

HAMPSHIRE REGIONAL HIGH SCHOOL

OFFICE HOURS:

MONDAY – THURSDAY, 7:00 A.M. – 3:30 P.M.
FRIDAY – 7:00 AM – 3:00 PM

19 STAGE ROAD

WESTHAMPTON, MA 01027

PHONE: 527-7680

WEBSITE: WWW.HRHS.NET



NEWSLETTER

JANUARY FEBRUARY 2010

FROM THE PRINCIPAL

The staff at Hampshire Regional wishes you a very Happy New Year and is thankful for your support of our continued work together. 2010 brings with it many challenges and hopes. Our budget is being prepared for review with a realization that the economy in our state is in serious condition.

Many of our seniors are waiting for confirmation of their plans for the future, which include college acceptances. Winter sports are in full season, rehearsals for our musical have begun and mid terms and finals are approaching.

This is a busy time of the year!

FROM THE NURSE'S OFFICE

We hope you had a restful and healthy holiday break. Mandatory screenings for 7th and 10th grade are being completed. This is a Department of Public Health mandate and will include obtaining height, weight, BMI, vision and hearing on all 7th and 10th grade students. All results will be forwarded to parents/guardians via mail.

Postural screening will begin in January for grades 7-9. If you do not want your student to participate in the screenings, a request in writing from a parent/guardian must be submitted to the nurse's office.

Please note that if your student requests an over the counter medication (Tylenol, ibuprofen) from the nurse, an emergency form must be on file. If an emergency form is not on file, parental consent must be obtained over the telephone EVERY time your student requests medication. Emergency forms may be downloaded from the HRHS website in the Nurse's Office section. If you do not have access to a computer, please contact the nurse's office for a form to be sent home.

If at any time your student requires prescription medication to be administered during school hours, paperwork must be on file in the nurse's office. A parent/guardian must deliver the prescription medication to the nurse in the original pharmacy container. Please contact the nurse's office for more information.

The cold and flu season is still upon us. Frequent hand washing, using hand sanitizer, eating healthy, drinking plenty of

fluids and getting enough sleep will help to keep illness at bay.

Please contact the nurse's office at 527-7680, extension 1119, if you have questions or concerns regarding the health of your student.

HISTORY DAY

On Tuesday, December 8, 2009 Hampshire Regional held its 27th Annual National History Day Fair. This year's History Day theme is "Innovation in History". History Day is one of the methods recommended in the Massachusetts Frameworks for History and Social Science that a school can meet state requirements for teaching research skills. All students in grade 8 (World History I) and in U.S. History I (generally in grade 10) at Hampshire Regional are required to research and develop a History Day project. Any other HRHS student, regardless of grade, is also welcome to independently complete a History Day project. Students have the choice of doing an exhibit, a performance, a media presentation (documentary), a web page, or a research paper. Projects may be done individually or within small groups (except for papers). Many students this year opted to do exhibits, although students did projects in most categories .

A big thank-you to Virginia Ahart (retired, HRHS) and Linda Golash (retired, Birchland Park Middle School) for again helping to judge our fair this year. Thank-you also to Mr. Geoff Casey and Mrs. Andrea Belanger for joining our judging panel. Thank-you to

the teachers of the grade 8 and grade 10 history classes: Mr. Butler, Mr. Green, Mrs. Carpenter, Mrs. Cyr, Mrs. Pinkham, and Mr. Touchette, who put in much time and energy assisting their students.

The following students' projects were recognized and selected to have the opportunity to represent Hampshire Regional at the District History Day competition at Springfield Technical Community College on Saturday, March 6, 2010. Students from this group who decide to do further work on their projects (as expected in order to go to the district competition) will attend a special information and training session after school in December, or in early January, 2010. Students whose projects were chosen to have the opportunity to go on to the next level of competition will each receive a letter in January through their history teacher about this workshop.

Grade 8

The Airplane - **Kyle Bean**

Anesthesia - **Jennah Brennan**

Atomic Bomb - **Seth McCoy**

The Ballpoint Pen - **Colton Garelli**

Braille - **Riley Glosick**

Chocolate Transformed: King's Luxury to

Everybody's Joy - **Gina Wetzel**

The Compass - **Ryan Rogers**

Eyeglasses - **Brianna Weltlich**

A Sweet Solution: The Ice Cream Cone -

Jessica Kowal

The Internal Combustion Engine - **Shannon Raymond**

McDonald's - **Madison Boucher**

The History of Photography - **Amber Batchelder**

The Olympics - **Madelynne Schwallie**

Polio Vaccine - Sydney Mark
Snapshots Through Time: Photography - Michelle Nardi
Sports Broadcasting - Anna Dziok

