

Nashoba Pride

Integrity—Communicate—Achieve—Relate—Engage

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FROM THE PRINCIPAL'S DESK

Over the winter break, I had the chance to spend time with family and friends, and to think back on the year. It has been a busy year, but one filled with great moments and memories. In the spirit of year-end Top Ten lists, I wanted to use this month's newsletter to give you my Top Ten memories of the 2013-14 year so far.

10. The first day of school – I always love the first day of school: getting to see all of the returning students, and meet all of our new incoming freshmen. I had the opportunity to speak to both the senior and freshman classes on the first day, and both meetings were a lot of fun. I told the freshmen my "Two Cookie" story, and I spoke with the seniors about the importance of supporting each other, while also independently figuring out what type of person they want to be as they head off into the world.

9. Watching my son hit the tin can at the first football game – One of the things I love to do is to bring my children (Sydney, who is 8, and Jared, who is 5) to Nashoba events. Jared in particular gets a kick out of hanging out with the big kids. When I brought him to the first football game, he immediately headed over to the student section and asked if he could beat on the traditional green tin can (the students graciously obliged). For the rest of the game he kept asking me, "Daddy, can I go over and hang out with the students some more?"

8. Judging the AP US History debates – As one of the assignments in Junior AP US History, students had to prepare a debate as if they were modern newscasters arguing the points of historical events. I had the opportunity to judge one of the debates, which focused on the presidency of Andrew Jackson. I was so impressed with the detailed knowledge of the students, and their ability to discuss at length key moments from American history (I am embarrassed to say that I had to Google a number of the issues they discussed just to keep up!).

7. Spirit Week parking lot blockade – Leading up to homecoming we had Spirit Week, when the students dressed up and decorated the building. One group of senior girls de-

cidated that they would rope off part of the student parking lot early one morning (coincidentally an area where the senior boys like to park) and have a sunrise tailgate. They had donuts and music, told the senior boys to park elsewhere for the day, and, for whatever reason, it was a moment that reminded me how much fun it is sometimes to be a teenager.

6. Best Buddies Potluck – Our Best Buddies club pairs students with cognitive impairments in our Life Skills and Transitions classrooms with students in the general population. It is our most popular and one of our most successful clubs, and one of its big events each year is a potluck dinner during which official "buddies" are announced. I was able to attend part of the potluck back in October, and it was a fun-filled event with good food and even better company!

5. Winter concert – The day before winter break, our bands and choruses put on a concert for the student body. Tom O'Toole wore his red Rudolph nose, and the whole auditorium was clapping and singing. It was a wonderful opportunity to showcase the musical talents of our students, and the importance of the performing arts at Nashoba.

4. Fitness Gram Statistics – Back in the fall, one of the wellness teachers invited me to come and observe the baseline data gathering for fitness grams. This is when students in their PE classes run sprints, do pull-ups and sit-ups, and engage in other fitness-related exercises, recording their information so that they can chart later improvement. But what made this class so exciting was that the senior AP Statistics students were partnering with the PE classes to record and analyze the data. I thought it was a fantastic example of interdisciplinary collaboration and using academic skills with a real-world application.

3. Parent conferences – There are two things that I love about parent conferences. First, my only official duty is to walk around and give parents directions to classrooms (and threaten them with detention if I catch them in the halls without a hall pass). Second, I get to see all the smiles on parents' faces as they talk about the wonderful teachers their

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children have and the wonderful experiences their children are having at Nashoba.

2. A Midsummer Night's Dream – Who would have thought that Shakespeare and Bollywood could go so well together? I thought the production was absolutely fantastic, with excellent acting, dancing, and stage production. I was entertained from start to finish, and will never be able to see Shakespeare the same way again!

1. The Lip Dub and Pep Rally – This was one of my favorite all-time days here at Nashoba. It was the Tuesday before Thanksgiving, and starting just after lunch we set up to record our first-ever school wide Lip Dub. The students did a great job, performing and recording a wonderful video that our Journalism class edited and produced. After the Lip Dub, the whole school streamed into the gym for a pep rally that had all the students and staff singing, dancing, and cheering.

So those are my Top Ten memories of the year so far. I hope you have some wonderful memories yourself, and here's to forming even more wonderful memories in the New Year!

A NOTE FROM THE NURSE 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.

Holidays for High Schoolers:

We would like to send out a special thanks to our caring and giving communities of Bolton, Lancaster and Stow. We received contributions to our "Holidays for High Schoolers" program. Although the number of students in need has grown considerably for the past few years, we were able to provide generous gifts.



