

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
Tom O'Brien, Athletic Director

High School Office (978)779-2257

<http://nrhs.nrsd.net>

Guidance Office (978)779-0122

Volume 12 Issue 4

December 2010

FROM THE PRINCIPAL'S DESK



MCAS Results:

I am pleased to announce that NRHS students again have performed extremely well on the MCAS. Overall, our students were highly successful in the areas of science, mathematics, and English. Students in the Commonwealth of Massachusetts are required to achieve Proficient or better on the English and mathematics MCAS tests. They are also required to pass with a Needs Improvement or better in one of four possible science MCAS exams.

In large part due to the efforts of our student and teachers, the results were excellent. 92 percent of the current juniors received either Advanced or Proficient on the English Language Arts and Science tests, while 90 percent achieved either Advanced or Proficient on the Mathematics test. We are certainly happy with the results; however, we recognize there is much work to be done.

Our teachers are currently devising MCAS action plans to address the curriculum or instructional areas where we can make improvement. Each test is analyzed inside and out in an effort to identify trends that will help us guide our improvement efforts. In addition, we are working diligently to identify students who performed at the Needs Improvement or Warning on the 8th grade MCAS to ensure that we have plans of success in place. Education Proficiency Plans (see October newsletter for details) for those students who need them have been mailed and the plans have been initially implemented.

Clearly, MCAS is just one of the many factors that assist schools in determining a student's understanding of key concepts and ideas; nevertheless, it is a testament to our students and teachers and the support that they receive at home that our school demonstrates high levels of success on this state benchmark.



Perfect MCAS Scores:

Nashoba is proud to announce that 15 students achieved a perfect score on one of the various MCAS scores offered in the spring of 2010. The

MCAS tests in English Language Arts, Mathematics, and Science/Technology Engineering are scored out of a possible 280 points in a scaled calculation. Students can achieve an Advanced designation by achieving a score higher than 260. Nashoba has many students who received an Advanced score, but it is exceptionally challenging to have a perfect score given that the MCAS consists of multiple choice, short answer, long composition and longer composition questions from the various Massachusetts curriculum standards connected to each subject area. In addition, Mallika Govindan, Oliver Jenkins, and Jacob Pelland receive perfect scores in multiple areas. Again, this particularly impressive feat is one that each member of our school community can appreciate. The students and the corresponding subject areas are listed in the chart below.

English	Math	Biology
Libby Goss	Aurora Doehring	Tanner Douglas
Mallika Govindan	James Gandek	Oliver Jenkins
Hayden Peirce	Mallika Govindan	Thomas MacLean
Lisa Sangermano	Molly Heffernan	Jacob Pelland
	Oliver Jenkins	Beatrice Zhang
	Jacob Pelland	
	Kevin Poole	
	Zachary Temple	

"Movember" Cancer Awareness Activity

By now, it's possible you have noticed that many of our male students, faculty and staff are sporting a beard. It's not coincidental and is actually in support of an initiative called quite aptly, "Movember." Movember centers on a challenge to men to change their appearance by growing a "mo" or moustache during the month of November. Essentially, each male starts this process on No-



(Continued on page 2)

vember 1st as clean-shaven and then grows out his facial hair for the entire month. The moustache becomes the ribbon for men's health, the means by which awareness and funds are raised for cancers that affect men.

Overall, the effort can use any support as it encourages a healthy competition and awareness in our school. This effort is the initiative of Brian Falvey (grade 11), Gregg Newton (assistant football coach), and Nathan Prichard (German teacher) who have undertaken this community effort. To make a donation and/or show support, please contact either Brian Falvey or Mr. Prichard (nprichard@nrds.net). Lastly, if you'd like more information about the campaign, or if you'd like to become a participant next year please visit the website: www.movember.com.

Lauren Steigerwalt Earns Top ACT Score

Lauren Steigerwalt, Grade 12, has earned the highest composite score possible on the ACT test – 36. The ACT test is designed to assess high school students' general educational development and their ability to complete college level work. The tests cover four skill areas: English, mathematics, reading and science reasoning. On average, less than one-tenth of one percent of all test takers earns the top score. Out of the 1.6 million 2010 graduates that took the ACT test, only 588 earned a score of 36. This is certainly amazing work. Congratulations, Lauren!



NOTES FROM THE NURSES

The Nurses office along with the Health and Wellness department will conduct BMI (Body Mass Index) screenings for the entire sophomore class throughout this school year. Information will be sent home at a later date. Any questions, please call the nurse at 978-779-2257 ext 6.

