Dear CBHS Families and Friends

Spring is here. Really. In Maine, spring means weather that is not quite as warm or carefree as you think it should be. At Casco Bay, spring is the season of culminations, from freshmen’s Question of Conscience Presentations to seniors’ Final Words, from Sophomore Passage to the Junior Documentary Premiere. This is the time where we hope that each and every student completes work that they never thought possible, work that expands their sense of what is possible for themselves and their world. Spring at CBHS is also the time most teeming with ritual, where we find joy and celebration in the latest iteration of what we do each year. Often, our rituals reflect our foundational values of rigor, relevance and/or relationships.

What follows is a calendar of our year-end culminations, rituals and special events – because, admittedly, there is a lot to keep track of, and we hope to see family and friends often at school. (All events in which family and friends are welcome are noted with an asterisk (*) below. Some new potential rituals are described in greater detail, namely EL Education’s Better the World Day (May 4th) and the Sophomore Solo (May 31st & June 1st). We hope these too become events that students look forward to each year and which inspire their best.

Sincerely,
Derek Pierce

April
Future Task Force Summit – April 26th
Each year, a task force of students, staff and parents examines one aspect of our Second Decade Plan and makes recommendations to the Leadership Team about how we can actualize it. This year’s task force is looking at how we can fulfill our long-term aim to be the greenest high school in the state.

CBHS Spring Play* – April 27th (6pm) and 28th (2pm and 6pm)
Casco Bay High School presents the Spring Play, I Think I Know What You Mean in the 3rd floor PATHS Dance Studio. Admission: $5 adults/$3 students

May
NHS Spring Induction* for the Class of 2019 – May 3rd (6pm)

Better the Boulevard Day* with CBHS, King and Presumpscot Students – May 4th (12:30-2:30, Baxter Boulevard)
Senior Soap Box Speeches* – May 4th (evening, Monument Square) 5:30-7:30 pm

CBHS Prom – May 12th (8 to 11 pm)

Shared Space Café – May 17th (6 to 8 pm)

Play is Work – May 18th

Crew Talent Competition – May 18th

Senior Final Words – May 21st – May 30th

Incoming Freshman Family Orientation*: May 24th: 5:30-6:30 pm

Question of Conscience Culmination* (Gr. 9) – May 31st (12:2:30pm, UNE)

Casco Bay High School
For Expeditionary Learning
196 Allen Avenue
Portland, Maine 04103

April 2018
Senior Soap Box Speeches* – May 4th (evening, Monument Square), Mechanics Hall

CBHS Prom – May 12th (8 to 11pm)

Shared Space Café*- May 17th (6 to 8pm)
This annual event is open to all parents but is geared towards our multilingual parents. This year’s program will feature refreshments with staff, student entertainment, and a discussion with a panel of multilingual students centered on questions such as, “What do parents need to know about your life outside of the home? What do teachers need to know about your life outside of the school?”

Play is Work (Grade 10)—May 18th

Senior Final Words* – May 21st – May 30th
Each day, eight to twenty seniors will deliver their ultimate speeches. There will be one or two daily ninety-minute sessions of Final Words during this stretch. More specifics about who is presenting and when is to come.

Incoming Freshman Family Orientation*: May 24th: 5:30-6:30

Spring Family Crew Night*: May 24th: 6:30-8:00
All are invited to this semi-annual celebration of the CBHS community, showcasing great student work and updates from each grade level. Dessert potluck.

Question of Conscience Culmination* (Gr. 9) – May 31st (12-2:30pm, UNE)

PATHS Celebration* - May 31st (6 to 8pm, Merrill Auditorium)
There’s a new location and format for this year’s PATHS graduation.

Sophomore Solo – May 31st- June 1
This new transformative learning experience will engage the entire sophomore class in a sleepover at Wolfe’s Neck Farm (in Freeport). The experience will revolve around an extended, structured “solo” in which students will reckon with questions such as “Who am I?” “What are my plans for the future?” and “How will I get there?” The experience will be fodder for the Sophomore Passage when each sophomore will formally reflect on these questions at the mid-point of high school. (Parent Chaperones Needed: Contact Mr. Pierce or Ms. Natarajan FMI.)

