

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
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From the Principal's Desk



The final stretch! This is the last month of classes for our seniors who will be graduating on June 9th, and the last full month for our underclassmen (although with six snow days this year, we will still be in school through most of June!). The weather has turned beautiful, flowers are starting to peek out, and it appears that the cold of winter has finally turned into the warmth of spring.

I wanted to take time in this month's newsletter to discuss a topic that is of paramount importance in schools: student safety. My intent, however, is not to talk about general campus security; particularly in the wake of the Sandy Hook tragedy, we have already spent a lot of time as an administrative team and as a community examining, discussing, and improving our emergency planning and operations. But student safety also encompasses school culture, emotional security, daily interpersonal interactions, and the decisions that students make both on and off campus. That is what I would like to focus on this month.

After having been at Nashoba for almost a full year, I can say that we have a very safe school. Every day I see patterns of positive interactions between staff and students, I see students treating each other with kindness and respect, and I see adults (staff and parents) addressing and advocating for student well-being. We have a school in which people care about each other, and that caring is evident in the positive ways in which we treat each other. At the same time, when you put over a thousand teenagers together every day for 180 days, and when those teenagers have both direct and digital access to each other outside of school, troublesome things happen. One of the troublesome teenage behaviors that most concerns me is drug and alcohol use.

The teenage brain is different from the adult brain in many ways (I know I'm preaching to the choir on that point). One specific way in which they differ has to do with risk/reward calculations. While adults are certainly capable of making bad decisions, we tend to be more objective and effective in considering risks than are teenagers. The teenage brain is not yet fully mature, and tends to overvalue rewards and

minimize risks. This isn't a conscious process, it is built into the way teenage brains approach information. And while this fact absolutely does not excuse teenage behavior, I think it helps to explain why teenagers sometimes make decisions that seem absolutely nonsensical (some might even say boneheaded) to adults.

So if we know that teens are more predisposed to bad decision-making than we want them to be, I think it is incumbent on us as educators to develop school conditions that minimize the chances of those bad decisions. This is especially true when it comes to drug and alcohol use. One piece of data that I look to in helping give me a sense of teenage behavior at Nashoba is the Emerson Youth Risk Behavior Survey. This is a survey that we give every two years to all of our students, and it asks them about their behaviors across a variety of categories (e.g., driving practices, sexual behavior, drug and alcohol use, etc.). The same survey is also given to students in demographically similar communities (such as Acton, Boxborough, Concord, Harvard, and Littleton), so it provides a way to look at comparative data; for example, we may be concerned about the prevalence of a specific behavior among our students, but knowing that our students exhibit the behavior less often than students at similar high schools helps to put the data into perspective.

The Emerson survey was administered most recently in the spring of 2012, and the data point to some positive areas, and some areas in which we can improve as a school. Nashoba students reported fewer incidences of bullying than did students at the other high schools in the survey, which I believe is a testament to the positive culture we have in the building. At the same time, some of the data around substance abuse were particularly troubling to me. In the class of 2012, 74% of Nashoba seniors indicated that they had drunk alcohol at some point (it was 75% in the comparison groups), and 56% of Nashoba seniors indicated that they had used marijuana at some point (it was 49% in the comparison groups). Of particular concern to me was that 23% of all students at Nashoba (freshmen through seniors) indicated that they had been offered, sold, or giv-

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en illegal drugs on school property at some point in the previous 12 months (stretching from March 2012 back to March 2011), as compared to 17% at other schools.

Having spent almost a full academic year at the high school, I can tell you that our entire staff, from me on out, takes drug use and possession, especially on campus, very seriously. Anytime we receive any information about possible drug use or possession, we investigate it fully, and we impose serious consequences when any information is substantiated. Nevertheless, I want us to take additional steps as a school to ensure that we are doing everything we can to keep drugs and alcohol out of our school, and to send a strong message to all our students that we will maintain a safe school environment for them. I think this is especially important given new state laws that will likely make marijuana more accessible in the larger community.

The school council took on student drug use as part of our school improvement plan this year, and their advocacy has helped to lead to a number of positive steps. Our juniors and seniors will hear a presentation from the Worcester County Sherriff's office later in May about substance abuse, we are installing additional video cameras at the high school so that we can more quickly and effectively investigate inappropriate behavior, and (most important of all) we are adding a part-time School Resource Officer at the high school next year. I am very excited about this final step: a School Resource Officer (who is a member of the Bolton Police force, specially trained to work collaboratively with public schools and with students) is someone who can help work with students in a proactive way to keep students from making bad decisions (helping them truly understand the risks in those risk/reward calculations), and who can serve as a deterrent to students thinking about bringing drugs or alcohol onto campus.

