



Shepherd Hill Regional High School

“...committed to excellence with pride and unity.”

Core Values: “Committed to Excellence” Shepherd Hill Regional High School is dedicated to educate, challenge and empower students to succeed in the 21st century. With “Pride and Unity”, we foster intellectual achievement, civic responsibility and personal growth.

Beliefs about Student Learning: Through quality instruction in a safe and stimulating learning environment, we encourage students to be inquisitive, resourceful, and responsible learners. By cultivating respect and a strong work ethic, we are confident that our students will excel in the present and meet the demands of the future.

Principal’s Message— Mr. William F. Chaplin, Jr.

It is hard to believe that the first month of school has concluded and that Term 1 Progress Reports are currently available for you to view within the Parent Portal. We remain focused on being a more **paperless** office at Shepherd Hill. Please remember that we do not print & send home paper copies of progress reports and report cards. All of our students and parents should be utilizing our Parent and Student Portal within our SchoolBrains Student Information System and should have login information to access their information, grading and progress throughout the calendar year.

A highlight in the month of September was the thirtieth annual First Honors Recognition Dinner that celebrated the accomplishments of one hundred twenty (120) students who maintained first honors honor roll status for all four terms during the 2018-2019 school year. The cafeteria was transformed into an elegant dining room and students and parents were served a delicious meal by teachers and staff. It was my fourth time at this event and it continues to be a very special evening to honor the hard work and academic perseverance of our Shepherd Hill students. We also heard from 2006 Shepherd Hill graduate Laura (Montville) Moreno as the keynote speaker. Laura is a chemical engineer for the National Fire Protection Agency in Quincy and spoke about her educational journey on the Hill and at WPI and stressed the importance of creating your own opportunities in life, connecting with a good network of peers, having strong mentors, and finding your passion and purpose. Laura certainly continues to exemplify Pride, Unity and Excellence in all that she does. Congratulations to all of the scholars and their parents and a sincere thank you to all who contributed to the success of this annual event.

As the Fall months approach with cooler temperatures and early nightfall, your children will experience a natural shift in two areas of school life related to content delivery and demonstrating understanding:

1. an increase in academic pace appropriate to the level of the course, and
2. a concrete emphasis on students taking the initiative to be aware of and access available resources (e.g., routinely check teacher websites, schedule extra help and/or peer tutoring, meet with a counselor to navigate supports, etc.).

Both of these ordinary shifts will continue to be accompanied by a consistent effort on the part of all educators to become familiar with individual learning styles and needs. I compliment students, faculty and staff on a successful opening that truly illustrates our school’s core values of Shepherd Hill Strong with “Pride, Unity, and Excellence”.

Be well and have a wonderful October -
Happy Halloween

How to eat Candy Corn



Upcoming Events

- **Oct. 3**—Music Parents Meeting (6:30 pm)
- **Oct. 5**—SAT Test Date
- **Oct. 8**—Booster Club Meeting (7 pm)
- **Oct. 11**—**NO SCHOOL** (Prof. Dev. Day)
- **Oct. 12**—MICCA Band Festival (1 pm)
- **Oct. 14**—**NO SCHOOL** (Columbus Day)
- **Oct. 16**—PSAT Test Date
- **Oct. 17**—Lifetouch Photos (Absentee/Retakes)
- **Oct. 17**—MEFA Financing Seminar (6 pm)
- **Oct. 18**—Becker College Decision Day
- **Oct. 20**—Eastern Europe Trip Bottle & Can Drive (Ted’s Redemption Center, Charlton) 9 am-3 pm
- **Oct. 22**—Nichols College Decision Day
- **Oct. 27**—SHMP Mattress Fundraiser (10-am-5pm)
- **Nov. 1**—1st Qtr. Grades Close
- **Nov. 2**—Cheer Invitational (3 pm)
- **Nov. 4**—QVCC Decision Day
- **Nov. 5**—Music Parents Meeting (6:30 pm)
- **Nov. 6**—Disney Singing Spaghetti Supper (5:30-8:00 pm)
- **Nov. 7**—1st Term Report Cards Available to View
- **Nov. 7**—**Parent/Teacher Conferences** 1-4 & 6-8 pm **Early Release @ 11:15 am**
- **Nov. 11**—**No School** (Veterans Day Observation)
- **Nov. 12**—Booster Club Meeting (7 pm)
- **Nov. 13**—Music Parents Meeting (6:30)
- **Nov. 23**—Craft Fair (9 am—4 pm)
- **Nov. 27**—**Early Release @ 11:15 am**
- **Nov. 28-29**—**No School** (Thanksgiving Recess)



Now available to view on the Parent Portal.
Please log in and view your child’s Term 1 progress. Any questions on accessing the parent portal, please contact guidance at ext. 175.

68 Dudley-Oxford Road, Dudley, MA 01571. Phone: 508-943-6700; Fax: 508-943-5956

Amazing things happen here!

EARLY DISMISSAL 11:15 am
Thurs., Nov. 7—Parent/Teach Conf
Wed., Nov. 27—Thanksgiving

NO SCHOOL
Fri., Oct. 11—Prof. Dev. Day
Mon., Oct. 14—Columbus Day
Mon., Nov. 11—Veterans Day
Nov. 28-29—Thanksgiving

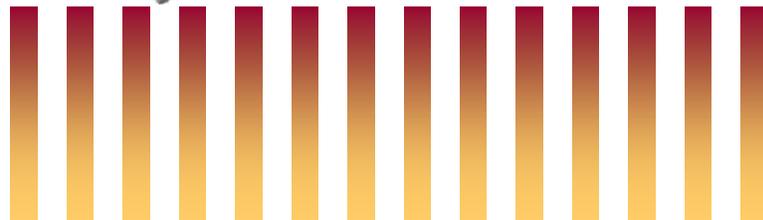
Progress Reports/Report Cards Issue Dates

Quarter	Progress Reports Available on Portal	Report Cards Available on Portal
1	September 27, 2019	November 7, 2019
2	December 13, 2019	January 31, 2020
3	March 6, 2020	April 10, 2020
4	May 15, 2020	Last Day of School

Parent/Teacher Conferences
November 7, 2019
1:00-4:00 & 6:00-8:00 p.m.

Parents are encouraged to visit with teachers and to view the school. Please contact the school if you are unable to be present but would like to set up conferences with your child's teacher(s).

Reminder: Progress reports and report cards are not printed. All grades are available for viewing through our parental portal. If you don't currently have access, please contact the guidance department at 508-943-6700, ext. 175.



