



Hollis Brookline High School

October 22, 2010
www.hbhs.k12.nh.us

Some thoughts from the Principal ...

Fall is certainly here with all the beautiful color outside our windows. The building has been very busy as usual. NECAP testing for all juniors and PSAT's for juniors and some sophomores have been completed and all went smoothly, spearheaded by Rick Barnes, Assistant Principal and KC Maynard, Director of Guidance. Thanks for their hard work as well as to the staff who proctored these exams. The students were focused and committed to doing their best.

The Fall sports season is wrapping up. Homecoming went well despite the rain, and we held our second annual Football game under the lights this past Friday. This year the Girl's Cross Country Team has won three invitational meets including: the Sanborn Invitational, the Jeri Blair Belmont Invitational, and the Manchester Invitational, which included teams from all over New England and New York. In winning the Manchester Invitational, the Cavaliers beat four ranked teams. The girls are ranked 7th statewide across all divisions as noted in the New Hampshire Cross Country Journal for their **first top ten ranking in school history!!** We are also pleased to see the progress on the new field. This general purpose practice and playing field is coming along nicely. We are very excited as this is much needed with the numbers of teams the high school supports.

The National Honor Society held its annual induction ceremony on Thursday, October 14th, inducting 41 students who will join our current 25 members. Congratulations to this vibrant program and the new inductees. Seniors inducted are: Laura Andreola, Maura Angel, Nick Barrett, Spencer Black, Alyssa Capetta, Conner Devlin, Kellie Dickerson, Matt D'Intino, Johathan Gual, Ben Jacoby, Alex Marinaccio, Hanna Mazzola, Ian Powell, Missy Putur, Emily Stone, Luis Suter, Zachary Wallin, Zac Werne, C. Brooks Willis, and Jaclyn Clement. Juniors inducted are: Amelia Banks, Chris Baryames, Kelsey Berry, Jill Curtis, Bailie deLacy, Rachel Duprez, Sean Flannery, Kristyn Glover, Nicole Kabel, Rachel King, Emily Lombardi, Felicia Lombardi, Mark Lorden, Tyler Owens, Dannie Putur, Heather Regan, Stephen Rossetti, Laura Schmidt, Amy Schunemann, Cecille Yang, and Matt Seibert.

We will be holding our annual Trebuchet Day and Halloween Assembly on Friday, October 29th followed by the Halloween dance at 7:00 pm that evening. As you may be aware, the catapult and trebuchet day is held annually as a graded project in the first-year physics classes. Students have spent a month building and testing their machines and will test their theories by catapulting water balloons at physics teachers, John Boucher and Linda Saari. Brave souls indeed!! Students are dressed in period costume and the back softball field will be transformed from the year 2010 to the 1400's for the morning.

We welcome our new 504 Coordinator, Mrs. Sharon Coughlin, to HBHS. Thank you to Mrs. Maynard who kept the 504 process running until we had a 504 Coordinator in place. Mrs. Coughlin jumped right in and has the 504 Office up and running! If your child has a 504 Plan or is referred for a 504 Plan, you will be hearing from Mrs. Coughlin.

Please watch the newsletters and calendar for dates for this year's Parent Series events sponsored by our PTSA. The first speaker, Dr. Jack Agati, will be here at the high school on November 3rd at 7:00 p.m. presenting "Six Tips to Surviving the Teenage Years". Come and learn some practical strategies to help you happily survive these wonderful, and sometimes trying, years!

Our Student Assistance Program Coordinator, Cathy Cray, has been able to arrange for speaker Travis Roy to meet with our freshmen and sophomores on Wednesday, November 17th. This afternoon assembly will focus on motivation and setting & achieving goals. We are excited to have this inspirational speaker come to Hollis Brookline High School.