As I said earlier, we have a safe school, and our entire staff takes that safety very seriously. Nevertheless, I am always looking for ways in which we can improve school safety. I am not so naive as to think that I can change the risk-taking nature of teenagers, but I do think that I can provide our students with information, incentives, and disincentives that tip those risk/reward decisions in increasingly safer directions. I am happy with the steps we are taking to address student safety—providing students with information about the dangers of substance abuse, increasing our vigilance through additional video cameras on campus, and adding a School Resource Officer—and I will continue to look at other strategies to ensure that we are doing everything we can to keep our students safe.

DRESS FOR SUCCESS

With the beautiful weather finally upon us, more and more students are ready to break out their spring fashions. Your cooperation is appreciated as we guide our students in continuing to follow the handbook guidelines:

Dress Code:

Nashoba Regional High School abides by the District policy specific to Dress Code. Student dress and appearance should be appropriate for the business of school. Therefore, students are expected to exercise careful judgment in selecting school attire. Fashions change; however, the purpose of school does not.



Any fashion (dress, accessory, hairstyle or grooming habit) that is a danger to student health and/or safety, obscene or offensive, and/or disruptive to the learning environment may not be permitted. Students are expected to dress appropriately during the school day and at all school-sponsored events. The following dress code is under the discretion of and therefore, enforceable by any teacher, administrator, or staff member. Students who violate the code will be required to modify (i.e. cover, remove or change) their appearance. Refusal may result in disciplinary consequences up to and including parent phone call and/or in-school suspension.

Prohibited Attire/Protocols:

- a. Hoods, sunglasses, bandanas and any other head/face covering
- b. Trench coats
- c. Articles which display drug, alcohol, or tobacco logos or depict use of the same
- d. Articles which display messages, illustrations or symbols that are lewd, indecent, offensive or vulgar
- e. Clothing which exposes midriffs, buttocks and/or backs
- f. Clothing with low necklines that expose cleavage
- g. Clothing that is ripped, transparent or reveals undergarments
- h. Tank tops must have a one inch strap; no strapless dresses/tops
- i. Pants must be secured at the waist and worn no lower than the hip
- j. Shorts, skirts, and dresses must be mid-thigh in length and cannot be excessively form fitting
- k. Chains and studded jewelry/belts
- l. Bare feet



Participation in team dress up or school spirit days does not excuse students from abiding by the dress code.

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PARENTS OF SENIORS

Once in a lifetime opportunity: 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.****



The transcript is the only document the school keeps on file. It will be available for 60 years.

NOTES FROM THE NURSES'

Prom

Prom is coming up in **May, 2013**, and it is very important that parents take the time to talk to their children about the following safety issues:

- **Driving**
- **Dating**
- **Alcohol/Drugs**

Remember the after prom party here at the high school!

TANNING

A tan, whether you get it on the beach, in a bed, or through incidental exposure, is bad news any way you acquire it. Tans are caused by harmful ultraviolet (UV) radiation from the sun or tanning lamps, and if you have one, you've sustained skin cell damage. No matter what you may hear at tanning salons, the cumulative damage caused by UV radiation can lead to premature skin aging (wrinkles, lax skin, brown spots, and more), as well as skin cancer. For the **real** facts about the dangers of tanning and how to get a bronzed glow without risking your health, please see The Skin Cancer Foundation's tanning information at: <http://www.skincancer.org/Tanning>

Senior Year: A time of Nostalgia and Temptation....

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

1. **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.
2. **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.

3. **Provide Safe Alternatives.** Parties abound during senior year. Plan chaperoned alcohol-free parties around graduation.
4. **Set a Good Example.** Don't let anyone convince you that it is a good idea for teens to drink or use drugs under your supervision. It sends the wrong message and may lead your teen to make other bad choices.

Illness Dismissals:

In the event that your child becomes ill during class on any particular day, your child's teacher will send him/her to the nurse. Based on a physical assessment, should the illness warrant dismissal, the parent or guardian will receive a call from the school nurse requesting that the student be picked up. **Dismissals due to illness are handled only through the Nurse's Office.**



Please remind your child that texting and calling home are not permitted during certain school hours and the cell phone will be confiscated. Students that are ill should go to the nurse's office.

Attention Parents:

**** ALL MEDICATION**, in the nurses' office, **must be picked up by 10 am on the last day of school**, June 26, a half day. All medication not picked up will be destroyed.