June

Last Day of Senior Classes - Friday, June 1st
Senior Awards Ceremony* – June 6th (9am-11am)
Class of 2018 Graduation* – Thursday, June 7th (6pm, Merrill Auditorium)
Project Graduation – June 7th: 8:30pm on
Premiere of Juniors’ Katadin Woods Documentary* – June 12 (5:30-7:30pm, USM’s Hannaford Hall)
College Pro Day for Juniors– June 13 and 14th
Freshman Finale – June TBD
Sophomore Passage Presentations* – June TBD
CBHS Final Assessments (two a day) – June 15th, 18th and 19th
Final Class Meeting and Class Awards – June 20th
Cardboard Boat Race* (last student day) – June 20th (about noon, Willard Beach)

In the CBHS season of culminations, rituals and celebrations, may the weather ever improve and may we see you often and smiling about your student’s excellent work.
To EL Education for the celebration of their 25th Anniversary. Fun Fact: EL was one 20 models chosen and funded by the “New American School Design Corporation,” as part of an education initiative under George HW Bush. 25 years later, it is the only model still around (not to mention thriving).

To all of the parents, families and friends who have contributed to our surpassing our goal of raising $15K for the CBHS Annual Fund.

To the following students who were nominated by peers for embodying one of our Pathways to Success: Halim Mouldaver, Malika Okot, Fiona Twombly-Hussey, Elsa DiGiovanni and Abby Dunnigan.

To the following students who were recently chosen by staff as HOWL Students of the Week: Phoebe Kolbert, Evie Ford, Anthony Troiano, Naomi Zarin, Audrey Leavitt, Quincy Kern-Johnson, Eleanor Johnson, Isaac Tabb, Fatuma Johnson, Ethan Haapala, Olivia Crowley, Hadil Ramadan, Fiona Twombly-Hussey, Justin Anderson, Noah Robertson, Ange Izere, Wren Auld-Brokish, Hamdi Adan, Zach Le, Lorien Fish and Isabella Muldoon.

To Elias Grimm for winning several grants to support his senior expedition and wardrobe line combatting rape culture.

To Zach Le for a senior expedition that has resulted in the Class of 2018 class gift - a new outdoor classroom.

To Jacob Libby for winning this year’s Maine Principal’s Award for his outstanding scholarship, service and leadership (and who was also selected by this peers to be the class speaker at graduation).

To Kepware for edging UNE and a team of upstart freshmen to win the 2018 Math Cup. To all of the parents, mathletes and corporate sponsors that made the event possible – and so much fun. $3500 was raised to support CBHS STEM.

To all of the organizations and experts that partnered with us during Spring Intensives, including New England Outdoor Center, Katadhin Woods and Waters, Katadhin High School, Stearns High School, Envirologix, Portland Community Squash, Rippleffect, 317 Main Street, Portland Pottery and Prevention/Action/Change Maine.

Deb Kierstead Wins 2018 Secretary of the Year

Deb Kierstead, an administrative assistant at Casco Bay High School (CBHS) who is known as “the face, heart and voice” of the school, has been chosen as a 2018 Secretary of the Year by the Maine Principals’ Association.

Kierstead, accompanied by 11 family members, received the award on April 4 during the MPA’s Seminar For School and District Secretaries, Special Education Secretaries and Administrative Assistants. Also receiving the award was Administrative Assistant Carla Myrick of Cushing Community School in Cushing.

The MPA’s annual Secretary of the Year award is given to two Maine school secretaries or administrative assistants who demonstrate commitment to their schools through leadership, service, understanding, patience, and working beyond expectations.

Jeanne Crocker, the Portland Public Schools assistant superintendent for school management, said Kierstead possesses those qualities. “Deb Kierstead shows excellence in school leadership from the all important ‘could-never-do-it-without-you’ main office perspective,” Crocker said.

