



THE VIKING VOICE

WEDNESDAY, NOVEMBER 23, 2016 – 26 PAGES

MESSAGE FROM PRINCIPAL LINKENHOKER

Greetings parents, students, and community members!



The 2016-2017 school year is off to another excellent start. Academic rigor is evident and vocational departments are engaging all of our students on the many competencies our students are expected to achieve for graduation. I hope everyone has liked our Facebook page for updates and photos. I encourage those that have not to take a moment and like the page and for everyone to like and share the photos as they are posted. This is the best way to promote our wonderful school and illustrate what our students are learning during their time at Smith Vocational and Agricultural High School.

I hope the following pages will provide everyone an update on how this year has begun and what activities and events are soon to occur on campus. One announcement I would like to share with the community is that we will be participating for the third consecutive year in Channel 40's Honor Roll Live. This year we will be featured on Friday, December 16th from 5am-7:15am. We are finalizing the segments and look forward to our students being interviewed throughout the morning. We will also have an early release for our students that same day at 12:08pm considering that many will have had little sleep after our lock-in the night before. Permission slips are available for any student who wishes to participate in the lock-in.

Parents who need to communicate with teachers are encouraged to email the teachers first. All email addresses are: first name initial and last name @smithtec.org. Example for me is: alinkenhoker@smithtec.org. I look forward to the rest of this year. Please do not hesitate to contact us with any questions or concerns!

Sincerely,

Andrew H. Linkenhoker, Ed.D
Principal



ANIMAL SCIENCE

We are working hard and growing fast! The Animal Science shop has had an incredible start to the school year! Students in the shop attended field trips to the Big E to celebrate Massachusetts Agriculture and to see the country's best Cotswold Sheep compete in a regional show. The Animal Science shop also entered fleeces for competition at the Big E, earning 2nd and 3rd in the breed-type fleece class!

Animal Science students have also been working diligently to care for our growing herd of animals. The students harvested 37 broilers on November 9th. The students started with day-old chicks and have tracked and monitored their growth through the process. We also just weaned our largest beef-calf crop in several years, with an average weaning weight of 553 lbs; right on track with industry averages!

If you get a chance, please stop by Animal Science and welcome our newest additions to the farm - our dairy calves! We have 2 brown swiss, 2 holsteins and 3 jersey calves!

The Animal Science department also hosted a visitor from the Netherlands for 10 days. Penny Kuijer is an equine teacher from the Netherlands and gave the 11th grade class a great lesson on equine behavior. This lesson was directly applied to our 5-year old quarter horse, Cochise, who is learning how to have better manners when working with students. Best of luck to all 9th graders applying to Animal Science shop this year!



FFA News!

The Smith FFA Chapter is off to a great year! So far, we have had some fun and exciting events take place.

On October 8th, we had our Farm Open House where people could come in and see the Agriculture department, visit the animals and enjoy loaded baked potatoes along with many activities. Approximately 75 visitors came through. We look forward to next year's Farm Open House!

We recently completed our cookie dough fundraiser; the chapter raised over \$1,000! This is the second year in a row we held this fundraiser and it is growing and becoming more popular. If you ordered cookie dough, you can expect it within the next two weeks.

During October 17-22, we had 6 students attend the National FFA Convention in Indianapolis, IN. Connor Pfalzgraf competed in the Creed Speaking Career Development Event (CDE) and earned a bronze award. We also sent a team for the Dairy Management and Evaluation CDE; Justine Braman-silver, Katherine Cassidy-bronze, Amanda Crowe-silver, and Barry Nadon III-silver. The team received a bronze award for overall. Justine Braman said with enthusiasm "During my time at National Convention, I participated in the National Dairy CDE, it was an amazing experience for me! It improved my public speaking skills, and made me realize what being a part of a team is about. I loved the great experience and the many miles of corn fields."

Starting on November 28th, we will have Christmas wreaths and Christmas centerpieces available for purchase in the Forestry Shop. We also have an ongoing fundraiser, selling Cow Flop Bingo tickets! Each ticket is \$10.

Good luck to all of the freshman who will shortly be picking their shops! Thank you to everyone who has come out to help support Smith FFA this year!



