

# 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

Volume 12 Issue 1

September 2010

## From the Principal's Desk

To all members of our Chieftain community, welcome back to NRHS!! I am hopeful that it has been a great summer and will be an even better school year. We have been busy preparing the school over the summer as we prepare for the upcoming year. With that in mind, there have been a few new developments that I would like to share as we start the school year.



First, welcome to our newest class, the Class of 2014. We look forward to getting to know all 248 of you throughout the next four years. In addition, welcome to all new members of our school. We are glad to have you come to Nashoba whether you moved here or have chosen us. Next, we have some new faculty members to the Nashoba community who bring with them a variety of experiences and insights. Beth McNamara, Wellness/Head Girls' Basketball Coach, comes to us from Fitchburg High School where she was also a P.E. teacher and Varsity Girls' Basketball coach. Matthew Ettinger, Wellness/Coaching, will be joining us from his former teaching position at Mary Rowlandson Elementary School (Lancaster). Stavros Andreopoulos, Business/Coaching, joins us from recent experience in the business world and Chelmsford Public Schools. Finally, Heidi Kalinowski, Learning Center paraprofessional, will be joining the high school team after years at Hale Middle School (Stow). Welcome to all new students and faculty.

As we begin the 2010-2011 school year, there are numerous areas of the school building that may look a little different. First, there will be a new floor in the lower gymnasium. Next, we have added 85 lockers to augment the increasing student enrollment. This will enable even more students to have their own locker as opposed to sharing with a peer. In addition, we have added upgrades to our ventilation system in the science laboratory wing. In athletics, the trainer has a new room that will provide more space and privacy to help treat student athletes. To ensure that we are moving toward 21<sup>st</sup> Century skills, we have replaced one of our computer labs, added more wireless projectors, updated software, and replaced numerous teacher laptops. All of these enhancements represent an investment in the learning process in these dynamic times that we live.

Our custodians have also continued to make Nashoba seem more Chieftainlike by painting all of our external doors in dark green. When a person enters our building they will sense even more obviously that this is the home of the Chieftains. Finally, we paid tribute to a lost member of community with a memorial tree and plaque dedication to Alexander Doucette in early August. Alex's imprint on Nashoba will be felt forever, and that is a testament to the person that he was and the efforts of the members of the class of 2010.

As we embark on a new school year, our faculty team will continue to work diligently to make our Nashoba the absolute best high school that it can be. Every year we analyze areas of our program that can find improvement. This year we will continue in that manner and attempt to integrate 21<sup>st</sup> Century Skills further into our curriculum and assessment strategies. Much has been said and written about what it is that students in our society will need to have in their figurative toolbox to be contributing, viable members of the workforce. Collaboration, creativity, adaptability, critical thinking, problem solving and numerous other characteristics have been further established by think tanks, accrediting agencies, and government sponsored boards as critical skills for the 21<sup>st</sup> Century global marketplace (<http://www.p21.org/>). As it pertains to the immediacy of our technologically driven world, our school plans to further bolster our curriculum to make sure our students are poised for their next challenges as young adults. Furthermore, we are responsive to the new laws pertinent to bullying and will work with our District in the implementation of policies and procedures that will promote safety and comfort for all members of our school community. I am happy to report that our seniors reported overwhelmingly in an exit survey that bullying and harassment was not a problem (93%). Clearly, that is good news, but we will take steps as a school to help anyone in need while enforcing policies for persistent violators. With respect to improvement plans, our School Community Council (SCC) will release a revised and updated School Improvement Plan in the next few months. This document will guide our efforts around specific goals

*(Continued on page 2)*

while also establishing the groundwork for Nashoba's next accreditation self-study which is set to commence the latter half of this year. The SCC meets the first Tuesday of each month at 6:00 pm in the ASC. The meetings are open to the public and we welcome input from Overall, there is a lot going on as usual, but the focus is always centered on improvement to further help students learn.

As has been the case since I have been fortunate enough to be a member of the Nashoba faculty, there is a great deal to be excited about at Nashoba Regional High School. We have been recognized by *Newsweek* again as a top performing high school. As such, we intend to continue our focus on student learning in an effort to ensure that each student develops to their fullest potential. We look forward to what will surely be an exceptional school year. Thank you for your support and interest.

### Attendance Policy:

Please note that Nashoba Regional High School must comply with Massachusetts General Law (Chapter 76) specific to student attendance at public schools. The following paragraphs provide a general overview of the policy at NRHS.