If you have any questions or concerns give us a call at 978-779-2257 Ext. 6

Migdalia, Rosemary and Linda
High School Nurses

NASHOBA FRIENDS OF DRAMA NEWS

Thank you to all who attended and contributed to the enormous success of our performances this year! The dedication of our talented students, parents, directors and choreographer was evident throughout the year.

We would like to express our deepest gratitude to Lynn Dischler, Nancy Dodge and Pam Patten, who have led the Friends of Drama, in various areas, for many years! Their students are graduating this year so they will be moving on.



Lynn has been with us as Ticket Chair for eight years!! There was never a task too large for her to take on. She has improved our ability to serve the community much more efficiently. We will miss her gentle, but firm, patience and kindness.

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Nancy has been with our group for four years as our fearless Costume Chair. Her ability to organize and lead this large, award winning, piece of the production has been amazing. Her innovation and expertise has been inspiring. She has motivated both parents and students with her genuine warmth, patience and willingness to take the most daunting tasks head on and with a quiet smile.

Pam has been a member of the Board as Treasurer for the last two years. She has been the voice of reason when dealing with sensitive issues. She has improved our financial outlook enormously by introducing new cash handling procedures and accountability. She has performed these tasks with enthusiasm and laughter.

These parents' innovation, patience, and expertise will motivate us as we move forward. No matter what the circumstances, there was a smile and a solution!

We look forward to our Annual Thespian Banquet and the TAMY Awards this month. Stay tuned for the TAMY nominations.

The Friends of the Arts (Drama and Music) will kick off the Ad Campaign with our meeting May 1st. Let us know how you would like to contribute your time to meet our goals for next year.

Please join us as we begin planning for next year's events! Contact Audrey MacLean, samjack-aud@yahoo.com or Tracy Lindsay, joelandtracy.lindsay@comcast.net, for more information. Visit us at www.nashobadrama.com.

FRIENDS OF MUSIC NEWS

Congratulations to the Concert Band and the Madrigal Choir for earning bronze medals at the recent MICCA Festivals!

Band and Choral 'Pops' Concerts: May 10th and 23rd

The bands, having chosen a 'pirates' theme for their final concert of the school year, will perform on Friday, May 10th. The choruses, featuring senior soloists, will perform on Thursday, May 23rd. Both concerts start at 7:00 pm. Admission is \$5. Students and Senior Citizens are free.

Memorial Day Parades: May 27th



Band members will perform as part of the Memorial Day Parades on Monday, May 27th, in both Lancaster (9:00 am) and Stow (2:00 pm.) Parents who would like to help out with chaperoning or with the annual cookout in between parades, please contact Mr. O'Toole at totoole@nrsd.net.

Boston Pops Film Night: June 11th



The ever-popular Film Night returns this spring led by Boston Pops Laureate Conductor John Williams, whose unparalleled contributions to cinematic music have spanned decades. This concert will showcase some of the biggest blockbuster scores written by the highly acclaimed composer with music from the films Jaws, Star Wars, the Indiana Jones and Harry Potter series. Maestro Williams will also lead the talented musicians of the Boston Pops in selections from the score of Lincoln, the living legend's most recent collaboration with Steven Spielberg. Only 47 student tickets and 4 chaperone tickets are available, so don't delay in making your purchase. Interested chaperones – please contact Mr. O'Toole or Mrs. Mianulli prior to purchase. The tickets are \$34 each, checks are to be made out to Nashoba Friends of Music. Permission forms are available from Mr. O'Toole or Mrs. Mianulli.

Friends of Music Meeting: May 13th

Parents, please join us for our final meeting of this school year on Monday, May 13th, at 6:30 pm, in the chorus room.

Seeking Parent Volunteers

Could you spare a few hours a month to help support the wonderful choral and band programs at Nashoba? We are seeking parents of current underclassmen to join our group for next year. Any level of commitment is welcomed. Please contact Beth Atkinson (beth@iwindsurf.com) for more details.

PLANT SALE, YARD SALE

Are you interested in buying plants or have some to donate? Do you have extra stuff you want to get rid of, wouldn't mind a few extra bucks, and haven't signed up yet for the May 4th Town-Wide Yard Sale? The **Bolton Conservation Trust** invites you to donate plants, items for sale, OR set up your own table at the Bolton Town Center (former Smith Garage on Main St.) on Saturday, May 4th, from 9 am to 2 pm (rain date May 5). For those setting up a table at this very central location, since this site is designated as a "10 percent house", the only requirement is that you donate 10% of your proceeds to the Bolton Conservation Trust (BCT).



