

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.

Parry Graham, 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 Principal's Desk

Dear NRHS Students and Families,
The school year is upon us! I cannot tell you how excited I am to be joining the Nashoba family, and to finally get to September. I started officially in the middle of July, and have been working since then to learn as much as I can about the school and community, but the real work and excitement of a high school begins when the students arrive.



I wanted to take the opportunity in this month's newsletter to share with you the three priorities on which I will focus over the next six months. First, I will work to get to know this school inside and out, getting into classrooms, the halls, the lunchroom, the parking lot—wherever students and staff are spending their time, wherever teaching and learning is taking place. Second, I will work to build relationships with students, staff, parents, and community members by being visible before, during, and after school. Third, I will work to keep the ship sailing smoothly, supporting and maintaining the excellent work happening at Nashoba every day. As part of my efforts to get to know the school and build relationships, I will be reaching out to parents to get your perspectives and thoughts, so please look for opportunities (surveys, meetings, committees) to that end during the fall and winter.

At the end of that six months, I will then be in a position to share with the staff and community those areas of strength that we need to maintain as a building, and those areas in which I believe we have room to improve. Nashoba is clearly a good school with a strong track record, but my ultimate goal as principal is not simply to maintain the status quo: it is to raise the bar for the quality of education we provide all of our students.

Over the course of the year, I will use this newsletter to communicate with parents and the community about our efforts and initiatives at the high school. At the current time, there are a number of exciting things happening. The renovation to our athletic facilities is progressing well, and the opportunity to renovate our science classroom space in the future is being planned and discussed (look for more infor-

mation about the science classroom initiative in the near future). We are gearing up for our self-study as part of the NEASC re-accreditation process, with the official self-study set to take place during the 2013-14 school year. The Common Core standards have been officially adopted and will be defining our curriculum in math and English classes, and teachers throughout our other subject areas will be working to further incorporate reading and writing skills as part of the Common Core adoption (big-picture curriculum changes don't happen overnight—it will take our teachers time to work through the full curricular, assessment, and instructional implications of the Common Core adoption—but that work is now well underway).

In other words, a lot of important, exciting work is underway, and I could not be happier to be a part of it. In our interactions and work together, I hope you will find me to be a school leader who is accessible, collaborative, open-minded, and focused on ensuring that every child receives a high-quality of education. There may be times when we disagree, and I have learned in my career that it is impossible to please every constituent, but I believe very strongly that a school exists to serve families and the community, and I will always work to listen, to learn, and to appreciate the critical support and feedback provided by parents and community members.

I look forward to a great school year, and can't wait for September 4th to arrive!

Dr. Parry Graham

Welcome Back to School Dance

Sponsored by the Class of 2013 & Class of 2014

Friday, September 7th

9:00 — 11:00 p.m.

Lower Gym

DJ (will take requests)

Refreshments

Admission: \$5 (tickets sold at door only)

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School Directories

NEW this year, e-mail addresses included*

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, September 13th. 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.

Fall Dance

Sponsored By the Class of 2013

Friday, September 28th

9:00 —11:00 p.m.

Lower Gym

DJ (will take requests)

All you can eat Spaghetti & Meatball Buffet

Admission: \$10 (tickets purchased in school)

\$15 (tickets purchased at door)

Teaching French at Florence Sawyer School

Some of my French 3 students will be starting a new adventure next month. They will be going to the Florence Sawyer School in Bolton to teach French to some of the elementary school students. This is a program I began several years ago. My students will teach most long D blocks during their scheduled French class time. Topics they may teach include the alphabet, numbers, colors, sports, family members, body parts, animals, classroom objects, clothing, and the house. For successful teaching, props are always needed. So if you find yourself cleaning out the garage, attic, or messy closets, please keep in mind that your trash may very well be my gold. We can use dolls, clothing (doll and/or human), doll houses, doll furniture, stuffed animals, sports equipment, books that include any of the teaching topics, yarn, construction paper, colored sharpies, and anything else you think may be useful to elementary school children.



