

## CCHS NEWSLETTER

Published by CCHS and the CCHS Parents' Association

Volume 4 – Number 7

FEBRUARY 2007



### Parents' Association



### News and Information



Winter has finally arrived, the first semester is over, and our students have completed their mid-term examinations. Rehearsals for **EVITA**, the spring musical are underway and winter sports are keeping many students busy. January also saw the visit of the Class of 2011 to the school. Most of us are now looking forward to our February break (I know I am) whether it is for a vacation with the family or just a chance to sleep late.

If this newsletter reaches you before the end of January, a reminder that the **Summer Opportunities Fair** is taking place on **Monday, January 29 from 5:30-8:30** in the CCHS cafeteria. This event is free and open to the entire community; it features representatives from over 80 organizations who present information about summer opportunities locally, nationally, and abroad. Exhibitors will display information on traditional summer camps, wilderness adventures, education and enrichment opportunities, sports camps, special needs camps, foreign language and student exchange programs, volunteer opportunities, and more. This year's fair produced revenue of over \$8,000.00, which will be used for faculty grants. Congratulations to Kathy Maple and her entire committee on a job well done.

An event on **February 12<sup>th</sup>** is being offered by the Center for Parents and Teachers and is being co-sponsored by the CCHS PA. It features **Dr. Jean Kilbourne**, an internationally recognized speaker who has received a myriad of honors and awards for her pioneering work on alcohol and tobacco advertising. She was named by the New York Times Magazine as one of the three most popular speakers on college campuses today. Her book, Can't Buy My Love: How Advertising Changes the Way We Think and Feel, won the distinguished Publication Award from the Association for Women in Psychology.

February's calendar also includes the following: The **Battle of the Bands** on **February 3** at **7:30**, and a **carnation sale** by the **Class of 2007** for Valentines Day. **Speaking of hearts in February, we hope that you will once again open yours and give generously when the annual appeal letter arrives in your mailbox this month.** 100% of the funds raised through this campaign are allocated to staff and faculty grants, and remember that no donation is too small or too large.

As a follow-up to the very successful fall program we offered by Marilee Jones, the CCHS PA will also be sponsoring a program on **March 5<sup>th</sup>** on the topic of resiliency. The speaker will be **Dr. Nadja Reilly**, who is with Children's Hospital in Boston and is also an instructor at Harvard Medical School. The topic of her talk will be **"Building the Strength Within: Promoting Adolescents' Resilience and Emotional Well-Being"**.

Looking ahead to next year, the Executive Board and the Nominations Committee are already working to fill the many positions on the CCHS PA Board and committees. Many of the current members including myself are "graduating" while others are moving on to other responsibilities. We urge anyone interested in serving on either the Board or one of our many committees to let myself or anyone on the executive board know as soon as possible so that a smooth transition takes place this summer. As always, do not hesitate to contact me if you have any questions or concerns that the PA can address.

Happy Valentine's Day and enjoy the winter vacation!

Carolyn Hoffman Higgins  
CCHS PA President  
978 369-9762



# Happy Valentine's Day to All





Why is there always so much going on? It is hard to report everything to you and keep this missive to a reasonable length.

I'll start with some additional comments about the Lincoln-Sudbury tragedy. I have met with and been debriefed by our staff who helped out at LS. For the most part they reported processes and procedures that we have in place as part of our plans, but their presence still is helpful to inform us about things one might not anticipate prior to such an extraordinary event. Press and media, parents, phone and email messages, police requirements, these and many other details are fodder for our discussions regarding our own plans. We have met and have several other meetings scheduled, which will include Officer Camilleri.

More important than planning response to extraordinary events is planning prevention of these events. I have no intimate knowledge of the LS tragedy and can offer no comment on any possible preventative measures. I think it is important within our own school community to view ourselves as a community in which we are all interconnected and for whom we all bear responsibility. On that note I would like to raise an issue that was just made public last week with the release of the Youth Risk Behavior Survey results. Very briefly the YRBS is sponsored by Emerson Hospital, includes 133 questions on a variety of topics, allows individual school results and comparisons to like schools and the state as whole, and is critical to our ability to plan health curriculum and strategies for addressing the multitude of adolescent issues. One particular piece of information that I find disturbing and that I need your help with (and your child's help with) is the self reporting by students of weapons possession within the school. An astonishing 1.6% of students reported having carried a gun onto school property on at least one occasion within the 30 days prior to the survey (last spring). Frankly, I do not know what to make of this. Is it true? Do the students include paint ball guns? BB guns? Pellet guns? I'd appreciate it if you and your child could help me understand the possible context of the response. I'd also appreciate you having a conversation with your child about how important it is to report to an adult if any weapon is observed on campus. By the way, the 1.6% was exactly consistent with the reports from the other similar schools.

The YRBS taken in its entirety provides a very valuable window into the adolescent experience with respect to risky behaviors such as drug and alcohol use, personal safety, dating issues, sexual activities, etc. Kathy Bowen, the Health Education Coordinator, and I will be hosting an evening for parents to hear the results of the survey and comment or question regarding those results. The date is not yet set. I'll be sure to inform you well in advance.

On another completely different and complicated issue, there are State regulations regarding the number of hours of schooling that must be available to students. At the high school level it is 990 hours of schooling. CCHS and many other schools have been operating under a state approved plan that allows certain activities done outside of school to count towards the 990 hours. For example, a research paper might be assigned 30 hours of expected time. Recently the state DOE has been interpreting their own regulations differently. It seems the minimum requirement now is for 990 hours of schooling to be included within the school day and school year. CCHS does not currently meet this standard. Since we know that we will be audited by the state next year, it is in our best interest to meet the standard. The department chairs and I have been working together to devise a schedule that will encompass 990 hours of schooling. Some of the plans devised so far can be done within our normal school day and some of the plans proposed so far would require some extension of the day. As I write this to you I have no idea what the agreed upon solution will be. I can tell you that I need to have an agreed upon solution by mid-March at the latest because we need to be working on next year's schedule beginning then. It is not possible to create a master schedule using one scenario and then later shift to another scenario without beginning all over again. Stay tuned on this one. It is a biggie! The master schedule is arguably the most important consideration to providing the entirety of a school's programs.

