

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
Tracey Calo, Assistant Principal
Brian Cote, Assistant Principal

High School Office (978)779-2257

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June 2009

From the Principal's Desk

Underclassmen Awards Ceremony Date: The date for this year's Underclassmen Awards Ceremony is **June 15th** in the high school auditorium. Letters denoting awards will be forthcoming, but please take note of the change in the date.

End of Year Schedule: The end of school year provides a great number of opportunities for students, parents, and community members to come together and celebrate the many successes of our students. The annual Junior Prom and Senior Banquet are great social events. In addition, the Senior Scholarship/Awards Ceremony (June 1st) validates all of the hard work that so many students and teachers have undertaken throughout this and the previous four years. Similarly, the Underclassmen Awards Ceremony (June 15th) is a positive way to move into the summer. Finally, the NRHS Graduation (June 7th) is the crowning achievement for all of us in the Nashoba Regional School District. It is a celebration of the entire community, the respective communities, and all of the families involved. I would like to take this opportunity to acknowledge every graduating senior for his/her accomplishment. It is an important feat and one of many gradual steps to adulthood and independence. We here at Nashoba are proud of the role that we have played in supporting their success. That said, we also recognize that it is the individual who ultimately achieves and makes something of himself. Congratulations and best of luck in the future.

For information about these or any other activities, please visit the School Web Calendar on the main page of the NRHS web site for important dates and times: <http://calendar.nrsd.net/scripts/publish/webevent.pl?cmd=open&cal=cal1>.



Summer Office Hours:

The summer main office hours will begin the week of June 29th through August 21st. The main high school office will be open Monday through Thursday from 8:00-4:00 unless otherwise noted on our website. Appointments can be made throughout the summer. We simply

ask for those to be made in advance as it is still a busy time for administration and the main office. Thanks.

Underclassmen Final Exam Schedule: Barring any additional inclement weather cancellations, the final day of school will be Thursday, June 25th. This year our final exam period will begin on Monday, June 22nd and run through Thursday, June 25th. Monday, Tuesday, and Wednesday will actually run on our late start schedule where students will arrive to school at 9:40 with dismissal at 2:20. Students will complete two exams each day and lunch will be served. On Thursday, June 25, the day will start at 7:40 with one final exam followed by a make-up period. The final bus will arrive at 10:45 to transport students home. Students may leave after their last final exam on June 25; however, there will only be the one bus provided at 10:45. Students must provide their own transportation to leave after the last final exam at 9:15 on Thursday, June 25. Please monitor our website in the upcoming weeks for specific information about the periods and times. Have a happy and safe summer.



Contest winner: Every March the Nashoba Foreign Language department celebrates National Foreign Language Week with a variety of activities. Two such activities, coordinated by French teacher Kathy McHale, are the Massachusetts Foreign Language Association (MaFLA) poster contest and essay contest. This year's theme: "Foreign Languages ABCs: About Better Communication" brought forth an array of interpretations that reinforced the significant role that foreign languages play in our diverse world.

Nashoba Regional High School is thrilled to announce that sophomore Thompson Hangen was awarded winner of the "Essay of the Year"! Thompson's interpretation of the theme was both creative and thought provoking. MaFLA awarded Thompson a check as a token of their appreciation for his

(Continued on page 2)

hard work. His essay will be featured at this year's MaFLA fall conference in October. Congratulations!

In addition, sophomore Andrew McGarry received an Honorable Mention for his essay. Congratulations! Many schools participated in these contests, so to have two students from the same school recognized is an honor for Nashoba Regional High School.

Thanks and congratulations to Mrs. McHale and all the students who entered both the poster contest and the essay contest.

