

# 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

### Mid-Year Exam Schedule New for 2008-2009:

The Mid-Year exam schedule is scheduled to run from January 20<sup>th</sup>-January 23<sup>rd</sup>. The schedule will run as follows: G and F period exams on 1/20, E and D on 1/21, C and B on 1/22, and A period on 1/23. The exams will be 80 minutes in length and we will conduct two review periods each day in advance of the following day's exam. In addition, the first semester will be extended one day to run through 1/26 with the beginning of semester two to start on Tuesday, 1/27.

The Mid-Year schedule is different this year because school will begin at 9:40 for the four days of the M-Y schedule. There is a lot of research on the topic of adolescents and sleep. Many studies suggest that teenagers have different sleep patterns that actually help them become more focused later in the morning. This schedule is sensitive to that, and we are hopeful that our students will be more alert and focused as they begin their exam process. Please see the attached web site for an interesting perspective on recent research with some practical suggestions for both parents and teens (<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/from/sleep.html>).

### R.A.D. Simulations a Success:

Recently, a significant number of our female junior and senior students participated in R.A.D. (Rape Aggression Defense) simulations. The simulations, which were conducted with the cooperation of the Hudson and Wayland police departments, helped prepare young women with practical strategies to keep themselves safe in potentially dangerous situations. The simulations are the key component of our R.A.D. classes which are available to upper class females. The R.A.D. program has been spearheaded by our physical education teacher, Laurie Griffin, who had experience with it at her previous teaching position. The

concept is to help young women learn about Risk Awareness, Risk Recognition, Risk Reduction, and Risk Avoidance. In the process, the students gain confidence in the actual simulations by practicing strategies with trained police officers. The R.A.D. program perfectly aligns with Goal Three of our School Improvement Plan (*Where practical, instruction and assessment at Nashoba Regional High School will be connection to real-life application of knowledge and skills*) and our school Mission Statement (*Recognize the relevance of what is learned in school to real life*), but more importantly may keep someone safe. Thanks to Mrs. Griffin, the Hudson and Wayland Police Departments, and the students in the R.A.D. classes.

### Bridges to Nicaragua:

Bridges to Nicaragua is a contest for high school students in the area that provides the winner an all-expense paid trip to Nicaragua with a team of doctors and Tufts medical students who travel annually to deliver medical care to the people of the Siuna region. The Bridges program is a positive example of our students realizing the mission statement (*participate in meaningful community and/or school activities that promote service to others*) and our school improvement goals (*Encourage involvement of students to participate in community service and civic responsibility*). Kudos to Erin Sadler who won the contest this year and will participate in this outstanding program. Congratulations as well to Samantha Lindsay and Ryan Nicoll both of whom are planning to attend.



*s/Jeremy Roche, Principal*

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## AFTER PROM PARTY COMMITTEE

Attention Junior Parents: On Tuesday, January 27, there will be an organizational meeting for the after prom committee. All parents interested in helping to chair, organize and plan the after prom party should attend. The meeting will be held in the ASC at 7:00 p.m.

Please contact Kathy Crowley ([kcrowley@nrds.net](mailto:kcrowley@nrds.net)) or Barbara Scavone ([bscavone@nrds.net](mailto:bscavone@nrds.net)) with any further questions.

## NEW BASKETBALL GROUP PAIRS SPECIAL ATHLETES AND AGE MATES

A basketball league where typical athletes are paired with special athletes is being formed in Bolton for students from the Nashoba district community and surrounding towns.



The group is in its very embryonic stages, but has scheduled its organizational meeting and first practice for Sunday afternoon, January 11<sup>th</sup> from 1:30 to 3:00 p.m. at the Emerson School gym in Bolton. Future meetings will be from 2:30 to 3:30 on Sunday afternoons through March 15. Come to some, come to all! The program hopes to help kids build lasting friendships, along with athletic and leadership skills while having fun learning the game. Modeled on the Unified Sports Concept, children ages 5 and older are encouraged to join. Group organizers are looking forward to a positive experience for all, coupled with T-shirts and possibly other memorabilia. Emerson School is off route 117, opposite the Bolton Police Station, about ¼ mile west of 495. For more information, contact Bob Moalli: [bmoalli@comcast.net](mailto:bmoalli@comcast.net) or (978) 985-0038 or Joan Finger at [zootergroup@rcn.com](mailto:zootergroup@rcn.com) or (978) 337-5132 or (978) 779-6046. 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.

