

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.

Ralph Olsen, Interim Principal

Tracey Calo, Assistant Principal

Brian Cote, Assistant Principal

Tania Rich, Athletic Director

High School Office (978)779-2257

<http://nrhs.nrsd.net>

Guidance Office (978)779-0122

Volume 13 Issue 2

October 2011

Principal's Message

The Academic Support Center will be staffed by approximately 15 additional teachers from various content areas, who have requested a change from study supervision to tutoring during the eight day cycle. Students of all ability levels may now receive additional help during the school day. This assistance will typically take place during their assigned study period. Students who have been missing work due to absences may possibly arrange for added one on one with a teacher from that subject area if deemed appropriate by the student's primary teacher.

Mrs. Lisa Hamlin will be training prospective peer tutors who will ultimately be matched with appropriate tutors. A rubric will be designed to grade these students on a pass/fail basis. Students may be self referred for services by a parent, teacher, counselor, or administrator. Their academic progress will be tracked for the students, parents, and teachers.

Assistant Principal Brian Cote has posted the following events on the Nashoba 50th anniversary as well. Please contact Mr. Cote to be a part of these exciting events:

October 21st, Spirit Day at High School/Homecoming Weekend:

- JV/V Field Hockey vs. Westborough 3:30 pm
- JV/V Volleyball vs. Ayer 4:00 pm
- Football vs. Westborough 7:00 pm
- Class Floats – through the decades (60's, 70's, 80's, 90's) parade through the parking lot/track, ending by 6:55 pm (seeking volunteers with a registered trailer and truck to pull floats)
- Half-time announcement of Homecoming King & Queen
- High school dance 9—11 pm
- Alumni Social after football game at the International



A 'Student of the Term' will be recognized for each department at the conclusion of the grading terms. Student photos with a narrative describing the students' accomplishments will be on display in the entrance lobby.

s/*Ralph Olsen*

Notes from the Nurses:

Immunizations and Physical Exams:

All students entering the High School must be up to date on all state mandated immunizations. Failure to meet state requirements will result in the student being excluded from school until requirements are met.

Student(s) without up to date immunizations **will not be allowed to start or stay in school after October 3, 2011.

In addition, a Physical Exam, performed by a physician, is required for all students to try-out/play competitive sports. Forward a copy of the exam to the Nurse's Office. (The appropriate information will be directed to the Athletic Director).

A new Physical Exam is suggested for all students in 10th grade whether or not they play sports.

Medications:

The school nurse can dispense Tylenol and Ibuprofen in school only if the parent has checked off permission and signed the back of the **Blue Emergency Health Form**.

ALL OTHER MEDICATIONS (including over-the-counter) require a written physician's order. No medication will be administered to your child without an order on file. Bring our **pink medication** form when you visit your child's physician, OR have the doctor write an order on his physical form.



Health Issues:

Chronic health issues such as seasonal allergies, asthma, diabetes, serious allergies which require Epi-pen, and others may require an *individual health care plan*. If your child falls into any of the above mentioned categories, please make an appointment to see the school Nurse if you have not

(Continued on page 2)

done so already. *Our phone number at the high school is (978) 779-2257 ext. 6 or ask your child's physician to write a Health Care Plan and mail us a copy.

Height & Weight



All students in grade 10 will be screened for BMI (body mass index). This will be done by measuring each student for height and weight during physical education class. BMI results will be mailed home during the school year.

Vision and Hearing Screening:

The Nurses' office will be conducting the annual state mandated *Hearing and Vision Screening* October 6th and 7th. The purpose of these screenings is to detect early signs of possible hearing and/or vision problems in students in grade 10. It is not a diagnostic service but a screening to identify young people who require further medical evaluation. If your child has any unusual findings, you will be contacted and asked to take the child to a physician as a precaution. If your child was prescribed glasses or contact lenses, *please make sure that your child comes to school with them and especially on the screening dates.*



** 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.

s/Migdalia, Rosemary, and Linda High School Nurses

APRIL 2012: FRANCE AND ITALY

The plans for next year's trip to Europe have been finalized! The trip is to France and Italy and will take place during the April school vacation of 2012. The dates are Friday, April 13 – Saturday, April 21. Let me tell you a little about me and the trip, then hopefully you will decide to join me on this exciting adventure.

My name is Kathy McHale and I have been teaching French (and this year Spanish too) at Nashoba for 26 years. I offer trips to students every year, although some years the trip was canceled due to lack of interest. Sometimes the trips are to Quebec City, and other times they are to another continent, mostly Europe; although I have taken groups to Australia. I'm sure that if you ask those who have traveled with me, they will say I am a very organized and responsible person. You need not

worry if you send your child on a trip with me. I will be happy to provide references.

