

Westhill News



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Anatomy & Physiology Students Attend the 1st Annual Behind the Scenes Tour at Stamford Hospital by Marianna Paolini, Science Teacher

Have you ever wondered if TV programs such as Grey's Anatomy or House are realistic? Recently Westhill's Anatomy & Physiology students found out first hand! One class at a time, students attended a customized tour at Stamford Hospital designed to teach students the inner workings of patient care, plus expose the students to the numerous career options and paths available within the health care /medical field.

Nurse Jessica Gerrity led students on a tour of the Emergency Services, where students had an opportunity to see a Trauma room and Cardiac Trauma room. Nurse Jessica reviewed all the machines, supplies, and protocols in

place when a patient is being treated. She made a point of reviewing the differences between the TV dramas and what the Trauma team is really doing!

Did you know that a Respiratory Therapist is an integral member of every patient care team, including the Emergency room, Operating Theater or even Labor & Delivery? Think about it! You can only survive a few minutes without oxygen. Ken Pestone, Supervisor of Respiratory Care Department, reviewed education and career paths for the field of Respiratory Therapy then gave a tour of the various equipment. Students were able to test their own oxygen levels and pulse and practice using a

manual ventilator on a dummy.

With Lab Supervisor, Stacey DeBlasio, students had an opportunity to go where no patient ever goes! The hospital lab is comprised of two main sections; clinical pathology and anatomical pathology. The clinical pathology section is for blood, chemical, allergy, and bacterial infection testing. Stacey led the students through the area where blood donations are tested, separated and stored. Students got to see actual cultures of strep throat and other bacterial infections. The tour of the lab was a bit different each day. One class saw living sperm under the microscope; in the gross pathology section, students

were able to analyze different specimens depending on what was happening at the hospital that day. Examples included a twin placenta, a hip (from a hip replacement surgery), and lungs.

Manager Laura Defelice, led students on a tour of the Sleep Center where various monitors measure sleep patterns and generate data on a person being tested for a sleep disorder.

Students gave positive feedback on the tour of Stamford Hospital, as did the hospital. Discussions of various enhancements for next year have already begun. A big thank to Mary Judge, Manager Community & Health Education, who was instrumental in coordinating this extensive tour.

Latin Influence by Laura Nelson, Latin Teacher

Latin students made Halloween cards, "in Latin and English," which were delivered to the elderly at Brighton Gardens, as part of Latina Viva Community Service. The club is also planning a "Harvest Pizza Party," with a raffle.

Latin III students are making "Curse Tablets," or "Defixiones," from paper to wood, and are displayed in the Latin classroom.

Latin II students are learning about Roman Britain with their web projects.

Other activities include Latin I students creating their own "De Die Gratiarum Agendarum," or "Thanksgiving Menu," in Latin and English.

Latin IV students are completing a project on the "Cursus Honorum," or the "Steps of Honors/

Promotions," in the Roman political system.

Plans for the National Latin Exam, membership in the National Latin Honor Society, as well as for the CT State Latin Day (CSLD) in the Spring of 2014 are all in the works again.

Art in Action

By Robin Konrad, Art Department Head

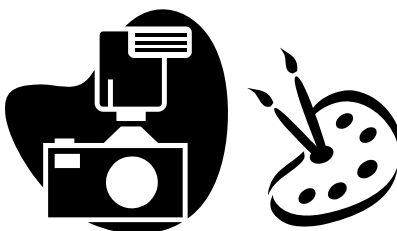
The Fine Arts Department recently welcomed visitors from Montserrat College of Art and Hartford Art School. Students considering a wide range of careers in the arts or planning to incorporate a portfolio into their Common Application, viewed presentations about multiple media programs at these schools.

Mrs. LaBonte's Computer Graphics classes are working on a project of redesigning the Westhill and Proud logo. Their "client", Principal Camille Figluizzi, will be reviewing the final designs.

Many Visual Arts students are working on their submissions to the Holiday Greeting Card Competition.

Both the Mayor and the Superintendent of Schools will be selecting a piece of artwork to use for their personal card. The deadline is November 19th.

Thanks to everyone in the Westhill Family and the larger Stamford Community for their 35mm SLR camera donations as well as many other items for us to use in the art rooms.



Recent and Upcoming Events

11/7- The Advanced Placement Art History class visited the Yale University Art Gallery.

11/12- Students taking Visual Arts, Business and/or Humanities Courses visited UCONN Stamford's Digital Media and Design Program.

11/18- Dr. D'Avella of UCONN's Fine Arts Department at Storrs will be presenting information about UCONN arts programs as well as information about portfolio preparation for interested students

12/19, 7pm- The Visual Arts Classes will be putting up a small art show for display during the evening Winter Concert. Hope to see you there!