## JANUARY 2009 DRAMA NEWS

Nashoba's annual **Class Play Competition** is in rehearsal as 2009 begins. This popular event gives students from each class a chance to showcase their abilities as producers, directors, and performers in four one-act plays. Auditions were held in December, and each class is working hard to put together the winning entry. Show your support for our students and your favorite performance at the **2009 Class Play Competition on Friday, January 23, at 6:30 p.m.** (snow date Jan. 24). The order

of competition is randomly selected and performances are evaluated by a panel of faculty and guest judges. May the best class win!

This spring Nashoba's auditorium will become the picture of Edwardian London as the 2009 musical, **My Fair Lady**, is brought to life. Production for the spring musical is a huge undertaking, with assistance needed from all who are interested. Besides set-construction and painting, props and costumes for the period are needed. The elaborate hats and gowns of the Mayfair ladies will be a special challenge. Parents and students who wish to be a part of the camaraderie and creativity of putting on the show are welcome to join the effort! Attend a Friends of Drama meeting or contact Diane Sestito ([DianeSestito@aol.com](mailto:DianeSestito@aol.com)) or Hilda Murtha ([HildaMurtha@comcast.net](mailto:HildaMurtha@comcast.net)) to learn more.



Be sure mark your calendar now for performances of **My Fair Lady** on March 20, 21, and 22. You can order your tickets in advance or get them at the door. Check the Drama website [www.nashobadrama.com](http://www.nashobadrama.com) for the advance ticket order form. Please be sure to include a self-addressed stamped envelope with your order.

The next Friends of Drama meeting will be on **Wednesday, January 7, at 7:00 p.m.** in the NRHS auditorium lobby. We hope to see you there and at the **Class Play Competition** on January 23.

## FRIENDS OF MUSIC NEWS

### CENTRAL DISTRICT AUDITIONS

Nashoba Regional High School students made an impressive showing at the November auditions for the Central District Festival. Sponsored by the Massachusetts Music Educators' Association (MMEA), this event identifies the most talented high school musicians in central Massachusetts. This year, students were selected from a pool of over 1,400 applicants from 59 high schools in central Massachusetts. They will spend 12 hours over two days rehearsing for a performance to be held at Mechanics Hall in Worcester on Saturday, January 17<sup>th</sup> at 4:00 p.m.

**CONGRATULATIONS** to the following students of Mr. O'Toole (NRHS Band Director) and Susan Mianulli (NRHS

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Choral Director), who were selected to participate in the Central District Festival:

#### Concert Band

Kerry Anne Conlin --- Trombone  
Regina Fenstermaker --- Clarinet  
Yivan Jiang --- Flute

#### Orchestra

Jordan Munger --- Viola

#### Chorus

Kathryn Berg --- Alto  
Thomas Granger --- Bass  
Lindsey Rundlett --- Soprano

Special congratulations to Kathryn Berg and Jordan Munger who had scores high enough to qualify them to go on to audition for the MMEA All-State groups! They will compete on January 24<sup>th</sup> against students from all five districts in Massachusetts.

#### BERKLEE JAZZ FESTIVAL

The NRHS Advanced Jazz Band will be competing at the Berklee College of Music's High School Jazz Festival on January 31<sup>st</sup> at the Hynes Convention Center in Boston. The event is the largest of its kind in the United States. The festival will be adjudicated by a panel of Berklee faculty who will provide a written critique of each performance. Events include performances by Berklee faculty and tours of the Berklee campus.



#### WINTER BAND CONCERT

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

#### NEXT FRIENDS OF MUSIC MEETING JANUARY 13<sup>TH</sup>

The next Friends of Music meeting will be held on Tuesday, January 13<sup>th</sup> in the chorus room at 6:30 p.m. 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](mailto:info@nashobamusic.com) or by calling 978-897-2461.

