

TMHS

Tewksbury Memorial High School
320 Pleasant Street
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Principal's Newsletter October 2016

From the Principal's Desk - *Kristen S. Vogel, M.A.T.*

On October 6th, our faculty began their work on building a toolkit for supporting the social/emotional learning of all of our students. One of our school goals this year is to develop a tool kit for our faculty, staff, and school community around the social/emotional learning of our students. One area of focus for us this year will be around learning more about how anxiety can be normal and how for some students anxiety can impact their learning. I thought the excerpt below does a great job of reminding us all that anxiety is normal at times. This is a part of building our toolkit of understanding.

What Happens When We Reassure Students That Anxiety Is Normal?

In this Education Week article, Sarah Sparks and Debra Viadero report on research about students' emotional reactions to school transitions. In one study in Madison, Wisconsin, 1,190 sixth graders were randomly assigned to take part in an experiment. As they entered middle school, the students were asked to read several pages of quotes from a survey that students like them took at the end of the previous school year. The quotes conveyed the idea that anxiety was typical and transitory – for example, “I felt like I had a knot in my stomach the first four months,” but that the teachers “were there to help you” and the negative feelings dissipated. The students in the ex-

perimental group were then asked to write their reactions to the quotes.

When the researchers followed up with the incoming sixth graders the following spring, they found striking differences between those in the experimental and control groups:

- Students in the experimental group had higher ratings in social belonging, school trust, and school identification and lower ratings of evaluation anxiety.
- They had higher GPAs and fewer Ds and Fs.
- They had been absent one day less.
- They had fewer behavior referrals.

“It turns out children are better able to cope if they understand what they’re going through is normal, that it affects everyone, and that it will pass,” comments Adam Gamoran of the William T. Grant Foundation. “How we think about a stressful situation influences how we feel and how we perform.” Studies like this, he says, “show how deeply intertwined are cognition and emotion.”

“Studies Affirm Role of Emotions in Students’ Transitions” by Sarah Sparks and Debra Viadero in *Education Week*, April 20, 2016 (Vol. 35, #28), www.edweek.org

WE RISE AT TMHS!

RESPECT

FOR SELF, OTHERS, PROPERTY, AND THE COMMUNITY

INTEGRITY

BY BEING HONEST, ETHICAL, AND RESPONSIBLE

SKILLS

NECESSARY TO PURSUE THEIR GOALS IN AND OUT OF THE CLASSROOM

ENGAGEMENT

IN ACADEMIC AND CO-CURRICULAR ACTIVITIES

TMHS STUDENTS Will:

COMMUNICATE EFFECTIVELY

BY GATHERING INFORMATION AND PRESENTING IDEAS IN A CLEAR,

ARTICULATE MANNER

SOLVE COMPLEX PROBLEMS

USING A VARIETY OF HIGHER ORDER THINKING SKILLS

WORK INDEPENDENTLY AND COLLABORATIVELY

AS AN ENGAGED LEADER

RESPECT THE RIGHTS OF OTHERS



Painting by Abby Askenas '18

Parent/Teacher Conferences

This year our first Parent/Teacher Conference night is scheduled for **November 9th, from 6-8:00pm**. We have created an online sign up process for parents to be able to select a time slot to meet with their student's teachers ahead of time. No more standing in long lines! Information on signing up for a conference time is found under the *For Parents* tab on the TMHS website.

www.tewksbury.k12.ma.us/MemorialHigh

Calendar of Events

November

2-4 ELA MCAS Retests

4 Grades Close

8 No School—Professional Development

9-10 Math MCAS Retests

9 Parent/Teacher Conferences 6-8:00pm

9 Veterans Day Ceremony 9:30am

11 No School-Veterans Day

14 Report Cards Available

17 Hats Off Luncheon 12:15pm @ TCC

DECA Fashion Show 7:00pm

November (cont'd)

18 Admin Chat 7:30am Principal's Conference Room

23 Half Day

Pep Rally

24-25 No School-Thanksgiving Recess

28 School Council Meeting 4:00pm

30 PAC Meeting 7:00pm

December

1-3 School Play, It's a Wonderful Life ,7:00pm

3 School Play, It's a Wonderful Life ,2:00pm

International Club

International Club members raised funds the old fashion way during AppleFest; selling baked goods. Students had a variety of international desserts as well as a table for cupcake decorating. Funds raised will be donated to Doctors Without Borders.



International Club Sells Baked Goods at AppleFest Fair to Donate to Doctors Without Borders

Hats Off

Congratulations to Amy Glover '17 and Colleen MacNeil '17 for the month of October. These two outstanding senior students were nominated by faculty & staff and were honored at a luncheon sponsored by

the Tewksbury Rotary Club. Each month, two of our students are nominated for this award. Hats Off is a joint initiative of the Tewksbury Rotary Club and Tewksbury Memorial High School. The award recognizes

those students who have distinguished themselves academically, have contributed to the co-curricular program at the high school, and have been actively involved in the community. Keep up the great work!!!!



