladies from Varsity Soccer, **Julia Fewer & Emily Morris, Class of 2022** concurred and shared how their team wrote notes to each other as ways to spread positive thoughts.

Like their peers, they rallied for each other whether it be working on a drill, communicating more effectively, or just providing the support that a teammate needed. In regards to Cross Country, they were constantly willing to go the extra distance; literally and figuratively.



For incoming Freshman and returning Sophomores on JV teams, the level of their hard work and/or ability to adapt due to injuries put rising athletes in the spotlight; shining on new talent.

But for Varsity Football, Girls Soccer, and Field hockey, "it's never really over," as these teams kept their eyes on the prize, especially for the Varsity football team.

The Varsity Football team found themselves in new territory; contenders for the Division II Semifinals after winning a wild game against U32. Players like **Grady Chase, Colton Perkins, & Andrew Trottier, Class of 2022** credit team chemistry and sure determination...

So much so Colton & Andrew have been selected to represent the North Team for the annual North/South Senior High School All Star Game of 2021.



SENIOR DAY

A Meaningful Tradition
FALL SPORTS

Always bittersweet, Senior Day or Night is a chance for the community to recognize graduating Seniors for their hard work, years of contribution to a sports program, and athletic achievements on the field, court, or ice.

For this year's Seniors, truly meaningful because unlike the Classes of 2020 and 2021, COVID has impacted their sports experience for almost 2 years or lack of one like Wrestling & Indoor Track.

All Star standout, **Zoe Tewksbury, Class of 2022** reflected upon her years as an athlete whether it be field hockey or ice hockey. She noted how fortunate that she didn't have to wear a mask this Fall and offered some wisdom to others, "don't take for granted what you have and be able to overcome challenges."



Thank you for the memorable moments on the field.

CELEBRATING OUR COMMUNITY



Spaulding High School's JROTC's Color Guard honor our veterans and those who serve currently during the Veteran's Day parade. For more information, click on this [link](#) from the *Bridge*, Montpelier's local newspaper.

We are constantly amazed and thankful for your support and investment in our community.

The following students were recipients of the ***Sugarbush Student Achievement Program*** for the FY2021/2022 season. Students received this award based upon their grades from previous school years.

Class of 2022 Jacob Bisson, Emma Blaisdell, Logan Bristow, Jonathan Jesmonth, Bella Kamont, Brady Lamberti, Chloe Mattson, Alexander Maurice, Emily Morris, John Poirier, Emily Poulin, Noah Rubel, Camden Simpson, Abbigail Smith, Eleanor Steinman, & Isabelle Wightman

Class of 2023 Madison Ashford, Grace Berry, Isabella Bevins, Logan Kelley, Daniel Kiniry, Abigail Lindhiem, Angelique Macie, Timothy McHugh, Rebecca McKelvey, Kieran McNamara, Ronald Saldi, & Charlotte Young

Class of 2024 Hallee Allen, Lily Asselin, Kacie Audet, Avery Bellavance, Isabella Boudreault, Aubrey Cheney, Ruby Harrington, Charlotte Kellett, Gracie Martin, Nathan Morris, Corrina Moulton, Jalona Mundo, Lucy Norris, Addison Pinard, Matthew Redmond, & Brody Rock



Sugarbush Achievement Recipients, 2021



On behalf of
Spaulding High School

happy Thanks Giving

We thank you, and we express our sincere feelings of
gratitude. Best wishes for Happy Thanksgiving.



A holiday tip for families The holiday season can be hard for students. It is important to remember that high school students need a break, a true break with sleeping in and accessing some social interaction with their peers. It is important to remember that the holidays provide an opportunity for students to have some down time and a chance to let go of the daily grind and stress for a bit.

For tips, go to <https://childmind.org/article/how-to-take-the-stress-out-of-the-holidays/>