

# NASHOBA Pride

The Nashoba Regional High School community works together to achieve high intellectual and ethical standards while discovering and developing the gifts and talents of all. Each member of our school community recognizes his or her role and responsibility in creating a learning environment based upon respect, trust, teamwork and enthusiasm.

**Jeremy Roche, Principal**  
**Tracey Calo, Assistant Principal**  
**Brian Cote, Assistant Principal**

High School Office (978)779-2257

<http://nrhs.nrsd.net>

Guidance Office (978)779-0122

Volume 11 Issue 8

April 2010

## From the Principal's Desk

### Surveys and Survey Results:

I want to thank all members of the community for taking the time to complete surveys when we request input on various topics. We will certainly send more in the future, and this community participation is critically important in helping us to determine the community's perceptions, feelings, and positions with respect to various topics.

I will be sending a survey regarding parent satisfaction in May or June. In addition, we have some initial results from the Graduation survey that will be compiled and shared in the May newsletter and on our website. Again, I want to reiterate the importance with which we assign to these surveys as it is a great way for us to get some immediate feedback and input. Thanks in advance for this essential communication.

### PTSA:

The Parent Teacher Student Association of NRHS has once again showered their kindness (and food) upon the faculty and staff here at the high school. The staff luncheon, which they put together to recognize the efforts of the teachers and aides, was particularly satisfying for not only the great food but also the well deserved recognition of the great teachers here at the high school. We appreciate their generosity. If anyone would like to become involved with the PTSA, please contact Susan Reverdy @ 978-461-1428.

### Students participate in service trip to the Dominican Republic:

Cole Gibson, Brittany Owen and Katy Hayden (all grade eleven) recently traveled to La Romana, Dominican Republic for ten days for the purpose of helping Haitians in a hospital setting and in surrounding villages. The trip involved an intensive experience whereby the students supported many impoverished people who were lacking the most basic of medical supplies and treatment. These young women plan to present an overview of their experience to other students in an effort to not only share anecdotes but to encourage others to engage in meaningful service activities.

At Nashoba, we value community service and/or service trips as a way for an individual to broaden their perspective in order to inform their future goals. As part of the NRHS mission, we emphasize in our Civic and Social expectations that students will "participate in meaningful community and/or school activities that promote service to others." You'll probably notice that in our program of studies, each course lists the specific Academic (AE) and Civic/Social (C/S) expectations that the curriculum reviews and covers. The young women mentioned above certainly took part in a life changing experience for themselves but more importantly for others. We are pleased to promote these initiatives and will continue to look for ways to promote students becoming involved in service to others.

### Advanced Jazz Ensemble earns Gold Medal at the MAJE Festival:

The NRHS Jazz Ensembles performed very well at the recent state jazz competitions. The Advanced Jazz Ensemble earned a Gold Medal at the Massachusetts Association of Jazz Education (MAJE) Central District Festival. Members of the group recognized for individual achievement were Robert Cohen, Tenor Sax; Robert Enzmann, Alto Sax; and Dan Paladini, Trumpet. As a result of the performance, the Advanced Jazz Ensemble advanced to the State Finals on March 27<sup>th</sup> in Framingham.



Mr. O'Toole directs the Advanced Jazz Band at the Berklee Jazz Festival

*(Continued on page 2)*

In addition, the Intermediate Jazz Ensemble earned a Bronze Medal at MAJE. Members of the group recognized for individual achievement were Chris Ruscinski, Drums; Sam Hastings, Alto Sax; and Beth Rogers, Tenor Sax.

These recognitions are certainly a great accomplishment for the students of our music programs. A great deal of gratitude is also directed at Mr. Tom O'Toole and Ms. Susan Mianulli for their leadership, passion, and expertise. As the elected leader of our great nation was quoted to say, *"I want our students learning art and music and science and poetry...and all the things that make an education worthwhile."* (Barack Obama, Feb. 9, 2008). Whether or not we agree with the President's politics or decisions is irrelevant, his point on this issue is well made. Students involved in music and other extra-curricular activities that mean a lot to them personally do better in school. The evidence is irrefutable and we applaud and encourage our students to not only participate but thrive in activities that speak to them.

### **All American In Indoor Track:**

At the National Scholastic Indoor Championship held in Manhattan, Coby Horowitz (senior) ended up finishing 2<sup>nd</sup> overall in the 5000 meter competition. This is an outstanding accomplishment but even more impressive, Coby is recognized as a High School All American for his achievement. This is the second time that Coby has achieved All-American status as he did so two years ago as part of the 4 x 100 relay team.

