



Groton-Dunstable Regional High School



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

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We're on the Web! www.gdrsd.org

2010

As we head into the holiday season, teachers, administrators and the guidance department are already gearing up for the second semester. Term 2 will end on January 22, 2010 unless we are faced with another snow day. If we have additional school closings we will extend the term one day for each snow day.

On December 17th Mr. Savoy and members of the GDRHS band, Jazz Band, Chorus and Chamber Chorus provided a full house with an outstanding concert at the Performing Arts Center. This annual event included seasonal songs as well as classical jazz and favorite standards. Our warmest congratulations to Mr. Tim Savoy, the director of these ensembles, and to the talented and committed students who did an excellent job.

On December 11 and 12th members of the GDRHS Drama Guild performed *Macbeth*. This truly fantastic performance was sold out on opening night! Congratulations Mr. Orsillo, Ms. Chadzynski as well as to the very talented cast and crew.

January is Alumni Month. During January graduates will be welcomed back to GDRHS to share their college experiences with members of the junior and senior classes. This is a great opportunity for students to hear, from peers, about the realities of college life. The Art Department alumni who have gone on to pursue their artistic training at the collegiate level will also bring in examples of their work. Alumni have previously brought in sculptures, graphic design pieces, drawings and paintings to show the students.

We are looking forward to the second semester and the events and activities planned. As always please feel free to contact me should you have any questions.

From all of us GDRHS –
Best wishes for a Wonderful Holiday Season and Happy & Healthy New Year!

Sincerely,

Shelley Marcus Cohen, Principal



HAPPY NEW YEAR

PROM 2010

Save the Date

- The 2010 Junior-Senior Prom will be held on **Friday night, April 30, 2010**, at Mechanics Hall in Worcester. Please note that there is an SAT test scheduled for Saturday, May 1. **There are alternative dates that you can take the SAT** (March 13 - SAT only and June 5 - SAT and subject tests). If you have questions, please see your guidance counselor.

Important Dates:

January

- 1 New Year's Day
- 4 School resumes
- 17 MLK Day – **No School**
- 20 & 21 **Finals**
- 22 Make-up for Finals
- 22 End of Quarter

February

- 1, 2, MCAS –Biology students in Gr. 10
- 15 – 19 **Winter Vacation**

CALCULUS LEAGUE NEWS

Congratulations to the following top-scoring seniors in the first of four calculus league exams:

Saaid A	10
Madison C	10
Nicole McA	10
Matt R	10

The exam was administered on Friday, December 4th and covered various topics including: limits, continuity and differentiation applications. The exam includes multiple choice and discussion questions to prepare students for the May AP exam. The second exam will be given on February 11, 2010.

NEML NEWS

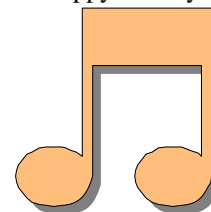
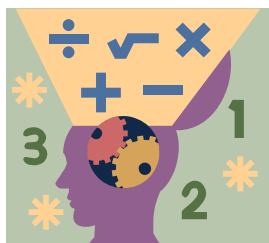
The third NEML (new England Math League) exam was administered on Tuesday, December 15th. Congratulations to our top scorers at G.D.R.H.S.

Grade 12	Madison C	5 points
	Nicole McA	5 points
	Molly P	5 points
	Matt R	5 points
Grade 11	Connor G	4 points
Grade 10	Jonathan E	5 points
Grade 9	Haley G	3 points

The fourth NEML will be administered on Tuesday, **January 12th, 2010**. If you would like to participate and will not be enrolled in a math class at that time, 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 so far this year are:

Grade 12	Matt R	14 points
	Zach W	14 point
Grade 11	Connor G	15 points
Grade 10	Rochelle S	14 points
Grade 9	Devon F	8 points





Groton-Dunstable Regional High School
GROTON-DUNSTABLE BOY'S BASKETBALL
TEAM TO PLAY IN
SPALDING 2010 HOOPHALL CLASSIC

The Groton-Dunstable Regional High School Boys Varsity Basketball team will participate in the 9th Annual 2010 Spalding Hoop Hall Classic at Blake Arena on the Campus of Springfield College on Sunday January 17th at 12:00 vs. Sabis Charter School. The game is scheduled to be televised live on Comcast SportsNet in the markets of New England, Chicago and Philadelphia. Over 45 teams from 16 states around the country will participate in this year's event. Groton-Dunstable's opponent Sabis International Charter School of Springfield is a perennial MIAA Division III powerhouse and State Champion. GDRHS Athletic Department will be selling the tickets in advance for only \$5. Tickets at the door will be \$12 for adults and \$10 for students.

