



# COVENANT CONNECTION



Monthly Newsletter

November 2021



## Inside the Issue

### COMMUNITY SPOTLIGHT

Due to an incredible partnership with the Leo Clinic, we have access to medical and dental care for our students and families. Read more about our partnership from our Social Work interns on p. 3.

### COVENANT PREP HOCKEY

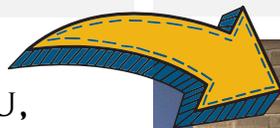
We are so excited to have our students play hockey this year, for the first time ever. Thank you to the generosity of GC Hockey & Bauer, read more about it on p. 4.

### RESIDENT ARTISTS

Our Art Program is top notch thanks to the leadership of Jane Digel & Sarael Sargent. See our students' artwork and hear more about our fantastic art program on p. 5.

### THANK YOU, THEA MONTANEZ!

We love having visitors in the building for our Morning Mixer. This month, we were very lucky to have Thea Montanez, the COO of the City of Hartford visit us. Eric Joseph & Alijah Harper McQueen gave her a tour and showed her all the learning and growing going on!



### THANK YOU, PARENTS

It has been a season of gratitude at Covenant Prep! Hear from our new President of the Parent Council, Natasha Mitchell, and see photos from our annual Thanksgiving event on p. 6.

### ALUMNI SPOTLIGHT

In honor of Veterans' Day, read more about Brandon Viera, CPS '12, & his experience serving in our military on p. 3.



CHECK OUT OUR NOVEMBER KNIGHTS OF THE WEEK ON THE NEXT PAGE!





# NOVEMBER: KNIGHTS OF THE WEEK!

*Covenant Prep Faculty*

Every week, teachers will nominate students who they believe has lived out the core values of Covenant Prep. After all nominations are received, the teachers vote on a final winner for Knight of the Week! The Knight of the Week reads our "Anonymous Bro Boosts" and announces the next Knight of the Week. We are so proud of our November winners: Karmani Brown, Eric Joseph, & Leo Mendoza!



What did teachers say about Karmani?

“He takes every opportunity to be the best version of himself. He is open to corrective feedback and always willing to lend a helping hand.”

“He thinks outside the box, yet always follows directions.”

“He consistently hands in the neatest homework. His organization really makes him stand out.”

What did teachers say about Eric?

“He gives authentic and consistent scholarly presence. He manages his responsibilities with grace.”

“He’s a diligent worker, he’s open-minded, and he knows how to make you laugh while still being disciplined.”

“He has worked hard and been consistent every week. He brings a great energy to class!”



What did teachers say about Leo?

“He shows consistency, pays attention, takes notes, is never off topic, and is always answering questions to the best of his ability.”

“He has grown from the beginning of the year in the way he steps up in class.”

“He is extremely enthusiastic, always willing to participate, and a role model 6th grader.”



## COVENANT PREP CORE VALUES





*Jess Watt & Zach Saltzman have provided immense support for our students and faculty during their tenure as social work interns through a partnership with The LEO Clinic. We are so grateful for their support!*



## ALUMNI SPOTLIGHT

*Brandon Viera,  
Pythagoras Class of 2012 &  
Sgt. in the US Marine Corps*

To My Covenant Prep Family,

First I'd like to start off by saying, anyone who truly achieves "success" has faced some sort of adversity in their life. During my time at Covenant Preparatory School all of the students were facing some sort of adversity. Covenant Prep taught us to embrace that adversity and to take ownership of OUR life. Covenant Prep taught us to not use our adversity as a reason to give up or continue the cycle we grew up in. That principle of taking ownership in my life, guided me into choosing the Marine Corps as the branch of service I wanted to join. The Marine Corps is an embodiment of overcoming adversity. No matter what, Marines will overcome the obstacle. To anyone who is currently facing any adversity please remember it is only temporary; there will be a time when you look back at all the adversity you faced and thank it for making you into the man you are today.

*Semper Fidelis, Always Faithful.*

SERGEANT BRANDON M. VIERA



*In honor of Veterans' Day, the students were able to Zoom with Brandon and hear about his experience in the US Marine Corps. Thank you for your service, Brandon! We are so proud of you and your accomplishments!*



## LEO CLINIC

*Jess Watt & Zach Saltzman, Social Work Interns*

The LEO Clinic is a nationally accredited mental health clinic that aims to help heal struggles from the past and create a better tomorrow. We service children and adolescents 5-17 years old. We offer behavioral health, primary care, and dental health services. We, Jessica Watt and Zach Saltzman, have been working at The LEO Clinic since the beginning of September in conjunction with Covenant Preparatory School, where we currently spend most of our time. At Covenant, we provide the students with opportunities to join social skills groups to develop internal resources such as growth mindset, teamwork, respect, and responsibility. In addition, we provide the students with one-on-one counseling services to provide guidance with difficulties they may encounter in this crucial part of their lives.

