

# 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](http://WWW.HRHS.NET)

## NEWSLETTER

MAY JUNE 2009

### From The Principal

The last quarter of the school year is always one of many preparations. Seniors are preparing for graduation, underclassmen are preparing for MCAS exams, the staff is busy preparing for final exams and we here in the office are preparing for next year's schedule. In the midst of all of this forward thinking, it is important for us to reflect on the past year's successes and accomplishments. Our students have much to be proud of whether in the classroom, on the stage, or in the athletic arena. These successes have been due, in a large part, to the support that you have given the school and your child. I would like to take this opportunity to thank you for your support this school year. Our school community is highly regarded not only for the students who are here, but also for the commitment of our families to our educational program. Thanks for all that you do to make Hampshire Regional great.

It is with great pleasure that we announce **Ms. Penelope Walker** as our Grinspoon recipient for this year. Penelope has been a teacher at Hampshire for three years where she teaches middle and high school Spanish. She and other Grinspoon recipients from the Pioneer Valley will be honored at a celebration at the Log Cabin on May 14. Congratulations Penny.

**Miss a Connect-Ed message? Dial 1-877-REPLAY1 (1-877-737-5291) from your home phone to hear the messages that have been sent to you.**

### Celebrate Teaching and Learning

The Koplik Certificate of Mastery with Distinction program provides recognition of outstanding academic achievement by our public school students. Students in the Class of 2010 who are recipients of the Koplik 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: **Robert Bednarsky, Samantha Brown, Tyler Burke, Christopher Dean, Lauren Desmond, Kayla Diggins, Kristopher Dresser, Matthew Dziok, Brianna Eichstaedt, Adam Federman, Stacy Gillett, Rachel Halpern, Brendan Heath, Jonathan Hernandez, Steven Kellogg, Rory Kitchen, Kimberly Kruzel, Kerry LaBerge, Brandon Labrie, Marc Labrie, Travis LaFond, Andrew LaFosse, Soleil LaFrance, Fallon Lapan, Michael Lemoine, Ramon Madsen, Nicole Mathers, Wade McGannon, Colin McKenna, Kevin McNeil, Alice Miller, Bailly Morse, Daniel Morse, Emily Munsk, Kathleen O'Connor, Bryan Pascoe, Matt Patterson, Nick Peters, Lucas Prickett, Nicole Prucnal, Allison Rowan,**

**Bridget Rowan, Dylan Schwallie, Corey Smith, Erica Sullivan, Emma Topor, Michelle Turner, Coburn Watson, Jamison Wickman, and Brianna Woolley**

### Western Mass. History Day

On Saturday, March 7, 2009, 24 Hampshire Regional students competed at the Western Massachusetts History Day held at Springfield Technical Community College. Several students received special recognition for their projects. All students worked hard, presented their projects well, and were excellent representatives of Hampshire Regional. Congratulations to you all.

In the junior individual exhibit category – **Alexander Korza** received an honorable mention for his project, Charlie Wilson: Saving the Mujadeen. Also competing in this category were **Eric Belisle** with his project, William E. Boeing, and **Tyler Valinski** with his project, Albert Einstein.

In the junior group exhibit category – **Megan Thompson-Munson and Elizabeth Woods** won first place with their project, Muhammad Yunus.

In the senior individual exhibit category – **Abigail Sztatrowski** won first place with her project, Harriet Beecher Stowe: The Surviving Legacy. **Courtney Blanchard** won second place with her project, Jesse Owens: The First Olympic Track Star. **Jonathan Labrie** received an honorable mention for his project, Eugene F. "Gene" Kranz: The Man Behind the Missions. **Tori Weltlich** also competed with her project, Twiggy: Fashion Icon.

In the senior group exhibit category –

**Bailey Gobillot and Margo McCarthy** won first place with their project, The Life of Milton Bradley: A Local Legend. **Karolina Bak, Caitlin Cauley, and Kendra Lohr** won second place with their project, Marie Curie: Scientific Pioneer. **Robert Dragon, Zachery Kareta, Evan Klich, and Mike Sarafin** received an honorable mention for their project, Milton S. Hershey.

