

“MORE” Notes for Parents



February 2009
3rd Marking Period Progress Reports

From the Dean of Students Office:

It has been an amazing, fast-paced few weeks since our last mailing. Since then, we've had Freedom from Chemical Dependency visit campus, Dr. Henry Lee addressed our community, countless athletic events and the announcement of a year-long Color War competition named the *Chancellor's Hammer*.

The winter months take their toll; but, warmer weather and sunny days are coming soon. Nothing beats that first warm day in March! The springtime brings a renewal of energy to the campus. The boys can get outside again, play catch, basketball or just hang out.

As we near the end of the school year (We're 5/8 of the way there), it becomes difficult for some of the students to maintain their focus as they begin to think about graduation, college and the summer. We view their success as a collaborative effort between you, the school and your sons. Reinforcing messages is vital to helping your son maintain focus. For our college-bound young men, the more you can use the word "college" in your talks, the more likely they will keep their eyes on the prize. We tell the seniors and post-graduates every year that college acceptances are conditional; final grades are a very important factor. Let's work together to ensure the academic success of these young men.

Our lines of communication are always open. Please do not hesitate to contact my office at any time.

Sincerely,
Tim Viands, Dean of Students

Maura Howard, Assistant Dean

Dr. Henry Lee @ STM:

The community was fortunate to have Dr. Henry Lee, the Michael Jordan of forensic science, speak to us on February 9th. In addition to some very interesting pictures, Dr. Lee's message was heard loud and clear- "The quality of one's life is in direct proportion to the effort one puts into his/her endeavors." Dr. Lee's presentation was a once in a lifetime

opportunity for many of our young men. He captivated the audience by making it an interactive event. Dr. Lee especially identified with our Chinese and Taiwanese students; he grew up in Taiwan and came to America to further his career. After the event, Mr. Viands, Mr. Hanrahan and Mr. Kevin Ryan (Summer School Teacher and State Congressman) had lunch with Dr. Lee and several of his State Police friends. Dr. Lee was very impressed with our students and complemented them as one of the most polite audiences he could remember. Dr. Lee was very intrigued with the mission of the school

“The Chancellor’s Hammer” – Color War 2009, and Beyond:

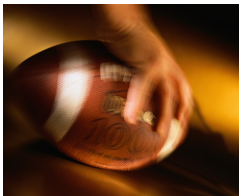


At an all-school assembly on February 10th, Mr. Viands and Mr. Hastings spilt the entire student body into four teams: BLUE, WHITE, GRAY and MAROON. The students were perplexed when four faculty captains (Mrs. Autencio, Mr. Matt Quinn, Mr. Ladd and Mr. Muir Haman) appeared on the stage dressed in ridiculous costumes which concealed their identity. Their excitement spread when the reason for being divided into teams was revealed.

Details of the Chancellor’s Hammer are:

- Students and faculty divided into four equal teams. They will remain on their team for their entire STM tenure.
- Led by faculty captains, these teams will compete in academic, athletic, team spirit and other challenges.
- The purpose of this competition is to foster camaraderie, pride, teamwork and school spirit.
- Fundraising challenges will benefit building schools for underprivileged children in Afghanistan and Pakistan.
- Competitions will conclude on May 6th as the teams compete against each other in a field day.

Mr. Steve Davis Appointed Head Football Coach:



With years of independent school head coaching experience, Mr. Steve Davis, Academic Dean, will be taking the helm of the football program. Mr. Davis forged his coaching philosophy while playing football at Penn State for coach Joe Paterno. Mr. Davis is already helping our current seniors and post-graduates play football at the next level.

Career Day– March 12th:

The Development Office is hosting Career Day 2009 on March 12th. The school invites professionals from all fields to speak with the students. A large proportion of the Career Day presenters are current and past parents. Please contact Mrs. Mary Lou Gannotti if you would like to participate.

From the Admissions Office:

Enrollment contracts for the 2009 – 2010 school year should have arrived to your home by now. We are enthusiastic about the quality of the underclassmen and would like to see all of them continue their scholastic careers at St. Thomas More School. Our underclassmen group is filled with natural leaders and limitless potential. As an example, over 75% of our rising seniors are on track to make the Honor Roll for the third marking period. Even more exciting, the largest percentage of eighth graders in years is on track to make the Honor Roll. We'd like to see all our underclassmen continue their success next year. Please contact our office if you have any questions about the enrollment process.

Mr. Timothy Riordan
Director of Admissions & Financial Aid

Mr. Gabe Rotman
Assistant Director of Admissions

From the School Chaplain:

The year passes so quickly! When we return from the mid-winter break Ash Wednesday begins the Lenten season all so quickly. We will have a special Mass to celebrate this day of recollection and penance with the opportunity to receive ashes. Later in March there will be a Service of Reconciliation and once again Fr. Philip Pusateri, S.J. and Msgr. Robert Brown will join us to provide the opportunity for the Sacrament. This year we will offer a special Interfaith Panel just before the Easter break. Representatives of the three Abrahamic faiths (Judaism, Christianity and Islam) will provide the students the opportunity to gain a better understanding of these religious traditions and to ask any questions they may have about these important religious communities. Certainly better understanding of each other is a step to building a better world! Once again the date for our Confirmation celebration is April 29th at 10 am. We are delighted that Msgr. Thomas Bride, Vice General of the Norwich Diocese, will confer the sacrament to nine St. Thomas More students.

