

Nashoba Pride

Integrity—Collaboration—Achieve—Respect—Engage

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A Message from Dr. Graham

As the first quarter draws to an end, I am happy to say that we have had a very busy and very successful two months. At the two ends of the spectrum, our seniors are full into the college application process, while our freshman class is feeling more confident and settled. I had the opportunity to meet with different freshman groups recently and to answer questions that the freshmen have about their transition to the high school; they were fun meetings, and I was thoroughly impressed by the character and personality of our ninth graders.

This month I would like to talk about one of a principal's primary responsibilities: safety. I like to tell people that my two biggest jobs are to make sure that every child is getting a high-quality education every day, and that every student and adult in the building is safe all the time, every day. Nashoba does an excellent job on both those counts, but I am always looking for ways to improve.

High schools present unique challenges when it comes to safety. The recent event in Danvers is a tragic reminder that building and campus security have to always be a top priority, and we are constantly assessing our security practices as a school and as a district. But what tends to not be discussed as often is the day-to-day emotional and individual safety of students. In one of last year's newsletters, I talked about the results of the Emerson Youth Risk Behavior Survey data from 2012, which highlighted some of the teenage behaviors that keep parents and principals awake at night. This is a survey that we give every two years to all of our students (we will be giving it again this coming spring), and the survey asks students about their behaviors across a variety of categories (driving practices, sexual behavior, drug and alcohol use, etc.). While Nashoba students are not significantly different from students in other similar high schools, the results are nevertheless concerning. Two big areas that jumped out at me from the survey were alcohol and drug use. According to the data, about three-quarters of high school seniors in the surveyed schools have drunk alcohol at some point outside of school, and about half of high school seniors have used marijuana at some point outside of school. Of particular concern to me was that 23% of all stu-

dents at Nashoba (freshmen through seniors) indicated that they had been offered, sold, or given illegal drugs on school property at some point in the previous 12 months (stretching from March 2011 to March 2012).

I have very little control over the behavior of students outside of school, but I want to take every step possible to eliminate the presence of drugs and alcohol in the school and at school events. I want students to know that I will keep the high school focused on learning, and protect them from the dangers and distractions of illegal substances. Our School Resource Officer has been a wonderful addition this year, both in setting a tone of safety and in providing opportunities to educate students about the dangers and consequences of drug and alcohol use. Our enhanced security cameras help us to monitor behavior throughout the school. I am also planning to reinstitute random canine drug searches of our parking lots and lockers this year; we have not had a canine search at Nashoba in recent years, but it is a common practice at high schools across the Commonwealth, and serves as a strong preventative measure to keep students from attempting to bring illegal substances to school. In addition to all of these steps, the entire staff and administration at the high school take our responsibility for safety very seriously: we are visible and vigilant, and staff members are excellent about contacting administrators when they have any reason to suspect that a student may be under the influence or engaged in risky behavior.

In addition to a focus on students' day-to-day emotional and individual safety, we are also focused on improving our campus security. We have a school-based safety team that meets monthly to review and improve our practices. We recently implemented enhanced security protocols for the way we allow access to the building after school; examples include keeping more of our exterior doors locked in the afternoons and evenings, and locking interior doors to ensure that only authorized personnel and groups can be in our academic wing in the evenings. The high school is a busy place after school ends, with sports teams, student clubs, and community groups using the building, and we want to make sure that we are providing high levels of security to

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all the students and adults after 2:30 each day. We are also working with the district's facilities department to identify long-term changes we can make that will improve campus security while maintaining reasonable access.

Overall, we have a very safe high school, and I am proud of the fact that our students consistently display safe behavior. But there are always opportunities to improve, and I want to make sure I am taking advantage of those opportunities. I talk all the time about the wonderful culture we have at Nashoba – the positive and caring interactions that occur between students and staff members – and I do not want to take steps that create an environment of mistrust or oppressive hyper-vigilance, or that prevent the high school from being a community resource. But students are very candid in telling me that they want me to do whatever I can to keep drugs and alcohol out of the school, and parents are very candid in telling me that they want me to do whatever I can to maintain campus security. I believe I owe it to the students, and to you, to be transparent and proactive about our steps to ensure safety each and every day.

