

Nashoba Regional High School

<http://nrhs.nrsd.net>

John G. Smith, Principal
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High School Office (978)779-2257

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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.

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October 2006

From the Principal's Desk



Dear Nashoba parents and students:

On behalf of Nashoba Regional High School, it is my pleasure to announce the 2007 National Merit Scholarship Commended Students.

More than 1.3 million juniors in over 21,000 U. S. high schools entered the 2007 Merit Program by taking the PSAT/NMSQT Qualifying Test. Less than one percent of the nation's high school seniors were named Semifinalists. Scholarship winners will be chosen by professionals in admission and selection on the basis of candidates' academic skills and achievements, extracurricular accomplishments, and potential for success in rigorous college studies.

The following 11 students from Nashoba Regional High School have been named Commended Students as they placed in the top 5% of more than one million students in the competition. Although they will not continue in the competition for Merit Scholarship awards, they are recognized for their exceptional academic promise. Nashoba's 2007 Commended Students are Sean Busch, Sarah Harvey, Christopher Howard, Daniel Munger, Laura O'Neil, Katrina Papanastassiou, Bethany Slade, Allison Slater, Daniel Stefanis, Scott Traylor, and Amelia Young.

Sincerely
John G. Smith
Principal

John and Abigail Adams Scholarship Winners Announced

We would like to congratulate the recipients of the John and Abigail Adams Scholarship. This merit scholarship offers four years of free tuition to full-time students attending

any University of Massachusetts campus or participating state or community college. Students qualify for the scholarship based on their MCAS scores. Congratulations on your hard work!

The Class of 2007 recipients are:

Ellen Baldwin, Lauren Balukonis, Jocelyn Blanton, Jonathan Bouvier, Sean Busch, Lindsay Capone, Britlin Chapman, Fallon Chow, Nicholas Cody, Courteney Collier, Jeremiah DeBenedetto, Emily Douglass, Matthew Dunnells, Peter Farragher, Ellis Fiori, Eric Fournier, Stephanie Grajales, Elizabeth Hagermoser, Dwight Hahn, Ian Hannaway, Sarah Harvey, Lance Healy, Christopher Howard, Michaelson Joseph, Henry Kammerer, Tyler Kerr, Whitney Koch, David Lauritano, Alyssa Lawrence, Colleen Makary, Alicia Maloney, Brian Melanson, Daniel Munger, Kerin Murphy, Laura O'Neil, Devon Ordnung, Lauren Palette, Elizabeth Pane, Katrina Papanastassiou, Victoria Peacock, Matthew Powers, Michele Quinn, Vonia Quiros, Kimberlee Rich, Kylie Ricker, Kimberly Robinson, Alexander Schab, Bethany Slade, Allison Slater, Elizabeth Soule, Lindsay Stadtherr, Daniel Stefanis, Scott Traylor, Amelia Young



take note!

A Note from the Office

Whenever possible, please provide a note with your child the morning of an anticipated dismissal during the school day (i.e. doctor appointment, driver's license appointment, etc.). This note should be given to the office before the school day begins for a dismissal pass, which is given to the teacher at the time specified. This allows the student to leave the classroom and meet parents outside. Parents arriving during the school day to dismiss a student results in disruption to the entire classroom; at times during tests. Thank you for your consideration.

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A Note from the Registrar

Under the federal No Child Left Behind Act (NCLB) and the National Defense Authorization Act (NDAA) guidelines, the school will release the names, addresses and telephone listings of students to military recruiters and institutions of higher education upon request as required by federal law, unless the parent or eligible student objects to such release. As such, any parent of a Nashoba Regional High School student who **DOES NOT** wish this information be released, as stated above, must send a letter to: Jeanine Eickhorst, Registrar, NRHS, 12 Green Road, Bolton, MA 01740.



Teaching French at Florence Sawyer School

My French 4 honors students will soon be starting a new adventure. 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 every other Thursday during their scheduled French class time. They will begin in mid-October and teach until mid-May. Topics they will 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 this fall, 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, and anything else you think may be useful to elementary school children.



Please contact me at school at 978 779-2257 X4164 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 all year long. Merci beaucoup! Kathy McHale

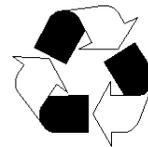
Yearbook News

Planning and preparing for the 2006-2007 yearbook is underway. Students from all grades are invited to join the yearbook staff. We meet Tuesdays and Thursdays after school in Mr. Berube's room. We need students who are interested and skilled in computers, art, photography, writing, organization and business. Yearbooks will soon be on sale at a special early sales price of \$65.00. Watch your mail for an order form! Attention parents of seniors! Honor your graduating student with an advertisement in the yearbook. Information on how you can participate in this special opportunity

will be arriving in your mailbox soon...don't miss out on this exciting way to celebrate your child's achievements!"

