

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
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From the Principal's Desk

Intel Science Talent Search Semifinalist at Nashoba

Yivan Jiang, grade 12, has been named a semifinalist in the prestigious Intel Science Talent Search. The Intel STS is often referred to as the "Junior Nobel Prize", America's oldest and most highly regarded pre-college science competition. This year's 1,735 entrants hail from 37 states and Washington, D.C. 300 students were named as semifinalists. Each semifinalist receives \$1,000 with an additional \$1,000 that goes to their school. Yivan has requested the school's award help fund the Nashoba First Robotics program.



Yivan entered the Intel Science Talent Search with his chemistry project, "A Method for the Preparation of Nanoparticulate CoQ10 Powder." In submitting his entry, Yivan explained that "Finding methods to improve the body's absorption of compounds not easily dissolvable in water has always been a fervid area of research in medicine. CoQ10, an important nutrient that helps to strengthen the heart and lessen the effects of a variety of diseases, is a major example of this type of compound. Current formulations for CoQ10 require bulky doses or inefficient soft gels. In this paper, I introduce a method for the preparation of a powder containing CoQ10 that may be much more easily absorbed into the body. This new method shows great

promise due to its lower cost, easier ingestion, and simpler manufacturing than existing formulations."

Clearly this is a great recognition of an individual student's accomplishments here at NRHS. Yivan recognizes his Biology instructor, Maureen Dumais for encouraging him to study science in greater depth. To learn about specific semifinalists and view a state by state breakdown, visit www.societyforscience.org <<http://www.societyforscience.org>> .

Child Find and Section 504:

Nashoba Regional School District is required under Section 504 of the Rehabilitation Act to conduct a child find of students who have a qualifying disability or who are suspected of having a qualifying disability that would make them eligible for accommodations and/or services as prescribed by Section 504 and determined appropriate by a "504" team at your child's school. Please contact Jeremy Roche, the Section 504 coordinator for NRHS, or your child's guidance counselor for more information. Additionally, please note that 504 plans should only run for the school year and any plans that were written in June will be reviewed annually, with the student's current set of teachers. The 504 plan should include what the accommodations are, who is responsible for implementing them, and what indicators of success would suggest revising the accommodations over time.

Adams Scholarship Recipients:

Sixty-seven students from the class of 2010 have recently been named John and Abigail Adams Scholarship candidates. Eligibility for the merit-based scholarship is based on performance on the English language arts and Math MCAS exams. Students must score Advanced on one exam and either Proficient or Advanced on the second exam, as well as score within the top 25 percent of students in their district. Recipients of the Adams Scholarship receive free tuition at any Massachusetts public college or university. The tuition waiver remains in effect for eight consecutive semesters or four years. Recipients must begin to use the waiver in

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the first fall semester following their high school graduation, and must maintain a GPA of 3.0 or better throughout the time of the waiver. The scholarship does not cover the cost of fees.

In addition, over 170 students from the class of 2010 qualify for the Stanley Z. Koplik Certificate of Mastery with Distinction which also provides tuition reimbursement and waivers for eligible students who complete the full application process. To read more about the John and Abigail Adams Scholarship, access the following link: <http://www.doe.mass.edu/news/news.asp?id=4378>

For the Stanley Z. Koplik Certificate of Mastery with Distinction, access this link:

<http://www.doe.mass.edu/FamComm/Student/052808mastery.html>

Wellness Department Wish List

The Wellness Department is looking for your help! In these times of thinking 'green' (reduce, reuse and recycle!), we have created a 'wish list' of needed items to help supplement activities planned for the 2010-2011 school year.

If you would like to donate any of the listed items or anything fitness related not listed, please contact Dan Spedding at dspedding@nrsd.net or call 978-779-2257 ext.4185. Thank you for your consideration!

Household Items

- *beanie babies
- *cush balls
- *beach balls
- *men's ties
- *hula hoops
- *fleece balls
- *pool noodles
- *small foam balls
- *a set of small wooden blocks
- *bean bags-any size
- *large flat screen TV for the fitness class
- *Connect 4 (strategy game) (6 needed)

Sporting Goods

- *bowling pins
- *bocci balls
- *rubber horse shoe sets
- *shuffle board
- *croquet sets
- *ping pong tables
- *x-country skis/poles
- *skate boards with or without wheels

Fitness Items

- *wrist weights
- *ankle weights
- *hand weights
- *stability balls
- *sports balance
- *trainers
- *jump ropes
- *stationary bikes

Kitchen Items

- *cooling racks for baking
- *Foley Food Mill (3)
- *stainless steel mixing bowls
- *stainless flatware place settings
- *stainless steamer baskets
- *place settings of all-white matching dishes

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 14th, 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.

