

NASHOBA REGIONAL HIGH SCHOOL

I CARE

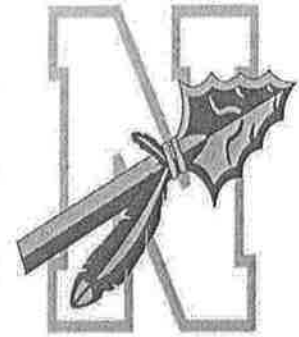
Integrity, Communicate, Achieve, Relate, Engage

Welcome the Newest Chieftains

Joseph Nickerson - Math
Athena Polymeros - Math
Dorothy Veracka - Math
Katherine Jankun - Social Studies
Kayleigh Morrisey - English
Sean Bailey - English
Lauren Bullard - Science
Tricia Pishock - Science
Taryn Carpenter - Business/Tech
Caralina Coleman - Media Center
Laurie Kortegast - Main Office
Christine Hoag - Nurse
Kyle Owens - Special Ed.
Eliza Mercado - IA Special Ed.

Athletic Schedule Website: All schedules are available at <http://www.mw/ma.org> (click on Nashoba Regional). These schedules will always be the most up-to-date. Check out the "Notify Me" button to sign up for notifications about games and postponements.

September 2016



"NRSD Pet Policy: The Nashoba Regional School District is committed to providing a high quality educational program to all students in a safe and healthy environment. Therefore, the Nashoba Regional School District will enforce a no pet policy in all district buildings and school grounds, including all athletic fields, at all times. The District will comply with Massachusetts and federal law concerning the rights of persons with guide or assistance dogs."

Please email Stephanie Hilliger (shilliger@nashoba.org) to include your articles in the monthly newsletter. All outside groups/flyers must be approved by the Office of the Superintendent prior to inclusion in the newsletter. Deadline is the 25th of each month.

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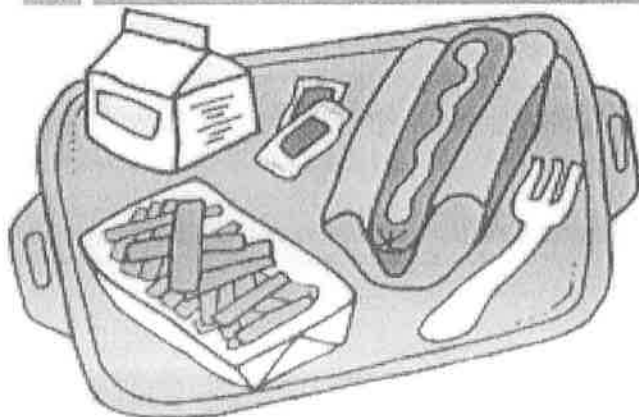
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Follow NRHS Twitter Groups



@NashobaAD	@NRHS_Principal	@Chieftain_Chat
@NashobaBoosters	@NashobaBands	@nashoba_STUCO
@NRHS_MCP	@NRHS_DECA	@NashobaBB
@NashobaGuidance	@NRHS_Robotics	@NashobaHockey

Next month's edition will contain individual teacher's Twitter info!



Lunch Menu

August—September

Student Clubs

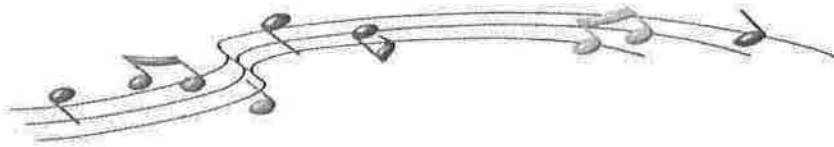
16-17

Amnesty International
Best Buddies
Interact Club
Creative Writing Club/Lit
Debate Team
DECA
Drama Club
Gaming Club
Gay/Straight Alliance
German Exchange
Green Team
Math Team Coordinator
Mural Club
Nashoba After School Bible Study/Cross Currents/Philosophy Club
Nashoba Cup
Nashoba PAC
Newspaper Club
NRHS Model UN Club
Robotics Team
Student Council
Weightlifting
Yearbook

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The Nashoba High School music department, along with our Nashoba Friends of Music, is extremely proud and excited to offer a new opportunity for our students, faculty/staff, and community members beginning on Thursday, September 1st.

