



The Bear Facts

Volume 1, Issue 2

Winnisquam Regional High School

October 2009

"Look for up-to-date school and sports information on our website: www.wrsdsau59.org/WRHS"

Hello from the Administration

Dear Families,

I am happy to report that our fall testing is finally coming to an end. Students have completed the NWEA computerized tests for grades 9-10, the NECAP for grade 11, and the PSAT for grades 9-11. The task of coordinating and administering these tests is daunting, but please know they provide us with extensive data regarding our students, curriculum, as well as college preparedness. We are happy to be done until spring.

As communicated to you in our last newsletter, we will be holding a meeting open to one and all in order to assess the safety of our building before and after school. We will meet, Thursday, October 22 from 2:30-3:30PM, in the Media Center. We want to be sure that our students are always safe, the security of the building is properly maintained, and that we have coverage for students in the building before and after school hours.

Please note our newly updated webpage. We are doing our best to communicate all school news through this venue. We are almost done with the input of student data for group emailing. We anticipate group emails to be fully functional by November 1, 2009. Your involvement with our school community is always welcome. We invite you to visit the school and see all that is being accomplished. You are welcome to schedule a meeting to speak with either administrator and share your concerns and/or praises of the district's efforts.

We are working hard to build a strong community of learners for both students and faculty. There was great student interest in the recent faculty and staff *Survivor* held at my home as a team building activity. We hope to use this event to plan activities just as beneficial to our students. See if there's anyone you recognize! As always, your support is vital to our efforts to strive for *P.R.I.D.E.*

Respectfully, Dr. Ronna Cadarette, *Principal*



WRHS faculty and staff *Survivor* team building event.

FALL CONCERT

Thursday, October 29th 8:00 pm

PARENT TEACHER CONFERENCE

Wednesday, November 18th 4:00 to 7:00 pm

Please contact your teachers for an appointment

-HARLEM ROCKETS -

Fri. Nov. 20th 7:00 to 9:00 pm WRHS Gymnasium

Note from the Nurse

The New Hampshire Department of Education (DOE) has been working closely with the New Hampshire Department of Health and Human Services and other agencies to provide updates and guidance about the H1N1 influenza (Swine Flu). More information along with other resources can be found on the NH Department of Education Web site at www.ed.state.nh.us or call me directly at 286-4531 extension 115.

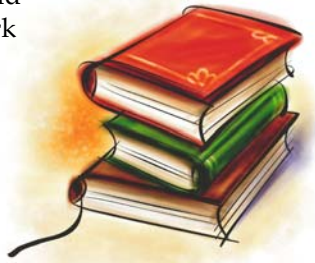
Barbara Berwick, *School Nurse*

Parent Teacher Student Organization (PTSO)

The Winnisquam Regional High School Parent Teacher Student Organization (WRHS PTSO) is kicking off our second year here at the High School, and we are looking forward to our continued meetings and working with all of you. We are a dedicated group of parents, faculty, and students, and we would love to add your name to the list of volunteers or see you at a monthly meeting. If we can get every Winnisquam Regional High School parent to commit just 2 Hours to helping out, we can do amazing things for our kids and our school.

Will you please take the 2 Hour Involvement Pledge? Last year we started using a program called "2 Hour Power" that emphasizes that all help, any help, makes a huge difference for schools. It was such a success that we are continuing with it this year. The research is so clear that kids at schools with a broad base of involved parents perform markedly better on all kinds of key school measures.

We would love to help you get involved in any way that works for your schedule and interests. What would you like to do? When would you like to do it? We'd like to work with you to make sure all parents can pitch in. Involvement is for everyone. There's no obligation beyond helping out in this small, but important way. We know you'd like to do more "great," but we know that's not a fit for everyone. So, participating in our "2 Hour Power" program is easy. Simply go to the high school website (www.wrsdsau59.org/WRHS) and complete the Survey and Pledge Form under the Parents section and return it to school with your child. We'll then be in touch with you regarding opportunities that fit your interests and availability.



Our meetings will be held from 6:00 - 7:30 PM the first Wednesday of every month in the Library/Media Center. Together, we can make a huge difference at our school! As always, please feel free to call me if you have any questions or concerns. Thanks in advance for your participation,

Dawn Bungay, *President*
WRHS PTSO
286-8561

*PTSO Meeting Wednesday, Nov. 4th 6:00pm WRHS Library
All volunteers are required to be fingerprinted and have a background check. These forms can be obtained in the SAU office. There is a fee for this service.*

Agricultural Education Center

The Agriculture and Family and Consumer Sciences programs are collaborating on a Potato Challenge! Last June, agriculture students planted 120 pounds of seed potatoes at Brook Hill Farm in Sanbornton. In September, they harvested over 1,400 pounds of spuds and donated 155 five-pound bags of potatoes to the Franklin Community Action Program for its food bank. Of the remaining potatoes, some have been culled while others are considered "usable culls", meaning they're not cosmetically perfect but are an acceptable food source. Most of these are being used by Mrs. Trowsdale's cooking classes as part of the great Potato Challenge (think "Iron Chef").