September 2019
Dudley-Charlton Regional School District— AHERA Notification

In 1986, Congress passed the Asbestos Hazard Emergency Response Act (AHERA), which requires schools to be inspected to identify any asbestos containing building materials. Please find listed below the District schools and the results of their inspections. Every three years, schools containing asbestos materials must be re-inspected to determine if any known or suspected asbestos-containing buildings materials (ACBM) have changed and recommendations are made on the managing or abatement of the ACBM.

Educational Facility Name	Address
1. Shepherd Hill Regional High School	68 Dudley-Oxford Road, Dudley, MA 01571
2. Dudley Elementary School (No Asbestos Present)	16 School Street, Dudley, MA 01571
3. Mason Road School (No Asbestos Present).....	20 Mason Road, Dudley, MA 01571
4. Charlton Elementary School	9 Burlingame Road, Charlton, MA 01507
5. Heritage School (No Asbestos Present)	34 Oxford Road, Charlton, MA 01507
6. Dudley Middle School (No Asbestos Present).....	70 Dudley-Oxford Road, Dudley, MA 01571
7. Charlton Middle School (No Asbestos Present).....	2 Oxford Road, Charlton, MA 01507

The law further requires an asbestos management plan to be developed and implemented to monitor any known or inspected ACBM. The plan has several ongoing requirements: Publish a notification on management plan availability and the status of asbestos activities; educate and train its employees about asbestos and how to deal with it; notify short-term or temporary workers on the locations of the asbestos containing building materials; post warning labels in routine maintenance areas where asbestos was previously identified or assumed; follow set plans and procedures designed to minimize the disturbance of asbestos containing building materials; and survey the condition of these materials every six months to assure that they remain in good condition.

It is the intention of the Dudley-Charlton Regional School District to comply with all federal and state regulations controlling asbestos and to take whatever steps are necessary to ensure students and employees a healthy and safe environment in which to learn and work. You are welcome to review a copy of the asbestos management plan in the school administrative office during regular business hours. If you have any questions or concerns, please contact Mr. Richard J. Mathieu, Director of Finance and Operations, at 508-943-6888.

My Why! by Principal Chaplin

What truly matters? WHY are you doing it. This is the question that forces you to get to the heart of issues and to the heart of your own beliefs and convictions.

The beginning of the school year is a great time to start digging deeper into what really matters to us in terms of the LEARNING that takes place on the Hill and how our beliefs and passions create an environment in our classrooms, halls, fields, and stage that increase student equity, opportunity, and potential.

We will strive to do all that we can each and every day to help our students search for and navigate “their reach” towards their “passions and purpose” then we will be well on way to understanding “What truly matters for us as educators.”



EVERY MINUTE COUNTS ...

Lost minutes mean lost learning!

When your child misses just	that equals...	which is....	and therefore, from Prep to Year 12, that is ...
10 minutes a day	50 minutes of learning time each week	Nearly 1½ weeks per year	Nearly ½ year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
1/2 an hour a day	½ a day of learning each week	4 weeks a year	Nearly 1½ years of learning of learning
1 hour a day	1 whole day of learning each week	8 weeks per year or nearly a term a year	Over 2½ years of learning

Your child's best learning time is at the beginning of the day...

School starts at 7:40 AM
DON'T BE LATE!



7:40 am

Good time keeping means making sure that your child is at school and ready to learn BEFORE the school bell rings!

THE SINGLE MOST IMPORTANT INDICATOR OF STUDENT ACHIEVEMENT IS A GREAT TEACHER.

@SUPT_JORDAN

CLASS OF 2023



OFFICERS

- Advisor: Mrs. Jennifer McGrail
- President: Adam Faucher
- Vice President: Olivia Lombardi
- Secretary: Kaia Gray
- Treasurer: Sandy Fontes

Congratulations to the newly elected officers. Let's make it a great first year!

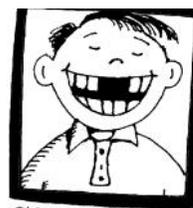
Student Attendance— Every Minute Counts

Students are expected to be in school, on time, every day. It is understood that emergencies, illness and other factors may prevent perfect attendance; however, poor attendance and excessive tardiness directly contribute to poor performance of students. School personnel and parents must work together to ensure that children receive the best education possible and develop good habits that will help them to become productive citizens. Good attendance at school is a vital component of a child's educational experience. If the child is not at school it is

doubtful that he/she will achieve to his/her fullest potential. Students who are often tardy to school are also developing a habit that will hamper their ability to function successfully and is unacceptable in the work force.



Lifetouch Picture Retake Day



PICTURE RETAKE DAY!

This is for students who were absent on picture day or need to have pictures retaken. If you want your picture retaken, simply return your original package on picture retake day.

Thursday
October 17, 2019

News from the Guidance Department

Coordinator's Message — from Mr. Laliberte

For the class of 2020 and parents who want to join google classroom to keep informed on college information, scholarship information, and other opportunities—**The join code is: hv4iaa**

Counselors visited every senior English class on September 18th to talk about post-secondary planning. In the days following, counselors conducted individual senior meetings with students. Students graduating in June should have, or be developing, a post-secondary plan whether it be college, tech/trade school, military or work. As we conclude the month of September, campus visits should have been conducted or planned by students. Deadlines for applications are extremely important and students should give their teachers and counselors two weeks advance notice of their deadline submission.

Freshman transition is of the utmost importance as students begin high school. It is a delicate balance of allowing freedom to grow but yet still providing direction as parents. Midterm progress reports came out on Friday, September 27, and can be accessed on the portal. Every student and parent has access to a schoolbrains portal to check grades. If you are unable to log in, please contact the student's counselor. If you have any questions pertaining to grades please contact the teacher first.



MCAS ELA Retest Opportunity

This past spring one of the operational essays was voided by Mass DESE. Students who believe they were affected will be allowed to take the November 2019 MCAS ELA Retest for consideration for the Adams and Koplik scholarships.

- Scores will be reported through 280/Advanced
- Students must take all sections of the November ELA retest (Composition & Reading Comprehension 1,2,3)
- The Higher score will serve as the score of record: if a student does not earn a higher score on the November ELA retest, the spring 2019 grade 10 ELA score will remain the score of record.