CBHS Principal Derek Pierce nominated Kierstead for the award. “After serving with distinction at South Portland High School, Ms. Kierstead is now completing her 20th year of service for Portland Public Schools, the last 13 as the founding lead secretary at Casco Bay High School. I have had the great fortune of being involved in hiring two staffs from scratch and in working with some of the finest educators in state. Deb Kierstead may be my wisest, best hire. Scores of Portland families have been influenced to take the leap and send their kids to Casco Bay High School because of Deb Kierstead. Deb treats each student with the same unconditional respect, openness and love with which she treats her own children and grandchildren.”
School Budget Update

The School Board has recommended a budget to the City Council that is fundamentally consistent with what the Superintendent proposed (a 6.6% increase). The city side came in with a proposed 2.5% increase. As part of their deliberations, the City Council has asked the Supt. to make clear what $400,000 worth of cuts would mean at the high schools. Based on our percentage of the overall budget, that would mean a $61,000 cut at CBHS. To achieve a $61,000 cut would inevitably hurt. We would cut our supplies and texts line by almost 11K. The result would be 20% less than our current supplies and texts line (for 2017-18) which is fairly subsistent. The remaining $50K would come from staffing cuts or reductions. This would mean some crucial services and supports would be eliminated. Several courses would also be cut. If we are asked to cut more than 61K, deeper and even more painful staff cuts (and reductions in services/course for students) would be the consequence. There will be a public hearing about the school budget before the City Council on May 8th. You can view a complete list of upcoming meetings here: https://www.portlandschools.org/cms/One.aspx?portalId=1094237&pagId=5329930. The public referendum and vote is June 12th. Please contact Derek Pierce or your School Board representative for more information.

Renovations Update

There were two bidders for our summer renovations project. Both came in slightly higher than the allotted amount. The facilities folks are working now on seeing if there is a way to make up the difference. Cross your fingers. We will be turning over our entire 2nd floor to the contractors as soon as CBHS school is out (e.g. CBHS summer school offerings will all be on the 3rd floor). The contractors will be on a tight schedule to complete the planned interior renovations before the start of school. Keep those fingers crossed. The new entrance will not be finished by the start of school, but should be complete by late October. We will learn where the CBHS-PATHS proposal for a new building (long-term) stands in the state queue in late June. We will likely be looking for a slew of parent and student volunteers at the beginning and end of this process to help with the packing up of impacted classrooms – and, later, the setting up of new ones. More to come!

Summer Academic Offerings at CBHS

Details are still being finalized, but here’s what we know so far.

CBHS 3rd Trimester Summer School

For Whom? Students who earn a 2+ in the 3rd trimester (or by teacher permission).
When? June 25th and June 26th
Cost: $25 per course and $5 for students who receive free lunch. Free for students who earned a HOW of 3 or better in the trimester for that course.
FMI: Contact Mr. Pierce (piercd@portlandschools.org)

Summer Science Intensives

For Whom? Are you someone interested in science? Or in need of science credit for graduation? Then here are two great opportunities available to CBHS students this summer.
Cost: $100 for one course or $25 for students who receive free lunch.
Credit: One Trimester (.66 UPs)

1) Astronomy – June 25th – June 29th
Faculty: Ms. Loughlin & Ms. McClure
FMI: Contact Ms. Loughlin (lougha@portlandschools.org)
2) Mapping Portland’s City Rivers – July 30th- August 3rd

Faculty: Professor Bampton & Ms Crowley

FMI: Contact Ms. Crowley (crowlj@portlandschools.org)

In this new course (and partnership with USM) students will explore and map the city using geographic information systems, historical maps, and surveying equipment. Working in the field, in USM’s Geographic Information System’s laboratories, and in the Osher Map Library students will learn to link data from the past and the present in a digital environment. The results will be used to better understand the trajectory of geographical and hydrological change in the city, from its first settlement by Europeans in the 1600s forward into the 21st century. Successful completion of this course will also result in 1 college credit.

Summer Math Workshop at CBHS

For Whom? This opportunity is available for any CBHS math student, regardless of whether you are interested in credit remediation, acceleration or just deepening your math skills with more practice. Students will engage in supported and customized sessions on ALEKS.

