

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.

Parry Graham, Principal
Tracey Calo, Assistant Principal
Brian Cote, Assistant Principal
Tania Rich, Athletic Director

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January 2013

From the Principal's Desk



Dear NRHS Students and Families,

As I write this, we have only two days left before the winter break. We celebrate both Christmas and Hanukkah in our family (my wife is Jewish, and I was raised Christian), and it has been a wonderful experience to be back in New England, celebrating the holidays for the first time in our new house. We picked out our tree from Honey Pot Hill a few weekends ago, my daughter and I made our annual trip to see the Nutcracker together (for the fifth year running), and we Skyped with my wife's parents to light the menorah for the first night of Hanukkah. I hope that you and your family have your own special holiday or winter traditions and are enjoying this time of year.

We have had some very powerful conversations at the high school over the course of the last month about the core values and beliefs that we believe should drive our work as educators and as a community, and I wanted to talk about those conversations in this month's newsletter. The conversations were jump-started by our core values forum, held on December 6th at the high school, which brought together parents, community members, teachers, administrators, and a student (more on that in a bit). The participants at the forum reviewed survey feedback from earlier in the year from school staff, parents, and students, and then worked in small groups to boil the feedback down to a small set of defining values.

The ostensible reason for the forum was the high school's approaching NEASC reaccreditation. NEASC—or the New England Association of Schools and Colleges—is a regional accrediting agency that is responsible for the accreditation of New England high schools. In the accreditation process (or, in the case of an already accredited school, the reaccreditation process), schools conduct a self-study against a set of standards, present that self-study to NEASC, host a group of outside educators who conduct a multi-day site visit, and then receive an accreditation report from NEASC that incorporates feedback from the self-study and site visit. Schools are responsible for taking the accreditation report

and working to improve in areas noted in the report to maintain accreditation.

The first step in the self-study process, which Nashoba High will formally begin in the 2013-14 school year, is to develop a set of core values, beliefs, and learning expectations, which should then drive conversations and reflection across the other NEASC standards, which include Curriculum, Instruction, Assessment of and for Student Learning, School Culture and Leadership, School Resources for Learning, and Community Resources for Learning. Our forum on December 6th was a big step towards defining those core values, and the discussions were very powerful. I have had the opportunity to participate in multiple value-setting conversations in a variety of organizations, both public and private, and I strongly believe that those conversations should be passionate, and maybe even a little bit contentious. Defining core values isn't just about deciding who you are, it is also about deciding who you are not. Organizations can only do a couple of big things really well (although I believe they are capable of doing a lot of things very poorly), so defining core beliefs is, in my opinion, largely about putting a stake in the ground and saying "These are the few, big things that we have decided we will focus our energies on doing well, to the exclusion of competing priorities."

The forum on December 6th identified four core values—communicate, achieve, relate, and engage—which together spell "care", a value that we believe underlies everything we do. There was a fair amount of initial disagreement about what the core values should be (and should not be), but there was a strong consensus around the final values... with one important exception. Our lone student representative argued passionately that the value "acceptance" be a part of the core list, and she insisted (persuasively) that other students should be a part of the final conversation. As a result, our two NEASC co-chairs, Leo Sakellarios and Laura Pagington, took the draft values back to school the next day and began bringing groups of students and teachers together to provide additional feedback.

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We are hoping to bring a final set of core values, and the new school mission statement that will be derived from them, to the school committee for a formal presentation in February. Those values will then serve as our litmus test as we engage in a self-study, helping to inform our process of organizational reflection. What does true achievement look like? In what ways can we improve our internal and external communication? What structures do we have in place to ensure that students are able to successfully relate to curriculum, to adults in the building, to each other? What does it mean to be “engaging” as a teacher, to be “engaged” as a student, for a community to be “engaged” in supporting and collaborating with a school? All of these are questions that will surface through our self-study, and the new core values—however they end up ultimately being defined—will help us as we decide who we are and want to be as a school.