Environmental Club News

Residents of the Nashoba district are encouraged to recycle paper products at Nashoba Regional High School. The green/yellow paper bin is located in the front of the high school. Paper, junk mail, magazines, paperbacks, catalogs, newspapers and hard covered books (with covers removed) may be recycled. Telephone books and cardboard are not acceptable. This bin is for paper products only. The high school will receive payment based on weight of the paper. If you have any questions please call Mrs. Constantino at 978 779-2257 at the high school.



England, Ireland, and Wales: April 2007

Plans are in progress for this school year's Europe trip. It is a 10 day excursion to England, Ireland, and Wales. This trip is offered for adults, but any students may come if accompanied by an adult. The trip is during the April school vacation. We plan to leave after school on Friday, April 13th for an overnight flight and we'll return on Sunday, April 22nd. The itinerary is quite detailed and will be available for you to pick up after October 15th when the 2007 tour book and price are published. In England, we will spend 2 nights in London and 1 night in Chester. In Ireland, we will spend 1 night in Tramore, 1 night in Killarney, 1 night in Limerick, and 1 night in Dublin. In Wales, we will spend 1 night in Cardiff. You will notice the itinerary mentions some free time during which you are on your own to explore.

The cost of the trip should be approximately \$2000. The program price includes: roundtrip air transportation from Boston, overseas airport transfers, hotels, 2 buffet breakfasts, 6 full English breakfasts, 4 three-course dinners, ground transportation (bus and ferry), tour guide, and sightseeing/activities as per the itinerary. The only other added expense is tip money for our tour guide and bus driver, optional excursions, lunches, and spending money. There is also an optional insurance you may choose to purchase. Hotel accommodations are in double rooms.

The tour company I am using is "Cosmos". I have traveled with them many times and have not been disappointed. They are very good, but not luxurious.

If you want more information and/or an itinerary, please come ask me in room 157 or 164, or email me at

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kmchale@nrsd.net, or call me at 978 779-2257 x4164. I'd like to book my reservation as soon as the new book/price is published so as not to be shut out! Thank you!
Mrs. Kathy McHale

Need A Weekend Getaway?

The plans for a trip to Quebec City have been finalized. The date for this trip is the Martin Luther King long weekend in January. We will leave by coach after school on Friday, January 12th and we will return to Nashoba on Monday night, January 15th. (Students need to be aware that mid-terms begin Tuesday January 16th) The cost of this trip is \$523 based on 35 travelers. 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 security guard, and liability, medical, and trip cancellation insurance.

It does not include the 2 supper stops to and from Nashoba Friday and Monday, 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 \$110 and \$220 per person.

Some of the highlights of the trip are visits to the: Plains of Abraham, Parliament Building, Chateau Frontenac, Sainte Anne de Beaupre Shrine, and Montmorency Falls. Some activities include breakfast at the Huron Village where Native American Indians explain how their tribe survived, going to an interactive play, attending a British tea ceremony, and the "piece de resistance" is a night of inertubing at the Village des Sports.



The tour company used is Jumpstreet Tours from Montreal. I have traveled with Jumpstreet since my arrival to Nashoba 21 years ago. 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 20th 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. You can reach me at 978 779-2257 # 4164 or email at kmchale@nrsd.net. We will have a "fantastique" time! Kathy McHale, French teacher

You don't need to speak German!

German students are coming October 15 and staying until November 1st! Our German exchange is being jointly organized by Sue Boswell of Carousel Tours at 978-835-0133 and Mr. and Mrs. Allard at the high school.. German students will "shadow" their American partners a couple of days each week and they have other organized trips three days/week (a detailed itinerary is forthcoming). In April Nashoba students will be able to go to Germany on an exchange from April 8th until April 25th even if they do not host a German student or take German. The cost of this trip will range between \$1700 and \$1900 depending on number of interested students. Consider enriching your students life by sending them to Germany in April. You may call Sue Boswell or write to Mr. and Mrs. Allard (mallard@nrsd.net and dallard@nrsd.net).



Travel to Northern Italy and Switzerland

Harold Becker, the Latin teacher at NRHS, will be leading a tour to Northern Italy and Switzerland during April vacation (the third week in April). The ten day trip will include stops in Florence, Venice, Verona, Cinque Terre, the lake district of Italy, Pisa, and Lugano in Southern Switzerland. We will be traveling with the travel company ACIS.

Please contact Mr. Becker, in room 165 (or email hbecker@nrsd.net) for registration information.

OVERNIGHTS: Versilia 4, Abano 2, Lake Maggiore 2

HIGHLIGHTS: Florence • Michelangelo's David • Lucca • Pisa • Boat Ride along the Cinque Terre • Carrara's Marble • Ravenna • Venice • St. Mark's Square • Padua • Verona • Lugano

DAY 1: Depart from the USA.

DAY 2: VERSILIA Arrive in Milan and drive to Versilia. Marvel at the glorious Mediterranean coast with its endless beaches.

DAY 3: VERSILIA Drive to Florence, the Cradle of the Renaissance, for sightseeing with headsets. See the impressive Duomo, Ghiberti's Baptistery Doors, Santa Croce and Michelangelo's David. The afternoon is free to shop for fine leather or gold. Return to Versilia in the evening.

