

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

John G. Smith, Principal
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High School Office (978)779-2257

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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 6

February 2006

From the Principal's Desk



Dear Nashoba parents and students:

I would like to take this opportunity to congratulate Nancy Grohmann and Diane Haarmann on their recent retirements. Both Nancy and Diane have provided such dedicated service to the students and parents of our community. Nancy is retiring from Nashoba after 14 years in the district. Prior to that Nancy was a guidance counselor at several different schools. Diane, the Director of Guidance, has been with Nashoba her entire career. She began as an English teacher in September of 1970 and has been with the green and gold ever since. They have touched the lives of so many and will be deeply missed. They leave Nashoba having developed an outstanding guidance department. Their legacy will continue for years to come.

That being said, I am confident that we have hired two outstanding guidance counselors. Ellin Tsiaras came aboard in September and has been working directly with our students from day one. In addition, we recently welcomed aboard Trevor Short. Trevor is relatively new to guidance but certainly comes to us with high regard. I am confident that our high school will continue to provide your children with personalized attention to guide them in the right direction whether that is into college, technical or vocational training, the military or the workforce. When you read the guidance portion of this newsletter you will notice that we have shifted the alphabet a bit in order to balance caseloads. Please feel free to contact the guidance office if in fact your son or daughter may be impacted by this change.

All of our counselors are dedicated to the well being of your children and will work extremely hard to continue to foster the positive relationships that have made Nashoba so unique.

Although we will miss Diane and Nancy we wish them a healthy and happy retirement.

Sincerely

John G. Smith, Principal

Spotlight

Nashoba Regional School District was recently selected by Microsoft Corporation as the **March Showcase School-of-the-Month** and is featured on the Microsoft web site for the month. The focus of the Showcase is the district's implementation of Windows SharePoint Services, a web-based solution that allow teams to create web sites for information sharing and document collaboration to increase individual and team productivity. Nashoba has modified standard templates to accommodate the different needs of elementary, middle and high school users and has customized this business application for use in education - including school and teacher pages open to parents and students, a staff page for each building, and district professional development pages open to staff only. Nashoba has shared this model with numerous schools around the state and has presented at several technology conferences over the last few months.

Schools from around the country will have an opportunity to see first hand the district's implementation of SharePoint Services in a Live Meeting via the Internet, which will be presented on February 14, 2006. Mary Marotta and Leslie Carroll, Instructional Technology Specialists in the district will conduct this hour-long presentation in conjunction with Microsoft. The high school has seen great success with the implementation of SharePoint Services and the new Tablet PC's from the Intel Grant this year. We are very proud that the district has become a national leader in the use of

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SharePoint in an educational setting.

New SAT Prep Class at Nashoba

Last spring, the SAT underwent its most sweeping changes in recent memory. High school students will encounter a brand new Writing section, more advanced Math questions, and a revamped scoring system.

What does all this mean for you?

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 New 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 21, March 23
March 28, March 30
April 4, April 6
April 11, April 13
April 25, April 27
May 2, May 4

Cost: \$120 * Class size is limited to 50 students

Registration Deadline: March 1, 2006

For more information contact:
Michelle Hoover, Dir of ASC
mhoover@nrsd.net
978-7792257 ext. 4216

Student Council News

February brings Data Match and the Annual Volleyball Tournament to the high school. Students may find their soul mate through our Data Match event. Students will have the opportunity to fill out a survey and have a computer find their perfect match! Surveys will be available during all three lunches Thursday, February 2 through Monday, February 6. They will be available to purchase for \$2 the following week.

Sign ups for the Volleyball Tournament will be held during all three lunches starting Monday, February 13 and ending Thursday, February 16. NO LATE APPLICATIONS WILL BE ACCEPTED. The cost to have a team is \$20. This is a double elimination tournament so every team is guaranteed two games. Additional information

will be available during sign ups. Games will be played starting after school on Monday February 27.

