



Holicong Distance Learning

Daily Announcements

- ✓ [Holicong Distance Learning Page](#) – Link to Holicong Distance Learning Page with links to all Holicong & CBSD information & updates.
- ✓ [Distance Learning – Daily Announcements](#) – Link to running list of Daily Announcements during the school closure.
- ✓ [School Closure News & Updates](#) – Link to CBSD Website for updates, FAQ's, and Technology Support.
- ✓ [Morning Show: Week of 6/8](#) – A link to the Morning Show for the week!

Holicong Community – We made it! Regular classes are officially over, and the last two days of school give you an opportunity to enjoy the end of the year in your grades & teams! We would ask you to take note of this week's Advisory challenge and this is one for the family. You could do this as a journal or family plan where you keep the letters to open 5 or 10 years down the road to look back upon together one day!

- ✓ [Freshmen Slide Show](#) – Thanks again to Kaitlyn B. for that awesome trivia game and to Gabby P. & Katlyn W. for putting together the slide show – this was an arduous task and it came out great...so fellow 9th graders please reach out and thank them!
- ✓ **Item Return & Retrieval** – We would be remiss if we didn't thank the teachers & staff who helped yesterday. As those of you who came early know, the skies opened 10 minutes in which made this...not as much fun! But seeing the kids made up for it! A reminder we are there from 12:00 – 3:00 (detailed and map attached). One note that was very helpful – many of you put a post-it/label with your name & name of the teacher on your returned books. This made our job much easier so if you haven't come yet and could do that...it would be very much appreciated!
- ✓ [Romig's Remix](#) – Ms. Romig recorded one more "name that tune" to end the year. A special thanks to her for doing 12 (that is how many weeks it has been!) of these for us. For this week – no need to email her the winners, but you can do a family competition and the loser has to do the dishes!

Friday, June 12th – B Week – "National Flip Flop Day"

- ✓ **Today's Schedule:** Advisory Activity, Work Time, Independent Reading
 - **Friday – CHALLENGE:** Write a letter to yourself as a celebration of the way things were and the way things might be in the future in your own life. Choose from the following topics and then write about them in the letter to themselves. **Suggested topics:**
 - What was great about 2019-2020 school year?
 - Do you think you changed over the last year? How?
 - What are your favorite and least favorite things? Think food, colors, clothes, hobbies, sports, music, classes, etc. - Do you think you will change over the next year? How and in what ways? –

- Do you have any predictions about the next year? If you could give your future self one piece of advice, what would it be?
- ✓ **Friday Chuck Norris Fact:** Chuck Norris once went skydiving but promised never to do it again. One Grand Canyon is enough!
- ✓ **HAPPY BIRTHDAY to...Wesley Meyers, Benjamin Fulton, Dany Niro, Graham Smith**
 - ***This Weekend's Birthdays***
 - **Saturday** – Christian Kirkpatrick
 - **Sunday** – Erin Suter, Blake Quinn, Avery Donahoe
- ✓ **Mr. Canelli's "Trivia of the Day":** Michael has some coins in his pocket consisting of dimes, nickels, and pennies. He has two more nickels than dimes, and three times as many pennies as nickels. How many of each kind of coins does he have if the total value is 52 cents?
 - **Answer to Thursday's trivia:** Oranges cost 15 cents each; lemons cost 10 cents each
- ✓ **Quote of the Day:** "You don't have to be great to start, but you have to start to be great." – Zig Ziglar

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Thursday, June 11th – B Week – "National Corn on the Cob Day"

Holicong Community – To our students...you made it! Please enjoy your last "official" day of classes! Please don't forget to reach out to your teachers over the next few days and as you have seen from the calendar & emails...we are not done yet! Please make sure to check these announcements for end of year events the next today, tomorrow, and Monday!

Today's Special Events

- ✓ **12:00 PM – [9th Grade Slide Show & Holicong Trivia](#) (Private Live Team Event):** For 9th Grade Students Only! Please click on the link to enter this "end of the year" event!
- ✓ **1:00 – 3:00 PM and 5:00 – 7:00 PM – Student Item Retrieval & Return:** Please see the attachment and pay special attention to the dropoff locations and entrances & exits. You should see the following staff (and others) at the locations with our "hostess stand/movable podiums" waiting for you to pull up!
 - **7th Grade** – Bus Platform (Mrs. Loftus & Mr. Canelli)
 - **8th Grade** – Back of school by cafeteria (Mrs. Louderback & Mr. Rittenhouse)
 - **9th Grade** – Front of school...the "H" (Mrs. Loughlin & Dr. Shillingford)
- **Note 1:** Please remember to take a second look around your room and under the bed and bring back any items you need to return! We do hope the weather holds off but if it rains please be patient as things may take a little longer...but will still be a "stay in the car situation." We do have several items that were left in various places and could not identify by student or grade...we will have these at the bus platform but will also hold onto them for later as well!

- **Note 2:** The Pollack family is doing a “book drive” to supply a library for young students in Africa. We will have a spot at each location if you would like to donate any books in good condition & appropriate for teens & adolescents.

Announcements & Updates

- ✓ [9th Grade Music Celebration & Awards Ceremony](#) – This is the video from last night’s Live Event. It was an awesome event and one of the first to look back at how far you all have grown (literally and figuratively) in 3 years! This is also posted on the [9th Grade Website](#).
- ✓ **Cookoff Winners** – Thanks to the F & CS students for participating in the “dessert cookoff competition.” I would happily eat any of the ones submitted but congratulations to our “Top 3” finishers (pictures attached)!
 - **1st Place:** Owen Frenia
 - **2nd Place:** Syan Arora
 - **3rd Place:** Susanna Imperato
- ✓ [Congratulations to Nick Bitsko](#) – Nick was drafted 24th in the first round of the MLB last night! As we note on the video page (has the live pick – thanks Mr. Hepler!) we are proud of him and happy for him and his family...but selfishly waiting for a trade to the Phillies soon!
- ✓ **Parent Portal Opens:** Final Grades will be available for all students. Please see the email from Sunday with the Q & A & regarding how the report card will look this year. Based on the update in the portal, teachers were not able to add comments...but hope that you know how they feel based on your interactions “live and virtually” throughout the year!
- ✓ **Today’s Schedule:** Period 7 & Open Block
 - **11:00 – 12:00:** Food Distribution at Stover Street & Russert Drive
 - **Thursday Advisory – FITNESS/WELLNESS:** Meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Mind and body practices focus on the interactions among the brain, mind, body, and behavior. Try the meditations links below.
 - [Meditation 1](#)
 - [Meditation 2](#)
 - [Week of 6/8](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Nathan Huffman, Grace Marseglia, Ahaan Benoy**
- ✓ **Mr. Canelli’s “Trivia of the Day”:** Marian bought 4 oranges and 3 lemons for 90 cents. The next day she bought 3 oranges and 4 lemons for 85 cents. How much did each lemon and orange cost?
Answer to Wednesday’s trivia: Rachel
- ✓ **Quote of the Day:** “Things work out best for those who make the best of how things work out.” – John Wooden!

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Wednesday, June 10th – B Week – “National Ballpoint Pen Day”

Holicong Community – We are one day away from the last official school day of the year! As we look ahead to the “end of year” events please take a moment to reflect and reach out to friends...current friends and ones that you may not have reached out to lately...to say hello and share a memory or just say hello! And please do the same with your teachers!

- ✓ **[9th Grade Music Awards “Live Team Event Invitation”](#)** – The 9th grade music awards event takes place tonight at 7:00. The link to attend is here and on the Holicong calendar. Please just make sure to login or enter your name so your peers know who is posting comments. This is a “public event” so parents & other family can join as well!
- ✓ **CB East Graduation Parade & Friday Pickup Time** – The staff at CB East is hosting a graduation parade for the senior class on Friday! It is going to take place from 8:45 – 11:45 and parents of seniors will start at Cold Spring and travel to CB East. We will keep our 9:00 – 11:00 spot on Friday as a slot for item pickup/dropoff since we have staff assigned, but please know that you might hit some traffic on Holicong Road if you come at that time.
- ✓ **Grades Posted** – A reminder that final grades will be posted and available on the portal tomorrow. Please see the update from Sunday for the FAQ for grading for the year.
- ✓ **Today’s Schedule: Period 5 & 6**
 - **Wednesday Advisory – FREE READING TIME**
 - **[Week of 6/8](#)** - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...no birthdays today!**
- ✓ **Mr. Canelli’s “Trivia of the Day”:** In a foot race, Jerry was neither first nor last. Janet beat Jerry, Jerry beat Pat. Charlie was neither first nor last. Charlie beat Rachel. Pat beat Charlie. Who came in last?
 - **Answer to Tuesday’s trivia:** 41 ($4000 / 2 = 2000$, $/ 5 = 400$, $/ 10 = 40$, $+ 1 = 41$)
- ✓ **Quote of the Day:** “What you lack in talent can be made up with desire, hustle and giving 110% all the time.” – Don Zimmer

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Tuesday, June 9th – B Week – “National Donald Duck Day”

Holicong Community – We hope you are well! Please see below for two “end of the year” activities that involve both the arts & the sciences!

- ✓ **Holicong Science Olympiad Competition (The Science)** – Keenan Alemao is awesome and didn’t let the fact we were not in school stop his idea for this friendly Science competition and went ahead and “got in the game and got it done!” Keenan has put together three online science quizzes in

Biology, Physics and Chemistry and they are 10 questions each. The quizzes are open to all interested Holicong students & and you can test you own knowledge in these areas. Thanks to Keenan & Mr. Geneva for organizing this – you can take it on your own time!

- [Biology Quiz](#)
- [Physics Quiz](#)
- [Chemistry Quiz](#)

- ✓ [Holicong Masked Singer \(The Arts\)](#) – Please enjoy our Distance Learning version of this show! Thanks to our music staff for putting this together and the staff for getting in the game and having some fun!
- ✓ **Today's Schedule:** Period 3 & 4
- ✓ **Tuesday's Activity – REFLECTION: Body Scan (similar audio to guide you through - [CLICK HERE](#))**
 - [Week of 6/8](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Shayne Sanocki**
- ✓ **Mr. Canelli's "Trivia of the Day":** What is the number that is one more than one-tenth of one-fifth of one-half of 4,000?
 - **Answer to Monday's trivia:** Cherries (she likes food with two syllables)
- ✓ **Quote of the Day:** "Creativity is intelligence having fun." – Albert Einstein

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Monday, June 8th – B Week – "National Best Friend's Day"

Holicong Community – Watch this week's morning show here – [Morning Show: Week of 6/8](#). A special thank you to the morning show student team, Ms. Ambrosini, Mr. Kelly, and Mrs. Wentz for all its hard work this year and especially over the past few months to keep the show going! THANK YOU!!!

- ✓ [Songfest - Broadway Theme](#) – The songfest from last Thursday is now posted for you to enjoy!
- ✓ [Songfest – Homepage](#) – A reminder all of our songfest concerts are posted here to watch at any time. A special thank you to all of the performers & guests for making this happen...and to Mr. Glaser...who will always be the Holicong "ambassador of JOY!"
- ✓ **Today's Schedule:** Periods 1 & 2
 - **11:00 – 12:00: Food Distribution at Stover Street & Russert Drive**
 - **Monday Advisory – FREE READING!**
 - [Week of 6/8](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Grace Canally, Ava Stuart, Tristan Patel, John Sojan**
- ✓ **Mr. Canelli's "Trivia of the Day":** Tabitha likes cookies but not cake. She likes mutton but not lamb, and she likes okra but not squash. Following the same rule, will she like cherries or pears?

- **Answer to Friday's trivia:** 1,155
- ✓ **Quote of the Day:** "The only limit to our realization of tomorrow will be our doubts of today." – Franklin D. Roosevelt

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Monday, June 8th – B Week – "National Best Friend's Day"

Holicong Community – Please see the link below to the last morning show of the year and a special thank you to the morning show team for all of their hard work...all year and especially over the past few months to keep the show going! THANK YOU!!!

- ✓ **Today's Schedule:** Periods 1 & 2
 - **11:00 – 12:00: Food Distribution at Stover Street & Russert Drive**
 - **Monday Advisory – FREE READING!**
 - [Week of 6/8](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Grace Canally, Ava Stuart, Tristan Patel, John Sojan**
- ✓ **Mr. Canelli's "Trivia of the Day":** Tabitha likes cookies but not cake. She likes mutton but not lamb, and she likes okra but not squash. Following the same rule, will she like cherries or pears?
 - **Answer to Friday's trivia:** 1,155
- ✓ **Quote of the Day:** "The only limit to our realization of tomorrow will be our doubts of today." – Franklin D. Roosevelt

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Friday, June 5th – A Week – "National Doughnut Day" – Homer Simpson said it best!

Holicong Community – Please look for the video update and detailed schedule in the weekend update & video! Today's Advisory activity is a great indoor family activity on a rainy day!

- ✓ **Today's Schedule:** Advisory Activity, Work Time, Independent Reading
 - **Friday – CHALLENGE: Household Items Challenge**
You don't need to be on a sports team or have special equipment to be physically active. Shooting baskets in the driveway, going ice skating or putting on some music and dancing around your room works. So does taking a hike or bike ride with your family, playing "active" video games (like Wii), or even walking briskly through the neighborhood. These are all great

ways to be physically active. Today, we'll use creative thinking to create active games using things we find around our houses.

- Need 1 copy of *Household Items Labels* sheet [Household Items Labels](#)
 - Copy 1 *Our Household Item Game Sheet* per group [Household Item Game](#)
 - Objectives: To broaden your knowledge of enjoyable physical activities, to help students who aren't physically active find activities they would enjoy and to create new, fun activities.
 - Cut out the labels from the *Household Items Labels* sheet. Fold the labels and place them into a paper bag/basket/hat/cup, OR Re-write them on small pieces of paper.
 - Find a couple of family members or friends to play with.
 - Have each person pick five household labels out of the paper bag.
 - Instruct each other to come up with an "active" activity or activities using those five items. Encourage both indoor and outdoor activities.
 - Have teams write up their new activity using the *Our Household Item Game Sheet*.
- ✓ **Romig's Remix** – The winners from last week are...yes...we are keeping track!
- **7th Grade:** None
 - **8th Grade:** Ranjit Rajapakse
 - **9th Grade:** Clare Rajapakse
- **Step 1** – Click on the link here for the songs! [Romig's Remix – Week 11 & Last One for the Year!](#)
 - **Step 2** – Listen to the lyrics with your family!
 - **Step 3** – Email Ms. Romig with **your name AND grade** at aromig@cbsd.org with the name of **the song AND Artist for EACH of the songs!** The first 2 students for each grade will win a prize that you will receive at the end of the year!
- ✓ **Friday Chuck Norris Fact:** *Big Foot claims he saw Chuck Norris!*
- ✓ **HAPPY BIRTHDAY to...Emily Ky, Brody Mindel**
- ***This Weekend's Birthdays***
 - ***Saturday*** – Alexis Steffe, Rowan Daly, Simon Parkhomchuk, Reagan Smith, Jonah Green, Liam Creighton
 - ***Sunday*** – Maggie Austin, Christopher Horan, Braden Borkowski, Ava Firely, Sarah Daugherty, Hunter Barno
- ✓ **Mr. Canelli's "Trivia of the Day":** What is the 4-digit number in which the first digit is one-fifth the last, and the second and third digits are the last digit multiplied by 3? (Hint: The sum of all digits is 12.)
- **Answer to Thursday's trivia:** 2 hours and 20 minutes (seven times as long), 140 minutes
- ✓ **Quote of the Day:** "We may encounter many defeats but we must not be defeated." – Maya Angelou

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Thursday, June 4th – A Week – "National Cheese Day" – Which one is your favorite?

Holicong Community – We hope you are well! Please see below for today's announcements and look for a comprehensive overview of end of the year information in the Friday video and update!

- ✓ **Power Outages & Classes** – We have received reports from some students & teachers that the power is still out (as of this update) and wi-fi may be limited. We will still follow the schedule as planned, but please take this into consideration and we hope all of our students, staff, and parents are safe!
- ✓ **Sequestered Songfest – Broadway Edition** – This is the last Songfest of the year and you do not want to miss it! The performer list and link to attend is attached to this email and here: [Join Microsoft Teams Meeting](#).
- ✓ **End of Year Activities, Calendar & Live Team Events** – We have updated the Holicong calendar as we are doing our best to have “set times” for events to not overlap and still maintain our regular “end of the year” schedule. Please check the [Holicong calendar](#) for updates.

- ✓ **Today's Schedule:** Period 7 & Open Block
 - **11:00 – 12:00:** Food Distribution at Stover Street & Russert Drive
 - **Thursday Advisory – FITNESS/WELLNESS:** Choice one of the following activities to get yourself moving!
 - 15 minutes- Walking outside around track or building or around interior of building.
 - Simple Chair Yoga Poses: <https://www.kidsyogastories.com/chair-yoga-poses/>
 - 5 minutes- Jumping jacks, toe touches, jogging in place, lunges, Hula-hooping & jump roping
 - [Week of 6/1](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Eva Fiander**
- ✓ **Mr. Canelli's "Trivia of the Day":** In a county fair pie-eating contest, Joe ate three pies in 20 minutes. At the same speed, how long did it take to win the contest by eating twenty-one pies?
 - **Answer to Wednesday's trivia:** \$0.05 (Jellybeans are \$0.01 per bag, chocolate bars are \$0.05)
- ✓ **Quote of the Day:** “Failure will never overtake me if my determination to succeed is strong enough.” – Og Mandino

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Wednesday, June 3rd – A Week – “National Running Day”

Holicong Community – Please see below for today's announcements & updates!

