

HAMPSHIRE REGIONAL HIGH SCHOOL
19 STAGE RD.
WESTHAMPTON MA 01027
413-527-7680

OFFICE HOURS

Monday – Thursday, 7:00 a.m. – 3:30 p.m.

Friday – 7:00 am – 3:00 pm

LAURIE A. HODGDON, PRINCIPAL
MARK A. FOLTA, ASST. PRINCIPAL
KRISTEN M. BOULEY, ASST. PRINCIPAL



JANUARY / FEBRUARY 2012

FROM THE PRINCIPAL

Happy New Year to our Hampshire Regional Learning Community: It is always good to come back from our December vacation ready to teach and to learn. A new year brings opportunity and a chance to begin again.

In this newsletter, I want to focus on our school nurse's office and the good work that **Cyndy Domina and Mary Price** do each and every day.

Did you know that the nurse's office is no longer for just giving out aspirin?

Our school nurses save lives, increase student attendance and decrease early dismissals. Here's what school nurses do. They:

- are the first line of defense against epidemics and disease outbreaks, monitoring the health of the overall population and connecting with public health officials;
- are the first responders to critical incidents on school property;
- provide direct health services for students;
- identify threats to health in the school community (peanut butter, dogs, traffic, broken equipment and facilities, bullies, lack of clean water or hand soap) and work to eliminate those problems as a cause of ill

health;

- provide leadership for the provision of health services, health policies and programs;
- provide a critical safety net for the most fragile students;
- provide screening and referral for health conditions such as vision, hearing;
- promote a healthy school environment;
- enable students with chronic health conditions to attend school;
- promote student health and learning;
- serve on student support teams;
- serve as a liaison between school personnel, family, community, and health care providers.

We are proud to announce the following students who have been selected by the Massachusetts Department of Education for the John and Abigail Adams Scholarship based on their MCAS scores. They qualify for free tuition at any Massachusetts State College or University. These students are: **Danielle Archambault, Ian Barber, Karleena Bashista, Kayla Burgielewicz, Matthew Cabral, Mollie Clayton, Victoria Cooley, Steven Cowley, Heather DeFranzo, Justin Devine, Shannon Diggins, Sarah Foley, Jon Forance, Caroline George, Andrew Glosick, Janelle Gorman, Katelyn Hanlon, Lisa Howe, Benjamin Korza, Elizabeth Labrie, Allison Lapointe, Emily Larkin, Emmett Lollis Taylor, Katherine**

McKemmie, Devin McNulty, Madison Morse, Cynthia Morton, Jessica Nardi, Casey Ostrowski, Seamus Passa, Ryan Peloquin, Tyler Phillips, Nicholas Quinn, Colin Rivard, Joshua Rivard, Nicole Rivard, Dimitrios Rizos, Molly Ronan, Emily Snyder, Kayla Thatcher, Stephanie Tobin, Kristen Walsh, Angelee Weaver and Jonathan Wickman.

The Koplík Certificate of Mastery with Distinction program provides recognition of outstanding academic achievement by our public school students. Students in the Class of 2012 who are recipients of the Koplík Certificate of Mastery with Distinction will be eligible for tuition waivers at Massachusetts public colleges and universities.

The following students have met the initial qualifications: **Samuel Affhauser, Melanie Bachteler, John Baldwin, Christopher Bassett, Andrew Batchelder, Adam Beaupre, Allison Bednarsky, Paul Bergeron, Shelbie Bergeron, Nathan Boutillier, Ryan Buckley, Andrew Bzdel, Mitchell Cichy, Keith Cotnoir, Kayla Croteau, Cheyenne Dekarski, Kristi Esposito, James Fleming, Benjamin Galica, Cortney Hanrahan, Michael Helems, Joshua Holt, Anthony Hoskin, Jameson Huntley, Mary-Ann Hurley, Meghan Hurley, Daniel Jaworowski, Savannah Kellogg, Jayna Labrie, Calvin Lachowicz, Kelsey Lafond, Kelsey LaPlante, Codie Stuart, William Laprade, Lauren Larison, Peter Larsen, Johnson Ly, Jordan Lynde, Marianne Martin, Craig Morse, Adam Munska, Anna Nahmias, Paige Novotny, Caroline O'Leary, Kayla Peters, Renee Picard, Haley Richard, Julie Roberts, Rebecca Sieracki, Abigail Torrey, Kristen Whiteley, Sarah Whiteley, Ryan Quinn Zemba and Gina Zoladz.**