Please contact me at school at (978) 779-2257 #4164 or send me an email at kmchale@nrsd.net if you can help me with any of these needed supplies. There is no deadline; I will accept anything anytime. Merci beaucoup!
Kathy McHale

Calling all Math Lovers – WE WANT YOU!

Greetings and welcome back to school! If you have a passion for solving problems and math puzzles and want to spend time with like-minded students then the Math team is where you belong!

The Nashoba Math Team finished a successful year last May winning the Worcester County Math League (WOCOMAL) championship and competed at the State tournament and the New England finals. Nashoba also captured a third place finish in the National Moody's Mega Math Challenge. This resulted in \$2,000 college scholarships and opportunities for college internships for five of our outstanding juniors. In addition, Nashoba students won seven of the top nine awards at the annual Elizabeth Haskins Math Tournament at Fitchburg State University. We are planning on expanding our activities this year and have identified a couple more contests with scholarships and prizes. You don't have to be in honors math classes to join, you just have to love doing math problems and puzzles.

We meet in Ms. Redford's room (103) every Monday after school, starting on September 17th. Don't worry if you have a fall sport we have a number of members who are also athletes and they check-in with our coach or the team captains to get the weeks' problems and any handouts and then go to practice. We are coached by Ms. Redford and Miss Egan.

Here's a sample of the competitions we participate in: Harvard/MIT fall math tournament (a Saturday in November), Worcester County Math League (4 varsity meets a year and 3 freshmen meets a year), Massachusetts Math Olympiad (2 periods out of your day in October), American Math Competition test, Elizabeth Haskins Math Tournament (a day at Fitchburg State in April), WPI Invitational Tournament, Moody's Mega Math Challenge (a Sunday in March), Rocket City Math League (new this year – an online individual and team tournament), Project Math Minds (a \$5,000 scholarship competition sponsored through The Actuarial Foundation), and a number of other fun activities like our annual pizza party to kick-off the year and our ice cream party to end the year.

Team members do not have to participate in ALL of the competitions to be full members of the team. There are no fees involved in joining the team and minimal fees for some of the outside tournaments, scholarship funds are available in those instances for any student who needs them. Students/families sign up to provide snacks throughout the year for both practices and the bus ride to the WOCOMAL meets.

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This year we are also starting a chapter of the national Math honors society, Mu Alpha Theta. Stay tuned for more news on how to apply for membership. In addition, we are also looking for any middle school students who love math and want to “play-up” on the Freshmen math team. If you are the parent or sibling of such a student, please contact Ms. Redford at mredford@nrds.net to learn more about how they can join the team.

We are a fun group that meets for snacks and math every week. If you are interested in joining, please speak with Ms. Redford or Ms. Egan and come to our first meeting on September 17th from 2:30 – 4:00.

APRIL 2013: FRANCE: Paris, Lyon, and Nice
The plans for next year’s trip to Europe have been finalized! The trip is to France and will take place during the April school vacation of 2013. The dates are Friday April 12 – Saturday April 20. Let me tell you a little about me and the trip, then hopefully you will decide to join me on this exciting adventure.



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

This is my last trip to Europe with students as I will be leaving Nashoba in June of 2013. I always tell my students that travel is the best education, so if they have an opportunity to travel, they should work hard to make it a reality.

Nashoba students, parents, relatives, friends, and staff are always welcome to come on these trips. The 2013 price of the France trip is \$3189. It is based on a minimum group size of 25. A deposit of \$295 is due with the application.

Prior to making any deposit on this trip, you must read the “Terms and Conditions” which explain all the rules. This is on the back of the application form. The most important part of joining me on any trip is the ability to be flexible. It will be well organized, and you will receive monthly newsletters from me to update trip information, however sometimes things beyond my control happen,

and flexibility is required. For example, travel dates may change by a day or two, a hotel change may happen, the itinerary may be reversed, or luggage may be lost for a day. C’est la vie!

The price includes just about everything except lunches. It includes roundtrip airfare from Boston, hotel accommodations in Paris (2), Lyon (2), Avignon (1), Nice (2), transportation to all sightseeing as per the itinerary, 7 breakfasts and dinners, and transportation via bus and TGV from Paris to Nice. Highlights include a city tour of Paris, Lyon, Avignon, and Nice plus a visit to the Louvre Museum, wine tasting, the Roman Aqueduct Pont du Gard, the former residence of the Popes, the workshop of impressionist painter Cezanne, visits to Monaco, and a perfume factory in Eze.



