

# NASHOBA Pride

The Nashoba Regional High School community works together to achieve high intellectual and ethical standards while discovering and developing the gifts and talents of all. Each member of our school community recognizes his or her role and responsibility in creating a learning environment based upon respect, trust, teamwork and enthusiasm.

**Jeremy Roche, Principal**  
**Tracey Calo, Assistant Principal**  
**Brian Cote, Assistant Principal**

High School Office (978)779-2257

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## From the Principal's Desk

Dear Students and Parents:



Welcome back to school!! The beginning of the school year is such an exciting time for everyone in the education process because it literally marks a fresh opportunity to learn and participate in the achievement of goals. Nashoba has seen a number of great new developments over the course of the summer that will surely make this school an even better place than it already is.

First, we are very excited to welcome a new group of students as Chieftains (the class of 2011 and various students new to the District). Next, we welcome a significant number of new faculty members to the Nashoba community who bring with them a variety of experiences and insights. Paula Fontaine, Business, provides experience in technology and business which will enhance our overall program.. Dr. Eli Minkoff, Chemistry, adds over 30 years of teaching at Bates College to our Chemistry program.. Laurie Griffin, P.E./Girls' Lacrosse, offers vast experience at Wayland and Algonquin to our P.E./Health program.. Lisa Basque, Mathematics, returns to the area after three successful years of teaching at Portsmouth (R.I.) High School. Chris DeMers, Mathematics, makes the leap from substitute teaching and private industry to present to our students a useful perspective. Adrienne Locke, English, comes armed with a year of experience as an in-school suspension monitor in Portland (ME) and with a recent graduate degree from Boston College. Maura Bailey, English, comes back to Nashoba after a brief hiatus. Her experiences at Clinton High School and the former Lancaster Middle School provide a solid background to our school. Naina Bagayatkari, English, provides a strong English background to the role of long-term substitute for Loretta Williams. Donald Nicole, Spanish, comes to NRHS with an interesting background including teaching at St. John's-Shrewsbury and in Hong Kong. Elizabeth Alberts, Special Education, a Chieftain grad, Mrs. Alberts comes over from the Hale Middle School to teach our Life Skills program.. In addition, Ann Zoller and Sandra Dellacroce will be assisting in the Life Skills classroom with Mrs. Alberts. Julie Ramirez, Special Education, comes from Indiana to be the other Life Skills teacher. Ingrid Bosco, Special Educa-

tion, will be assisting in our Learning Center classroom. Finally, Brian Cote, Assistant Principal, returns to Nashoba to combine his experience at Millbury Jr/Sr High School with his background in the District.

Our building has also seen a vast amount of effort this summer. The facility is in outstanding condition due to the efforts of our custodial staff that has put a gleam on the floors while ensuring that the physical plant is clean, safe, and conducive to learning. We thank them for their efforts.

We have seen our technology initiative take another positive step with the installation of 20 wireless projectors into various classrooms throughout the building. These projectors provide a more direct connection to our teachers' writing tablet laptops and thus streamlines the process by which we can integrate technology into our curriculum.

The school year begins on Tuesday, September 4<sup>th</sup> at 7:40 a.m. Students will be able to connect with their graduating class homeroom teachers for an overview of the student handbook, an update to their locker assignment, and a review of their schedule. Freshmen and students new to the District are encouraged to attend the Freshmen and New Student Orientation on Thursday, August 30<sup>th</sup> at 9:00 a.m. in the auditorium; however, all students will have an overview for the first hour on September 4<sup>th</sup>. Please call for clarification for any questions about the opening week and utilize our web site as a resource for information as it contains many details and information pertinent to students and parents.

We have a lot to be proud of at Nashoba Regional High School. We are a Compass School (one of only 93 schools, including every elementary and middle school, in the entire state). Our students score well on standardized tests and measures. Many attend four year colleges/universities or community colleges. Many students participate in a variety of extra-curricular offerings and make strong and positive social bonds as a result. In addition, class size averages for our core academic areas are at or below twenty students

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per class. In many ways, I feel fortunate to be working in such an outstanding school system. That being said, we are focused on the concept that all students can learn and it is our great responsibility as a learning community to help each individual student actualize their goals. With that, I am truly excited by the potential that this year brings. Good luck and see you soon.

