



PRINCIPAL'S NEWSLETTER

Volume 12, Issue 2
Winter 2016-17

FROM THE PRINCIPAL Mr. Sawchuk

Dear Parents / Guardians:
As a New Year begins, I would like to wish everyone a Happy New Year.

Over the last few months, our students and staff were busy working on holiday projects that have included food drives, Make-A-Wish stars, care packages, raising awareness and monies for the Humane Society and caroling for various causes.

Please note that our January Regents testing week will be from January

24th to 27th. Instructors will also be giving in-class midterm exams January 9th to 23rd.



It is important that your child actively prepare for each one of their exams.

I will send out communication in the next few

weeks about review classes that will be offered.

A special Regents Newsletter with exam and bus schedules will be posted later in January.

Once again, best wishes for a wonderful and productive 2017!

Your Partner in Education,
John P. Sawchuk

Inside this issue:

Guidance News	2&3
Athletic Dept. Kudos	4&5
Music Dept. News	6
Music Dates / Poetry Slam / ID Reminder	7
Art Dept. / Peer Leaders	8
Parking Info / STEM	9
OpGrad / Student Conf.	10
Business Dept. / Education Foundation	11
Wonderful Causes	12&13
Cafeteria News	14
Dates of Interest	15

ELECTRIFY YOUR STRINGS!

On Saturday, February 4th, 2017, the Electrify Your Strings concert will once again take place at Columbia High School!

Following an intensive two day workshop prior to the concert, led by acclaimed violinist Mark Wood, founder of the EYS program, students come away with a whole different view and appreciation for instrumental music. "Music is its own language", exclaims one young participant. Another states, "I used to think that anything with strings was classical music, but this has completely altered my thinking. I get to totally rock out!"

East Greenbush Schools are a part of this year's Electrify Your Strings Victory Tour. Following the two day workshops, the students perform in an electrifying concert. Come see what it's all about. You'll walk away with a whole new way of looking at music!



FROM THE GUIDANCE OFFICE

TRANSCRIPT FEE REMINDER

Please be advised, per the Board of Education, a \$5.00 fee is charged for transcript requests. Note that this fee does not apply to students who are currently enrolled in the East Greenbush Central School District.

Transcript request forms can be found on our website www.egcsd.org, under Forms. Please complete the transcript request form and mail to CHS along with a check made payable to the East Greenbush Central Schools.

If you have any questions regarding a transcript, please call the Columbia High School Guidance Department at 207-2020.



National Honor Society's Induction for Seniors

Advisors to the "Les Savants" Chapter of the National Honor Society will be reviewing academically eligible seniors for membership. Information packets and faculty input took place in December with an induction date in January. Potential candidates were reviewed based on the four pillars: Scholarship, Leadership, Service, and Character. Successful candidates will have their membership status forwarded to the colleges they are seeking admission.

Annual Alumni Day

On January 5, 2017, Alumni from Columbia's 2016 graduating class returned to participate in a discussion on "Adjusting to College." The Alumni addressed the current Senior class and talked about topics ranging from the college search process, academic workload, college housing, roommates, budgeting money and time management. As always, the interactive discussion provided valuable insight to Columbia's Seniors, who are navigating the college search process.

ASVAB Tests

The ASVAB, a timed multi-aptitude test given as a career interest inventory and military entrance exam, will be offered at Columbia High School on Wednesday, January 26, 2017, at 7:30am to students in grades 10 through 12.

If you have any questions regarding this test, or you would like to sign up, please stop in the Guidance Office.

The PRE ACT

Test Date/Time: Friday, January 27, 2017 @ 7:15 AM

WHO SHOULD TAKE the PRE ACT? Sophomores who may be interested in attending college.

