



The Bear Facts

Volume 3, Issue 2

Winnisquam Regional High School

December 2011

“Look for up-to-date school and sports information on our website: www.wrdsau59.org/WRHS”

Hello from the Administration

It seems so cliché to say that we have many things to be thankful for. However, this year it proves to be evident more than usual. I am most thankful for family and friends. Next, I am thankful to be part of the Winnisquam community. Time and again, the strength and sincerity of the people is proven through kind words, deeds, and thoughtful gestures. We were fortunate enough to be able to recognize students last year for random acts of kindness with an anonymous donation for pizzas at Tilton House. I wondered if these acts may not be as frequent without the motivation of free pizza. I have been proven wrong.

Often, students are seen opening the door for others, asking others how they are doing, writing unsolicited notes of recognition, and seeking ways to be genuinely kind and respectful. I have witnessed such strength in the grace extended and modeled by the staff and students of our school.

Things do not always go perfectly in our routines. All students do not receive excellent scores daily; they do not come to school well fed and eager to learn every day; they do not behave perfectly under every circumstance. However, they do care for their own. They have heart and a desire to support others when they are in need.

This month, we learned that Coach Amy Dutton has ovarian and breast cancer. She has chosen to share her greatest challenge with us all—our students and faculty have chosen to fight with her and demonstrate a united front for a positive outcome. We are committed athletes, diligent students, and sincere supporters of one another. Right now, all of our energy is extended to Coach Dutton. You will surely hear more of the plans the students and faculty have to walk her journey to recovery with her. However, if I know Amy, it will be a sprint, as she always demonstrates our *PRIDE*. Every day, let's give **THREE CLAPS FOR DUTTON!**

Again, we are hoping to keep you informed daily of the events and happenings at WRHS. If you are not already on our daily email list, please call or email Barb Foster at bafoster@wrhssau59.org, and she would be happy to add your family. Please take the opportunity to join us at PTSO the first Wednesday of each month and at parent evenings.

Respectfully,
Ronna Cadarette, Principal

THREE CLAPS FOR DUTTON!



WRHS has Zumba Fever !!!

Heres why.....

What is it? Zumba Fitness® is a Latin-inspired dance-fitness program that blends international music and contagious steps to form a "fitness-party" that is downright addictive. Zumba classes generally last about an hour, and consist of a combination of Latin American dances, Hip-hop, and other dance styles. Each instructor choreographs his or her own class routine, but the fundamentals of the exercise are designed to provide a strong cardio and muscular workout. The whole body moves in a Zumba class, helping to burn fat and build lean muscles.

What are the benefits and how many calories will I burn?

Zumba workouts can vary in intensity, and calorie burn depends on an individual's weight, fitness level and muscle composition. During an hour long session you can burn anywhere from 500 to 800 calories. On average, a 150-lb. person can expect to burn 536 calories during an hour of Zumba. By comparison, the same person would burn 413 calories during an hour of moderate swimming, 477 for an hour of casual racquetball and 684 for an hour of running at a 10-minute-mile pace. Zumba is great cardiovascular exercise as well as muscle endurance.

Here at WRHS the Physical education classes, faculty, and staff are all trying Zumba this year and they cannot seem to get enough of it! It is fun, vibrant, healthy, and never gets dull!

From the SRO

With the holiday's fast approaching and school break ahead of us, I thought I would put out a very informative newsletter to all parents. Being one of the State of New Hampshire's Drug Recognition Experts I would like to speak about a designer drug that's reaching our kids in the classroom. The drug I speak of is Bath Salts. Now this salt is not the same salt you place in the tub. According to the Maine Office of Substance Abuse, "bath salts" are similar to ecstasy, PCP, cocaine, and can be injected, snorted, smoked or swallowed. They are sold with names like Monkey Dust, Purple Rain, White Rush, and Vanilla Sky (<http://www.pvhme.org/pvh.nsf/View/GettingtheFac tsaboutBathSalts>).

Bath salts can produce short-term side effects such as increased heart rate, agitation, anxiety, and delusions. More serious side effects like severe paranoia, aggression, hallucinations and seizures have also been reported. Bath salts can cause increased heart rate and blood pressure which may lead to heart attack or stroke.

Signs that someone may be using bath salts include sweating, thirst, jerky body movements, grinding of teeth (Bruxism), and they can suddenly get violent with little or no warning. Bath salts can cause severe agitation lasting up to 5 days. The "high" often lasts for hours but the psychosis can last for hours to days or even longer. If you come in contact with someone who you think is under the influence of bath salts, do not approach them. Call 911. For questions about bath salts, contact the Northern New England Poison Center at 1-800-222-1222, 24 hours a day.

For further information about this drug, please do not hesitate to call me at my office 286-4531 X223. I hope this was informative for you, and truly hope that our students here at WRSD are not coming into contact with this drug.

Student's in the spot light

We continue to recognize the accomplishments of excellence for our students:

This year's *National Honor Society* Inductees are:

- Renee Boudreau
- Karina HildebrantGomez
- Hannah Livernois
- Clark Roberts
- Cullen Robinson
- Jennifer Robinson
- Sylvia Romero
- Thomas Sattler
- Christian Stock
- Hannah Twombly
- Rachel Willcutt

The *Hugh O'Brien Youth Leadership Award* was given to Clark Roberts and Christian Stock is the alternate for the June 2012 conference.

Jennifer Robinson and Sylvia Romero attended the *Rotary Youth Leadership Awards* November 19, 2011, at Nature's Classroom in Hancock, New Hampshire.

