



February 2012

Volume 20, Issue 4

# The Bobcat Beat

Plymouth Regional High School

Painting by PRHS art student Ann Furbush - "City Life"

Special points of interest:

- Winter Recess begins  
February 27 - March 2
- Semi-Formal Dance  
February 11
- Unified Basketball  
enters Semi-Finals
- Senior class trip  
scheduled April 6-7
- Graduation - Saturday,  
June 2, 2012 at PSU  
Foley Gym 9:00 a.m.

## From the Administration

Dear Parents and Guardians:

We are well into the winter extracurricular / sports season and second semester is just gearing up. Underclassmen are currently working with guidance staff to set their schedules for next year, and, once again, we welcomed our incoming freshmen class at our annual Move-Up Night for eighth graders and their families on January 23. Many thanks to the faculty, staff, café services and students who helped put on a fun, social and informational evening for families.

The "Sadie Hawkins" Semi-Formal Dance is on Saturday, February 11, 7-10:00 p.m. Tickets are on sale in Mrs. Prescott's office, \$6 singles; \$10 per couple.

Winter Carnival, a favorite of students and staff alike, will be on February 24. The students really enjoy the festivities on their last day of school before Winter Recess.

As we say time and again, communication is one of the most valuable aspects of your child's education. We strongly encourage parents to contact faculty, administrators, or guidance staff if you have any questions or concerns about your child's success and well-being at PRHS. Phone, email or conferences are welcome and can make such a difference for students.

Enjoy the rest of the winter season, and check out our website at [www.prhs.sau48.org](http://www.prhs.sau48.org) for a full slate of activities and upcoming events.

## POLA Program takes on Winter in the White Mountains



Brrrrrrrr! The shivers send a shockwave through the minds and hearts of the Outdoor Leadership Students who have spent these last few months trampling through snow, ice, and freezing rain. Despite the unusually warm temperatures for New Hampshire, the words "cold" and "uncomfortable" have become 2<sup>nd</sup> nature as students have challenged the weather by rappelling down snow, digging their boots and snowshoe spikes into the frozen ground, and learning firsthand how to manage their layering systems and travel through the winter landscape safely. The third quarter theme of Survival will bring students out in the elements learning how to construct shelters, the science behind heat loss and fire, and how to navigate effectively using terrain features and map and compass techniques. Congratulations to the students who have returned successfully from a multi day winter ascent of the ice capped Mt. Cardigan. Through challenging terrain the group relied on their leadership skills to navigate the icy slopes,

help their teammates climb to the summit, and cook delicious meals in their winter base camp. Through all of the challenges the winter landscape brings a sense of solitude unlike any other season, as well as a unique educational experience. We look forward to exploring the mountains and trails by skis as we take on another exciting quarter! Stay tuned for more adventures!

Photo - Noah Russin ascending Mount Cardigans ice slopes

## Guidance Department News

### Scholarship Workshop

The Scholarship Workshop for seniors is **Thursday, March 8 @ 9:15 a.m.** The Community Scholarship Program packet will be distributed and reviewed. Every student going on to higher education is strongly encouraged to apply. We have over \$100,000 in scholarship monies available to our seniors thanks to the generosity of many individuals, organizations, and businesses in our community. Please call the Guidance office if you have questions pertaining to the packet.

**Completed Scholarship applications must be returned to the Guidance office by Tuesday, April 17, 2012.**

### SAT Prep

SAT Prep class will begin on **Thursday, March 8 from 5:30-7:30 p.m.** at the high school. Classes will run for 6 consecutive Thursdays ending April 12. Classes are free and open to all students. Please sign up in the Guidance office.

### SAT I and SAT II Test Dates

Test Date	Registration Deadline	Late Registration
Mar. 10	February 10	February 24
May 5	April 6	April 20
June 2	May 8	May 22

### ACT Test Dates

Test Date	Registration Deadline	Late Registration
April 14	Mar. 9	Mar. 23
June 9	May 4	May 18

**Please note:** Students involved in spring sports are encouraged to take the May 5 test date for the SAT. Many spring sports have either their state meets or play off games on the June 2 SAT date; it is also the date for graduation. Students should plan accordingly.