In the senior individual documentary category – **Lauren Walker** received an honorable mention for her project, The Marvelous Helen Keller.

In the senior individual performance category –

The mission of Hampshire Regional High School is to empower students to be capable and confident and prepared to meet the challenges of life. In partnership with our five towns, we create a supportive and respectful environment that fosters cooperation, critical thinking, and creativity. We encourage our students to explore opportunities that develop the knowledge and skills needed to be life-long learners and responsible participants in society.

**Sam Hanson** won first place for his project, The Butcher and the Marble Man: Grant, Lee and the Civil War.

In the junior individual web site category – **Else Schlerman** won first place for her project, Leonardo da Vinci.

In the senior group web site category – **Hudson Cooney, Alex Malinowski, and Brendyn Pac** won first place for their project, Alfred Nobel.

All projects that placed either first or second in the category were able to go on to compete in the State History Day Competition held on April 4, 2009 at Clark University in Worcester, MA.

### **Massachusetts State History Day**

Hampshire Regional was well represented by students and their projects at the State History Day Competition held Saturday, April 4, 2009, at Clark University in Worcester. Special recognition in a tough competition goes to the following students and their projects:

Congratulations to **Else Schlerman** (grade 8) won first place in the state in the junior web site category with her project, “Leonardo da Vinci. Else has been invited to compete at the National History Day competition held at the University of Maryland in June.

Congratulations also to **Megan Thompson-Munson and Elizabeth Woods** (both grade 8) who received an honorable mention for their project, Muhammad Yunus.

Other Hampshire Regional students who competed at the State History Day include: **Karolina Bak, Caitlin Cauley, and Kendra Lohr** (all grade 10) Marie Curie: Scientific Pioneer – senior group exhibit category

**Courtney Blanchard** (grade 10) Jesse Owens: The First Olympic Track Star – senior individual exhibit category

**Hudson Cooney, Alex Malinowski, and Brendyn Pac** (all grade 10) Alfred Nobel – senior web site category

**Sam Hanson** (grade 10) The Butcher and the Marble Man: Grant, Lee and the Civil War – senior individual performance category

**Abigail Sztatrowski** (grade 10) Harriet Beecher Stowe: The Surviving Legacy – senior individual exhibit.

Congratulations to all competitors – your quality historical research and creative projects makes you all winners.

History Day is recognized nationally and in the Massachusetts State Frameworks for History and Social Science as a recommended way that students can learn historical research skills. Competition at the regional or higher levels in National History Day is also one of the several accomplishments recognized for “high academic achievement” by the Massachusetts Dept. of Education for the Stanley Z. Koplik.

Hampshire Regional students in grade 8 and in U.S. History I (usually taken in grade 10) must complete a History Day project as one of the requirements for their history course. Next year’s History Day topic is expected to be “Innovation in History:

Impact and Change”. Students may begin gathering research for next year’s History Day after the end of the current school year (June 2009). Please check with me for any topic restrictions or if you have any questions.

Tonya Aitken, History Day Coordinator

### **Class of 2009 News**

Who rocked out THREE Battle of the Walls victories? That’s right, the Class of 2009!!!

Time is short for the seniors. Graduation is just around the corner, and then it’s off to a whole variety of colleges and vocations. In the meantime, there is a lot to do here.

Senior t-shirts are in. If you ordered one, come pick it up. If you didn’t order one, but you still want one, bring \$10 to me right away. I will have a few extras.

Senior Week is coming. June 1-5, 2009:

#### **Monday, June 1** – High Meadow (\$45)

An all day trip to an amazing outdoor picnic with tons of sports and activities, entertainment, and all-you-can-eat buffets. Be at school by 7:45 AM and we will return to HRHS by 5:00 PM.

#### **Tuesday, June 2** – Senior BBQ (\$35)

The Northampton Clarion will host our barbeque, which starts at 5:00 PM. The Senior Slideshow will be viewed at this event.

If you have not yet paid for High Meadow or the BBQ, you have until Thursday May 21.

