

CVU ANNOUNCEMENTS

Monday, January 28, 2019

Red Day

Birthdays: Trevor Cotton, Jami Lashua, Adam Rutherford, Andrew Strobeck,

Menu: Vegetarian Tofu Keema served over mixed grain rice
Vegetarian Egg Roll with vegetable fried rice

Activities: Advisory/Flex – MLK Speaker Series
Girls V&JV Basketball v Essex at CVU 5:30/7:00
Boys Hockey v SBHS at Cairns 6:20

NEWS:

- **SOPHOMORES!** It's that time again - time to prepare for the Winter Carnival! Specifically, we need a group of students to put together the sophomore class dance, which will be performed right before our annual Trike Race. We will be having a quick interest meeting on Tuesday during callback on room 207. If you can't make it but have interest in participating, email Fonge at mfongemie@cvsdvt.org
- **Penguin Plunge** - The Penguin Plunge is getting SUPER close, but it's not too late to join the team. Sign-ups are at www.tinyurl.com/CVUpluge2019. If you have questions or cash or checks to turn in see Pam in the Nichols House Office. We are behind our typical fundraising pace this year so we need to step it up CVU!!
- **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.
- **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:

- **Seniors - Save the date:** VSAC scholarships close 2/15. 150 scholarships worth \$5 million – and only for Vermonters
- **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.
- **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

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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: **Myopic**

1. **Affected by myopia: of, relating to, or exhibiting myopia: nearsighted**
2. **Lacking in foresight or discernment: narrow in perspective and without concern for broader implications.**

Myopia is a condition in which visual images come to a focus in front of the [retina](#) of the eye, resulting in defective vision of distant objects. Those with myopia can be referred to as "myopic" (or, less formally, "nearsighted"). *Myopic* has extended meanings, too. Someone myopic might have trouble seeing things from a different perspective or considering the future consequences before acting. *Myopic* and *myopia* have a lesser-known relative, [myope](#), meaning "a myopic person." All of these words ultimately derive from the Greek *myōps*, which comes from *myein* (meaning "to be closed") and *ōps* (meaning "eye, face").