



Groton-Dunstable Regional High School



Dr. Shelley Marcus Cohen, Principal
Christopher Jones, Assistant Principal
John Gould, Dean of Students
Dan Twomey, Athletic Director

P.O. Box 730 Groton, MA 01450 PHONE (978) 448-6362 FAX: (978) 448-0390
We're on the Web! www.gdrsd.org

Dear Parents and students,

This is the time in the school year where administrators and faculty begin to plan for the next school year. While the budget outlook continues to look grim GDRHS will continue to explore new and innovative ways to meet the needs of our students. The School Council is working on service learning and we hope to have a recommendation ready for staff review within the next two months for the integration of service learning into our graduation requirements. Service learning provides opportunities for student to volunteer in the greater Groton-Dunstable area to both learn and to give back to this generous community.

The New England Association of Schools and Colleges (NEASC) standards committees continue to prepare the Self Study that is an integral part of the evaluation process which will occur next year. We have revised both the mission statement and the student expectations for learning. These two new documents will be ready for review this month.

Included in this newsletter is a letter from Michelle Hutchins of the Groton-Dunstable Alliance for Youth. In her letter Ms. Hutchins asks that the Groton-Dunstable Regional High School community take the Safe Homes Pledge. Please read this letter and pledge carefully and join the more than 200 parents at the Middle School who have already committed to keeping our young people safe and healthy.

For your calendar:

- MCAS season is upon us. We begin February 1st with the Biology MCAS for students who have completed Biology this past semester. In March students in grade 10 will be taking the English Language Arts MCAS on March 23, 24 and 25.
- Many members of the senior class have been receiving college acceptances! Preparation for graduation formally begins with an assembly February 10th to order caps, gowns, and announcements.
- The overseas trip leaves on February 10th with Mr. Arena and Ms. Ellis.
- One act plays by the Drama Guild will be held in the Black Box Theater on February 5th and 6th
- Finally, there will be a booster Club Open House on February 8th.
- Progress reports for Term 3 will be issued March 3, 2010.

Sincerely,

Dr. Shelley Marcus Cohen, Principal

PROM 2010**Save the Date**

The 2010 Junior-Senior Prom will be held on **Friday night, April 30, 2010**, at Mechanics Hall in Worcester.

New England Math League News

The fourth NEML (New England Math League) exam was administered on Tuesday, January 12th. Congratulations to our top scorers at GDRHS

Grade 12	Matt R	6 points
Grade 11	Adam B; Connor G	3 points
Grade 10	Peter E; Brendan N	5 points
Grade 9	Aaron A; Sam B; Jeff B; Devon F; Nick J; Alexis P; Erin S	4 points

The fifth NEML will be administered on Tuesday, **February 23, 2010**. If you would like to participate and are not currently in a math class this semester, please report to the Math Makeup Session at 2:00 pm that same day. There are six (6) NEML tests administered each school year.

Top cumulative scorers (out of 24 possible points) so far this school year are

Grade 12:	Matt R	20 points
Grade 11:	Connor G	18 points
Grade 10:	Rochelle S	17 points
Grade 9:	Devon F	12 points

The sixth and final NEML is scheduled for Tuesday, March 23, 2010.

**NHS News**

Do you need help with some of your courses? The NHS Tutoring/Homework Help Center is available Tuesday and Thursday from 2:00 to 3:00pm. You can either have a teacher refer you or refer yourself for extra help.

The GDRHS Drama Guild

Presents A Festival of One-Act Plays Join us for a night of laughs!

Juniors: *Soap Opera* by David Ives

Sophomores: *The Whole Shebang* by Rich Orloff

Freshmen: *Teeth* by Tina Howe

Friday, February 5, at 7 p.m.

Saturday, February 6, at 2 p.m.

We're trying to establish a new tradition and need your support. All proceeds go to funding this and future productions. Even if you can't make it to the shows, you can still make a donation. Thank you.

