

Cable Connections

CABLE ACADEMIC & VOCATIONAL EDUCATION CENTERS

Accredited by NEASC New England Association of Schools and Colleges

2ND ACADEMIC QUARTER
2019-2020

SCHOOLS NEWSLETTER



CAVEC Graduations are very important, emotional, uplifting and encouraging ceremonies. The event is well attended by many in our school community that have touched the lives of our students - past and present, inside and outside of the classroom! We thank everyone involved that has helped our students be successful! On January 8, 2020, a moving Graduation and Achievement Day was held in Litchfield for both schools. We support and celebrate graduates in the class of 2020 who have earned their very own high school diploma.

Bristol CAVEC

- ◇ **Aaliyah O.**, Bristol
- ◇ **Kelly R.**, Plymouth
- ◇ **Faith S.**, Bristol

Litchfield CAVEC

- ◇ **Sael B.**, Bristol
- ◇ **Krandon G.**, Winchester
- ◇ **Jacob M.**, Bristol
- ◇ **Nashire P.**, Stratford
- ◇ **Reuben R.**, Torrington
- ◇ **Jeremiah W.**, Bristol

CULINARY ARTS

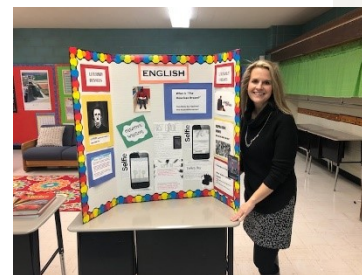
Here at CAVEC Bristol we have been very busy in culinary! This past summer and fall we had the opportunity to grow our own veggies in the garden which we then used to prepare foods for lunch "farm-to-table" style. Some of our favorites were roast acorn squash, salads, and zucchini fries to name a few. In September we prepared pulled pork for the Zion Lutheran church soup kitchen, and have even reached out to another local charity (Agapi house) to begin sending over meals to help feed those in the community in need. We had our family-style Thanksgiving feast where we roasted two large turkeys with all the fixings! This year our Christmas time holiday meal was combined with our open house which was a great success! We had students, staff, and family all together touring the school and classrooms meeting each other and checking out what each class is working on. The culinary class put together a fabulous standing rib roast dinner ("prime rib") with all kinds of appetizers, sides, gravy, and desserts. It was such a warm gathering with everyone enjoying a great meal with a close school community! I would like to give a special shout out to Willow for the amazing job she did trimming and tying the beef rib! As we move closer to spring we will be planning what kinds of vegetables we will plant this year and what kinds of meals we can make both for us, and for the soup kitchens that we help in the community. Until next time! -Mr. Litos and the CAVEC girls culinary team



INTEGRATED ENGLISH

Students in Integrated English have been engaging in a variety of activities designed to enhance their reading, writing, and communication skills. Students are reading various genres of literature and identifying the literary devices authors use to enliven their writing, namely imagery, symbolism, and point of view. The use of suspense in literature has been studied through Edgar Allan Poe's poems and short stories.

Our CJR Bristol girls are exercising their creativity and improving their writing skills through weekly writing prompts. Students have responded to such topics as childhood memories, inspirational women, and their dreams for the future. All in all, our girls are off to a productive start to the new year in English!



-Ms. Bartok,
Integrated
English & Math

AMERICAN STUDIES

Happy New Year and congratulations to our January graduates! CJR Bristol students enrolled in American Studies have kicked off the year continuing their studies of United States history and have been examining issues of early American history and evaluating connections to modern times. Students have examined current events through newspaper, magazines, and social media to understand different perspectives, and how to identify "fake news." By weighing current issues against historical events, our students have inferred where our country is going, what countries stand behind us, and how we change as a nation. Students have been following the Democratic primaries unfold and identifying how politics will affect us as citizens and what it means for our economy and our status around the world. As we progress into 2020 we hope to see our June graduates working tirelessly to get that diploma!



SCIENCE

Students enrolled in science have experienced a new type of class, fortified with the Next Generation Science Standards (NGSS). Students conduct research in a lab-type setting and not only develop and test hypotheses, but stimulate new ideas by adapting the lab and conducting new experiments to understand and apply concepts being taught. Students have engaged in scientific experiments that have induced physical and chemical changes, created and broke bonds, and manipulated objects to test density and buoyancy. The upcoming marking period will see students influence changes in matter and study the dynamics of motion.