Earlier, I said that the ostensible reason for the values forum was the NEASC reaccreditation process. But the deeper reason is that every organization must constantly be re-examining itself, and determining how to improve. The NEASC process creates a big, focused, and public opportunity for us to make sure this happens in a substantive way, and I am excited that our first steps on this path have been so productive and energizing.

Parry

Student Recognition

The following students have been recognized for their outstanding achievements by the following departments for the first quarter.

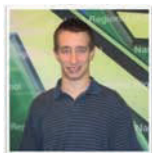
Business—Zach Wilson

Zack has demonstrated superior knowledge and skill in Accounting and Personal Finance. Zack has volunteered several times to run the Chieftain School Store during football games and lunches. His attitude and leadership have been truly admirable.



Business/Technology—John Kilgo

John has demonstrated superior leadership skills in Intro to Video Production. John spent countless hours organizing and editing video for a recent production of the Video Morning Announcements. His attitude and leadership skills are truly commendable.



Technology Engineering—Luka Schultz

Luka's hard work and focus is what earned him this nomination. Luka has accomplished a number of impressive pieces of work in Graphics this semester. He is very creative and highly motivated to excel in Graphics



class. He is now working on a great layout for the high school yearbook

English Department—Will Clark

Will is an outstanding English student. He is always well-prepared, participatory, and engaged. He is an excellent writer who offers great insight on the texts we read. Will's additions to our class discussions make class fun and interesting



Math Department—Joel Sharin

Joel has been generous about helping his classmates throughout last year and this year, while also making sure his own work is excellent. Joel has been instrumental this fall in the startup of the Nashoba chapter of Mu Alpha Theta, the math honors society. His leadership on his team of 5 students has been outstanding.



Music Department—Louise Bennett

Louise plays euphonium in the concert band and is an excellent pianist in the Advanced Jazz Ensemble. Louise is also a leader in the band and is the Drum Major of the Pep Band and plans to participate in the UMass Honor Band in February. She has also taken the AP Music Theory course and has entered her compositions into contests. Louise plans to continue her study of music in college next year.



Art Department—Alisha Fisher

Alisha has demonstrated outstanding effort, commitment and persistence in the Visual Arts department this year. In both her Ceramics class and her Drawing and Painting class, she has proven to be a very hard worker--always carefully considering all design decisions, and continuously problem solving her way through every long term project. Never satisfied with simply meeting the standard, Alisha practices multiple methods of assessing, revisiting and refining her work. Miss Fisher has taken on every new challenge within each unit with a positive attitude and a persistent nature



Social Studies—Alisha Fisher

Alisha is extremely respectful in class, always prepared and dedicated to the work each and every day. She had a phenomenal First Quarter. She created a bold, bright and colorful poster (currently on display in the classroom) on Dr. Suess as part of her US History II First Quarter American Biography Project. Her behavior and conduct are always above board.



(Continued on page 3)

World Languages—Andrew “Carson” Bond

Carson is a freshman enrolled in the German 1 CP class and is taking German for the first time. Carson enrolled in German because of his family’s heritage and in part because of his own curiosity. He is an engaged and motivated student. He has a good attitude and a fun sense of humor. Daily he displays enthusiasm and a desire to learn. His hard work and effort are paying off.



Science Department—Emma Duggan

Emma came into Chemistry unsure of how her year would turn out. She believed that Chemistry was impossible to learn and was concerned about whether or not she would be successful. With some encouragement, Emma decided that she would succeed in Chemistry. She began assertively asking more questions in class and made sure she understood the material. Emma’s grades turned around and she was able to even get the highest score on one of the exams. She is no longer unsure about her year in Chemistry. She is now confident that it will be successful.



WELLNESS DEPARTMENT

For the past five years, the NRHS Wellness Department has offered R.A.D. (Rape Aggression Defense), a self-defense class elective for junior and senior girls. Ninety percent of RAD’s education is about the four risks of personal safety.