#### DANCE THOSE WINTER BLUES AWAY!

The Nashoba Regional Scholarship Foundation (NRSF) is sponsoring a dance on **Saturday, January 24<sup>th</sup>**, 2009 at 8:00 p.m. at the Maynard Elks. Get your friends together for a night of fun and enjoy dancing to your favorite tunes provided by local DJ, Joel Bates. It's a great way to help raise funds for scholarships for Nashoba Regional High School students! There will be a cash bar, awesome raffle baskets, and snacks will be provided. Tickets are \$15. They may be pre-purchased and they will be available at the door. The Maynard Elks is located at 34 Powdermill Road, Maynard.



The NRSF is looking for contributions from businesses or families to sponsor gift baskets to raffle at the dance. If you're interested in donating goods or funds for this purpose, or have any questions regarding the dance, please contact Tracy Pesanelli at [tpesanelli@permabit.com](mailto:tpesanelli@permabit.com).

#### NRSF THANK AN EDUCATOR

Would you like to say "thank you" to that special teacher in your child's life? Send a donation to the Nashoba Regional Scholarship Foundation's *Thank an Educator* program. A personalized Certificate of Appreciation will be sent to the teacher(s) you designate. All funds donated are accumulated for distribution to Nashoba Regional High School students in the form of scholarships. Help the Nashoba Regional Scholarship Foundation "Strengthen the world one student at a time". To make a tax-deductible donation, complete the form at the end of this newsletter.

#### SPED PAC HOSTS TWO EVENTS

The celebration party postponed due to the power outage has been re-scheduled for **Wednesday, January 14<sup>th</sup> at the Sawyer School from 3:30 to 5:00 p.m.** The Nashoba SpED PAC (Nashoba School District Special Education Advisory Committee) invites parents, teachers, students, families and all those working with our special needs students to join us. The celebration is to thank the many teachers who help make the special education of our children so meaningful. Please RSVP to Tia Parker at [Letitiaparker@verizon.net](mailto:Letitiaparker@verizon.net) to let her know if you can join us or make a food or other contribution. If you cannot attend, but wish to make a contribution to help honor of our staff, please let Tia know.



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On January 21<sup>st</sup> at 7:15 p.m., the SpED PAC addresses

**Sexuality Concerns and Your Special Needs**

**Child: Talking About Sensitive Issues**, presented by Sally Fogel, M.Ed., AASECT Certified Sexuality Educator. The meeting will be held at



Nashoba Regional High School with a snow date set for the following Wednesday evening. Topics include:

- Development of Sexual Identity
- Common Sexual Landmarks in Children
- Helping to identify children's sexuality and social skills education needs
- Looking at areas of comfort and discomfort in discussing sexuality concerns, on the part of both parent and child
- Making the best use of 'teachable moments'
- Addressing difficult issues

Participants' questions and areas of interest will be addressed as best possible.

The **SpED PAC** meets monthly through May. Events for the remainder of the year are scheduled for February 25, March 18, April 29, and May 20<sup>th</sup>. 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.

In addition, a new basketball group is being formed. See article elsewhere in this newsletter.

To be added to the monthly email distribution, please contact Joan Finger at [zootergroup@rcn.com](mailto:zootergroup@rcn.com) or (978) 337 5132 or ( 978) 779-6046.

## THE FLU: WHAT PARENTS NEED TO KNOW TO KEEP KIDS HEALTHY

With flu season upon us, it is important that we work together to keep our children and school healthy. By keeping our children flu-free, we benefit the community as a whole. Additionally, healthy students miss fewer days of school, which results in less stress on the family. Following are answers to frequently asked questions about the flu and how to help protect your child.



