



Some Thoughts from the Principal

Fall is an active time at Hollis Brookline High School. Students are engaged in classes, club activities, sports, and musical and drama events. Auditions have been held and rehearsals are underway for our Fall Play, *The Diviners*, which will be held in the auditorium at 7:30 PM December 1st through 3rd. Fall Sports Awards will be held in the auditorium on November 9th and our National Honor Society Induction ceremony will be held on November 2nd.

Students have been very committed to helping Hurricane victims and have held several fundraisers, and supply and can good drives for donation to relief organizations. We are very proud of the compassion and participation our students and staff have shown.

This is the time of year we gather data and create budgets for next year. Teachers are proposing new and exciting programs for consideration for the future. The Instructional Practices Committee has been meeting throughout the summer and fall preparing schedule and program recommendations to present to the school board in October. A parent informational meeting concerning these recommendations is planned for Tuesday November 8th at 7 pm at the high school. Academic excellence is what we strive for and all parties in the building are working toward that goal. We are currently forming the Follow-up committee for NEASC and will be working to address the recommendations cited in the NEASC report as well as continue to support and enhance our strengths. Please check our school website, (<http://www.hbhs.k12.nh.us>) for daily notices and information on upcoming events.

The days are speeding by and first quarter report cards will be issued on November 10th. Fall is upon us and I wish everyone a safe and happy Thanksgiving Holiday!

Timothy Kelley
Principal

A Message from the PTSA

If you don't like the weather in New England, just wait a minute and it will change. That certainly held true for the PTSA's planned booth at Old Home Day this year! Despite our tradition of selling tasty grilled hotdogs and hamburgers, our absence was conspicuous this year. The weather forecast called for torrential rain, and since the food order had to be picked up by Friday at noon, we made a judgment call and decided not to invest in large amounts of food that could not be returned. Of course, having made the best plans in advance, the weather on Saturday was lovely. So if you missed having the booth at OHD this year, join us next year!

The orders for Student Directories and PTSA memberships have been received and processed. They are in the works now, and we hope to have them ready to distribute soon. The Directories will be sent home with the student whose name was listed on the order form; they will be distributed during lunch periods, so ask your student to keep an eye out for people handing them out.

As usual, our meetings are the 2nd Thursday of the month, so please join us for a chance to get together with other parents, and to meet school staff. Any questions? Please email Jean Filer at JHFSKIER@cs.com

Jean Filer
Lex Bundschuh
Co-presidents

Visit us at
www.hbhs.k12.nh.us/ptsa
where you'll find:
A list of officers & committees
Back issues of newsletters
PTSA meeting minutes
and so much more!

Scholarships

2005-06 SCHOLARSHIPS AVAILABLE IN GUIDANCE

AFS Awards for Excellence

- Scholarships available to those with 3.5 GPA or above, leadership, and community service.
- Scholarships make it possible to live and study abroad in the summer of 2006 or winter of 2007. Please see your guidance counselor for more details.
- Deadline: December 6, 2005.

American Legion High School Oratorical Contest

- Open to all 9-12 grade students in NH. Requires an oration of eight to ten minutes on some phase of the US Constitution and on an assigned topic for three to five minutes.
- State awards vary from \$100 to \$1,000 and national awards vary from \$14,000-\$18,000.
- District contests will be held by January 7, 2006. If interested, see Kerry Gangemi in guidance or go to www.legion.org.

Atrium- Dodds Scholarship Fund

- Ten scholarships are available to all high school seniors at Hollis/Brookline, Nashua High North and South, Bishop Guertin, and Alvirne schools and those high school seniors who are a son/daughter of Atrium Medical Corporation employees no matter where they attend high school. Students must be accepted to a four year bachelor's degree program.
- Award: \$3,000
- Deadline: March 31, 2006.



Bennington Young Writers Award competition

- Students in grades 10, 11, or 12 may submit work in one of three categories: fiction, non-fiction, or poetry. Info at www.bennington.edu (under News & Events).
- Award: \$250 or \$100.
- Deadline: November 1, 2005.

National Co-op Scholarship Program

- Merit co-op scholarships awarded to high school seniors who are planning to participate in college cooperative education at Pace University, Antioch College, Drexel University, Johnson & Wales, Kettering University, C.W. Post Campus of Long Island University, Northeastern University, Rochester Institute of Technology, University of Cincinnati, or University of Toledo. Applicants need to have a GPA of 3.5 or better. Application and essay info at www.co-op.edu
- Award: varies
- Deadline: February 15, 2006.