The garage will be open Friday afternoon and evening and other times by appointment to accept donations and for those setting up tables to get organized prior to the sale.

THE BOLTON CONSERVATION TRUST is a 501(c)3 charitable organization and along with land preservation, sponsors

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the Four Winds program at Sawyer and the Tom Denney Camp at Bowers Springs.

To reserve space, or have extra annuals or abundant perennials you'd like split and donate to the **CONSERVATION TRUST** but don't want to set up your own table, please pot them and contact Joan Finger, (978) 337-5132 or Joan@ZooterGroupTutoring.com or Cia Ochsenbein, CiaStudio@Comcast.net (978 779-0377).

Bolton Readies for Ultimate Recycling Event



For the fourth year in a row, Bolton, MA, will be the scene of “the ultimate recycling event”—a town-wide yard sale, this year featuring nearly 60 sellers at locations around town—all on the same day. The sale will take place Saturday, May 4, from 9 am to 1 pm. (In case of drizzle or light rain, the sale will *not* be postponed. In case of a downpour, the sale will take place on Sunday, May 5, same times.)

In addition to Bolton yards, driveways, and garages, shoppers will find sellers at three group locations: Slater's, Firewater & Wine; and Bolton Orchards. At a yard sale event this big, shoppers are bound to find treasures among the many items sellers are offering this year, which include antiques, collectibles, jewelry, books, electronics, plants, toys, and more. Some sellers plan to donate 10 percent or more to a local charity, making this sale a win-win-for everyone!

Participants will tie a balloon to their mailboxes to further identify their sale location. A map that marks all locations will guide shoppers around town and will also list some of the items for sale at each location. Maps will be available May 3 at the three group sites, as well as the Country Cupboard on Main Street. Maps will also be available online May 4 at www.BoltonLocal.org

The annual Town-wide Yard Sale is sponsored by Bolton Local, a not-for-profit promoting community sustainability.

NASHOBA
REGIONAL
HIGH SCHOOL
GIRLS
LACROSSE
PRESENTS...

ERIC DITTELMAN MIND READER



SATURDAY, MAY 4th, 2013, 7:30 PM TICKETS \$10 PRIOR TO SHOW

NASHOBA REGIONAL HIGH SCHOOL AUDITORIUM

CONTACT LAURA BANAS FOR TICKET SALES INFORMATION:

lbanas@nrsd.net



Tom Denney Nature Camp



KINDERGARTENERS We want you!

New!!! KINDERGARTENERS are now welcome to come and have fun at TDNC!

The Bolton Conservation Trust's summer day camp is a unique camp experience that offers five weekly sessions of fun and learning in the beautiful natural setting of Bolton's Bower Springs conservation area. Our dedicated and enthusiastic staff supports the Trust's commitment to environmental education and to kids. The goal of our camp is to create a safe, enjoyable outdoor learning experience that provides opportunities for children to learn about themselves and develop understanding, respect and responsibility for the environment in which they live while making new friends, taking on new challenges and most of all having fun!

TDNC Program:

Campers must be entering the 1st through 8th grades for the 2013/2014 school year. The cost per session is \$250. Activities include swimming, group games in the field and woods, Mystery Animal, Predator and Prey, The Amazing Race, arts & crafts, songs, stories, tracking, scavenger hunt, hiking, exploring, campfires, building a shelter & more.

TDNC ECO ADVENTURES Older Campers Program:

This program is for campers who are entering middle school (grades 6-8). Campers this age may choose this program or the original TDNC program. Activities include kayaking with Still River Outfitters, rock climbing at Central Rock Climbing Gym with harnesses & ropes, an overnight with campfire dinner, sunset swim & sleeping in the big tent, team building activities, obstacle courses, a conservation project & more. The cost per session is \$370.

TDNC Counselor in Training Program:

Applicants for Counselor in Training must be entering 9th grade or above for the 2013/2014 school year. CITs must attend a mandatory Orientation July 1-3 from 9am-3pm and then work a minimum of 2 weeks. CITs gain valuable work experience and have fun. Do it with your friends - you'll have a blast!

2013 Schedule (camp runs from 9am to 3pm):

Session 1: July 8-12

Session 2: July 15-19

Session 3: July 22-26

Session 4: July 29-Aug 2

Session 5: August 5-9

Scholarships are available for any camper in need and no camper will be turned away for financial reasons. Activities vary between sessions however more than two sessions may be repetitive. Camp fills up fast, so register early. See the website to register/more details: tdnc.boltonconservationtrust.org. Questions: bcttdnc@gmail.com (best way) or 978-429-3004.