**Wednesday, June 3** – Senior Awards Night in the HRHS Auditorium.

**Thursday, June 4** – Breakfast (details forthcoming).

**Friday, June 5** – Commencement at John M. Greene Hall on the Smith College campus in Northampton.

It has been a great pleasure serving as your class advisor. Good luck to you all, whatever your future holds and special thanks to my officers over the last four years.

Michael Braidman, Advisor, Class of 2009

mbraidman@hr-k12.org

### **Senior Send Off**

Planning for the annual Senior Send Off party is well under way. The event will be held at the HealthTrax Fitness Club in West Springfield starting at 10:00 PM on Friday, June 5 and ending at 5:00 AM on Saturday, June 6.

All seniors are encouraged to attend this party being held in their honor. Junior class parents will be chaperoning the overnight event. Each attendee is allowed to bring one guest. Food, beverage and entertainment will be provided, all at no charge to the seniors and their guests. Activities will include a hypnotist show, swimming, basketball, volleyball and raffles.

Signed consent forms are required for all those attending; information sheets including the consent/waiver forms were mailed to the homes of the senior class members. Extra forms will be available in the school's main office.

The Send Off Committee would like to say *thank you very much* for the donations received so far from senior class families and local businesses. If you would like to contribute to this self-funded event, please send donations, payable to HRHS Senior Send Off, to the school. Any amount is greatly appreciated. We are also accepting items for the raffle table. Please contact Lisa Cummings at 529-0245, or [cummingslhc@aol.com](mailto:cummingslhc@aol.com) with any questions. Thank you.

### Underclass Awards Ceremony

The annual Underclass Awards Ceremony will be held on June 8, 2009 at 7:50 AM in the auditorium. The ceremony is expected to last approximately one hour. All parents/guardians are invited to attend. The parents of the students who have been selected to receive an award will be mailed a letter about the ceremony.

The Underclass Awards Ceremony honors students in grades 9-11 who have distinguished themselves academically, demonstrated excellence within a curricular area, provided service to our school or who have demonstrated exemplary citizenship. All academic departments give awards as well as many extra-curricular clubs and activities. Athletic team awards are presented at the seasonal sports banquets. We are pleased to have this opportunity to highlight some of the remarkable students we have at Hampshire Regional.

### From the Math and Science Departments

Congratulations to ninth grader **Renee Picard** for her acceptance into Smith College's Summer Science and Engineering Program for High School Girls. Renee will participate in a month long residential program where she will be able to expand her math and science skills. Approximately 100 girls from around the world will participate in two 14-day long courses at one of the top-rated liberal arts colleges and the nation's largest college dedicated solely to the education of women. Good luck Renee.

### From the Science Department

Ms. O'Brien's environmental science class has been raising salmon eggs into fry in a refrigerated tank in the classroom. With the help of the Massachusetts Division of Fisheries and Wildlife, we will be stocking the salmon fry into Sodom Brook and the Manhan River on Saturday morning, May 2. Students can sign up for community service in Ms. O'Brien's room the week before the stocking event. We will release approximately 60,000 fry in about 5 hours. All are welcome and community service is available. Please see Ms. O'Brien if you have any questions.

### From the Change the World Kids

Junior, **Samantha Brown**, will be heading to Martha's Vineyard during April vacation to volunteer her time to the Safe Haven Project. She will serve as a camp counselor in a weeklong camp for kids with HIV. She is the fourth Change the World Kid to volunteer her time to a Safe Haven camp for kids. If you are interested in learning more, please see Ms. O'Brien or

contact Dave Butler at <http://safehavenproject.org/>. Good luck Sammy and thanks for all the kind things you do.

Change the World Kids (CTWKs) will work for free for people in need of help in our school's district. CTWKs offer help with household chores, projects, yard work, or whatever is needed. Donations are accepted and will go toward future projects, local and international. If interested, please email us at [HRHS\\_ChangeTheWorldKids@Live.com](mailto:HRHS_ChangeTheWorldKids@Live.com). We look forward to working with you and fulfilling our mission of no one can do everything, but everybody can do something.