NRHS ENDOWMENT FUND



Parent Volunteers Needed!
Winter Meeting: Thursday, Dec. 5th @ 7 pm
Media Center

New members are invited to join the NRHS Endowment Fund Board. We are a non-profit group established in 1999 for the purpose of raising money and fulfilling grants submitted by teachers to fund various enrichment programs and pilot programs as well as equipment and materials that are outside the regular school budget. Each year in September, donations are solicited via a general mailing to the Nashoba Regional High community. Twice yearly, applications for funds are submitted to us by teachers. We are currently in the winter grant cycle. Please support us and consider joining us!

Being a member of the Endowment Fund Board is an excellent way to become involved at Nashoba. The time commitment is modest (about 6 to 8 meeting per year), however, the returns to the students and teachers are great. Please contact Christel Conlin at christel-conlin@gmail.com if you would like more information. All are welcome to our next meeting on December 5th at 7:00 pm in the Media Center at NRHS.



It is that time of year, DI is back! We are gearing up for a brand new season of all new challenges that are just waiting to be solved!!

Destination Imagination (DI) is an educational program where student teams (2 to 7 members) solve open-ended Challenges and present their solutions at competitive tournaments. Participants build a lifelong confidence in working together to solve any life challenge! In working to solve Challenges, our teams learn important life skills such as: time management, collaboration, conflict resolution, and creative and critical thinking. Our goal at Destination Imagination is to give students the chance to learn and experience the creative process from imagination to innovation.

Why do DI?-

To have fun! In 2011, researchers from the University of Virginia Curry School of Education conducted an independent research evaluation of the DI program and found that among other findings, "Students who participated in the activities and tournaments provided by DI outperformed comparable students who had not participated in DI on assessments measuring creative thinking, critical thinking and collaborative problem solving."

Your contacts

Wendy Enzmann and Karen Wall are the Co-coordinators for the Nashoba DI at NRHS. We can be reached at wenzmann@verizon.net or kwall2259@gmail.com

This year's challenges:

- A - - **Dig In** (Technical)
- B - - **Going to Extremes** (Scientific)
- C - - **Laugh ART Loud** (Fine Arts)
- D - - **Pandemonium** (Improvisational)
- E - - **The Tension Builds** (Structural)
- PO- - **Pitch & Play** (Community Service Learning)

If you interested to review the challenges for the 13-14 season, please visit: [http://](http://www.destinationimagination.org/challenge-program/challenge-previews)

www.destinationimagination.org/challenge-program/challenge-previews

How to register:

Please complete the attached registration form with payment and leave at the NRHS office addressed to NRHS DI by Friday, November 15th, or email the form to wenzmann@verizon.net.

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FRIENDS OF MUSIC NEW

Friends of the Arts Ad Campaign

The major fundraiser for the music and drama programs enjoyed another successful year with 104 businesses purchasing ads and over \$1500 raised with family sponsorships. We will continue to welcome family sponsorships throughout the year that will be recognized in upcoming concert programs. Thank you to the businesses and families for your contributions and to the many people who helped with the campaign.

UMass Band Day

Congratulations to all of the band members who participated in the largest UMass Band Day ever at Gillette Stadium on October 12th!

Friends of Music Meeting: November 4th

Parents, please join us at our next meeting on Monday, November 4th, at 6:30 pm, in the chorus room.

MMEA Central District Festival Auditions: November 16th

Auditions for the Central District Music Festival will be held for choral and instrumental students on Saturday, November 16th, at Grafton High School.

Holiday Band Concert: December 6th

The Holiday Band Concert will be held on Friday, December 6th at 7:00 pm in the auditorium. Selections will include "Variations on Hanukah, O' Hanukah", "Baby it's Cold Outside", "Die Bankelsangerlieder" and many other festive selections. Admission is \$5. Students and Senior Citizens are free.

Holiday Choral Concert: December 13th

The Holiday Choral Concert will be held on Friday, December 13th at 7:00 pm in the auditorium. Admission is \$5. Students and Senior Citizens are free.

FOM Raffles

The Friends of Music are raffling off two floor tickets to the Boston Holiday Pops and two Community Spirit ski passes for Wachusett Mountain.



