

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



Communication Policy:

I want to take this opportunity to raise an issue that we at the high school encounter on a daily basis: cell phone use and text messaging. Though we recognize that we live in the age of instant access to communication and information, we also strive to provide an academic setting that is as free from distractions as is feasible. That's a tall order and that is also why we enlist the support of parents and guardians to assist us in establishing a focused school environment. First, we have a straightforward policy that outlines the use of cell phones and other technology devices. With respect to cell phones, BlackBerries, and other electronic communication tools, we understand that students have them but we expect that they remain off during the school day. We also require students to keep them out of sight and in a secure location (locked in their lockers preferably). Sometimes students report that they must contact their parents during or throughout the day. We will always allow this if they let us know in advance and/or we will be glad to relay a parent message to a student. Overall, cell phone use is no bigger an issue here than it is anywhere else in our society; however, our task is significant. As our Mission Statement notes, we are here to help each student "achieve high intellectual and ethical standards" and "discover and develop" their unique strengths and interests. As such, any steps we as a school community can take to further reduce the distractions of our outside world from 7:40-2:20 would be greatly appreciated on behalf of the faculty at Nashoba. For further information about our policies with respect to cell phone use, please access the NRHS Student Handbook (<http://nrhs.nrsd.net/index.php?id=70>) and refer to the "Distractibles and Valuables" section on page 45-46.

Late Start Survey:

A student survey in regards to the recent mid-year examination schedule will be forthcoming in the next few weeks. We are eager to gauge the students' responses to the late start model that was employed the week of 1/20-1/23/09. The questions will range from general reflections to performance on the exams to overall alertness. The re-

sults will help guide the professional development schedule for 2009-2010. Please encourage your son(s)/daughter(s) to participate in the survey. Thanks in advance.

Alumni Return Day:

On January 6th, Nashoba welcomed back a panel of '08 graduates to speak with current seniors about the key issues for making a successful transition to college. The alumni took turns addressing the top five transition issues including Time Management; Getting to Know Professors and Advisors; Campus Life; Choosing a College; and Choosing Classes. They also addressed inquiries from the audience that included questions on housing, meals plans, what supplies to pack for college and class scheduling. Thanks to Katie LeDoux, Ashley Vannasse, Eric Paglia and Layne Sadler for taking the time to come back to Nashoba for this program. To continue this positive momentum, the high school faculty is developing a thorough senior exit survey that we will make available through an electronic survey tool. We hope to further develop our student data base while also soliciting input on what works at NRHS and what can work better. Thanks also to Sue Allaire, Career Counselor, for her efforts and leadership on this project.

s/ Jeremy Roche, Principal

SAT Prep Class at Nashoba

Four years ago, the SAT underwent its most sweeping changes in recent memory. High school students will encounter the results of these changes in a new Writing section, more advanced Math questions, and a revamped scoring system.

What does all this mean for you?

The changes to the SAT 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?

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SIGN UP for the Nashoba SAT Prep Class*

Class will be held on Tuesday and Thursday evenings beginning the week of March 17th and run for six weeks (no class during spring break).

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

Registration Deadline: March 2, 2009

Registration Forms available in the ASC, the Guidance Office or on the Web at <http://web.nrsd.net/schools/nrh/asc>

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

A Note 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.

Postural Screenings

The Nashoba Regional High School will be conducting the annual Postural Screening starting the week of **February 9-13, 2009**.

Appropriate privacy is always provided during screening. To make it easier for screeners and students, please have your child wear shorts and tank tops for girls.

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 peo-

ple 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.

Medical note: the incidence of **Pertussis**, also known as “whooping cough” is on the rise. Pertussis is a highly contagious, infectious disease. Early symptoms mimic an upper respiratory infection: low grade fever, a runny nose and a cough that progressively becomes worse and may last up to 10 weeks. Adolescents often do not exhibit the classic “whoop” as infants do, making diagnosis more difficult. Severe coughing episodes can lead to vomiting, a hernia or even a broken rib. Please seek medical evaluation if you are experiencing these symptoms.

Daffodil Days (Early reminder...)



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) \$10.00
- Bear & a Bunch – includes 12” special edition Boyds Bear and 10 daffodils \$25.00
- Gifts of Hope \$25.00
- Potted bulbs in bloom \$15.00

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.

Prepaid Orders:	Now thru March 2, 2007
Where:	HS Nurse’s Office
Delivery:	The week of March 16th (picked up in High School)

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

Your High School Nurses,
Rosemary, Migdalia, & Marilyn

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NRHS Math Team Excels

The Nashoba Math Team has had a busy first half of the year. The team attended the first annual Harvard/MIT fall math tournament in November—a competition for schools within 75 miles of Cambridge. The Nashoba team of five sophomores and one senior finished a strong 26 out of 60 teams that included private academies and public high school teams with all upper classmen. For the first time, Nashoba will be sending three teams to the Spring Harvard/MIT Math Tournament on February 21st. The meet will see 700 students from all over the U.S. and abroad for a day of individual and team problem solving competition.

