

January 10, 2020



Downingtown East Weekly Updates from the Principal...

Test Taking Strategies for Midterm Exams:

With midterm exams beginning next week, parents can offer their student support by reminding them that proper preparation and a positive attitude can help their scores and alleviate test anxiety. Here are some tips to share with your child to help them prepare:

- Make a Plan- Before the test, make sure you are clear on what the test is going to cover. Is it from the textbook only? Class notes? Can you use your calculator? Cramming the night before isn't effective and could disrupt the goodnight's sleep you need to function well.
- **Don't Rely on Study Guides** - If you just read and re-read the study guide, you may memorize word order, rather than concepts. Re-write definitions and concepts in your own words to better understand their meaning.
- The Morning of the Test- Make sure you eat and get to school in good time to do a ten-minute power study right before the test so your brain is turned on and tuned up.
- Test Time- Before the test begins, make sure you have everything you'll need -extra pens, extra pencils, and a calculator- and be sure to carefully read the directions and ask the teacher for clarification if need be. Write down important formulas, facts, definitions, and/or key words in the margins to assist you while testing. Scan through the test quickly before starting. Answering the easy questions first can be a time saver and a confidence builder, and remember that process of elimination can help you choose the correct answer for any multiple choice questions.
- If you're stuck- Don't get worried or frustrated. Reread the question to make sure you understand, and then try to solve it the best way you know how. If you're still stuck, circle the question and come back to it later. Don't pay attention to how fast other people finish their test; just concentrate on your own test.
- When You Finish- Go back to review your answers, making sure that you didn't make any careless mistakes, such as putting the right answer in the wrong place or skipping a question. Spend the last remaining minutes going over the hardest problems before you turn in your test.

Upcoming Activities:

1/11 –Ithaca College's **Premium Blend** workshop and concert at 7pm. \$5 tickets sold at the door. Workshop begins at 2 pm. Sign-ups in the Chorus room. See flyer at the end of this newsletter.

1/15 – Early Dismissal for students at 12:40 pm. Professional Development for faculty.

1/20 – School and Offices are closed! Martin Luther King holiday!

1/21 – End of Marking Period!

1/21 – Mental Health Awareness Speaker Series - 7pm to 8:30pm at Lionville Middle School...Recognizing signs of depression and suicide. Helping youth in distress. For more information, see flyer at the end of this newsletter.

1/23 - Course Selection Night at 6:15 pm to 8:15 pm in Auditorium & Cafeteria.

1/27 – College Night at DE! College & Beyond – Is your Vision 20/20? 6:30pm to 8:30 pm – Please RSVP – see flyer at the end of this newsletter

1/29 & 1/30 – Cap and Gown Measuring & Ordering for graduation during all lunches. **Please bring check or cash (\$15.85)** to school with you this day. These are the only days Herff Jones will be here to measure for cap & gowns. For more information, please see flyer at the end of this newsletter.

General Announcements:

1. Kutztown University will host a hands-on **Graphic Design Camp** for sophomores, juniors, and seniors to learn more about a career in graphic design. Students will explore their creativity and critical thinking abilities, as well as learn how they can impact society through design. Lunch will be provided and Kutztown University Communication Design students' awesome creative works will be presented. The date is **Saturday, January 11th, 9 a.m. to 3 p.m.** and the cost is \$10. Contact the Communications Design Department for more information and to register at 610-683-4530 or traylor@kutztown.edu

2. Blue & Gold Marching Band – Now Accepting New Color Guard Members! The Blue & Gold Marching Band program is performing next year's Tournament of Roses Parade in Pasadena CA. Even though you might not play a Band instrument, you still have the chance to attend as we are looking for new color guard members. Color Guard is the section of the marching band that spins flags and other equipment in parades and the field show to enhance the Band's performance.

All members of the guard are eligible to attend the Rose Parade trip! We are accepting Rose Parade trip reservations until January 18th. We will have a little bit of flexibility after that, but anyone who signs up by January 18th will guarantee that they have a spot on the trip if they follow through on being a guard member in the fall. Please use the link below to access the student trip information and online registration instructions.

https://drive.google.com/file/d/1z1IYROLfH_5OaAVVwprp4t_1nWwQSK/view?usp=sharing

Anyone with interest in the guard program or any questions about guard should contact either Band Director, Andrew German (agerman@dasd.org) or Guard Director, Taylor Aves (taves@dasd.org) as soon as possible. Mr. German will also be available at course selection night to answer any questions. We hope that you will consider joining the guard and taking advantage of this once in a lifetime performance opportunity!

3. Delaware County Community College will host a **STEM Career Day** on **Thursday, February 20th, from 10 a.m. to 1 p.m. at the Marple Campus**. Students will have a chance to connect with employers and transfer colleges/universities with STEM programs throughout the area. Lunch will be provided, and transportation may be as well. Interested students may contact Amber Moore at amoore33@dccc.edu.