The Holiday Pops performance is on Saturday, December 14th at 7:30 pm. The seats are in Row P Center. Tickets are \$5 each or 3 for \$10. The drawing will be held at the Holiday Band Concert on Friday, December 6th, (you do not need to be present to win). To purchase tickets, please see Mr. O'Toole or Mrs. Mianulli or send an email to Beth Atkinson (beth@iwindsurf.com).

The Wachusett Mountain ski passes are good for a one day or night session lift ticket (with certain blackout dates in effect, and no lessons or food included). Passes are valid for this season OR



next season. Tickets are 3 for \$5. The drawing will be held at the Holiday Choral Concert on Friday, December 13th (you do not need to be present to win). To purchase tickets, please see Mr. O'Toole or Mrs. Mianulli or send an email to Kelly Williams (williams07@comcast.net).

FROM THE NURSES' OFFICE

Here are three reasons to get a flu vaccine:

1. Flu shots decrease upper respiratory illness by 34%
2. Flu shots reduce physician office visits by 42%
3. Flu shots reduce lost workdays by 32%

For more information visit: <http://www.cdc.gov/flu/about/season/>

Emergency Health Forms

We are still collecting the Student Emergency and Health Forms ([Blue Sheets](#)). Please check that all listed phone contact numbers are current and correct. Persons listed as emergency contacts should be available for contact/student release during the school day.

**Update on Absence Reporting:

If your child will be absent for **five consecutive days** it is required that you submit a note from the physician detailing the illness. Please feel free to contact the nurse if you would like to discuss any medical issues concerning your child. As always, please call the nurses' office if your child will be out for the day and follow up with a written note within 48 hours.

"HOLIDAYS FOR HIGH SCHOOLERS" Your help is needed

It is often said that Christmas is for kids, yet even those who have outgrown Santa still dream of finding a gift or two under the tree. But not all families have the means to buy gifts for older children, and not all "giving" programs serve teenagers. "Holidays for High Schoolers" is a compassionate effort by the adult community of the Nashoba Regional High School to bring a little Christmas joy to those who might otherwise go without a gift.



Contributions are used to purchase gift certificates to the mall for each student identified by nurses, administration, guidance and the faculty as being a candidate for "Secret Santa". Student selection is discreet and completely confidential. No names are used. Contributions are collected by the school nurses to insure anonymity.

Holidays for High Schoolers is in its "12th" year. It has been tremendously gratifying to witness the community's efforts to share with high schoolers who, like younger

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children, are touched by the generosity inspired by the spirit of the season.

To make a donation, send checks made payable to: "Holidays for High Schoolers"

Send to:

Attn: The School Nurse
Nashoba Regional High School
12 Green Road
Bolton, MA 01740

For more information, contact the school nurses at 978-779-2257 x6

Thank you for your support!

NASHOBA ATHLETICS BOOSTER CLUB Some current Nashoba Athletics Booster Club information is provided below.

Please visit the Nashoba Athletics Booster Club Website www.NashobaBoosters.com for more information. Please click "Follow" and enter your email address to receive updates.

The **Nashoba Athletics Booster Club** (NABC) is the parent volunteer organization that supports all inter-scholastic athletic programs at NRHS and the Athletic Director.

Fall Open Meeting

The next Booster Club open meeting will be held in the high school cafeteria at **7 pm on Tuesday, December 10**. Parents of student athletes are encouraged to attend.

Board Members Needed. At the end of this year, several board positions (including President and Vice President) will be vacant. These positions are voted on at the Annual Meeting in May. The Board meets four times during the school year (in conjunction with the Booster Club Open and Annual meetings). Please contact Gigi Lengieza at gigilengieza@gmail.com if you are interested or have any questions.

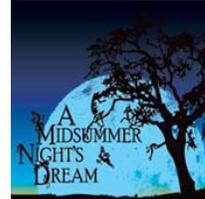
Winter Team Bonding Contest Winner

Congratulations to the Volleyball Team for being the winner of the Booster Club's Fall Team Bonding Contest. The Boys Soccer team was close behind. Thank you to all fall sports teams for participating! *NRHS* Coaches and the AD submit "wish list" items and your membership helps them get their wish. Check out our website for a

complete list of all the support we have provided so far thanks to our members! **Thank you for your support!**

NASHOBA FRIENDS OF DRAMA NEWS

Don't miss the Fall Play!
"A Midsummer Night's Dream"



Shakespeare's work is widely performed and no wonder it's about the world's most popular pastime, falling in love.