DAY 4: VERSILIA Journey to the walled town of Lucca. Its Romanesque and Gothic cathedral is considered to be one of the most spectacular in Tuscany. Continue to Pisa to see the famed Leaning Tower.

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DAY 5: VERSILIA View the breathtaking Mediterranean coast from a different perspective: by boat. Cruise by the Cinque Terre, a group of five coastal towns built along cliffs, amongst olive groves, and connected by a winding trail. See glorious red and pink hued villages that overlook dramatic cliffs on this spectacular excursion.

DAY 6: ABANO Today drive to Carrara to view the marble quarry from which Michelangelo found the stone for David. Continue across breathtaking scenery to Ravenna to see its famous mosaics. Travel to the spa town of Abano, set in the Euganean Hills.

DAY 7: ABANO Travel this morning to Venice. Ride along the Grand Canal under the Rialto Bridge to incredible St. Mark's Square. Use your ACIS Walking Tour to learn about Europe's Gateway to the East.

DAY 8: LAKE MAGGIORE Journey to historic Padua, where you see the Basilica of St. Anthony. Stop next in Verona, Romeo and Juliet's delightful home, to see the famous Roman Arena. Continue to Lake Maggiore for the evening.

DAY 9: LAKE MAGGIORE Today's Alpine scenery is the highlight of your full day excursion. Drive around Lake Maggiore and stop in the Swiss town of Lugano for a visit.

DAY 10: Depart for the USA.

Habitat for Humanity

Do you like to build things? Do you like to work with your hands? Do you like to feel good about helping someone? Do you need community service hours? Well, then the Nashoba chapter of Habitat for Humanity needs you. We saw the completion of two houses this past school year: the Ayer house was dedicated on Saturday, November 19, 2005 and the Fitchburg house was dedicated on Saturday, April 22, 2006. It was rewarding to think that we had a part in creating these warm, safe homes for two deserving families. Juniors and Seniors: we need you!! We usually have one on-site work date a month. Parents are welcome. Freshman and sophomores: you are our future work force – please join. Even though you need to be 16 years old to work on a site, there is still plenty for you to do. We periodically have to assemble mailings for the North Central Massachusetts office. This takes at most an hour after school. Our only fundraiser, with proceeds going to Habitat, is the refreshment concession at "The Indie" (Independent Film Festival) in the spring. This year we raised over \$150 to contribute to the North Central Massachusetts division. Listen to the announcements for meeting dates. For more information, contact Max (president) at max.nicoll@gmail.com or Mrs. Lengyel (faculty advisor) at clengyel@nrsd.net.



Student Council News

Student Council will be sponsoring Spirit Week Monday 10/2 through Friday 10/6. Dress up days are as follows: Monday PJ Day, Tuesday One Color Day, Wednesday New England Sports Day, Thursday College Day, Friday Nashoba Spirit Day. Students will vote for the Homecoming King, Queen and Court on Friday 10/6. The Homecoming Dance will be held Friday evening following the football game until 11 pm. Tickets are \$5 and will be sold during all three lunches 10/2-10/6. Come and see your Homecoming King, Queen and Court!!! Go Chieftains!

Attention all Nashoba Clinton Hockey Alumni!!!

Friends of Nashoba Clinton Hockey is organizing an alumni hockey game to take place on Saturday, November 25, 2006 (Thanksgiving weekend) at 7:30 p.m. This event will be held at the Nashoba Valley Olympia on Route 111 in Boxborough, Mass. All former players and coaches of Nashoba Clinton Hockey are invited to participate! A minimum contribution of \$30 per participant is requested to cover expenses, including our two-hour ice time and a jersey. Please contact Linda at 978-897-7557 or at nashobaclintonalumnihockey@hotmail.com for more information.



From the Nurse's Office

Vision and Hearing Screening

Just a reminder, the nurses will be conducting the annual state mandated Vision and Hearing Screening on October 3, 4, and 5th. Please help your child to remember to wear or bring their glasses or contacts to school regularly, and especially on those days.

We are still collecting the Student Emergency and Health Records, the "Blue Sheet". Parents should complete it with thought, including current cell and home phone numbers. Persons listed as emergency contacts should be available for contact/student release during the school day.

Medications

All medications require a written physicians order and parent signature, including over the counter medications. A new permission/medication order is required each year for safety reasons. No medication will be adminis-

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tered to your child without a current order on file with the nurse.

Holidays for Highschoolers: no it's not too early to be thinking about this!



It is often said that Christmas is for kids, yet even those who have outgrown Santa still dream of finding a gift or two under the tree. But not all families have the means to buy gifts for older children, and not all "giving" programs serve teenagers. "Holidays for High Schoolers" is a compassionate effort by the adult community of the Nashoba Regional High School to bring a little Christmas joy to those who might otherwise go without a gift.