One last note, Mrs. Peer will be temporarily passing her advisorship over to Ms. McAuliffe. Mrs. Peer is going on maternity leave in March and will not be returning until the 2006-2007 school year.

Upcoming events: ARC Blood Drive March 13, and Mr. Nashoba Pageant April 7.

Notes from the Nurses

"Winter Weather Warning Signs"

Know when to come in from the cold! Here's what you need to know to protect yourself from frostbite and hypothermia.

- Frostbite occurs when skin tissue freezes. In early stages, frostbite can be reversible, but it can quickly turn serious.
- Symptoms include: numbness, skin discoloration (gray, white, or yellow), waxy feeling skin
- Hypothermia- a life-threatening condition, results when the core body temperature drops below 95 degrees.
- Watch for these warning signs: severe shivering, confusion, dizziness, exhaustion

If you experience any symptoms of hypothermia or frostbite, don't wait. Get out of the cold into a warm, dry place immediately and seek medical attention.

"More on medication warning....."

Teens and cough meds: New warning for parents

The latest drug threat to teenagers is not bought on the streets. It is at home in the family medicine cabinet. Teens are taking large amounts of over-the-counter medications to get high, an example would be dextromethorphan or DXM.

What can parents do?

- Educate yourself and share this information with other parents, relatives, and friends
- Talk to your teens. Teach them about the dangers associated with over-the-counter drugs
- Safeguard the medicines in your home
- Recognize the signs of cough medication abuse;

Common effects include:

Confusion, dizziness, slurred speech, blurred or dou-

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ble vision, rapid heartbeat, nausea, vomiting, or hallucinations.

Postural Screenings

The Nashoba Regional High School will be conducting the annual Postural Screening starting the week of **February 13, 2006**.

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.



Daffodil Days

Parents and students can participate in this fundraiser. 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) \$7.00
Bear & a Bunch – \$25.00

Includes 12" special edition Boyds
Bear and 10 daffodils

Gifts of Hope \$20.00

A gift of hope is a donation of \$20. Your gift will enable the Society to deliver bouquets of daffodils to cancer patients and health care facilities in the community. Bouquets arrive just in time for the first week of spring, to celebrate our hope of eliminating cancer. Bouquets are not delivered to specific patients, nor are the donor's name attached to the gift.

Order Prepaid: Now thru March 1
Where: Nurse's office 978-779-2257x1
Delivered: March 20-22 (picked up in HS nurse's office)

Welcome spring with a bouquet of daffodils for a friend or family member and support cancer research, or send an e-bouquet to a friend far away! www.cancer.org/daffodils

We look forward to taking your order. You can contact us at 978-779-2257 x1.

Your High School Nurses,
Linda, Migdalia, & Marilyn

Gay/Straight Alliance

The Gay/Straight Alliance club will hold an open meeting on Tuesday, February 7. All members of the Nashoba community are welcome to attend. The topic of our discussion will be "Gay Figures in the Media." We'll examine the ways gay characters are played in television and movies, as well as the roles that prominent gay public figures hold in the media.

The Gay/Straight Alliance is a student organization working to promote tolerance and acceptance of gay, lesbian, bisexual and transgender people. In other words, we try to make our community a nicer, more accepting place for all students and adults! The group meets twice a month on Tuesdays immediately after school in Room 251. Anyone interested in more information about the group and/or the February 7 discussion should contact the GSA advisors, Ms. Winkler or Mrs. Durr.

Community Service Club

The Community Service Club would like to interest our community members to get involved with Relay for Life. Relay is a huge undertaking, so it would be great to have volunteers assist with the planning for this event. There are several opportunities to join a committee or subcommittee. Any students who think they might be interested in taking an active leadership role with Relay should contact Jen or Lindsey as soon as possible. If you are looking to simply participate on a team, the Community Service Club team is the one for you! Even if you do not belong to the club, we always welcome more team members! Aside from Relay, CSC has been busy making Valentine's Day cards for the soldiers overseas and for a local nursing home. We also made Valentine's Day cookies and cards for the staff at Nashoba. We are always looking for more members to join, so if you have any interest in community service then the Community Service Club is an awesome choice! Come check us out after school on Wednesdays in Mr. Adams' room. Contact Jen Danowitz or Lindsey Murray if you have any questions. Happy Valentine's Day!!!