In the meantime, have a warm winter and a restful February vacation, which will be upon us very soon.

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## **CCHS HEALTH WEEK PRESENTATIONS**

**"Health, Science, and Society," February 5 – 9**

The Health Board ---Kathy Bowen, Kelli Kirshtein, Christine DeBruzzi, Dick Kerr, Tamara DiCesare, Art Dulong, and Greg Smith --- are pleased to announce the Health Week schedule. As our theme, "Health, Science, and Society", suggests, we believe that these speakers will hold our students' interest and stay relevant to our curricula, while providing all of us with important and helpful information.

In each case seating is limited. Teachers choose whether to bring their class or study hall. No student would have an opportunity to attend all presentations. We would hope that all students would have a chance to attend one or more during the week.

Please note the MANDATORY assemblies, by class, on Wednesday and the lunch time activities. All students will have the opportunity to participate in these. Also note that during Health Week we have a Community Service Fair during the lunches on Tuesday.

**CCHS Health Fair 2007 --- "Health, Science and Society" --- February 5 – 9**

**\*Unless otherwise noted, all presentations will take place in the Little Theater**

|                                     |   |  |   |   |
|-------------------------------------|---|--|---|---|
|                                     |   | A3   | A4<br>Ultrasound Imaging of the Heart (A8)<br>Think A-Head: Brain Injury Prevention | B5                                      |
| B1<br>Getting Enough Sleep?         | B2<br>Smokeless Tobacco                                       | Assemblies<br>12: College stress<br>11: Cancer<br>10 + 9: Olympic Athletics                  | C4<br>Ultrasound (A8)<br>Think A-Head: Brain Injury Prevention                      | C5<br>Brain & Behavior                  |
| G1<br>Getting Enough Sleep?         | C2<br>Smokeless Tobacco                                       | B3<br>C3   | G4<br>Ultrasound (A8)   | G5<br>Brain & Behavior                  |
| D<br>Thai Yoga<br>Café: Music       | D<br>Smokeless Tobacco<br>Café: Community Service Fair        | D<br>Where's the Fire? (S15)<br>Café:Dance/Dance Revolution                                  | D<br>Ultrasound (A8)<br>Café: Health Fair   | D<br>Flu and Pandemics, Past and Future |
| E<br>Café: Music                    | E<br>Eating to Enhance Health<br>Café: Community Service Fair | E<br>Where's the Fire? (S15)<br>Café:Dance/Dance Revolution                                  | E<br>Café: Health Fair  | E<br>Flu and Pandemics, Past and Future |
| F<br>YRBS RESULTS<br>Café: Music    | F<br>Eating to Enhance Health<br>Café: Community Service Fair | F<br>Understanding Substance Abuse<br>Where's the Fire? (S15)<br>Café:Dance/Dance Revolution | F<br>Getting Enough Sleep?<br>Ultrasound (A8)<br>Café:Health Fair                   | F                                       |
| H1<br>Core Strength and Back Health | H2<br>YRBS RESULTS  | G3<br>Understanding Substance Abuse  | H4<br>Getting Enough Sleep?<br>Ultrasound (A8)                                      | H5                                      |

**UNLESS OTHERWISE NOTED, ALL PRESENTATIONS WILL TAKE PLACE IN THE LITTLE THEATER.**

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## MONDAY BLOCKS B1, G1; THURSDAY BLOCKS F4, H4 (FOUR CHOICES)

### ❖ **Getting Enough Sleep? (Emerson Hospital)**

Join Pamela Hurlburt, Clinical Manager of Emerson Hospital's Sleep Disorders Program, as she discusses normal and abnormal sleep patterns. What is normal sleep? How much is enough, and what happens when you don't get it? What are some common sleep disorders? Pamela will answer all these questions, present the results of a national poll of teens, and give audience members the chance to analyze their own patterns.

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## MONDAY F1, TUESDAY H2

### ❖ **Emerson Hospital Youth Risk Behavior Survey (Kathy Bowen and Art Dulong)**

Emerson Hospital has supported a Youth Risk Behavior survey in seven school districts, including Concord-Carlisle. Come hear the results of our fourth annual survey. Find out how Concord-Carlisle compares to other communities in terms of risky behavior and "thriving factors."

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## TUESDAY BLOCKS B2, C2, D2

### ❖ **Smokeless Tobacco and Our Youth (Bob Bigelow)**

The use of smokeless tobacco by our nation's youth, including many students at CCHS, has risen dramatically during the past two decades. In 1995 the Massachusetts Interscholastic Athletic Association (MIAA) hired former first-round NBA draft pick Bob Bigelow to help raise awareness and educate people to smokeless tobacco's dangers. Although Bob no longer works for the MIAA, he continues to work to educate young people about this problem. Bob holds a BA from Penn and an MBA from Babson and has written several books on youth sports culture.

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## WEDNESDAY BLOCKS F3, G3

### ❖ **Understanding Substance Abuse and Helping a Friend in Trouble (Caron Treatment Centers)**

Traci Wojciechowski, the Massachusetts and Rhode Island Regional Coordinator for the Caron Treatment Centers of Pennsylvania, will discuss current trends in teen substance use, signs and symptoms of substance abuse problems, and the science of substance abuse and addiction. Ms. Wojciechowski will help students identify the stages of use, abuse, addiction, and recovery. She will also speak about the range of substance-abuse recovery resources that exist for teens who need to re-gain control.

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## FRIDAY BLOCKS C5, G5

### ❖ **How the Brain Works (Drs. Neil Kowall and Don Siwek)**

The presenters will use anatomical models and computer simulations to show how the special muscle known as the brain does its job under normal conditions, and what happens when it gets sick or hurt. Neil Kowall is Professor of Neurology and Pathology at Boston University School of Medicine, and Don Siwek is Assistant Professor of Anatomy and Neurobiology. They have years of experience speaking to audiences of all kinds and will deliver a fascinating look at what actually goes on inside your skull, with odd --- and entertaining --- examples of dysfunction.