A Veteran's Day assembly is being planned for November 10th and the annual Academic Assembly usually held in December may be moved to November to allow the Blue Ribbon Representatives to be here. At this time we will also honor the 13 National Merit Commended Scholars: Matthew D'Intino, Kyle Forgaard, Sara Heard, Ryan Heden, Benjamin Jacoby, Caitlin MacNicol, Zachary McElwain, Delia O'Shea, Melissa Putur, Ansel Renner, John Reuter, Victoria Rines, and Christopher "Brooks" Willis; as well as the six National Merit Semifinalists: Jonathan Bower, Steven Griffin, Sarah McDaniel, Daniel Pallies, Alexander Roberts, and Lasya Thilagar.

Parent Teacher Conferences are also scheduled for Thursday, November 18th and Tuesday, November 23rd. If you were not able to sign up for a conference time during our Open House, please contact your child's teachers for an open time slot.

We are very fortunate to have John Gray as our Head of Maintenance. John has spent countless hours manually adjusting our well pumps in order to conserve the pumps so that the stress of this fall's water shortages would not burn them out. Unfortunately, we were forced to cancel several events due to water issues. However, there is good news. A new water panel has been installed which regulates our wells and helps to conserve water, which has resulted in lower water pressure but no longer requires John's constant attention. With the recent rain things are looking up. We also have several options we are researching and discussing.

Another heat-saving source has also been added to the school. Fitch Fuel Catalysts were researched and paid for by the National Honor Society as a way of giving back to the building. These catalysts have been installed by Green Power Management Holding, Inc. and will help the building conserve fuel and expend less on heating costs.

Please mark your calendars for Elections on November 2nd. Remember there is no school that day, as well as Veterans Day on November 11th. Also Picture retakes will be done on Friday, November 5th. Questions regarding pictures and yearbooks may be directed to advisors Carol Tyler and Sandy Bent in the Guidance office.

Enjoy the wonderful crisp air of autumn and the beautiful colors all around us!

Cindy Matte

HBHS Athletic Booster Club

Mark Your Calendars!!



Many of our teams are finishing up their seasons and we are in the process of planning our **Fall Sports Awards Night**. We will be celebrating our fall athletes on Wednesday, **November 10th**. Please mark your calendars and join us. We will be holding the ceremony in the gym to accommodate the large number of fall athletes and their families.

Please let us know if you are available to help with set-up the gym on the 10th. We will begin right after school.

A parent from each Team will be collecting pictures for the slide show. If you have **pictures** to share, please look for the parent collecting them on your team. These will need to be submitted by **October 25th**, no later! Time is needed to prepare the slideshow once those are collected.

We are still looking for more people to participate in the Booster Club. Due to the Awards Night, our November meeting will be on Tuesday, November 9th at 7:00 p.m. in the Front office conference room. Come join us!

Go Cavs!!

Hollis Brookline High School Athletic Booster Club

Cindy VanCoughnett, President cwvanc@gmail.com

Debbie Tighe, Vice President tighe92@charter.net

Monica Rencken, Secretary renckens@charter.net

Regina Kozsan, Treasurer rkozsan@investorscapital.com

A Note from your PTSA

Co-Presidents:



We were lucky to have 3 guests speak at our October meeting. Donna Arias spoke to us about the Safe Homes Parents Network. Donna works at "Beyond Influence" in Nashua, NH. She explained a little about the program, which encourages parents, guardians, and the community to work together to promote a drug-free youth. If you are interested in becoming part of the Safe Homes Network or want more information, please go to www.beyondinfluence.org/safehomes

Tony and Jennifer Yandell came to talk about and ask for support on an adult seatbelt law in NH. On behalf of and in memory of their daughter Abby, they are urging our state legislators to re-open and pass a bill to require adult restraints. New Hampshire is the only state in the country without an adult seatbelt law. If anyone is interested and would like to support their cause, they ask that you write and call your state senator at www.gencourt.state.nh.us/senate/senatemembers.asp and state representative at www.gencourt.state.nh.us/house/members/housemembers.html. They feel it will save lives!

On November 3, 2010 in our Parent Ed series, we have keynote speaker, Jack Agati coming to talk about "Six Tips to Surviving the Teenage Years". Jack has a master's degree in counseling and is a trainer in the area of human relations. He has been entertaining audiences nationwide for 25 years and he is a wonderful and dynamic speaker.