### Class of 2010

I know it is hard to believe, but your little angels will be seniors in 4 months. If you have seen a Hampshire Regional yearbook you know that the parents of seniors buy personal ad space in the back of the book to congratulate their graduates. The space is filled with a combination of photos and text (song lyrics, poems, famous quotes, personal messages). Ads can be as small as a quarter of a page or as large as a full page. The ads are kept confidential until the yearbooks are passed out at the end of their Senior Year. Any photos you submit will be returned to you by mail. Photos can be actual photographs or placed on a CD. The seniors love to see ads from you in the back of the book. That is usually the first place they look when they receive their book. We hope that you will take advantage of this opportunity to show your support for your student, the senior class and for the yearbook.

All you have to do is sketch out what you would like your ad to look like, tell us what picture goes where, what you would like to say, and the size of the ad. We will do the rest. If you would like to design it yourself it must be in PDF format. We are a MAC school. On the back of this letter is an example of a quarter page and a half page ad. The full-page ad obviously, would fill the page. The ads are in full color. Let us know if you prefer black and white.

The deadline to submit all items and full payment for a personal ad at our Early Bird Price is September 1, 2009. ALL PICTURES AND TEXT MUST ACCOMPANY YOUR PAYMENT! After September 1st, the prices will increase. Please mail your checks, made payable to Hampshire Regional High School, to my attention at the address at the top of this newsletter.

Ad Sizes	Price Before 9-1-09	Price After 9-1-09/ Before 12-16-09
Full Page	\$190.00	\$210.00
Half Page	\$130.00	\$150.00
Quarter Page	\$100.00	\$120.00

If you decide NOT to take advantage of these discounted prices, please note that the deadline for all ads to be submitted is Wednesday, December 16, 2009. No ads will be accepted after this date. There are no exceptions. This is my deadline with our yearbook company to determine how many pages I need. I cannot change that number after December 16, 2009. Don't miss out. Thank you.

Laura Facteau, Yearbook Advisor  
527 7680 ext. 1094  
[lfacteau@hr-k12.org](mailto:lfacteau@hr-k12.org)

## Art Department News

You are invited to view "The Chair As Art" as well as a photography display in the Library Media Center.

Look for student visual art in the community this month. Mixed media and printmaking will be on display at the 2009 Hilltown Spring Festival at the Cummington Fairgrounds on May 30th. (More information about the festival at the end of the newsletter) Twenty four photographs will be on display at the Easthampton Savings Bank in Southamptton in May and June.

The Hampshire Regional Art Gallery is open 24-7 at [www.hrhs.net](http://www.hrhs.net).

Karen Tetrault, Visual and Performing Arts Curriculum Coordinator

## Booster Club

The Booster club needs a group of people who want to make the club their own. No experience needed! Most of the current members and all of the officers will be 'graduating' with their senior athletes over the next two years. We need parents of younger athletes to start managing the club next year and transition out the existing members.

Please call Barb Prickett (527-5799) or email the Booster Club [hrhsboosters@hr-k12.org](mailto:hrhsboosters@hr-k12.org) for more information and details.

## Music Department News

February and March were two power-packed months for the music department. On Saturday, February 28<sup>th</sup>, the Jazz Band attended the UMass Jazz Festival where they received first place honors. They performed that evening in the UMass Fine Arts Center Concert Hall as the opening act to the U.S. Army Blues Band. Several students also received special recognition and scholarships to the Jazz in July Summer Music Program.

In early March, eleven HRHS students participated in the Junior Western District Music Festival. They rehearsed on Saturday the 7<sup>th</sup>, followed by another rehearsal and performance on the 21<sup>st</sup> in the UMass Fine Arts Center Concert Hall.

On March 10<sup>th</sup> – 22<sup>nd</sup>, (the same weekend of the Jr. Western District concert), our annual spring musical production was performed in the HRHS auditorium. The Music Man was met with rave reviews from everyone who saw it. Over 75 students, parents, faculty and professionals collaborated to make it a huge success. Along with the backstage crew, tech crew, actors, costumers, painters and set builders, several student musicians sat in as part of the pit band this year.