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## THURSDAY EVERY BLOCK EXCEPT E IN ROOM A8

### ❖ **Ultrasound Imaging of the Heart (Bob Burnham and Barb Shaw)**

Millions of times a year doctors use ultrasound images to diagnose heart disease. Philips Medical, in Andover, makes some of the most advanced ultrasound diagnostic imaging systems in the world. Their product development team will give an interactive presentation featuring live 2- and 3-D images that show the heart's structure and the flow of blood within it. The team will also discuss heart disease, the physics of ultrasound devices, and careers in the field of this technology.

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## FRIDAY BLOCKS D5, E5

### ❖ **Flu and Pandemics, Past and Future (Judith Chevarley)**

Find out why washing your hands might keep you alive. Ms. Chevarley is a Health Educator with the Massachusetts Department of Public Health's Epidemiology Program. She will discuss the nature of influenza, why flu are a lot more dangerous than the common cold, and how avian flu in particular works. She will examine the history of flu pandemics, the possibility of their recurrence, and ways we can all protect ourselves from them.

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## TUESDAY BLOCKS E2, F2

### ❖ **Eating to Enhance Your Health (Laura Kerr)**

Future Doctors for Healthy Futures is a group of medical students that have volunteered to teach students about the foundations of healthy living and the skills necessary to achieve one's full potential. CCHS' Dick Kerr's daughter Laura will tell students about the benefits and risks of different food groups, the importance of physical activity, the management of stress, and the long-term benefits of smart eating habits.



# Reminders

- Students who show signs of illness should remain at home for their own protection and that of others.
- Except in an emergency, a student who becomes ill at school must obtain a pass from a teacher before going to the Health Office.
- The school nurse is available to discuss health concerns with parents during regular school hours.
- Any student who becomes ill or is injured during the school day must report to the nurse's office. Under no circumstances should an ill or injured student leave CCHS without seeing the school nurse.
- Any student who is returning to school following a contagious disease such as chicken pox, infectious mononucleosis, etc., must be readmitted to school by the school nurse or by a doctor's note which should be given to the nurse on re-entry. Any student returning to school with a cast, crutches, braces, etc., must be seen by the school nurse. Students who need to be excused from physical education class for a medical reason must see the school nurse to obtain a PE excuse. If more than one week is necessary, a doctor's note is required with the diagnosis and the length of time the student is to be excused. The note should be given to the school nurse, who will then issue a PE excuse to the student.

## Second Annual Community Service Opportunities Fair

Health Week - Tues, Feb 6, 2007

10:30 a.m. to 1:00 p.m.

Cafeteria

Concord Carlisle Regional High School

500 Walden Street, Concord, Ma

Email: 2volunteer@colonial.net

## Concord REUSIT Recycling Program

Reusit (Re-use-it) is a 30 plus year old Concord organization which encourages recycling and helps supply the many volunteers at recycling events. One way to help our recycling efforts is to pick up a free mailer for used inkjet printer cartridges. Through memberships these free mailers help pay expenses, contribute some of Concord's town bins, supply books for the library, supply benches (made out of recycled materials) and other town needs. Your support will help Reusit to continue this worthwhile campaign. Free mailers may be picked up in the main office at the high school. If you have any questions or would like to become involved with Reusit contact Judy Hill at 978-318-0487.

***All SENIORS** should be speaking with Mrs. Tessari about all of your college applications/decisions. If you owe transcript money please clear up your account before the end of the school year.*

***All Students** should check the lost and found box in the cafeteria if they are missing any items. You can also check the box behind Mrs. Hammer in the main office.*



# Battle of the Bands

Is **Saturday, February 3**, in the CCHS Cafeteria. Eight CCHS-based bands perform in competition to claim the title of "Best Band" at the school. Doors open at 7:00 p.m., show starts at 7:30. Tickets will cost \$15 and will be on sale during lunch blocks January 29 through February 2. Tickets will also be available that week directly from WIQH. If paying by check, make it payable to "Friends of WIQH". This event is open to the public. Battle of the Bands is sponsored by WIQH.

Refreshments will be available during the event. One drink (water only) and one snack are included with admission. Additional food available at additional cost. Battle of the Bands T-Shirts will be on sale during the event and probably also the week prior.

## THE BANDS PERFORMING ARE (in no particular order):

**UNCLE BABUSHKA**  
**POOLSIDE RICO**  
**MAKE YOUR OWN**

**LIVID**  
**PAX ROMANA**  
**DANCING HEAD ORCHESTRA**

**JARED & THE FRESHMEN**  
**OCTOPUS PRIME**

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## CONCORD-CARLISLE ADULT & COMMUNITY EDUCATION

Concord/Concord-Carlisle Schools - Adult & Community Education  
~ community service & continuous learning for all ~  
120 Meriam Road, Concord MA 01742  
978-318-1540 days, 318--1432 nights,  
318-1539 fax information and enrollment at: [www.ace.colonial.net](http://www.ace.colonial.net)

To enroll in these and all Community Education classes, visit [ <http://www.ace.colonial.net> ] [www.ace.colonial.net](http://www.ace.colonial.net) - a secure way to sign up any time, or call 978-318-1540 (days), 318-1432 (nights). Community Education courses are a service of the Concord-Carlisle Schools and are funded with student fees.