Important Dates:**February**

- 1 & 2 MCAS –Biology students in Gr. 10
- 5 & 6 One Act Plays in Black Box Theater
- 10 Sr. Cap & Gown Assembly
- 10 Trip to Spain & Italy
- 15 President's Day
- 15 – 19 **Winter Vacation**

March

- 3 Progress Reports (if no weather delay)
- 17 Curriculum half-day
- 18 Curriculum Open House???
- 19 NHS Dance
- 20 GDEA Variety Show @ PAC
- 23, 24 & 25 MCAS – Gr. 10 ELA tests

SENIORS Caps & Gowns - Class of 2010: On February 10th, at 8:45 AM Seniors will have an assembly with a representative from Jostens to order their Cap and Gowns for graduation. All Seniors must order a Cap and Gown if they are going to participate in the Graduation Ceremony.



FYI.....Graduation Date is June 11, 2010

Guidance Dept. News

In addition to the financial aid available to students from the federal government, the state, and *your college*, additional sources of financial aid can sometimes be found through various community organizations (i.e. Kiwanis, Elks, Rotary and businesses (i.e. Wal-Mart, McDonald's, Home Depot). Now is the perfect time to begin collecting information on scholarships that you may be eligible for. Check out some of the websites below and search for scholarships relevant to you!

www.fastweb.com

www.collegeanswer.com

www.fastaid.com

www.edunetwork.com

www.collegeboard.com

Check out further information about student aid and loans at www.studentaid.ed.gov, the U.S. Department of Education's central website. Visit www.simpletuition.com or www.elmresources.com for more student loan options!

McDonald's All-American Hoop nominee

Sport's America, Inc. has announced its nominees for the prestigious McDonald's All-American basketball game. Congratulations to Senior Ryan R who was nominated and will compete to be one of twenty All-Americans from more than 1500 candidates. Congratulations Ryan!





Nurse News

Physicals: HS sports physicals for those who do not have a current physical for sports will take place on **Friday, March 12, 2010**. These physicals are current for 13 months from the date of the exam by the MIAA. **Forms must be picked up from the nurse and returned by March 5, 2010.**

Thanks again to all parents and students who have continued to submit annual physical exams and immunization records. This is the best way to make sure that your student has a current health record and is eligible for sports.

Emergency Forms: New emergency Forms must be completed **each school year**. Please check to see if your student has actually returned his completed form to the nurse. Many students still have not returned them.

EpiPens: Please check to see that your students are carrying current EpiPens and that the Nurse's Office also has a current EpiPen for them. Some EpiPens that were current in September may be expired now.

Posture Screening: All ninth grade students will have their posture screened in PE classes by the PE teachers, and rescreened by the nurse as needed. This is a Commonwealth mandated screening program. Students who do not have PE will be called throughout the year for screening as schedules permit. Only a physician's note can exempt a student from posture screening.

H1N1: Vaccine is now readily available in the community and immunization is recommended.

Thank you for all your cooperation and please call me as needed.

Barbara Closs, MSN, RN 978-448-6362 X1151

GROTON DUNSTABLE SPRING FASHION SHOW

FRIDAY MARCH 26, 2009 @ 7PM

GROTON PERFORMING ARTS CENTER

Come and enjoy an evening of fashion, fun and festivities as our High School Juniors and Seniors model the latest in Prom fashion and casual wear! There will be exciting music and dance performances, entertaining emcees, terrific raffle prizes and delicious refreshments! Tickets are available at the door the night of the show. All proceeds benefit the Grand Finale After Dark After-prom party. Please visit our website at gdafterdark.com for more information and to learn how you can be part of this event.

Class Trip

Senior Class News

The senior class will be flying to Disney World in Orlando, Florida for their senior class trip from June 2 to June 5, 2010. The flight will leave from Boston, Logan Airport at 8:00Am. Busing to Logan by Buckingham Bus will be included in the cost. We will be staying at one of the three Disney All Star Resorts and includes two meals a day. The cost for the trip will be \$580, including the flight. The first & second payment have been collected, the third is due 2/17/10 for \$200 & the fourth payment of \$130 will be due 3/16/10. For more information, email: gd2010@ymail.com.

GDRSD School Council:

The Groton-Dunstable Regional High School Council meets on the first Wednesday of the month in the Fish Bowl from 4:00 – 5:30pm. Our next meeting will be on February 3, 2010.



