

Nashoba Pride

Integrity—Communicate—Achieve—Relate—Engage

Parry Graham, Principal
Brian Cote, Assistant Principal
Kerri-Ann O'Donnell, Assistant Principal
Tania Rich, Athletic Director

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<http://nrhs.nrsd.net>

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Volume 16 Issue 1

September 2014

A Message from Dr. Graham

What a wonderful start to the school year! I look forward all summer to the first day of school and the opportunity to meet our new students and welcome our returning upper-classmen. The first few days have been absolutely fantastic, and well worth the wait.

Each year, on the first day of school, I like to tell a story to our freshmen, and I would like to share it with you. It is my "One Cookie, Two Cookie" story.



This is the story of a psychology experiment that was run in the 60s and 70s (you may also have heard of it described as the "Marshmallow Experiment"). In the experiment, a young child is brought into a room with an experimenter, and is offered a cookie (or a marshmallow, depending on the version of the experiment). The child is told that, if he or she can wait just a little while and not eat the cookie, the experimenter will give him an extra cookie. The experimenter then leaves, and monitors how the child reacts.

In the experiment, some children ate the cookie right away, and never received the extra cookie. Other children were able to wait, and received the extra reward. The experimenters were then able to follow the participants over time, and found that the "two cookie" children ended up being more successful on average than the "one cookie" children: they received better grades in high school, had higher SAT scores, and did better in college. The experimenters attributed the differences to delayed gratification: the "two cookie" children seemed to be more effective at being able to put off their desire for an immediate reward in the hopes of getting a larger reward in the future. And what was interesting was that the "two cookie" children used different strategies to help themselves delay gratification: they covered their eyes so that they couldn't see the cookie, they sang songs to distract themselves, and so on.

What I tell the freshmen is that they will be faced with many one cookie, two cookie situations throughout high school. As an athlete, do they head out after practice, or do they stay

to shoot 100 extra free throws. As musicians, do they limit their playing to class time each day, or do they push themselves to practice at night and on the weekends. As students, do they get their homework done and study for that test, or do they call up a friend to play a video game online. The point is not that they shouldn't enjoy life and being a teenager – they absolutely need to be taking to time to have fun and see friends – but two cookie people know how to prioritize what is important, and put the time in on the front end to be successful.

And the kicker is that anyone can be a two cookie person. It is not a matter of being born that way, it is a matter of developing two cookie habits: setting aside sacrosanct time each day that is only used for schoolwork (and sticking to that time), building a personal schedule that prioritizes what is most important, building relationships with other people who will push and support us to excel. I told the freshmen that one of their biggest challenges over the course of high school is to turn themselves into two cookie people (or reinforce that persona if that is already who they are), and that anyone can do it. But it takes perseverance and the cultivation of effective habits.

I often have students come up to me later in the year and say "Dr. Graham, I studied for my test last night so that I can be a two cookie student!" I even had a senior come up to me one day in the cafeteria last year, place a cookie in front of me, and say "Dr. Graham, if you can wait just a couple minutes and not eat that cookie, I will bring you an extra cookie." (I ate the first cookie immediately – I was really hungry.) My hope is that, as students grow and move towards independence, they are not just learning the knowledge and skills that they need to be successful in post-high school life, but also learning about themselves, and what they can do to cultivate effective life-long habits.

If you get a chance, ask your child about the story (at this point, I have told it to all of the students in the building at one time or another). And as your children work to be two cookie people, I will keep working to be a two cookie principal, focusing my time and energy on ensuring that your

(Continued on page 2)

children get a high-quality education and experience a great four years.

Thank you for sending your children to us every day, and I am looking forward to a great year!

Notes from the Nurses: Welcome Back 2014-2015!

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 and/or may face exclusion from school on October 1, 2014. (State mandate)**

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). Remember to fill out and turn in the Emergency Health Form. A new physical exam is requested for **all students in 10th grade** whether or not they play sports.

Illness Dismissals:

In the event that your child becomes ill during class on any particular day, your child's teacher will send him/her to the nurse. Based on a physical assessment, should the illness warrant dismissal, the parent or guardian will receive a call from the school nurse requesting that the student be picked up. **Dismissals due to illness are handled only through the Nurse's Office.**



Please remind your child that texting and calling home are *not* permitted during certain school hours and the cell phone will be confiscated. Students that are ill should go to the nurse's office.