Students are allowed 14 unexcused absences total for a year long course (4 credits) and 7 unexcused absences for a semester course (2 credits). Parent notes will excuse the first 7 absences; all other absences must be excused by formal documentation which is outlined in the student handbook which can be accessed at the following web link: (<http://nrhs.nrsd.net/index.php?id=70>).

If you have any questions, please contact a member of the administrative team at the high school.

### SPED PAC Launches Year:

SPED PAC launches the year on Tuesday, September 28<sup>th</sup> at 7:15 pm at the Luther Burbank Middle School in Lancaster with an update about school and community programs. Tracy Conte, Director of Special Education, will discuss this year's district programs as we celebrate our new garden and its harvest.



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](mailto:Joan@ZooterGroupTutoring.com) or visit the SPED PAC page at [www.nrsd.net](http://www.nrsd.net).

### Parent and Senior Exit Survey:

I would like to thank the community for taking time to complete the Parent Satisfaction Survey early in the summer. Over 100 of you responded with very useful feedback that we can then use to review aspects of what it is that we are doing here for the students of NRHS. Notable areas from the survey are as follows:



- ✦ 70% of respondents felt the relationship between faculty members and students was good or excellent;
- ✦ 88% felt that a culture of respect exists at NRHS;
- ✦ 83% felt that there was at least one faculty member that their child could speak to regarding non-academic issues;
- ✦ 86% noted that bullying and/or harassment was not an issue;
- ✦ 78% explained that the overall academic experience was excellent/good;
- ✦ 81% felt their exiting senior was prepared for their next step as a learner

Clearly, these results validate much of the the hard work and commitment of the faculty and staff here at NRHS. That aside, we will focus on the critiques and suggestions for improvement as it helps to support initiatives for change while providing an insight that is extremely valuable and sometimes hard to gather. For example, there were numerous comments specific to incorporating more study skills and time management strategies. That was a specific example of the feedback that is not only useful but helpful in determining our course of action as an institution. The full survey results can be reviewed on our website in October after our NRHS School Council has an opportunity to review the results in their September meeting.

Again, thanks for the participation in this important survey and please look for future surveys that will help NRHS gather information from all members of our community.

### Going Green at NRHS in 10-11:

With help from the Pirozzolo Scholarship, Nashoba, led by seniors Jordan Munger and Mary McKean, is starting a composting club for the 2010-2011 school year. Final preparations are being made and the program will kick off during the first week of school. Two goals have been set for the program. The first is to spread environmental

*(Continued on page 3)*

awareness. Hopefully after seeing the program in action, students will be more driven to make educated and healthy decisions when it comes to preserving our community and the planet. The second goal, and perhaps more challenging task, is to round up enough student volunteers to make this endeavor a success. What the program needs to have a positive impact is motivated volunteers and members to stay after school or take bins out back after fourth lunch. All participants will accumulate community service hours for doing this while also helping our school become a better place. A "pilot program" was launched this past May and the number of students who initially volunteered was pleasantly surprising. There is great optimism that the program will become an enduring practice at Nashoba and that the membership will expand. Any help is greatly appreciated, so please contact Mr. Cote ([bcote@nrsd.net](mailto:bcote@nrsd.net)) who will connect students to the student leaders, Jordan Munger and Mary McKean.

### **Open House:**

Please come to NRHS's Open House on September 21<sup>st</sup> from 6:00-8:00 pm. The Open House provides parents with an opportunity to experience their child's schedule first hand in that we run a mock schedule during the evening. Teachers give an overview of each course and detail examples of projects, assessments, and other features pertinent to the class. Again, it's a great way to get a sense of what it is your son or daughter is doing during their school day, so we hope you come out on September 21<sup>st</sup>.

### **NRHS School Council:**

At this time, the NRHS School Community Council is seeking parent representatives from Stow and Bolton. In addition, the NRHS SCC is also looking for a community representative who does not currently have students at the high school. The SCC is a state mandated advisory board comprised of students, parents, teachers, community representatives, and administration. The focus of the group is to establish a three-year school improvement plan which will guide the overall vision for the entire school program. In addition, the SCC has oversight into the annual budget development process while also voting authority with regard to the establishment of a yearly student handbook. The NRHS SCC meets once per month. In September, the first meeting will be held on Tuesday, September 7<sup>th</sup> from 6:00-7:00 pm. A full year's schedule will then be established with the most appropriate dates/times. If you have interest in serving on the committee, please contact Jeremy Roche, Principal at [jroche@nrsd.net](mailto:jroche@nrsd.net) or (978)-779-2257 (x: 3101).