As a school, we wish to recognize and applaud this outstanding performance and also make note of the efforts of the coaches, teammates, and family members who helped push Coby to strive for something that may initially appear to be beyond grasp. The goal setting and structure of high school athletics is so important to many young lives. We are proud of the accomplishments of Coby and all those who seek to find the strength to achieve.

### **Senator Chandler Visits Young Democrats Club**

On Monday, April 5th, State Senator Harriette Chandler will be speaking with Nashoba's Young Democrats Club about running for office and what it is like to work as a state senator. All students, no matter what their political leaning, are welcome to attend this informative event. The discussion will take place in Mr. Griffith's room (room 263) at 2:30 pm on April 5.

### **Mr. Nashoba Talent Competition to Benefit Haitian Relief**

This year, the proceeds from Student Council's annual all-male pageant, Mr. Nashoba, will go directly toward Haitian relief efforts. The competition is from 7-10 pm

on April 16th, and admission is \$5. Who will wear the 2010 crown? Come and find out.

### **DECA State Championship**

Congratulations to our DECA competitors! We had a fantastic finish! A group of eight business students from Nashoba participated in the 51st Annual DECA's Career Development Conference State Competition Thursday, March 4 through March 6, at the Marriot Copley Plaza Hotel in Boston along with 1,500 students from across the state. Students participated in the event by taking written exams, presenting and participating in leadership workshops.

The competition opened with the Recognition Session with school roll call, a welcome from our 2009-2010 Massachusetts State Action Team, and brief words from the students running for state office. The students then reported for their first round of testing. After testing, the students had the opportunity to relax and meet other students at a DECA sponsored dance, open mike, or use the fitness facilities at the hotel.

The second day at DECA was full of activity. Students finished their second round of tests, completed their role plays with the judges, participated in leadership workshops, and attended the Achievement Awards Session Friday evening. Finally, the winners were revealed on Saturday at the Grand Award Session. The top winners are eligible to compete at DECA's National Competition.

At the National Competition, our students will compete with other students from across the United States; approximately 4,000 students will be in attendance in Louisville, Kentucky. At the National Competition students are competing for college scholarships.



### **Nashoba Business Student Winners at DECA's State Competition**

Please join me and congratulate our DECA students: **Oliver Jenkins** won 2nd place in Principals of Finance and won a position at the National Conference in Kentucky. **Oliver Taylor** received an Achievement Award in Hotel and Lodging Management and placed in the top 10.

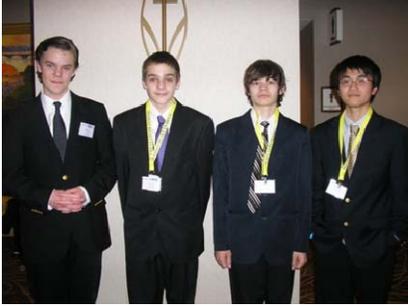
*(Continued on page 3)*

**Chris Cacciatore** received an Achievement Award in Marketing Management and placed in the top 10.

**Cody Payson** and **Matt DiMario** received an Achievement Award in Financial Analysis Team Decision Making Event.

**Sorin Vatasoiu** made a great effort in Sports Entertainment Marketing.

**Tom Marshall** and **Dan Cai** made a great effort in Financial Analysis Team Decision Making Event.



### **Sean & Betsie: A Story of Friendship and Loss**

This powerful assembly, put out by the Middlesex District Attorney's Office, is the recent story of a local high school couple that was killed by a drunk driver. We will be hosting Mrs. LaPlante, Betsie's mother, and this moving story in either April or the beginning of May, just in time for Prom and Graduation.

At this time of year, high school students are filled with the anticipation of celebrations and moving on. Stress about the unknown is common and so this can be a risky time for students.

Please remember to talk to you kids about drinking and driving over and over and especially on Prom night. A recent study showed that 65% of teens cite their parents as their leading influence for them not to drink. You can make the difference!

### **NRHS Endowment Fund**

#### **Parent Volunteers Needed!**

New members are invited to join the NRHS Endowment Fund Board. We are a non-profit group established in 1999 for the purpose of raising money and fulfilling grants submitted by teachers to fund various enrichment programs and pilot programs as well as equipment and materials that are outside the regular school budget. Each year in September, donations are solicited via a general mailing to the Nashoba Regional High community. Twice yearly, applications for funds are submitted to us by teachers. We are currently in the spring grant cycle. Please support us and consider joining us!

