

January 28, 2022

ENJOY

EMMETT O'BRIEN TECHNICAL HIGH SCHOOL

THE CONDOR FLYER

Boys Basketball - Bringing out the Best in Each Other

The boys basketball team held its first ever White Out game on Friday night for our game against Thomaston High School. The bleachers were packed and the team gave everyone in attendance something to cheer about, as we won the game 54-35. Thank you to the cheerleaders who made the gym look great and for all of our fans for attending! Our **Senior Night will be held on February 4th** against Wilcox Tech. Senior Night festivities will begin **at approximately 6:45 pm.**



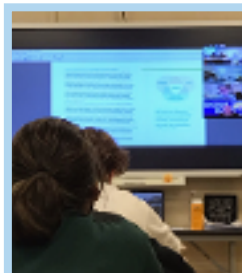
A Special First Haircut!

Maya Benjamin, Mrs. Benjamin's daughter, had her first hair cut this month and she was pleasantly surprised to have Maya sit in **Antonella Mazzacco's (Hairdressing, Barbering & Cosmetology Class of 2020)** chair! Antonella was professional and knowledgeable. She is still employed at Cindy's Hair Co. here in Ansonia - making the most of her Work Based Learning experience. She is also taking Business classes at UCONN.



Virtual Presentation: Social Justice

On January 25th, Ms. Phipps and Mr. Brennan's period 3 classes participated in a zoom call with David Kennedy, the Intern President and CEO of Valley United Way and David Morgan, President and CEO of TEAM, Inc. Students are learning about justice and injustice in class. The presentation that was given had to do with inequalities in the Valley. Food insecurity, housing difficulties, and graduation rates were among the ideas discussed.



Spending More Time in Nature

To answer the **CTECs Cares challenge** of spending more time in nature, Allison Rubelmann, Director of the Ansonia Nature Center joined us virtually to share information about the ANC with our staff and students. Allison discussed programs and volunteer opportunities available for our community. Programs include fly fishing, animal tracking and ranger programs for those interested in getting outdoors. Additionally, trails are open for independent or guided hikes through the reserve. For more information, check out the ANC website.

<http://ansonianaturecenter.org/>



Upcoming Events

February 11

Holiday - No School
Lincoln's Birthday

February 14

Valentine's Day

February 16

Professional Development
Early Dismissal - Students

February 21

Holiday - No School
Washington's Birthday



Tips for Students Dealing with School Stress

- ▶ **Get organized in advance.** Prioritize the things you have to do and determine the best time to get them done.
- ▶ **Identify what stresses you.** Is it how to manage your schedule, fear of failure, feeling overwhelmed? You can seek help from your teachers, school counselors or family members to talk and figure things out.
- ▶ **Learn to relax.** Try conscious breathing, yoga, meditation. Take some deep breaths and focus on the present.
- ▶ **Enjoy some free time.** Rest, read, get outside, workout or participate in a sport or activity/hobby that you enjoy.
- ▶ **Get into a healthy routine.** Go to bed earlier and get up early. Eat a balanced diet and exercise to help reduce your anxiety levels.
- ▶ **Make time for yourself.** Treat yourself well by setting aside a part of every day to engage in an activity that you enjoy beyond gaming and the internet!
- ▶ **Smile.** Change your mindset, watch a funny movie or read motivational material. Laughing and smiling release endorphins that are effective in eliminating stress.



You'll be feeling better in and out of school in no time!!

Smile