College Specific Scholarship

Boston University Dr. Martin Luther King, Jr. Scholarship Competition

- BU seeks candidates with a recalculated high school GPA of 3.5 in a very demanding college preparatory curriculum, class standing among top 10%, recommended SAT or ACT scores (more info in guidance), and a record of distinctive and significant leadership and service within the student's high school or community, an appreciation of different cultures and backgrounds, and a strong commitment to social justice. Students should apply at www.bu.edu/admissions/apply/scholar_mlk.html. Personal assessment needed by a teacher, mentor, or advisor. Essay and application involved.
- Award: renewable full-tuition awards.
- Deadline: December 1, 2005.

The Cavalier Chronicle



The Cavalier Chronicle, the HBHS student newspaper, is published the third Friday of every month. Be sure to ask your kids to bring their copy home to share with you. We welcome parent input for story ideas by the first of every month (perhaps your teen is doing something newsworthy outside of school but is too shy to let us know). Additionally, business owners are encouraged to advertise with us. Please e-mail your mailing address, and we'll send you a packet with pricing, sizes, and publication schedule. Contact Kelly Sewell, adviser, at sewellk@sau41.k12.nh.us or call 465-2269, ext. 414, for more information.

Guidance News

Note from the Director

The college admission season is in full swing and seniors are starting to pass in the required forms to have transcripts sent to the schools of their choice. This can be a very stressful time for our seniors, parents, teachers and counselors who are involved in this process. Be patient and it will all come together. Not only is it a busy and hectic time of year the time and paper work that is devoted to the college admission process is mind boggling. Nothing about this process is easy yet it can go a bit smoother if you ask for assistance from the guidance department and the college admission offices. Do not hesitate to call either place to ask questions, get advice, vent, or ask for help in getting your senior motivated. Ultimately it all works out but it can be a very interesting ride!

Juniors and sophomores who participated in the PSAT testing will be receiving their scores sometime in early January. Although the scores are sent to the Guidance Office in late December we would like to sit down with our students and go over the results in a more personal way. In order to do this and use the PSAT results effectively we will need to distribute them in early January due to the volume of college admissions work the staff is involved with in December. We ask for your patience with this.

Keeping in mind the time of year we are heading into it is important to remember high school students feel the stress and strain of the season as well. Not only do the holidays raise issues with students but we are coming to the mid-point of the academic year. Therefore, some students may need extra support and help during this time. Please communicate with your son or daughter's counselor at any time if you feel your child needs help or guidance. Thank you again for your continued support of the Guidance Department. We hope you have a warm and safe holiday season.

Communication

Guidance regularly disseminates information on programs, career and college opportunities, scholarships, testing information, deadlines etc... through the daily notices. Students are reminded to read the notices daily!

Senior News

The time is now! It is in the best interest of the seniors planning to go on to four year colleges to get their applications in the mail or sent electronically by December 30th. Keep in mind if supporting documentation needs to be sent the student must submit the *Transcript Request Form* to the counselor 4 weeks prior to the application deadline. **NOTE:** *the UNH application deadline date is February 1st.*

Mid Term Reports

Mid- term reports will be sent out to all schools the student has applied to after the semester ends in January. Please be sure to get any Mid-Term Report forms that colleges require (as found in the Common Application) to the counselors as soon as possible – please do not wait until the end of the semester.

Colleges Visiting HBHS

College Representatives visiting HBHS will continue through the middle of November. Most representatives will be visiting on Tuesdays or Wednesdays. This is a great opportunity to meet with representatives from various colleges to learn more about the schools or ask additional questions. Seniors, juniors and parents are all welcome to come. Students can obtain a pass from Mrs. Noel but must have an O.K. from their teacher and are responsible for missed work. Please check the Guidance calendar and the white board outside of Guidance for dates and times.

Financial Aid Information

Financial Aid Night will be held in early December. A date and time will be posted soon. If you have concerns regarding Financial Aid at this time an appointment with college financial aid offices when visiting a college is a good way to learn about that particular college's financial aid opportunities. Another great source of information is the NH Higher Education Assistance Foundation (NHHEAF) in Concord. Visit the NHHEAF website at www.nhheaf.org or call 1-800-525-2577. Financial Aid materials are available in both Guidance and the library at HBHS. Please check the Guidance website for more scholarship and Financial Aid information.