Nashoba Math Team Results: Congratulations to the Nashoba math students participating in the Elizabeth Haskins Math Contest on Friday, May 1st, at Fitchburg State College. With over 600 students competing from 19 Montachusett schools, the Chieftain students earned two first place finishes in both the junior and sophomore classes by Zach Wassall and Thomas Granger. Capturing second in the juniors was Josh Herbison while Aaron Wassall took third in his senior division. Honorable mentions went out to sophomores, Rachel Busch, Nick Alberts, Ian Nelson, Kelleigh Maroney, and Cam Hewitt. Juniors earning honorable mentions included, Tyler Gold, Chris Haid, Joe McGullicuddy, Chris McAndrews, Justin DeBenedetto, Steve Agretelis, and Lars Gjestebj. Kelly Macko, Molly Porcher, Ryan Boye, Marjorie Lam, and Ramesh Govindan were awarded honorable mentions for the seniors. Nashoba students outperformed all schools in the top three finishes and, in the honorable mention category, were second only to Groton Dunstable. Zach Wassall earned the highest score in all divisions. Thanks to all for a great effort and outstanding performance.

MIAA NFHS Student Leader: Kelsey Farrell has been selected to represent the Massachusetts Interscholastic Athletic Association (MIAA) at the 2009 NFHS Student Leadership Conference. Kelsey is one of only 11 other students from across Massachusetts who has been selected to attend this event. Participation in this conference is a unique opportunity that only a few students from Massachusetts will be able to experience. Character and Service are qualities that each student must possess, and Kelsey is a tremendous example. Congratulations to her on this prestigious acceptance.

Congratulations to the first year of AP Studio Art students:



| | |
|-------------------|------------------|
| Raya Clements | Lindsey Rundlett |
| Emily Schwarzkopf | Michael Dandley |
| Briana Smith | Elise Mariolis |
| Emily Tamker | Allison O'Neil |

The AP Art class is open to Juniors and Seniors with a background in one or more of the following: drawing, printmaking, painting, graphic design, fashion design, digital or film photography, ceramics, sculpture, textiles, or mixed media.

Next year there will be three portfolio offerings: 2D Design, 3-D Design, and Drawing. Each portfolio contains three required sections: Quality, Concentration, and Breadth.

This year our AP students submitted either a 2D or Drawing portfolio. The class was made up of one junior and seven seniors, two of which were dually enrolled at Quinsigamond Community College. All eight students participated in the final exam on May 8th.

Like the other AP classes offered at NRHS, the studio artists prepare for a final exam day; however, the AP Art exam is different than the others administered in May. Before the exam, students had already uploaded 10-12 concentration pieces and 12 breadth works onto the AP website. The exam period is set aside for the students to compile five previously matted pieces under 18x24 inches, to be shipped in an envelope provided by the College Board. All of the art work must be completed by this time. There is a small writing component submitted with the concentration section, but the students know the prompt in advance of the exam date.

If you or anyone you know is interested in learning more about this fabulous new class offering and college credit opportunity, there will be an informational Q & A meeting in Ms Sutton's room 160, on Friday, June 5th during the Activity Period and on Thursday, June 11th from 2:30—3:00. Parents are welcome to attend on June 11th.

Please stop by the auditorium foyer on Monday, June 1st after 5:30 to see our current Senior and AP students' work from this school year. Light refreshments will be served from 5:30-7:00, prior to the Senior awards ceremony.

(Continued on page 3)

Nashoba's Concert Choir Shines at MICCA

The Nashoba Regional High School Women's Concert Choir placed with a SILVER medal at the annual state-wide MICCA Festival (The Massachusetts Instrumental and Choral Director's Association) on April 5th, 2009. Over 84 Massachusetts High School Choirs participated in the weekend long festival. The festival medals are awarded upon the following criteria: GOLD, awarded to those groups that perform at a superior level; SILVER, awarded to those groups that perform at an excellent level; BRONZE, awarded to groups that perform at a good level; and MEDAL of MERIT, awarded to groups that play at an acceptable and fair level.



MICCA is an educational festival designed to help both students and teachers grow as musicians and educators. The tremendous growth that occurs in the ensembles performing at this festival is due in large part to the high standards that MICCA has set. By participating in this festival, students and teachers have committed to excellence and strive to meet the MICCA Gold Medal Standard.

