

# 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  
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## NEWSLETTER

MARCH APRIL 2010

### FROM THE PRINCIPAL

Bullying and harassment by students has always been taken seriously by the Hampshire Regional High School staff and our efforts to address this issue has been heightened due to recent tragic events in a neighboring community. We have always included a discussion of bullying and harassment in our Health classes. In addition, our counselors, teachers and administration work closely together when we are made aware of a bullying or harassment issue. Our middle school students have received a presentation on Internet safety and teachers have opened discussions in their classes regarding respectful behavior among and between students both in and out of school. Several of our athletic teams have received sportsmanship awards from the MIAA. A review of the school's bullying policy was done at a recent faculty meeting with a full presentation on the topic scheduled for our March faculty meeting. In addition, two parent evenings are scheduled in order to discuss the topic of bullying and Internet safety. The details of these evenings are included in this newsletter.

How can you help? Information is key in addressing any bullying or harassment issue. If you or your child is concerned about a bullying or harassment issue, please let a counselor, teacher, or administrator know so that we may address it immediately. Another way you can help is to talk to your child about being a bystander. Too often students witness a bullying incident and do not speak up to either stop it or let an adult know that it occurred. By working together we can continue to provide a positive learning environment for all of our students.

### ADVERTISING OPPORTUNITY

You have the opportunity to place an advertisement on our official Student Book Covers. These high quality coated covers are used to protect all the books in our school. Your help is needed in sponsoring these covers with an advertisement, so that they may be offered at no cost to our students. If you are interested in sponsoring our book covers sometime in the future, please call Luanne Clark, Office Manager at the number above. We will need your name, the name of your business, phone number and the best time to reach you. Thank you!

### ACADEMIC SOCIETY

The Red Cross Blood Drive, sponsored by the Academic Society, will take place from 8:30 - 1:30 on March 9 in the Auditorium. The public is welcome.

### AS SCHOOLS MATCH WITS

The Hampshire Regional High School As Schools Match Wits team will be appearing on WGBY-TV. The competition will air on Wednesday, February 24th at 7:30 PM and again on Saturday, February 27 at 7:00 PM. A recording of the episode will also be available for viewing after the broadcasts have taken place on the WGBY-TV website. Tune in to watch senior **Jamison Wickman**, and Juniors **Matt Boucher, Cailee Dean, and Sam Hanson**, take on Pittsfield High School.

## **FROM THE MATH DEPARTMENT**

### **MATH DEPARTMENT NEEDS ELECTRICAL ENERGY**

Our supply of AAA batteries for our graphing calculators is at an all time low. If you have extra batteries or if you would like to donate some batteries the teachers and students will be forever grateful. Please send them in to Mrs. Schott. Thank you in advance.

Jim Liptak, Math Curriculum Coordinator

## **CLASS OF 2010 NEWS**

The year is flying by!

Thank you to everyone who has purchased the Senior Bundle already. Be aware that the longer you wait to purchase it, the less of a discount you will receive. Please note that anyone who wishes to participate in any of the Senior Week activities must be up-to-date with class dues and must sign up and pay by the final deadline of Wednesday, April 14<sup>th</sup>.

The schedule for Senior Week is as follows:

- Monday, May 31<sup>st</sup> No School (Memorial Day)
- Tuesday, June 1<sup>st</sup> *High Meadow Resort*: in North Granby, CT will be a day filled with outdoor activities including swimming, games, entertainment, food and fun!
- Wednesday, June 2<sup>nd</sup> *Awards Night*: at HRHS Auditorium
- Thursday, June 3<sup>rd</sup> *Senior Breakfast*: Sponsored by the Hampshire Regional School Committee at the Westhampton Congregational Church
- Thursday, June 3<sup>rd</sup> *Senior Banquet*: at Northampton Country Club
- Friday, June 4<sup>th</sup> *Graduation Rehearsal and Commencement*: at John M. Greene Hall, Smith College, Northampton

If you have any questions please contact Ms. Barut 527-7680 ext. 2039 [tbarut@hr-k12.org](mailto:tbarut@hr-k12.org) or Mrs. Carpenter 527-7680 ext. 1042 [kcarpenter@hr-k12.org](mailto:kcarpenter@hr-k12.org).