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. Please feel free to contact the nurse 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.

Medications:

The school nurse can dispense Tylenol and Ibuprofen in school only if the parent has given us 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. Please have the doctor write an order, and do not forget to sign the order as well.



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, please sign such plan.

Vision and Hearing Screening:

The Nurses' office will be conducting the annual state mandated Screenings starting in October and throughout the school year.

Hearing and Vision Screening are currently scheduled for October 22, 2014. 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 date.**



Height and Weight screening:

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 one of their physical education classes in **August and throughout the school year**. BMI results will be mailed home during the school year.

Postural Screening:

All students in **grade 9** will have their Postural Screening done starting in **August and through-out the school year**. This is done discreetly and privately by our PE teachers and nurses in the locker rooms or the nurses' office.

The purpose of this screening is to find the early signs of possible spinal problems in students in grade 9. It is not a diagnostic service but a *screening* to identify young people who require further medical evaluation.

(Continued on page 3)

** If your child has any unusual findings, you will be contacted and asked to take the child to a physician as a precaution.

Fitness Gram:

The Wellness Department will be conducting a longitudinal fitness study of all students while at NRHS (Fitness Gram). Twice a year each student will be tested in 5 fitness components: cardiovascular, flexibility, muscular strength and endurance as well as having their heights and weights (BMI) recorded. This is being done with the hope that all students will become more aware of his/her personal fitness level and how he/she compares state wide as well as nationally.

***Your child can be excluded from any of the screenings and or the fitness gram with a written note from a parent or guardian.**

We are currently looking for substitute nurses at all levels. If you are interested please contact Migdalia, Rosemary or Linda (high school nurses).

**Ms. M. Rivera, Mrs. L. Oetman, and Mrs. R. Sullender
High School Nurses
978-779-2257 Ext. 6**

French Exchange Program

This fall, Nashoba Regional High School will be welcoming a group of students from Elbeuf near Rouen in Normandy, France. This new program is an exchange between the Lycée André Maurois in Elbeuf and Nashoba Regional High School. Students who take part in the exchange program will host a French student from October 10 to October 23, 2014. In April 2015, Nashoba students who choose to will travel to France for 14 days. When the French students come to Nashoba, they will participate in the life of their "American family", attend classes and visit Boston as well as other places of interest in Massachusetts with their French school group. The following spring, NRHS students will stay with a French family, attend classes at the French high school and visit places of interest in Paris and Normandy.



This program is open to all students who are in the French program. We offer several options for this program, such as hosting a French student only (no travel), hosting a French student and visiting the same student in April 2015, or hosting a French student and deferring travel to another year.

When the exchange program was put in place for the first time last year, a great number of Nashoba students offered to host French students and we are extremely grateful to their families. This year's group is particular-

ly large however, and for this reason, we still need a few host families for this October. Please let me know if you can open your door to a French student for 12 days this fall.

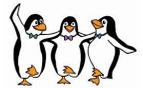
For more information please contact Christine Winter, at cwinter@nrds.net

Class of 2015 News Hey Nashoba, welcome back!

The Class of 2015 is finally Seniors! As the officers and advisers of the class, we are determined to make this school year a memorable one for everybody - from staff to students to parents - but we can't do it without your help! Auditorium game shows and movie night drive-ins in the student parking lot are just a few of the things we have planned. If you are interested in helping our class in any way, through ideas or various useful skills (we need Senior T-Shirt designers), just let us know by emailing one of our advisers. We look forward to enjoying this year with you all!

What is in the works for September?

In keeping with tradition, the senior class will host the **Welcome Back to School Dance**. This year's festivities will be held on Friday, September 12 from 7—10 pm. Tickets at the door cost \$5. Advance tickets cost \$4. Tickets can be purchased in Room 403B with Mr. Emerson or in the ASC with Mrs. Hamlin from 7:30 - 2:30 August 28 through September 11. Please bring exact change if you can.



We are also planning a joint fundraiser with the junior and senior classes: We have scheduled a **CAR WASH** on Saturday, September 20th from 10 am to 4 pm, rain date September 27th. The price will be only \$5, so please be sure to bring your cars by. We'll see you there!



If your senior class son or daughter has not paid the \$100 of class dues yet, make sure you do so soon so that they can participate in all of the senior activities together! Class Dues go towards free yearbooks, class gift to our school, and our Senior Banquet. Please check our list in the Senior Bulletin Board in the cafeteria.

