

NASHOBA Pride

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

Jeremy Roche, Principal
Tracey Calo, Assistant Principal
Brian Cote, Assistant Principal

High School Office (978)779-2257

<http://nrhs.nrsd.net>

Guidance Office (978)779-0122

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October 2008

FROM THE PRINCIPAL'S DESK



Lockdown Procedures:

In an effort to ensure the maximum safety for our entire school community, the high school will be conducting a "lockdown drill" on Wednesday, October 16th at a time in the morning prior to lunch. Much like the fire drill procedures, the lockdown or crisis plan drill will enable our school emergency personnel to have a better understanding of the details of our school security so we will have an opportunity to make the necessary modifications to our procedures so they are even more effective. Our lockdown drill is done in conjunction with the Bolton Police and Fire Departments. We value their expertise in helping to inform our process in order to better provide for a safe, secure environment. Please feel free to discuss the lockdown drill with your son(s)/daughter(s) in advance of and after the drill. The purpose of the October 16th drill is practice to inform process/procedure, so it is in no way a secret and students and faculty can and will be aware of it. Again, our primary responsibility is ensuring that we have a safe learning environment and this drill will enable us to make corrections and improvements to that purpose. We support your understanding of this process and welcome any questions or concerns.

Education Proficiency Plans:

Starting with the class of 2010, in order to achieve Competency Determination as defined by the Commonwealth of Massachusetts, students who did not meet Proficient (scaled score of 240 or higher) on either ELA or Mathematics must fulfill the requirements of an Educational Proficiency Plan (EPP), which shall be developed for the subject area(s) in which students did not score at least 240. Though students may also meet these requirements through the MCAS performance appeals process, Nashoba is in the process of developing a procedure that will enable our students who earned Needs Improvement (less

than 240 scaled score) on one or both of those above mentioned exams to achieve Competency Determination and thus a certified high school diploma. Essentially, the EPP must meet the following criteria:

- A review of the student's strengths and weaknesses based on MCAS and other assessment results, coursework, grades, and teacher input;
- The courses the student will be required to take and successfully complete in grades 11 and 12 in the relevant content area(s); and
- A description of the assessments the school will administer to the student annually to ensure he or she is making progress toward proficiency.

Any student who meets the above mentioned criteria will receive a personalized EPP that will be mailed directly to the student's home. Please contact the high school office if you have any questions about EPP's, or access the following link for more information:

<http://www.doe.mass.edu/news/news.asp?id=4173>.

PowerLunch:

NRHS will be transitioning to an electronic lunch payment system starting on Wednesday, October 15th. Students will no longer have the option of using cash to pay for lunches; rather, they will use a pre-established five digit numerical code. The overall purpose of the PowerLunch system will be to streamline and reduce the time students spend waiting in the lunch queue. In reviewing this system, which is a component of PowerSchool, at other schools, students are able to much more quickly purchase their lunch and thus eat/socialize with friends.

The PowerLunch system works in the following manner. Prepayments are made into a student's individual account by using MasterCard, Discover, or a check routing number by accessing the link online

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(<http://www.nrsd.net/>). The other prepayment option would be to obtain a cash/check envelope and return it to our secure lockbox. Both the cash/check envelopes and lockbox are located in the main office of the high school. The prepayment amount will be submitted into each student's account in either instance; however, please allow for 24/48 hours for that amount to be recorded into a student's individual account.

Students will have several options for using their individual five-digit code.

1. Each student will have a barcode attached to their student identification card which can be scanned by the cafeteria employee (at either the regular lunch line or the Snack Shack); or,
2. Students can present their own five-digit code to the cafeteria employee.

Ultimately, we are confident that this upgrade to our lunch services program will enhance your son's/daughter's experience here at Nashoba. If you have any questions, please do not hesitate to contact us.

Justin Velez Nominated to Governor's Council:

Justin Velez has been tabbed by Governor Patrick to serve a two-year term on the Governor's Statewide Youth Council. Justin is one of only twenty students in the entire Commonwealth who have earned this proud distinction. As a part of the Council, Justin will contribute to bringing positive changes to Worcester County. Justin's participation with the Council will provide an opportunity for authentic leadership that will serve as an example of civic engagement for our entire school community. It is a tremendous honor and one that highlights our mission statement's focus on civic and social learning expectations. Congratulations to Justin Velez.