Hockey Team Raffle

The Nashoba Regional hockey team is holding a raffle to benefit the program. The winner will receive four tickets to the Boston Bruins-Montreal Canadiens game, two rooms at the Sheraton, and dinner for 4 at Mise Au Jeu. Former Nashoba Regional standout and current Canadiens defenseman Hal Gill donated the prize. The winner is responsible for the costs to get to Montreal. Tickets are \$10 and can be purchased from any of the players or from coaches Steve Kendall, Trevor Short, or Ray Richard. You can contact coach Kendall at skendall@nrsd.net or 978-779-2257, ext. 4213.



Nashoba Robotics Kicks Off 2010 Season

The Nashoba Robotics team is gearing up for another great competition season. Members attended the local kickoff event at WPI on Saturday, January 9th, where they received this year's FIRST (For Inspiration and Recognition of Science and Technology) Robotics Challenge. Each year, FIRST presents high school teams around the world with a game to be played by student designed robots. Together, students and mentors work for six weeks to complete a robot that will perform the task. This year's task is especially challenging.

This year, the FIRST challenge is entitled "Breakaway". The game is played on a field about the size of half a basketball court with size five regulation soccer balls. There are two alliances composed of three robots each. They battle to score as many points as possible by getting the balls in small goals at each end of the playing field. However, as always with FIRST, there's a twist. The field is divided into three zones by a steep foot-high

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bump. In the middle of each bump is a twenty-inch platform, underneath which is a thirty-six by eighteen inch opening that robots can travel through. Above the platform is a seven-foot high bar by which robots can elevate themselves at the end of each match to score extra points. In order to become a formidable contender in this game, Nashoba aims to produce a robot which is intricately built and expertly driven. For more information on the competition, visit www.usfirst.org.

Since the challenge was unveiled, the team has been working to create a strategy. Team members must decide whether to be primarily an offensive or defensive robot, as well as how the robot will overcome the numerous challenges the game presents. As the season wears on, ideas will be refined as the robot evolves from an empty chassis into a "Breakaway" star. The Nashoba team works in subgroups which include programming, drive-train construction, fabrication, CAD (computer-aided design), and much more. Together, these groups make sure each aspect of the robot is well designed and well executed. The student leader of the team is Chris Haid, a senior at Nashoba Regional High School, who has been part of the club for his entire high school career. Nashoba's Physics and Engineering teacher, Al For-diani, continues as the team advisor, a position he has held since the club's founding year. With the guidance of these leaders and the help, encouragement, and knowledge of the adult members, this team aims to be a serious contender in this year's FIRST Robotics Competition. But of course, none of this would be possible without Nashoba Robotics' sponsors.

This past spring, the Nashoba team raffled off tickets to an inter-city flight on a WWII bomber generously donated by the Collings Foundation of Stow. A Bose radio was also donated and raffled. Thank you to our sponsors and all who participated! Fundraising efforts will continue throughout the school year. If you are interested in donating, please visit www.nashobarobotics.org.

Nashoba will be participating in the Boston Regional competition on March 26-27 at Boston University's Agganis Arena. Come wearing your green and gold to support these dedicated high school students!

Nashoba Freshman Math Team in first place

The Nashoba Freshman Math Team captured first place at their second meet in January. Led by perfect scores from David Tang and high scores from Madeline Jenkins, Sam Kirschbaum, Austin McMeekin, Joel Sharin, Steven Tang, and Sorin Vatasoiu this win moved the team into 1st place, leading the Freshman league with one meet to go. In addition to the team's success we have seven students in the top 25 of the over 200 freshman competitors in the league. Great Job Team!

WOCOMAL statistics can be found at: http://www.wocomal.org/index_statistics.html

It's not too late to join the Freshman or Varsity math teams. If you know a student who is passionate about math and would like to have fun problem solving with like-minded students, have them speak with our coach, Ms. Redford. We practice every Monday after school in room 103 from 2:30 – 3:30.