Your NRHS Class of 2015 Officers and Advisers
Advisers: Lisa Hamlin (lhamlin@nrds.net)

John Digennaro (jdigennaro@nrds.net)

Officers: Kassie Sidopoulos

Carrie Cheung

Kylie Schneck

John Vasington

(Continued on page 4)

BEST BUDDIES



Best Buddies is Back!!

It's that time of year again everybody, Best Buddies is back and excited to welcome new and returning members! All members can now sign up on www.bestbuddiesonline.org by choosing "high school" under the membership application" drop down menu. Select new member or returning member and fill out all required information accordingly. All applications should be submitted by Friday, September 26th.

There are many different ways to be involved with Nashoba Best Buddies, including participating as an associate member, as a peer buddy, or as an officer.

Associate members support the chapter and attend the various events throughout the year.

Peer Buddies have the opportunity to create one on one relationships with buddies at Nashoba. There is a minimum requirement for the buddy pairs to interact at least two times per month outside of school and to attend Best Buddy sponsored events. Within the application to become a peer buddy, there is a short survey to complete.

If a leadership position is of interest, we are accepting applications for **Treasurer** (monitors the chapter's budget) and **Public Relations Officer** (A member to spread the word and help plan events). In addition, we are looking for **two underclassmen** to fill our **NEW Birthday Ambassador position**. Officer applications can be found under the "Leadership Selection" tab on Best Buddies Online. Please select "Other" from the options tab and, in list the position you are interested in your narrative. Please see Elizabeth Senior, Elena Reverdy, or Sarah Clopeck with any questions.

Additionally, on **September 17th**, we will host our first annual "**Speed Buddy**" event at 2:30 pm in the high school cafeteria. All chapter members are encouraged to attend. Interested in becoming a peer buddy? This will give all students the opportunity to mingle with each other in order to create successful Buddy Pairs.

We are looking forward to a fantastic year and we hope all are able to join us!

Fall Soccer Program Seeks Volunteers and Special Athletes

Nashoba Unified Sports is registering volunteers and special athletes now! This year's soccer program begins on Sunday afternoon, September 14th at Stow Community Park in Stow. Weekly sessions, on Sundays from 2:30 – 4 pm through October, include practices and games. This program pairs athletes with special needs with student volunteers. Participants may attend some or all of the sessions. Students from all local



towns are welcome to participate. Even if you/your child are only considering the program either as a volunteer or special athlete, please let us know as soon as possible.

For more information, to express interest or to register: please contact Joan Finger, Joan@ZooterGroupTutoring.com (978)-337-5132 or (978) 779-6046.

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.

Friends of Music

Welcome Freshmen and Parents!

The NRHS Friends of Music welcomes Freshman musicians and their parents to Nashoba! This year we also welcome our new band director, Joe McCarthy, and we will celebrate with our choral director, Susan Mianulli, who will be retiring after this year.



First Friends of Music Meeting: Welcome Reception on Monday, September 8th

FOM meets on the second Monday of each month. This year our first meeting is combined with a welcome reception to meet our new band director, Joe McCarthy. Parents, please join us on Monday, September 8th, at 6:30 pm in the high school cafeteria.

About Friends of Music

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 occur in May. The Friends of Music provides refreshments, stage decorations, sells tickets, and produces programs for these events. Over the years, Friends of Music has sponsored Master Classes and Concerts performed at the school by outside groups, made major purchases for the music department such as equipment and instruments, and sponsored trips to New York City and performances around the greater Boston area. 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.

(Continued on page 5)

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 began in August and winds up in September. 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 use the form attached to this newsletter and consider contributing to this worthwhile cause.

FOM Car Wash: September 13th

The annual FOM Car Wash fundraiser is scheduled for Saturday, September 13th 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.



We'd love your help!

Can you spare a few hours to chaperone at the Car Wash or the annual UMass Band Day on Saturday, October 18th at Gillette Stadium? These are great opportunities to meet other NRHS musicians and their families. Please contact Mr. McCarthy or Mrs. Mianulli for more information.