Sincerely,
Fr. Richard Gross, SJ

College Placement Updates:



The placement process is in full-swing for our seniors and post-graduates. Below you will find a sampling of college acceptances as of Friday February 13th:

- Anna Maria College, Husson College, Michigan State University (2), Penn State University (3), SUNY Binghamton, SUNY Buffalo, Purdue University (2), Rutgers University, University of California, St. Leo's University, Franklin Pierce College and Wagner University

For those still in the process, please communicate with your son's placement counselor (Mr. Jere Quinn or Mr. Drew Riggs).

Juniors will soon begin their college placement journey. On April 3rd, all juniors will attend the National College Fair in Hartford. On May 2nd, all juniors will take the SAT exam. Juniors will begin meeting with the placement counselors in the spring.

Mr. Mark Allen has been appointed Director of College Placement for the 2009 – 2010 school year. Mr. Jason Tighe will be joining the placement staff, along with Mr. Quinn. Mr. Allen plans on expanding the school's use of NAVIANCE as an integral college placement tool.

Parents who want their son to enroll in a three-week SAT Preparation Course that leads into the May SAT should contact Mr. Davis, Academic Dean, as soon as possible- space is limited.

Parents who think their juniors may be eligible for accommodations for extended time on the SAT should contact Mr. Jere Quinn by the end of the month. This is truly an exciting time of year. Let's keep the acceptances rolling in!

School Newspaper:



Sophomore Seungbum Jin and English teacher Mr. Muir Haman have created the school's first newspaper. The six member club will meet formally during flex time and hope to publish 3-4 times this year.

Upcoming Events & Dates:

- February 22, 2009: Mid-Winter Break Ends @ 7:00pm
 - All students are expected back on campus by 7:00pm.
- March 12, 2009: Career Day @ STM
- March 13, 2009: 3rd Marking Period Ends
- April 3, 2009: National College Fair for all Juniors
- April 9, 2009 (Thursday): Easter Break Begins @ 11:36am
 - Please make sure all travel itineraries for departure and arrival are forwarded to Mrs. Page by March 27th. This will ensure a smooth travel experience.
- April 19, 2009 (Sunday): Easter Break Ends @ 7:00pm
- April 25, 2009: Spring Spree / Alumni Weekend

From the Athletic Director:

The Winter Season is drawing to a close. All four of our basketball teams have games remaining. Our post graduate team has had an up and down season. They have five regular season games left, plus the NEPSAC Tournament. The varsity team has had a successful season, finishing second in the SENE. They have one regular season game remaining, before they head into the SENE playoffs. The JV team finishes out the regular season after break, and then they travel to Fisher's Island for their league playoffs. The thirds team has had their struggles, but the players have played hard despite the tough competition. Hockey struggled through a tough season, but the players kept their heads up and played hard throughout.

The spring season will begin on March 2nd. We have numerous teams competing on the interscholastic level. The schedules are being finalized and will be posted on the school's website soon. I am looking forward to a successful spring and I hope many parents can make it to some of the games. Listed below you will find the head coaches / activity leaders for the spring:

Varsity Baseball-	Mr. Gabe Rotman
JV Baseball-	Mr. Dan Johnson
Varsity Lacrosse-	Mr. Jon Hastings
Varsity Golf-	Mr. Jere Quinn
Varsity Tennis-	Mr. Rich Schnaidt
Track & Field-	Mr. Brad Columbus
Sailing-	Mr. Jason Tighe

Please do not hesitate to contact me if you have any questions.

Sincerely,
Mr. Don Handler, Athletic Director

Course Selections for 2009 – 2010:

Mr. Steve Davis will begin meeting with all underclassmen soon to select courses for next year. Please contact Mr. Davis if you have any questions and/or want input on the selection process. Final course selections will be mailed home in June for parental approval.

RA's for 2009 – 2010:

Over 25 rising juniors and seniors have completed the application process and will be interviewing for the positions after vacation. We expect to name the RA's around Easter break and provide them with some leadership and training opportunities this year. Thanks to all for applying.

STM on the Web:

Please visit www.stmct.org to find out more information about your son's experience. The school's website features updated athletic, academic and residential life information. Under the PARENT & STUDENT portal, parents will find a detailed school calendar, school news, dining hall menus and nutritional information, special events, and the athlete of the week announcement.

STM Attendance Policy:

Now that we are 5/8 of the way through the school year, it is important to keep the school's attendance policy in mind. The school may deny credit once a student exceeds 15 absences. Please contact Mrs. Pauline Burdick, School Registrar, if you would like to get an updated absence count on your son.