Amy Glover '17



Colleen MacNeil '17

End of First Quarter

First quarter ends on Friday, November 4th. First quarter grades and report cards will be available on November 14th.

A First Step in Our Efforts to Educate Our Students During Awareness Week

On October 17th, we had speaker Kevin Brooks speak to the student body about his journey since killing his friend and paralyzing himself from the chest down after driving

drunk. The students listened intently and were clearly impacted by his story. It is rare that a room of 500 teenagers is silent and they were! Kevin's visit was sponsored by a

grant from the Tewksbury Police Department and the TMHS PAC. We are so grateful for their financial support!

A Public Word of Thanks

On October 10th, Ms. Boudreau-Hill posted a request to DonorsChoose.org, a non-profit agency that helps teachers fulfill requests for classroom materials. The order was posted and an email request went out to the parents of

students in the AP Psych classes. Within two days the request was fulfilled, the order placed with the vendor and the products arrived in class by Friday: an amazing turnaround and an amazing response from the families who generously

donated to this request. The models of the heads, eyes, and ears are going to get extensive use in the next unit of lessons. Ms. Hill would like to publicly thank those families that supported the project; she says; "I could not do it without you!"



Models of the heads, eyes, and ears were generously donated by families of students in Ms. Boudreau-Hill's class.

AP Psychology

AP Psychology is a new offering this year at TMHS. Open to both juniors and seniors, the course has caught the attention of many students. With over 80 students signed up for the first year, AP Psych is

promising to be an important new offering for TMHS. This rigorous course follows the curriculum of the College Board in order to prepare students for the AP exam in May. So far the students have built brains with

play-doh, made neurons from pipe cleaners, and practiced a split brain activity. There are many more interactive lessons planned as the students tackle this new material.



**Adrianna Favreau, Kayla Devlin, Teagan Trant
– holding up their new brains.**



**Kelly Fortier and Allison Piracini attempting to
tie a shoe as one brain.**

Join Us for a Once in a Lifetime Trip!!!!

The TMHS international trip for 2018 is being sponsored by the science department and we are signing up students now to join us on a fantastic adventure to the land of fire and ice: **Iceland!** Iceland is, literally, a country in the making where the forces of the Earth are welling up from deep within the mantle and driving apart two great continents. The tremendous heat and energy produced by these forces fuel volcanoes, geysers, hot springs, and the geothermal energy that much of this island country runs on. Contrast the fiery nature of these features with the maj-

esty of Europe's largest glacier and you have a land of enchanting beauty, cinematic landscapes, and super-charged splendor.

Our itinerary includes exploring the capital city of Reykjavik, then on to the Hvalsvollur area where most of the country's famous natural wonders are located. After that, we will take a guided glacier walk, bath in the natural mineral hot springs of the Blue Lagoon, see the official residence of the President, and tour a greenhouse powered solely by geothermal and

hydroelectric energy. Additionally, we will be visiting the National Museum of Iceland, the historic village of Vik, and cooking over a geyser.

You can earn college credit for this trip as well as credit here at the high school and international experience always looks great on a college application. If you are interested in learning more about the great adventure see Ms. Barnett in Room A110 or visit our tour website at www.eftours.com/1915969RZ. If you register before November 15th, you will get an early enrollment discount of \$200 off the price of the trip. See you in Iceland!!!!



Iceland Adventure Trip

April
Vacation
2018



Fine and Performing Arts Department

On September 25th, TMHS hosted the welcoming reception for the NEASC visiting committee. Students demonstrated the use of various art media, the band performed, and individual contributors participated in an open mic forum. Special thanks to the following Fine & Performing Arts students that volunteered their time to showcase our programs and their talents:

Visual Art Students

Alexia Chesbrough '20, Sydney Crowley '20, Teigan Sousa '17, Dylan Alves '17, Miranda Hulme '17, Julia Sessa '17, Brice Boudreaux '20, Alex Gray '17, Kaitlyn DiNapoli '17, Dylan Alves '17, Elizabeth Lewis '20, Shannon Crowley '20, Zak Bennett '17, Nick MacNeil '20, Stephanie Tam '18, Connie Ong '18, Rachel Bradley '17, Hailey Sexton '17, Miranda Hulme '17, Dan Pazyra '17, and Sadie Doherty '20.