We have established the Nashoba Symphonic Band as a part of our Nashoba Friends of Music. This is a Nashoba community wind symphony that is open to all of our Nashoba community members. We are excited to be offering another performance opportunity for our students, but also for our staff and community members.

The wind symphony will rehearse every Thursday evening beginning at 7:30 pm in the Nashoba High School band room. We have 3 concerts planned for our inaugural year. Sunday, October 30, Sunday February, 12, and Sunday, May 7th. Each of our three concerts will be roughly an hour and a half long, with an intermission.

We are hoping that you will be able to find your instrument out of your closet, join us and bring our community just a little more together through this wonderful ensemble. If you have any questions OR can't find your instrument, or think that yours does not work, please contact Joe McCarthy jmccarthy@nrsd.net and we can try to find one for you!

Central MA Community Unified Sports

is a Special Olympic-affiliated program that fosters relationships between athletes with and without disabilities through participation in athletics. Our unified soccer program will be meeting on Sundays from 1-2:30 at the Stow Community park from September 11th through October 30th. Specific practice dates are 9/11, 9/18, 9/25, 10/2, 10/16, 10/23, 10/30. If interested in learning more about the program, or sign up, please contact Brendan Aylward:

or Bob Moalli:



Guidance Briefs

- College and Financial Planning Night will be scheduled soon. More information to follow
- MA State College Fair will be held on October 19th. Check the Guidance page of the NRHS website for additional details as they become available.
- Over 60 College Rep visits are scheduled in Naviance. Students must sign up in Naviance to attend.

To email faculty and staff:

firstname.lastname@nrsd.net

Notes from the Nurses:

Welcome back!!! 2016-2017 School Year

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, 2016. (State mandate)

In addition, a Physical Exam, performed by a physician, is required for all students to try-out/play competitive sports. Forward a copy of the exam to the Nurse's Office. (The appropriate information will be directed to the Athletic Director). Remember to fill out and turn in the School Emergency Health Form "blue form".

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

Illness Dismissals:

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

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

Medications:

The school nurse can dispense Acetaminophen, Ibuprofen and Tums in school **only** if the parent has given us permission and signed the back of the "*Blue*" School Emergency Health Form.

ALL OTHER MEDICATIONS (*including over-the-counter*) require a written physician's order. No medication will be administered to your child without an order on file. Please have the doctor write an order, and do not forget to sign the order as well.

Health Issues:

Chronic health issues such as *asthma, diabetes, celiac disease, colitis, seizures, anxiety, depression, serious allergies* which require an Epi-pen, or any other serious medical conditions, **require an Individual Health Care Plan and/or medication order in the nurses' office**. If your child falls into any of the above mentioned categories, please make an appointment to see the school nurse if you have not already done so. *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/Medication order, **you both sign it** and send it to us. You can request these forms via email at the beginning of the school year at: nrhnurses@nrsd.net. Completed and signed forms can be faxed to us at 978-965-3968.

Vision and Hearing Screening:

The Nurses will be conducting the annual state mandated Screenings starting in September and continuing throughout the school year. *Hearing and Vision Screening are currently* scheduled for the month of October. The purpose of these screenings is to detect early signs of possible hearing and/or vision problems in students in **grade 10**. It is not a diagnostic service but a screening too used 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 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 starting in September and throughout the school year.

Postural Screening:

All students in **grade 9** will have their Postural Screening done starting in September and throughout the school year. This is done discreetly and privately by our PE teachers and nurses in the locker rooms and/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.*

Fitness Gram:

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

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

Please be sure the note is delivered directly to the nurses

Update on Absence Reporting:

***If you child is going to be out for the day please call the nurses' sick line, state the name/grade/and reason for the absence; and follow up with a written note within 48 hours or email the absence to NRHSattendance@nrhsd.net . Also, if your child will be absent from school 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.

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

We will be back in our office on 08/29/16.

Sincerely,

High School Nurses

Nashoba Team Spirit Scarfs

Infinity Scarf - \$15.00 or Fleece Scarf - \$10.00

Handmade by Volunteers at the Stow COA.