The following students may participate in the November 2019 MCAS ELA retest:

- Students who were on track to meet the testing requirements for the scholarships but did not perform as well as expected on the last set of questions after the voided passage, and meet one of the following criteria:
 - ▶ Scored just below the equivalent of Proficient in ELA and scored in the Advanced level in either Mathematics or STE, and were Proficient in the 3rd subject OR
 - ▶ Scored just below the equivalent of Advanced in ELA, and also scored at least Proficient in both Mathematics and STE

Deadline to notify Mr. Laliberte in guidance is October 8th



Juniors & Standardized Testing

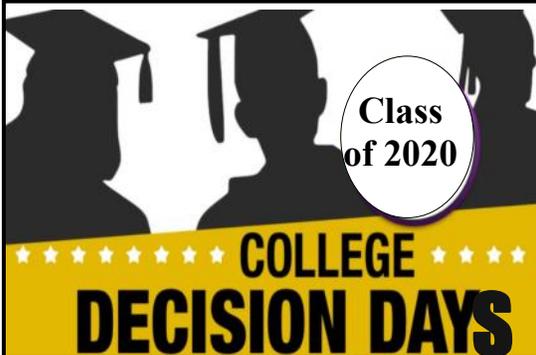
Attention Juniors! You need a plan to complete all standardized testing for college prior to the end of your junior year. Dates are available almost monthly for both the SAT or the ACT. Some colleges require the SAT II (subject area exams). See your Guidance Counselor for assistance!



October is a critical month for seniors and the college admissions process. Students need to network and ask faculty to write letters of recommendations, as well as complete essays for the college application if they are required. It is strongly recommended that students create a resume to show colleges their extra-curricular involvement. Please adhere strictly with deadlines. Our goal in Guidance is to have all four year college bound applications completed prior to the Thanksgiving holiday weekend! This is only two months away!



Throughout the month of October we have many colleges & universities visiting SHRHS during the lunch hour in a mini-fair set-up; similar, to what you would see during a college fair. A full list can be viewed on Naviance. Take a minute to check it out!



Class of 2020— Decision Day Series

For any senior who plans to apply to the following colleges, you will receive an admission decision that same day. See Mr. Gendron in Guidance for sign-ups for any of these colleges. Spots are limited and are on a first-come, first-serve basis.

- October 18, 2019 (9:00-11:00 am) —Becker College
- October 22, 2019 (12:30-2:00 pm)—Nichols College (Early Action Deadline students)
- November 4, 2019 (9:00 am-12:00 pm)—Quinebaug Valley Community College
- December 6, 2019 (8:00-11:00 am)—Quinsigamond Community College #1
- January 24, 2019 (8:00-11:00 am)—Quinsigamond Community College #2
- February 6, 2020 (8:00-11:00 am)—Quinsigamond Community College #3



Important Seminar for College Bound Students & Parents!

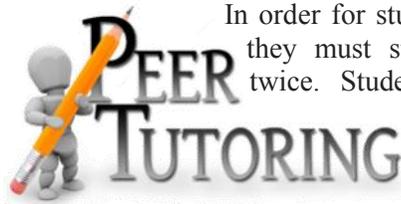
MEFA College Financing Seminar Thursday, October 17, 2019 (6-8 pm)

An experienced MEFA representative will provide an overview of the college financing process including:



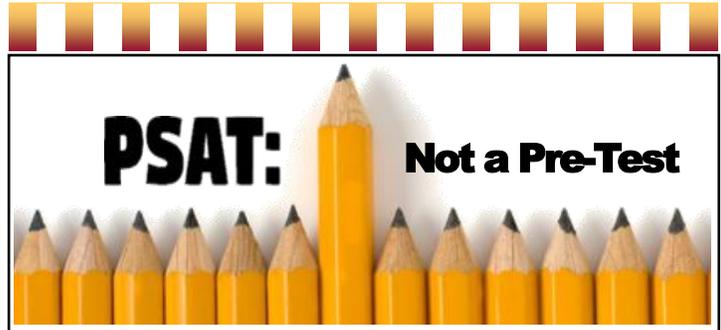
- Applying for financial aid
- How colleges make financial aid decisions
- Financial aid letters
- How families can pay their share of college costs
- Free resources available to help families

This seminar is free of charge and offered through MEFA, the Commonwealth's authority on planning, saving and paying for college. Visit mefa.org for more information.



In order for students to begin peer tutoring, they must stay after with their teacher twice. Students who need tutors must come to see Mr. Gendron in Guidance. Peer tutoring is offered during the school day during the student's directed study hall. It is also offered after school on Tuesday's in the library from 2:30-3:30 for students who do not have a directed study during the school day.

Creating Confidence and Success



PSAT: Not a Pre-Test

(All grade 10 students
and open for grade 11 signup)
October 16, 2019
8:00-11:30 am

Juniors should plan on taking the PSAT to qualify for National Merit Scholarships and Letters of Commendation, as well as to prepare for the SAT.

- It will be given at Shepherd Hill on October 16, 2019
- Register September 23-October 4 with the Guidance Secretary
- The fee is \$17.00 cash or a check payable to SHRHS.

Sophomores will take the PSAT at no cost on the October 16th date to assess AP potential and as an initial preparation for the SAT.

For more detailed information on the PSAT testing, please visit:
www.collegeboard.com/student/testing



Advanced Placement Tests 2020

(\$94 per exam, \$53 per exam for free/reduced lunch students as set by Collegeboard)
Payment due on or before **January 17, 2020** (check or money order made out to SHRHS).
Please write your son/daughter's name, ID # and exams the check is covering in the memo area.

Week 1	Morning (8 a.m.)	Afternoon (12 noon)
Tuesday, May 5, 2020	Calculus AB/BC	—
Wednesday, May 6, 2020	English Literature	Physics 2: Algebra-Based
Thursday, May 7, 2020	Chemistry	Physics 1: Algebra-Based
Friday, May 8, 2020	United States History	Computer Science A
Week 2	Morning (8 a.m.)	Afternoon (12 noon)
Monday, May 11, 2020	Biology	Environmental Science
Tuesday, May 12, 2020	Spanish Language	—
Wednesday, May 13, 2020	English Language	—
Friday, May 15, 2020	Comp Science Principles	Statistics

Class of 2019

Emily Briggs	Eric Lehmann	Alexandria O'Brien
Vanessa Corriveau	Payton Lewandowski	Deep Patel
Declan Cronin	Sarah Manske	Om Patel
Cameron Cushing	Shelby Mardirosian	Vanessa Pino
Amani Eljadidi	Hannah Marshall	Eric Prussman
Grace Gavin	John McCabe	Tyler Rice
Madison Gendreau	Orpheus Meletis	Justyn Sudyka
Nicholas Goharzadeh	Jonah Messier	Alyssa Trueman
Kaleigh Hill	Drew Montigny	Jacob Wheeler
Alexander Jankowski	Christopher Montville	Emma Whitehead
Jordan Keovongmansar	Monika Mosio	Gina Yu