REASONS FOR TAKING THE PRE ACT :

- ◆ Taking the PRE ACT gives you practice for taking the real ACT during your JR. and SR. year for college applications. You can get an idea of how you will do on a college admissions test and can find colleges that seek students with similar interests and academic majors like your own.
- ◆ The PRE ACT lets you compare your ability to do college work with the ability of other college bound students. After the test you will receive a score report and your testing

booklet that will include correct answers, your answer, and your scores in each section.

- ◆ Taking rigorous high school courses have prepared you for the PRE ACT because it is based on what students are learning.
- ◆ The exam also includes an interest inventory, career map and career readiness indicators. This will provide information to help you plan for your future.

REGISTRATION : See Guidance Office for registration information due by January 13th.

PSAT/NAT'L MERIT LETTERS OF COMMENDATION FOR CHS SENIORS

Please join us in congratulating CHS Seniors Yang Yang and Aric Sanchez! The Columbia seniors scored in the top 1% of more than 1.6 million students from across the country in the 2015 PSAT/National Merit Scholarship Qualifying Test. They are eligible for National Merit Scholarships which will be awarded in the spring. Yang and Sanchez are both excellent student with weighted GPSs above 98%



School Counseling News

As we look forward to 2017, the Guidance Department would like to take a moment to point out some of the opportunities we have had to work with students so far this year.

Freshmen: We conducted an orientation session in English classes in September to help students acclimate to CHS and to learn about valuable resources available in the Guidance Office. In December we took students from their Global classes and used Naviance to have students learn about their personality, their strengths, and their weaknesses.

Sophomores: We used Naviance to have students conduct a Career Interest Inventory and research careers that align with their interests.

Juniors: Students took the PSAT in October, with results coming soon.

Seniors: We did a review with seniors about the college application process in early September. Since then, we have been busy submitting supplemental material for college applications (transcripts, letters of recommendation, etc.). Close to 70% of seniors have applied to college.

We also have many opportunities to work with students and their families in 2017.

- ◆ Scholarships for **seniors** - remember to check Naviance regularly for local scholarships opportunities.
- ◆ In January and March, counselors will be conducting classroom presentations on the post-high school planning and college admission process.
- ◆ After January 1st, counselors will be inviting **junior** families in for individual meetings to discuss post-high school plans.
- ◆ In February, counselors will begin course selection with students. Please watch for your copy of the Program of Studies in February.
- ◆ On March 7th, we will host a College Admission Panel Discussion with representatives from local colleges to answer many of your college application questions.

As always, if you have any questions, please do not hesitate to contact the Guidance Office at 207-2020.

Thank you.– Columbia High School Counselors

ATHLETIC DEPARTMENT NEWS

NYSPHSAA Announces the 2016-2017 Fall Scholar/Athlete Team Awards

CONGRATULATIONS:

CHS is pleased to announce that the New York State Public High School Athletic Association has recognized seven Varsity Fall athletic teams as recipients of the Scholar/Athlete Team Award. In order for a team to receive this prestigious award, 75% of the team athletes must have at least a ninety average.

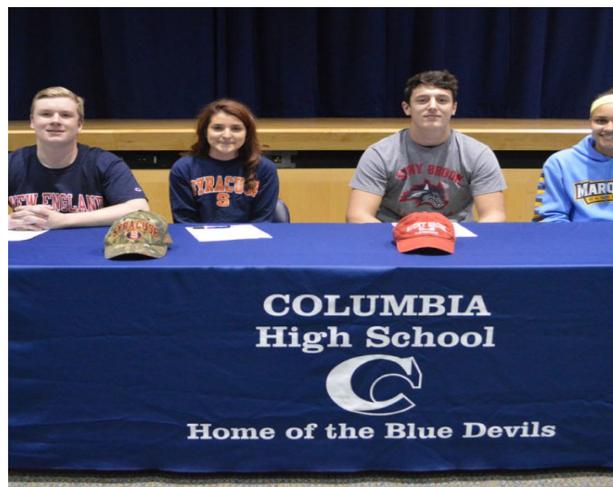
FALL TEAMS:

- | | |
|----------------------|---------------|
| Boys' Cross Country | Boys' Soccer |
| Girls' Cross Country | Girls' Soccer |
| Field Hockey | Girls' Tennis |
| Golf | |

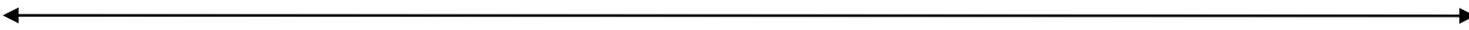


STUDENT COLLEGE COMMITMENT

Four Columbia students signed letters of intent to play college sports next year. Hunter Lane (Lacrosse/ New England College), Ana Lewandusky (Rowing/ Syracuse University), Selena Lott (Basketball/Marquette University) and Matthew Morris (Lacrosse/ Stony Brook University) made their announcements in front of family, friends, teammates and the media after school in the auditorium.



(L to R): Hunter Lane, Ana Lewandusky, Matthew Morris, Selena Lott.



State Sportsmanship Award



Columbia receives state sportsmanship award at NYSPHSAA Recognition Luncheon. (L to R): BOE Member JoAnn Taylor, Athletic Director Michael Leonard and Superintendent Jeffrey Simons.

ANTIBULLYING

Columbia Athletic Department along with the East Greenbush School District is dedicated to teaching tolerance and educating students and parents on the issues of bullying. Bullying is a violation of our District's core values and will not be tolerated. The actions of any one person or group of individuals which threaten the health and safety of students and or staff must be addressed promptly. Early intervention, reinforcement of a consistent message and follow through from students, parents, staff, and administration can ensure that everyone's right to

learn, play and work in a safe environment is respected.

If you feel that you are a victim of bullying or harassment in school, on the athletic playing field, or even outside of school please contact Athletic Director, Mike Leonard at (518) 207-2080 Ext. 3 or email leonarmi@egcsd.org.



As our wrestling season winds down, we pay recognition to athletes who have reached various milestones:

Columbia Junior Michael Gonyea picked up his career win **#100** on 12/10/16 vs. Cornwall High School in Section 9. Gonyea pinned his opponent.



Columbia Senior John Devine picked up his career win **#150** last February at the Section 2 Wrestling Championships at the Glens Falls Civic Center. Devine currently has 177 career victories through 12/21/16.

Columbia Junior Robert Cleghorn earned the Tournament's **Most Outstanding Wrestler** Award on 12/17 at the NY Upstate-Downstate Duals Wrestling Tournament.



Columbia Wrestling Team is 17-1 Overall and 5 -0 in the Suburban Council League through 12/20/16

MUSIC DEPARTMENT NEWS

STUDENT PERFORMANCES 1

Two Columbia Orchestra musicians recently spent four days (December 1-4) in Rochester participating in the All State Music Festival. Recognized as among the finest high school musicians in the state, Sarina Xin (violin) and Brandon Kulzer (bass) were selected to

perform in the Symphonic Orchestra.

Congratulations to Sarina and Brandon on this outstanding accomplishment!



STUDENT PERFORMANCES 2



Chamber Orchestra violinist Steve Ramsingh won the teen division of the Got Talent competition at the Chatham Fair this summer! This talented musician and composer

performed a piece which he wrote for electric violin.

STUDENT PERFORMANCES 3

Other events recently performed by Music Department students are as follows:

- ◆ November 9th - Chamber Orchestra members performed at the Albany Stratton VA Hospital
- ◆ November 18th - Area All State performances - Selected from among musicians in a 50 state area! (photo right)
- ◆ December 8th - Performed at Barnes & Noble

Congratulations to all our performers!



CO-CURRICULAR ACTIVITIES/CLUBS

We encourage all of you to take an active part in your Columbia High School community. Joining a club can enrich your high school experience. Many opportunities are available. See web page (EGCSD.ORG) for complete details and listings. Listen during morning announcements for meeting time and date information.