Being a member of the Endowment Fund Board is an excellent way to become involved at Nashoba. The time commitment is modest, however, the returns to the students and teachers are great. Please contact Christel Conlin at [christelc@comcast.net](mailto:christelc@comcast.net) if you would like more

information. All are welcome to our next meeting on Thursday, April 29<sup>th</sup> at 7:00 pm in the Academic Support Center at NRHS.

## **Save the Date**

**The NRSD End of Year Retirement Gala** is scheduled for Wednesday, May 19<sup>th</sup>, at Nashoba Regional High School! All district families are invited to come and celebrate the long and memorable careers of our dedicated teachers and administrators from all seven schools in the district who are retiring at the end of the school year. The Nashoba PTSA coordinates the efforts on behalf of all the district schools. Please stay tuned for more details concerning donations and volunteer opportunities as the day approaches. It promises to be a wonderful occasion.

### **Friends of Drama News**

The Nashoba Regional High School has done it again! March ended with another stunning performance by students from Nashoba and three middle schools in our district. Joseph and the Amazing Technicolor Dreamcoat was brought to life on stage to the delight of all who came to see it. The costumes, colors, music and talent were endless.

Friends of Drama would like to thank everyone who helped to make this show possible. It could not have been done without the support of parent and student volunteers, the staff at Nashoba, the businesses that so generously supported us, Bill Grady, our talented and patient director, and, of course, the kids who gave of their time and talent. Thank you from the bottom of our hearts.

### **Friends of Music News**

The **Advanced Jazz Ensemble** performed at the Berkeley Jazz Festival on March 13<sup>th</sup> along with the Jazz Sextet. The Advanced Jazz Ensemble finished ninth and the Jazz Sextet finished eighth in their class at the world's largest high school jazz festival. *Justin Ringler* and *Kerry Anne Conlin* received the Judges Choice awards for their performances.

### **Massachusetts Instrumental and Choral Conductors Association (MICCA) Festival & Preview Concert**

The NRHS Concert Band and Choral groups will be participating in the MICCA Festival to be held April 10<sup>th</sup> & 11<sup>th</sup>. A preview concert will be held on Tuesday, April 6<sup>th</sup>, at 7:30 pm in the NRHS Auditorium. Good luck to all the students participating in these events!

### **BSO Trip**

A trip to the Boston Symphony Orchestra's Open Rehearsal is planned during the school day on Thursday, April 1<sup>st</sup> for interested band and choral students. Tickets

*(Continued on page 4)*

are \$10 and may be purchased by contacting Mr. O'Toole or Ms. Mianulli. This is a great opportunity to see the BSO perform!

### Next Friends of Music Meeting

The next Friends of Music meeting is Tuesday, April 13th, in the chorus room at 6:30. All parents and interested community members are welcome to attend. If you are unable to attend the meeting but would be willing to help with a concert, work on a fundraiser, or chaperone an event later in the year, please let us know at [info@nashobamusic.com](mailto:info@nashobamusic.com) or by calling 978-897-2461.

### Nashoba Regional Scholarship Foundation "Dollars for Scholars" Phonathon

The Nashoba Regional Scholarship Foundation (NRSF) held its annual Phonathon on March 14th at the Florence Sawyer School in Bolton. The NRSF would like to thank the Bolton, Lancaster and Stow communities for their generous contributions. This year, students received over \$15,000 in pledges!



This outstanding effort would not have been possible without the hard work of the many parent and community volunteers and the Nashoba Regional High School students who donated their time and energy to make the day such a huge success. Thank you all so very much. You did a fantastic job!

### From the Nurse's Office:

#### Prom Safety

#### Thoughts On Making The Right Choice

Prom is one of the most memorable nights of your life. It's a special night to spend with your friends and your date. The songs, decorations, and atmosphere will always serve as a remembrance of the happy and carefree days of your adolescence.

