

# 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

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## From the Principal's Desk

### **French Class Receives Distinction For Podcast:**

Mrs. McHale's French III Honors class recently entered The American Council on the Teaching of Foreign Languages (ACTFL) national video student podcast contest to celebrate "Discover Languages Month" during February 2011. This effort is part of a public awareness campaign designed to bring media attention to the critical need for all students to have the opportunity to learn a second language. The title of the French class's podcast is: "Going Around the World In The 21<sup>st</sup> Century," and centers on a rap song about students traveling to various countries around the world. The Nashoba French III class was recently notified that they are one of the finalists in this national event.

The podcasts are judged for originality and creativity by an expert panel of judges. Cash and product prizes will be awarded to the winning podcast. There is popular voting for the contest which runs from January 25-February 10, 2011. The winner will be announced soon thereafter.

Congratulations to the students and Mrs. McHale thus far on an amazing job of bridging our content with the tools of technology that are critical in our changing and digital world.

### **Bullying Prevention Seminar on February 10, 2011 at Hale Middle School**

As part of our District's effort to improve school culture, NRSD will be hosting a Bullying Prevention presentation by the Massachusetts Aggression Reduction Center (MARC). MARC offers presentations for parents, Parent Teacher Organizations, and community groups. Information for parents is tailored to the needs and wants of the community and involves both an easy-to-understand update on typical online activities of children, internet safety (including cyber bullying), and how parents can work with their children and their schools in both bullying and cyber bullying situations. The emphasis is on practical, concrete knowledge; furthermore, parents do **not** need to be computer experts to become more aware of how to help their children navi-

gate the online world safely. It is also imperative that parents understand how to approach schools for help effectively and how to assist school administrators successfully resolve bullying situations. The presentation will be held on February 10, 2011 in the Hale Middle School auditorium (55 Hartley Road, Stow) from 6:30 to 8:30 pm. All NRSD community members are welcome.

### **Lunch Balances:**

I'd like to remind our community of the importance of keeping your child's lunch account balance current. Under new Federal laws, school lunch programs are not allowed to run in deficit and consequently must have any outstanding debt absorbed by our school district to bring them into balance. This is obviously a difficult unexpected cost.

Nashoba's cafeteria manager will notify individuals via email if a student's account goes into deficit. Please act on these emails as swiftly as possible. Thanks in advance.

In the harsh reality of these difficult economic times, families may want to take advantage of the Free and Reduced Lunch program. The Power Lunch key entry system has made this assistance virtually anonymous since the students continue to enter their codes as they would normally. Access to the Free and Reduced Lunch forms is on the district website at [http://www.nrsd.net/documents/reduced\\_lunch\\_07.pdf](http://www.nrsd.net/documents/reduced_lunch_07.pdf)

### **Collection of Used SAT, ACT, AP, and SAT II Prep Books:**

As many parents and students well know, SAT, AP and other prep books are very expensive. In addition, they are often used for a brief period of time and then discarded or recycled. Since not every high school student can afford these texts, it would be very helpful to them if they had access to more of these helpful resources.

If you have any completed prep books at home, please bring them to the main office and donate them to Nashoba. They in turn will be distributed to our own students or students from other schools that are in need.

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Thanks go to Gia DeMeo for initiating this positive activity. She connected with some peers at other schools who are doing something similar and has now made this a reality through her collaborative efforts.

### Caps for Good

This February, the Sunshine Society would like members of our community to support the charity "Caps for Good" which provides knit caps to newborn infant health programs in Africa, Asia, and Latin America. Take a look at <http://www.goodgoes.org/caps> for stories about how caps are making a difference in the lives of mothers and children around the world.

To get involved, certainly make your own knit cap. Our teachers and students will be making them on January 31 and February 1 after school in our Media Center. They can really use donations of yarn and knitting needles (in particular, size 10 knitting needles). Donations can be made to the high school office or by coordinating with Johnna Doyle at [jdoyle@nrsd.net](mailto:jdoyle@nrsd.net). Any help would be much appreciated. Thanks in advance.



### A Note from the Nurse

#### Postural Screenings

Nashoba Regional High School will be conducting the annual Postural Screening starting **February 2011**. Specific dates to follow.

The purpose of this screening is to find the early signs of possible spinal problems in students in **grade 9**. It is not a diagnostic service but a *screening* to identify young people who require further medical evaluation. Your child can be excluded from this screening with a note from the parent. If your child has any unusual findings, you will be contacted and asked to take the child to a physician as a precaution.