In February of 2013, I will do a trip to Quebec City. However, this coming April (2012) is my last trip to Europe as I will be leaving Nashoba in June of 2013. I always tell my students that travel is the best education, so if they have an opportunity to travel, they should work hard to make it a reality.

Nashoba students, parents, relatives, friends, and staff are always welcome to come on these trips. The 2012 price of the France and Italy trip is \$3199. It is based on a minimum group size of 25. A deposit of \$495 is due with the application.

Prior to making any deposit on this trip, you must read the "Terms and Conditions" which explain all the rules. This is on the back of the registration form. The most important part of joining me on any trip is the ability to be flexible. It will be well organized, and you will receive monthly newsletters from me to update trip information, however sometimes things beyond my control happen, and flexibility is required. For example, travel dates may change by a day or two, a hotel change may happen, the itinerary may be reversed, or luggage may be lost for a day. C'est la vie!

The price includes just about everything except lunches. It includes roundtrip airfare from Boston, hotel accommodations in Paris (2), Nice (2), Cinque Terre (2), and Rome (1), transportation to all sightseeing as per the itinerary, 6 breakfasts and dinners, train transportation from Paris to Nice, visits to the Vatican, the Sistine Chapel, the Leaning Tower of Pisa, Monaco, a perfume factory in Eze, the Louvre, Versailles, and a city tour in Rome, Nice, and Paris. A full-time Tour Director is with us throughout the trip. There are no hidden add-on fees such as weekend supplements, air tax/ security fees, etc. The tour company I am using is Teach by Travel. I have traveled with them many times and have not been disappointed. If you would like to check them out before signing on, the web site is www.teachbytravel.com. My tour consultant is Sue Scanlon if you have any questions for her about the company.



What is not included in the price are lunches/beverages, free-time activities, tips to our tour director and bus driver, optional trip insurance, spending money, and of course a passport if you don't already have one. Also if you are an adult and not staying in a triple room, there is a double room supplement and a single room supplement. Otherwise, rooming is in triples.

(Continued on page 3)

There are two payment options.

1. If you made your initial deposit of \$295 this past June, you already made another payment of \$200 by September 15th. If you are signing up now for the trip, your deposit is \$495 and is due as soon as possible. Final payment is due in full by December 15, 2011. There are no scheduled payments; pay as you like.
2. You may join the Easy Payment Plan. You still need to make the initial deposit of \$495 but then you make scheduled monthly payments and your final payment is due in February. If you opt for this, you are automatically charged the trip insurance.

If you would like an application, an itinerary, or more information, please contact me as soon as possible. I can be reached by email at kmchale@nrsd.net. I hope you can join me!

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 2011-2012 school year.

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

Household Items

- *beanie babies
- *cush balls
- *beach balls
- *men's ties
- *hula hoops
- *fleece balls
- *pool noodles
- *small foam balls
- *a set of small wooden blocks
- *bean bags-any size
- *large flat screen TV for the fitness class
- *Connect 4 (strategy game) (6 needed)

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

Fitness Items

- *wrist weights
- *ankle weights
- *hand weights
- *stability balls
- *sports balance
- *trainers
- *jump ropes
- *stationary bikes

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

DVD/Videos

- *Yoga and yoga blocks
- *Kick Boxing
- *Aerobic Dance
- *Pilates
- *Tai Chi
- *Tae Bo

DESTINATION IMAGINATION (DI) AT NASHOBA 2011 - 2012

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, we will be holding an **informational meeting on Wednesday, October 12th at 7 pm in the High School Cafe**. We 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 send one of us an email. You can also go to the Massachusetts DI site at www.madikids.org or the national DI site at idodi.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 5 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 Karen Wall at kwall@akibia.com or Wendy Enzmann at wenzmann@verizon.net

OCTOBER FRIENDS OF DRAMA NEWS

Fall Play "The Man Who Came To Dinner" is cast and rehearsals are under way.
Our next meetings are October 5th and November 2nd at 7 pm in the Nashoba auditorium foyer. JOIN US!

Many students auditioned for the Fall Play, "The Man Who Came to Dinner." This comedy is about a well known writer who reluctantly agrees to have dinner with

(Continued on page 4)

an all American family. Upon his arrival, he slips and falls down the stairs and finds he must spend the next month recuperating in their home. His stay turns their household upside down. Mark your calendars now for performances on November 18th & 19th at 7:30 pm and 20th at 2 pm in the Nashoba auditorium. The ticket order form is attached.