When? Students will complete 10 (of 12) three-hour sessions with CBHS math faculty support during Tuesdays and Thursdays in July and August.

Cost: $50 for the workshop, $10 for students who receive free lunch.

Credit: typically One Trimester (.66 UPs)

FMI: Contact your child’s math teacher.

PPS Summer School

When? Most of July, weekdays, 8am-12:10pm at Deering High

English, Math, Social Studies and Science

Cost: 1 Course - $100 (reduced cost= $50), 2 Courses - $150 (reduced cost=$100)

Art, Health and PE Courses may also available at the same time and place.

FMI: Contact Director Kathryn Toppan (toppak@portlandschools.org, 874-8260)

All of the above options require a completed application and fee to hold a spot. Applications will be available soon and posted on the website. We work to ensure that any student who wants or needs to take a summer course can do so, regardless of financial circumstances. Please contact Mr. Pierce with any financial concerns or questions.

New Course Offering for 2018-19: Introduction of Anatomy

Through a new partnership with the PATHS Health Sciences program, we will be offering a new science course for up to 16 juniors and seniors next fall.

Introduction to Anatomy

This course provides a comprehensive study of the anatomy and physiology of the human body. Topics include body organization; homeostasis and the integumentary, skeletal, muscular, respiratory, circulatory, nervous systems and special senses. Upon completion, students should be able to demonstrate an in-depth understanding of principles of anatomy and physiology and their interrelationships. Laboratory work includes dissection of preserved specimens, microscopic study, physiologic experiments, computer simulations, and multimedia presentations. Along with the study of anatomy and physiology, students will learn medical terminology. Upon completion of this course students will earn college credits for Medical Terminology through CMCC.
Ninth Grade Update

by Katherine Anderson

The ninth grade has been hard at work building background knowledge on Questions of Conscience, our spring expedition about bioethics. After kicking off by investigating the history of scientific advancement and pondering a variety of bioethical dilemmas, we have turned our focus to a case study on Henrietta Lacks. In biology, we are learning about DNA and the genetics of cancer. In social studies we’ve been learning about the Jim Crow Era and racial marginalization, and how social discrimination intersects with science and bioethics. In English we have been reading several science fiction books that raise questions about bioethics. I’ve been reading The Adoration of Jenna Fox by Mary E. Pearson. Jenna Fox, the protagonist, is only 10% human; most of her is made of an artificial biogel. The bioethical dilemma is about how far scientific enhancements should go and the relationship between science and the law. We are almost done building background knowledge, and are excited to begin our independent investigation phase where we will be picking a current bioethical question to learn about and form our own opinion about. We will be sharing our opinions in a public presentation at our culmination at UNE on May 31!

Senior Update

by Martha Thompson and Jacob Libby

With the craziness of college decisions slowly winding down, the Senior Class is beginning to embark upon the final leg of our high school career. In English, we are writing creative pieces and focusing our studies in different literary genres. After writing memoirs, short stories, and poetry, we will culminate by performing our pieces to our English blocks. In Social Studies, we have been studying the power of rhetoric and learning about free speech. We have been reading various types of famous rhetorical pieces and learning about laws concerning free speech. We will culminate by voicing our beliefs and passions atop soapboxes on Friday, May 4th. During the First Friday Art Walk, we will exercise our right of free speech in Monument Square.

All of this work will eventually move us into the bittersweet season of Final Word. After studying the art of creative writing and rhetoric, we will begin to grapple with what we want our parting words to be. Through many drafts, we will craft the long awaited and anticipated speech. After polishing the speeches in our Humanities classes, we will begin our farewells to the school on May 21st. We are excited for our final month at Casco and hope you will join us for Final Word and Graduation.
**CBHS HONOR ROLL**

**GRADE 9, Winter Trimester**

**HIGH HONORS**
Logan Andrick, Sierra Aponte-Clarke, Wren Auld-Brokish, Maya Denkmire, Lilliana Frantz, Ayden Grimm, Tasha Hipple, Madison Hurley, Yusur Jasim, Oscar McNally, Naomi Zarin.