A very caring member of our community, Teri Anapol, uses contributions to purchase gift certificates to the Mall and a wrapped gift for each student identified by faculty, administration, guidance and the nurses as being a candidate for "Secret Santa". Student selection is discreet and completely confidential. No names are used. Contributions are collected by the school nurses to insure anonymity.

Holidays for High Schoolers is in its 5th year. It has been tremendously gratifying to witness the community's efforts to share with high schoolers who, like younger children, are touched by the generosity inspired by the spirit of the season.

To make a donation, send checks made payable to: "Holidays for High Schoolers"

Send to:

The School Nurse
Nashoba Regional High School
12 Green Road,
Bolton, MA 01740

For more information, contact the school nurses @ 978-779-2257 x1 or call Teri Anapol @ 978-897-6406

Athletic Training News

The fall season is well underway and it has been an enjoyable season so far. For those of you that are new to the district, my name is Amy Beckman and I am the certified athletic trainer at Nashoba. As the athletic trainer, it is my duty to care for any athletic injuries that occur while an athlete is in season. I also work on preventing injuries as well as rehabilitating and treating any recurring or chronic conditions. I just have a quick request that will make my and your life easier. If your child goes to the doctor regarding any injury, a note must be returned to me stating they are allowed to participate. If I do not receive a note, the athlete will have to sit out until I receive a note saying they are allowed to return. Also, the

following classes will be offered in November. More information and registration forms will be available on the NRHS Athletics website.

Sports Medicine Class

Designed for anyone interested in a career in sports medicine, this class will be an introduction to what careers are available and a basic introduction to sports related injuries and how to care for them. We will cover the most common injuries seen in sports by anatomical region as well as learning basic anatomy and the proper terminology.

When: Monday nights starting November 6th
Time: 5:30 - 7:30 pm
Where: NRHS - Classroom TBD

Winter Sport Conditioning

Any basketball or hockey players as well as wrestlers are encouraged to sign up for this 3-week class designed to get you in playing shape for the upcoming winter season. Each session will be an hour and a half long and will begin with a dynamic stretching routine designed to increase flexibility and reduce injuries. Then, circuit training, strength training, and core strength will be used to increase muscular endurance and your ability to generate power. Finally, speed and agility drills will be performed to increase foot speed and reduce reaction time.

When: Tuesday and Thursday nights starting October 31st
Time: 5:30 - 7:00 pm
Where: NRHS Gymnasium

Destination Imagination (DI)

Hi Everyone, just a reminder that the DI program will be starting up soon. If you would like to join a team of up to 7 members and solve one of the interesting and fun challenges this year, that would be great. You can go to the Massachusetts DI site at www.madikids.org and you will find additional information about the DI program as well as the challenge summaries.



The DI mail box will be set up in the main office with registration forms. I will be holding an informational meeting on Monday, October 16th, at 7 pm at Papa Gino's in Stow. Please join me for a short meeting (1

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hour) where I will answer any questions you may have. I will have copies of the full challenges for you to review as well as sign up for a team. Please bring money for any food you may want during the meeting.

We look forward to a great year as the 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 dwoods453@aol.com or 978-897-1779.

Friends of Drama

Great ready for another great year with Nashoba Drama! The cast has been chosen for the fall production, *Murder By Death*, the hilarious who-done-it whose solution requires the combined wits of five great detectives and their sidekicks. Once again we have the talents of Drama Advisor Bill Grady as a director and producer in presenting this unpredictable comedy. Be prepared to help solve the mystery at the NRHS auditorium on November 17 and 18 at 7:30 p.m. We encourage you to purchase your tickets in advance! A ticket order form can be found at the Nashoba Drama website, www.NashobaDrama.com.



Students and parents have many opportunities to participate in producing a successful show. Help is needed in building sets, painting, and putting together props and costumes. In addition, students are needed for the stage crew for backstage assistance and set changes – the tech crew makes the show run smoothly. Ushers and refreshment booth assistants are also needed. Please volunteer to become a part of the show! Parents, please contact Trisha McNally (TrishaaMcN@aol.com) or Donna Capone (GoToLindsay@aol.com) for more information. Students should contact Lindsay Capone (gotolindsay@aol.com) or Drew Arvin (MooseFather89@aol.com).

The Annual Class Play competition takes place in January, but planning is beginning now. Mr. Grady has scripts available for student review. Any student interested in producing or directing a play representing his or her class should submit an application letter to Mr. Grady (beachguynl@comcast.net) by October 4. Your letter should describe your interest, ideas, and plans for ways to include other class members interested in participating. Contact Mr. Grady with any questions. Although the Class Play Competition does not take place until January, auditions and rehearsals should begin right after *Murder By Death*. Students, don't delay!

The annual Friends of the Arts Ad Campaign is now in full swing. Please make a contribution through your business or as a family to this worthy fund. Money raised by the Friends of the Arts is used to support both Drama and the award-winning Music programs at Nashoba. Our talented students work diligently to achieve success in the performing arts. Through the generosity of Ad Campaign contributors, expenses for such items as royalties, equipment, musical instruments, and transportation can be met. Contributors are acknowledged in the program books for nine performances throughout the school year. A form is attached to this newsletter, or you make check the Nashoba Drama or Friends of Music websites.

