

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

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From the Principal's Desk



Free and Reduced Lunch:

In these difficult and challenging economic times, more and more of our community members can benefit from an increased partnership with the schools. One way in which this occurs is through the federally funded Free and Reduced (F/R) Lunch program. For families that qualify, the F/R lunch program offers an opportunity to receive a quality, nutritious meal while in school. In addition, there are other potential areas to consider that make this a positive outcome for our students.

First, F/R lunch is anonymous. With the advent of PowerLunch, there is absolutely no stigma attached to F/R lunch as every student purchases lunch via their identification card and/or lunch identification number. Second, many of the scholarships that are available to seniors through the Nashoba Regional Scholarship Foundation and various other independent groups are strongly recommended to students who have financial need. Students who receive F/R lunch are automatically eligible to apply. Further, students are eligible to qualify for a reduction and/or waiver for athletic user fees and class dues.

We at Nashoba Regional High School want to ensure that students can focus on their academic and personal development. If they have stress about finances or are not eating properly, they will likely not be as successful. Please feel free to call Jeremy Roche with any questions; or, simply download the form from the following web site: http://www.nrsd.net/documents/reduced_lunch_07.pdf and return it to Mr. George LaCroix, Director of Food Services, NRSD District Offices, 50 Mechanic Street, Bolton, MA 01740.

MCAS Schedule Reminder:

The English Long Composition (March 31), Language and Literature Sessions 1-2 (April 1), and Language and Literature Session 3 (April 2) are coming up. All members of the class of 2011 must pass the English series of tests in order to achieve the state required Competency Determination. If a student is absent on March 31, the make-up date is scheduled for April 7. The other make-up date will be April 6.

Please keep in mind that attendance those days is especially critical. Please call the high school main office if your son or daughter is going to be absent that day. In addition, students must earn a scaled score between 240-280 (Proficient and Advanced), or 220-238 (Needs Improvement) and fulfill the requirements of an Education Proficiency Plan.

Central Mass History Day:

Three NRHS juniors, Amanda Bearce, Lindsey Gonzalez, and Dan LaFond, entered an exhibit in the Central Mass History Day Competition at Quabbin Regional High School recently. Their project, which focused on Henry Ford who was a person that impacted the world the most during their time period, achieved second place in their division. The three students will now proceed to the state finals, which will be April 4 at Clark University. Please congratulate them on their fine efforts.

Central Mass Champs Again and State/New England Champion:

Congratulations to Joe Doyle, senior, who recently won not only the Central MA and State 1,000 meter championship but also took the New England championship. As Joe stated in the most recent edition of the NRHS school newspaper (March 17th, 2009), "It was incredible." In addition, the team once again was crowned the Division 3 State Champion in Indoor Track. The efforts of Coby Horowitz, Connor Megee, Brendan Aylaian, Jake Abraham, Alex Schryver, and Joe Doyle did a phenomenal job in helping lead the team to their unprecedented second consecutive state title.

A Message from Guidance:

Do you have experience with Microsoft Access? The Guidance Department needs your help in building a basic database to manage the scholarship program here at Nashoba. Please contact Jodi Specht or Sue Allaire at (978) 779-0122, jspecht@nrsd.net, sallaire@nrsd.net if you have interest and can help.

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Raising Student Voice and Participation: (RSVP):

RSVP is a national program designed to help increase the voice and participation of all students. Over 75 students—including many "non-traditional" leaders—have been trained in facilitating three student summits, which will occur in homerooms. Our student facilitators will lead their peers in a discussion of things that are good about Nashoba as well as things the students would like to see improved. The program is centered on devising positive solutions and is not designed to be negative. As such, no individual names are allowed during the meetings. Teachers help out by filling out a brief evaluation form for the facilitators so Student Council advisers Katie Giannetti and Steve Kendall can provide feedback to these students; however, this is a student run activity. RSVP is an incredibly powerful program that ties into the school and district improvement plans, the mission statement, and our school-wide rubrics.

Thanks should go out to the students and advisors who have initiated this positive program. Steve Kendall, Katie Giannetti, Rebecca Aldrich, Megan Cullinane, Ryan Nicoll, and Kate Bedding have spearheaded this activity which can only serve to strengthen the lines of communication in our school community.

