

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
Tom O'Brien, Athletic Director

High School Office (978)779-2257

<http://nrhs.nrsd.net>

Guidance Office (978)779-0122

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From the Principal's Desk National Merit Scholarship Semifinalists Announced:



Nashoba is very proud to announce that Nicholas Alberts, Thomas Granger, Dylan Plaskon, and Caleb Wisch have been named as National Merit Scholarship Semifinalists. Merit Scholarship Semifinalists are in a group of approximately 16,000 students nationwide who scored at the top of the PSAT's in their state and thus in the overall country. When one considers that over 1.5 million students take the PSAT that sheds some light on this achievement. To understand the program more fully, please review the attached link: <http://www.nationalmerit.org/nmsp.php>. The list of Commended Students, or those who finished in the top 50,000 nationwide, will be forthcoming in the near future.

This is quite an accomplishment for all of the students and one that can be shared with excitement by the entire school community. We wish all of these students the best of luck as they pursue these outstanding opportunities.

Biotech Opportunities for NRHS Students

This past June, 26 biology students from Nashoba Regional High School attended a Biotechnology Job-Shadowing Day at Millipore, a biotechnology company located in Bedford. The goal was to give students the opportunity to interact on an individual level with a variety of biotechnology professionals and to get a feel for a day in the life of an employee of a biotechnology company. The students were accompanied to Millipore by Dr. David Form, Science Teacher, and Ms. Sue Allaire, Career Counselor. Dr. Form teaches two biotechnology courses, *Projects in Biotechnology* and *Models for Disease* at NRHS in addition to 10th grade biology. After an introductory presentation, the students broke up into small groups in which they met with their mentors. The mentors included scientists as well as people involved in product development and marketing, finance, administration and human resources. The students were given a tour of the company, visited labs and offices and were able to speak one-on-one with their mentors.

The job-shadowing event was sponsored by the Massachusetts Biotechnology Education Foundation, or MassBioEd, a nonprofit company whose mission is to support biotechnology education and workforce development in Massachusetts through a variety of programs and initiatives. Nashoba's relationship with MassBioEd began in 2008 when Dr. Form and the Nashoba Regional High School science department were awarded a BioTeach grant from the agency. This grant has provided NRHS with over \$8,500 towards the purchase of equipment and materials for the teaching of biotechnology. The equipment and materials were used to improve the quantity and quality of biotechnology-related activities in all biology and biotechnology classes at NRHS. In addition to the Biotech grant, MassBioEd has continued to support biotechnology education at NRHS through professional development opportunities for BioTeach instructors, such as Dr. Form, and career development activities for their students, such as the Biotechnology Job Shadowing Day and a Games Design Camp, run by Generation Cures at Children's Hospital. This year promises additional opportunities for NRHS students to participate in biotechnology-related events sponsored by MassBioEd.

Education Proficiency Plans:

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 the ELA or Mathematics test 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 has developed 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;

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- 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 Jeremy Roche, Principal (jroche@nrsd.net), 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>.

Peter Gjeltema to Attend Princeton University Symposium:

Peter "PJ" Gjeltema (grade 12) has been invited to attend the Creative Arts and Humanities Symposium at Princeton University. The symposium represents a select group of 80 high school seniors from across the country.

The theme for this year's symposium is inspired by the exhibition *Pictures of Pictures*, currently running at the first-class Princeton University Art Museum. *Pictures of Pictures* explores the ways in which artists create one picture from and within another. The 45 objects on display include prints, photographs, collages, paintings and sculptures.

The idea of the symposium is to allow interested students an opportunity to obtain a glimpse of what it means to explore an area of the arts or humanities in a college setting. The students work collaboratively with one another discussing the particular theme.

In past years this has been an unforgettable experience for some of our highest achieving students. This symposium will be a unique experience for PJ to combine his interests in engineering and the arts. This is a great opportunity for PJ and a tremendous reflection on our Nashoba community. Congratulations and best of luck to PJ on this wonderful recognition and opportunity.