A full-time Tour Director is with us throughout the trip. There are no hidden add-on fees such as weekend supplements, air tax/ security fees, etc. The tour company I am using is Teach by Travel. I have traveled with them many times and have not been disappointed. If you would like to check them out before signing on, the web site is www.teachbytravel.com. My tour consultant is Sue Scanlon if you have any questions for her about the company.

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

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

Booster Club News

The Nashoba Athletics Booster Club is the parent volunteer organization that supports all interscholastic athletic programs at NRHS and the Athletic Director (much like Bolton’s FSSPAC, Stow’s PSG & PTO, and Lancaster’s PTO support their school and its principal). The next open Booster Club meeting is scheduled for **Monday, September 24th at 7 p.m.** in the high school cafeteria. All parents of student athletes are welcome and strongly encouraged to attend. Come hear what the Booster Club accomplished last year and has planned for this year.

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This year the concessions staffing will be done a little differently. We will be using volunteer spot. Look for sign-up information from your coach, captain's parent or Booster representative.

Also, new this year is our multi-level Membership program. Membership forms are available on our website www.NashobaBoosters.com.

Be sure to enter your email address in the "Follow" box when you visit the web site to stay up to date on current Boosters information throughout the year. Updates will include information about open meeting dates and agendas, membership benefits (including voting opportunities), how we can promote Chieftain spirit and more! You can also send an email to NashobaBoosters@nrds.net if you have any questions or want to share your thoughts with the executive board. Thank you!

**We want to Publish
Your Favorite Recipes!**

And we need your help...



The Nashoba Booster Club is collecting favorite recipes from people in our community to be published in a beautiful cookbook. If you have favorite recipes you would like to contribute please email lori-tavis@gmail.com. The recipes can be submitted in any electronic text format (email, word etc.).

Please respond with your favorite recipes by September 30th. The cookbooks are expected to be available for sale in November and all proceeds will go to the Nashoba Athletics Booster Club. The Booster Club is a parent volunteer organization that supports all interscholastic athletic programs at NRHS and the Athletic Director.

Bon Appétit!

Friends of Drama

NEW MEMBERS: Welcome all supporters of The Nashoba Friends of Drama! Our award-winning group consists of 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. Last year's epic



production of *Disney's Beauty and the Beast* yielded sold out shows and rave reviews. This year's Fall Play will be a montage of I Love Lucy shows and is sure to be a lot of fun. We welcome parents to join us in supporting our students in the Drama Society which will meet the first Wednesday of each month.

BOLTON FAIR: A heartfelt thank you to all parents and students who volunteered for the Fair. Also, a huge shout out goes to the BONNER FAMILY, Mary, Frank and Ryan, for their assistance in preparing the fairgrounds a week prior to the opening. In spite of the wet weather, our students painted hundreds of faces.

AD CAMPAIGN: As a non-profit organization, much of our support comes from the ticket sales of our shows and donations from parents and local companies placing ads in the program. 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. Co-sponsored in partnership with the Friends of Music, the ad campaign provides significant revenue that allows us to support these events throughout the school year.

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 music and drama productions.

FRIENDS OF DRAMA PARENT MEETINGS:

(First Wednesday of each month)

Our first meeting is **Wednesday, September 5, at 7 p.m.** in the lobby of the auditorium. We will discuss the upcoming production year. Our next meeting will be Wednesday, October 3, 2012.



AUDITIONS FOR FALL SHOW: Auditions for the Fall Play, *We Love Lucy*, will be Sunday, September 9, at 2 p.m., **OR** Monday, September 10, in the auditorium promptly at 6 p.m. Finish time for auditions will be from 4—5 p.m. on Sunday and 8—9 p.m. on Monday.

CONTACT: Parents should contact Friends of Drama with any questions or to join our email list: Tracy Lindsay at joelandtracy.lindsay@comcast.net or Audrey MacLean at samjackaud@yahoo.com.