<p>-HOLIDAY CONCERT - <u>Thursday, December 15, 2011</u> <i>Enjoy a holiday dinner starting at 5:00!</i></p> <p>-HOLIDAY DINNER - <u>Friday, December 16, 2011</u> <i>Enjoy a holiday dinner starting at 5:00!</i></p>
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NH DOT Bridge Building Competition:

Physics students in Mrs. Tandy's and Mr. Keaton's classes continued the tradition of competing in the New Hampshire Department of Transportation bridge building competition in November. Students traveled to Concord to compete against teams from other schools around the state to determine which popsicle-stick bridges were strongest and best-designed. Two teams from WRHS won honors at the event. Nate Foster, Colton Piper, and Lauren Charbono won first place for Most Original Design and Hannah Twombly, Hannah Willcutt, and Felicia Demers won third place for the Strongest Bridge Design. All fifteen students in attendance did a tremendous job in designing and building their unique structures and took full advantage of this experiential learning opportunity.



Lauren Charbono, Colton Piper, and Nate Foster



Hannah Twombly, Felicia Demers, and Hannah Willcutt

News from the Guidance Office

It is with pure excitement that we say "see you soon" to our beloved guidance counselor, Anna Helbling. She will be away from WRHS until September of the 2012/2013 school year. Anna has decided to take an extended maternity leave so that she may take the time to enjoy her new baby. Stacey Gagnon will be filling in for Anna in her absence.

Stacey has her Masters Degree in School Counseling from Plymouth State University. Stacey resides in the Lakes Region with her partner and 4 year old son. In her spare time, she loves to read and travel. She loves working with all kids, but especially teenagers. She says, "Adolescence is such a pivotal time. I am passionate about helping students weave through the academic, personal and career decisions which are abundant at this age. School counseling is my passion! I am looking forward to a GREAT year and hope to form lasting relationships with my students, their families and the communities of Winnisquam Regional High School."

Financial Planning Night for parents of Seniors!

Together with NHHEAF, the Guidance staff is hosting an important evening presentation!

January 10th, 6:30 pm in the Library/Media Center

Learn about the details and deadlines that parents and students need to meet in filing for financial aid.

Learn the basics - FAFSA, CSS Profile, EFC, Work Study, PLUS loans. Dazzle your friends at Christmas parties with your on-the-ball knowledge about paying for college! Questions? Please call Lisa Ransom in Guidance 286-4531 x134.

ORRRRR...if you can't make it on Jan 10th, don't be left in the dark!! - NHHEAF is hosting two Financial Aid Night webinars! No special equipment is required - other than a computer with internet access! The content of these webinars is the same as what families would see during an "in-person" Financial Aid Night, just delivered in a different format.

Date of the webinar is Thursday, 12/15/11.

Pre-registration is required, and can be done here

http://www.nhheaf.org/events_webinars.asp .

Lisa Ransom
Guidance Director

Come Join the PTSO	
PTSO meets once a month on Wednesdays in the WRHS Media Center	
December 7	6:00-7:30 PM
January 4	6:00-7:30 PM
February 1	6:00-7:30 PM
March 7	6:00-7:30 PM
April 4	6:00-7:30 PM
May 2	6:00-7:30 PM
June 6	6:00-7:30 PM

UPCOMING EVENTS/ACTIVITIES

PTSO meeting	Dec. 6	6:00 PM
Boys Basketball - Home	Dec. 9	5:00 PM
Girls Basketball - Home	Dec. 13	5:00 PM
Holiday Concert	Dec. 15	7:00 PM
Boys Basketball - Home	Dec. 16	5:00 pm
Holiday Dinner	Dec. 16	5:00 PM
School Board Meeting	Dec. 19	6:30 PM
Girls Basketball - Home	Dec. 20	5:00 PM
Girls Basketball - Home	Dec. 22	5:00 PM

Yearbooks are on sale now for 2012. A \$20 deposit will hold a book. Cost is \$35 **until January 1st** so order yours now.

Students of the Month

Students of the month for December are *Ali Yandian* and *Thomas Mahoney*. These students typify the PRIDE that Winnisquam considers to be essential for a student's overall education. The two contribute to the positive atmosphere of the school either through academics, athletics, behavior, effort, or a combination of these. Students are nominated for this honor by their peers and the student body makes the final decision. They receive an award certificate, a parking spot in the upper lot, a glowing article in the Echo, and bragging rights for the rest of their lives! Congratulations, Ali and Tom!

AlertNow System for Attendance

Winnisquam Regional High School uses a feature of the AlertNow Communications System to inform parents or guardians about a student's absence from the school as well as school closings and delays. This enhances communication and provides another measure of safety for students who attend Winnisquam Regional High School.

Calls go out automatically at 9:25 AM. The message says, "This is an automated message from Winnisquam Regional High School to confirm that (student's name) is absent. You do not need to call the school if this is correct; however, if this is not correct please contact the high school." The purpose of the AlertNow system is

for Winnisquam High School to continue our level of safety, communication, and partnerships with the families within this district. Please be patient as we test the system and work out the details these first few days of school. If you have suggestions, please let us know.

WINNISQUAM REGIONAL HIGH SCHOOL MISSION STATEMENT

Winnisquam Regional High School is a community of learners committed to promoting a sense of **PRIDE**.

Productive citizenship
Respect for self and community
Individual growth and achievement
Determination to succeed
Excellence in education

We are committed to a comprehensive system of support to assure these outcomes in a safe environment.

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.