College Fair with a focus on Students with Learning Differences

Please feel free to attend a college fair with a focus on students with learning differences to be held in our Auditorium and Gymnasium on May 6th 2009 from 6:00 pm – 9:00 pm. The evening will focus on panel discussions including topics ranging from services available, to how students can access them on a college campus, to how to best choose a college. The confirmed colleges that will be in attendance are as follows: Landmark College, Keene State College, Lesley College – Threshold Program, Mount Wachusett Community College, New England College, Becker College, Long Island University – CW Post, Quinsigamond Community College, Mitchell College, Benjamin Franklin Institute of Technology, Mount Ida College, Dean College, and Middlesex Community College.

Another Eagle Scout in the NRHS community:

Congratulations to Andrew Detsikas who recently earned the rank of Eagle with the Boy Scouts of America. He has been an active member of Troop 1 Lancaster, one of a number of troops that has seen many Nashoba students reach this highest rank.



As we have reviewed in previous editions of the newsletter, this focus on understanding, accepting and demonstrating a responsible role as an active member of the community demonstrates how our students are fulfilling Nashoba’s mission in a variety of ways.

s/Jeremy Roche, Principal

At Last

The Junior Class will be celebrating on May 8th, 2009 their long awaited Junior Prom. The evening begins at 6 p.m. at The International in Bolton. Guests will arrive to a spread of appetizers from 6-7 pm followed by a delicious and formally prepared meal. Music will be provided by our DJ Ray Richard and an evening of fun, friends and music will be shared by all in attendance. Tickets for the extravaganza will go on sale Monday, April 6th through Friday, April 10th. Students must be current with their dues in order to purchase tickets. Tickets for the prom are \$80 per person and will be available at all three lunches on April 6th and 7th. Tickets will then be made available before school and after school from Mrs. Crowley and Mrs. Scavone outside of rooms 101 and 102. Checks should be made payable to NRHS Class of 2010.

At the time tickets are purchased, students will be asked to sign up for the After Prom Party. The party is free to members of the junior class and their dates. Students are required to declare their participation in the event. Daily prizes will be drawn during the week of ticket sales. Students can win one of the many gifts donated by local merchants.

The After Prom Party has become a traditional event for Nashoba students. An evening sponsored by parents and supported by the School District, the event is held at Orchard Hills Athletic Club in Lancaster from 11 pm – 5 am. This is a lockdown party with students arriving between 11 pm and midnight and staying until 5 am. This is a substance free party which provides a safe and healthy atmosphere for participants to enjoy. The evening includes games, music, videos, a hypnotist, plenty of food and refreshments for all.

Parents are still needed to help finish and implement the After Party plans. We are looking for help with the set up crew and the clean up crew. If you are able to help please email, kcrowley@nrsd.net. You will be contacted by the chairperson of that committee. Letters have been sent home regarding donations to help fund the huge event. Please make every effort to help in some way.

DECA State Championship

Congratulations to our DECA competitors! We had a fantastic finish! A group of 10 business students from Nashoba participated in the 50th Annual DECA’s Career Development Conference State Competition Thursday, March 5 through March 7 at the Marriot Copley Plaza Hotel in Boston along with 1,400 students from across the state. Students participated in the event by taking written exams, presenting, and participating in leadership workshops.

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The competition opened with the Recognition Session and school roll call, a welcome of our 2008-2009 Massachusetts State Action Team, and an inspirational speech from former Celtics star, Jo Jo White. Then, the students 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 or go for a swim at the pool.

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 Anaheim, California. 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:

- Sam Camp and Ivanka Patel won 3rd place in Business Law and Ethics Management and won a position at the National Conference in Anaheim.
- Oliver Taylor received an Achievement Award in Hotel and Lodging Management and placed in the top 10.
- Chris Cacciatore received an Achievement Award in Marketing Management and placed in the top 10.
- Luke Nesman received an Achievement Award in Accounting Applications Series.
- Jake Abraham made a great effort in Sports Entertainment Marketing.

- Our Quiz Bowl team, Jon Birse, Colleen Frost, Kay Hedstrom, and Lauren Enterkin, won their first round and made a great effort in the second round.