HOLIDAYS FOR HIGH SCHOOLERS:

No, it's not too early to be thinking about this! It is often said that Christmas is for kids, yet even those who have outgrown Santa still dream of finding a gift or two under the tree. But not all families have the means to buy gifts for older children, and not all "giving" programs serve teenagers. "Holidays for High Schoolers" is a compassionate effort by the adult community of the Nashoba Regional High School to bring a little Christmas joy to those who might otherwise go without a gift.



Contributions are used to purchase a gift for each student identified by nurses, administration, guidance and the faculty as being a candidate for "Secret Santa". Student selection is discreet and completely confidential. No names are used. Contributions are collected by the school

nurses to insure anonymity.

Holidays for High Schoolers is in its 8th year. It has been tremendously gratifying to witness the community's efforts to share with high schoolers, who like younger children, are touched by the generosity inspired by the spirit of the season.

To make a donation, send checks made payable to:

Holidays for High Schoolers

Send to:

**Attn: The School Nurse
Nashoba Regional High School
12 Green Road,
Bolton, MA 01740**

For more information, contact the school nurses at 978-779-2257 x1 **Thank you once again to all the supporters of this program!!**

****DECEMBER IS NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION MONTH**

Quick Facts about Drunk and Drugged Driving

- In 2005, 16,885 people died in alcohol-related motor vehicle crashes, accounting for 39% of all traffic-related deaths in the United States (NHTSA 2006).
- An alcohol-related motor vehicle crash *kills someone every 31 minutes* and non-fatal injures someone every two minutes (NHTSA 2006).
- Drugs other than alcohol (e.g., marijuana and cocaine) are involved in about 18% of motor vehicle driver deaths. These other drugs are generally used in combination with alcohol (Jones et al. 2003).
- Each year, alcohol-related crashes in the United States cost about \$51 billion (Blincoe et al. 2002).



Most drinking and driving episodes go undetected. In 2005, nearly 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics (Department of Justice 2005). That's less than one percent of the 159 million self-reported episodes of alcohol-impaired driving among U.S. adults each year (Quinlan et al. 2005). **For more facts, see CDC's impaired driving fact sheet.**

****Driving in Bad Weather:**

- Turn your headlights on anytime you need to turn your windshield wipers on--in rain, fog, sleet, freezing rain, or snow. It will help your visibility--and also help other drivers see you.
- If driving a white car during snow fall or after the

(Continued on page 3)

snow has fallen, your car may be camouflaged by the snow. So turn on your headlights and make it easier for other drivers to see you.

- In winter, keep an ice scraper with a brush in your car in case it snows or sleet. Also check that you have wiper fluid/de-icer in your car.
- Double or triple the space you normally leave between you and the next car in wet weather. You'll need even more space to stop (up to ten times as much space) on slick roads.
- Brake gently
- Make sure your exhaust tail pipe is clear if you've had to dig your car out of snow or ice or if you've backed into a snow bank.
- When driving on slippery surfaces like ice or snow use gentle pressure on the accelerator pedal when starting. If your wheels start to spin, let up on the accelerator until traction returns.
- Check that your windshield washer works-you may need it in snow and sleet.
- Watch out for severe weather warnings before you drive. If a strong storm come on while you're on the road and it's raining too hard to see, try to find a safe place to pull over until the worst of the rain is over.
- Listen to radio traffic reports and adjust your travel plans accordingly.
- Keep windows and windshield clear. Make sure wipers are working.
- Leave a window open a little bit to keep windshield from fogging up and to give you fresh air.
- Watch for danger spots ahead. You've probably heard that bridges and overpasses may freeze before the roads do.
- When starting out in bad weather, test your brakes to see how far it takes you to stop.
- If you are stuck in ice or snow, try putting your floor mats under the edge of the tires to give them traction.
- **Don't use cruise control in wet or slippery conditions.**

For additional tips visit: Teendriving.com

CHRISTMAS COLLECTION FOR THE FOOD PANTRY

This year the local food pantries are low on personal care items and high on patrons! The High School is doing a Personal Care Item Drive to help restock the local pantry shelves for those in need. Typically these items are fairly expensive. Most of those who are struggling may go without these little extras in order to purchase food.