- ✓ [French Childhood Memory Posters](#) – Madame DelRosario sent this our way on Tuesday and we had to share...just a reminder of the importance of family and...being a kid!

- ✓ [CBSD Athletics Fundraiser](#) – CBSD Athletics will be holding a fundraiser selling STRONG t-shirts to our school communities while raising money for the Barclay Food Bank. Please click on the link to Holicong's Athletic website for details!
- ✓ **Sequestered Songfest "Broadway Edition"** – Please mark your calendar for tomorrow night at 7:00 for our last sequestered songfest of the year!
- ✓ **Today's Schedule:** Period 5 & 6
 - **Wednesday Advisory – FREE READING TIME**
 - [Week of 6/1](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to... Daniel Gardner, Julia Bermingham**
- ✓ **Mr. Canelli's "Trivia of the Day":** If seven chocolate bars and one bag of jellybeans cost \$0.36 and 10 bags of jellybeans and one chocolate bar cost \$0.15, how much is a chocolate bar?
 - **Answer to Tuesday's trivia:** 31 ($8+48=56$ divided by $2+3 = 31$)
- ✓ **Quote of the Day:** "If you are working on something that you really care about, you don't have to be pushed. The vision pulls you." – Steve Jobs

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Holicong Community – Please see below and the attachments for announcements & updates from Holicong including a fitness video for all of us from Mrs. Davidson & Mindfulness Advisory Activity.

- ✓ [Holicong Healthy Hour](#) – This link is to a video that Mrs. Davidson made that includes a series of 16-minute workouts hosted by Mrs. Davidson that we can do at home. She provides the explanations and does the workout along with you. We have attached a full description for reference – we hope you try it and thank you to her for her commitment to our fitness and overall well-being!
- ✓ **Freshmen Meals for Doylestown Hospital** – James & Barbora included a short powerpoint on behalf of the Freshmen class that includes a few pictures of our Doylestown Hospital staff enjoying the meal provided by our 9th grade students!
- ✓ [Holicong Artist Spotlight](#) – Please see the updated artwork compilation from our students!

Tuesday, June 2nd – A Week – "National Bubba Day" – A good day to watch Forrest Gump!

- ✓ **Today's Schedule:** Period 3 & 4
 - **Tuesday's Advisory – REFLECTION: Mindfulness - Why is it important?**
Watch Ted Talk - <https://www.youtube.com/watch?v=-yJPcdiLEkl>
- Reflection Questions:**
 - What is Mindfulness?
 - How does it relate to the video just shown?
 - What were your take-a-ways from this talk?
 - [Week of 6/1](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!

- ✓ **HAPPY BIRTHDAY to...** Joshua Forest, Joseph Giordano
- ✓ **Mr. Canelli's "Trivia of the Day":** Begin with the number of legs on a spider, add the number of stars in the U.S. flag in 1935, divide by two and add the number of leaves that enables you to distinguish poison ivy. What do you have?
 - **Answer to Monday's trivia:** Nine. Each one reads a book in three hours.
- ✓ **Quote of the Day:** "The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty." – Winston Churchill

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Monday, June 1st – A Week – "[National Say Something Nice Day](#)" – Please click on the link if you would

Holicong Community – It is hard to believe we are in the 1st week of June!

like to record a positive "shout out" to someone and we will share it with the Holicong community!

- ✓ **[Morning Show: Week of 6/1](#)** – Please see here for this week's morning show with announcements and teacher trivia from Dakota! We also included the Faces of Holicong video that Mr. Canelli conducted with Mr. Kibbe in case you missed it from Friday!
- ✓ **Today's Schedule:** Periods 1 & 2
 - **11:00 – 12:00: Food Distribution at Stover Street & Russert Drive**
 - **Monday Advisory – FREE READING!**
 - **[Week of 6/1](#)** - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...no birthdays today!**
- ✓ **Mr. Canelli's "Trivia of the Day":** Six smart people can read 12 books in six hours. How many books can three of these smart people read in nine hours?
 - **Answer to Friday's trivia:** She likes words with the vowel "O."
- ✓ **Quote of the Day:** "The way to get started is to quit talking and begin doing." – Walt Disney

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Friday, May 29th – B Week – "[National Paperclip Day](#)" – Very appropriate...paperclips really don't get the credit they deserve!

Holicong Community – We hope you are well! A special thanks to our 9th grade students who made the Tour of the 20th Century a success! A "shout out" to Liam Sharkey for pulling all of the student submissions and worked hard to make the final video come together. We will send the video and post it

on the site, but until then here is a Faces of Holicong interview with Mr. Glaser that will provide our community with the background and meaning of the Tour of the 20th century at Holicong – [Faces of Holicong – Tour of 20th Century with Mr. Glaser](#).

Please look for a separate communication with the video update and logistics for our student item pickup & item return!

Today's Schedule: Advisory Activity, Work Time, Independent Reading

- ✓ **Friday – CHALLENGE:** Create your own Brain Break Bin - have a container in your home full of handheld mazes, coloring books, cards, Uno, Jenga, jump ropes, chalk, etc.
- ✓ **Romig's Remix – [Week 11 Video](#)** – The winners from last week are...yes...we are keeping track!
 - **7th Grade:** no winners
 - **8th Grade:** Faye Gilbert
 - **9th Grade:** Yes...it is Clare!
 - **Step 1** – Click on the link here - [Week 11 Video](#) – for the songs!
 - **Step 2** – Listen to the lyrics with your family!
 - **Step 3** – Email Ms. Romig with **your name AND grade** at aromig@cbsd.org with the name of **the song AND Artist for EACH of the songs**! The first 2 students for each grade will win a week's worth of our "ice cream" vouchers for the cafeteria (don't worry, we are keeping track). GOOD LUCK!
- ✓ **Friday Chuck Norris Fact:** *Chuck Norris can unscramble an egg!*
- ✓ **HAPPY BIRTHDAY to...Anna Barry**
 - ***This Weekend's Birthdays***
 - ***Saturday*** – Ella Harte, Mia Naugle
 - ***Sunday*** – Christopher Campos-Zuna, Connor Rodriguez-Leonard
- ✓ **Mr. Canelli's "Trivia of the Day":** Jen likes books but not magazines, she likes going to shows but not the ballet, and she likes movies but not pictures. By the same rules, will she like videos or tapes?
 - **Answer to Thursday's trivia:** Four (1000 divided by 10 = 100 divided by 5 = 20 divided by 10 = 2+2=4)
- ✓ **Quote of the Day:** "The undertaking of a new action brings new strength." – Richard L. Evans

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Thursday, May 28th – B Week – "National Hamburger Day"

Holicong Community – We hope you are well! Please see below for today's announcements and updates!

- ✓ **Tour of 20th Century – Protest Day Songfest & Faces of Holicong** – We are trying something new tonight! This is typically for 9th grade but we are going to do our last "tour" as a live meeting and also share the video afterward. A flyer is attached with an overview and link are attached and the

link is here as well – [Tour of 20th Century “Live Meeting” Link](#). Please know you can enter and/or leave at any time. Timeframe is as follows:

- 6:40 – We will begin the night with a Faces of Holicong interview with Mr. Glaser as he provides the background and history of the Tour of the 20th Century.
- 7:00 – We will begin the concert at this time.
- ✓ [Health Education Department Video](#) – Mr. Cochran, Mrs. Davidson, Mr. Phillips and district Health & PE shared this video with us to show some of the work our CB students across the district have done to show gratitude & wellness during Health & PE classes...please view if you have a few minutes and need something uplifting to brighten your day!

- ✓ **Today’s Schedule: Period 7 & Open Block**
 - **11:00 – 12:00: Food Distribution at Stover Street & Russert Drive**
 - **Thursday Advisory - [FITNESS/WELLNESS](#):** Cardiovascular exercise is any exercise that raises your heart rate. Our bodies were made to move and to keep our muscles in shape we need move them. This movement makes them stronger and stronger muscles make for a more efficient and healthy body. Cardio can improve both the function and the performance of your heart, lungs and circulatory system. **Try This: [30 Minute Strength and Cardio](#)**
 - [Week of May 25](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...no birthdays today!**
- ✓ **Mr. Canelli’s “Trivia of the Day”:** What is the number that is two more than one-tenth of one-fifth of one-tenth of 1,000?
 - **Answer to Wednesday’s trivia:** Three miles per hour (one hour up, 20 minutes down = 80 minutes for four miles; 20 minutes per mile, three miles per hour)
- ✓ **Quote of the Day:** “There is nothing stronger in the world than gentleness.” – Han Suyin

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Wednesday, May 27th – B Week – “National Grape Popsicle Day”

Holicong Community – Please the announcements & updates below:

- ✓ **Freshmen Gift – Meals for Doylestown Hospital** – Today is the day that the Freshmen Class is providing meals for 200 workers at Doylestown Hospital. We partnered with Honeybaked Ham to provide these meals as a “thank you” to staff working in the emergency room, ICU & other departments!
- ✓ [Sequestered Songfest](#) – The concert from last evening is posted on the website! A special thanks to all of our performers and guests...and thanks to Molly for hosting!
- ✓ **Tour of 20th Century & Faces of Holicong Tomorrow** – Mark your calendars for tomorrow night at 6:40. We have a special Faces of Holicong with Mr. Glaser to provide an overview of the Tour of the 20th century and our the 9th Grade Tour of the 20th century starts at 7:00!

- ✓ **Today's Schedule:** Period 5 & 6
 - 7:00 – CBSD Reading Olympics
 - **Wednesday Advisory – FREE READING TIME**
 - **Week of May 25** - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Meekha Abraham, Jack Mislan**
- ✓ **Mr. Canelli's "Trivia of the Day":** Bill climbs a two-mile hill at an uphill speed of two miles per hour, spends no time at the top, and immediately walks down at six miles per hour. What is his average speed for the up and down trips?
 - **Answer to Tuesday's trivia:** Jen is 26 and Sue is 20.
- ✓ **Quote of the Day:** "Hope is but the dream of those who wake." – Matthew Prior

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Tuesday, May 26th – B Week – "National Paper Airplane Day" – A friendly competition with a family member seems in order!

Holicong Community – Please see here for today's morning show: [Morning Show – 5/26](#)! Liam covers the weekly announcements, Brooke has an awesome feature "50 Things to do During COVID" and Mr. Canelli conducts a Faces of Holicong interview with Mr. David Fialko, a certified prevention specialist from the BCIU to provide his insights and advice for students and parents.

- ✓ [Holicong Artist Spotlight](#) – Please see the updated artwork compilation from our students!
 - ✓ **Sequestered Songfest** – Tonight's concert starts at 7:00! The playlist and link are attached!
 - ✓ **Today's Schedule:** Period 3 & 4
 - **Tuesday's Advisory – REFLECTION: Guided Meditation**
Choose two of the mindfulness exercises on the link below. There are many, so you could try a couple each day until you find some that you'd like to use consistently.

<http://mindfulnessforteens.com/guided-meditations/>
- Reflection Questions:**
- What did the exercises have in common?
 - How were they different?
 - How did you feel when you began to focus on the directions?
 - Did you find one that you'd like to use again?
- ✓ **HAPPY belated Monday BIRTHDAY to...Sydney Ratel, Mathew Harding, Grace DiMattia, Dylan Burgwald**

- ✓ **HAPPY BIRTHDAY to...Owen Lever, Rowen Coverdale**
- ✓ **Mr. Canelli's "Trivia of the Day":** Jen is 6 years older than Sue. In 4 years, she will be twice as old as she will be then. How old is each now?
 - **Answer to Friday's trivia:** 420 students
- ✓ **Quote of the Day:** "Hope is but the dream of those who wake." – Matthew Prior

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Friday, May 22nd – A Week – "National Solitaire Day"

Holicong Community – Happy Friday! There will be a video coming but a few "quick hits" here:

- ✓ **Monday Memorial Day Reminder** – A reminder there will be no distance learning Monday due to the holiday. This will be the last "adjusted" day for holidays for the year.
 - On Original Calendar: *Students & Staff:*** No School
 - For Distance Learning: *Students & Staff:*** No Distance Learning
 - **Make up day for Periods 1B and 2B in Middle School will be May 29.** **Staff:** Prior to May 29, post asynchronous work for Periods 1B and 2B in Middle School (no synchronous instruction will take place Monday).
- ✓ **Student Council Applications** – A reminder that today is the last day to apply for next year! One note on why we do this now (even with our situation) – we plan a Summer Leadership Academy because much of our work for the year starts well before the first day of school...and that will be no different this year...even if we have to do it virtually!
- ✓ **Today's Schedule:** Advisory Activity, Work Time, Independent Reading
 - **Friday Advisory – CHALLENGE: [Human Camera](#)**
 1. Get into pairs with someone else in your household. One person is the camera; the other is the photographer.
 2. The photographer walks behind her "camera," with hands on her camera's shoulders. She carefully guides her partner, who keeps his eyes closed. She will have the chance to make three photos.
 3. She can guide her camera to just the right spot, either lifting his head up or down, to get the right angle. When she's ready to take the picture, she gently squeezes her partner's shoulders.
 4. He can open his eyes momentarily, and his partner can "take the picture." Then he must close them again right away.
 5. After the third snapshot, have the partners switch.

Reflection Questions:

- Can you remember details about the snapshots that your partner directed you to look at? Were they the details that they wanted you to see?
- As the photographer, did the "camera" capture what you were focusing on?
- How did it feel to be the camera?

- Was it difficult to only be able to catch a glimpse of something for a moment and then have to close your eyes again?
 - How challenging was it to fill the role of photographer and/or the camera?
- ✓ **Romig's Remix** – The winners from last week 10 are...yes...we are keeping track!
- **7th Grade:** Olivia Golden & Julia Bermingham
 - **8th Grade:** Olivia Zimmer
 - **9th Grade:** Clare Rajapakse
- **Step 1** – Click on the link here for the songs – [Romig's Remix Week 10!](#)
 - **Step 2** – Listen to the lyrics with your family!
 - **Step 3** – Email Ms. Romig with **your name AND grade** at aromig@cbsd.org with the name of **the song AND Artist for EACH of the songs!** The first 2 students for each grade will win a week's worth of our "ice cream" vouchers for the cafeteria (don't worry, we are keeping track). GOOD LUCK!
- ✓ **Friday Chuck Norris Fact:** *Chuck Norris can make a slinky go upstairs!*
- ✓ **HAPPY BIRTHDAY to...**Ethan Arslan, Emily Arslan, Melana Lysenko, Shane Devitt
- **This Weekend's Birthdays**
 - **Saturday** – Evelyn Saracini
 - **Sunday** – Sophia Stampfl, Hannah Benningfield, Sophia Cochran, Christopher Feuchter, Dhruv Mukund, Andrew Janczak, Jacob Walker, Avery McCann, Hanna Balcerek, Kate Zhangchen
- ✓ **Mr. Canelli's "Trivia of the Day":** A new school has opened with fewer than 500 students. One-third of the students is a whole number. So are one-fourth, one-fifth, and one-seventh of the students. What is the maximum number of students that go to this school?
- **Answer to Thursday's trivia:** Larry is 19 and his sister is 11
- ✓ **Quote of the Day:** "Wonder rather than doubt is the root of all knowledge." – Abraham Joshua Heschel

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Thursday, May 21st – A Week – "National American Red Cross Founder's Day"

Holicong Community – Please see for a few updates and today's announcements! Please note today's Advisory activity on the importance of drinking water. This is something our wellness team strongly encourages and a good reminder for all of us!

- ✓ **Student Council** – A reminder that Friday is the last day to submit your Student Council applications. Please see the applications here – [Student Council](#) – and reach out to Mrs. Wentz at lwentz@cbsd.org if you have any questions.
- ✓ **Sequestered Songfest** – We have our next Songfest scheduled for next Tuesday and looking for more acts! Please reach out to Mr. Glaser at jglaser@cbsd.org if you would like to sign up!

- ✓ **Tour of 20th Century** – For our 9th graders – we have decided to host the Tour event next week (not tomorrow) – please look for a communication next week as we look to host a “live” introduction before pushing out the video.

✓ **Today’s Schedule:** Period 7 & Open Block

- **11:00 – 12:00: Food Distribution at Stover Street & Russert Drive**
- **Thursday Advisory – FITNESS/WELLNESS: [Importance of Drinking Water Video!](#)**

Drinking water is a positive habit that can help students with academics as well as sports. The link is to a 5-minute video on the importance of water in the body.