(National FFA Convention Attendees

L-R: Henry Sarafin, Amanda Crowe, Justine Braman, Connor Pfalzgraf, Barry Nadon III, Katherine Cassidy)

ATHLETICS

The volleyball coaching staff would like to thank all that participated in or donated to the "Dig Pink" tournament Saturday, October 22nd, 2016, that was held to raise money for breast cancer. We had two teams worth of our kids playing and members from the community for a total of 6 teams competing.



Smith Players Pictured left & below: Sam Von Haugg, Emma Tobin, Maddie Atkinson, Avalon Darby, Wendell Padilla, Tyler Top, Deyaneria Padilla, Allison Kowalzyck, Stephanie Start, Maddie Seney, Jake Wilson-Martineau



A huge thanks to Walker Boyd in our Graphics department for screen printing our t-shirts and printing our bracket for the event, and Matt Niedzielski, head of Manufacturing, for making our championship medals for the winning team Pink Balls:



2nd Place Team Hit Squad
pictured right



All the participants raised about \$450 to donate to the campaign in addition to online donations from our administrators. Anyone else that would like to donate can do so at the following website:

<https://giving.side-out.org/campaigns/11729>

Everyone had a blast and we look forward to putting together another event next year!



AUTOMOTIVE TECHNOLOGY

Wheel Bearings! In the auto repair business, it seems that certain types of repairs pop up all at once and at other times, you won't see them for weeks on end. Wheel bearings were the item this past week. Pictured below is one of two rear wheel bearings on a late '90's Honda Accord that the Junior class tackled. Nice shiny new parts!



Speaking of repairs popping up, here's a tip! When the weather changes, your car might respond with some needs. Don't be surprised if the Tire Pressure Monitoring System warning light comes on. Cold air will have, literally, a negative effect on your tire air pressures. You're going to see a one pound pressure change for every ten degrees Fahrenheit change. So if you checked your tire pressures (or had them checked) when it was 75 degrees, and we are now seeing morning temperatures in the mid twenties, that represents a 5 p.s.i. (pounds per square inch) drop. That will probably cause the T.P.M.S. warning light to come on!

CAFETERIA

(Please see pages 22-24)

CABINETMAKING

Cabinetmaking has been busy this year working on projects! A new cabinet for the library is in the works and should be installed in the next few weeks, as well as picture frames for the front hallway, components for the tiny house, and furniture repairs. We are also working on a custom live edge walnut bench to be sold to the highest bidder in a silent auction.

The 9th graders have been exploring the Cabinetmaking and Carpentry shop building custom step stools (photo below). We look forward to our new group in December.



Mr. Chris Killion joined us this year to aide in teaching the Carpentry and Cabinetmaking classes. He is a skilled craftsman and his hard work is much appreciated.

CARPENTRY

As always, we have been super busy with projects. This year's big project is literally a big project! We are constructing a 70 foot by 36 foot barn for the Forestry department to store their heavy equipment. The students were on site starting in the middle of September. They did work on the project for four hours each day. Great progress has been made and we took delivery of the trusses on October 31st. We are anticipating raising the trusses sometime in the next couple of weeks, after all the safety preparation has been completed. Below is a photograph of the project in its current form.



COLLISION REPAIR TECHNOLOGY

Department Head Michael Brooks is pleased to announce the seventh annual “Monte’s March” (raising of funds for the Food Bank of Western Massachusetts). The March event will take place November 21st and 22nd, 2016. The Collision Repair department, in conjunction with Graphic Communications, came together to build two more custom shopping carts for Monte Belmonte from 93.9 the River to help raise funds for the Food Bank of Western Massachusetts. The theme of the 4 carts are from the Hunger Games movies and are named Katniss, Katniss II “Catching Fire”, Mocking Jay I and Mocking Jay II.

Each dollar that is raised is worth \$7.00 at the Western Mass Food bank. Last year, Monte raised \$150,000.

This year Monte and his crew will be pushing all four carts from Springfield to Northampton (14 miles) on November 21st and from Northampton to Greenfield (26 miles) on November 22nd.



William Barnes and Tyler Top working on Mocking Jay I. “Katniss II “Catching Fire” is in the background ready to go.

Congressman Jim McGovern will be also be joining Monte and his crew in pushing from Springfield to Northampton and from Northampton to Greenfield.



Miquel Pizha-Loja Airbrushing on Mocking Jay I.

