



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.

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

@SUPT_JORDAN

It is hard to believe that the first month of school has concluded.

A highlight of the month of September was the 32nd annual First Honors Recognition Dinner that celebrated the accomplishments of 216 students who maintained first honors honor roll status for all four terms during the 2020-2021 school year. The cafeteria was transformed into an elegant dining room and students were served a delicious meal by teachers and staff. 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 Major Chelsea Scott as the keynote speaker. After graduation, she attended Boston University where she participated in NROTC and graduated with a degree in International Relations and History in 2010. Following commissioning, Major Scott was assigned as a Logistics Officer in the Marine Corps. Over the last eleven years, she has served in many positions to include Battalion Adjutant/Legal Officer, Company Executive Officer, Company Commander, Operations Officer, Aide de Camp, and presently serves as a Military Deputy for Supply Chain Management at Marine Corps Logistics Command in Albany, Georgia. Major Scott’s operational deployments include, Operation Enduring Freedom (OEF), in Helmand Province, Afghanistan from 2013 to 2014 and Operation Inherent Resolve in Kuwait, Bahrain, and Iraq from 2016-2017.

Major Scott is a graduate of the Marine Aviation Weapons and Tactics School, Marine Corps Expeditionary Warfare School, Naval War College Command and Staff, and has a Master’s of Business Administration from Naval Postgraduate School, Monterey, California. Major Scott 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 under-



Upcoming Events

- **Oct. 8 - Early Release*** For Students
Educators will attend Professional Development
- **Oct. 11 - No School** (Columbus Day)
- **Oct. 12-14** – Spirit Week
- **Oct. 15** – Decision Day - Nichols College
- **Oct. 15** – Homecoming Dance
- **Oct. 15-16** - Homecoming Athletic Games
- **Oct. 21** - Lifetouch Photos (Absentee/Retakes)
- **Oct. 20** - Disney Dinner
- **Oct. 28** - Early Release - Parent Conferences
Grades 5-12
- **Oct. 29** - Haunting on the Hill—Drive thru Trick or Treat event

NOVEMBER

- **Nov. 4**—QVCC Decision Day
- **Nov. 11**—**No School** (Veteran’s Day Observation)
- **Nov. 19-20**—Craft Fair
- **Nov. 23**—Powder Puff Game
- **Nov. 24**—Pep Rally-**Early Release***
- **Nov. 25-26**—**No School** (Thanksgiving Recess)

standing: 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 emails, google classroom, 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 -- William Chaplin, Principal

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

Amazing things happen here!

EARLY DISMISSAL 11:15 am
 Fri., Oct. 8—*Prof. Dev. Day*
 Thurs., Oct. 28—*Parent/Teach Conf.*
 Wed., Nov. 24—*Pep Rally*

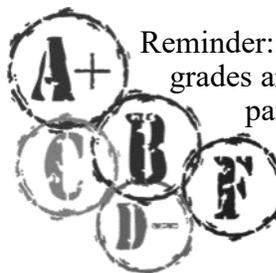
NO SCHOOL
 Mon., Oct. 11—*Columbus Day*
 Thur., Nov. 11—*Veteran's Day*
 Nov. 25-26—*Thanksgiving*



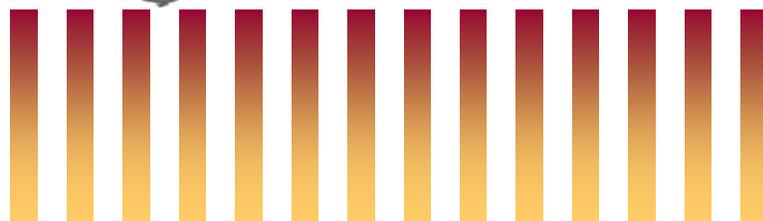
Quarter	Report Cards Available on Portal
1	November 12, 2021
2	January 28, 2022
3	April 8, 2022
4	Last Day of School

Parent/Teacher Conferences
October 28, 2021
 1:00-4:00 & 6:00-8:00 p.m.

