

NASHOBA Pride

The Nashoba Regional High School community works together to achieve high intellectual and ethical standards while discovering and developing the gifts and talents of all. Each member of our school community recognizes his or her role and responsibility in creating a learning environment based upon respect, trust, teamwork and enthusiasm.

Jeremy Roche, Principal
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FROM THE PRINCIPAL'S DESK



Harassment and Bullying:

Like any school, Nashoba is not immune from the issue of bullying and harassment. With the advent of social networking sites and instantaneous communication technology, school personnel and parents have an increasingly challenging job in sorting through difficult social issues. We strive to ensure that our campus is safe, secure, and comfortable for all of our students and faculty, but we recognize that the issue is complex and insidious. I wanted to take this opportunity to remind our community of the procedures that we follow and safeguards we have in place at NRHS, so students can flourish in an environment free of harassment.

First, we review our harassment policies with all freshmen in a presentation that is delivered by our assistant principals. The PowerPoint presentation generally includes a video that summarizes the potential damage of harassment and bullying. In addition, there is a discussion period that prompts students on particular scenarios and how they could be handled by both a student population and a faculty representative.

Next, we attempt to bring in outside speakers who address various topics related to tolerance and/or harassment/bullying. This year, we hosted *Rachel's Challenge*, *The Yellow Dress*, and will be hosting a Worcester Assistant District Attorney in May. Each one of these presentations attempt to keep the focus on the ideas of our mission (respect, trust, teamwork, enthusiasm) by addressing a particular component of positive interaction with peers.

In addition, our sophomore wellness curriculum reviews harassment and bullying as a part of the health component. Furthermore, we have specific courses like Mentors in Violence Prevention, Best Buddies PE and Health, Rape Aggression Defense that seek to provide students with skills from a variety of perspectives in order to address the issue of harassment and bullying. Mrs. Calo leads a number of young women in a group entitled Always Consider Tomorrow which seeks to promote self confidence and self advocacy skills. Nashoba also conducts the Signs of Suicide program

that specifically focuses energy on students advocating for peers who are depressed in some cases due to the issue of bullying or harassment. To gather data, we survey our seniors in an online exit survey that seeks to gather important information about bullying and harassment amongst many other topics. The surveys have been positive with respect to the overall issue and the general atmosphere at the school. We're also developing another student survey that will be exclusively used to gather data specific to the issue of bullying and harassment. Each one of these surveys will provide us important information in order to strengthen our procedures, curriculum, and responses.

Finally, our guidance and administrative team takes all reports of harassment and bullying seriously. We investigate each report carefully and take great pains to ensure that student anonymity is protected. We realize that the safest schools are ones where students provide important information to adults. We attempt to promote a feeling of approachability in order to not only enhance the atmosphere, but to encourage students to provide us with information with which we can then proactively address. One of the key components of our communication system is the online email system that is attached to our NRHS website (Under the *Students* tab on the main page and the *Safety Concerns* link within that tab). If a student or parent sends an email by accessing the following address, NRHSSafety@nrsd.net, the three members of the administrative team then receive the message anonymously. This allows us to take preemptive measures in order to resolve conflicts or harassment while protecting the confidence and anonymity of the reporter. This is a critical component of our ability here at NRHS to maintain a safe, secure, positive learning environment.

The issue of safety and security is at the forefront at NRHS. Each student has the right to go to school in an environment without hostility, intimidation, or offensive incidents. We view the responsibility as a partnership and use any and all information we receive in a discreet, fair, thorough manner in order to resolve all incidents in an expedient timeline. We appreciate any feedback from our community and

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seek to work with parents and students to make our school a more tolerant, respectful institution.

Graduation Survey Results:

Thanks to everyone who took the time to provide some input regarding three questions specific to potential sites and days for the 2011 or more likely 2012 graduation ceremony.



There were 159 members of the community who completed the survey. With respect to the three questions, the results were as follows listed below:

Graduation site: 60% (96 respondents) in favor of potentially moving the site to a larger, indoor venue such as the DCU Center or Hanover Performing Arts Center in Worcester.

Graduation day of the week: The community overwhelmingly selected Sunday afternoon (76% - 121 respondents) as the day and time of the week that the ceremony is most appropriate and convenient.

Graduation costs: 69%/110 respondents noted that they would be willing to purchase graduation tickets at an estimated cost between three and five dollars.