Let us all help Monte in his efforts to raise money for that cause! Please donate! Information can be found on www.wrsi.com. Thank you to the administration for allowing the following students and staff to work long hours during and after school on Monte's carts: William Barnes, Elyssa Rodriguez, Tyler Top, Jose Ofray- Diaz, William Mollison, Brandon Swenor, Cameron Perry, Sierra Boyer, Miguel Pizha-Loja, and Jesse Lapinski our Instructional Technical Assistant.

COSMETOLOGY

Welcome back students for another exciting year at SVAHS!

The Cosmetology seniors and juniors enjoyed a field trip to The Next Level Hair Show in Providence, Rhode Island, at the Convention Center. This was a great opportunity for students to network and observe professionals from our industry. This event had 30+ booths, 6 main stages, 15+ artists, and 100+ models. Students had ample opportunities to observe tutorials on the newest trends in coloring, cutting, styling, and product knowledge from professionals around the world.

Northampton Council on Aging is scheduling once again for monthly haircuts by our students under the supervision of Kendra Kaczinski and instructor Jennifer Gilman. We look forward to continuing our collaboration with the Council of Aging. The next two dates for their visits are December 9th and January 13th. Southampton Council on Aging is scheduling manicures with our students as well on November 22nd and December 20th.

In the month of November, the salon will be offering complimentary eyebrow waxing with any service.

On November 20th, cosmetology students will be selling ten dollar gift cards for salon services in the culinary restaurant during the SVAHS craft fair. Proceeds will be used towards shop activities.

The ninth grade students are now participating in the cosmetology exploratory phase of their shop selection. They are engaged, courteous, and curious. They are learning and participating in braiding (both visible and invisible), manicures, hand and arm massages, and nail art. They also have an opportunity at the end of their one week exploratory to receive salon services from our junior students who are practicing their active listening and client communication skills. It has been a fun and engaging experience for all.

The tenth grade students are tackling the physical steps involved in a permanent wave procedure, the mock application of color, and basic hair cutting procedures. They are a delightful, hard-working class.

The eleventh graders are learning how to navigate the salon's HairMax software system in order to perform reception duties. Students use HairMax to record formulas for services, client information, and perform confirmation emails and phone calls. Eleventh graders will also begin to work on clientele, which will foster consultation and communication skills.

The twelfth graders are practicing mock state board exams in preparation for licensure. Students are diligently working on portfolio projects, as well as a business plan.

SVAHS Salon Hours: Tuesday, Wednesday, and Thursday: 8:30am-12:30pm
Phone Number: 1-413-587-1414 Ext. #3531

CRIMINAL JUSTICE

Criminal Justice students have attended several field trips which connect classroom lessons with current career experiences and opportunities. The sophomore class visited Hanscom Air Force base and spent the day with the military dog trainers. Students learned about the concepts and utilization of K9 police dogs. They also learned about military careers, the enlistment process, and life on base. Sophomores also spent a day with members of the Umass PD and Amherst PD, who assisted students in completion of the low ropes course. Students participated in numerous team building/problem solving exercises and will return in the spring to complete the high ropes course.

The junior class visited the Quabbin Reservoir and met with members of the Department of Conservation and Recreation (DCR). Following a lengthy lesson in emergency management, students were able to connect the material and better understand the numerous responsibilities involved in emergency management and critical infrastructure security. Juniors also participated in a training presented by the Salvation Army, which provided detailed information about the career pathway, as well as their involvement in local/national disaster assistance.





CULINARY ARTS

Culinary Arts Department is once again excited to be open for the 2016/2017 school year! The Oliver Smith Restaurant, our student run restaurant on campus located in "A" building, is now open on Tuesdays, Thursdays, and Fridays from 10:45am-12:15pm. Please visit our website (www.smithtec.org) for each day's menu, as they change weekly. We are again offering Cookie sales on restaurant days as a senior privilege.

The culinary team would like to thank all of our 9th grade students for their enthusiasm during their time spent with us and also acknowledge Chef Kislo for the outstanding job he is doing with his new role as the department's baker.

ELECTRICAL

(Please see pages 25-26)

ENGINEERING

9th Grade:

IED: Students have been working on learning about the various fields of Engineering and the four main types of technical drawings. We will soon be starting the puzzle cube project in which students will learn about 3D modeling while they design their own puzzle cube while meeting certain constraints.

EtF I: Students have been making technical drawings, learning how to use scale factor, and also how to apply the engineering design process.