**HONOR ROLL**
Mohammed Almorabi, Katherine Anderson, Lydia Baker-Pitre, Margarida Celestino, Ella Couture, Anya Criden-Clark, Yasmine Cumar, Georgia Ellingsworth, Sabelle Guido, Evan Haapala, Nathaniel Hanscom, Joseph Inabanza, Thao Le, Audrey Leavitt, Baneen Maadi, Declan McMahon, Holy-Dan Niniza, Leo Oster, Demetrius Paulus, Mus'ab Shueib, Sidonia Summers, Ceili Tennenhouse, Alice Thompson, Paige Thurston, Jonathan Wickerd.

**HOWL (Habits of Work and Learning) HONOR ROLL**
Mohammed Almorabi, Katherine Anderson, Lydia Baker-Pitre, Margarida Celestino, Ella Couture, Anya Criden-Clark, Yasmine Cumar, Georgia Ellingsworth, Sabelle Guido, Evan Haapala, Nathaniel Hanscom, Joseph Inabanza, Thao Le, Audrey Leavitt, Baneen Maadi, Declan McMahon, Holy-Dan Niniza, Leo Oster, Demetrius Paulus, Mus'ab Shueib, Sidonia Summers, Ceili Tennenhouse, Alice Thompson, Paige Thurston, Jonathan Wickerd.

**CBHS HONOR ROLL**

**GRADE 10, Winter Trimester**

**HIGH HONORS**
David Botana, Lily Carrigan, Oliver Compton, William Cunningham, Lucia Daranyi, Elsa DiGiovanni, Abigail Dunnigan, Ella Ferguson, Simon Hale, Khang Le, Khiana Le, Eden Muhire, Abdirazak Omar, Margaret Paterniti, Siri Pierce, Isaac Tabb, Fiona Twombly-Hussey, Adam Wendell-Pearson, Elias Zelonish.

**HONOR ROLL**

**HOWL (Habits of Work and Learning) HONOR ROLL**

**Congratulations**
CBHS HONOR ROLL
GRADE 11, Winter Trimester

HIGH HONORS

HONOR ROLL

HOWL (Habits of Work and Learning) HONOR ROLL

CBHS HONOR ROLL
GRADE 12, Winter Trimester

HIGH HONORS
Morgan Aponte-Clarke, Alice Kenny, Selena Sillari, Martha Thompson.

HONOR ROLL

HOWL (Habits of Work and Learning) HONOR ROLL

Congratulations
When students at Casco Bay hear about Junior Journey, their face light up in excitement. We are told about Junior Journey since freshman year. We hear about the fascinating stories the upperclassmen experienced and we just can’t wait to experience it for ourselves. It’s crazy how time went by so fast. I’m truly proud to say I have now been on Junior Journey. This year the Junior class of 2019 went to Millinocket, Maine. Before our class, students went to Detroit or other locations. Our class was the first class to make an impact here in Maine. It was exciting going up North since most of us, including myself, have no real connection to Northern Maine. We were fortunate to stay at the beautiful New England Outdoor Center. They had breathtaking cabins, amazing food, and a fun rec center. Students really bonded together and many started mingling with people they haven't talked to before. Our class truly feels stronger than before. In Millinocket we had the opportunity to do service, make and produce a documentary as well as adventuring the region. A lot of people were very thankful for our presence in the area and that we were learning their story. We assisted them by working in the library, chopping wood, and some of us met some local teenagers. Interviewing the people of the region made a lot of us realize how Millinocket was so close and dear to their heart, it was heartbreaking to learn of the struggles of the mills closing and the current unemployment rate. We listened and understood what they were experiencing. This was a powerful experience for us all. We also were very lucky to hike the woods of the Katahdin region. We really became one with nature. Due to the lack of internet service, we really had the chance to connect with each other and really observed the area. By listening and taking the time to understand, we learned the rich untold story of the Katahdin region. We made an impact here in our home state and I hope we continue to do that moving forward.
Junior Journey 2018 Pictures...
Spring Intensives