### WHAT IS THE FLU?

- The flu is caused by the influenza virus, which infects the lungs, nose and throat
- Flu can cause mild to severe illness, and sometimes, can lead to death
- Each year in the United States:
  - 5-20 percent of Americans fall ill to the flu
  - Children are two to three times more likely than adults to get sick with the flu, and they frequently spread the virus to others
- Young children are at the greatest risk for developing serious flu complications, as well as the elderly and those with certain health conditions

### HOW DOES FLU SPREAD?

- There are two ways to get the flu. Usually flu is spread from person to person through coughing and sneezing. Occasionally, people can get the flu from touching a germ-infested surface

### WHAT ARE THE COMMON SYMPTOMS OF FLU?

Often we get confused about the symptoms of the flu and how they are different from a common cold. Knowing the symptoms of the flu is important and will help you act quickly to get your child feeling better faster

- Common symptoms of flu include: high fever, severe headache, muscle and body aches, exhaustion and dry cough
  - Children often have additional flu symptoms that are rare in adults, such as nausea, vomiting and diarrhea
- Symptoms of a common cold include: stuffy nose, sneezing, sore throat and hacking cough

### SIMPLE STEPS FOR KEEPING YOUR CHILD HEALTHY

- According to the Centers for Disease Control and Prevention (CDC), the best way to prevent your child from getting the flu is to take him/her to get a flu vaccine
- You should talk to your child about practicing good health habits, such as:
  - Washing hands frequently with soap and warm water for at least 20 seconds
  - Covering mouth and nose with a tissue when sneezing or coughing, and disposing of the tissue in a proper trash receptacle
  - Avoiding sharing drinks, water bottles or silverware with others
- You can help prevent the flu from spreading at home by disinfecting frequently touched surfaces, toys and other commonly shared items
- Also, if someone in your household gets the flu, a doctor can prescribe a medication – called an antiviral – that can actually prevent other members of the household from catching the flu
  - Studies show that some antiviral medications are up to 89 percent effective in preventing the flu when taken once daily for seven days

### DON'T TAKE THE FLU LYING DOWN

- If you are concerned about your child's flu symptoms, call your doctor early. Call your doctor immediately if your child has a chronic disease. Some children may benefit from an antiviral medication, which can be prescribed by a physician and can help lessen the duration of the virus and reduce the risk of complications, such as pneumonia
  - To be effective, antiviral medication should be taken within 12-48 hours after flu symptoms begin
- If your child has the flu, it is important for them to stay home from school, rest, and drink plenty of fluids
- Additionally, notify the school nurse if your child has the flu. Monitoring flu incidence at Nashoba Regional High School will help keep students, faculty and our community health



This program is sponsored by the National Association of School Nurses (NASN) and funded by a contribution from Roche

FOR ADDITIONAL INFORMATION ON THE INFLUENZA VIRUS, VISIT [WWW.CDC.GOV/FLU](http://WWW.CDC.GOV/FLU)

Support our students by showing your appreciation for the teachers in their lives.

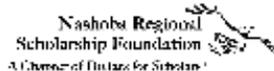
# Thank an Educator



Awards are customized to each school: above sample is representative.

Take this opportunity to say "Thank You" to that special teacher who has made a difference in your child's learning, day, or life. For any donation to the Nashoba Regional Scholarship Foundation, a personalized recognition award will be sent to the teacher you designate.

All funds donated are accumulated for distribution to our students in the form of scholarships. These scholarships are awarded based on academics, activities, and talents.



Nashoba Regional Scholarship Foundation  
*Thank an Educator*

Complete the information below and mail to: Nashoba Regional Scholarship Foundation  
P.O. Box 523, Bolton, MA 01740

Name of Teacher: \_\_\_\_\_

Position: \_\_\_\_\_ School: \_\_\_\_\_

Donated By: \_\_\_\_\_  
*(Please record your name as you wish it to appear on the certificate)*

Donor's Address: \_\_\_\_\_  
\_\_\_\_\_

Donation amount: \$ \_\_\_\_\_ *(make checks payable to: Nashoba Regional Scholarship Foundation)*

*The Nashoba Regional Scholarship Foundation is a nonprofit 501(c)(3) corporation. Donations are tax deductible and eligible for corporate matching funds.*