

CVU ANNOUNCEMENTS

Thursday, January 24, 2019

Red Day

Birthdays: Tyler Coleman, Jillian Hebert, Sarah Johnson, Kathleen Gibbs

Menu: Build your own stuffed potato bar – choose stuffed potato from the center: chicken, BBQ pork or seasoned black beans – choose your toppings from a wide assortment at the hot bar

Activities: Public Speaking field trip to HCS R2/R4
Wrestling at Spaulding 6:00
Girls V&JV Basketball at BFA St. Albans 6:00/7:30
8th Grade Student/Parent Night 6:30-8:00

NEWS

- **WINTER BALL** – Has been rescheduled to Saturday, 2/16 at the Hilton Burlington. Tickets are available in your House Office. If that date no longer works for you, you can get a refund in your House Office.
- **On Sunday, 1/27, CVU's Principles of Business class will host the 11th Annual Family Formal.** The Family Formal is a dance for children and their families. This event allows children to get dressed up, attend a function with important adults in their lives, and help make a wish come true for a child living with a life threatening illness in our community. The dance will be held in the CVU Cafeteria from 4:30-7:30 pm. Tickets will be sold for \$22 per adult, \$6 per child. The class goal is to raise \$5,000. All proceeds will be donated to the Make-a-Wish Foundation of Vermont to sponsor the wish of a child from Chittenden County. This is a great opportunity to spend time with your family, support a great cause, and have fun! We have food, a photo booth, games/activities, and a silent auction. This year ordering tickets is easier...and online. Visit this link to reserve your tickets today: <https://www.ticketsource.us/cvufamilyformal> Please share this link! Thanks for your support!
- **Penguin Plunge - February 2nd** – Still time to sign up and we need a ton more plungers to meet our annual goals. Grab a friend and hit the water next Saturday with over a thousand kids from throughout Chittenden County. Stop in the Nichols House for more info. The Penguin Plunge: it's what we do, CVU! Stay tuned for the Penguin Plunge Playlist on Friday!
- **The Dorothy Alling Memorial Library** will host a Substance Abuse Prevention book discussion on Monday, 2/11 from 6-7:30 pm (snow date 2/13). The discussion focuses on two different memoirs, by a father and his son, each recounting the harrowing impact of drug addiction. Choose between *Beautiful Boy* by David Sheff and *Tweak* by Nic Sheff, or read both. Tim Trevithick, CVU SAP Counselor, will facilitate the event. Books are available for pick up at the Dorothy Alling Library. Pizza provided. Recommended for ages 16-Adult. Hosted by Dorothy Alling Memorial Library and ParentIn CVSD.

DIRECTION CENTER:

- **Burlington Technical Center and the Center for Technology Essex** will be visiting CVU on Monday, 2/4. They will have table set up in the lunch room during third block. They will also be giving a presentation in the Auditorium during Advisory/Flex from 1:30-2:00 PM. All sophomores are required to attend. Interested freshman and juniors are invited to attend. Please see your House Counselor if you are interested in any of the programs for next year.

[Archived Announcements](#)

- **On March 21st, all interested JUNIORS** will be invited to participate in a field trip to Saint Michael's College for the College and Careers Conference hosted by VSAC. During the day, students will participate in workshops to help them in the college and career planning process. Students will register for workshops through CVU and will be able to choose from topics that include SAT & ACT tips and tricks, choosing a college, navigating the admissions process, getting into an apprenticeship or skilled trade, pursuing non-degree credentials, and paying for college or career training programs. Students will travel by bus to and from CVU and be out of school for the majority of the day. The bus will depart CVU at 8:10 am and will return to CVU at 2:45 pm. Permission forms are available in the Direction Center. Please return to the DC no later than 2/1. We can accommodate 35 students, first come, first served. Questions? Contact Susie Moakley in the DC.
- **Seniors:** In preparation for graduation on 6/14/19, please stop by the Direction Center as soon as possible to check the spelling of your name for your diploma. It is important that it appears just the way you want it! Is it spelled correctly? Do you want your middle name or just your initial? Should there be a "JR" or "III" attached to your name? The deadline for making changes is Friday, 2/1.

WORD OF THE DAY: Assuage

1. To lessen the intensity of (something that pains or distresses): ease
2. To make quiet: pacify
3. To put an end to by satisfying: appease, quench

Scholars assume that the word *assuage* derives from *assuaviare*, a Vulgar Latin term that combines the prefix *ad-* ("to" or "toward") and the Latin *suavis*, meaning "sweet," "pleasant," or "agreeable." (*Suavis* is also the source of the adjective *suave*.) To assuage is to sweeten or make agreeable or tolerable, and it is far from the only English word for relieving or softening something difficult. Others include *allay*, *alleviate*, and *mitigate*. *Allay* implies an effective calming or soothing of fears or alarms, while *alleviate* implies temporary or partial lessening of pain or distress. *Mitigate* suggests moderating or countering the force or intensity of something painful.