Class of 2020

Alexander Appiah Kubi	Kerry Greenough	Aleksandra Piascik
Emily Brindisi	Anya Grondalski	Skylar Pietz
Abigail Cofsky	Hannah Guerin	Allie Provost
Christina DiBona	Madison Hill	Emma Provost
Edison Doko	Zachary Johnson	Olivia Sciarappa
Gabriel dos Santos	Emily Kania	Jacob Scotti
Brock Dubey	Davone Keovongmansar	Elizabeth Stone
Catherine Fengler	Payton Krukonis	Melina Teguis
Emma Forrester	Katie Lavoie	Amanda Tonkin
George Foto	Carolyn Manske	Mary Vaillancourt
Kaylee Galvin	Ryan Moore	Haylee Wagner
Logan Gervais	Christian Nayfeh	Emily Waterhouse
Marci Giorgio	Gianna Peluso	Rachel Whipple

Class of 2021

David Acquah Mensah	Kylee Croteau	Ethan Lilley
Allison Anger	Timothy Dinsdale	Riley Marengo
Alex Anuszkiewicz	Ashley Figueroa	Hannah Morrill
Cutter Beck	Maegan Fredette	Aimon Shaw
Dylan Berk	Grace Gamelli	William Tyrrell
Ricky Bowden	Elizabeth Gunsalus	Sibile Urbelyte
Sophie Briggs	Brady Hobson	Serena Veilleux
Daniel Brooks	Kirolos Ibrahim	Henry Weiland
Olivia Cloutier	Aaron Iwanski	
Michaela Cluett	Maryn LaPlante	

Class of 2022

Connor Cluett	Austin Giarnese	Kyle Norberg
Beau Desrosiers	Elzbieta Gronek	Emilia Pianko
Brigham Dubey	Mason Lemberger	Gabriel Roach
Bronson Dubey	Abigail Lepper	Molly Starczewski
Aislinn Ennis	Rhiannon Mansur	Trevor Wallace
Sarah Fenton	Sean McCarty	Oliver Weiland
Sydney Fitzgerald	Bridget McGonagle	

First Honor Scholars 2018-2019



Guest Speaker: Laura Montville Mareno & Family



Photo Credit:
Amy Sharron,
Mackenzie
Shilinsky &
Mr. Chaplin



National Merit Scholarship Program



Congratulations to **Olivia Sciarappa** for being named a semifinalist in the 65th Annual National Merit Scholarship Program (there are approximately 16,000 semifinalists). This is an excellent accomplishment for Olivia and all her hard work and dedication up to this point. Olivia will now work with her guidance counselor, Mr. Gendron, to review and complete the tasks in order to potentially to move on to the next round and become a finalist. We are so proud of Olivia and wish her luck.



Also, congratulations are extended to **Hannah Guerin, Madison Hill and Ryan Moore** who were recognized as Commended Students in the 2020 National Merit Scholarship Program. A Letter of Commendation from the school and National Merit Scholarship Corporation (NMSC), which conducts the program, was presented by the principal to these scholastically talented seniors.

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Although these students will not continue in the 2020 competition for National Merit Scholarship awards, these Commended Students placed among the top 50,000 scorers of more than 1.5 million students who entered the 2020 competition by taking the 2018 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT).

“Those being named Commended Students have demonstrated outstanding potential for academic success,” commented a spokesperson for NMSC. “These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic success.”



Congratulations to senior student **Albert Salonis**. Albert was appointed student representative on the Town of Dudley Board of Selectmen and will bring the voice of the student body to the town officials. He’s so excited to be a part of his community and represent his peers!

Congratulations to senior student **Anya Grondalski**. Anya was appointed as the non-voting student representative on the Charlton Board of Selectmen.



Congratulations

TO ALL OUR AMAZING STUDENTS

Support our Fundraising



Senior Entertainment Book money is still being collected and should be turned in to one of your class officers (\$30/Book)

(Ceilidh O'Brien, Catherine Fengler, Sean Wang or DJ Keovongmansar) or class advisers (Mr. Duffy in 306 or Ms. Wade in 323).

If anyone wishes to purchase an Entertainment Book to help the Senior Class, please contact Mr. Duffy at dduffy@dcrsd.org to order one.

CASH CALENDAR

The Class of 2022 will be selling their annual Raffle Calendars starting November 1st. The calendar will contain monetary winnings each day in addition to other gift cards and prizes donated by businesses in our community. This fundraiser will help us raise the funds needed for putting on a great prom next year and all senior activities. We hope that the community will support us in this endeavor. Cost is \$10.00 per calendar. Great bonus is that if your name gets pulled one day, it goes back in for all 30 days, so technically you could win 30 times. If you would like to purchase a calendar please contact Becky at bbussiere@dcrsd.org or a member of the class.



Pumpkin Painting Competition

The Art Department will be holding their **4th Annual Pumpkin Painting Competition** for *all* students who wish to participate. Each person is required to buy their own pumpkin. Art students may purchase one in class for \$3. We will be painting pumpkins in class Oct 28-30. The pumpkins must be turned in first thing Thursday morning, Oct 31st. The student body and staff will get to vote on Halloween—October 31st (during all four lunches) for their favorite pumpkin! There will be prizes for 1st, 2nd, and 3rd place winners!



SHRHS Drama Club presents

THE WESTING GAME

Fri., Jan. 10, 2020 &
Sat. Jan. 11, 2020
7:00 p.m.



SAVE THE DATE!

Just a reminder that dismissal for health related concerns should be initiated by the Nurse's Office. Please follow these guidelines for staying home with illness:

- **Fever.** The child should remain at home with a fever greater than 100°. The child can return to school after he/she has been fever free for 24 hours (without fever-reducing medicine such as Tylenol or Motrin).
- **Diarrhea/Vomiting.** A child with diarrhea and /or vomiting should stay at home and return to school only after being symptom-free for 24 hours, unless otherwise specified by the school nurse or licensed health care provider.
- **Conjunctivitis.** Following a diagnosis of conjunctivitis, the child may return to school 24 hours after the first dose of prescribed medication.
- **Rashes.** Common infectious diseases with rashes are most contagious in the early stages. A child with a suspicious rash should return to school only after a healthcare provider has made a diagnosis and authorized the child's return to school.
- **Strep Throat:** If diagnosed with strep throat, the child may return to school 24 hours after the first dose of prescribed medication.
- **Colds.** Consider keeping your child at home if he/she is experiencing discomfort from cold symptoms, such as nasal congestion and cough. A continuous green discharge from the nose may be a sign of infection. Consider having the child seen by your healthcare provider.

Notes from the
SCH  **L**
NURSE



When your immune system is down, continue good hand washing, drink lots of fluids to stay hydrated and plenty of rest. Staying home for 24 hours prevents the spread of illness in the school community and allows you the opportunity to rest and recover.