Hobey Baker Character Award Winner

Senior Aaron Wassall was named a recipient of the High School Hobey Baker Character Award, a national award given to high school hockey players who demonstrate character, commitment, teamwork, persistence, selflessness, academic excellence and sportsmanship. Hobey was the ultimate athlete of his day. Entering Princeton University in 1910, he captained both the hockey and the football teams. His legend lives on having been inducted into the College Football Hall of Fame and both the Canadian and American Hockey Halls of Fame. When WWI broke out, he enlisted as a fighter pilot, battling in the sky as he did on the ice, earning medals for exceptional valor under fire. But, just as he was returning to a hero's welcome in America, he died in France, testing a repaired aircraft. Throughout his hockey career, Hobey Baker was penalized only twice. After every game, he would visit the opposing team's locker room to shake the hand of every single opponent.

Nashoba Students Attend Leadership Conference

Eleven Nashoba students traveled to Hyannis for three days to participate in the 32nd annual Massachusetts Association of Student Councils state conference. There, the students participated in workshops and activities that promoted leadership. The highlight of the conference was a presentation by Craig Scott, a survivor of the Columbine school shooting. Craig discussed being in the library as the shooters came through, as well as the death of his friends and his older sister, Rachel. He discussed the ideals that Rachel stood for, such as standing up for others, being kind, and showing compassion. The students who attended included sophomores Christiana Minardi and Laura Hoover, and seniors Rebecca Aldrich, Megan Cullinane, Ava Raku, Elizabeth Dutting, Molly Porcher, Elizabeth Harvey, Nick Sozio, Jon Birse, and Ramesh Govindan.

Composer Arranges Vocal Piece for NRHS Women's Concert Choir!



Bruce Trinkley, Professor Emeritus of the Pennsylvania State University Department of Music, has dedicated his arrangement of Stephan Sondheim's well known song, "Send in The Clowns" to the NRHS Women's Concert Choir. This was facilitated through a request by Susan Mianulli, NRHS Choral Director, when she discovered that almost no Sondheim music is published for women's voices. Professor Trinkley

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graciously accepted the challenge and arranged "Send in The Clowns" for four-part women's voices, clarinet, flute and string bass.

Professor Trinkley taught composition and conducted the Penn State Glee Club from 1970 to his retirement in 2006, and was the music director for Penn State's Centre Stage from 1970 until 1995. He received degrees in composition from Columbia University where he studied with Otto Lueing, Jack Beeson and Charles Wuorinen. His works are published by Alliance, Alfred Music, Oxford University Press, Hall Leonard and Lawson-Gould.

The work was premiered at the March 25th Spring Choral Concert.

First place finish for the Nashoba Freshman Math Team

Nashoba's Freshman Math Team finished their season with an outstanding performance at the final meet on March 25th to capture 1st place in this year's Worcester County Math League Freshman Team competition. The team had slipped to second place behind Worcester Academy after the 2nd meet but they finished strong with the first team to score a 100 in the Freshman league in three years. Three students earned a perfect score in their individual rounds at the final meet: Tanner Douglas, Steven Tang, and Sorin Vatasoiu. All of the students gave it their best this year in the math league. The team was composed of 8th and 9th graders this year, including: Dan Cai, Tanner Douglas, Oliver Jenkins, Connie Jiang, Sam Kirschbaum, Joel Sharin, Becky Tang, Steven Tang, Sorin Vatasoiu, and Beatrice Zhang. Congratulations to all the Freshman Math Team members for a successful and fun season.



Nashoba Varsity Math Team qualifies for State Finals

The Nashoba Varsity Math Team ended the regular season with a fifth place finish in the Worcester County Math League. Their strong finish in this competitive league re-

sulted in an invitation to compete at the State Math Tournament on April 3rd. Of the over 800 students who competed in the varsity league, Nashoba had three students finish in the top 50: Thomas Granger, Steven Tang, and Sorin Vatasoiu and another four students finished in the top 100. These students included Connie Jiang, Jake Kopcynski, Zach Wassall and Caleb Wisch. Good luck to the team at States!

Nashoba Part of the 900 Students Competing At 12th Harvard/MIT Math Tournament

The last Saturday of February break 23 Nashoba students attended the annual Harvard/MIT Math Tournament. The tournament included 900 students from 95 schools comprising 154 teams from the U.S., Canada, and China.