-Mr. Hall, American Studies & Science

Physical Education- In physical education the girls have participated in boxing, kickboxing, basketball, badminton, corn hole, table tennis, and variety of strength building activities. The girls also enjoyed improving their cardiovascular endurance by taking a walk outdoors and improving

their flexibility through yoga. A few of the girls have also taken on a high interest in Mindfulness to help them improve their ability to stay focused on the present and not get stressed over the past or future.

Wellness- In wellness at CJR in Bristol we are currently covering a wide variety of topics to help students with their post-secondary planning. The students have learned important interview skills, how to create a resume, and how to create a cover letter. The students have also partaken in many team building and leadership opportunities to improve their ability to work with others in and out of the school environment. The girls seemed to really enjoy the team building activities and were highly motivated by the element of competition.

-Mrs. Kerr, Physical Education & Wellness

PHYSICAL EDUCATION & WELLNESS

Creative Art



This is truly another exciting year for the Art students at CJR. The students at all three sites have found new and improved ways to express themselves through various creative processes. Co-teaching with the Graphic Arts instructor in Litchfield creates an opportunity to begin Introductory Photography lessons. Our ventures began with the construction of pinhole cameras and the experimentation of negative development. Students in the REGIONS program are enjoying art projects

that combine resources between STEM, Woodshop and Construction class; the projects range from beautifully painted CNC plaques to marketable embellished speakers. Students in Bristol are currently invested in clay hand building techniques and rehearsing scales on the piano with help from the Director of Special Education Dr. Haggis.



All three sites had the opportunity to participate in the 2020 Calendar Contest, and their submissions have created a gorgeous selection to look forward to and reflect on for the rest of the school year.

~ Ms. Alessi, Creative Art

Graphic Arts

This school year we are trying something different here at CJR, we have been crossing curriculums within the Art and Graphics classes for the first three periods of each day. Overall things are going pretty smooth, students have adapted well to Ms. Alessi and me co-teaching on a regular basis. We have been offering a variety of projects, giving students their choice to alternate between the Graphics room and the Art room. Some of the topics we have covered are various types of drawings, ceramics, pottery, Photoshop, painting, and simple photography. It has truly been a pleasure working with Ms. Alessi and all the students I wouldn't have otherwise worked with, and I am looking forward to building on what we have started.

As for our Graphics classes, it has been a year of trial and error. The students have been introduced to some newer equipment. In the past, we made all of our negatives in the

darkroom on a vintage Kodak camera before creating and developing analog plates by hand. Today the Graphics room uses a digital plate maker which allows us to skip all the dark room techniques. This process saves time while improving the quality of print. Students are starting to work more comfortably around this new equipment allowing us to begin running tests of four color process printing. Also saving us a little time while

printing items, is our newer two-color offset printing press. We now have the ability to print better looking halftones, trap multiple colors, and print on coated stocks.

~ Mr. Clark, Graphic Arts



AGRICULTURAL SCIENCE

The year got off to a fast and busy start in Agricultural Science. The students were immediately involved in second cut hay production and harvested over 700 bales of the valuable crop.

Preparations were being made by all classes for our farm market opening which coincided with the "Cars for Kids" event in October. Many bushels of decorative fall produce were harvested and several dozen pumpkins were picked to stock the market for fall weekend sales. Near record sales were achieved during the four weekend openings in October.

The students were instrumental in caring for the cows that gave birth from September to December, as well as their new calves. Two heifers and three bulls were born during these months. Two of these cows were new additions to the CJR herd, and our new Hereford cow named Katie may become our latest elite donor cow for the CJR embryo program. Currently we are anxiously awaiting the birth of an Angus calf by Raindance, the \$450,000 bull from the iconic Schaffs Angus Valley Ranch in North Dakota.

We continue to market and produce firewood throughout the winter, and, as always, this is still one of the most popular parts of the Agriculture curriculum. One of our advanced students is currently doing research which will impact an exciting purchase this spring. Agricultural science will be adding a new tractor to the program as an essential part of the day to day operations at the farm.

Reproduction strategies are being implemented for both the cattle and pigs which will bear offspring in the late spring and early fall.