Thank you to all Drama students who transformed customers large and small at the Face Painting Booth at the Bolton Fair. This annual fundraiser is organized by students in the Drama Society. Also thank you to parents and students who provided information for new students and their parents at the NRHS Open House. Drama Society and the Friends of Drama next meet on Nov. 1 in the auditorium lobby. Contact the people listed above with any questions.



NRSD Endowment Fund Recognizes Teachers for Excellence in Education

The Nashoba Regional High School Endowment Fund is pleased to have presented Mrs. Susan Bigelow and Mrs. Loretta Williams with the Mary Ann Sessions Excellence in Education Award for the 2005-2006 school year. Nominations for the award are made by the Nashoba community: students, teachers and parents.



The award recognizes educators who go "above and beyond" their regular educational duties to be mentors and role models to students and fellow colleagues. Award recipients are presented with a gift and have their name engraved on a plaque that hangs in the high school lobby.

Our annual appeal letter was mailed to all NRHS families on September 20. We hope you will respond generously. Any donation you can give will help make a difference in the quality of education at our high school

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The annual appeal is our major source of raising funds that will be used to support grants for materials and programs not provided for in the regular school budget.

In the seven years since the Endowment Fund was created, we have been able to award grants requested by teachers in all academic disciplines, and with your support, we can continue to make a difference in the quality of curriculum at Nashoba! Checks should be made out to the NRHS Endowment Fund and mailed to P.O. Box 184 Bolton, MA. Thanks for your consideration.

PTSA News

Thank you to everyone that purchased the 2006/2007 Nashoba Regional High School Student Directory. Beyond being a great resource for you and your student throughout the school year, money raised through the sale of the Directory is used for several important events including two scholarships, teacher retirement gala, staff appreciation luncheon, and a seniors' lunch. If you didn't have a chance to purchase the new Directory, you can pick one up in the school store for \$10. If you purchased a Directory without your students name in it, please bring the cover of your Directory to the school store and they will provide you with the updated version at no charge. Thank you! PTSA, Carol Kallander, 978-779-0757

What is the Nashoba Regional Scholarship Foundation?

The Nashoba Regional Scholarship Foundation (NRSF) is a local chapter of Dollars for Scholars. It is a non-profit, tax-exempt organization, which provides scholarships for Nashoba Regional High School students. The Foundation believes that there are many paths to success and with this understanding, seeks to acknowledge a broad range of students with differing talents and achievements who are seeking to further their education. Last year NRSF was delighted to award graduating senior class members twenty scholarships for \$800 each and one Presidential Freedom Scholarship.

In addition, to raising funds for scholarships, NRSF is responsible for maintaining, as well as selecting, recipients of many community-based scholarships throughout Bolton, Lancaster and Stow.

Nashoba Regional Scholarship Foundation is Looking for New Members

Freshman parents, as well as returning parents, the Nashoba Regional Scholarship Foundation (NRSF) is looking for new members. All parents/guardians are welcome to join the NRSF. The NRSF is a non-profit, tax-exempt organization that provides scholarships for Nashoba Regional High School students. Throughout the year, NRSF raises money that is later awarded to graduating students. This is truly a wonderful organization. If you are interested in finding out more information or have any questions, please contact Julie Desisto @ 978-897-6617 or Bonnie Amos @ 978-568-8541.



NRSF Annual Fund Drive

The Nashoba Regional Scholarship Foundation is preparing to kick off its 2006-2007 Annual Fund Campaign. Be on the lookout for our brochure that will be in the mail soon.

Stopping Germs at Home, Work and School

Colds, other flu-like viruses and Strep have made an early appearance this 2006 school year. The school café has hand sanitizers located on the wall by the snack bar and lunch line for staff and students to use. One squirt is all that is needed to kill germs and stop the spread of these viruses. Please remind your child to use this before eating, after coughing or sneezing.

We would like to remind you of ways to protect yourself and family from ever present viruses.

How Germs Spread

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. This is called "droplet spread."

This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks.

How to Stop the Spread of Germs

In a nutshell: take care to

- Cover your mouth and nose
- Clean your hands often
- Remind your children to practice healthy habits, too

Cover your mouth and nose when coughing or sneezing

Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

The "Happy Birthday" song helps keep your hands clean?

Not exactly. Yet we recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. That's about the same time it takes to sing the "Happy Birthday" song twice!

Alcohol-Based Hand Wipes and Gel Sanitizers Work Too

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

Stop the Spread of Germs in Schools Fast Facts

- Approximately 1/5 of the U.S. population attends or works in schools. (U.S. Dept of Ed, 1999).
- Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, door-knobs, and desks. (Ansari, 1988; Scott and Bloomfield, 1989)
- Nearly 22 million school days are lost annually due to the common cold alone. (CDC, 1996)
- Addressing the spread of germs in schools is essential to the health of our youth, our schools, and our nation.
- Students need to get plenty of sleep and physical activity, drink water, and eat good food to help them stay healthy in the winter and all year.