Movie Project

Jen Danowitz is making a movie for the senior class. It is going to include pictures of the seniors from the past four years of their high school experience, as well as photos from their elementary and pre-school years. If you have any pictures of your son/daughter - baby pictures, pre-school, K-12, prom, summertime, anything! - send them in

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with your child to be given to Jen Danowitz. You can e-mail her pictures at Jay.S.Danowitz@prodigy.net or give her copies. She will scan the copies and give them back to you. Please put a piece of tape with your name on it on the back of the pictures or put them in a marked envelope. Jen will be collecting these pictures for several more weeks, so **don't stress if you can't get them in right away**. If you have any questions, feel free to contact her via e-mail or at (978) 897-7557.

Senior Class News

Senior Class News: The end of senior year and graduation is quickly approaching. All seniors must be paid up in class dues in order to receive their copy of the yearbook and attend Senior Banquet. Most seniors owe senior dues of \$25 and some seniors owe for several years. See a class officer or Miss Siciliano or Miss McAuliffe for exactly how much you owe and bring your class dues to Miss Siciliano or Miss McAuliffe. Dues must be paid by April 1st."

Sophomore Class News

As we wind down the first semester, we can look forward to some of the events that are coming up in the next few months.

Valentine's Day! Celebrate your love for your friends or special sweetheart with Hebert's Chocolate Roses. These roses come in Red, White, or Milk Chocolate, and will be sold at all three lunches during the beginning of February.

PJ Pants! We are planning on selling more PJ bottoms in the near future. Please stay tuned, as more information will be available in the next few weeks.

Spring Fling April 28th, 2006! Get your dancing shoes ready!

On behalf of the Junior class, we asking Sophomore parents' help in chaperoning the After Prom Party. This year's prom is May 12th, 2006, and the after-prom party is at the Orchard Hills Activity Club in Lancaster. If you are interested in helping out, please contact the Junior class advisor, Dan Glover (dgllover@nrsd.net) for more information.

And, as always, we are looking for Sophomore class dues! Dues are \$25.00 per year, and help with planning next year's prom, as well as the Senior Banquet in 2008. You may pay year by year, or in one lump sum (\$100.00). Please give your dues to any of the class officers (Guilia Rizzo, Amy Callahan, Lindsay Horowitz, or Rachel Healy), or directly to the class advisor, Mrs.

Deneault in Rm. 209. Thank you again for your support, Mrs. Deneault and the Sophomore Class Officers

Yearbook Orders

A limited number of copies of the yearbook are still available for underclassmen. The yearbook is \$70 and sold out last year---don't be left out this year! A check for \$70 written out to NRHS given to Miss Siciliano will reserve your copy today."

February 2006 Drama News

An enthusiastic audience was the big winner on January 20 as dozens of Nashoba students competed in the **Annual Class Play Competition**. The Class of 2006 won the trophy with their interpretation of "Removing the Glove." Congratulations to the senior class, and to every student who took part in presenting all four plays! Thanks also to advisor, Bill Grady, and the parents who helped behind the scenes.

Auditions for the spring musical, **Singin' in the Rain**, have been held and rehearsals are getting underway. Even with rain in the forecast (yes, it WILL rain on stage) the outlook is bright for a delightful, musical romp as silent era film stars attempt the transition to "talkies" on March 24, 25, and 26. Tickets will be sold in advance until Feb. 27 via an order form sent home to Elementary, Middle, and High Schools as well as during rehearsals.

