

Friday, October 30, 2015

LUNCH MENU

10/30 Friday: General Tso's Chicken 11/2 Monday: Grilled Cheese on Wheat

SPORTS DISMISSALS:

No dismissals today

INFORMATION:

Picture retake is scheduled for Wednesday, November 4th.

There will be an informational meeting for anyone interested in joining the Wrestling Team this season. Thursday, Nov 5, Room 650, 2:30-3:00.

JUNIORS who are interested in the United States Naval Academy, please see your counselor for a unique opportunity.

Attention all boys interested in trying out for the boys basketball team this year. There will be a mandatory meeting Tuesday, November 3rd at 3:15 in room 650.

Sophomores-it's time to order your Class Rings! Ring orders will be taken on Wednesday, November 4th during all lunches in the cafeteria. A \$50 deposit is requested when placing your order. Design your custom ring or class tag on-line at Jostens.com or pick up a jewelry packet in the main office.

Informational meeting for the Nordic Ski Team will be held Monday, November 2nd at 2:30 PM in Room 651.

Do you have an internship scheduled for second term? If so please email or see Ms. O'Neil to arrange a placement.

Today (Friday, October 30th)the Student Leadership Team is hosting a scary movie night in the LHT from 5:00-10:00 PM.

Peterborough Recreation Department & the Depot Square Merchants present "BOO NIGHT", today (Friday, October 30th) from 4:30 pm – 6:30 pm. Carve out some free Halloween Fun at Depot Park in Peterborough! Enjoy trick or treating at Depot Square Businesses. For more information check out the poster on the Community Announcements board.

The ConVal Music Department is hosting a Haunted Trail Fundraiser today (Friday, Oct. 30th) from 7 - 9:30pm! \$5.00 admission

Get your Cougar Apparel...order forms available in the Main Office or from Mrs. Coyne. We have long sleeve t-shirts, ³/₄ sleeve baseball t-shirts, winter hats, CV string bags and lanyards. Sweatshirts are available by order. Order deadline is November 20th....delivery date will be December 16th. See Mrs. Coyne if you have any questions.

The ConVal High School Counseling Department is hosting a student and parent information night for the Class of 2016. December 2, 2015 at 6:30 will be the Financial Aid Night for Seniors. This presentation helps families navigate through the federal financial aid process (FAFSA), explores what type of additional aid is available, reviews scholarship searches and highlights the importance of meeting deadlines. All are welcome to attend.

American Legion High School Oratorical Contest - open to all students in grades 9-12 who are US Citizens. State awards up to \$1000, National awards up to \$18,000. Speak an oration of between 8 and 10 minutes from memory of some phase of the US Constitution.



ConVal Regional High School STUDENT NOTICES

Each high school may select one student to participate. If you are interested, please see your counselor!!

NEW SCHOLARSHIPS POSTED ON NAVIANCE – MENSA Scholarships – Since consideration is not given to grades, academic program or financial need, Mensa Foundation scholarships are based totally on essays (up to 550 words) written by applicants. Therefore, the goal statement and supporting information are significant parts of a winning essay. Deadline 1/15/16.

National Multiple Sclerosis Society scholarships – awards of up to \$3000 given to students who either have MS or have a parent how has MS and will be attending college in the fall. Deadline 1/15/16.

Throughout October and November, the National Honor Society is collecting Shaws Cuisinart stamps to earn Cuisinart cookware, which will be donated to the Monadnock Area Transitional Shelter. For every \$10 spent at your local Shaws Supermarket, you receive one stamp. If you have any stamps that you would like to add to the National Honor Society's collection, please send them in with your student and bring them to the main office, there is a yellow box in the main office. NHS appreciates your support! Thank you!

The 25th Annual New England Service Academy Night will be Wednesday, Nov 4th at the Danversport Yacht Club in Danvers, MA beginning at 6:30pm Congressional staff will be present to discuss the process and speak with attendees and their families. There will be representatives from the Federal Service Academies, Senior Military Colleges, Maritime Academies, Junior Military Colleges, ROTC and the Massachusetts National Guard. Open to grades 9-12. For more information please contact LTC Hotaling at fhotalin@norwich.edu. The Jaffrey VFW Post 5613 invites all students ages 15-19 to participate in the VFW'S "Voice of Democracy" Scholarship Program. More than two million dollars are awarded each year and the national first place winner receives \$30,000. This is a 3-5 minute audio essay competition designed to give students the opportunity to voice their opinion on their responsibility to their country. This year's theme is "My Vision for America". Deadline is 11/1/2015. Information is available in the Counseling Office.

The following colleges/organizations will be here to speak with you as follows:

Mount Wachusett Community College	Coun- seling office	Fri Octo- ber 30, 2015	10:15 AM
Army National Guard	Cafe	Tue No- vember 3, 2015	11:00 AM
Alfred University	Coun- seling Office	Wed, Novem- ber 4, 2015	11:30 am
Salve Regina Univer- sity	Coun- seling office	Thu No- vember 5, 2015	10:15 AM
US Marines	Cafe	Thu No- vember 5, 2015	11:00 AM
Fisher College	Coun- seling office	Tue No- vember 10, 2015	1:15 PM
US Army	Cafe	Thu No- vember 12, 2015	11:00 AM
Massachusetts Col- lege of Liberal Arts	Coun- seling office	Mon No- vember 16, 2015	9:30 AM
Lakes Region Com- munity College (NHCTC-Laconia)	Coun- seling office	Tue No- vember 17, 2015	9:00 AM