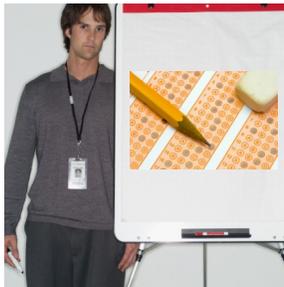
ID REMINDER

Please remember that all students need their Student Identification Badges on them at all times during the school day.

Furthermore, they will need to use these IDs to gain entrance to midterms and Regents examinations during the January Exam week.

Finally, students will need their IDs to buy tickets/bids and enter any school dance this year (Sno-Ball, Proms, etc.)

If a student has lost his/her ID badge, they need to go to their Assistant Principal's office to replace it.



POETRY SLAM

Last year's Poetry Slam was a huge success. This year's 3rd Annual Slam will be even better! Come be a part of this amazing event in the CHS Library on Friday, March 31, 2017



MUSIC AND THE ARTS EVENTS

The following exciting events are just some that are upcoming at CHS:

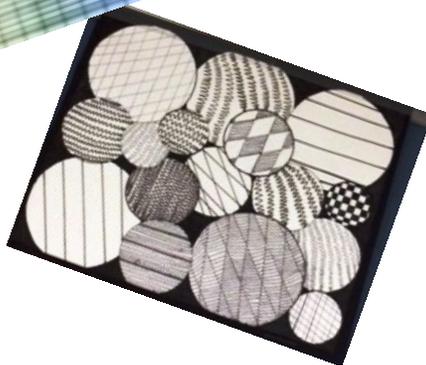
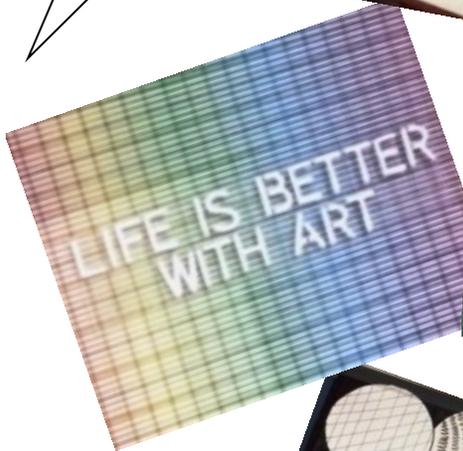
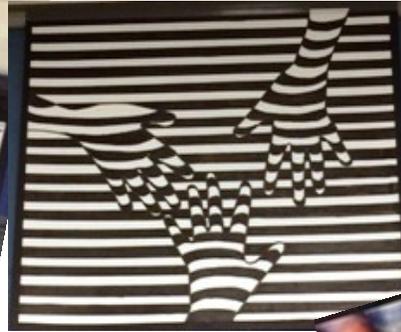
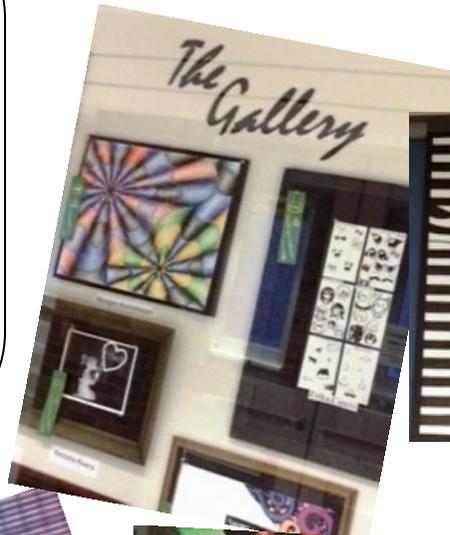
- 2/2/17 Choral Festival
- 2/7&8 DW Instrumental Fest.
- 3/3&4 CHS Spring Musical: "Sweet Charity"
- 3/21/17 Pops Concert #1
- 3/28/17 Pops Concert #2
- 5/4/17 DW String Festival
- 5/11/17 DW Arts Festival @ CHS
- 6/6/17 Spring Concert #1
- 6/8/17 Spring Concert #2



ART DEPARTMENT NEWS

STUDENT ARTWORK!