The results certainly confirm that we will investigate the possibility of another venue on a Sunday afternoon in 2011 or 2012 so that we can provide for the most comfortable, convenient, and spacious graduation ceremony that our students and community deserves. Again, thanks very much for contributing your time and thoughts in helping us determine the appropriate course of action here.

Matt Brown honored by the MIAA and Boston Bruins:

Matt Brown, senior, has been named the recipient of the Boston Bruins/MIAA Sportsmanship Award for the Quinn Conference. He, along with other winners from across the state, were honored at the Boston Bruins game on Thursday, April 1. Matt continues in the long line of Nashoba players who have won this award, dating back to 2002. Follow the attached link to see a picture of Matt and Bruins great, Johnny Bucyk: <http://miaaawards4110.shutterstock.com/pictures/9#38>

Clearly, this award is a demonstration of all that is right with high school interscholastic sports. Matt's recognition is a victory for our school and the athletic programs in that it emphasizes respect and honor for the sport and a team's opponents. Congratulations to Matt, the coaching staff, and the entire team for this well deserved acknowledgment.

Nashoba First Robotics teams shines at the Internationals in Atlanta, GA:

Fresh from their victory at the First Robotics tournament in Boston in late March, Nashoba flew down South to take on the country's and world's stiffest competition. For the first time in its brief existence, the Robo-Chiefs had the opportunity to participate in the International finals of the First Robotics competition. The team did exceptionally well in finishing with six wins in ten games. As many of the members relayed upon their return to school, the trip and experience of playing in the Georgia Dome was exciting and overall outstanding. As team coach and advisor, Mr. Al Fordiani also pointed it out it gives the team a great sense of where it can focus energies in upcoming years. Overall, it was an exceptional performance by our students and coaches. In addition, the school and team owe a great debt of gratitude to all of our community members who took the time and/or money to support this most worthwhile endeavor. Thanks very much

VARSITY MATH TEAM WINS STATE CHAMPIONSHIP

The Nashoba Varsity Math Team competed in the Massachusetts state tournament, placing first in the medium school division. In fact, Nashoba scored higher than all the teams in both the small-school and medium-school divisions and all but three schools in the large division. This outstanding finish at states moves Nashoba on to the all New England tournament at the end of April.

The large-school division winner was Lexington and the small-school division winner was Worcester Academy. When we do the conversion of scores for the large to medium size comparison, Nashoba's team tied Newton-South and was only outscored by Lexington and Acton-Boxborough. This is an incredible finish for Nashoba, we all should be very proud of these math students.

On the individual level, there were 253 students who placed in 217 individual rankings. Two of our Nashoba students finished in the top 25: Sorin Vatasoiu ranked 18th and Zach Wassall ranked 23rd. Each of them received a small gift certificate and a math contest book. All six of our state championship team members finished in the top third of the state competitors. Detailed results can be found on the WOCOMAL web site at: http://www.wocomal.org/statistics/maml/2010/2010m_individual.html

The Nashoba math team is comprised of 24 students from 9th to 12th grade. At the meets, students compete in teams, the top team score (and the individual student scores on that team) are the school's one score for the meet and determine the finish placement of the team in the competition. Throughout the year, we have different

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students on the top scoring team (the one that counts as the meet score). At the State and New England meets, we choose our top six students to represent the school at the competition as we can only send one team. Before the meet, we decided as a team who would represent the school and what rounds each student would compete in. So, these top six students represent the whole team and “compete” for them. This whole year was truly a team effort. All of the 24 math team students own part of this championship!

Thanks for your continued support of all of our math team students.

FRESHMAN MATH TEAM – THREE TIME LEAGUE CHAMPIONS

The Nashoba Freshman Math team won the Worcester County Math League championship with a strong finish in the final meet of the year held last month at Wachusett Regional High School. The outstanding finish by the team keeps Nashoba’s winning streak alive and lays down the challenge for next year’s freshman to carry on the winning tradition.

A number of the Nashoba students finished in the top 25 of the 299 ranks this year. Steven Tang (3rd), Sorin Vatasoiu (4th), Madeline Jenkins (9th), David Tang (14th), Connie Jiang (17th), and Joel Sharin (19th). Top 100 finishers included Sam Kirschbaum (28th), Emma Hewett (46th), Austin McMeekin (57th), and Catalina Damarati (68th).

Congratulations to all the Freshman math team members for another outstanding year!

