Principals’ Message:

As we approach the end of the first marking period, the Carrigan Cougars have once again proved 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. Carrigan is a leader in the community and a true representation of what it means to be a Westie.

Carrigan was honored to raise funds in support of 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, you’ll be able to see the hundreds of easily identifiable JDRF sneakers, hanging around the school.

Our first Caring Cougar ceremony also celebrated Unity Day, where Carrigan School went orange for the day. Our students read aloud the unity pledge together and vowed to eliminate mean spirited behavior and bullying in and around WH schools. We quickly changed colors to pink in support of breast cancer awareness as students purchased special pink pens to show support for the fight. The Friday fundraiser brought in over $750 and showed incredible unity and school spirit for a truly worthwhile cause.

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

Rich Weber, Principal

Attendance

Please call the attendance line: (203) 931-6897 when your child is going to be absent from school. You can also request homework when leaving your message.
The Physical Education Department has just completed their yearly testing on the Connecticut State Fitness Test - a mandatory test for grades 4, 6, 8, and 10. There are four areas of fitness tested by four separate physical tests:

Cardiovascular endurance - tested by the Pacer running test.

Flexibility – tested by the sit and reach test.

Muscular and upper body strength – tested by doing push-ups.

Abdominal and upper body endurance – tested by curl-ups.

Based on our 6th grade fitness scores from last year, less than 1/3 of our students achieved a passing grade in all 4 components of this assessment. This year the Physical Ed. Dept. has a system wide goal to improve on this and increase the amount of students who pass all portions 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 were also tested (practice test) and their performance on the push-ups (muscular and upper body strength) was deficient and therefore concentration will be given to that area. Along with our PE classes, parents can help by making sure your children stay active outside of school.

Our 6th graders will retake the fitness test in the Spring to see if our combined efforts have improved their overall fitness level.

BEING ACTIVE WILL KEEP YOUR CHILD HEALTHY!

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.

Unity Day

Carrigan celebrated ‘Unity Day’ on October 13th by wearing orange and participating ‘stepping up to bullying’ activities.
Caring Cougars
Our Student Council held a 'Get Your Pink On' day to raise $780 for breast cancer research!
Congratulations to our first Caring Cougars of the school