Jeremy Roche  
Principal

### TEACHING FRENCH AT FLORENCE SAWYER SCHOOL

My French 4 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 #4164 or send me an email at [kmchale@nrsd.net](mailto: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

### APRIL 2008: LANDSCAPES OF ITALY AND FRANCE

The plans for this year's trip to Europe have been finalized! The trip is to Italy and France and will take place during the April school vacation of 2008. The dates are Friday, April 18 – Sunday, April 27. Let me tell you a little about me and the trip, then hopefully you will decide to join me on this exciting adventure. This trip has been advertised for the past several months in the school newsletters and already there are 20 participants: students, parents, and teachers, and some are repeat customers!

My name is Kathy McHale and I have been teaching French at Nashoba for 22 years. I offer trips to students every year, although some years the trip was canceled due to lack of interest. Sometimes the trips are to Quebec, and other times they are to another continent, mostly

Europe; although I have taken groups to Australia. I'm sure that if you ask those who have traveled with me, they will say I am a very organized and responsible person. You need not worry if you send your child on a trip with me.

Nashoba students, parents, relatives, friends, and staff are always welcome to come on these trips. The 2008 price of the "Landscapes of Italy and France" trip is \$3069. It is based on a minimum group size of 35. In the event that the total number of participants is below the minimum group size, Nashoba will be combined with other American schools that have chosen the same trip to meet the minimum number. If the entire combined group is below the minimum, a substitute trip or a rebate will be offered.

Prior to making any deposit on this trip, you must read the "Terms and Conditions" which explain all the rules. This is on the back of the registration form. The most important part of joining me on any trip is the ability to be flexible. It will be well organized, and you will receive monthly newsletters from me to update trip information, but sometimes things beyond my control happen and flexibility is required. For example, travel dates may change by a day or two, a hotel change may happen, the itinerary may be reversed, or luggage may be lost for a day. C'est la vie!

The price includes roundtrip airfare from Boston, hotel accommodations in Rome, Florence, Nice, and Paris, transportation to all sightseeing as per the itinerary, 8 breakfasts and dinners, an overnight train, visits to the Vatican, the Sistine Chapel, the Leaning Tower of Pisa, Monaco, and Versailles, a Seine River cruise, and a city tour in Rome, Florence, Nice, and Paris. The price also includes on-trip medical insurance. A full-time Tour Director is with us throughout the trip. There are no hidden add-on fees such as weekend supplement, air tax/security fees, etc. The tour company I am using is Voyageur. 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.voyageurtours.com](http://www.voyageurtours.com).



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

For those who already signed on with the 2008 Early Registration Price (which was guaranteed for all participants who registered with a \$295 deposit by 6/30/07), an additional payment of \$200 will be due by Septem-

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ber 15<sup>th</sup>. For those newcomers who wish to sign on, if you send in a \$295 deposit before September 15<sup>th</sup>, you will be locked into the 2007 price of \$2669 instead of the 2008 price of \$3069 (big savings!). Payment is due in full by December 15, 2007 unless you are enrolled in the Easy Payment Plan which puts your final payment due 60 days before departure (approximately 2/17/08).

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@nrsd.net](mailto:kmchale@nrsd.net) (anytime) or at school at 978 779-2257 #4164. I hope you can join me!



**Welcome**  
**Class of 2011**  
**Class Advisor:**  
**Mrs. Elaine Beckett**

**NASHOBA REGIONAL SCHOLARSHIP FOUNDATION IS LOOKING FOR NEW MEMBERS!!!**

Freshmen parents, as well as returning parents, the Nashoba Regional Scholarship Foundation (NRSF) is looking for new members to join this very important organization. All parents/guardians and community members are welcome to join. The NRSF is a non-profit, tax-exempt organization and a chapter of Dollars for Scholars that provides scholarships for Nashoba Regional High School students. Throughout the year, the NRSF works hard to raise money that is later awarded to students. The Foundation is also responsible for maintaining, as well as selecting, recipients of the many community based scholarships throughout Bolton, Lancaster and Stow.

We ask that you consider donating some time to this worthwhile cause. Join the NRSF and help "strengthen the world one student at a time."

If you have any questions or would like more information about NRSF, please contact Bonnie Amos at 978-568-8541.



We would like to invite anyone interested in checking out what the Endowment Fund is all about to please join us for our first meeting on **Thursday, September 13th at 7:00 P.M. in the Academic Support Center.**

The NRHS Endowment Fund is run by a committee of parent volunteers who raise funds that support enrichment program's and materials across all academic disciplines. Each year we fund many valuable projects and materials that would not otherwise be possible within the regular school budget.