- Risk Awareness
- Risk Recognition
- Risk Reduction
- Risk Avoidance

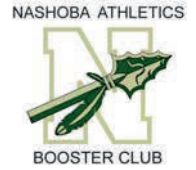
During the 2011-2012 school year, Nashoba Regional High School received a \$2000 grant from the United Way of Tri-County, The Metro West Chamber of Commerce and the Metro West Women’s Alliance. A portion of this grant has been allocated to the purchase of four body guard pads for the girls to wear during the “simulation.” There are different scenarios in the simulation (i.e. controlled attack) in which police officers (with RAD certification) wear protective suits so that the students can use their skills to defend themselves. On December 14th, 40 girls participated in this simulation. To date, approximately 200 students have completed this class.

We are extremely grateful to the Hudson Police Department, specifically Sgt. Chris Shay and Officer Chad Crogan who have been an integral part of the simulation for the past five years. This year Officers Sandra Lawton and Greg Mailloux from the Bolton Police Depart-

ment have helped with the dynamic impact part of the class and Officer Mailloux was part of the recent simulation.

BOOSTER CLUB NEWS

Each winter team will be competing this season to have the highest membership percentage per team in the Booster Club. The winning team will receive a team bonding event (up to \$100 in value) to get their team started on the right foot for this season! Multi-sport and multi-athlete families need only one family membership. Membership forms are available on the Nashoba Boosters website www.nashobaboosters.com or from your team representative. It’s quick and painless – do it now! **Deadline for Winter Contest is January 14th!**



*What does the Booster Club do? We support the teams and coaches for Nashoba Athletics. Coaches have been working on a few “wish list” items and we want to help them get their wish. So far this year, we’ve been able to help pay for the loudspeakers in the new stadium, purchase a video camera for coaches to tape games, and contribute to the new scoreboard! **Your family memberships are making a difference! Support your Coaches and athletes -- Sign Up Now!!!***

Questions: CatherineHammill@gmail.com or yjlukekim@yahoo.com or go to www.nashobaboosters.com for more information about this contest and other Booster information.

BEAD FOR LIFE PARTY HUGE SUCCESS

The Community Service Club would like to thank all of you who came out in support of our Bead for Life party on December 7th. It was a wonderful showing indeed! We were able to sell nearly 100% of our products and raised over \$2000 for the women of Uganda. For more information about the bead night or any other activity we are involved with, don’t hesitate to get in touch! Officers are Ariella Honig, Katy Tattersall, Zollie Yavarow, Joey Hamlin, and Brandon Werner.

NASHOBA FRIENDS OF DRAMA

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 11, 2012, at 6:30 PM. Be sure to come; enjoy and show your support for our talented directors, producers, actors and crew!



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The cast has been announced for the Spring Musical, **Hello, Dolly!** The romantic webs woven by New York City's Dolly Gallagher Levi, widow and matchmaker extraordinaire, will amaze and amuse you as she sets her sights on Mr. Horace Vandergelder, wealthy bachelor from small-time Yonkers. Comical complications ensue, involving a host of mismatched partners all headed for a rendezvous at the Harmonia Gardens. Will each person find the ideal match? Enjoy the characters, the scenery, the costumes and the songs of this timeless favorite presented by talented Nashoba students under the direction of Mr. Bill Grady. Show dates are Friday and Saturday, March 22nd and 23rd at 7:30 PM, and Sunday, March 24th at 2:00 PM. Ticket order form is attached.

The next Drama Society meeting will be Wednesday, January 2nd, at 5:30 PM in the auditorium. **Please note that students will be picking up their scripts for Hello, Dolly!** The Friends of Drama meeting for parents will be the same night at 7:00 PM in the foyer. Please visit our website at www.NashobaDrama.com.

Contact Audrey MacLean (samjackaud@yahoo.com) or Tracy Lindsay (joelandtracy.lindsay@comcast.net) for more information.