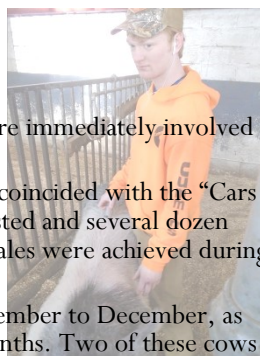
At our January graduation ceremony we said so long to one of our most accomplished agricultural students, Jacob M. Jake took many Ag classes during his time at CJR and became a very skilled and committed student during those classes. He was a past winner of the Sue B. Hart award for Excellence in Agriculture and we will miss him and wish him the best for the future.

We are proud of our collaborative efforts with all the other vocational areas and there have been many. Working together and sharing our talents as staff and students makes us unique, effective, realistic and sets a great precedent for others to follow.

It is hard to believe that the year is half over, we are happy with the progress of each student and look forward to all of their accomplishments that lie ahead. The advanced students have done a very good job setting the example for the new and younger students which has helped cultivate their success. Continued success will be the residual effect of hard work and preparation. I believe this group will strive to improve in both areas and realize their individual potential.

"No Farms, No Food"

~Mr. Elwell, Agricultural Science & CJR Farm Manager



Plant Science



Hello from the plant science class! Students during this time have been working on a variety of responsibilities on the farm. School started off with our fall harvest and opening of the farm stand providing beautiful fall mums, flowering cabbage and kale that was cared for daily by students. An array of varieties of pumpkins, gourds and winter squash were enjoyed by many visitors to the farm stand. Students also planted and cared for our giant pumpkin that takes a lot of growing time to achieve such a heavy weight. This year we had a new CJR record pumpkin weighing in at 794 lbs.! Late summer is time to plant our poinsettia crop in preparation for our holiday sale. Starting after Thanksgiving, our holiday sale offered syrup, wreaths and center pieces for all to enjoy during this season. Aquaculture production is very strong with adult and baby tilapia doing well and we

work harvesting our own fish. Winter greenhouse production has a variety of plants growing, from succulents to flowering tropicals, and focuses on the different ways to successfully propagate them.

As always, thank you for taking the time to enjoy all the wonderful things CJR offers to our students on a daily basis.

See you on the Farm!

~ Mr. Budny, Vocational Instructor



Wood Technology



Once again the lead up to the holiday season was a very busy one in the Wood Technology shop. Many students were busy making the best gifts of all, personally made gifts. The students continue to be well versed making our "famous" Adirondack chairs, always a favorite.

This year many students found a new favorite project, a Jordan Box.

This is a over sized shoe box with a shelf and a pull out drawer for sneakers that is painted to look like an actual Nike shoe box. As we enter the third quarter, the students and I start looking forward to hopefully an early spring and the projects that coincide with the season. I look forward to working with my current students and the new students who enter the shop for the first time.

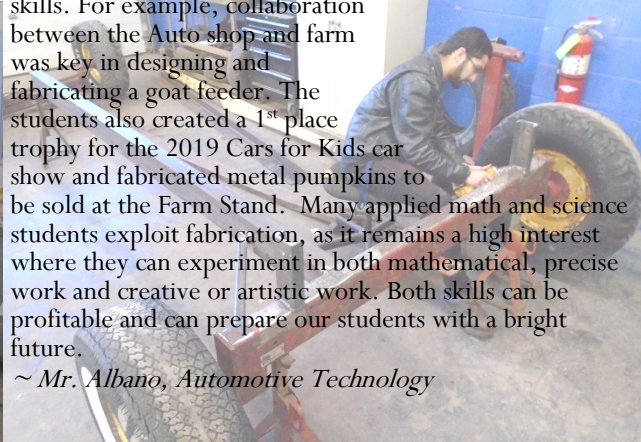
~Mr. Sawoska, aka "S", Wood Technology



The Auto Shop has taken a strong focus on welding, investing in new welders that will get the students ready for real world applications. There have been several projects from the farm and around the school that required student creativity and welding

skills. For example, collaboration between the Auto shop and farm was key in designing and fabricating a goat feeder. The students also created a 1st place trophy for the 2019 Cars for Kids car show and fabricated metal pumpkins to be sold at the Farm Stand. Many applied math and science students exploit fabrication, as it remains a high interest where they can experiment in both mathematical, precise work and creative or artistic work. Both skills can be profitable and can prepare our students with a bright future.