Finally, we will be honoring our teaching staff on Thursday, November 18, 2010 with a Harvest Dinner. The dinner will be served to the staff during the first of two evenings of parent teacher conferences. If you would like to help honor the staff please email Kristen Berry at Kbellep@aol.com. We would appreciate it!

Our next meeting is on Wed., November 18, 2010 at 8:30am. Please join us, and remember you can always check our website www.hbhsptsa.org for all information and updates!

Happy Autumn! Go Cavs!

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620-2825

Kristen Berry kbellep@aol.com

465-7447

Visit your PTSA at www.hbhsptsa.org, where you'll find the list of officers & committees, back issues of newsletters, and much more!

Hollis Boy Scout News

Hollis Troop 12 is hosting their annual **SPAGHETTI SUPPER** on **Saturday, November 6 from 5:00 – 7:30 pm** @ the Hollis Congregational Church. This is your chance to take the night off from cooking and let the Boy Scouts prepare and serve you a delicious dinner! A gluten-free menu will be available. Tickets are \$5.00 for adults/teens (ages 12-60), \$4.00 for senior citizens/children (ages 6-12,60+), and free under age 6. Boy Scouts will be out selling at various Hollis locations throughout October, so please look for them or contact your neighborhood Boy Scout. Your support of our local scouts is greatly appreciated! Contact Joyce at 465-3783 for more info, to purchase tickets, make a donation, or to advertise your business at the supper. Tickets will also be available at the door. Visit www.HollisTroop12.org to learn about Troop 12.

"Scouting for Food" Drive is Saturday, November 13

Hollis Girl Scouts, Boy Scouts, and Cub Scouts are participating in the annual "Scouting For Food" campaign to help fight hunger in New Hampshire. Scouts are each assigned a Hollis neighborhood route and asked to collect bags or boxes of nonperishable food and household items from each resident that chooses to participate. On **Saturday, November 13, 2010**, please leave your donation in a visible location outside of your front door or by the base of your mailbox (please do not hang on the mailbox). Please leave out items **no later than 8:30 AM rain or shine** to allow Scouts time to process the goods and deliver them to the Nashua National Guard Armory so they can be distributed to local food pantries. Scouts will not ring the doorbell to collect donations. If your donation has not been picked up by 11:00 AM, please call Kostas at 689-3438. The Scouting community thanks you in advance for your generous donations!

IMPORTANT DATES AT HBHS

Oct. 29	Halloween Dance, 7pm
Nov. 2	NO SCHOOL
Nov. 3	"Teenage Years" presentation 7:00pm
Nov. 5	Picture Re-take Day
Nov. 5	SAT Registration Deadline (12/4 test)
Nov. 6	ACT Registration Deadline (12/11 test)
Nov. 6	Boy Scouts Spaghetti Dinner 5-7:30pm, Hollis Congregational Ch.
Nov. 9	Booster Club Meeting—7pm
Nov. 10	Fall Sports Awards Night—7pm
Nov. 11	NO SCHOOL
Nov. 12	HOBY Applications due to Guidance
Nov. 13	Scouting for Food drive — 8:30am
Nov. 18	PTA Meeting—8:30am
Nov. 18&23	Parent-Teacher Conferences
Nov. 19-20	"The Comedy of Errors" school play
Nov. 20	"Hello Dolly" play—Woman's Club
Dec. 1	College Fair @ Nashua H.S.
Dec. 4	"Nuncrackers" play—Woman's Club
Dec. 8	Holiday Crafts Fest, 9a-12p Lawrence Barn
Dec. 9	Financial Aid Nite 6:30pm Auditorium

Presenting "The Comedy of Errors"!