10th Grade:

EtF II: Milk Carton + Soda Can + Straws = Putt-Putt Boats! Students recently followed specifications to construct a functioning Putt-Putt Boat. Now, students are learning about hydraulic and pneumatic systems and are completing investigations using syringes.

POE: Students have been learning about and then applying physics concepts such as vectors, forces, and mechanical advantage to engineer simple and compound machines.

11th Grade:

RE: Students have been studying non-renewable energy sources and the impact of those resources on people and the environment. Next, students will study energy use in the home.

CD: Students have learned about how different circuits function, and ventured into digital circuit design, mastering the truth table, logic expression, circuit diagram, simulating, and breadboarding different circuits.

DE: Students are excitedly soldering their random number generator kits. Prior to soldering, students learned about series and parallel circuits as well as identifying the nominal values of resistors and capacitors. Soon, students will begin learning about the basics to logic that they will then use when breadboarding circuits.

12th Grade:

EbC: Thus far we have worked on 3 problems, including a marble machine, roller coaster, and a hydraulic minefield clearer.

RBT: We began the year with an introduction to programming on Scratch, developed by MIT. Next, students built a robot and are now completing challenges, such as basketball drills and labyrinth. Students are learning about c-programming using ROBOTC.

EDD: Students have been working on an exhaustive engineering design process. Problems that students are attempting to solve include lost phones, starting diesel engines in the cold, and blindness.

ENGLISH

Three years ago, we began offering the first advanced English classes to grade 9 students. Each year since then, we have added advanced English to the next grade, so we now have an advanced class for all four grades. Advanced English 9 and 10 align with the curriculum but add more rigorous course work, independent reading of texts, and focus class time on writing and discussion. Students in these classes also are expected to write more lengthy and in-depth assignments that reflect a more sophisticated understanding of literature.

This year we rolled out the final of the four classes, Honors English 12, which prepares students to take the AP Language Test in May of their senior year. Coursework starts during the summer with an extensive summer reading list and related writing assignments, and during the school year students should expect two hours of homework each night, primarily reading texts which will be discussed and examined in class the next day. In general, honors level students are expected to exhibit a positive approach to a rigorous curriculum and to see themselves as scholars and life-long learners.

GRAPHIC COMMUNICATIONS

The Graphic Communications shop at Smith Vocational is currently being updated in several areas. I have outlined below the equipment additions, along with the student responsibilities and expanded curriculum pieces attached to the acquisition of our new equipment.

With the addition of the items below all grade levels will be exposed to the latest industry standard design, layout, and printing techniques and skills. The installation of the new digital photography studio, IMACs and the creative suite software will also allow for the expansion of the shop curriculum to include a more in depth look at digital photography and video production, animation creation, and website and blog design and maintenance.

Installed Equipment / Software

- large format Canon iPF8400SE color printer (36" width printing capabilities)
- 7 Canon EOS Rebel T5 DSLR cameras (static photography and video production)
- digital photo studio (small product photography lighting and white cube)
- Adobe Creative Cloud application bundle (Photoshop, Illustrator, InDesign, Dreamweaver, Muse, Flash, Premiere, Acrobat Professional)
- 19 iMac, 21.5" desktops with macOS Sierra.

New Student Responsibilities:

- shop photography / documenting Smith happenings
- athletic event photography
- portrait photography (student / athlete of the week and month)

Upcoming Equipment / Student Responsibilities

- ImagePress C60 color production machine
- student operated copy center for Smith faculty and staff

As mentioned above, having the ability to operate an in-house print shop that caters to the immediate and long term printing needs of all of Smith Vocational's faculty and staff will create a work environment for seniors and juniors that mimics that of a small print shop. The services that our students will be providing are those that you would find at Paradise Copies, Staples, and Collective Copies.



HEALTH TECHNOLOGY

What our students are doing:

Grade 9: Exploratory is underway! Students are learning all about what they will do in the health technology shop to be successful!

Grade 10: Students are in ancillary departments at the hospital as interns. They are learning about different departments, jobs and opportunities within the hospital.

Grade 11: Students are working in the nursing home as student nursing assistants with their instructor perfecting their skills in activities of daily living.

Grade 12: Students are doing course work for the homemaker home health aide program.

Community involvement:

November 19, 2016: Our students assisted with the American Red Cross blood drive in the Gym. Twenty two units of blood were successfully obtained which will help to save many lives!