Rocketry Intensive

by Anne Loughlin

In this intensive we explored how scientists gather data about our planet from altitude. We learned about the physics of rocketry and high/low altitude ballooning as well as the principles involved in successful designs. We built catapults to learn about the math of projectiles. We designed and built model rockets that we launched on the front field at CBHS. We journeyed to Winthrop, Maine where we helped UMO’s High Altitude Balloon Team launch at 1600 gram weather balloon equipped with data collection devices and a GoPro camera. Our balloon rose to approximately 112,000 ft (~22 miles) before bursting. Hayden, Quincy and Mathew took the long journey to Beddington, Maine (near Washington County) to retrieve the what remained of our balloon and it’s payload. This intensive was literally – out of this world.

Survivor Intensive

"Thank you @Rippleffect1999 for hosting this year's CBHS Survivor Intensive! The experience is best summed up by Senior Alice Kenny's words, "Life outside is simpler. You tire more easily, dress more efficiently, eat more passionately, breathe more deeply, and live more fully."
The Island Hopper Intensive

by Isaac Tabb.

The Island Hopper Intensive strove to teach students about the many islands of Casco Bay. The learning came through extensive research and numerous visits to nearby islands. On the first day of the intensive the students journeyed to Mackworth Island in Falmouth, ME. On the island, they experienced the beautiful nature of the island and visited the historic pet cemetery. After visiting Mackworth Island, they took a bus ride to the Portland Head Light and learned about the history of Maine lighthouses from Mr. Giese. In the following days, the students voyaged to Peaks Island and Chebeague Island to learn about the 5th Maine Regiment and the history of Chebeague, respectively.

At the beginning of the intensive students were put in pairs and given an island to research. Over the course of the week, students researched their islands so that they could develop their final project. Each pair then wrote a short paper and created a visual piece. Each visual piece was used as an exhibit for a pop-up museum put together by the students. Overall, the students had lots of fun and now know much more about the islands of Casco Bay. If you would like to see the museum, it can be found in the 3rd floor gallery of Casco Bay High School.
Molecular Biology Intensive

by Jen Crowley

Thanks to the generous support of Envirologix students in the intensive were able to experience research and development in a biotech company and learn some of the many techniques that are used broadly in the field of molecular biology.

"To me molecular biology was always something that sounded boring and tedious to learn. After this week I have learned so much, and it was honestly the best experience I have had in an intensive."
-Melissa Lang

"At the beginning of this intensive I was not fully aware of the real world applications of molecular biology. Originally I thought that molecular biology was mainly the pursuit of knowledge in order to learn. I was unaware of all the aspects that go into a successful biotech company. Over the course of this intensive I have been able to learn more about the work it takes to make a product applicable outside of the lab. These findings have opened my eyes to a branch of science that I did not know previously existed, and overall has broadened my knowledge of the science industry."
-Lily Carrigan

"The activities we did in the lab weren't just the scientist showing us what’s going on, but they let us do all the work with an eye over our shoulder. Our work with cells, different chemicals, and expensive equipment made this intensive feel more hands on than other intensives I have been in. It gave us a great feel for what a job in a lab would be if we wanted to pursue that as a career."
-Eli Zelonish
Squash Intensive
by Madison Hurley

During our time in the squash intensive, we have learned many things. As some of you may know, the motto of Portland Community Squash is, ‘Respect, Effort, Positivity’, or ‘REP the Shield’. PCS has taught us many important lessons during the time we got to spend playing the fast-paced game of squash.

On Friday, we learned our first lesson; an introduction to the game. Everyone learned how to use their racquet, the names of important equipment, and the rules to squash. “I love squash,” remarks Eli, a sophomore. Each of us grew as a squash player and took a real liking to the game. We contributed to PCS by cleaning the courts at the end of the day.

On Monday, we learned our second lesson; how to improve specific ways to hit the squash ball, like serves, forehand hits, and backhand hits. Everyone worked on fitness with Mr. Pierce, observed professional squash, and conveyed our gratitude to PCS by sweeping, mopping, and window-washing the courts.

