

# CVU ANNOUNCEMENTS

## Monday, October 1, 2018

### White Day

**Birthdays:** Hannah Roberts, Thomas Wright

**Menu:** Stuffed Poblano pepper w/black beans & cheddar served w/an arugula & corn salad  
Veggie hummus plate w/gyro bread & fresh veggies

**Activities:** Advisory/Flex - Link Crew meetings (9<sup>th</sup> and 90 Link Crew leaders)  
Rally ACT Training for 10<sup>th</sup> graders - Theater  
Rally ACT training for 11<sup>th</sup> & 12 graders - Gym  
Boys V&JV Soccer at BHS 4:00/6:00 JV dismiss 2:15  
JV Football v BFA St. Albans at CVU 4:00 dismiss 2:45  
Boys/Girls JVB Soccer v BFA St. Albans at CVU 4:00  
Girls V&JV Volleyball v Harwood at CVU 4:30/6:00  
Boys/Girls JVB Volleyball at MMU 4:30 dismiss 3:00  
JVB Field Hockey v Montpelier at CVU 5:30

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### SPIRIT WEEK – OCTOBER 1-6

Monday, 10/1	Denim Day
Tuesday, 10/2	Sports Jersey Day
Wednesday, 10/3	USA Day
Thursday, 10/4	Camo/Vermont Day
Friday, 10/5	Red Out
Friday - Rally in the Valley	Gym 6:00-7:00
Spirit Dance	Café 7:00-10:00 (\$5.00)
Saturday Spirit Day – Games:	
10:00	Cross Country at Thetford Academy
11:00	Girls JVB Soccer at St. Johnsbury
1:30	Girls JV Volleyball v Randolph at CVU
1:30	JV Field Hockey v SBHS at CVU
3:00	V Field Hockey V SBHS at CVU
3:00	Girls V Volleyball v Randolph at CVU
3:00	V Football v North Country at CVU
4:30	Boys V Volleyball v BHS at CVU
4:30	Boys V Soccer v Mt. Anthony at CVU
4:30	Girls V Soccer v Mt. Anthony at CVU
6:00	Boys JV Volleyball v BHS at CVU

- **Habitat for Humanity Spring Break 2019** – this community service trip to North Carolina is open to all students age 16 and older. Check out the details on line at <http://travel.cvuhs.org> or talk with Rahn Fleming, Pam Gover, or Carol Fox. Applications are available now in the main office and on the travel website on the Habitat for Humanity home page.
- **New Club! Bring Change to Mind: Let's talk mental health** - New this year...*Bring Change to Mind: Let's talk mental health* - A club that gives students the chance to share their voices and raise awareness around mental health. The goal is to educate each other and our communities, and create a culture of peer support within our school around mental health. Together, we'll fight the stigma around mental health! Interested in being a part of this club? Join us on **Thursday mornings at 7:40am in room 238.**

- **There will not be a breakfast cart** in 4 corners Friday, 9/28, Monday 10/1 or Tuesday 10/2
- **BOYS Hockey:** There will be a mandatory info meeting for all players planning to try out this year on Tuesday, 10/2 in room 106 (Snelling) from 3-320pm.
- **If you would like to find out what CVU's Environmental Action Club (EnACT)** is up to, please join us at our meetings on Wednesdays at 7:45 in room 206 (Fairbanks core). All students grade 9-12 are welcome to join. Hope to see you there!

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## **DIRECTION CENTER:**

College Visits Are Here! Please come on time, during a free block or with permission from your teacher. If you are going to be late, please let Karen in the Direction Center know the day before so that the college rep waits for you. All visits are 45 minutes long.

### **Monday, 10/1**

9:30 Vermont Technical College

10:15 New York University

11:00 Rhode Island School of Design

12:00 University of Chicago

1:00 Franklin University Switzerland

### **Friday, 10/5**

10:00 Hampshire College

11:00 Colgate University

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## **WORD OF THE DAY: Debunk**

To expose the sham or falseness of.

If you guessed that *debunk* has something to do with *bunk*, meaning "nonsense," you're correct. We started using *bunk* around the turn of the 20th century. (It derived, via *bunkum*, from a remark made by a congressman from Buncombe County, North Carolina.) Within a couple of decades, *debunk* was first used in print for the act of taking the *bunk* out of something. There are plenty of synonyms for *debunk*, including *disprove*, *rebut*, *refute*, and the somewhat rarer *confute*. Even *falsify* can mean "to prove something false," in addition to "to make something false." *Debunk* itself often suggests that something is not merely untrue but also a sham; one can simply disprove a myth, but if it is debunked, the implication is that it was a grossly exaggerated or foolish claim.

Merriam-Webster

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