## UPCOMING PROGRAMS OF NOTE

### GLOBAL WARMING SYMPOSIUM – Saturday, March 24, 2007

What can be done to prevent the continuing threat of greenhouse gases and global warming? What are local organizations doing and how can residents help? 9:00 a.m. to Noon, CCHS, **FREE**

FAMILY VIDEO HISTORY - Paul Dewey, CCTV President, Videographer & Producer - Document family history, learn interview techniques, basic lighting, photo scanning and how to produce a compelling video for generations to come.  
**2 Tuesdays, Feb. 6 & 13, 7:00-9:00 PM** - CCHS CCTV Studio, **Fee: \$25, Course #191**

MAKE A WILL FOR PARENTS WITH YOUNG CHILDREN - Annette Lissauer, Attorney - **BOTH** members of a couple **MUST** enroll and attend **BOTH CLASSES. 2 Tuesdays, Feb. 13 & Feb. 27, 7:00-9:00 PM, CCHS, \$150/couple, \$130/single, Course #292**

BETTER PRESENTATIONS - Frank de Alderete, Instructor - This seminar offers a sophisticated look at the art and science of presentations, starting from the message and through those magic words, "in conclusion." **Monday, Feb, 12, 7:00-10:00 PM, CCHS, \$30, Course #316**

CPR FOR FAMILY & FRIENDS - American Heart Association - This is a modular course that teaches citizen rescuers the skills of CPR and choke saving. This course can also be brought to a neighborhood gathering, club, family and friends – it **costs \$150 for a group of 2-10 people**, and requires about 2-1/2 hours. **Thursday, Feb. 1, 6:30-9:00 PM, CCHS, Fee: \$30, Course #151**

HEARTSAVER CPR & AED - American Heart Association. The Heartsaver AED course teaches the basic techniques of adult and child CPR and use of the lifesaving automatic external defibrillator (AED). **\$60 fee includes manual, mask, and AHA certification. - Thursday, Feb. 8, 6:30-9:30 PM, CCHS, Course #153**

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# February Calendar\*



1. Math Team @ L/S  
Pit Orchestra Rehearsal  
Musical Rehearsal
2. **Program of Studies Distribution to CCHS students**  
**Homeroom/Attendance Reports**  
Battle of the Bands set up  
Musical Rehearsal  
Cheer Team Clothing Sale
3. **Battle of the Bands Performance**  
Musical Rehearsal
4. Musical Rehearsal
5. **Principals Coffee – 8:30 am room A-7**  
Student Senate Meeting  
Musical Rehearsal  
Cheer Team Clothing Sale
6. Musical Rehearsal  
Aids Benefit Concert - Cafeteria
7. **Carnation Sale Begins – sponsored by Class 2007**  
**8<sup>th</sup> Grade Open House – Auditorium**  
Musical Rehearsal
8. Carnation Sales  
Pit Orchestra Rehearsal  
Musical Rehearsal
9. Carnation Sale  
**Report Cards Issued**  
Homeroom  
Musical Rehearsal
10. All School Dance sponsored by Class '10  
Junior State  
Musical Rehearsal
11. Musical Rehearsal
12. Bake Sale all week sponsored by Class 2010  
Carnation Sale Ends  
Attendance Review Board Meeting  
Musical Rehearsal  
French Exchange Student Reception
13. **Newsletter Deadline**  
Musical Rehearsal
14. Carnation Delivery
15. Pit Orchestra Rehearsal  
Musical Rehearsal
16. **Homeroom / Attendance Reports**  
Musical Rehearsal
17. Musical Rehearsal
18. Musical Rehearsal
19. **President's Day – No School**  
Musical Rehearsal
20. **Vacation**  
Pit Orchestra Rehearsal  
Musical Rehearsal
21. **Vacation**  
Pit Orchestra Rehearsal  
Musical Rehearsal
22. Pit Orchestra Rehearsal  
**Vacation**  
Musical Rehearsal
23. Pit Orchestra Rehearsal  
**Vacation**  
Musical Rehearsal
24. Musical Rehearsal
25. Musical Rehearsal
26. Musical Rehearsal
27. Musical Rehearsal
28. SAC Meeting  
Musical Rehearsal



\*Subject to change



## REPORT CARDS DISTRIBUTED FEBRUARY 9, 2007

Second quarter **report cards will be distributed** to all students on **Friday, February 9<sup>th</sup>**. Parents are reminded that reports cards are not mailed home. Report cards are given to students to bring home to their parents. Please encourage your son or daughter to **check the honor roll list** that is posted on the main office window when report cards are issued. If he/she does not find his/ her name listed but believes that it should be, he/she should see Dr. Weinstein as soon as possible.

### ATTENDANCE PROCEDURE INFORMATION

First and foremost it is important to understand that we believe strongly that a student's attendance in class is of primary importance. We track it closely and try to be as accurate as possible. Penalties for unexcused absence are serious and include loss of credit. Tracking accuracy is to some extent dependent on cooperation from you and receiving good information from you. Certainly, when timely calls are made or notes delivered our system works extremely well. In those instances when the call did not get through or the note did not get delivered there are predictable problems. Our last attempt to gather the correct information is the distribution of attendance reports to the students every two weeks. The homeroom attendance report schedule is included in the calendar section of this newsletter. The attendance report indicates both excused and unexcused absences for the previous two weeks. Students are asked to bring the reports home for your attention. The [Handbook for Students and Parents](#) describes the process for clearing up mistakes. Please help your child to understand the importance of good attendance as well as the importance of timely follow up when the attendance report contains an error. Contact Mrs. Merry at 978-341-2490 x7103 if you have questions or concerns.



### SCHOOL CANCELLATIONS

In the event of school cancellation or delayed openings, announcements will be made on radio stations WBZ and WHDH and on [television channels 4, 5, and 7](#). You can also sign up for a message to be sent to your cell phone. [Log on to the Channel 5 website at \[www.thebostonchannel.com\]\(http://www.thebostonchannel.com\) and follow the instructions to sign up](#). In the case of a delayed opening, school will begin at 8:35 a.m. instead of 7:35 a.m. Buses will arrive at bus stops one hour later than usual in the morning. Classes will end at the regular time, 2:05 p.m.

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### COURSE SELECTION MATERIALS TO BE DISTRIBUTED ON FEBRUARY 2<sup>nd</sup>

Freshmen, sophomores, and juniors will receive [Program of Studies Booklets in homeroom on February 2<sup>nd</sup>](#) so that they will have time to read the book, consider classes for next year and consult with their teachers about which courses might be best for them.

Teachers in departments which have sequential courses, such as math and foreign languages, will provide specific recommendations about which level of the next course appears most appropriate in light of the student's performance so far. Science teachers will make recommendations about levels, as well, and will also help students determine which science might be best for the coming year. English teachers provide current sophomores with a suggested set of courses for junior and senior year so that a tentative two-year plan can be made. This approach is particularly relevant for social studies students since some elective are offered only on an every other year basis. Art and music teachers can help with recommendations, as well.