- ✓ Before watching the video, try to think of reasons why water is important.
 - ✓ Watch video.
 - ✓ Develop a strategy/schedule to make sure you are drinking enough water.
 - [Week of May 18th](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Connor Harris, Isabella Rosen, Yamileth Arriaza-Hernandez, Fiona Donnelly**
- ✓ **Mr. Canelli’s “Trivia of the Day”:** Larry is 8 years older than his sister. In 3 years, he will be twice as old as she is now. How old are they now?
- **Answer to Wednesday’s trivia:** Bill is the quarterback, Ken is the receiver, and Mark is the kicker.
- ✓ **Quote of the Day:** “What we achieve inwardly will change outer reality.” – Plutarch

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Wednesday, May 20th – A Week – “National Rescue Dog Day”

Holicong Community – Happy Wednesday! Please be reminded that any 7th & 8th grade students that would like to attend the virtual iSTEAMM event **tomorrow at 9:30 am** must reach out to Mr. Meletti at rmeletti@cbsd.org today to **sign up**. If you have a class at that time, please **email your teacher and Mr. Meletti** and explain you are attending this event (Mr. Meletti will verify attendance as a virtual field trip).

✓ **Today’s Schedule:** Period 5 & 6

- **Wednesday Advisory – FREE READING TIME**
 - [Week of May 18th](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Cole Biruk, Molly MacLeman, Alison Ries, Adriana Sostre Martinez**
- ✓ **Mr. Canelli’s “Trivia of the Day”:** Bill, Ken, and Mark are, not necessarily in this order, a quarterback, a receiver, and a kicker. The kicker, who is the shortest of the three, is a bachelor. Bill, who is Ken's father-in-law, is taller than the receiver. Who plays in which position?

- **Answer to Tuesday's trivia:** Chis has \$39 and Dan has \$18
- ✓ **Quote of the Day:** "I believe every human has a finite number of heartbeats. I don't intend to waste any of mine." – Neil Armstrong

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Tuesday, May 19th – A Week – "National Devil's Food Cake Day"

Holicong Community – We hope you are well! Please see today's announcements & updates below:

- ✓ **iSTEAMM** – The Bucks County IU is inviting any 7th and 8th grade students to participate in iSTEAMM Conference virtually on Thursday at 9:30am. Students will engage in a mix of presentations and lab demonstrations. We have attached a flyer and interested students should reach out to Mr. Meletti at rmeletti@cbsd.org for more information.
- ✓ [Holicong Artist Spotlight](#) – Please see the updated artwork compilation from our students!
- ✓ **Today's Schedule:** Period 3 & 4
- ✓ **Tuesday's Advisory – REFLECTION: [Guided Breathing Exercise](#) - 5 Minutes**
 - **Reflection Questions:**
 - What did you notice during this breathing exercise?
 - Is this something that you think you could do on a regular basis?
 - What are the benefits/drawbacks of something like this?
 - What did you like? What did you find uncomfortable about this?
 - [Week of May 18th](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Dakota Wunsch, John Muth, Alyssa Kruper**
- ✓ **Mr. Canelli's "Trivia of the Day":** Chis has \$3 more than twice as much as Dan. Together they have \$57. How much does each have?
 - **Answer to Monday's trivia:** 16 in and 13 in
- ✓ **Quote of the Day:** "You are always free to change your mind and choose a different future, or a different past." – Richard Bach

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Monday, May 18th – A Week – "National No Dirty Dishes Day" (So...guess that means take out?)

Holicong Community – [Morning Show – Week of May 18th](#)! Please make sure to watch this week's morning show! Aidan anchors the show today with a Weekend Update feature with Liam and guest Denny...and an awesome rendition of "I Won't Say I'm In Love" with some of familiar faces!

- ✓ **Today's Schedule:** Periods 1 & 2
 - **11:00 – 12:00: Food Distribution at Stover Street & Russert Drive**
 - **Monday Advisory – FREE READING!**
 - [Week of May 18th](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Luke Hoelzle, Nicholas Leonard**
- ✓ **Mr. Canelli's "Trivia of the Day":** The length of a rectangle is 3 in longer than the width. The perimeter of the rectangle is 58 in. Find the dimensions of the rectangle.
 - **Answer to Friday's trivia:** 1349
- ✓ **Quote of the Day:** "From what we get, we can make a living; what we give, however, makes a life." – Arthur Ashe

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Friday, May 15th – B Week – "National Pizza Party Day"

Holicong Community – Happy Friday! As always on Friday we have a new Romig's Remix for you and an Advisory activity that the entire family can enjoy. It could also be a good time to go through the portal and see what work you may be missing to catch up on today!

- ✓ A special thanks to our performers from last night's Sequestered Songfest – Disney's Theme! The voices, costumes, and performances...it really felt like we were in a musical. And some great surprises with Mrs. Davidson & her daughter, Mrs. Bender...and Mr. Willard! If you didn't get to see it live or want to watch again...we have the video [Songfest Disney Theme](#) (note – the video picks up with Mr. Palmer) and all of our concerts on the [Songfest Homepage](#)!
- ✓ [Talent Show](#) – A reminder that today is the **LAST DAY** to sign up. Get in the game and join in the fun!
- ✓ **Today's Schedule:** Advisory Activity, Work Time, Independent Reading
 - **Friday's Advisory – CHALLENGE:** Watch this video on gratitude [Ted talk - Gratitude](#).
 - Write a letter to a family member explaining why you are thankful for them.
 - Write a letter to a teacher explaining how much you appreciated their class.
- ✓ **Romig's Remix** – The winners from last week are...yes...we are keeping track!
 - **7th Grade:** Sarah Daugherty & Anne Willard
 - **8th Grade:** Angie Rider
 - **9th Grade:** Clare Rajapakse
 - **Step 1** – [Romig's Remix Week 9](#) – Click on the link here for the songs!
 - **Step 2** – Listen to the lyrics with your family!

- **Step 3** – Email Ms. Romig with **your name AND grade** at aromig@cbsd.org with the name of **the song AND Artist for EACH of the songs!** The first 2 students for each grade will win a week's worth of our "ice cream" vouchers for the cafeteria (don't worry, we are keeping track). GOOD LUCK!
- ✓ **Friday Chuck Norris Fact:** Chuck Norris can divide by zero!
- ✓ **HAPPY BIRTHDAY to...Allyson Cenci, Ian Kleemeier, Andrew Kleemeier, Yash Patel, Amber Esmond**
 - ***This Weekend's Birthdays***
 - **Saturday** – Sydnee Teagan Ratcliffe, Nolan Hoderny, Damian Frayne
 - **Sunday** – William Dunsmore, Katie Wagner
- ✓ **Mr. Canelli's "Trivia of the Day":** What is the four-digit number in which the first digit is one-third the second, the third is the sum of the first and second, and the last is three times the second?
 - **Answer to Thursday's trivia:** 41 and 32
- ✓ **Quote of the Day:** "I arise full of eagerness and energy, knowing well what achievement lies ahead of me." – Zane Grey

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Thursday, May 14th – B Week – "National Dance Like a Chicken Day" – You don't need a wedding to do the chicken dance...great time for mom and dad to teach you!

Holicong Community – Please see updates and announcements below!

- ✓ [Disney Theme Songfest Performers & Link](#) – Tonight's concert starts at 7:00 and the performers and link are attached as well. Please forward to any family members you wish to join the concert!
- ✓ GSA Meeting @ 12:00 – Please email Mr. Willard directly at kwillard@cbsd.org if you would like to join this meeting and he will send you a Teams invitation.
- ✓ [Distance Learning Tech Support](#) – A reminder to students that tech support is still available if you are experiencing any issues with your laptop – please just click on the link and enter a help ticket!
- ✓ [Talent Show](#) – A reminder that responses are due by May 15th – if you are on the fence...please take a chance...NO REGRETS! We will leave this reminder on the announcements until Friday.
- ✓ **Today's Schedule:** Period 7 & Open Block
 - **11:00 – 12:00: Food Distribution at Stover Street & Russert Drive**
 - **Thursday Advisory - FITNESS/WEELLNESS:** Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health and flexibility. **Try This:** [20 Minute POWER YOGA](#)
 - [Week of May 11th](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Gianna Pliego, Shaelyn Feledick**

- ✓ **Mr. Canelli's "Trivia of the Day":** The sum of two numbers is 73. When the smaller number is subtracted from twice the greater number, the result is 50. Find the two numbers.
 - **Answer to Wednesday's trivia:** They were 95 miles apart 30 minutes before the two trains crossed each other.
- ✓ **Quote of the Day:** "The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering." – Ben Okri

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Holicong Community – Please see below for announcements and updates!

- ✓ [Moving Writers](#) – Please see Mr. Vogelsinger's latest post...with a few familiar 9th grade students featured!
- ✓ [Talent Show](#) – A reminder that responses are due by May 15th – if you are on the fence...please take a chance...NO REGRETS! We will leave this reminder on the announcements until Friday.

Wednesday, May 13th – B Week – "National Frog Jumping Day"

- ✓ **Today's Schedule:** Period 5 & 6
 - **Wednesday Advisory – FREE READING TIME**
 - [Week of May 11th](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Ian MacConnell, Rayan Gangulee**
- ✓ **Mr. Canelli's "Trivia of the Day":** One train runs from A to B at 105 miles per hour, the other runs from B to A at 85 miles per hour. How far apart were the two trains 30 minutes prior to their crossing?
 - **Answer to Tuesday's trivia:** 42 correct answers
- ✓ **Quote of the Day:** "Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong." – Ella Fitzgerald

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Tuesday, May 12th – B Week – "National Limerick Day"

Holicong Community – We hope you are well! In addition to the regular announcements please see other updates for the week below!

- ✓ **Delaware Valley Science Fair Results!** A shout out to all of the students who participated and congratulations to the students whose projects received special consideration. Thanks also to Mr.

Meletti & Mrs. Bannon for their work with our students. The list of winners from Holicong is attached and here – [DSVF Results](#).

- ✓ **GSA Meeting** – Mr. Willard will be hosting a GSA meeting through Teams this Thursday at noon. If you have already attended a meeting, you will receive an email invitation. However, if you have not attended and would like to join this meeting, please email Mr. Willard directly at kwillard@cbsd.org.
- ✓ **Sequestered Songfest** – Our next Songfest is our “Disney Theme” and will take place this Thursday at 7:00. If you were “on the fence” about performing...time is running out so please email Mr. Glaser at jglaser@cbsd.org ASAP!
- ✓ [Holicong Artist Spotlight](#) – Please see the updated artwork compilation from our students!

- ✓ **Today’s Schedule: Period 3 & 4**
 - **Tuesday’s Advisory Activity – REFLECTION:** Watch “[Release](#)” Video
Reflection Questions:
 - How did you feel going through the meditation?
 - Do you relate to how the kids in the video were feeling?
 - [Week of May 11th](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Yana Raimondo, Megan Kuehl, Brett Kohlhepp, Keanan Alemao, Nysa Verma**
- ✓ **Mr. Canelli’s “Trivia of the Day”:** In a math contest, each team is asked 50 questions. The teams earn 15 points for each correct answer and lose 8 points for each incorrect answer. One team finished with a score of 566. How many questions did the team answer correctly?
 - **Answer to Monday’s trivia:** 12 dimes and 15 nickels
- ✓ **Quote of the Day:** “I believe there's an inner power that makes winners or losers. And the winners are the ones who really listen to the truth of their hearts.” – Sylvester Stallone

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Monday, May 11th – B Week – “National Eat What You Want Day”Holicong Community – [Morning Show - 5/11](#) – We are excited for this week’s morning show hosted by Gabby Pollack! This week’s installment includes updates for the week, interesting facts with Matt Rowland, and a Faces of Holicong interview with Mr. Dallas!

- ✓ **Today’s Schedule: Periods 1 & 2**
 - **11:00 – 12:00: Food Distribution at Stover Street & Russert Drive**
 - **Monday Advisory – FREE READING!**
 - [Week of May 11th](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Lauren Bortolotti, Inaya Khalid**

- ✓ **Mr. Canelli's "Trivia of the Day":** Billy has 27 nickels and dimes worth \$1.95. How many of each coin does he have?
 - **Answer to Friday's trivia:** 10 and 7
- ✓ **Quote of the Day:** "If you believe in yourself and have dedication and pride - and never quit, you'll be a winner. The price of victory is high but so are the rewards." – Bear Bryant

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Friday, May 8th – A Week – "National Space Day"

Holicong Community – Today is the last official day of "**Teacher Appreciation Week!**" And as we talk about often at Holicong – while it is nice to have days/weeks set aside for certain "things" (Kindness Day, etc.) our goal is to ***live and practice our values every day***. In this case, please continue to show support for your teachers by staying engaged in classes, asking questions and even sending a quick hello or thank whenever you find the time.

We realize there have been several videos/updates both school and district-wide so in lieu of doing a Friday video myself will cede my time and encourage our students, parents and staff to take time to watch/review the following:

- ✓ **[Brave is Better](#)** – This link will take you to the presentation from Dr. Dahlsgaard yesterday. I strongly encourage our parents (and students too) to watch/listen to this – it is something you can listen to in the car or doing a household activity. I listened to it yesterday and the reason why I am stressing this is because Dr. Dahlsgaard is an expert in her field and we are fortunate to have this resource and she offers ***real-world, practical advice*** for all of us in a manner for those of us or students dealing with pressure or anxiety...not just during the Covid pandemic...but in life in general.
- ✓ **[Talent Show Page](#)** – Sent this out yesterday but felt important to remind students it is here!
- ✓ **[Student Council Page](#)** – A rainy Friday is a great day to complete and submit your application for next year!
- ✓ **Today's Schedule:** A reminder to students that Fridays are a great day to catch up and submit work but also time to enjoy the Advisory Activities, Romig's Remix and other activities/updates below.
 - Advisory Activity, Work Time, Independent Reading
 - **CHALLENGE:** Watch "[How 2 Decisions Led Me to Olympic Glory](#)" (4 min)
 - Consider the challenges he poses at the end of the clip. Decisions are often accompanied by fear and sacrifice. Sticking to your decisions can also pose unique challenges.
 - What two decisions can you make and stick to that may change your like, your circumstances, your outlook?
 - How do these decisions align with your life dreams?

- ✓ **Romig's Remix** – The winners from last week are...yes...we are keeping track!
 - **7th Grade:** Elizabeth Ruch & Stefanie Mantashev
 - **8th Grade:** Faye Gilbert
 - **9th Grade:** Clare Rajapakse & Xavier Sjostedt
 - **Step 1** – [Romig's Remix #8](#) – Click on the link here for the songs! Romig's Remix #8
 - **Step 2** – Listen to the lyrics with your family!
 - **Step 3** – Email Ms. Romig with **your name AND grade** at aromig@cbsd.org with the name of **the song AND Artist for EACH of the songs**! The first 2 students for each grade will win a week's worth of our "ice cream" vouchers for the cafeteria (don't worry, we are keeping track). GOOD LUCK!
- ✓ **Friday Chuck Norris Fact:** *Chuck Norris beat HALO 1, 2, and 3 on Legendary with a broken Guitar Hero controller!*
- ✓ **HAPPY BIRTHDAY to...**Griffin Talomie, John Sanocki, Mason McConney, Kasey Walker, Michael Baltzer, Kiera Corcoran
 - ***This Weekend's Birthdays***
 - ***Saturday*** – Gianna Zakharia, Nevaeh Fitten
 - ***Sunday*** – Mason Matich, Cole Mergen, Wyatt Buttigieg, Ella Kiernan, Aiya Abouras
- ✓ **Mr. Canelli's "Trivia of the Day":** The sum of two numbers is 17. The difference is 3. Find the numbers.
 - **Answer to Thursday's trivia:** 21 handshakes
- ✓ **Quote of the Day:** "Be brave enough to live life creatively. The creative place where no one else has ever been." – Alan Alda

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Wednesday, May 6th – A Week – "National Nurse's Day" – A "Shout Out" and sincere thank you to Mrs. Radice, Mrs. Simons, Mrs. Hamilton and Mrs. Musich for taking care of us!

Holicong Community – A special thanks to our performers from last night's Sequestered Songfest – 80's theme! The music, outfits, and trivia were great and if you didn't get to see it live or want to watch again, the concert is now up on our [Songfest Homepage](#)!

- ✓ **Today's Schedule:** Period 5 & 6
 - **Wednesday Advisory – FREE READING TIME**
 - [Week of May 4th](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...**Julia Alberts, Jessica Oluwabusi
- ✓ **Mr. Canelli's "Trivia of the Day":** A man is twice as old as his little sister. He is also half as old as their dad. Over a period of 50 years, the age of the sister will become half of their dad's age. What is the age of the man now?
 - **Answer to Tuesday's trivia:** 12

- ✓ **Quote of the Day:** “When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn.” – Harriet Beecher Stowe

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Tuesday, May 5th – A Week – “Cinco de Mayo”

Holicong Community – We hope you have a wonderful day! Not only is it Cinco de Mayo, we have 2 updates/events at Holicong!

