

# Paw-sitively Connected

Great Path Academy at MCC



## GPA Students Attend Women's March: Hate Wont Make Us Great!



On January 21, 2017, along with millions of people around the world, over 500,000 marched in protest in Washington D.C. Protestors were demonstrating to advocate legislation and policies regarding human rights, women's rights, immigration reform, healthcare reform, the natural environment, LGBTQ rights, racial equality, freedom of religion, and workers' rights.

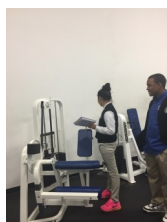
People on all seven continents

attended the marches with hopes to change negative ideas about women, people of color, lgbtq people, disabled people, and really anyone who is "different" and treated unfairly.

One of the overall messages Hannah and I took away from going to march in Washington DC is that everyone should be treated with respect. This planet and its citizens should be moving forward by making sure all people are treated equally! As young women we want to see our world change for the better for everyone, no matter their race, religion, gender, nationality, or sexuality. ~Maisy B (Edited by Ms. PD)



## Co-Teaching: Anatomy and Physiology Studies Muscular Strength



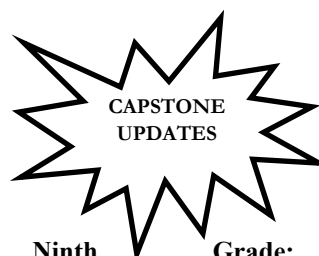
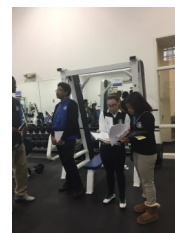
The Anatomy and Physiology (AP) students at GPA have been working hard all year and have learned about several body systems including the skeletal and integumentary systems. The AP students are currently creating personal fitness training plans for various athletes as a way to study the muscular system. After learning about the anatomical make-up of muscles and muscle physiology, they applied

their knowledge by targeting two specific athletes and exploring the how muscles enable the body to succeed at different sports like snowboarding, basketball, or dancing. Mr. Basile, the Physical Education teacher, and Ms. GK, one of the Science teachers, created a joint lesson where the AP students analyzed im-



portance of weight machines, free weights, and mat exercises for

athletes. Mr. Basile demonstrated how to safely use weight machines and the best ways to build endurance and strength, while Ms. GK taught methods of ATP (energy) generation. The AP students worked with the PE students to determine the prime mover and antagonist muscles in each activity and why specific muscles were important to the athlete's sport. For example, Koron, a PE student, helped Seth, an AP student, determine what muscles were most important for blocking in basketball and Dennis, another PE student, helped explain what exercises were most effective at building calf muscles for sprinters. After several of days of intense work, the Anatomy and Physiology students acted as athletic trainers and pitched their athlete



**Ninth Grade:** YMCA led classes on personal responsibility in academic success  
**Tenth Grade:** Safe Dating classes and YMCA led classes on starting the college process  
**Eleventh Grade:** SAT testing practice and preparation  
**Twelfth Grade:** All seniors should have completed their Capstone research paper, and are now focused on their service learning hours and final Capstone Project.

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### Special points of interest:

April is Autism Awareness Month!

Senior Dues! Be sure to review the Senior Letter!

SAT DAY IS ALMOST HERE!!!

### SAT Tips:

- Get a good nights rest.
- Pay attention to connotation and context
- Underline Key Parts of the Question
- Know your personal order of difficulty
- Focus on filling in content gaps first

## Calendar of Upcoming April Events

|  |   |
|--|---|
| April 4th-MCC Open House 4-6:30 for incoming Fall students | April 19th-Parent/Teacher Conferences                     |
| April 5 <sup>th</sup> -SAT Day- Good luck to all Juniors!  | April 19th-InterAct Workshop                              |
| April 6th-Hartford College Fair (All Juniors may attend)   | April 24th Juniors to Eastern College                     |
| April 6th- Women's D.O.V.E Panel                           | April 25th Accuplacer Administered (9th-10th)9-10:30 a.m. |
| April 6-8- Lucky Stiff Play                                | April 28st- All School Assembly                           |
| April 7th-End of the Marking Period for all students       | April 28th Broadway Trip                                  |
| April 14th- Good Friday: No School                         | April 28th LGBTRights Presentation                        |
| April 19th- SGC Meeting                                    |   |