\*\*\* *"Prom is not a night to try drugs, alcohol, or sex. It's a time to join your friends in a celebration that represents who you are, what you stand for, and what you've accomplished."*  
-Jami, Woodville HS, AL

#### How do you have a safe prom?

*"Choose the right date, someone you feel comfortable with and can have fun with. Don't drink and don't give in to peer pressure if you find yourself in a bad situation."*-Jodi, Jodi, Michelle, North Mahaska HS, IA

*"Make sure you don't get around people that might pressure you into doing things you don't want to."*

-Heather, Dumas HS, TX

#### How would you handle drugs or drinking?

*"We had a limo and the other couples wanted to bring pot, and we told them if they brought it in the limo and did it with us, they could get out."* -Julie, Richmond Hill HS, NY  
*"It seems like the people who drink don't have as much fun."* - Leslie, Jay Junior Senior HS, FL

*"...definitely not let him drive or drive me home. I'll get mad at him too."*

-Pamela, Shades Valley HS, AL *"...drive him home."* -Alison, Shades Valley HS, AL *"...be upset. When you drink you forget what goes on or what you're doing. What's the point of even going? Why would you spend your prom night throwing up anyway?"* -Vanessa, Richmond Hill HS, NY *"...definitely find a different way home. I'd drive or go with someone else."*  
-Meredith, Quincy HS, NY *"...take him to sober up and if he refused then I'd ditch him."*  
-Jodi, Jodi, Michelle, North Mahaska HS, IA

#### What if he tries to pressure you into doing something you don't want to?

*"Tell him a few words then walk off and don't be with him."* - Kimberly, Wahtonka HS, OR  
*"Tell him you're not interested, everybody has their own life. Make sure you know who you're going with so you don't have to worry about it."* -Vanessa, Richmond Hill HS, NY  
*"Leave him. I don't want to be a victim to have a good time."* -Pamela, Shades Valley HS, AL  
*"Tell him to get lost."* -Julie, Richmond Hill HS, NY  
*"Tell him 'No!' If he respects me and my feelings, he won't push."* -Cindy, Burroughs HS, CA

Close by the door he paused to stand,  
As he took his class ring off her hand.  
All who were watching didn't dare to speak,  
As a silent tear ran down his cheek.  
All through his mind memories ran,  
from moments of the prom, laughing and walking through the sand.  
And how her eyes were so terribly cold.  
He never again would have her to hold.  
They watched him in silence as he bent over near,  
To whisper "I love you" into her ear.  
He touched her face and started to cry.  
He put his class ring on and wanted to die.  
And just as the wind began to blow,  
They lowered the casket into the snow.  
This is what happens to many alive,  
When a friend lets a friend drink & drive.  
-Anonymous, Morton HS-West, IL

For more information visit: [www.perfectproms.com](http://www.perfectproms.com)

\*\*\*Prom is coming up on **May 15** and it is very important that parents take the time to talk to their children about the following safety issues:

- Driving
- Dating
- Alcohol

#### Illness Dismissals:

In the event that your child becomes ill during class on any particular day, your child's teacher will send him/her to the nurse. Based on a physical assessment, should the illness warrant dismissal, the parent or guardian will receive a call from the school nurse requesting that the student be picked up. Dismissals due to illness are handled only through the Nurse's Office.

If you have any questions or concerns give us a call at 978-779-2257 x1.

Migdalia, Rosemary and Marilyn, High School Nurses

**SAVE  
THE DATE**

Nashoba Regional School District

# Barnes & Noble Bookfair

Thursday, May 6, 2010

**Barnes & Noble Location:**

120 Water Tower Plaza

Leominster, MA 01453

Come enjoy performances between 4 pm and 9 pm by:

NRHS Advanced Jazz Band

LBMS 8<sup>th</sup> Grade Chorus

LBMS Jazz Band

MRE 4<sup>th</sup> & 5<sup>th</sup> Grade Chorus

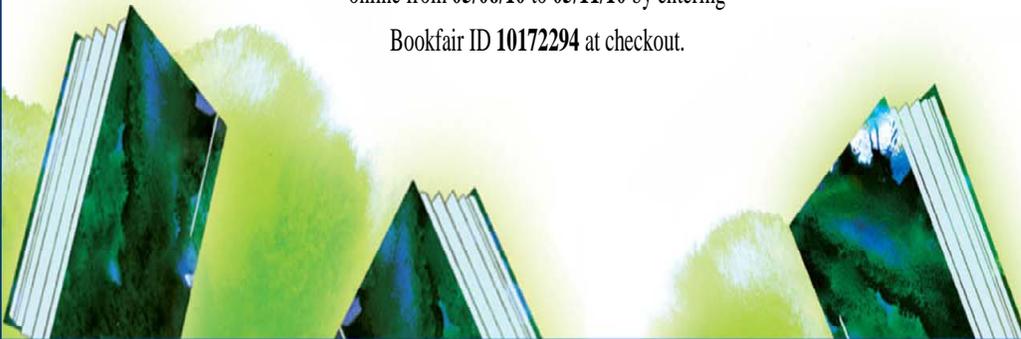
MRE Band (Selected Students)

Nancy Beaudette, Canadian Folk Artist

With wish list book tables for the district libraries and special story times led by teachers!