Honorable Mention - Grade 8

The Airplane - Calvin Lin
Braille - Meaghan Carey & CeCe Thomas
Nakajima B5N (Kate) - Kevin Gagnon & Charlie Inman
Solar Power - Jeremy Parks

High School

The Beatles Revolution: Music, Society, and Change - Devin McNulty, Katelyn Hanlon, & Nicole Rivard
Changes in Photography: Film vs. Digital - Vicky Cooley & Jayna Labrie
The Discovery of Insulin: The Lifesaver for a Diabetic - Jack Baldwin
DNA: The Molecule of Life - Shelbie Bergeron
The Fight for Women's Suffrage - Emily Snyder & Cindy Morton
Gate to Education: A Higher Education for Northampton Women - Kayla Thatcher, Caroline George, & Julie Roberts
Government By the People: The United States Constitution - Ali Bednarsky, Shannon Diggins, Jamie Fleming, & Caroline O'Leary
Innovation in Video Games: Advanced to the Next Level - Kristen Whiteley
Invention of the Jet Engine - Billy Laprade
Lobotomy: The Alleged Cure - Dimitrios Rizos, Chelsea Cotton, Emmett Taylor, & Keith Cotnoir
Marie Curie: The Power of Radium - Emily Larkin
Music Devices Through the Ages - Renee Picard & Meghan Hurley
On the Iron Front: The Transcontinental

Railroad - Benjamin Korza
Photography: A Grand Means of Communication - Liz Labrie
The Stirrup's Effect on Chinese Military - Kristi Esposito
The Stirrup: Reconstructing Wars Around the World - Molly Ronan
The U.S. Constitution: How it Changed America's History - Sarah Foley
Honorable Mention - High School
Antiseptics: More Than Just Soap - Sawyer Thompson
Atomic Bomb - Adam Beaupre

Congratulations to all who participated in History Day this year. Good work to those going through to the District Competition!

Tonya Aitken
History Day Coordinator

FROM THE MUSIC DEPARTMENT

Congratulations to all the students who auditioned for and were accepted into Senior Western District this year. They are:
Rory Kitchen, Zoe Baghdoyan, Emma Topor, Alyssa Labrie, Sarah Labrie, Soleil Lafrance, Mollyrose Kelly-Gorham, Devin McNulty, and Ben Ashley for Chorus and **Chris Bassett** for Concert Band, **Max Feron and Sam Hanson** were accepted for Jazz Band.

Participants in Junior Western District are:
Haley Hemminger-Martin, Emma Cook, Hannah Weiss, Molly Wilder, Gina Wetzell, Janine Clapp, Luna Hino-Nakayama, Sydney Mark for Chorus. Many of these students rated high enough to have all-state recommendations.

On Feb. 11 we will be presenting a special Winter Choral Concert at the Southampton Congregational Church where the acoustics are lovely.

The Wizard of Oz has been cast. We are looking forward to getting down to work on a show that is sure to be a winner. Please mark your calendars now for March 26, 27 and 28. We are always looking for parent helpers, especially costumers/sewers. Anyone interested in helping should contact Susan Davidson at sdavidson@hr-k12.org.

YEARBOOK NEWS

There are only a few yearbooks left. Order yours today with a check for \$90 made payable to HRHS. Checks should be given to Ms. Facteau in 1094. The yearbooks cover middle school and high students, JV and Varsity sports, faculty and events from the 2009-2010 school year.

The Yearbook Staff will be traveling to NYC to attend the Columbia Scholastic Press Association's Convention on Journalism at Columbia University March 16-18. Students will attend workshops and training sessions to learn more about creating the perfect yearbook.

MIDDLE SCHOOL DANCES

The dates for the middle school dances are January 8, February 5 and March 12. The dances start at 7 and end at 9. Admission is

\$7.00 and the school store is open for snacks and drinks.

FRESHMAN CLASS NEWS

Congratulations on winning the pep rally Battle of the Walls!

The Freshman Semi Formal will be held on Friday night, April 9th at the Courtyard Marriott in Hadley from 6-9. More details are coming soon. Check the glass case outside of Ms. Facteau's room.

We are still looking for ideas for a spring trip. See one of the officers or Ms. Facteau with your idea.

