

**CVU ANNOUNCEMENTS**  
**Wednesday, October 3, 2018**  
**White Day**

**Birthdays:** Philip Davis, Jessica Gagne, Phoebe Henderson, Hannah Postlewaite, Samuel Zinner, Sarah Brutzman

**Menu:** Mandarin orange chicken w/rice & broccoli  
Mandarin orange tofu w/rice & broccoli

**Activities:** Fairbanks service-learning field trips 8:30-12:30/8:30-11:00  
Boys Golf at Equinox CC 9:00 depart 5:45am  
Girls Golf at Williston CC 4:00 dismiss 2:45  
Boys V&JV Soccer at BFA St. Albans 4:00 dismiss 1:45  
Girls V&JV Soccer at MMU 4:00 dismiss 2:15  
Girls JVB Soccer at Rutland 4:30 dismiss 2:00

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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

- **Lost water bottles and lunch boxes** are located on the window ledge by the Main Office. Please check there if your water bottle/lunch box has gone missing. They are disposed of after a couple of weeks.
- **Spirit Week Photo Op! Friday, Red Out Day**, stop by four corners on your way to first block. We will have photographer Amanda Vincent here from Josten's Yearbook to take your picture. Make it a date with your besties (group photo) and be in the 2019 EMBRACE yearbook!
- **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.**

- **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.

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

10:00 Hampshire College

11:00 Colgate University

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## **WORD OF THE DAY: Rodomontade**

1. A bragging speech
2. Vain boasting or bluster: rant

*Rodomontade* (which can also be spelled *rhodomontade*) originated in Italian poetry. Rodomonte was a fierce and boastful king in *Orlando Innamorato*, Count Matteo M. Boiardo's late 15th century epic, and later in the 1516 sequel *Orlando Furioso*, written by poet Lodovico Ariosto. In the late 16th century, English speakers began to use *rodomont* as a noun meaning "braggart." Soon afterwards, *rodomontade* entered the language as a noun meaning "empty bluster" or "bragging speech," and later as an adjective meaning "boastful" or "ranting."

Merriam-Webster

[Archived Announcements](#)