Yearbook

Yearbook purchases may be made online for the 2020 yearbook at www.balfour.com, using the search bar to look up Shepherd Hill Regional High School. **Order early!** Yearbooks ordered in October-January—\$75! February 15 until June—\$85! The yearbook staff must inform the publishing company of the number of books to be published in February! Namestamping is available FREE of charge for Seniors ONLY. Please submit full name, first then last name, to yearbook staff or Mrs. Hines.

Parent Ads and Business Ads may also be purchased by mailing in payment, pictures, and the form available on the Shepherd Hill website or through balfour.com.



The Shepherd Hill Math Team has elected co-captains for the 2019-2020 school year. Congratulations to co-captains

Abigail Cofsky
Davone Keovongmanysar

The team will be travelling to Assabet Valley Technical High School on October 2nd for our first meet. We are looking forward to an amazing year!

SHRHS Drivers Education

The October class is almost full. Sign up and pay online today to reserve your spot. The next classroom session will be at the end of January.



The scrapbooking club is officially up and running, but it's not too late to join. We meet on Thursdays in room 323 from 2:30 to 4:00 pm. Drop-ins are always welcome. Bring some photos and create a project! Supplies available for use include patterned paper, stickers, washi tape, embellishments, and acrylic stamps.



Information is now available!

See Mr. Cormier in room 204

Online registrations will take place in November.



As we enter into fire prevention month let's look at what we can do to become more aware of fire safety measures

► Smoke alarms save lives but only if they are working!



- ◊ Test each alarm once each month
- ◊ Make sure a smoke alarm is no greater than 10 years old; if so replace it
- ◊ Vacuum your alarm occasionally, it gets dusty too

► Carbon Monoxide is the silent killer



- ◊ Each home should have one CO alarm on each floor
- ◊ Test each alarm once each month
- ◊ Make sure your CO alarm is no greater than seven years old; if so replace it

► Make a home escape plan. You are never too old to plan for an emergency at home!



- ◊ Know two ways out of your home
- ◊ Have a family meeting place outside

► Electrical Fires



- ◊ Never overload an electrical outlet
- ◊ Power strips allow you to plug in more! Bad idea! Outlets not designed to provide that much power.



From Captain Paul Konieczny
Dudley Fire & Emergency Services

Be safe in everything you do!



Let's **KNOCKOUT** breast cancer!



Shepherd Hill Contributes to Breast Cancer Awareness Month

Even though October is National Breast Cancer month, the Shepherd Hill community will be raising money to fight another type of cancer as well...ovarian cancer! Mrs. Lindstrom was recently diagnosed with ovarian cancer. She is a loving and caring mother who has raised six successful children. For many years, she has been heavily involved in the Dudley-Charlton community and beyond. Whether it is cheering from the side lines, or being a "Taxi Mom", she has been an everlasting role model. Mrs. Lindstrom is very near and dear to the Shepherd Hill Football and Girls Volleyball Programs. The fall sports at Shepherd Hill came up with a way to support Mrs. Lindstrom and her family who have done so much for this community. Through an overwhelmingly successful "Lindstrom Strong" t-shirt fundraising campaign, we raised \$5,930.78 for the Ovarian Cancer Research Alliance in honor of Mrs. Lindstrom. But the support will not stop there. **Please join the Girls Volleyball Program at their home games on Friday, October 11, as they honor Mrs. Lindstrom and continue to raise awareness for ovarian cancer.** Game times are at 4:00 p.m. and 5:00 p.m. It is time for the community to show support for Shepherd Hill's Wonder Woman while she fights her battle against ovarian cancer. There will be a bake sale and raffle with all proceeds to go to the Ovarian Cancer Research Alliance.

LINDSTROM STRONG!



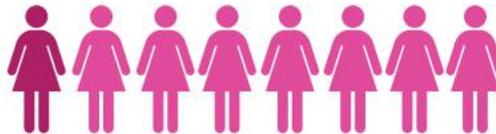
Volleyball's "dig pink" night will be Tuesday, October 22. We encourage you to wear pink that day. We also invite you to support Shepherd Hill Athletics and join us in raising breast cancer awareness by wearing pink to other home athletic events that are scheduled in October.

Breast Cancer Fact Sheet



In The United States

- Breast cancer is the **most common** cancer among women in the U.S.
- Women in the U.S., have a **1 in 8** lifetime risk of being diagnosed with breast cancer.
- **Every 2 minutes**, one case of breast cancer is diagnosed in a woman in the U.S.
- In 2018, more than **260,000** new cases of invasive breast cancer are expected to be diagnosed in women and more than **2,500** cases in men in the U.S.
- In 2018, more than **40,000** women and more than **400** men in the U.S. are expected to die from breast cancer.
- Improvements in early detection and treatment contributed to a **39 percent decline** in breast cancer deaths in the U.S. between 1989-2015.
- In the U.S., there are **at least 154,000** people living with metastatic breast cancer.
- There are more than **3.5 million** people diagnosed with breast cancer living in the U.S. today!



The most common risk factors for breast cancer are being a woman and getting older.

Every 2 minutes, one case of breast cancer is diagnosed in a woman in the U.S.

Around The World

- Breast cancer is the **most common** cancer in women around the world, with an estimated **1.7 million** new cases recorded in 2012.
- Breast cancer is the **leading cause** of cancer death in women around the world.
- Every minute, somewhere in the world, a woman dies from breast cancer. That's more than **1,400** women every day.
- There are more than **6 million** breast cancer survivors around the world.

Breast cancer is the leading cause of cancer death in women around the world.

Visit komen.org • Call 1-877 GO KOMEN (1-877-465-6636) • For more information on Susan G. Komen, contact news@komen.org

For more information visit Breastcancer.org

SPIRIT WEEK

HOME COMING

Thank you to Mr. Ray Kane and all the Members of Student Council for an outstanding Spirit Week and Homecoming 2019

Spirit week was a large success on the Hill! Each day students showed their pride and spirit within all the various themes (Jersey Day, Tacky Tourist Day, Class Pride Day, Decade's Day and Maroon & Gold Day). Thank you again for creating some exceptional moments for our school community.

Homecoming on Saturday, September 28, was another success. Everything seemed to go as planned and our community enjoyed a day of athletics and quality time celebrating what it means to wear the maroon and gold. *Thank you to all the students and faculty that made the day extraordinary.* A special thanks to Mr. Morway for manning the dunk tank!