Available for purchase beginning 9/1 at the SFCOA Gift Shop
(located on the lower level of the Town Building at 380 Great Road, Stow).

The SFCOA Gift Shop is open 8am - 4pm Monday through Friday.

Call (978) 897-1880 with any questions.

Limited quantities available in each design.

(No special orders offered at this time)

Wear your school colors with pride in the upcoming season.

Go Chieftains!





Be a Friend of the Arts!



BE A FAMILY SPONSOR
or
**Advertise your business while supporting
Nashoba Regional High School's Vocal,
Instrumental, and Drama Programs!**

Please support the Performing Arts at Nashoba Regional High School
by **being a sponsor** in our 2016-2017 program!

Please fill out the form below for sponsorship and remit with a check for \$25, **made payable to:**
NRHS Friends of the Arts, P.O. Box 492, Bolton, MA 01740

Family sponsorships are accepted all year long.

Name of Family/Sponsor: _____

Email: _____

Telephone Number: _____

Your contribution **directly benefit the students**, providing funds for items that the school budget cannot support. Thank you in advance for your support.

If you want to advertise a business, attach a black and white business card or clean ad copy (*newspaper ads not accepted; to email ads, see form below*), and remit with payment by check. **Submission deadline is Friday, September 23, 2016** for all ads.

Name of Company: _____

Address: _____

Contact Name: _____ Telephone Number: _____

Email: _____

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

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

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

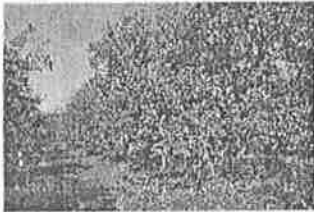
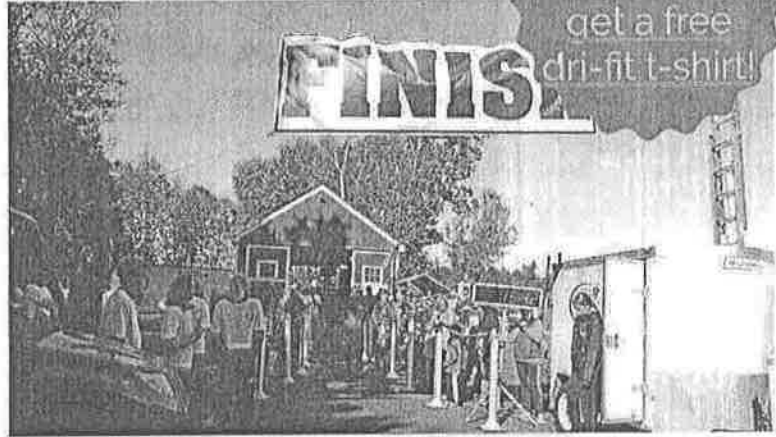
E-mail artwork to FOAadcampaign@gmail.com, preferably in jpeg or bitmap format with "FOA 2016 ad" inserted into the subject line or mail a business card or clean ad copy to the address below. **NOTE: Please do not send a pdf unless you do not need any changes made to the ad.** For questions, please email FOAadcampaign@gmail.com. **Deadline for**

submission is September 23, 2016. Early submissions of ad and payment will be given best available placement in the program, so don't delay!

Schartner Farm, Bolton, Mass.
October 8, 2016 at 10am

First 250
registrants
get a free
dri-fit t-shirt!

Join us for the
Bolton 5K & Family
Festival and support
the Bolton Town
Common Initiative.
REGISTER NOW!



The Route

A Walk/Run through the
Orchards of Bolton

The race begins at the beautiful Schartner Farm on West Berlin Road in Bolton and continues through the picturesque autumn-scapes of Bolton. Runners and walkers are welcome! You can see the full route here. >>>



Kids' Race

Around the Corn Maze

We'll host a one-mile race around the Common Craze Corn Maze at Schartner Farm for kids under age 10. >>>



Family Festival

Food, Music & Games!

With music from our DJ Joel Bates, a petting zoo, apple picking and food provided by the Bolton Lions, the Bolton 5K is more than a race -- it's a family festival! Even if you don't want to run, come for the fun! >>>

Sponsored by the Bolton Town
Common Initiative
781-339-3131
www.bolton5k.com

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