On Tuesday, we learned our third lesson; how to eat as an athlete. We started off the morning by playing squash, continued with some relaxing yoga, resumed our fitness training by working out, and learned about cooking nutritional foods by making quesadillas, mango salsa, guacamole, and more! The afternoon consisted of helping out around the courts.

On Wednesday, we learned our fourth lesson; we learned how to perfect our techniques. Everyone was gearing up for the huge tournament on Thursday by assessing skills of opponents and playing more squash than ever! A nutritionist spoke to us about a balanced diet, and we continued learning about healthy eating.

On Thursday, we learned our fifth lesson; working as a team. It was the day of the huge tournament, where everyone competed against each other. “It’s been amazing,” recounts Thao, a freshman, “I squashed the tournament!” We all had a great time working together, and playing the game.

A huge thank-you to Portland Community Squash for letting us use the squash courts! We all thoroughly enjoyed this intensive. “I found true peace in squash,” says Khang, a sophomore. I recommend this intensive to anyone who is interested in squash, because we all learned many new lessons; the most important being to ‘REP the Shield’.
Step In/Speak Out Intensive

by Maya Denkmire

During this intensive we learned how to take care of ourselves and others when we are experiencing gender-based violence—specifically dating abuse and sexual assault. On the first day, we learned self-defense moves that would help us defend ourselves in dangerous situations. On the second day we learned how to be active bystanders when someone we know is experiencing gender-based violence through simulations and the utilization of the four D’s—distract, delegate, direct, and delay. On the third day we walked around Portland, meeting with organizations that are there to support the community when people are experiencing gender-based violence. On the fourth day we met with a panel of youth activists who are working to make change in their own communities.

Soccer Intensive

by Emmanuel Mutshaila

Soccer is a sport that both separates and unites people literally at the same time. It’s been all about a team effort, and team meaning from the chanting spectators to the medical team, all doing a role to better and improve the chances of their teammates on the pitch. This intensive saw that, a group of soccer passionate young people coming into this intensive with a bit of knowledge of the sport have learnt how to be united because it’s not about individual glory but for the good of the team.

We were taught the history of the sport and its current role in the world. We learned the technical skills of defense and creating spaces in a game, all this applying to the game to which many used this intelligence and improved in their abilities. From one touches to free kicks and awesome saves (from me,) we have all improved in this sport because of these tactics.

One thing we learned of was that soccer victories begin with the state of mind, the mind and might to persevere through it all, not only in the game but in life as well, to persist and shoot for your goal. Because in life you may have helpers, but the game is yours alone to win. We also learned effective communication and how that brings life to a team but also brings community to people. We’ve learned how this sport has been a great influence in changing worlds and overthrowing oppression in conflicting nations. The skills taught not only apply to the game but also to life.
Natural Landscape Intensive

The Natural Landscape intensive was a week full of the outdoors, writing, and adventure. First off, we would like to thank the weather for playing a key role in how great our week was! Though chilly, we had five gorgeous days outdoors. We started off on Friday with a hike up Bradbury Mountain. It was a brisk day but at the top of the mountain, we took the time to write descriptions of the vast beauty of the view. We began Monday, our second day, reading May Sarton and Mary Oliver; we reflected on how we could use words to capture the sensations of the natural world. Afterwards, we journeyed out to Scarborough to walk a rocky ocean-side trail along the ocean at Prouts Neck. We took in the ocean view and the peace it brought us, with a tiring but breathtaking hike. After we returned to school, we wrote about the experience and then we worked on using all the senses as we wrote a story.

We began Tuesday grappling with the painting “The Fall of Icarus” to prepare us for being attentive to the small details we would later observe at Wolfe’s Neck Farm. We began at the farm “waking up” the herb garden and working in the greenhouse. We came home and picked a piece of our writing we wanted to work on to polish. Thursday was our final day with a shared reading of our work at Mackworth Island. Our audience? Ourselves and nature. The natural landscape intensive has been a fun, creative week of exploring both outside and within.