SENIOR YEAR: A TIME OF NOSTALGIA AND TEMPTATION

There Are Many Ways to Help Keep Teens Safe and Healthy Without Spoiling Their Fun.

Reinforce Your Expectations. *Throughout their high school years, you’ve set rules and established the consequences for breaking them. Perhaps you’ve loosened up on a few rules, like curfew. But be clear about your expectations with regard to drinking and drug use. Being an upperclassman has privileges, but with these come responsibilities.*

Encourage Your Teen to Make Each Moment Count. *Your teens only get one senior year. Let them know that you don’t want them to miss out on opportunities because of bad choices, like drinking and drug use. One bad choice could change their lives forever.*

Provide Safe Alternatives. *Parties abound during senior year. Plan chaperoned alcohol-free parties around graduation.*

Set a Good Example. *Don’t let anyone convince you that*

it is a good idea for teens to drink or use marijuana under your supervision. It sends the wrong message and may lead your teen to make other bad choices.

END OF YEAR MESSAGES FROM THE NURSES’ OFFICE:

Parents of Seniors:

As graduation approaches, please be aware that when senior students pick up their cap and gown, they will also be given their cumulative school records. These records include our **only copy of the health and immunization records** as well as the accumulated educational materials. Please keep these records in a safe place, as you will need copies in the future for college and employment. ****Remember to keep the original record and make copies as needed.**

Attention Parents:

**** ALL MEDICATION**, in the nurses’ office, **must be picked up by 10am on the last day of school, June 18, a half day.** All medication not picked up will be destroyed.

Updates for the upcoming school year!!!

Medication Administration Orders/Consents for 2010-2011:

If your child will be receiving prescription meds in school, please note the **pink** medication form that will be **sent** to your home via mail with report cards at the end of June.



A new form is required each year, so please be sure to have this completed over the summer. It must have a parental signature at the bottom of the form, the name of the medication and dosing orders written and signed by your physician.

Mail it to the high school “Attention: School Nurse” by the start of school in the fall, or bring it in with the prescription medication. Prescription meds must be brought in by a parent/guardian in the pharmacy container with the prescription label intact.

Should you misplace the form, you can find it on our district website @ <http://www.nrsd.net/healthwellness.php>

The **Student Emergency and Health Record** (blue form) will also be **sent** home with report cards in June. Please check to be sure we have your current address and phone numbers, make any necessary corrections or additions and return it to the high school via mail or with your child on the first day of school. Students missing blue Emergency forms will be restricted from field trips for safety reasons.

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Physical Examinations and Immunizations: Please schedule your appointments now with your child's physician to be sure that all needed immunizations have been received prior to the start of school in September.

Massachusetts School Immunization Requirements
updated for 2010
Grades 7-12 required:

Hepatitis B	3 doses
DTaP/DTP/DT/Td	4 doses, or 3 doses Td plus 1 Td booster
Polio	3 or more doses
MMR	2 doses
Varicella (Chicken Pox)	1 dose or documented history of chicken pox

Sports: A current physical exam is required prior to starting practice for any sport at the High School, and suggested upon entering 10th grade. You may use the exam form provided by your physician (make copies), the one on our website @ <http://www.nrsd.net/healthwellness.php>, or exam forms that are available in the nurse's office. Practices for some fall sports begin in August, before school starts, and a current physical is required to participate. Physicals are good for 13 months.

Health Issues: Chronic health issues such as seasonal allergies, asthma, diabetes, serious allergies which require an Epi-pen, and others, may require an *Individual Health Care Plan*. If your child falls into any of the above mentioned categories, please make an appointment to see the school Nurse if you have not done so already. *Our phone number at the high school is (978) 779-2257 ext. 1 or ask your child's physician to write a Health Care Plan and mail us a copy. These forms also available from the district website.

Seasonal Allergies: Oak and grass pollen are peaking right now. If your child is symptomatic, please have them take their medication before they come to school. You may obtain a physician's order allowing for administration in school, however, we do not stock allergy medications.



Do not hesitate to call the nurses' office if you have any questions or concerns. Have a safe and healthy summer.
Mrs. Driscoll, Ms. Rivera and Mrs. Sullender

FRIENDS OF DRAMA

As the drama year comes to a close, we would like to express a huge thank you to all the parents, students, teachers, administrators and anyone who has helped out this year with our drama program. The wonderful pro-

ductions that are put on each year can only happen with much help and cooperation.