CLASS OF 2010 NEWS

Our seniors enjoyed the annual Halloween Breakfast on October 30th in the school cafeteria. We had nearly all of the seniors dressed in costume. We had a great time. The students received goody bags and the winners of the costume contest won trophies and prizes. Here are the results of the costume contest:

Best Costume Male: "Super Chicken" - **Ryan Kaulback**

Best Costume Female: "80s Girl"- **Nicole Mathers**

Most Original: "Snap, Crackle & Pop"- **Kayla Diggins, Katie Thompson, and Jess Reed**

Scariest: "The Joker"- **Corey Smith**

Best Group: "Hogwarts Gang"- **Lauren Desmond, Brendan Heath, Colin McKenna, and Matt Patterson**

Funniest: “The Nerds”- **Mike Lemoine, Brendan Noonan, and Alex Brunelle**

Best Couple: “Mr. DeWitt and Mr. Wickman”- **Tyler Burke and Jameson Wickman**

Most Elaborate: “The Elements”- **Baily Morse, Rachel Halpburn, Alice Miller, Emily Munska**

Although the Battle of the Walls brought disappointing results at the Spirit Rally on November 20th, the seniors still know who are the *Perfect 10s* at HRHS. Great job with the color wars. Keep up the great work, and school spirit. We are so proud of you.

On December 11th the seniors were measured for caps and gowns. Can you believe the school year is nearly half over? Any student who was not present needs to see Mrs. Carpenter. The class will be purchasing each graduating senior’s cap and gown, which includes the tassel. Jostens will be sending information in the mail regarding other 2010 merchandise that is available for individuals to purchase.

If you have any questions please call or email Mrs. Carpenter at 527-7680 ext. 1042, kcarpenter@hr-k12.org or Ms. Barut at 527-7680 ext. 2039, tbarut@hr-k12.org

GRAD NITE NEWS

This year’s trip is April 15-18. We have received an upgrade to the Disney Coronado Springs Resort. Check it out on line. Our flight details should be coming soon. Check the glass case outside of Ms. Facticeau’s room. Be sure to have your trip paid in full by the middle of January to avoid late fees and/or cancellation. If you do not have a

driver’s license, you must have a Massachusetts’ State ID or passport to fly. All fundraising money has been sent in. Juniors, we will have information for you soon for the 2011 trip. There will be a mandatory parent night on Tuesday April 27 at 7:00 p.m. to get registered.

ACADEMIC SOCIETY

The annual carnation sales sponsored by the Academic Society will begin at the end of January and will end on the 10th of February. Flowers will be delivered to homerooms on Friday before vacation.

White and Pink carnations will be available for \$1.00 and Red Carnations will sell at \$1.25. Proceeds from the sales will be donated to a local charity.

BOOSTER CLUB NEWS

Save the date - The 3rd Annual Comedy Night Fundraiser will be at the Pulaski Club in Easthampton on March 12th. Check the Booster Club website for more details or for tickets, contact Denise Schoen @ 413-527-3788.

GUIDANCE NEWSLETTER

Vocational School Info:

Students interested in attending Smith Vocational and Agricultural High School for 2009-2010 were asked to submit a budget form and application to the guidance office before the Holiday Break. If your student is planning on transferring from HRHS to Smith Vocational & Agricultural High School next year, the Superintendent’s Office must be made aware of that fact

before adopting next year's budget. After the Holiday Break, students who have not submitted a budget form who still would like to apply will have their name added to a waiting list. Students interested in learning more about vocational education met with a representative from Smith Vocational & Agricultural High School on Oct. 16th. If you have questions or would like to request information, please contact Katie Watkins at 527-7680 or kwatkins@hr-k12.org. Workshops will be held on interviewing techniques, as interviews are now part of the application process.

2010 – 2011 Course

Registration:

The process for course registration for 2010-2011 has begun! The scheduling timeline is posted on the HRHS website. Please note the following dates:

Week of January 25, 2010: Program of Studies available online (if you do not have internet access, please contact the guidance office for a hard copy)

February 11th: – “Charting Your Course” Assemblies for 8th, 9th, 10th, and 11th graders on the scheduling process and elective choices. Representatives from various departments will be presenting elective options. (Parents / guardians are welcome to attend)

February 23rd: The second annual “Transition to High School” night for parents of 8th graders. We will explain graduation requirements, a typical 9th grade schedule, and elective offerings.

February 25th - Teacher Recommendation Day (Snow date – Feb. 26th): Students take their Course Registration Form around to all

of their teachers throughout the day to obtain recommendations for courses and levels for next year.

March 1st: – Parents / guardians mailed the teacher recommendation form and appeal process.

March 1st through 22nd: Counselors will assist students with course selections.

PSAT’s

91 junior and sophomore students and parents/guardians attended a morning PSAT presentation on December 16th. The 45-minute session was designed to assist students with interpreting their PSAT results and using the information provided to prepare for the SAT. Students and parents/guardians are encouraged to utilize the online resources provided by CollegeBoard, www.collegeboard.com/quickstart, at www.collegeboard.com/quickstart. Students can log on with the access code provided on their paper report.