American Math Competitions at Nashoba

Nashoba students have the opportunity to compete in the 2010 American Mathematics Competition on Tuesday, February 9th and/or Wednesday, February 24th. These are 90 minute competitive tests that are the first step to qualifying for U.S. Math Olympiad and the NEW U.S. Junior Math Olympiad (grades 10 and below). Last year we had four students qualify for the second level of testing – the American Invitational Mathematics Exam. The U.S. Math Olympiad and Junior Olympiad will be taken by the 500 students in the U.S. Please see Ms. Redford to sign up for the test.

FRIENDS OF MUSIC NEWS

Congratulations to Nashoba District Musicians!

Nashoba Regional High School students once again made an impressive showing at November's auditions for the Central District Festival. Sponsored by the Massachusetts Music Educators' Association, this event identifies the very best high school musicians in central Massachusetts and gives them an opportunity to work with outstanding conductors on challenging music to improve their musical skills and understanding. This culminates in the Central District Concert which was held this year on January 16th at Mechanics Hall in Worcester. The following Nashoba students were selected:

Band

Kerry Anne Conlin (trombone)
Regina Fenstermaker (clarinet)
Jordan Munger (viola)
Dan Paladini (trumpet)
Beth Rogers (clarinet)
Rolan Yang (clarinet)

Chorus

Alex Bartolucci (bass)
Sam Buffum (bass)
Angie DeSocio (alto)
Kristen Gandek (soprano)
Thomas Granger (bass)
Lindsay Rundlett (soprano)

Special congratulations to Dan Paladini and Angie DeSocio who also received All-State recommendations. They will compete against students from all five districts in Massachusetts for an opportunity to be named among the top high school musicians in the state and perform at Symphony Hall.

Winter Band Concert

The Winter Band Concert is scheduled for Friday, February 5th, 2010 at 7:30 pm in the high school auditorium.

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rium. The Concert Band, Intermediate Jazz Band, and Advanced Jazz Band will perform. Tickets will be available at the door for \$5. Students and senior citizens are admitted free of charge.



Band Members



Chorus Members

Music Department Field Trip

Music students will have an opportunity to attend a Boston Symphony Open Rehearsal Program during the school day on Thursday, April 1st. Tickets are \$10 each and may be purchased from Ms. Mianulli or Mr. Morel on a first come, first served basis. For more information and a permission slip, visit www.nashobamusic.com.

Next Meeting February 9th

The next Friends of Music meeting will be held on Tuesday, February 9th in the chorus room at 6:30. All parents and interested community members are welcome! If you are unable to attend the meeting, but would like to become involved in some capacity, please let us know at

info@nashobamusic.com or by calling 978-897-2461.

Volunteers and donations needed for Staff Appreciation Luncheon

The PTSA is sponsoring the annual Staff luncheon on Friday March 19th. We are in need of volunteers to help shop, prep food, set-up, clean-up and so on or donations in lieu of your time. If you are unavailable to give some of your time, please consider donating a dessert or some money to defray the cost of this event. Please send those donations marked to the attention of the PTSA to the high school office. If, you are available to lend a hand or can donate a dessert, please contact Roni Nagle at vncagle76@comcast.net (978-534-6822) or Susan Reverdy at reverdy5@earthlink.net (978-461-1428).

Drama News

The class play competition took place on Friday, January 22nd. The sophomore class was awarded first place with their rendition of “Nothing Says I Love You Like Bad Poetry”. All four classes put forth a great effort and judging by the audience’s laughter and applause, a good time was had by all.

Forum on Individual Differences at February SPED PAC Meeting



Join us on Wednesday, February 24th at 7:15 pm at Nashoba Regional High School to focus on **human differences and community awareness**. Bringing an awareness of disabilities to all of our students has become a theme of the informal discussions at several SPED PAC meetings. As a group, we’d like to explore activities to increase kids’ awareness and comfort level. Answering questions about different disabilities and knowing what to do in a variety of situations are all topics for consideration. Many activities have begun within the community, but we want to reach out to a wider audience. Join us to give us YOUR suggestions, hear about ideas already on the table, find what other communities are doing, and what’s already happening within the district.

