

# 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**

High School Office (978)779-2257

<http://nrhs.nrsd.net>

Guidance Office (978)779-0122

Volume 14 Issue 10

June 2013

## From the Principal's Desk

The heat has finally arrived – what a scorcher of a weekend! Here's hoping that June cools off a bit and we have a pleasant final three-and-a-half weeks of school.



I want to keep my message short and simple this month. I would first like to congratulate our graduating seniors. It has been a real pleasure for me to get to know them this year, and I am very much looking forward to their graduation ceremony. This is my first graduating class as principal of Nashoba, and I have been truly fortunate to have the opportunity to work with them.

I would also like to extend a big measure of thanks to the entire Nashoba community. It has been a wonderful year, and I could not be happier to be a Chieftain. I very much appreciate the support you have provided me this year, and the partnership we have developed in working to ensure success for our students.

I have tried to use this year as an opportunity to get to know the school and the people who comprise it, and I have worked to build positive relationships with students, staff, parents, and community members. Based on that work, I have developed a long-term plan for what I see as the key strengths and areas for improvement at the high school. In the coming weeks, I will be laying out my vision to the faculty and the community for how Nashoba—already a highly successful school—can continue to get even better.

Again, thank you for your support and partnership, and best wishes to you and your family as we finish the 2012-13 school year!

## Third Quarter Students of the Term Business Technology

Emily Schomp has demonstrated superior knowledge and skill in Web Page Design. The web pages she has created are above and beyond all expectations. She comes to class each day ready to work and isn't afraid to challenge herself. Her



creativity, attitude and determination are truly admirable. Congratulations, Emily!

## Business

Joseph Marino has been an exceptional student all year long. He frequently joins the discussion, starts new discussions on accounting topics, and assists the students around him with difficult problems.

## Tech/Engineering

Adam Chiodo is a diligent student who has a great deal of focus, creativity, ability, and maturity. He has demonstrated himself to be a standout student in Engineering to the Future throughout the entire year.

## Foreign Language

Danielle Yannoni is a freshman enrolled in the Spanish 1 class and is taking Spanish after attending school in another district. Danielle has worked very hard to catch up with the rest of the class. She is a quiet but engaged and motivated student. She has a good attitude and is very determined to do well. Daily she displays enthusiasm and a desire to learn. Her hard work and effort are paying off. Congratulations!

## Science

Ben Nicholson is the student of the term in Science. Ben is currently enrolled in Physics and Anatomy & Physiology courses. He demonstrates a great thirst for new knowledge and is a helpful individual within our classrooms. Ben is always engaged in our classroom activities, where he will help his peers understand new material as he works through it himself. His mild manner helps him communicate effectively with his peers to deepen the understanding for all. This has helped Ben gain a deeper knowledge allowing him to consistently achieve high marks in each of our classes. Above all Ben shows a high level of integrity across everything he does, from being prepared for class, to a thirst to acquire new knowledge.

(Continued on page 2)

## Math

The Math Department recognizes Katie Gilchrist as their student of the term. She is a sophomore and is always engaged in the learning in the classroom and models that behavior for others in the class. She comes for extra help whenever she feels she needs it. She always does her best, even though Geometry does not come to her easily. Katie always has a smile on her face, does all her homework and does everything she is asked to do in class.

## Social Studies

Sean Pokorney brought a real determination and excellence to his studies this past quarter. He was always prepared for daily reading quizzes and also put forth excellent effort into his assessments and projects. Sean demanded excellence from himself and this often extended to the class; he was often frustrated when other students were not prepared. Sean received excellent grades, but he also extended himself beyond grades. During classroom debates he constantly offered insightful comments and helped extend discussions into more critical areas. Sean is a real leader in the classroom and helped to bring more out of the students around him this past quarter.

Congratulations to all our Students of the Term.