FRIENDS OF MUSIC

Music Department Trip to New York City – April 12-14th

There are still a few open bus seats available for music students to partake in this exciting trip. Performances include the New York Pops at Carnegie Hall, the New York Philharmonic and Phantom of the Opera at the Majestic Theater. Cost per person is \$592. Deposit and permission slips must be submitted no later than Friday, January 11th. See Mr. O'Toole or Mrs. Mianulli for details.



Best Buy Laptop Computer Donation

Friends of Music would like to acknowledge and extend our sincere appreciation to Mr. Daniel Levesque, General Manager of Best Buy 820, for the generous donation of an Asus – 15.6" laptop to our organization. Best Buy employees Matthew Jolie, Ryan Donohoe, and Spencer O'Dwyer were instrumental in helping to identify a laptop that would meet our needs and allow us to manage our finances smoothly and efficiently.



FRIENDS OF MUSIC MEETING: JANUARY 14th

Parents, please join us at our next meeting on Monday, January 14th, at 6:30 PM, in the chorus room.

ENDOWMENT FUND UPDATE

What do a travelling white board, a dance company presentation about PTSD, graphic novels, a Special Education Life Skills vacuum cleaner, a chemistry ice cream ball set, and a visit from author Holly Thompson have in common? They are just a few of the many grant requests funded by the Nashoba Regional High School Endowment Fund during the 2011-2012 school year.

Deborah Tucker introduced the idea of an endowment fund to NRHS parents in 1999 when her son school-choiced into Nashoba. She says, "I had helped to establish a similar committee in Lunenburg. When our son started at Nashoba, I thought that I would help bring the same vision to Nashoba. I worked closely with other parents and school committee members to establish the committee here."

Focusing on needs which the high school's regular budget cannot cover, the Fund's mission is to enhance the educational experience of the students at Nashoba Regional High School by supporting enrichment programs and materials across all academic disciplines. In the past six years alone, the Fund has granted over \$40,000 in requests to all the departments at NRHS.

Science teacher, Johnna Doyle, received two grants from the Fund in the past two years and says, "The first was a one year subscription to try out the program called Visible Body. This software allows me to show human anatomy three dimensionally on my Smart Board. The ability to 'see' these anatomical structures in 3D has been huge for my classes and greatly impacted their learning so much so that I have ordered the software through my department for continual use. The second grant was for individual white boards with the outline of a heart on it. I use these boards so each student can 'practice' labeling the parts of the heart and then be able to wipe it off and try again. They have greatly benefited my students in Anatomy and can also be used for the other Biology classes as well."

Each year the Endowment Fund offers two grants cycles, one in autumn and one in the spring. Faculty members are expected to confer with their department heads and the principal, who both need to "sign-off" on the grant before submission. In the grant application, teachers must explain exactly how the materials or programs will impact their students and enhance the academic curriculum. Grants are generally assessed around a three point criteria: 1) the number of students impacted; 2) direct relation to the classroom experience; and 3) the cost of the event or materials.

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According to Fund committee member Paula Castner, the Endowment Fund's only current source of funding "is from donations we solicit from NRHS families via a letter we mail out each September. Since our funds are limited to the amount of monetary donations we receive each year, grant decisions must be made judiciously."

In addition to supporting curriculum within the classroom, the Endowment Fund also encourages the growth of new extracurricular groups at NRHS. By providing funding for pilot or newly formed clubs at the high school, the Fund hopes to enhance the overall school experience for the students. In past years, groups such as the Photography Club, the Math Team, Student Council, and the Robotics Team have all benefited through grants from the Endowment Fund.

Faculty members are quick to emphasize the importance of the Fund's contribution to the Nashoba experience. Jennifer d'Entremont, a Social Studies teacher, says, "I appreciate the Endowment Fund members and their commitment to education. I have been fortunate to receive two grants from this wonderful organization which allowed me to purchase newly released educational documentary films for use in my 'Introduction to Psychology' classroom. Without the grants the cost of these films would have been prohibitive."