## **INTERNET SMART & SAFE**

Wednesday, March 31, 2010.

6:30 TO 8:00 PM in the Library Media Center

Presented by:

Cynthia Boyle, Northwest District Attorney's Office and

Kim Florek, Director of Technology, Hampshire Regional School District

The Internet's "super highway" runs right through the middle of our children's lives. It opens up a world of entertainment, communication and educational opportunities. However, it also allows direct access to people and Web sites that can expose kids to age-inappropriate content and risky social contacts.

This workshop offers a glimpse into the online lives of young people. Participants will become familiar with web sites that are popular with the youth in our communities.

Topics covered will include: social networking sites, online gaming and instant messaging. Online safety tips and family contracts regarding internet use will also be discussed as important tools for keeping our young people safe while online.

To learn more about what our children are doing online and what every parent/guardian should be aware of, we invite you to attend this workshop. CHILD CARE AVAILABLE BY RESERVATION (Please contact Mary Phelan at 527-7200)

Kim Florek

Director of Technology

527-7680 ext. 4207 email: [kflorek@hr-k12.org](mailto:kflorek@hr-k12.org)

## **THE SCHOOL HEALTH ADVISORY COMMITTEE**

The Hampshire Regional School District (HRSD) is very fortunate to have been awarded the Essential School Health Service grant from the MA Department of Public Health. Although the main focus of the grant is to assist schools in improving the delivery of health services to students in all of

the District's schools, other components of the grant include school environment, wellness, nutrition and health education.

The HRSD is currently in the second year of the grant and is required to have a school health advisory committee. After a brief hiatus the school district is looking to reconvene the group. Responsibilities of the committee include, but are not limited to reviewing the results of a needs assessment, developing goals and objectives, and providing recommendations for policy and program development and/or improvement. The committee is required to meet four times during the school year.

If you have a passion about a health-related topic or are interested in learning more about the health/wellness environment of the District's schools, please plan to attend an informational meeting on Tuesday, March 16<sup>th</sup> at 6:30 pm in the HRHS school library. Future meeting times will be adjusted to meet the convenience of the committee members.

Membership is open to all parents and community members interested in school health issues. Students are welcome to serve on the committee to earn community service hours.

If you are interested in more information about the committee and its focus, please contact Mary Phelan, RN, Health Education Coordinator at 527-7200 or [mphelan@hr-k12.org](mailto:mphelan@hr-k12.org)

### **BULLYING: A COMMUNITY APPROACH**

The HRSD invites all parents, guardians and community members concerned about bullying and anti-social behavior in the school community to attend the first program in the series, "Bullying: A Community Approach." The program will be held at the HRHS auditorium on **Thursday, March 11<sup>th</sup> from 6:30 - 8:00 pm.**

The interactive program will be facilitated by Amy Scully, HRHS guidance counselor and panelists will include Dr. Craig Jurgensen, Hampshire Regional School District Superintendent, Patricia

Clem, Hampshire Regional High School Principal and the HRHS guidance staff.

### **GREETINGS FROM THE NURSE'S OFFICE**

We hope you had a healthy winter break. Mandatory screenings for 7th and 10th grade have been completed and results have been mailed home. Please note the reporting of height, weight, BMI, vision and hearing results to parents is a Department of Public Health mandate. Postural screenings have begun and results will be forwarded to parents/guardians in the spring. If you have any questions regarding your student's results, please contact the nurse's office.

If your student had received the H1N1 vaccine at school and you would like a copy of the vaccine administration card, please contact the nurse's office.

**Reminder to parents/guardians of 10th grade students-** please forward a copy of your student's 2009-2010 physical from the pediatrician to the nurse's office as soon as possible. Updated physicals must be on file in the nurse's office for all students entering 7th grade and 10th grade.

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.