This year's District Students' Art Show will be taking place at Columbia High on Thursday, May 11th, 2017. This year's theme is "Once Upon a Time - The Art of Storytelling".



PEER LEADERSHIP

Peer Leadership is a very active community service group. We are partnered with the East Greenbush Youth and Community Events Department for the Afterschool Bowling Program and annual Easter egg hunt, STRIDE'S Organization to host a Harvest Ball for disabled young adults and teens, the EG Transportation Department with Winterfest, CoNSERNS-U for the holiday store, and many other organizations.

Our mantra continues to be: "If we all do a little, a lot gets done", "If it is to be, it is up to me" and finally "Many hands make light work." Our members truly embrace our philosophies, and are doing important work around our community! Peer Leadership's Advisors are Jen Quail and Michelle Hall.

JUNIOR PARKING UPDATE

Junior student parking will be reevaluated for Semester II. Students should listen to morning announcements in mid-January for date and time of the **mandatory**

informational meeting.

As always, Senior student parking applications are accepted all year.



A LOOK AT HOW THE STEM PROGRAM APPLIES TO CHS

Columbia High School offers a variety of **STEM** courses set in newly renovated labs with state-of-the-art equipment. Many of these classes can be taken for college credit through articulation agreements with Hudson Valley Community College, Schenectady County Community College and Rochester Institute of Technology.

STEM Courses

- **Design and Drawing for Production** – Entry level course into the world of Engineering Technology in which students create and build projects using the latest methods in the Engineering process. Students participate in team approaches for developing products and learn techniques in concept, design, prototyping, planning, building, testing and analysis.
- **IT Essentials** – Introduction to computer hardware and software skills to meet the growing demand for entry-level information and communication technology professionals. This course covers the fundamentals of PC technology, networking and security.
- **CCNA I** – Hands-on course introduces students to the organization and design of data networks and provides the foundation for Cisco ICND1 certification.
- **CCNA II** – Follow-up course to CCNA I.
- **Introduction to Engineering Design** – Introduction to Engineering is the first of three engineering courses that will be offered each year. This hands-on course focuses on architectural design and utilizes 3D modeling software.
- **Principles of Engineering** – Students explore a broad range of engineering topics, including mechanisms, the strength of structures and materials, and automation. Students develop skills in problem solving, research and design while learning strategies for design process documentation, collaboration and presentation.



Operation Graduation News

O.G. HELPS

The Operation Graduation students along with their Jump Start mentees have teamed up for the community project of volunteering at Little Brook Farms, working with and helping to care for the horses there.

Later in the fall, a trip to the Kripalu in West Stockbridge, MA was an amazing

experience for our students. Learning to find your "calming center" is so necessary and so rewarding.



STUDENT LEADERSHIP CONFERENCE

Students received lessons in leadership from seven different guest speakers at Columbia's Student Leadership Conference December 19th, 2016 at the Comfort Inn & Suites in East Greenbush. The full-day program was organized by Principal John Sawchuk to teach students about leadership and how they can make a positive influence on others. Said guest speaker and former CHS Assistant Principal Jim McHugh, "Leadership is so much more than participating in random events and having something to write about on a college essay. Leadership is what you do or decide not to do on a daily basis."