Our March meeting will feature **Parenting Children With ADHD: A Little Humor Goes A Long Way**, with Walter Sherburne, LICSW. Parenting any child is challenging, but it can be especially difficult raising a child with ADHD. This workshop will include a review of ADHD, how ADHD can impact the child and the family, how emotional problems can develop over a child’s life and how parents can diffuse difficulties with the use of humor. Our speaker, Walter Sherburne, is a psychotherapist, educator and consultant who works with children and adolescents with ADHD. He is formerly associated with the Hallowell Center. Join us on March 24th at 7:15 pm at the Sawyer School. (Note CHANGE in location)

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Special athletes and volunteer helpers are being sought to participate in the basketball program on Sunday afternoons at Emerson School. See article elsewhere in the newsletter for details or contact Joan Finger (below). The SPED PAC offers presentations on a variety of subjects and provides a forum for interaction with other parents, professionals and community members who have experience with children with special needs.

The group posts information from other organizations on the [NRSD Special Education NEWS page](#). Check this site and the [NRSD.net SPED PAC page](#) for more information as it's available. To be added to the monthly email distribution, please contact Joan Finger at Joan@ZooterGroupTutoring.com or (978) 337-5132 or (978) 779-6046. Those wishing handouts from previous meetings may also contact Joan Finger.

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 on Sundays from 2:30 to 4 pm at the Emerson School gym in Bolton. The program serves kids from the Nashoba district and surrounding communities to help children build friendships and athletic skills while having fun learning a sport. The season runs through early April and 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 or Bob Moalli: 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.

Stow Bloodmobile Drive

The Stow Community Bloodmobile will be hosting a blood drive on Saturday, February 27th, 2010 from 8:00 am – 1:00 pm at St. Isidore Church (located on Rt.117) in Stow. To make an appointment, please call: 1-800-GIVE-LIFE. It is recommended that you have an appointment, but walk-ins are always welcome! Please consider giving the gift of life!



The Stow Food Pantry Needs You!

Are you looking for a small way you and your family can help the community? Need a project for Girl Scouts/Boy Scouts/Bar Mitzvah/Confirmation?

We need help on Thursday evenings at the First Parish Church to stock and sort the donations we receive from the community. The Stow Food Pantry serves the towns of Bolton, Lancaster, and Stow. You and yours will help to keep our community from hunger and will contribute a valuable service. Stop by the First Parish Church the 2nd and 4th Thursdays of the month at 4:45 pm and we will put you to work. If you can read a label, you can help. Questions? Can't do Thursdays? We'll find something for you!

Contact Laura Folsom our Volunteer Coordinator at (978) 897-7782, or by email: laura.folsom@comcast.net

*As always if your family needs assistance from the **Stow Food Pantry**, we are here for you. Please contact the pantry on 897-4230 your inquiries are always confidential.*

Joseph and the Amazing Technicolor Dreamcoat at Nashoba Regional High School

Joseph and the Amazing Technicolor Dreamcoat is the second British musical theatre show written by the team of Andrew Lloyd Webber and Tim Rice. After many transformations and expansions, and West End and Broadway productions, it was adapted as a straight-to-video film, starring Donny Osmond, in 1999. In this retelling of the Biblical story, Joseph is a handsome young man who is his father's favorite child, able to interpret dreams, and the bearer of an amazing coat. These facts lead Joseph's eleven brothers to become insatiably jealous. Thus, they sell Joseph into slavery to some passing Ishmaelites. After refusing the advances of his owner's wife, Joseph is sent to jail. Once in jail, he quickly becomes popular due to his ability to interpret dreams. The Pharaoh soon hears of Joseph's ability and appoints him to the post of Number Two man in Egypt. Years later, Joseph's now starving brothers arrive in Egypt and ask Joseph, whom they don't recognize, for assistance. Joseph, in turn, gives his brothers a scare, but eventually grants them all they desire, reveals his identity, and reunites the family.

Joseph is one of a few major British musical theatre shows with very few spoken lines of dialogue; the story is told almost entirely through song. The entire show runs under two hours including intermission. Its family-friendly storyline, universal themes, and catchy music have made *Joseph and the Amazing Technicolor Dreamcoat* one of the most successful titles in musical theatre and, according to the Really Useful Group, more than 20,000 schools and amateur theatre groups have successfully put on productions.