From the Nurses' Office Vision and Hearing Screening

The Nurses' Office along with the Health and Wellness department will conduct BMI (Body Mass Index) screenings for the entire sophomore class throughout this school year. Information will be sent home at a later date. Any questions, please call the nurse at 978-779-2257 ext 1.

Just a reminder, the nurses will be conducting the annual state mandated Vision and Hearing Screening on **October 20 and 21**. Please help your child to remember to wear or bring their glasses or contacts to school regularly, and especially on those days.

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.

Destination Imagination (DI) at Nashoba 2010 - 2011

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. Teams of up to seven students choose their challenge and work developing their solution. Volunteer team managers (parents, teachers or community volunteers) facilitate the group, but cannot give technical or other assistance. Kids are empowered to design, produce and present all of their own work. Teams present their solutions at regional and state tournaments, which demonstrate to teams that there are many ways to solve the same problem. High scoring teams may advance to the ultimate creativity showdown, Global Finals, held each May at the University of Tennessee, Knoxville.



If you would like to join a team this year, I will be holding an informational meeting on Tuesday, October 5th at 7 pm in the High School Cafe. I will answer any questions you may have as well as have copies of the full challenges for you to review and sign up for a team. If you can't make this meeting, please give me a call or send me an email. You can go to the Massachusetts DI site at <http://www.madikids.org> and you will find additional information about the DI program.

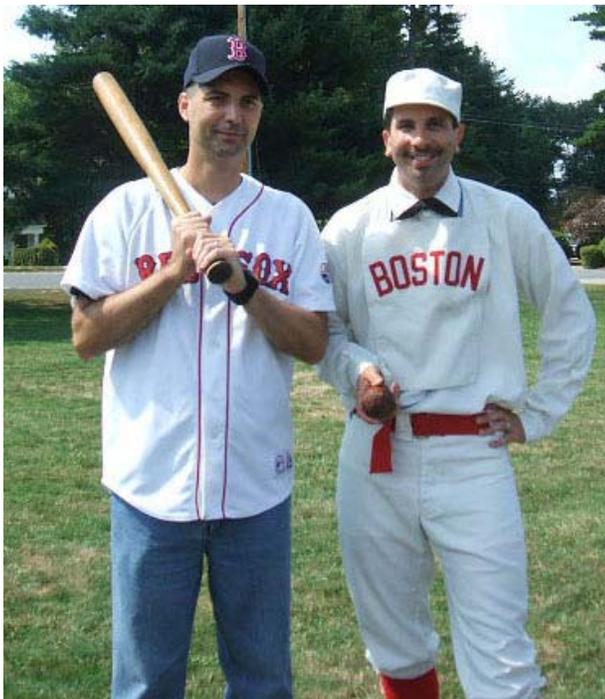
A DI mail box is set up in the main office with registration forms and Challenge summaries. We look forward to a great year as the five challenges look to be fun, interesting and of course challenging. If you have any questions or if anyone would like to coach a team or be an appraiser for a team, please feel free to contact Debbie Woods at dwoods@aol.com or 978-897-1779.

Old-Time Baseball Visit NRHS

As part of Mr. Poirier's Baseball in History class, his students were visited by a member of the 1877 Boston Red Stockings. Devon Kurtz, a member of the Higgins Armory staff, visited the students on Wednesday, September 8th, and instructed them on the finer points of 1830s baseball. Each team consisted of eight players and highlights included Liz Anderson's impressive "base tendering" skills,

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Jordan Edmonds' numerous "strikes" into the student parking lot, and Andrew Cross' blazing speed along the base paths. The Old Time Boston team defeated the hated New Yorkers 17-15 in a tense nine inning affair. Mr. Poirier took a few swings himself, but was easily "soaked" attempting to reach first base.



News from Nashoba Friends of Music

We kicked off the start of this new school year with our first monthly meeting on September 14th and our annual car wash fundraiser on September 11th. Our thanks to the students and parents who stepped up to run the car wash on a beautiful September day! With your help, and a slew of dirty cars needing attention, nearly \$600 was raised.