Congratulations everyone!

Natalie Leverault, HS Health Teacher and Curriculum Coordinator, has been named *Student Advocate of the Second Quarter* by the Hampshire Regional High School Faculty. She was honored as a curriculum initiator and an advocate for our students at HRHS. Her creativity, leadership and

passion for wellness at HRHS is a tribute to her dedication to education and all students.

INTERNET SAFETY AND CYBER BULLYING

January 11th, 2012
From 6-7:30pm
Hampshire Regional Library

Join HRHS and the District Attorney's Office
For an informational night about

Topics include:

- Basics of internet safety
- Facebook & social networking dos and don'ts
- Mass laws around bullying & cyber bullying
- What families can do to support students online
- The role of students as the bully, bystander, & victim and what to do in those roles
-

Students and families welcome.

RSVP to Lu Clark at 527-7680
or lclark@hr-k12.org

FROM MONSIEUR REYNOLD'S FRENCH CLASS

Starting in the 2012, French classes will be corresponding with Peace Corps volunteers stationed throughout the Francophone world through the World Wise Schools Correspondence Match program. Five different classes at the middle and high school level have already been matched with volunteers in Cameroon, Togo, Benin, Senegal, and Madagascar. Students will correspond (as a class) with the volunteers on a variety of topics relating to the daily life and culture of the host country. Students will be communicating electronically and via the postal service with their matches for the next two years. We are very excited about this opportunity for students to extend their study of francophone cultures beyond the classroom walls. This will also provide a chance for us to challenge some pre-existing stereotypes that we

may have about the target cultures and vice versa. For more information visit www.peacecorps.gov/wws/correspond/

CLASS OF 2014 NEWS

Hello to the parents/guardians of students in the Class of 2014.

Central Rock Field Trip

It has been a busy fall for the sophomores. In Late October, the sophomores enjoyed a great field trip to Central Rock Gym in Hadley where the group learned to harness, rope tie, belay and climb. Most of the sophomores were able to attend and all of those who did, participated in this great new activity. However, rock climbing was not new to **Rachel Kalis**, who performed an incredible rock climbing demonstration for her classmates. Rachel is a member of the Central Rock Gym and amazed the sophomores with her swift, rock-climbing skill.

Class Ring Ceremony

In early December, sophomores had an opportunity to participate in the Class Ring Ceremony, which this year was planned as an off-campus dance called the MORP (Prom backwards). The attire was simply jeans and a t-shirt. There were contests with different categories such as best matching pair (of students), best t-shirt saying, best hair, biggest (appropriate) rip in jeans, best tie-dye shirt, and one secret category awarded to the person who wore a dress to the dance. Fun prizes were awarded to the winners. The students who attended were recognized and received their ring. The ring representative facilitated the special ring turning ceremony for when they placed their new rings on their fingers. After the ring ceremony, students enjoyed a sundae bar with great toppings. To finish out the evening, the students danced the night away taking advantage of every second available on the dance floor. The students left with sweat on their brows and smiles on their faces.