College App. Process

Guidance counselors continue to meet with seniors as they finalize their college applications. Please remember that seniors must request any materials to be sent from Guidance (transcript, letter of recommendation from the Guidance Counselor, etc.) a minimum of 12 FULL school days before the deadline. Twelve FULL school days is needed to draft the quality of letter that you want your student to have. Thank you in advance for your cooperation and understanding. In addition, just a reminder – the last step of the college application process is for the student to write thank you notes to everyone who helped them in the process. This is a great opportunity to encourage your student to

develop the character quality of gratefulness. Over 45 students have already sent out multiple applications. (This translates to approximately 200 college files) A big thank you goes to all the teachers who wrote letters of recommendations and to Maureen Monaghan who processed all the paperwork.

Upcoming College Application Deadlines:

College App. Deadline Guidance

Deadline

February 1	January 11
February 15	January 27
March 1	February 4
March 15	February 23
April 1	March 15

Scholarship App. Process

Because teacher recommendations mailed from guidance cannot be viewed by students, the following process should be followed for scholarship applications:

1. The student completes the scholarship application
2. The student should complete a records release form for scholarships available in the guidance office
3. The student gives the following to Ms. Monaghan in guidance:
 - The scholarship application
 - The records release form
 - Any accompanying materials the student would like sent with the scholarship application
 - A 9 X 12 envelope with 4 stamps addressed to the scholarship organization

*** All requests to the guidance office for scholarship materials including transcripts

must be made at least 12 FULL SCHOOL DAYS prior to the deadline.

Website

Please be sure to check the HRHS website (www.hrhs.net) on a regular basis to keep up to date on what's happening in Guidance. You'll find the latest on the college application process, scholarships, scholarship application process, etc. Click on the College-Bound link under Guidance to get to the Scholarships page.

Letters of Recommendation for Private Schools, Colleges, Scholarships, Etc.

A reminder for parents/guardians, and students applying to private schools.....this excerpt is taken from the HRHS Student-Family Handbook: "Students, parents or guardians who request a letter(s) of recommendation from any staff person for application to a private high school, college, scholarship, or for any other reason must make the request a **minimum** of twelve full school days in advance of the deadline."

Thank you.

Financial Aid Night Re-Cap

The annual Financial Aid Night was held on December 2, 2009. Parents/guardians and students turned out to hear an excellent presentation from Ms. Elizabeth Petri, Director of Financial Aid at Massachusetts College of Liberal Arts. If you were not able to attend, there are a limited number of information packets available in the Guidance Office. Please send your student to pick one up. In addition, you will find great financial aid information at the MEFA website at www.mefa.org. There is also a list of financial aid websites available on the HRHS Guidance website at

<http://www.hrhs.net/content/guidance/finaid.php3>. When in doubt, it is always best to contact the financial aid office at the colleges where your student is applying.

SAT's

Current juniors are encouraged to take the SAT one time in the Spring and one time in the Fall of their senior year. Please note the following dates with accompanying registration deadlines for upcoming SAT's:

<u>Test Date</u>	<u>Regular Registration Deadline</u>
Mar. 13, 2010	Feb 4, 2010
May 1, 2010	Mar. 25, 2010
June 5, 2010	April 29, 2010

The best way to register is online at www.collegeboard.com. You will need the HRHS school code to register: **220722**.

And Now The College Application Process Begins for Juniors (and other interested parties)

All juniors and their parents/guardians are strongly encouraged to attend the "Navigating the College Application Process" workshop to be held on **Thursday, April 8th, 2010 at 6:00 p.m. in the Auditorium**. Parents / guardians of any student in any grade who are interested in the college application process are invited to attend.

CAREER CRUISING

During the 2008-2009 school year, the guidance department implemented a new online career exploration inventory called "Career Cruising." All students in grades 9 through 12 have completed one lesson in

which they started a portfolio saving five to ten careers to explore. This school year, students will complete a second lesson, further developing their portfolio. Students can update their online portfolios any time with their username and password.

Go to: www.careercruising.com and enter the schools user name: hrhs and password: hampshire to get into the program.

HRHS Guidance: 413-527-7680 x2

Patti Richmond: A – F (prichmond@hr-k12.org)

George Gunn: G – Labrie (ggunn@hr-k12.org)

Amy Scully: Lac – Z (ascully@hr-k12.org)

Katie Watkins: grades 7 – 8 (kwatkins@hr-k12.org)

Leslie Giordano: School Psychologist and Adjustment Counselor (lgiordano@hr-k12.org)

Jan Sniffen: Adjustment Counselor (jsniffen@hr-k12.org)

Maureen Monaghan: Administrative Assistant (mmonaghan@hr-k12.org)