**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 hundreds 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. Our staff and students also 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 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!

*Rich Weber*
Principal

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**November 2019 Calendar**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hat Day</td>
<td>1</td>
</tr>
<tr>
<td><strong>No School</strong></td>
<td>5</td>
</tr>
<tr>
<td>Election Day</td>
<td></td>
</tr>
<tr>
<td><strong>No School</strong></td>
<td>11</td>
</tr>
<tr>
<td>Veteran’s Day</td>
<td></td>
</tr>
<tr>
<td>Family Night</td>
<td>14</td>
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<tr>
<td>6:00 p.m.</td>
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</tr>
<tr>
<td>PTA Fundraiser Pick-up</td>
<td>18</td>
</tr>
<tr>
<td>3:00-6:00</td>
<td></td>
</tr>
<tr>
<td>Report Card Day</td>
<td>20</td>
</tr>
<tr>
<td>Caring Cougar assemblies</td>
<td>22</td>
</tr>
<tr>
<td>6th grade - 9:15</td>
<td></td>
</tr>
<tr>
<td>5th grade - 10:40</td>
<td></td>
</tr>
<tr>
<td>Half Day</td>
<td>27</td>
</tr>
<tr>
<td>Dismissal at 12:40</td>
<td></td>
</tr>
<tr>
<td><strong>No School</strong></td>
<td>28 &amp; 29</td>
</tr>
</tbody>
</table>

**Academic News ...**

The first marking period concludes on November 6th - report cards will be sent home with the students on November 20th.
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 in need of improvement in the areas of 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 see progress 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

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Carrigan Schools’ Food Drive for

**W.H.E.A.T.**

(West Haven Emergency Assistance Taskforce)

**November 4 ~ 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.

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**Unity Day**

Carrigan celebrated ‘Unity Day’ on October 25th 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 $500 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: Martha Agustin, Joel Carreno, Sashenca Cordova-Coello, Valentina DeMartino, Maysem El Haouzi, Adriana Fabian, Aiden Flanders, Mekayan Fowler, Laila Hemby, Simrah Khan, Ethan Kubicko, Rajhchell Leonard-Reddick, Lilli McDaniel, Luis Mellado-Diaz, Mariana Meza, Iyanna Mitchell, Katelyn Mondo, Santiago Morales, Quindaya Mouzon, Daniela Rivera Flores, Jasmine Rivera, Dylan Walsh

6th grade: Jonathan Alvarez, Mohammad Awwad, Sanaa Banos, Jana Bayoumi, Nathan Charron, David Christensen, Joshua Dewick, Lilly Granata, Dejin Ibrahim, Maya Martinez, Danieliz Morales, Jennifer Ngo, Vera Okyere, Elivia Pinkett, Nicole Schardan, Isabella Sipos, Jordan Smith, Ross Stanley, Luis Trejo, Marley Wilson, Samira Ziada
Carrigan Intermediate School will be hosting a night that focuses on Math, Science, and ELA.

**Thursday, November 14, 2019 from 6:00-8:00 p.m.**

Each family that attends will receive one complimentary raffle ticket to take a chance at winning some great prizes!

We will be meeting in various rooms around the school. You will be able to participate in a variety of activities that revolve around these core subjects.

Please join us!

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**Wheel of Perfect Attendance**

Students with perfect monthly attendance are put into a lottery for a chance to spin the wheel and win fun prizes that include:
- A ride to and from school in School Resource Officer Dorsi’s police car
- Pick the ‘end of day’ song
- Announcements with the Principal
- Cougar Cash
- Tickets to a WHHS Sporting Event
- First in lunch line
- Homework pass
Our annual Family Mystery Night for 6th graders and their families was held on October 25th.

Everyone enjoyed following the Clue’s to solve the whodunit!