

CVU Celebrations September 13, 2019

Dear CVU Community: I have to imagine the faculty is really sick of hearing me talk about the book *Lost Connections* by Johann Hari, author and social scientist. Given to me by a CVU parent this summer, I can't stop seeing the connections between Hari's research on the rise of depression and anxiety in Western cultures and the important work we need to do as a community and educational system. Instead of blaming faulty brain chemistry for depression, Hari examines nine disconnection points in modern life that influence our social-emotional well-being. He also highlights the protective factors that buoy us: connections with community, purpose, healthy values, meaningful work, nature, a hopeful vision for the future and many more. If you are interested in talking about this topic or just want to chat, **come join me for a walk & talk on Thursday, September 19 at 4 pm.** This will be really informal and accessible to those with mobility issues as we will stick to the bike path and sidewalks in Hinesburg--probably only 30-45 minutes. It would be great to get students, parents, community members and staff alike. I'm going rain or shine, so dress appropriately if you want in! Finally, thank you to **BringChange2Mind** for helping our school recognize that we don't have to passively accept labels and ill health. We can make a difference in our lives and the lives of others if we are willing to be authentic and open to a new way of thinking about mental health.



Students

- **CVU Cheer** drew almost as much applause as the game did last Saturday. Your team rocks!



- **Josephine Paradee** and **Jess Barnum** met up in Colorado and sent us this moment to say hello. We miss you both!



- From Jenn Stevens and Callie Douglass: Congratulations to **Hunter Francis** and **Jacob Bronner** who placed 4th and 5th in the Vermont Youth Cycling JV mountain bike race at Cochran's Ski Area this past Sunday.



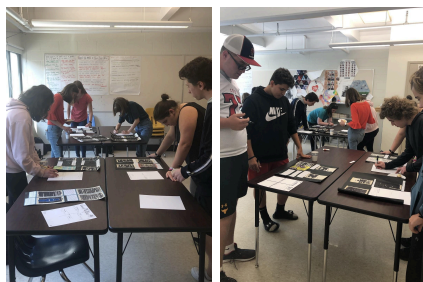
- **Kate Gruending** organized a 5k to remind us of the sacrifice so many first responders made on 9/11. Thank you for *never forgetting*. Kate, in conjunction with **Kylie McClure**, **Emma Rashford**, and **Steve Reinemann**, was instrumental in organizing remembrance activities at CVU...including a 110 flight climb at 6:30am on Wednesday (60lb packs are no joke!).



- From Helen MacAndrews: **Students in Life** making cider the “old school” way with apples picked right on campus.



- **CVU's EnAct Club** is gearing up for the Global Climate Strike on September 20. Check out [this link](#) to learn more.
- From Pam Jay: Students/faculty wore gold ribbons to show support of pediatric cancer awareness month. It is so admirable that our teens are working to increase awareness on a topic that affects the CVU student body.
 - Here are some facts from the National Pediatric Cancer Foundations:
 - Cancer is the number one cause of death by disease among children.
 - 43 children per day are expected to be diagnosed with cancer
 - Only 4% of the billions of dollars that are annually spent on cancer research and treatments are directed towards treating childhood cancer.
- From Michelle Fongemie: Students in my W4 Creative Writing Class engage in a “Gallery Walk” where they look at their peers’ “Lost & Found” blackout poetry projects. Students read artist statements and then left comments on an audience reaction sheet.



- From Phoebe Sarandos: **CVU's Refugee Outreach Club** is running our annual school supplies drive! Please help us out by bringing in your gently used notebooks, binders, folders, writing utensils, etc, and leaving them in the labeled box by the front office. This drive is a great way to put old materials that you don't need to good use! All donations are due by September 20 – this Friday. Thank you!

- CVU students participated in STRUT--an Art Hop Celebration on Saturday, September 7. Great work, all!



Faculty/Staff

- **Carly and Charlie!** You single-handedly (or twin-handedly...actually, wouldn't that be four hands?) launched our new Advisory and Connect improvements. On behalf of our Advisors, thank you!
- Great learning doesn't happen without collaboration! The same is true for teaching. Thank you to our faculty who are always willing to dig into professional development together.



- Thank you to **Karen Archer** for organizing college visits during Connect blocks this year--giving access to many more students!



Community

- From the **Racial Alliance Committee**: The Hinesburgh Public House has announced a new program to fulfill its corporate commitment to community builders. On every Sunday in the month of September, 10% of revenues will be donated to CVU's Racial Alliance Committee!! Please consider a meal or two with your families at the Public House on Sunday evenings in the month of September. Public House hours are from

4:30-8 pm. RAC would really appreciate your support! RAC members will be attending each Sunday event and will be available for questions about RAC's mission and goals.