## Wellness Department News

The Wellness Department is glad to be working in conjunction with Mrs. Redford's AP Statistics class this semester on an exciting new research project. The goal of this interdisciplinary unit is to record and track students' "FitnessGram" results. The "FitnessGram" is a series of tests that measure various fitness components including flexibility, muscle strength, muscle endurance, and cardiovascular endurance. The Wellness Department plans to use the "FitnessGram" test results to see how NRHS students compare to national standards, as well as to compare performance between grades and even specific classes to see who is the fittest class at NRHS!

Nashoba's first ever CrossFit class was a huge success. Students were able to take CrossFit as a semester-long PE elective. CrossFit is an inclusive, infinitely scalable fitness program that promotes teamwork, community, and greatly improves overall fitness. Feedback from students and parents has been extremely positive. "I've gained a lot of confidence in myself and in my abilities through CrossFit", said one student. "It's the best thing that's ever happened to him", commented one parent about her son. In a survey given to the students at the end of the semester, students were asked what they would change about CrossFit class. The number one response written by nearly 90% of those surveyed was that they wished class was longer. Looking forward to next year, the stu-

dent enrollment in Nashoba's CrossFit class has more than quadrupled. The Wellness Department is excited to see so much interest in this new class!

## Merci Beaucoup!

French teacher Kathy McHale would like to thank all her French III students and the Florence Sawyer School teachers who participated in her "Teaching French in the Elementary School" program this year. A total of 22 high school students and four elementary school teachers were involved. The high school students taught lessons to children in grades kindergarten and second grade.



Mrs. McHale began this program several years ago. Her students go to the elementary school during their French long block class time, and they teach a 20 minute lesson to the young students. This program has been very well received by everyone involved in the past. Of course the high school students are not the solution to teaching a foreign language at the elementary level, but Mrs. McHale's feeling is "a little foreign language exposure is better than none". Her students very much enjoy the experience of being able to expand their knowledge of French outside the classroom, and some have even expressed an interest in becoming an elementary school teacher!

The program began in October and ended in May. Topics for most classes included numbers, alphabet, colors, classroom objects, family, body, clothing, sports, and animals. Student-made storybooks, flashcards, and games were used to reinforce the lessons. The elementary school teachers completed evaluations after every few classes. All evaluations were very positive and included some excellent suggestions for future classes.

A big "Merci beaucoup" goes out to teachers Joanne Gaynor, Carolyn Schmidt, Carolyn Pokorney, Stephanie Boyle and to the administrators in both the high school and the elementary school who allowed this program to run. Because most students in French 3 do not yet drive, a group of parents volunteered to drive them to Sawyer. Thank you to all the parents. Without parent volunteers this program would not have been possible all these years.

Again, Merci Beaucoup to everyone who helped make the "Teaching French in the Elementary School" program a success!

*(Continued on page 3)*

## Friends of Drama News



This year's Drama banquet was held on May 5<sup>th</sup> at Ristorante Via Alto in Clinton. Highlights of the banquet included the induction of qualified students into the International Thespian Society and the election of next year's Drama Society Student Officers. Congratulations to:

Co-Presidents – Katie Agretelis & Abbie Wade  
Secretary – Emily Castner  
Co-Treasurers – Merisa Kouvo & Kiran Reed

In addition, Bill (Mr. Grady) was presented with his very own official "director's chair" for 20 exceptional years of dedication to Nashoba Drama!

The TAMY Awards were held on May 19<sup>th</sup>. They recognize exceptional accomplishments in the production and performance of musical theater at area high schools. Nominations went to: Emma Romasco for Best Supporting Actress and Ariella Honig for Not Your Average Chorus Member. Nashoba was also nominated for Best Costumes, Best Props and Set Dressing, and Best Playbill. Congratulations to all the nominees!

And the winner goes to....

**Emma Romasco**

for Best Supporting Actress in her role as Irene Molloy in Hello Dolly!

Congratulations Emma!