### **Free and Reduced Lunch:**

In these difficult and challenging economic times, more and more of our community members can benefit from an

increased partnership with the schools. One way in which this occurs is through the federally funded Free and Reduced (F/R) Lunch program. For families that qualify, the F/R lunch program offers an opportunity to receive a quality, nutritious meal while in school. In addition, there are other potential areas to consider that make this a positive outcome for our students.

First, F/R lunch is anonymous. With the advent of PowerLunch, there is absolutely no stigma attached to F/R lunch as every student purchases lunch via their identification card and/or lunch identification number. Second, many of the scholarships that are available to seniors through the Nashoba Regional Scholarship Foundation and various other independent groups are strongly recommended to students who have financial need. Students who receive F/R lunch are automatically eligible to apply. Further, students are eligible to qualify for a reduction and/or waiver for athletic user fees and class dues.

We at Nashoba Regional High School want to ensure that students can focus on their academic and personal development. If they have stress about finances or are not eating properly, they will likely not be as successful. Please feel free to call Jeremy Roche with any questions; or, simply download the form from the following web site: <http://www.nrsd.net/index.php?id=83> and return it to Mr. Thomas Houle-Director of Food Services, NRS D District Offices, 50 Mechanic Street, Bolton, MA 01740.

### **NASHOBA READS**

In elementary school, children learn to read. They learn to find meaning first by correlating symbol and sound. Then, they decode for word recognition. Gradually, vocabulary and interest levels increase, allowing the reader to comprehend and recall details. Engaging the whole child in the reading process, known as "creative" or "authentic" reading, opens him to a wide world of ideas. On the other hand, students in high school must read to learn. Reading becomes much more "critical" or "analytical." Often, for the sake of preparing for standardized tests or "covering the curriculum," students are expected to process and retain enormous amounts of information from a range of disciplines. Often their lives are so busy, they forget how much pleasure is derived from reading.



In *Readicide: How Schools are Killing Reading and What You Can Do About It*, author Kelly Gallagher argues that older students must be reminded to read for enjoyment. Doing so helps them become more fluid readers and deeper thinkers, regardless of the texts they select. Regular classroom time devoted to sustained, silent read-

*(Continued on page 4)*

ing of recreational literature reinforces skills which can be applied to academic or analytical reading. In a 2007 study conducted by the National Endowment for the Arts, researchers determined that *students who read for fun scored the highest on standardized reading tests.*

Members of Nashoba's English department discussed *Readicide* and *To Read or Not to Read*, a study conducted by NPR in 2007. They were particularly affected by the statistics that reading proficiency of college graduates fell 23% in the past ten years, and that only 22% of seventeen-year-olds read for pleasure. At the end of the 2009-2010 school year, students participated in a pilot of a classroom time reserved exclusively to reading books of their own choice. Recognizing that reading is essential to their curriculum, English teachers agreed to launch an initiative called **Nashoba Reads** for the 2010-2011 school year. Teachers will model reading for pleasure and provide opportunities for sustained, silent reading. They will refrain from interrupting the flow of reading to overanalyze. Each teacher will determine how to assess this activity.

They would like to employ Gallagher's foundational steps, such as providing a flood of interesting books, in addition to an atmosphere free of distraction. They will welcome donations of slightly used texts. Fund raisers, including book fairs at Barnes and Noble, are in the planning stages. Long-term plans to invite teachers from all departments to sponsor outside reading activities are being discussed with Assistant Principal Brian Cote. An on-line book club for students to join may also be developed. **Nashoba Reads** is an initiative that the entire community can support to promote the joys of recreational reading that high school students will recall from their elementary days.

Gallagher provides a list of titles that appeal to "reluctant readers." If you would like to know some of the titles or other ways to get involved in this initiative, please contact either Mrs. Williams in the English department or your child's English teacher.

### **CALLING ALL MATH ENTHUSIASTS**

Do you like to solve MATH PROBLEMS?

Do you want to learn shortcuts to solving those tough MATH PUZZLES?

Do you want to see someone solve a RUBIK'S CUBE in less than 5 minutes?

Are you interested in making FRIENDS who also like MATH?

