

HOLLISTON HIGH SCHOOL HIGHLIGHTS
January/February 2010



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OUR MISSION STATEMENT

Our primary aim is the development of all students into positive contributing members of our society. We believe that the learning process should be collaborative and personally engaging. Throughout the learning process, we expect students to apply strategies, think critically, and solve problems effectively. We will maintain an environment that accepts diversity and is safe for all. We also encourage and affirm high ethical standards in and out of the classroom. The success of every student at Holliston High School is dependent upon the strong, consistent, collaborative efforts of the student, the family, the school and the community.

FROM THE PRINCIPAL'S OFFICE

Hello Holliston High School Community:

Holliston High School is wrapping up the first half of the school year next week; the first semester will come to a close on January 27 and final exams will occur on January 28 and 29 (see schedule on page 5). As our students begin to prepare for these comprehensive, summative assessments it is important that they not only know **WHAT** to study but **HOW** to study and **HOW THEIR TEACHERS CAN HELP** them prepare. There are a number of steps that students can take to prepare for final exams and put themselves in the best possible position to score well and end the semester on a high note.

START NOW: Waiting until the night before exams to find out whether or not one has the necessary materials to study is not a good idea! All students should be organizing their book bags, folders, thumb drives, etc. this weekend, and getting missing materials from their teachers early next week. Some teachers do not let students take prior tests from the classroom but all students have access to those tests. DSB is a great time to go over old tests, take copious notes and analyze errors with teachers.

COMMUNICATE WITH TEACHERS: Teachers' policies, procedures and approaches to final exams fittingly differ, some based upon the subject area, grade and pedagogical approaches of the particular class. However, all teachers will be working with students to prepare for final exams during the upcoming three school days. Many teachers have been working on this process throughout the semester and will cap off the process next week. The one best source of information will be the teacher.

MANAGE TIME: Planning out the exam week in as much detail as possible will prevent last-minute panic. It will be helpful to make a study schedule and stick to it.

MANAGE STRESS: Working breaks, exercise, sleep and down time into the schedule will help to prevent meltdowns. Increasing stress levels will likely lead to decreased ability to think clearly and retain important information. If stress is taking over, it is helpful to take a deep breath, walk away, stretch out, reorganize if necessary...and then get back to studying.

STUDY IN GROUPS: One really helpful way to study is taking advantage of the "strength in numbers" – join together with one or more classmates in order to make the most of preparation and study time. Students who don't take good notes should find someone in the class with great notes. Students who weren't great about keeping resources close at hand should find a partner with well-organized folders and files. NOTE: If the study group becomes too much of a social time it is important to know when to break from the pack and go it on your own.

PRIORITIZE: Spend the most time on the subject that will pay the biggest dividends. Studying an equal amount of time for math and history when one is a good math student, but struggles in history, is not a great tactic. Putting emphasis on the subject with the lowest grade is a good place to start.

These tips should be helpful as students prepare for a hectic week (with their parents prodding them along). While final exams are a nerve-wracking reality for high school and college students, proper preparation and a positive frame of mind will maximize the opportunity for students to show what they've learned and boost their grades.

Best of luck to all students!!!
Mike Cournoyer

NEWS FROM THE GUIDANCE OFFICE

Seniors

- Beginning January 1st the FAFSA (Free Application for Federal Student Aid) can be filed. The FAFSA form can be accessed at www.fafsa.ed.gov. Please check with individual colleges as many will have a priority filing deadline of February 1 or February 15.
- Visit <https://profileonline.collegeboard.com> to fill out the PROFILE (if needed by the colleges to which you have applied).

Juniors

All juniors will attend Group Informational Guidance Seminars during the first week of term 3. Juniors completed a Personality Type Survey using their Naviance accounts during their sophomore year. The Personality Type suggested college majors to students as well as various careers.

As juniors they will continue to use their Naviance accounts to complete college searches. Ask your sons and daughters to show you their Naviance account.

Junior College Planning Night will be held January 28th at 7:00 p.m. in the HHS Auditorium. The college application process from start to finish will be presented.

Freshmen

During the second term of the school year all freshmen met in small groups with their Guidance Counselors. During these meetings each freshmen established an account at Naviance and completed a Learning Style Inventory. Ask your sons and daughters what they learned about their study preferences.