Parents will have the option to meet with teachers by appointment, virtually or in person. More information to follow.



Reminder: 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 2021

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.

Congratulations to all!

CLASS OF 2022

CLASS OF 2023

CLASS OF 2024

CLASS OF 2025

President:
Erin Moran

Vice President:
Kennedy Kampe

Secretary:
Molly Starczewski

Treasurer:
Bronson Dubey

Class Advisors:
Mrs. Becky Bussiere
Ms. Ashley Racicot

President:
Colin O'Brien

Vice President:
Raml Rachid

Secretary:
Jillian Cloutier

Treasurer:
Jacob Brodeur

Class Advisors:
Mrs. Jennifer McGrail
Mrs. Sarah Armstrong

President:
Kierce Jarvis

Vice President:
Henry Kennen

Secretary:
Nicholas Damelio

Treasurer:
Sofia McCarty

Class Advisors:
Mrs. Graces Batista
Mrs. Kristi Jones

President:
Donovan Ennis

Vice President:
Abigail Normand

Secretary:
Dominik Gielarowiec

Treasurer:
Bishoy Ibrahim

Class Advisors:
Mrs. Amanda Holton

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!



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

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.



“At the end of the day, the most overwhelming key to a child’s success is the positive involvement of parents.”

~Jane D. Hull



Lifetouch
Picture Retake Day

Thurs., 10/21

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.



News from the Guidance Department

Coordinator's Message — from Mr. Laliberte

In the next couple of weeks counselors will be going into English 12 classes to ensure seniors are on track to graduate. The primary purpose of the senior meetings will be about post-graduation planning to discuss the many options.

As comparison the Class of 2021 Destination Report:

4 year public college- 33%
4 year private college- 34%

2 year public college- 10%
2 year private college- 0%

Other higher ed (trade school or online)- 5%

Total Higher Education- 80%

Military- 2%
Employment- 8%
Other (gap year or undecided)- 10%

As counselors discuss planning we will discuss all these options. Counselors will subsequently meet individually with seniors to talk about their individual goals and timelines.

Stay up to date with the latest guidance news. The join code for students is **vbbrrqfs**. If a parent/guardian would like to join please reach out to your student's counselor.

The Shepherd Hill Guidance Google Classroom will include:

- Letter of recommendation form
- Diploma Name Form
- Senior Activity Sheet
- College News (Fee Waivers)
- Testing (SAT/ACT)
- Volunteer Opportunities
- Scholarships
- College and Career Fairs

[Mr. James Laliberte, jlaliberte@dcrsd.org](mailto:jlaliberte@dcrsd.org) - Guidance Coordinator

[Mrs. Diana Hernandez, dhernandez@dcrsd.org](mailto:dhernandez@dcrsd.org) - Class of 2022 A-Garb

[Ms. Julie Walker, jwalker@dcrsd.org](mailto:jwalker@dcrsd.org) - Class of 2022 Gav-Mont

[Mr. Corey Gendron, cgendron@dcrsd.org](mailto:cgendron@dcrsd.org) - Class of 2022 Moran-Z

John and Abigail Adams MCAS Scholarship

Members of the Class of 2022 who did not take MCAS can take it during the Fall MCAS Retest to qualify for the scholarship.

Fill out the form if you would like to take the November MCAS. (See your guidance counselor for assistance)

Below is an excerpt from DESE:

Grade 11 students who choose to participate may do so either in spring 2021 or in fall 2021 (the Adams Scholarship is based on first-time MCAS test scores). Students who test this spring will have results this fall, in time to learn whether they qualify for scholarships before applying to colleges.



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!





COLLEGE DECISION DAY

Class of 2022— Decision Day Series

If you plan on applying to any of these schools, you should consider signing up for these events. The best part is that **you will receive an Admissions Decision on the day of your meeting.** Contact Mr. Gendron (cgendron@dcrsd.org) in Guidance for sign-ups for any of these colleges. **Spots are limited and are on a first-come, first-serve basis.** Decision Days are **free events!** If you are accepted, there is **no commitment** to go there. All materials must be passed in by the due date or your name will be removed from the event.

