



# The Bear Facts

Volume 1, Issue 4

Winnisquam Regional High School

December 2009

*"Look for up-to-date school and sports information on our website: [www.wrsdsau59.org/WRHS](http://www.wrsdsau59.org/WRHS)"*

## Hello from the Administration

The snow certainly brought the reality of winter with it, to the dismay of some and sheer joy of others. As the first semester of the year winds down, I have been reflecting on WRHS's mission statement of *P.R.I.D.E.* As you read through the newsletter this month, there are many examples of productive citizenship. I am so proud of the numerous ways our staff, students, and community reaches out to those in need. At this busy and stressful time of year, it is important that we all follow this example and consider what we can do for others to extend beyond the immediacy of ourselves.

The students have recognized how they can contribute to the needs of those who are struggling by carrying on the 12 Days of Charity. In addition, mentor groups have met the challenge of providing for animals with donations through the Humane Society, as well as care packages for soldiers in the Armed Forces. Student Council has prepared food baskets and done fundraising to offset fuel costs as we enter the coldest months of the year. The National Honor Society donated time at a local soup kitchen and organized holiday baskets. The FFA students continue to produce gorgeous seasonal arrangements both for sale and donations to community groups such as the Veterans' Home.

Community organizations have also modeled these philanthropic endeavors by showing great support to various fundraising efforts such as the Friends of Winnisquam Football, Chem Free, and State Scholars calendars. These donations, in spite of such financially challenging times, are very much appreciated and do not go unnoticed. Thank you all. Our students continue to show respect for themselves and the community as we strive for excellence both in education and as human beings.

Enjoy your holidays with family and friends and celebrate all that we have to be grateful for in our students.

Best, Dr. Ronna Cadarette, *Principal*

## **HOLIDAY CONCERT**

**Thursday, December 17<sup>th</sup> at 7:00 pm**

*Social hour begins at 6:00 p.m. in the Cafetorium*

**Join Us For Family Holiday Cheer!**

## **-CHEM FREE 2010 -**

**Wed., Jan. 13<sup>th</sup> – All You Can Eat Spaghetti  
Dinner at Tilton Diner – cost \$5.00**

Thank you for supporting Chem Free.

We have raised over \$4,800 so far this year!

## **UPCOMING EVENTS/ACTIVITIES**

|                             |                   |
|-----------------------------|-------------------|
| Holiday Concert             | Dec. 17 - 7 PM    |
| Holiday Vacation            | Dec. 24-Jan 1     |
| PTSO Meeting                | Jan. 6 6-7:30 PM  |
| Senior Financial Aide Night | Jan . 6 6:30-8 PM |
| NO SCHOOL                   | Jan. 22           |

## **Free and Reduced Meals**

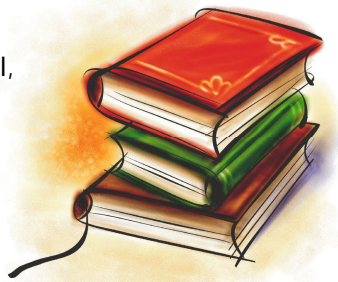
*Who can get free meals or reduced price meals?* Children in households receiving Food Stamps or TANF and most foster children are eligible for free meals regardless of income. Also, your children may receive free or reduced priced meals if your household income is within the reduced price limits on the Federal Income Guidelines. Finding out if you qualify is easy and confidential. Please call the school and ask for Linda Burke at 286-7739 or visit the school district website [www.wrsdsau59.org](http://www.wrsdsau59.org) click on Departments and select the Food Service link for further information. 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.

## **Parent Teacher Student Organization (PTSO)**

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 two hours to helping out, we can do amazing things for our kids and our school.

Will you please take the Two 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](http://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!



PTSO School Spirit Apparel is on sale now! We are very excited to offer these items at a very small profit. Our purpose is to be able to offer items to ALL students and faculty at a reasonable price. We're offering excellent quality apparel to show PRIDE for our school. Order forms are available on the High School Website under PARENTS and then PTSO. They will also be available in the front office of the school. Again, if you are able to help out in any way, please let me know at your earliest convenience. Thank YOU for all that YOU do!

Dawn Bungay, *President*  
WRHS PTSO

## **Agricultural Education Center**

Ag Science classes have recently been analyzing the issues presented in the movie *Food, Inc.* The official website for the film states: "*Food, Inc.* exposes America's industrialized food system and its effect on our environment, health, economy and workers' rights." After viewing segments of the film in class, students listened to guest speakers from New Hampshire's agricultural industry as they offered their views on the subjects discussed in the movie.

Dr. Stephen Crawford, State Veterinarian and Canterbury farmer Wayne Mann spoke to all four sections of Ag Science on December 3<sup>rd</sup>. Dr. Crawford and Mr. Mann expressed opinions that in many cases differed from the film makers'. They answered numerous questions from students and put forth ideas that may not always be considered when developing a stance on the issues. For example, although buying food locally appears on the surface to have no downside, Dr. Crawford pointed out that for most people this practice means driving to multiple locations to purchase food instead of making just one trip to the grocery store. The extra time and fuel required to do so may be worth it to some consumers but not to others.