During the following weekend of March 26<sup>th</sup> – 28<sup>th</sup>, four students and both HRHS music teachers attended the 55<sup>th</sup> All-State Music Festival. The culmination of the two days of hard work paid off amply when the students performed on Saturday in Boston Symphony Hall. **Samuel Antill, Cara Haxo and Sarah Labrie** sang in the chorus and **Christopher Bassett** played bass trombone in the orchestra. This was a peak experience for any musician.

Wednesday, April 8<sup>th</sup>, was the fourth annual Jazz Night Concert held in the HRHS Auditorium. There were performances by the

High School Jazz Ensemble, High School and Middle School Concert Bands, and the Beginning Percussion Ensemble. Each group performed songs that showcased various styles of jazz music and improvisation. Featured soloists included seniors: **Nicholas Otis** on soprano and tenor saxophone; **Samuel Antill** on guitar and piano; **Michael Boucher and James Labrie, Jr.** on trumpet; **Matthew Furman** on trombone; and **Trevor Devine** on drum set and percussion. All of the senior jazz band members, as well as senior concert band flutists **Mary Kate Fleming and Kaila Snape**, have participated in the instrumental music program at Hampshire Regional for six years. Their leadership and dedication towards music continues to inspire others, and reinforces maintaining a strong music education program at Hampshire Regional High School. The music department appreciates all of their efforts and accomplishments, and wishes them well on their future endeavors.

Just prior to the printing of this newsletter, the High School Chorus, Chamber Singers and B Day Chorus performed in the West Springfield Invitational Concert held on Thursday, April 16 at 7:00 PM. This was a sharing of several area choruses meant to encourage friendship and camaraderie amongst singers from different schools.

Many special thanks go to "The Plant People" organization, and the "Finely Friday Fund" at Hampshire Regional for their donations to the music department. Both donations, and assistance from band parents, helped cover transportation costs for the high school jazz band's participation in the Berklee Jazz Festival in Boston during the month of January.

Upcoming performances/events:

- May 1 Great East Music Festival (HS & MS Bands)
- May 13 High School Band & Chorus trip to see "West Side Story" in New York City
- May 25 Memorial Day Parades in Southamptton and Westhampton
- May 27 Spring Choral Concert
- May 29 Great East Festival (Middle School Chorus)
- May 30 Hilltown Spring Festival – outside in Cummington. (Chamber Singers)

Be sure to check out our new website. It is found on the HRHS home page under Departments.

## Drama Club News

Come see "The Brothers Grimm Spectaculathon" directed by seniors **Julie Mawdsley and Lizzie Jekanowski**. This recent work, by playwright Don Zolidis, features two eccentric narrators who attempt to recount, in less than two hours, all 209 fairy tales compiled by the Brothers Grimm. It's a fast-paced, off-beat comedy, and you don't want to miss it. Performances are Thursday May 28, Friday May 29 and Saturday May 30, all at 7:00 PM. Admission is \$3 for general public, \$2 for HRHS students.

Improvers Anonymous, our improvisational comedy troupe, has had a very exciting year. The troupe was formed by audition in November 2008, and is comprised of 10 students in grades 8-12.

After well-attended performances in December and January, we made connections with other high school improv comedy troupes from nearby Northampton, Easthampton and South Hadley. All the groups came together here at HRHS on March 28 for a day of improv workshops followed by a collaborative show.

Our next group effort took place on April 3 in Easthampton, and we have further performances lined up for May 1 in Northampton and June 12 in South Hadley.

Improvers Anonymous will have a final show of the year, tentatively scheduled for June 19 here at HRHS, during which we will bid farewell to the senior members of the troupe. This show will probably also feature The Insingeraiders (Hampshire's a capella group) and Ambidextrous Octopus.

Thank you to all the wonderful audience members who have made our shows successful.

