**Calendar**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>No School Election Day</td>
<td>6</td>
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<tr>
<td>5th grade Sound Tigers Field Trip</td>
<td>7</td>
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<tr>
<td>No School Veteran’s Day</td>
<td>12</td>
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<tr>
<td>PTA Fundraiser Pick-up</td>
<td>15</td>
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<tr>
<td>Family Night (Math &amp; ELA)</td>
<td>15</td>
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<tr>
<td>Caring Cougar assemblies</td>
<td>16</td>
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<td>Report Card Day</td>
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<td>Half Day Dismissal at 12:40</td>
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**Principals’ Message:**

As we approach the end of the first marking period, the Carrigan Cougars have proven once again that they are leaders in the community and the great town of West Haven. Staff and students alike come together many times throughout the year to show support for worthwhile causes and organizations – truly showing what it means to be a Westie!

Carrigan raised thousands of dollars in support the Juvenile Diabetes Research Foundation (JDRF) recently and in Carrigan tradition, our students and staff held our Halloween costume walk-a-thon. Next time you’re in the building, look for the hundreds of easily identifiable JDRF sneakers, hanging around the school.

Carrigan went pink for the day to support breast cancer awareness as students purchased special pink pencils to show support for the fight. This Friday fundraiser brought in $600 and showed incredible unity and school spirit. Our first Caring Cougar ceremony also celebrated Unity Day, where Carrigan staff and students wore orange, read aloud the unity pledge together, and vowed to eliminate mean spirited behavior and bullying in and around WH schools.

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’s the hard work, generosity, and dedication of our staff, students, and families that makes Carrigan the best in town.

Sincerely,
Rich Weber
Principal

**Family Night**

November 15 ~ 6:00-8:00 p.m.
Carrigan will be hosting a night that focuses on Math, Science and ELA. You will be able to participate in a variety of activities that revolve around these core subjects. Please join us!
The Physical Education Department has just completed their yearly testing on the Connecticut State Fitness Test. This is a state wide mandatory test for all students in grade 4, 6, 8, and 10. Testing is done in four different components of fitness, which are:

Cardiovascular endurance – tested by running by doing a Pacer test
Flexibility – tested by doing a sit and reach test
Muscular and upper body strength – tested by doing push-ups.
Abdominal and upper body endurance – tested by doing curl-ups.

After testing our 6th graders this year, we found them to be very weak in running and upper body strength. Our students passing all 4 components of the test were less than last year. As like last year, the Physical Education Dept. has a system wide goal to improve on all components of the fitness test and try to increase the amount of students who pass all sections of the test. In order to achieve this goal. We plan on doing more exercise specific warm-ups and activities that include running, stretching, and core exercises.

Fifth grade students are also being tested (practice test) only on the Pacer (running) and Upper body strength (push up skill) which are generally their weakest skills. We are setting a benchmark to see what we need to improve on so they can perform better next year as 6th graders.

Our 6th graders will retest in the spring to see if our combined efforts have improved their overall fitness level. Parents you can help us by making sure your child stays active outside of school and makes better snack choices.

BEING ACTIVE AND EATING RIGHT WILL KEEP YOUR CHILD HEALTHY!!!

Thank You,
Carrigan Physical Education Department

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

November 1 ~ November 15

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.

THANKS GIVING FOOD DRIVE

Unity Day

Carrigan celebrated ‘Unity Day’ on October 24th by wearing orange and participating in ‘stepping up to bullying’ activities including a ‘chain’ of thoughts to foster unity.
Caring Cougars
our Student Council
held a
‘Get Your Pink On’
day to raise $600.
for Breast Cancer
Research!
Congratulations to our first Caring Cougars of the school year!

Students who display exceptional qualities such as respect, generosity, academic achievement and overall good citizenship are selected from each classroom to receive this distinction on a monthly basis.

5th grade: Hudson Axelrod, Paul Christensen, Madden Evangeliste, Jayden Green, Gavinique Griffiths, Molly Gunning, Maddyson Kaczmarek, Savannah McGorty, Kaeden Miller, Jennifer Ngo, Elivia Pinkett, Bellarose Ramirez, Jayden Ramirez, Justin Reyes, Nicole Schardan, Leianna Smith-Jones, Akeem Traore, Joshua Vargas, Marley Wilson, Aubrey Young, Samira Ziada