Every two years, students in the Acton-Boxborough Regional Schools participate in the Emerson Hospital Youth Risk Behavior Survey. The 2006 survey was administered in March 2006 to more than 8,000 public school students in grades 6, 8, and 9 through 12 in seven school systems: Acton, Acton-Boxborough, Boxborough, Concord, Concord-Carlisle, Groton-Dunstable, Littleton, Maynard, and Westford Academy. Students responded to approximately 100 questions dealing with various behaviors, including bullying, nutrition, exercise, alcohol and tobacco use, sexual behavior, internet safety, and more. The survey was administered by Northeast Health Resources, a data collection and management firm specializing in teen surveys conducted in Massachusetts.

Within the Acton-Boxborough Regional School District, 429 grade 8 students participated in the survey and 1,698 high school students (grades 9 through 12) responded to the survey. Detailed information about the results are available on the school district’s Wellness website (see http://ab.mec.edu/wellness/wellness.shtml). Below are a few of the findings.

- **Bullying behavior:** About 21.3 percent of 8th graders reported bullying (a decrease from 28 percent in 2004).
- **Concerns about weight gain:** During the thirty days prior to the survey, 59.8 percent of 8th graders and 58.7 percent of ABRHS students reported having exercised to lose weight or keep from gaining weight. Among 8th graders, 24 percent reported having eaten less food, fewer calories, or foods in low fat; among ABRHS students, 39.8 percent were trying to lose weight.
- **Tobacco use:** Reported smoking rates continue to decline, but at a slower pace than previously. Among ABRHS students, 27 percent reported that they have ever tried a cigarette, and 13 percent reported recent use of cigarettes.
- **Driving with impaired driver:** The percentage of students in grades 9, 10, 11, and 12 who reported riding with an impaired driver were 9 percent, 13 percent, 24 percent, and 34 percent respectively, indicating that alcohol-related car accidents remain one of the highest areas of concern of youth risk behaviors.
- **Sexual behavior trends:** The most recent survey included questions on oral sex for the first time, and found that one-third of ABRHS students reported participating in oral sex, while those participating in sexual intercourse remained about the same (23 percent) as reported in previous years.

A public forum was co-sponsored by the school district and Community Alliance for Youth (CAFY) on February 7 and the presentation materials are also located on the AB Wellness website.

Mary Ann Ashton, ABRHS Co-Chair
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**Youth at Risk?**

Pre-adolescent and Adolescent Mental Health — Anxiety, Depression, Bipolar Disorder, Eating Disorders

MARCH 28, 7–9PM, JUNIOR HIGH SCHOOL LIBRARY

This forum will feature a panel of students, parents, and professionals discussing some common mental health disorders that often surface during pre-adolescence or adolescence, but often go unrecognized and untreated until a crisis occurs. Some past and present AB students and their parents will share their stories. The professionals will discuss the signs and symptoms and how to tell when behaviors are part of normal adolescence and when professional help should be sought. The panel discussion will be followed by a Q&A session.
Nominations Open for the 2007–2008 Regional PTSo Board

Nominations are now open for Board positions for next year’s Regional PTSo. If you would like to be involved, or would like to nominate someone else (with their prior approval!), please contact the Nominating Committee via Mary Ann at MABAshton@aol.com or 978-263-4399 by April 1. The proposed slate of Board members will be distributed in the May PTSo Newsletter and voted on at our Annual PTSo Business Meeting in May. Job descriptions of each of these positions are posted on our website. Feel free to contact any Board member with questions about a particular position.

PTSo Board positions include:
- Co-Chairpersons (HS/JH)
- Treasurer
- Directories (HS/JH)
- Gardening (HS)
- Interschool Council (HS/JH)
- Membership (HS/JH)
- Newcomer Welcoming (HS/JH)
- Newsletter
- Nominating
- Project Graduation
- Volunteer Coordinators (HS/JH)
- Fundraising

2007–2008 PTSo Budget Planning

A budget committee is being formed to generate a proposed PTSo budget for the 2007–2008 school year. The budget will be presented and voted on at the Annual PTSo Business Meeting in May. As always, all PTSo members—parents, guardians, staff, and students are welcome to attend. Members of the school community who are interested in serving on the Budget Committee should contact PTSo Treasurer Caroline Crosby at 978-266-2955 by March 15.