There's nothing like a true "Secret Santa" gift to light up the faces of teenagers who might otherwise go without.

As always, we appreciate your support from the bottom of our hearts and hope that you all have a happy and healthy New Year!

PS. You will receive a receipt for your contribution in January 2014.

Migdalia Rivera, Rosemary Sullender, Linda Oetman
NRHS nurses

NASHOBA FRIENDS OF DRAMA NEWS

Class plays are coming soon! Casts have been selected and rehearsals have started. The students are responsible for all aspects of the production. They will all come together for one exciting Class Play Competition on January 10th, 2014, at 6:30 pm. Be sure to come; enjoy and show your support for our talented directors, producers, actors and crew! Tickets are \$5 per person and will be sold at the door.

The spring musical "Les Miserables" is a grand, touching and inspiring tale of love, sacrifice and salvation. Jean Valjean, after spending nineteen years in jail for stealing a loaf of bread and for several attempts to escape, is finally released, but his past keeps haunting him. Set against the backdrop of 19th-century France, "Les Mis" tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption- a timeless testament to survival of the human spirit. Ex-prisoner Jean Valjean is hunted for decades by the ruthless policeman Javert after he breaks parole. When Valjean agrees to care for factory worker Fantine's young daughter, Cosette, their lives change forever. Come and enjoy the characters, the scenery, the costumes and the songs of this epic tale presented by talented Nashoba students under the direction of Mr. Bill Grady. Performances are Friday and Saturday, March 14th & 15th at 7:30 pm and Sunday, March 16th at 2 pm. Ticket order form is attached.



Les Misérables

The Drama Society is holding a Personal Items Drive. Boxes are placed around the school. Donation items such as diapers, baby formula, baby food, soap, toothpaste, shampoo, laundry items, etc. will benefit the Stow Pantry and Wheat Services in our surrounding towns. Accepting donations through January 10th, 2014

The next Drama Society Meeting will be Wednesday, January 8th.

Friends of Drama meeting for parents will be the same

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night at 7pm in the foyer. Please visit our website at www.NashobaDrama.com or contact Audrey MacLean (samjackaud@yahoo.com) Tracy Lindsay (joelandtracy.lindsay@comcast.net) or Carolyn Ryan (carezy@comcast.net) for more information.

FRIENDS OF MUSIC NEWS

Central District Festival

Students who are involved in the Central District Festival will have rehearsals at Wachusett Regional HS on Wednesday, January 15th and Friday, January 17th. The bus will leave NRHS at 2:00 pm and return by 9:45 pm. The concert will be on Saturday, January 18th (snow date January 20th) at Mechanics Hall in Worcester at 4:00 pm.

All-State Auditions

All-State auditions will be held on Saturday, January 25th (snow date January 26th) at Shrewsbury High School. Good luck to Erika Rohrberg, Ryan Bonner, Kevin Cote, Andrea DeLisle, Lyndsey Hawkes, Tyler Plaskon, and Marianna Sardella.

Friends of Music Meeting: January 13th

Parents, please join us at our next meeting on Monday, January 13th, at 6:30 PM, in the chorus room. We'll be discussing options and ideas for next year's 'music trip' and would welcome your input and participation.

BASKETBALL PROGRAM SEEKS

Special Athletes & Student Volunteers:



Nashoba Unified Sports, the local program pairing special athletes with typical age-mates invites student volunteers and special athletes to participate for the 2014 winter season. The program begins January 12th and meets Sunday afternoons 2pm – 3:30 pm through March (excluding February vacation & the Martin Luther King Weekend) at the Hale Middle School in Stow. Weekly attendance is not required. For registration forms, or simply for more information, or to express interest, please contact Joan Finger at Joan@ZooterGroupTutoring.com (978-337-5132)

NASHOBA PTSA:

School directories are still available for purchase in the NRHS main office. They are \$10 each or two for \$15. Proceeds fund the Nashoba PTSA scholarship. Stay tuned in coming months for details regarding Staff Appreciation coming this spring.

The Nashoba PTSA is looking for more parents to get involved. We have a couple of parents stepping back at the end of the year. Without these positions, we cannot move forward with the services we provide. We are

looking for someone to help assemble and coordinate sales of the school directory. The time frame is August/September and at parent conferences later in the fall. It involves only a handful of hours. Experience with Excel is helpful. This can be split and done by two people if interested in teaming up. We also are looking for a new Secretary and a new Chairperson. The secretary takes minutes at our 3-4 brief meetings per year. The chairperson calls the meetings, establishes (with the help of the parents who attend the meetings) the dollar amount for the scholarship managed by Nashoba Dollars for Scholars, and communicates with parents and administration. It is not a demanding position and an easy way to give back to the Nashoba Community. If you are interested in any of the above positions or getting involved in any way, please contact Susan Reverdy at sreverdy5@gmail.com.