For a complete list of games, events and ticket information please visit

www.hoophallclassic.com

Groton-Dunstable Regional School District

www.gdrsd.org

Dan Twomey, CAA

Director of Athletics

Groton-Dunstable Regional High School to Induct
11 Basketball Players into 1,000 Point Club

The Groton-Dunstable Regional High School will induct 11 members into the Crusaders 1,000 point club on Monday, December 28th at 6:45 pm before the Boys Varsity game vs. Nashoba Regional. This inaugural group consists of players from Groton High School and Groton-Dunstable Regional High. This year's inductees include:

William Shaughnessy	1965	1,000
Peter Monaco	1970	1,000
Phil Van Hoogen	1971	1,083
Bob Campbell	1973	1,070
Ken Hoyt	1991	1,532
Mike Tripaldi	1998	1,244
Rachel VanderLinden	1999	1,208
Greg Twomey	2004	1,712
Dylan Holmes	2004	1,365
Adam Dombrowski	2006	1,228
Ryan Romich	2010	

Please join us for this very special evening on Monday, December 28th, 2009 at GDRHS on 703 Chicopee Row. Price for the evening's basketball games is \$5 for adults and \$3 for Students/Senior Citizens.



Nurse News

Physicals: Thanks again to all parents and students who have continued to submit 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. These physicals are current for 13 months from the date of the exam by the MIAA. The next HS sports physicals for those who do not have a current physical for sports will take place in **March 2010**. You will be notified of the date in the **February Newsletter**.

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. Not only are these forms needed for emergencies, but they are used for consent to

give your child acetaminophen or ibuprofen and to contact you in case your child needs to be dismissed, even if your student drives to school.

EpiPens: If you have not already completed the necessary EpiPen forms for this school year, please get in touch with the nurse immediately. Please check to see that your students are carrying current EpiPens and that the Nurse's Office also has a current EpiPen.

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.

Hearing/Vision/BMI (Body Mass Index): The Commonwealth mandates that schools calculate BMIs and mail results to parents before the end of the school year. Vision and hearing screenings are also Commonwealth mandated, but only failing results are mailed to guardians. Vision and hearing results have been mailed to guardians. BMI results will be in the mail shortly.

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

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



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 \$530-\$600, including the flight. The first payment was sent on December 17th and there will be two to three more payments due. Currently there are 86 members of the senior class attending the trip along with nine teacher/administrator chaperones. Packets are in the High School office and more information will be handed out after the holiday break. 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 January 6, 2010.

GDSTEM An Evening of Science Adaptive Optics

How Rubber Mirrors Can Take the Twinkle Out of Stars by Dr Allan Wirth, Xinetics Inc

January 28, 2010, Middle School North Team Meeting Room, Groton MA

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

In honor of the 400th anniversary of Galileo's pioneering use of the telescope for astronomy, we'll begin with a quick look at the evolution of the telescope. As telescopes were refined, it was realized that looking through the earth's atmosphere degraded the images. That is why astronomers build their observatories on remote mountaintops. We'll look at the properties of the atmosphere that cause this degradation, and then describe a clever scheme called "adaptive optics" that attempts to counter them. The main focus of the talk will be on these adaptive optics systems, including a brief history, how they work, results achieved, and what the future might hold.

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 Allan will discuss career paths in his field.

Dr Wirth earned a BS in physics from Cooper Union of Advancement of Science and Art in New York City in 1975, a MS in Astronomy from the University of Chicago in 1978, and a PhD in Astronomy from the University of Illinois in 1982. He spent two years as a post-doctoral fellow at the Harvard-Smithsonian Center for Astrophysics in Cambridge MA, and then joined Adaptive Optics Associates in Cambridge. At Adaptive Optics he was a member of the technical staff, manager of Research and Development, technical director of Special Projects, section head of System Analysis, and Chief Scientist. In 2008 he joined Xinetics in Devens MA, where he has been Chief Scientist since. Allan has published numerous technical papers on astronomy and adaptive optics during his career, and has been awarded over 40 patents with another 30 in the application process.

Visit us online at HYPERLINK "<http://www.gdstem.org/>"www.GDSTEM.org



Groton Dunstable Education Foundation, Inc.

Post Office Box 322

Groton, Massachusetts 01450

www.gdefinc.org

The Groton Dunstable Education Foundation is pleased to announce it awarded 10 new educational enrichment grants totaling \$4,215.24 to district schools in December in its 13th grant cycle, a mini-grants cycle for amounts up to \$500.

Thanks to the ongoing financial support of parents and the community, GDEF is proud to be able to fund these important initiatives that improve the education of our students.

High School students will benefit from the following grants:

- **Galileoscopes:** individual telescopes to improve the lab experiences of students in the Astronomy classes
- **GDRHS Robotics Team:** support for our high school robotics team to design and build their own robot for the regional FIRST Robotics competition
- **Road to the Pulitzer -- Improving Photojournalism with an SLR Camera:** an advanced-level camera to give Journalism students experience using professional equipment to produce higher quality photos for class projects and the yearbook

If you wish to contribute to future grants, GDEF invites you to donate to its Fifth **Annual Giving Campaign**, the major source of funding next year's grants to district schools. Spring grants in any amount, as well as special Bruce J. Anderson "Integration of the Arts" grants, are due April 2, 2010. Donations can be made online with a credit card at www.gdefinc.org or by printing off a form to mail.

