

# 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.

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Volume 11 Issue 5

January 2010

## From the Principal's Desk



### Mid-Year Exam Schedule new for 2009-2010:

The Mid-Year exam schedule is scheduled to run from January 19<sup>th</sup>-January 22<sup>nd</sup>. The schedule will run as follows: A and B period exams on January 19, C and D on January 20, E and F on January 21, and G period on January 22. The exams will be 90 minutes in length and there will be at least one review period each day in advance of the following day's exam.

Like last year, the Mid-Year exam schedule will begin at 9:40 for the four days starting January 19 through January 22. In conducting a post mid-year survey, Nashoba found that students were overwhelmingly in favor of the Late Start schedule for the mid-term exams (over 80 %). Students also indicated that they felt more prepared and overwhelmingly reported that they actually performed better on the mid-year exams. This year's schedule again reflects the faculty's commitment to helping adolescents perform at optimal levels.

### Rachel's Challenge:

Thanks to the efforts and support of the Nashoba Regional High School Endowment Fund and the Nashoba Student Council, Nashoba was fortunate enough to host Rachel's Challenge on Tuesday, December 15<sup>th</sup>. Rachel's Challenge is an innovative and powerful program which uses the tragedy of the Columbine shootings to motivate and inspire young adults into a "chain reaction" of tolerance and positive change. The two sessions were actually presented by Mr. Larry Scott who is the uncle of Rachel Scott, the first person killed at Columbine High School (CO) on April 20<sup>th</sup>, 1999. Mr. Scott delivered a powerful message which drew heavily on the contents of Rachel Scott's journals. Mr. Scott used media clips to complement his speaking presentation. He also offered a presentation to the community that evening. Finally, and quite possibly most importantly, he presented a training session to over 80 NRHS students who are accepting the "challenge" to transform their school and world into one that is kinder and more focused on high



achievement. These students will form a club that will plan events and activities that promote service and responsibility.

If anyone would like to learn more about the program, please access their website at <http://www.rachelschallenge.org/>.

### Online Scheduling:

Nashoba will be moving to an online registration process for the 2010-2011 school year. This will allow students and parents the ability to choose courses via the Power-School portal. In addition, it will help the school to process registrations in a more accurate, efficient manner thus enabling a smoother overall schedule build.

Students and parents will have online accessibility during the week of February 22, 2010 through March 1, 2010. In advance of that window of time, the school will forward instructions that will be available through our website and in the main office. The instructions will walk people through the process and will hopefully answer any questions that may arise. Ultimately, this should be a huge improvement over the three-ply copy format. In investigating this with comparable schools, they have reported nearly unanimous positive reviews about the change in process. As noted, there will be additional information available in advance of the registration process.

### Math Olympiad:

The results of the 46<sup>th</sup> Massachusetts Association of Mathematics Leagues Math Olympiad Competition, which is co-sponsored by the Boston Actuaries Club and the Massachusetts Math Leagues, have finally arrived. In all, 2,276 students from 61 schools took the test. The top 100 ranked students are considered *finalists* who will proceed to the second level test in March. Nashoba had over 20 students take the test with four finishing as *finalists*. The four *finalists* are Thomas Granger-14<sup>th</sup>, Steven Tang -34<sup>th</sup>, Sorin Vatasoiu-88<sup>th</sup>, and Campbell Hewett-99<sup>th</sup>. The next level of placements are considered *semifinalists*. Three more Nashoba students fin-



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ished as *semifinalists*. They are Caleb Wisch-149<sup>th</sup>, Josh Herbison-167<sup>th</sup>, and Cam Leavenworth-214<sup>th</sup>.

For a complete list of all the finalists and semifinalists, you can connect to the WOCOMAL Statistics site: [http://www.wocomal.org/statistics/olympiad/200910/200910o\\_level1.html](http://www.wocomal.org/statistics/olympiad/200910/200910o_level1.html).

### **Student Drop-Off Procedures Reminder**

The Administration team at the high school would like to remind parents and students that student drop-off and pick-up should only occur in the front parking area. To ensure the safety of our entire population of students, faculty, and staff, please be mindful of the facility traffic patterns and the numerous pedestrians walking among cars toward the main entrance of the school each day. Also, due to the looming winter weather ahead, please use sidewalks and crosswalks as marked to enter the school.

In addition, with the late bus at 4:30, Nashoba has many students stay after school for a variety of reasons and purposes. Our faculty and staff encourage students to participate in the numerous extra-curricular and academic opportunities beyond the school hours. We have recently reminded our student population, however, that there should be a purpose to staying after school whether it is to receive extra-help, participate in the myriad and diverse clubs/activities or athletics. We have informed the students that “hanging-out” after regular school hours is not reason enough mainly in that we cannot supervise them appropriately. As per our other policies, students who do not comply with these expectations will receive disciplinary actions. If your son/daughter states they are staying with a teacher after school or is participating in a club, please do not hesitate to follow up with an email to the teacher or club advisor to confirm. Thanks for your attention to these protocols.

### **Certificate of Academic Excellence – Massachusetts Superintendents’ Association**

The Massachusetts Superintendents’ Association recognizes seniors for their academic achievements. In so doing, they also seek to note students who strive to make an impact in their communities. This year, two additional students are being recognized for their academic determination and skill as well as for their integrity and compassion. They are Yivan Jiang and Samantha Lindsay. They are both exceptional students and people. They will be recognized for their efforts at the January 7<sup>th</sup>, 2010 NRSD School Committee Meeting.

