

Nashoba Regional High School
http://nrhs.nrsd.net

John G. Smith, Principal
Jeremy Roche, Assistant Principal
Peter Richards, Dean of Students

High School Office (978)779-2257

Guidance Office (978)779-0122

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.

Volume 7 Issue 8

April 2006

From the Principal's Desk



Dear students and parents:

About two weeks ago, the Nashoba Regional School Committee passed a 7.51% budget for fiscal year 2007. This budget, if passed by the communities on May 1st, will help the high school in many ways. First of all we will be able to hire another full time science teacher. With increased enrollment and the classroom limit of 24 students in each lab, it has been increasingly more difficult to provide smaller class sizes for many of our very important science labs. We likely will be looking to hire another biology or chemistry teacher depending on the student requests in next year's schedule. In addition we will also be able to hire our current part time health teacher and allow her to become a full time health teacher. These increased elective opportunities will provide many of our students with essential skills for their own personal growth and development.

We will be looking to expand to a district athletic director that will be responsible for not only the high school program and intramurals but also the middle school programs as well. This connection will allow us to expand our offerings for both interscholastic sports as well as school wide intramurals. This position will be year round and will also service the numerous summer opportunities that are available to our student body.

Finally we will be able to hire an additional assistant principal who will help with our growing student population but will also have supervisory and evaluation responsibilities with members of our teaching staff. This will be a school year position that will allow the current assistant principal, Mr. Roche, to be able to focus more on curriculum and professional development within the high school.

These new positions will all benefit our kids and will allow us to make positive steps in our attempts to make Nashoba

Regional High School the best school it can be. If you have questions about these positions please feel free to contact me at the high school. I appreciate the support that you have given us in the past. The work we do here at Nashoba is of the greatest importance for our students. Please enjoy your spring.

Sincerely

John G. Smith
Principal

Notes from the Nurses

Illness Dismissals

In the event that your child becomes too ill to continue with school on any particular day, you would receive a call from the school nurse. Students cannot make the call to be asked to be picked up because they do not feel well. *These dismissals are handled only through the Nurse's Office.*

Prom Event 2006!!

The Holiday for Highschoolers staff is now looking to help students attend their junior prom by assisting them in obtaining a prom dress or tuxedo for the event.



** We are asking for gently used or new Prom dresses (which will be cleaned by Brite Clean in Bolton if needed), shoes, and purses. We are also asking for tuxes for the boys. **Please have your donation in by APRIL 15th.**

(Continued on page 2)

If you would like to donate items to this event or need more information, please call Mrs. Anapol at (978)897-6406 or the nurses at Nashoba Regional High School (978) 779-2257 x1.

Try on date for the dresses at:
Clinton Thrift Shop on Main St.
April 18th, 2006 from 3:00 PM – 6:00 PM
April 23rd, 2006 from 3:00 PM – 6:00 PM

If you cannot make any of the above try on dates, please call Mrs. Anapol at (978)897-6406 for an appointment.

Students that have had the opportunity to attend in the past had a wonderful memory of their High School Prom.

Immunization Update

In June 2005, the Advisory Committee on Immunization Practice (ACIP) recommended that adolescents 11 and 12 years of age be given Tdap in place of the tetanus-diphtheria (Td) booster typically given to adolescents. The committee also recommended that Tdap be given to adolescents 13 to 18 who missed the 11 to 12 year dose of Td. Adolescents 11 to 18 who have already been vaccinated with Td are encouraged to receive a dose of Tdap at intervals shorter than 10 years, to add protection against pertussis.

Most reported pertussis cases among adolescents and adults occur because of decline in protective immunity over time. Immunity against pertussis wanes five to ten years after the last childhood vaccination. (Nashoba Associated Board of Health, 2006).

Why do we vaccinate against pertussis (also called "whooping cough")?



