

APTO NEWS

Editor: Larry Modestow

For comments, concerns or contributions, please e-mail aptonews@hotmail.com

AUGUST 2009

FRESHMAN 101

Paul DiDomenico

Lower School Assistant Principal

As the lower school assistant principal for the past four years, a major part of my job is to help guide freshmen as they transition to Algonquin. Here are a few things that might be of interest to first time parents of ninth graders:

Rise and shine - Woody Allen said eighty percent of success is just showing up. The homeroom bell rings at 7:20. Remind your child that it is her responsibility to get to school on time. Class time missed is class time lost. If you drive your child, keep in mind that traffic routinely backs up in the driveway at 7 A.M. Encourage your student to take the bus. Plenty of kids get here early to chat or do work. A light breakfast is available in the caf.

Stay after school- Algonquin offers over 40 extra-curricular clubs and activities (and that doesn't include athletics) that meet after school. There is literally something for every kid. Have your freshman explore an interest by joining one of these clubs. He will meet others with similar interests and form the friendships that make high school memorable. After 2 P.M. the school is a natural hang out for those students who don't drive. Some do homework, some get involved with an activity, and some just hang out in the caf with friends. A 3:30 late bus runs Tuesday through Thursday.

To text or not to text - Given the demands of daily life, cell phones are a necessity these days. At least we have convinced ourselves of this. Please remember that when you call or text your child during the school day, there is a strong possibility that they are in class. If the phone is on, your child may be tempted to take the call or read the text. (Who among us doesn't read their text messages the moment they are received?) Such disturbances prevent them from focusing fully on the lesson at hand. Text judiciously. Like anything else in life, moderation is the key. If there is an emergency and you must contact them, you can call the lower school office.

Lock it up! - We have a wonderful school filled with terrific kids, but the fact is that thefts do happen if valuables are not secured. The locker rooms are monitored, but there is heavy foot traffic in those areas throughout the day. Arm your child with a lock and tell him to use it for gym class and after-school practice. It is frustrating when a student chooses not to use the lock that sits at the bottom of his backpack or when an athlete gives out his combination to half of his teammates.

Unfortunately, some students learn the value of a lock only after being the victim of a theft.

Get it write - While the internet is a useful research tool, it can be a pathway to plagiarism for a ninth grader struggling with writer's block. Education around academic integrity continues throughout high school. However, this doesn't stop a frustrated kid from making a bad decision when staring at a blank screen. Reading your child's work is useful. If you read something that doesn't sound like your student, ask them to explain it in their own words. If they can't, then your child should discuss it with his teacher before the assignment is due. It is best to seek clarification before passing in a paper lacking proper citation.

Writing is the most difficult task a student can undertake. When reading your child's work, point out what they've done well and ask questions about what you don't understand. Remember that when offering criticism, less can be more.

Breaking bread - The benefits of eating dinner as a family have been well-documented by several media outlets. However, there are several hurdles to shared meals for all of us. Time is a scarce commodity for working parents and teenagers' desire for independence often leads them away from the nest. Scheduling works for me because certain priorities can get lost in the shuffle unless time is set aside for them. You may want to try scheduling a few meals together each week beforehand. Invite your child's friends. What kid doesn't like free pizza? It'll give you chance to get to put faces to those new names you've been hearing around the house.

A helping hand - Remember fourth-grade when your child told you everything. There were no secrets. Then middle school hit and you knew a little less with each passing year. That trend continues. It's not a bad thing; it's just your son or daughter stepping out from your shadow. However, if you start to see troubling behavior, feel free to contact your child's guidance counselor. They can speak to your child about what's going on and, if necessary, they can recommend outside resources to you. If you see warning signs, don't be afraid to reach out because there is a good chance the same behaviors are surfacing in school.

As parents we all want our kids to be successful academically and socially. Our goals at Algonquin are to help your child along the way. We aim to provide appropriate challenges for them in a safe and nurturing environment. When issues arise (as they always do), it is my hope that you

come to the table with the assumption that we are there to help. I look forward to working with you and your child over the next four years. Good luck.

