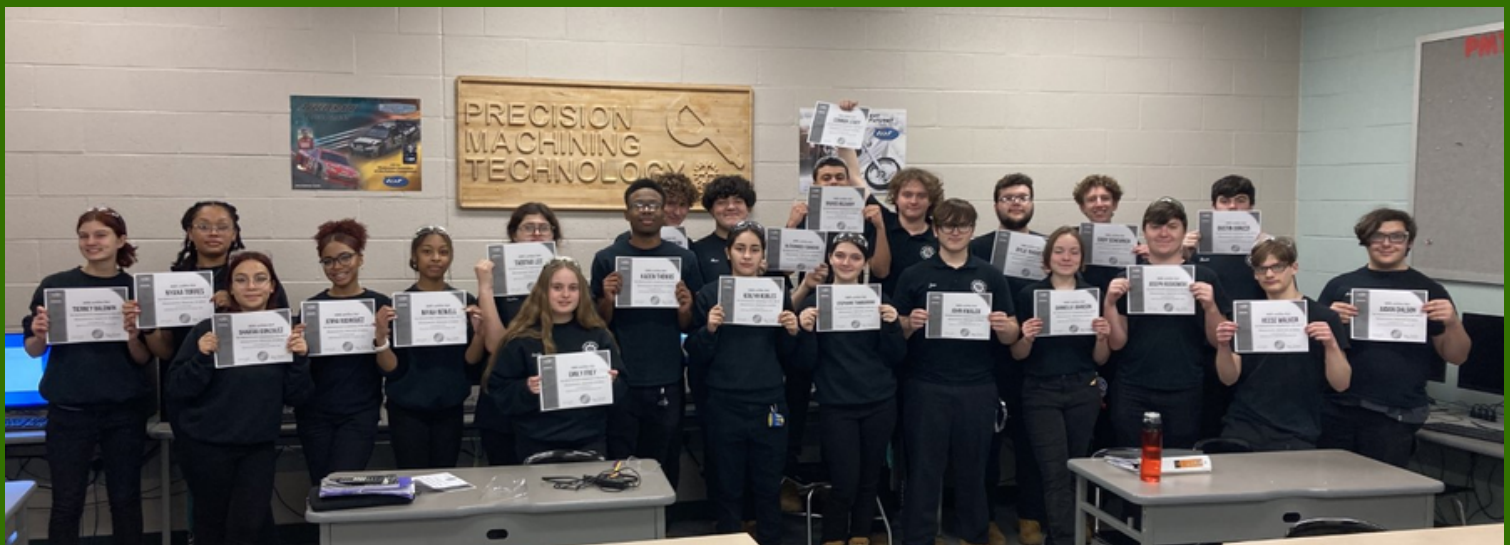


# Condor Flyer



## UPCOMING EVENTS

- Feb. 5th: NHS Induction Ceremony, 5:30 pm
- Feb. 10th: SkillsUSA Valentine's Day Dance, 6-9pm



## PMT EARNS ANOTHER CREDENTIAL!

PMT 11th graders recently completed their NIMS Safety, Measurement & Materials exam earning another credential.

They have now completed **50 credentials** as a class. Outstanding work PMT!

# EOB CARES SPOTLIGHT

## CHINESE NEW YEAR

Chinese New Year 2023 is a Year of the Rabbit, more specifically the Water Rabbit. It goes from January 22nd, 2023 until February 9th, 2024. Traditionally, for a fresh start to the Chinese New Year, houses are cleaned and decorated with the lucky colors: red and gold. Chinese lanterns and banners are hung to spread messages of fortune, happiness, wealth, and longevity!

In Mrs. Gao's math class, students made origami rabbits and drew different geometrical shapes on paper to make amazing Chinese characters. They also helped to decorate the classroom door and windows to celebrate the Chinese New Year.

They had a great time with the activities!



## ABC AFFIRMATIONS

Mrs. S. Johnson shared out some amazing information about affirmations!

*Affirmations are short sentences that motivate, inspire and encourage you to take action and to realize your goals. It is a sentence that you repeat often, in order to commit to your subconscious mind and make positive changes. As part of the new year, I challenged students in my 9th grade resource class to come up with an affirmation that begins with a letter from the alphabet. Saying one of the affirmations a day could be a great way to start class any month of the school year. There's power in repetitive positive thoughts!*