Nashoba is also having a great competition year in the Worcester County Math League (WOCOMAL) at both the Freshman and Varsity level again this year. The freshman team is in a hotly contested race trying to repeat as the Worcester County Math League (WOCOMAL) Freshmen Champions. The team is currently in 2nd place.

On the Varsity side, the team has moved up to 4th place in a very competitive Class A division. Last year Nashoba finished in 5th place. We have five students in the top 40 of the over 500 students involved in the WOCOMAL Varsity league.

The Math team will also sponsor the American Mathematics Contest 10/12 on February 10th and February 25th. The 75 minute tests help our students compare their problem solving capabilities to students across the world. The test also serves as the initial gateway test that culminates in students competing in the U.S. Mathematics Olympiad.

Our thanks to the NRHS Endowment Fund for their recent grant that makes these increased math team activities possible. Thanks this year also goes to the two assistant math team coaches: Mrs. Mason and Mrs. Clark.

If you know a student who is passionate about math and likes to solve interesting problems we always welcome new participants. Have your student speak with the Math Coach, Ms. Redford, or come to a meeting. We have math team meetings every Monday afternoon that school is in session in room 103 from 2:30-3:30.

Do math and you can do ANYTHING!

DECA Students Move On To State Competition

A group of 16 business students from Nashoba participated in the DECA (Distributive Education Clubs of America) District Competition Thursday, January 29, in Chelmsford, MA along with eight other schools and over 500 students. Students participated in the event by taking a written exam and presenting in numerous events at the

competition. Ten students from Nashoba have qualified to compete at the state level in Boston on March 5-7th.

Nashoba Business Student Winners — DECA District 5 Competition

Individual and Team Events

1. Oliver Taylor 1st place Hotel and Lodging
2. Chris Cacciatore 1st place Marketing Management
3. Ivanka Patel and Sam Camp 1st place Business Law and Ethics
4. Luke Nesman 2nd place Accounting
5. Jake Abraham 5th place Sports Management

Quiz Bowl Participants

- Colleen Frost
- Kay Hedstrom
- Lauren Enterkin

Winners of the state competition will be eligible to move onto the Nationals in Anaheim at the end of April. Please join me in congratulating all our students; they did a great job!

Calling All Students!

Mark your calendars! It's almost time for the annual **Nashoba Regional Scholarship Foundation Phonathon**. Students from all grades are invited to help out with this activity on Sunday, March 15th, by calling residents in the towns of Bolton, Lancaster and Stow for donations. Calls will be made from the Florence Sawyer School in Bolton. When the students are not manning the phones, they are welcome to enjoy the available snacks, pizza and other goodies. **The Scholarship Phonathon will not only be a fun time, but it will also count as community service!**



In the upcoming weeks, NRSF student representatives will be asking students to sign up to help at this event. We need about 100 student volunteers to make our major fundraiser a great success! Look for more information in the March newsletter.

2009 February Drama News

Every year students from each class undertake a one-act play to be presented at the **Annual Class Play Competition**. The undertaking requires the organizational efforts and varied talents of many students. (For example, this year senior director, Kyle Mendes, persuaded a playwright to rewrite his play to meet the 30 minute time limit.) Student producers and directors choose the plays and audition the casts. Rehearsals take place outside of school over a span of weeks, and tech crews put together needed sets and props.

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A spirited crowd attended the competition on January 23. The **Class of 2010** won the trophy for their winning performance of "Speed Date". Congratulations to the junior class, and to all the students from each class who made the evening a success! Thanks also to advisor, Bill Grady, and the parents who helped behind the scenes.

Spring Musical

"An Englishman's way of speaking absolutely classifies him" argues Professor Henry Higgins to his fellow linguist, Colonel Pickering. "All I want is a room somewhere, far away from the cold night air"... sings Cockney flower girl Eliza Doolittle dreaming of a better life. The two come together with Higgins' wager that he can turn Eliza into a princess by teaching her to speak like a lady in Lerner and Loewe's classic musical, *My Fair Lady*. Mark your calendars now for what promises to be one of Nashoba's finest spring productions. Performances will be on Friday, March 20 and Saturday, March 21, at 7:30 pm and Sunday, March 22, at 2 pm. Tickets are available at the door, but you can secure them in advance with the convenient form attached to this newsletter or available online at www.NashobaDrama.com.