Our Social Studies Department is challenging our students to out-do themselves with donations this Christmas. **The drive is from December 1-15.**

Collection items:

- Shampoo and conditioner
- Deodorant
- Tampons and pads
- Toothpaste and toothbrushes
- Body and face lotions
- Bar and shower soap
- Combs and brushes
- Shaving lotion, packaged razors and blades
- Almost anything from your local drugstore
- Baby food, formula and diapers
- Canned meats and spaghetti (no tuna please)



The class collecting the most items to donate will win a prize! Please help your child to remember these important dates and donate from the heart.

As always have a safe and happy holiday season from Mrs. Driscoll, Mrs. Sullender, and Ms. Rivera!!

HELP OUR GRADUATES!!

The Nashoba Regional Scholarship Foundation (NRSF) handed out \$1,000 scholarships to 25 graduating seniors last June – all because of YOUR donations! Help us keep the tradition going by making your contribution to NRSF during our Annual Fund Drive. Look for our brochure in your mailbox soon. Your tax-exempt donation will end up helping deserving graduates as they leave our NRHS community and head off to college. Please help NRSF award these students who make our school so special.



FRIENDS OF DRAMA

Nashoba Drama's production of "Noises Off" November 19-21 was enthusiastically received. The cast wowed the audience with their hilarious antics and intricate comedy timing. The amount of hours they put in was evident.

The two story, two sided set garnered just as much applause when it was brought to life by the polished tech crew. Thanks to Bill Grady for another great run and to everyone who supports Nashoba Drama! You can show your support with a \$25 family sponsorship; see attached form.

The class plays are already underway with directors and plays chosen and auditions being held by each class sometime between 11/29-12/6. Students should check

(Continued on page 4)

with their class director and Mr. Grady for more information if they are interested in participating. Auditions for the spring musical "Chicago" will be held on Monday, December 13th and 14th at 6:00 pm sharp. Students auditioning only need to attend one of the dates, not both.

The next drama society meeting will be Wednesday, December 1st at 6 pm in the auditorium, followed by the Friends of Drama meeting for the parents at 7 pm in the lobby. Please contact Diane Sestito: dianeses-tito@gmail.com or Kathy Quirk: kathyquirk1@gmail.com for more information.

A NOTE OR TWO FROM THE FRIENDS OF MUSIC:

It's December and the Holiday Season is upon us! We hope that you'll mark your calendars and join us at the Holiday Band Concert on Friday, December 10th at 7:30 pm. and on Thursday, December 16th at the Holiday Choral Concert at 7:30 pm. Admission is \$5 for adults, Seniors and Students are free of charge. If you are interested in helping decorate the stage for these concerts, please contact Deana Montgomery at 978-897-1757.



CONGRATULATIONS to all of the members of the Music Department who auditioned for the Central District Festival on Saturday, November 20th. All of the members worked very hard to get ready for the auditions. Bravo!

Those students who have been accepted are:

- Hadley Barndollar, Alto, with an All-State Recommendation
- Alex Bartolucci, Bass, with an All-State Recommendation
- Kathryn Berg, Alto
- Kerry Anne Conlin, Trombone
- Andrea DeLisle, Alto
- Angie DeSocio, Alto
- Connie Jiang, Flute
- Sam Kessel, Tenor Saxophone
- Cam Leavenworth, Euphonium
- Jordan Munger, Viola, with an All-State Recommendation
- Beth Rogers, Clarinet
- Rolan Yang, Clarinet, with an All-State Recommendation



We will be holding this month's Friends of Music on the first Tuesday of the month, December 7th at 6:45 pm in the Choral Room. This is a change from our usual second Tuesday evening meeting each month. We will finalize details for the Holiday Band and Choral Concerts and look ahead to planning for the second half of the school year. We hope to see you there and wish you a warm holiday season! Deana Montgomery & Kathy Rogers, Co-Chairs

BASKETBALL PROGRAM RESUMES... Seeks Special Athletes & Student Volunteers

Nashoba Unified Sports, the local program pairing special athletes with typical age-mates and other student volunteers, invites volunteers and special athletes to participate for the winter season. Practices will resume in January on Sunday afternoons 2:30 to 4 pm at the Emerson School gym.



Students are welcome to come to some, or all of the sessions. Those who are unsure may simply come to one session to check it out. For more information, starting date, or to express interest, please contact either Joan Finger at Joan@ZooterGroupTutoring.com (978-337-5132) or Bob Moalli: bmoalli@comcast.net. Elementary, middle and high school athletes interested in helping coach or play as part of the team with the special needs students should also contact Bob Moalli or Joan Finger.