Students and parents are reminded that Drama activities are year round. Work on the Friends of the Arts ad campaign for families and business sponsors, and advertising and event programs kick off in August. This major effort shared with the Friends of Music provides the financial foundation for Drama throughout the entire year. We need many more volunteers to contact contributors and solicit new businesses. If you can help, please contact Audrey MacLean at [samjackaud@yahoo.com](mailto:samjackaud@yahoo.com) or Tracy Lindsay at [joelandtracy.lindsay@comcast.net](mailto:joelandtracy.lindsay@comcast.net).

Students interested in participating in the fall Drama production should be on the lookout for our incoming Freshman mailing in August or visit our website at [www.nashobadrama.com](http://www.nashobadrama.com).

Lastly, don't forget to look for Nashoba Drama Society's face-painting booth at the Bolton Fair this August 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup>. This is the largest fundraiser run, almost entirely, by the Drama Society students. Contact Paula Castner at [created4joy@comcast.net](mailto:created4joy@comcast.net) or Kathy Wade at [boowade@aol.com](mailto:boowade@aol.com) to join the fun!



## Friends of Music News

### New York City Highlights: April 12-14th

A busload of tired, but happy music students and chaperones returned to NRHS on Sunday, April 14<sup>th</sup> after a fun-filled trip to NYC. Much to the surprise and delight of all, the first evening was spent at Carnegie Hall in the presence of Stephen Schwartz with the evening devoted to his wonderful music, which included selections from "Godspell", "Pippin", "Children of Eden" and, of course, "Wicked". There were four soloists, full orchestra, and a chorus. Everybody knew all of the music. Stephen Schwartz appeared and played and sang for the audience. Saturday was "Phantom" with great seats and a wonderful production. Prior to seeing "Phantom", the group enjoyed a Producer's Workshop that was conducted by a New York casting director. Towards the end of the session, the director gave scripts to the students and held mock auditions. The Nashoba gang jumped right in and loved it.

### Boston Pops Film Night: June 11th

There are still tickets available to see John Williams conduct film night with the Boston Pops on June 11<sup>th</sup>. As of June 3<sup>rd</sup>, if not all tickets have been purchased by students, they will be made available to parents, siblings and other staff members. The tickets are \$34 each, checks are to be made out to Nashoba Friends of Music. Permission slips are available at [www.nashobamusic.com](http://www.nashobamusic.com) or as hard copies in class.

### Bolton's 275th Anniversary Parade: June 23rd

Come and see Nashoba band students perform at a parade to celebrate the town of Bolton's 275<sup>th</sup> year of incorporation. The parade will be held Sunday, June 23<sup>rd</sup> from 1-3 PM and will commence at the Bolton Office Park, 580 Main St., and conclude at Memorial Field where the celebration will continue with music, cake and other activities.



Thank you to all of the families who volunteered this year in so many ways to support Nashoba's music program. Enjoy the summer and please consider becoming a 'Friend of Music' next fall. Our meetings occur the second Monday of the month (September-June) at 6:30 pm in the chorus room. The first meeting for next year will be September 9<sup>th</sup>.

## SAFE SUMMER FUN DAY!

**Saturday, June 8, 2013**

The 15th Annual Marlborough Hospital Safe Summer Fun Day will be held Saturday, June 8 from 10 am to 2 pm on the front lawn of Marlborough Hospital at 157 Union Street, Marlborough. The **free**, child-oriented health and safety fair will be held rain or shine.

The hospital will once again sponsor bike helmet fitting where trained Marlborough Hospital staff will properly fit and give away children's bicycle helmets for free, while supplies last.

The event will feature many hands-on hospital exhibits and activities, including:

- **healthy eating**
- **doctor dress up**
- **bug repellent safety**
- **name that pill**
- **germ prevention**
- **face painting**
- **balloon animals**
- **obstacle course**
- **trackless train**
- **games and giveaways**

**Tours of Mobile Safety Streets, fire trucks and ambulances are also planned.**

For more information call 508-486-5806.