We are now focusing on collecting class dues. Dues are very important in defraying the cost of activities that are sponsored by the Class of 2014 for the Class of 2014. Next year, it is the responsibility of

the class to plan and organize the Junior/Senior Prom. It is a \$15,000 function that is partially (but mostly) supported by ticket sales and partially supported by class funds. During the planning of the prom, there are many upfront costs, and in order to reserve services (DJ, etc) purchase items, and keep prom tickets at a minimum, it is important to have a healthy treasury to draw from. This year, the dues are set at \$35. If your student participated in the Butter Braids fundraiser then the dues may have been reduced. See below for the reduction in dues. The deadline for payment of class dues is set for April 13, 2012. After that date the dues will increase to \$40. (or \$5 if your dues have been reduced)

If your student sold:	Dues are:
0	\$35
5	\$20
10	\$0

If you did not pay dues last year, please pay those also. If you are not sure if you owe dues from last year you can certainly contact one of the advisors who can give you that information. The class advisors enjoy having your students as advisees and want to continue to plan activities that give the students wonderful memories to draw from in their future. Thank you for your support.

Contact information:

Natalie Levreault nlevreault@hr-k12.org

Linda Quinn lquinn@hr-k12.org

FRESHMAN NEWS (2015)

The class of 2015 is selling Raider Nation Blankets for \$25 each. They are in limited supply so contact Ms. Badach or Mrs. Livingstone to get yours today.

Class dues are \$25 and are due by January 19th. If a student sells 10 blankets, they are exempt from paying class dues.

The class advisors are Cinde Badach cbadach@hr-k12.org and Jenny Livingstone jlivingstone@hr-k12.org Please contact one of us with any

questions or concerns.

FROM THE ART DEPARTMENT

The Art department has recently been the grateful recipient of goodwill. The Student Council hosted a volleyball tournament and they elected to give the proceeds to the Art Department. These funds will allow us to purchase aprons for our new Wheel Working class, 2 lid master tools, pails, resource books for the art lab, and tools for the photography lab. Thank you to all who participated in -and had a blast at- the volleyball tournament.

FROM THE ACADEMIC SOCIETY

The Academic Society will conduct its annual carnation sale from Jan. 30 - Feb.10. Delivery of flowers will be made in homeroom on Feb. 14. Cost of the flowers has yet to be determined, but have been \$1.00 for pink and white and \$1.25 for red in the past. Flowers will be on sale in the cafeteria during all lunches. 100% of the proceeds will be donated to a charity selected by this year's membership.

STUDENT COUNCIL CORNER

Student Council would like to thank the students and staff of Hampshire Regional for your generosity this holiday season for the toy drive. We collected over 80 gifts for local children to enjoy.

Thank you also for your support for the coat drive, 20 coats and 3 new hats were donated. Also Student Council hosted the annual dodgeball tournaments for both the middle and high school students. Student Council donated \$550 from the ticket sales of the tournament to the Art Department to purchase new supplies and equipment. In January the Council will be planning events for the second half of the school year. Any suggestions email them to Kimberly Hallett Student Council Advisor. khallett@hr-k12.org
Happy New Year!!

HRHS DRAMA COMPANY NEWS

In the all, the Drama Company presented two very successful shows. In November we performed "The Complete Works of William Shakespeare, Abridged," and in December, "Improvisketchalogues 5," a charity event that raised \$649 for the Westfield Homeless Cat Project, thanks to generous audiences.

On Friday, February 10th, Improvers Anonymous will host a night of Improv comedy in the HRHS library. The show will start at 7pm. More details will follow.

Michael Braidman, Advisor

ANYONE UP FOR SKIING?

Williamsburg Berkshire East Ski Group:

6 weeks of winter-fun with friends on a wonderful, uncrowded mountain: Tuesdays after school, J1/10 - 2/14. Visit www.Williamsburgski.info to download registration forms. **FULL PAYMENT was due by December 1st, but we've extended our sign-up period.** Please send completed forms to Tom Adams, 29 South St., Williamsburg, MA 01096. We will also need parent helpers to assist with the program. Please contact tomadams@gmail.com 413-575-9707 if you have any questions.