For more information about Friends of Music and to see this year's Music Event Schedule please visit our website at <http://nashobamusic.com>

Nashoba Friends of Drama



Who we are:

We are a group of dedicated parents who work together to provide production support to our director, Bill Grady, and financial support to the Nashoba Drama Program. Some of our past contributions have included a new electric piano, lights and sound equipment for the auditorium. Our support is "hands on" in all areas of each production including set, costumes, makeup, front of house, back stage and publicity. Last year's fall play "A Midsummer Night's Dream" wowed the audience with a Bollywood style twist and our phenomenal spring musical "Les Misérables" was performed to sold-out crowds! Please consider volunteering in Friends of Drama (FOD)! Parents who are interested should contact either FOD Co-Presidents Hilda Brewington at hildabrewington@comcast.net or Tracy Lindsay at joeland_tracy.lindsay@comcast.net.

Fundraising:



A great big thank you to all parents and students who contributed to the success of the Face Painting booth at the 2014 Bolton Fair. Because of your efforts, we were able to raise \$1,200. WOW!

As a non-profit organization, much of our financial support comes from ticket sales of our shows, donation sponsorships from parents and local businesses who advertise in our show programs. In August, we kicked off the year with our annual **Friends of the Arts Ad Campaign**. Our FOA ad campaign supports ten arts related events throughout the school year. Co-sponsored in partnership with the Friends of Music, the FOA ad campaign provides significant revenue that allows us to continually support these events throughout the school year. Please consider contributing to our annual FOA ad campaign on a business or family level. A sponsorship letter is attached to this newsletter. Also, please contact hildabrewington@comcast.net if you can assist us with our business advertisement follow-up. Our students are grateful for the support that allows them to continue to provide exceptional music and drama productions.

Friends of Drama Meetings: (first Wednesday of every month)

Our first FOD meeting is Wednesday, September 3rd at 7 pm in the NRHS auditorium lobby. Monthly meetings are as follows: October 1st, November 5th, December 3rd, January 7th, February 4th, March 4th and April 1st all at 7pm in the NRHS auditorium lobby.

Auditions:

Fall Play auditions will be held on Sunday, September 7th at 2 pm and Monday, September 8th at 6 pm in the NRHS auditorium. For more information, please visit: www.NashobaDrama.com.

This Year's Productions:

Mark your calendars!

Fall Play: November 21st, 22nd and 23rd

Class Play Competition: January 9th

Spring Musical: March 13th, 14th and 15th

Any student who is interested in being a part of **Nashoba Drama Society** should contact Co-Presidents Lyndsey Hawkes at kareokeKid1@gmail.com or Lish Ventura at lishventura@gmail.com.

Be sure to visit us at www.NashobaDrama.com for updated information throughout the year!



It is that time of year, DI is Back! We are gearing up for a brand new season of all new challenges that are just waiting to be solved!!

(Continued on page 6)

Destination Imagination (DI) is an educational program where student teams (2 to 7 members) solve open-ended Challenges and present their solutions at competitive tournaments. Participants build a lifelong confidence in working together to solve any life challenge! In working to solve challenges, our teams learn important life skills such as: time management, collaboration, conflict resolution, and creative and critical thinking. Our goal at Destination Imagination is to give students the chance to learn and experience the creative process from imagination to innovation.

This year's challenges:

- A - - **Creature Feature** (Technical)
- B - - **Making Waves** (Scientific)
- C - - **Feary Tales** (Fine Arts)
- D - - **The Improv Games** (Improvitational)
- E - - **Lose to Win** (Structural)
- PO- - **Brand Aid** (Community Service Learning)

Conrad Spirit of Innovation Challenge- New this year!

There is a new challenge this year called the Conrad Spirit of Innovation Challenge.



<http://www.conradchallenge.org/overview-of-program>.

The Conrad Challenge is an annual, multi-phase innovation and entrepreneurial competition that brings together a dynamic community of innovators and entrepreneurs driving a collaborative movement to develop extraordinary and viable solutions to benefit our world in one of four areas: Aerospace & Aviation, Cyber Technology & Security, Energy & Environment, and Health & Nutrition.

In this challenge teams compete for the opportunity to be recognized as Pete Conrad Scholars and an anticipated \$500,000+ in awards including: seed funding grants, investment opportunities, patent support, business services, scholarships and other opportunities (as provided by our partners and sponsors) to grow their solution into a real business.

Your contacts:

Wendy Enzmann and Karen Wall are the Coordinators for the Nashoba DI at NRHS. We can be reached at wenzmann@verizon.net or kwall2259@gmail.com

How to register:

Please complete the attached registration form with payment and leave at the NRHS office addressed to NRHS DI by Friday, November 14th or email the form to wenzmann@verizon.net.