~Mr. Albano, Automotive Technology



Automotive Technology

Integrated English

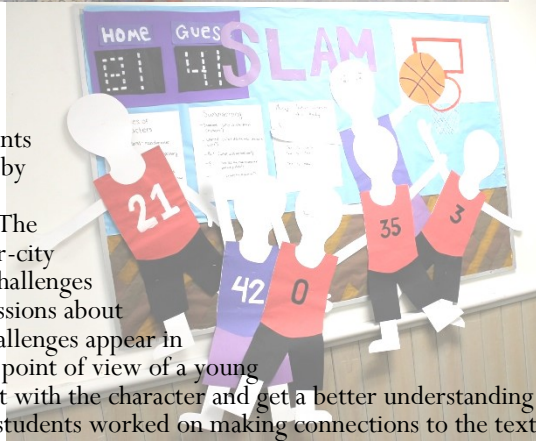
During the first half of the year, Integrated English students turned into bookworms while reading the novel "Slam!" by Walter Dean Myers. This novel is set in the 1990's and focuses on a high school student, Greg, who lives in the The Bronx, and has the opportunity to transfer from his inner-city school to an arts magnet school. Students followed the challenges that Greg faced in his new school and shared many discussions about cultural diversity, racism, and poverty and how these challenges appear in our lives today. Reading a novel that is written from the point of view of a young man about their age helped the students to really connect with the character and get a better understanding of these important social issues. Throughout this novel, students worked on making connections to the text and to the characters, as well as discussing character traits and how they contribute to the story.



Integrated English students have also been working diligently to improve their writing skills. Students have been bringing their love of popular music into the classroom in order to look at figurative language and other poetic devices. While listening to different songs and looking at the lyrics, students have been able to pick out different uses of figurative language and determine their literal meanings. Can you imagine what music would be like if an artist did not use any figurative language at all? These students can! They are working on summarizing the meaning of different songs in literal terms and realizing just how short and mundane these songs would be. As

the unit progresses, they will be turning into musicians themselves and writing their own lyrics using exciting and interesting figurative language!

~Ms. Brown, Integrated English



CNC Construction & Creative Arts

CULINARY arts

we also acquired a new (to us), 4-door industrial refrigerator. This helps us to be more organized and creates a nice work flow in the kitchen/classroom.

We learned different holiday dishes such as lasagna, baked ham, and potato pancakes. We had fun baking holiday cookies and desserts such as Italian Christmas Cookies, gingerbread men and gingerbread houses. It seemed as though we could not bake enough toll house cookies to keep up with everyone's love for them! We also learned about the art of making cookie platters and designing our own holiday patterns that were enjoyed by the whole school during the Holiday Season!



MUFFIN MONDAY! Ask any Culinary Arts student here at Litchfield CJR and they will tell you that every Monday in culinary is Muffin Monday! That's when we learn a little bit about production baking, as we bake muffins for all the students each morning to be enjoyed at our daily morning announcements.

We talked about different concepts and culinary terms such as Mise en place and mirepoix.

We learned about the importance of communication for safety reasons. To use our voices: Hot Stuff! Behind You! Oven Open!

Breakfast cookery has been a huge part of our learned skills. The incredible, edible egg is something we spent a lot of time on. High in protein, inexpensive, long shelf life, easily acquired, tastes good and is so versatile. It has been said that all the pleats on a chef's hat represent all the different ways you can cook an egg?

The kitchen classes are one big Family and we learn to take care of each other and have fun and to nourish our bodies, minds and souls with food and friendship!

Most of all we learn Respect! We Respect ourselves! We Respect each other and We Respect our surroundings!