<b>A</b> Always loving myself	<b>B</b> Be awesome and believe in myself	<b>C</b> Courageous and fearless	<b>D</b> Dream Big	<b>E</b> Empathize for others
<b>F</b> Follow my dreams	<b>G</b> Grow big and strong	<b>H</b> Help others	<b>I</b> Imagine great success	<b>J</b> Just be ME
<b>K</b> Kindness is key	<b>L</b> Let's Get it	<b>M</b> Make everyday count	<b>N</b> Never say never	<b>O</b> Optimistic in all I do
<b>P</b> Persevere through tough times	<b>Q</b> Quiet my mind and enjoy my peace	<b>R</b> Respect goes a long way	<b>S</b> Support myself and others	<b>T</b> Trusting myself to make good decisions
<b>U</b> Uniquely made and loving it!	<b>V</b> Valuable is my life and my existence	<b>W</b> Worthy of all good things	<b>X</b> X-ray my mind to remove all negativity	<b>Y/Z</b> Yes! I am at my very best!  Zeal for success

## **EOB GOES LIVE!**

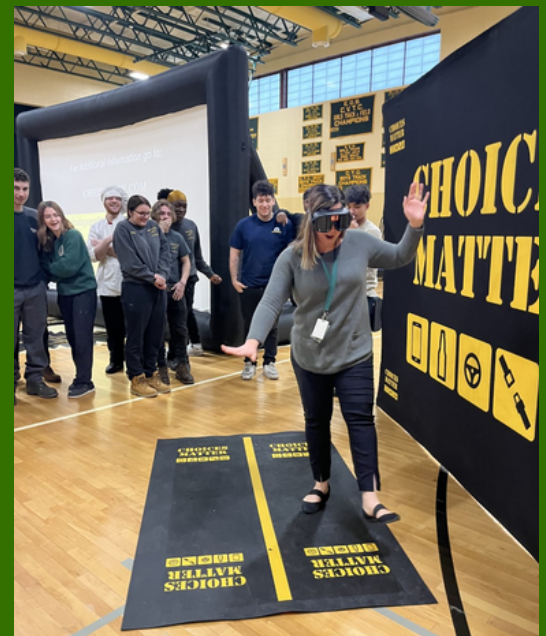
Mr. Brennan and his students have started an EOB Podcast! Subscribe on Spotify or follow on YouTube for the launch of the series!



## **NVCC VISITS EOB**

January 23rd concluded our COLLEGE REP visit season at Emmett O'Brien. We had over a dozen colleges meet with students to discuss program offerings and admissions information.

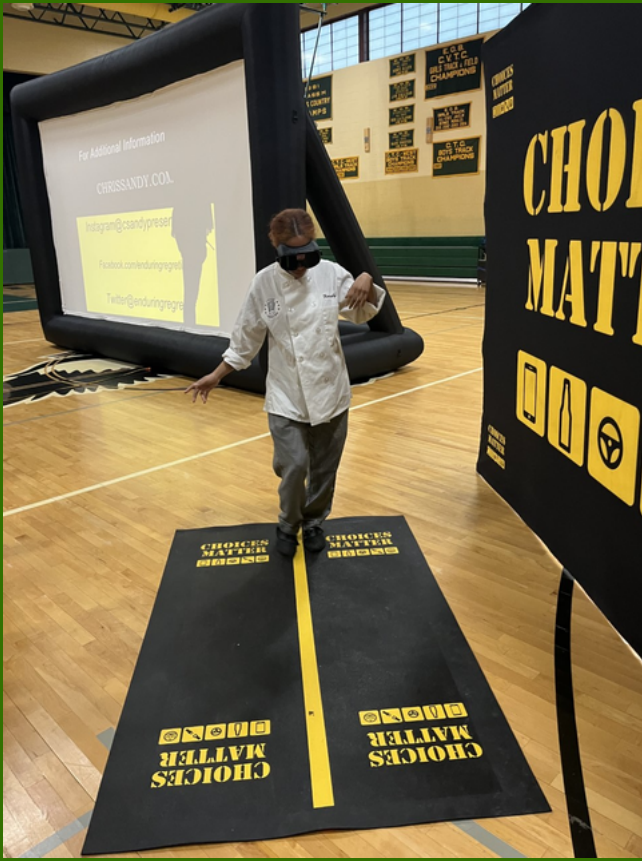
Pictured is our final visitor (rescheduled from December): Mr. Donofrio from Naugatuck Valley Community College, discussing the Advanced Manufacturing Program.



## CHOICES MATTER!

On Friday January 20th, the senior class had the pleasure of attending the Choices Matter Presentation with Trooper Mach. Guest speaker Chris Sandy spoke to the students about his experiences with drunk driving and the regret he has to this day. It was explained to the students how just one bad choice or decision could affect not only yourself but many other lives as well. After the students listened to the powerful presentation, they were able to be apart of and participate in what it felt like to be under the influence and how it could affect your fine motor skills through simulators and goggles. Even the Mrs. Dunn and Mrs. Seitlinger took a turn!