**Shepherd Hill Strong
with Pride & Unity**





SHEPHERD HILL MUSIC PARENTS

2019/20 Officers/Contact Info

President: **Hilary Grabe**
 Vice-President: **Terry Salonis**
 Treasurer: **Julie Shaw**
 Associate Treasurer: **June Ellen Cloutier**
 Secretary: **Kristie Laabs**
 Correspondence Secretary: **Mary Innamorati**
 First Member at Large: **Nicole Szretter**
 2nd Member at Large: **Kristin Doyle**

If you have any questions or concerns, please email us at shrhsmusicparentsassoc@gmail.com



at Shepherd Hill Music Parents Association

Gillette Stadium sign ups, meeting information, fundraising events and more are communicated through our Facebook page



SHRHSCoir
 SHRHSShowChoirs and
 SHBands



Football season is here! We only have three remaining events to finish our 2019 contract with Gillette Stadium. Please sign up so we can benefit by bringing a full crew.



- 10/27 Patriots Game: Start time 1:30pm Event starts at 4:25pm
- 12/8 Patriots Game: Start time 1:30pm Event starts at 4:25pm
- 12/29 Patriots Game: Start time 10:00am Event starts at 1:00pm



Schedule 2019-20

Volunteers Needed for all our Events!

A great way to meet other parents involved in our music program at Shepherd Hill. Use the following link to sign up for any of our events.

<https://signup.com/go/FuqnrMu>



We held our first meeting of the school year on September 5th. Thank you to everyone who attended. The Shepherd Hill Music Parents Association meets in the SH Library starting at 6:30 pm as follows:

- The **first Thursday** of each month from September through December
- The **first Wednesday** of each month from January through May

Thurs., October 3
 (Superintendent Lamarche will be joining us)
Wed., November 13*
Thurs., December 5

Come meet other parents involved in our music program at Shepherd Hill!



- **MICCA Shepherd Hill Band Festival Saturday, October 12th at 1:00 PM** 
****New Start Time**** Come see 9 local high school bands perform. We still need volunteers for this event.
- **2nd Annual Mattress Fundraiser October 27th 10:00AM – 5:00PM Shepherd Hill Gym**

- **SHMPA Annual Festival of Crafts—Sat., November 23rd 9:00AM – 4:00PM**
 Such a fun and festive day! This is our largest fundraiser. We need at least one person from each music family to volunteer for this event. All shifts are 2 hours. We still need volunteers! Sign-up today: <https://signup.com/go/FuqnrMu>
- **Holiday Spectacular—December 13th & 14th**
- **Central Mass Show Choir Festival—January 31st & February 1st**
- **Winter Percussion & Winter Guard Home Show—March 22, 2020**



Hope to see you at our next meeting on October, 3rd at 6:30pm in the SH Library!

THANK YOU

Thank you to everyone that volunteered for Old Home Day and the Inflatable Park on September 2. We had a successful day and a lot of fun!



2ND ANNUAL
SHEPHERDHILL
MUSIC DEPARTMENT
MATTRESS
FUNDRAISER



BIG SAVINGS
FINANCING AVAILABLE

Beautyrest.





Adjustable Base Luxury Pillows Mattress Protector

SUN. OCT 27

10AM-5PM

@HIGH SCHOOL

BENEFITS THE MUSIC PROGRAM!

SAVE THE DATE!

tom.curtin@cfsbeds.com

For more info: bit.ly/ShepherdHillBeds
bit.ly/ShepherdHillBeds

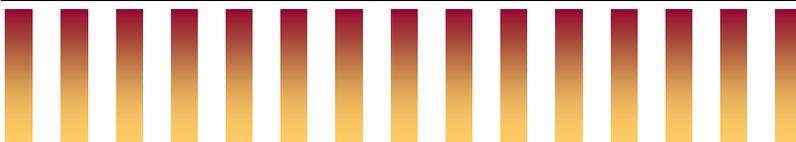
holiday
Craft Fair

Our Annual Craft Fair is coming! One of our BIGGEST fundraiser of the year is just around the corner!

Saturday, November 23, 2019
9 am — 4 pm

One-Stop Holiday Shopping Experience
Over 200 Craft Booths
Raffles
Homemade Food & Goodies

This is a fabulous event where you can help out for a 2 hour shift and then start your holiday shopping all at one event. This is a huge event for SHMPA and it requires a lot of help from all of our fabulous families. Please use the link to sign up for a shift: <https://signup.com/go/FuqnrMu>



So many adventures await us as we work side by side to support, encourage, assist and cheer on our extremely talented music students!



The Marching Band Earns 1st Place!

The Shepherd Hill Marching Band earned **1st place** at the Medford NESBA Marching Band Festival on September 21, 2019. They were also awarded **High Music, High Colorguard, and High Percussion** in their division for their performance. The Marching Band has several festivals and home football games on their calendar this year so we encourage you to stop by and listen to their 2019 production “Outside the Bach”—an experimental journey through many well-known Johann Sebastian Bach compositions.



Jazz Band auditions will be held in October. Stay tuned for morning announcements about auditions & first rehearsals. Any student with an interest in performing music with our award winning band should consider joining. The Shepherd Hill Jazz Band will be traveling along with the Concert Band and Colorguard in April to Orlando Florida. What a year it would be to join the group!

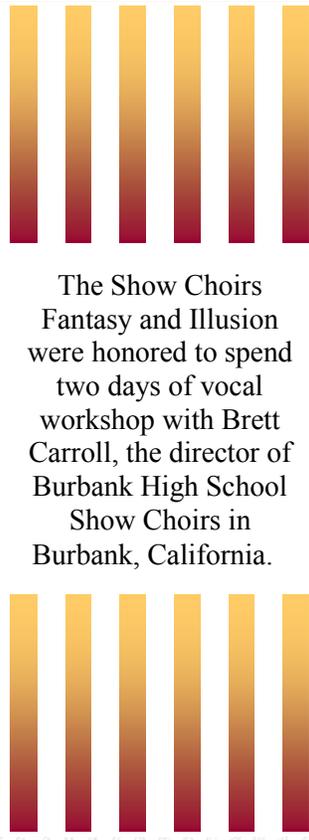


Tri-M Music Honor Society applications are now being accepted. If you find success in both academic and music classes, consider applying to this National organization to enhance your college resume. Tri-M carries out several community projects throughout the year including working with the Middle School Music programs, the Thirst Project, and the Annual Tri-M Karaoke Night. You can find applications in the music hallway on the Tri-M bulletin board.



Join us at our Annual
MICCA Central District Marching Band Festival
here at the Hill!

Tickets cost: \$8 for adults and \$5 for students/seniors



The Show Choirs Fantasy and Illusion were honored to spend two days of vocal workshop with Brett Carroll, the director of Burbank High School Show Choirs in Burbank, California.



Upcoming Events

The Choral Department is very busy preparing for the following events:

- ◆ November 6—Disney Singing Spaghetti Supper
- ◆ November 24—Fantasy performing at Mechanics Hall with the Worcester Men of Song
- ◆ December 1—Why ME
- ◆ December 7—Mystique at Dudley Congregational Church
- ◆ December 13 & 14—Annual Holiday Spectacular!