The full-day program included:

- ◇ "Young People and Rotary" – Terrence Brewer, Former Superintendent of East Greenbush CSD
- ◇ "Portrait in Leadership" – Jim McHugh, Bell Top Principal
- ◇ "Ronald McDonald House Charities" – Debbie Ross, Ronald McDonald House Director
- ◇ "Never Give Up" – Daquetta Jones, YWCA Executive Director
- ◇ "Follow Your Dream" – Todd Scaccia, Entrepreneur and founder of Hometown USA Stores
- ◇ "Joy From Joseph" – Karen Frost, Founder of Joy From Joseph, Inc.
- ◇ "Safety and Rescue" – Phillip Sheehan, Northeast Director of Operations for Safety Compliance Services



(Bell Top Principal Jim McHugh speaking at Columbia's Student Leadership Conference)

BUSINESS DEPARTMENT NEWS

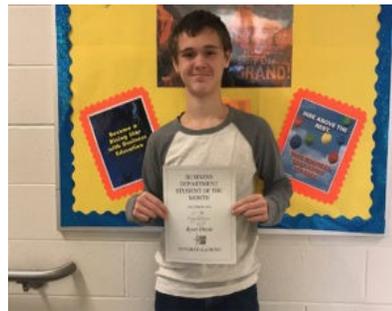
Columbia's Career and Technical Education Department selected two outstanding Business students and two outstanding Technology students as CTE Students of the Month for November and December.

Top: Cody Langenbach, Modern Mechanisms, December

Bottom: Ryan Doyle, Career & Financial Management, December

Columbia students attended workshops at Suburban Council Business Day on November 1 at The College of Saint Rose in Albany. They also heard from college students and professors about internships.

William E. Price III, Chief Operating Officer of StemCultures, delivered the keynote address.



Top: Nate Demmer, Modern Mechanisms, November

Bottom: Kyleigh Earing, Microsoft Word Essentials, November

If you are interested in speaking to a business class, please email Donna Shepardson at shepardsondo@egcsd.org or Katrina Gruet at gruetka@egcsd.org.



Business Students In the Picture from Left to Right: Alex Guadino, Jesse Nelson, Dakota Lawther, Shay Nolan, Brad Gibson

EDUCATION FOUNDATION 2017 GALA

The EGCS D community is invited to the Annual Education Foundation Spring Gala and Hall of Fame Induction on Friday, March 24th, 2017. The evening will celebrate the achievements of district alumni and raise funds for enrichment grants.

Tickets for the annual Gala includes dinner and a donation for student scholarships. The event will also include an auction, a raffle, and musical performances by district students.

Further information can be found at :

<http://www.egedfoundation.org/joomla/annual-gala/galainfo>

HOLIDAY PROJECTS FOR WONDERFUL CAUSES!

Once again our students and staff have put together wonderful projects for the holiday season. Please see below:

Student Council - CoNSERNS-U Store; Columbia Apparel Store; Decorating the School, Blood Drive

CHS Leadership Team - Made dinner at the Ronald McDonald House for parents/guardians of children with life-threatening illnesses.



Athletic Department - Columbia Athletics donated gifts through the Athletics Adopt-A-Family program, As well they worked with Hope 7 Food Pantry.



Make-A-Wish - Columbia's "Angels" GiGi Fiacco and Devin Neal sold paper star ornaments during December, raising \$687 for Make-A-Wish Northeast New York.



Peer Leadership/Jump Start/CAP - Participated in the CoNSERNS-U Store - set-up buy gifts and assist with shopping.

Santa (Joey Blackburn, Student Council) - Along with the Angels, helped raise over \$650 for Make-A-Wish



Cheerleaders and Leaders of Tomorrow Leading Today - St. Anne's Holiday Cheer; Caroling & Gifts.

Music Students - Instrumental and Caroling performances at various sites:

Chamber Singers - at Town Hall singing carols at the town's Tree Lighting.

Singers and Orchestra, Instrumental and Jazz Bands performed throughout the school district.



Humane Society Drive

Columbia student Emily Cuttler once again held a fundraiser in December to help local animals through the Mohawk Hudson Humane Society.

The project, which ran through December 23, came about as a tribute to Cuttler's dog Kallie that had passed away. "I've always wanted to do something like this," said Cuttler, who has donated warm blankets and other items to the Mohawk Hudson Humane Society.