Testing

Students who took the PSAT and PLAN tests in the fall have received their scores. Students are encouraged to use their Score Reports to prepare for the SAT and ACT. This is a free resource with valuable individualized information on ways to improve future scores.

The SAT Reasoning Test and SAT Subject Tests will be offered at Holliston High School on May 1, 2010. All juniors who plan to attend a four year college are advised to take a Spring SAT. Students must register at www.collegeboard.com. The deadline to register for the May SAT Test is March 25, 2010.

SAT Subject Tests are required by some colleges. Subject tests are one-hour multiple-choice tests that measure how much a student knows about a particular academic subject. Subject tests should be taken once a course is complete, while the material is still fresh. Subject tests fall into five subject areas: English, history, mathematics, sciences and languages. Please visit www.collegeboard.com for more information.

The ACT will be offered at Holliston High School on June 12, 2010. The ACT is used in the same way as the SAT in college admissions. Students can go to www.actstudent.org to register. The deadline to register is May 7, 2010.

For eligible families, fee waivers are available for all of the above tests. Please contact your child's Guidance Counselor for more information.



SPOTLIGHT

This year Emily Jones and Jordan Sostilio are the recipients of the Hugh O'Brien Youth Leadership Award (HOBY). Each year the HOBY is given to sophomore students who possess strong leadership skills and an excellent academic record. Congratulations Emily and Jordan.

Grace Ballenger, Sarah Yarashus, and Emma Vaccari were selected to attend the Community Leadership Workshop (CLEW). The purpose of CLEW is to provide freshmen with a HOBY-style event. Congratulations, Grace, Sarah and Emma.

NOTES FROM THE NURSE'S OFFICE

Keeping TEENS Healthy

According to the Centers for Disease Control (CDC): During the transition from childhood to adulthood, adolescents establish patterns of behavior and make lifestyle choices that affect both their current and future health. Adolescents and young adults are adversely affected by serious health and safety issues such as motor vehicle crashes, violence, substance use, and sexual behavior. They also struggle to adapt behaviors that could decrease their risk of developing chronic diseases in adulthood - behaviors such as eating nutritiously, engaging in physical

NEWS FROM THE NURSE CONTINUED

factors such as family, peer group, school, and community characteristics also contribute to the challenges that adolescents face. To have the most positive impact on adolescent health, government agencies, community organizations, schools, (parents) and other community members must work together in a comprehensive approach. Providing safe and nurturing environments for our nation's youth can ensure that adolescents will be healthy and productive members of society. (<http://www.cdc.gov/healthyyouth/az/index.htm>)

As the school nurse, it is my job to keep healthy kids in school so that they may learn. Healthy students are better learners. If students are ill during the school day, they should report to the nurse's office where an assessment will take place and a determination made as to whether the student should be dismissed. Parents/guardians will be notified by the school nurse if dismissal is warranted. Sometimes an over the counter analgesic, rest, or a nutritious snack may help the student to complete the school day. Please notify the school nurse (preferably in writing) of any health condition pertinent to your child's well being. When this information is shared with the school nurse, we can act quickly to make accommodations for your child due to health reasons.

Many students approach me about basic health issues such as hygiene, nutrition, hydration, sleep patterns and emotional issues. As a parent, it's your job to help your kids and explain basic health issues. If you are not sure what to say to your teen about understanding the body, hygiene and maintaining good health, check out "The Teenage Body Book" (Authors - McCoy and Wibblesman) or other highly rated books. The following website MEDLINE PLUS <http://www.nlm.nih.gov/medlineplus/teenhealth.html> is another good source for information sponsored by the National Institute for Health (NIH) and the National Library of Medicine (NLM).

Reminders

- Medications During the School Day
All medications that must be taken by students during the school day (including inhalers, over-the-counter medications, i.e. cold preparations and pain relievers) must be administered by the School Nurse or designee in accordance with the procedures outlined in the Student/Parent Handbook 2009-2010 (pgs. 131-132). Students carrying medications without the proper documentation on file is a violation of the Holliston High School Drug Policy. Please be aware of the medications that your child is carrying to school. **AGAIN, ANY MEDICATION ADMINISTERED DURING SCHOOL HOURS MUST BE ADMINISTERED BY THE SCHOOL NURSE.**

Students may carry rescue inhalers and Epipens with the proper documentation on file. If you have any questions regarding this policy, please contact Peg Coleman, RN, School Nurse.