Disney Singing Spaghetti Dinner Fundraiser
 Wednesday, November 6, 2019
 5:30-8:00 pm
 \$10 All You Can Eat!



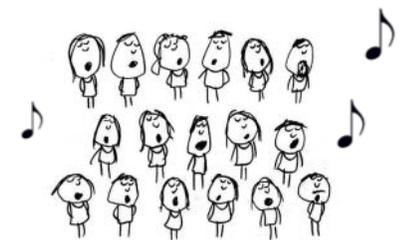
The show choirs have begun rehearsals on their competition shows already are excited to present their new material to all this year.

- Fantasy will be creating a show named LEGEND, the story of King Arthur and the Sword in the Stone.
- Illusion will be creating a show entitled CAGED BIRDS.
- T-Tones will be doing Bill and Teds Excellent Adventure.

In addition to the local competitions and festivals that they attend yearly, they will be traveling to Loveland, Ohio during February vacation to compete at Loveland High School's SHOWFEST.



HAPPINESS IS



...singing in a choir.



Annual Shepherd Hill Invitational

November 2, 2019

3:00 p.m.

Adults \$7.00; Students \$5.00

(Students & faculty will receive \$2 off admissions with Lifetouch ID cards)



CHEER

The Varsity and Junior Varsity Cheerleaders will be starting their competition season as follows:

- October 26—Holy Name High School
- October 27—Marlboro High School

Both teams are excited to start their competitive season and bring back the top awards home to the HILL!



This tournament is dedicated to the Men and Women in the Military!



The Shepherd Hill Cheerleaders participated in the Annual UMass Walk for Cancer on September 22nd in Worcester for the 17th year in a row. Together they raised \$2,000 to donate towards this deadly disease. Thank you Shepherd Hill Cheerleaders for walking 5 miles to support those that are battling cancer!



Cross Country Athletes



SH BOOSTER CLUB

“Supporting Academics, Music & the
Arts, Athletics, Clubs & Activities”

2019-20 Officers/Coordinators/Contact Information

President – **Kristie Laabs**
 Vice President – **Leah Paine**
 Treasurer – **Sandra Vaillancourt**
 Secretary – **Greter Barcelo**
 Volunteer Coordinator – **Kersti Hopkins**
 Concession Coordinator – **Paul Raucci**
 Merchandise Coordinator – **Vacant**
 Fundraising Coordinator – **Vacant**
 SH Field Renovation Chair – **Kristin Kustigian**

If interested in joining our team, please reach out to any of the officers noted above or join us at our next meeting on October 8th! You can also contact us as noted above with any inquiries or questions you may have!

NEXT MEETING:

October 8th at 7:00 p.m.

Shepherd Hill Faculty Dining Room (to the left of the main gym entrance). All meetings are held on the 2nd Tuesday of every month (unless there is no school).

CONTACT US



shboosterclub@dcrsd.org or



@Hillbooster



<http://www.dcrsd.org/schools/shepherd-hill-regional-high-school/parentstudent-information/booster-club>



MERCHANDISE

Show your school spirit with SH Merchandise. Available when our Student Store is open during lunch times, at Parent-Teacher Conferences and select dates. Interested in ordering on-line? Visit our SH Booster Club website for photos of merchandise and more details or enter the following link: <https://squareup.com/store/shepherd-hill-booster-club-online>.

Newly Updated On-Line Store!!

We take all forms of payment—Cash, Credit/Debit Card and Checks made payable to the SH Booster Club.



The Shepherd Hill Booster Club is a parent/teacher/student run organization that offers students the opportunity to serve their school community in a positive way and, in return, potentially achieve a scholarship that may be presented to them at graduation! The Shepherd Hill Booster Club supports a wide variety of school activities including music, arts, sports, academics, clubs and activities within our school community through various fundraising efforts and merchandise sales. Without parent, teacher and student involvement, the Shepherd Hill Booster Club and its efforts will cease to exist. We do as much as possible with the resources we have based on the involvement of club members.

We are personally inviting you to become a member of the Shepherd Hill Booster Club so that we can continue to flourish and give back to our student and school community for years to come. We understand work/life balance and busy schedules... but a little bit of your time for a few hours at a couple of events is greatly appreciated! Membership is also a great opportunity for parents and their students to stay connected, learn about what's going on within our school environment and to build lasting friendships with club members. More people = great ideas and giving back more!

Questions, feedback and/or suggestions for the Shepherd Hill Booster Club are always welcome! Personally connect with any of the Officers or Coordinators, email us and/or attend our monthly meetings on the 2nd Tuesday of every month Sept – June, Shepherd Hill in the teacher's dining room.

Shepherd Hill Merchandise is offered and can be purchased at various events or via our on-line store: <https://squareup.com/store/shepherd-hill-booster-club-online>

**WE NEED
YOU**

Volunteers always needed for Concession and/or Merchandise Sales. Check out our sign up spreadsheet link for upcoming events:

<https://docs.google.com/spreadsheets/d/1G8ScHV-X2BIImjrZxfLpeTRyKXYRwkwkwGefXzGx0GO4/edit#gid=0>



**SHEPHERD HILL REGIONAL HIGH SCHOOL
2019-2020 JUNIOR Booster Club Membership Form**

**MEMBERSHIP
DRIVE** Tell a Friend!

The SH Booster Club is a student/parent/teacher run organization that raises funds for the purpose of supporting students, student groups and the SH Community and offers those students participating the opportunity to turn their service hours into a potential scholarship presented at graduation!

We welcome and invite you to JOIN us, support our school community and share a great experience with our students! Our 2019-2020 Membership Drive is in full swing for new members or renewing members! Please find our Welcome/Information Letter and Student/Adult Membership forms on the following pages. As always, should you have any questions regarding membership or learning what we do, please join us for our monthly meeting, connect with an Officer/Coordinator or reach out to us via email.

We look forward to you becoming a member of our team!



Student Name: _____ YOG: _____
Student Address: _____
Student Phone #'s: Home _____ Cell _____
Student Email Address (required): _____ (please print)
Preferred Method of Contact: Home Phone Cell Phone E-mail
Parent Name: _____
Parent Email: (if different from above) _____

There is no charge for a Junior Booster Club Membership.

****VOLUNTEERS ARE NEEDED****

The Booster Club looks forward to you volunteering for a minimum of three events this school year. An event equals 2-3 hours of time. Volunteering your time may qualify you for a SH Booster Club Scholarship. Junior Booster Club members and a parent/guardian must be active members of the SH Booster Club and satisfy all the scholarship application criteria outlined in the SH Booster Club Welcome Letter and 2019-2020 SH Booster Club Scholarship Application.