Along with course information, students will receive a course selection sheet to be used to register for next year's classes. **All of the sheets are collected on March 9<sup>th</sup>.**

Based on student choices and available staff, decisions about the number of sections of each course to be offered are made. It is very important that choices be made very carefully. When we cannot provide first choices for every student, we schedule on a priority basis with next year's seniors being scheduled first, then juniors, sophomores, and freshmen.

The back of the course selection sheet is very important to the sign-up process, for it asks students to indicate a second choice for each of the courses listed on the front of the sheet. In the event we do not have enough sections to accommodate everyone who wants a specific course; we will provide the second choice course. Given the state regulations for 990 hours of structured learning time, it is important that students understand that signing up for anything just to fill out the sheet with the idea of dropping the course and substituting courses later on, no longer works.

If you have questions, please call the department heads or your child's teacher(s) or counselor. We are here to help and look forward to working with you.

**CCHS CHEERLEADERS will be selling clothing merchandise during lunch blocks on February 2 & February 5<sup>th</sup>.**

**8TH GRADE OPEN HOUSE on February 7<sup>th</sup> - CCHS Auditorium - 7:30 p.m.**



## CONCORD CARLISLE SCHOLARSHIP FUND APPLICATIONS DUE APRIL 1

Applications for the Concord Carlisle Scholarship Fund (CCSF) must be submitted by **April 1, 2007**. Applications are available online at [ccsf@colonial.net](mailto:ccsf@colonial.net). Visit the website for detailed application instructions and links to the CCSS and FAFSA materials.

The CCSF is a private, non-profit organization founded in 1966 dedicated to providing scholarships to deserving students based on need. Applications to CCSF are shared with other local organizations, including the Concord Women's Club, the West Concord Women's Club, the VFW, The Concord Public Library and the Carlisle Garden Club, which all award scholarships.

Please direct any questions to our website: [ccsf@colonial.net](mailto:ccsf@colonial.net)



### IMPORTANT INFORMATION FOR STUDENTS AND PARENTS— PLEASE TAKE NOTE

The Concord Police Department and Concord Fire Department ask that motorists obey and respect the **NO PARKING SIGNS THAT ARE POSTED**. Should an emergency occur, it is important that emergency vehicles have access and not be impeded by illegally parked vehicles. The fine for parking in a No Parking zone is \$15.00. Thank you for your cooperation



### SUBSCRIBING TO THE LIST SERVE:

Go to [www.lists.ptg-concord.org/mailman/listinfo](http://www.lists.ptg-concord.org/mailman/listinfo) and click on the link to your child's class. If you have children in multiple classes, repeat the process for each child. **READ** and **FOLLOW** the **INSTRUCTIONS** provided. You will need to have your child's student I.D. handy when subscribing. When you subscribe, you will receive an auto-generated response which you **MUST REPLY** to in order **TO ACTIVATE** your **SUBSCRIPTION**. IF YOU DO NOT REPLY, YOUR SUBSCRIPTION REQUEST WILL SIMPLY DISAPPEAR FROM THE SYSTEM. PLEASE PASS THIS INFORMATION ALONG TO ANYONE WHO HAS NOT SUBSCRIBED YET.

Be sure to read your **Program of Studies Booklet** carefully when choosing your courses for next year. Fill out your **practice form first** and once you are sure of your selections, fill out the **final form to pass in**. If you have any questions speak with your teacher, the department chairperson, or your guidance counselor.

**AP Sign -Ups** will begin on **March 1<sup>st</sup>**. Each test is \$83.00. See Mrs. Trainor in the main office for more information.

### REMINDER FOR SENIORS

Please see Mrs. Tessari once you have heard from any of the colleges on your application list.



### REPORTING ILLNESS OR INJURY

Any student who becomes ill or is injured during the school day must report to the nurse's office. Under no circumstances should an ill or injured student leave CCHS without seeing the school nurse. If an accident or illness occurs after school, the student should report to the coach or athletic trainer, to the teacher supervising the after school event, or the nearest available adult.

### HEALTH RECORDS

Health records are given to students when they graduate or withdraw from the high school. The health office does not keep copies of health records. We recommend that parents keep these records in a safe place for future reference.

## 2VOLUNTEER IS PARTICIPATING IN OPPORTUNITIES FAIRS!

The summer is a great time for students, **INCLUDING INCOMING 9<sup>TH</sup> GRADERS**, to work on community service projects. It can be a great alternative to jobs and camps, and also a great way to fill in those periods in between other planned activities. Watch for listings of summer volunteer opportunities, and look for information at the Summer Opportunities Fair, Monday, January 29.

As part of **HEALTH WEEK**, **2VOLUNTEER** has organized the **3<sup>RD</sup> VOLUNTEER OPPORTUNITIES FAIR**, in the cafeteria during lunch break on **Tuesday, February 6**. Representatives of several important volunteer agencies will be on hand to talk with students about the possibilities.



### ACADEMIC DIFFICULTY

When a student is experiencing academic difficulty, he/she should always consult with his/her teacher first regarding opportunities for academic support. If he/she continues to struggle academically after working with his/her teacher, the student, parent or teacher should contact the guidance counselor to schedule a student review meeting.

When a “student review meeting” is held, the student’s teachers, his/her parents, the guidance counselor and a special education teacher are invited to a meeting to review student progress in all areas. Meeting participants discuss teacher and parent observations relative to the student’s learning style and course demands, and attempt to develop strategies, which can alleviate areas of concern. Regular education support services (i.e. SSERC, MARC, Title I) are considered as a means of addressing identified needs, and scheduled, when possible, during the school day. After classroom accommodations and learning supports have been put in place, the student should communicate frequently with teachers to be sure that academic achievement is improving. If after a marking period, it is determined that these supports have not positively impacted achievement or a learning disability is suspected, a referral for evaluation under special education should be initiated. The student, parent, and teacher or guidance counselor can make referrals for a special education evaluation by contacting the special education department.