National Merit Scholarship Semifinalist and Commended Students:

I am pleased and proud to announce that **Marjie Lam has been named as a National Merit Scholarship Semifinalist.** In addition, eleven other students from our senior class achieved Commended Students status in the National Merit Program. They are as follows: Ramesh Govindan, Sean Killackey, Kelly Macko, Marc MacLeod, Starr Miyata, Nick Papanastassiou, Molly Porcher, Rebecca Shoer, Nick Sozio, Alexandra Spear, and Aaron Wassall. This is quite an accomplishment for all of the students and one that can be shared with excitement by the entire school commu-



nity. To grasp the magnitude of this distinction, it is important to evaluate the data. Merit Scholarship Semifinalists are in a group of 16,000 students nationwide who scored at the top of the PSAT's in their state and thus in the overall country. Commended students are in the top 50,000 finishers in the nation. When one considers that over 1.5 million students take the PSAT that sheds some light on this achievement. When one takes another step and realizes that our students are competing with their peers from Massachusetts, which ranks in the top of the nation for PSAT results, it is easy to recognize how exciting this is for our school community. To understand the program more fully, please review the attached link: <http://www.nationalmerit.org/nmsp.php>.

In addition, Marjie was also selected to attend the Arts and Humanities Symposium held at Princeton University. The Symposium is centered on a particular theme; in this case Victorian London and the participants are nominated by their guidance counselor. In this program only 85-90 students from the entire country are selected. Overall, it is a proud distinction that is a reflection of this fine young woman's work ethic but also the great support and effort that our students receive from our teaching faculty here at NRHS.

Jeremy Roche, Principal

QUEBEC CITY TRIP

It's not too late to still sign up for the trip to Quebec City! This trip is offered by French teacher Kathy McHale and it is open to all students and their family. A complete description of the trip was in the September newsletter, but if you missed it, please come by Mrs. McHale's room (164) or send her an email at kmchale@nrsd.net for the complete packet of information. The trip is January 15 – January 19, 2009. A \$100 deposit is due immediately and the balance of \$500 is due before Thanksgiving. This price includes everything except the 2 bus supper stops and all lunches. So if you or anyone you know is interested in this trip, please contact Mrs. McHale as soon as possible.



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BRAZIL & ARGENTINA February Vacation 2009

First Nashoba Trip to South America

Contact Ms. Sutton or Mrs. Holman

for more information and application

lsutton@nrsd.net Art Room (158/159)

cholman@nrsd.net Room 159

Attention adventure seekers! Do you get cabin fever in February? Want to get away from the cold winter and get some more stamps in your passport? Then join Ms. Sutton and Mrs. Holman on a trip to Brazil and Argentina this February break. We are taking a 10 day trip with EF tours, leaving Friday, February 13th, and returning Sunday, February 22nd.

How did we decide to go to Brazil & Argentina?

Ms. Sutton, an art teacher of four years, has traveled to Russia, Sweden, Italy, France, England, Belgium, and Holland with Nashoba student groups. Arriving back from a tour in Europe this April vacation, we decided that it would be great to take a trip together. She is excited to travel to Brazil and Argentina because of her appreciation of the beauty and art of the culture. As a Spanish teacher, Mrs. Holman is eager to go to a Spanish speaking country. Having studied in Spain and having been to the Caribbean and to Mexico, she is ready to explore South America. As it turns out, Nashoba has never led a student group to South America!

When people take vacations abroad, they generally go to the Caribbean, Mexico or to Europe. So this is your opportunity to see South America, and perhaps down the road, you'll have other chances to go to the more commonly traveled areas. Please contact Ms. Sutton or Mrs. Holman to get more information. Hope to see you there! Gracias y obligada.

APRIL VACATION 2009

Trip to Rome and Sicily

If interested, please see Mr. Becker (in room 165) for an information packet and an application

Highlights:

- The Sistine Chapel, the Colosseum, and the Trevi Fountain in Rome
- Shopping in Italy
- Resort towns, Greek temples, Norman Castles, baroque cathedrals, hilltop villages, Palazzos, Piazzas, and One Big Volcano in Sicily
- Sicilian and Italian food; and, of course, gelato

- A rarely traveled but very interesting region of Italy

A once-in-a-lifetime experience; perhaps learn about your cultural heritage

DESTINATION IMAGINATION (DI) AT

NASHOBA 2008—2009

Hi Everyone, just a reminder that the DI program will be starting up soon. For those of you who may not be aware of the Destination ImagiNation program, Destination ImagiNation is a volunteer-driven organization devoted to helping kids gain practical life skills through interesting, entertaining and mind-boggling challenges. With today's corporations looking for young people who can work on a team to brainstorm, problem solve, and develop solutions all within a time limit and budget, Destination ImagiNation offers a fun way to get there. If you would like to join a team this year, I will be holding an **informational meeting on Tuesday, October 7th, at 7 p.m. at Papa Gino's in Stow.** I will answer any questions you may have as well as have copies of the full challenges for you to review and registration forms to sign up for a team. If you can't make this meeting, please give me a call or send me an email. I also have a DI mail box set up in the main office with registration forms and Challenge summaries. If you have any questions, please give me a call at 978-897-1779 or email: dwoods453@aol.com. Hope to see you on the 7th and here's to a great DI year!