- October 15 (9am-2pm)—**Nichols College** (no maximum). Materials due by October 6
- November 4 (9-11am)—**Quinebaug Valley Community College** (10 student max). Materials due by October 26
- December 3 (8am-12pm)—**Quinsigamond Community College** (15 student maximum). Materials due by November 19
- December TBD—**Worcester State University** (12 student max, 3.0 GPA or above only and no nursing). Materials due by TBD



Please send in payment for your AP exams prior to January 21, 2022. **Check or money order must be made out to SHRHS.**

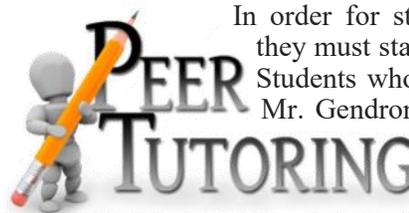
Collegeboard has set the price per exam as follows:

- ◆ \$96 per exam and \$53 per exam for free/reduced lunch students.
- ◆ \$144 for students taking AP Seminar or AP Research; \$101 for free/reduced lunch students taking either AP Seminar or AP Research.
- ◆ \$192 for students taking AP Physics C; \$106 for free/reduced lunch students taking AP Physics C.



COLLEGE VISITS

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!



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. 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

The Gender and Sexuality Alliance (GSA)

The Gender and Sexuality Alliance (GSA) attended the Worcester Pride Flag Raising Ceremony at Worcester City Hall Plaza on September 8th.

Members of the GSA listened to community leaders from a wide cross-section of the local LGBTQ+ community, followed by Mayor Joseph M. Petty's raising of the Pride flag and proclamation of September 8-14, 2021 as Worcester's

LGBTQ+ Pride Week



Pride was based on a quote by American civil rights

activist

Fannie Lou Hamer- "Nobody's free until everybody's free."

Happy Pride!



A passage from: Karamo: My Story of Embracing Purpose, Healing, and Hope
Book by Karamo Brown

I came out at fifteen, although I don't use the term coming out." I say "letting people in." I think the term "coming out" gives other people the power to accept or deny people who identify as LGBTQ+ and takes the power away from those who should really own their power. Like my granny would say, "If they don't want to come in my house, I'll close the door and be happy in my own home." That was clear to me, because if you don't want to come into my life, that's fine. The power of me loving and accepting myself is not determined by someone else's opinion of me. I also realized that the term "coming out" puts unnecessary pressure on members of the LGBTQ+ community. We don't need to let everyone in to every part of our lives. It doesn't mean that we're ashamed of who we are. It's called "boundaries." If we're not close friends, you don't need to know what I'm doing at home.

We put so much pressure on LGBTQ+ people to come out to everyone. It's like, "Okay, I'm at Thanksgiving dinner, and there's this random person who came with my cousin who I don't even know, but I now have to let them into my life. I don't know you! I don't have to 'come out' to you!

Being selective about with whom I share I am gay doesn't make me ashamed. I have clear boundaries on respecting myself and respecting my life. People always ask me if have a coming-out story. I don't. I knew at fifteen; I told a few friends who I trusted, then I told some more people, and boom, I was "out." Great—y'all know.

GSA Elected Officers

PROUD to announce our officers for the 2021-2022 School Year!

President Noah

VP Kathryn

Treasurer Marshall

Secretary Phyll

A Better Hill Liaison Ollie

We have a lot in the works! Stay tuned! GSA is for everyone!