~ Mr. Yasmer, Culinary Arts



Mathematics

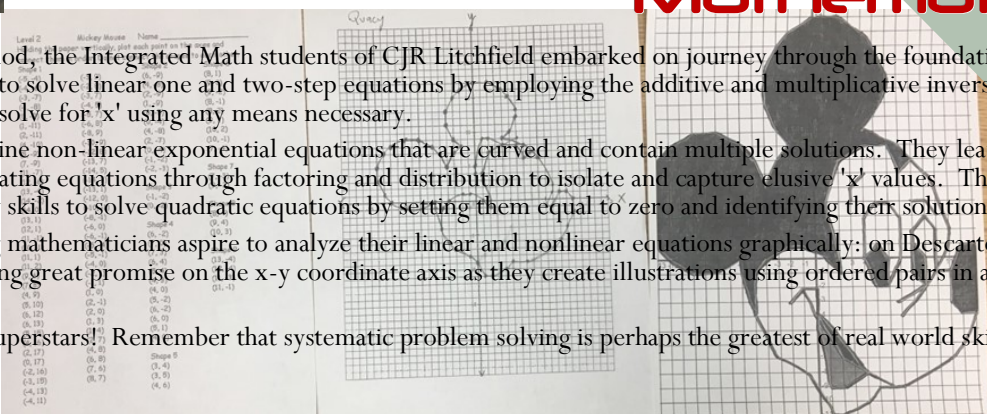
Throughout the second marking period, the Integrated Math students of CJR Litchfield embarked on journey through the foundational world of Algebra. Students learned to solve linear one and two-step equations by employing the additive and multiplicative inverse, and learning to improvise and creatively solve for 'x' using any means necessary.

The students then advanced to examine non-linear exponential equations that are curved and contain multiple solutions. They learned invaluable math concepts of manipulating equations through factoring and distribution to isolate and capture elusive 'x' values. The students finished the unit by testing their new skills to solve quadratic equations by setting them equal to zero and identifying their solutions.

This third marking period our young mathematicians aspire to analyze their linear and nonlinear equations graphically: on Descartes' famous Cartesian Plane. Students are showing great promise on the x-y coordinate axis as they create illustrations using ordered pairs in an exciting collision of math and art!

Congrats on your hard work, CJR Superstars! Remember that systematic problem solving is perhaps the greatest of real world skills that I hope you apply after graduation!

~ Mr. Fermo, Mathematics



CONSTRUCTION & DRAFTING



Right before Christmas(winter) break students completed the project house. They installed floors, window trim and painted. Once the house was completely finished, we started taking it down to make room for the new project house. Safely removing cabinets, windows, trim and other reusable parts is how we began deconstruction. Then the fun begins; breaking drywall, knowing it does not need to be repaired, is one of the students' favorite things to do. Taking down walls and removing nails is also a lot of fun.

After the teardown is complete, students will build a new project house from a set of plans designed by the student who is chosen by his classmates.

The Computer Numerical Control (CNC) machine is a welcome addition to the classroom. It gives students the opportunity to turn their work on computers into real projects that can be taken home. The CNC machine runs almost every day cutting everything from furniture parts to signs.

~Mr. Ouellette, Construction & Drafting



Adolescent Male Intermediate Residential

As the third marking period commences, we are continuing our study of the United States Constitution and the responsibilities of citizenship in our American society. Geometry and algebra, as well as fractions and decimals, will be learned and reinforced in mathematics class. In addition, we are and will be working on a unit dealing with the basic banking procedures, including, but not limited to, savings and checking accounts, mortgages and credit cards.

Our Language Arts curriculum will continue to focus on writing, reading comprehension skills, vocabulary and daily writing assignments. Our Integrated Science class focuses on basic science topics ranging from scientific measure, mitosis, vegetative propagation to fertilization and more.

Our students also excel in their trade classes including Wood Shop, Culinary Arts, Auto, Graphics and Fine Arts, and Construction. Physical Education is also a very welcomed class each day! The young men truly enjoy the time spent in these classes and produce some fabulous projects! We applaud their hands-on skills!

~ Ms. Silano, A.M.I.R. Academics



CJR DCF Residential Program



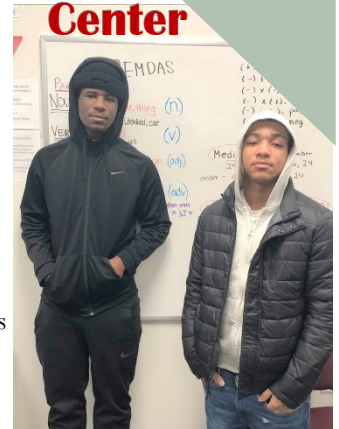
How quickly the first marking period has gone by! Students are making great progress in academics as well as vocational classes. In **Science** we have been researching how genetic information is passed from parent to offspring and the advantages and disadvantages of each type of reproduction. In **American Studies** we have been exploring and developing an understanding of the concept of Citizenship and identifying the benefits and responsibilities that go along with it. **Math** class has us working in groups using the mathematical steps