Nashoba's "Err: Divide By 0" team finished 9th out of 32 teams in their division. The "Blue Screen of Death" team placed 16th and the "Fatal MBR Error. Booting DOS backup" placed 22nd.

Several of Nashoba's students finished in the top 20 of their subject tests. In Geometry, Cam Hewett finished 3rd, Zach Wassall finished 18th and R.C. Howe placed 19th. Zach Wassall also finished 20th in the Algebra test. Thomas Granger took a 6th place in the Combinatorics test. In the General Test, Sorin Vatasoiu finished 6th and Steven Tang finished 9th.

All of the students who attending contributed to a strong Nashoba showing in our first participation in this elite tournament. Please congratulate each of the students who competed. They included:

Freshmen

Tanner Douglas
Oliver Jenkins
Beatrice Zhang

Juniors

Lars Gjestebj
Cassie Sefton
Zach Wassall

Sophomores

Nick Alberts
Thomas Granger
Cam Hewett
RC Howe
Cam Leavenworth
Caleb Wisch

Seniors

Ramesh Govindan
Aaron Wassal
Jacob Kopcynski

Eighth Graders

Dan Cai	Sam Kirschbaum
Connie Jiang	Joel Sharin
Emma Hewett	Steven Tang
Madeline Jenkins	Sorin Vatasoiu

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Nashoba Teens Evaluate President Obama's Stimulus Act

While most students were sleeping in Sunday morning, March 8th, ten Nashoba students worked from 7am to 9pm to complete the 2009 Moody's Mega Math (M³) Challenge. These students were part of the nearly 2000 high school juniors and seniors who set out to answer the challenge titled: *\$787 Billion: Will the Stimulus Act Stimulate the U.S. Economy?*, in a marathon math problem solving effort. Besides the challenge of the question, the difficulty is amplified by the fact the students have no clue as to the challenge question or even the subject until they download it at 7am on challenge day.

Using mathematical techniques, debate, research, and in-depth discussions, students evaluated whether or not President Obama's stimulus package will in fact stimulate the U.S. economy. They also evaluated the need for a second stimulus package, estimated how large it should be, detailed the structure, and determined how they would measure its effectiveness. The teams generate all ideas, models, and conclusions without any outside assistance. Their efforts culminate in the a 10-15 page paper submitted electronically by the 9pm deadline.

Besides the fun challenge of solving the problem these students were competing for part of \$80,000 in scholarship prizes, funded by The Moody's Foundation. The annual competition is sponsored by The Society for Industrial and Applied Mathematics (SIAM) and Moody's Corporation.

Please congratulate the students who survived the ordeal and submitted their papers complete and on time. The two teams included: Steve Agretelis, Justin DeBenedetto, Tyler Gold, Ramesh Govindan, Chris Haid, Yivan Jiang, Samantha Squires, Jeff Stokes, Emily Trudeau, and Chris Wysocki. Thank you to the Administration, and the Media Center and Information Technology staffs for helping make this possible. Thanks also to the parents who volunteered in two-hour shifts to help chaperone with the Moody's Mega Math Challenge Coach, Ms. Redford.



Foreign Language Week

During the first week of March some of Nashoba's foreign language classes participated in celebrating National Foreign Language Week. There were many activities offered. Mrs. McHale's French classes joined Mr. Prichard's German classes for a trivia contest which quizzed students on the culture, history, and geography of French and German speaking countries. Both teachers also joined forces with some of Nashoba's foreign exchange students. Toby from Thailand, Akim from Germany, and Kseniya from Russia made superb presentations about their respective countries, followed by a question and answer period. Nashoba students learned so much about the way of life in these three countries.

Mrs. Sue Allaire, Nashoba's School to Career Counselor, coordinated an in-school field trip with Mrs. McHale and Mr. Prichard in which four adult speakers made a presentation about the benefits of knowing a second language.