 LGBTQ+ LGBTQ is an acronym for lesbian, gay, bisexual, transgender, and queer or questioning. These terms are used to describe a person's sexual orientation or gender identity.	 INTERSEX Intersex is a general term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions of female or male.	 LESBIAN of, relating to, or characterized by sexual or romantic attraction to other women or between women.	 AROMANTIC a person who experiences little or no romantic attraction to others. People identifying as aromantic can also experience romance in a way otherwise disconnected from normative societal expectations.
 GENDERQUEER Genderqueer people are individuals who don't conform to society's ideas of how they should act or express themselves based on the gender they were assigned at birth.	 PANSEXUAL Pansexuality is sexual, romantic or emotional attraction towards people regardless of their sex or gender identity.	 NON BINARY any gender identity which does not fit the male and female binary spectrum.	 BISEXUAL attracted to both men and women.
 ASEXUAL Asexuality is defined as a lack of sexual attraction; an asexual is someone who is not sexually attracted to anyone.	 TRANSGENDER Transgender people have a gender identity or gender expression that differs from their sex assigned at birth.	 GENDERFLUID/ GENDERFLEXIBLE Genderfluid people often express a desire to remain flexible about their gender identity rather than committing to a single.	 GREY ASEXUAL experience sexual attraction very rarely, with very low intensity, or only under specific conditions etc.



A Message from Dudley Fire and Emergency Services

October 2019 Newsletter
Captain Paul Konieczny

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



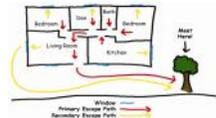
Carbon Monoxide is the silent killer

- ▶ 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.



Be safe in everything you do!



Important COVID Guidelines

Just a reminder that dismissal for health related concerns should be initiated by the Nurse's Office.

Please follow these COVID guidelines for keeping your child home.

If you have any 1 of these symptoms please keep your child home and contact the nurse:

- Fever greater than 100°
- Shortness of breath or difficulty breathing.
- New loss of taste and/or smell
- Body Aches
- Cough

If you have 2 or more of the following symptoms please keep your child home and contact the school nurse:

- Nausea/Diarrhea/Vomiting
- Runny Nose
- Congestion
- Headache
- Sore Throat

Reminder:

Sophomores, Class of 2024, in accordance with Massachusetts State Regulations and school policy, you are required to turn in a physical exam during the 10th grade. Please turn in a copy or fax to 508.943.5956

Junior Class, Class of 2023, in accordance with Massachusetts State Immunization Regulations, you are required to have the meningococcal vaccine at age 16. Please turn in a copy or fax to 508.943.5956

All sports physicals must be turned into the school nurse's office as soon as possible.

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 2021-2022 yearbook at www.balfour.com, using the search bar to look up Shepherd Hill Regional High School. **Order early!** Yearbooks ordered through the month of October are \$85! The price increases on November 1st.

Attention Seniors! All seniors should check the **2022 Senior Yearbook Google Classroom**. Important information regarding deadlines for the yearbook and downloading the **Image Share App for ALL pictures** has been sent to you through the google classroom. It can also be found on the SHRHS website under: Yearbook. **Please do not email pictures to Mrs. Hines.** If you have any questions, please contact Mrs. Hines.

Important Info!

SUPPORT The Class of 2024 !!
Butterbraids go on sale October 4th—18th
Delivery date—November 16th.



DRIVE-THRU TRICK OR TREAT EVENT
FRIDAY OCTOBER 29, 2021
(RAIN DATE SATURDAY OCTOBER 30, 2021)

JOIN THE NHS FOR A

HAUNTING ON THE HILL

• 6PM •
 SHEPHERD HILL PARKING LOT

WEAR YOUR BEST HALLOWEEN COSTUME!

TICKETS: \$2.00 PER CAR | DONATIONS COLLECTED AT EVENT WILL GO TO OUR THANKSGIVING FOOD DRIVE

Pumpkin Painting Competition

The Art Department will be holding their **5th Annual Pumpkin Painting Competition**. 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 25-28. The pumpkins must be turned in first thing Friday morning, Oct 29th. The student body and staff will get to vote on Halloween—October 29th (during all four lunches) for their favorite pumpkin! There will be prizes for 1st, 2nd, and 3rd place winners! Students must take home their pumpkins Friday afternoon. See Mrs. Hines or Mrs. Lashua with any questions.