- ✓ [Sequestered Songfest 4](#) – Please join us tonight at 7:00 pm for our 80’s themed Songfest! The performers and teams invitation are in the link...and what a great night to see some of our staff “rock out” to their favorite hits from when they were your age (maybe younger!).
- ✓ [Holicong Artist Spotlight](#) – Please see the updated artwork compilation from our students!
- ✓ **Today’s Schedule:** Period 3 & 4
- ✓ **Tuesday Advisory – Tuesday – REFLECTION:** [Ted Talk - Positive Self Talk](#) - What’s the last thing you said to yourself? Was it positive? Negative? The answer to that question, especially in times of stress, has a lot to do with our physical and mental health. Research indicates that our bodily functions are directly affected by our internal monologue. As negative self-talk increases, we’re prone to self-doubt and can develop poor self-perception. All of which contribute to stress, anxiety, and shame. After watching the TED Talk please reflect on the questions included!
 - [Week of May 4th](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday’s challenge!
- ✓ **HAPPY BIRTHDAY to...Nicholas Berchuk, Rowan Hafen**
- ✓ **Mr. Canelli’s “Trivia of the Day”:** Four years ago, Alex was twice as old as Jake. Four years from now, Jake will be 3/4 of Alex’s age. How old is Alex?
 - **Answer to Monday’s trivia:** 23
- ✓ **Quote of the Day:** “Don’t limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve.” – Mary Kay Ash

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Holicong Community – [Mornings Show - 5/4](#) – Please make sure to watch this week’s morning show! Our production has now hit a high mark and with Brooke reporting and Liam producing! Today’s show includes weekly updates, Dakota’s Teacher Trivia with...(you have to watch!), Faces of Holicong Mother’s Day interview with Mrs. Wentz, Mrs. Davidson, and Mrs. Radice...and another original Distance Learning song from Mrs. Keyes and her husband!

*Most importantly...***HAPPY TEACHER APPRECIATION WEEK** to all of the Holicong faculty & staff!

Monday, May 4th – A Week – “National Star Wars Day”as Brookes says in the announcements...”May the 4th be with you!”

- ✓ **Today’s Schedule:** Periods 1 & 2
 - **11:00 – 12:00: Food Distribution at Stover Street & Russert Drive**
 - **Monday Advisory – FREE READING!**
 - [Week of May 4th](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Aiden Senf, Thomas Magee, Sawyer Seestedt, Ella Mancini**
- ✓ **Mr. Canelli’s “Trivia of the Day”:** Find a number that if you double the number. Subtract 6 from the result and divide the answer by 2. The quotient will be 20. What is the number?
 - **Answer to Friday’s trivia:** 20
- ✓ **Quote of the Day:** “It is in your moments of decision that your destiny is shaped.” – Tony Robbins

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Friday, May 1st – B Week – “National Loyalty Day”

Holicong Community – Happy Friday! As always on Friday we have a new Romig’s Remix for you and an Advisory activity that the entire family can enjoy. It could also be a good time to go through the portal and see what work you may be missing and catch up on. A reminder that next week is Teacher Appreciation Week and nothing makes teachers happier than a thank you and students getting caught up on work! Please look for a video update later today!

- ✓ **“Holicong Artist Spotlight!”** We are excited to announce that Mrs. Panitch & Mrs. Ritter used part of their PD day to learn SWAY and have a way to highlight artwork that student are creating in their distance learning classes! We will include the updated link in every Tuesday daily announcement going forward...but here is the first one – [Holicong Artist Spotlight](#). A special thanks to Mrs. Panitch & Mrs. Ritter for this – this is the time of year that we would start seeing artwork in the 1st floor hallways and library...and awesome they are still making it happen virtually!
- ✓ **Today’s Schedule:** Advisory Activity, Work Time, Independent Reading
 - **Friday Advisory – CHALLENGE:** Growth Mindset Choice Board [Growth Mindset Choice Board](#)
“In a Growth Mindset, people believe that their most basic abilities can be developed through dedication and hard work- brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.” (Dweck, 2015)

- ✓ **Romig's Remix** – The winners from last week are...yes...we are keeping track!
 - **7th Grade:** no winners this week!
 - **8th Grade:** Brendan Fahey & Olivia Zimmer
 - **9th Grade:** Clare Rajapakse & Kaitlyn Borden
- **Step 1** – [Romig's Remix Week 4](#) – Click on the link here for the songs!
- **Step 2** – Listen to the lyrics with your family!
- **Step 3** – Email Ms. Romig with **your name AND grade** at aromig@cbsd.org with the name of **the song AND Artist for EACH of the songs**! The first 2 students for each grade will win a week's worth of our "ice cream" vouchers for the cafeteria (don't worry, we are keeping track). GOOD LUCK!
- ✓ **Friday Chuck Norris Fact:** *Chuck Norris refers to himself in the fourth person!*
- ✓ **HAPPY BIRTHDAY to...** Megan Colbert, Rafe Pirog, Pierce McGuigan
 - ***This Weekend's Birthdays***
 - ***Saturday*** – no birthdays today!
 - ***Sunday*** – Ella Rose, Alisa Perelman
- ✓ **Mr. Canelli's "Trivia of the Day":** How many 9's are there between 1 and 100?
 - **Answer to Thursday's trivia:** 12
- ✓ **Quote of the Day:** "Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements." – Napoleon Hill

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Thursday, April 30th – B Week – "National Bugs Bunny Day"

- ✓ **Today's Schedule:** Period 7 & Open Block
 - **11:00 – 12:00:** Food Distribution at **Stover Street & Russert Drive** – We realize the forecast calls for rain but we will be there – please feel free to pull up in your car like a drive-thru!
 - **Thursday – FITNESS/WELLNESS:** Strength training involves the performance of physical exercises which are designed to improve strength and endurance. Strength training can provide significant functional benefits and improvement in overall health and well-being. Try This: [24 Minutes TABATA for ALL levels](#)
 - [Week of April 27th](#)- This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...**no birthdays today!
- ✓ **Mr. Canelli's "Trivia of the Day":** In two years I know, I'll be twice as old as five years ago, said Tom. How old is Tom?
 - **Answer to Wednesday's trivia:** 141
- ✓ **Quote of the Day:** "Shoot for the moon and if you miss you will still be among the stars." – Les Brown

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Wednesday, April 29th – B Week – “National Zipper Day”

Holicong Community – We hope you are well! A few updates for today’s announcements:

- ✓ **Student Council Applications** – As promised, today we are excited to include the applications for Student Council for next year. We are looking for students who are passionate about our school community, committed to putting in the time and effort, and inspired to develop their leadership capacity. There are two applications attached:
 - Student Council Representatives – Open to both current 7th & 8th grade students.
 - Student Council Officers – Open to current 8th grade students.
 - The applications are attached & posted on the [Student Council Page](#). Please note these are **for current 7th & 8th grade students and please make sure to complete the correct one** as they are different!
- ✓ **Parent Portal** – Please know that the parent portal came live yesterday afternoon. Students are aware of the work they have been completing & submitting and they are receiving feedback and grades directly from teachers throughout this process, but this allows both students and parents to have access to the portal. Information was sent previously and posted on the district site regarding adjustments that have been made during this time – [Secondary Grading Considerations](#) and we will look to send a separate communication in conjunction with the district office again soon.
- ✓ **For our students** – A reminder to please check your school email during the day. We realize that many of you have personal accounts but our teachers and staff are using the CB email and want to ensure you are receiving and responding to messages to stay up to date!
- ✓ **Today’s Schedule:** Periods 5 & 6
 - **Wednesday Advisory – FREE READING TIME**
 - [Week of April 27th](#)- This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Fahmi Fahmi**
- ✓ **Mr. Canelli’s “Trivia of the Day”:** There is a three digit number. The second digit is four times as big as the third digit, while the first digit is three less than the second digit. What is the number?
 - **Answer to Tuesday’s trivia:** 41 years ago
- ✓ **Quote of the Day:** “If you always put limit on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.” – Bruce Lee

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Tuesday, April 28th – B Week – “National Superhero Day” – I think it’s safe to say that today our superheroes are not Superman, Wonder Woman or Wolverine...but our moms, dads, and our first-responders and others out there helping the rest of us get through this current situation.

Holicong Community – A reminder that today there are no live classes and a good day for students to catch up on any work you have and participate in today’s Advisory activity which focuses on Mindfulness.

- ✓ **Today’s Schedule: Reminder** – there are no live classes today!
 - **Original Calendar: *Students:*** No School; ***Staff:*** Staff Development
 - **For Distance Learning: *Students:*** No Distance Learning; ***Staff:*** Staff Development
 - **Make up day for Period 3 and 4B in Middle School will be May 1. *Students:*** Middle School - Complete asynchronous work for Periods 3 and 4B; ***Staff:*** Prior to May 1, post asynchronous work for Periods 3 and 4B in Middle School (no synchronous instruction will take place).
 - **Tuesday Advisory – REFLECTION:** Mindfulness – What is it? Please watch the video and complete the reflection questions for yourself.
<https://www.youtube.com/watch?v=mjtfyuTTQFY>

Reflection Questions:

- ✓ How often do you get stuck thinking about things that happened in the past or that we have coming up?
- ✓ How does that make you feel?
- ✓ Have you ever tried mindfulness and living in the moment? What was it like?
 - [Week of April 27th](#)- This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Cassandra Sheynfeld, Bennett Snyder**
- ✓ **Mr. Canelli’s “Trivia of the Day”:** Sally is 54 years old and her mother is 80, how many years ago was Sally's mother three times her age?
 - **Answer to Monday’s trivia:** 9 o’clock
- ✓ **Quote of the Day:** “The best way out is always through.” – Robert Frost

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Holicong Community – [Holicong Morning Show – 4/27/20](#) – We are excited to include the official Monday morning show! The Monday morning show will include the weekly updates and daily announcements for Monday and this week’s segments also include: “Matt’s Predictions, Faces of Holicong interview with Mr. Rittenhouse, and an awesome song by Mrs. Keyes and her family” - you don’t want to miss any of it! A special thank you to them for their work on this and to Mrs. Wentz, Ms. Ambrosini, Mr. Kelly and Mr. Cannelli for making this happen! We encourage all students, parents and staff to watch!

Today's Announcements – Monday, April 27th – B Week – “National Devil Dog Day”

- ✓ **Today's Schedule:** Periods 1 & 2
 - **Monday Advisory – FREE READING!**
 - [Week of April 27th](#)- This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Tyler Kennedy, Bella Rigg, Shane Sutton, Gavin Jefferis, Caroline Gutsch, Julia Norris**
- ✓ **Mr. Canelli's "Trivia of the Day":** If it is two hours later, then it will take half as much time till it's midnight as it would be if it were an hour later. What time is it?
 - **Answer to Friday's trivia:** I am 40 and my daughter is 10.
- ✓ **Quote of the Day:** “No matter what people tell you, words and ideas can change the world.” – Robin Williams

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Friday, April 24th – A Week – “National Hairball Awareness Day”

Holicong Community – Happy Friday! My plan going forward is to get the daily announcement out at the 8:00 time and follow up later in the day with the Friday video. This will allow me to include updates from our Staff Leadership Team, Student Leadership Team, and other notes for today that include reimbursement information and plans for the upcoming weeks!

- ✓ **Sequestered Songfest 3** – A special thanks to our performers and also our staff and student guests for joining! The concert is already uploaded on our [Sequestered Songfest Concert Page!](#) Please email **Mr. Glaser** (jglaser@cbsd.org) if you would like to participate in our “80's theme” concert on May 5th!
- ✓ **Schedule Announcement for next Tuesday** – Please know that this has remained a PD/No School Day based on the original calendar and we will have the same plan as we in the previous weeks. We included the adjustment below and it is on the calendar.
- ✓ **Tuesday, April 28**
 - **On Original Calendar:** *Students:* No School; *Staff:* Staff Development
 - **For Distance Learning:** *Students:* No Distance Learning Classes; *Staff:* Staff Development
 - **Make up day for Period 3 and 4B in Middle School will be May 1. *Students:*** Middle School - Complete asynchronous work for Periods 3 and 4B; *Staff:* Prior to May 1, post asynchronous work for Periods 3 and 4B in Middle School (no synchronous instruction will take place).
- ✓ **Advisory Activity** – Please see the challenge for today and the weekend. With the weather forecast today...a perfect day to do a puzzle and listen to some music! (Just don't lose any pieces...that will ruin your day...I speak from experience!)

”

Autism Awareness Fact of the Day – Intense Focus – [Faces of Holicong – Nate Schneller](#) Interview

Many individuals with autism have interests that seem more intense than for others the same age. They “may” also have an excellent memory, especially about their areas of interest. Positive note: People with autism are passionate about the things, ideas, and people in their lives. They spend time, energy, and imagination to truly master their area of interest.

- ✓ **Today’s Schedule:** Advisory Activity, Work Time, Independent Reading
 - **Friday Advisory – CHALLENGE:** Assembling puzzles helps with fine-motor skills, perceptive skills, and planning--after all, you need to look for clues from shapes and colors to figure out what goes where. This all helps keep your brain young, no matter your age! Puzzling is also a good bonding activity for families. **Upload a picture of your finished puzzle to padlet or email Mr. Canelli: [Puzzle Challenge](#).**
- ✓ **Romig’s Remix** – The winners from last week are...yes...we are keeping track!
 - **7th Grade:** Nysa Verma
 - **8th Grade:** Connor Nace & Simon Kovalchuk
 - **9th Grade:** Claire Rajapakse
 - **Step 1** – [Romig’s Remix Week 5](#) – Click on the link here for the songs!
 - **Step 2** – Listen to the lyrics with your family!
 - **Step 3** – Email Ms. Romig with **your name AND grade** at aromig@cbsd.org with the name of **the song AND Artist for EACH of the songs!** The first 2 students for each grade will win a week’s worth of our “ice cream” vouchers for the cafeteria (don’t worry, we are keeping track). GOOD LUCK!
- ✓ **Friday Chuck Norris Fact:** *Patrick Mahomes can throw a football over 50 yards. Chuck Norris can throw Patrick Mahomes even further.*
- ✓ **HAPPY BIRTHDAY to...Bryce Lolas, Ellison Lundquist**
 - **This Weekend’s Birthdays**
 - **Saturday** – Tristan Schwartzter, Julia Santanello, Jessica Mauer, Josephine Williams
 - **Sunday** – Jack Maio
- ✓ **Mr. Canelli’s “Trivia of the Day”:** I am four times as old as my daughter. In 20 years, I shall be twice as old as her. How old are we now?
 - **Answer to Thursday’s trivia:** Trick Question You will never reach the door, it will always be half the distance, no matter how small.
- ✓ **Quote of the Day:** “If you accept the expectations of others, especially negative ones, then you never will change the outcome.” – Michael Jordan

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Holicong Community – Thank you to those in our school community for reaching out to Mrs. Loughlin, Mrs. Loftus, and Mrs. McCusker yesterday – it is truly appreciated and a reminder of what makes our students & staff special...we don't think about or talk about doing something...we just "get in the game" and do it...and thank you once again to these three remarkable women for their dedication to our entire school community. Please see below for updates and our daily announcements.

- ✓ **[Holicong Sequestered Songfest 3](#)** – Please see the attachment for tonight's performers and join at 7:00 by joining our concert. Please pass this along to any members of the Holicong community!
- ✓ **Friday** – A reminder that Friday is a make-up day for periods 1B & 2B from April 24th. There are no live classes but students will have time to work and submit any work posted from teachers for those courses.
- ✓ **Relay for Life Virtual Event Saturday** – This is an addition to our calendar and we have posted on the website. This Saturday at 4:00 pm the American Cancer Society is hosting **Relay USA**, an exciting virtual Relay experience that anyone, anywhere can join! Relay USA will feature the traditional elements of Relay we love – opening ceremony, survivor lap, caregiver recognition, and a luminaria ceremony – in an all-virtual experience. While COVID-19 has brought a level of uncertainty to events across the nation, Relay USA is our opportunity to stand together even when we are apart. [Click here to find out more and to watch Relay USA!](#) You can also join the [Relay USA Facebook Event](#) to stay connected and up-to-date.

Thursday, April 23rd – A Week – “National Lost Dogs Awareness Day”

Autism Awareness Update – Social Interaction – [Faces of Holicong – Nate Schneller Interview](#)

Challenge: Children with Autism Spectrum Disorder (ASD) may have a hard time learning how to understand or interact with other people of the same age. Positive note: What matters is true liking, shared interests, kindness, and the desire to spend time together- not keeping up with or being as similar as possible as their peers.

- ✓ **Today's Schedule:** Period 7 & Open Block
 - **11:00 – 12:00: Meal pickup at Stover Street & Russert Drive**
 - **Thursday Advisory - [FITNESS/WELLNESS](#):** Cardiovascular exercise is any exercise that raises your heart rate. Our bodies were made to move and to keep our muscles in shape we need move them. This movement makes them stronger and stronger muscles make for a more efficient and healthy body. Cardio can improve both the function and the performance of your heart, lungs and circulatory system. **Try This: [30 Minute Strength and Cardio](#)**
 - [Week of April 20](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...no birthdays today!**
- ✓ **Mr. Canelli's "Trivia of the Day":** If you're 8 feet away from a door and with each move, you advance half the distance to the door. How many moves will it take to reach the door?
 - **Answer to Wednesday's trivia:** There were 6 contestants. The man came in 4th place.
- ✓ **Quote of the Day:** "With self-discipline most anything is possible." – Theodore Roosevelt

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Wednesday, April 22nd – A Week – “Earth Day”

Holicong Community – Today is an important day at Holicong as we have multiple celebrations & remembrances taking place. We ask that you read each below with care as they each hold a special meaning for our entire Holicong community and we would have paid special attention to each if we were “at home at Holicong.”