### Student Spotlight: Alyssa Duffey "Earning a Diploma and Degree Simultaneously"



**Tell us a little bit about yourself:** I grew up in East Hartford and moved to Manchester in eighth grade. Soccer has always been a major part of my life. It is definitely the one thing that has stuck with me ever since I was little and I try to keep it in my life in some way. I also love just getting out and doing things, like visiting historical houses or going on day trips out of state. I'm really just a simple person. I appreciate the small things and just try to put effort in everything I do.

#### How would you describe your experience at

**Great Path:** I would say I had a great experience at Great Path (pun intended). The teachers have all been very supportive and open to helping me put forward my best work.

It's also a very small school, but I liked that because it allowed me to actually know a lot of people in my class and make very close friends.

#### How did you manage to achieve your associate and diploma simultaneously:

Achieving my associate degree and diploma simultaneously was a lot of hard work. I began taking MCC classes sophomore year, and that summer I began taking intersession classes. I also did summer classes after junior year. After that summer I sat down with my mom and looked at the credits I had, and we saw that it was actually possible for me to get my degree this year. It took five classes each semester and two winter classes, but I knew that no matter how life turns out, I would have a degree I can fall back on. Of course, there were many all-nighters doing work for two schools, but my teachers and family were very supportive, and that helped me when the work load got particularly heavy.

#### What is the greatest thing you learned from GPA:

The greatest thing I learned from Great Path is that we can really do anything. It sounds so cheesy but it's true. As long as you find the right friends, make good connections with teachers and professors, and feel driven enough, you'll find something that is important to you and do it.

**What would be your advice for incoming freshmen:** For incoming freshmen, I would say friendship and school work are very important. You don't need a set plan, I certainly did not go to high school with the intention of getting an associate degree at the same time. It happened because I set a good foundation at school for myself. Finding the right friends who support you and actually care is so important. They will mean so much as you go through the next four years. Then doing well in classes is vital. It is important to discipline yourself.

### Great Path Academy Cabaret Night "Cinema Music"

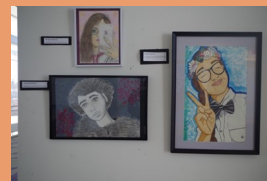
Great Path Academy kicked off a very successful Cabaret Night. Mr Wolf, with the help of Mrs. Sanderson and students, hosted over 100 parents and family members in the GPA Community Commons. Tyler Smith and Connor Madison



hosted the show by imitating the Blues Brothers. "At the beginning of March, Great Path Academy had their annual Cabaret Night. I myself was involved in the show and enjoyed it very much. Nothing brings me more joy than singing and playing my snare drum. Before I joined the music program, I was never able to comprehend how much time and effort was put into



these shows. As an on-looker, I only viewed the end result, but now I can grasp how much hard work is required for the outcome to be good. All of the ensembles worked tirelessly to memorize the music and I am very glad that it all paid off. I am incredibly proud of everyone in the music department and I look forward to next years show!" Aliza Del-Vaglio, Drum Major



decorations. The Winter Art Show was displayed as well for all to see! If you missed the event, check out some pictures!

#### April Birthdays!

Tambria Watts-Simmons

Litzy Angeles

Alecia Cason

Sparkle Allen

Stephon Akomeah

Alexander Fontaine

Randall Crawford

Adyan De Liima

Keenan Smith

Asia Monsalve

Nhan Nguyen

Brandon Lugo

Uyen Nguyen

Justin Bertram

Bridget Shouldice

Albert Garcia

Denniston Salmon

Tiana Murray

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