

Vocational Technology Team



Meet the Team-

Michelle Dayton, Brandon Lynn, Laura Johnston, Owen McGowan, Carol Cuomo Lewia, Tom Andronowitz, Jenn Ewart and Drew Conlon.

October



Monthly Wellness Tip:

Are you keeping hydrated daily?

Try drinking at least 64 fl. oz. (8 cups) daily!

Some of the benefits of water include:

1. Keeps your joints cushioned and lubricated
2. Keeps organs functioning properly
3. Regulates your body temperature
4. Adds to skin health
5. Prevent infections
6. Deliver nutrients to cells
7. Improve sleep quality, cognition, and mood

Tip: Add some fruit or cucumber to your water to add some extra flavor!

Wellness Challenge Question:

What percentage of the average adult human body is water?

Answer: 55%-75%

Community Connection:

Upcoming health and fitness events in town!

Introduction to Pickleball

Saturdays October 11th- November 22nd

Visit: <https://thomastonct.myrec.com/info/default.aspx> for more information.

Diane Burr Memorial Flag Run

November 13, 2025

Visit:

<https://www.raceentry.com/diane-burr-memorial-flag-run/race-information> to register.

Did You Know...

Students who enroll in Career and Technical Education courses have higher graduation rates than students who do not. The national graduation rate for students who focus on Career and Technical Education courses is approximately 93%, which is higher than the national average.

Newsletter





The Industrial Arts courses finished their isometric house drawings this week. The Fishing Club also ventured out for a great afternoon of fishing!

Vo-Tech



Perfectly cooked corn muffins prepared by the Culinary Class!

The Culinary Class is recipe testing muffins for the upcoming Veteran's Day Breakfast. The Food and Nutrition Class has been busy creating a healthy plate menu. The middle school FCS classes are learning how to care for younger siblings and babysit utilizing the SafeSitter program. The Child Development Class is delving into Maslow's Hierarchy of Needs and fine tuning their knowledge of gross and fine motor skills and the importance of these skills in the early developing child.



Class of 2026 Senior Sunrise~ photographed by Digital Arts Students!

Digital Media Movie Pick of the Month!



Wallace & Gromit: Vengeance Most Fowl

Release Date: January 3, 2025

Wallace and Gromit return to the screen for another adventure — one that sees them teaming up against an old foe who might be familiar to longtime Aardman fans who have seen *The Wrong Trousers*. But kids who have never seen any Wallace and Gromit before can still delight in the antics, which sees Wallace inventing a garden gnome that's supposed to just do yard work but ends up taking on so much more (including bedeviling Gromit).
MPAA Rating: PG