Pertussis is a bacterial respiratory illness characterized by severe spasms of coughing that can last for several weeks or even for months. Pertussis is usually spread from person-to-person through close contact with respiratory droplets released when a person coughs or sneezes. Before the introduction of vaccination in the 1940s, pertussis was a major cause of serious illness and death among infants and young children in the United States. <http://www.cdc.gov/nip/menus/diseases.htm#pertussis>

Health Fair: (At Nashoba Regional High School)

Goal:

- Provide health information on prominent health issues to students and their families, staff, and community

members with a Health Fair at Nashoba Regional High School.

Dates and Time of Health Fair: (Save these dates!!)
Monday, May 8th and
Tuesday, May 9, 2006
8:00 AM – 2:00 PM each day

Proposed Topics/Organizations for Health Fair

- American Cancer Society, American Heart Association, American Lung Association, Bolton Police Department, Bolton EMS + EMT, local fitness clubs, District Attorney, Nashoba Board of Health, Healthy Family, First Concern, Atlantic Union College, Mount Wachusett Community College, nutrition information, yoga, relaxation, and many more....

We will see you here at the health fair in May!!!

Thank you to all who made donations to Pennies for Patients, we will have the total collection amount in our next newsletter. ☺

If you have any questions or concerns, do not hesitate to call us at 978-779-2257 x1.

Migdalia, Linda, and Marilyn
High School Nurses

Senior Class News

Wow! This year has flown by and graduation is quickly approaching. Several members of the senior class still owe class dues. Class dues pay for a copy of the yearbook and attendance at senior banquet. Seniors should pay their dues ASAP in order to ensure that they may join their classmates at senior banquet and receive a copy of the yearbook.



Seniors should also have passed in their measurement form for cap and gown sizing. Any senior who has not done so must do so as soon as possible in order to ensure that they have a cap and gown for the graduation ceremonies. Extra copies of the measurement form are available in the main office. It is important that students who are participating in dual enrollment do this, as well.

Also, keep June 8 open for Senior Banquet at Wedgewood Pines Country Club in Stow. Any questions?? See your class officers (Donnie Allison, Natalya Betzig, Ashley Owen & Connor Hogan) or your class advisors (Miss McAuliffe or Miss Siciliano)."

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Yearbook News

The 2005-2006 yearbook will be available at the beginning of June. A limited number of copies are available for reservation. Once these are sold out, there will be no more copies available. To reserve a yearbook today, send a check for \$70 written out to Nashoba Regional High School to Miss Siciliano in room 258."

Community Service Club

The Community Service Club has a big agenda coming up. We recently received a mini-grant to help prevent and stop teenage smoking. CSC has a variety of creative ideas to help this campaign. Watch over the next few months to see what CSC will do to get the anti-smoking word out. You might be surprised.



The Community Service Club is going to participate at the 38th Annual Walk For Hunger. We are sending a team of Nashoba students to walk to raise money in the fight against hunger. The event is on Sunday, May 7th. Anyone interested in walking is welcome to join our team. You do not have to be a CSC member to walk with our team. For more information, contact Jen Danowitz, Lindsey Murray, or Mr. Dan Glover.

CSC has also begun planting tulips! Look all over the school grounds for some beautiful flowers that should come up within the next few months.

CSC is still looking for new members. Lately, attendance has dropped considerably and it is difficult to meet the requests the community sends us without many members. If you are looking for community service hours, our club is for you. You do not need to attend all of the meetings, or even participate in all of the CSC activities. There are a variety of community service opportunities that area townspeople and organizations send to the Community Service Club. Our club members can then pick and choose which ones they want to volunteer for. Some current requests have been for help at the Stow Food Pantry and the WHEAT Multi-Service Center in Clinton. Consider joining the Community Service Club and help make a difference throughout the Nashoba community. Meetings are after school on Wednesdays in Mr. Adams' room. Contact Jen Danowitz or Lindsey Murray if you have any questions.



Register Your American Cancer Society Relay For Life Team Now!

The American Cancer Society Relay For Life of Bolton is just around the corner. Register your team today by calling Gina Hall at the American Cancer Soci-

ety at 1-800-952-7664, x4639. For more information on cancer, call the American Cancer Society at 1-800-ACS-2345, available 24 hours a day, seven days a week, or visit www.cancer.org. This celebration of life brings the surrounding community together in a unified effort to fight cancer.