**The 13<sup>th</sup> Annual Statewide College Convention "Destination College"** for high school **juniors and their parents** is designed to help students and families prepare for entry to college. This **free** day-long event will be held at Southern NH University on Saturday, March 24, 2012. A complimentary lunch will be offered. This is a valuable opportunity for all college-bound juniors that should not be missed! For more information please call 1.888.7.GRADUATE ext.119. Register on line by **March 10** at: [www.destinationcollege.org](http://www.destinationcollege.org). This program fills up fast, so don't delay!

**Questions About Paying For College or Filing the FAFSA?** We are offering free financial aid assistance provided by the expert college counselors from the Center for College Planning on Wednesday, March 21, here at PRHS! The workshop will be from 3:00 p.m. - 4:15 p.m. and advanced registration is required. Please call 536-1444, ext. 2009 to register.

**Seniors** - Need help interpreting your financial aid award letter? A college counselor from The Center for College Planning will be here on March 21 at 5:00 p.m. to help you understand, analyze and compare your financial aid awards.

**SPRING SPORTS CLEARANCE  
THURSDAY, MARCH 22, 2012  
8:30AM – 10:30 AM  
NURSE'S OFFICE  
(PROVIDED BY PLYMOUTH PEDIATRICS)**

## Plymouth Friends of the Arts

### Regional Juried High School Art Show

Plymouth Regional High School had nine students' art work accepted into the 2012 Regional Juried High School Art Exhibit, sponsored by the Plymouth Friends of the Arts and the Plymouth State University Art Department. Four of these students received awards in media specific categories. Devon Lachapelle received the award for Best of Show for her mixed media graphic design work. Noah Mauchly's graphic design piece received the award for Outstanding Freshman Award. Erin Ganzel received the Award for Excellence in Digital Art with one of her photographs. Selina Wang received the Award for Excellence in Design for her graphic design work.



Artwork by Selina Wang

Additionally, a number of other students had their work accepted into the show. Rob Mills had a graphic design piece accepted. Hannah Richard had a digital photograph accepted. Shaina Buckley had a drawing selected. Mary Hunter had an oil painting accepted, and Brittany Faulkner had a drawing accepted. The artwork will be on display at the Silver Center for the Arts at PSU from Sunday, February 5 through Friday, February 24, 2012. The Opening Gala Reception will be on Sunday, February 12 from 4-6:00 p.m. at the Silver Center for the Arts in Plymouth, NH. For further information contact the Plymouth Friends of the Arts office at 536-1182.

## PRHS Art Awards

### 2012 Annual Scholastic Art Awards of NH



Eleven art students at Plymouth Regional High School received awards in the 2012 Annual Juried Scholastic Art Awards of New Hampshire. The exhibit recognizes artistic achievement in the art programs in our New Hampshire schools and is currently on display at Pinkerton Academy in Derry, New Hampshire.

Stephanie Gaiero received two Gold Keys, one for her photography portfolio, and another for a digital photograph. Erin Ganzel also received one Gold Key and one Silver Key for her digital photography. Denae Hatch also received one Gold Key for her digital photography. Devon Lachapelle received one Gold Key for her Mixed Media work and one Honorable Mention for her painting. Ann Furbush received

one Silver Key for her painting. Brittany Faulkner received one Honorable Mention for her drawing. Hannah Winpenny received one Honorable Mention for her painting. Jessica Berman received two Honorable Mentions for her digital photography. Hannah Richard received one Honorable Mention for her digital photography. Amanda Russell received two Honorable Mentions for her photography and her graphic design. Selina Wang received one Silver Key for her graphic design and one Honorable Mention for her graphic design. All Gold Key works will be sent to a panel of jurors in New York City in hopes that they are accepted into the National Scholastic Art Show held in June in Carnegie Hall.