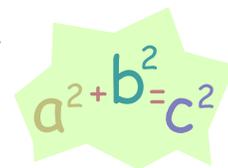
Do you want to see how your MATH SKILLS stack up against other students in our state?

Do you like SNACKS?

If you answered YES to any TWO of these questions then the MATH TEAM WANTS YOU!

The NASHOBA MATH TEAM is looking for new members.

We have an ALL FRESHMAN team that competes against some of the best in the state and has a WINNING track record. Nashoba's Freshman Math Team has won the Worcester County Math League for the last three years. WE NEED YOU to help defend the title!



The VARSITY MATH TEAM is the reigning MASSACHUSETTS STATE CHAMPION team in the middle-sized school division. We need ALL Nashoba math enthusiasts to join the team (sorry it's only open to students...). Come to our first meeting and check it out!

Nashoba math students compete in a variety of tournaments throughout the year, including the Worcester County Math League (WOCOMAL), the Harvard/MIT Math Tournament, the WPI Invitational meet, the Elizabeth Haskins Invitational Math meet, the Massachusetts Math Olympiad, the AMC (American Math Competitions), AIME (American Invitational Math League), the New York State Math League web-based tournaments, and ARML (the American Regions Math League) competitions. More information on our league (WOCOMAL) can be found on our league web site: <http://www.wocomal.org/>. The site also has great links to a number of the other tournaments and enrichment opportunities for math students.

We hold practices on Mondays from 2:30 – 3:30 in room 103, starting on September 20<sup>th</sup>. Ms. Redford is our coach; if you have any questions, just stop by her classroom or email her at [mredford@nrsl.net](mailto:mredford@nrsl.net). We look forward to problem solving with you!

### **Support the Math Team when ONLINE SHOPPING**

As was detailed in the June newsletter, you can support our winning Nashoba Math Team by doing your online shopping through the OneCause portal. If you are doing any back-to-school shopping online, please set up an account and help Nashoba while you save energy by shopping online. You can see our page at <http://www.onecause.com/schools/nashoba-regional-high-school>. Thanks for supporting our talented students and happy shopping!

### **APRIL 2011: GREECE – LAND AND SEA**

If you are looking for a fun, exciting, and educational trip, look no further! The plans have been finalized for a trip to Greece during the April school vacation of 2011. The dates are Friday April 15 – Saturday April 23.

*(Continued on page 5)*

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 offered trips every year, although some years the trip was canceled due to lack of interest. Sometimes the trips are to Quebec, 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. Anyone is welcome to come on these trips: students, parents, friends, relatives, etc. It is not just for students.

The 2010 brochure price of the "Greece – Land and Sea" trip is \$2748. This price has been extended into September before the 2011 prices take effect. There was an early incentive for those who made a \$295 deposit before June 30, 2010. If you are one of those people, a 2<sup>nd</sup> payment of \$200 is due by September 15, 2010. These 2 payments guarantee your 2010 price for 2011 travel. If you would like to join us now and get the 2010 price, all you need to do is get an application from me, complete it, and give it to me with a check for \$495 made out to Teach by Travel. The final payment is due by December 15, 2010 unless you opt to pay with the budget plan that allows you to make monthly payments until February.

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 application form. It includes all the needed information about the trip. 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 with tons of trip information, but 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. These things rarely happen, but you must be aware that they are possible. C'est la vie!

The price includes:

- roundtrip airfare from Boston
- hotel accommodations for 7 nights / hotel rooms are 3 people to a room, however an upgrade to an adult twin room is only an additional \$100.
- transportation/entrance fees to all sightseeing as per the itinerary
- daily breakfasts and dinners
- city tour of Athens, island tours of Santorini and Mykonos
- all other fees such as weekend surcharges, airport security, etc



A full-time Tour Director is with us throughout the trip. The tour company I am using is Teach By Travel. If you would like to check them out before signing on, the web site is [www.teachbytravel.com](http://www.teachbytravel.com). Our tour consultant is Sue Scanlon and her phone number is 1-888-828-2292 #115.

What is not included in the price are lunches/beverages, free-time activities, tips to our tour director and bus driver, extra optional insurance, spending money, and of course, a passport if you don't already have one.

If you would like to come on this trip please contact me to pick up an application form and an itinerary. Please complete the application and return it to me. Include a check or money order for \$495 made out to Teach By Travel. You may also register online and pay with a credit card. Don't forget to read the "Terms and Conditions" in the registration booklet before making any commitment.