GDAY News

Volume 3

Issue 5

www.g-day.org



G-Day at your finger tips --Visit G-DAY's new and improved website today!

Building Family –on a budget

- Teach your children how be grateful
 1. Teens who learn how to appreciate things, are less likely to be materialistic
 2. The hand written thank you note is still the best way to say thank you.
 3. Before your child can play with any new toy or gift, have them write a thank you note. Model this behavior yourself too!
- New Years Resolutions are great way to model healthy behavior- why not help your child come up with theirs?
 1. I will drink milk and water and limit my soda
 2. I'll never give out personal information such as my name, home address, school name or telephone number on the Internet.
 3. I will eat at least one vegetable and fruit a day.

Groton - Dunstable
SPEDPAC



UPCOMING EVENTS



www.gdspedpac.org

**January/February
2010**

Anatomy of an IEP™

Presenter: Lori B. Tucker, Esq., Special Education Attorney, <http://www.lbtspedlaw.com>
DATE: Tuesday, January 14, 2010
TIME: 7:00 – 9:00 PM
PLACE: Groton-Dunstable Regional High School Library (2nd Floor)

Whether you are a parent or guardian of a child who is currently on an Individualized Education Plan (IEP) or if you are in the process of obtaining an IEP for your child, then this workshop is a must for you!

In this informative presentation, Ms. Tucker will educate us on all aspects of an IEP, helping us to become more effective advocates for our children. She will address all of the major components of an IEP including: members of the IEP Team and who needs to be at a Team meeting; the importance of a child's eligibility determination; recording IEP meetings; the importance and value of writing a strong "Parent and/or Student Concerns" statement; the differences between PLEP A and PLEP B; accommodations vs. modifications; the importance of accurate present levels of performance; how to ensure that goals/objectives are clearly written and measurable; extended school year or extended day services; how to properly object to an IEP and the ramifications of an objection; and much more. There will be ample time for discussion and to ask Ms. Tucker questions.

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

TIME: 7:00 – 9:00 PM

PLACE: Groton-Dunstable Regional High School Library (2nd Floor)

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.

Remember, **Knowledge is Power!** Your child's future is NOW – so please mark your calendar and join us on January 14th and February 9th in the High School Library for these valuable workshops.

SpedPac Business Meetings

Tuesday, February 9th, 6:30 – 7:00pm, High School Library,

*Dr. Moldover lecture to follow from 7:00 – 9:00pm

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, GD SpedPAC provides input to District staff and administrators, working collaboratively with the District to plan and develop SPED initiatives.

SpedPAC Officer 2009-2010

Nancy Bugbee, President

ntbugbee@gdspedpac.org

978-448-9916

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Parent / School Liaisons

Boutwell/ECC: Elizabeth Podsiadlo, lizpod72@yahoo.com

Florence Roche: Cyndy Premru

Swallow Union: Mary Slattery, mnslatt@yahoo.com

Middle School: Nancy Bugbee

High School: Maryanne Squeglia

Out of District: Nancy Beshansky, nancybeshansky@hotmail.com



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*

Parent Roundtables

MIDDLE SCHOOL:

Wednesday, January 20th

9:00 - 10:00 am,

MS/N Conf. Rm.

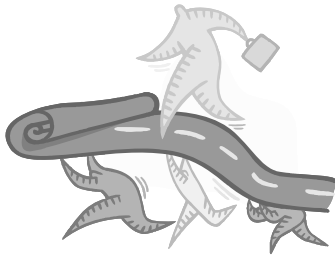
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In addition, GD SpedPAC provides input to District staff and administrators, working collaboratively with the District to plan and develop SPED initiatives.

The GD SpedPAC is committed to bring the questions and concerns of the parents in the community to the attention of District administrators and to work collaboratively with the District to ensure that programs and supports are in place for *all* students to achieve academic and social success in an emotionally supportive environment.

Parent Resources

- Parent Resource Center at Prescott
- Website – www.gdspedpac.org
- Yahoo! Discussion & Email Group
- GD SpedPAC Newsletter
- Lecture Series
- Parent Roundtables with Principals
- School Newsletter Updates



The website is updated frequently to reflect the latest news and information available from the GD SpedPAC and includes:

- Calendar of Meetings and Lectures
- Useful Links on Disabilities & Special Education
- Lecture & Speaker Handouts
- How to Join the GD SpedPAC Yahoo! Group to Receive Announcements & Information
- Archive of SpedPAC Newsletters (2006-2009)
- Meeting Minutes from Recent Meetings

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.