of PEMDAS (Please Excuse My Dear Aunt Sally) to solve mathematical expressions. This is a challenging classroom favorite. Students are participating in vocational classes that include Culinary, Wood Shop, Construction, Art, Auto and Physical Education. Many beautiful Adirondack chairs and wall plaques have been created by the students. Time spent in these classes is truly enjoyed and some fabulous projects are produced. Both TRAC and CJRRP students have been busy with home sessions, Job Corp., job interviews, recreational outings with staff, along with an extended school vacation for the holidays. This has been a busy quarter for both programs. We look forward to spring and to continued academic success!

~ Ms. Stevens, TRAC Academics/CJRRP Academics



Therapeutic Respite Assessment Center

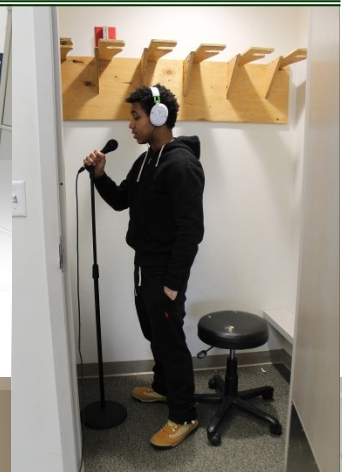
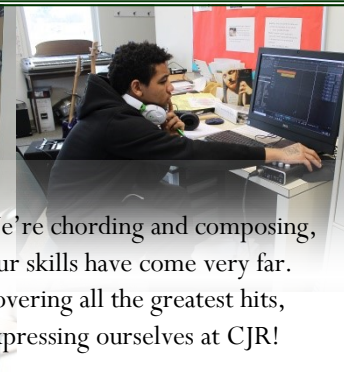


Music

One Christmas concert later,
And a fall full of music jam,
CJR's feeling the rhythm
Rocking beats and poetry slams.

We've made a recording studio,
We've learned to make the beats.
Now we're freestyling and writing,
All the next hits on the street.

We're chording and composing,
Our skills have come very far.
Covering all the greatest hits,
Expressing ourselves at CJR!



~Ms. Slaney, Music



Library

Books! Books! Books!

A new collection of books has been created in Mendenhall with both fiction and non-fiction titles. While getting a hands-on preview, our Middle School students were a great help unpacking and shelving the books.

They also did a great job contributing to the *CJR Chronicle*, their own student newsletter complete with assigned editorial staff. It is filled with interviews, predictions and other news.

Good at estimating?

All CJR students are invited to estimate the number of books on the shelves in the main school library.

Who will come the closest?

(shhh: 2690)

~ Ms. Henderson,
Librarian



American Studies

We have been very busy in the American Studies classes. In an effort to prepare the High School and Middle School students to be active citizens, we have focused on Citizenship and American Government. We started the school year off by developing an understanding of what active citizenship can look like and we discovered the different paths to citizenship in America. In the fall we re-discovered our New England roots by examining the events that led up to the Revolutionary War. We examined the list of grievances that the colonists had with the British government and considered their impact as part of the Declaration of Independence. We identified the persuasive elements of the U.S. Constitution and researched some of the compromises that were made in order to draft a

Constitution that would meet the specifications of both the Federalists and the Anti-Federalists. Our fall semester ended with a closer look at the Bill of Rights. We examined some past Supreme Court cases and applied the Court's findings to current events.

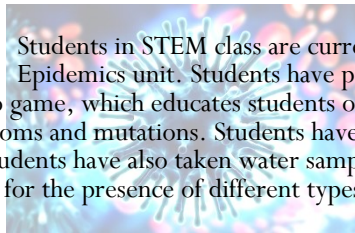
~ Mrs. McCloud,
American Studies



S.T.E.M.