Both speakers were of the opinion that food choices are a matter of personal preference based on many factors and are not a black and white issue. They suggested that a balanced decision can be made by analyzing the various factors and looking at all sides of the question.

Regardless of individual opinions on the issue, agricultural science students are now more well-informed consumers and can make educated choices about how they spend their food dollars.

Janet Rosequist, *Curriculum Leader*  
WRHS Ag Center

## **Year Books**

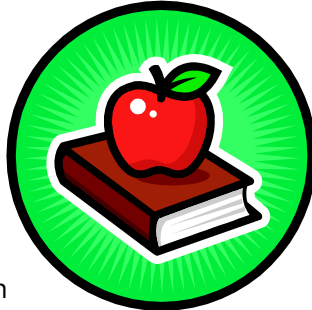
Yearbooks are on sale through January 31st and can be ordered either at the main office or ordering online at [www.jostensyearbooks.com](http://www.jostensyearbooks.com). A \$20 deposit is required to hold a yearbook. Seniors get a yearbook for free as part of their class dues provided that they are paid prior to January 31. Students may also customize their books by adding their name or a series of icons for a nominal cost. The price of the 2010 yearbook is \$35 if ordered by December 31<sup>st</sup>. The price goes up to \$40 after that. If you own a business and want to advertise in the yearbook contact Mr. Peter Fogg at 286-4531 x216 or [pfogg@wrsdsau59.org](mailto:pfogg@wrsdsau59.org) for more information.

## Riding the Bus

Please remember that the bus is shared between the middle school and the high school. Proper bus behavior is to be expected at all times. Failure to behave may result in loss of bus riding privileges. Keeping that in mind, all high school students are expected to be positive role models and be aware of their behavior in front of other students.

## Special Education

In November, the students in academic skills class finished working on their Q1 work and they started working on their Q2 class work and homework assignments. The students will continue to work on their individual academic goals in academic skills class as well as a transition plan unit.



Students with disabilities may be eligible to take their SAT Reasoning and Subject Tests at Winnisquam Regional High School or another SAT SSD approved location if they are eligible. To find out if you are eligible, you may contact your case manager or Mr. Stapleton, SSD Coordinator at Winnisquam. Then, you will need to contact the Special Education Department and complete the first two pages of the Student Eligibility Form in pencil before it is sent to the College Board, SSD Department. For more information, you can visit their website at [www.Collegeboard.com](http://www.Collegeboard.com)

James Stapleton, *Certified Special Educator*  
Special Education

## WRHS Students Win Bridge Building Contest

Mrs. Tandy's physics classes competed on December 8th at the Annual State-wide Bridge-Building Competition sponsored by the NH Department of Transportation in Concord. Fifteen WRHS students attended and all our student teams did very well.

Drew Stock and Eric Boudreau's bridge won first place and their bridge held a whopping 232 lbs. Haley Ryan, Holly Hancock and Audrey Clairmont placed third when their bridge held 207 lbs. Congratulations to all participants for representing our school so well.

## Youth Assistance Program

The Youth Assistance Program was established as a free of charge community service in 1975 and is located in downtown Tilton. The program is motivated to offer support for area youths through a variety of programs and services including; Informal Counseling, Parental Support, Substance Abuse, and Crisis Intervention. Please call 286-8577 for further information.

## Social Studies Department

Josh Blanchard is the newest member of the Social Studies Department joining us with his wife and new three week old daughter Molly. Josh grew up in the Granite State and brings a wealth of technology based assessments to the students and technology knowledge to the department.

Ms. Lessard and Ms. Foulds have been presenters at recent NEW conventions and continue to share their many unique teaching styles, projects, and content presentations with teachers throughout the state. They have demonstrated their many teaching related materials they've created and employ in their classrooms on a daily basis with their students.

Ms. Voigt's Advanced Placement class scored the nation-wide average last Spring and her dedication to the historical content of the United States is easily seen in her student scores and the presentation of material. Ms. Voigt is now extending and applying her outstanding technology knowledge to the new interactive white boards. Ms. Voigt's computer experience continues to be employed in her classroom to help her students increase their research and technology work.

The Social Studies Department will also be involved in the planning of the Memorial Day Assembly as they were the Veteran's Day Assembly. The goal for the year is to have the students never forget the history of our country and the events that make this country a great place to live, play, and teach.

David Rogacki, *Curriculum Leader*  
WRHS Social Studies

### High School Upcoming Grading Schedule

December 17<sup>th</sup> – Mid-terms

January 15<sup>th</sup> – Senior ICT Portfolios due

### **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.

**Contact guidance if you have any questions**  
**Please call 286-3998**

## Student Information, Communication, and Technology Requirement

In July 2005, a new set of standards took effect in New Hampshire for information, communication and technology (ICT). This standard was designed to ensure that our students learn 21st century skills – specifically in the areas of computing technology.