Former and current cancer patients, their families, businesses, civic organizations, and the public are invited to take part in this exciting team event. Relay For Life takes place from 6:00 PM on Friday, June 2nd until 12:00 PM on Saturday, June 3rd at the Nashoba Regional High School.

Relay For Life is the American Cancer Society's version of an athletic relay, but with a new twist. Relay For Life is a family-oriented event where participants enjoy the camaraderie of a team and also raise funds to support the activities of the American Cancer Society. Participants camp out at the Relay site, and when they are not taking their turn walking, they take part in fun activities and enjoy local entertainment.

"Relay For Life brings the progress against cancer to the forefront," said Lindsey Murray, Team Captain. "Many participants are our family, friends, and neighbors who have dealt with cancer themselves. Their involvement is proof of the progress that has been reducing death rates and improving the quality of life following cancer treatment."

"The funds raised enable us to continue our investment in the fight against cancer through research, education, advocacy, and patient services," said Jen Danowitz, PR Chair. "The money raised by participants goes directly to the American Cancer Society's lifesaving programs." There are 78 Relays happening throughout Massachusetts this spring. Join your local Relay For Life of Bolton and help fight cancer!

Book Drive for Worcester Clark Street Elementary School

Do you have used books in good condition that you no longer need? When you do your spring cleaning, please consider donating your used books to our book drive. This is an NHS community service project and all the donated books will go directly to the Worcester Clark Street Elementary School. Drop off boxes are located around the high school in central areas. There are also drop off boxes at the other schools in the district. Please consider helping the students at the Worcester Clark Street School.



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Whitney Koch, Laura O'Neil, Alicia Maloney and David Lauritano

Nashoba Regional Scholarship Foundation "Dollars for Scholars" Phonathon Update

The Nashoba Regional Scholarship Foundation held its annual Phonathon on March 19. The event was held at the Florence Sawyer School in Bolton. The NRSF would like to thank the Bolton, Lancaster and Stow communities for their generous contributions to the NRSF Annual Phonathon. This year's Phonathon broke last year's record, and set an all time new record, by receiving \$17,300 in donation pledges!

This outstanding record would not have been possible without the hard work of the many parents, faculty and community volunteers who were on hand to oversee this project. NRSF would like to thank student representatives Duncan Amos, Leah Chow, Alex DeSisto, Betsy Hagermoser, Risa Langelo, Alyssa Lawrence, Katie Ledoux, Kelly O'Kane and Mike Pesanelli who did a tremendous job organizing the volunteers. Lastly, an enormous "thank you" goes out to 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! All of you did a terrific job!

Phonathon Student Volunteers:

Adrienne Wickham-Gobert, Alessandra Gordon, Alex DeSisto, Alex Matlock, Alex Schab, Alison Slater, Allie Durben, Alyssa Iannuccilli, Alyssa Lawrence, Alysse Stake, Amy Callahan, Amy Lane, Amy Maule, Andy Parienteau, Andy Philbin, Ashley Owen, Ashley Vannasse, Becca Straney, Bethany Slade, Betsy Hagermoser, Cat Philbin, Catherine Mullane, Tina Shea, Christine O'Brien, Colleen Frost, Conner Hogan, Dan Stefanis, David Lauritano, Donnie Allison, Doug Koury, Duncan Amos, Elizabeth Keck, Ellen Hartford, Eliot Dawson, Erika Gjestebj, Erin Sadler, Ethan Cole, Evan Rothfuss, Giulia Rizzo, Grace Masters, Hope Fiori, Jake Abraham, Jake Bleier, James Gold, Jen Danowitz, Jill Camilleri, Justine Gentuso, Kaitlin Mederios, Katie Ledoux, Katie Moore, Kay Hedstrom, Kelly Macko, Kelly O'Kane, Kim Robinson, Laura O'Neil, Lauren McMullen, Lauryn Wachs, Leah Chow, Leah Santangelo, Lindsey Murray, Lynnette Gonzalez, Martha McKean, Matt Murray, Max Martinson, Max Nicoll, Madeleine Camp, Megan Goodnow, Mike Pesanelli, Molly Porcher, Monet Eliastam, Natalya Betzig, Neal Hagermoser, Nick Lawrence, Nick Sirios, Olivia Smith, Paul Murray, Rachel Tepper, Risa Langelo, Samantha Ormond, Sarah Case, Sarah Cozzens, Sean Busch, Sean Humphrey, Sean Kotlarz, Shane Foster, Starr Miyata, Steve Ek, Steven Danowitz, Tim James, Valerie Villegas-Hoag, Whitney Koch, Izzy McKean, Scott Sacra,