Project Wellness

The Project Wellness 2007 Steering Committee has several new faces who have contributed with new energy, ideas and assistance. They include: Megan Hatt, Carolyn Imperato, Linda Minkoff, Jan Couch, Chris Renzi, Pam Rogers, Wendy Olsztyn, Deborah Berger, Craig Hardimon, Margaret Gibbs and Jon Duclos. Additionally, Project Wellness 2007 will have many new workshops and speakers to address the numerous issues faced by our teens and their families.

Project Wellness, a day-long conference for all 7th grade students and one adult family member, is scheduled for March 14 at Merrimack College. Parents and teens will have the opportunity to attend workshops together on various topics related to the tough issues adolescents and their families face. The purpose of this important program is to promote communication and trust between our students and adults, focus on a healthy lifestyle for our families, and support the positive self-esteem of students.

Project Wellness, which celebrates its sixth anniversary with this spring’s event, has two goals: (1) to help parents and teenagers to recognize the variety of issues faced by today’s families and (2) to develop, maintain, or improve adult-teenager open communication. Feedback from parents and teenagers during the previous years has been positive, and families point to it as a great opportunity to gather information from interesting and informative guest speakers, and to have a chance to share perspectives together.

PW Day assistants are still needed for Wednesday, March 14th from 7:15am–1:30 pm. This is an essential group for success. Responsibilities include final set-up, directing parents and students to proper locations and general running around. The second parent of a 7th grade student can also volunteer. You can meet with your child at lunch and observe PW programs.

Please consider volunteering for this task and contact Jan Couch at jccouch@comcast.net.

Shakespeare Is Coming to ABRHS

The ABRHS Spring Play this year is a 90-Minute Adaptation by Diane Timmerman of Shakespeare’s A Midsummer Night’s Dream. Set in ancient Athenian times, the play is about mismatched lovers. There are singing fairies, a glittering forest, an errant servant creating havoc with a magic potion, a king fairy, a queen fairy, and a mule-headed artisan. It is a comedy Shakespearian style. The play will be directed by Janet Neely. Performances will be held on April 27 at 7:30pm, April 28 at 3:00pm and April 29 at 3:00pm.

The cast that will enchant audiences are: Maggie Anderson, Scott Ames, Caroline Bender, Sarah Bither, Nicole Boyajian, Doug Breuer, Lauren Brooks, Macauley Brooks, Julie Brown, Dasha Bukosova, Ben Cesare, Kate Conoby, Claudia Contrada, Noah Cooper-Hauser, Kyra Correa-Berg, Dana Delise, Samantha Dempsey, Connor Finnegan, Kristi Faby, Dani Forsay, Jamie Harsip, Adrianna Hayes, Alison Herdeg, Katherine Jones, Katie Kubiak, Christian Latham, Nica Latto, Julia Legler, Claire Maxwell, Sarah Minkoff, Patience Moberg, Debbie Nadler, Liza Penney, Sophia Peyton, Hannah Pinksky, Ceci Potter, Anna Read, Craig Reid, Charron Reis, Carla Ricci, Bryan St. Amand, Sarah Sanderson, Mosin Siddiqui, Ben Szewczyk, Terese Vacek, Kat Vaillancourt, Kate Voss, Meghan Veno, and Lily Weiner.

Volunteers are needed. Parents and other adults who are willing to help are needed. Set building, painting, sewing, writing articles, preparing food, and selling tickets are only a few of the tasks requiring adult help. Please email or call Becky Brooks at midsummer_brooks@hotmail.com or 978-897-1198.

More information about the Spring Play and about Friends of Drama is available on the website (www.abdrama.org).
Course planning
Students have just chosen their courses for next school year. Please see the accompanying articles for information on the remaining steps in this process.

Professional Development Day
On Friday, March 9th we will have our system-wide Professional Development Day during which high school staff will work with their department colleagues on curriculum issues. Students will have the day off.

Local Scholarships for Seniors
All seniors are eligible for the local scholarships that are awarded during graduation week, but students must complete a local scholarship application in order to be considered for these awards. This year the application is online (through the Naviance program). Parents of seniors: Please remind your students to follow the instructions they received in English class on February 1 and to complete the online application before the March 8 deadline (this is a firm deadline). Students should see their counselors if they have any questions about this process.

Student Recognition
During February we named four students as recipients of the Principal’s Recognition Award for service to school and community. Congratulations to Louisa Paine, Greg Hart, Amy Corron and Jita Ray.

The following students have recently been accepted to the Massachusetts All State Music Festival. They will be performing at Boston Symphony Hall later this spring with the best high school musicians in Massachusetts.

Congratulations to: Rosanna Xia, Jeff Fuhrer, Brett Herrick and Jyoti Jasrasaria.