Students in STEM class are currently working on our Diseases and Epidemics unit. Students have participated in a variety of exciting activities including our Pathogen simulator video game, which educates students on the way pathogens spread through different modes of transmission, symptoms and mutations. Students have studied the differences between Bacterial, Fungal, Viral, and Parasitic diseases. Students have also taken water samples from the CJR pond, transferred them to petri-dishes and incubated them to test for the presence of different types of bacteria in the water.

influenza



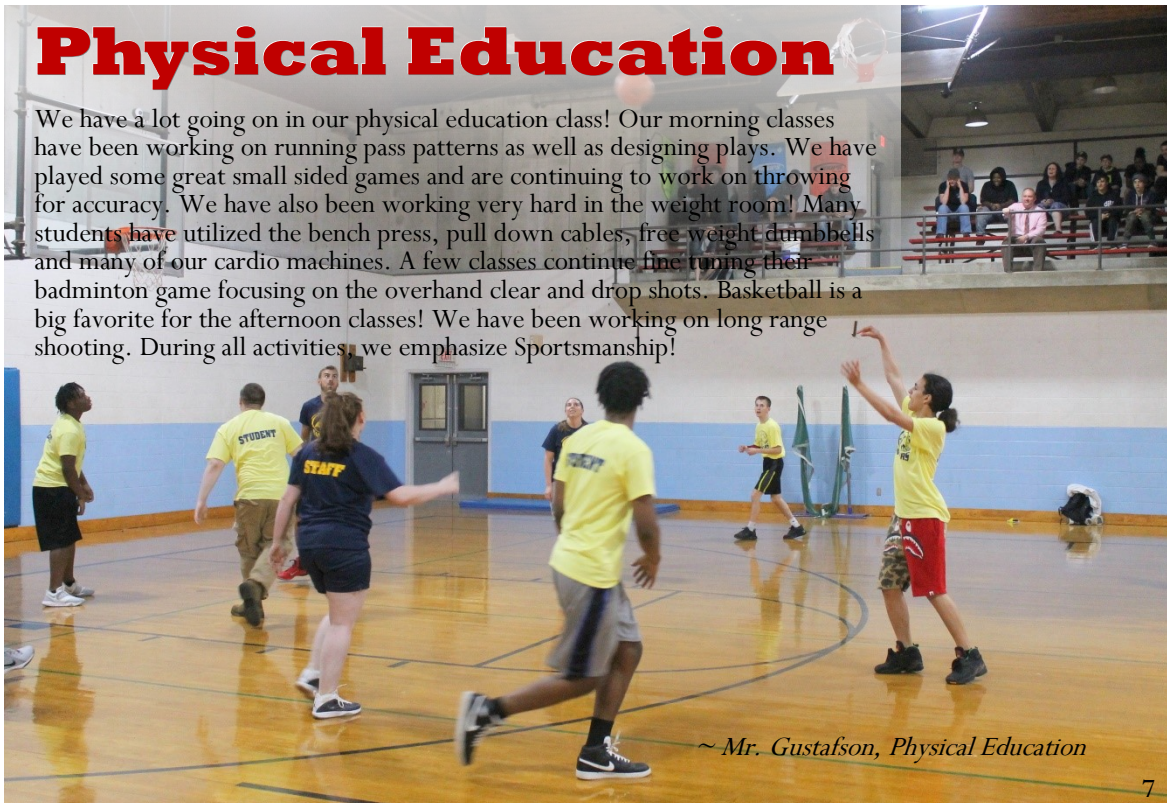
coliform bacteria



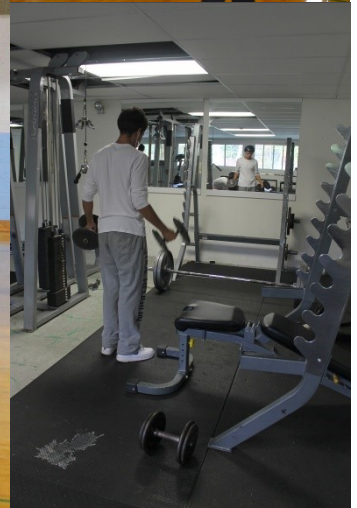
Science <> Technology <> Engineering <> Mathematics

Physical Education

We have a lot going on in our physical education class! Our morning classes have been working on running pass patterns as well as designing plays. We have played some great small sided games and are continuing to work on throwing for accuracy. We have also been working very hard in the weight room! Many students have utilized the bench press, pull down cables, free weight dumbbells and many of our cardio machines. A few classes continue fine tuning their badminton game focusing on the overhand clear and drop shots. Basketball is a big favorite for the afternoon classes! We have been working on long range shooting. During all activities, we emphasize Sportsmanship!