The challenge faced by the cooking students is to create an appealing soup or stew using these imperfect potatoes. The dish must use potatoes as a main component and have no more than eight ingredients total. Students, working in teams of two or three, must be able to make the recipe in the time allotted by Mrs. Trowsdale. Each dish will be judged by an independent panel with the main criteria being taste! Members of the winning team will each receive a \$10 holiday gift certificate to the Winnisquam greenhouse while the runners-up will be awarded Ag Center tee-shirts. Third place team members will be given an Ag Center promotional item.

While Miss Rosequist's students were focused on yield and quality, and Mrs. Trowsdale's on preparation and taste, Mrs. Gornnert's Food Science class was researching the nutritional value of the potato, providing yet another perspective to the project.

The Potato Challenge concept sprouted while Ms. Rosequist and students were digging the spuds last month. It is proving to be an effective way for students to make the connection between the food we eat and how it is produced, *and* to integrate curricular activities between departments.

Youth Assistance Program

Come meet New Hampshire's Newest *Survivor*. Betsy will be speaking at the Pines Community Center on Friday, November 20th at 7pm. Betsy is a part-time police officer and full-time mother of four. Funny, outrageous and wise, she is especially interested in helping young people follow their dreams. The program will begin at 7pm. Donations from this event will support the work of the Youth Assistance Program which is a non-profit agency. In addition to court diversion the Youth Assistance Program offers substance abuse training, violence prevention/anger management and support programs for young people and their parents. Please call 286-8577 for more information.

Special Education

In life skills class, students are taking monthly trips to Shaw's to learn more about shopping and money management. These trips will be 6th and 7th period every third Thursday of the month. For October's trip we are selecting items for a party for a student whose last day at the high school is October 23rd-We will miss him!! In academic skills, students work on their individual academic goals. Most of the students in our classes are making great gains individually. Many of the students are self-motivated, and interested in strengthening their weak academic areas. Students should be continuing to use their assignment notebooks for each class to keep track of short and long-term assignments. Parents and students are encouraged to use our online grade book, MMS, to keep track of student grades in their classes. Have a great Fall!

Jamie Vose, *Curriculum Leader*
Special Education

State Scholars Fundraiser

In 2007, Winnisquam Regional School District (WRSD) was one of six school districts to receive a two year grant from the NH Department of Education to initiate the State Scholars Program, which is a program designed to prepare students for college and the workforce by encouraging them to enroll in rigorous curriculum beginning with their freshmen year of high school. The WRSD has partnered with local businesses and community representatives that will volunteer their time to encourage students to think about career interest by offering job shadowing, company tours, classroom presentations, and mentoring.

The 2009 -2010 school year begins its State Scholars kickoff by promoting a prize calendar to raise money for scholarships for our high school State Scholar graduates. The calendars will go on sale October 23, 2009 for \$5.00 each. Each day a name will be drawn, starting November 15th through December 15th, which consists of prizes donated by our local businesses. You can purchase your calendar at Franklin Savings Bank, Tilton and Franklin Main Office locations, Northway Bank, Franklin and Tilton locations and at the Winnisquam High School's Main Office.

Please help support our students and purchase your calendar today! Thank you to our local businesses who donated the great prizes! Anyone interested in becoming a business partner for this program or learning more, should contact Jason A. Zecha, M. ED., School Counselor at 286-4531 at extension 134.



Science Department

Over the past several years, The Science Department has researched, trained, and started to implement the use of *Vernier Technology* into our laboratories. Vernier specializes in state of the art probe-ware and data collection software to give our students the tools they need to succeed in the 21st century. Here are a few examples of what the students are doing. The AP Chemistry students looked at the conductivity of a solution and how it changed as they neutralized the substance.

The AP Biology students used the Oxygen Sensor to look at the rate in which biological enzymes break down hydrogen peroxide. Physics students used motion detectors to try and match their motion to data already present on the computer screen. The Honors and CP Chemistry courses will soon use a Fiber Optic Cable and a Spectrometer to analyze the colors that unknown compounds give off when they burn, compare it to charts, and determine what they are. The goal is that by next year, all science courses will be using this technology to collect data and explore the world around us.