FROM THE APTO CO-CHAIRS

Welcome our new and returning students and families to ARHS! The Algonquin Parent Teacher Organization (APTO) is looking forward to a new and exciting year at Algonquin. We also thrilled to have our new principle, Thomas Meade, who brings a great deal of experience and a long history of academic leadership.

WHAT IS APTO?

Algonquin Parent Teacher Organization is a group of parent volunteers who work together as a team to bring you a school newsletter that promotes communication among and between parents, faculty, administration and students to strengthen the educational process and increase community spirit. The APTO Newsletter keeps you informed and up to date. Annual membership dues of \$30 are collected from Algonquin families, which help to keep the newsletter coming to you each month. Membership dues are the primary source of funding for the production of the newsletter. Dues are also used for scholarships for ARHS Seniors, support for the Jr.

Post Prom Party – an all-night chaperoned, safe, substance-free venue for our Juniors, an ice cream social for all students & faculty during Spring Spirit Week, Senior Girls’ Self-Defense Class and Teacher Appreciation Breakfast & Luncheon as well as guest speakers.

Without your continued support, we would not be able to fund the above-mentioned activities. Please help support your APTO and let’s make it a great year full of wonderful opportunities for our children!

Last year, Boston Magazine had some nice things to say about Algonquin, in their annual “50 Best Public High Schools” issue, Algonquin was ranked #2 statewide. This ranking was for cost efficiency, or in other words, stretching tax dollars and volunteer parental participation in school organizations (bostonmagazine.com/bestschools2008). We hope each and every one of you will contribute, so that we can maintain our success!

Thank you- and we look forward to making your child’s high school years a wonderful experience!

The APTO board members and co-chairs-

Eileen Mullins emullins2000@hotmail.com

Dave Rueger dwkrueger@msn.com

ORIENTATION for FRESHMAN and THEIR PARENTS

Paul DiDomenico

Lower School Assistant Principal

The Algonquin Freshmen Orientation is planned for Wednesday, August 26th from 9 AM – 1 PM. This annual event allows incoming ninth graders to familiarize themselves with the school and their class schedules before September 2, the first day of classes. Incoming freshmen will also meet their student mentor and take part in several activities, including a barbeque lunch.

From 7 -9 PM there are activities for parents as well as students. While freshmen and their mentors are enjoying an ice cream social in the cafeteria, parents of freshmen are invited to the auditorium to hear Mrs. Joanie Geltman speak about effectively parenting teenagers. Joanie’s blend of humorous anecdotes and useful tips is both entertaining and thought-provoking.

GAPS 4 US

Elizabeth Halvorsen

Freshman Guidance Counselor

Parenting adolescents can be a wonderful, but challenging time. School is the center of the world for many teenagers; their social, athletic, and extra-curricular worlds revolve around school. Unfortunately, parents often feel shut out or helpless during their children’s lives at this time. In talking with a number of Algonquin parents we believe many parents would benefit from the support of others. The Counseling Department plans to start a group for Algonquin parent support – (GAPS) in response to recent interest expressed by parents and other community members.

The goal is to establish a support group for the parents of the 9th and 10th grade students at Algonquin. We would like to provide an opportunity for parents to share concerns and gather information about issues that many teenagers face each day. Possible topics include: transitioning to high school, setting limits, and making healthy choices.

The group will meet once a month on Wednesdays in the morning from 7:30 to 8:30am in the library teacher's room. If you interested in participating please send an email to ehalvorsen@nsboro.k12.ma.us or call 508-351-7010 x1046 and leave a message with your name and telephone number. We hope to have the first meeting start Wednesday, September 16th.

FRESHMEN SUMMER ALGEBRA TOPICS

The Northborough and Southborough 6-12 Mathematics Curriculum team determined that there was a need for incoming freshmen students to have available to them extra practice problems during the summer. This should be used merely as a resource for students. In future years, we expect to add all of our freshmen courses.

<http://www.nsboro.k12.ma.us/algonquin/departmentspage/math/summertopics/SummerAlgebraTopics.htm>

FRESHMAN SUMMER READING REQUIREMENT

Summer reading requirements were mailed home to all incoming Algonquin students at the beginning of the summer. If you can't seem to find it, the requirements are reprinted here:

<http://www.nsboro.k12.ma.us/algonquin/documents/SummerReading2009.pdf>

FRESHMAN ATHLETICS

Francis Whitten III,
Director of Athletics

Welcome to Algonquin Athletics!