Michael Braidman Drama Club Advisor  
mbraidman@hr-k12.org

### **Class of 2013**

We have 40 seats available for the Columbus Day Trip to Six Flags Great Escape Lodge Indoor Water Park and they are going fast. October 12th is a Monday and a holiday from school. The bus will leave the HRHS parking lot at 8:00 AM. Students will need to have a ride to school that morning. We should arrive by 10:30 AM to Lake George, NY. Students will have access to the indoor water park, which can be seen at [www.sixflagsgreatescapelodge.com](http://www.sixflagsgreatescapelodge.com). Under the Explore Our Lodge heading pull down to White Water Bay. The ticket price also includes a lunch voucher so kids can enjoy lunch while they are there. Other food is available for sale if they want to bring a little spending money. Tickets for the bus ride, lunch and entrance to the indoor water park are \$58.00. There are only 40 tickets available and they will be sold on a first come first served basis. Checks should be made payable to Hampshire Regional High School and should be given to Laura Facteau in Room 1094. The bus is scheduled to be back at HRHS at 5:30 PM. Students will need to be picked up at that time. Students should wear their bathing suits with sweat pants and a jacket or with warm ups so they do not need to waste time changing. No food or beverages are allowed in the indoor water park so anything that they bring will need to stay on the bus. Students will also need to bring their own towels. If you would like your child to join us on this trip please get a check to me as soon as possible. If I already have your student's medical information for the trip to High Meadow you do not need to fill out that form again. If you need a blank form please contact me and I will send one home. Students are not allowed on field trips without the Medical Information form filled out.

Do not hesitate to contact me if you have any questions, suggestions or ideas to support the Class of 2013. [lfacteau@hr-k12.org](mailto:lfacteau@hr-k12.org) or 527 7680 ext. 1094.

### **From the Nurse's Office**

We wanted to express our gratitude for all of the great students and families that we have been in contact with this past school year. Because of you, our transition as new employees into

Hampshire Regional High School has been easy. Please remember to complete the health forms that will be sent out in September to ensure we have the most up to date medical information on your student. If at any time your student requires medication that will be taken during school hours, please contact us to ensure all appropriate paperwork and instructions are in place. Have a happy and healthy summer.

Cyndy Domina RN, BSN  
Mary Price RN

### ***FROM THE DESK OF VICTORIA PILLARD MD, SCHOOL PHYSICIAN***

Spring, along with warmer weather, is finally here! It draws us out of doors into the sun and onto sports fields, bikes, rollerblades, and skateboards. Being active during this season may boost our health and sense of well-being. It is also a perfect time to start a healthy new habit or two.

The recent tragic death of actress Natasha Richardson serves to remind us all of the risk of severe head injury, even from a seemingly minor accident. In many of the articles and blogs about her death, there are comments about whether a helmet would have protected her. I imagine her family asks the same question - what if she had been wearing a helmet...? In this case I, and many others, believe that had she been wearing a helmet she would not be dead. Don't leave yourself or your family wondering if you could have been better protected from an injury.

Accidental head injury during active play is extremely common and is a leading cause of brain damage and death among young people. Accidents are just that - no one intends them to happen - they happen despite skill and caution. A study of children in Massachusetts, published in the October 2003 Journal of Pediatrics, reported that while the majority of kids say they "always" or "almost always" wear a helmet, the reality is very different. In this study as few as 12 -15 % of these kids actually wore helmets during these activities. Among those that were wearing their helmets, poor helmet fit was very common and is associated with a higher risk of injury.

If a head injury does occur, there are a few things to keep in mind. The following symptoms, which can take hours to appear following a blow to the head, could indicate a significant head injury and the affected person should seek immediate medical attention:

- Any symptom that is getting worse, such as headaches or nausea
- Changes in behavior, such as irritability or confusion
- Difficulty remembering recent events or meaningful facts
- Trouble walking or speaking
- Drainage of bloody or clear fluids from ears or nose
- Vomiting
- Seizures
- Weakness or inability to move one or more limbs
- Blurred vision, double vision, or trouble focusing
- Slurred speech
- Initial improvement followed by worsening symptoms

Student-athletes often hesitate and/or are reluctant to report signs or symptoms of a head injury following a collision or hard

blow to the head. This is especially significant because someone who has suffered a head injury should not return to activities that put them at risk for recurrent head injury. A second, even seemingly minor, bump to the head can lead to severe injury if the brain has not been given adequate time to heal from the initial injury.