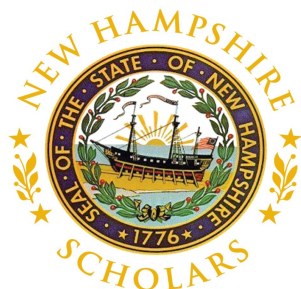
WRHS uses an integrated approach to the use of 21st century tools within all curriculum areas through the use of technology across the curriculum. In social studies, one teacher uses the 'NING site to conduct collaborative online discussions. Many teachers have been trained in the use of interactive whiteboards that allow students and teachers to assess learning in new and innovative ways. There is even a polling feature similar to the "Ask the Audience" lifeline on *Who Wants to Be a Millionaire*. We have a number of students taking online classes in subjects ranging from physical education to mathematics using the New Hampshire Virtual Learning Academy. Students also use computers to complete presentations, lab reports and type essays. The end result is a portfolio of work that the students can use to meet the ICT graduation requirement.

The ICT requirement applies to all Winnisquam students, K-12, but directly applies to graduating seniors. Seniors must complete either an upper level computer course such as *Software Applications, AutoCAD, Desktop Publishing or Programming*, or complete a portfolio with 24 digital files representing their four years of high school. The portfolio must cut across the curriculum and contain a variety of assignments/assessments utilizing different software packages. Students may submit videos, digital audio recordings or *Microsoft Office* documents. They can even use their *MySpace* or *Facebook* as one of their portfolio items. At this time, there are fewer than ten of the 140 members of the Class of 2010 that will need to complete a portfolio for graduation. Portfolios are due January 15, 2010.

Scott Maltzie, *Curriculum Leader*  
WRHS Electives

## NH State Scholars Update

Winnisquam Regional High School welcomes Sandy Demerast as our State Scholar Coordinator. Sandy is busy organizing weekly school visits from local business partners to come and meet with our students every Wednesday during mentor period. We are looking forward to our upcoming Career Fair and job shadow initiatives. If you would like to know more or volunteer your time to help organize please contact Sandy at [www.sdemerast@wrsdsau59.org](mailto:www.sdemerast@wrsdsau59.org)



## Upcoming Athletics

|              |                                |      |
|--------------|--------------------------------|------|
| <b>12/15</b> | Girls VBball vs. Franklin      | 5:00 |
|              | Boys VBball vs. Franklin       | 6:30 |
| <b>12/16</b> | Wrestling vs. Con-Val, Windham | 6:00 |
| <b>12/18</b> | Girls VBball vs. Newfound      | 5:00 |
|              | Boys VBball vs. Newfound       | 6:30 |
| <b>1/5</b>   | Boys JvBball vs. Gilford       | 5:00 |
|              | Boys VBball vs. Gilford        | 6:30 |
| <b>1/8</b>   | Girl JvBball vs. Belmont       | 5:00 |
|              | Girls VBball vs. Belmont       | 6:30 |
| <b>1/12</b>  | Girl JvBball vs. White Mtn.    | 5:00 |
|              | Girls VBball vs. White Mtn.    | 6:30 |
| <b>1/15</b>  | Girls JvBball vs. Laconia      | 5:00 |
|              | Girls VBball vs. Laconia       | 6:30 |
| <b>1/20</b>  | Girls JvBball vs. Franklin     | 5:00 |
|              | Girls VBball vs. Franklin      | 6:30 |
| <b>1/27</b>  | Boys JvBball vs. Farmington    | 5:00 |
|              | Boys VBball vs. Farmington     | 6:00 |

## New Traffic Pattern

We have been assessing the growing safety concerns and there will be a new morning and afterschool traffic pattern as of January 1<sup>st</sup>. Working with the Tilton Police, Middle and High School Administration, parents, and school custodial staff the new traffic pattern will ease the confusion for parents dropping-off and picking-up their student.

There is now a designated drop-off and pick-up area located at the "Crescent" at the side front of the building off West Main Street. Parents will drop-off or pick-up their student and exit via West Main Street. Additionally, all students who drive to school will now enter from the West Main Street entrance near the Student Parking Lot and exit from the campus that way as well. Parents and students who drop-off or pick-up Middle School students may do so at the Middle School locations and exit by the Student Parking Lot via West Main Street. Your attention to this as well as respecting the designated bus lanes which are in effect from 7:00 am to 8:00 am and 2:00 pm to 3:00 pm is greatly appreciated.

Student safety is very important and following the new traffic pattern will assist us in ensuring our school is a safe environment for all. Please take a moment and review the new traffic pattern map attached or on our school website [www.wrsdsau59.org/WRHS](http://www.wrsdsau59.org/WRHS). If you have any questions or concerns please contact Officer Luke Pinault, our School Resource Officer, at 286-4531 ex223.

Sincerely, Dr. Mark Christensen, *Assistant Principal*