BOLTON LOCAL ANNOUNCES WINTER PROGRAMS

Learn something new this winter at one of the upcoming programs sponsored by Bolton Local! Save these 2014 dates:

Thursday, Jan. 16: Beekeeping, with local beekeeper and author Birgit deWeerd; Bolton Public Library, 7 pm

Saturday, Jan. 18: Cheesemaking 101 (mozzarella, farmer's cheese); Houghton Building, 9 a.m. to 1 p.m. (Fee required)

Saturday, Feb. 22: Cheesemaking 102 (sour cream, cream cheeses); Houghton Building, 9 a.m. to 1 p.m. (Fee required)

Saturday, March 15: Cheesemaking 103 (cheddar); Houghton Building, 9 a.m. to 1 p.m. (Fee required)

Thursday, March 20: Presentation on GMOs (genetically modified organisms) in our food supply, by Jack Kittridge, of the Northeast Organic Farmers Association; location TBA

For more information visit www.BoltonLocal.org.

LOCAL AUTHOR TALKS BEES IN BOLTON

Bedford beekeeper Birgit deWeerd, author of "Let Me Tell You About My Bees," will be on hand at the Bolton Public Library Thursday, January 16, at 7 pm to talk about a year in the life of a honeybee colony—and its beekeeper. In this engaging program sponsored by Bolton Local, deWeerd will present a slide show illustrating the activities involved in managing a bee hive, starting in January and ending with a fall honey harvest. Birgit deWeerd has been a beekeeper for 25 years and has been committed to educating people about the importance of honeybees in the environment. For more information visit www.BoltonLocal.org.

Nashoba Drama Society Presents...

LES MISERABLES SCHOOL EDITION

Performed entirely by students

A musical by ALAIN BOUBIL and CLAUDE-MICHEL SCHONBERG

School edition specially adapted and licensed by

MUSIC THEATRE INTERNATIONAL and CAMERON MACKINTOSH

Friday, March 14th at 7:30 pm
Saturday, March 15th at 7:30 pm
Sunday, March 16th at 2:00 pm

“**Les Miserables**” is a grand, touching and inspiring tale of love, sacrifice and salvation. Jean Valjean, after spending nineteen years in jail for stealing a loaf of bread and for several attempts to escape, is finally released, but his past keeps haunting him. Set against the backdrop of 19th-century France, “Les Mis” tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption- a timeless testament to survival of the human spirit. Ex-prisoner Jean Valjean is hunted for decades by the ruthless policeman Javert after he breaks parole. When Valjean agrees to care for factory worker Fantine’s young daughter, Cosette, their lives change forever. Come and enjoy the characters, the scenery, the costumes and the songs of this epic tale presented by talented Nashoba students under the direction of Mr. Bill Grady.

If you would like to order tickets in advance, simply return the order form below with payment, or order tickets on-line via our web-site, www.NashobaDrama.com. Be sure to indicate the performance date(s) and the number of adult and student/senior tickets on the order form. The performances are general seating, so come early to get a good seat (doors open one-half hour before show time.) Tickets ordered with this form can be returned to you via mail, if you include a self-addressed **stamped envelope**. All advanced ticket reservations received after Monday, March 10th, will be held at the door.

Drop off or send completed form to: **Nashoba Friends of Drama, P.O. Box 492, Bolton, MA 01740** in the mail; or drop off in the Drama mailbox located in the NRHS main office. Nashoba Regional High School (NRHS) is located on 12 Green Road, in Bolton, Massachusetts. If you have any questions, please call Audrey MacLean at (978)568-8733 or email NashobaTickets@gmail.com.



Name: _____ Phone: _____ Email: _____

Show Dates	# of Adults	# Students/Seniors	# of Total Tickets
Friday, March 14 at 7:30pm			
Saturday, March 15 at 7:30pm			
Sunday, March 16 at 2:00pm			

Total Adult Tickets:..... _____ x \$14 each = \$ _____
 Total Student / Senior Tickets: _____ x \$10 each = \$ _____
 Total Dollar Amount of Order:..... \$ _____

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

Checks should be made payable to “Nashoba Friends of Drama”

Drop off or send completed form to: Nashoba Friends of Drama, P.O. Box 492, Bolton, MA 01740

Information and our on-line box office can be found at www.NashobaDrama.com