## ATHLETE OF THE WEEK

Jordyn Diaz, Sophomore, forward and guard for the Lady Condors basketball team, is our athlete of the week!

Jordyn is an amazing defensive player, with endless energy, incredible jumping ability and unstoppable hustle. She is a fearless competitor and team player. Jordyn exemplifies what coaches look for in a player. Through her hard work and effort, her rebounding ability and her hustle, Jordyn has earned a top spot on the Lady Condors basketball team. In the last 3 games, Jordyn has 32 rebounds, 16 steals and 18 points.

**Congratulations Jordyn!**



## GUEST ARTIST

During January, the Junior Hairdressing class had the opportunity to have a live demonstration from Noelle Caso of L Elegance salon of Hamden CT.



## LOVE AND LIFE

### SUPPORT GROUP



BOUNDARIES

SELF ESTEEM

SELF CARE

HEALTHY  
RELATIONSHIPS

COPING SKILLS

SELF ADVOCACY

COMMUNICATION

EMPOWERMENT

**TIME TBD**

**WEDNESDAYS**

2/22, 3/8, 3/22,

4/5, 4/19, 5/3,

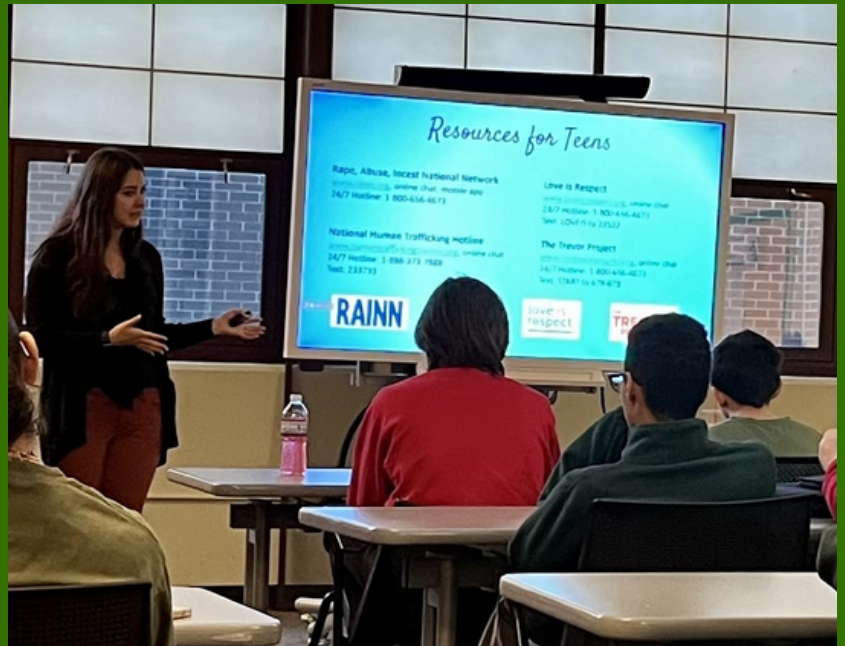
5/17, & 5/31

Advocates from the Rape Crisis Center of Milford will be hosting a support group at Emmett O'Brien called 'Love and Life'. This group is open to ALL students.

Join fellow peers in learning about boundaries, healthy relationships, self-esteem, and more. Sharpen your coping skills and communication skills, and learn how to practice self-care!

Advocates will provide relevant discussion topics, resources, activities, games, crafts, and snacks!

Contact Mindy Daria, School Social Worker, PRIOR TO 2/1/2023 for more info!



## HEALTHY LOVE

This past Tuesday and Thursday, 9th grade students attended a presentation on Sexual Assault, Age of Consent & Healthy Relationships by the community educator of the Rape Crisis Center of Milford. The mission of the Rape Crisis Center of Milford, Inc. (serving Ansonia, Derby, Milford, Orange, Seymour, Shelton and West Haven) is to provide support and a voice for victims of sexual assault and misconduct and to prevent future instances through education. This marks the 15th year that they've come to speak to students at Emmett O'Brien, and, as always, students enjoy the candid, but very relevant discussions that always arise from this topic. As well, the Center will be hosting a support group at EOB next month, open to all 9th grade students interested in learning more about healthy relationships, self-advocacy, boundary setting & self-esteem. See flyer (above) for details.



# JANUARY STUDENTS OF THE MONTH

	Academic	Trade
Grade 9	Abigail Rogucki Jose Gutierrez	Abigail Rogucki Jacob Tucker
Grade 10	Giovanna Gardner Admir Zolak	Calli Faria Nathan Caraglio
Grade 11	Alanisse Mauricio-Rodriguez Joseph Kohut	Bailey Wheeler Michael Powell
Grade 12	Abby Kiraly Brady Crofoot	Elise Johnson Brady Crofoot