We are also pleased to announce the ABRHS students recognized in the annual Boston Globe Scholastics Art Competition. Gold Key work will be sent to New York for the Scholastics national judging.

Portfolio—Gold Key: Michelle Frazee, Daphne Xiao, Ryan Green, Luke Hilton, Kelsey Jarboe and Carolyn McDermott

Individual Work—Gold Key: Rebecca Willis

Individual Work—Silver Key: Ryan Green, Dianne Xiao, Kelsey Soberg, Nicole Latto, Wei Yang (Susie) Jin and Kelsey Jarboe

Individual Work—Honorable Mention: Anne Dieterich, Katrina Freitas, Laura Li, Kaitlin Summers, Bobbie Sonner and Min Kim

We hope that you have had a chance to see “Gourmet Art,” an exhibition at Continental Café in West Acton through March 6 which displays artwork done by the Junior/Senior Portfolio class.

MCAS information for parents of sophomores
As you know, all tenth grade students are required to participate in the Massachusetts Comprehensive Assessment System (MCAS) testing taking place this spring. The first MCAS test, the English Long Composition, will be given on Tuesday, March 20, periods 2, 3 and 4. The English Language Arts test (ELA) will be administered on March 21 and 22. The remaining tests will be given during the weeks of May 21, May 28 and June 4.

Course Planning for 2007–2008
The process of course planning for next school year has begun. The Program of Studies booklet listing courses to be offered was distributed to freshmen, sophomores, and juniors on February 7th. The

Program of Studies is also available in PDF format on the school’s web site (www.ab.mec.edu/abrhs – under academics).

On Pupil Course Request Day, March 1st, students received pCR forms in homeroom, discuss course recommendations with their current teachers, and return their completed pCR forms to their homeroom

http://abrptso.ab.mec.edu/
teachers at the end of the day. Students will receive a listing of the courses for which they signed up within a week. Any changes that are necessary must be made through the Counseling Department by April 27th.

Eighth grade students will complete the scheduling process after Eighth Grade Parents’ Night, which is scheduled for Wednesday, March 14th, at 7:00 p.m. in the high school auditorium.

Students have also received information about how to fulfill the requirement for 990 hours of learning time for next year. Parents and students with questions about this process are encouraged to contact the information on the school website (go to ab.mec.edu/abhrs, then choose 990 Information under Quick Links). The accompanying article may also help parents understand the process.

Got 990?

The course-planning process for 2007-08 has an added twist: a 990 hour minimum of “Time and Learning.” How will that affect A-B students?

For incoming freshmen, the course selection process will not be much different than in previous years. The biggest change for them will be that their free periods, except for lunch, will be scheduled for “directed study” all year long (instead of having an option of being excused from attending study after one semester) in order to give them 990 hours toward “Time and Learning” during the regular school day and help them to continue practicing good study habits.

For older students, the course selection process will involve the additional step of listing non-course activities which qualify for 990 hours, for example extra-curricular activities, Summer School and Summer Institute courses. If, in that process, a student still falls short of 990 hours, he or she will automatically be added to enough directed study periods to bring the level up to 990 hours. In the process of complying with the state-mandated time requirement, the goal will be to help students avail themselves of every advantage that their high school years can offer.

Let’s take a quick look at what this really means to a few imaginary students. Julie Junior currently takes French IV, Chemistry, English, U.S. History and Trigonometry along with Physical Education. She was hoping not to have to go to directed study next year and still only take five classes plus Physical Education. Her extra-curricular activities all involve interscholastic sports, hours that do not count toward the 990. She’s decided she really needs some time to study during the day and at least some social time with friends.

She will sign up for an additional section of physical education where offerings are expanding. She expects that it will help her relieve the stress brought on by the college application process. Julie has also been accepted as a peer tutor in the Academic Support Center every other day, and on alternate days she will do her own work in directed study. Julie will meet her Time and Learning requirements.

Silas Sophomore is in the band program. Next year, he’ll take courses similar to the ones that Julie took in junior year, plus band. Since the coursework and extra-curricular hours that band involves fulfill Time and Learning requirements, Silas will have one free period every other day when he is not in Physical Education classes. His friend Susie is not in band, but she will be able to count her driver’s education and her work on Student Council to get one free period every other day all year. She has added the semester courses Astronomy and Creative Writing where she doesn’t expect a heavy homework load.