- ✓ **Administrative Professionals Day** – Tomorrow is a day to show appreciation for the “Faces of Holicong” Mrs. Loughlin, Mrs. Loftus, and Mrs. McCusker. The work they do for our students, staff, and parents cannot be done justice here...so we offer them a “thank you” and ask everyone in our community to take a moment show them gratitude in your own way.
- ✓ **Bill Grun Remembrance & Bowtie Day** – Today is a day that we honor the memory of Mr. Grun...who passed away last year. His contributions to our school community...and our entire country...are something we should be proud of. We ask you to honor his memory by taking a moment to watch the memorial we put together last year - [Bill Grun – In Memorium Presentation](#)
- ✓ **Earth Day** – Today is the “official” Earth day and thanks again to Mr. Meletti and our department for providing the resources below from the Franklin Institute & NASA.

Autism Awareness Update – Repetitive Movements of Speech – [Faces of Holicong – Nate Schneller Interview](#)

Challenge: Some individuals with autism have repetitive movements like hand flapping, pacing, and rocking. They might also have repetitive speech, like repeating lines from movies or TV shows over and over. Positive note: People on the autism spectrum truly attend to the sensory input that surrounds them. Some see the beauty that others miss. Many have achieved the ideal of mindfulness, even if they don't have the tools to communicate their state of mind to others.

Earth Day Update

- **Franklin Institute** - Earth Day 2020 - <https://www.fi.edu/blog/Celebrate-Earth-Day-2020-with-The-Franklin-Institute>
- **NASA** - #EarthDayAtHome with NASA - <https://www.nasa.gov/content/earth-day-2020>
- ✓ **Today's Schedule:** Periods 5 & 6
 - **Wednesday Advisory – FREE READING TIME**
 - [Week of April 20](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Ava Catron**
- ✓ **Mr. Canelli's “Trivia of the Day”:** In a bicycle race, the man who came two places in front of the last man finished one ahead of the man who came fifth. How many contestants were there?
 - **Answer to Tuesday's trivia:** I must be 23 if my father is twice as old as me.
- ✓ **Quote of the Day:** “We can't help everyone, but everyone can help someone.” – Ronald Reagan

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Tuesday, April 21st – A Week – “National Kindergarten Day”

Autism Awareness Update – Social Communication - [Faces of Holicong – Nate Schneller](#) Interview

- Challenge: Autism affects social communication—the way we use our voices, eyes, and bodies to interact with others. Positive note: People on the autism spectrum tell the truth—whether it’s positive or negative. That means a person with autism will accurately reflect their feelings and respond with complete candor when asked their opinion. If a person with autism says you look terrific you can be pretty sure you’re having a good hair day!

Earth Day Update – Michener Art Museum – Virtual Earth Day Celebration

<https://www.michenerartmuseum.org/event/virtual-earth-day/>

✓ **Today’s Schedule:** Periods 3 & 4

- **Tuesday Advisory – REFLECTION: Self Talk**

Think about what self-talk is. It is common to find ourselves talking to ourselves. Sometimes this happens out loud, but more often it is an internal dialog. This is called self-talk. When we engage in self-talk, we can give ourselves encouragement or criticism. This is called positive/negative self-talk.

Read article: [Article about self talk](#) then answer the reflection questions.

- [Week of April 20](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!

✓ **HAPPY BIRTHDAY to...Bella Stokes, Sophie Dreyzin, Joseph Maeglin, Julia Phillips**

✓ **Mr. Canelli’s “Trivia of the Day”:** When my father was 31 I was 8. Now he is twice as old as me. How old am I?

- **Answer to Monday’s trivia:** Zero

✓ **Quote of the Day:** “One today is worth two tomorrows.” – Benjamin Franklin

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Monday, April 20th – A Week – “National Look Alike Day” – Who is your doppelganger?

Holicong Community – We hope you are well! Please be reminded that the Monday announcement each week will be a bit longer as they include general updates and a look at the week ahead! We are also excited to announce that this week we will have our 1st morning show and plan to do this every Monday for the remainder of the year! Thank you Brooke for getting us started...she is taking care of the week ahead announcements and the links are below!

Monday Morning Show – [Morning Show 4.20](#) (and attached)

Week Ahead Announcements – This is an A Week!

- ✓ **Autism Awareness Month** – We chose this week to share information regarding Autism and will include interesting facts each day. However, we are starting the week off with a “**Faces of Holicong**” interview with Nath Schneller and his mother focusing on their personal experiences – [Faces of Holicong – Nate Schneller](#)!
- ✓ **Earth Day** – This year marks the 50th anniversary of Earth Day! Although we will not be together on Wednesday to celebrate Earth Day, Holicong’s Science Department would like to give our community the opportunity to engage in a variety of thoughtful activities from home. Here is a great resource to start - [Earthday.org](#)!
- ✓ **Teacher Trivia** – Here is one of our new features! Thanks to Dakota for not only having this idea...but making it a reality! And thanks to our first staff guest...Senora Grosse!
- ✓ **Sequestered Songfest #3** – Please mark your calendars for Thursday night at 7:00! Our first 2 concerts were awesome and we are looking forward to this one. Please email Mr. Glaser at jglaser@cbsd.org if you are interested...we encourage you to “get in the game!”
- ✓ **Romig’s Remix** – [Romig’s Remix Week 5](#) – Here is the link for this week! Please get your answers in to Ms. Romig at aromig@cbsd.org and find out Friday who wins!
- ✓ **Friday Advisory Challenge** – This week’s challenge may take a little longer to complete so we wanted to include it here to get a head start! **CHALLENGE:** Assembling puzzles helps with fine-motor skills, perceptive skills, and planning--after all, you need to look for clues from shapes and colors to figure out what goes where. This all helps keep your brain young, no matter your age! Puzzling is also a good bonding activity for families. Upload a picture of your finished puzzle to paddlet or email Mr. Canelli: [Puzzle Challenge](#).

Autism Awareness Update – Please use this resource for this week to learn more about the Autism Society and ways to get involved! <https://www.autism-society.org/get-involved/national-autism-awareness-month/>

Earth Day Update – Earth Day Live - <https://www.earthday.org/earth-day-live/>

- ✓ **Today’s Schedule:** Periods 1 & 2
 - **11:00 – 12:00: Meal pickup at Stover Street & Russert Drive**
 - **Monday Advisory – FREE READING TIME**
 - [Week of April 20](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Finnian Gash, Emily Tian, Anthony Sciorillo, Arush Dua**
- ✓ **Mr. Canelli’s “Trivia of the Day”:** Three times what number is no larger than two times that same number?
 - **Answer to Friday’s trivia:** Jack is 28 and John is 21.
- ✓ **Quote of the Day:** “Your present circumstances don’t determine where you can go; they merely determine where you start.” – Nido Qubein

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Friday, April 17th – B Week – “National Ellis Island Family History Day” – Get out the family albums over the weekend!

Holicong Community – [Here is the Shillingford Friday 4/17 message](#). We are coming to the end of another week! With Friday's focus on our Advisory activities, we felt it appropriate to share an article Ms. Levin shared from the New York Times - “The Science of Helping Out” [Article](#). We encourage our students and parents read together and the goal of our advisory and challenges below are a way to bring folks together and help bring positive thoughts to those in our community!

- ✓ **Today's Schedule:** Advisory Activity, Work Time, Independent Reading
 - **Friday's Advisory Activity – CHALLENGE:** We challenge you to recreate a work of art with objects (and people) in your home.
 - 1) Choose your favorite artwork,
 - 2) Find three things lying around your house,
 - 3) Recreate the artwork with those items,
 - 4) **Take a picture and email it to Mr. Canelli at mcanelli@cbsd.org.**
- ✓ **Romig's Remix** – The winners from last week are...yes...we are keeping track!
 - **7th Grade:** Sarah Daugherty
 - **8th Grade:** no submission
 - **9th Grade:** Claire Rajapakse & Brooke Dougherty
 - **Step 1** – Click on the link here for the songs!
 - **Step 2** – Listen to the lyrics with your family!
- ✓ **Friday Chuck Norris Fact:** *Chuck Norris's calendar straight from March 31st to April 2nd. No one fools Chuck Norris!*
- ✓ **HAPPY BIRTHDAY to...Peter Rapp**
 - **This Weekend's Birthdays**
 - **Saturday** – Arina Sokol, Rada Sokol, Aidan Mariscio, Chelsea Maund, Sarah Rose, Quinton Weber, Maeve Farrell
 - **Sunday** – Jackson O'Keefe, Geoffrey Schurer, Michaela Schweikert
- ✓ **Mr. Canelli's "Trivia of the Day":** The combined age of Jack and John is 49. Fourteen years ago, Jack was twice as old as John was then. How old are the brothers now?
 - **Answer to Thursday's trivia:** Sam: 2; Dean: 5; Castiel: 7. Age 7 - 2 = '5' is prime; 7 - 5 = '2' is prime; 5 - 2 = '3' is prime.
- ✓ **Quote of the Day:** “The limits of the possible can only be defined by going beyond them into the impossible.” – Arthur C. Clarke

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Thursday, April 16th – B Week – “National Eggs Benedict Day” – A reminder... [Holicong Chef Challenge](#)

Holicong Community – We are nearing the close of week 2 and of our distance learning plan and hoping that everyone is getting into somewhat of a routine. Two quick notes before the schedule:

- **Yearbooks:** We are closing the window for this on Friday at 3:00. Our plan is to have these sent directly to student homes with the addresses on record. We will send the final list tomorrow night to the yearbook provider.
- [Romig's Remix Week 4](#): The link to last week was going back to week 3...so here it is again. We know that we sometimes need “immediate satisfaction” and waiting until next fall is too long for your prize...so the winning students from each grade will get a surprise Holicong gift in the mail! You can email Ms. Romig at aromig@cbsd.org!

✓ **Today's Schedule:** Period 7 & Open/Study Period

- **Thursday's Advisory Activity – FITNESS/WELLNESS:** Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health and flexibility. **Try This:** [20 minutes YOGA FLOW](#)
- [Week of April 13](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!

✓ **HAPPY BIRTHDAY to...Emma Sullivan**

✓ **Mr. Canelli's “Trivia of the Day”:** Dean Sam and Castiel are three brothers. Interestingly their current age is prime. What's more interesting that difference between their ages is also prime. What is the youngest they can be and still have this be true?

- **Answer to Wednesday's trivia:** Give them 1 fifty dollar bill, 1 twenty dollar bill, 1 five dollar bill and 4 two dollar bills.

✓ **Quote of the Day:** “All you need is the plan, the road map, and the courage to press on to your destination.” – Earl Nightingale

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Wednesday, April 15th – B Week – “Titanic Remembrance Day”

Holicong Community – We hope you are well! During one of the teacher meetings today a conversation came up canvas and notifications. We think that some of the students may have turned these off and only check canvas for specific assignments, but with our current situation, we advise that all students turn these on so you get a “notification” any time a teachers posts something new on the canvas page. Mrs. Hallman made a screencast that shows you step by step how to do this – [Canvas Notifications Instructions](#). All you have to do is follow her steps and it should work!

A “shout out” to our student performers for providing us a live concert last night in our 2nd sequestered songfest. It was awesome! We felt that these were too good not to share so we created a page

dedicated to our recorded concerts – [Sequestered Songfest Concerts](#). The next songfest is scheduled for April 23rd – please reach out to Mr. Glaser at jglaser@cbsd.org to “get in the game” for the next show!

✓ **Today's Schedule:** Period 5 & 6

- **Wednesday Advisory – FREE READING TIME:** Reading increases our understanding of our own identity, improves our compassion and gives us an insight into the worldview of others. The research shows individuals who read for pleasure have higher educational outcomes, an increase of compassion, improvement in relationships, a decrease in depression and improved well-being. Researchers found that individuals who read on a continual basis experienced lower levels of stress and felt more connected to others and were happier than those who did not.
- [Week of April 13](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!

✓ **HAPPY BIRTHDAY to...Michelle Melnikov**

✓ **Mr. Canelli's "Trivia of the Day":** How can you give someone \$83 using exactly 7 bills, without using any one dollar bills?

- **Answer to Tuesday's trivia:** 5 kids are bare feet

✓ **Quote of the Day:** “There is nothing impossible to him who will try.” – Alexander the Great

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Tuesday, April 14th – B Week – “National Look up at the Sky Day”

✓ **Today's Schedule:** Period 3 & 4

- **Sequestered Songfest #2** – Showtime is at 7:00! Please click on the link here to join our second concert - [Join Microsoft Teams Meeting](#).
- **Lunches** – A reminder we will be back at Stover & Tussert from 11:00-12:00 for lunches.

✓ **Tuesday Advisory – REFLECTION:** Please watch the video “My Philosophy for a Happy Life” and complete the reflection questions for yourself. [My philosophy for a happy life | Sam Berns | TEDxMidAtlantic](#)

Reflection Questions:

- Ask yourself, “What is the most important thing that people should know about you?”
- What question do you think you spend most of your time thinking about?
- What do you think you should focus on more, after listening to Sam Berns speak?
 - [Week of April 13](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!

✓ **HAPPY BIRTHDAY to...Jackson Fetterman, David Deem**

✓ **Mr. Canelli's "Trivia of the Day":** There are 12 kids in a classroom. 6 kids are wearing socks and 4 are wearing shoes. 3 kids are wearing both. How many are bare feet?

- **Answer to Monday's trivia:** Answer: The ball costs 5c. Not 10c. One dollar more than 10c is \$1.10, \$1.10 + 10c is \$1.20 One dollar more than 5c is \$1.05. The sum of which is \$1.10.

✓ **Quote of the Day:** “Happiness is not something you postpone for the future; it is something you design for the present.” Jim Rohn

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Holicong Community – We hope you enjoyed the holiday weekend as best you could under the circumstances. Please know on Monday's we will include a few **"Week Ahead"** updates. We have included a few of the positive messages we have from last week's Advisory challenge in the hopes to bring good thoughts your way. We realize that If any families want to still participate and share a positive message [Positive Driveway Messages](#)....please just email your picture to either me or Mr. Canelli and we will upload it.

Week Ahead Update – This is a B Week!

- ✓ **Yearbooks on Sale** – Please know we have opened up Yearbook sales from this Monday – Friday. You can purchase a book through [MyPaymentsPlus](#) (you can also login to see if you already purchased one and we will post the list this week of individuals who purchased a yearbook). Mrs. Lock was able to get all of the pictures before the closure except for our spring sports teams.
- ✓ **Reimbursements & Broadway for 9th Grade** – Mrs. Loughlin has been working on reimbursements for the events that have been cancelled. We received an announcement from the Broadway theatres that they are now issuing refunds but might take some time due to the number of refunds. Please know we are on top of this and will reach out again to you once this process is finalized.
- ✓ **NJHS Applications** – Students in 8th & 9th grade who qualified should have received an email regarding NJHS. We will be working with Mrs. Schmitt and collaborating with the other middle schools to determine what our induction will be but this will happen one way or another.
- ✓ **Lunch @ Stover Mill Today** – We will be at the Stover Mill bus stop (Stover & Russert) today from 11:00 – 12:00 as planned, but with this weather please feel free to "drive thru."
- ✓ **Romig Remix** – Here is the link for Romig's Remix 4! Please email Ms. Romig at aromig@cbsd.org if you want to play "Name that Tune!"
- ✓ **Sequestered Songfest #2** – Please reserve tomorrow night at 7:00 on your calendar!

Monday, April 13th – B Week – "National Scrabble Day" – Sounds like a family game is in order!

✓ **Today's Schedule:**

- ✓ **On Original Calendar: *Students:*** No School; ***Staff:*** Staff Development - Building Level
- ✓ **For Distance Learning: *Students:*** No Distance Learning; ***Staff:*** Staff Development - Preparation of content.
 - **Make up day for Periods 1B and 2B in Middle School will be Friday, April 24. *Students:*** Middle School - Complete asynchronous work for Periods 1B and 2B; ***Staff:*** Prior to April 24, post asynchronous work for Periods 1B and 2B in Middle School (no synchronous instruction will take place).
- ✓ **Monday Advisory – FREE READING TIME:** Reading increases our understanding of our own identity, improves our compassion and gives us an insight into the worldview of others. The research shows individuals who read for pleasure have higher educational outcomes, an increase of compassion, improvement in relationships, a decrease in depression and improved well-being. Researchers found that individuals who read on a continual basis experienced lower levels of stress and felt more connected to others and were happier than those who did not.