We have many volunteers in place thanks to our dedicated parents, and we welcome anyone else who would like to help out to make the production a success. Please contact Diane Sestito (diane.sestito@gmail.com) or Audrey MacLean (samjackaud@yahoo.com) if you have some time to join us in the fun.

It's not too late to contribute to our annual **Friend of the Arts Ad Campaign**, done in partnership with Friends of Music. Businesses, families, and community members support student's efforts through advertising and sponsorships that appear throughout the year in the programs for each concert and 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 performances. All families are encouraged to support the arts with a \$25 family sponsorship. Don't forget to ask your employer if they would like to contribute by placing an ad or through their company match program. The reply form is attached.

Any students interested in joining the Drama Society should contact Angie DeSocio (angelina_desocio@yahoo.com) or Beth Rogers (ejrogers731@verizon.net). Visit our website at www.Nashobadrama.com.

FRIENDS OF MUSIC NEWS

Friends of Music Car Wash

Proceeds from the annual FoM car wash fundraiser, held on Saturday, September 10th, were \$562. Nice job everyone!



UMass Band Day: October 8th

A trip to the University of Massachusetts in Amherst for "UMass Band Day" is scheduled for Saturday, October 8th. Our students will perform at halftime along with 3300 high school band members from New England, New York, Pennsylvania, and the UMass Marching Band. This is always a fun day, and this year the game is a night game, which will be televised (on cable). See Mr. O'Toole for details.

MMEA Central District Festival Auditions

Students who would like to audition for the MMEA Central District Festival may get music from Mr. O'Toole or

Mrs. Mianulli. The cost of the audition is \$7 per audition and is due on October 12th. Checks are to be made out to Nashoba Friends of Music. The Jazz audition date is Thursday, November 3rd. Band, Chorus and Orchestra Students will audition on Saturday, November 19th.

Band Concert: October 13th

The first band concert of the year will be held on Thursday, October 13th, at 7:00 PM in the auditorium. Come hear the Concert Band, Advanced Jazz Ensemble and the Intermediate Jazz Ensemble make their season debut! Admission is \$5. Students and Senior Citizens are free.

Friends of Music Meeting: October 17th

Parents, please join us at our second meeting of this school year on Monday, October 17th, at 6:30 pm, in the chorus room.

Homecoming: October 21st

We'd like to have as many members of Concert Band, Advanced Jazz Ensemble and the Intermediate Jazz Ensemble participate in our 50th anniversary halftime as possible. Let's learn the words to the fight song and make this an exciting evening to remember.

Spring Band Concert Change of Date

The Spring Band Concert originally scheduled for April 6th (Good Friday) has been rescheduled for Tuesday, April 3rd at 7:00 pm. Mark your calendars!

Holiday Pops Concert: December 20th

Come and see Keith Lockhart and the Boston Pops perform your favorite holiday music at Symphony Hall on Tuesday, December 20th. Only 40 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 \$36 each, checks are to be made out to Nashoba Friends of Music. Permission forms are available from Mr. O'Toole, Mrs. Mianulli or online at www.nashobamusic.com. We leave school at 2:00 pm. The concert is 4:00 to 6:00. We will stop at the Natick Rest area for dinner on the way home. The choices there are McDonald's, Fresh City, Boston Market, and Boston's Original Pizza. We should be back by 8:00 pm. Deadline for ticket purchase is Monday, December 12th. If there are unsold tickets remaining after the deadline, they will be made available to parents and teachers.

Sped Pac Launches Year

SPED PAC launches the year on Wednesday, October 12th at 7:15 pm at Nashoba Regional High School in the ASC with updates about a variety of programs including new afterschool



(Continued on page 5)

programs being planned. Tracy Conte, Director of Special Education will discuss this year's district programs. Location to be announced in the next newsletter.

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. We've begun to explore recreational and extra-curricular programs for students of all different abilities, needs, and learning styles. Many of our children have gained so much by helping each other. They have learned that **they** can make a difference. Come hear the success stories and share your views. 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.



Become a Friend of the Arts!