November 20, 2016: Health Technology will be hosting the annual craft fair. It is sold out for vendors and promises to be a great opportunity for buyers to get a jump on their holiday shopping. Please come and join in the fun, buy a raffle ticket and have the opportunity to win many special prizes!

November 23, 2016: We will once again be bringing Thanksgiving boxes to the VA, Women's "Soldier On" project. Donations are collected by the students for canned goods, shopping is done by the students and delivery is made by the grade 10 class with instructors. Students are greeted by the veterans who share their stories for a very heartfelt visit.

Prior to Holiday break: Once again our students will join the graphic communications department in signing and delivering cards to area nursing homes, the VA and the Soldier's home for their residents.

MANUFACTURING

Welcome back Manufacturing students! The year is off to a great start and we hit the ground running.

With the Pre-Exploratory done, I am happy to report that all four exploratory weeks will be full. The second group has completed a full week and, from all reports, the students have had a great experience and learned a lot about what we do here in the Manufacturing department. The new toolboxes are in and in use, filled with most of the day-to-day tools needed by the students. Each student is assigned a tool box and is responsible for all the tools contained within. These toolboxes are mobile and are moved between machines and are helping to teach the kids efficiency and responsibility. They also contain new micrometers and calipers for the students ensuring that we are inspecting our work properly.

The uniforms that we purchased last year are still required for all students' grades 10-12. I must

say that we are looking pretty great these days in our black work shirts. There will be an order form going home soon to order more of these shirts to keep us looking professional. We are looking forward to our incoming freshmen, so that their eyes can be opened to the exciting world of Manufacturing and all that it has to offer.

MATH

The Math department is awed by the mathematical talent of our students! We are amazed that the trimester is almost over and are busy preparing for and correcting Trimester one tests! This is a good time to remind parents that all Math classes give cumulative end of trimester tests worth 20% of their grade. Students should be studying their review topics and coming to class with questions. We are encouraging them to be advocates for their own learning! There are also a couple of reminders: (1) please be sure that your students are coming to school prepared with writing utensils, pens, pencils, and erasers; (2) please check your student's grades on the computer regularly and encourage them to turn in assignments they might be missing, and re-take any quizzes they get below a 70! Thank you and as always, if you have any concerns or questions, please do not hesitate to contact your student's individual Math teacher either by phone or email. Also, there is always a Math teacher at Homework Help on Tuesdays, Wednesdays, and Thursdays for extra help!

PLUMBING

"A day without plumbing is a day without sunshine." Will Spath

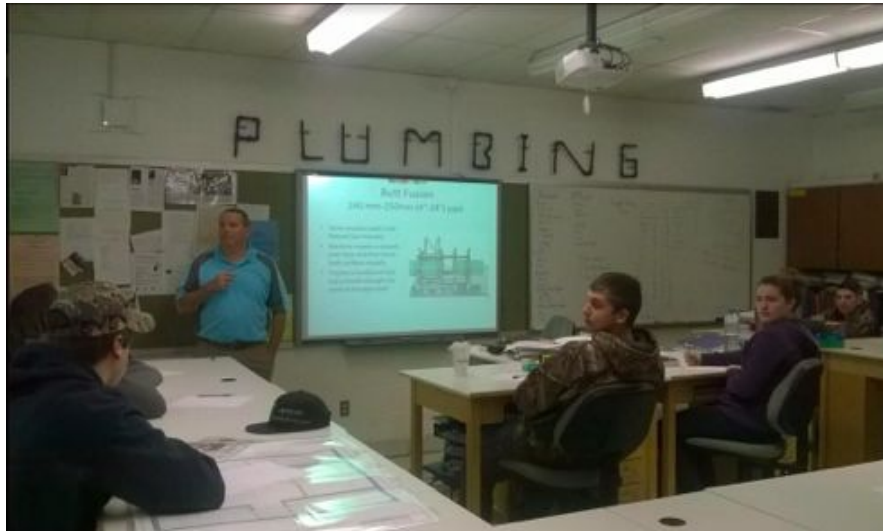


(Above is from an article from PHCC's {Plumbing, Heating & Cooling Contractors} Fall 2016 Progress Magazine.)

Asher Chicoine represented Smith Vocational once again at the SkillsUSA conference and, as always, made his school & shop proud. Mr. Lamour (plumbing instructor & graduate of 2002) accompanied Asher to the SkillsUSA conference in Louisville, KY this past June, where many of

the Plumbing instructors from other states gathered around Asher's project and conceded defeat before he was even announced as the top Plumbing student in the country.