We are offering advanced ticket purchases for performances on Friday and Saturday, March 26 and 27 at 7:30 PM, and Sunday, March 28 at 2:00 PM. 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 will be returned to you via mail if you include a self-addressed stamped envelope. All advanced ticket reservations received after Monday, March 22 will be held at the door. If you have any questions, please call Lynn at 978-779-6225.

Ticket Form for *Joseph and the Amazing Technicolor Dreamcoat*

Your Name: _____ Phone: _____

Student's Name: _____ Email: _____

2010 Show Dates	# of Adults	# of Students / Seniors	# of Total Tickets
Friday, March 26 at 7:30pm			
Saturday, March 27 at 7:30pm			
Sunday, March 28 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

www.nashobadrama.com



Tom Denney Nature Camp

Registration for the Tom Denney Nature Camp Summer 2010 program will soon be open and on-line at tdnc.boltonconservationtrust.org.

Family members for the 2010 calendar year have the benefit of choosing their camp weeks first and will be able to register beginning February 22nd. Membership renewals or new memberships can be done on-line during the camp registration process beginning February 22nd and receive this benefit. On March 1st registration will open to the public.

The Bolton Conservation Trust's co-educational summer day camp is a unique camp experience that offers six one-week sessions of fun and learning in the beautiful natural setting of Bolton's Bower Springs' conservation area. The goal of our camp is to create a safe, enjoyable outdoor learning experience, providing opportunities for children to learn about themselves and develop understanding, respect and responsibility for the environment at the same time as making new friends, taking on new challenges and, most of all, having fun! In addition to science and the WOW of nature, program areas and activities include arts & crafts, games in the field, songs, stories, special study groups, mystery animal, tracking, hiking, free-choice time, campfires, exploring, splashing and more!

NEW!!! TOM DENNEY ECO ADVENTURES Older Campers Program:

This program is for campers who are entering middle school (grades 6-8) for the 2010/2011 school year and is limited to 10 campers per session. Campers this age may choose this program or the regular TDNC program. Campers must be able to swim to participate in Eco Adventures.

What you can expect in Eco Adventures:

- Explore the wildlife of Bolton while learning how to safely and responsibly enjoy the outdoors
- Explore the pond in kayaks with Still River Outfitters
- Camp overnight: eat dinner, hang out around the campfire, sleep in the tent, eat breakfast and go to camp
- Get to know your fellow campers with team building obstacle courses and activities
- Learn how to: set up a campsite and break it down without a trace, plan for a hike or weekend camping trip, navigate with a GPS and use simpler forms of guidance, safely hike through various environments, prepare for emergencies in the wild, build and cook over a fire and much more.

2010 Schedule (camp runs from 9am to 3pm):

Staff Training: June 28 – 30

Session 1: July 5 – 9

Session 2: July 12 – 16

Session 3: July 19 – 23

Session 4: July 26 – 30

Session 5: August 2 – 6

Session 6: August 9 – 13

Applicants for Counselor in Training must be entering 9th grade or above for the 2010/2011 school year. Campers must be entering the 2nd through 8th grades for the 2010/2011 school year. Sessions are limited to 50 campers. The cost per session is \$235 (\$335 for Eco Adventures). Scholarships are available for any camper in need and no camper will be turned away for financial reasons. Activities vary between sessions however more than two sessions may be repetitive. There is a low ratio of campers to counselors and slots are limited, so register early. Questions: bcttdnc@gmail.com or 978-779-2754.



BOLTON CONSERVATION TRUST ANNUAL MEETING Sunday, March 21, 2009



Meet at 3:00pm at Bower Springs Conservation Area on Flanagan Road for a walk led by Marla Isaac

At 4:30pm proceed to Davis Hall in First Parish Church on Main Street for a presentation with *live birds*

Dinner provided by J's at the Winery

ALL ARE WELCOME!



Raptors: Birds of Prey

COME TO WALK AND TALK

Join us for a walk on conservation land to look for birds.

Following the walk, Marla Isaac (Director of New England Reptile and Raptor Exhibits, Master Falconer and a Conservation Commissioner) will provide a presentation including the raptors natural history, adaptation, habitats, poaching and their management in captivity and in the wild. There will be hawks, a falcon, a turkey vulture and owls.

Bring your camera! Kids are invited to this family event.

RSVP: Please let us know how many children and adults will be attending so we can plan for food. Contact us at info@boltonconservationtrust.org or 978-779-2754.