Groton-Dunstable Booster Club Open House

Monday, February 8th, 2010

Back Commons at 7:00PM

Groton-Dunstable High School

**“We want to *thank you* for your past support and ask you
for your continued support for all our athletes!”**

*****Stop by for appetizers and light refreshments*****

GDSTEM

An Evening of Science - Linear Motors and Magnetic Levitation

GDSTEM (Groton-Dunstable Science, Technology, Engineering and Mathematics) is pleased to be sponsoring the following evening of science:

Linear Motors and Magnetic Levitation

Jim Wieler and Dr Brian Perrault, MagneMotion Inc

25 February 2010, 139 Barnum Road, Devens, MA 01434

Refreshments at 6:30pm, presentation 7:00-9:00pm

Normal electric motors use magnetic fields to make a shaft spin. Linear motors use the same concept but in a straight line instead of wrapped in a loop. This talk will explain how such motors work, what design challenges and consideration are unique to the linear topology, and describe MagneMotion's patented Linear Synchronous Motor (LSM) technology. Applications of linear motors range from moving small parts in a production line, to elevators on aircraft carriers that can lift up to 24 tons, to magnetically levitated trains that carry people. The talk will include a lab tour and demonstrations of working linear motor systems. More information about this technology, including some interesting videos, is available on the MagneMotion web site at www.magnemotion.com.

The talk is aimed at interested high school students, and is free and open to the public. There will be ample time for open discussion, and Jim and Brian will discuss career paths in their field.

Jim Wieler earned a B.S. in physics from the University of Massachusetts and a Master of Science degree in meteorology from the university of Alberta. In the 27 years since then he has been a research scientist at the Air Force Geophysical Laboratory at Hanscom Field, and advanced through multiple roles of System Engineering and Program Management at Raytheon Company. He is now the Vice President of Engineering at MagneMotion. Jim has authored over 30 technical papers, has been awarded two patents, and is a senior member of the IEEE.

Dr Brian Perrault earned a B.S. in computer science from Boston University, and both a S.M. and Ph.D. in electrical engineering and computer science from MIT. He is a co-founder of MagneMotion and is now the Vice President of Controls where he specializes in microprocessor-based control systems. Brian has earned a number of awards, including the National Society of Professional Engineers Scholar, Mortar Board Outstanding Student Award, Winner of IEEE/M2C VLSI Design Contest, Member of Tau Beta Pi Engineering Honor Society, National Science Foundation Graduate Fellow, Eisenhower Transportation Graduate Fellow, Frederick C. Hennie III Teaching Award, and J.K Dixie Howell Outstanding Paper & Presentation Award.

Groton Dunstable Education Foundation, Inc.



Post Office Box 322

Groton, Massachusetts 01450

www.gdefinc.org

Trivia Night Returns February 4!

Annual Giving Campaign accepting donations

Grants due April 2

GDEF's popular **Trivia Night for Education** returns to the Stagecoach Inn on **Thursday, February 4** and promises to be better than ever! Since taking a month off after the holiday break, GDEF has tweaked the format a bit, keeping the evening lively with lots of fast paced trivia fun hosted by a professional DJ, but we're moving the event into the Stagecoach's main dining room. You'll find a warm

inviting atmosphere and more opportunity to mix with friends over drinks and food, chosen from a specially created Trivia Night appetizer menu or the full menu.

Hundreds of folks have already caught the Trivia Bug at this fall's events, and the excitement has been building. December's Trivia Night drew an enthusiastic crowd of over 50 folks who came out for a fun evening to support GDEF grants to all our district schools. See for yourself what all the buzz is about as you test your wits in a friendly team competition for great prizes. Come with your own team of 4-6 people, or come alone and we'll help you form a team. Tickets are just \$10 at the door. Doors open at 6:30 p.m. and the Trivia begins at 7 p.m. For more information on Trivia Night, visit our website at www.gdefinc.org.