October will be a busy month for our music programs. So please mark your calendars now! Mr. O'Toole's concert and jazz bands will give their first performance of the year on Thursday evening, October 7th at 7:30 pm.

On Friday, October 8th, the ad campaign that we do in conjunction with the Friends of Drama will conclude. This joint Friends of the Arts fundraiser is traditionally our largest of the year. We hope that you will consider supporting our music programs – be it either with a business ad or a family sponsorship - that will be included in each printed program booklet for the instrumental, choral and drama performances this year. We have attached a Family Sponsorship/Business form to this newsletter for your use.

Tuesday, October 12th, we are supporting a trip to see the Broadway Tour production of "WICKED" in Boston. Ms. Mianulli's choral students came forward with this idea and we are delighted to support this enrichment evening. Tickets are available at \$47.50 and are on a first come, first serve basis. Details, tickets and permission slips for students are available through Ms. Mianulli.

On Saturday, November 6th, many of our band students will participate in the annual UMASS Band Day. Mr. O'Toole is looking for three chaperones. This is a full day from early morning to dinner time and lots of fun! Please contact Mr. O'Toole directly if you are interested in chaperoning at totoole@nrsd.net.

Lastly, we will hold our next monthly meeting on October 12th in the High School Choral Room at 6:45 pm. We are in need of people to help with stage decoration for concerts this year, fundraising and publicity. Please come share your talents and join us as we work to support our treasured music programs.

We look forward to seeing you in October! Deana Montgomery & Kathy Rogers, Co-chairs

The Nashoba Best Buddies

The Nashoba Best Buddies program will be running a Pancake Breakfast at the Applebees, 222 Washington Street in Hudson on November 6th from 8-10 am. Come

(Continued on page 4)

support the members of the program as they will be your waiters. Please order in advance before November 3rd. Tickets are \$5 per person and anyone who is interested can contact Brendan Aylward at 978-855- 9141 or [bren-dan.aylward7@gmail.com](mailto:brendan.aylward7@gmail.com)



Student Directories Available

Get all the contact information you need for the entire school community—faculty, staff and students! Plus, get lots of other important information like school calendars, important dates, and information on school clubs! If you missed the sale during Open House, the Student Directories will also be available for sale during all hours of the parent teacher conferences on Monday, November 1st. The cost is \$10 for one, or two for \$15. They are produced by the Nashoba High School PTSA and proceeds from this sale go to the PTSA Scholarship fund. These scholarships are awarded to deserving Nashoba High School Seniors at the Awards Ceremony every year.

Ways Therapy Dogs May Help Students

The October 26th SPED PAC meeting, 7:15 pm at Nashoba Regional High School, will feature Bolton resident Leigh Shanny for a discussion about ways she and her therapy dogs might work with children. Different possibilities, including having children read to dogs or children working in pairs to do activities with a dog, will be discussed along with the logistics for those interested. Mr. and Mrs. Shanny and their dogs have gone through extensive training and are certified by Therapy Dogs International.



The district-wide SPED PAC offers presentations on a variety of subjects and provides a forum for interaction with other parents, professionals and community members who have experience with children with special needs. Mark your calendars for this year's meetings:

Tuesday,	October 26 th ;
Tuesday,	November 30 th ;
Wednesday,	January 19 th ;
Wednesday,	February 16 th ,
Tuesday,	May 17 th .

If you haven't been to a meeting before, we'd love to have you attend. For more information, other meetings, or to be added to the monthly email distribution, please contact Joan Finger (978)-337-5132 or Joan@ZooterGroupTutoring.com or visit the SPED PAC page at www.nrsd.net.

October Friends of Drama News

Fall Play "Noises Off" is cast and rehearsals are underway.

Record numbers of students tried out for the fall play. This comedy within a comedy features a theatrical troop's performances and backstage antics. This farce is brimming with slapstick comedy and is sure to bring out the best in Nashoba's drama actors. Mark your calendars now for performances on November 19-21 in the NRHS auditorium.