Joshua Keaton, *Curriculum Leader*
WRHS Science

News from the Guidance Office

SOPHOMORES: Friday, October 30 the guidance department will be taking students to the 1st Annual Lakes Region College Access Convention. Students should plan now to learn about opportunities to further their education. Set at the Lakes Region Community College in Laconia, students will learn strategies to plan and pay for college.

The convention will provide students with increased access to information and resources to better prepare for college. Students will learn how to prepare for both 4-year and 2-year colleges and universities. Experts in admission and financial aid from various colleges in New Hampshire will speak to students on ways they can begin preparing for postsecondary education. Students will hear from current college students on ways they handled the challenges of applying to college. Permission slips available in guidance.

Elizabeth Wirtz, *School Counselor L-Z*

High School Grading Schedule

11/13/09 - Qtr. 1 Grades Close

11/17/09 - Qtr. 1 Report Cards Mailed

This Year is off to a Great Start!

The Homecoming Pep Rally was amazing with our students having a great time with their spirit competitions – many thanks to all the parents, students, and faculty who support our clubs, sports, and other co-curricular activities here at WRHS.

I would also like to thank the parents who attended Open House Night on September 30th. It is always a pleasure to meet so many of you and have a chance to introduce you to our faculty, staff, and programming; special thanks to all the parents who filled out our survey that night. Many parents were very happy with our ongoing efforts to open the lines of communication.

We are happy to report that we can now offer even more ways to communicate. Our teachers have been working diligently posting grades and other class information online. You can access your child's information online by going to our school website: www.wrsdsau59.org/WRHS, selecting the WRSD Online Grade Book icon. This online link provides a great opportunity to stay in touch with our faculty, access class grades, attendance, and missing assignments. Your child's grades will reflect the most current averages throughout the year and are available as soon as teachers update assignments and test scores. Parents will be able to monitor their child's progress any time of day and know what grades they are receiving prior to report cards. Students will also be able to use the system once parents have logged in and created an account for them.

I look forward to seeing you all at our Parent Conference, Wednesday, November 18th, from 4-7:00 PM. The goal of the parent conference is to provide an opportunity for families to visit the school, and to meet with teachers about their child's academic growth and success. The high school cannot educate your student alone. It is the support and active involvement of parents that helps ensure that our students achieve their academic and personal growth potential. When we work as a team, success will follow.

Sincerely,
Dr. Mark Christensen, *Assistant Principal*

Free and Reduced Meals

Good Nutrition is essential to the learning process; therefore we encourage all students to eat well balanced meals at home as well as at school. Please call the school or visit the school district website www.wrsdsau59.org/departments for further information on free and reduced school meals in total confidentiality.

UPCOMING EVENTS/ACTIVITIES

Fall Concert	Oct. 29	8:00 PM
Lakes Region College Visit	Oct. 30	
Fall Sports Awards	Nov. 10	6:00 PM
Parent Conferences	Nov. 18	4-7 PM
Harlem Rockets	Nov. 20	7-9 PM
Chem Free Craft Fair	Nov. 21	9-3 PM
NO SCHOOL	Nov. 25	
NO SCHOOL	Nov. 26	
NO SCHOOL	Nov. 27	
PTSO Meeting	Dec. 2	6-7:30 PM
Winter Athletic Parent Meeting	Dec. 3	6:30-8 PM

CHEM FREE CRAFT FAIR NOV. 21st

We will be having WRHS Chem Free Craft Fair at WRHS on Saturday, November 21st from 9:00-3:00. Anyone crafty and interested in a table or if you have questions, please email Sonia Shaw at sshaw@wrsdsau59.org. We are in the early stages of this year's program, but we already have big plans and events scheduled. We need your continued help and support. We look forward to seeing you!

Upcoming Athletics

- 10/26** Boys Junior Varsity Football 4:00PM @ Franklin
 - 10/29** Girls Varsity Volleyball TBA - Preliminary Round
 - 10/29** Boys Varsity Soccer 3:00PM - Preliminary Round
 - 10/31** Girls Varsity Volleyball TBA - Quarter-Final
 - 11/1** Boys Varsity Soccer TBA - Quarter-Finals
 - 11/2** Boys Junior Varsity Football 3:30PM VS. Newport
 - 11/7** Boys Varsity Football 1:30PM VS. Gilford
 - 11/14** Boys Varsity Football TBA - Semi-Final Round
- Winter Athletic Parent Meeting Dec. 3 6:30-8 PM**
Don't forget!

ON-LINE GRADEBOOK

Parents can view their students' attendance and grades online through the WRSD website. An email address must be on file in order to access student records online. Call guidance if you have any questions at 286-3998.