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

## **MUSIC DEPARTMENT NEWS**

On Thursday, February 11 for the first time we held the Winter Choral Concert in the Southampton Congregational Church. The Chamber Singers, Middle School, Bee Singers and High School choruses all sang as well as the Insingeraiders, our resident student led a cappella ensemble. From the donations given that night we were able to send a donation of \$250.00 to the Red Cross earmarked for the victims of the Haitian earthquake.

Congratulations to all the singers on their fine performance, and thank you to the members of the Southampton Congregational Church for sharing their beautiful space. A special thank you to choir director, Kathy Marks, who accompanied us so beautifully.

The HRHS Music Department is very busy place in March.

Junior District Festival is right around the corner to be held March 6 and 13. The performance will be held at the UMass Fine Arts Center on Saturday, March 13 at 3 PM. This year we have eight 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> grader chorusters participating. They are: **Gina Wetzal, Emma Cook, Luna Hino-Nakayama, Molly Wilder, Hayley Hemminger Martin, Sydney Mark, Hannah Weiss and Janine Clapp.** Congratulations to all of these talented singers.

This year six students have been accepted into the All-State Music Festival to be held in Boston March 17, 18 and 19. Their performance on March 19 in Boston Symphony Hall will be a lifetime memory for them. Congratulations to: **Chris Bassett** (trombone), **Mollyrose Kelly-Gorham, Zoe Baghdoyan, Rory Kitchen, Sarah Labrie and Alyssa Labrie** on their significant achievement.

The High School Jazz Band will be participating in the UMass Amherst 12<sup>th</sup> Annual Jazz Festival Saturday, Feb. 27 and the Berkeley College of

Music High School Jazz Festival on Saturday, March 13. Good luck to the Jazz Band in these festivals.

Lastly, the excitement is building as rehearsals, costuming, technical planning, sets and pit band all come together for the HRHS spring production of **THE WIZARD OF OZ**, directed by Cathy King. This promises to be a wonderful journey to Oz, sure to be enjoyed by the whole family with a real live Toto! The show goes up March 26 and 27 @ 7:30 PM and Sunday, March 28 @ 2 PM. Please be sure to reserve your tickets early by calling the school at 527-7680 and dialing ext. 4529.

Stay connected with music events by going to the HRHS home web page and clicking on departments and then music.

Please come to our events and support the music students at HRHS. They are dedicated players, singers and musicians.

## **FROM THE ART DEPARTMENT**

Our photography program has received a generous donation. Pat Monahan has provided us with three film camera bodies, lenses, a case, owner's manual, batteries, and B&W Ilford film. This donation will provide loaner cameras to students who are enrolled in Photography I and II. We really appreciate Mr. Monahan's thoughtfulness.

We accept donations of used cameras. Please contact Karen Tetrault. [ktetrault@hr-k12.org](mailto:ktetrault@hr-k12.org)

Karen Tetrault  
Visual and Performing Arts Curriculum  
Coordinator

## **FROM THE LIBRARY**

### **Wish List**

Please consider selecting a title from the HRHS Library Wish List to donate to the school library. The list can be viewed online by going to the HRHS Library website, <http://www.hrhs.net/content/library/library.php3>, and clicking on the link at the bottom of the left side

of the page. You may also call or email Mrs. Belanger for a copy of the list. Individuals are free to purchase the titles from any bookseller or to simply send a check to the library made out the HRHS Library Wish List indicating which titles they would like to purchase for the library or leave the choice up to the library. Last year we had several generous donations from the wish list.

### **Library Café!**

The HRHS Library Café, serving hot cocoa and cider, is open Fridays during the school day. Students are able to purchase refreshments to sip in the library while they do their work. The beverages are \$1 and all proceeds go towards purchasing new material for the library. Proceeds from the Café held on February 5<sup>th</sup> were donated towards relief efforts in Haiti.

### **Tech Week – March 8-12**

The HRHS Library will join other libraries across the country to sponsor Tech Week, March 8-12. There will be daily contests, workshops, and an after-school gaming contest on March 11<sup>th</sup> that will include Guitar Hero and Wii Tennis. Tech Week is a national event, sponsored by the Young Adult Library Services Association, that encourages teens to take advantage of libraries' nonprint resources. The 2010 theme — *Learn Create Share @ your library* — fosters teen creativity and positions the library as a physical and virtual place for safe exploration of the many types of technology available at libraries, including gaming, video production, tech workshops, audiobooks, online databases and more.