Can't attend our bookfair at Barnes & Noble?

Visit [bn.com/bookfairs](http://bn.com/bookfairs) to support us  
online from 05/06/10 to 05/11/10 by entering  
Bookfair ID 10172294 at checkout.



## Barnes & Noble Bookfair

Supporting:

Nashoba Regional  
School District/Lancaster PTO

Thurs., May 6, 2010, 4-9 pm

Barnes & Noble

120 Water Tower Plaza, Leom

10172294

Please present this voucher prior to making your purchase. A percentage of the net sale will be contributed to your school/organization.\*

\*The purchase of gift cards, Barnes & Noble memberships, textbooks, video games, digital devices including nook™, purchases made at Cafés owned and operated by Starbucks and other items Barnes & Noble may exclude from time to time in its sole discretion are not included in bookfair totals. Institutional discounts may not be applied. See [bn.com/bookfairs](http://bn.com/bookfairs) for more details and to shop online.

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# Summer Theater Program

Lancaster, Bolton, and Stow Students: Ages 8 to 14

July 1 – July 29, 2010

Join us at the Nashoba Regional High School Auditorium, Mondays through Thursdays in July, from 9:00 am to 12:00 pm, for an opportunity to experience drama, music, and dance as a district community. Students will learn about and participate in the various aspects of theater production from making sets to controlling lights and sound to performing onstage.

Public performances of the chosen musical will occur at the end of the program on **Wednesday, July 28<sup>th</sup>**, and **Thursday, July 29<sup>th</sup>**. Which play the students will perform will not be determined until after students have registered for the summer program.

Students interested in being a part of the summer theater program need to fill out the form below. Forms may be returned to each school's office. The secretaries will then forward them to MRE in Lancaster.

**COST:** Early registration *by May 16* is \$150 per 1<sup>st</sup> child. Additional siblings are \$50 each.

Registration after May 16 will be \$200 per 1<sup>st</sup> child. Additional siblings will be \$75 each.

Checks are payable to "Lancaster PTO".

If you need financial assistance, simply check the following box:

I will need financial assistance in the amount of \_\_\_\_\_.



Please fill out the below neatly and legibly, completing ALL information.

**Student Name(s) and Age(s):** \_\_\_\_\_

**Best Guardian Phone Number and Email Address for correspondence:** \_\_\_\_\_

**Best Address for Sending Information:**  
\_\_\_\_\_

**Theater forms will be sent upon receipt of registration. Would you prefer to receive them by mail or email?**

**MAIL PLEASE**       **EMAIL PLEASE**

Forms will include a permission slip and a child information sheet, which will need to be filled out by and brought on 7/1.

If you have not received forms by June 30<sup>th</sup>, please contact Paula Castner at 978-534-9767 to make sure we actually received your registration.

**Interested in** (Please check appropriate boxes. If more than one child is registering, please indicate which applies for each child):

- Backstage/Prop Crew
- Lights and Sounds Crew
- Auditioning for a leading role
- Auditioning for a supporting lead role
- Auditioning for a supporting cast role
- Chorus roles only

**PLEASE INDICATE ANY DAYS IN JULY WHICH THE STUDENT MAY MISS DUE TO VACATION:** \_\_\_\_\_

**Guardian Volunteer Opportunities** (please check appropriate boxes if you are interested in helping with any of the following):

- Backstage Supervising and Prop Coordinating
- Lights and Sounds Supervising
- Costumes
- Set and Scenery design
- Performance Night (admission table, refreshment table)
- Programs and Publicity
- Choreography of dances
- Helping with the Students' Singing
- Helping Students with Lines

**Guardian Name:** \_\_\_\_\_

The Lancaster PTO reserves the right to cancel the program if registrations do not meet minimum participant requirement.