All are welcome!!

Any questions feel free to contact Chairman Pam. Powell 978-779-6429 or [pam.powell@comcast.net](mailto:pam.powell@comcast.net) or any other committee members: Lynne Vittoriosi, Judy Ursuliak, Beth Colon, Peggy Harvey, Deb Kotlarz, Lisa Lavina, Cara Philbin, Linda Schab, AnnMarie Sivret, Laura Spear, Susan Taeuber and Ann Needle.

**PTSA WANTS YOU!**

Can you spare a few hours during the school year? The PTSA is looking for a few good people to help out with our 3 major activities during the year; Teacher Appreciation Luncheon in January, Staff Retirement Gala in the Spring and the Senior Class Luncheon in June. The PTSA meets approximately 3-4 times per year for about 90 minutes to plan and coordinate all of these events. In general we need volunteers to help with setting up for these activities and then cleaning up after. Most of our communication is via email. Please contact Anne Gradeski @ [AnneGrade-ski1@comcast.net](mailto:AnneGrade-ski1@comcast.net) if you are interested in helping out.



**STUDENT DIRECTORIES**

Don't forget! Student directories will be available to purchase September 18th during OPEN HOUSE, \$10 each or 2 for \$15. Proceeds sponsor scholarships and student and teacher activities throughout the year.



**FRIENDS OF MUSIC UPDATE**

**What is FOM?**

The Friends of Music is a non-profit organization whose purpose is to support the music program. at Nashoba Regional High School.

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The music programs instrumental and choral groups compete in a variety of festivals and present multiple public performances throughout the school year. The bands and vocal ensembles have won many awards, and individual members have been selected to participate at the district, state and eastern conference levels.



The Friends of Music supports the music program in a variety of ways. Recently the group has used profits from various fundraising events/donations to purchase risers for the chorus, to fund bus transportation to music competitions, and perhaps, most notably, to purchase a much-needed grand piano for the high school. For concerts we provide ticket-takers, refreshments, back-stage chaperones and programs. For the last two years we have hosted the MICCA Choral Festival.

In order to help our high school students get the most out of their musical education, we need your help! There are many opportunities to assist Friends of Music, many not too time-consuming, but all very much appreciated! Please consider joining us!

Contact Charlie Hartford, FOM president, at [info@nashobamusic.com](mailto:info@nashobamusic.com) for more information.

### First FOM Meeting September 11th

Please join us at the first FOM meeting of the year on Tuesday, September 11th, at 6:30 p.m. in the band room. We meet the second Tuesday of each month.

### FOM Car Wash Scheduled for September 15th

The annual FOM car wash fundraiser is scheduled for Saturday, September 15th, at Emerson School in Bolton from 9:00 a.m. until 2:00 p.m. Band and chorus members will have an opportunity to sign up to work during their music classes. Adult chaperones are needed to supervise the event. If you are able to help, please contact Charlie Hartford at [info@nashobamusic.com](mailto:info@nashobamusic.com).



### Volunteers Needed for Friends of the Arts Ad Campaign

The primary fundraiser for both the music and the drama programs is the annual Friends of the Arts Ad Campaign which begins in August and winds up by mid-October. Businesses and family sponsors show their support for our student musicians and thespians by purchasing ads. These ads appear 10 times throughout the year in program booklets for each concert and drama production. Help is needed in soliciting and following up on ads. The Ad Campaign is well-organized and not very time consuming. This year's effort will be chaired by Diane Sestito. If you

can help please contact Charlie Hartford at [info@nashobamusic.com](mailto:info@nashobamusic.com) or Diane Sestito at [DianeSestito@aol.com](mailto:DianeSestito@aol.com).

### Pep Band September Performances

The Pep Band has been busy rehearsing for upcoming football games at "Band Camp" — practice sessions held during the last few weeks of August. The Pep Band will make its debut at the September 14th away game against Clinton. One week later on September 21st the group will play at this season's first home game against Gardner. Come on out and support our football team and our musicians! Be sure to look for the FOM spirit table. We will be offering a variety of Nashoba-themed apparel and memorabilia at all home games.