As you head outside this season, please consider the following healthy habits to your personal care routine:

- Wear your helmet every time you are bicycling, skate boarding or roller-blading.
- Remember to take the time to fit your helmet snugly - it should rest low on the forehead and not be able to slide from front to back.
- Wear the appropriate protective gear recommended for your sport or activity
- Wear sunscreen 30 SPF (or greater) every day and reapply throughout the day
- Wear your seatbelt at all times, even if only driving around the block

Have a safe and healthy summer.

### **Student "Health Profile" Coming Your Way**

The Massachusetts Public Health Council approved a new regulation that now requires public schools to record and send students' Body Mass Index (BMI) measurements home to parents/guardians. This new regulation is part of a larger statewide initiative to document and address the rising obesity rates among children. Massachusetts has joined other states that already require students' BMIs and other health related information to be reported to parents/guardians.

Beginning next fall school nurses will calculate the BMIs for students in Grades one, four, seven and ten. Parents/guardians can expect to receive a Student Health Profile for their child that will include the BMI and the results of other required screenings.

To help educate families about BMIs, additional information and online resources about nutrition, fitness and other health-related topics will be made available to families.

If you have questions or concerns, please contact Mary Phelan, Health Education Coordinator at [mphelan@hr-k12.org](mailto:mphelan@hr-k12.org) or 527-7200.

### **Library News**

#### **Community Foundation Grant**

The library received a \$500 grant from the Community Foundation of Western Massachusetts. The grant will be used to improve the recreational reading collection for students.

#### **Tech Week**

Tech Week is a national initiative sponsored by the Young Adult Library Services Association and is aimed at teens, educators and other concerned adults. The purpose of the initiative is to ensure that teens are competent and ethical users of technologies, especially those that are offered through libraries such as DVDs, databases, audio books, and videogames. Tech Week encourages teens to use libraries' non-print resources for education and recreation, and to recognize that librarians are

qualified, trusted professionals in the field of information technology. The HRHS Library held Tech Week March 9-13. There were daily contests that showcased a different technological resource offered by the library. The highlight of the week was the gaming contest featuring Guitar Hero, Wii Tennis, Rock Band and Dance, Dance Revolution (DDR) held after school on March 10<sup>th</sup>. Over 60 students attended. Contest winners were:

Rock Band: **Adam Munska, Justin Devine, Jamie Fleming, Jameson Huntley**

Guitar Hero: **Dylan Hand**

DDR: **Jeff Dion**

Wii Tennis Singles: **Adam Polwrek**

Doubles: **Jared Belden and Connor Dickinson**

The HRHS Library and the Best Buy store at the Holyoke Mall provided prizes. Thank you to all the Library Student Advisory Board members that helped make the week such a success.

#### **Library Café!**

The HRHS Café was a huge success this year. Proceeds from the café will be used to purchase new material for the library and fund special library activities.

#### **Wish List Donations**

Please remember the HRHS Library Wish List. It is a wonderful way to thank a special teacher or commemorate a student's graduation at the end of the school year. The list can be accessed through the HRHS Library web site at: <http://www.hrhs.net/content/library/library.php3>. The list is hosted on Amazon but donors are free to purchase the material from any source they choose. We will also gratefully accept monetary donations and make the purchases for you. Thank you to our April donor, Anthony Avery.

#### **Library Student Advisory Board**

The Library Student Advisory Board (SAB) is a group that was started last year. Since then they have been instrumental in helping with various activities and events in the library. Several of our most dedicated members are seniors this year: **Dan Brown, Taryn Crisafulli, Scott Deloach, Michelle Gosselin, Steph Hancock, Lizzie Jekanowski, Tony Kanaley, Mike Konarski, Eric Lamarche, Tom Leveille, Joy Rizos, Kim Rosenthal, Craig Schoen, Mike Seklecki, Savannah Taylor, Heather Wozniak and Dillon Zaengle**. I will miss you all, especially your enthusiasm, creativity and humor.

#### **News and Notes from the Athletic Department**

It's hard to believe that we're wrapping up another year. Our athletes have worked hard and always make us proud. We wish our spring athletes continued success as they prepare for their post-season events.

The Athletic Department is pleased to welcome our new Varsity Baseball Coach, Mr. Tim Balut. Mr. Balut is a history teacher at South Hadley High School and is enthused about this new opportunity. Welcome Coach "B".