SUPPORT THE RAMS!

NEWS FROM THE ATHLETIC DEPARTMENT

By: Jim Scanlon, Director of Athletics (jscanlon@dcrsd.org)

Twitter: @SHRamsAthletics | Instagram: @shepherdhillathletics
#AccountabilityInAction | #WeAreTheHill

Dale Smith Golf Fund Donation

A sincere and heartfelt thank you is in order for Mr. Bob Tetreault and Mr. Fran Bernier, both of whom met SH Golf Coach Nate Skermont by chance at Dudley Hill Golf Course in early September. They noticed the SH Golf team chipping and putting, warming up for their upcoming match, and approached Coach Skermont about a possible monetary donation. On Monday, September 20th, Mr. Tetreault and Mr. Bernier presented the SH Golf team with a check in the amount of \$500.00, on behalf of the Dale Smith Golf Fund.

According to Mr. Tetreault: "Dale Smith was a dear friend and a very accomplished amateur golfer from Thompson, CT. He won numerous tournaments in NE, CT, and in Central Mass, and was always a strong advocate of Junior Golf programs. He died unexpectedly at age 58 while shoveling snow, and we have been conducting a memorial tournament in his name for the past 5 years. Proceeds from these events have been used to support junior golf tournaments, training programs and high school golf teams throughout the region. We are very happy that we can keep his name and legacy alive by supporting the Shepherd Hill golf team!"

We are deeply thankful for this generous gift, and look forward to remembering the legacy of Dale Smith, his advocacy, and contributions to the support of youth golf in our communities.



SH Athletics - Fall Team Photos

Casson Foster will be coming to Shepherd Hill on Monday, October 18th to take Fall sports team photos. These will take place beginning immediately after school, with priority going to those teams who compete that day. All team members should arrive at their session fully dressed and prepared. Coaches will be notified of team session times. Those student-athletes who wish to have their own picture taken must make this request at the time of photos. Order forms are available by request and in the AD's office.



TEAM PHOTOS BY Casson-Foster PHOTOGRAPHERS

SHEPHERD HILL REGIONAL HIGH SCHOOL - OCTOBER 18, 2021

STUDENT'S NAME: _____

SPORT: _____ BOYS GIRLS

VARSITY JV FRESHMAN MIDDLE SCHOOL JERSEY #: _____

PHONE: _____ EMAIL: _____

PACKAGE #1	- 8X10 TEAM PHOTO.....	\$12
PACKAGE #2	- 5X7 INDIVIDUAL PHOTO.....	\$8
PACKAGE #3	- 8X10 MEMORY MATE.....	\$20
PACKAGE #4	- SET OF 2 INDIVIDUAL MAGNETS.....	\$10
PACKAGE #5	- 8X10 MEMORY MATE & 8 WALLETS.....	\$25
PACKAGE #6	- GET ALL 5 ITEMS AND SAVE \$25!.....	\$50

INDIVIDUAL PHOTO MUST BE TAKEN IN ORDER TO ORDER PACKAGE 2-6. PLEASE ENSURE YOUR CHILD KNOWS TO GET ONE ON TEAM PICTURE DAY

PACKAGE(S) SELECTED: _____

TOTAL: _____

PLEASE RETURN TO PHOTOGRAPHER WITH PAYMENT ON PICTURE DAY. MAKE CHECKS PAYABLE TO CASSON-FOSTER PHOTOGRAPHERS. IF BRINGING CASH, PLEASE HAVE EXACT AMOUNT. PHOTOGRAPHERS WILL NOT HAVE CHANGE. RETURNED CHECKS ARE SUBJECT TO A \$20 SERVICE FEE.