### EXAMS

In addition to quizzes, tests, and exams, which are regularly given by classroom teachers, there is a mid-year and a final exam period for the entire school. Mid-year exams take place during the last four days of the first semester. Final exams take place during the last four days of the school year. Typically, two exams are administered each day during the exam period and each session lasts approximately one hour and forty-five minutes. Students must remain in their exam rooms for the entire period. For the most part, exams are written and students receive full information from their teachers in advance so that they will be aware of the nature of the exam. In some classes, which are project-oriented, a project is assigned in lieu of a written exam. These major exams are designed to provide a planned review of the work for the semester or course and are considered a valuable means of evaluating individual and class progress. Final exam papers are kept on file in the department office until the end of September following the June exam period and may be reviewed with the teacher by making an appointment to do so.

It is important to note that it is the policy of the high school to administer these major exams only during the scheduled exam period and during the scheduled make-up periods, which are announced ahead of time. Students are expected to be in attendance for their exams when they are scheduled. If a student is absent on the day of an exam and cannot make arrangements to take that exam on another day of the exam period, he/she will receive a grade of Incomplete (“I”) until the exam is made up during the scheduled make-up period. At that time the “I” will be changed to the grade that has been earned. If the exam is not made-up within the time allotted for make-up (extension may be granted in cases of extenuating circumstances), the “I” will become an “F”.

The make-up period for final exams (those exams that are administered the last four days of the school year) is arranged through the Principal. (PLEASE NOTE: INCOMPLETES DUE TO RESCHEDULED EXAMS MAY AFFECT ATHLETIC ELIGIBILITY.) Except in unusual circumstances (i.e. a family will be moving away before the last day of school), final exams cannot be administered prior to the final exam period. We request that families take this into consideration when making summer vacation plans and students take this into consideration when looking for summer employment.

A student with an unavoidable conflict may request permission to take a final exam at another time (within the exam period) by submitting a written request, signed by a parent, to the Principal. If approved, the Principal will permit the teacher and student to seek a mutually agreeable time to administer the exam. If mutual agreement on a test administration time cannot be reached the student will take the exam during the designated make-up time.

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**✓Save the date: Monday, February 12<sup>th</sup>!**

**“Deadly Persuasion: The Influence of Advertising on Teenagers”**

Parents and their high school students are invited to attend the presentation, “Deadly Persuasion: The Influence of Advertising on Teenagers,” by nationally renowned lecturer, author and filmmaker, **Dr. Jean Kilbourne**, whom *The Boston Globe* has described as a “superstar lecturer.”

**Time:** 7:30-9:00 PM

**Location:** Concord Carlisle High School Auditorium

**Fee:** Adults \$10 (payable at door) **Students Grades 9-12: Free\*\***

Please pre-register (for planning purposes) by emailing: [amartinez@colonial.net](mailto:amartinez@colonial.net) or by calling 978-202-1146.

Advertising is an over \$200 billion a year industry. We are exposed to more than 3000 ads per day, yet many of us don't believe we are influenced by advertising. Ads sell values, images, and concepts of success and worth, love and sexuality, popularity and normalcy. They tell us who we are and who we should be. Sometimes they sell addictions. In this presentation, Dr. Kilbourne will expose the manipulative marketing strategies and tactics used by industries (such as the tobacco and alcohol industries) to keep Americans hooked on their dangerous products. She will also educate us about the primary purpose of the mass media and will emphasize the way of freedom from its influences in order to promote good health.

**Jean Kilbourne, Ed.D.**, is internationally recognized for her pioneering work on alcohol and tobacco advertising and the image of women in advertising. Her films, slide lectures and television appearances have been seen by millions of people throughout the world. She was named by *The New York Times Magazine* as one of the three most popular speakers on college campuses today. Her book, [Can't Buy My Love: How Advertising Changes the Way We Think and Feel](#), won the

Distinguished Publication Award from the *Association for Women in Psychology in 2000*.

For more info. on Dr. Kilbourne's extensive work, go to [www.JeanKilbourne.com](http://www.JeanKilbourne.com).

Sponsored by the Center for Parents and Teachers with generous support from the CCHS Parents Association and the Community Youth Alliance CMCA Grant.

\*\* CCHS Students may receive credit for attending. Please check with your respective teachers.

*"I have enjoyed seeing and hearing Jean Kilbourne wrestle with the issues that beset us all. Her intelligent probing and the deductions she has made are of use to all her listeners and readers."—  
Maya Angelou, author (I Know Why the Caged Bird Sings and other books.)*

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**PARENTING PROGRAM OFFERED BY THE CENTER FOR PARENTS AND TEACHERS**

**“Heads-up Parenting: Preventing Drug Abuse Before It Starts”**

**The Center for Parents and Teachers presents an evening with psychiatrist, Nobel Laureate and author, Dr. Henry David Abraham**, who will offer straightforward advice to parents on how to prevent drug abuse before it starts and how to proceed if your child is already a user. The program will take place on **Monday, February 5** from **7:30 -9:00 PM at the Concord Middle School Peabody Forum, 1231 Old Marlboro Road, Concord, MA**. In his talk, Dr. Abraham will acknowledge that “healthy kids are experience seekers,” and will note the difference between drug use, drug abuse and drug addiction. He will identify the “Red Flags”- warning signs that parents should be aware of, as well as the “Golden Haloes”- important factors that can protect your child from drug and alcohol abuse. Dr. Abraham injects his talk with much humor, lively anecdotes, and helpful tips to encourage and empower his listeners!

**The fee for this program is \$8 pp or \$15 per couple. Pre-registration is appreciated but not required. Please contact the Center for Parents and Teachers at [978-202-1146/amartinez@colonial.net](tel:978-202-1146) for more information.**

*This program is made possible through a grant awarded by the Northwest Suburban Health Alliance/CHNA 15vDoN funds from Lahey Clinic.*

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**CLASS  2007**

*There are still a number of seniors who have not purchased a Cap and Gown. A list is posted on the window in the main office. Seniors should bring a check for \$30.00 to Mrs. Coleman as soon as possible. If you are **not planning on participating** in the graduation ceremony, **please see Mrs. Coleman**. If you **have a cap and gown** from a previous graduate that you will be using, **please see Mrs. Coleman** to have your name taken off the list. You will still need to purchase a 2007 tassel. **Remember, without a Cap and Gown you will not be allowed to participate in Graduation.***

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**CLASS 2008**  
No News This Month

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**CLASS 2009**

As you are reading this, we are now into the second half of sophomore year and there are many exciting plans for the months ahead. Here is a quick update on recent activities and things to come.