### **FROM THE GUIDANCE OFFICE**

The guidance department would like to welcome a new guidance intern this semester. Ms. Jessica Austin is currently in her second year of the graduate School Counseling Program at UMass. Ms. Austin will be at HRHS on Tuesdays.

### *COURSE REGISTRATION PROCESS*

The process for course registration for 2010-2011 has begun. The scheduling timeline is posted on the HRHS website. A “Charting Your Course” assembly for grades eight through eleven was held

on February 11<sup>th</sup>. Teacher Recommendation Day was February 25<sup>th</sup>. Guidance counselors are meeting with 6<sup>th</sup> – 11<sup>th</sup> graders from March 1<sup>st</sup> through the 19<sup>th</sup>. On March 1<sup>st</sup>, the course recommendation form will be mailed home to parents/guardians. If you would like to request a level change, you must turn in the appeal form by March 8<sup>th</sup>. The level change form is located on the following page of the HRHS website:

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

The teacher or curriculum coordinator will contact the parent / guardian to discuss the level change. If a decision cannot be made over the phone, a meeting will be scheduled.

On Monday March 22<sup>nd</sup>, a list of registered courses will be brought home with a letter explaining how to request a course change (not a level change.) This will be the only opportunity to request any changes. Parents/guardians and students will have until March 27<sup>th</sup> to request any changes. *No changes will be made after this deadline unless there are extenuating circumstances.* It is important that parents/guardians and students do the necessary research now to ensure that students are signing up for the appropriate courses. Due to limited resources, it is critical that Mrs. Clem (Principal) and department heads have accurate course sign-up counts so they will know how many sections of each course will run. Students and parents/guardians should research course descriptions in the Program of Studies available online at [www.hrhs.net](http://www.hrhs.net). If you do not have internet access, please send your student to the guidance office to pick up a hard copy of the Program of Studies. It is our goal to have preliminary schedules distributed to parents/guardians (without teacher names or room numbers) by June.

### *COLLEGE APPLICATION PROCESS*

Most seniors have completed the college application process for 09-10. The last step of the process for seniors includes writing thank you notes to individuals who wrote recommendation letters or helped with your student's college application process. **Now is the time to apply for scholarships!** Check out the HRHS website for a list of scholarships available in guidance.

## **SCHOLARSHIP APPLICATION PROCESS**

Teacher recommendations mailed from the guidance office cannot be viewed by students, therefore 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
4. All requests to the guidance office for scholarship materials including transcripts must be made at least 12 FULL SCHOOL DAYS prior to the deadline.

## **HRHS COLLEGE SCHOLARSHIP**

There are numerous scholarships that are given to HRHS students by local individuals and organizations. These scholarships range from \$50 to well over \$1000. Applications will be distributed in senior homerooms on **March 3, 2010** and will be due to the guidance office by 2:15 p.m. on April 6, 2009. The application is also available on our school website at:

[www.hrhs.net/content/guidance/collegebound](http://www.hrhs.net/content/guidance/collegebound)

## **LIFE AFTER HAMPSHIRE REGIONAL**

The high school guidance counselors met with over 50 parents/guardians and current juniors to discuss their future plans and the best senior class schedule based on those plans. Thank you to all of you who took the time to meet with us and start planning for "Life After Hampshire Regional."

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. Although geared toward juniors and their parents/guardians, the parents/guardians of any student in any grade who are interested in the college application process are invited to attend.

## **VOCATIONAL SCHOOL INFO**

Students interested in attending Smith Vocational and Agricultural High School for the 2010-2011 school year were asked to submit applications to Mrs. Watkins before the December break. In early February, students completed interview portion of the application process, meeting with an admissions counselor from Smith Vocational.