Keaton Burns, Alicia Maloney, Ivanka Patel, Victoria Peacock

SATURDAY EVENING - MAY 20th - SAVE THE DATE

You won't want to miss what the Nashoba Regional Scholarship Foundation has planned! An evening of comedy, music and entertainment.

Chris Fleming and Chris Hartford's Traveling Underwater Circus!

Look for more information in the May Newsletter

April 2006 Friends of Drama News

Kudos to the cast and crew of our final show of the year, a sparkling production of **Singin' in the Rain!** We offer a hearty "thank you" to the hundreds of audience members who enthusiastically supported Nashoba Drama by packing the house for each performance. Our gratitude also goes to the Business and Family sponsors of the Friends of the Arts Ad Campaign, and to all the local businesses that donated goods and services for our first Silent Auction during the run of the show. Special thanks go to Director Bill Grady for organizing another fabulous show and to Friends of Drama Presidents Donna Capone and Trisha McNally for coordinating the efforts of drama parents. Nashoba Drama's success is due to the efforts of many. Congratulations again to all involved in bringing life to **Singin' in the Rain** at Nashoba!



Drama students and parents: don't forget to mark your calendars for the annual **Thespian Banquet** on Sunday, May 7, at a new venue – the Wedgewood Country Club in Stow. Besides hors d'oeuvres, dinner and dancing, the banquet will feature the induction of qualified students into the International Thespian Society as well as the zany Denny Awards. Don't miss the fun! Invitations will be sent to all students (and their parents) who have participated in drama events throughout the year.

Congratulations to the Drama Society members who participated in the **Cabaret Night** on March 10. This was the first time the event was held; we hope the fun and talent will be displayed again next year. As we go to press, plans for a fourth **Indie** have yet to be finalized. Stay tuned for announcements on this student-organized independent arts festival.

Don't forget to check our website for drama information:
www.nashobadrama.com

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Home Language Survey

Enclosed in this newsletter is a green Home Language Survey. The Massachusetts Department of Education requires that every individual student's file contains this information. Because of this, we need your cooperation in returning this form as soon as possible. The information gathered via these forms will be used to more effectively serve every student in the Nashoba Regional School District.



PTSA NEWS

***Watch for the May
newsletter for information
regarding the date, time
and location of the
retirement party we are
currently planning***

ADULTS AND CHILDREN IN ORGANIZED YOUTH SPORTS WHO WINS, WHO LOSES?

On Monday, April 24, 2006, at 7:30 PM, Bob Bigelow will be speaking at the Mary Rowlandson Elementary School Auditorium in Lancaster on the timely subject of adult involvement in organized youth sports. This forum is being sponsored by Lancaster Little League, Lancaster Youth Soccer, Nashoba Youth Football and Cheer, Lancaster Recreation Basketball, and the Lancaster PTO.

Bob Bigelow is one of the foremost lecturers in the country regarding the needs of children in youth sports, and using common-sense approaches to meet those needs.

Bob is a former NBA first round draft choice and four year player. He played collegiately at the University of Pennsylvania for Hall of Fame Coach Chuck Daly. He has devoted several thousand hours researching and lecturing about organized youth sports and its effects on children – and adults. Since 1993, he has conducted over 650 talks throughout the country.