The sophomore class officers- **MADY BILODEAU, SAM DWECK, OLIVIA ARNOW AND KIM SWAIN** - with the support of advisors **RAY PAVLIK** and **BRIAN MILLER** recently sponsored exam “care packages” that parents could send their students. As one parent noted, “This is really imaginative and sweet (in more ways than one, mind you)”. They are also moving forward on several social events, possibly including a movie night, an all-school dance on March 15, as well as an outside spring event on May 19. Watch the email list and future newsletters for more information as plans develop. Congratulations to our class officers and advisors for planning and engaging the class in a wide variety of extra-curricular activities.

**DATES TO NOTE ON YOUR CALENDAR:**

**\*March Parent Social** – as the newsletter goes to press, we are looking into a parent social some time in March. Please watch the email list for more information.

**\*Sunday, April 29 - Senior Citizen Event** sponsored by the Class of 2009. Parental help will be appreciated; please e-mail **Claudia at Claudia.Feeney@sanofi-aventis.com**. Thanks to **Trica Reed** and **Tracey Bird** for already offering to be part of this event.

**\*Saturday, May 5 - SOPHOMORE SEMI** will be held at the high school. **Julie Anastos** and **Cheryl Stakutis** have kindly offered to chair the parental volunteers for this event. Please e-mail **Julie at julia.anastos@verizon.net** if you would like to help.

**\*Also on May 5 – PARENT SOCIAL.** While the sophomore semi is in full swing, come to a parent social at **Patty and Ken Hecht’s** home on Brister’s Hill Road, close to the high school. Thank you, Patty and Ken!

**\*FRIDAY, MAY 18 – JUNIOR PROM RECEPTION.** The parents of the sophomore class host the reception for the junior prom before the kids board the bus for their prom. It is a fun event plus you get to see how lovely everyone looks. If you would like to help, please e-mail **Kathy Robey at ksrobey@hotmail.com**.

Best wishes for February – stay warm and enjoy the February break!

Claudia Feeney, Cathy Galligan, Patty Hecht, Anne Marks, Kathy Robey  
Class of 2009 Parent Representatives

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**CLASS 2010**

The annual Summer Opportunities Fair, where over 80 organizations display information on a wide variety of summer opportunities for students in grades K-12, will be held on Monday, January 29<sup>th</sup> from 5:30-8:30 pm in the CCHS cafeteria. This great event has been in existence for 26 years. The **FRESHMAN CLASS** has the opportunity to run the concession stand at the Fair to help raise money for their class. If you would like to donate your time and/or food for the concession table, please contact Kathy Maple at **kathymaple@comcast.net** and let her know what works for you. Thank you in advance for your help, and see you there!

The maroon, fleece CCHS blanket sales have been very successful. Thank you to all who have supported this fundraiser for the class. We do have some in stock, so if you would like to place an order contact **Meena Rajgopal at meena@rajgopals.com**.

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## Guidance Department Publication

# “Counselor Bulletin”

February 2007



HAPPY VALENTINES DAY



Volume I, No. 35

### College Entrance Exam Information for Juniors

College-bound juniors should plan to take college entrance exams this spring. There are two major testing services in the United States that administer college entrance exams: **The College Board**, which administers the SAT Reasoning Test and the SAT Subject Tests, and **ACT, Inc.**, which administers the ACT.

With very few exceptions, colleges will accept either the SAT Reasoning Test or the ACT for admission. Information outlining the differences between the SAT and ACT is available in the counseling office and on the counseling department web-page. One of the major differences between the two tests is the writing section, which is required on the SAT and optional on the ACT. A conversion chart, which provides a comparison of SAT and ACT scores, is currently being revised by ACT and College Board to include the recent addition of the writing section. We anticipate this will be available in the spring. Because SAT and ACT test dates never conflict, it is possible for a student to take both exams.

In the past, the CCHS counseling department has recommended that all students take the SAT and, only in rare cases, has recommended the ACT. However, with recent changes to both college entrance exams and trends in college admissions, we now recommend that every junior consider taking both the SAT and the ACT in the spring. The SAT can be taken in March or May (depending on a student's preference and possible preparation timetable) and the ACT can be taken in April. Because the ACT does not historically report testing scores to colleges and there is no penalty for guessing (unlike the SAT), juniors should try this test without the need for extensive preparation or specialized courses. Since it varies whether or not the writing section of the ACT is required, students should check admissions requirements for their colleges of interest to determine whether or not they should take the ACT with or without the optional writing section. Once a student's SAT and ACT test scores are available, the student should consult with his or her counselor for recommendations on what additional testing (if any) should be planned for fall of the senior year.

It is also important to note that many colleges do not require SAT Subject Tests. The schools that do require them for admission will specify how many subject tests should be taken and may even specify which subjects a student should take. Because these tests are often related to classroom work, students should consult with their classroom teacher as to whether additional preparation for the test is recommended. Juniors are usually advised to take the exams as late in the junior year as possible. Additionally, several colleges will accept the ACT in lieu of both the SAT and SAT Subject Tests. Therefore, it is important for students to check the admissions requirements for their colleges of interest to ensure that they are prepared to meet those requirements.

Students are encouraged to register for college entrance exams on-line. Registration information is available in the Counseling office and will be distributed to juniors during course selection groups in February. There is an additional charge for late registration and preferred testing locations may not be available.