LEO has been instrumental in providing the support and oversight needed to provide services to the kids at Covenant and we are grateful for their help. So far this year, they have run a clinic for the students, facilitated our groups, and enabled us to work with the kids in general. We look forward to a long and healthy partnership and hope to grow alongside them.





The 6th graders were invited to Pure Hockey in West Hartford to get fitted for pads, skates, helmets, and sticks! They had a great time getting to know the players and coaches at Connecticut GC Hockey.

## WHY WE ARE SO EXCITED FOR HOCKEY

Hear from our hockey players in the Reynolds Class of 2024:

I think hockey will be fun. I am ready to meet new teammates and have a lot of fun with them. I hope to start skating soon. And maybe win some games. Hope to see you all at a game soon!

-Mohammed Barrie

I am so excited to try something new and find something new that I will like! I enjoyed my first hockey game!

-Rushawn Lewis

I am really excited about hockey. Whenever I learn about a new sport, I want to be the best at it! My brother has never played hockey before so I want to learn.

-Sammy Lopez

I can't wait to learn how to ice skate and play hockey. I expect that I will fall a few times, but am excited to learn how to stay up. I am excited for a new sport to try.

-Knolyn Downer

It is the most exciting thing to play hockey. It will be so fun to learn how to ice skate and maybe play a game. I want to make new friends.

-Yohannes Walker

I am really excited for hockey because I will be able to learn a lot of new things and am happy to try something new.

-Amir Waterman

I really like to ice skate. Hockey is a sport no one in my family has played before so I will be the first one to try it! I want to play hockey because I am athletic.

-Leo Mendoza

The boys even got practice sticks and pucks that they could use at home before the season starts and in between practices!



## HOCKEY SEASON

Rebecca Gray, CTGC WeB4Me Initiative

Connecticut GC, a hockey program founded in 2019 to promote a different approach to hockey development, recently established the We Before Me Initiative to support more kids getting access to the great game of hockey. We are very excited about Covenant Preparatory student involvement as it will help facilitate our goal of making hockey a more accessible sport.

One of the most unique hockey programs in Connecticut if not the entire Northeast, Connecticut GC, which stands for Grit & Courage, is focused on developing not only great hockey players but phenomenal people. Our approach is predicated on unique skill development, skating and stick handling instruction, coupled with personal development. Connecticut GC is focused on developing hockey players who are good not when they are 8 but when they are 18. The program has grown from 22 players three years ago to 65 players this year ranging from Mites (8U) to Bantams (14U).

Connecticut GC is led by skills instructor Chris Cahill, a former Yale collegiate athlete and professional hockey player and head coach Duncan Fletcher, former division one coach, NHL scout and the Executive Director of Game Change Performance Wellness. All of our coaches are looking forward to working on the fundamentals of skating & hockey with our newest Covenant Prep players. We appreciate Covenant Prep's support of the WeB4Me initiative, and we look forward to introducing more students to hockey and our Connecticut GC family.





