November 2020 Calendar

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>No School Election Day</td>
<td>3</td>
</tr>
<tr>
<td>No School Veteran’s Day</td>
<td>11</td>
</tr>
<tr>
<td>Caring Cougar awards</td>
<td>20</td>
</tr>
<tr>
<td>6th grade - 9:00</td>
<td></td>
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<tr>
<td>5th grade - 10:00</td>
<td></td>
</tr>
<tr>
<td>No School</td>
<td>26 &amp; 27</td>
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Principals’ Message

During this truly unprecedented time, it is easy to lose focus of all of the positivity that exists and shows itself every day. While this Thanksgiving will look and feel unlike any other, there is still so much to celebrate and for which to be thankful.

Carrigan staff and students went pink for the day to support breast cancer awareness as students purchased special pink bracelets to show support for the fight. This Friday fundraiser and Spirit Day brought in $500 and showed awesome school spirit.

We also celebrated Unity Day by wearing orange, reading aloud the unity pledge together, and vowing to eliminate mean spirited behavior and bullying in and around West Haven schools.

Lastly, Carrigan held our first virtual ZOOM Caring Cougar ceremony honoring some fantastic, role model students.

Looking ahead, the Thanksgiving holiday will bring our W.H.E.A.T. canned food drive and December will end with our holiday toy drive benefitting the Yale New Haven Children’s Hospital Toy Closet program.

It is the hard work, generosity, and dedication of our staff, students, and families that makes Carrigan the best in town – always showing what it means to be a true Westie!

Rich Weber, Principal

Academic News ...

The first marking period concludes on November 16th. Report cards will be emailed to parents on November 30th.
Normally at this time of year the Physical Education Department would be completing the annual CT State Fitness Test, a mandatory state wide assessment for all students in grades 4, 6, 8, and 10. Of course, at the present time we are unable to perform the testing but hope our students will continue to concentrate on some of these critical areas:

- Cardiovascular endurance: running/jogging
- Flexibility: stretching, sitting and reaching
- Muscular and upper body strength: push-ups
- Abdominal and upper body endurance: curl-ups

We hope you and your child are able to get out and enjoy the beautiful fall weather while also benefitting from the many aspects of physical activity, which also promotes:

- Stress management
- Healthy growth and development
- Better self-esteem
- Stronger bones, muscles and joints
- Better posture and balance
- A stronger heart
- Learning new skills while having fun

Being active and eating right will support your child’s overall well-being!

We are grateful for Target in Orange! They kindly donated $500 worth of supplies to be used in our school store.

Carrigan Schools’ Food Drive for W.H.E.A.T.
(West Haven Emergency Assistance Taskforce)

November 4 - November 13

Please help local families in need by giving a donation of canned goods or other non-perishable food items.

Most needed items for the holidays include canned fruit, gravy and stuffing. The pantry is also low on soup, cereal, peanut butter and mac & cheese.

THANKSGIVING FOOD DRIVE
Caring Cougars … our Student Council held a ‘Get Your Pink On’ day to raise $500 for Breast Cancer Research!

Unity Day
Carrigan celebrated ‘Unity Day’ on October 21st by wearing orange to show we are together against bullying and united for kindness and acceptance.
Congratulations to our first Caring Cougars of the school year! Students who display exceptional qualities such as academic achievement and overall good citizenship are selected from each classroom to receive this distinction on a monthly basis.


Citizenship  
Acceptance  
Respect  
Responsibility  
Integrity  
Generosity  
Achievement  
Nurturing