Congratulations to the Nashoba Women's Concert Choir for their SILVER MEDAL award.

April 2010: Barcelona, Provence, and Paris

The plans for my next year's trip to Europe have been finalized! The trip is to Barcelona, Provence, and Paris and will take place during the April vacation of 2010. The dates are Friday, April 16 – Saturday, April 24. Let me tell you a little about me and the trip, then hopefully you will decide to join me on this exciting adventure.



My name is Kathy McHale and I have offered trips every year, although some years the trip was canceled due to lack of interest. Sometimes the trips are to Quebec, and other times they are to another continent, mostly Europe; although I have taken groups to Australia. I'm sure that if you ask those who have traveled with me, they will say I am a very organized and responsible person. You need not worry if you send your child on a trip with me. Anyone is welcome to come on these trips.

The 2009 brochure price of the "Barcelona, Provence, and Paris" trip is \$2970. This is a **great** early incentive for those who make a \$150 deposit before September 15th. A 2nd payment of \$345 is due 30 days after your

1st deposit. These 2 payments guarantee your price. Should you not take advantage of this early incentive price and sign up after the September 15th deadline, you will be charged the 2010 price which will most likely be \$200 more!

This price is based on a minimum group size of 35. In the event that the total number of participants is below the minimum group size, our group will be combined with other American groups that have chosen the same trip to meet the minimum number. If the entire combined group is below the minimum, a substitute trip or a rebate will be offered, or we will still be able to go at an additional fee. Try to get your friends and family to join us!

Prior to making any deposit on this trip, you must read the "Terms and Conditions" which explain all the rules. This is in the registration booklet along with the application form. The most important part of joining me on any trip is the ability to be flexible. It will be well organized, and you will receive monthly newsletters from me with tons of trip information and language lessons, but sometimes things beyond my control happen, and flexibility is required. For example, travel dates may change by a day or two, a hotel change may happen, the itinerary may be reversed, or luggage may be lost for a day. These things rarely happen but you must be aware that they are possible. C'est la vie!

The price includes:

- roundtrip airfare from Boston
- hotel accommodations for 7 nights—hotel rooms are 3 people to a room
- transportation/entrance fees to all sightseeing as per the itinerary
- TGV (train) from Provence to Paris
- daily breakfasts and dinners
- city tour of Barcelona and Paris
- on-trip medical insurance
- all other fees such as weekend surcharges, airport security, etc.

A full-time Tour Director is with us throughout the trip. The tour company I am using is ACIS. If you would like to check them out before signing on, the web site is www.acis.com. My tour consultant is Sabrina Denault.

What is not included in the price are lunches/beverages, free-time activities, tips to our tour director and bus driver, extra optional insurance, spending money, and of course, a passport if you don't already have one.

If you would like to come on this trip please contact me to pick up a registration form and an itinerary. Please

(Continued on page 4)

complete the application and return it to me. Include a check or money order for \$150 made out to ACIS. You may also register online and pay with a credit card. Don't forget to read the "Terms and Conditions" in the registration booklet.

If you would like more information or names of previous travelers to check me out, please contact me as soon as possible. I can be reached by email at kmchale@nrsd.net or at home at (508)761-4991. I'd be happy to meet with you if you don't know me before you sign up too. I don't normally have a meeting at the beginning because it is too difficult to arrange a time when everyone can attend and people are signing up at all different times. However, I do have one a few weeks before departure to finalize plans. All necessary information is included in my monthly newsletters. I cover every detail. I do need you to give me your email address so you can receive these newsletters. If you are under 18 years old, I need a parent's email address too. I send my newsletter to both of you so there is no miscommunication in the family. You can write these email addresses anywhere on the application form or on your check.

Remember: **Sign up early to save hundreds of dollars!** I hope you can join me!