- [Week of April 13](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!
- ✓ **HAPPY BIRTHDAY to...Vanessa Rufe, Stephanie Eck, Joseph Horner**
- ✓ **Mr. Canelli's "Trivia of the Day":** A bat and a ball cost \$1.10. The bat costs one dollar more than the ball. How much does the ball cost?
 - **Answer to Friday's trivia:** 1, 2 and 3
- ✓ **Quote of the Day:** "The measure of who we are is what we do with what we have." – Vince Lombardi

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Friday, April 10th – National Siblings Day! We think that means **ALL** brothers and sisters must get along today...no arguing over...whatever it is we argue about...which is a lot of stuff!

Schedule Today

On Original Calendar: *Students & Staff:* No School

For Distance Learning: *Students & Staff:* No Distance Learning Classes

Monday, April 13

On Original Calendar: *Students:* No School; ***Staff:*** Staff Development - Building Level

For Distance Learning: *Students:* No Distance Learning Classes; ***Staff:*** Staff Development - Preparation of content.

- ✓ **Romig's Remix** – The winners from last week are...yes...we are keeping track!
 - **7th Grade:** Sarah Daugherty & Connor & Logan Simkiss
 - **8th Grade:** No guesses?!
 - **9th Grade:** Claire Rajapakse
- **Step 1** – [Romig's Remix – Week 4](#) – Click on the link here for the songs!
- **Step 2** – Listen to the lyrics with your family!
- **Step 3** – Email Ms. Romig with **your name AND grade** at aromig@cbsd.org with the name of **the song AND Artist for EACH of the songs!** The first 2 students for each grade will win a week's worth of our "ice cream" vouchers for the cafeteria (don't worry, we are keeping track). We realize that with the news from today...we may have to make adjustments but don't worry...we will!
- ✓ **Friday Chuck Norris Fact:** *Chuck Norris can build a snowman out of rain!*
- ✓ **HAPPY BIRTHDAY to... Ryan Carter, Luke Miller, John Donnelly, Katelin Lynch, Jillian Lynch**
 - ***This Weekend's Birthdays***
 - ***Saturday*** – Chase Hovagimyan, Daniel Walsh, Alycia Warren
 - ***Sunday*** – Julie Pfeifer, Joshua DeLorenzo, William Mauer, Alex Levinson
- ✓ **Mr. Canelli's "Trivia of the Day":** What 3 positive numbers give the same result when multiplied and added together?

- **Answer to Thursday's trivia:** military time
- ✓ **Quote of the Day:** "Live your beliefs and you can turn the world around." – **Henry David Thoreau**
- ✓ **Friday's Advisory Activity – CHALLENGE:** Chalk your driveway to create eye-catching, positive notes for those walking by. This challenge promotes unity for our community but also motivates us to get outside! Messages can consist of an ode to calming thoughts, an ode to those who are working hard to defeat this virus, an ode to those who are facing rough times, or even an ode to moving forward. We are all in this together and by maintaining kindness we can overcome this obstacle. Take a picture of your drawing and upload to padlet: [Positive Driveway Messages](#).

Advisory Community Challenges – We will continue to provide these once a week while we are out but also keep them open so our entire community can continue to take part!

- ✓ [Holicong Chef Challenge](#) (please show your cooking skills for your entire family!)
- ✓ ["Build a Fort" Challenge!](#) (will be very disappointed if this one is not chosen!)
- ✓ [Mrs. Ritter's Art Challenge!](#) (we are still taking these...it is a great family activity!)
- ✓ [Holicong SMART Goal Template](#) (please this out whenever you need a new goal!)
- ✓ [Friday Wrap Up Activity](#) (one page visual to wrap up your week and plan for the next!)
- ✓ [Mrs. Blankenburg and Maddy Vlog](#) (more creative ideas to spend time as a family!)

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Thursday, April 9th – "National Unicorn Day" (this would be a great submission for [Mrs. Ritter's Art Challenge!](#))

Holicong Community – We hope you are well and apologies for sending out the announcement early...as noted it was meant to the Sequestered Songfest #2. The only adjustment made was to include more detail about the calendar for the for Thursday, Friday and Monday. A reminder that today is a "no distance learning" day which means no classes (asynchronous/synchronous) will take place. This will be the case for Friday & Monday as well. These adjustments were made based on the original school calendar in order to do our best to maintain the original school calendar. I originally "truncated" the schedule for the daily announcement for brevity, but included more detail below based on what the original calendar was and adjustments made (we have done this for other upcoming days that were off/adjusted as contingency but did not want to send that out until we have more information about the closure). We are always trying to maintain the "balance" of providing enough information without overloading everyone...and that is especially the case now but please continue to communicate with your teachers, counselors and me if you ever have questions or need clarification. The "no distance learning classes" means that no teachers will meet with students and no assignments are due. However, like any other "no school day" students can keep busy by catching up on work, studying, doing the wellness activities on our distance learning page...or reading for pleasure! Nothing changes with this and no oversight or due dates...these are always only suggestions and options we want to provide...especially under the current circumstances when students have been at home for this long!

We felt that a "daily announcement" was appropriate in these times to create some level of normalcy for our work and for our students (and parents & staff) to see some of "what we do"...and yes, every

Friday Mr. Kelly does do a Friday Chuck Norris fact and yes, at the end of every lunch Friday Ms. Romig does a live Name that Tune and winners get ice cream coupons. We do plan on sending these out going forward (even on Fridays) and if you ever have a question or need clarification...please reach out to me and Mr. Canelli.

Scheduling Notes this week & Monday:

Thursday, April 9

On Original Calendar: *Students:* No School; ***Staff:*** Staff Development - Curriculum Workshops
For Distance Learning: *Students:* No Distance Learning; ***Staff:*** Staff Development - Preparation of content.

- **Make up day for Period 7A in Middle School will be April 17. *Students:*** Middle School - Complete asynchronous work for Period 7A; ***Staff:*** Middle School - Prior to April 17, post asynchronous work for Period 7A (no synchronous instruction will take place).

Friday, April 10

On Original Calendar: *Students & Staff:* No School

For Distance Learning: *Students & Staff:* No Distance Learning Classes

Monday, April 13

On Original Calendar: *Students:* No School; ***Staff:*** Staff Development - Building Level

For Distance Learning: *Students:* No Distance Learning Classes; ***Staff:*** Staff Development - Preparation of content.

- ✓ **HAPPY BIRTHDAY to...Luke Eldon, Charlie Haber**
- ✓ **Mr. Canelli's "Trivia of the Day":** When is 1500 plus 20 and 1600 minus 40 the same thing? (Hint: Mr. Kibbe knows)
 - **Answer to Wednesday's trivia: P=10, Q=11, R=12, S=13, T=14**
- ✓ **Quote of the Day:** "Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared." – Buddha
- ✓ **Today's Advisory Activity – FITNESS/WELLNESS:** Cardiovascular exercise is any exercise that raises your heart rate. Our bodies were made to move and to keep our muscles in shape we need move them. This movement makes them stronger and stronger muscles make for a more efficient and healthy body. Cardio can improve both the function and the performance of your heart, lungs and circulatory system. Click on the link for a high intensity interval training workout: [HIIT and Kickboxing Cardio Workout Plus Abs.](#)

Wednesday, April 8th – A Week – "National Zoo Lovers Day"

Holicong Community – We hope you are well! This entire situation is difficult for all of us and the fact that the first week of Phase 2 is also a week when we had half-days and the days off created logistical scheduling issues. On our end...we really want to keep our students & teachers on a "curriculum schedule" and at the same time be cognizant of our original schedule and the upcoming religious holiday. We will follow the schedule below and please do not get caught up too much in the schedule...and that teachers are going to make this work based on what is best for you and the

continuation of your coursework. Please know we will also continue with our Daily Announcement on these days!

Announcement – Math Help with Mr. Trunk! Our students know Mr. Trunk...he has been a great addition to the Holicong team and has offered to “get in the game” by offering optional math help/tutoring office hours ...open to any and all students! Mr. Trunk is a math certified teacher but is not currently assigned to specific classes due to his role so this one way he can support our students.

Mr. Trunk will be available every day from Monday-Thursday from 8:30 - 9:30 am. All students need to do is click on the link to "join" the meeting and Mr. Trunk will be... "live": : [Math help with Mr. Trunk Team Meeting 8:30am to 9:30 am](#). We will also post this on the Holicong calendar and include the link (rather than have in the daily announcement after today). If you have any questions or need help outside of these hours, please email Mr. Trunk at ctrunk@cbsd.org.

Math Classes	Time
Math 7, Pre-Algebra	8:30-8:50
Algebra, Algebra 1A, Algebra 1B	8:50-9:10
Geometry, Algebra 2, Other	9:10-9:30

Scheduling Notes this week:

- ✓ **Today:** No live teaching; complete asynchronous work for Periods 5A and 6A).
- ✓ **Thursday, April 9:** No Distance Learning; Make up day will be April 17.
- ✓ **Monday, April 13:** No distance learning; Make up day will be April 24.

- ✓ **HAPPY BIRTHDAY to...Isabella Scheffler, Nicholas Ginaldi, Declan Corcoran**
- ✓ **Mr. Canelli's "Trivia of the Day":** In the equation shown, P, Q, R, S, and T are 5 consecutive positive integers (example: 3, 4, 5, 6, 7). What are they? $P^2 + Q^2 + R^2 = S^2 + T^2$
 - **Answer to Tuesday's trivia:** 50 seconds. Total time gaps between first and last ticks at 8'o clock= 7. So time gap between two ticks = $35/7 = 5$ seconds. Now, total time gaps between first and last ticks at 11 'o clock=10. Therefore time taken for 11 ticks = $10 * 5 = 50$ seconds
- ✓ **Quote of the Day:** “Memories of our lives, of our works and our deeds will continue in others.” – Rosa Parks

- ✓ **Today's Advisory Activity – FREE READING TIME:** Reading increases our understanding of our own identity, improves our compassion and gives us an insight into the worldview of others. The research shows individuals who read for pleasure have higher educational outcomes, an increase of compassion, improvement in relationships, a decrease in depression and improved well-being. Researchers found that individuals who read on a continual basis experienced lower levels of stress and felt more connected to others and were happier than those who did not.
 - ✓ [Weekly Advisory Activities](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge

- ✓ **Advisory Community Challenges** – We will continue to provide these once a week while we are out but also keep them open so our entire community can continue to take part!
 - ✓ [Holicong Chef Challenge](#) (please show your cooking skills for your entire family!)

- ✓ ["Build a Fort" Challenge!](#) (will be very disappointed if this one is not chosen!)
- ✓ [Mrs. Ritter's Art Challenge!](#) (we are still taking these...it is a great family activity!)
- ✓ [Holicong SMART Goal Template](#) (please this out whenever you need a new goal!)
- ✓ [Friday Wrap Up Activity](#) (one page visual to wrap up your week and plan for the next!)
- ✓ [Mrs. Blankenburg and Maddy Vlog](#) (more creative ideas to spend time as a family!)

Tuesday, April 7th – A Week – “National No Housework Day” – Unless you are a Holicong student...then of course you are going to help your parents with the housework!

Holicong Community – We hope Day 1 was a success! We have put the schedule for Wednesday & Thursday below. Have a great day!

Scheduling Notes this week:

- ✓ **Today:** Periods 3 & 4
 - ✓ **Wednesday, April 8:** No live teaching; complete asynchronous work for Periods 5A and 6A)
 - ✓ **Thursday, April 9:** No Distance Learning; Make up day will be April 17
 - ✓ **Friday, April 10:** Religious Holiday – No Distance Learning
- ✓ **HAPPY BIRTHDAY to...Amaris Alfonseca, Sienna Valenti, Richard Davis**
- ✓ **Mr. Canelli’s “Trivia of the Day”:** At 8 AM, a clock ticks 8 times. The time between first and last ticks is 35 seconds. How long does it tick at 11 AM?
- **Answer to Monday’s trivia:** Throw the ball up in the air.
- ✓ **Quote of the Day:** “Happiness is not something you postpone for the future; it is something you design for the present.” – John Rohn
- ✓ **Today's Advisory Activity – REFLECTION:** April is Autism Acceptance Month. During Autism Acceptance Month, we focus on sharing positive, respectful, and accurate information about autism and autistic people. Autism Acceptance Month promotes acceptance and celebration of autistic people as family members, friends, classmates, co-workers, and community members making valuable contributions to our world. Autism is a natural variation of the human experience, and we can all create a world which values, includes, and celebrates all kinds of minds. Click on the link to watch a video and answer reflection questions. [Rosie King Autism Ted Talk](#)
- **Reflection Questions:**
 - What new insights has this video given you regarding autism or anyone you know on the autism spectrum?
 - What makes you unique?
 - What do you think when someone looks at you differently?
- ✓ [Weekly Advisory Activities](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!

- ✓ **Advisory Community Challenges** – We will continue to provide these once a week while we are out but also keep them open so our entire community can continue to take part!
- ✓ [Holicong Chef Challenge](#) (please show your cooking skills for your entire family!)
- ✓ ["Build a Fort" Challenge!](#) (will be very disappointed if this one is not chosen!)
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- ✓ [Mrs. Blankenburg and Maddy Vlog](#) (more creative ideas to spend time as a family!)

Monday, April 6th – A Week – “National Student-Athlete Day”

Holicong Community - Happy Monday! It is the first official day of Phase 2 and we are excited to start "dipping our toes" into our new way of learning. You will see we have adjusted the daily announcement slightly. We will include the "A/B Week" and the periods for the day. We have also included this information to the Holicong calendar as well. We will include the daily Advisory activity each day and a link to the activities for the week so you can take a look ahead. We will continue to "monitor and adjust" as needed but our goal is always to get you pertinent information in an efficient manner...so we will be including any updates from Holicong or CBSD in these announcements. Have a great week!

- ✓ **Schedule:** Periods 1 & 2
- ✓ **HAPPY BIRTHDAY to...Jane Haubrich**
- ✓ **Mr. Canelli's "Trivia of the Day":** How can you throw a ball as hard as you can and have it come back to you, even if it doesn't bounce off anything? There is nothing attached to it, and no one else catches or throws it back to you.
 - **Answer to Friday's trivia:** Alvin spent \$120, Lorie spent \$240, and Chris spent \$360
- ✓ **Quote of the Day:** "Today is the only day. Yesterday is gone." – John Wooden
- ✓ **Today's Advisory Activity – FREE READING TIME:** Reading increases our understanding of our own identity, improves our compassion and gives us an insight into the worldview of others. The research shows individuals who read for pleasure have higher educational outcomes, an increase of compassion, improvement in relationships, a decrease in depression and improved well-being. Researchers found that individuals who read on a continual basis experienced lower levels of stress and felt more connected to others and were happier than those who did not.
- ✓ [Weekly Advisory Activities](#) - This will take you to the list of Advisory Activities for the week...in case you wanted to get started on Friday's challenge!

Advisory Community Challenges – We will continue to provide these once a week while we are out but also keep them open so our entire community can continue to take part!

- ✓ [Holicong Chef Challenge](#) (please show your cooking skills for your entire family!)
- ✓ ["Build a Fort" Challenge!](#) (will be very disappointed if this one is not chosen!)
- ✓ [Mrs. Ritter's Art Challenge!](#) (we are still taking these...it is a great family activity!)
- ✓ [Holicong SMART Goal Template](#) (please this out whenever you need a new goal!)
- ✓ [Friday Wrap Up Activity](#) (one page visual to wrap up your week and plan for the next!)
- ✓ [Mrs. Blankenburg and Maddy Vlog](#) (more creative ideas to spend time as a family!)

Friday, April 3rd – “National Find a Rainbow Day” – If you can't find a real one today...please take a listen here – [RAINBOW – click here!](#)

Holicong Community – We hope the last two days allowed you to reconnect and rebuild the relationships you created with your teachers and classes. And a special shout out to Mr. Glaser and the performers in last night's Sequestered Songfest. It was a huge success and great to just see and hear familiar faces...and the best part was the audience of staff, students and parents watching along. We are 100% doing this again and going to figure out who to record last night's show and put it on our site.

A note for our Holicong athletes – please visit the [Holicong Athletics](#) site for an update from PIAA & our collaboration with NIKE.

We are now at the time to move forward with the plan so going to provide some resources along with this email to help you plan for the coming weeks in a separate email so it doesn't get lost in our regular daily update...this will be the last one that looks exactly like this and we do not want to break tradition!