### SEPTEMBER FRIENDS OF DRAMA NEWS

Nashoba Drama is planning for a great year! All students and parents are welcome to join us by participating in the Drama Society and the Friends of Drama. Our first meeting will be on **Wednesday, September 12** outside the NRHS auditorium. Drama Society will meet from 6—7 p.m.; Friends of Drama meets at 7:00 p.m.



We are off to a running start in September with the annual **Friends of the Arts Ad Campaign**, done in partnership with the Friends of Music. Parents and supporters of Nashoba High School's musicians and thespians work together to raise funds for the Performing Arts and the many Nashoba students who participate during the academic year. Businesses, families, and community members support students' efforts by purchasing ads that appear throughout the year in the program booklets for each concert or drama production. Audience members view the ads from Arts supporters at every performance, and they are encouraged to patronize the businesses and services advertised. Students are grateful for the support that allows them to provide exceptional musical and dramatic productions. It's win-win all the way around! This is our **major** fundraiser — your help is needed in soliciting and following up on ads! The commitment is a short-term one — work is completed by mid-October in time for printing programs for the first show of the year. **Please join us in this effort.** Contact Diane Sestito ([DianeSestito@aol.com](mailto:DianeSestito@aol.com)) if you can help.

Auditions for the first production of the year are scheduled for Sept. 17 and 20 from 6:30—9:00 p.m. in the auditorium. (Note: students audition on only **one** night.) Play rehearsals will be 6:30—8:30 p.m. Mondays and Wednesdays with an occasional weekend (mostly for the leads). Parents and students who can help build and paint sets are welcome to join the action



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once the play is cast. Mark your calendars now for performances on November 16<sup>th</sup> and 17<sup>th</sup> at 7:30 p.m. in the Nashoba auditorium.

The Drama Society handles the face-painting booth at the **Bolton Fair**. Students are needed to participate for an hour or more during the weekend of September 21- 23. This is a popular booth and a fun way for students to raise funds to support Nashoba Drama. There is always a need for face painters!



We're looking forward to seeing you at **the FOD meeting on September 12**. For more information, contact FOD President Robin Rogers-Browne [Robinrb@comcast.net](mailto:Robinrb@comcast.net).

Students, for Drama Society contact Co-presidents Samantha Tobia ([samantha019@hotmail.com](mailto:samantha019@hotmail.com)) or Meghan O'Toole ([meagomatic@comcast.net](mailto:meagomatic@comcast.net)).

### **SPECIAL EDUCATION PARENT ADVISORY COUNCIL (SPED PAC)**

The **SPED PAC (Special Education Parent Advisory Council)** holds its first meeting of the year on Thursday, September 27<sup>th</sup> at 7:15 p.m. at the Nashoba Regional H.S. The meeting features the District Special Education Update by Tracy Conte, Director of Special Education. Please join us for an overview and update of NRSD's Special Education Department and programming. Following this discussion, the Nashoba SPED PAC will hold its annual election of officers. All parents and those interested in Special Education are welcome and refreshments will be served.

The SPED PAC meets monthly September through May to provide support and information to better meet the needs of our children. Meetings include presentations on a variety of subjects and provide a forum for interaction with other parents, professionals, and community members who have experience with children with special needs. All meetings will be at the high school unless otherwise noted.

#### **Mark your calendar for the remaining dates for this school year:**



Thursday, September 27<sup>th</sup>, 7:15 p.m.- District Special Education Update

Wednesday, October 17<sup>th</sup>, 7:00 p.m. - Basic Rights Workshop by the Federation for Children with Special Needs:

Wednesday, November 14<sup>th</sup>, 7:15 p.m. - Overview of Psychological and Educational Testing: What a parent needs to know.

Wednesday, December 19<sup>th</sup>, 3:30 - 5 p.m. Holiday Party, Sawyer School

Wednesday, January 16<sup>th</sup>, 7:15 p.m.

Wednesday, February 27<sup>th</sup>, 7:15 p.m.

Wednesday, March 19<sup>th</sup>, 7:15 p.m.

Wednesday, April 16<sup>th</sup>, 7:15 p.m.

Wednesday, May 21<sup>st</sup>, 7:15 p.m.