Asher has worked on co-op for the last 3 years for M.J. Moran Mechanical where they had a large influence on his craftsmanship. Asher is in the running to be considered for World Skills next October in Abu Dhabi.



(Kevin Long of Aqua-Therm instructs the Juniors & Sophomores in a new product in the plumbing and gas fitting industry.)

Premier Supply Group's Nate Teal (1995 Smith Graduate from Metal Fabrication) coordinated a visit to Smith from a representative for a new product, Aqua-Therm. Mr. Teal and Mr. Lamour have plans to invite more product representatives. This partnership makes perfect sense as the plumbing workforce of the future will be purchasing and installing these new products.

Smith Voc's Plumbing Department has earned 3 Gold Medals, 1 Silver & 1 Bronze at the National SkillsUSA Conference since 2004:

Robert Lamica: Gold 2004

David Gralinski: Silver 2006

Nicholas Michalenko: Gold 2010

Timothy Murphy: Bronze 2012

Asher Chicoine: Gold 2016



"It's like déjà vu all over again." Yogi Berra

SCIENCE

Fall 2016 has been busy as we have been getting to know our new grade 9 students and a hand full of new grade 10 students who have joined us this year. Welcome to all of you! As we start the year with new faces, we find ourselves working with the familiar curriculum that our students will need to master for the Biology MCAS they will take in June of their Sophomore year. The 9th grade students have been reviewing the scientific method and chemistry. We have spent some time looking at food labels and now are finishing up our unit on the 4 Organic Macromolecules. The grade 10 students have begun their study of genetics including mitosis and meiosis. The PLTW Biomed students have been working actively on the evidence from the crime and are beginning to study the impact that diabetes may have had on Anna's death. Stay tuned next time for updates on the grade 11 and 12 students.

SOCIAL STUDIES

The Social Studies Department would like to welcome our new 9th grade class to Smith Vocational, as well as our returning students. The 2016-2017 school year is going to be an exciting one, filled with projects, debates, and rich class discussions.

This year we are offering a new course to 12th grade students. Ms. Brisbois designed and is currently teaching Citizenship and the 21st Century. The focus of the course is to prepare students to participate in exercising their political responsibilities as thoughtful and informed citizens. Civics provides a basis for understanding the rights and responsibilities for being an American citizen and a framework for competent and responsible participation. Instruction will focus in on the development of local, state, and federal governments, as well as the rights and responsibilities of citizens.

In each Social Studies class there were class discussions about the presidential election and the ballot questions that Massachusetts voted on. To encourage participation in the election process, Mr. Parks of the Social Studies department and the student members of Student Government, hosted a mock election on Monday November 7th. All Smith students were able to vote for one of the four candidates running for president and the four Massachusetts ballot questions.

Student Standout

This year, the Social Studies department will be recognizing a student in its newsletter. Both Mr. Parks and Ms. Brisbois nominated Karl Magdycz for this edition of the Viking Newsletter. Karl is an active participant in class, and demonstrates maturity and open-mindedness with his fellow classmates. He listens to all opinions, and responds with thoughtful explanations of both historic events and present-day issues. His passion and curiosity for politics shows in his classroom conversations and written work. Congratulations Karl for being our Social Studies Student Standout!

STUDENT SERVICES

New this year! You can now begin filling out your Free Application for Federal Student Aid. Get started at <https://fafsa.ed.gov/>



Scholarships!

A complete list of local scholarship opportunities is listed on the school website under the Guidance tab. Please contact the Guidance department with any questions.

Upcoming Events:

College Tours!

Keep an eye out for upcoming registration for visits to Holyoke Community College, Springfield Technical Community College and Westfield State University. Students will get a chance to tour the school and learn more about the admissions process, students support services and Financial Aid.



**Springfield Technical
Community College**

HOLYOKE
COMMUNITY COLLEGE
Futures Inspired

Westfield
STATE UNIVERSITY
Founded 1838

Junior Mock Interview Day coming in February!

This annual school wide event gives all 11th graders the opportunity to meet individually with professionals from the in their field of career interest. Students receive one on one feedback on their presentation, resume and professionalism. Workshops on Resume writing and interview skills prepare students to get the most out of the event.