TEAM PHOTOS ARE ALSO AVAILABLE AT:
WWW.CASSONFOSTER.COM



SENIOR FALL GAMES

We are excited to announce the return of our Class of 2022 Senior Recognition games this Fall. Each of our teams will host their own form of Senior Game to recognize the contributions and accomplishments of our upperclassmen student-athlete leaders moving forward from Shepherd Hill at the conclusion of the year. All acknowledgments and celebrations will occur at the end of each respective contest. These games are scheduled as follows:

- Field Hockey** - Wed. 10/6/21 vs. Quabbin - 6:00pm
- Girls Soccer** - Tue. 10/12/21 vs. Hudson - 5:00pm
- Volleyball** - Thu. 10/14/21 vs. Sutton - 5:15pm
- Boys Soccer** - Thu. 10/14/21 vs. Tantasqua - 7:00pm
- Football/Cheer** - Sat. 10/16/21 vs. Wachusett - 7:30pm
- Cross Country** - TBD
- Golf** - TBD



After a nearly two year hiatus, we are pleased to announce that HOMECOMING IS BACK! On Friday, October 15th and Saturday, October 16th, we will be celebrating our Fall teams and alumni with homecoming contests and events taking place throughout the day. Admission will be \$5 Adults and \$3 Students for all games.

In order to hold a Homecoming Dance this year, and make it open to ALL SHRHS students, the dance will be held outdoors, in an area of the school parking lot that will be sectioned off. The dance is scheduled for October 15th, from 6:00 - 9:00 pm

Let's **KNOCKOUT** breast cancer!



October 2021 Breast Cancer Awareness Month

Dig Pink! The SH Volleyball program will be hosting the Sutton High School Volleyball program on Thursday, **October 14th** in their annual Dig Pink games to raise awareness for breast cancer recognition and treatment. Junior varsity will begin at 4:00pm in the Shepherd Hill gymnasium, and varsity will follow at approximately 5:15pm. Please consider coming out to support our program and their worthy cause!

Breast Cancer Fact Sheet

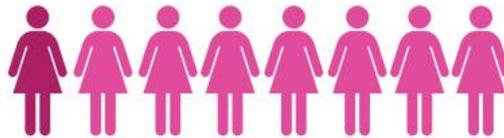


In The United States

- 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.

MALE BREAST CANCER
How aware are you?

We spoke with students at UOW on the topic of MALE BREAST CANCER. This is what we discovered:

65% of men DO NOT know about male breast cancer.

BUT that **35%** who know, do not check, or know HOW to check.

We also discovered:

60% of men DON'T think it is something to worry about.

So what should I do?

Look after yourself and help prevent **BREAST CANCER** in men!

- Self check: feel for lumps.
- Maintain a healthy diet.
- Lower alcohol intake.
- Avoid smoking.

All information gathered is from surveys conducted on campus of the University of Wollongong. Statistics shown are purely reflective of men surveyed throughout the UOW campus, aged from 18 - 30.

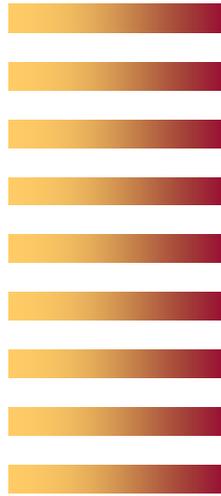
Visit komen.org • Call 1-877 GO KOMEN (1-877-465-6636) • For more information on Susan G. Komen, contact news@komen.org

For more information visit Breastcancer.org

School Spirit

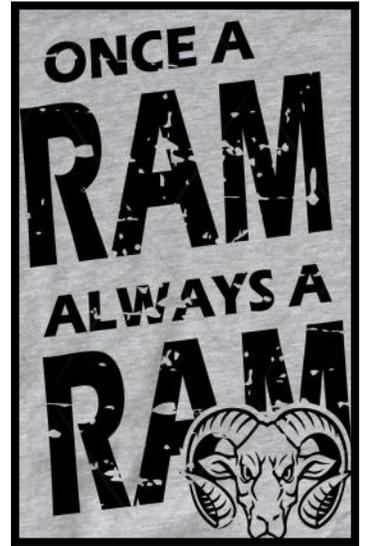


Go Rams!