FROM THE NURSE'S OFFICE

We hope you had a restful and healthy holiday break. Postural screening for grades 7, 8 and 9 are currently being completed. Abnormal results will be mailed home in the spring. Health Reports will soon be mailed out for students in grades 7 and 10. Please contact the nurse if you have any questions or concerns.

Attention parents of 10th graders- please forward a copy of a recent physical exam to the nurse's office if you have not already done so.

If your student has been hospitalized due to illness or injury, please contact the school nurse before

your student returns to school. The nurse may assist in accommodation arrangement for your student.

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.

INVITATION...

Please come to a Parent Advisory Council Meeting for the parents of Special Needs students in the Hampshire Regional School District.

Join us for an evening workshop, with Betsy Cooper from the Federation for Children with Special Needs, on parent's rights and responsibilities in the Special Education process.

DATE: January 10th, 2012

TIME: 4:30 – 6:30pm

PLACE: Norris Elementary School Library
34 Pomeroy Meadow Rd. Southampton

GUIDANCE NEWS

HAMPSHIRE REGIONAL HIGH SCHOOL
JANUARY – FEBRUARY 2012

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General Guidance News

Website

Please be sure to check the HRHS website (<http://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.

Financial Aid Night

Over 50 parents/guardians and students attended the annual Financial Aid Night held on December 1, 2011. Gail Holt, Senior Associate Director of Student Financial Services at Mt. Holyoke College, gave an excellent overview of the financial aid process and the applications

for financial aid. Ms. Holt came as a representative of the Massachusetts Educational Financing Authority (MEFA). Families can find helpful 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: <http://www.hrhs.net/content/guidance/finaid.php3>. On **March 8th, (6 p.m.)** a representative from Smith College will be presenting a workshop titled "What's Next: a parent information session on how to read the Financial Aid packet". This workshop will help parents and student understand and compare their financial aid award letters.

Career Cruising

This is the fourth school year the guidance department has implemented an online career exploration inventory called "Career Cruising". All students in grades 9 through 12 have completed at least one lesson in which they started a portfolio, saving five to ten careers to explore. Each school year, students will complete another lesson, further developing their portfolio. The guidance department will be doing a lesson in Career Cruising for all 9th, 10th, and 11th graders during semester two. Eighth graders will receive their first lesson in January. Students can go to www.careercruising.com and enter hrhs (user name) and hampshire (password) and then enter their individual user names and passwords to login to their portfolios from any computer. If they do not remember their login info, guidance has a list of all user names and passwords. Students are encouraged to update their online portfolios any time.



5 Steps to Help Control Worry

If your student is experiencing anxiety, please contact his or her guidance counselor to learn about supports and services offered at HRHS to assist students with anxiety.

Step 1: NEVER WORRY ALONE

Step one is the most powerful method of controlling worry ever devised. In three simple words, the most important principle of all in combating worry: **make human contact**. Get out of your imagination and into a live dialog. If you are alone, call someone or walk to someone else's office. You don't even have to talk about what is bothering you. Indeed, it is often better not to. Just make contact with another person. Talk about the weather, or a baseball game or your favorite restaurant.



Step 2: GET THE FACTS

Toxic worry is usually based on lack of information or incorrect information. If you are worried about what a friend thinks of you, ask. If you are concerned you might have a melanoma, see a doctor. If you are worried you might get downsized, find out from your supervisor what's going on. Getting the facts is better than stewing.

Step 3: MAKE A PLAN

Based on what you learn in steps 1 and 2, now is the time to take action. Taking action puts you in a position of control, which always helps. Even if you plan fails, you will have reduced your toxic worry simply by taking action. And if the first plan fails, think up another. And another. Passivity is the great danger. Toxic worry feasts on a passive victim.