Summer Academic Camp 2009:

The 2009 Summer Academic Camp is scheduled to begin on Sunday June 29th, 2009. The five-week session is a unique opportunity for students to earn credit for courses already taken, to remediate skills in certain areas and to preview courses for the upcoming school year. The structure of the camp provides for academics in the morning and a “traditional” summer camp in the afternoon. Nightly study hall, resembling the study halls during the regular school year, is also held six nights a week. Wednesday half-day and Sunday full-day field trips are also programmed into the camp. A day-student program is also being added to this year’s Summer Academic Camp. Please contact Mr. Timothy Riordan, Director of Admissions, for more information.

From the Health Office:

This month I wanted to bring to everyone’s attention the fact that our boys have been hearing a lot of misleading information about supplements and energy drinks from the media. I would like to point out that a well-balanced diet should give most of us the vitamins, minerals, and nutrients we need. “Are you eating the right foods” is a question I ask our boys frequently.

Many of our kids skip breakfast, which we all know is the most important meal of the day. They will grab a slice of pizza with a soda for lunch and report to me later in the day that “I need the supplements because there is nothing to eat here.” I have reviewed with many of them that there are good sources of protein (see below) that if added to their diet will help them to feel full all day and give them the energy they need to get thru a work out. All are available in the dining hall daily. (they need to walk past the pizza to see them) ☺

- Lean Meats 30 + g. protein in 4 oz
- Low Fat or Fat Free Cottage Cheese 28 g. protein in 1 cup
- Tuna 22 g protein in 3 oz.
- Lean Chicken or Turkey 18-20 g. protein in 3-4 oz.
- Feta Cheese 12 g. protein in 3 oz.
- Skim Milks 8 g. protein in 8 oz.
- Low Fat Cheese Slices 7 g. protein/slice (average)
- Hard Boiled Egg 7 g. protein
- Peanut Butter 7 g. protein in 2 T. (is available upon request)
- Fat Free Yogurt 6-10 g. protein in 6-8 oz.
- Nuts 5-7 g. protein in 1/4 cup
- Whole Grain Breads 3-6 g. protein/slice

Items like 5 hour energy drinks and (new to me) Black Powder (NO₂) are being marketed to our kids in the form of get bigger faster, stay awake longer. None of these items are regulated by the Food and Drug Administration (FDA) and all contain “Proprietary blend” of ingredients. This means they do not have to disclose the amount of any one ingredient on the proprietary list.

Black powder contains both creatine and caffeine. Energy drinks are based mainly on a caffeine boost not to mention 200-300% of the daily requirements of many vitamins and minerals. The boys have been told they need to increase their fluid intake by a minimum of 64 oz in addition to what they would normally drink to help the kidneys flush out these products. I would like to share with you some of the excerpts from www.webMD.com site that discuss energy supplements.

To clarify with everyone: Black Powder, Creatine, and any other products that contain creatine are NOT be allowed on campus. I would appreciate your assistance with this matter. When we are all telling kids the same information there is less room for confusion and issues.

I realize this is a lot of information. I hope you find it useful and as always if you have any questions or concerns or comments do not hesitate to contact me in my office at: 860-859-1900 ext. 136 or via email @ lcole@stmct.org

Sincerely,

Lynn Cole, School Nurse

Contacting Faculty and Staff:

Every faculty and staff member has an email address and voicemail extension. Links to all email addresses can be found on our website- www.stmct.org. Feel free to contact your son's teachers, coaches, dorm parents and advisor.



Enclosed with this mailing you will find...:

- Your son's third marking period progress report and comments from his teachers.
- January Chancellor's Club

Chancellors Club

January 2009

Anell Alexis	Daniel
Shang Wei	Johnson, Jr.
Chen	Woo Chul Jung
Wei Chia Chen	John Kerwin
Xiaohan Chen	Jong Seo Ki
Yu-Tzu Chou	Yoon Seo Ki
Scott Delaney	Dong Hee Kim
Mark Doyle	Ryan
Irving Fayman	Klingenberg
Todd Fleming	Thomas
Nick Fournier	Kooris
Edward	Kuan-Chun
Gaffney	Lai
Reginald	Haemin Lee
Gaunichaux	Jong Ho Lee
Alvin	Sang Jun Lee
Hageman	Tae Ho Lee
Rob Harrigan	Po Cheng Lin
Alejandro	Yi-Liang Lin
Iberri	Jake Lyons
Daniel	Frank
Jackson	Marchiano
Prosper	Samuel Markle
Jeanphilippe	Matthew
	Matera

Brandon
McCalla
Remy Menard
Sang Jun Oh
Harvey
Pannell
Bryan
Philippon
Zach Pierce
Nicholas Price
Kyle Quinn
Justin
Rankowitz
Alexander
Rodgers
Matthew
Sieminski
Hsin Li Sun
Guang Chao
Wang
Chi-Yang Wu
Ki Hun Yang
Scott
Zakrzewski
Zhaoyu Zheng