Phineas Freshman is not excited about high school in general. He took English, World History, Algebra and Earth Science this year. After he was excused from study halls mid-way through the year, he spent two or three periods per day hanging out with friends in the student centers. He got his homework done, but was not excited about doing it. He had a lot of time on his hands, even with a part-time job after school. Next year, he doesn’t have to have two or three directed study periods per day, so he plans to give the semester courses Forensic Science, Introduction to Broadcasting, and Current Events a try. He will also sign up for another section of Physical Education and hope some of his friends are in there. He will be scheduled for one directed study period per day.

All students should plan a program that provides appropriate challenge and balance. Students who already have a demanding course load will not want to add more coursework. They will want to consider the benefits of some directed study time and cherish their 47 minute lunch with friends. Students who have excess free time at the moment will be encouraged to try some exciting electives that help them explore new interests. The good news from our commitment to 990 hours of Time and Learning is that students will have new incentive to make creative use of a wide and varied set of course offerings and activities, increased interaction with a talented and committed teaching staff, and support for healthy social and emotional development throughout their high school years.

—Kirsten Kunz, ABRHS 990 Coordinator

Watch the ABRHS website for 990 Time and Learning updates under “Quick Links.”
Project Graduation 2007 Update

Volunteers
Mark your calendars for Project Graduation coming up on Friday, June 8th!! Volunteers are needed for many committees. No special talent is required, just a desire to work on this rewarding project. All parents/guardians of underclassmen (grades 7–11) are encouraged to help. It’s a lot of fun!! Support the class of 2007 now and your future graduates will have the opportunity to celebrate in this exciting and rewarding (and safe) way.

To volunteer, please complete the form below or send the requested information to MAB Ashton@aol.com. If you have already signed up, called or sent an e-mail, we will be contacting you soon. Thanks for your patience!!

CORI Forms
Any adult planning on working at Project Graduation during the event has to have a CORI (Criminal Offender Record Information) form processed by the High School. A CORI certification is good for three years. Processing can take up to several weeks, so please stop by the High School office between 7AM and 3:15 PM Monday–Friday and fill out the form as soon as possible. You will need to have your driver’s license with you for the administration to make a copy.

Matching Donations
Project Graduation is a “501(c)3 Tax-Exempt Organization.” This means that not only are your generous contributions tax deductible, but if your company or business has a matching donation program, Project Graduation can benefit with an additional gift. Check with your HR department and see if they offer such a program. If so, simply send in your company’s matching donation form with your own donation check and we’ll handle the rest.

Send donations to: Project Graduation, c/o ABRPTSO, P.O. Box 912, Acton, MA 01720. Make checks payable to Project Graduation. We are funded entirely through contributions and receive no financial support from the school budget.

Project Graduation 2007 Volunteer Form

Sign me up! I’d like to volunteer in the following area(s):

- Food Planning
- Set up
- Lighting
- Food Serving
- Entertainment
- Crafts
- Casino
- Chaperone
- Photography
- Challenge Games
- Theme Design/Decorating

OR
- No preference, just want to help out.

Name ___________________________________________
Phone ___________________________________________
Email ___________________________________________

Please send this form to:
Project Graduation, c/o ABRPTSO, P.O. Box 912, Acton, MA 01720
FROM THE ASSISTANT PRINCIPALS

Larry Fliegelman and Megan Hatt

Academic Competitions

The RJG Spelling Bee was held the night of January 11th. Winner of the RJG Spelling Bee was Matthew Morrison, a 7 Orange student, who spelled “PROSE-LYTE” correctly to take the championship. He will compete in the 67th Annual Northern Middlesex Spelling Bee, sponsored by the Lowell Sun, in March, in Lowell, MA. Runner-up in the competition was Alexa Martin who is an 8 Green student. Thanks to teacher Pat Higgins for organizing this event; to Melanie Scalice, the pronouncer; to Tim Nolan and Linda McCann who acted as judges; and to Allen Warner for sound and lights.

Team Activities

Students on 7 Green and 8 Green participated in an activity called Independent Reading through their English classes. Each student on 7 Green was partnered with a student on 8 Green. Each term, individual students on both teams choose a book to read, and at the end of each term, they write letters to their partners describing and critiquing the books they chose. Then, shortly after this, the two teams meet for lunch. Students eat lunch with their partners, exchange letters, talk about their books, and get to know one another. This continues all year long and culminates with an outdoor end-of-year special luncheon. This activity is a great way for students to get to know one another across grade levels and discuss good books!

The 8 Red team enjoyed a field trip to the Acton Bowladrome. Each student bowled two strings and then used the data to produce a poster for class math, which included a graph of scatter points and a best fit line of direct variation to determine his/her bowling average. This was a fun way to learn about graphing equations.