The annual "Thespian Banquet" will be held on Sunday, May 2 from 1-6 at Ristorante Via Alto 27 in Clinton. Highlights of the banquet will include induction of qualified students into the International Thespian Society, presentation of the 2010 Denny awards, and dinner and dancing.

The Friends of Drama would like to congratulate Courtney Giovinazzo and Peter Campobasso for being asked to participate in the opening number at the TAMY awards this spring. Well done!!

WELLNESS DEPARTMENT WISH LIST

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 2010-2011 school year.

If you would like to donate any of the listed items or anything fitness related not listed, please contact Dan Spedding at dspedding@nrsd.net or call 978-779-2257 ext. 4185. Thank you for your consideration!

Household Items

- *beanie babies
- *cush balls
- *beach balls
- *men's ties
- *hula hoops
- *fleece balls
- *pool noodles
- *small foam balls
- *a set of small wooden blocks
- *bean bags-any size
- *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

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 (3)
- *stainless steel mixing bowls
- *stainless flatware place settings
- *stainless steamer baskets
- *place settings of all-white matching dishes

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FRIENDS OF MUSIC NEWS

Concert Band and Choral Groups perform at MICCA

The Massachusetts Instrumental and Choral Conductors' Association (MICCA) held its annual statewide adjudicated festivals in early April. The NRHS Concert Band and three choirs participated. The association maintains a very high standard of adjudication assessing performers against a national standard for excellence. A Gold Medal indicates an outstanding performance; a Silver



Medal an excellent performance; a Bronze Medal a good performance; a Medal of Merit an average performance; and a Certificate of Participation for

those groups who choose to receive comments only. The concert band and choirs each participated in a clinic conducted by one of the judges following their performance.

The Women's Concert Choir received a Silver Medal; the Nashoba Women's Ensemble received a Bronze Medal; the Nashoba Madrigal Choir received a Certificate of Participation; and the Nashoba Concert Band earned a Bronze Medal. Congratulations to all of the students who participated in the festivals!

MICCA will hold a Solo and Ensemble festival on May 8th at Concord Carlisle High School. Two NRHS students, Yivan and Connie Jiang, will be participating in the event. Good luck!

POPS Concerts Scheduled for May

Mark your calendars for the upcoming POPS concerts! The NRHS Band POPS Concert will be held on *Friday, May 14th*. The Concert Band, Intermediate Jazz Ensemble, and Advanced Jazz Ensemble will perform under the direction of Mr. Tom O'Toole. Ms. Susan Mianulli will present a Choral POPS Concert the Thursday evening, *May 27th*. The Women's Pops Choir, the Concert Choir, the Madrigal Choir, and the Women's Ensemble will perform.



Both concerts will begin at 7:30 pm in the Nashoba Regional High School Auditorium. Refreshments will be served. Tickets may be purchased at the door for is \$5, but there is *no charge for students or senior citizens*.

Next Friends of Music Meeting - Prospective Members Invited

The next Friends of Music meeting will be held on Tuesday, May 11th in the chorus room at 6:30 pm. Each year, some Friends of Music parents "graduate" and we need to bring new parents on board. If you have even a small amount of time, we hope that you will consider lending a hand in support of Nashoba's outstanding mu-

sic program. Please join us May 11th to learn more about our organization and see how you can help!

If you are unable to attend the meeting, but would be willing to help or would like more information, please let us know at info@nashobamusic.com or by calling 978-897-2461.

BEST BUDDIES SPRINGFEST 2010

What is a better way to kick off Springfest 2010 than helping Best Buddies Nashoba throw their best prom yet?



Best Buddies is a program that helps incorporate students with special learning needs with the other students.

Please come to the Ice Cream Social on Friday, May 14, 2010 from 6:30-8:30 pm in the Center School Gym and show your support. The Ice Cream Social is sponsored by Kaitie Ryan, and proceeds will be going to benefit the program and help make their prom and future events better than last year.

June 2010
Senior and
AP Art Show
Coming to an
Auditorium
near you...



Do you or your student have a favorite teacher? Someone who inspires students to learn and strive to be the best they can be?