At Algonquin Regional High School, there are tremendous opportunities waiting. In addition to high academic standards and a variety of extracurricular activities, athletics play a major role in the lives of over 70% of the student body.

In order to participate in athletics there are some simple requirements. You must provide us with:

- **A current physical exam form (either the schools or your physician's). A form is valid for 13 months from the date of the physical. No exceptions or extensions to this rule can be made. A form must be valid for the start of tryouts for any season a student wishes to participate in.**
- **Athletic Permission Form - which must be completed and signed by a parent or guardian. Forms may be obtained on the school website – www.nsboro.k12.ma.us/algonquin and click on (student forms) or at the high school in the Principal's Office.**
- **Athletic Fee of \$200**

NO student may participate in any tryout practice or game without valid physical and athletic forms on file at the school. These responsibilities must be taken care of before the first practice session in order to participate.

All physical exams must be processed through the school nurses' office or the athletic department. If your child has a current valid physical exam on file here at Algonquin, there is no need to submit another one. Physical exam forms can be mailed to the school, attention school nurse prior to the opening of the fall sports season. Please indicate which sport your child intends to tryout for. Every athlete must receive a yellow clearance card to give to their coach prior to trying out. If an athlete arrives at tryouts without a clearance card they will not be allowed to tryout.

The school nurse and/or the athletic department will be at the high school on the following dates in order to receive physical exam forms and handout yellow clearance cards to athletes.

Monday, August 24th from 8:00a – 12:00p
Wednesday, August 26th from 1:00p – 2:30p-following freshmen orientation
Thursday, August 27th from 8:00a – 12:00p

Tryouts for fall sports will begin on Monday, August 24th for football, and Thursday, August 27th for all other sports. Depending upon the number of candidates that try out for a team, cuts are a possibility in some sports. If a student is cut

from a team, they have the option to become a manager or scorekeeper for that team in order to remain an active participant in the program. Another possibility is to try out for another fall sport team that does not have cuts or still has openings on their roster.

I strongly encourage you to join the “team” at Algonquin. Participation in athletics provides students with an opportunity to make new friends, improve your skills, compete at the interscholastic level, and have fun.

Fall sports include: Football, soccer, cross country, field hockey, girls volleyball, golf and cheering.

APTO HAPPENINGS

The next APTO meeting is scheduled for September 10th at 7:00 at ARHS Corridor H Room 214. Please join us!

RENEW YOUR REQUEST TO RECEIVE THE NEWSLETTER BY E-MAIL!



To receive the APTO Newsletter via e-mail, (and to save printing and mailing costs) sign up at: <http://groups.yahoo.com/subscribe/APTONewsletter> *even if you have in the past*, we must start a fresh e-mail list every school year.

Please include your name, address and child’s name, so we can match you up with your mailing label and remove it.
We need more parents to sign up to make a difference!

ARHS UPCOMING EVENTS

- 8/24 Football Tryouts
- 8/26 Freshman Orientation 9 -1 and 7 - 9
- 8/27 Fall Sports Tryouts
- 9/1 Professional Development
- 9/2 Classes Begin
- 9/7 **No Classes Labor Day**
- 9/9 Last day to register for 10/10/09 SAT www.collegeboard.com
- 9/10 APTO Meeting
- 9/28 **No Classes Yom Kippur**

LES MIS – ‘S MARVELOUS!

On Friday, May 8th the students in the cast, crew and orchestra performed “Les Miserables” to a sold out house in the Algonquin auditorium. The performance was in memory of Dennis Wrenn and the event was a huge success. The performance was judged by the Theatre at the Mount for their annual TAMY Awards and Algonquin received the following nominations:

- Best Actress: **Shay Gibson** (Sister Amnesia) – Nunsense
- Best Supporting Actress: **Vale Southard** (Fantine) – Les Miserables
- Best Supporting Actress: **Elizabeth Wall** (Madame Thenardier) – Les Miserables
- Best Musical Director: **Amy Collins** – Les Miserables
- Best Student Orchestra: Algonquin Regional High School – Les Miserables
- Rising Star Award: **Alexandra Ryan** – Melican Student (Young Cosette) – Les Miserables
- Rising Star Award: **Jeffrey Ellis** – Melican Student (Gavroche) – Les Miserables