We have volunteers in place for most of our chair positions for the year, thanks to our dedicated parents. We welcome anyone to help out with the production aspects of the show: students and parents alike. We need many hands for the two story set construction and painting. Please contact Kathy Quirk at kathyquirk1@gmail.com if you have a few hours to join us in the fun.

Our next Friends of Drama meeting is Wednesday, October 6th, in the auditorium foyer. Nashoba Drama is supported fully by the Friends of Drama so we welcome any and all parents who would like to get a backstage look at how much goes into a production.

Lastly, it's not too late to contribute to our annual Friends of the Arts Ad Campaign done in partnership with the Friends of Music. Businesses, families, and community members support students' efforts by purchasing ads that appear throughout the year in the program booklets for each concert or drama production. Audience members are encouraged to patronize the businesses and services advertised at every performance. Students are grateful for the support that allows them to provide exceptional musical and dramatic productions. It's win-win all the way around! All families are encouraged to support the arts with a \$25 family sponsorship. The reply form is attached.

For more information, contact Diane Sestito (dianesestito@gmail.com) or Kathy Quirk (kathyquirk1@gmail.com).

Students who would like to join the Nashoba Drama Society should contact Lizzy Cross (lizzyc383@gmail.com) or Sara Quirk (squirk272@gmail.com).

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.

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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

4th 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 or walking in the 4th Annual Stow Gobbler 5K, organized by Nashoba students Abby Hurd and Allie Alaire. The race will take place this Thanksgiving morning, beginning and ending at Bose in Stow. Supported by Stow Recreation, this event will donate proceeds to Habitat for Humanity and the Stow Community Chest. Habitat for Humanity is a global organization that provides low-cost housing to families in need. The Stow Community Chest is a central Stow organization that provides benefits for the town and surrounding areas including medical services, food assistance, and support for community services such as Council on Aging, Boy and Girl Scouts, the Big Brothers/ Big Sisters Program, and Domestic Violence Victim Assistance. Please consider supporting this event by running or walking this Thanksgiving at 8 am.



For more information or to download an entry form, visit the Stow Recreation website and click on the Stow Gobbler link. Or register online at www.coolrunning.com. Please call Laura Greenough at 978-461-1411 with any questions.

**SAVE
THE DATE**

Nashoba Regional High School English Dept.

Barnes & Noble Bookfair

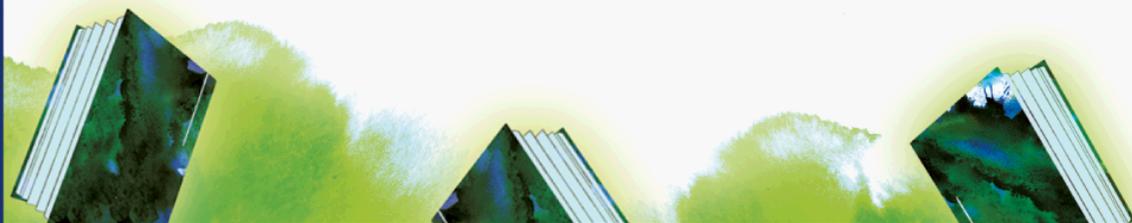
Thursday, Oct. 7, 2010

120 Water Tower Plaza
Leominster, MA 01453

Come join us for Bedtime Stories!

Can't attend our bookfair at Barnes & Noble?

Visit BN.COM/bookfairs to support us
online from 10/07/10 to 10/12/10 by entering
Bookfair ID 10293264 at checkout.



Barnes & Noble Bookfair

supporting
**Nashoba Regional HS
English Dept.**

Thursday, 10/07/10

Barnes & Noble

120 Water Tower Plaza, Leom

10293264

Please present this voucher prior to making your
purchase. A percentage of the net sale
will be contributed to your school/organization.*

*The purchase of gift cards, Barnes & Noble memberships, textbooks,
magazine subscriptions, video games, purchases made at Cafés
owned and operated by Starbucks, and other items Barnes & Noble
may exclude from time to time in its sole discretion are not eligible
for bookfair sales. Institutional discounts may not be applied.
See BN.COM/bookfairs for more details and to shop online.