The annual statewide exhibit showcases the award winning student work. The art work is currently on display through February 4, 2012, at the Stockbridge Gallery at Pinkerton Academy in Derry, New Hampshire. The award ceremony was held in the Pinkerton Academy auditorium on February 4. Gallery hours are Monday through Friday from 9:00 a.m. to 5:30 p.m. and Saturday from 10:00 a.m. to 2:00 p.m. An Awards Reception took place on Saturday, February 4, 2011 at the Stockbridge Theatre at Pinkerton Academy. Award certificates, Gold and Silver Key pins, as well as several scholarships were presented. The exhibit is administered by the New Hampshire Art Educators' Association and is a Regional Affiliate of the Alliance for Young Artists and Writers, Inc.

### PRHS Unified Basketball Team



NHIAA and Special Olympics NH have come together to create an opportunity for all students to participate in high school athletics. Unified sports includes athletes and partners, who all share one passion—playing on a school team. Unified sports started this fall playing soccer with only four teams in our state. This winter, there are now eighteen high schools participating in unified basketball. The PRHS team started up its own program and has played four games, earning victories in each game, starting the play-offs undefeated. The heart of this team is Principal Bruce Parsons, who has gone above and beyond to help make this team happen. He not only assists with coaching, but he attends every game and is always looking out for his team. Team coaches Denise McGlone, Dawn Day and Ashley Laufenberg have volunteered their time to the athletes, and to help build this amazing program. Team manager Danee Morrison takes care of the behind the scenes arrangements and assists the athletes and coaches when needed. And of course, AD Charles Lenahan has helped the team with practice, game times and any materials needed to make it a successful season. A huge thank you to our pep band, dance team, volunteer refs Dan Pierce and Dr. Phil Sanguedolce, volunteer photographers Jeri Begalle and Lena McLean, Dr. Kerry Schnell, and other volunteers that have taken their time to support our team. Also a thank you to our fans and families that have attended our games! And most importantly, to our outstanding athletes and partners that remind us all why athletics is such a positive opportunity and memory for high school students. We will make sure to advertise our play-off season for anyone interested in attending!

### Music Department

The music department has been very busy the last few weeks! The PRHS Pep Band has played at several of the home basketball games! We will have two more performances on February 14 and February 23! Come check us out!

All ensembles are currently preparing to perform in the Large Group Music Festival on March 23, 2012 at Bow High School. All groups will receive feedback from clinicians on their performances! We are also getting ready for Cultural Arts Night on March 14 here at Plymouth Regional High School. We had several students represent us at the Lakes Region Music Festival on January 21, 2012 at Moultonborough Academy. Congratulations to Erin D'Aleo, Lissa Harrington, Dylan Hand, Andrew Buttolph, Stephanie Gaiero, Devon Lachapelle, Ian Soderberg, Christian Babin, Dan Hiltz, and Ben Adams on their performances!



### **We have a new music class for the 2012-2013 school year!**

**Guitar** is a course and is open to all students who are interested in learning to play the guitar. The course is designed for beginners, but each student will work at his/her own pace. Students will learn how to read notes, rhythms, and guitar tablature. They will also learn how to build chords, interpret musical symbols, as well as tune and maintain their instrument. Various styles of music will be explored from folk to rock. Students should have their own acoustic guitar for this course. The school will loan guitars out on a case by case basis. Please see the instructor for more information.

We are honored to be hosting the United States Air Force Band's "New England Winds" for a concert on February 15. They have a very diverse and exciting program that you will certainly enjoy. The concert starts at 7:00 p.m. in the auditorium. Admission is free and open to the public.



### Operation Teddy Bear

Operation Teddy Bear is a community service project for the Class of 2014. Sophomore Class officers recently sold teddy bear cut-outs for \$1. The money raised was then used to buy new teddy bears to donate to Spere Memorial Hospital. The hospital distributes them throughout the year to patients who may be in need of a Teddy Bear to snuggle. Whether it's a scared child in the ER for stitches or an elderly person hospitalized over the holidays, Operation Teddy Bear delivers get well wishes with a new furry friend to hold.