▪ **SPRING SPORTS** (Sign-ups starting in March 2011)  
If your high school son or daughter is interested in participating in spring sports, he or she must have a current physical (within the past year) on file with the school nurse. Physicals are valid for 13 months. Physical and Sport Participation Forms can be found and printed out at <http://nrhs.nrsd.net/index.php?id=118>. If you have any questions about this, please feel free to call our office (978) 779-2257 x6 or the Athletic Director @ (978) 779-2257 x 3102

▪ **DAFFODIL DAYS REMINDER** ( Now thru March 1st)  
The nurse's office will be coordinating the purchase of daffodils to raise money to help fight cancer. This event is sponsored by the American Cancer Society.

Bouquet of Daffodils (10 stems, no vase) \$10.00

Bear & a Bunch – includes 10" special edition  
Boyd's Bear and 10 daffodils \$25.00



Potted Daffodil Bulbs \$15.00  
3 Multi-stem bulbs in a pot

Gifts of Hope \$25.00  
A gift of hope is a bouquet of fresh cut daffodils that are anonymously delivered to a cancer patient in a local hospital

Prepaid orders: Now thru Tuesday, March 1, 2011

Where: Nurse's office 978-779-2257x6

Delivered: Week of March 14

(picked up in high school nurse's office)

Please make checks out to "American Cancer Society"

### Nashoba Reads Update

Midway through the 2010-2011 school year, Nashoba Reads, or more precisely, Nashoba's readers keep going strong. Activity at the Media Center circulation desk has increased. It is not uncommon for students of every grade level to step into their English class and ask expectantly, "Do we get to read today?"



Nashoba Reads has begun generating ripples beyond English classrooms. Currently, staff members are registering to participate in the "Sponsor-a-book" initiative. This program, popular in other school districts, assembles volunteers who sponsor discussion about a book, *any book*, that they have loved. A ballot containing a list of "sponsored" titles will be distributed in English classes. During the first Activity period in the fall, small groups will meet for book discussions.

Nashoba Reads has already received much support from people who have graciously donated books. The book fair held by Nashoba's English department at Leominster's Barnes and Noble was a success. Proceeds went directly to English teachers who set up small libraries within their classrooms. For those who may have been unable to attend the first book fair, another one is scheduled for April 13.

### Nashoba Raises Awareness

On March 2<sup>nd</sup> Nashoba Regional High School will be participating in the national "Spread the Word to End the Word" event to remove the pejorative use of the word "retarded" in everyday conversation. In conjunction with the national event, Nashoba will be raising awareness for the cause by hosting Brittany Maier in concert on

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March 4<sup>th</sup> during the school day. Brittany is blind, autistic, and a piano savant. Watch for more information in the March Newsletter. With any questions please contact Brendan Aylward at 978 855 9141 or [brendan.aylward7@gmail.com](mailto:brendan.aylward7@gmail.com).

### Friends of Drama

The 2011 Class Plays were moved to January 28<sup>th</sup> this year. The competition between the classes is a great way to bring out the thespian in everyone. Congratulations to all the students who participated; on stage, behind the scenes and this year we had a student who wrote their class play and another who designed the program cover.



#### Come see "CHICAGO"!

Production is already in full swing for the spring musical "Chicago". The cast is polishing their dancing shoes and this show promises to be filled with the high energy and talented acting and vocals that Nashoba produces year after year.

Help behind the scenes is needed from both parents and students; if you would like to get involved with Nashoba Drama, this is a perfect opportunity to do so. Please contact Diane Sestito: [dianesestito@gmail.com](mailto:dianesestito@gmail.com) or Kathy Quirk: [kathyquirk1@gmail.com](mailto:kathyquirk1@gmail.com) for more information.

Get your tickets to this popular musical early as this is sure to be another spring sellout. Use the ticket form found at the end of the newsletter. Thank you for supporting Nashoba Drama and our program sponsors throughout the year.

Drama society meetings are always on the first Wednesdays of each month in the auditorium. Check times on the website: [nashobadrama.com](http://nashobadrama.com).

The Friends of Drama meetings follow at 7 pm in the lobby.

### A Note or Two from the Friends of Music

Congratulations to the following choral and band students who participated in the MMEA Central District Music Festival: Hadley Barndollar, Alex Bartolucci, Kathryn Berg, Kerry Anne Conlin, Andrea DeLisle, Angie DeSocio, Connie Jiang, Sam Kessel, Cam Leavenworth, Beth Rogers and Rolan Yang.



Receiving All State Recommendations in addition to their Central District selection were Hadley Barndollar, Alex Bartolucci, and Rolan Yang. Please join us in applauding their hard work and achievements!