PTSA NEEDS VOLUNTEERS:

The Nashoba Regional High School Parent Teacher Student Association is seeking both parent and student volunteers for the 2008-2009 school year. The NRHS PTSA supports teachers and faculty with a Staff Appreciation Luncheon and Retirement Gala. In addition, the group produces a Student Directory which can be purchased directly from the PTSA. The NRHS PTSA has a minimal time requirement for parents and students, so if you have interest please contact the high school main office for more information.

FRIENDS OF MUSIC NEWS

Next Meeting October 14th

We meet on the second Tuesday of each month. Parents, please join us at our next FoM meeting on Tuesday, October 14th, at 6:30 p.m., in the chorus room



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NRHS Chorus/Band Field Trip

Date: Saturday, Oct. 18, 4:00 p.m. matinee
What: "The Light in the Piazza"
Where: The Speakeasy Stage Company at the Stanford Calderwood Pavilion in Boston
Cost: \$24 (Includes bus fare)
Money Due: Friday, Oct. 2

Last year the NRHS Women's Concert Choir performed musical selections from the Broadway musical, "The Light in the Piazza". It was a huge hit with both the students and the audience. Now this show is being produced in Boston by a "Norton Awards" recipient, the Speakeasy Stage Company. The music and the story are exceptional. The music was composed by Adam Guettel, grandson of Richard Rogers, and won the 2005 Tony Award for Best Original Score.

All music students and their parents are invited to participate in this special event organized by Susan Mianulli, Director of Choral Music at NRHS. A contribution from the Friends of Music will cover the cost of bus transportation.

FoM Car Wash a Success!

The annual FoM car wash fundraiser was a huge success—over \$700 was earned toward this spring's music department trip. This event was held on Saturday, September 13th, at the Emerson School in Bolton. The weather cooperated—blue skies and bright sunshine (despite a dismal forecast!). The Friends of Music organization would like to thank Tom O'Toole and Susan Mianulli, the parent chaperones, the parents who provided/donated supplies, the music students who scrubbed and rinsed, and, of course, all of our customers!



NRHS BAND TO PARTICIPATE IN UMASS BAND DAY ON OCTOBER 25TH

Each fall, dozens of high school bands come to UMass to learn from and perform with the University of Massachusetts Minuteman Marching Band. Bands from all across New England, New York, New Jersey, and Pennsylvania rehearse with the Minuteman Band in the morning and then play during halftime at that afternoon's football game. We could still use a couple of additional chaperones for this event (see volunteer info below).



Friends of the Arts Ad Campaign

The major fundraiser for both the music and the drama programs is the annual Friends of the Arts Ad Campaign which begins in August and winds up in October. Families and local businesses show their support for Nashoba's student musicians and thespians by purchasing family sponsorships or business ads which appear in 12 concert and play programs throughout the school year.

If you have not already done so, please consider contributing to this worthwhile cause! A form is attached to this newsletter for your convenience.

Volunteers are needed to work with Charlie Hartford in soliciting/following up on business ads (see volunteer info below).

Volunteer RSVP

If you can lend a hand with UMASS Band Day or the Ad Campaign, please RSVP at info@nashobamusic.com, 978-897-2461, or P.O. Box 492, Bolton. MA 01740. In addition to your name, please include your child's name, your email address, and your phone number

If you cannot assist with these activities, but would be willing to help with a concert, work on a fundraiser, or chaperone an event later in the year, please let us know. Even if you have only a small amount of time to volunteer, your support will be very much appreciated!

OCTOBER FRIENDS OF DRAMA NEWS

The annual Friends of the Arts Ad Campaign is now in full swing. Please make a contribution through your business or as a family to this worthy fund. Money raised by the Friends of the Arts is used to support both Drama and the award-winning Music programs at Nashoba. Our talented students work diligently to achieve success in the performing arts. Through the generosity of Ad Campaign contributors, expenses for such items as royalties, equipment, musical instruments, and transportation can be met. Contributors are acknowledged in the program books for performances throughout the school year. A form is attached to this newsletter, or you may check the Nashoba Drama or Friends of Music websites. We count on your support!