PLEASE INDICATE WHICH OPPORTUNITIES YOU ARE INTERESTED IN:

- Concession Stand** (Various events & times)—Please circle preferred event(s)
Soccer Volleyball Basketball Lacrosse Track
- Merchandise Sales, 50/50 Raffle, Raffle Basket Tickets etc.**
Work at our merchandise booth at various school events including home football games, parent/teacher conferences/showcase, school store, holiday sale and more.
- Fundraising** (Assist in coordinating additional fundraising events)
- Senior Recognition** (Assist in planning for graduating senior gifts and/or events)

Would you be interested in a Jr. Booster Club leadership opportunity?
 Yes No

Return form to Shepherd Hill Office/Shepherd Hill Booster Club Mailbox
shepherdhillboosterclub@dcrsd.org



2019-2020 Shepherd Hill Booster Club Membership Form
VOLUNTEERS ARE NEEDED - Please check your preference below

The success of the Booster Club is only possible with parent, teacher, student and community involvement. Your commitment to sharing ideas and volunteering your time is greatly appreciated!! Thank you!

- Concession Stand** – Various events and times
Please circle preferred event(s): Soccer Volleyball Basketball Lacrosse Track
- Merchandise Sales, 50/50 Raffle, Raffle Basket Tickets, etc.**
Work at our merchandise booth at various school events including home football games, parent/teacher conferences/showcase, school store, holiday sale and more.
- Fundraising** (Assist in coordinating additional fundraising events)
- Senior Recognition Planning** (Assist in planning for graduating seniors gifts and/or related events)
- Scholarship Committee** (Must be an active member in the Booster Club). Please see the SH Booster Club Welcome Letter for scholarship requirements.)
- Donation**—Donations are always welcome

Name: _____

Address: _____

Phone #'s: Home: _____ Cell: _____

E-Mail Address _____

Preferred Method of Contact: Home Phone Cell phone E-mail

Are you on Facebook: Yes No

Are you on Twitter: Yes No

Student Name: _____ YOG: _____

Student Name: _____ YOG: _____

Student Name: _____ YOG: _____

Type of Membership: Select one

- Platinum - \$50.00** - Includes Member Card, entry to 4 games free (\$20 value), SH Sticker & Pen, 20% merchandise coupon.
- Ambassador - \$30.00** - Includes Member Card, entry to 4 games free (\$20 value), SH Sticker & Pen, 10% merchandise coupon.
- Patron or Alumni- \$15.00** - Includes SH Sticker & Pen
- Teacher/Staff - \$5.00** – Includes SH Pen

We accept cash, checks (payable to SH Booster Club) or credit/debit cards when completing membership in person or through our online store at: <https://squareup.com/store/shepherd-hill-booster-club-online>

Send form with payment to Shepherd Hill Booster Club, 68 Dudley-Oxford Road, Dudley, MA 01571

We will arrange a pickup time for your free goodies if you choose the online or mail in option.

shboosterclub@dcrsd.org

Date Received:	Payment Type:
Membership Gifts Received:	Payment Amount:
Notes:	

Booster Club Scholarship Information & Criteria



Graduating Seniors interested in pursuing a Shepherd Hill Booster Club Scholarship are required to meet the scholarship qualifications:

1. The student and parent/guardian must be active members of the Shepherd Hill Jr. Booster Club/Booster Club for a minimum of 2 school years, including the student's Senior Year.
2. The student and parent/guardian must complete and submit the applicable Shepherd Hill Booster Club Membership application, including parent/guardian dues, annually and by December 31st of their senior school year. Active/valid memberships will be verified by the Booster Club Scholarship Committee.
3. The student must be in good standing with the school and the community and will fulfill all graduation requirements prior to Commencement.
4. The student must have maintained a GPA of 2.0 or above.
5. The student must have participated in an extracurricular activity in the school or community.
6. The student and parent/guardian must each have volunteered at a total of 12 total events, with a minimum of 3 events in the student's Senior year. An event = 2 hours. The student and parent/guardian do not need to volunteer for the same events.
7. The student's parent/guardian must attend at least 2 Booster Club meetings per membership year. If unable to do so, the parent/guardian must volunteer at a minimum of 1 extra event per year.

The Booster Club provided funding for the following:



- Welcome Back Teacher/Staff Breakfast
- Boys Soccer—Transportation Support

Students/Faculty/Coaches: If you would like to submit a request for funds, please go to the SH Booster Club website to access a Request for Funds form. Any questions, please see an Officer or Coordinator.



Our volunteers are working hard to accommodate the early game time schedule changes in order to open up Concessions as much as possible! We appreciate your patience as we get back into the field house for field games and service concessions indoors for volleyball!

Chair: Kristin Kustigian

SH Baseball &
Softball Field
Renovation
Effort

Our fundraising effort for the SH Field Renovation project is underway and we're currently seeking private and corporate sponsorship from within our SH Community and a multitude of businesses that surrounds our regional school district! Our initial goal is to raise \$150,000 in order to improve the fields' conditions, which includes proper drainage, leveling and grading, fencing and scoreboards. A SH Fields Renovation web page has been created to outline the need and track our efforts. Please check it out!, <https://sites.google.com/view/sh-fields-renovations>. No donation amount is too little! If you, or a business you know, would like to make a contribution to our efforts, please visit our site and select "donate". You can either donate electronically or mail your payment. Status updates about our progress will be shared at our normal monthly Booster Club meetings. Please join us to find out how you can help! Should you have any questions about this effort, please reach out to us at shboosterclub@dcrsd.org or SHFieldsRenovation@gmail.com.



We wish to thank the following donors for their generosity in kick starting our fundraising effort: **Brian & Michelle Lilley, Sturbridge Orthodontics, MTD Micromolding, Charlton Oil, Brett & Kristin Kustigian, Park n' Shop Customer-Register Campaign, Jason Johnson and Superintendent Lamarche.**

To date we have raised \$4,125 towards our goal. If you know of a business who would be interested in supporting our cause with a donation, please let us know or direct them to contact us at the above noted email addresses. Thank you for your support!

SH Fields Renovation Meeting
Thursday, October 3rd @ 6pm
SHRHS Teachers Lounge



SHEPHERD HILL HOMECOMING DAY 2019

Beautiful weather, Great Attendance
 Great Community & Fan Support
 Fantastic Volunteers, Great Unified Basketball Game
 Great Cheerleading and Ramsquad
 Great Half -Time Band Show
 Great SH Football Win
 Great Homecoming Dance to cap of the night!
 All Around Success!
 Thanks to Student Council 19'20' for a great event!