IMPORTANT: The Conrad Spirit of Innovation Challenge deadline is October 1st.

NRHS Endowment Fund Seeking a Secretary for this year!



New members are invited to join the NRHS Endowment Fund Board. This year we need to fill the secretary position and welcome other board members as well. Endowment is 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. 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 (about 6 meetings per year), however, the returns to the students and teachers are great. Our first meeting of the year is September 3rd from 7 to 9 pm at Christel Conlin's home. Please contact her at christelconlin@gmail.com if you would like more information.

NASHOBA ATHLETICS



Some current Nashoba Athletics Booster Club information is provided below.

Please visit the Nashoba Athletics Booster Club Website www.NashobaBoosters.com for more information. Click "Follow" and enter your email address to receive updates.

The **Nashoba Athletics Booster Club** (NABC) is the parent volunteer organization that supports all interscholastic athletic programs at NRHS and the Athletic Director.

NEXT OPEN MEETING. The next Booster Club open meeting will be held in the high school cafeteria at **7 PM on September 15.** Parents of student athletes are welcome and encouraged to attend.

NABC BOARD. Thanks to everyone who attended the annual meeting in May. Below is a list of the new executive board and committee chairs. As you can see we are still in need of a Scholarship Committee Chair and Volunteer Coordinator. These are both important but defined and manageable jobs. Please consider volunteering. The Board meets 4 times during the school year (in conjunction with the Booster Club Open and Annual meetings). The Scholarship committee chair cannot have a senior student. This position requires a few evening meetings between March and mid April. Please contact Patty Sandler at NashobaBoosters@nrsd.net if you are interested or have any questions.

President	Patty Sandler	
Vice President	Mark Shaye	
Treasurer	Amy Kunst	(term ends May 2015)
Secretary	Leigh Sarnoski	(term ends May 2015)
Membership	Catherine Hammill	
Concessions	Linda Gothie	
Fundraising	Jennifer Cunningham and Helene Demmer	
Scholarship	OPEN	
Publicity	Gigi Lengieza	
Apparel	Rosanna Chiodo	
Volunteer Coordinator	OPEN	

STUDENT VOLUNTEERS. The Booster Club is looking for student volunteers familiar with graphic design who can assist with the Booster Clubs seasonal Athletics Newsletter. Please see Miss Rich if interested.

CONCESSIONS. Have you seen the new concession stand! It is all set up and ready to go. Our goal is to have every parent volunteer for just one event so that we can cover as many events as possible! The Booster Club will continue to use Volunteer Spot again this season. Please click the following link <http://www.volunteerspot.com/login/entry/36288182805> which will bring you to Volunteer Spot. If you have any questions please email Linda Gothie at lgothie@nrsd.net.

TEAM BONDING CONTEST. Fall Teams will be competing this season to have the highest membership percentage per team in the Booster Club. The winning team will receive a team bonding event (up to \$100 in value) to get their team started on the right foot for this season! Multi-sport and multi-athlete families need only one family membership. Membership forms are available on the Nashoba Boosters website

www.nashobaboosters.com. It's quick and painless – do it now! **Deadline for Fall Contest is October 11, 2014.** Contact CatherineHammill@gmail.com with any membership questions.

APPAREL. The Booster Club offers a variety of items that can be purchased at the Concession stand when open or by contacting Rosanna Chiodo at rhodysam@aol.com. Some of the items currently being offered are pictured on our website and listed below. We also hope to have an on-line store option available shortly. Look for more details in future newsletters or on our website.

Stadium blankets	\$28
Sweaty Band headbands	\$15
Cookbooks	\$10
Umbrellas	\$25
Drawstring Sacks	\$25
Bleed T-shirt	\$10

ALL SPORTS PRESENTATION. The Athletic Director will be holding a Parent/Athlete information night on Wednesday, September 17, 2014, at 5:30 pm in the High School Auditorium. This presentation will begin promptly at 5:30 pm and will conclude by 6:00 pm when Open House begins. Look for more information once the details have been finalized on the NRHS athletics web page.