For more information, events, and topics for 2007-2008 visit [www.nrsd.net/spedpac.php](http://www.nrsd.net/spedpac.php). You may also contact Joan Finger for more information or to be included on the monthly e-mail updates:

**Joan Finger**, [zootergroup@rcn.com](mailto:zootergroup@rcn.com) or phone (978) 337-5132 or (978) 779-6046.

# NASHOBA REGIONAL HIGH SCHOOL

# NEWS FROM GUIDANCE

## SEPTEMBER, 2007

Jodi Specht, Director of Guidance	<a href="mailto:jspecht@nrzd.net">jspecht@nrzd.net</a>
Ellin Tsiaras	<a href="mailto:etsiaras@nrzd.net">etsiaras@nrzd.net</a>
Trevor Short	<a href="mailto:tshort@nrzd.net">tshort@nrzd.net</a>
Dan Glover	<a href="mailto:dglover@nrzd.net">dglover@nrzd.net</a>

### Counselor Assignments

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

Calendar of Upcoming Dates		
10/16	7 p.m.	Senior College Planning Night, Auditorium
11/7	7 p.m.	Parent Financial Aid Night, Auditorium

### Welcome to the Class of 2011!

Parents of incoming freshmen, we are here to help your students make a successful adjustment to high school. We encourage you to call your student's guidance counselor immediately if you have any concerns or questions.

### Important Test Dates to remember

Students need to register for the SAT and ACT exams by mail, phone or on-line at [www.collegeboard.com](http://www.collegeboard.com) or [www.actstudent.org](http://www.actstudent.org). Register now to get your preferred test site. SAT Exams will be offered at Nashoba on **Nov. 3**. 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>
Oct. 6	Sept. 10	Sept. 14
Nov. 3	Oct. 2	Oct. 11
Dec. 1	Oct. 30	Nov. 8

ACT	Registration	Late Reg.
<u>Test Dates</u>	<u>Deadline</u>	<u>Deadline</u>
Oct. 27	Sept. 21	Oct. 5
Dec. 8	Nov. 2	Nov. 15

### PSAT Registration

PSAT exams will be given to all juniors and interested sophomores here at Nashoba on **Saturday, October 20, 2007**. Students can sign up for the exam with Mrs. Lauritano in the guidance office starting on Sept. 10. Students should bring \$20 in

cash or a check made out to Nashoba Regional School District 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.

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

Families who qualify for free/reduced lunch are eligible for a **fee waiver**, whether they participate in the lunch program or not. Students with any financial hardship should see their guidance counselor privately. Confidential fee waivers are available for all test programs. Every student should be able to take the test.

### Senior College Application Night

Senior parents will be receiving an invitation to attend an informational evening about the nuts and bolts of the college application process. This evening is scheduled for Tuesday, October 16 from 7-9 p.m. in the auditorium. We hope to see you there.

### 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 in September with your counselor. The early application deadlines come very quickly and we want to make sure we have all the application requirements ready.

**College Admissions Officer Visits – Why attend?**

College Admissions Office Representatives visit with Nashoba students to discuss admissions standards, and academic & extra-curricular programs at their institutions. The college reps that visit 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.

We traditionally have 3 – 5 visits/ week throughout the fall. Make sure to check the most up to date schedule on Naviance-Family Connection and sign up at least two days in advance on Naviance-Family Connection. **You must sign up online for all college visits**

**Teacher Recommendations for College**

**Seniors** — remember to touch base with your teachers to line up your letters of recommendation for college applications.

**Parent of Seniors-Take note!**

Is your student using Naviance-Family Connection as their home site for college search and college comparisons?

Do you need help in determining if a college is a reach or a safety school? Use the scattergrams on Naviance to determine how your student compares.

We encourage all seniors to use this website and to become familiar with its features (link is available on the NRHS website-guidance home page). We expect all seniors to have a list of prospective colleges added to their MY COLLEGES TAB on Naviance.

**Parents—Sign up for free email Guide to College Financial Aid**

A free program delivers expert advice from MEFA into the email inboxes of parents seeking college financial aid. MEFA’s new Parent Assistance Services sends enrolled parents regular email messages with tips, advice and reminders about applying for college financial aid and navigating the college financing process.

Parents may sign up for the program on-line at [www.mefacounselor.org](http://www.mefacounselor.org).

**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!

**DO YOU HAVE COMMUNITY SERVICE HOURS?**

**ATTENTION!** Students should keep records of community service volunteer time. Many scholarships require this information. Be on the lookout for community service scholarships this fall. Read the newsletter and check in guidance for scholarship opportunities.