On Friday and Saturday, November 19th and 20th, come see the Hollis Brookline High School's production of The Comedy of Errors, featuring students in grades 9-12. This is a comedy about two twins who are lost at sea as babies and twenty years later end up in the same town. This leads to a myriad of complications and their eventual happy reunion. This exciting comedy features Dan Pallies as Antipholous of Syracuse, Liam Tanner as Dromio of Syracuse, Edward Walsh as Antipholous of Ephesus, Connor MacDonald as Dromio of Ephesus, Mackenzie Pratt as Adriana, Anneliese Beaulieu as Luciana, Dan Morin as Angelo the Goldsmith, Ethan Craggy as conjurer Dr. Pinch, Kat Bolling as the Courtesan, Maggie Borkowski as the Abess, Peter Bowers as Aegeon, Justin Nierendorf as Duke Solinus, Kelly Scrima as Luce, and Tyler Ellis as Balthazar. Tickets will be available at the door: \$8 for students and seniors, \$10 for adults. Come support HBHS and enjoy a night out.



L to R: Stage Manager, Ann Reuter; Actor Dan Pallies, Director Elyse Tomlinson, & Actor Anneliese Beaulieu.

Hollis Women's Club News

The Hollis Woman's Club announces several exciting events they are organizing and inviting the public to attend! The next event on their schedule is attending 'Hello, Dolly' at the Majestic Theater in Manchester on Saturday, Nov. 20th at 7:30pm. They also plan to attend 'Nuncrackers' - the Nunsense Christmas Musical, also at the Majestic, on Saturday, Dec 4th at 7:30pm. Discount tickets are available through the club at \$16 and \$13 for Seniors for either show. To join in the fun, contact Lori Dwyer at 465-3190 or email at gizzmo2746@charter.net

Mark your calendars for their annual Holiday Crafts Social - held this year on Wednesday, Dec. 8th, from 9am-12pm at the Lawrence Barn on Depot Road in Hollis. This social offers an opportunity to browse various craft tables that members will have on display, and perhaps purchase some holiday gifts! All are welcome to attend.

The Hollis Woman's Club is a philanthropic and social organization open to all area women. For more information, please see their website at www.holliswomensclub.org, or contact President Krissy Wuerdeman at hwckrissy@yahoo.com.

Parenting Corner

Six Tips to Surviving the Teenage Years

No doubt one of the most trying times for parents and their children comes during that scary period known as the teenage years. So many changes occur in both them and us. This presentation seeks to remind us what makes up a teenager and presents practical

strategies for us to deal with the everyday flash points that occur between parents and their teens. These six tips will serve as a guide for parents during this difficult time ... tips like picking and choosing your battles, being proactive rather than reactive, allowing your teen to exercise their freedom to choose and, at the same time, ensuring that they are held responsible for those choices. These tips can allow us and them to survive these crazy years while still loving one another.

1. Pick and Choose Your Battles
2. Have a Plan
3. Our Keywords
4. Their Evasions and Excuses
5. The Dream or the Nightmare
6. Boast and Brag

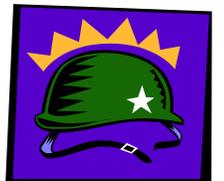
Keynote speaker, **Jack Agati**, will share a dynamic and encouraging presentation with real solutions to real life issues. Hollis Brookline PTSA S-Team will sponsor this educational workshop, free and open to anyone in the community, on **Wednesday, November 3, 2010, at 7 p.m., at the Hollis Brookline High School**. For more information you may contact Monica Gallant at 672-6115.

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 email your mailing address, and we'll send you a packet with pricing, sizes, and publication schedule. Contact Lin Ilingworth at lin.ilingworth@sau41.org or call 465-2269 for more information



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 a 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 online 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.



From Your Guidance Department

The Guidance department is busy as usual. We have introduced Naviance to our seniors, and both students and counselors are busy ensuring that all the accompanying information is uploaded for electronic submission. Although we have only highlighted the college piece of Naviance to our senior students, we certainly invite them to participate in the **personality type and career interest profiler** located under the Career tab. It is a great tool for students to gather self information and examine their future goals.