Opportunities for Student Achievement

By Christine Wheeler, English Department Head

Writing Center is a senior elective designed to support student achievement in writing. Writing Center seniors are available daily for extra help; students from all grades can drop off their essays for written feedback. In addition, on 'A' Days students can schedule an appointment with a Writing Center consultant for one on one support. This year Writing Center students are also pushing into English classes to provide extra help during class time. Writing Center is taught by Mrs. Brown and meets in Room 219

The **Humanities Resource Center** is a wonderful new academic support center for Westhill students! Staffed by members of the English and Social Studies Departments, Humanities Resource Center is a place where students can go to make up work *and* obtain extra help in reading, writing, and test preparation. Humanities Resource Center is located in Room 426 and is available with a pass from a teacher.



The Hillside Muse, Westhill's own literary magazine, is back! Students interested in joining *The Hillside Muse* should contact Mr. Von Wahlde in Room 216.

Students who are interested in being a part of our award winning newspaper, **The Westword**, should contact Mr. Von Wahlde or Mr. Wooley in Room 224. This year, **The Westword** is continuing to publish a print edition **and** an online edition of the paper!

Healthy Bodies, Healthy Minds

By Camille Quattrocchi, Health and Physical Education Department Head

The Westhill Fit Club meets every Monday, Tuesday and Thursday in the Fitness Center from 2:20-3:20. We have a state of the art fitness center that was funded by the Stamford Hospital Foundation through generous grants from the community. Students are welcome to come as often as they like and are



encouraged to bring a friend. Certified staff will be available to help each student plan an individual fitness program to best meet their fitness related goals. This is a free and fun way to get healthy, meet new people and get fit. Bring water and a towel. Any questions contact Camille Quattrocchi at 203-977-4238.

Fall Sports Highlights

By Michael King, Athletic Director

The cross country teams had a strong 2013 fall season with Claire Howlett leading the way. She had tremendous performances in the FCIAC, State LL and State Open meets finishing second in all three.

The girls' swim season was highlighted by a great performance in the FCIAC meet. Erin Gray finished 3rd in the 100 Fly and 10th in the 200 IM. Jaclyn Conte finished 10th in the 100 Breast Stroke and 11th in the 50 Free. The diving meet was all about Westhill with Rachel Burston repeating as champion and Lauren Cunningham finishing 5th. The team competes at the State LL championship meet at 6pm on Tuesday, November 12th and at State Opens at Yale on Saturday, November 16th

The girls' soccer team finished the regular season 10-5-1. They had a big win over Darien in the FCIAC Tournament before falling to Wilton in the Semi-Finals.

Finishing the regular season at 6-5-5, the boys' soccer team is looking for a strong performance in the State Tournament.

The field hockey team had one of its strongest years. They finished the regular season 7-8-1 and qualified for both the FCIAC and State Tournament.

The football team beat Danbury in exciting fashion scoring 13 points in the final three minutes of the game improving their record to 4-4. Catch the highlights at:

<http://www.hudl.com/team/13502>.

Call the Westhill Sports Hotline at (203) 977-5705 for up-to-the-minute news on athletic events.

Upcoming Events

Spirit Week

Mon 11/25 - Wed 11/27

Monday – Color Wars

Seniors–blue, **Juniors**–red,

Sophomores–green,

Freshman–yellow

Tuesday – Celebrity Impersonation

Wednesday – Spirit Day

Homecoming Dance

Wednesday November 27th 7-

11pm \$10 pre-paid, \$15 at the door- Seniors who paid for their dues prior to November 27th will receive half off prices of \$7 and will be entered to win a chance of getting 2 free prom tickets

Homecoming Football Game: Thursday, November 28th 10:00am- WHS



As the
northern lights hover in the star-filled sky above,
Almost's residents
find themselves falling in and out of love in unexpected and
often
hilarious ways.

Almost, Maine

By John Cariani

Place: 125 Roxbury Road, Stamford, Westhill High School, in the Main Auditorium

Dates: Friday, November 15th, Saturday, November 16th, Friday, November 22nd, and Saturday, November 23rd

Time: 7:30 p.m. to 10:00 p.m.

Cost: Students - \$7.00 | Adults- \$10.00 | Seniors- \$7.00

Guiding Students Along

Submitted by Carole Deluca, Guidance Department Head

- PSAT's were given to all 10th and 11th grade students on Oct. 17th
- A Celebration Breakfast honored all Westhill High School Advanced Placement Scholars. Westhill had the largest list of AP scholars in all of Stamford.
- The Success Program has begun again this year. Anyone interested in Success tutoring, please see Ms. Telesco in Guidance.
- Financial Aide night was a great success with close to 300 parents attending.
- College Fair Night on Oct.24th was a great success. Over 150 colleges and universities were represented.
- Parent Volunteers are busily working in the career center. We are looking for additional parent volunteers for new committee. If you can help out, please call the guidance department.
- Michelle Supple is out on leave. We are pleased to announce that Mrs. Orquidea Sanso has come out of retirement to complete the year with Mrs. Supple's students.