

## Principal's Newsletter-April 2019

### Rotary Student of the Month-March 2019

Congratulations to Mary Rusnock who was chosen as the Rotary Student of the Month for March. Mary is a senior at Suffield High School and is the Secretary of the Class of 2019. Mary is involved in the Wildcat Advisory Group, Interact Club and Best Buddies at Suffield High School. Mary volunteers at Sacred Heart Church as an assistant religious education teacher. She is a member of the Varsity Outdoor Track Team, where she received Connecticut All State Honors in 2018 for the 4 x 400 relay and Connecticut All Conference Honors from 2016-2018. Mary is also on the Varsity Girls Soccer Team, where she received the Coach's Award in 11<sup>th</sup> grade. Mary has also worked as a Teacher's Aid through her Advanced Child Development Class and assists with a kindergarten class at Spaulding Elementary School.

Mary has been an honor roll student and a scholar athlete throughout her four years at Suffield High School. She received the St. Michael's College Book Award for academic success and exemplary community service. She has also received Excellence Awards in Social Studies, Geometry, English and Child Development.

In her spare time, Mary coached, taught swimming lessons and was a lifeguard at Suffield Country Club.

Congratulations to Mary on this very well-deserved award.



Mary Rusnock

### **Red Cross Blood Drive**

There will be a blood drive at Suffield High School on Monday, April 29<sup>th</sup> from 8:00 until 1:00pm. This blood drive is sponsored by the National Honor Society at SHS. Interested students will need to sign up to donate blood during lunch periods in the commons. Students can also pre-register by downloading the Red Cross Blood Donor App.

### **Dustin Doyon Memorial Road Race**

The 2nd Annual Dustin Doyon Memorial 10K & 5K run/walk will be held on Saturday, May 25<sup>th</sup> at 9:50am at Suffield Middle School. Please register at <https://runfordustin.weebly.com>.

### **Agriscience News**

Suffield Agriscience will be holding our biannual Agricultural Exposition on April 10<sup>th</sup> from 9:00am-8:00pm and April 11<sup>th</sup> from 9:00-4:00pm. This is a great event that offers so much for all members of our community! Come to Suffield Agriscience to be immersed in all aspects of agriculture including: Mechanics, Plant Science, Animal Science, Aquaculture, and Natural Resources.

On April 23rd there will be a Chipotle fundraiser. This fundraiser will be held at the Enfield Chipotle from 4-8pm. Please join us at Chipotle and help support our program. Thank you in advance!

### **ESPORTS News**

ESPORTS is a competitive video gaming team who will get together on Tuesday for next six weeks. The team played their second match on Tuesday and won both matches to secure their first win. Their current standing is 1-1 and they have 6 more games left of placements. Matches for their League of Legends season are every Tuesday around 5:00pm. Staff and students are able to watch the match over the team's Twitch streaming channel.

### **Science News**

Suffield's Early College Experience (ECE) Environmental Science class competed at the University of Connecticut's Conference on Globalization, a rigorous academic competition focusing on how globalization is affecting the environment in various countries around the world. Suffield's ECE class - led by Anna Casinghino, Ashley Drake, Brooke Tillotson, and Katherine Platt won second runner up. Congratulations team!!

Suffield High School's own Justin Kaput will be speaking about his experiences as a National Geographic and Lindblad Expeditions Grosvenor Teacher Fellow in Antarctica on April 10th at the Suffield Senior Center at 7:00pm. Come and learn about his expedition to the great white continent. A free elephant seal will be given to all who attend.

## Science Fair News

A huge congratulations to all of our science fair students that were accepted and competed in the science fair the week of March 11th. Laila Lawson received 2nd honors for her project, while Jack Shanks, Ayush Mehta, Avie + Aarya Vasantlal, and Madison Gadomski all received 3rd honors. In addition, Haley Young received a CSEF special award.