The Spring Sports Awards night will be held on Wednesday, June 10<sup>th</sup>, at 6:30 in the Auditorium. Athletes in grades 7-10 are asked to bring a dessert to the cafeteria prior to entering the auditorium. The Booster Club will provide the beverages.

Athletes are also asked to dress appropriately for the occasion.

Before you know it, the fall season will be upon us. In the fall, the following sports will be offered: soccer, cross country, gymnastics, golf and co-op football. All students in grades 7-12 are eligible to try out with the exception of football, which is open to grades 9-12. The tentative start date is August 27<sup>th</sup> for all sports except football, which may start on August 24<sup>th</sup>. More specific information will be coming as the season approaches.

If you plan to try out for any of the teams, please be sure that your physical is up to date. Check with the school nurse, Mrs. Domina, if you have a question. No one will be allowed to participate in any sport until this requirement is met.

**SAVE THE DATE:** The mandatory pre-season information meeting for Hampshire athletes (not including football) will be held on Monday, August 24<sup>th</sup> at 6:30 in the auditorium. A parent or guardian should also attend this meeting. Any questions, please contact the Athletic Director, Mrs. Trytko 527-7680 x1062 or [atrytko@hr-k12.org](mailto:atrytko@hr-k12.org).

Finally, I want to thank all of our graduating senior athletes for their dedication to the program and wish all of you good luck and success in the future.

Mrs. Ann Trytko, Athletic Director

### **Hilltown Spring Festival**

Come One, Come All to The Hilltown Spring Festival, Saturday, May 30, 2009, from 10:00 AM to 6:00 PM at the Cummington Fairgrounds.

The Festival features great local food from Hilltown eateries, live music and entertainment by professional and student performers, and children's entertainment, in addition to environmental education and renewable energy displays. The Festival is designed to showcase Hilltown businesses, artists, restaurants, performers, educators and school groups, and provide an opportunity for area residents to celebrate, visit, learn, network, buy local and generally have fun.

This year, more exhibitors are focusing on giving demonstrations and making presentations about their work. Musicians will offer workshops and jam sessions; landscapers and contractors will be offering how-to tips; local school groups will be performing and sharing their artwork, and sustainability experts will be exhibiting.

There is an \$8 per car parking fee and no cost for admission. Thank you and hope to see you there.

Heather K. van Werkhoven  
Hilltown Community Development Corporation  
(413) 296.4536  
Extension #22

## **Important Dates**

### **May**

1	Middle School Dance 7-9PM Cafeteria
4	HR School Comm. 7PM Library
5	Mock accident 9-10:30AM
6	GSA Day of Silence
6-	AP Calculus 8AM-12PM Library
8	AP US. Hist 8AM-12PM, Euro Hist. 12 -4:00PM
8	Prof. Dev. Day – Dismissal at 11AM
8	Prom – Chez Josef Agawam 6-11PM
11	AP Biology 8-12PM
14	AP Macro Econ 8-12, Micro Econ 12-4:00PM
20	School Council 3PM
20	PTSO 6PM Lib. Med. Ctr.
25	Memorial Day Band plays S'ton and W'ton
26-28	Senior class finals
28-30	Drama Production 7PM Aud.

### **June**

1	Senior class trip – High Meadows 7:45 -5PM
2	Senior class BBQ, Northampton Clarion 5PM
3	Senior Awards Night 7PM Auditorium
4	Senior breakfast 9AM Westhampton Church
5	Commencement JMG Hall Northampton 7PM
8	H.R. School Committee 7PM Lib. Med. Ctr.
8	Underclass Awards Ceremony 7:45 Auditorium
10	Class of 2013 trip to High Meadows
10	Spring Sports Awards ceremony 6:30 Auditorium
17	School Council 3PM
17	PTSO 6PM Lib. Med. Ctr.
22	Period 1 & 2 finals, dismissal 11AM
23	Period 3 & 4 finals dismissal 11AM
24	Period 5 & 6 finals dismissal 11AM
25	Period 7 finals dismissal 9AM