If you would like more information or names of previous travelers to check me out, please contact me as soon as possible. I can be reached by email at [kmchale@nrds.net](mailto:kmchale@nrds.net), at home at 508-761-4991, or on my cell phone at 508-717-4894. I'd be happy to meet with you if you don't know me before you sign up. I don't normally have a meeting at the beginning because it is too difficult to arrange a time when everyone can attend and people are signing up at all different times. However, I do have one a few weeks before departure to finalize plans. All necessary information is included in my monthly newsletters. I cover every detail. I do need you to give me your email address so you can receive these newsletters. If you are under 18 years old I need a parent's email address too. I send my newsletter to both of you so there is no miscommunication in the family. You can write these email addresses anywhere on the application form or on your check.

Remember: **Sign up early!** I hope you can join me!

### **NEED A WEEKEND GETAWAY NEXT FEBRUARY?**

Bonjour! I am French teacher Kathy McHale and I am offering a trip next winter to Quebec City. The plans for the trip have been finalized. The date for this trip is February 3 – 6, 2011. We will leave by coach after school on Thursday, February 3<sup>rd</sup> and we will return to Nashoba on Sunday night, February 6<sup>th</sup>. The school absence on Friday will count as a field trip absence. The cost of this trip is approximately \$600 based on a full bus load of 40 participants. It includes roundtrip transportation via a luxury motorcoach, 3 nights in a hotel, 3 breakfasts, 2 dinners, admission to all services as per the itinerary, a tour guide trained in first aid and CPR, a nighttime hotel

*(Continued on page 6)*

security guard, and liability, medical, and trip cancellation insurance.

It does not include the 2 supper stops to and from Nashoba Thursday and Sunday, lunches, tips to the tour guide and bus driver, and of course, spending money. Rooming is in quads in 2 double beds. A double and/or single room is available for an additional supplement of \$136 and \$271 per person.

Some of the highlights of the trip are visits to the: Plains of Abraham, Parliament Building, Chateau Frontenac, Sainte Anne de Beupre Shrine, and Montmorency Falls. Some activities include breakfast at the Huron Village where Native American Indians explain how their tribe survived, a 17<sup>th</sup> century dinner with dancing and a taffy pull concluding with a dog-sled ride through the maple grove, a visit to the Ice Hotel, attending the Carnaval parade, and the “piece de resistance” is an afternoon of inner-tubing at the Village des Sports.



The tour company used is Jumpstreet Tours from Montreal. I have traveled with Jumpstreet since my arrival to Nashoba in 1986. They treat each client as family, and I trust them implicitly to give us the most educational, fun, safe, and economic trip possible.

In addition to present and former French students, their family and friends are also invited to come on this trip. A \$200 deposit is due by October 1st and the balance is due by Thanksgiving. If you are interested in coming, please contact me as soon as possible for the itinerary and complete information. Once you give me a deposit I will send you a newsletter with all the travel information you will need. You can reach me at 978 779-2257 # 4164 or email at [kmchale@nrsd.net](mailto:kmchale@nrsd.net). You will have a “fantastique” time!

### 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.

The Destination ImagiNation™ competition has two components:

**Instant Challenges** teach students to respond quickly to an unplanned event by requiring them to solve a fun, surprise challenge on the spot. Teams must work together to quickly assess the situation and generate a creative response within just a few minutes.

**Central Challenges** require teams to utilize each member's skills in such diverse areas as art, writing, technology, performance, engineering, and music to create a unique solution that can take from several weeks to several months to develop. Students learn to work together as they practice project management skills by meeting deadlines imposed by tournament dates and completing their solution within a specified budget. Teams present their solutions before a live audience and panel of appraisers. Scoring is based on criteria specified in the challenge, which usually includes analysis of the team's innovation, risk-taking and teamwork. Teams may also choose to be Non-competitive.

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 5<sup>th</sup> 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 [www.madikids.org](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 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](mailto:dwoods@aol.com) or 978-897-1779.

Here is a summary of each of the 5 DI challenges to give you an idea of what's in store this year.

*(Continued on page 7)*

**Challenge A: Unidentified Moving Object – Technical**  
Teams will design and build equipment to move various materials to and from towering heights. You will start and end the presentation with the equipment contained in a storage box. The team will create and present a sales promotion highlighting features of the equipment. The team will complete all of this without the use of AC electrical power.