Post Secondary Career Day!

Smith Vocational held its 2nd annual post-secondary fair on October the 20th. The event was a success as all Junior and Seniors were able to attend and interact with representatives from 16 different post secondary options including Universities, community colleges and military options.

WELLNESS

The school year has gotten off to an amazing start in the Wellness department. We are very pleased to announce that that Ms. Brittany McDonald has joined the Wellness Department as a Physical Education teacher. Along with Mr. Carl Cyr, Ms. McDonald has worked to grow offerings in PE, now blending grades 9 and 11 or 10 and 12 during their PE classes. Students comment that, "It's cool to be in class with other grade students" and "It's fun to get to know some of the upper class students, which I otherwise would not be meeting, especially when we get to be playing games together". The beautiful fall weather has allowed most PE classes to be

held outdoors, which has been fantastic. We appreciate Mr. Lareau's efforts to obtain an additional 16 pieces of strengthening and cardio equipment. The Cardio Room allows for 16 students to be engaged in learning at one time; the Weight Room can serve up to 20 students in one class.

In Health Education, Mrs. Dandrea's new classroom in D building has offered a larger learning space and beautiful window views of the changing fall colors. Students in grades 9 and 10 have been studying "LifeSkills", an evidenced based curriculum that build assertiveness, advocacy, decision making and goal setting skills. Grades 11 and 12 Health Ed students are enrolled in one week mini course electives in Health Education. This fall, 52 juniors have successfully completed the American Heart Association Heartsaver certification course. Those students will participate in the First Aid component in early Trimester 2. Certification cards will be given after that course completion. Grade 12 students have completed a one week mini course studying current health "Hot Topics course" or "Managing Stress in Health Ways" course. Seniors students had many thoughtful comments in their letters of advice to freshman on how best to manage the demands and stress of high school. One piece of advice from a senior letter stated "Join a sports team, try something new, or an after school club that interests you. Anything to get you out there, in ways you did not know". Many thoughtful, reflective comments were offered. Letters will be used as part of a lesson in future freshman Health Ed classes.

STUDENT CLASS ACTIVITIES NEWS

Class of 2017: Senior dues are \$160. Please pay Ms. Rodriguez in the White House. The dues includes cap and gown, yearbook, senior breakfast and awards.

Our Senior Trip has been approved! We will be taking the students to Pinegrove Dude Ranch in upstate New York in May. The cost is \$250 for all-inclusive. Any questions please contact Ms. Lyon or Mrs. Clark.

Class of 2019: The Class of 2019 will be distributing our fall fundraiser forms on November 16th!

Dean's Beans is a local central MA company that offers fair trade/organic coffee and other products. Please take a moment to look at the forms and help our class out. Remember, these products make great gifts and stocking stuffers! The orders will be in before we leave for the holiday vacation in December. If you are not interested in the products, feel free to make a donation. Fundraisers help to lower the cost of all future class activities and everyone's help is important.

We are also currently planning another movie night as our first was postponed due to the inclement weather we had. Friday, January 16, 2017 from 6-8:30pm in the cafeteria is our new time and date, movie choice TBD.

See Mr. Moore or Ms. Keane for more information.



SMITH VOCATIONAL AND AGRICULTURAL HIGH SCHOOL

Eat Breakfast at School!

Mornings can be really crazy...the alarm doesn't go off...the kids don't want to get up...there's no time to eat breakfast before the bus comes...or they're just not ready to eat...or maybe your teenager grabs a can of soda and a candy bar on the way to school. If this sounds like your house, we have good news for you.

Breakfast is served at school every day from 7:15–7:45am. School breakfast will energize your child's day and provide them with a healthy start. A nutritious breakfast helps students be more alert so they can learn more in class and have plenty of vitamins and nutrients for a strong and healthy body.

Breakfast at school is affordable, too. Full pay \$1.50 and reduced price of \$.30. If you qualify for free and reduced price meals, you also qualify for the breakfast program, with no additional paperwork. You can't find a healthy breakfast at such a low cost anywhere else!

So help your child start the day right with school breakfast!

Desayuno en la Escuela!