Below are the projects our students worked on:

**Laila Lawson:** The Effect of Spatial Awareness on the Human Brain

**Jack Shanks:** Using Motion Sensors to Help Reduce Collisions on the Ski Hill

**Ayush Mehta:** Water Vehicle Stabilizers Using Weight Adjusting to Wind and Water Currents

**Avie + Aarya Vasantlal:** How do Electromagnetic Forces Affect Plant Growth?

**Madison Gadomski:** Mitigating the Waste of Single-Use Plastic Water Bottles through a Simple Identification System

**Haley Young:** How can Solar Power be streamlined so it is More Cost Effective and Utilized Efficiently?



## Unified Theater

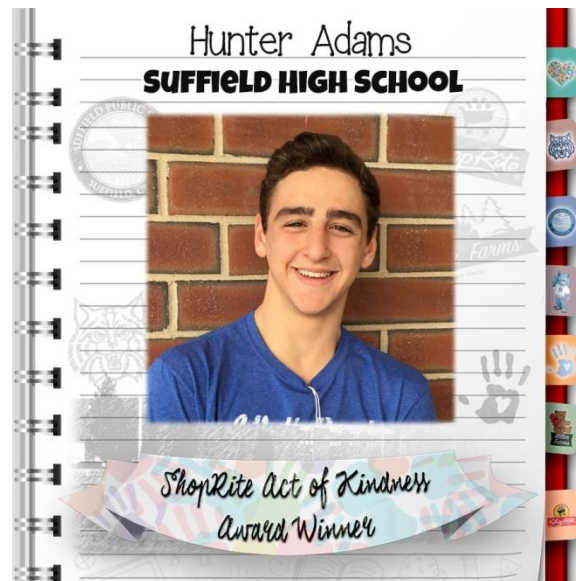
The Unified Theater production will be on Friday May 3 at 6:30 in the SHS Auditorium!

## ShopRite Kindness Award

Congratulations to Hunter Adams who was chosen to receive the ShopRite Kindness Award for February 2019. Hunter Adams has been an active member of Zielinski's Kindness Crew for the past three years. Hunter goes out of his way to not only participate in each activity sponsored by the group, but often takes the initiative in new endeavors. Hunter is a natural leader and initiates events for the Kindness Crew. Hunter endlessly volunteers time after school to facilitate one of the kindness acts sponsored by the group, and frequently gives up his personal to bring the new projects to the community.

Hunter has not only stood out as a leader in school, but out of school as well. He recently won the New England 152lb. Wrestling Title. On the way home from Rhode Island where the competition took place, Hunter and his family unfortunately encounter a horrific six car accident. While his family was helping and unbeknownst to them, Hunter went to the passenger side of one of the vehicles and pulled a man to safety. Hunter held the man on the side of the road, comforting and talking to him until Life Star came to assist. Hunter's intrinsic kindness, compassion and empathy were instinctual. He worked tirelessly to calm and comfort this man, letting him know help was on the way.

Hunter is a very humble young man, who is now using this experience to assist others.



## **Athletic News**

Congratulations to Anna Casinghino on being named the Connecticut High School Coaches association Player of the Year for 2018. Anna was picked as the top field hockey player in the state of Connecticut. This is the highest honor that can be awarded from the Connecticut high School Coaches Association. Anna had an amazing career on the field hockey field at Suffield and will be missed next fall.



Anna Casinghino

## **Volleyball Marathon**

Suffield High School held its annual Volleyball Marathon (VBM) again this year from Friday, March 22<sup>nd</sup> at 7:00pm until 6:00am Saturday, March 23<sup>rd</sup>. Organized by Suffield High School's chapter of the National Honor Society, with the help of their advisors, Mr. Hamylak and Mr. Patterson, students enjoyed competing against their classmates in volleyball during one of the schools most popular traditions. Money raised from the event goes towards scholarships that the National Honor Society awards to deserving seniors. We had 28 participating co-ed teams totaling close to 300 participants. Students arrived wearing their team shirts carrying snacks, games, blankets, pillows and other items for the long night. NHS members, along with dozens of volunteer chaperones, teachers and administrators helped to ensure the night went smoothly. Students brought in canned goods and received a raffle ticket for each item donated. NHS will be donating all the non-perishable food items to the Suffield Community Aid. The Volleyball Marathon was a complete success again this year.



The Champions