4. Donations are needed for the **Prom Dress Sale Event** scheduled for **Monday, March 30th from 4-7 p.m.** at the **Bold & Beautiful Salon** in Downingtown. **ALL gowns will be \$25!!** Donated dresses should be modern, age appropriate and dry cleaned, and may be dropped off at the Main Office at all three high schools. Proceeds from this sale are used to offset prom expenses for students in need! See flyer at the end of this newsletter.

Senior Announcements:

1. Cap & Gown Measuring and Ordering will take place on Wednesday and Thursday, **January 29th & 30th** during all lunches. **Please bring check or cash (\$15.85) to school with you this day!** After these days, all orders will need to be placed on line: <http://highschool.herffjones.com> type in Downingtown H S East at the top and then click shop grad products. The deadline for ordering cap and gowns on line is March 30, 2020 in order to get gowns in time for graduation.

2. Attention All 18 year-old males: Please remember to sign up for the U.S. Selective Service System: it takes 45 seconds to register online at SSS.gov and it is the law! Online and print material is available at <https://www.sss.gov/Resources/Resources>

Junior Announcements:

1. Attention JUNIORS!!!.....Information Sessions for the Healthcare Xplo and Downingtown Teacher Academy programs for next year will be held on **Thursday, January 30th** during all 4 lunch periods in the Vault. Come by during either 4th, 5th, 6th, or 7th period to find out how to apply for these exciting programs. Any questions, reach out to Dr. Podell at tpodell@dasd.org.

Attention Sophomores & Juniors...

1. Registration for Pennsylvania Free Enterprise Week (PFEW) is NOW open! This is a great summer opportunity to learn about leadership, explore different careers in the business world and connect with business leaders across the state. Thanks to generous donors the cost for the week on a college campus is only \$295 and scholarships are available. Visit <http://www.pfew.org> for more details!!! Also, this would make a great graduation project!!

Graduation Projects:

1. Need a grad project? Have an interest in music?? D-town West grad Katy Harmes is a music therapist in Chester Springs and would like to mentor a student with an interest in music therapy. Contact Katy at katymt.valottatherapy@gmail.com if you are interested in learning more about her career and a grad project opportunity.

2. West Bradford Little League needs someone to help manage the snack bar for baseball season April-June. Help with opening and closing the snack bar, inventory, stocking and sales. Contact Keli Laverty if you are interested at kelilaverty@gmail.com or 610-350-8748.

3. Need a Grad Project? If you love animals consider volunteering at **Spay and Save**, an animal rescue in Chester County that needs help with cage maintenance, website help, fostering cats or dogs, adoption events. And more. Check out www.spayandsave.org and/or contact them at thankyou@spayandsave.org.

Employment Opportunities:

1. New in Downingtown! **Barndawgs** is serving gourmet hot dogs and they need part-time help. Email Barney@barndawgs.com if you are interested.

2. Five Guys Burgers and Fries is now open in their new location in the Brandywine Square Shopping Center. All shifts are needed, competitive pay is offered as well as bonuses and tips. Interested students should email rockham1923@rockham.com.

3. In preparation for the **2020 Census**, applications are now open for Census takers. You must be 18 to apply, and the pay is \$19.50 per hour. For more details and application information visit www.2020census.gov/jobs.

4. Love Animals? **PetValu** in Lionville is hiring customer service representatives! MUST be 18 to apply. Stop in to inquire about joining the team or call 610-524-1253.

5. The Medicine Shoppe pharmacy in Guthriesville needs part-time help Monday-Friday from 4-7 p.m. and weekend shifts are Saturdays 9-3 and Sundays 10-2. This is a great opportunity for anyone interested in pharmacy or healthcare — must be 16! If you are interested stop by for an application or call 610-269-7368 and ask for Diana.

6. Colonial Woods Personal Care Home in Glenmoore needs a part-time cook available 4-8 p.m. during the week or weekends. Prior food handling experience preferred but will train! Salary is \$11-11.25 per hour. Contact Michael Corkran at michaelcorkran1@gmail.com. For more information on Colonial Woods visit www.colonialwoodspersonalcare.com.

7. Are you artistic, detail-oriented and love teaching others?? **Board and Brush Creative Studio in Downingtown** is hiring assistants to help customers with their wood projects. MUST be 16 to apply and available evenings and weekends. Email downingtowntown@boardandbrush.com, include your resume or background, availability and feel free to include a fun random fact about yourself!

8. Uno's Pizzeria & Grill in Exton is hiring servers and hosts. Students must have weekend availability. Servers must be 18 and Hosts must be 16. NO experience necessary and schedules are flexible. Apply in person, and immediate interviews available 2-4 p.m. daily at 8 N. Pottstown Pike, Exton, PA 19341.