Senior News

Deadlines and Important Supplemental Information:

One of the most difficult components of the college admissions process is the various deadlines and protocols that are attached to each individual school. No longer is one answer applicable, which means researching each school individually and storing the information in an organized way for retrieval. We are hopeful that Naviance will serve as an electronic organizational tool. We must emphasize that college deadlines are strictly adhered to. Some colleges will cite a 'receipt' deadline while others adhere to a 'postmarked' deadline and with electronic submission digital submission is accurate. You do not want to submit until the day before just in case there is a cyber glitch. Common sense dictates to never leave this important application to last-minute chance. Early Action or Early Decision deadlines are usually November 1st or November 15th which means that the guidance department should receive the student's *College Supporting Documentation Form* (pink) by October 9th and October 23rd respectively for each college to which they are applying. Also, please provide your counselor any *school report form* required by the college. The Common Application also has a school report form that is an integral component of the application. A charge of \$3.00 per school application is charged to cover the cost of the college expenditures.

First Quarter Grades

First quarter grades will be sent for every application with an early action or early decision deadline, and mid-year grades will be sent with every student's application. Many schools await the arrival of first quarter grades before moving students into the accepted pile of applicants, so students should note that it is very important to keep the academic trend heading in a positive direction.

SAT/ACT Scores

Please remember that the SAT and ACT scores must be sent to the specific college by the Educational Testing Service in order to be considered official. The SAT scores can be sent through www.collegeboard.com and the ACT scores through www.act.org

Financial Aid Night

The Financial Aid Presentation will take place on Thursday, December 9th at 6:30 in the high school auditorium. It is very important for parents to attend this informative evening. This is a time-sensitive date, since the FAFSA form cannot be submitted until January 1st. This presentation will also cover information on the CSS Profile. It is important and helpful for parents to check the financial aid requirements for each school their child is applying to. Some private colleges require the CSS Profile, which is accessed through www.collegeboard.com. Early Action or Early Decision Deadlines may require the Profile to be filed earlier.

Another great source of information for financial aid is the NHHEAF organization in Concord. You may contact NHHEAF at 1-800-525-2577 and on line at www.nhheaf.org for free day and evening appointments.

Scholarships

The HBHS guidance website will update new scholarship opportunities for students on a regular basis. Please be sure to check the guidance website for a listing of available scholarships. Local scholarships are more abundant in second semester but national scholarships are available now. Students should also submit a *scholarship transcript request form* found in guidance for any application that needs supplemental information. These forms can be found in guidance.

NCAA

Do not forget to register with the NCAA if you are planning on participating in college sports. This is done at www.ncaaclearinghouse.org. Standardized Scores must also be sent from the Testing agency directly to NCAA to be considered official.

Junior News

PSAT

All juniors took the PSAT exam on Wednesday, October 13th. This is a great opportunity for students to compile information that will be helpful in the college application process. Although college admissions consists of many factors, including transcripts, recommendations, and extra curricular activities, there is no denying that many schools carefully utilize standardized testing. Early results will allow students to prepare for their SAT exams, which we recommended taking before the end of their junior year.

College Fair

Nashua High School is hosting a college fair Monday, November 1st. This fair helps students see the incredible opportunities that lie ahead of them, as over 200 colleges participate in this event. We recommend that while at the fair you fill out the various college postcards to receive lots of additional information about these schools.

SAT/ACT Services for Students with Disabilities

Students who need testing accommodations for these tests are strongly encouraged to discuss this process with their case managers as soon as possible to ensure the accommodations are available for testing.

Sophomore News

PSAT

Approximately 50 sophomore students opted to take the PSAT on Wednesday, October 14th. Students who wanted practice with standardized testing and/or students in accelerated classes were encouraged to participate in the practice exam.

HOBY Scholarship

One sophomore will be selected from HBHS to attend the HOBY (Hugh O'Brian Youth) Leadership Seminar in NH from June 3-5 next year. This seminar brings together a select group of high school sophomores who have demonstrated leadership ability. They interact with groups of distinguished leaders in business, government, education, and other professions to discuss present and future issues. Cost is \$150 and is funded by the Hollis Woman's Club.

Some of the positive outcomes of participating in a HOBY program include:

- **Improved critical thinking skills.** By presenting multiple viewpoints on important issues, HOBY encourages participants to evaluate all issues from a critical perspective. Effective leaders make informed decisions.