Nashoba Regional High School Destination Imagination 2014-2015 Registration Form

The cost of the program is **\$90.00 including the cost of the T-shirt**. Completed forms and money (checks made out to **NRHS Destination Imagination**) will be due in the office or returned to Karen Wall or Wendy Enzmann by **Friday November 14, 2014**. If you have any questions, please email Karen at kwall2259@gmail.com or Wendy at wenzmann@verizon.net.

Name: _____ T-shirt size: _____

Address: _____

Phone number: _____ E-mail Address: _____

Challenges:

For a preview summary of the challenges check out: [2014-2015 DI Challenge Previews](http://www.madikids.org/2014-2015-DI-Challenge-Previews) at www.madikids.org/
Please note your order of preference of each the challenge:

___ Technical ___ Scientific ___ Fine Arts
___ Improv ___ Structural ___ Service Learning

***NEW- Conrad Spirit of Innovation Challenge: _____ Deadline is Oct 1st**

Coaches:

We may need coaches! If you already know who your coach will be, please provide the following information:

Name: _____

Phone number: _____

email address: _____

MA-DI appraiser policy. Each team will be required to provide an appraiser (who has attended a MA-DI training) or be forced to become non-competitive at the Regional Tournament. Appraisers will be allowed to select tournaments they are able to appraise at and be assigned according tournament needs. The responsibilities include a meeting to learn the job and a day at our tournament volunteering or appraising a team. If you know the person who is willing to be your appraiser, please provide the following information:

Name: _____

Phone number: _____

email address: _____

Parent Signature _____
(if under 18)

Date: _____

Student Signature _____

Date _____



Be a Friend of the Arts!

Nashoba Regional High School Friends of the Arts 2014-2015

Through participation in the Friends of the Arts annual Ad Campaign as a Family or Business Sponsor, you can support Nashoba's enthusiastic young actors and musicians *and* obtain publicity for your business. Your family sponsorship of \$25 or business advertisement (prices below) will appear in the program for each of the following performances:

Fall Play – November 21-23, 2014
Holiday Choral Concert – December 19, 2014
Holiday Band Concert – December 12, 2014
Class Play Competition – January 9, 2015
Spring Musical – March 13-15, 2015

Spring Choral Concert – March 24, 2015
Spring Band Concert – March 26, 2015
Band “Pops” Concert – May 8, 2015
Choral “Pops” Concert – May 15, 2015
Fall Band Concert – October 2015

Your advertising dollars *directly benefit the students* providing funds for items that the school budget cannot support including:

- drama sets and costumes
- royalties for scripts
- travel for students taking part in district and state music competitions
- 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.**

Guidelines for artwork if purchasing an ad: Either e-mail artwork to FOAadcampaign@gmail.com in jpeg, bitmap, or pdf format with “FOA 2014 ad” inserted into the subject line or mail a business card or clean ad copy (*newspaper ads not accepted*) to the address below. **NOTE: Please only send pdf copies if you do not need any changes made to the ad.** For questions, please email FOAadcampaign@gmail.com.

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

Address _____

Please circle Business Ad choice. **Please note that there is a nominal fee if design work is desired.** Design work is: making changes to content in the sent ad copy, altering the ad to fit ad space which is smaller or larger than the sent ad, or adding pictures to fit copy for ad sent. **We are sorry but we are not set up to create and design ads for businesses.**

Business Ad	Size	Cost	Additional fee for design work (optional)
Business Card	3.5”w x 2”h	\$50	\$10
¼ Page	4”w x 5”h	\$100	\$20
½ Page	8”w x 5”h	\$125	\$25
Full Page	8”w x 10.5”h	\$175	\$35

*payment must be received with completed form in order to process ad



STYROFOAM & ATHLETIC SHOE RECYCLING EVENT

Please join us on Saturday, October 4th!

10AM—2PM

Town of Bolton DPW Garage
12 Forbush Mill Road - Bolton

WHAT TO BRING:

Athletic Shoes (any condition) - Styrofoam - Foam Cups

Foam Trays - Take Out Containers - Packing Blocks

(Please note: All items must have the recycling symbol 6 with the triangle with PS underneath)

WHAT NOT TO BRING:

Foam Sheets - Packing Peanuts - Insulation - Ground Meat Packaging - Soft Foam

Pipe Insulation - Bubble Wrap

THIS IS AN OPEN EVENT - EVERYONE WELCOME!

For more information please visit www.BoltonLocal.org or contact the

Bolton DPW at 978 779-6402 / dpw@townofbolton.com