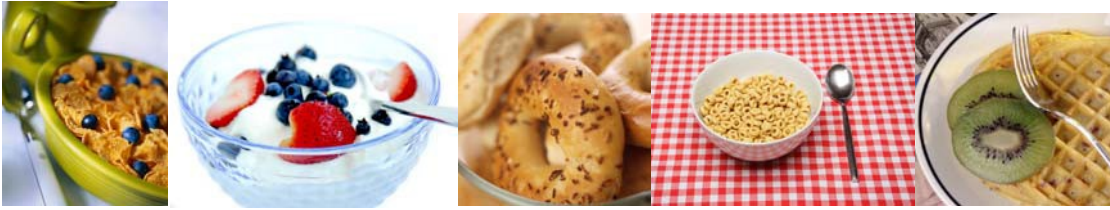
Las mañanas pueden ser algo difíciles...la alarma no suena...los niños no se quieren levantar...no hay tiempo para desayunar, el bus ya va llegando...o quizás los niños no tienen hambre. O tal vez el joven se lleva un chocolate y una soda para comer en camino a la escuela. Si esto pasa en tu casa, ¡tenemos buenas noticias!

¡Los niños pueden desayunar en la escuela! Sus niños pueden comenzar el día saludablemente al comer el desayuno en la escuela. Un desayuno saludable ayuda a los estudiantes estar más alertos, y así aprender más. El desayuno tiene vitaminas y nutrientes para un cuerpo fuerte y saludable.

Y el desayuno en las escuelas no cuesta mucho. Si ya calificas para comidas gratis o comidas a precio reducido, también calificas para el Programa de Desayunos Escolares, y no tienes que llenar más formularios. No encontrarás un desayuno saludable a tan bajo precio en otro lugar.

¡Ayuda a tu niño a comenzar el día bien con desayunos escolares!

Benefits of Breakfast



- ❖ Eating breakfast can help improve math, reading, and standardized test scores.^{i ii iii}
- ❖ Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.^{iv v}
- ❖ Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.^{vi vii}
- ❖ Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.^{viii}
- ❖ By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.^{ix x}
- ❖ Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.^{xi xii xiii}
- ❖ Eating breakfast as a child is important for establishing healthy habits for later in life.
- ❖ Schools that provide breakfast in the classroom to all students have shown decreases in tardiness and suspensions as well as improved student behavior and attentiveness.^{xiv xv}
- ❖ What you eat for breakfast can have an impact on learning. One study showed that eating breakfast food high in fiber and low in sugar for breakfast helped students sustain the cognitive effects of breakfast.^{xvi}
- ❖ School Breakfast provides daily servings of fruit, whole grains, and milk, plus roughly ¼ the recommended calories needed for lasting energy.^{xvii}

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The Daily Arc

The only "ELECTRIFYING" newsletter!

ELECTRICAL



Electrician • Electrical Engineer • Linemen • Fiber Optic Technician • Communications Technician
Fire/Security Systems Technician

Hey, has anyone seen our new poster?

Campus work is underway and the students are moving fast to complete the many projects coming their way.

You may have seen them around campus with a tall shadowy figure. No, it's not "Big Foot", it's just Mr. Persson! You can be sure if you see the seniors Mr. Persson isn't far from them. The seniors may have set the pace for campus work, but the juniors are not far behind. The junior class picked up where the seniors left off last year and have begun to excel at an incredible rate. They are just as motivated as their mentoring class (the seniors). We have a lot of students vying for employment positions with local contractors this year. The skill level and competitive atmosphere is driving our students to succeed. Speaking of contractors, they have joined us in preparing our students to become the electricians of the future. Special thanks to the folks at Elm Electric, Marley Electric, Paciorek Electric, Goodless Electric, and Holyoke Medical Center.



The Co-op Report

We are very excited to have five seniors on co-op.



We are expecting a big year, with a total of nine seniors and three juniors in co-op positions by the end of January.



Smith Voc. Electrical

Our students create their own future through hard work and perseverance.

Meet our Student of the Month!

It was a difficult choice this year. We have several amazing students who are extremely committed and talented in the electrical trade, but we had to choose one. It was with great honor that we nominated Tomaz Oliveira as Student of the Month. What can I say about Tomaz that already hasn't been said? Tomaz has become a leader within the electrical shop. He takes initiative and has become one of our go-to students for leading other students on campus projects. He worked with Elm Electric this past summer and made a huge impression with the company. He has been offered a co-op opportunity with ELM Electric this year. Congratulations Tomaz! Your hard work and perseverance have paid off!



Big Foot was not harmed during the making of this publication.