SPED PAC

There's no SPED PAC meeting in December. Mark your new calendars for the January meeting: Wednesday January 19th at 7:15 pm at Nashoba Regional High School. **Effective Communication and the IEP** will be presented by Melinda Parry from the Federation for Children with Special Needs. This workshop provides communication skill building and strategies for parents as members of the IEP Team.



Besides January, meetings for winter and spring are scheduled for Wednesday, February 16th and Tuesday, May 17th. If you haven't been to a meeting before, we'd love to have you attend. For more information, other meetings, or to be added to the monthly email distribution, please contact Joan Finger (978)-337-5132 or Joan@ZooterGroupTutoring.com or visit the SPED PAC page at www.nrsd.net.





Become a Friend of the Arts!

Nashoba Regional High School Friends of the Arts 2010-2011

Our talented and enthusiastic young actors and musicians strive each year to enhance their knowledge and abilities in the Performing Arts while providing award-winning performances for the greater community. Through participation in the Friends of the Arts annual Ad Campaign as a Family or Business Sponsor, you can support their efforts *and* obtain publicity for your business. Your family sponsorship (\$25) or business advertisement (\$50 for a 3.6"x2.3" business card) will appear in the program for each of the following performances:

Fall Play – Nov. 19-21

Holiday Choral Concert – Dec. 16

Spring Musical – March 18-20

Spring Band Concert – April 5

Band Pops Concert - May 13

Holiday Band Concert – Dec. 10

Class Play Competition - Jan. 14

Spring Choral Concert – April 1

MICCA Preview Band Concert - April 8

Choral Pops Concert – May 26

Your donation assists Nashoba in maintaining the high quality of its music and drama programs. Funds raised benefit the students *directly*, providing items that the school budget cannot support. During the 2009-2010 school year this included a new Yamaha Clavinova electric piano, \$6,000 of new lighting and sound equipment, a new Pep band banner, drama sets and costumes, royalties for scripts, travel costs for students taking part in district and state music competitions as well as enrichment programs such as attending a Boston Symphony Open Rehearsal, and scholarships for graduating seniors.

Please detach and complete the form below and send it along with your check (made out to Friends of the Arts) to: **NRHS Friends of the Arts, P.O. Box 492, Bolton, MA 01740.**

If you are purchasing a business ad, either e-mail artwork to Maria Pappas: mpappasdesign@comcast.net with subject line: Nashoba FOA, or send a clean, black and white business card (newspaper ads not acceptable). We can adjust the size. If you want a change on the business card, please indicate the change on a separate piece of paper. We can also create artwork for you. If you have questions, please contact Maria.

We appreciate your support for these talented students and hope to see you at their plays and concerts! Please visit our web sites: NashobaDrama.com and NashobaMusic.com.

Name of Family/Sponsor(\$25) _____ Phone _____

Address _____

Business Ad: (Business Card \$50; ¼Page \$75; ½ Page \$100; Full Page \$150; Inside Cover: \$200; Back Cover \$250)

Name of Advertiser _____ Phone _____

Address _____

Contact Name _____ Fax Number _____

Lancaster Parent-Teacher Organization (PTO)

Rita Distefano-French, President
Lisa McCall, Vice President
Angela Dolan, Treasurer
Carolyn Soto, Secretary
Nancy Weber, MRE Teacher Representative
Deb Perry, LBMS Teacher Co-Representative
Lisa Sama, LBMS Teacher Co-Representative



Looking for the Perfect Gift This Holiday Season for Your Sports Lover?

Enter for your chance to win one of the following prizes:

Autographed Keith Tkachok (of St. Louis Blues and Boston Bruins) Hockey Puck

Official Bobby Orr Boston Bruins Jersey

Official Tom Brady New England Patriots Jersey

Viewing opportunities and ticket selling will occur on:

November 16, 2010 at the MRE Nature's Classroom Movie Night

December 14, 2010, at the LBMS Band and Choral concert

December 15, 2010 at the MRE Band and Choral concert

Tickets may also be purchased by filling in the below form and sending it care of:

Lancaster PTO
Andrew Foster Raffle
103 Hollywood Drive
Lancaster, MA 01523

CHECKS: Make payable to "Lancaster PTO"

Tickets are \$5 for one or five tickets for \$20.

All proceeds benefit the Andrew Foster Scholarship Fund.

NAME _____

PHONE NUMBER _____ EMAIL _____

ADDRESS _____

NUMBER OF RAFFLE TICKETS PURCHASING _____

AMOUNT OF MONEY INCLUDED _____ CHECK CASH

103 Hollywood Drive

Lancaster

Massachusetts

01523