Special Education Chair Michael Davies adds, "Grants from the Endowment Fund have allowed teachers to obtain programs, devices, and materials that absolutely enrich the educational experience of our students. The EF [Endowment Fund] allows teachers to think [outside the box in addressing student needs]."

According to the Media Center Librarian, Pat Fontes, "Had it not been for the Endowment Fund, the Media Center would probably still be using a paper card catalog! The Endowment Fund has sponsored our Summer Reading Programs, funded visits from nationally known authors, and purchased graphic novels that are wildly popular with our students. We are grateful for the support of the Endowment Fund; it adds depth and meaning to the Media Center's programs."

Foreign Language teacher Kathy McHale concurs with Fontes' praise: "Nashoba wouldn't be as beautiful as it is without the supplies given by the Endowment Fund to help students paint so many gorgeous murals [in the high school Foreign Language hallways]."

Since its formation in 1999 the Endowment Fund has relied upon the volunteer help of parents and community members across Bolton, Lancaster, and Stow. The group continues to look for more members to add to the committee and would welcome anyone interested in joining.

Commitment is simply to six to seven meetings at the high school from 7-8:30 PM between September and May.

When Fund member Rita French was asked why she is involved with the Endowment Fund when her sons are not even at the high school yet, she comments, "I like that the Fund helps students to gain what the district can't provide. We all want our children to excel, but in order to do that, they need the right 'tools'. Our funding allows the teachers to have those 'tools' when they might not otherwise. The whole community benefits when our children are able to put their 'best foot forward'."

Anyone who would like more information about the NRHS Endowment Fund may contact Fund President Christel Conlin at christelconlin@gmail.com. If anyone is interested in making a tax-deductible donation to the NRHS Endowment Fund, please contact Fund Treasurer Helene Demmer at dhd4321@gmail.com.

BASKETBALL PROGRAM SEEKS Special Athletes AND 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 2013 winter season. The program begins January 13th and meets Sunday afternoons 2:30 – 4 PM, January through March (excluding February vacation) at the Hale Middle School in Stow. Practices will continue weekly through March with the exception of the February vacation weekends. 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) or Bob Moalli Robert.Moalli@Comcast.net.



STOP AND SHOP A+ REWARDS PROGRAM

Nashoba Regional High School is a registered school in the Stop and Shop A+ Rewards program. To enter your card and get rewards for NRHS please go to www.stopandshop.com and register your card. Our ID number is 09888, and cards must be registered every year. Thank you, as always, for the wonderful support you provide to our students.

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SUMMER OPPORTUNITY

Phillips Academy Andover would like to invite students and their families to our 23rd Annual Summer Opportunities Fair. Details of the fair are summarized below.

2013 SUMMER OPPORTUNITIES FAIR

Sunday, January 20, 2013 –Noon to 3 PM

PHILLIPS ACADEMY ANDOVER – SMITH CENTER

Programs for Middle & High School Students

FREE and OPEN TO THE PUBLIC

GPS Address: Dwight Street, Andover, MA

Representatives from 90 local,
national and international programs.

Focus on academic programs, language study, community service, camps, sports, arts, research, internships, outdoor adventure, international travel & gap year opportunities.

www.andover.edu/summerops/fair.htm

Janet Nork

2013Publicity Liaison

[978-337-4386](tel:978-337-4386) (C)

[978-470-8008](tel:978-470-8008) (H)

summerfairpublicity@gmail.com.



Nashoba Drama Presents...

Friday, March 22nd at 7:30 p.m.
Saturday, March 23rd at 7:30 p.m.
Sunday, March 24th at 2:00 p.m.