Aged at thousands of eons. Infinitely majestic. 
From the highest mountains to the bluest seas. 
The smallest insect to the grandest of beasts.
The oceans filled with life and beings yet to be discovered. 
The Earth shines as truly unique among the cosmos. 
With an eternity of stars like fireflies in the night sky. 
The Earth stands as a globe of extremes and of possibilities.

by Aidan Funkhauser
Songwriting 317 Main Street
Pottery Intensive

by Carlee Michaud and Mazie Linsmith

During the Pottery Intensive, students spent the week learning to take their perspectives and goals with clay and make them into beautiful ceramic creations. Each day, a professional potter came and demonstrated various methods of how to work with clay, from throwing clay, to slab work. Students then took these lessons and applied them to their own work, starting from the design process to eventually turning sketches and ideas into physical pieces. Throughout the week, students not only learned how to work with, design, and create clay pieces, but they also learned patience and focus.
Thank you so much to all the families who have contributed so far! We've raised over $15,000 to support Quests, Junior Journey, Intensives, Radix Scholarships, Teacher Grants, and teacher appreciation.

There is still time to donate to support our vibrant, vital student community. If you have not made your own donation yet, it can be made by mail or online:
Mail your check (payable to CBHS PAG) to CBHS 196 Allen Ave. Portland, ME 04103.

Or donate online right now online through this secure site (right click to open link)

Does your employer offer a matching gift program? Let us know!

On behalf of CBHS, we thank you for your generous support!
~The Annual Appeal Team

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**From the Nurse's Corner**

**What is Vaping all about?**

A significant number of youth are now using electronic cigarettes also known as vaping, which provide a relatively new way to deliver the addictive substance of nicotine without burning tobacco. According to the 2017 Maine Integrated Youth Health Survey results, about 15% of high school students have used an electronic vapor product on at least one day. The term “electronic cigarettes” covers a wide variety of products now on the market, from those that look like cigarettes or pens to larger devices called personal vaporizers and tank systems. One of the most popular devices is called JUUL and resembles a small USB device.

The liquid solution used in e-cigarettes typically contains nicotine, propylene glycol, glycerin or some other solvent, and other additives. These liquids also contain flavorings including fruit or candy flavors that are made to be more appealing to youth. The nicotine in these products can be absorbed by users and bystanders. Nicotine is a highly addictive drug that can have lasting damaging effects on adolescent brain development. Besides nicotine, e-cigarette aerosol can contain cancer causing chemicals and tiny particles that can reach deep into the lungs. With the growing popularity of these products among youth, they have become a major public health concern.

Below are 2 links for more information:
2. [https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm)
Multilingual and Multicultural Center

English
If you need help with translating this information into another language, please call the Multilingual and Multicultural Center at 874-8135.

Acholi
Ka imito kony me kwango ngec man i leb mukene, tim ber go cim i ofic pa Multilingual ki Multicultural Center i nama 874-8135.

Arabic
أذا كنت بحاجة إلى المساعدة في ترجمة هذه المعلومات إلى لغة أخرى، برجي الاتصال بدائرة برامج اللغات والثقافات المتعددة في الترقبى على الرقم 874-135.

Chinese
如果需要这个资讯翻译成中文请打电话到多元文化和多种语言办公室874-8135。

French
-Si vous avez besoins d’aide avec la traduction dans une autre langue, s'il vous plaît appelez le Centre Multilingue et Multiculturel au 874-8135.

Kinyarwanda
-Nimwaba mukeneye ubasemurira mu rundi rurimi, tubasavye guhamagara ikigo C’Indimi n’Imico itandukanye kuri 874-8135.

Español
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Português
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Somali
Haddii aad u baahan tahay in lagaa caawiyey sidii warbixintaan laguugu tarjumi lahaa af kale, fadlan soo wax Xarunta dhexe Luqadaha iyo Dhaqamada kala Duwan : 874-8135.

Swahili
-Ukihitaji msaada na kutafsiri katika lugha nyingine, tafadhali piga simu ofisi ya Mipango ya Lugha na Kitamaduni kwa 874-8135.