- Return to School Following Accident and/or Illness
"A student returning to school after an accident, operation (surgical procedures), or serious illness **MUST** present a doctor's certificate stating that he/she may resume a full program including athletics or that he/she requires a modification of her/his school program to meet her/his physical needs. A student returning to school after a communicable disease **MUST** present a doctor's certificate stating that the student is free from the disease in its communicable form.

Examples of restriction: no use of stairs, no Physical Education (Wellness), special seating accommodations, etc. Any student absent for five consecutive days requires a doctor's certificate" (HHS Student/Parent Handbook, 2009-2010 pgs. 133-134).

Documents may be faxed to the confidential School Nurse Fax line (508) 893-6053.

To All Grade 9 & 10 Parents/Guardians

PHYSICAL EXAMINATIONS are required by Massachusetts Law, (M.G.L. Chapter 71, Section 57). During the high school years, a physical is required for Grade 10 students. These examinations may be conducted within the school year or within 6 months before (March) entry to Grade 10 with the results on file by June 1st of the 10th grade year.

In addition, the Holliston Public Schools fully implement the **Massachusetts Immunization Law** (M.G.L., c.111, ss., 5,6, & 7 and c.76, ss., 15 & 15c). If your child receives an immunization during a visit to the physician, please send documentation to the school nurse.

Grade 10 Parents/Guardians:

Reminder letters have been mailed home for those students with outstanding physicals and/or in need of immunizations. Please contact the school nurse at (508) 429-0682 to inform her of the scheduled date for your child's physical examination or immunization and return the results of the exam and a copy of the immunization record to the school nurse as soon as possible. Grade 10 physical exams are due in the Nurse's Office by June 1, 2010.

Grade 9 Parents/Guardians:

You may want to consider scheduling your child's physical examination after March 1, 2010. A physical exam

NOTES FROM THE NURSE’S OFFICE CONTINUED

dated March 1, 2010 through June 1, 2011 is acceptable for your student’s Grade 10 physical. Please send documentation to: School Nurse, Holliston High School, 370 Hollis Street, Holliston, MA 01746 Tel. (508) 429-0682 FAX (508) 893-6053.

**SPRING ATHLETICS REGISTRATION
FEBRUARY 1 - MARCH 5, 2010**

Students interested in participating in Spring Sports must check in the Nurse’s Office to verify that a current physical exam is on file. The School Nurse will begin distributing Athletic Registration Forms on Monday, February 1, 2010.

Completed forms (signed by both parent and student) with the fee (\$200.00 check or money order payable to “Town of Holliston Athletics) attached are due in the Main Office by Friday, March 5, 2010.

MCAS INFORMATION

MCAS Test Schedule for Winter/Spring 2010

Feb. 1st	Biology	Gr. 9 (Sem. 1 Bio Students)
Feb. 2nd	Biology	Gr. 9 (Sem. 1 Bio Students)
Mar. 23rd	ELA Comp.	Gr. 10
Mar. 24th	ELA Reading Comp.	Gr. 10
Mar. 25th	ELA Reading Comp.	Gr. 10
May 17th	Math	Gr. 10
May 18th	Math	Gr. 10
June 2nd	Biology	Gr. 9 (Sem. 2 Bio Students)
June 3rd	Biology	Gr. 9 (Sem. 2 Bio Students)

The first round of MCAS testing arrives early this year for 9th grade students who completed Biology in the first semester. These students will participate in the MCAS Biology Exam on the mornings of Monday, February 1st & Tuesday, February 2nd. Students scheduled to complete Biology during the second semester will participate in the June 2nd and June 3rd MCAS administration.

I would like to remind all families that the successful completion of each of these exams is required to earn a high school diploma. Furthermore, the scores from both the Math and English portions will be used to determine eligibility for state funded scholarships such as the John and Abigail Adams Scholarship and the Stanley Koplik Award.