9 The **Downingtowntown Bowling Palace** is accepting applications for Party Host and Hostess positions. Hours are flexible, fun atmosphere and a chance to learn customer service skills. Must be 16 years or older to apply. **Apply in person at 977 E. Lancaster Avenue in Downingtown.**

DE Home & School News!

1. The Home and School Association is bringing back the **SPRING CRAFT SHOW** after a 2-year hiatus! If interested in volunteering for this event, please email Paula Comber at: pecomber@verizon.net today! A kick-off meeting will be scheduled shortly. Historically, this has been the only fundraiser for Home and School. Stay tuned and like our Facebook Page for more information: Downingtown East Home and School.

2. The Home and School Association is sponsoring a **Designer Bag Bingo on Sunday, March 8th 1pm to 3pm**. Order Tickets: dehs-designer-bag-bingo.ticketleap.com/designer-bag-bingo See flyer at the end of this newsletter.

Athletics – Varsity Teams – Go Cougars!

1/10 – Swimming at Avon Grove at 4:30 pm

1/10 – Girls' Indoor Track at Haverford at 5pm

1/11 – Wrestling Big Red Duals at 8am

- 1/11 – Boys' Basketball vs. Executive Education Charter at Noon.
- 1/11 – Boys' Indoor Track at Haverford at Noon.
- 1/13 – Girls' Basketball vs. Avon Grove at 6:45pm (rescheduled from 1/7)
- 1/14 – Girls' Basketball vs. West at 5:30 pm
- 1/14 – Boys' Basketball vs. West at 6:45 pm
- 1/15 – Wrestling vs. Henderson at 7pm
- 1/16 – Girls' Basketball vs. West Chester East at 6:45 pm
- 1/17 – Girls' Indoor Track at Lehigh at 6:30 pm
- 1/18 – Girls' Basketball at Wilson at 2:15 pm
- 1/18 – Boys' Basketball vs. Wilson at 2:15 pm



ITHACA COLLEGE'S
PREMIUM BLEND

JOIN US FOR A WORKSHOP & CONCERT AT DEHS
Saturday January 11, 2020
7pm Concert
\$5 tickets sold at the door



RECOGNIZING SIGNS OF DEPRESSION AND SUICIDE



Matthew Wintersteen, Ph.D.

Associate Professor and Director of Research in the Division of Child and Adolescent Psychiatry at Sidney Kimmel Medical College at Thomas Jefferson University in Philadelphia.

HELPING YOUTH IN DISTRESS

Youth these days are faced with numerous challenges, many of which did not exist when their parents were in school. Further, the rates of depression, anxiety, and suicidal behavior have continued to rise amongst high schoolers.

As a parent, how would you know if your child or one of their friends was hurting?

At this presentation, parents will learn about warning signs associated with distress in adolescents and what you can do to effectively intervene and help. A review of recent social media efforts to help youth will also be discussed. A time for questions and answers will follow.

JANUARY 21
7:00 PM - 8:30 PM
Lionville Middle School



DOWNINGTOWN AREA SCHOOL DISTRICT

College & Beyond - Is Your Vision

20/20? 

Presented by the...

Downingtown East & West Counseling Departments

Monday • January 27 • 6:30 - 8:30 p.m.

Snow Date – Monday, February 3

Downingtown High School EAST Campus

****ALL District Parents and Students are invited****

6:30 p.m. - Keynote: The College Search - Focus on Your Future

- Jeremy Branch – Penn State University
- Catherine Campbell-Perna – Drexel University
- Jacquelyn Gress – West Virginia University
- Amber Moore – Delaware County Community College
 - Jim Van Blunk – Temple University

Drop-In Workshops –

Session I: 7:10 - 7:45 p.m. & Session II: 7:55 - 8:30 p.m.

- **Degrees That Work: 2-Year vs 4-Year Options**
Stephanie Chupela & Angela Hanna -- Counselors
Warren Taylor -- Thaddeus Stevens College of Technology / Rooms 301–303
- **Your Insight into Financial Aid**
Deanna Foley – DCCC / Library
- **Career Planning – Be a Visionary**
Dr. Troy Podell & UPS Representatives / Room 307
- **College Admissions – Perception vs Reality**
College Representatives / Cafeteria

Please **RSVP** to cwick@dasd.org by **1/24/20** with the number of parents and students who plan to attend, grade level, and school.



Scott Gerhart
Sales Representative

Herff Jones
PO Box 967
Southampton, PA 18966

215-942-6807

Sbgerhart@herffjones.com

January, 2020

Dear Parent/Guardian of Graduating Senior,

Congratulations! The wait is almost over. It is time to celebrate your student's Graduation from Downingtown East High School. Herff Jones has been selected as the official supplier for all of your graduation needs.