- Warwick Davies is the owner of The Event Mechanic with over 17 years of experience in the conference and trade show industry in the United States and in Europe. He speaks French, German, Dutch, and Italian.
- Mary Knight is a DJ on 104.5 XLO with a B.A. in French and Spanish and Media Communications. She stressed that learning a foreign language helped her to speak well and write English correctly which are two vital necessities in her career.
- Marian Lemay works for the Goethe-Institut in Boston which is the cultural organization of the Federal Republic of Germany in foreign lands and the German-American Business Council of Boston. Both of these positions require her to use her bilingual skills almost daily.
- Steven St. Laurent is the founder of Bridges Language Institute, the Spanish Interface for business that provides training, seminars, translation, and consulting services primarily in Spanish. Steve is a lively motivational speaker who believes that everyone can achieve success if they believe in themselves.

All four speakers spent time abroad while in college and stressed the importance of travel. Anyone who has been in Mrs. McHale's French classes knows that her motto is: "Travel is the best education".

Another activity open to all foreign language students was an opportunity to enter the Massachusetts Foreign Language Association's Poster and/or Essay contest. The theme of the MaFLA contest is: Foreign Language ABC's: About Better Communication. The entries were sent in and the participants have a chance to win \$75.

The week ended with a delicious international buffet with a variety of dishes provided by Nashoba students. It was a great opportunity for students in some French, German, Latin, and Spanish classes to mingle with each other and to share their international dish.

The students were very appreciative of the opportunity to participate in some of the activities that were celebrated nationally.

Murals

The next time you walk through the halls of Nashoba you may notice some new murals. Thirteen murals were painted during the month of March by Mrs. McHale's French students. They can be found in the foreign language, science, and social studies wings of the school, the cafeteria area, the stairwells, Mrs. McHale's room 164, and even on the stairs! Students put hours and hours of time after school into this project and they are very proud of their work as is their teacher!

A Special Thank You

The faculty and staff of Nashoba Regional High School sends out a special thank you to the PTSA for the delicious luncheon they provided us on Friday, March 20. We thank you for your time and energy that you put into making this event so special.



Nashoba Regional Scholarship Foundation "Dollars for Scholars" Phonathon

The Nashoba Regional Scholarship Foundation (NRSF) held its annual Phonathon on March 15th 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 the Phonathon received over \$13,000 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 terrific job!

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 commu-

nity. 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 or Beth Colon at bcolon@comcast.net if you would like more information.

All are welcome to our next meeting on April 30th at 7:00 pm in the Faculty Room at NRHS.

Friends of Music News

Massachusetts Association for Jazz Education (MAJE) Festival

Congratulations to all the students that participated in MAJE last month! The Intermediate Jazz Ensemble earned a Silver Medal for their performance with Outstanding Musician Awards going to Ramesh Govindan, Chris Rucinski and Robb Enzmann. Outstanding Musician Awards for the Advanced Jazz Ensemble went to Jordan Munger, Mike Sestito, and Kyle Mendes. The terrific performances were a reflection of the hard work and effort of the students and of Mr. O'Toole's outstanding leadership.

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 4th & 5th. A preview concert will be held on Friday, April 3rd at 7:30 pm in the NRHS Auditorium. Good luck to all the students participating in these events!

Next Friends of Music Meeting

The next Friends of Music meeting is Tuesday, April 14th in the chorus room at 6:30 pm. 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 or by calling 978-897-2461.

2009 April Drama News

Bravo to the cast and crew for phenomenal performances of *My Fair Lady!* From the time the curtain rose on 1912 London's Covent Gardens until the final scene in the Professor's library, this enchanting production thrilled appreciative audiences in telling the story of Eliza Doolittle and Henry Higgins. The rousing Cockneys, prim maids and proper butlers, dazzling Ascot Race, elegant Embassy Ball danc-



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ers, and wedding “march” up the aisle anchored outstanding portrayals of the principal characters, who sparkled in this lively romance. Special kudos and thanks go to Producer/Director Bill Grady for his vision and dedication to our Nashoba students in guiding this wonderful show. Thank you to Deb Bonneau, for directing the singers and musicians, and Melissa Hoffman for choreographing the terrific dances. Thanks also to the District middle school students who assisted as flower girls and Cockneys in the lobby to add to the ambiance.