Step 4: PRACTICE MIND MAINTENANCE

This includes the following five steps. A. Get enough sleep. B. Eat a balanced diet and don't use food as a form of self-medication. C. Exercise regularly. D. Pray or meditate regularly. E. Get daily doses of positive human contact.



Step 5: LET IT GO

This is the hardest step, the step that requires the most practice. But it is a talent that can be learned. Once you have gone through steps 1-4 you should be ready to move to step 5 and let your worry go. Don't hold onto it as if it were protecting you. In fact, toxic worry is really bad for your health. So, let it go.

Helpful Info:

Website

<http://www.hrhs.net/content/guidance/guidancemain.php3>

Get the latest updates on:

- * College Bound
- * Staff
- * Study Skills
- * Counselor's Corner
- * Program of Studies
- * Up-Coming Events
- * Graduation Requirements
- * Guidance Calendar

Career Cruising Access

www.careercruising.com

Username: hrhs

Password: Hampshire

To Register for SAT's

www.collegeboard.com

School Code: 220722

2012-2013 Course Registration

The process for course registration for the 2012-2013 school year has begun! The scheduling timeline is posted on the HRHS website. Please note the following dates:

Week of January 16th, 2012

Program of Studies will be available online. If you do not have internet access, please contact the guidance office for a hard copy.

February 2nd:

"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! (Periods 1,2,5,and 6)

February 8th: (Snow date: Feb. 9)

Third annual **"Transition to High School"** night for parents/guardians of 8th grade students. We will explain graduation requirements, discuss a typical 9th grade schedule, and review elective course offerings.

February 9th

Teacher Recommendation Day: 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. Snow date: Feb. 10th

February 14th

Parents / guardians mailed the teacher recommendation form and appeal process. Due back **March 2nd**

February 13th through March 9th

Counselors will assist students with course selections

Week of March 12th

Students bring their lists of course selections home to parents/guardians, along with a letter stating how to request a change in class registration. (This form does not apply to changes in course level)

March 22nd

All requests for changes from parents/guardians are due.

Career Day

Our annual Career Day for 9th grade students will be held on **Wednesday, March 21st**. Career Cruising was used to identify HRHS students' top six career fields: 1) Agriculture, Food & Natural Resources; 2) Architecture & Construction; 3) Arts, A/V Technology & Communication; 4) Health Science; 5) Human Services; and 6) Science, Technology, Engineering & Math. During Career Day, students will have the opportunity to speak with adults who work in these career fields in order to learn more about future career possibilities. **If you, or someone you know, work in one of these fields and would like to join us as a Career Day speaker, please contact the Guidance Office for more information.**

Class of 2012 News

College Application 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 included in the application. 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 59 students have already sent out multiple applications. This translates to approximately 213 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

February 1
February 15
March 1
March 15

Guidance Deadline

January 12
January 27
February 6
February 17

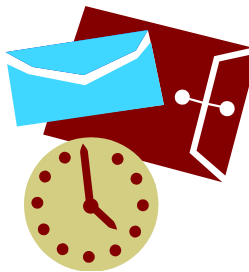
April 1

March 14

Scholarship Application 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.

The HRHS Scholarship Application can be found at the following link:

<http://www.hrhs.net/content/guidance/collegebound.php3>

This application is for all seniors who could potentially qualify for local scholarships such as: Amy's Place, DAR Good Citizenship, Easthampton and Florence Savings Banks, Erickson Leadership Award, Robert J. Garvey, Northampton Lodge of Elks, Williamsburg Alumni Association, Andrea Warren Memorial Award, and many more. **Applications are due April 6, 2012.** Recipients will receive their awards at the senior awards night June 6, 2012.

