

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

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From the Interim Principal's Desk

Nashoba Regional High School will be opening its doors on Tuesday, August 30th, for its 50th anniversary, to a steady growth population of 1020 students. The teaching staff will welcome six new colleagues including three math, a social studies, physics, and special education teacher. Head Custodian Tom McGown, his permanent staff, and several student workers have done a remarkable job preparing the building. Students will be dining in the newly renovated cafeteria which has been designed for eye appeal and serving efficiency.

Assistant Principal Brian Cote will be eliciting support from both past and current members of the Nashoba Regional High School community to plan celebratory events for the 50th anniversary. A focal point to kick off events will be the homecoming football game on Friday evening, October 21st. Significant interest has been received from alumni via the Facebook account for Nashoba's Fiftieth. Mr. Cote is seeking local alumni who are willing to assist in planning events. A planning meeting has been scheduled for Tuesday, September 6th at 6:30 pm in the Academic Support Center.

Most professional development time for the next two years will be focused on self-study preparation for the 2013 accreditation process conducted by New England Association of Schools and Colleges, Inc.

NRHS will no longer be distributing paper progress reports. Instead, we will be issuing "progress updates" at the mid-way point of each quarter, when grades will be up to date for review in PowerSchool. We will communicate this each time via the high school web page, as well as School Messenger telephone calls. If you are not yet enrolled in the PowerSchool parent portal, please see the high school website (<http://nrhs.nrsd.net>) for instructions on how to obtain your password.

I look forward to the opportunity of working with Nashoba Regional High School's staff and students, continuing its outstanding tradition.

Sincerely,
Ralph Olsen

Notes from the Nurses:

Welcome back!!

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 school on October 1, 2011.**

In addition, a physical exam, performed by a physician, is required for all students who 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 Sheet](#).

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 (mailed out with report cards in June) when you visit your child's physician, OR have the doctor write an order on his physical form.



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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 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 in October. 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.

Migdalia and Rosemary, High School Nurses

Career Day 2011

Would you like to share your career with Nashoba students?



Join us for Career Day 2011 on Friday, October 28th from 7:30—11:30 am. Professionals will be grouped into career workshops to present to students. Students will have the opportunity to rotate to three different career workshops to learn more about careers that interest them.

If interested in participating, please contact Sue Allaire, Career Counselor, sallaire@nrsd.net.

School 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 Open House on Thursday, Sept. 22nd. The cost is \$10 for one, or two for \$15. All proceeds from the sale of these directories go to the PTSA Scholarship fund and are awarded to two graduating seniors at the end of the year.



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, 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.

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. If you already made a deposit in June, then your second payment of \$200 is due by September 15th.

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 hap-

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pen, 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, there is a double room supplement and a single room supplement. Otherwise, rooming is in triples.

There are two payment options. If you made your initial deposit of \$295 this past June, you must make 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.

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@nrzd.net. I hope you can join me!

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, we will be holding an **informational meeting in October or early November with the date to be announced in the October newsletter**. 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 give us a call or send me an email. You can go to the Massachusetts DI site at 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

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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 or Karen Wall at kwall@akibia.com.

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

Challenge A: Technical – “Assembly Required” Design and build Equipment that retrieves Parts and delivers Products. Assemble Products from team-provided Parts to fill Orders, and use the Products in your team's Presentation. Earn extra points by deciding how best to fill Orders with no Parts or Products left over in the Assembly Area. Present a team-created story about something that happens just in time.

Challenge B: Scientific – “The Solar Stage” Create and present a theatrical performance that tells a Story about the use of solar energy. Integrate research about past and/or current uses of solar energy. Design and create a Solar Energy Prototype that demonstrates a new way to collect, capture and use solar energy. Design and provide Theatrical Lighting to illuminate the Presentation and to create special theatrical effects.

Challenge C: Fine Arts – “Coming Attractions” Present a Movie Trailer involving characters from at least two Nations. Design a Cinematic Special Effect and feature it in the Movie Trailer. Create an Original Soundtrack that complements the Movie Trailer.

Challenge D: Improvisational - “News to Me” Learn about different types of News Stories. Learn about Cause-and-Effect relationships. Use Cooperative Human Scenery and Props to enhance your Skit. Create a 5-minute Improvisational Skit about the Cause-and-Effect relationship between two unrelated News Stories. Have all your plans suddenly become totally discombobulated by a One-Minute Glitch (OMG)!

Challenge E: Structural – “Hold It” Design, build and test a Structure made entirely out of wood and glue to hold weight and contain Tournament-provided golf balls. Design and build a Delivery Device that will deposit the golf balls, one at a time, into the Structure. Create and present an original Story about a “Captivator.” Integrate the Weight Placement and Golf Ball Delivery into the Story.

SPED PAC Launches Year

SPED PAC launches the year on Wednesday, October 12th at 7:15 pm with updates about a variety of programs including new



afterschool 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.