Stay home when you are sick and check with a health care provider when needed

When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed. Whenever a student is out sick, an excuse note is required within 48 hours of returning to school. If a student is out sick for 5 consecutive days, a **doctor's** note is required. Remember: Keeping your distance from others may protect them from getting sick. Common symptoms of the flu include:

- fever (usually high)
- headache
- extreme tiredness
- cough
- sore throat
- runny or stuffy nose
- muscle aches, and

nausea, vomiting, and diarrhea, (much more common among children than adults).

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Practice other good health habits

Get plenty of sleep, **be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.** Practicing healthy habits will help you stay healthy during flu season and all year long

More Facts, Figures, and How-To Ideas

CDC and its partner agencies and organizations offer a great deal of information about hand washing and other things you can do to stay healthy and avoid the germs that cause flu, the common cold, and other illnesses. See [Other Resources](#) and [Posters](#) on this Stop the Spread of Germs site for a select listing of Web sites, materials, and contact information

www.cdc.gov/germstopper

Would you know what to do if a disaster struck your town?

Would you be qualified to help? Come and learn how.

StowMRC “ Kick off” @ the Old Town Hall, Oct.12, 7-9 p.m.

Each community in the nation is busily beginning to organize their own Medical Reserve Corps (MRC). Each MRC unit will function as a way to locally organize and utilize volunteers-medical professionals and others who want to help their own communities promote healthy living and prepare for and respond to emergencies.

The MRC is a specialized component of Citizen Corps, a national network of volunteers dedicated to hometown security. It was founded after President Bush’s 2002 State of the Union Address, in which he asked all Americans to volunteer in support of their country.

Unfortunately disasters can strike at any time, and there is usually little warning and time to prepare. Disaster emergencies can be caused by nature such as floods, fires, earthquakes, hurricanes, or tornadoes, or be the result of terrorist attacks. It has been estimated that after a major disaster it may take up to three days for relief workers to reach some areas.

So, who can volunteer for MRC?... any one can volunteer! With a little training, every community member can learn how to protect themselves, their family, and fill a vital role during a disaster. MRC volunteers supplement existing local emergency (firemen, EMT’s and police) and public health resources.
WE NEED YOU!!!

Become a credentialed local volunteer to help your community become less reliant on state and national resources in the event of a disaster or terrorist attack.

If you live in Stow, come to our “KICK OFF” meeting October 12th, 7-9pm at The Town Hall to learn steps to help your family be prepared in the event of a disaster or emergency, and to find out more about the MRC (refreshments provided).

If you live in Bolton or Lancaster, contact your local Board of Health or Police Station to see how you can help.



Nashoba Regional High School Friends of the Arts

IT'S NOT TOO LATE TO BECOME A FRIEND OF THE ARTS!

NRHS Friends of the Arts encourages you to support Nashoba's young actors and musicians by participating in its annual fundraiser. Your family sponsorship (\$25) or business advertisement (\$50 for business card) will appear in the program for each of the following nine performances:

Fall Play – November 17 & 18
Jazz Concert – December 1
Holiday Choral Concert – December 14
Class Plays – January 19
Band Concert – February 2

Winter Choral Concert – March 8
Spring Musical – March 23, 24 & 25
Jazz Band Concert – May 18
Choral Pops Concert – May 24

Funds from sponsors and advertisers assist Nashoba in maintaining the high quality of its music and drama programs. Dollars raised benefit the students directly, providing for items that the school budget cannot support. These include travel expenses for students taking part in district and state music competitions, musical instruments, play scenery and costumes, royalties for scripts, 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) plus ad copy (if purchasing business ad) to: **NRHS Friends of the Arts, P.O. Box 492, Bolton, MA 01740**. Guidelines for Art Work (Business Ad): either email artwork to heather@ll.mit.edu, subject line: Nashoba FOA or send a clean business card black and white (newspaper ads not acceptable), we can adjust the size. If you want to make a change on the business card do so on a separate piece of paper. Also, if you have no artwork, tell us what you want and we will create it for you. Deadline is Friday, Oct. 13th.

If you have any questions, please call Trisha McNally at (978) 368-0423. We appreciate your support for these talented students and hope to see you at their plays and concerts!

Visit our web sites: www.NashobaDrama.com and www.geocities.com/Nashobafom

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

Business Ad: (*Business Card \$50, 1/4 page \$75, 1/2 page \$100, Full page ad \$150, Back Cover \$200*)

Name of Advertiser _____ Phone _____
Address _____
Contact Name _____ Fax Number _____

Post Office Box 492, Bolton, MA 01740

STAY WARM STAY DRY

Order a Varsity Blanket and support the Nashoba High School Cheerleaders.

Waterproof on one side and fleece on the other, they make the perfect game day blanket. They make an excellent car blanket because they fold up neatly and have a convenient pocket to hold your money, keys, etc.