Note: *The FAFSA form cannot be submitted before January 1, 2006 but should be submitted as close to that date as possible. All colleges require the FAFSA form from families that are considering any type of financial aid including work study and loans. The paper form of the FAFSA will be available at our Financial Aid night and in the Guidance Office after Thanksgiving. Families are encouraged to fill out the FAFSA on-line which can be accessed through www.FAFSA.gov.org. Some private colleges will require the CSS PROFILE. The PROFILE is only for certain private colleges. It can only be submitted electronically and can be accessed through the College Board website at www.collegeboard.com. The PROFILE can be submitted at any time. Colleges have very strict deadlines for Financial Aid applications so it is important to find out what the deadlines are for each college, and adhere to them.*

(Guidance, continued from Page 3)

Graduation Check

Every senior and parent received a letter in early September regarding graduation requirements. Another letter will be going home after the semester ends and report cards are distributed. *It is vitally important that any senior who is missing a required course or has been unsuccessful in a required course meets with their counselor immediately to determine a course of action.*

Junior News

College Information Night for juniors and their parents will be held in February prior to the February break. Please check the website and announcements for the date and time. Students are encouraged to attend this event with their parents.

SAT Testing and Registration Dates

Juniors interested in taking the SAT Critical Reasoning Test and the Subject Tests are encouraged to get on the College Board Website www.collegboard.com to register for the SAT tests. Keep in mind that spring sports often conflict with test dates so plan ahead.

Test date	Registration date
January 28	December 22
April 1	February 24
May 6	March 31
June 3	April 28

College Fairs

Nashua High School North is hosting a college fair on November 8, 2005 from 7-9 pm. All students are invited – this is a great way for juniors to start the process.

Selective Service Registration

The Selective Service System is an independent agency within the Executive Branch of the Federal Government. The mission of the Selective Service System is to provide the number of men needed by the Armed Forces, within the time required, should Congress and the President decide to return to a draft, in the event of a national emergency. Registration is the process of providing the Selective Service with name, address, phone number, and other related information about one's self. It is a civic and legal responsibility for every young man to register with the Selective Service within the time period starting 30 days before, and ending 30 days after, their 18th birthday. Register on-line at www.sss.gov or pick up a registration card at any post office. If you have any questions, please see Mr. Winslow in Guidance.



Booster Club

Once again, It is time for Fall Sports Awards, mark your calender for November 9Th! Our annual Golf Tournament went off as a huge success. Thanks to all of you! We did miss Mr. Rupp and Mr. Kelly, we know you will be with us next year. I also get to update you on the progress of the storage building at the track. Keith Adamyk and friends are working feverishly to get the roof and some other details done. It is looking beautiful! We all are so lucky and grateful for this fantastic accomplishment. The planning stages have begun for the landscaping/walkway. There is still time to buy a brick if you would like. Please take a peak at the "Parents" guide on our school website. Remember our meetings are the second Wednesday of the month in the Principals conference room. With the exception of November, we will meet on the 2nd at 7:00 p.m.. Come join us! Your participation at all levels is what makes the Hollis Brookline Athletic Booster Club a great success! I can be reached anytime at 930-4012 or email at joc4936@yahoo.com. Thanks for reading!



Joyce O'Connor

National Honor Society Induction Ceremony

The Hollis Brookline Chapter of the National Honor Society will hold its induction ceremony for new members at 7:00 p.m. on Wednesday, November 2, 2005, in the music room at the high school. The ceremony will be followed by a reception with refreshments on the third floor lobby. This year's guest speaker will be Richard Pike, our school superintendent.

The National Honor Society ranks as one of the oldest and most prestigious national organizations for high school students. The Society seeks to recognize academic achievement and further develop ideals in character, leadership, and service through membership. An invitation to membership is extended by the Faculty Council with the expectation that members will continue exemplary contributions to both school and community.

This year's inductees are: Charlie Askenaizer, Chris Berling (transfer), Kate Cappetta, Shannon Gill, Suzi Grossman, Dara Fisher, Laura Jackson, Kira LaCoss, Vanessa Lovering, Matt Lynch, Casey Nemecek, Elizabeth Quaglieri, Ben Sacks, Kim Spargo, Michelle Viveney, and Rachel Wilson.

Families, friends, and faculty are cordially invited to attend.

School Medication Policy and Update on Over-The-Counter Medications

From the nurse's office with input from the SAU 41 School Physician, Charles Cappetta, MD

SAU 41 has a policy in place that bans the carrying of over-the counter (OTC) medications at school. This would also apply to not carrying OTC medications in student back packs, book bags, etc.

Certain OTC medications are stocked in the nurse's office and parent permission is required to administer any OTC medication. The OTC parent authorization form is handed out to each student on the first day of school. All stocked OTC medications are listed on the form. There is a section on the form that allows parents to write any allergies or restriction to these OTC medications.

