

METUCHEN HIGH SCHOOL SHORTS

September 21, 2021

Student & Family Updates

WINTER SPORTS PHYSICALS

IMPORTANT INFORMATION FOR ALL WINTER SPORTS ATHLETES!

Sports Physicals for Winter Sports Athletes will take place on **Thursday, October 28th in the Athletic Trainer's Office.**

If you are going to have a Sports Physical,

ALL COMPLETED PACKETS MUST BE SUBMITTED TO THE NURSE BY Monday, October 25th.

Students can pick up a physical form from the Nurse's Office or find it on the High School Website. Go to the **Activities** tab and scroll down to **Athletics**. Next, click on Athletic Participation Form and print it out. Then, click on **Physical Athletics Packet** and print it out, too.

Physicals are valid for **365** days from the date of the examination and must be submitted directly to the school nurse.

ATTENTION PARENTS/GUARDIANS/STUDENT ATHLETES: If you choose to go to your own private physician (PMD), you are not cleared until the paperwork is reviewed by the school physician, as required by NJ state law. Sports Physicals completed by your PMD must be handed in to the school nurse **BY Monday, October 25th** to sign.

STATE REQUIREMENT: IF YOU CHOOSE TO USE YOUR PMD THEY ARE REQUIRED TO COMPLETE THE STUDENT-ATHLETE CARDIAC ASSESSMENT PROFESSIONAL DEVELOPMENT MODULE. YOUR PMD HAS TO HAVE COMPLETED THIS IN ORDER TO CLEAR YOUR CHILD FOR PARTICIPATION.

SOCIAL MEDIA UPDATES

STAY INFORMED! Follow Mr. Porowski on Twitter, Instagram, & TikTok...

MHSPorowski

Congratulations to

NOAH STRATHMAN

Metuchen High School's
National Merit Scholarship Semifinalist!

CONGRATULATIONS
to the Metuchen High School
2022 National Merit Scholarship Program
Commended Students

Clara Boyd Sophie Calish Shreyas Hari Jaimie Hong	Zachary Lanton Lilia Ould-Hammou Michelle Tang Alan Wu
--	---

IMPORTANT DATES

DATE(S)	EVENT(S)
9/23	Meet the Teacher Night 7pm
9/27	Pep Rally (Weather Permitting)
9/27-10/2	MHS Athletics Week of Lights
10/2	Under the Lights Home Football Game & Homecoming Royalty Court
10/5	Start Strong Assessments – ELA Grades 9 & 10
10/6	Start Strong Assessments – Math Algebra I, Geometry, Algebra II
10/7	Start Strong Assessments – Science Grades 9 & 12
10/11	MP1 Mid-Point Interims Released
10/13	PSATs Grades 10 & 11 Stay tuned for a modified schedule for this school day.
10/23	ACT Testing
11/1	MHS Early Dismissal 12:30pm Parent-Teacher Conferences

2021 • 6TH ANNUAL
BEATS IN THE
BOROUGH
 TOURNAMENT OF BANDS COMPETITION



THE PRIDE OF
METUCHEN
 MARCHING BAND & COLOR GUARD

METUCHEN HIGH SCHOOL
 SUNDAY SEPT 26 • 1-4 PM

A MESSAGE FROM PTO

The Metuchen High School PTO's goal is to strive for continued parent involvement in helping build a better school environment for our children and promote a community where teachers and administrators can do their best with the resources we can provide. Through membership dues and fundraising efforts the MHS PTO is able to donate funds to purchase educational materials, equipment, scholarships for seniors at convocation, special functions, teacher mini grants and many other items. We need a broad membership to support these programs.

The Annual dues for membership are \$20.00 per family to join all four schools. You can register online at register.capturepoint.com

It is important to note that if you have a graduating Senior this year, you must be registered by **December 1st** to be eligible to apply to the Parent Teacher Council Senior Scholarship.

The officers for the 2021/2022 school year are:
 President- Audrey Hausser
 Treasurer- Debbie Spigner
 Secretary - Lucinda Famous
 VP Fundraiser- Roxanne Aggarwal
 VP Membership- Ingrid Winters
 VP Cultural Arts- Ali Herzog Cherry

If you have any questions or concerns, please email us at metuchenspto@gmail.com.

Follow us on Facebook at
Metuchen HS PTO

SOCIAL MEDIA UPDATES

Metuchen High School will be participating in the Start Strong Assessments on October 5-7, 2021. These state assessments are brief, sixty-minute assessments in English Language Arts, Math, and Science that will help provide teachers and school leaders with critical data to assist in instructional decision-making for the students. One of three performance levels will be reported immediately upon completion of the assessment:

- Strong Support May Be Needed
- Some Support May Be Needed
- Less Support May Be Needed

We look forward to learning more about our students' needs.

METUCHEN HIGH SCHOOL

MEET THE TEACHERS NIGHT

SEPTEMBER 23, 2021

7-8:45 PM

MORE INFORMATION ABOUT THE EVENT WILL BE EMAILED DIRECTLY TO FAMILIES

Emailed Information will include:
 Introductory Remarks from the Administrative Team
 Links to the Live Virtual Teacher Presentations