- ✓ **Romig's Remix** – The winners from last week are...yes...we are keeping track!
 - **7th Grade:** DJ Brown and Jacob Frazier
 - **8th Grade:** Angie Rider
 - **9th Grade:** Brooke Dougherty
 - **Step 1** – "[Romig's Remix - Week 3](#)" — Click on the link here for the songs!
 - **Step 2** – Listen to the lyrics with your family!
 - **Step 3** – Email Ms. Romig with **your name AND grade** at aromig@cbsd.org with the name of **the song AND Artist for EACH of the songs!** The first 2 students for each grade will win a week's worth of our "ice cream" vouchers for the cafeteria (don't worry, we are keeping track). GOOD LUCK!
- ✓ **Friday Chuck Norris Fact:** *Chuck Norris can build a snowman out of rain!*
- ✓ **HAPPY BIRTHDAY to...Connor Cobb, Sean Levin, Alexandra Ilchenko, Andrew Ganopolskiy**
 - **THIS WEEKEND's BIRTHDAYS...**
 - **Saturday** – Dennis Surovec, Jace Gale, Heha Varkey
 - **Sunday** – Rachel Capilie, Reagan Hedden
- ✓ **Holicong Community Activity:** "[Chef Challenge](#)" Our goal was to have all of our students make...something (remember...Mac & Cheese counts!) for their parents by this Sunday – thanks to the 13 folks who have submitted theirs...but our enrollment is currently 993...so many of our parents can expect a nice surprise in the next few days!
- ✓ **Mr. Canelli's "Trivia of the Day":** Alvin spent half as much as Lorie did on holiday presents this year and Chris spent 3 times more than Alvin did. The total spent between the three of them was \$720. How much money did each person spend?
 - **Answer to Thursday's trivia:** The AirPods cost \$120 and the sunglasses cost \$20.
- ✓ **Quote of the Day:** "Perfection is not attainable, but if we chase perfection we can catch excellence."
– Vince Lombardi
- ✓ **Wellness Advice for the Day:** Fill out your new schedule with your parents...and POST IT! (You will get this separately in the next email.
- ✓ **[Holicong Positive News! FLUX Challenges](#)** - We were waiting for a Friday for this...but if you haven't seen these...please click on the link above. The creativity and fun of this...just awesome and thanks to our students and Science teachers for putting these together!

Advisory & Community Challenges – We will continue to provide these once a week while we are out but also keep them open so our entire community can continue to take part!

- ✓ [Holicong Chef Challenge](#) (**please show your cooking skills for your entire family!**)
- ✓ ["Build a Fort" Challenge!](#) (will be very disappointed if this one is not chosen!)
- ✓ [Mrs. Ritter's Art Challenge!](#) (we are still taking these...it is a great family activity!)
- ✓ [Holicong SMART Goal Template](#) (we are ending week 2, so it is time to fill out a new individual or family goal for the next two weeks!)
- ✓ [Friday Wrap Up Activity](#) (one page visual to wrap up your week and plan for the next!)
- ✓ [Holicong SMART Goal Template](#) (we are ending week 2, so it is time to fill out a new individual or family goal for the next two weeks!)
- ✓ [Mrs. Blankenburg and Maddy Vlog](#) (more creative ideas to spend time as a family!)

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal

Thursday, April 2nd – “World Autism Day”

Holicong Community – Day 1 of trying to “reconnect” between students and teachers is complete and looking forward to Day 2. You will see that we don’t have the A/B day above because we are following the schedule below for specials and don’t need any confusion! We also remind students that you may not be able to join a meeting due to a conflict and even overlap between other classes...and this is OK! If you cannot join...we are again asking that you just reach out to your teachers so they hear from you. The “schedule window” is below but please make sure to check your email for information from your teachers.

Core Classes Meeting Window	Specials “A Day” Meeting Window	Specials “B Day” Meeting Window
Period 5: Between 8:00 and 9:30	Period 5: Between 8:00 and 8:45	Period 5: Between 8:45 and 9:30
Period 6: Between 9:30 and 11:00	Period 6: Between 9:30 and 10:15	Period 6: Between 10:15 and 11:00
Period 7: Between 12:00 and 1:30	Period 7: Between 1:30 and 2:15	Period 7: Between 2:15 and 3:00

We will be sending out a specific email with other logistics (specific student schedule for the coming weeks for students to follow, expectations for participation and attendance, and other information) but again, reminding everyone that our focus for yesterday and today is to focus on communication with teachers and navigating the Teams resource. I am asking our parents and teachers to reinforce this with our students and reduce any potential stress about “what is to come” or other hypotheticals...for the future. The focus right now is reconnecting and the relationships we have built to this point...the rest of it is logistics. And for those students and parents that have experience with us...we hope you know that this is something we have covered!

You will see that we have shortened the update below so everyone could focus on the above...but more importantly, our “Community Advisory, Wellness, and Positive News” is all focused on our 1st ever Sequestered Songfest tonight at 7:00. We do hope that our entire community can join us and

the instructions and lineup are attached. And since we know that this week is the "[Chef Challenge](#)"...what better way to finish up a home cooked meal by a Holicong Colonial than watching our students perform for you live?!?!

- ✓ **HAPPY BIRTHDAY to...Katherine O'Donnell, James Weiss**
- ✓ **Mr. Canelli's "Trivia of the Day":** The total cost for a new pair of AirPods and a new pair of sunglasses is \$140. The AirPods cost \$100 more than the sunglasses. How much do the AirPods cost?
 - **Answer to Wednesday's trivia:** Leah is 37 years old
- ✓ **Quote of the Day:** "The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. – Helen Keller

Advisory & Community Challenges – We will continue to provide these once a week while we are out but also keep them open so our entire community can continue to take part!

- ✓ [Holicong Chef Challenge](#) (please show your cooking skills for your entire family!)
- ✓ ["Build a Fort" Challenge!](#) (will be very disappointed if this one is not chosen!)
- ✓ [Mrs. Ritter's Art Challenge!](#) (we are still taking these...it is a great family activity!)
- ✓ [Holicong SMART Goal Template](#) (we are ending week 2, so it is time to fill out a new individual or family goal for the next two weeks!)
- ✓ [Friday Wrap Up Activity](#) (one page visual to wrap up your week and plan for the next!)
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- ✓ [Mrs. Blankenburg and Maddy Vlog](#) (more creative ideas to spend time as a family!)

Go Colonials!

Kevin Shillingford, Principal

Mike Canelli, Assistant Principal



Wednesday, April 1st – B Day – "This is not April's Fools Day this year"

Holicong Community – We hope you are well! Please see below for our update and please note the emphasis on our "first-ever" Sequestered Songfest. If you did not see Dr. Kopicki's email to the entire CBSD community from last evening, please see it [here](#) as a family.

Please know that we do not want to repeat the message from yesterday regarding the plan for today and tomorrow, but for now our main goal for these days is for our students & teachers to focus on "checking" in with students and allowing for time to reconnect and navigate the Teams capability as we look to next week and beyond. If students cannot participate "live" in the meetings set by teachers, we are asking students reach out to teachers via email at some point during these two days so the teachers know our students are aware of this plan.

From an administrative end...we will be reaching out as well with some more specific details for next week's schedule and other expectations & logistics, but that can wait so our students and staff can focus

on these next two days. Rest assured, we are going to make this work for everyone...so please asking again for everyone's support and understanding that this is a stressful time for everyone and our goal is to keep our communication positive within our community...and especially with our students...we miss you and promise this will be OK!

HAPPY BIRTHDAY to...Ethan Derstine

- ✓ **Holicong Community Activity:** ["Earth From Above"](#) After seeing the one that Ms. Levin shared...I did a little recon last night and this was one that is very serene and provides amazing views of picturesque areas of the Earth taken by a drone...very relaxing!
- ✓ **Mr. Canelli's "Trivia of the Day":** When Jim was 6 years old, his little sister, Leah, was half his age. If Jim is 40 years old today, how old is Leah?
 - **Answer to Tuesday's trivia:** 193
- ✓ **Quote of the Day:** "Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!" – Anne Frank
- ✓ **Wellness Advice for the Day:** Here is a [20 Minute Power Yoga](#) activity from Ms. Davidson that you can do after "turning off" for the day!
- ✓ **[Holicong Positive News!](#)** Please know that we are a "go" for the first Sequestered Songfest" put on virtually by Holicong students. **This will take place on Thursday evening at 7:00 pm so please mark your calendars now.** We are going to send out a link tomorrow but wanted to reiterate this now to everyone in the hope that you can join!

Advisory & Community Challenges – We will continue to provide these once a week while we are out but also keep them open so our entire community can continue to take part!

- ✓ [Holicong Chef Challenge](#) (please show your cooking skills for your entire family!)
- ✓ ["Build a Fort" Challenge!](#) (will be very disappointed if this one is not chosen!)
- ✓ [Mrs. Ritter's Art Challenge!](#) (we are still taking these...it is a great family activity!)
- ✓ [Holicong SMART Goal Template](#) (we are ending week 2, so it is time to fill out a new individual or family goal for the next two weeks!)
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- ✓ [Mrs. Blankenburg and Maddy Vlog](#) (more creative ideas to spend time as a family!)



Tuesday, March 31st – A Day "National Tater Day" (maybe a good ingredient for the Chef's Challenge? Tater Tots count!)

Holicong Community – Please know that as we prepare for the rollout of the second phase of the distant learning plan our teachers and staff have been working diligently with a variety groups in CBSD from professional development to curriculum coordinators to ensure we provide the most valuable educational experience possible under the circumstances. Most important - our team has been collaborating with one another constantly over this past week via Teams videos, chats, emails...almost

any communication medium you can imagine (OK, maybe not snapchat!) and this work will continue for the remainder of this week.

As you know from your experiences, our staff has very high expectations for the quality of their instruction and appreciate your understanding of the work they are doing while managing their own families and the overall stress of our current situation. We will continue to communicate with our community with these updates but for a more comprehensive look at the new plan please make sure to see the website above and the phase 2 presentation [here](#).

- ✓ **HAPPY BIRTHDAY to...Xavier Sjostedt, Maxwell Willis, Lauryn Hann, Saide Adams, Kaitlyn Walters**
- ✓ **Holicong Community Activity:** [SOOTHING AQUARIUM VIDEO \(TURTLES, TOO\)](#) – A thank you to Ms. Levin for sharing this and other videos for ALL of us to watch during our mindful breaks and highly recommended...there are more to come. I ended up watching this for 5 minutes as I was writing this...and was mesmerized by it - extremely relaxing and took my mind off other things!
- ✓ **Mr. Canelli's "Trivia of the Day":** I am a three-digit number. My tens digit is six more than my ones digit. My hundreds digit is eight less than my tens digit. What number am I?
 - **Answer to Monday's trivia:** 11 cartons total 7 large boxes ($7 * 8 = 56$ boxes) 4 small boxes ($4 * 10 = 40$ boxes) 11 total cartons and 96 boxes
- ✓ **Quote of the Day:** "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." – John F. Kennedy
- ✓ **Wellness Advice for the Day:** Here is a [12-minute Cardio Workout](#) from Ms. Davidson (also found on our Distance Learning Website!
- ✓ **Holicong Positive News!** Congratulations to Paul Calderario for being the Holicong representative for the state National Geography Bee competition. The organization initially tried to accommodate a virtual competition due to the current situation but decided last week to cancel it based on a variety of concerns. We know Paul would have represented us well and a "shout out" for this accomplishment!

Advisory & Community Challenges – We will continue to provide these once a week while we are out but also keep them open so our entire community can continue to take part!

- ✓ [Holicong Chef Challenge](#) (please show your cooking skills for your entire family!)
- ✓ ["Build a Fort" Challenge!](#) (will be very disappointed if this one is not chosen!)
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- ✓ [Mrs. Blankenburg and Maddy Vlog](#) (more creative ideas to spend time as a family!)



Monday, March 30th – B Day – "National Doctors Day" – This is very appropriate with our current situation!

Holicong Community – We hope you are well! We have adjusted our template and will only include the daily update with the link to the previous updates above. We will also keep our "weekly challenges &

links” at the bottom of the email so you can continue to participate in these at any time! Mr. Canelli & I (that means our families) completed the fort challenge and it really was a lot of fun (and we are keeping it up for a while!). Please see this week’s “Holicong Chef Challenge” below!

As we transition to the new Distance Learning Plan, please continue to encourage students to remain engaged and active in the daily learning activities on the teacher websites. We believe that a majority of our students are completing the work and as we move toward our new plan it is even more important that our students are following a schedule that hopefully allows for both academic engagement & wellness activities.

- ✓ **HAPPY BIRTHDAY to...** McKenzie Stephenson, Patrick McKenna, Sienna Borelli
- ✓ **Holicong Community Activity: Our Holicong challenge for the week is the...”Chef Challenge!”** We are encouraging our students to make a meal for their family one day this week...and post your creation and picture of the family here – [Holicong Chef Challenge](#).
- ✓ **Mr. Canelli’s “Trivia of the Day”:** A merchant can place 8 large boxes or 10 small boxes into a carton for shipping. In one shipment, he sent a total of 96 boxes. If there are more large boxes than small boxes, how many cartons did he ship?
 - **Answer to Friday’s trivia:** Jen is 22 (her mother is 44)
- ✓ **Quote of the Day:** “What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.” – Ralph Waldo Emerson
- ✓ **Wellness Advice for the Day:** Reflect at the End of the Day: Taking time at the end of the day to reflect on what went well, what could have been better and what you’ll do to make tomorrow the best it can be, can go a long way in creating success. Having gratitude and perspective can also provide you with a sense of wisdom and hope as you complete the day and prepare for the next.
- ✓ **Holicong Positive News! Bucks County Science Fair Awards Presentation...made by Mrs. Bannon & Mr. Meletti...congratulations to the students who participated in the competition!**

Advisory & Community Challenges – We will continue to provide these once a week while we are out but also keep them open so our entire community can continue to take part!

- ✓ [Holicong Chef Challenge](#) (please show your cooking skills for your entire family!)
- ✓ ["Build a Fort" Challenge!](#) (will be very disappointed if this one is not chosen!)
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Friday, March 27th – “National Joe Day” – (I guess there used to be a lot more “Joe’s” in the world...so if you know one...give him or her a “Shout Out!”)

Holicong Community – We have officially completed 2 weeks of distance learning...and I don't know about you, but I am missing our "home away from home" at Holicong more than ever. Please know that we are putting the "body" of our updates in the emails and keeping the "word version" in the distance learning page. The only reason we mention it here is to let you know it doesn't transfer over as well in terms of format and aesthetics and requires reformatting that is...not ideal so just attaching the word version as well. Not a big deal and may not be worth mentioning (and won't again) but wanted our students, staff and parents to know (guess it goes back to making sure when we do things at Holicong, we do them right!).

✓ **Friday & Weekend Reminders**

- **Specials Courses** – Mrs. Hallman reached out and asked us to remind students that Friday's are a great day for students to check in their Specials teachers pages and stay on top of those activities!
 - **Community Advisory Activities** - Please take a look at the Community Advisory activities and note that we added a [Friday Wrap Up Activity](#) provided by Mrs. DeMuro – a very easy way to wrap up your week and something any member of the family can complete (and post so you all can see!)
 - **Holicong Values & Kind Like Joey** – Please remember how important a small act of kindness can do for a family member, friend, staff member...or someone you don't know! It can be an email, a text...or better yet, a phone call to grandmom or grandpop!
 - **Romig's Remix** – Ms. Romig is at it again! Please see the instructions below – a great way to start the day or take a break (and sing along with the family). And yes, we are keeping track and our winners from Week 1 are...
 - **7th Grade:** Evelyn Weinlein and Anna Barbieri
 - **8th Grade:** Angie Rider and Faye Gilbert
 - **9th Grade:** TJ Simkiss and Claire Parker
 - **Step 1** – [Romig's Remix Week 2](#) — Click on the link here for the songs!
 - **Step 2** – Listen to the lyrics with your family!
 - **Step 3** – Email Ms. Romig with **your name AND grade** at aromig@cbsd.org with the name of **the song AND Artist for EACH of the songs!** The first 2 students for each grade will win a week's worth of our "ice cream" vouchers for the cafeteria (don't worry, we are keeping track). GOOD LUCK!
- ✓ **Friday Chuck Norris Fact:** *Chuck Norris tells Simon what to do....*
- ✓ **HAPPY BIRTHDAY to...Max Larson, Stephen Zyla & Thomas LeFever!**
- ***This weekend's birthdays...***
 - **Saturday (this is a lot!) – Sabrina Coyne, Sharon Francis, Alisa Cufone, Nicholas Akins & Catherine Wachtman!**
 - **Sunday – Michael Mignona, Lilya Moriarty & Dylan Sarzynski!**
- ✓ **Holicong Community Activity:** We have several different family activities to do over the long weekend...so please choose one of the following!
- [Friday Wrap Up Activity](#) (one page visual to wrap up your week and plan for the next!)
 - ["Build a Fort" Challenge!](#) (will be very disappointed if this one is not chosen!)
 - [Mrs. Ritter's Art Challenge!](#) (we are still taking these...it is a great family activity!)

- [Holicong SMART Goal Template](#) (we are ending week 2, so it is time to fill out a new individual or family goal for the next two weeks!)
- [Mrs. Blankenburg and Maddy Vlog](#) (more creative ideas to spend time as a family!)
- ✓ **Mr. Canelli's "Trivia of the Day":** When Jen was 15, her mother was 37. Now, her mother is twice her age. How old is Jen?
 - **Answer to Thursday's trivia:** 45 ($1/5$ of 45 = 9, $9 + 45 = 54$)
- ✓ **Quote of the Day:** "We could never learn to be brave and patient, if there were only joys in the world." – Helen Keller
- ✓ **Wellness Advice for the Day:** These are breathing strategies for anyone when they are feeling anxious or stressed..your breathing, heart rate, and focus should improve so please try them because they work!