Performing Arts Students

Garrett Starr '20, Lily Allen '18, Amaya Allen '20, Matt Edwards '19, Megan Cunningham '20, Sam Nugent '18, Diego Monteiro '20, Billy Cokinos '17, Connor Mangan '19, Bri O'Rourke '18, Rosalyn Impink '19, Mikayla Dolan '17, Erica Pantanella '18, Roy Mallach '17, Liam Murphy '17, Rae Sarno '17, Kass Daley '17, Andrew LaPerriere '20, Chris Nguyen '20, Matt Donahoe '19, Maeve Costigan '20, Ryan Colwards '21 and Connor Nugent '19.

The TMHS Theater Company proudly hosted their fall-inspired paint night on October 13th, creating a beautiful composition of pumpkins while they enjoyed complimentary apple cider and autumn-themed baked goods. The winning painter received a gift card for her spectacular rendering! The proceeds from this fundraiser are being used to support the theater company's upcoming production of *It's a Wonderful Life*, which will be performed beginning

Thursday, December 1st-3rd. We welcome all to come join them as we transform the high school auditorium into Bedford Falls. The theater company sold tickets to the upcoming production at AppleFest fair. They will be hosting their next fundraiser, which is a large yard sale event, at the Tewksbury Congregational Church in the center of town in the afternoon hours of Saturday, November 5th.



In Music news, the TMHS Marching Unit competed at MICCA (Massachusetts Instrumental and Choral Conductors Association) finals on Sunday, October 23rd, at Plymouth North High School. The group continued to improve dramatically on their scores from last year earning a bronze medal. The TMHS Affinity winter colorguard will be hosting a clinic on Sunday, November 6th, from 9:00am-3:00pm in the TMHS gym.

Chorus meets on Tuesdays from 2-4:00pm. New members are always welcome. The TMHS band can be seen performing at town wide Veterans Day ceremonies.

During the month of October the following visual art students displayed art work at a Beautiful Day Salon (behind Deli King on Main Street):

Foundations

Noah Gagnon '17, Matt Mitchell '17, Danielle Rosenblatt '17, Hailey Sexton '17, Haley MacLean '18, Roy Mallach '17, Stephanie Tam '18, Casey MacKay '17, Liam Murphy '17, Miranda Hulme '17, Tyler Harvey '17, and Catherine Bozek '17.

Design

Jeremiah Kakeeto '20, Sara Boucher '20, James Reardon '20, and Lizzy Brown '19.

Great appreciation for their contribution to the public display. As well, thank you to our talented painting students who have beautiful color wheel paintings on exhibit in the TMHS main office and Town Hall Annex:

Town Hall Annex

Hannah Slattery '20, Justin Rosberg '18, Ariana Margios '17, Hannah Dwight '18, Brandon Winn '18, Zak Bennett '17, Stephanie Jean Baptiste '19, Cameron Gannon '19, Allyson Bechat '18, Samantha Schultz '18, Jordan Lemieux '18, and Emily Amara '18.

Main Office

Patrick Alves '17, Tayla Spezzano '17, Abby Eskenas '18, Nick MacNeil '20, RJ O'Keefe '18, Emily Saunders '17, Jordyn Cavicchi '18, and Chelsey Pellegrino '17.



Painting by Tayla Spezzano '18

Fine and Performing Arts Department Photos



TMHS Theater Company proudly hosted their fall-inspired paint night on October 13th, creating a beautiful composition of pumpkins .



Marching Unit competed at MICCA finals on Sunday, October 23rd, at Plymouth North High School.



During the month of October visual art students displayed art work at a Beautiful Day Salon .

Seating Options in Health Class

Thanks to the generosity of an anonymous donor on www.donorschoose.org, a website where teachers can write up requests for materials they would like for their classroom, students

in Ms. Nix's health class now have five stability cushions, and one wobble seat to use during class. Flexible seating like this has been shown to improve concentration, core stability, posture, engagement, and work proficiency.

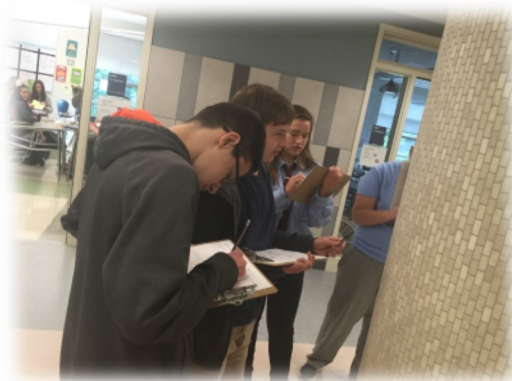
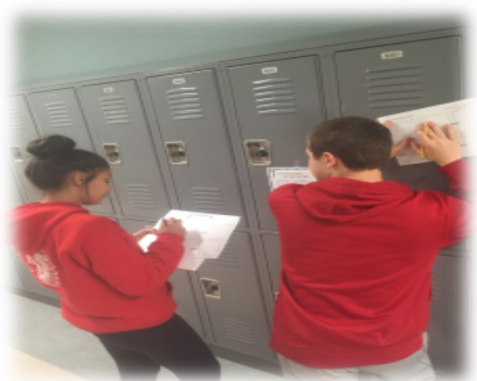
Stability balls have been shown to help students with learning difficulties fidget less, and focus more! Ms. Nix is hoping to add to her flexible seating options by introducing more stools, and hopefully eventually a pedal desk.