Friday and Saturday

November 22nd and 23rd at 7:30 pm

Sunday, November 24th at 2 pm

The cast is hard at work rehearsing. Many parents and students are creating the magic behind the scenes. You are invited to join us for a night of entertainment and show your support for Nashoba Drama! Be sure to get your tickets early; a ticket order form is attached for your convenience, or visit our website at www.nashobadrama.com.

The next Drama Club meeting (students) will be November 6th at 5:30 pm. All students who have signed up to help with production of the show should plan on attending.

The next Friends of Drama (parents) meeting is Wednesday, November 6th, at 7pm in the auditorium foyer. If you have not been contacted by your Committee Chair, you will be soon.

Our **Spring Musical** is a grand, touching and inspiring tale of love, sacrifice and salvation.

"Les Miserables" March 14th, 15th 16th.

Lastly, our annual **Friends of the Arts Ad Campaign**, done in partnership with the Friends of Music, was a success again this year. Businesses, families and community members support our students' efforts by purchasing ads that appear throughout the year in the programs for each music or drama production. Audience members are encouraged to patronize the businesses and services advertised at every performance. Thank you to all who have helped with the campaign and to the businesses

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and family sponsors who contributed. A heartfelt thank you to The Print Shop @ Dunn & Company who print the programs for each and every band, choral and drama production!

Although the Friends of the Arts Ad Campaign is now over, we will continue to welcome Family Sponsorships. Your family sponsorship of \$25 will appear in the programs for fourteen performances throughout the school year. Your contributions will directly benefit our award-winning band, vocal and drama student productions providing items that the school budget cannot support. We have attached a form for your use and thank you, in advance, for your support. For more information on the Ad Campaign please visit: www.NashobaDrama.com or call Hilda Brewington at (978) 779-9995.

Drama Society (student) contacts: Katie Agretelis at swagretelis@gmail.com or Abbie Wade at abbie.wade1811@gmail.com

Friends of Drama (parent) contacts: Audrey MacLean (samjackaud@yahoo.com), Tracy Lindsay (joelandtracy.lindsay@comcast.net) or Carolyn Ryan (carezy@comcast.net).

YOUTH SPEECH COMPETITION

The Lions Club of Bolton is holding its annual Lions Youth Speech Competition on Saturday, December 7. The Club seeks high school students in grades 10 through 12 to deliver a speech on the theme, How Do I Want to Be Remembered? Cash prizes are awarded for the Club competition, with awards of up to \$1500 for the winner at the Mass Lions State Convention in April. Interested students must register by Friday, November 22. To register, go to <http://www.boltonlions.org> or write speechcontest@boltonlions.org. For a student handbook and other information about competition rules and regulations, go to <http://www.lionsyouthspeech.org>.

FRIENDS OF THE BOLTON PUBLIC LIBRARY

SEMI-ANNUAL BOOK SALE LOCATION:

Houghton Building,
697 Main Street

TIME: Friday November 15 -
Friends preview 6:30 - 8:00

Saturday November 16 - 9:00 - 1:00

The Friends of the Bolton Library will be holding their semi-annual Used Book Sale at 697 Main Street in Bolton (The Houghton Building). The preview sale for the Friends of the Library will be on November 15th, from 6:30 - 8:00 pm. The public sale will be held on November 16th, from 9:00 am - 1:00 pm. We have a wide variety of paperback and hardcover books,

perfect to stock up for your winter reading. Pricing: Paperbacks - \$1, Hardcover books - \$2.

We will also be taking book donations at our Houghton Building location on Saturday, October 26th and Saturday, November 2nd from 9:00 - 11:00 am, or contact Corrin Crowley (corrincrowley@yahoo.com) to arrange for a donation drop off. Please note that we cannot accept damaged books or old text books.

CONSERVATION WALKS

Come out and explore Bolton's conservation land on the third Thursday of the month with Conservation Commissioner Janet Pesaturo. Janet is an experience tracker, birder and forager, and recently earned her master's degree in conservation biology. Currently she blogs about all of these interests at ouroneacrefarm.com.