Counted breathing type	Inhale seconds	Exhale seconds
Relaxing	4	8
Balancing	4	4
Energizing	8	4
- ✓ [Holicong Positive News!](#) Check out these awesome projectile launch lab & instructions from Mrs. Bannon, Mr. Geneva, and Mr. Meletti's 8th Grade Science Classes!
 - [DIY Projectile Launcher Instructions](#)
 - [Projectile Lab 1](#)
 - [Projectile Lab 2](#)



Thursday, March 26th – A Day "Epilepsy Awareness Day – Wear Purple"

- ✓ **HAPPY BIRTHDAY to...**Charles Chappell, Hayden Staude & Michael Kozman!
- ✓ **Holicong Community Activity:**
- ✓ **Canelli's "Trivia of the Day":** Find a number less than 100 that is increased by one-fifth of its value when its digits are reversed.
 - **Answer to Wednesday's trivia:** Nine. Two parents, six sons, and one daughter. All of them have one sister (not six sisters).
- ✓ **Holicong Community Activity: Complete a puzzle.** Working on puzzles and solving them provides us with very many helpful benefits. It makes us alert, increases our concentration and expands our creativity.
- ✓ **Quote of the Day:** "Persistence overshadows even talent as the most valuable resource shaping the quality of life." – Tony Robbins
- ✓ **Wellness Advice for the Day:** [Present Meditation](#) – This is your 10 minute mediation for the day...
- ✓ **Holicong Positive News! GO SCIENCE!** Our Science teachers offered a challenge to our students...and look what they came up with...never underestimate the creativity, critical thinking, and ingenuity of our students!
 - **Best Inventions:** <https://flipgrid.com/+madden7412>
 - **Best Games:** <https://flipgrid.com/+madden7387>
 - **Best Bridges:** <https://flipgrid.com/+madden6958>



Wednesday, March 25th – B Day “Manatee Appreciation Day” (Picture of Manatee attached!)
Morning Announcement – Happy Wednesday Holicong! We are excited to announce that Mr. Glaser and his crew have put together a plan to have a “Sequestered Songfest” for the Holicong Community over the break! Please see Mr. Glaser’s Intro Video [Holicong Sequestered Songfest!](#) & the written overview here [Sequestered Songfest Overview!](#)

Community Activities: [Mrs. Ritter's Art Challenge!](#), ["Build a Fort" Challenge!](#), & [Romig's Remix Website!](#)...and updated from today...[The Puppies of Holicong!](#)

- ✓ **HAPPY BIRTHDAY to...Lindsey Sciorillo!**
- ✓ **Holicong Community Activity: Family Time! 5 Questions with a Loved One!** These questions don't have right or wrong answers. They're designed to be conversation starters to bring family members together and learn about each other. Please try to include other family members (grandparents, aunts, uncles...and more!) through Facetime, call, or other means!
 - *What was your dream job when you were a kid?*
 - *What is the failure that you most cherish? Why?*
 - *What is the most valuable thing that you own?*
 - *How would you describe a perfect day?*
 - *If you could go back five years in your life, what advice would you give yourself?*
- ✓ **Mr. Canelli’s “Trivia of the Day”:** Your parents have six sons including you and each son has one sister. How many people are in the family?
 - **Answer to Tuesday’s trivia:** *This is the only number that includes all the digits arranged in alphabetical order.*
- ✓ **Quote of the Day:** “Nobody in life gets exactly what they thought they were going to get. But if you work really hard and you’re kind, amazing things will happen.” – Conan O’Brien
- ✓ **Wellness Advice for the Day:** Develop a ‘gentle firmness’ with yourself; be kind but honest in your mental ‘self-talk’.
- ✓ [Holicong Positive News!](#) Please see the information for our 1st ever Sequestered Songfest at Holicong!



Tuesday, March 24th – A Day “National Cheesesteak Day”

Morning Announcement – This morning announcement was updated after hearing [Governor Wolfe’s press conference](#) and Dr. Kopicki’s email that the earliest our students will be returning to school, if possible, is April 6th. More important than the return to school is the safety and well-being of all our entire community, so please continue to heed the directives given to us by the experts. Please know that while we did not, and do not, know what the future holds regarding this situation, our faculty & staff will continue to “monitor and adjust” to ensure that they are taking care of themselves and their families and while still providing our students with the best experience possible. On Monday, we held our regular office meeting and Leadership meeting virtually to collaborate and plan for this new challenge ahead of us. For now, please be safe and know we are thinking about all of you.

You will see that we have “shortened” the template. Now that we are in week two, we will just include the link above to our home base & the daily announcements below! Please know that our “tweets” show up on the Holicong homepage but please make sure to follow us on Twitter @CBHolicongMS!

- ✓ **HAPPY BIRTHDAY to...Jude Smallwood & Juliana Faucher!**
- ✓ **Holicong Community Activity:** Your weekly community activity...the [“Build a Fort” Challenge!](#) And the answer is no, you are never too old to build a good old fashioned fort in your house and have some fun! Click on the link to upload your 30 second video!
- ✓ **Mr. Canelli’s “Trivia of the Day”:** The number 8,549,176,320 is a unique number. What is so special about it?
 - **Answer to Monday’s trivia:** *the catcher and the umpire*
- ✓ **Quote of the Day:** “The most important thing in life is to stop saying ‘I wish’ and start saying ‘I will.’ Consider nothing impossible, then treat possibilities as probabilities.” – Charles Dickens
- ✓ **Wellness the Day:** [37 Minute HITT Cardio and Core Workout](#) One of the activities on our Wellness page!
- ✓ **Holicong Positive News!** Here is a template of the pictures from National Puppy Day...but feel free to send more and we will add them over the next few weeks - [The Puppies of Holicong!](#)



Monday, March 23rd – B Day – “National Puppy Day” (Look for the Advisory plan for the day)

Holicong Community – We hope you are doing well and had a great weekend! A few overall updates before we get to the daily announcements!

- ✓ **Schedule this Week** – We will continue with the schedule that we had last week – Monday through Thursday will be distance learning days & Friday will again be a day where students will not be responsible for checking teachers' sites or checking in with teachers.
- ✓ **LUNCH Reminder**
 - Distribution will take place on Mondays and Thursdays, with more than one meal (three meals on Mondays and two on Thursdays) provided at each pickup so that families need only visit their pickup site twice per week. Distribution takes place between 10:30 a.m. and 12:30 p.m.
 - Pickups will take place at the following locations in the Holicong & CB East cluster! CB East High School, Bridge Valley Elementary School, Warwick Elementary School
 - Click to access [addresses and directions to school locations](#).
- ✓ **Romig’s Remix** – Ms. Romig is awesome! She is not going to let the fact we are not in school from stopping a game of “Romig’s Remix” Name that Tune! Here are the rules!
 - **Step 1** – [Romig’s Remix Website](#) – Click on the link here for the songs!
 - **Step 2** – Listen to the lyrics with your family!
 - **Step 3** – Email Ms. Romig with **your name AND grade** at aromig@cbsd.org with the name of **the song AND Artist for EACH of the songs!** The first 2 students for each grade will win a week’s worth of our “ice cream” vouchers for the cafeteria (don’t worry, we are keeping track). GOOD LUCK!

- ✓ **Mrs. Ritter Art Challenge** – [Mrs. Ritter's Art Challenge!](#) We are going to keep this link open and seeing some awesome drawings. I did this myself today...and while I did some “coloring within the lines” I can say that this was fun, relaxing, and took my mind of a few of the other stresses I was facing and I highly recommend it!
- ✓ **SMART Goal** – I wanted to show students I was “getting in the game” and posted my SMART goal for the week...with some before and after pictures and doing this so I can be accountable for keeping my goal!
- ✓ **Distance Learning Page** – The link to the page is still the same but it now appears on the Holicong home page banner for higher visibility!
- ✓ **HAPPY BIRTHDAY to...Carly Harrison!**
- ✓ **Holicong Community Activity:** In honor of National Puppy day...take a picture with your dog (or animal if you have one” and send them to Mr. Canelli at mcanelli@cbsd.org! You can also use this time to do [Romig's Remix Website](#) or [Mrs. Ritter's Art Challenge!](#)
- ✓ **Mr. Canelli's “Trivia of the Day”:** A man left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?
 - **Answer to Friday's trivia:** *Fill the 5-gallon jug, pour it into the 3-gallon jug until the 3 gallon is full, and leaving 2 gallons in the 5-gallon jug. Now pour the 3-gallon jug out. Pour the remaining 2 gallons from the 5 gallon jug into the empty 3-gallon jug. Now fill the 5 gallon jug from the faucet. You now have exactly 7 gallons.*
- ✓ **Quote of the Day:** “If you believe in yourself and have dedication and pride – and never quit, you’ll be a winner. The price of victory is high but so are the rewards.” – Paul Bryant
- ✓ **Wellness Advice for the Day:** “[10 Minute Meditation – Symphony Meditation](#)”
 - Meditation consists of focusing your attention as a way to calm the mind. Breathing is a common focus point in many different types of meditation. Because staying focused on your breath removes distractions, worries, and restlessness from the mind. It’s necessary to turn off all distractions including phones, the TV, computer, etc. The goal is to give yourself this time to breathe and to center yourself and help you be more calm and productive during the day.
- ✓ **Holicong Positive News!** – “[Extended Poetry to Develop Drafting Stamina](#)” – Mr. Vogelsinger published this article for Moving Writers based on his work with his 9th grade English classes. Please read it and look for pieces from Surah, Dakotah, Alisa and McKenzie!



Friday, March 20th

Holicong Community – My apologies for the late email. I have added a video that I recorded this morning at CB East to go along with this daily announcement. I (selfishly) important to reach out “face to face” to you all and apologies for any interrupters and the length...but our students, staff, parents and entire community have been on my mind constantly and couldn’t convey what I wanted through these

emails & updates. I also had a 2 hour “virtual teams” conference with fellow middle school principals and please know we are collaborating daily! We will not be sending out the daily announcements over the weekend, so please make note of Mrs. Ritter’s art challenge! For today – please note we have added the birthdays we missed last week and our Chuck Norris Friday fact!

We appreciate all the work that our students and staff have put in to make the first week of the distant learning experience a success. As you can see, we are trying to do our best to keep the “reality” of the Holicong experience intact and the majority of this involves the work our teachers are doing to keep students engaged with classroom instruction. However, you see that we do much more than that and with the current closure, we want to provide our students AND parents opportunities to participate and share in our activities that will hopefully help you as families but keep our school community as “tight knit” as possible at this time. To make this clear in our template – we have changed the template to the “Holicong Community Activity” and “Wellness Advice of the Day” to let everyone know – these are not “assignments/activities” that are mandatory for students or parents...but just a way to show you all that we are committed to keeping our community going and that we hope that anything we post here is helpful...and that you can participate and share when you can!

Friday, March 20th - “National Ravioli” Day

Friday Chuck Norris Fact: *Chuck Norris counted to infinity. Twice.*

✓ **HAPPY BIRTHDAY to...** Benjamin Patrick Urschel, Emilio Chmel

Happy belated birthday to these students!

- **March 13th – Jacob Frazier**
- **March 14th – Gabriella Battinieri**
- **March 15th – Ava Delfini, Savannah Jarnagin, Isabel Carrico, Christine Michael**
- **March 17th – Dylan Checchia**
- **March 18th – Kaia Troy, Savannah Hayes**
- **March 19th – Leela Konzelman, Myah DeCello, Seth White**

This weekend’s birthdays...

- **March 21st – Chloe Hegen, Kyle Hierholzer, Richard DiGregorio, Brendan Fahey**
- **March 22nd – Justin Berger**

✓ **Holicong Community Activity:** The act of being creative is fun and it can help decrease everyday stress and anxieties. Participating in the arts can also help with depression, increase positive emotions and, in some cases, even improve immune system functioning.

- **For the long weekend!** [Mrs. Ritter’s Art Challenge.](#)
- Mrs. Ritter and her sons Jordan and Weston have created an awesome activity that involves drawing your favorite character from a book, tv show, movie, or more! Click on the link above and all you have to do is post your picture to the padlet. Please post these by Sunday evening and the Ritters will choose their favorites. The winners will get a prize! We will also post these on the website...and remember that this is open to ALL FAMILY members...so parents, brothers, sisters and more...please feel free to “get in the game” and have some fun!

- ✓ **Mr. Canelli's "Trivia of the Day":** You have a 3-gallon jug, a 5-gallon jug and unlimited supply of water. You need to measure out exactly 7 gallons of water. How can you do it?
 - **Answer to Thursday's trivia:** *the letter M*
- ✓ **Quote of the Day:** "Perseverance is not a long race; it is many short races one after the other." – Walter Elliot
- ✓ **Wellness Advice of the Day: YOGA FOR HIPS AND BACK:** This is a great video to stretch your hamstrings, hips, and lower back. Video length: about 25 minutes
<https://watchkin.com/d46c9726a3!>
- ✓ **[Holicong Positive News!](https://www.cbsd.org/Page/50750)** - Mrs. Blankenburg and her daughter Maddy have created a Vlog - <https://www.cbsd.org/Page/50750>. They are posting and modeling creative activities that parents and students can do every day to break from the monotony and bond as a family!



Thursday, March 19th - A Day – National Certified Nurses Day!

- ✓ **HAPPY BIRTHDAY to...**Leela Knonzelman, Myah CeCello, and Seth White!
- ✓ **Advisory Activity: GOAL SETTING** – This is a topic we have discussed often and stress that in order to set goals, you must take time on the "front end" to reflect on what it is you want to accomplish and then formulate a plan. We have attached & posted our SMART goal template as a resource. You can print this or save it to your laptop to make it editable
 - **Daily Goal** – Each day you should have a daily goal to complete something "tangible" (organize the garage, clean the pantry, clean out your notebook)
 - **Long Term Goal** – You can do this as an individual, as a family, or do a "Goal Challenge" where each person in your family makes a goal to be completed by next Friday and share with each other! And then you can make it visible (post them in the kitchen or living room) to ensure you see it every day and you can hold each other accountable...and even make a game of it like our Wellness Challenge! (Last one to complete the goal dusts the house...that is motivation!)
- ✓ **Canelli's "Trivia of the Day":** What can be seen once in a minute, twice in a moment, and never in a thousand years?
 - **Answer to Wednesday's trivia:** *Billy*
- ✓ **Quote of the Day:** "Quality is not an act, it is a habit." – Aristotle
- ✓ **Wellness Advice for the Day:** Complete your first daily goal today, no matter how small it is! We promise you will feel a sense of accomplishment and this will lay the groundwork for this to be a habit!
- ✓ **[Holicong Positive News!](#)** See pictures of students in Mrs. Madden's learning about cells in "augmented reality!"



Wednesday, March 18th - "B" Day

- ✓ **Kelly's "Day of the Week":** Awkward Moment Day!
- ✓ **Advisory Activity - Fun with Flipgrid** – In honor of Awkward Moment's Day and our visit from Mykee Fowlin! We are all connected by our "humanness" which includes funny, interesting, and (often) embarrassing moments! Let's start with our "Fun with Flipgrid" by showing the Holicong community that are open to sharing...and we will be surprised how many others will have the same experiences! Share your story here - [Awkward Moment Day!](#)
- ✓ **Canelli's "Trivia of the Day":** Billy's mother had five children. The first was named Lala, the second was named Lele, the third was named Lili, the fourth was named Lolo. What was the fifth child named?
 - **Answer to Tuesday's trivia:** *It would take 51 days. If the number of flowers doubles every day, half the garden would be full the day before, on the 51st day.*
- ✓ **Quote of the Day:** "I believe that the most important single thing, beyond discipline and creativity is daring to dare." – Maya Angelou
- ✓ **Wellness Advice for the Day:** Please see [Morning Wellness Motivation with Mrs. Davidson!](#) (Give it a minute to download! She is an integral member of the Holicong Wellness committee, Health & PE teacher...and mother of four! (And yes, she has already completed her morning workout!)
- ✓ **Holicong Positive News!** Pictures of Mrs. Lovuolo & Mr. Breeden's classes "Recycled Racer Activity!"



Tuesday, March 17th - "A Day"

- ✓ **Mr. Kelly's "Day of the Week":** Today is St. Patrick's Day! Please wear your Holicong green on your first day of distance learning!
- ✓ **Advisory Activity:** Fill out your daily schedule on the distance learning website!
- ✓ **Mr. Canelli's "Trivia of the Day":** You planted sunflower seeds in your back garden. Every day, the number of flowers doubles. If it takes 52 days for the flowers to fill the garden, how many days would it take for them to fill half the garden?
- ✓ **Quote of the Day:** "Always bear in mind that your own resolution to succeed is more important than any one thing" – Abraham Lincoln.

- ✓ **Wellness Advice for the Day:** Review optional daily schedule & tips for keeping structure in your life over the next few weeks!

- ✓ [Holicong Positive News](#): Each day we hope to share pictures and videos of the work we have done and will continue to do at Holicong. Since we did not get to see the musical “live and in person” yet, we wanted to start out day 1 with some short “behind the scenes” clips of dress rehearsal!