●**Enhanced leadership skills.** HOBY's phase-based curriculum, question-and-answer sessions with community leaders, small group discussions, interactive activities, hands-on service-learning experiences, and opportunities to engage in leadership roles enable participants to better understand leadership and begin to identify your own particular leadership strengths.

●**Developing goal-setting skills.** All aspects of the HOBY Leadership Seminar are geared to encourage participants to see leadership as a life-goal worth pursuing. At the conclusion of the HOBY Leadership Seminar, participants are encouraged to identify personal goals and commit to achieving one or more within the six months that follow.

●**Realizing the importance of leadership.** Through HOBY's Leadership for Service program, participants are challenged to complete 100 hours of service in your communities and to create service opportunities for others.

A student will be selected based on their leadership ability, sensitivity to others, and desire to communicate their knowledge to peers. Students will need to write a one-page essay.

Applications are located in the Guidance Office. Deadline for essays to be received in Guidance is the end of the day November 12, 2010.

Freshman News

School counselors visited with freshman students this month in their Wellness classes. The counselors were incredibly impressed by the class of 2014. Respectful, attentive, appropriate and engaging are words that come to mind. Our primary goal was to get acquainted with our new students, but we were also able to do a fun activity that allowed us to gather information about their interests and activities. We reviewed our role as counselors and how to make guidance appointments. We also discussed bullying and harassment, and the multitude of emotional issues that present themselves to students in the subsequent HBHS years. We are truly happy to have spent time with the freshmen, and we will be returning later in the year with more activities and information.

Student Assistance Program

The Student Assistance Program (SAP) provides confidential services for students whose personal concerns may be affecting their academic performance or behavior at school. Students are encouraged to use the SAP program for help with family problems, emotional concerns, peer issues, and alcohol or drug abuse. Many students are referred to the program through a friend, teacher, counselor or parent. The program offers assessment, referral, supportive and group offerings. For more information, please contact Cathy Cray at 465-2269 x.122.

In accordance with Federal law and US Dept of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write: USDA, Director, Office of Civil Rights, Room 326-W, Whitten Bldg., 1400 Independence Ave., SW, Washington, DC 20250-2410

Career Services News

Internship Opportunities

Internships are a great way for Juniors and Seniors to explore career interests. It is time to start planning for second semester internships. There are many opportunities available to accommodate a wide variety of interests, to include business, politics, communication, manufacturing, and education. Interested students should make an appointment with Mrs. Sullivan in the Guidance Office to begin the process.

Southern New Hampshire Expo 2010

On the evening of October 21, students from Mrs. Hancock's Culinary Club participated in The Southern NH Career and Business Expo at the Hampshire Dome. Students who attended the Expo had the opportunity to showcase the Culinary Club activities they are involved in, both in and out of school. They were also able to visit the more than 200 local organizations, business leaders and high schools who were there to participate in this exciting event. We would like to thank **Belmont Springs** for sponsoring the HBHS booth. For more information or to participate in this event in the future, please contact Julie Sullivan at julie.sullivan@sau41.org

SAT Information

Registration for upcoming tests can be done through the College Board website, www.collegeboard.com. A paper version can be found in the guidance office should you require this. Deadlines are approaching quickly so be sure to register in time to secure the test location you desire. SATs are not administered at HBHS but local high schools such as Nashua High North and other neighboring high schools are utilized.

Test Date

December 4

January 22

Registration Deadline

November 5

December 23

ACT Information

In recent years the ACT has become increasingly popular with New England students. It differs in many respects from the SAT, but primarily it offers a Science component. In addition, some colleges will accept the ACT in lieu of SAT subject tests which has also enhanced its popularity. The website for the ACT is www.act.org.

Test Date

December 11

February 12

April 9

June 11

Registration Deadline

November 5

January 7

March 4

May 6

Please be sure to check the Guidance Department website and read the daily notices for all new information!

<http://sites.google.com/a/sau41.org/hbhs>