Nashoba Drama is off to another exciting year. Drama students have already been busy with their annual face-painting booth at the Bolton Fair in September. This is

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just one of the fundraisers held throughout the year in support of drama at Nashoba. Thank you, also, to students and parents who provided information for new students and their parents at the NRHS Open House.

Auditions have been held and the cast chosen for the first play of the 2008-2009 season. When confirmed bachelor Mortimer Brewster decides to tie the knot he must break the news to his relatives - and what a collection of relatives he has! The 1940's classic ***Arsenic & Old Lace*** combines screwball comedy with sinister motives in a zany, fast-paced farce. Visit the old Brewster homestead in Brooklyn with Mortimer and his bride at **7:30 p.m. on Friday, November 21, and Saturday, November 22, or come to the matinee Sunday, November 23, at 2 p.m.** You can be sure to get a seat by ordering tickets in advance using the attached form. The ticket form can also be downloaded at the Nashoba Drama website, www.NashobaDrama.com.

In order to present the high-quality productions for which Nashoba Drama is known, the help of many volunteers is required. We are especially in need of people to take charge of the *Costume and Props closets*. You won't be working alone! Many parents and students help with building sets, painting, and putting together props and costumes. In addition, students also make up the stage crew for backstage assistance and set changes. Ushers and refreshment booth assistants are also needed. Please volunteer to become a part of the show! For a schedule or more information please contact Diane Sestito (DianeSestito@aol.com) or Hilda Murtha (HildaMurtha@comcast.net). Students should contact Jackie Murtha (jcmurtha@comcast.net) or Rebecca Shoer (lionness291@comcast.net).

The Annual Class Play competition takes place in January, but getting a show in shape takes plenty of time. The competition is open to **all** students, whether or not they have been in a show already. **Any** student interested in producing or directing a play representing his or her class should submit an application letter to Mr. Grady (beachguyNL@aol.com) by **October 10**. Mr. Grady has scripts available for review and can answer any questions. Your letter should describe your interest, ideas, and plans for ways to include other class members interested in participating. Students, don't delay! Rehearsals for Class Plays will begin right after ***Arsenic & Old Lace***.



Drama Society and the Friends of Drama next meet on **October 1**, and **November 5**, in the auditorium lobby. Please join us then, stop by the NRHS auditorium during a Monday or Wednesday rehearsal, or contact the people listed above to help with the Ad Campaign or ***Arsenic & Old Lace***. You may also visit our website www.NashobaDrama.com.

WHAT IS THE NASHOBA REGIONAL SCHOLARSHIP FOUNDATION?

The Nashoba Regional Scholarship Foundation (NRSF) is a local chapter of *Dollars for Scholars*®. It is a non-profit, tax-exempt organization that provides scholarships for Nashoba Regional High School students. The Foundation believes that there are many paths to success, and with this understanding, seeks to acknowledge a broad range of students with differing talents and achievements who are seeking to further their education.

Each year, the NRSF raises funds that are later awarded to graduating students. Fundraising includes an annual mail campaign, a phonathon conducted by NRHS students, a dance, and the "Thank an Educator" program. In addition to raising funds for NRSF scholarships, the organization administers many community-based scholarships throughout Bolton, Lancaster and Stow.

Since 1991, the NRSF has awarded over \$180,000 to Nashoba Regional High School graduates. In the Class of 2008, 22 students were awarded scholarships totaling \$19,800. With the generous support of the Nashoba community, the Foundation hopes to continue to expand scholarship opportunities for local students.

The Foundation is comprised of parent, teacher, and community volunteers. New members are always welcome! If you are interested in becoming a member or would like more information about the NRSF, please contact Julie DeSisto at 978-897-6617. For information about *Dollars for Scholars*®, visit http://scholarshipamerica.org/dollars_for_scholars.php.

NASHOBA SPED PAC PRESENTS BASIC RIGHTS WORKSHOP

The Nashoba district SPED PAC (Special Education Parent Advisory Council) will meet on Wednesday, October 22nd at 7:15 p.m., at the Nashoba Regional High School in Bolton in the "ASC". The evening's topic, **Basic Rights** will be presented by Lois Goldstein and Alissa Barton

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from the Federation for Children with Special Needs. This workshop provides families with an introduction to their rights and responsibilities under the Individuals with Disabilities Education Act (IDEA), Massachusetts Special Education Law and No Child Left Behind (NCLB). It is designed to help parents learn how to be effective partners with the school, to decide the child's eligibility for special education, to plan, make decisions and to monitor the educational progress of their child. Refreshments will be served.