Once again we call upon volunteers to help bring this technically complex production to life at Nashoba. Set construction, painting, props, and costumes for the cast of over 45 students require as much time as dialog and dance rehearsals. Please join in the excitement of producing a high-energy, high-quality show by donating a few hours to lend a hand. Students who are not in the cast are also needed on the Tech Crew to keep the show running, especially with the "rain stage" and many props used. Contact any Drama Society or Friends of Drama member, or send an e-mail to Trisha McNally (Trishamcn@aol.com) or Donna Capone (GotoLindsay@aol.com). All are encouraged to attend the next Friends of Drama meeting on Wednesday, February 1, at 7 pm in the auditorium lobby.

In order to defray the costs of Nashoba Drama shows such as **Singin' in the Rain** (projected \$10,000), we fund-raise and solicit donations. We are currently looking for an upright piano – if you have a lead on one that is available, please contact Bill Grady at BeachguyNI@aol.com. This year the Friends of Drama will also be hosting a **Silent Auction** of goods and services

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during the performances on March 24, 25, and 26. We have some wonderful items already, but would appreciate any donations for this fundraiser. Please contact Trish or Donna with questions or donations. Support high-quality drama at Nashoba by donating and participating in the **Auction!**

Don't forget to check our website at www.nashobadrama.com for details about upcoming Drama activities. We hope to see parents at the Friends of Drama meeting on **February 1**.

Calling All Students

It's almost March so that means it's almost time for the Nashoba Regional Scholarship Foundation Annual Phonathon. Students from all grades are invited to help out with this activity. Students will be contacting residents in the towns of Bolton, Lancaster and Stow for donations. When the students are not manning the phones, they are welcome to enjoy the available snacks, pizza and goodies.

The Scholarship Phonathon will not only be a fun time, but it will also count as community service!

In the upcoming weeks, student representatives will be asking you to sign up and help out. Also, look for more info in the March Newsletter.

2006 Friends of Nashoba Baseball Clinic

Saturday, March 4th (snow date March 5) at Nashoba Regional High School.



- Two sessions available or do both!
9:00 - 12:00 or 1:00 - 4:00
- Kids will be divided 7-10 yr. olds and 11-13 year olds.
- All aspects of baseball will be covered
- kids from everywhere are welcome.
- Nashoba JV and Varsity coaches and college players will instruct!
- All participants will receive a clinic t-shirt

Pre-registration is \$40, or do both sessions for only \$65 (or register the day of the clinic \$45 one session and \$70 for both the day of the clinic)!

Register early, only 60 players per session. (if not pre-registered, we can not guarantee you a t-shirt). Registration form is online at: <http://nrhs.nrsd.net>. Forms are also located in school offices and at the town libraries.

GRAB YOUR COAT, "JOSEPH" IS COMING TO HALE!

Few places can claim to play host to a dozen brothers, an admiring dad and his numerous wives, a pharaoh, Elvis,

and colorful fashion simultaneously. So don't miss the opportunity to see them on one stage at *Joseph and the Amazing Technicolor Dreamcoat*, this year's Hale School play production.

Joseph performances take place March 17 and 18 at 7:30 p.m., and March 19 at 2 p.m. The blockbuster show promises to be one of the most popular Hale productions in years, so buy your tickets soon! Tickets for this self-funded event are \$6 for adults, \$4 for students, and \$3 for senior citizens. Get your tickets the easy way by filling out the form available through our special Hale play site at http://hale.nrsd.net/activ_drama_play.php. Tickets also will be sold at Stow Photo in the Stow Plaza, and at each performance.

NRHS Welcomes the Massachusetts Instrumental & Choral Conductor's Association (MICCA) 2006 Choral Festival

NRHS has been selected as a host school for the Massachusetts Instrumental & Choral Conductor's Association (MICCA) 2006 Choral Festival on Friday, March 31 and Saturday, April 1.

For NRHS and Friends of Music to successfully host this prestigious event, we will need many volunteers from among our choral students and their families over the 2-day period. While we expect to receive strong support from our choral community, we also welcome volunteers from the students and families of our concert and jazz bands, as well as from the entire NRHS family.