GDEF's Spring Grants cycle is now open, and applications for school grants in any amount, as well as special Bruce J. Anderson foundation "Integration of the Arts" grants, are due April 2. Most of the funding for GDEF grants comes from your donations to our **Annual Giving Campaign (AGC)**. The 5th campaign kicked off in December, and support from our communities has been very encouraging. If you haven't made a donation recently, GDEF is counting on your support to continue to fund great enrichment programs and materials for your children and others in the district over the upcoming year. Visit www.gdefinc.org for a look at some of the grants in action at your child's school, and click on the "Donate Now" star to make an online donation.

GDAY

www.g-day.org



Building Family –on a budget

- Happy Valentine's Day! Valentine's Day is a wonderful opportunity for kids to learn how to show appreciation and love for the people they care about.
- Children learn best from modeling their parents- make the most of the holiday by showing kids how to give and receive love.
- Concerned about rampant commercialism? Encourage your child to make his valentines. Stock up on art supplies – and make sure that your child starts early – it can be pretty stressful if a child is trying to make 20-plus valentines in one sitting.
- By watching you give gifts of kindness, time, compassion, respect, and thoughtfulness to the people you love --- not just on holidays but throughout the year -- they will learn that "I love you" means so much more than three words inscribed on a candy heart.

Parent-to-Parent Network:

Have you always wanted to be invited to a progressive party? Why not organize one in your neighborhood? Knowing your neighbors is important for parents and children!

Based on the Search Institute's "40 Developmental Assets", neighbors play an important role in helping children make wise decisions, choose positive paths, and grow up to become competent, caring, responsible adults.

If you would like a free guide to hosting a progressive party with your neighbors, including sample invitations, please contact Michelle at mhutchins@g-day.org

THE SAFE HOMES PLEDGE:

- I will actively supervise parties or gatherings in my home.
- I welcome calls from other parents when my child is hosting a party or gathering at my home
- I will call the parents for a Safe Home confirmation when my child is attending a party or gathering.
- I will not serve minors or allow minors access to alcoholic beverages, tobacco or other drugs in my home or on my property.
- I give permission to include my name and phone number in a SAFE HOMES directory, so that other parents can contact me. I understand that only those that have signed the pledge will have access to this directory.

I pledge to support our teens by ensuring that teen gatherings in my home are supervised and alcohol and drug-free.

Parent Name: _____ Parent Name: _____

Parent Signature: _____ Parent Signature: _____

Address: _____

Telephone #: _____ Email: _____

Grade Level of your Children _____

Return this pledge to: GDAY, P.O. Box 328 Groton, MA 01450 or email to mhutchins@g-day.org

Groton Senior Center Community Service Opportunity:

Volunteers Needed

One of our programs through the Outreach department is delivering home cooked meals to housebound seniors. Because of the increase of seniors in need of this service, we need to add new drivers who can commit to as little as one day a month, or one day a week if possible. Using your own car, you will be picking up meals here at the Senior Center, and bringing them to the homes of Seniors in Groton who are on the program. It takes about 1-1/2 hours of your time to complete the task.

How can you apply? Come into the Senior Center and fill out an application and a CORI request form. Once all the paperwork is completed, you will be put on a regular schedule for deliveries. For more information contact Debbie Thompson @ 978-448-1170.



Groton Dunstable
Special Education Parent Advisory Council

www.gdspedpac.org

The GD SpedPAC's mission is to provide a network in which parents of children with special needs have access to relevant information, training and emotional support; and to encourage an atmosphere of effective open communication, understanding and mutual respect among all students, parents, educators and the community-at-large. In addition, the GD SpedPAC provides input to the District staff and administrators, working collaboratively with the District to plan and develop SPED initiatives.

UPCOMING EVENTS IN FEBRUARY/MARCH:

All SpedPAC meetings and lectures are free and open to the public.

GD SpedPAC Business Meeting

DATE: Tuesday, February 9, 2010
PLACE: Groton-Dunstable Middle School North, Library
TIME: 6:30 pm – 7:00 pm, Dr. Moldover lecture immediately following

Executive Functioning in the Classroom: Middle School, High School and Beyond

Presenter: Dr. Joseph Moldover, Psy.D. <http://www.drmodalover.com>

DATE: Tuesday, February 9, 2010
PLACE: Groton-Dunstable Regional High School, Library (2nd Floor)
TIME: 7:00 pm – 9:00 pm

For children with any sort of learning or developmental challenge, the transitions from elementary school to middle school, from middle school to high school, and from high school to college and the vocational world often represent unique challenges. Why? Often, the answer may be found in relation to the concept of executive functioning. Growing demands for organization, planning and self-direction may serve to make transitions, which are stressful for most adolescents, particularly tumultuous for students with challenges in this area of development. This seminar will review the area of executive functioning, discuss the manner in which executive skills are stressed during these periods of transition, and provide ideas for supporting adolescents and young adults during these periods.