To order please fill out the order form below and return it along with payment to a Nashoba Cheerleader or mail it to: Nancy Morgan, 80 Ivy Drive, Lancaster, MA 01523

Orders will be taken thru 10/10/06 Cost is \$45

Name _____

Address _____

Phone Number _____

Qty Ordered _____

Payment Type _____

NASHOBA REGIONAL HIGH SCHOOL

NEWS FROM GUIDANCE

OCTOBER, 2006

| | |
|-----------------------------------|--|
| Ellin Tsiaras | etsiaras@nrsd.net |
| Trevor Short | tshort@nrsd.net |
| Jodi Specht, Director of Guidance | jspecht@nrsd.net |
| Dan Glover | dglover@nrsd.net |
| Clare Heffernan, Career Counselor | cheffernan@nrsd.net |

Class of 2007 (Seniors)

| | |
|--------|--------------|
| A – E | Mrs. Tsiaras |
| F – J | Mr. Short |
| K – Pe | Mrs. Specht |
| P – Z | Mr. Glover |

Class of 2008-2010 (Grade 9,10,11)

| | |
|---------|--------------|
| A – E | Mrs. Tsiaras |
| F – Le | Mr. Short |
| Li – Pe | Mrs. Specht |
| Pf – Z | Mr. Glover |

Calendar of Upcoming Dates

| | | |
|-------|---------|---|
| 10/3 | 7– 9 pm | Senior College Planning Night, Auditorium |
| 10/5 | 8-10 am | Senior Parent Coffees, Auditorium Lobby |
| 11/14 | 7 pm | Parent Financial Aid Night, Auditorium |

Junior College Parent Nights are scheduled for the spring

SENIOR PARENTS: Please sign up for Naviance Family Connection on your students account (About me→ My profile→Add New Parent). Add your email -- we use this as a primary means of communication with seniors and parents.
contest requirements

SARAH HARVEY SELECTED TO ATTEND PRINCETON HUMANITIES SYMPOSIUM

Sarah will be one of 65 high school seniors attending a Humanities Symposium titled, "Paris, Capital of the Nineteenth Century" at Princeton University. This is an opportunity to meet and interact with faculty and undergraduates in specially arranged seminars, workshops and performances. Nashoba traditionally has been invited to nominate an outstanding senior to attend. The intent of the seminar is to reinforce interest in the humanities. Congratulations Sarah!

PSAT EXAMS

PSAT exams will be given to all juniors and interested sophomores here at Nashoba on **Saturday, October 21, 2006**. Students should arrive by 7:45 with pencils and a calculator. They should be finished with the exam by 11:45.

Students who have not signed up yet may still sign up for the exam with Mrs. Lauritano in the guidance office. Please bring \$20 in cash or a check made out to Nashoba Regional High School to guidance by October

18. At the time of registration, students will be given the practice tests to take home. Students who are eligible for extended time should let guidance know immediately!

IMPORTANT TEST DATES

Students need to register for the SAT and ACT exams by mail, phone or on-line at www.collegeboard.com or www.actstudent.org. Register now to get your preferred test site. SAT Exams will be offered at Nashoba on **Nov. 4**. Our test center number is #22-176 and our school code (for the purpose of score reporting) is 220162. If you have any other questions regarding registration, please call the guidance office.

| SAT | Registration | Late Reg. |
|-------------------|---------------------|------------------|
| <u>Test Dates</u> | <u>Deadline</u> | <u>Deadline</u> |
| Nov. 4 | Sept. 29 | Oct. 11 |
| Dec. 2 | Nov. 1 | Nov. 9 |

| ACT | Registration | Late Reg. |
|-------------------|---------------------|------------------|
| <u>Test Dates</u> | <u>Deadline</u> | <u>Deadline</u> |
| Oct. 28 | Sept. 22 | Oct. 6 |
| Dec. 9 | Nov. 3 | Nov. 16 |

SHOULD JUNIORS TAKE THE SAT IN THE FALL?

The guidance department does not recommend that juniors take the SAT exam in the fall. Traditionally, juniors take their first SAT in the spring of their junior year. This gives students another complete year of math and English in preparation for the exam. All scores are reported to the colleges and if a junior is not ready for the exam and receives poor scores it could hurt them in such a competitive environment. The College Board also does not recommend that juniors take the fall test.

Students who cannot take the test due to religious beliefs, see guidance about taking the test at South Lancaster Academy.

Students with any financial hardship should see Mr. Glover privately. Confidential fee waivers are available for all test programs. Every student should be able to take the test.

TEST PREP AT LITTLE OR NO COST

(Excerpt from the College Impressions Newsletter)

Careful preparation for the SAT and/or ACT can result in a substantial increase in your final score but test prep courses often carry a hefty price tag. Individual tutoring also shows good results but again, the cost can be substantial. Families need to determine the best way for their child to prepare considering cost among other factors. Here are some additional test prep options-ways you can get ready for admissions tests at little or no costs.