Next month's meeting will address MCAS and special needs students. Meetings for the remainder of the year are scheduled for November 19, December 17, January 21, February 25, March 18, April 29, and May 20th. SPED PAC events include presentations on a variety of subjects and provide a forum for interaction with other parents, professionals and community members who have experience with children with special needs. Anyone interested is welcome to attend. Details are listed on the NRSD website SPED PAC page or at <http://nashobaspedpac.googlepages.com/>. To be added to the monthly email distribution, please contact Joan Finger at zootergroup@rcn.com or (978) 337 5132 or (978) 779-6046.

SECOND ANNUAL STOW GOBBLER 5K RUN/WALK

Would you like to run/walk off your Thanksgiving meal before you eat? Our names are Alex and Nick Papanastassiou, and we are seniors at Nashoba Regional High School. We are organizing the second annual Stow Gobbler 5K Road Race/Walk, with the support of Stow Recreation, for this upcoming Thanksgiving morning. It will begin and end at the BOSE center in Stow.



The proceeds will go to Habitat for Humanity and the Stow Community Chest. Habitat for Humanity is a global organization that provides low-cost homes for families in need, through the action of volunteers. The Stow Community Chest is a central organization in Stow that provides numerous benefits for the town and surrounding areas, such as the Council on Aging and the Stow Bloodmobile.

Please consider supporting this event by running or walking at 8 a.m. on Thanksgiving morning. You may obtain an entry form and more information, by going to Stow Recreation web site and clicking on the Stow Gob-

bler 5K link on the left. Any questions, please call Laura Greenough at Stow Recreation at 978-461-1411, or Nick and Alex Papanastassiou at 978-562-4165.

CLEATS FOR KIDS

**We want your old soccer stuff!
Don't throw away those outgrown soccer cleats.
Donate them to Cleats for Kids, a community service project.**

Now in its fifth year, "Cleats for Kids" collects and distributes used soccer cleats to kids who want to play soccer, but can't afford the necessary equipment. By donating your used equipment, you can help someone else play soccer. Your old soccer equipment will be shipped and locally distributed to kids who can use them in several countries including Brazil and Honduras, so they don't have to play in bare feet. A small donation for shipping between \$1 and \$5 would also be appreciated.



There is a drop box located at the Nashoba Regional High School front office near the entrance area. Boxes will also be placed at some Bolton, Lancaster and Stow schools from now until the end of school year in June.

For questions, e-mail **Dan Bolton** at daniel.bolton@comcast.net

Thanks! Spread the word to your coaches and team mates!





Become a Friend of the Arts!

**NASHOBA REGIONAL HIGH SCHOOL
FRIENDS OF THE ARTS**

Fall 2008

Our talented and enthusiastic young actors and musicians strive each year to enhance their knowledge and abilities in the Performing Arts while providing award-winning performances for the greater community. Through participation in the Friends of the Arts annual Ad Campaign as a Family or Business Sponsor, you can support their efforts *and* obtain publicity for your business. Your family sponsorship (\$25) or business advertisement (\$50 for business card) will appear in the program for each of the following twelve performances:

Fall Play - Nov. 21 & 22
Jazz Concert - Dec. 5
Holiday Choral Concert - Dec. 19
Class Play Competition - Jan. 23
Winter Band Concert - Feb. 6

Winter Choral Concert - Mar. 6
Spring Musical - Mar. 20, 21, & 22
Band Pops Concert - May 15
Choral Pops Concert - May 21

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. These include musical instruments, travel for students taking part in district and state music competitions, drama sets and costumes, royalties for scripts, and scholarships for graduating seniors.

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.

If you are purchasing a business ad, either e-mail artwork to heather@ll.mit.edu, subject line: Nashoba FOA, or send a clean, black and white business card (newspaper ads not acceptable). If you wish to make a change on the business card do so on a separate piece of paper. We can adjust the size. If you have no artwork, tell us what you want and we will create it for you. **Deadline is Friday, Oct. 10, 2008.** Please call Diane Sestito at (978) 562-8577 for more information.