Junior Prom and After Prom Party Thanks

On behalf of the Junior Class, Barbara Scavone and Kathryn Crowley, wish to send an abundance of thanks to the After Prom Party Committee. We want to acknowledge the committee chairs. Without their help in planning and organizing, this party would not have been such a huge success. Many thanks to Susan Holmes, Faye Sahagian, BJ Herbison, Debbie Woods, Susanne Flynn-Alling, Peter Campobasso, Irene Connor, and Debbie Giovanazzo. Many parents and local businesses helped to sponsor this party through monetary donations and personally donating their time to set up, clean up and chaperone the late night party. With everyone's help and support, we were able to put together a party that included a tarot card reader, a magician, a hypnotist, inflatable games, video games, a generous amount of food and beverages, and the Orchard Hills facility to house the party. Truly this was an evening of fun and entertainment to remember and talk about for a long time. Thank you again and again and again.



Notes from the Nurses Office:



Please remember to pick up your child's medication at the Nurses office by June 24th. Any medication not picked up must be de-

stroyed.

Also, remember to safeguard your senior's immunization record found in their graduating folder. It is the only copy we have.

Have a wonderful, relaxing summer and we will see you all in the fall.

Your nurses,
Marilyn Driscoll, Migdalia Rivera, Rosemary Sullender

Body Mass Index (BMI) Notification

The Massachusetts Department of Public Health proposes to amend regulations on Physical Examination of School Children, 105 CMR 200.000, to improve the screening and monitoring of children's weight status across the Commonwealth. The early detection of children at risk of subsequent overweight is important for prevention of further development of obesity. In particular, Body Mass Index (BMI) is a reliable indicator for weight status in most children and teens. The Centers for Disease Control and Prevention (CDC), and the American Academy of Pediatrics (AAP) recommend the use of BMI to screen for overweight and obesity in children beginning at two years old.

In May 2009, Nashoba Regional School District will send out the "Body Mass Index Data Report" to parents/guardians of students in grades 1, 4, 7 & 10. This report will graph the BMI percentages of students, by gender and grade, for the 2008-2009 school year. In addition, it will provide information and resources for review. Parents/guardians of these students will have the option to contact the school nurse to find out their child's BMI score and recommendations for follow up if needed.

Beginning in the 2009-2010 school year, if the proposed changes to 105 CMR 200.000 are approved by the state, parents/guardians of students in grades 1, 4, 7, & 10 will be notified of their child's BMI score.

Your Input Wanted

The SPED PAC (Special Education Parent Advisory Council) officers are planning next year's program and would like your input.

Please complete the SPED PAC Feedback Survey in this newsletter or on the SPED PAC page at www.nrsd.net. Return your completed survey by June 12 to your child's school office or to the Special Education Office at the Emerson School. Surveys may be mailed directly to Joan Finger, 4 Pinewood Rd, Bolton, MA. Copies are available at your school office. Thank you. Have a great summer!



NASHOBA REGIONAL HIGH SCHOOL

Nashoba Regional School District

12 Green Road, Bolton, MA 01740

978-779-2257

Dear Parent or Guardian:

The teen years are marked by a roller-coaster ride of emotions---difficult for teens, their parents, and educators. It is easy to misread depression as normal adolescent turmoil; however, depression (among the most common of mental illnesses) appears to be occurring at a much earlier age, and the past decade has seen teen suicide rates double.

To proactively address this issue, Nashoba Regional is offering depression screening and suicide prevention training as part of the SOS Suicide Prevention Program. This program has been used by Nashoba Regional High School as well as hundreds of other schools over the past seven years. It has proven successful at increasing help seeking by students concerned about themselves or a friend, and is the only school-based suicide prevention program to show a reduction in suicide attempts in a randomized, controlled study (American Journal of Public Health, March, 2004).

Our goals in participating in this program are straightforward:

- To help students understand that depression is a treatable illness, and help assess whether or not they may have symptoms consistent with depression,
- To explain that suicide is a preventable tragedy that often occurs as a result of untreated depression,
- To provide students training in how to identify serious depression and potential suicidal traits in a friend, and,
- To impress upon teens that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns.