The next monthly meeting of the Friends of Music will be held on Tuesday, February 15<sup>th</sup> at 6 pm in the Choral Room. Please note that this is an earlier start time for our meeting and as always, all are welcome to join us. Immediately following the regular meeting, we will be holding a mandatory meeting at 7 pm for all students who are going on the NYC trip. We ask that each student going on the trip attend this meeting with a parent as Mr. O'Toole and Ms. Mianulli will review the expectations and rules to be followed throughout the trip.

### SPED PAC

#### How to Help Your Child Develop Language Skills For Effective Social Interaction

Wednesday February 16<sup>th</sup> ~ 7:15 pm at Nashoba Regional High School



Children and adults with Non-Verbal Learning Disabilities, Language Learning Disabilities, Asperger Syndrome, and High Functioning Autism are often in need of support to increase their skills in social communication or pragmatic language so that they can succeed. Because of neurological differences, they typically have challenges that keep them from developing the skills of social interaction. However, these skills can be explicitly taught. This evening will focus on what you can do to help your children learn conversation and listening skills, personal narrative skills, and verbally mediated problem solving using "self talk". As parents you can teach and reinforce these skills in your family life. Our speaker, Dr. Elsa, Elsa Abele, MS CCC/SLP is well known for her presentations and expertise in the field. Join us. Refreshments will be served.

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](mailto:Joan@ZooterGroupTutoring.com) or visit the SPED PAC page at [www.nrsd.net](http://www.nrsd.net).

### Basketball Program

#### Seeks Special Athletes & Student Volunteers

Nashoba Unified Sports, the local program pairing special athletes with typical age-mates and other student volunteers is underway for its third basketball season. Volunteers and special athletes are invited to participate. Practices are held on Sunday afternoons now through March at the Emerson School gym in Bolton. Check-in begins at 2:15 for the 2:30 practice.



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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 or to express interest, please contact either Joan Finger at [Joan@ZooterGroupTutoring.com](mailto:Joan@ZooterGroupTutoring.com) (978-337-5132) or Bob Moalli: [bmoalli@comcast.net](mailto:bmoalli@comcast.net).

Elementary, middle school 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.



### Relay for Life

Nashoba's 10<sup>th</sup> annual Relay for Life will take place on May 20 and 21 at "The Lancaster Fairgrounds", **318 Seven Bridge Road** (Route

117), **Lancaster, MA**

On Tuesday, January 25<sup>th</sup> a kickoff night for the Nashoba Relay for Life Team Captains was held in the high school auditorium.

Special guest speaker Sammie Depatie from Oxford, MA spoke to the audience about her brother's battle with cancer. He is now cancer free and is enjoying life. His family continues to be involved with fundraising events for the American Cancer programs.

Although Sammie is only 12 years old, she impressed the crowd with her story of how she and her friends set out to raise \$100. Through her efforts that one hundred dollar goal quickly turned into over \$2,000 her first year.



The next meeting will be held at the Nashoba Regional High School, 12 Green Road, Bolton, MA on Tuesday, February 15, 2011.

If you are interested in helping to raise funds, form a team, or help at the relay, please contact Tom McGown at [tmcgown@comcast.net](mailto:tmcgown@comcast.net)

# NOW'S YOUR CHANCE

**Black and white**

**Full page ad**

**Quarter page ad**

**Half page ad**

**Eighth page ad**

**Sixteenth page ad**

*Express friendship, love, or congratulations to the special people in your life by recognizing them in the personal pages of their yearbook. These ads aren't just for seniors! Groups of friends can show off their unique photos and memories; organizations and teams can supplement the yearbook's coverage here.*

Name of person placing ad: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Student's name: \_\_\_\_\_ Class of: \_\_\_\_\_

**Ad Information (all ads will be printed in FULL COLOR):**

Place an "x" by the size of the ad you are buying:

- |                                      |           |                                     |           |                                  |
|--------------------------------------|-----------|-------------------------------------|-----------|----------------------------------|
| <input type="checkbox"/> Full page – | \$ 250.00 | <input type="checkbox"/> 1/4 page – | \$ 100.00 | <i>(1/16 page not available)</i> |
| <input type="checkbox"/> 1/2 page –  | \$ 150.00 | <input type="checkbox"/> 1/8 page – | \$ 50.00  |                                  |

**TO SUBMIT YOUR MESSAGE:**

Enclose a check for \$\_\_\_\_\_; submit message/photos in an envelope with this form and return to the school. See further info at right.