Students who are interested in joining the Drama Society should contact: Emma Romasco at 18doglover@comcast.net.

We look forward to another year of entertainment from our TAMY award winning team!

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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 occur in May. The Friends of Music provides refreshments, stage decorations, sells tickets, 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, 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.



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 July 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 use the form attached to this newsletter and consider contributing to this worthwhile cause.

FIRST FRIENDS OF MUSIC MEETING: SEPTEMBER 10TH

We meet on the second Monday of each month. Parents, please join us at our first meeting of this school year on Monday, September 10th, at 6:30 p.m. in the chorus room. Among other topics, we will be discussing the biennial music department trip currently scheduled for April, 2013. Your input and participation is welcomed and appreciated.



FOM CAR WASH: SEPTEMBER 15TH

The annual FOM car wash fundraiser is scheduled for Saturday, September 15th, in Bolton at the high school faculty parking lot from 9:00 a.m. until 2:00 p.m. During their music classes, band and chorus members will have an opportunity to sign up to work. **Chaperones are needed** to supervise this event. This is a great opportunity to meet other NRHS musicians and their families.



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

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 9th at Stow Community Park, 60 Old Bolton Road in Stow. Weekly sessions, from 2:30 – 4:00 p.m. through October, 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 at Joan@ZooterGroupTutoring.com (978) 779-6046 or (978)-337-5132 or Bob Moalli Rob.ert.Moalli@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.

SPED PAC

The Nashoba SPED PAC holds meetings throughout the year featuring presentations on a variety of subjects and providing a forum for interaction with other parents, professionals and community members who have experience with children with special needs. The first meeting of the year will be in October. The group posts information from other organizations the NRSD Special Education NEWS page (www.nrsd.net).



To be added to the monthly email distribution, please contact Joan Finger at Joan@ZooterGroupTutoring.com or (978) 337 5132 or (978) 779-6046.

Notes from the Nurses:

Welcome back!!! 2012-2013

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, 2012. (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 Of-

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fice. (The appropriate information will be directed to the Athletic Director).

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

MEDICATIONS:

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

ALL OTHER MEDICATIONS (including over-the-counter) require a written physician's order. No medication will be administered to your child without an order on file. Please have the doctor write an order.

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.

VISION AND HEARING SCREENING:

The Nurses' Office will be conducting the annual state mandated screenings starting in October and through-out the school year. *Hearing and Vision Screening are currently scheduled for October 17, 2012.* 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 class 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 throughout 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.

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

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

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 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.

Nurses' office # 978-779-2257 Ext. 6

We will be back in our office on August 28, 2012.

Sincerely,

Ms. M. Rivera, Mrs. L. Oetman, and Mrs. R. Sullender
High School Nurses



Be a Friend of the Arts!

**Nashoba Regional High School
Friends of the Arts
2012-2013**

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 16-18 | Holiday Band Concert – December 7 |
| Holiday Choral Concert – December 13 | Class Play Competition – January 11 |
| Spring Musical – March 22-24 | Spring Band Concert- April 2 |
| Spring Choral Concert – April 4 | Band Pops Concert – May 10 |
| Choral Pops Concert – May 23 | Fall Band Concert – October 2013 |

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 including:

- drama sets and costumes
- royalties for scripts
- travel for students taking part in district and state music competitions
- scholarships for graduating seniors

If you are purchasing a business ad, either e-mail artwork to Kath King (kathkingrn@yahoo.com) in jpeg or pdf format with subject line: Nashoba FOA, or send a business card or clean ad copy (newspaper ads not acceptable). We can adjust the size. If you have questions, please contact Kath or Tracy Lindsay (joelandtracy.lindsay@comcast.net). **Business ads must be submitted by October 1, 2012.**

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.**

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

Address _____

Please circle Business Ad Size choice and whether design work is desired:

Business Ad Size	Cost	Additional fee for design work (optional)
Business Card	\$50	\$10
¼ Page	\$100	\$20
½ Page	\$125	\$25
Full Page	\$175	\$35

Name of Advertiser _____ Phone _____

Address _____

Contact Name _____ Fax Number _____