Volunteers and Participants

Sign up now ~ Fall Soccer Program Pairing Special Athletes with Typical Age-Mates

Nashoba Unified Sports begins this year's **soccer program** on Sunday afternoon, September 11th at Stow Community Park, 50 Old Bolton Road in Stow. Weekly sessions, from 2:30 – 4 pm through November 7th 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 (978) 779-6046 or (978)-337-5132 or Bob Moalli 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. (Weekly participation not required.) The basketball program will resume in January.

**NRHS Endowment Fund
Parent Volunteers Needed!
Fall Meeting:
Thursday, September 8 at 7 pm
Academic Support Center**

New members are invited to join the NRHS Endowment Fund Board. We are a non-profit group established in 1999 for the purpose of raising money and fulfilling grants submitted by teachers to fund various enrichment programs and pilot programs as well as equipment and materials that are outside the regular school budget.

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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 if you would like more information. All are welcome to our next meeting on September 8th at 7:00 pm in the Academic Support Center at NRHS.

Friends of Music

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 conference levels. The band 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 programs 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 Berklee School of Music and the New England Conservatory of Music. We have also made major purchases for the music department such as equipment and instruments, and sponsored trips to New York City and a performance of "Wicked" in Boston. Each year we award college scholarships to deserving recipients.

To help fund these endeavors, we rely primarily on the Friends of the Arts Ad Campaign. In addition, we also organize smaller fundraisers, such as our car wash.

Friends of the Arts Ad Campaign

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

Volunteers are needed to solicit and follow up on business ads.

First Friends of Music Meeting: September 12th

We meet on the second Monday of each month. Parents, please join us at our first meeting of this school year on September 12th, at 6:30 pm in the chorus room.

FoM Car Wash: September 10th

The annual FoM car wash fundraiser is scheduled for Saturday, September 10th in Bolton at the high school faculty parking lot 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.



Chaperons are needed to supervise this event.

10th Anniversary of 9-11

The town of Bolton has asked the Nashoba band to participate in an observance of the 10th anniversary of the 9-11 tragedy. All acoustic instrument players in Concert Band and both Jazz Ensembles will be asked to perform at Town Hall in Bolton at 8:30 am on Sunday, September 11th. The service will observe a moment of silence at 8:49 am and will likely be over by 9:00 am.

NRHS Band to Participate in UMass Band Day on October 8th

Each fall, dozens of high school bands come 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 are needed** for this all-day excursion to Amherst.



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!

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**WELCOME TO THE NASHOBA FRIENDS OF
DRAMA!
501(c)(3) non-profit organization**

NEW MEMBERS: *Welcome all supporters of The Nashoba Friends of Drama!* Our award-winning group consists of the parents and students involved in Drama.

Our mission is to provide financial and production support for the program and our Advisor and Director, Bill Grady. In the past, our contributions have included a new electric piano, lights and sound equipment for the auditorium, as well as continuous support for 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.

BOLTON FAIR: THANK YOU! ... to all parents and students who volunteered for the Fair. The dedication and support we received this year was truly amazing.

AD CAMPAIGN: As a non-profit organization, much of our support comes from the ticket sales of our shows and donations from parents and companies who buy ads. In August, we kick off the year with our annual Ad Campaign for the program book. Over 200 ad sponsors and family contributors are featured. Our program supports ten arts related events throughout the school year. In partnership with the Friends of Music, our revenues that allow us to support these events are generated from our ad campaign.

CONTRIBUTIONS: Please consider contributing to our annual *Friends of the Arts Campaign* on a business or family level. (See the attached form). Students are grateful for the support that allows them to provide exceptional musical and dramatic productions.

MEETINGS: (First Wednesday of every month) **OUR FIRST MEETING IS WEDNESDAY, AUGUST 31, 2011, at 7 pm IN THE LOBBY OF THE AUDITORIUM.** We will be voting in officers for the year, forming the ad committee, and discussing the upcoming production year. Our next meeting will be Wednesday, October 5, 2011. We will not meet in September.

AUDITIONS FOR FALL SHOW: Auditions for the fall Play will be Tuesday, September 6, 2011 OR Wednesday, September 7, 2011 in the auditorium promptly at 6 pm. Finish time for auditions will be from 8—9 pm.

CONTACT: Parents should contact Friends of Drama with any questions or to join our email list: Audrey MacLean at samjackaud@yahoo.com OR Diane Sestito at diane.sestito@gmail.com

Students who are interested in joining the Drama Society should contact: Beth Rogers at devilduck731@aol.com OR Angie DeSocio at Angelina_desocio@yahoo.com.

WE LOOK FORWARD TO ANOTHER YEAR OF ENTERTAINMENT FROM OUR TAMY AWARD-WINNING (CHICAGO) NASHOBA DRAMA SOCIETY!

**THANK
YOU**

During the months of May and June, the Dykes family - Alex, a member of the Class of 2013, and his parents Marc and Lisa, volunteered their efforts to enhance the beauty of the front entrance areas and parking lot of NRHS. You may notice the wonderful new stone beds and the increased plantings that welcome the staff, students, and guests to the high school. Many thanks to them for their generous donations of time and materials.





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 _____