THE ENVELOPE PLEASE

The Theatre at the Mount annual TAMY Awards ceremony for outstanding performances in high school musicals was held on June 2nd. Of the Algonquin nominees, the Best Supporting Actress award went to **Elizabeth Wall** for her roll as Madame Thenardier in Les Miserables. The Algonquin Orchestra won Best Student Orchestra also for Les Miserables. **Alexandra Ryan**, a student at Melican, won the Rising Star Award for her role as Young Cosette in Les Miserables.

THE HARBINGER SHOWS 'EM

The Harbinger placed third at the annual conference of the New England Scholastic Press Association. The competition is open to any high school newspaper in New England and Algonquin competed in Class I, the largest most competitive division. Five Algonquin student-journalists won awards: **Sadhna Gupta** - newswriting, **Carolyn Maiorana** – newswriting, **Jake Sotir** – sportswriting, **Brian Fund** – sportswriting, **Alyssa Bacon** – sports photography.

MATH OLYMPIAN

Algonquin student **Ofir Nachum** has received an Honorable Mention in the United States Mathematics Olympiad. This distinction places Ofir as one of the top 25 finishers in the entire country and he was invited to study at the Math Olympiad Summer Program at the University of Nebraska for three weeks in June. Ofir has worked tirelessly for almost three years to get to this point and this is a huge accomplishment for him.

TENNIS GOLD

The Algonquin girls' tennis team won the Division 1 state championship this spring. Wow!

SPRING ATHLETIC ACCOMPLISHMENTS

Varsity Baseball Coach Neil Burke got his 300th win on April 24th against Westboro.

Coach Jean Fedak will be inducted into the Massachusetts Girls' Volleyball Coaches Association Hall of Fame on October 19, 2009. She has just completed her 18th year of coaching the varsity girls' volleyball team.

Senior Mike Wrin is ranked 27th nationally by the US Wrestling Association.

Boys' Lacrosse were league champions.

Girls' Track and Field and Boys Tennis were District Champions Central Massachusetts Division I.

Both Girls' and Boys' Lacrosse were District Finalists.



SUPPORT YOUR APTO! Membership Form 2009-2010 (\$30)

<hr/> Parent/Guardian Full Name	<hr/> Phone Number	<hr/> E-mail address
<hr/> Street Address	<hr/> Town	<hr/> Zip

Student(s) Name/YOG: _____

Mail this form with a \$30 check made payable to APTO to: Pam Gratiano, 21 Juniper Brook Road, Northborough, MA 01532. With your donation of \$30, we will also send you an Algonquin bumper sticker. **If you would like a bumper sticker, please include a stamped, self-addressed business envelope with your donation.** Thank you!

ARHS FACT SHEET

Algonquin Regional High School
79 Bartlett Street, Northborough, MA 01532
(508) 351-7010
Fax – (508) 393-9226
ARHS website: New and Updated!
www.nsboro.k12.ma.us/algonquin/

ATPO website:
<http://www.nsboro.k12.ma.us/algonquin/apto/index.htm>

Athletic Dept websites for schedules, games, and directions:
www.highschoolsports.net
www.miaa.net

Algonquin Boosters website:
<http://www.nsboro.k12.ma.us/algonquin/sports/boosters/>

Football Boosters website:
<http://www.thawkfootball.com/>

Northboro Southboro Music Association websites:
<http://www.nisma.info>
<http://www.arhsband.com>

“The Reg” Student Newspaper:
www.thereg.org

Cable Channel 13: provides announcements for ARHS, APTO, Boosters, School Committee, Sports and performances

Home Safety Network
A support network for parents concerned about drug and alcohol use among teens
www.homesafetynetwork.org.

Algonquin Clothing/gear: Some items available through DECA - school store
www.fieldhousestore.com/go/algonquin

Algonquin
Parent
Teacher
Organization

Algonquin Regional High School
79 Bartlett Street
Northborough, MA 01532

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