Each walk will begin at 9:30 a.m. and last approximately 3 hours. The walks will be done at a leisurely pace to give us time to explore our natural surroundings. The walks will be held in good and fair weather but cancelled in heavy rain. Wear shoes that provide ankle support, traction and can get dirty on our trail explorations.

November 21 – Danforth Conservation Area Meet at the cul-de-sac located at the end of Danforth Lane (off Hudson Road).

December 19– Annie Moore Conservation Area Meet on Annie Moore Road. Roadside parking only (past house #81 and before #167).

Pre-registration is not required but if you have questions or want to let us know your coming please contact the Conservation Office at 978-779-3304 or concom@townofbolton.com.

7TH ANNUAL STOW GOBBLER 5K RUN/WALK

Would you like to work up an appetite this Thanksgiving while helping a good cause? Then please consider running, walking, or volunteering in the 7th Annual Stow Gobbler 5K. The race will take place this Thanksgiving morning (November 28th), beginning at Stow Community Park and ending at Bose in Stow. Supported by Stow Recreation, this event will donate all proceeds to Habitat for Humanity and the Stow Community Chest. Please consider supporting this event by running, walking, or volunteering this Thanksgiving at 8 am. Register by November 1st and receive a free t-shirt! Early check-in and race registration will be held from 2-4 pm on Wednesday, November 27th. Registration can also be done at 6:30am on race day. For more information or to download an entry form or volunteer form, visit our website (www.stowgobbler.org)

Nashoba Regional High School Destination Imagination 2013-2014 Registration Form

The cost of the program is **\$90.00 including the cost of the T-shirt**. Completed forms and money (checks made out to **NRHS Destination Imagination**) will be due in the office or returned to Karen Wall or Wendy Enzmann by **Friday November 15, 2013**. If you have any questions, please email Karen at kwall2259@gmail.com or Wendy at wenzmann@verizon.net.

Name: _____ T-shirt size: _____

Address: _____

Phone number: _____ E-mail Address: _____

Challenges:

For a preview summary of the challenges check out: [2013-2014 DI Challenge Previews](http://www.madikids.org/2013-2014-DI-Challenge-Previews) at www.madikids.org/
Please note your order of preference of each the challenge:

___ Technical ___ Scientific ___ Fine Arts
___ Improv ___ Structural ___ Service Learning

When are you available to meet? Day _____ Time: _____

Coaches:

We may need coaches! If you already know who your coach will be, please provide the following information:

Name: _____

Phone number: _____

email address: _____

MA-DI appraiser policy. Each team will be required to provide an appraiser (who has attended a MA-DI training) or be forced to become non-competitive at the Regional Tournament. Appraisers will be allowed to select tournaments they are able to appraise at and be assigned according tournament needs. The responsibilities include a meeting to learn the job and a day at our tournament volunteering or appraising a team. If you know the person who is willing to be your appraiser, please provide the following information:

Name: _____

Phone number: _____

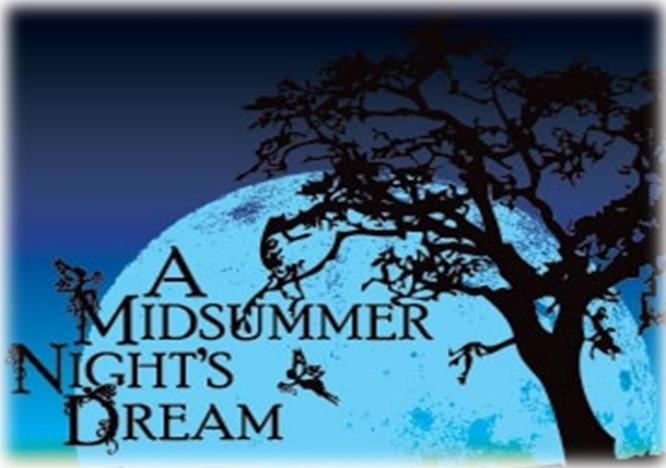
email address: _____

Parent Signature _____
(if under 18)

Date: _____

Student Signature _____

Date _____



Nashoba Drama Society Presents:

William Shakespeare's

“A MIDSUMMERS NIGHT’S DREAM”

Friday, November 22nd at 7:30pm

Saturday, November 23rd at 7:30pm

Sunday, November 24th at 2:00pm

Our production pays homage to a Shakespearian classic which has withstood the test of time. *“A Midsummer Night’s Dream”* portrays the events surrounding the marriage of the Duke of Athens, Theseus, and Hippolyta. These include the adventures of four young lovers and a group of six amateur actors, who are controlled and manipulated by the fairies that inhabit the forest in which most of the play is set. The play, which is categorized as a comedy, is one of Shakespeare's most popular works for the stage and is widely performed across the world.