At the same link you will also find a list of over 100 scholarships with the description and due dates. Students can also research scholarships at some of the following websites:

www.careercruising.com
www.fastweb.com
www.collegenet.com

Class of 2013 News

PSATs

The follow up lesson for all students who took the PSAT in October was done differently this year. The 45-minute session was taught in small groups in a computer lab. This was designed to assist students with interpreting their PSAT results and using the information provided to prepare for the SAT and begin their college search process. East student created a College Board account and

learned how to access an individual study plan for the SAT. Students and parents/guardians are encouraged to utilize the online resources provided by CollegeBoard, at www.collegeboard.com/quickstart. Students can log on with their new College Board user name and password.

Beginning the College Process

Parents/guardians of juniors were sent a letter of invitation to an *individual meeting with your students' guidance counselor*. Senior year course selections, career and educational plans will be discussed. We will be scheduling meetings from **January 17th until the 31st** between the hours of **7:30am and 2:30pm**. Contact the guidance office to schedule an appointment.



IN ADDITION:

All juniors and their parents/guardians are strongly encouraged to attend the **“Navigating the College Application Process”** workshop to be held on **Thursday, April 5th, 2012 at 6:00 p.m. in the Library**. Parents and guardians of any student in any grade who are interested in the college application process are invited to attend.

SATs

Current juniors are encouraged to take the SAT one time this 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>Registration Deadline</u>
Mar. 10, 2012	Feb 10, 2012
May 5, 2012	April 6, 2012
June 2, 2012	May 8, 2012

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

EARLY COLLEGE PLANNING FOR PARENTS OF 8TH, 9TH AND 10TH GRADERS

Save the Date: Wednesday March 28th at 6pm in the Library!

Planning ahead for college takes more than financial planning. The HRHS guidance department is sponsoring a parent workshop that will include important information about how students may plan for college during their high school career. MEFA (a not-for-profit organization that works to make higher education more accessible for students in Massachusetts.) will be presenting information

on planning for college admissions and financing. All participants will receive MEFA's Early College Planning Workbook for Students and Parents which helps families think creatively about their options for higher education and discover ways of financing their college education.

Middle School News

Vocational School Information

Students interested in learning more about vocational education met with a representative from Smith Vocational & Agricultural High School on Oct. 18th. Students interested in attending Smith Vocational and Agricultural High School for 2012-2013 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. 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.

25 Things Parents Can Do To Raise Their Kids Bully-Proof (From www.CooperativeKids.com)

1. Talk less and allow your children to speak more
2. Invite them to help you in coming up with rules
3. Start a weekly family meeting
4. Help your children feel like they have a place in the family
5. Allow your children to say NO without retribution
6. Model saying NO in respectful ways for them to emulate
7. Use alternatives to saying NO, such as “I’m not willing”
8. Say “I’m not ready for you to do that” instead of NO to big kid things
9. Help them build a “Dream Book” to keep their wishes and desires in
10. When they ask for things, tell them to write that in their dream book
11. Teach them to solve their own problems so they will become capable
12. Avoid rescuing them or diminishing issues they see as important
13. Allow them to express their emotions; don't “stuff” them
14. Teach them about the encouraging power of their self-talk

15. Help them hear the inner voice that will become their moral compass
16. Limit entertainment electronics to minimize their video screen time
17. Avoid allowing children under 16 to have a cell phone
18. Avoid allowing children under 16 to have social media accounts
19. Use timers that visually limit entertainment electronics
20. Keep bedrooms for sleeping, with no internet or television access
21. Help your child feel powerful by giving them opportunities to feel important at home
22. Set up agreements in advance instead of issuing commands for them to comply
23. Punishment demands obedience... consequences permit choice
24. Set verbal and behavior examples for your children to learn from
25. Rules without relationship result in rebellion

*WE WOULD LIKE TO WELCOME TWO NEW INTERNS FROM UMASS WHO WILL BE ASSISTING IN OUR GUIDANCE OFFICE DURING SEMESTER TWO:
EMILY HOFFER AND JUSTINE SCHUFF*

OUR GUIDANCE DEPARTMENT WOULD ALSO LIKE TO THANK KAREN HILDALGO WHO IS VOLUNTEERING IN OUR GUIDANCE OFFICE ONE DAY A WEEK. KAREN WAS A LONG TERM SUB FOR KATIE WATKINS LAST YEAR.