Special appreciation is due to Diane Sestito and Hilda Murtha, Friends of Drama Co-Presidents, who worked tirelessly in providing support for our student performers. Their leadership pulled together 100% participation from cast parents and additional contributions from community volunteers to provide the sets, props, costumes, hair, make-up, publicity, decorations, and many other behind-the-scenes tasks that go into the success of such a complex show. We once again give our heartfelt thanks to all **Friends of the Arts** business and family sponsors who showed their support for drama and music in 2008-2009 through ads in all programs. Nashoba Drama couldn't do it without the support of sponsors and volunteers!

My Fair Lady is in the annual TAMY Awards competition. Judges attended all performances, and nominations will be announced later this spring. Best of luck to the cast and crew of **My Fair Lady** in this competition which includes over 16 high school musical theater productions.

Students who have participated in a drama production this year and their parents are invited to gather for the annual **Thespian Banquet**. The Banquet will be held on Sunday, May 3, at Wedgwood Pines Country Club. Come celebrate a successful year with dinner, dancing, International Thespian Society induction, and the humorous Denny Awards. Be sure to mark your calendar now – invitations will be sent soon.

Our next Friends of Drama meeting will be on Tuesday, April 7, at 7 pm in the auditorium lobby. Contact Hilda Murtha (HildaMurtha@comcast.net) or Diane Sestito (DianeSestito@aol.com) if you have any questions. We hope to see you there!

The Other Side of the Table & Navigating Meetings at April SPED PAC

The Other Side of the Table, a presentation and discussion facilitated by Karen Libby, Sudbury Public Schools will be the focus of the SPED PAC meeting on **Wednesday, April 29th, 7:15 pm at Nashoba Regional High School in the ASC.** The evening will be an insightful perspective to help you understand the system and navigate your way through it. Look at the dynamics of a parent/school meeting, whether an eligibility meeting, IEP planning meeting or other conference, and have an opportunity to raise your questions and get input from others. Ms.

Libby will present a school perspective and discuss helpful approaches to use when seeking the program you want for your child. As a parent and professional, Ms. Libby can help you see both the parent's perspective and the school's perspective.

SILPADA JEWELRY will be on sale on Sunday, March 29th during the Unified Sports practice at the Emerson Gym to benefit **SPED PAC** and **Unified Sports** (Special Olympics Massachusetts –Nashoba Unified Sports). Over 300 pieces of jewelry will be on display. The event is open to anyone interested in checking out the fabulous collection of sterling silver jewelry and semi precious stones from 2:30 to 4 pm. Come do your Mother's Day shopping early! Can't make it? Contact Liz McDonald lizmcmar@aol.com or 508-479-1262 by April 5th. View the collection on the web: www.mysilpada.com/elizabeth.mcdonald.

Tastefully Simple Inc. is also selling snacks to benefit the same groups. To order (catalog or online), contact Melissa Whalen at 978-897-9190 or melissa.whalen@comcast.net or www.tastefullysimple.com/web/mwhalen.

The **Papa Gino's** promotion on Sunday April 5th through Tuesday April 7th will benefit both groups too. Bring your coupon (elsewhere in this newsletter) to the Papa Gino's at the Stow Shopping center for eat in or take out orders from 4-9 pm on those dates and 20% of your bill will be shared to benefit SPED PAC and **Unified Sports** (Special Olympics Massachusetts –Nashoba Unified Sports).



The last SPED PAC meeting of the year, May 20th, addresses **Organization Skills** with a presentation by Sarah Ward. This workshop is a **MUST DO** for everyone. Meetings are open to all parents, professionals and community members who are interested in the topic. To be added to the monthly email distribution, please contact Joan Finger at zootergroup@rcn.com or (978) 337 5132 or (978) 779-6046.

Save the Date

May 9, 2009, at 10 am

5th Annual Jennifer Hunter Yates Sarcoma Walk

Our son Dan, who is a 2007 graduate of Nashoba was diagnosed his freshman year with Osteosarcoma. We need your help in raising funds to find a cure for sarcoma. If you're interested in walking please contact me, Karyn at karyn158@aol.com and I can mail you a brochure. If you want to donate make checks out to JHYSF and mail to Karyn Warila, 158 Walcott Street, Stow, MA 01775. Hope you can join the walk.



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

If my date was drunk, I'd...

"...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?