**MESSAGE** must be submitted on disk, or typed, or clearly printed. If you wish, sketch a rough layout of your ad on a separate piece of paper. **PHOTOS** should be good quality; we can reduce or enlarge to fit space. We cannot guarantee return of photos undamaged; send us a color photocopy of any valuable pictures. **ARTWORK** should be black or a dark color ink. Contact the yearbook adviser for guidelines before submitting **DIGITAL FILES**. Please be aware that many colored illustrations and newspaper clippings often lack adequate reproduction quality. The yearbook staff may reject any message it deems not in the best interests of the school.

Make checks payable to **NASHOBA REGIONAL HIGH SCHOOL YEARBOOK** and bring or mail to:

Dan Berube, Yearbook Adviser  
Nashoba Regional High School  
12 Green Road  
Bolton, MA 01740-1027

Questions? Call 978-779-2257  
or email dberube@nrsd.net



**Please respond by  
March 7, 2011.**



The SAT went through sweeping changes in the five years. High school students encounter a new Writing section, more advanced Math questions, and a revamped scoring system.

**What does all this mean for you?**

If you're taking the SAT this spring, these changes are good because they allow the best-prepared students to shine. And, the additions are all in areas in which preparation has proven effective.

**What should you do to be one of those best-prepared students?**

**SIGN UP for the Nashoba SAT Prep Class\***

**Where:** Academic Support Center Nashoba Regional High School

**When:** Two evenings a week for six weeks:

Tuesday and Thursday 6-8:30

March 22 and 24

March 29 and 31

April 5 and April 7

April 12 and April 14

April 26 and April 28

May 3 and May 5

May 7<sup>st</sup> SAT Test date at NRHS

**Cost:** \$150.00 \* Class size is limited to 50 students

**Registration Deadline:** **March 1, 2011**

**More Information contact:** [mhoover@nrsd.net](mailto:mhoover@nrsd.net) or 978-779-2257

**Registration Form:**

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

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

**COORDINATOR USE ONLY:**

Registration Fee: Cash or Check # \_\_\_\_\_ Confirmation: \_\_\_\_\_

Attendance: 3/22\_\_ 3/24\_\_ 3/29\_\_ 3/31\_\_ 4/5\_\_ 4/7\_\_ 4/6\_\_ 4/12\_\_ 4/14\_\_ 4/26\_\_ 4/28\_\_ 5/3\_\_ 5/6\_\_

# Chicago

Nashoba Regional High School  
Bolton, MA

Murder, Greed, Corruption,  
Exploitation, Violence, and Treachery....  
so begins the musical Chicago.

Chicago is a Kander and Ebb musical set in Prohibition-era Chicago and is the story of Roxie, a chorus girl who has murdered her lover but manages to get acquitted with the help of her lawyer. She teams up with another murderess to form an unusual nightclub act that they hope will keep them in the public eye. We are offering advanced ticket purchases for performances on Friday and Saturday, March 18<sup>th</sup> and 19<sup>th</sup> at 7:30 PM, and Sunday, March 20<sup>th</sup> at 2:00 PM. *Parental guidance suggested.*

To order tickets, simply return the order form below via the mail or place in the Drama mailbox located in the Nashoba Regional High School main office. Be sure to indicate the performance date(s) and the number of adult and student/senior tickets on the order form. Tickets and seats are on a first-come, first-served basis. It is wise to purchase tickets early, and to arrive in time to find the seats you desire.

Advanced ticket orders can be returned to you via mail, if you include a self-addressed stamped envelope. All advanced ticket reservations received after Monday, March 14<sup>th</sup> will be held at the door. If you have any questions, please call Lynn at 978-779-6225.

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## Ticket Order Form for *Chicago*

Your Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Student's Name: \_\_\_\_\_ Email: \_\_\_\_\_

2011 Show Dates	# of Adults	# of Students / Seniors	# of Total Tickets
Friday, March 18 at 7:30pm			
Saturday, March 19 at 7:30pm			
Sunday, March 20 at 2pm			

Total Adult Tickets:..... \_\_\_\_\_ x \$10 each = \$ \_\_\_\_\_

Total Student / Senior Tickets: \_\_\_\_\_ x \$8 each = \$ \_\_\_\_\_

Total Dollar Amount of Order:..... \$ \_\_\_\_\_

Self-addressed stamped envelope enclosed: \_\_\_\_\_ - or - Pick up at door: \_\_\_\_\_

**Checks made out to "Nashoba Friends of Drama"**

**Send completed form to: Nashoba Friends of Drama, P.O. Box 492, Bolton, MA 01740**