The attached page shows the 4-shift schedule devised for the 2-day (Friday-Saturday) festival. Please look it over and see where you can help out. Please don't delay, as the festival is only 8 weeks away. Contact Lee Hogan at 978-897-1590 or by email at nashobafom@verizon.net for additional information and to sign up. And get the latest news at the FOM website: <http://www.geocities.com/nashobafom/>

All performances are open to the public, with admissions at \$5.00 for adults and \$3.00 for students. Your attendance will show support for our student singers and the importance of music education. While ticket sales support the MICCA and its activities, all proceeds from refreshment sales will be used by FOM to support the music program at NRHS.

As many as 86 choral groups will perform for, and be evaluated by, nationally-known adjudicators. Their performances will be rated according to a medal system. A gold medal award is equivalent to a superior performance, silver to an excellent performance, and bronze to a good performance.

MICCA Choral Festival Volunteers

Job (Persons/Shift): Description	FRIDAY, MARCH 31		SATURDAY, APRIL 1	
	3PM - 6PM	6PM -9 PM	9AM – 1PM	1PM – 5 PM
Parking Assistance				
Bus Director (1A): Direct drivers to drop-off zone & bus parking				
Competition Assistance				
Coordinator (1A): Coordinate all competition categories and volunteers				
Registration (2 A/S): Check arriving groups in				
Student Guides (5S): Chaperone each group during their visit				
Checker (1A): Check repertoire against requirement				
Tabulator (1A): Collect and tabulate judges' scores				
Judge's Runner (1S): Available to judges for errands				
Trophy Assemblers (2 A/S): Build/ID awards according to tabulated scores				
Announcer (1 A/S): On-stage introductions for each group; misc. announcements as required				
Ticket Sales				
Ticket Sellers (2 A/S): Sell tickets to general public				
Refreshments & Meals				
Refreshment Coordinator (1A): Manage refreshment table, including planning, ordering, sales, volunteers				
Snack Table Sales (2S): sell snacks				
Judges' Hospitality Room: (1A): Plan and present two meals for 7 adults: Friday dinner @ 5:30 and Saturday lunch @ 12:00				

A = Adult volunteer; S = Student volunteer

Singin' in the Rain

Dear students, parents and staff,

Due to the overwhelming demand for tickets, we are offering advanced ticket orders for our spring production, ***Singin' in The Rain***. Performance dates are **FRIDAY and SATURDAY, March 24 and 25, 2006 at 7:30 pm and SUNDAY, March 26 at 4 pm.**

To order tickets, simply return the order form below to the Drama mailbox in the Nashoba Regional High School Central Office or mail your order to Nashoba Friends of Drama, PO Box 492, Bolton, MA. 01740. Be sure to indicate the **performance date(s)**, the **number of adult and student tickets**, on the order form and include your check for payment (made payable to NASHOBA FRIENDS OF DRAMA). 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. Tickets will only be reserved upon receipt of payment. **NO EXCHANGES OR REFUNDS, PLEASE.**

Processed ticket orders will be returned to you via mail if you **include a self-addressed stamped envelope**. Tickets may also be picked up at the high school auditorium on Monday and Wednesday, March 6 – 15 during scheduled rehearsals 6:30-7:15pm. **Deadline for advanced ticket reservations is Monday, February 27, 2006.**

If you have any questions, please call 978.368.0423 or 978.534.1661. Thank you.

Nashoba Friends of Drama

***Singin' in The Rain* Ticket Order Form**

NAME _____ PHONE _____

STUDENT'S NAME _____

Please check as appropriate:

SHOW DATE	# ADULT @ \$8.00	#STUDENT / SENOR CITIZEN @ \$6.00
Fri. Mar. 24		
Sat. Mar. 25		
Sun. Mar. 26		

TOTAL ADULT TICKETS _____ x \$8.00 = \$ _____