~ Mr. Gustafson, Physical Education



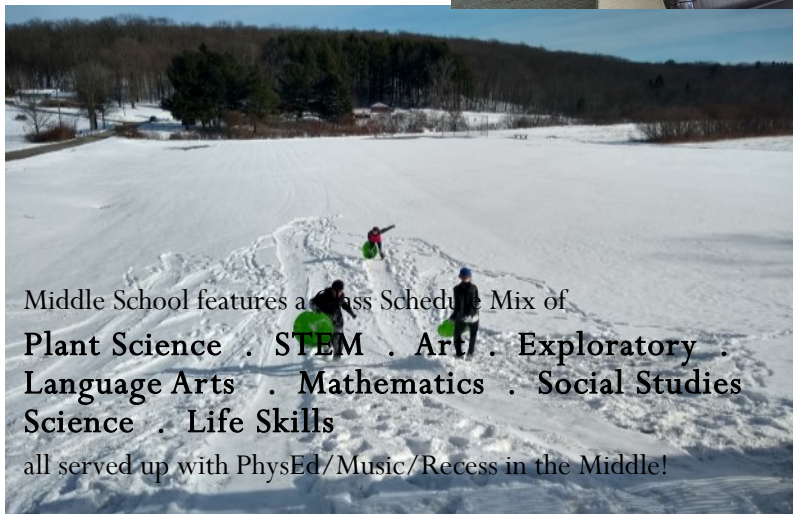
Life Skills

Life Skills incorporated into our curriculum include:

- ◇ Kitchen Rules
- ◇ Housekeeping
- ◇ Plant Care
- ◇ Social & Emotional Learning
- ◇ Internet and Phone Etiquette
- ◇ Self Expression
- ◇ Traffic Signs and Signals



~ Middle School Teachers, Counselors and Assistants



Middle School features a Class Schedule Mix of
**Plant Science . STEM . Art . Exploratory .
 Language Arts . Mathematics . Social Studies
 Science . Life Skills**

all served up with PhysEd/Music/Recess in the Middle!

CABLE

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Litchfield Campus



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James K. Obst, *Director of Education and Student Services*

If you have any questions, concerns or suggestions regarding your child's education, always feel free to contact me at 860-567-9423 ext. 211 or at jobst@cjryouth.org or CJR's Director of School Operations, Christopher Cook, at 860-567-9423 ext.269 or at ccook@cjryouth.org or CJR's Director of Special Education, Linda Carabis, at 860-567-9423 ext.289 or at lcarabis@cjryouth.org or CJR's Director of Curriculum and Instruction, Matthew Budge, at 860-567-9423, ext.287 or at mbudge@cjryouth.org

Transition Services

Northwestern CT Community College

Justin K., Josh K. & Tom W. cooperatively put efforts in to attend NCCC's High School Partnership program for college course credit.

Courses enrolled in include:

- ⇒ English Composition
- ⇒ Economics
- ⇒ Intermediate Algebra
- ⇒ U.S. Government
- ⇒ Introduction to Software Applications



We also have students practicing online for scheduling and taking driver's permit tests, building resumes, and for researching and applying for gainful employment.

thenextstreet.com/permit-practice-test
resumebuilder.org



Welcome New Students!

Litchfield: Angel D-RC., *Hartford* . Roan F., *Region 7*
 Shawn H., *Hamden* . Paul L., *Watertown*
 Marcus M., *Winchester* . Dylan N., *Bridgeport*
 Naseem R., *Independent* . Robert S., *Bristol*
 Devin S., *New Haven* . Quaran S., *Waterbury*

Welcome New CAVEC Staff!

Litchfield: Mrs. Tracy (Anderson) Kerr, *Guidance Counselor*

Mission Statement: To provide all students with a supportive educational environment which nurtures their ability to maximize their individual potential and strengthen their social and academic experiences, now and throughout their lifetimes.

Bristol Campus



30 Pleasant Street
 Bristol, CT 06010
 860-845-8010, x.200 main
 x.201 Dr. Haggis, Director of Special Education