If a student responds better to an OTC product that we do not store, parents can bring in a medication in the original packaging with the students name on it. There are times when it is very appropriate to administer an OTC med.

However, there seems to be an increase in the use of OTC's among students with undiagnosed conditions and I am very concerned about that. I often hear that "it is just ibuprofen" with the understanding that is completely safe. This may be true if one is carefully and appropriately following the recommended doses on the package or by following your doctor's advice. However I often feel that many OTC's are being over used which can lead to many health issues.

The two main OTC meds that are stocked in the nurse's office for headache/pain/fever relief are acetaminophen and ibuprofen. Acetaminophen is a pain reliever ingredient found in many OTC meds and prescription meds. Tylenol seems to

be the #1 choice which is the brand name for acetaminophen. Tylenol is generally considered safe and effective for pain but if used in excess or used long term it can cause drug-induced liver failure.

Ibuprofen is a widely used non-narcotic pain reliever and anti-inflammatory. This too is in a wide variety of OTC meds and prescription meds to treat headaches, muscle aches and menstrual cramps. When taken as directed it can be very safe. However if used in excess or if used long term, ibuprofen can lead to stomach bleeding and ulceration of the stomach or intestines. Decrease blood flow to the kidneys has been identified along with kidney function impairment.

In particular, related to the use of these medications for headaches, daily use of these non steroidal anti-inflammatory drugs (NSAIDS), can lead to "rebound" headaches where the headache returns when the medicine is "not taken" and as much, the student will take more "medicine" to help with the headache and a "non healthy" cycle of use begins.

A large percentage of the students that I see with headaches and aches or pains are (after assessment) related to stress, lack of nutrition and lack of hydration. Encouraging eating, drinking and de-stressing techniques should always be tried before administering an OTC medication unless the student has a diagnosed condition. Caffeinated beverages actually dehydrate so a choice of water or juice is better.

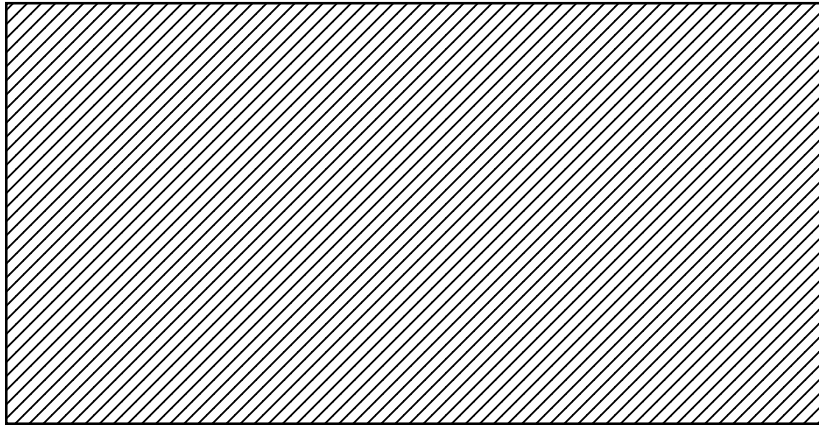
If you have any questions pertaining to the usefulness of these OTC medications, your child's health care provider or me as the school nurse, would be more than happy to discuss them with you.



Hollis Brookline High School
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OCTOBER 2005

BULK RATE
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Parent Educational Series 2005-2006

- Nov 15th - Peer Pressure
- Ann Duckless and students for panel questions
- NH Teen Institute
- Jan 18th - Media / Internet Safety
(snow date Jan. 25th)
- Rona Zlokower, MediaSmart
- Feb 15th - How to Talk to your Teens about Sex / Date Rape
- Anne Johnson, Planned Parenthood
- Mar 28th - Bullying / Harassment / Hazing
- Robert Bryant, Second Growth

When Push comes to Shove...

How do our kids survive in a face-paced world filled with pressure and an overwhelming number of choices? Middle and high school students are beginning to understand what roles they play with their peers. What roles do we play as parents? What makes kids more susceptible to giving in to peer pressure than others? How can we as parents help our children overcome these obstacles? Discover how peer pressure can be both positive and negative. Peer pressure has always been there, but how can we help our kids manage it! Ann Duckless, from the NH Teen Institute, will present this interactive workshop along with a panel of high school students. The Hollis Brookline PTSA S-Team is sponsoring this event. The workshop is free and open to anyone in the community. It will be held **Tuesday, November 15th**, at 7 p.m. at the Hollis Brookline High School. For more information you may contact Pat Marquette at 673-1957.