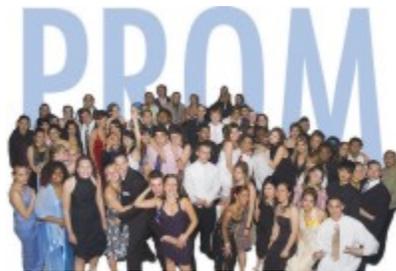
"Tell him a few words then walk off and don't be with him." - Kimberly, Wahtonka HS, OR
"Tell him you're not interested, everybody has their own life. Make sure you know who you're going with so you don't have to worry about it." -Vanessa, Richmond Hill HS, NY
"Leave him. I don't want to be a victim 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

***Prom is coming up on **May 8** 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

Papa Gino's Community Fundraiser

Our organizations will earn 20% of the sales made by our families and friends during this time.

Be sure to submit this flyer when ordering.

Carry-out counts too!

Nashoba SPED PAC & Nashoba Unified Sports

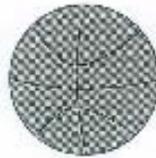
Sun, Mon, Tue

When: 5 6 7 April, 2009

Time: 4pm-9pm

Where: Stow Shopping Center, Great Road
Stow, MA 01775

Phone: 978-897-9101



- Any guest bringing in one of your flyers may not redeem coupons with their order.
- Papa Gino's Pizzeria will donate 20% of the total pre-tax sales from all the guests that come in with the flyer during your fundraiser.
- This is valid for all dine-in and carry-out orders. Sorry, not valid on delivery orders.

COMMUNITY HISTORY EVENT

THE ASSABET VALLEY TAU [Teaching American History] GRANT
"WINDOWS INTO AMERICA'S PAST" WELCOMES
ALL INTERESTED TEACHERS, STUDENTS AND COMMUNITY MEMBERS

TO CELEBRATE AND SHARE

AN EVENING OF PRESENTATIONS, DISCUSSIONS
and
HISTORY PROJECT DISPLAYS
BY LOCAL TEACHERS and STUDENTS



PREVIEW OF EVENTS

6:30 -7:00 PM

Nashoba Regional HS JAZZ BAND performance
View teacher and student exemplary history projects

7:00 - 8:00 PM

Individual presentations or "episodes" of 8 to 10
minutes on the theme: "Perspectives on Race
and Politics in American History"

8:00 - 8:45 PM

Panel discussion, followed by an audience Q and A

8:45 - 9:00 PM

Teacher/student project display
Closing remarks

LISTEN to outstanding local teacher and student presentations or "episodes" on the topic: "Perspectives on Race and Politics in American History." Get to know some of our history teachers and students and how they think about this topic.

HEAR, DIALOGUE and REFLECT with educators and leaders during a panel discussion on the topic and on the recent presidential campaign and its place in our country's history. Audience participation is encouraged during the Q and A portion of the program.

TEACHERS, STUDENTS, COMMUNITY MEMBERS, LOCAL HISTORIANS and FRIENDS AS WELL AS ALL HISTORY MATTERS SUPPORTERS, ARE WELCOME!

The Teaching American History: *Windows Into America's Past* programs are funded by a grant from the United States Department of Education awarded to the Hudson Public Schools and all of the districts in the Assabet Valley Collaborative including Westborough, Shrewsbury, Marlborough, Nashoba Regional, Berlin/Boylston, Maynard, Northborough, Southborough, and Assabet Vocational/Technical HS.

Inviting all area parents and students grades 8-12

College Fair with a focus on Students with Learning Differences

May 6th 2009
6:00pm – 9:00pm

Nashoba Regional High School
Auditorium & Gymnasium

6:00 Panel Discussion:

Continuum of Services at Two and Four Year Colleges

Caroline Alvarado
Regional Director of Admissions
Landmark College

Accessing Services: How Student Expectations Differ from High School to College

Susan Woods
Director of Disability Support Services and Transition Program
Middlesex Community College

The Best Fit: Choosing a College Program and Services

Kevin Mayne
VP Enrollment Management
Mitchell College

On-going College Fair:

(Confirmed attendees as of 3/19/09)

Landmark College
Keene State College
Lesley College – Threshold Program
Mount Wachusett Community College
New England College
Becker College
Long Island University – CW Post

Quinsigamond Community College
Mitchell College
Benjamin Franklin Inst. of Technology
Mount Ida College
Dean College
Middlesex Community College