## RESIDENT ARTISTS

*Jane Digel, Art Teacher*

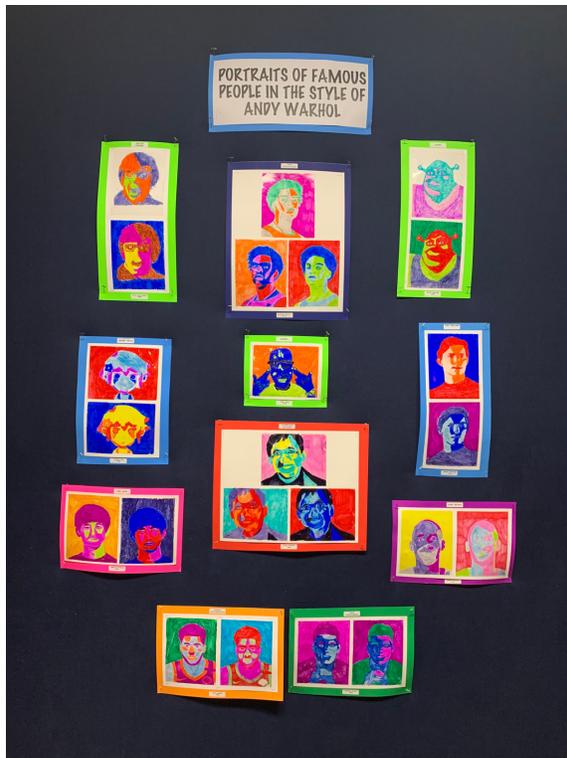


Every time an art lesson is completed, the students vote for Resident Artist. The Resident Artist is a classmate who they think did their best job (other than themselves!). The teachers, Mrs. Sargent and Mrs. Digel, vote as well. The students have to give a reason for their vote, and they are encouraged to describe what Elements of Art and Principles of Design their nominee used that made his work stand out. The winner receives a trophy and his artwork is framed and displayed in the school until he graduates. Sometimes there is a tie, resulting in more than one Resident Artist in a class!

For the first Resident Artist assignment, the students completed a project called *Portraits in the Style of Andy Warhol*:

“Andy Warhol was obsessed with fame and famous people. He used bright, non-representational colors in his portraits of famous people. He also repeated the same image in many of his works - a commentary on mass production - often using different color schemes.

For this assignment the students chose a famous person or character they liked. We divided a photo of the the person or character they chose into three values. The students were instructed to use bright colors, like Warhol, to color in the values. Then, they chose a background color to add contrast to the portrait. Time permitting, they were encouraged to repeat the portrait like Warhol did, using a different color scheme.”



## RESIDENT ARTIST WINNERS



Niraj Prakash & Anthony Walters,  
King Class of 2022



Karmani Brown & Marcuz Iloeje,  
Lewis Class of 2023



Sammy Lopez & Knolyn Downer,  
Reynolds Class of 2024



*Come check out our students' artwork, proudly displayed in our hallways. These are some examples of "Portraits in the Style of Andy Warhol".*



Students, families, and faculty celebrated Thanksgiving by all sharing food and gathering together!

## HIGH SCHOOL UPDATE

*Kela Perkins & Katie Zakreski McKinney*

It has been a busy few months for the 8th graders as they complete high school visits, tours, interviews, and applications, as well as prepare for and take the SSAT. We have been able to take the students to boarding schools such as Loomis Chaffee, Avon Old Farms, Westminster, Suffield, Salisbury, Marianapolis, Kent, Hotchkiss, and Northfield Mount Hermon, and local day schools such as Watkinson, East Catholic, Northwest Catholic, and Xavier.

We are very appreciative for the support we have received from local high schools throughout this process. Thank you Liz Stewart (Loomis Chaffee), Miles Bailey (Westminster), and Rebecca Winsor (Avon Old Farms) for coming to Covenant Prep to help our students and families with this process!

We would also like to recognize our community members Jodi and Madison Oh, Donato Monaco, John Gilchrest, and Sarael Sargent for supporting our students and families as they prepare for interviews, study for the SSAT, and complete applications.

We can't wait to see where this class will end up for high school. Stay tuned!

## STUDENT PERSPECTIVE

*Niraj Prakash,  
King Class of 2022*

Applying to high schools was a whole new experience. It felt like doing taxes because there were a lot of forms to be filled out! The essays were something we worked especially hard on, but it was fun to think about topics to write about.

Visiting the schools gave you the opportunity to observe the way the schools worked and what the values of the school were! I visited most schools in person, but was able to see some virtually too. I really liked seeing new schools.



## THANK YOU, PARENTS!

*Natasha Mitchell, Parent Council President*

Hello Covenant Village!

My name is Natasha Mitchell and I am the proud mother of Knolyn Downer a 6th grader here at Covenant Prep. I am excited and truly looking forward to jumping into my new role as Parent Council President.

We choose Covenant Prep as a family for many reasons including academics, mentorship, accountability and the integrity of the school. As well as the expectation for our scholars to maintain respect, gratitude and community. As Parent Council President I am really looking forward to making connections with other parents as I know we all share the common goal of scholarly success. Volunteering will be sure to show our boys that every little bit makes a difference and that their voices do matter!

I look forward to meeting with all of you over the next couple of months as we support Covenant Prep and our boys!

**From all of us at Covenant Prep,  
we wish you and your families a  
happy, safe, and relaxing  
Thanksgiving!**