Nashoba Regional High School will be implementing this program for all freshmen during two of their scheduled Physical Education classes on the week of June 1st through 5th. All freshmen will be given an anonymous survey that will help them in determining whether they suffer any symptoms of depression.

The depression screening tool that we are using concerns thoughts and feelings, some which a parent may be unaware that their child is having. This tool is in no way intended to provide a diagnosis of depression, but might reveal indicators of depression which would be cause for further inquiry. Should this pertain to your student, he/she will be given the opportunity to meet with our school adjustment counselor.

If you do **NOT** wish your child to take a written screening test for depression and participate in SOS: Signs of Suicide intervention training in school, please complete the form on the reverse side of this sheet and return to Dan Spedding, Physical Education teacher at Nashoba Regional High School. If we do not hear from you, we will assume your child **has permission** to participate in this program.

If you have any questions or concerns about this program please do not hesitate to contact me at dspedding@nrsd.net.

Sincerely,

Daniel M. Spedding
Nashoba Regional High School Wellness Department

Friends of Drama News June 2009



Congratulations to cast, crew, directors, and Friends of Drama volunteers who took part in ***My Fair Lady***. Nashoba Drama's outstanding production has received 15 nominations in Theatre at the Mount's 2008-2009 TAMY Awards High School Music Competition! Competition grew fiercer this year with 22 high school productions judged over the past few months; the judges stated that the nominees truly represent the "best of the best".

Nashoba's ***My Fair Lady*** nominations are:

| | |
|---|----------------------|
| Best Overall Production | Best Stage Crew |
| Best Actress (Jackie Murtha) | Best Scenic Design |
| Best Supporting Actor (Kyle Mendes) | Best Lighting Design |
| Best Female Cameo Performance (Rebecca Shoer) | Best Costumes |
| Best Chorus/Ensemble | Best Playbill |
| Best Director (William Grady) | Best Lobby Display |
| Best Musical Director (Deb Bonneau) | |
| Best Choreographer (Melissa Hoffman) | |
| Best Production Number (Get Me to the Church) | |

The TAMY Awards will take place on June 2 at Theatre at the Mount with a reception and ceremony including performances by nominated students. Congratulations and good luck to ***My Fair Lady*** - the dedication and enthusiasm of *everyone* involved with the show led to this recognition!

In June we once again bid a fond farewell to our graduating seniors. The talented members of the **Class of 2009** have brought energy, enthusiasm, and dedication to their efforts for Nashoba's drama program over the past four years. Congratulations on your accomplishments and much success in your future endeavors!

Friends of Drama also offers congratulations and best wishes to those parents who are graduating as well. From the Executive Committee, Hilda Murtha, one of our Co-Presidents, will be taking a well-deserved leave. Emily Rose will be graduating after eight years, six as Secretary for FOD. Two other parents of Class of 2009 members will continue on the Committee: Diane Sestito, and Alison Watterson. Many parents of graduating seniors have provided their time and energy with eight formal productions and four Class Plays, and Nashoba's successes are a reflection of their efforts. Thank you to all these graduating Drama parents for their outstanding work on behalf of Nashoba's drama students!

The Friends of Drama reorganized the Executive Committee at their May meeting. Diane Sestito (DianeSestito@aol.com) and Kathy Quirk (KathQ@comcast.net) will be Co-Presidents in 2009-2010. Other Executive Committee contacts are listed below. Please contact Diane or Kathy if you are interested in becoming the Secretary, coordinating Set Construction, coordinating Publicity, or to join a committee for the coming school year. Drama Society elected new Co-Presidents at the Banquet: Courtney Giovinazzo (prettyinpink91@comcast.net) and Taylor Leaming (lleaming@comcast.net).