KAREN HAS BEEN MEETING WITH 9TH GRADE STUDENTS WHO ARE HAVING ACADEMIC DIFFICULTIES. SHE IS WORKING WITH THEM TO IMPROVE THEIR STUDY SKILLS AND ORGANIZATIONAL SKILLS.

Staff Contact

HRHS Guidance phone number:
413-527-7680 x2

Patti Richmond: prichmond@hr-k12.org
Coordinator of Guidance
High School Counselor (A – F)

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

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

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

Leslie Giordano: lgiordano@hr-k12.org
School Psychologist

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

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

MCAS SCHEDULE 2011-2012

Date	Test Name	Students Taking Test	Notes
Wednesday, February 1	Biology Retest Session 1	11th and 12th who need to earn a 220	
Thursday, February 2	Biology Retest Session 2		
Friday, February 3	Biology Make Up Retest Session 1 & 2	Any Student who missed testing on February 1 or 2	
Wednesday, February 29	ELA Composition Retest	11th and 12th grade who have not earned a 240 or more on ELA MCAS	Dictionary allowed
Thursday, March 1	ELA Reading Comp Retest Session 1 & 2		
Friday, March 2	ELA Reading Comp Retest Session 3		
Monday, March 5	Math Retest Session 1	11th and 12th grade who have not earned a 240 or more on Math MCAS	
Wednesday, March 7* (half day, testing in AM)	Math Retest Session 2		Calculator allowed
Tuesday, March 13	MEPA Test Session 1	ELL students	
Wednesday, March 14	MEPA Test Session 2	ELL students	
Wednesday, March 14	MCAS-Alt Portfolios Due	Moderate/Severe Special Ed Students	
Tuesday, March 20	ELA Long Comp Session A & B	7th and 10th grade	Dictionary allowed
Wednesday, March 21	ELA Reading Comp Session 1 & 2	10th grade	
Thursday, March 22	ELA Reading Comp Session 3		
Friday, March 23	ELA Reading Comp Make-Ups	Any student who missed testing March 21 or 22	
Tuesday, March 27	ELA Reading Comp Session 1 & 2	7th and 8th grade	
Wednesday, March 28	ELA Reading Comp Session 3		
Thursday, March 29	ELA Long Comp Make-Up	Any student who missed testing on March 20	Dictionary allowed
Friday, March 30	ELA Reading Comp Make-Up	Any student who missed testing on March 27 or 28	
Tuesday, May 8	Mathematics Session 1	7th and 8th grade	
Wednesday, May 9	Mathematics Session 2		Calculator allowed
Thursday, May 10	Science and Technology/Engineering Session 1 & 2	8th grade	
Friday, May 11	Mathematics Retest Session 1 & 2	Any student who missed testing on May 8 and 9	*Calculators allowed for session 2 testing
Monday, May 14	Science and Tech/Eng Retest Session 1 & 2	Any student who missed testing on May 10	
Tuesday, May 15	Mathematics Session 1	10th grade	
Wednesday, May 16	Mathematics Session 2	10th grade	Calculator allowed
Thursday, May 17	Mathematics Retest Session 1 & 2	Any student who missed testing on May 15 and 16	*Calculators allowed for session 2 testing
Friday, May 18	Retest Day	Any student who missed any Math/Science session	
Tuesday, June 5	STE (Bio, Chem, Physics, Tech/Eng) Session 1	10th grade/11th and 12th who need to earn a 220	
Wednesday, June 6	STE (Bio, Chem, Physics, Tech/Eng) Session 2	10th grade/11th and 12th who need to earn a 220	
Thursday, June 7	STE (Bio, Chem, Physics, Tech/Eng) Retest	Any student who missed testing June 5 or 6	