### College Board Testing Dates

| <u>Test Date</u> | <u>Test</u>              | <u>Deadline</u>  |
|------------------|--------------------------|------------------|
| March 10, 2007   | SAT                      | February 2, 2007 |
| May 5, 2007      | SAT or SAT Subject Tests | April 3, 2007    |
| June 2, 2007     | SAT or SAT Subject Tests | April 27, 2007   |

To register for the SAT or SAT Subject Tests, go to [www.collegeboard.com](http://www.collegeboard.com)  
Remember to include the CCHS school code (220645) on your registration

### ACT Testing Dates

| <u>Test Date</u> | <u>Test</u>          | <u>Deadline</u> |
|------------------|----------------------|-----------------|
| April 14, 2007   | ACT or ACT w/Writing | March 9, 2007   |
| June 9, 2007     | ACT or ACT w/Writing | May 4, 2007     |

To register for the ACT, go to [www.actstudent.org](http://www.actstudent.org)  
Remember to include the CCHS school code (220645) on your registration

### Junior College Conferences

Juniors will receive mailings from counselors inviting them to a junior scheduling meeting in February and a college planning meeting in March. Juniors are encouraged at both these meetings to follow up with individual counselor meetings. Counselors are available to meet with parents by appointment. Please call the guidance secretaries at extension 7108 or extension 7109 one week in advance.

### Internet College Research

The Internet has radically changed the way we seek and obtain information. For example, researching colleges no longer requires writing numerous letters to colleges requesting information and applications or thumbing through piles of catalogues and handbooks seeking information. Obtaining information about colleges and even applying to them through the Internet have readily become the preferred method of most high school students.

### Naviance

Naviance is a web-based college search program that allows students to take a career interest test, do a college search, and enter test scores and GPA to develop a list of colleges. Juniors and their parents were mailed a registration number earlier this year. If those numbers have been lost or misplaced, contact your guidance counselor (email). Counselors will be using the Naviance program in the March junior groups.

The **CCHS Counseling/Guidance Web Site**, which can be found at [www.colonial.net/guidance](http://www.colonial.net/guidance), presents students and parents with much information about a variety of guidance-related topics organized mostly around grade levels.

Major features include a calendar providing dates and descriptions of guidance programs, an archive of the *Counselor Bulletin*, the monthly Counseling/Guidance newsletter, information about the college search process, college entrance exams, and financial aid, along with links to hundreds of other useful sites and information on the Internet. These links may contain additional information and resources for further research.

Depending on the needs of the individual, the web site can help students:

- Initiate thinking about career goals or college interests.
- Assist students with the post-secondary planning process.
- Connect to specific information about most U.S. colleges and universities.
- Provide information to students with specific interests or special needs.
- Provide links to other web sites on the Internet.

While the web site currently contains many pages of information, it remains a work in progress with many more pages still to be added in other important areas.

### Talking About Alcohol, Tobacco and Other Drugs with Students

A few weeks ago, the School Adjustment Counselors visited Junior Life Skills classes as panelists speaking to students about Alcohol, Tobacco and Other Drugs. Sometime during second semester, we will visit Freshman Health classes to talk about Mood Disorders and Suicide Prevention: How to Help a Friend. We thought that parents might want to hear some highlights from the conversations we have had—and will have—with groups of students. This month we will give you a window into the substance abuse related discussions we recently had with Juniors; next month we will share some information on teen depression and preventing suicide and self-harm.

Students are always interested in learning the legal issues surrounding minor transport violations, driving friends who are impaired (assuming the driver is sober) and social-host liability law. Officer Scott (Camillari) clarified for students what

their responsibilities and rights are, and helped students understand how it is that parents can be held liable if an injury occurs subsequent to a gathering where substances are served or available, whether or not the parents had knowledge of the event. A sober driver will not be charged if driving an impaired friend, students were told; however, Officer Scott reminded students that obtaining medical intervention may be advisable in the case of a friend who has had a lot to drink or there is any question about their safety. Many students reported that their parents had spoken to them about drinking and drugs and that calling parents for a safe ride, no questions asked (until at least the next morning) was a common parental request. Officer Camillari told students that when the school and police have information that a student may be involved in distributing or dealing drugs, or is in trouble with their own drug use, outreach will be made to parents.

Students were interested in learning about recent brain research regarding substance use/abuse and addiction. They learned that:

- ✚ Marijuana IS an addictive drug (mildly-moderately addictive) based on scientific research showing that moderate use followed by abrupt cessation of use causes withdrawal symptoms of irritability, memory problems, and sleep disturbance.
- ✚ Regular use of marijuana is defined by research scientists as 2X per week or more (and possibly less for adolescents whose brains are still maturing until age 25).
- ✚ Scientists are learning that some people's brains are more easily activated by certain substances; different people taking the same drug may have very different reactions, and the more a person's brain "likes" a substance, the more at risk they are for addiction to that substance.

Students revealed to the panel, which included Officer Scott, a School Adjustment Counselor and an Administrator, that they felt most people believed that nicotine cigarettes were dangerous to health but relatively few people understood or even believed that marijuana was harmful to health. Students were surprised to learn that many negative health consequences follow marijuana use, including memory and motivational disturbances resulting in poor school performance in many cases, impaired interpersonal relationships, lowered immunity, chronic bronchitis (and with long term use, cancer since many chemicals in marijuana smoke are unfiltered and carcinogenic) to name a few.

Most students reported that their parents talked to them about drugs and alcohol at home and that most parents told their children that their expectation was for students to not use. Some students reported that parents assumed they would use and encouraged them to reduce risks such as not driving impaired or with an impaired driver, not using to excess, or not using during the school week. Students also reported that chewing tobacco is on the rise, something counselors and administrators have been aware of. Presentations on smokeless tobacco, helping a friend who you suspect to have a problem with substances, as well as many other topics will be covered during Health Week presentations February 5-9. Students were made aware that a tobacco cessation program will be offered to students in March--more information to come on that!

Talking to your teenager (or younger child) about drugs and alcohol is one of the hardest conversations you can have, and the most productive. If you'd like to talk about what to say or how to say it, please feel free to contact one of the School Adjustment Counselors, Kelli Kirshtein or Dan Simone at the CCHS Counseling Department, 978-341-2490. Ext. 7108. Or email us at [kkirshtein@colonial.net](mailto:kkirshtein@colonial.net) or [dsimone@colonial.net](mailto:dsimone@colonial.net). Officer Scott Camillari can be reached at the Concord Police Department (978)369-7400 or [scamilleri@concordnet.org](mailto:scamilleri@concordnet.org).