All students should begin by reading a copy of the free test bulletins produced by College Board (SAT) and/or ACT. These are available in guidance. Take the sample test and complete it at home under simulated test conditions. Free on-line practice is also available on the web at www.collegeboard.com and at www.actstudent.org

Here are some websites that offer free or low cost test prep. Log on to www.number2.com to prepare for the SAT or ACT and you will get immediate feedback on incorrect responses and instructions on how to correctly answer questions. Free! www.studyhall.com also offers a free online SAT improvement program.

Remember, the very best preparation comes from the habit of reading for pleasure and active participation in challenging academic classes.

COLLEGE FAIR AT ASSUMPTION COLLEGE

The college fair at Assumption College has been scheduled for **Sunday, October 22 from 2:00 to 4:30 pm**. All students and parents are welcome to attend. 250 different colleges and universities will be represented at this year's fair.

NATIONAL CHRISTIAN COLLEGE FAIR

NACCAP is holding the national Christian college fair at Gordon College in Wenham, MA on Tuesday, October 3, 1-4 pm. See www.naccap.org for more information.

PERFORMING AND VISUAL ARTS COLLEGE FAIR COMES TO BOSTON-OCTOBER 17

This fair is for students interested in pursuing programs of study in the areas of music, dance, theater, visual arts, graphic design, and other related disciplines. Attendees learn about educational opportunities, admission and financial aid, portfolio days, audition and entrance requirements and more. The fair will be held at the Boston Center for the Arts Cyclorama (7-9 pm). For more information and directions, visit www.music.uiuc.edu/admissionsEvents.php

GUIDANCE BULLETIN BOARDS

Encourage your students (grades 9-12) to check out the guidance bulletin boards outside the guidance office. We are posting information on test deadlines, college fairs, college visits, job opportunities, scholarship opportunities and more!

FROM THE CAREER CENTER

Do you ever wonder...what will I do for the rest of my life? The Career Center has resources to help put some pieces together in your life puzzle. Stop by the Career Center and make an appointment with Mrs. Heffernan (X4508) to explore some possibilities for your future. cheffernan@nrsd.net

SENIOR REMINDERS!!!

REMINDER TO SENIORS:

In order to receive an excused absence for a college visit, you must bring back a signed letter from the admissions office. You must also have a permission sheet signed by all your teachers. Both forms are available in guidance

ATTENTION SENIORS WHO ARE PLANNING TO APPLY EARLY DECISION OR EARLY ACTION!

If you are planning to apply early decision to college, please let Mrs. Lauritano know ASAP and schedule an appointment with your counselor. The early application deadlines come very quickly and we want to make sure we have all the application requirements ready.

COLLEGE VISITS

In order to receive an excused absence for a college visit, you must bring back a signed letter from the admissions office. You must also have a permission sheet signed by all your teachers. The form is available in the guidance office.

COLLEGE ADMISSIONS OFFICER VISITS at NRHS – Why attend?

College Admissions Office Representatives visit with Nashoba students to discuss admissions standards, and academic & extra-curricular programs at their institutions. These college reps often read the applications for our school's students and so this is a good opportunity to begin the process of networking with a college admissions office.

Make sure to check the most up to date schedule on Naviance (connection.naviance.com/nrhs) and sign up at least 1 day in advance on Naviance. **You must sign up online for all college visits and you must bring a yellow college visit card signed by your teacher.**

SCHOLARSHIP SCOOP

Coca Cola Scholarship-deadline Oct. 31-the application is available on-line at www.coca-colascholars.org. This scholarship recognizes outstanding seniors who spend time volunteering, are leaders in their schools and balance all their extra curricular activities with a strong performance in school. Historically, students with a GPA of 3.0 or better have a better chance of advancement.

Simon Youth Foundation Community Scholarship (Deadline 1/31/2007) For details and Information check out the website at www.syf.org after 10/15

FOR ALL HIGH SCHOOL STUDENTS

Inspire the Future “Write on” Scholarship

Students between the ages 13-18 may enter. Write an essay between 500-750 words about the Patriots' most recent game. You will be eligible for up to \$20,000 in scholarship awards. There are 4 essay deadlines (10/6, 11/10, 12/8, 1/5/07). Submit your essay through www.TotallyPatriots.com or send it to Kraft Sports Productions, Gillette Stadium, 1 Patriots Place, Foxboro, MA 02035.

National Peace Essay Contest –(Deadline Feb. 1, 2007). For registration and information see www.usip.org/ed.html - Winners receive scholarships up to \$10,000 and an all-expense paid trip to Washington, D.C. Essay topic: Youth and Violent conflict

Voice of Democracy Scholarship Contest – deadline Nov. 1- The theme of the contest is “Freedom’s Challenge”. An audio essay is required. 1st place National Scholarship is \$25,000. Full contest details can be found at www.vfw.org

John F. Kennedy Profile in Courage Essay Contest (Deadline 1/6/2007) Visit www.jkfcontest.org for contest requirements

Check out www.scholarships.com for more ideas on finding money and scholarships for college. Check out www.scholarships.com to find scholarship ideas.