Donations were collected such as food and toys, selling homemade dog biscuits during lunch periods throughout the day, ultimately

raising \$250. A "Show Your Pet During the Holidays" contest was held for students and staff with their pets. Mrs. Wilhelm and her dog won 1st place.



VETERAN'S DAY SALUTE



In honor of Veteran's Day (celebrated on November 11th), students joined community members in paying respect to our Veterans at the East Greenbush Cemetery, and at the VA Hospital.



SEASON OF GIVING

25 families at the Ronald McDonald House enjoyed a home-cooked meal thanks to Columbia's Leadership Team students.



Columbia Student Council volunteered as Salvation Army Bell Ringers. Raised more than \$4,000 in memory of former student Chris Bascom.

Columbia's Ethnic Coalition club donated \$200 worth of gifts to CoNSERNS-U in Rensselaer.



CAFETERIA INFORMATION



Each school in the East Greenbush Central School District serves breakfast and lunch daily. Our goal is to provide nutritious and delicious meals that satisfy our students so they can focus on learning. A complete meal must include three of the five choices: Meat / meat alternative (ie: cheese, soy, etc.) ; Fluid milk ; Grain ; Fruit ; Vegetable.

At East Greenbush CSD, all seven schools offer breakfast to its students. With the convenience of online prepayment through MySchoolBucks.com, great value and a friendly atmosphere, kids can start their school day right.



School breakfast and lunch prices effective February 1, 2016.

	Current Price
School Breakfast	
Grades 9-12	\$2.25
School Lunch	
Grades 9-12	\$3.25
Milk	\$.60

Columbia High School



CHS
962 Luther Rd
East Greenbush, NY 12061

Phone: 518-207-2000
Fax: 518-207-2009
E-mail: www.egcsd.org

Price Chopper Tools for Schools

Please help CHS earn free Educational Equipment.

Sign up with your AdvantageEdge Card at www.pricechopper.com.

If you do not have internet access, please send your name and AdvantageEdge Card Number to school or sign up at Price Chopper.

Columbia High School's code is **15753**

Thank you for your support!



SCHOOL DANCES :

Sno-Ball **Saturday, February 11, 2017**
Junior Prom **Saturday, May 13, 2017**
Senior Prom **Friday, June 2, 2017**

Principal's Honor Roll:

Upcoming:
Tuesday, March 20, 2017
Wednesday, May 2, 2017



EMERGENCY CLOSING
MAKE-UP DAYS for SPRING 2017

- #1 No need to make up**
- #2 April 12, Wednesday**
- #3 April 13, Thursday**
- #4 May 30, Tuesday**
- #5 May 26, Friday**

Upcoming CHS Dates of Interest

Please refer to the CHS web site (egcsd.org) for further details:

- 1/18/17 PIG Assembly (snow date 1/19)
- 1/13/17 Hypnotist Show
- 1/14/17 Winterfest
- 1/2017 O.G. January Graduation
- 1/24 - 27 January Regents & Exams
- 1/30/17 Start New Semester
- 2/14/17 8th to 9th Grade Orient.
- 2/1/17 Mastermind Competition
- 2/20 - 2/24 Winter Recess
- 2/18 - 2/19 Cheer Invitational
- 3/7/17 Grade 11 Info. Meeting
- 2/28/17 Class Ring Gr.10 parent mtg
- 3/1/17 GR.10 Class Rings ordering
- 3/23/17 Parent-Teacher Conferences
- 3/24/17 Prof. Development Day
- 3/24/17 Ed. Foundation Gala
- 4/14 - 4/21 Spring Recess
- 5/1 - 5/12 AP Testing
- 5/19/17 Talent Show
- 5/16/17 District Vote
- 5/31/17 Awards Ceremonies
- 5/25/17 PIG Assembly
- 5/25/17 Class Ring Delivery
- 6/7/17 NHS Induction
- 6/13 - 22 June Regents & Exams
- 6/2017 O.G. June Graduation