**Friends of the Arts
2011-2012
Nashoba Regional High School**

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"x 2.3" business card) will appear in the program for each of the following performances:

Fall Band Concert – Oct. 13
Holiday Band Concert – Dec. 9
Class Play Competition – Jan. 20
Spring Band Concert – April 6
Band Pops Concert - May 11

Fall Play – Nov. 18-20
Holiday Choral Concert – Dec. 15
Spring Musical- March 23-25
Spring Choral Concert – April 12
Choral Pops Concert – May 24

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 2010-2011 school year this included sponsorship of a trip to New York City for students to experience live classical, jazz and musical theater performances, drama sets and costumes, royalties for scripts, travel costs for students taking part in district and state music competitions as well as local enrichment programs such as an in-house performance by Berklee musicians, and a performance of Wicked at the Boston Opera House. These funds also support 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 Kath King: kathking@yahoo.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 possible, please send artwork in jpeg format. If you have questions, please contact Kath, or give Diane Sestito a call at (978) 844-0026.

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; 1/4Page \$75; 1/2Page \$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, 24 November 2011
 USA Track and Field Sanctioned MA07015JK
 USA Track and Field Certified 11-228

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

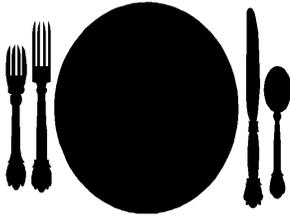
T-shirts guaranteed with registrations received no later than November 1st. After November 1, adult registration is \$25.

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: Adult sizes only	S M L XL
Circle your gender:	Male Female
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)



Nashoba Regional High School presents,

The Man Who Came to Dinner

by **George Kaufman and Moss Hart**

**Performances are Friday and Saturday, November 18th and 19th at 7:30 PM,
and Sunday, March 20th at 2:00 PM.**

THE STORY:

Sheridan Whiteside, having dined at the home of the Stanleys, slips on their doorstep, breaking his hip. A tumultuous six weeks of confinement follows as the Stanley living room is monopolized by an irascible invalid, ex-convicts are invited to meals, and transatlantic calls bring a \$784 phone bill. The arrival of strange gifts from Whiteside’s friends further destroys domestic tranquility. It would take a stoical housewife to harbor penguins in her library, an octopus in her cellar, and 10,000 cockroaches in her kitchen.

When Maggie, Whiteside’s secretary, falls in love with the reporter, Bert Jefferson, Whiteside summons a glamorous actress, Lorraine, to win the affections of the young man. Knowing the girl's charms, Maggie enlists the aid of a clever impersonator who, affecting the voice of Lord Bottomley, whom the actress hopes to marry, asks her by phone to return to him and be married.

The ruse almost works, but Whiteside, becoming suspicious, finds that no calls have come through from London. In revenge, Lorraine suggests a three-week rewrite on a play of Bert's in which she feigns great interest. Lake Placid is to furnish the quiet for his inspiration, and she is to be his collaborator.

The unexpected arrival of a mummy case, just as the relenting Whiteside is frantically seeking to get rid of Lorraine, furnishes a malicious idea. Tricking her into stepping into the case, he shuts the lid and blackmails his host into having the case carried to the airport, preparatory to a round-the-world cruise. Whiteside departs from the Stanley's home triumphantly, but a second later a crash is heard—he has again slipped and fallen!

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 advanced ticket reservations received after Monday, November 14, will be held at the door. Drop off or 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 Lynn at 978-779-6225 or email NashobaTickets@gmail.com

*******Ticket Order Form*******

Name: _____ Phone: _____ Email: _____

<i>The Man Who Came to Dinner</i> 2011 Show Dates	# of Adults	# of Students/Seniors	# of Total Tickets
Friday, November 18 at 7:30pm			
Saturday, November 19 at 7:30pm			
Sunday, November 20 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

www.nashobadrama.com



How has a teacher changed your life?



Enter the 2011 Bolton Lions Youth Speech Competition

Win a Cash Prize!

The Topic

The Bolton Lions are seeking Nashoba Regional High School students in grades 10 through 12 for the 2011 Youth Speech Competition. The topic for this year's competition is:

How has a teacher changed your life?

The Opportunity

Your speech on this topic can earn you up to \$2500 for winning at the Massachusetts Lions Club District and State competitions! But the road to the State finals starts in Bolton. Here's more information to get you on your way.

The Details

Your speech can last from 5 to 10 minutes, and you are permitted to read directly from your manuscript. A panel of 3 Judges evaluates your presentation based on delivery, effectiveness, and text; a Script Reader records how closely you follow your script. All of these factors affect your final score.

The Dates

Enter by Friday October 28. The contest will be held 10:30 a.m. Saturday, November 19, 2011 at the Bolton Public Library. Friends, family, and the public are cordially invited to attend. For complete contest information, rules, and an online entry form, go to:

<http://www.boltonlions.org>