### **Personal Care/Food Donations top 2,000 items**

December is the month for giving and that is exactly what the Nashoba Regional High School student body and staff has done! From December 1<sup>st</sup> to the 15<sup>th</sup>,

members of the high school were challenged to collect as many personal care and food products as possible. The activity which was organized by the nursing staff and the student council, set high expectations for collecting a couple hundred items to be donated to the Stow Food Pantry and WHEAT in Clinton, which helps needy people in the Stow, Bolton, and Lancaster areas. The desire to help those in need and the love for class competition enabled the Nashoba students and staff to soar well past expectations. When the final count was tallied, WHEAT and the Stow Food Pantry were rewarded with over 2,000 personal care and food products. Members of the student council and the Nashoba Boys Hockey team delivered the items to the local charities. The positive feeling that emanated from supporting the community was certainly reward for all the efforts of our entire school.



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## 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.

### H1N1 Flu Clinics

Please check the district website and your local newspapers for information on the latest clinics scheduled and the guidelines for eligibility. It is very possible that the state and federal guidelines may include many more age groups eligible for the vaccine for the several clinics that will be scheduled for January. Children under 9 years old who need a second dose of the H1N1 vaccine, and had the first one at least 28 days prior, should come to one of the January clinics. No firm dates have been established as of this writing.

### Postural Screenings

The Nashoba Regional High School will be conducting the annual Postural Screening starting early **February**. Specific dates to follow in the next newsletter.

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.

### Holidays for High Schoolers:

We would like to send out a special thank you to our caring and giving communities of Bolton, Lancaster and Stow. We received a wonderful outpouring of contributions to our Holidays for High Schoolers program at the high school this year, enough to provide generous gifts

and gift certificates to all the students identified through need.

As always, we appreciate your support from the bottom of our hearts and hope you all had happy and healthy holidays. Your nurses: Marilyn Driscoll, Migdalia Rivera and Rosemary Sullender

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### Friends of Drama

Rehearsals are in full swing for this year's **Class play festival**. Those who have not had a chance to experience the class plays should plan to do so this year on **Friday, January 22 at 6:30 pm**. Come and watch as members of each class perform a short skit that is chosen, produced, acted and directed solely by members of each class. It is a great evening of laughter and talent sure to warm you up on a cold winter's night!

Auditions have taken place and the cast has been chosen for this year's spring musical. **Joseph and the Amazing Technicolor Dreamcoat** will be performed the weekend of March 26-28<sup>th</sup>, 2010. Mark your calendars and be sure to order tickets early for this event. It is sure to be another amazing performance by the talented students of Nashoba!

Auditions for the Junior Chorus of **Joseph and the Amazing Technicolor Dreamcoat** will be held on **January 10, 2010 at 12:00 pm SHARP** in the NRHS auditorium. Auditions are open to any district students in grades 6 – 8.

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### SPED PAC Talks the Talk in January

*How Does Your Child Talk?* will be the topic of the Nashoba District SPED PAC on Wednesday evening, January 20, 2010 at 7:15 pm at Nashoba Regional High School. This **presentation** and discussion will be facilitated by NRS D Speech/Language Pathologists Nancy Donnelly, Karen Fitzgerald, and Karen Dealy. Join us to learn about early speech sound development and activities to promote effective articulation skills.

Special athletes and volunteer helpers are being sought to participate in the basketball program beginning January 17<sup>th</sup> 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

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experience with children with special needs. March 24<sup>th</sup> will feature "Parenting Children with ADHD: A Little Humor Goes a Long Way and will be held at the Sawyer School. (Note CHANGE in location.)

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](mailto:Joan@ZooterGroupTutoring.com) or (978) 337 5132 or (978) 779-6046. Those wishing handouts from November's meeting on *Basic Rights* may also contact Joan Finger.

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### **Basketball Program Seeks Special Athletes & Student Volunteers**



Nashoba Unified Sports, the local program pairing special athletes with typical age-mates and other student volunteers, launches its second basketball season on Sunday, January 17<sup>th</sup> from 2:30 to 4 pm at the Emerson School gym in Bolton. This is the same organization that ran the soccer program in Stow this past fall. 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 March 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](mailto:Joan@ZooterGroupTutoring.com) or Bob Moalli: [bmoalli@comcast.net](mailto: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.

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### **Friends of Music News**

The next Friends of Music meeting will be held on Tuesday evening, January 12<sup>th</sup> in the chorus room at 6:30 pm. All parents and interested community members are welcome to attend. If you are unable to make the meeting, but are willing to help with a concert, work on a fundraiser or chaperone an event, please let us know at [info@nashobamusic.com](mailto:info@nashobamusic.com) or by calling 978-897-2461. For additional information, visit our website at [www.nashobamusic.com](http://www.nashobamusic.com).

### **Dance Those Winter Blues Away!**

The Nashoba Regional Scholarship Foundation (NRSF) is sponsoring a dance on **Saturday, January 23, 2010** at 7:30 pm at the Hudson Portuguese Club/Riverview. Get your friends together for a night of fun and enjoy dancing to your favorite tunes provided by local DJ, Joel Bates. There will be a cash bar, raffle baskets, and snacks will be provided. It's a great way to help raise funds for scholarships for Nashoba Regional High School students! Tickets are \$15 and will be available at the door. The Hudson Portuguese Club/Riverview is located at 13 Port Street, Hudson. Visit their website at [www.hudsonportugueseclub.org/](http://www.hudsonportugueseclub.org/) for directions.



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 [pesanelli@gurobi.com](mailto:pesanelli@gurobi.com).