**Shepherd Hill Strong
with Pride & Unity**





Music Parents News

We are super excited to host the Marching Band Home Show for the first time in 2 years!!!! We look forward to supporting these hard-working students and showcase the hospitality of our Music Parents!

- ▶ Thank you to Tara Robinson for Chairing our Sneaker Fundraiser!!! We had our first donation weekend on September 18 & 19 at Shepherd Hill and Charlton Middle School. It was a huge success!
- ▶ Thank you to Laura and Bill Perry for Chairing the Old Home Day event! It was a wonderful day for the community and for our music students!!! Thank you!
- ▶ Thank you to Stefan Sage for coming out of his retirement and getting us organized for all upcoming events! Your knowledge and dedication to our program is priceless to us.

Gillette

Thank you to our Gillette Team for September 11, 2021

Thank you to our Gillette Team for August 21, 2021

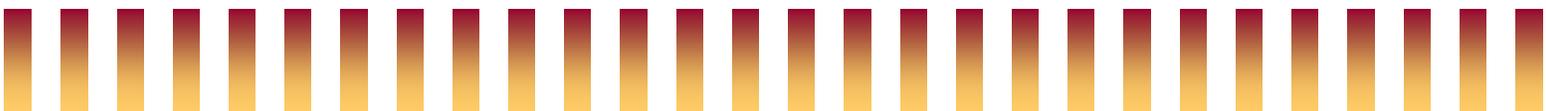


GILLETTE DATES

- 9/25/2021
- 9/26/2021
- 10/24/2021
- 11/7/2021
- 11/14/2021
- 11/28/2021
- 12/26/2021
- 1/2/2022



Here is the link to sign up for Gillette.... <https://signup.com/go/pvBYQGY>





2021/2022 Officers-contact information

- President: Jeff Cloutier**
- Vice-President: Terry Salonis**
- Treasurer: Gereen Langmyer**
- Associate Treasurer: June Ellen Cloutier**
- Corresponding Secretary: Chet Perea-Beaulieu**
- Recording Secretary: Kristi White**
- Member at Large: Hilary Grabe and Karen Bodamer**

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



2021-2022 SHMPA Meeting Dates

- 10/7/2021
- 11/4/2021
- 12/2/2021
- 1/5/2022
- 2/2/2022
- 3/2/2022
- 4/6/2022
- 5/4/2022
- 6/8/2022

THANK YOU to all who came to our **FIRST** live meeting in over a year!!! We hope to see so many more wonderful families to help us plan for this upcoming season!



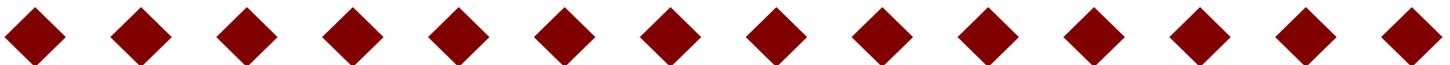
We are hoping to continue to make this school year as great as possible and help support our music students.

We're hoping to hold the following events:

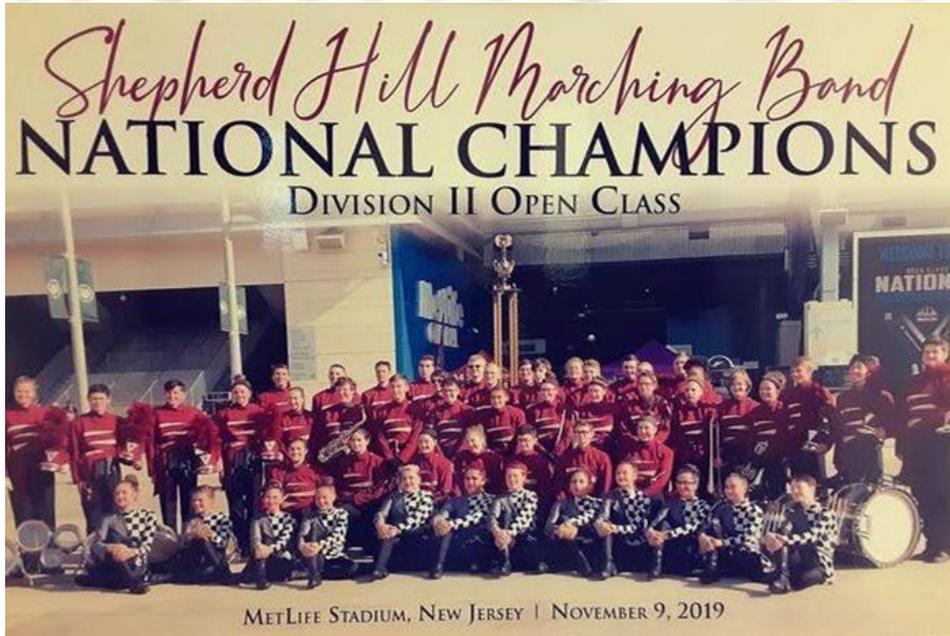
Band Home Show- October 9th

Come and support our National Champions on their home turf! Stay tuned for the sign-up link to help make the show a success.

Craft Fair-November 20th!



MARCHING BAND



HOME SHOW-OCTOBER 9TH



Holiday Craft Fair

November 20th

THANK YOU FOR ALL WHO HELPED MAKE OLD HOME DAY SO GREAT!!!!

Thank you to Laura and Bill Perry for running this event and doing such a great job!



The Shepherd Hill Music Parents are looking for new and returning community and corporate sponsors who want to advertise their support for the Shepherd Hill Music students every month in this newsletter.

Please email the Music Parents if you would like to become a corporate sponsor!
shrhsmusicparentsassoc@gmail.com

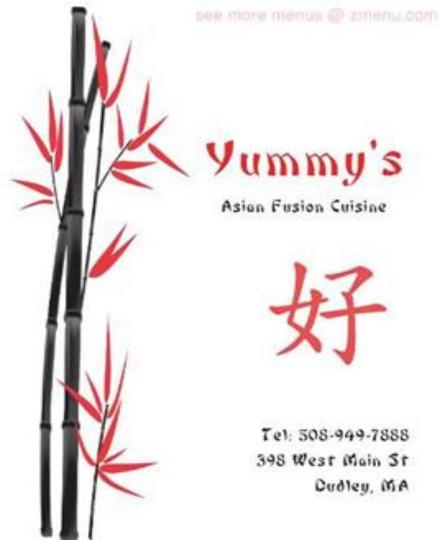


SPONSORS CORNER

2021-2022

**Thank you to the following Sponsors for supporting
The Shepherd Hill Music students!**

QUARTER NOTE SPONSOR



ways to support us!

Do you love music and want an easy way to support Shepherd Hill Music Parents?
AmazonSmile is a program that donates 0.5% of your eligible purchases on Amazon to a charity of your choice!
All you need to do is select Shepherd Hill Music Parents Association as your charity. Thank you in advance!





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

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, at 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>

2021-22 Officers/Coordinators/Contact Information

- Co-Presidents – **Mike Wildes, Paul Raucci**
- Vice President – **Kersti Hopkins**
- Treasurer – **Leah Adamuska**
- Co-Secretaries – **Terry Salonis, Leah Paine**
- Volunteer Coordinator – **Maria Poirier**
- Concession Coordinator – **Paul Raucci**
- Merchandise Coordinator – **Lisa Scola**
- SH Field Renovation Chair – **Kristin Kustigian**
- School Council - **Amy Chabot, Melissa Giarnese**

If interested in joining our team, please reach out to any of the officers noted above or join us at our next meeting!



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.



CONTACT US

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



Volunteers always needed for Concession and/or Merchandise Sales. Contact us at shboosterclub@acrsd.org