Rehearsals for *My Fair Lady* are underway with a cast of 40 Nashoba students as the auditorium begins the transformation to the Edwardian London setting. Volunteers are welcome to assist with sets, costumes, props, and more. Students and parents who are not involved in the cast are encouraged to join the production and technical crews. Please contact Diane Sestito (DianeSestito@aol.com) or Hilda Murtha (HildaMurtha@comcast.net) to volunteer.



Friends of Drama will have two more meetings before the show: **Tuesday, February 3** and **Tuesday, March 3 at 7 pm** in the auditorium lobby. We hope to see you there!

Friends of Music

Winter Band Concert

The Winter Band Concert is scheduled for **Friday, February 6, 2009** at 7:30 pm in the high school auditorium. The Concert Band, Intermediate Jazz Band, and Advanced Jazz Band will perform under the direction of Mr. Tom O'Toole.



Winter Choral Concert

Ms. Susan Mianulli's choral groups are preparing for the Winter Choral Concert that will be held on **Wednesday, March 25th**. The Women's Pops Choir, Jazz Choir, Madrigal Choir, Women's Ensemble, and Concert Choir will perform.

Both concerts are at 7:30 pm in the NRHS Auditorium. Community members are invited to attend. Tickets can be purchased at the door for \$5. There is *no charge for students or senior citizens*. Refreshments will be served.

Next Friends of Music Meeting

The next Friends of Music meeting is Tuesday, February 10th 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.

Parenting a Special Needs Child at Nashoba SPED PAC February Meeting

Parenting a Special Needs Child: Issues and Practical Solutions will be the topic of the SpED PAC meeting at 7:15 pm on Wednesday, February 25th at Nashoba Regional High School. The evening will combine a presentation and discussion facilitated by Mary Keefe, MSW. Ms. Keefe will describe the effect of having a special needs child on both the family and the marriage, along with the importance of developing resiliency in the family to buffer the challenges we face. Come raise issues that concern you and hear strategies or resources that others have tried.

SpED PAC, working closely with Unified Sports has launched a new basketball team pairing special athletes with "typical" age mates. Practices are at the Emerson School Gym in Bolton on Sunday afternoons. For more information or to register, please contact Joan Finger at the address below.



The **Nashoba SpED PAC** meets monthly through May and is open to all who are interested in attending. Events for the remainder of the year are scheduled for March 18, April 29, and May 20th. Meetings include presentations on a variety of subjects and provide a forum for interaction with other parents, professionals and community members who have experience with children with special needs. Topics for the rest of the year are described on the NRSD SPED PAC page. To be added to the monthly email distribution, please contact Joan Finger at zootergroup@rcn.com or (978) 337 5132 or (978) 779-6046.

My Fair Lady



Dear students, parents and staff,

Make plans now to see, *My Fair Lady*, at NRHS! While tickets are available at the door, you can avoid long lines by ordering tickets in advance.

My Fair Lady, with book and lyrics by Alan Jay Lerner and music by Frederick Loewe, is based upon George Bernard Shaw's book, "Pygmalion". The story tells of Eliza Doolittle, a Cockney flower girl, who takes speech lessons from Professor Henry Higgins in order to pass as a lady. When Higgins takes credit for Eliza's success, she realizes that she can now be independent, and does not need him. The musical's 1956 Broadway production was a smash hit, setting a new record for the longest run of any major musical theatre production in history. It was followed by a hit London production, a popular film version, and numerous revivals. *My Fair Lady* has been called "the perfect musical."

We are offering advanced ticket orders for performances FRIDAY and SATURDAY, March 20 & 21 at 7:30 PM, and SUNDAY, March 22 at 2:00 PM. Don't miss this vintage classic!

To order tickets, simply return the order form below to the Drama mailbox in the Nashoba Regional High School Main Office or mail your order to Nashoba Friends of Drama, PO Box 492, Bolton, MA 01740. Be sure to indicate the performance date(s) and the number of adult and student tickets on the order form, and include your check (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. Advance tickets will only be held 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. Advanced ticket reservations received after Wednesday, March 11 will be held at the door.

If you have any questions, please call Lynn at 978-779-6225. Thank you.

Nashoba Friends of Drama

www.nashobadrama.com

My Fair Lady Ticket Order Form

Name: _____ Phone: _____

Student's Name: _____

Please check as appropriate:

Show Date	# of Adults	# of Student/ Senior/Child
Friday March 20		
Saturday, March 21		
Sunday, March 22		

Total Adult Tickets: _____ x \$10 each = \$ _____

Total Student/Sr. Tickets: _____ x \$8 each = \$ _____

Total Dollar Amount of Order: \$ _____

Self-addressed stamped envelope enclosed: _____ Pick up at door: _____