**One of the first drugs your teenager is most likely to try is alcohol. Yes, alcohol is a drug—not just a harmless substance.**

**We're working to keep kids drug and alcohol free — are you?**

**www.cadyinc.org**  
94 Highland Street, Plymouth, NH 03264  
603-536-9793



## Senior Class Trip

The senior class is very excited for our New York City Senior Class Trip on Friday, April 6 and Saturday, April, 7! There are still a few spots open, so seniors can still sign up, it's not too late! Plymouth Travel will be running our trip, they do an outstanding job organizing the trip. If anyone is still interested in the trip, please feel free to contact head senior advisor, Danee Morrison [dmorrison@prhs.sau48.org](mailto:dmorrison@prhs.sau48.org) or 536-1444, ext. 1090. Other seniors that have signed up need to remember to continue on their payment plans because April is coming fast!

## Digital Portfolio

It's hard to believe that graduation is just around the corner. PRHS will say goodbye to another class of amazing students! As part of the graduation requirements at PRHS, each student will submit a digital portfolio of class work. Students are given the opportunity to collect, select and reflect on learning experiences. Not to mention, students also have the opportunity to evaluate the school's learning expectations. Students make a statement regarding their best work and explain why they feel they are ready to graduate. At the same time, students utilize and manipulate a wide range of technology and 21<sup>st</sup> century tools.

Seniors should be encouraged to submit their portfolios for review and/or feedback as soon as possible. They can do this by picking up a request form in room 201 or the library. Students can submit this request form to Mrs. MacLean. Or, they can put it in the box located on the circulation desk in the library. Parents and students can log into Web2School Portal to see if this graduation requirement is complete. If it is, your student's transcript will be marked with a PASS. If this Digital Portfolio is marked as PASSED, the student has met this requirement. April 16 is the deadline for officially submitting digital portfolios. Parents will be notified by mail of any incomplete portfolios. Notification of incomplete portfolios will be mailed April 26.

There is plenty of extra help available for students. They can stop by room 201 or the library anytime. After school is a great time to schedule larger blocks of time to get some extra support. Stop by and schedule some extra time with Mrs. MacLean, Monday through Thursday 3-5:00 p.m.

Congratulations to the seniors that have completed their portfolios. They are one step closer to graduation!

## Anatomy & Physiology



The Anatomy & Physiology students completed a job-shadowing project that allowed them to observe professionals within the health-care field. Most students shadowed careers at Spere Memorial Hospital where they were able to observe within the ER, Radiology, Cardiopulmonary, Physical Therapy, and Medical-Surgical Departments. Some of the other sites visited included Plymouth Animal Hospital, Northern Lakes Veterinary Hospital, Oliver Pharmacy and The Alpine Clinic. The goal of this project is to enable students to witness the application of what they are learning in class to the real world of medicine.

## Community of Caring



On January 28 our students from the OSSIPPEE Club, HOSA Club and Community of Caring joined together to host our 4th Annual Community American Red Cross Blood Drive. 83 pints were collected with a record 11 first-time donors and 2 sixteen-year old donors! The response from the community was overwhelming. **Thank you to everyone who participated-your time helped save a life!**

PRHS' woodworking students, with help from Mr. Doug Ross, made and donated a beautiful Adirondack chair to our club for a raffle for all blood donors. Mr. Butch Burbank from Campton was the winning recipient.

Community of Caring meetings are held on Wednesdays at 2:50 p.m. in Room 208. All are welcome to attend. Please call Veronica Barton or Cheryl Davis at the high school if you have any questions about C.O.C.



## Upcoming Events/Activities

**Policy & Budget Meeting - 5:15 p.m.** Mon., Feb. 13  
**Program & Staffing Mtg - 5:30 p.m.** Mon., Feb. 13  
**Facilities Committee Mtg - 5:00 p.m.** Mon., Feb. 13  
**No School - Winter Recess** Feb. 27-Mar. 2

**School Board Meeting - 5:00 p.m.** Tues., Feb. 21  
**Quarter 3 Progress Grades Close** Wed., Feb. 22  
**Winter Carnival** Fri., Feb. 24