Students in Ms. Nix's health class now have five stability cushions, and one wobble seat to use during class.

A New Way to Solve Equations!

Below are pictures from Ms. Kelleher's Honors Algebra I classes. They were solving equations with variables on both sides. They solved the equation in pairs, agreed on an answer with proper work, and then hunted the hall for the paper with the correct answer. Then they completed the new problem at the bottom of the page.



Ms. Kelleher's Honors Algebra I Classes

Sports and Literature and Lifetime Sports Classes

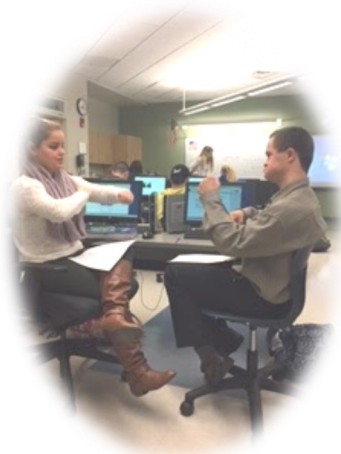
On October 25th, Mr. Bellistri (English Dept.) and Mr. Foye (Wellness Dept.) combined their two classes for a hike up to the summit of Mount Kearsarge in Warner, New Hampshire. It was windy and cold at the summit and the views were amazing!



Hiking Group at Summit of Mount Kearsarge

American Sign Language

This year we began offering American Sign Language! This year the students are taking American Sign Language 1 and next year we will offer American Sign Language 2. Here are some pictures of the students practicing their signs.



Students Taking American Sign Language Course

Forensics Class

Pictured below is Detective Andre Gonsalves of the Tewksbury Police Department doing a fingerprint demonstration with forensics students at TMHS.



Yearbook 2017 News

Starting November 1st, yearbooks will be on sale for \$65. Visit website www.jostens.com/yearbooks/high-school-yearbooks.html to order. The price will increase during the school year until it reaches the regular price of \$75 in May. If you prefer to pay using a personal check, make the check out to TMHS Yearbook and bring it to Mrs. Sullivan in Room A103.

All seniors need to have their senior portraits taken by December 1st to meet the yearbook deadline. Please contact O'Connor Studios or book online at creativebyoconnor.com/ to set up an appointment. There is a \$30 sitting fee and this includes a yearbook photo. There is no obligation to purchase a package.

The Yearbook Staff meets every Monday, from 2-3:00pm. We are working hard to create a memorable yearbook for the Class of 2017.

Any questions, email Susan Sullivan, Yearbook Advisor at ssullivan@tewksbury.k12.ma.us

SADD

SADD is off and running this year. We're pleased to say that we have many new members that are eager to make a difference. Combined with our old veterans, we have over 25 members as it stands right now, with new members joining each month.

We are working closely with the Tewksbury Police Department, as always, and recently volunteered our time with Safe Halloween. Starting this month, we will be organizing a Sticker Shock campaign in conjunction with the TPD and local liquor

stores. Our goal here is to continue to remind the public that it is illegal to buy or provide alcohol to minors. We strive to remind our peers and our community that our country allows for the freedom of choice, but those choices are not without consequences.

Tewksbury Education Foundation Auction

The auction will be held on Friday, November 18th, from 7-11:00pm at the Tewksbury Country Club. Tickets can be purchased at each school's Open Houses, Community Service Office at the Center School or online at community pass (<https://register.communitypass.net/TewksburyPublicSchools>)

The tickets are \$20 per person in advance or \$25 at the door. This year's proceeds will be donated to the Tewksbury Public Schools in the advancement of **STEAM – Science, Technology, Engineering, Art and Math**. The foundation is asking if you have any new collectible items, gift certificates, gift baskets, event tickets, vacation time

shares/home that you'd like to donate to the auction please deliver them to the Community Services Department or the Superintendent's Office at 139 Pleasant Street or email TEF at TewksburyEdFound@gmail.com or send it to PO Box 234, Tewksbury, MA 01876.



Directed by Jade Scarpa

"It's A Wonderful Life"

December 1st, 2nd, and 3rd, 7:00pm

December 3rd, 2:00pm Matinee

Students and Seniors \$5

Adults \$10