Barnes & Noble Bookfair

supporting
**Nashoba Regional HS
English Dept.**

Thursday, 10/07/10

Barnes & Noble

120 Water Tower Plaza, Leom

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See BN.COM/bookfairs for more details and to shop online.



Become a Friend of the Arts!

Nashoba Regional High School Friends of the Arts 2010-2011

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 a 3.6"x2.3" business card) will appear in the program for each of the following performances:

Fall Play – Nov. 19-20
Holiday Choral Concert – Dec. 16
Spring Musical – March 18-20
Spring Band Concert – April 5
Band Choral Concert - May 26

Holiday Band Concert – Dec. 10
Class Play Competition - Jan. 14
Spring Choral Concert – April 1
Band Pops Concert – May 13

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. During the 2009-2010 school year this included a new Yamaha Clavinova electric piano, \$6,000 of new lighting and sound equipment, a new Pep band banner, drama sets and costumes, royalties for scripts, travel costs for students taking part in district and state music competitions as well as enrichment programs such as attending a Boston Symphony Open Rehearsal, 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 Maria Pappas: mpappasdesign@comcast.net with subject line: Nashoba FOA, or send a clean, black and white business card (newspaper ads not acceptable). We can adjust the size. If you want a change on the business card, please indicate the change on a separate piece of paper. We can also create artwork for you. If you have questions, please contact Maria.

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

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

Address _____

Business Ad: (Business Card \$50; ¼Page \$75; ½ Page \$100; Full Page \$150; Inside Cover: \$200; Back Cover \$250)

Name of Advertiser _____ Phone _____

Address _____

Contact Name _____ Fax Number _____

Mail-in Registration Form
Stow Gobbler 5K
Thanksgiving Day, 25 November 2010

USA Track and Field Sanctioned 10-266
USA Track and Field Certified MA07015JK

Make checks payable to:

Town of Stow
Entry Fee: 5K Run/Walk: \$22
Children 12 and Under: \$10

Mail entry form to:

Stow Gobbler 5K
83 Boxboro Road
Stow, MA 01775

After November 8th, adult registration is \$25.

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 contact Allie Allaire (allie907@gmail.com) or Abby Hurd (ahurd721@comcast.net)

4th ANNUAL STOW GOBBLER 5K

Thanksgiving, 25 Nov 2010

Time: 8:00 AM

Place: BOSE Corporation
688 Great Road
Stow, MA 01775

Registration: Go to Stow Recreation website:
http://www.stow-ma.gov/pages/stowma_recreation/index
Click on Stow Gobbler 5K link, and download registration form.

Mail to: Stow Gobbler 5K
83 Boxboro Road
Stow, MA 01775

OR

Go to **www.coolrunning.com** and register online.
Or day-of race registration @ 6:30 AM at Stow Community Park, next
to BOSE Corporation (parking at BOSE)

Early Check-In: Wednesday, Nov. 24 @ 2:00-4:00 PM at Stow Community Park, next
to BOSE Corporation
Race registration also available

Distance: 5K Run/Walk

Entry Fee: 5K Run/Walk: \$22
Children 12 and Under: \$10
After Nov. 8th, adult registration \$25

T-shirts: T-shirts GUARANTEED for all who pre-register before November 8th.

Age Group Awards: Runners: Top overall male & female finisher
Top 3 male & female finishers age groups: 0-12, 13-18, 19-29, 30-39,
40-49, 50-59, 60-69, 70 plus

Amenities: Post-race awards and refreshments under tent

Directions: MapQuest 688 Great Road (Rt. 117), Stow, MA
Turn into main BOSE driveway at light. Follow 5K parking signs

Additional Info: Proceeds benefit Habitat For Humanity and Stow Community Chest
USA Track and Field sanctioned (10-266) and certified
(MA07015JK)

To make a donation: Make checks payable to: Town of Stow/Recreation Department
2010 Stow Gobbler 5K, Attn. Laura Greenough
375 Great Road, Stow, MA 01775