On these testing days you can best support your student by ensuring they get a good night’s sleep and have a healthy breakfast. Additionally, please provide the necessary assistance to your student to make certain they arrive to school in a timely manner.

CLASS OF 2010 PARENTS

There is a Senior Parents meeting scheduled for Tuesday, March 9th in the high school Library at 7:00 p.m. We will be reviewing the senior activities for the remainder of the year. Most importantly, Sunday, June 6th is the Graduation date. Check the Class of 2010 website “Handouts” section for the “Senior Events List 2009/2010”. This site is listed under “Students” then “Class Pages” on the main high school page.

Please contact us with any questions or concerns.
Lisa Bynoe - bynoel@holliston.k12.ma.us
Doug Lack - lackd@holliston.k12.ma.us

CLASS OF 2011 NEWS

Dear Junior Parents and Guardians,

There will be a very important meeting on **Tuesday, February 23rd at 6:30 p.m.** in the high school Library to discuss activities for the spring. Please come and volunteer to assist with an activity. We really do need your help!

Volunteers needed for the following activities:

1. Senior Auction volunteers
2. 3/11/10 Senior Showcase
3. 3/26/10 Juniors will host an activities night for the middle school as a fundraiser - parent/student volunteers needed
4. 4/10/10 Scavenger hunt volunteers
5. 6/3/10 Baccalaureate Ceremony
6. 6/4/10 Senior Breakfast
7. 6/6/10 All night party volunteers

CLASS OF 2011 NEWS CONTINUED

Thank you for your support! We hope to see you on February 23rd.

Juniors who wish to participate in the Scavenger Hunt or Junior Prom need to be sure their dues are paid in full.

Bev Ryan and Dianne Feeley

POETRY WORKSHOP

On Thursday, March 11, 2010 there will be a poetry reading and workshop from 7:00 - 9:00 p.m. at the Holliston Public Library.

The workshop, funded by the Holliston Education Foundation and Friends of the Library, will feature local poet, Jennifer LeBlanc, who was recently a guest reader at Books and Things in Holliston.

Jennifer is the author of two books, *Coloring the Shadows* (winner of the Mary C. Bryan Women's Studies award) and *Unrestrained*.

The workshop is open to all community members, but is recommended for ages 13 and up.

Participants will have the chance to hear some of Jennifer's work and explore ideas from their past and from literature they have read to create some of their own poems.

The evening promises to be both fun and intellectually stimulating.

Participants may sign up beforehand at the library or come in that night. The first 15 participants will receive a free journal.

Refreshments will be served!

If you have any questions, please feel free to contact Jennifer Keen at the Holliston Public Library or Heidi Finnegan (finneganh@holliston.k12.ma.us) or Kate Meo (meok@holliston.k12.ma.us) at Holliston High School.

PARENT MENTORS WANTED

Are you interested in helping other parents with their child's transition to high school?

The Parent Network (of the Youth Substance Abuse Prevention Initiative) is looking for parents - both moms and dads - who can offer advice to 8th grade parents during this transition time. We will have an informational meeting in March and then a program at the school inviting 8th grade parents to meet with the parent mentors. This idea was introduced at the Alcohol Forum earlier this year at Holliston High as a way to support families and students in Holliston. If you are interested in becoming a mentor, please email Ellen Freedman at yfs@holliston.k12.ma.us or call Youth & Family Services at 508-429-0620.

SEMESTER 1 FINAL EXAM SCHEDULE

Thursday, January 28, 2010

7:30 - 9:00 a.m.	A Block Final Examination
9:00 - 9:30 a.m.	Optional Extended Examination Time and Breakfast Break**
9:30 - 11:00 a.m.	B Block Finals
11:00 a.m.	Dismissal

Friday, January 29, 2010

7:30 - 9:00 a.m.	C Block Final Examination
9:00 - 9:30 a.m.	Optional Extended Examination Time and Breakfast Break**
9:30 - 11:00 a.m.	D Block Finals
11:00 a.m.	Dismissal

**Cafeteria lines will be open for breakfast foods. Students may use the half-hour break time to purchase food, decompress and/or put the finishing touches on preparation for the second examination block.

Busses will leave promptly at 11:10 a.m.