**Challenge B: Spinning a Tale - Scientific**  
Teams will research energy cycles in the natural and/or physical world. Teams will develop and present an original 3-act circular story that demonstrates knowledge about 1 energy cycle of the teams choice. Teams will create a Dicyler that changes as the story progresses and acts change. And you will create a Finale that uses your Dicyler to signal the end of the presentation.

**Challenge C: Triple Take Road Show – Fine Arts**  
Teams will use 3 different story telling methods to tell the same story to 3 team chosen pretend audiences. Teams will portray the travel methods used to move your traveling road show between different pretend audiences. The team will integrate a team-created technical spectacle into 1 presentation to a pretend audience.

**Challenge D: Mythology Mission - Improvisational**  
Teams will create a 5 minute improvisational skit about a mission involving a mythical creature. This must be done in a 5 minute prêt time prior to the presentation and tournament. Teams will incorporate research about a creature from a country. Teams will incorporate 3 souvenirs randomly selected from a list of items and combine them to create one master prop. Teams will incorporate an unexpected problem that is discovered on stage.

**Challenge E: Verses! Foiled Again! - Structural**  
Teams will design and build a structure made of aluminum foil, wood and glue. Teams will test how much weight the structure will hold. Teams will present a story about a character that is foiled and integrate a team-written verse and a published verse into their story.

## FRIENDS OF MUSIC NEWS

### Welcome Freshmen and Parents!



The NRHS Friends of Music welcomes freshman musicians and their parents to Nashoba! We are a non-profit organization whose purpose is to support the music program at Nashoba Regional High School.

The NRHS instrumental and vocal ensembles have won many awards, and individual members have been selected to perform at the district, state, and eastern con-

ference levels. The bands and choral groups participate in a variety of festivals and performances during the school year, concluding with the Pops concerts which will be held in May. The Friends of Music provides refreshments, sells tickets, helps chaperone backstage, and produces program booklets for these events.

Over the last few years, Friends of Music has sponsored Master Classes and Concerts performed at the school by outside groups, such as the New England Conservatory of Music. We have also made major purchases for the Music Department including equipment and instruments, and sponsored trips to New York City and the "Holiday Pops" concert in Boston. Each year we award college scholarships to deserving recipients.

To help fund our endeavors, we rely primarily on the Friends of the Arts Ad Campaign that we undertake in conjunction with the Friends of Drama. We also organize smaller fundraisers, such as our annual car wash.

### First Friends of Music Meeting: September 14<sup>th</sup>

We meet on the second Tuesday of each month. Parents, please join us at our first meeting of this school year on September 14<sup>th</sup>, at 6:30 pm in the Chorus Room.

### FOM Car Wash: September 11<sup>th</sup>

The annual FOM car wash fundraiser is scheduled for Saturday, September 11<sup>th</sup> at the Emerson School in Bolton, from 9:00 am until 2:00 pm. During their music classes, band and chorus members will have an opportunity to sign up to work. **Chaperones will be needed** to supervise this event. This is also a great opportunity to meet other NRHS musicians and their families.



### NRHS Band to Participate in UMass Band Day on November 6<sup>th</sup>

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. **Chaperones will be needed** for this all-day excursion to Amherst.

### Friends of the Arts Ad Campaign

The major fundraiser for both the music and 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 10 concerts and play programs throughout the school year.

*(Continued on page 8)*

Please consider contributing to this worthwhile cause. **Volunteers will be needed to solicit and follow up on business ads.**

### Volunteer RSVP

If you can lend a hand with the car wash, UMASS Band Day, or the Ad Campaign, please contact us at Nashobamusic.com, or call 978-897-5822. Even if you have only a small amount of time to volunteer, your support will be very much appreciated!

We look forward to meeting and working with you this year!

Deana Montgomery & Kathy Rogers, Co-Presidents  
NRHS Friends of Music

### \*STUDENT DIRECTORIES\*

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! Student Directories will be available for sale during all hours of the parent Open House held on Tuesday, September 21st from 5:30-8:30 pm. 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

Thanks for your support.

### WANT TO DONATE YOUR OLD DRYER?

Did you take advantage of the tax free weekend in August and bought a new washer/dryer? Want to donate your old dryer? The EMTs could use one for times when they have to wash/dry their vests & jackets after an emergency call. If you can help, please call Mrs. Hilliger, the high school EMT advisor at 978-779-2257 x 3115.