8 Red “mixed it up” in the cafeteria on “Adopt an Element T-shirt Day.” Students had studied the particle theory of matter in science, and each adopted an element to research. They proudly wore T-shirts representing their element.

8 Red culminated their study of China and Japan with calligraphy workshops in February. Ms. Finnegan of Kaji Aso Studio came to R. J. Grey and conducted small group workshops for 8 Red. In these sessions, each student completed about five calligraphy pieces.

ABRHS Registration

In March, the High School registration process for our 8th graders will begin. There will be a meeting at ABRHS on March 14th for parents/guardians of 8th graders. You are encouraged to attend this meeting. On Thursday, March 15th the students will receive the “Program of Studies” booklet and on March 16th they will attend an assembly at the High School to review the scheduling process.

Blue and Gold Day

The entire school returned from the first snow day of the year and joined together for a celebration of school spirit on February 15th, Blue and Gold Day. The purpose of this annual event is to celebrate those things that make our school unique and to recognize the importance of the activities in which our students participate. Students and staff members proudly displayed their spirit by wearing the school colors in many creative ways. (It was very difficult for teams to select only one winner for best costume since there were so many excellent outfits!)

Speech Team

The RJ Grey Speech Team has competed this year in six tournaments held on Sundays at area schools. Though the members of the team are considered novices, since this is their first year, they have learned quickly and done very well in their events. At the last tournament, held at Wilson Middle School, all four RJ Grey participants in the “impromptu speaking” event won medals or honorable mention. Students competing in Prose Reading and Poetry Reading also excelled with honorable mention and fourth place finishes. Thanks to the Speech and Debate Team volunteers from the high school, the team has gained valuable experience with each practice and tournament.

HS Orientation for Parents of Eighth Graders

ABRHS will hold its annual orientation for the parents and guardians of current eighth grade students on Wednesday, March 14, at 7:00 p.m. in the high school auditori-
um. The purpose of the meeting is to ease student transition to ninth grade by providing parents with information about the high school’s academic program, including available electives, and school activities. Parents will receive information about the sequence of academic courses presented by each department leader. The roles of parents and students in the course selection process will also be described. Administrators, department leaders and counselors will be available to answer questions.

Eighth grade students at R. J. Grey Junior High will attend an assembly on Friday, March 16, to receive scheduling information. Parents will be available to answer questions.

Walter Gammel, chair

The Regional School Committee met on Thursday Feb. 1, 2007 for its Open Budget Meeting, as required by law, and then again on Feb. 15 briefly, to vote its approval of the Regional operating budget of $34,707,651, which is up 7.57% over last year. The largest percentage and/or dollar increases are in the following categories: SPED Tuition, Utilities, Pension Costs, Salaries and Health Insurance, which fortunately, increased only 10.5% compared to the 12.5% which was originally carried. Fortunately, largely due to an expected increase in Chapter 70 State Aid, Acton and Boxborough’s Regional assessments, which is the difference between projected expenses and anticipated funding sources, is up only 2.7%.

Also, on Feb. 1 the School Committee paid tribute to Marie Altieri, a prominent and highly-effective member of the Regional and Acton Public School Committees who resigned in January. Marie was honored with the traditional chair, as well as a plaque and kind words which detailed her seven years of serving on this and other important committees in Town.

ABRHS responded quickly and thoughtfully to the tragic death of a student at Lincoln-Sudbury High School in January by providing a team of counselors, as well as food and moral support for staff during the difficult days that followed.

State Representative, Jamie Eldridge, has filed legislation which states: “The Dept of Education shall make an investigation and study relative to the feasibility of the State mandated 990 hours of class time for high school students …”. This proposed legislation is based largely on sentiments expressed by citizens at Acton’s public discussions on the topic at recent school committee meetings.

All School Committee Members can be contacted at AB_School_Committee@mail.ab.mec.edu.
PTSO CALENDAR

Tuesday, March 13 • Noon
Acton Memorial Library

Tuesday, April 10 • Noon
Acton Memorial Library

Thursday, May 10 • 7:00 PM
Annual PTSO Business Meeting
(vote on board & budget)
7:30 PM
“Surviving the College Search”
presentation sponsored by the
PTSO and Counseling Department

Are you reading this newsletter online?
If not, check it out at http://abruptso.ab.mec.edu/newsletters.htm
From this site, you can also join the PTSO email list!

Submission DEADLINE for the April 1 Newsletter is March 12th.
Please contact Beth at BPetr@verizon.net or 978-263-7208.