Drama students and parents are reminded that Drama activities begin in earnest before school begins. Drama Society's Face-Painting Booth at the Bolton Fair is a fun and important fundraising activity. This year the Fair will be August 12 -16. Students help set up before the Fair and paint faces on the weekend. Please mark your calendars now! Students receive thespian points for participation in this effort. Work on the Ad Campaign - for families and business sponsors advertising in event programs - kicks off in August. This major effort, shared with Friends of Music, provides the financial foundation for drama throughout the entire year. **We can use many more helpers to contact contributors and solicit new sponsorships.**

Friends of Drama and Drama Society will meet on **Wednesday, June 10 at 7 pm** in the auditorium lobby. Coordination of the Ad Campaign and the Bolton Fair will begin at these meetings – please be sure to come!

Don't forget to check the Nashoba Drama website at: www.Nashobadrama.com for updates on TAMY awards and FOD activities. Congratulations again to Nashoba drama on completing a truly outstanding year!

2009-2010 Friends of Drama Executive Committee

| | | | |
|------------------|------------------|---------------------|-----------------|
| Advisor/Director | Bill Grady | Costumes(co-chairs) | Diane Sestito |
| Co-Chairs | Diane Sestito | | Deb Giovinazzo |
| | Kathy Quirk | Make-up | Apara Borrowes |
| Treasurer | Alison Watterson | Publicity | |
| Secretary | | Tickets | Lynn Dischler |
| Programs | Maria Pappas | House Manager(s) | Tracy Rhodes |
| Set Construction | | House Photographer | Tom Quirk |
| Painting | Maria Pappas | Web Site | Lisa Leaming |
| Props(co-chairs) | Maureen Douch | FOM/FOD Liaison | Michael DeSocio |
| | Kath King | | |

H1N1 Flu (Swine Flu): Information for Concerned Parents and Caregivers

What is H1N1 Flu?

H1N1 is a type of influenza (flu) virus that causes respiratory disease that can spread between people. Most people infected with this virus in the United States have had mild disease, but some have had more severe illness, and there have been some deaths. Young children, pregnant women, and people with chronic diseases like asthma, diabetes, or heart disease may be at higher risk for complications from this infection. More information about who may be at higher risk will be available when more is known about the disease. There are steps you can take to protect your family and to know when to seek medical care.



What are the symptoms?

In most children, the symptoms of H1N1 flu are similar to the symptoms of regular flu. They include:

- Fever of 100 degrees or higher with some or all of symptoms below
- Cough
- Sore throat
- Body aches
- Headache
- Chills and fatigue
- Occasionally, vomiting and diarrhea.

How to keep from getting it:

Flu viruses spread from person to person mainly through the coughing or sneezing of a sick person. Flu virus may also be spread when a person touches something that is contaminated with the virus and then touches his or her eyes, nose, or mouth. We think H1N1 flu spreads the same way as other flu viruses. Right now, there is no vaccine to protect against H1N1 flu, but there are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like H1N1 flu:



What You Can Do to Stay Healthy

- **Take everyday actions to stay healthy.**
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread that way.
 - Stay home if you get sick. CDC recommends that you stay home from work or school for 7 days and until you are 24 hours symptom free. Limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- Find healthy ways to **deal with stress and anxiety**.
- Call 1-800-CDC-INFO for more information.

What to do if your child is sick:

- Unless they need medical attention, keep children who are sick at home. Don't send them to school or daycare.
- Have them drink a lot of liquid (juice, water, Pedialyte ®).
- Keep the sick child comfortable. Rest is important.
- For fever, sore throat, and muscle aches, you can use fever-reducing medicines that your doctor recommends based on your child's age. **Do not use aspirin with children or teenagers; it can cause Reye's syndrome, a life-threatening illness.**
- If someone in your home is sick, keep him or her away from those who are not sick.
- Keep tissues close to the sick person and have a trash bag within reach for disposing used tissues.
- Seek medical attention if your child develops difficulty breathing or has behavior changes like increased restlessness, anxiety and irritability, or is not/cannot take in enough fluids and becomes dehydrated.



If your child comes in contact with someone with H1N1 flu, ask your doctor if he or she should receive antiviral medicines to prevent getting sick from H1N1 Flu.