## ***WANNA PLAY SOME BASEBALL?***

**“CHALLENGER” BASEBALL LEAGUE FOR  
PHYSICALLY & MENTALLY CHALLENGED  
CHILDREN, AGES 5 THROUGH 18 RETURNS!**

**GAMES WILL BE PLAYED EVERY SATURDAY MORNING, 10:00  
TO 11:00, MAY 8 THROUGH JUNE 19 AT THAYER FIELD IN  
LANCASTER. NO PRACTICES, JUST GAMES!**

***ANY LOCAL LITTLE LEAGUERS AND FRIENDS ARE WELCOME  
AND ENCOURAGED TO COME AND BE A BEST BUDDY FOR ALL  
CHALLENGER PLAYERS!***

**JUST BRING A GLOVE AND A FUN ATTITUDE!**

**PLAYERS CAN REGISTER ONLINE AT:  
[WWW.LANCASTERLITTLELEAGUE.COM](http://WWW.LANCASTERLITTLELEAGUE.COM)**

**PLEASE CONTACT JOE KENNEDY AT 978-365-2148 OR  
[KENNEDY2004@COMCAST.NET](mailto:KENNEDY2004@COMCAST.NET) FOR MORE INFORMATION.**



## 2010 Bolton Summer Tennis Program

Tennis lessons will be offered again this summer in Bolton! USPTA resident pro, Steve Winer will be directing expert tennis instruction for students of all ages and abilities. Classes are held at Nashoba Regional High School tennis courts and are divided by age and ability. There will be three sessions offered (Monday – Thursday):

**June 21 – June 24      July 19 – July 22      August 23 – 26**

Please circle session(s) and level

Ages: 4 – 6	Time: 3:00 – 4:00 PM	Cost: \$79	Beginner	Advanced Beginner	Inter- mediate
Ages: 6 – 8	Time: 4:00 – 5:30 PM	Cost: \$119	Beginner	Advanced Beginner	Inter- mediate
Ages: 9 – 13	Time: 4:00 – 5:30 PM	Cost: \$119	Beginner	Advanced Beginner	Inter- mediate

Private lessons are offered by appointment for \$65 per hour or \$35 per ½ hour.

**For more information call Steve Winer at 978-779-0158 or [stevewiner@hotmail.com](mailto:stevewiner@hotmail.com)**



Student Name: \_\_\_\_\_ Address: \_\_\_\_\_

Age: \_\_\_\_\_ Home Telephone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Parent Name \_\_\_\_\_ Email address: \_\_\_\_\_

Please make your check payable to Steve Winer and mail to 384 South Bolton Road, Bolton, MA 01740  
Classes are limited. Registration confirmation will be sent via email. Instructor reserves the right to combine classes as necessary.



# Spelling Bee

Raising Extra Capital for the  
**RECESS**  
Elementary School in Stow

# 2010

part of  
Stow Springfest 2010

Saturday, May 15  
Center School  
3:00 p.m.

## Have you heard the Buzz?

**The RECESS Spelling Bee is coming to Springfest!**

**Join the fun!**

▶ **Enter a Team in the Spelling Bee**

Teams of four will huddle to spell words. Teams may be all adults, all middle/high school students, or any combination, all competing in one event. Prizes for best costumes and best spellers. Team Registration forms are available at [www.stowrecess.org](http://www.stowrecess.org).

▶ **Become a Sponsor**

A great marketing opportunity and a great way to show support for the school! Find all the details and download a Sponsorship form at [www.stowrecess.org](http://www.stowrecess.org).

▶ **Join us in the Springfest Parade**

Young children are invited to join our contingent of Little Bees in the Springfest Parade the morning of May 15<sup>th</sup>. Visit our website to request a set of wings and antennae for small children to wear in the parade. Learn more and sign up at [www.stowrecess.org](http://www.stowrecess.org).

▶ **Volunteer Your Time and Talents**

Planning is well underway and we are looking for volunteers to help in a number of ways. Some opportunities are on-going until May 15<sup>th</sup>; some just require a few isolated hours.

- Administrative tasks (such as managing registrations, sponsors, and donors using spreadsheet software)
- Help with marketing/promotion
- Planning room layout and decorations for the Bee
- Decorating and set-up on May 14<sup>th</sup> and 15<sup>th</sup>
- Staffing our Springfest Table during the morning/early afternoon May 15<sup>th</sup>
- Assistance with operations during the Bee

*If you can help, visit our website or e-mail "greta@stowrecess.org".*

*All proceeds benefit the addition/remodeling of Center School, Stow, Massachusetts.*

*For more information about RECESS, visit [www.stowrecess.org](http://www.stowrecess.org).*