### STUDENT VOLUNTEERS NEEDED –



### FALL SOCCER PROGRAM PAIRING SPECIAL ATHLETES WITH TYPICAL AGE-MATES

Nashoba Unified Sports begins this year's **soccer program** on Sunday afternoon, September 12<sup>th</sup> at Stow Community Park, 50 Old Bolton Road in Stow. Weekly sessions, from 2:30 – 4 pm through November 7<sup>th</sup> include practices and games. If you/your child might be interested as a player or volunteer, (even if it's only a "maybe") please let us know now.

For more information, or to express interest, please contact either Joan Finger, [Joan@ZooterGroupTutoring.com](mailto:Joan@ZooterGroupTutoring.com) (978) 779-6046 or (978)-337-5132 or Bob Moalli [bmoalli@comcast.net](mailto:bmoalli@comcast.net).

Kids are welcome to come to some or all of the sessions and may simply come to one session to check it out.

The basketball program will resume in January.

### NRHS ENDOWMENT FUND

#### Parent Volunteers Needed!

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 fall 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, however, the returns to the students and teachers are great. Please contact Christel Conlin at [christelc@comcast.net](mailto:christelc@comcast.net) if you would like more information. All are welcome to our next meeting on September 9<sup>th</sup> at 7:00 pm in the Academic Support Center at NRHS.

**WELCOME TO THE FRIENDS OF DRAMA  
THE TIME TO ACT IS NOW!  
NEW MEMBERS:**

As we begin another exciting Nashoba theatrical year, we would like to welcome new members to our unique group. The Friends of Drama consists of the parents of students involved in the Drama Club and any other adults who would like to be involved in any aspect of the drama productions at Nashoba.

Our mission is to support the Nashoba Drama program and the Drama Advisor, Bill Grady. This includes financially as well as all aspects of production. Last year we purchased a new electric piano, lights and sounds equipment for the auditorium, as well as supported each production with sets, costumes, makeup, front of house and publicity. We are looking for freshman and transfer students' parents to join us in supporting your student in the drama club.

**AD CAMPAIGN:** We kick off the year with our annual Ad Campaign for the program book. In partnership with the Friends of Music, we sell ads to local businesses. These ads appear in every arts program book graciously printed for us by Dunn & Company Printers in Clinton. It is our primary source of funds and a mailing has already gone out to sponsors. We need a Friends of Drama campaign committee to follow up and help with the campaign. It runs only through the first week in October, so the time commitment is minimal. Please contact Kathy Quirk at [kathyquirk1@gmail.com](mailto:kathyquirk1@gmail.com) if you would like to help with this important fundraiser.

**FIRST MEETING:** The Friends of Drama will hold the first meeting on Wednesday, September 1st at 7:00 pm in the lobby of the auditorium. We will be voting in officers for the year, forming the ad campaign committee and discussing the upcoming production year. If your student is auditioning for the Fall Play (auditions are Monday, Sept. 13 or Tuesday, Sept. 14th from 6-8PM) or will participate in any aspect during the year, you should plan on attending.

Lastly, please consider contributing to our annual *Friends of the Arts Ad Campaign* on a business or family level. Students are grateful for the support that allows them to provide exceptional musical and dramatic productions. All families are encouraged to support the arts with a \$25 family sponsorship. Please use the form attached in the newsletter for more information.

We look forward to another year of entertainment from our award winning Nashoba Drama Club!

Parents can contact Friends of Drama Co-Chairs with any question:  
Kathy Quirk at [kathyquirk1@gmail.com](mailto:kathyquirk1@gmail.com) or Diane Sestito at [diane.sestito@gmail.com](mailto:diane.sestito@gmail.com)

Students who are interested in joining the Drama Club should contact:  
Lizzy Cross at [lizzyc383@gmail.com](mailto:lizzyc383@gmail.com) or Sara Quirk at [squirk272@gmail.com](mailto:squirk272@gmail.com)

# 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 Pops Concert - May 13**

**Holiday Band Concert – Dec. 10**  
**Class Play Competition - Jan. 14**  
**Spring Choral Concert – April 1**  
**MICCA Preview Band Concert - April 8**  
**Choral Pops Concert – May 26**

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](mailto: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. **Deadline is Friday, October 8<sup>th</sup>, 2010.**

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](http://NashobaDrama.com) and [NashobaMusic.com](http://NashobaMusic.com).

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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 \_\_\_\_\_