

EMMETT O'BRIEN

Feb. 21, 2025

Vol. 3 No. 15

TECHNICAL HIGH SCHOOL

# Condor Flyer

## UPCOMING EVENTS

- Feb. 26th: Half Day, Professional Development
- Feb. 27th: 11th Grade Level Meeting
- Feb. 28th: Save A Life Tour for 11th and 12th Graders



**PAWS-ITIVELY STRESS-FREE!**

## CT STATE TROOPERS VISIT 12TH GRADE PSYCHOLOGY AND LAW CLASSES FOR WELLNESS AND STRESS REDUCTION

This week, 12th-grade Psychology and Law students had a unique opportunity to learn about wellness and stress reduction techniques from Connecticut State Troopers. The troopers led an engaging discussion on stress management, mindfulness, and the importance of self-care, sharing strategies used by law enforcement to stay focused and resilient in high-pressure situations.

Students participated in guided breathing exercises and explored how techniques like mindfulness and yoga can help reduce stress. A highlight of the visit was meeting the Companion K9s, specially trained dogs that provide comfort and emotional support. The visit allowed students to see firsthand how law enforcement professionals manage stress and reflect on how these strategies could be applied to their own lives.

This experience not only provided valuable insight into mental wellness but also reinforced the importance of self-care, a lesson students can carry with them beyond the classroom.





## **NHS HOSTS SUCCESSFUL FUNDRAISERS**

The National Honor Society hosted two fundraising activities on Friday, February 14th.

The First Annual Cornhole Tournament, co-hosted by the Carpentry Department was a success! 24 teams participated to raise \$240 for St. Jude Children's Research Hospital. Tournament champions were Electrical seniors Alex Kusmit and Logan Bottone. 2nd place was the team of Darren Delagrance and Jeff DeBischopp and 3rd place was Colin Howley and Riley Boulerville. Special thank you to Mr. Howley, Mr. Wielk and the Carpentry Department for supplying the boards, bags and custom-made trophies!

Friday was also the Pajama Day fundraiser for Connecticut Children's Medical Center. We will be sending a check for \$175 to this worthy organization in the school's name.

Thank you for your continued support of the NHS and our many fundraising events throughout the year!



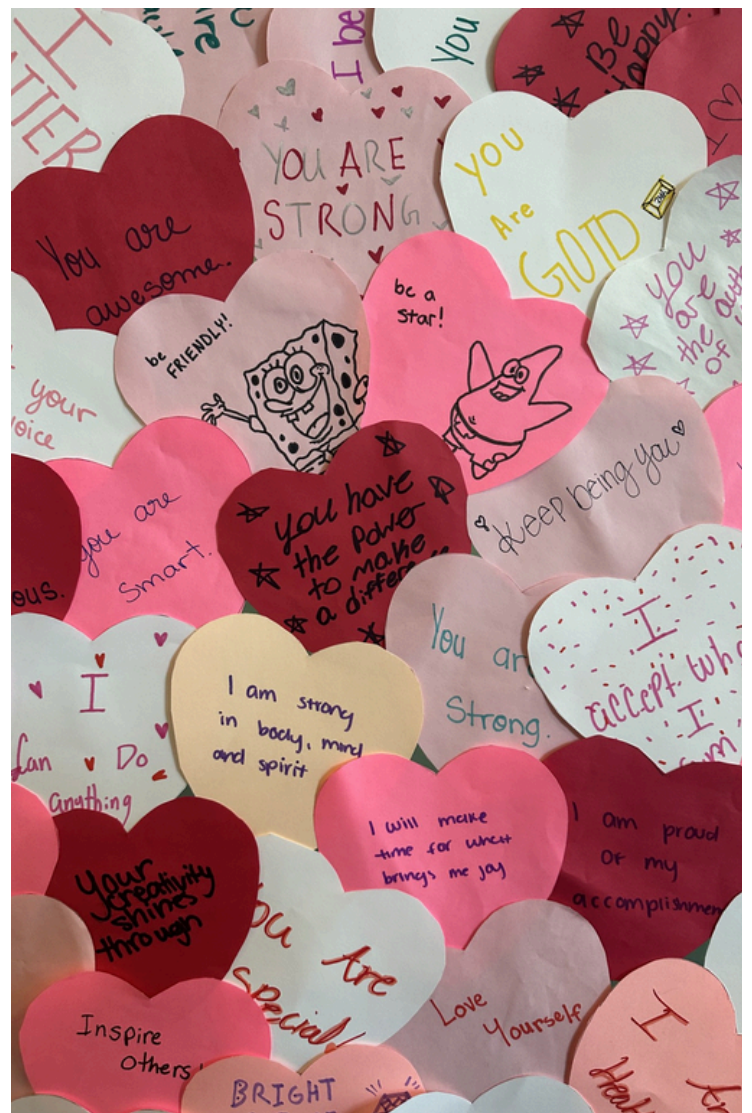


## CONDORS SPREAD LOVE

Student Council has been spreading messages of joy and love throughout the month!

First, they completed hearts of positive messages and words of affirmation for the school to read. They took the heart-shaped messages and created a lovely display outside the cafeteria.

Then, during the first two weeks of February, Student Council sold chocolate-dipped Fortune Cookies to be delivered to their friends and peers in an effort to spread love and joy throughout the building. Almost 500 fortune cookies were delivered to Condors around the building on Valentine's Day!



## SKILLSUSA POCKETBOOK BINGO WAS A HIT!

A huge THANK YOU to everyone who joined SkillsUSA members for an exciting night of Pocketbook Bingo in our cafeteria! Lucky winners took home stylish bags from Kate Spade, Michael Kors, and Dooney & Bourke—plus some awesome door prizes! Shoutout to our amazing culinary shop students for providing delicious grilled cheese sandwiches and cookies.