Please see the reverse side of this letter for directions on how to order your student's CAP & GOWN. MEASUREMENTS FOR CAP & GOWN WILL BE TAKEN ON Wednesday, January 29TH & Thursday, January 30TH during lunches outside cafeteria.

Orders for the GRADUATION ANNOUNCEMENTS will also be taken at this time. You can view a full color announcement sample and all of the products available to you at our website <http://highschool.herffjones.com>. Your school is located under Downingtown HS EAST, and then click SHOP GRAD PRODUCTS. A sample of your custom announcement is pictured below for your convenience.

We thank you in advance for the opportunity to serve the Downingtown High School East community.

Best Regards,

Scott Gerhart
Representative



CAP & GOWN ORDER FORM COMPLETION

ORDER DAY: WEDNESDAY, JANUARY 29th & THURSDAY, JANUARY 30th

CAP & GOWN ORDER FORM		PLEASE PRINT LEGIBLY & USE BLUE OR BLACK INK		4031813																																									
High School Name <u>Downingtown East</u>		City <u>Exton</u>		 A Herff Jones ACHIEVEMENT Brand																																									
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Enter height in feet and inches. If unsure of height, we will measure you on order day. It is not necessary to enter cap size as it is one size fits all. When ordering the Basic Package check LINE 1. When ordering a Special Senior Package check LINE 6. Please indicate Package (I or II) and size (S,M,L,XL,2X,3X).

YOUR CAP, GOWN & TASSEL WILL BE DELIVERED TO SCHOOL PRIOR TO GRADUATION.

BASIC PACKAGE (B): \$15.85 (includes sales tax)

Includes Cap, Gown & Tassel Unit

SPECIAL SENIOR PACKAGE (I): \$40.00

Includes items in Basic Package plus

- Senior Graduation T-Shirt (Black with classic "Senior 2020" design in white & gray) *Value \$19.95*
- Memory Tassel- School colors with gold 2020 signet *Value \$7.95*

SPECIAL SENIOR PACKAGE (II): \$50.00

Includes items in Basic Package plus

- Class of 2020 Hoodie (Gray with "Class of 2020" design in white & black) *Value \$29.95*
- Mini Tassel Keychain- School colors with gold 2020 signet *Value \$7.95*

The additional items in Special Senior Packages will be **delivered on order day!** A great value!

Online Orders can be placed at www.highschool.herffjones.com

Type in DOWNINGTOWNEAST in the box at the top of the page to find your school

Click SHOP GRAD PRODUCTS and the cap and gown packages will appear

Cash or Check/Money Order payable to Herff Jones

Payment in full required with order

SATURDAY FEBRUARY 8TH

BENEFITTING

DOWNTOWN EAST BASEBALL

COMEDY NIGHT

STARRING

FRANK VIGNOLA

Besides television appearances on Comedy Central and the CBC, Frank has also appeared at Montreal's prestigious "Just for Laughs" Comedy Festival. He has also performed for the troops overseas.



**ALSO APPEARING, THE MUSIC AND COMEDY OF
TODD CHAPPELLE**



**REACTORS COMEDY CLUB
TIMOTHY'S RESTAURANT**

**120 Eagleview Blvd
Exton, PA 19341**

ADMISSION \$20.00

**DOORS OPEN 7:30 SHOWTIME 8:30
COME EAT BEFORE THE SHOW/FULL BAR AVAILABLE**



FOR TICKETS OR FOR MORE INFORMATION CONTACT

dehsbaseballboosters@gmail.com

or call Sharon Keenan 484-904-5017

**OR ORDER ONLINE: WWW.REACTORSCOMEDYCLUB.COM
go under fundraiser page and find your event.**

JOIN US FOR B-I-N-G-O!



- WHEN:** Sunday, March 8th, 2020
- TIME:** 1:00 pm – 3:00 PM
(Doors open at 12 noon, BINGO starts at 1:00 pm SHARP)
- COST:** \$30/ticket pack – extra games available for purchase at the door
- TO ORDER:** dehs-designer-bag-bingo.ticketleap.com/designer-bag-bingo

For more information, see website above – and order today!

Prom Dress Drive



~Proceeds from this sale are used to offset prom expenses for students in need~

Donations Needed:

- Gowns (modern, age appropriate, and dry cleaned)
- Where to drop off: Main Office at Downingtown East HS, Downingtown West HS, STEM Academy, or DASD Central Office
- Donation deadline: Monday, March 16th

Details of Prom Sale Event:

- Date---> Monday, March 30th 2019
- Time---> 4:00 to 7:00 pm
- Where---> Bold & Beautiful Hair Salon
3225 Lincoln Highway, Downingtown, 19335
- Pricing---> Gowns will be \$25