For more information call 1-800-CDC INFO, or go to <http://www.cdc.gov/h1n1>

NASHOBA SPED PAC ~ 2008-2009
Feedback and Planning Survey

1. What have you gained from your participation in SPED PAC this year? Feel free to relate specific meetings or information you've learned through the group or the email newsletter information

2. What would you like to see as part of SPED PAC this coming year (e.g. what do you hope will continue; what would you like added)?

3. This year we had 2 meetings comprised of small group discussion format.
Would you like () same () more () less

4. How do you keep informed of the SPED PAC events? (Check all that apply)
() NRSD SPED PAC Page () SPED PAC Website () Email () School Newsletters
() Newspaper announcements () Announcements at other meetings () town/school signs
() Yearly calendar () enclosures with IEP notices () Other

5. What motivates you to attend meetings? (Check all that apply)
() Support and ideas () Being connected to other parents/professionals () The speaker/topic
() Other _____

6. What keeps you from attending? (Check all that apply)
() Other scheduled events () Lack of information about the meetings () Family responsibilities
() The speaker/topic () Other: _____

7. Are you interested in volunteering? () Yes () No If yes, in what capacity? (if known) _____
Name: _____
Would you be willing to bring refreshments (if reimbursed) () Yes () No
If yes, what month would be good for you? _____
Name: (if not given above) _____

8. Do you know of someone who would be a good speaker or group facilitator? () Yes () No
If so, name, _____
Possible topic(s) _____
Contact information (if known) _____

Please see reverse side regarding TOPICS for NEXT YEAR

If you do not already receive email announcements of our meetings and wish to, please indicate your email address below or sign the attendance sheet at tonight's meeting, or contact **Joan Finger** at zootergroup@rcn.com

What would you like from SpEd PAC ?

- Opportunity to learn more about areas of my child's needs (Be as specific as you wish)
- Opportunity to learn more about local resources
- Opportunity to connect with other parents and professionals
- Other – please explain

Topics for the future

Check any that you'd like to see. Put a * in those you'd like to see most.

Comments welcome.

Skills Development

- Writing – Can't live with it – can't live without it!
- Speech and Language (and writing) skills
- Homework strategies
- ADD/ADHD
- Dyslexia and learning disabilities
- Social Skills
- Teasing and Bullying at school
- Social and emotional growth
- Using music to help develop social /emotional skills
- Sexuality and helping my child deal with issues of sexuality

The IEP process

- Effective Communication: Skill building and conflict resolution for parents as member of the IEP team.
- Understanding an independent (or neuropsych) evaluation -- what a parent needs to know.
- The IEP, the IEP process, questions and answers
- Advocacy, legislative changes,

The Parent's Perspective and Concerns for the future

- Shut Up About..... Your Perfect Kid
- Parenting a special needs child; the family and a special needs child
- Transitions:
 - ___Elementary to Middle School ___Middle School to HS
 - ___HS to college or other post HS situations (specify areas of question)
- Career and long term planning
- Did you attend this year's college fair for children with learning differences Yes No
- Would you like to see a similar fair next year or the year after? Yes No
- Other:** _____

Program questions

- Would you be interested in attending an informal, daytime discussion group? Yes No
- Would you be interested participating in an informal parent networking and discussion a half hour before the start of the regular meeting and presentation (Usual start time 7:15). Yes No

Comments: Please give us any other feedback including random comments or other topic suggestions. Ideas and other thoughts on how we can continue improving SPED PAC (please add a sheet of paper if needed).

Age of your child(ren): _____ **Program:** regular classroom () regular classroom with support () pre-school program () resource room/learning center () special needs setting/class for most of the day within one of the Nashoba schools () outside the district ()

Please return by June 12 to the office at one of the Nashoba district schools, Special Education Office at the Emerson School, or Joan Finger, 4 Pinewood Rd, Bolton, MA. If you have made changes to your email address, please let us know here, or by email to Joan Finger at zootergroup@rcn.com.