You have the opportunity to recognize a Nashoba educator who has made a difference for Nashoba students. You can honor that educator with a nomination for the

***Mary Ann Sessions
Excellence in Education Award***

The award honors a staff member who:

Is a role model to his or her students and colleagues

Enjoys being a mentor

Exhibits a positive attitude

Has passion and enthusiasm for education

Goes above and beyond his or her commitment to NRHS

Is a team player

Shows school spirit inside and outside of the classroom

Has not recently received this award

Please e-mail your nomination to nrhsendowment@nrsd.net before Friday, May 14, 2010. Nominations must include:

The nominee's name

The reason for the nomination and how the nominee meets the criteria

Your name and contact information

This award, donated by the NRHS Endowment Fund Board, will be presented at the Underclassmen Awards Night on June 14, 2010.

Past recipients Susan Bigelow, Loretta Williams, Leo Sakellarion, Robert Griffith, Diane Haarmann, Carol Constantino, Joan Fallon, Tom O'Toole, Jeremy Roche, Tim Castner and Dave Emerson are not eligible for this year's award.

Nashoba Girls Volleyball Clinic

Interested in learning the rules of the game? Or maybe just perfecting your skills? Learn from the girls on Nashoba's very own team!



For girls in grades 6-9

June 6th in the Upper Gym

Morning Clinic: 9 AM-12 PM

Afternoon Clinic: 12:45 PM-4 PM

Cost is \$30 for the Morning Clinic and \$50 for the whole day

Proceeds help to benefit Nashoba Girls Volleyball!
Every participant will also receive a T-Shirt at the clinic!

Contact Coach Leah Sutton to sign up today!

lsutton@nrsd.net



Ice Cream Social

All proceeds Benefiting Best Buddies Nashoba

To Kick off Springfest

Where: Stow Center School Gym

When: Friday May 14th 6:30-8:30 pm

Please come and enjoy ice cream while helping Best Buddies Nashoba raise some money!





RollerKingdom

Hudson, MA & Tyngsboro, MA

Tri Town 8th Grade Fundraiser **Friday May 7, 2010 – 1 – 4 PM.**

Grades 5 through 8
Roller Kingdom in Hudson.

\$10 per person
includes skate rental
slice of pizza and medium soft drink
unlimited skating to DJ & Karaoke.
Laser Tag available for \$3 per game
(Event Coordinator - Hazel Holbrook
hazel.holbrook@comcast.net)

Buy your Ticket at the door

This is an event you do not want to miss.

Roller Kingdom 5 Highland Park Avenue, Hudson, MA 01749



Still River Outfitters

Youth Summer Programs

Whitewater Kids

Whitewater Kids is a basic introduction to the sport of whitewater kayaking for kids 8 - 12 years old. We use boats and other equipment sized to fit kids in this age group to maximize the enjoyment of their introduction to kayaking. \$295/person

Session 1: June 28-30 from 9am-1pm and July 1 from 9am - 4pm

Session 2: July 12-14 from 9am-1pm and July 15 from 9am - 4pm

Session 3: August 2 - 4 from 9am-1pm and Aug. 5 from 9am-4pm

Whitewater Teens

This program is an intensive introduction to whitewater kayaking for teens. Basic and intermediate strokes and maneuvers, rescue skills, outdoor ethics, and other skills appropriate for kayaking in rivers will be introduced and practiced. The last day of the program will be an all-day river run to practice the students' new skills. \$595/person

Session 1: July 5-9 from 9am-4pm

Sea Kayak Teens

Touring kayaks are perfectly adapted to exploring our natural world by water. Skills included in this program are: basic and intermediate strokes and maneuvers, self and assisted rescues, trip planning and navigation, and outdoor ethics. \$595/person

Session 1: Aug. 16-20 from 9 - 4

Whitewater Kayak Immersion

Students will live and breathe whitewater kayaking and its unique culture while learning and perfecting the skills to safely navigate moving water environments. Skills will include basic and intermediate strokes and maneuvers, self and assisted rescues, equipment care, along with camping, camp cooking and outdoor ethics. \$995/person (overnight -VT) Session 1: July 25-August 1

Family Programs

Seasonal Boating Pass

Passes are good for the seasonal use of solo kayaks or stand up paddleboards at Persons Park in Bolton (pending online reservation - 6 of each typically available).

\$225 Individual

\$ 75 Additional Adult (18+)*

\$ 50 Additional minor child over 8*

*All pass holders must be living in the same household.

Visit www.stillriveroutfitters.com or call **978 844 0965** to register or find out more information about these programs and others like *Kayaking for Fitness, Introduction to Kayak, Adventure Kids, Mommy/Daddy and Me Kayaking*