

January 21, 2022

EMMETT O'BRIEN TECHNICAL HIGH SCHOOL

ENJOY!

THE CONDOR FLYER

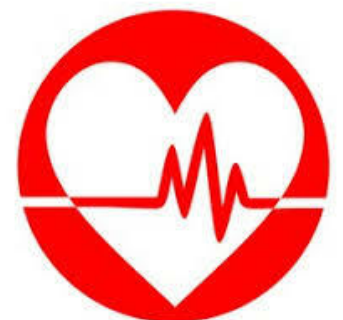
Health Tech Students Prepare for Emergencies

Grade 10 Health Technology students participated in a two-day training to prepare them to render first aid and deal with emergencies. Students applied an automated defibrillator, performed CPR, administered life-saving epinephrine, applied a tourniquet, and performed abdominal thrusts to a choking victim.

The American Heart Association's Heartsaver course is for anyone who wants to be better prepared to deal with an emergency. The Health Technology students will receive a course completion card that is valid for two years.




**KEEP
CALM
AND
RESUME
CPR**





Reading is FUNdamental!

Hello EOB Community,

Did you know that there are many benefits to reading? Reading improves memory, reduces stress, builds self-esteem, and allows an individual to develop or improve skills. Findings from a study by the University of Sussex (2009) show that reading a book works better and faster to calm anxiety than listening to music, going for a walk, or sitting down with a cup of tea because the human mind must concentrate on reading and the distraction eases the tensions in the muscles and the heart.

As part of our **January relationship building and caring challenge**, **WE challenge YOU to READ MORE Books**: With so many different genres and topics (fiction, nonfiction, mysteries, thrillers, fantasy, true crime, self-help), you will find something that you enjoy reading.

January is a great month to curl up with a good book. Here are some suggestions from the staff at EOB.

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| <i>The Last Thing He Told Me</i> by Laura Dave | <i>I Know This Much is True</i> by Wally Lamb |
| <i>The Walk Series</i> by Richard Paul Evans | <i>Apples Never Fall</i> by Liane Moriarty |
| <i>Beloved</i> by Toni Morrison | <i>A Prayer for Owen Meany</i> by John Irving |
| <i>Hillbilly Elegy</i> by J.D. Vance | <i>East of Eden</i> by John Steinbeck |
| <i>Where the Crawdads Sing</i> by Delia Owens | <i>The Guardians</i> by John Grisham |
| <i>To Kill a Mockingbird</i> by Harper Lee | <i>The Hundred Year House</i> by Rebecca Makkai |
| <i>The Stranger in the Lifeboat</i> by Mitch Albom | <i>Tuesdays with Morrie</i> by Mitch Albom |
| <i>The Winter Sea</i> by Susanna Kearsley | <i>A Time For Mercy</i> by John Grisham |
| <i>The Alchemist</i> by Paulo Coelho | <i>The Catcher in the Rye</i> by JD Salinger |
| <i>Greenlights</i> by Matthew McConaughey | <i>The Silent Patient</i> by Alex Michelide |

Milady RISE Certification

Sophomore hairdressing students became certified in "Human Trafficking Awareness" and "Domestic Abuse Awareness". These certifications were offered by our text book and on-line learning format "Milady". Hairdressers are often put in situations where we come in close, personal contact with our clients' every day. During the course training, students became aware of the signs to look for to help a victim of abuse. It was a great way for the students to realize what a powerful impact hairdressers can have on the community.



Milady RISE Certification in Client Well-Being & Safety

This certification covers 3 critical topics: Human Trafficking Awareness, Domestic Abuse Awareness, and Practical Infection Control. Protect your clients, give a voice to the most vulnerable, and make a positive impact on your community.

A Message from the Counseling Office



Financial Aid season is in full-swing! Parents and students are being reminded that in order to be considered for federal financial aid, they must complete and submit the Free Application for Federal Student Aid (FAFSA). Most states, colleges, and universities use the FAFSA to award other types of institutional financial aid, including state and college-sponsored financial aid, such as grants, education loans, and work-study programs (**including our state's PACT program for free community college**). Several workshops have been hosted through a partnership between EOB and HCC. Families are encouraged to speak with their school counselor soon, as **the priority deadline for CT is February 15th, 2022.**

In addition to the national bulletins and scholarship search engines, counselors have been posting local scholarship opportunities on the Class of 2022 Google Classroom. Currently, there are scholarships that are only for CT residents, including: CT Firefighters, Oxford residents who can demonstrate need, CT Future Engineers or Architects, and More!

Finally: our school received a grant where we may be able to award prizes in the spring JUST for completing your FAFSA! More details to follow.

Upcoming Events

January 24
Marking Period 2 Ends

January 27
Club Day

January 31
Marking Period 2 Grades Due

February 11
Holiday - No School
Lincoln's Birthday



ECMC Scholars Program

Our school is one of the select few in the state to have been chosen to run an ECMC Scholars Program. Students go through a rigorous two year mentoring program in their junior and senior years of high school following the National ECMC Scholars curriculum guidelines. If they succeed in the program, they can earn up to \$6,000 for college. This year, scholars have watched informative videos, attended meetings, met with their program mentors, and gotten a jumpstart on preparing for their future. Pictured here are our EOB ECMS Scholars participating in the College Admissions Race Game workshop.

ECMC