This talk is educational, challenging, motivational, and humorous. "The best talk I've heard on any subject," said one listener. "I recommend to anyone who deals with the youth of America to spend one hour with Bob Bigelow," said another. You are guaranteed to leave with a better understanding of what children really want and need from their sports activities.

Bob has also written a book, "*Just Let the Kids Play*" (Health Communications, Inc.), that describes organized youth sports major systemic problems and offers many reforms for better changes. This book is being distributed throughout North America.

Bob's mission is to put the youth back in youth sports has received widespread media attention- *Sports Illustrated*, *The Boston Globe*, *The New York Times*, WEEI-AM Radio (Boston), *The Philadelphia Inquirer*, New England Sports Network, WFAN-AM Radio (New York City), and *Toronto Sun*.

As an adult involved in youth sports, ask yourself two questions: "Why do my kids play?" and "What are my motivations for being involved, or not?" Whether you are satisfied or uncomfortable with your answers, please attend this thought provoking forum. It delivers the crucial message that adults involved with youth sports must hear.

Please call Joe Kennedy at 978-365-2148, or email kennedy2004@comcast.net for further information.



NASHOBA REGIONAL SCHOOL DISTRICT

HOME LANGUAGE SURVEY

Student Name: _____ Date of Birth: _____

School: _____ Grade: _____

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In our efforts to provide equal opportunities for students in the Nashoba Regional School District, we need to know what language(s) you and your child speak at home. Please answer the questions below.

Mother/father/guardian: _____

1. Where was your child born? _____
2. What was the first language your child learned as a baby? _____
3. What language(s) does your child usually speak at home? _____
4. What language(s) do the adults in your home usually speak? _____
5. In which language do you prefer to receive information from school? _____

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Como parte de nuestro esfuerzo para proveer igualdad de oportunidades educativas para estudiantes del Distrito Escolar Regional de Nashoba, necesitamos identificar el idioma o los idiomas que usted y su hijo/a hablan en su hogar. Por favor conteste las siguientes preguntas.

Madre/Padre/Encargado: _____

1. ¿Dónde nació su hijo/a? _____
2. ¿Qué idioma aprendió su hijo/a cuando comenzó a hablar? _____
3. ¿Qué idioma usa más frecuentemente su hijo/a en la casa? _____
4. ¿Qué idioma usa usted y los otros adultos más frecuentemente en casa? _____
5. En qué idioma usted prefiere recibir información importante de la escuela? _____

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Para que possamos proporcionar a mesma oportunidade educacional a todos os estudantes do Distrito Escolar Regional da Nashoba, precisamos saber qual a língua ou línguas que você e seu filho falam em sua casa. Por favor responda as seguintes perguntas.

Mãe/Pai/Responsável: _____

1. Aonde seu filho nasceu? _____
2. Qual foi a primeira língua que o seu filho aprendeu a falar? _____
3. Qual é a língua que o seu filho usa mais frequentemente em casa? _____
4. Qual é a língua que você usa mais frequentemente em casa? _____
5. Em qual língua você prefere receber os comunicados da escola? _____

FOR OFFICE USE ONLY:

1. Forward a copy of this form to ESL coordinator if questions 2-5 indicate a primary language *other than English*. Date of referral to ESL coordinator: _____
2. File *all* Home Language Surveys in student cumulative folders

NRHS
Booster Club
Dance

Featuring:

Coming alive

Rock 'n Roll Music from the 60's & 70's

Support NRHS
Athletics !!!

When: April 29th
Where: Maynard Elks
Time: 7:30 pm—12:00
Cost: \$10 per person

Tickets are available at the
NRHS Office or by calling :
Carol Kallander 779-0757
Sharon Mandell 779-5331
Joyce Bilancieri 779-5166
Barbara Corley 779-8903
Janet Collier 779-6858
Kate Farragher 365-1855

Please feel free to bring your
own snacks!

Make checks payable to Nashoba Booster Club