## **CAREER EXPLORATION: 9<sup>TH</sup> GRADERS**

This is the seventh year the guidance department will facilitate important guidance curriculum for the two MCAS testing days March 23rd and 24<sup>th</sup>. 10<sup>th</sup> graders will be taking the MCAS tests, 11<sup>th</sup> and 12<sup>th</sup> graders are allowed to have a late start, arriving at 10:20am. For 9<sup>th</sup> graders we will be administering our new online "**Career Cruising**" inventory, doing a learning styles inventory and holding a "Career Fair" with over 30 presenters. **ALL 9<sup>th</sup> graders should plan to be at school for these events.** Guidance research shows that there is a direct correlation between a student's academic success in high school and their ability to connect with a career path. Even if they change careers later, the motivation they find in the connection is extremely beneficial. If your 9<sup>th</sup> grader is not here for these events, they will certainly be missing out on an important facet of their education.

## **SAT'S**

Please note the date for the SAT's this spring:

<b>Test Date</b>	<b>Regular Registration Deadline</b>
<b>May 1, 2010</b>	<b>March 25, 2010</b>
<b>June 5, 2010</b>	<b>April 29, 2010</b>

The best way to register is online at [www.collegeboard.com](http://www.collegeboard.com). School code: 220722. Students can prepare for the SAT by going to: [collegeboard.com/quickstart](http://collegeboard.com/quickstart). This is a free service from the College Board.

## **SUMMER SCHOOL POLICY**

Students must receive a final grade of 55 - 59 in a

course at HRHS in order to be eligible to take a summer school course and be granted credit. Exceptions may be made with the approval of the following: the teacher of the course that was failed, the curriculum coordinator of that department, the student's guidance counselor, and the principal. (To read the policy in its entirety, please refer to page 16 of the Student – Family Handbook found at [www.hrhs.net](http://www.hrhs.net)) If you would like information on summer school, you may contact the guidance office in mid to late May.

### **6<sup>TH</sup> GRADE ORIENTATION**

On Thursday, May 6th, we will have the 6th grade parent/guardian information session in the auditorium from 7-8 pm. Informational flyers will be sent home with sixth grade students later this spring.

### **DOCTOR FOR A DAY**

HRHS has been selected again this year to participate in the “HIGH SCHOOL DOCTOR FOR A DAY” program on March 24, 2010 at the Cooley Dickinson Hospital in Northampton. (The deadline to apply was February 5, 2010.) Each student is assigned to spend a full day with a physician observing daily rounds, surgery, and emergency care based upon the specialty requested by the student. Based upon past experiences, this is an excellent opportunity for those students who are seriously considering any aspect of the medical profession as a future career path.

### **COUNSELING SERVICES**

In addition to academic and career counseling services that the Guidance Department provides, the School Psychologist (Leslie Giordano) and School Adjustment Counselor (Jan Sniffen) also provide counseling, consultation and intervention services to address social or emotional difficulties. Guidance and assistance for dealing with troubling mental health issues such as anxiety or depression, as well as more general problems with social / emotional functioning is available for our families and students. Individual and group counseling, consultation to parents and collaboration with community-based resources are some of the services that can be provided.

### **ANXIETY and DEPRESSION Websites for**

#### **parents:**

Anxiety and Depression are not uncommon difficulties for children and teens. In addition to the general misery the individual experiences, these issues can have a tremendous impact on their social and academic functioning. Fortunately, effective treatments are available for these disorders. Below are two websites that can provide a great deal of useful information if you have any concerns or questions about your child possibly experiencing either of these disorders.

<http://www.adaa.org/living-with-anxiety/children>  
[http://www.aacap.org/cs/root/facts\\_for\\_families/the\\_depressed\\_child](http://www.aacap.org/cs/root/facts_for_families/the_depressed_child)

If you have further questions or concerns about these matters, please feel free to contact Jan Sniffen, MSW, School Adjustment Counselor, (527-7680/ [jniffen@hr-k12.org](mailto:jniffen@hr-k12.org)) or Leslie Giordano, M.Ed, School Psychologist (529-2780 / [lgiordano@hr-k12.org](mailto:lgiordano@hr-k12.org))