We appreciate your support for these talented students and hope to see you at their plays and concerts! Please visit our web sites: www.NashobaDrama.com and www.geocities.com/Nashoba

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

Address _____

Business Ad:(Business Card \$50; ¼ page \$75; ½ page \$100; Full page \$150; Back Cover \$200)

Name of Advertiser _____ Phone _____

Address _____

Contact Name _____ Fax Number _____

Post Office Box 492, Bolton, MA 01740



Arsenic & Old Lace

Dear students, parents and staff,

Avoid long lines by ordering your tickets now for the madcap farce, *Arsenic & Old Lace*. We are offering advanced ticket orders for performances **FRIDAY** and **SATURDAY**, November 21 & 22, at 7:30 pm, and **SUNDAY** November 23 at 2 pm. Don't miss this vintage classic!

To order tickets, simply return the order form below to the Drama mailbox in the Nashoba Regional High School Central Office or mail your order to Nashoba Friends of Drama, PO Box 492, Bolton, MA. 01740. Be sure to indicate the **performance date(s)** and the **number of adult and student tickets** on the order form, and include your check for payment (made payable to NASHOBA FRIENDS OF DRAMA). Tickets and seats are on a first-come, first served basis. It is wise to purchase tickets early, and to arrive in time to find the seats you desire. Advance tickets will only be held upon receipt of payment. **NO EXCHANGES OR REFUNDS, PLEASE.**

Processed ticket orders will be returned to you via mail if you include a **self-addressed stamped envelope**. **Deadline for advanced ticket reservations is Wednesday, Nov. 12.**

If you have any questions, please call Lynn at 978-779-6225. Thank you.

Nashoba Friends of Drama

Arsenic & Old Lace Ticket Order Form

NAME _____ PHONE _____

STUDENT'S NAME _____

Please check as appropriate:

SHOW DATE	# ADULT @ \$10.00	#STUDENT / SENIOR / CHILD @ \$8.00
Fri. Nov. 21		
Sat. Nov. 22		
Sun. Nov. 23		

TOTAL ADULT TICKETS _____ x \$10.00 = \$ _____

TOTAL STUDENT/SR.TICKETS _____ x \$ 8.00 = \$ _____

TOTAL DOLLAR AMOUNT OF ORDER = \$ _____

Self-addressed stamped envelope enclosed

Pick up at door





Annual Appeal 2008

The NRHS Endowment Fund is committed to supporting enrichment programs and materials across all academic disciplines so that our children can benefit from the best education possible. These funds directly affect the education of our students today.

Recent grants have included:

- school newspaper
- startup funding for the biotechnology and photography clubs
- startup funding for the robotics and math teams
- summer reading program
- advanced mathematical software

The NRHS Endowment Fund offers parents a unique opportunity to invest in the educational programs at Nashoba. In early September an appeal letter will be going out to all parents of Nashoba students. This letter asks for your support for the NRHS Endowment Fund. Please consider making a contribution.

Also, each year as we say goodbye to graduating seniors, we also say goodbye and "thank you" to dedicated volunteers to the endowment committee. Please consider volunteering your valuable time to the NRHS Endowment Board. To volunteer, contact Peggy Harvey at pharvey@comcast.net

Sincerely and thank you,

NRHS Endowment Fund Board of Directors

*Susan Taeuber ~ Chairperson, Lynne Vittorioso ~ Treasurer, Laura Spear ~ Secretary
Beth Colon, Peggy Harvey, Tracey Rhodes, Linda Schab, AnnMarie Sivret*

NRHSNRSD.NET / Community / NRHS Endowment

Mail-in Registration Form
Stow Gobbler 5K
Thanksgiving Day, 27 November 2008

USA Track and Field Sanctioned
USA Track and Field Certified MA07015JK

Make checks payable to:
Stow Recreation

Mail entry form to:
Stow Gobbler 5K
279 Hudson Road
Stow, MA 01775

FILL OUT THIS FORM< PRINT IT< SIGN IT< MAIL IT

One person per form
PLEASE PRINT NEATLY

Name:				
Address:				
City, State, Zip:				
Daytime phone:				
Date of birth:				
E-mail:				
Age on race date:				
Circle T-shirt size:	S	M	L	XL
Circle your gender:	Male		Female	
Circle your event:	5K Run		5K Walk	
Waiver must be read and signed before mailing:				
<p>I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including extreme cold and/or snow, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, forever waive and release the event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.</p>				
Signature _____ Date _____ Parent's signature if under 18 _____				

Questions? Call Laura Greenough at Stow Rec. 978-461-1411 or Nick/Alex Papanastassiou at 978-562-4165.