Book by Michael Stewart – Music and Lyrics by Jerry Herman

Springtime, one of the most popular musicals ever, and Nashoba Drama, combine in a perfect match when *Hello, Dolly!* returns to the stage at Nashoba Regional High School on **March 22 & 23 at 7:30 p.m. and March 24 at 2 p.m.** The romantic webs woven by New York City's Dolly Gallagher Levi, widow and matchmaker extraordinaire, will amaze and amuse you as she sets her sights on Mr. Horace Vandergelder, wealthy bachelor from small-time Yonkers. Comical complications ensue, involving a host of mismatched partners all headed for a rendezvous at the Harmonia Gardens. Will each person find the ideal match? Enjoy the characters, the scenery, the costumes and the songs of this timeless favorite presented by talented Nashoba students under the direction of Mr. Bill Grady.

The special set design for this program requires us to limit the number of seats for each show. 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.) Ticket ordered via 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 18, 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 Lynn at 978-779-6225 or email NashobaTickets@gmail.com.



Name: _____ Phone: _____ Email: _____

<i>Hello Dolly</i> Show Dates	# of Adults	# Students/Seniors	# of Total Tickets
Friday, March 22 at 7:30pm			
Saturday, March 23 at 7:30pm			
Sunday, March 24 at 2pm			

Total Adult Tickets:..... x \$12 each = \$ _____
 Total Student / Senior Tickets: _____ x \$10 each = \$ _____
 Total Dollar Amount of Order:..... \$ _____

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

Checks made out to "Nashoba Friends of Drama"

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

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

"Hello, Dolly!" is produced by arrangement with, and the music and dialogue material furnished by TAMS-WITMARK MUSIC LIBRARY, INC., 560 Lexington Ave., New York, NY 10022



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 2012-2013 school year.

If you would like to donate any of the listed items or anything fitness related not listed, please contact Laurie Griffin at lgriffin2@nrsd.net or call 978-779-2257 ext.4187. Thank you for your consideration!

Household Items

*cush balls

*hula hoops

*fleece balls

*pool noodles

*small foam balls

*a set of small wooden blocks

*bean bags-any size

*Foley Food Mill (1)

*large flat screen TV for the fitness class

*Connect 4 (strategy game) (6 needed)

Fitness Items

*wrist weights

*ankle weights

*hand weights

*stability balls

*sports balance
trainers

*jump ropes

*stationary bikes

*45 lb barbells

DVD/Videos

*Yoga and yoga blocks

*Pilates

*Kick Boxing

*Tai Chi

*Aerobic Dance

*Tae Bo

*foam rollers

*elliptical

*treadmill

*rubber matting

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

Kitchen Items

*cooling racks for baking

*Foley Food Mill (2)

*stainless steel mixing bowls

*stainless flatware place settings

*stainless steamer baskets

*place settings of all-white matching dishes



The SAT went through sweeping changes in the last decade. High school students encountered a new Writing section, more advanced Math questions, and a revamped scoring system.

What does all this mean for you?

If you're taking the SAT this spring, these changes 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?

SIGN UP for the Nashoba SAT Prep Class*

Where: Nashoba Regional High School

When: Two evenings a week for six weeks:

Tuesday and Thursday 6-8:30

March 19 and 21

March 26 and 28

April 2 and April 4

April 9 and April 11

April 23 and April 25

April 30 and May 2

May 4th SAT Test date at NRHS

Cost: \$200.00 * Class size is limited to 50 students

Registration Deadline: **March 4, 2013**

More Information contact: mhoover@nrsd.net or 978-779-2257 ext. 4221

Registration Form:

Student Name: _____

Email: _____

Address: _____

Phone: _____

Parent Signature _____

Date _____

COORDINATOR USE ONLY:

Registration Fee: Cash or Check # _____ Confirmation: _____

Attendance: 3/19 ___ 3/21 ___ 3/26 ___ 3/28 ___ 4/2 ___ 4/4 ___ 4/9 ___ 4/11 ___ 4/23 ___ 4/25 ___ 4/30 ___ 5/2 ___