Our show is set in India, circa British occupation. Our ensemble (fairies and nymphs) will represent Indian gods of the Earth. We will feature a lively dance number which will truly amaze you! This is Shakespeare with a delightful twist!

TO ORDER TICKETS in advance, simply return the order form below with payment. Be sure to indicate the performance date(s) and the number of adult and student/senior tickets on the order form. Tickets and seats are on a first-come, first-served basis. The performances are general seating, so come early to get a good seat. (Doors open one-half hour before show time.) Nashoba Regional High School (NRHS) is located on 12 Green Road, in Bolton, Massachusetts.

Ticket orders can be returned to you via mail, if you **include a self-addressed stamped envelope**. All advance ticket reservations received after Monday, November 18th, will be held at the door. Send completed form to: **Nashoba Friends of Drama, P.O. Box 492, Bolton, MA 01740** in the mail or drop off in the Drama mailbox located in the NRHS main office. If you have any questions, please call Valerie at 978-779-0248 or email NashobaTickets@gmail.com

-----cut here-----

Name: _____ Phone: _____ Email: _____

Show Dates	# of Adults	# of Students/Seniors	# of Total Tickets
Friday, November 22 at 7:30pm			
Saturday, November 23 at 7:30pm			
Sunday, November 24 at 2pm			

Total Adult Tickets:..... x \$12 each = \$ _____
 Total Student / Senior Tickets: _____ x \$10 each = \$ _____
 Total Dollar Amount of Order:..... \$ _____ **Checks made out to “Nashoba Friends of Drama”**
 Self-addressed stamped envelope enclosed: _____ - or - *Pick up at door: _____

**Confirmation Email will be sent if address provided*
Drop off or send completed form to: Nashoba Friends of Drama, P.O. Box 492, Bolton, MA 01740





Be a Friend of the Arts!

Nashoba Regional High School Friends of the Arts 2013-2014

Through participation in the Friends of the Arts annual Ad Campaign as a Family or Business Sponsor, you can support Nashoba's enthusiastic young actors and musicians *and* obtain publicity for your business. Your family sponsorship of \$25 or business advertisement (prices below) will appear in the program for each of the following performances:

- | | |
|---------------------------------------------|-----------------------------------------|
| Fall Play – November 22-24 | Spring Band Concert – April 1 |
| Holiday Band Concert – December 6 | Spring Choral Concert – April 3 |
| Holiday Choral Concert – December 13 | Band “Pops” Concert – May 9 |
| Class Play Competition – January 10 | Choral “Pops” Concert – May 22 |
| Spring Musical – March 14-16 | Fall Band Concert – October 2014 |

Your donation assists Nashoba in maintaining the high quality of its music and drama programs. Funds raised benefit the students *directly*, providing items that the school budget cannot support including:

- drama sets and costumes
- royalties for scripts
- travel for students taking part in district and state music competitions
- scholarships for graduating seniors

If you are purchasing a business ad, either e-mail artwork to Holly Kouvo (Holly.Kouvo@gmail.com) in jpeg or pdf format with subject line: Nashoba FOA, or send a business card or clean ad copy (newspaper ads not acceptable). We can adjust the size. If you have questions, please contact Holly or Tracy Lindsay (joelandtracy.lindsay@comcast.net). **Business ads must be submitted by September 20, 2013.**

Please detach and complete the form below and send it along with your check (made out to Friends of the Arts) to: **NRHS Friends of the Arts, P.O. Box 492, Bolton, MA 01740.**

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Name of Family/Sponsor(\$25) _____ Phone _____

Address _____

Please circle Business Ad Size choice and whether design work is desired:

Business Ad Size	Cost	Additional fee for design work (optional)
Business Card	\$50	\$10
¼ Page	\$100	\$20
½ Page	\$125	\$25
Full Page	\$175	\$35

Name of Advertiser _____ Phone _____

Address _____

Contact Name _____ Fax Number _____