Dr. Moldover is a developmental neuropsychologist specializing in the evaluation of children, adolescents and young adults. His interests include the assessment and management of learning disabilities, ADHD, autism spectrum disorders, brain injury, and psychiatric disorder. He is also interested in counseling for children with these conditions and for their families.

MCAS Workshop – MCAS Accommodations and Alternate Assessments for Students With Learning Disabilities

Presenter: Helen Higgins – The Federation for Children With Special Needs, <http://fcsn.org/index.php>

DATE: Tuesday, March 2, 2010
PLACE: Groton-Dunstable Regional High School, Library (2nd Floor)
TIME: 7:00 pm – 9:00 pm

The Massachusetts Comprehensive Assessment System (MCAS) is a tool to measure progress in the Massachusetts Curriculum Frameworks or general curriculum. This workshop will help parents understand how their child with a disability can participate in MCAS to demonstrate in a meaningful way what they've learned. Discussion will include standard and non-standard accommodations and alternate assessments.

Building the Skills That Build Social Capital: Putting Your Best Foot Forward in the Real World

Presenter: Teresa Bolick, Ph.D.

DATE: Tuesday, March 16, 2010
PLACE: Groton-Dunstable Regional High School, Library (2nd Floor)
TIME: 7:00 pm – 9:00 pm

Individuals with Asperger Syndrome and other Autism Spectrum Disorders (ASD) typically possess numerous talents and skills. Yet these strengths may be hidden by inadvertent violations of social expectations. In other words individuals with ASD may not be given the benefit of the doubt because they aren't perceived as contributing to the social capital of the community. This workshop will focus on the practical strategies that parents and professional can employ to assist individuals with ASD in building social capital. Teresa will touch upon appearance, hygiene, manners, volunteer work and making the most of their strengths.

Teresa Bolick is a licensed psychologist with special interest in neurodevelopmental disorders, including Autism and Asperger's Syndrome.

GD SpedPAC Officer Contacts:

Nancy Bugbee, President	nbugbee@gdspedpac.org	978-448-9916
Maryanne Squeglia, VP & Treasurer	mvsquel@gdspedpac.org	978-448-0670
Cyndy Premru, Secretary	premru@gdspedpac.org	978-448-9788
Parent Liaison, Maryanne Squeglia	mvsquel@gdspedpac.org	978-448-0670



Parent Resource Center at Prescott – 978-448-5505, ext. 229

A wonderful resource for parents and guardians is open at the Prescott School building in Groton center. All parents & community members are welcome to come in to the Center to access SpedPAC's literature, check out our extensive resource library of over 140 books, to ask questions, and to get guidance from a SpedPAC representative to help navigate the special education process.

Located in the Prescott School Building - Use side entrance and follow signs to the lower level.

Drop In Hours

Wednesday 12:30 – 1:30pm* Other days and times – call for an appointment

*Exception will be on half days in the District

It is the policy of the Groton-Dunstable Regional School District not to discriminate on the basis of race, religion, color, gender, disability, sexual orientation, national origin, or homelessness in its educational programs, activities, or employment policies as required by Title IX of the 1972 Education Amendments, Chapter 622 of the Acts of 1971, and Section 504 of the Rehabilitation Act. Also, students will not be excluded for reasons of marriage or pregnancy. Requests for information about these laws and/or grievance procedures should be directed to Kim Cochrane, Coordinator of Curriculum and Staff Development, Groton-Dunstable Regional School District, (978) 448-5505.

