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 continues to show exactly what it means to be a Westie.

Carrigan was honored to support the Juvenile Diabetes Research Foundation (JDRF) recently in two separate events. First, a ‘Rib Rally’ at West Haven’s own Texas Roadhouse was a delicious success where our Carrigan families were able to support the cause and have a great meal. And in Carrigan tradition, our students and staff held our Halloween costume walk-a-thon and our students were able to color the easily identifiable JDRF sneakers, currently hanging around our school.

To celebrate Unity Day, 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 then changed colors to pink in support of breast cancer awareness as students purchased special pink pencils to show support for the fight. The Friday fundraiser brought in over $700 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 Toys for Joy campaign in support of the Yale Children’s Hospital. It’s the hard work, generosity, and dedication of our staff, students, and families that make Carrigan the best in town.

Sincerely,

Rich Weber, Assistant Principal

Attendance
Please call the absentee line: (203) 931-6897 when your child is going to be absent from school. You can also request homework on that line.
Field trips to the West Haven Public Library are starting for both our 5th & 6th grade classes.

**Fifth graders** will be learning about Explorers and the important contributions they made in the development of North America.

**Sixth graders** will be participating in an enrichment program pertaining to their study of the Planets and Solar System.

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**Picture Make-Up Day**

**November 21st**

8:30 -10:30 a.m.

Here’s your chance if you:

* Were absent
*Forgot your portrait money
* Need to retake your picture
* Didn’t buy portraits or want additional pictures

**For retakes:**

* Be sure to return your original pictures (you can keep the class photo)

**To purchase new portraits:** Pick up a flyer in the school office

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**Carrigan Schools’ Food Drive for W.H.E.A.T.**

(West Haven Emergency Assistance Taskforce)

**October 27 ~ November 7**

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.
Carrigan celebrated ‘Unity Day’ on October 19th by wearing orange and participating in anti-bullying activities.

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!**

Thank You,

Carrigan Physical Education Department
Caring Cougars
Our Student Council held a ‘Get Your Pink On’ day to raise $700. for breast cancer.