January 7, 2009



Dear Parents:

Results from the 2008 YRBS (Youth Risk Behavior Survey) shows that there has been a decline in underage drinking almost every year since the first survey in 2000. This is very promising! This means prevention and awareness are working! Unfortunately, the survey shows that 26.1% of 8th graders reported drinking alcohol other than for religious reasons. 7% of 8th graders started drinking before the age of 12. By high school, 60% of respondents report having at least one drink of alcohol on at least one occasion (other than for religious reasons) and 12% report starting drinking before age 12.

According to www.stopalcoholabuse.gov, students who start drinking before age 15 are 5 times more likely to become alcoholics. None of us can guarantee that our children won't try alcohol or drugs at some point, but doing everything in our power to delay the use of alcohol is important and it's the law. The legal drinking age is 21. It is against the law to serve or provide alcohol to underage guests. You may be prosecuted criminally including imprisonment, or you may be sued civilly. Even if you do not serve underage guests, do you know where your teenagers are? The 2008 YRBS reports that 6% of 8th graders report having been at a party held in homes in the school district where alcohol use by teens is allowed by adults. 27.5% of HS students report having been at a party held in homes in the school district where alcohol use by teens is allowed by adults. (By grade 12 that number is 48.3%)

In response to the YRBS, Groton Dunstable Alliance for Youth (GDAY) has reinstated the SAFE HOMES program. This initiative supports the Commonwealth of Massachusetts Social Host Liability Law, educating parents and students about underage drinking and its consequences. The first step in this initiative is to develop a Safe Homes Pledge, promoting dialogue, strategies and expectations among families and our communities regarding the reduction and prevention of underage drinking. We believe that a common set of expectations will be a source of guidance, comfort and positive youth development for parents, students, and other youth/community stakeholders.

By signing this pledge, we confirm that as parents in our community, we will take steps to prevent underage drinking and drug use in our homes and at organized activities. We promise to each other and our children that overall health and safety are our primary goals. And we promise to make educated decisions with regard to the prevention and reduction of youth risk behavior.

The pledge is a good faith promise, not a legal contract. Please take the time to review and sign the pledge with your family. The pledge can be emailed to mhutchins@g-day.org, or mailed to GDAY, P.O. Box 328 Groton, MA 01450. For more information regarding SAFEHOMES and to download a pledge form, go to www.g-day.org. On behalf of the parents and teens in the Groton Dunstable community, we thank you for your concern and support of this effort.

For more information on or to become involved with the Safe Homes Program, please contact Michelle at mhutchins@g-day.org.

Sincerely,
Michelle Hutchins
Steering Committee Member GDAY

The Groton-Dunstable Regional School District approves only the distribution of this material and does not assume any liability for programs contained herein.

Groton Dunstable Alliance for Youth



SAFE HOMES PLEDGE

For the safety of our community and families

Safe Homes is an effort to establish a voluntary network of parents whom are concerned about alcohol and drug use at pre-teen and teen parties and gatherings. Groton Dunstable Alliance for Youth, Groton Police Department, and the Groton Dunstable Middle and High School endorse this program.

We are asking parents to make a pledge to support our teenagers by providing alcohol- and drug-free, supervised gatherings in our homes and community. The pledge is not legally binding, but is a statement of concern and intent. We hope to encourage communication between families, as we support one another in making a positive environment for our children, by providing a directory of contact information for those who wish to participate.

THE SAFE HOMES PLEDGE:

- I will actively supervise parties or gatherings in my home.
- I welcome calls from other parents when my child is hosting a party or gathering at my home
- I will call the parents for a Safe Home confirmation when my child is attending a party or gathering.
- I will not serve minors or allow minors access to alcoholic beverages, tobacco or other drugs in my home or on my property.
- I give permission to include my name and phone number in a SAFE HOMES directory, so that other parents can contact me. I understand that only those that have signed the pledge will have access to this directory.

I pledge to support our teens by ensuring that teen gatherings in my home are supervised and alcohol and drug-free.

Parent Name: _____ Parent Name: _____

Parent Signature: _____ Parent Signature: _____

Address: _____

Telephone #: _____ Email: _____

Grade Level of your Children _____

Return this pledge to: GDAY, P.O. Box 328 Groton, MA 01450 or email to mhutchins@g-day.org

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