

MVRHS Parent Newsletter

Martha's Vineyard Regional High School

January/February 2015



Principal's Coffees

Tuesday Morning
February 3rd 8-9:00am

****in the Culinary Dining Room**
(with coffee, tea and baked goods)

AGENDA

- **Tip 411 Phone Line Info:**
w/ Mike Marchand, School Resource Officer
- **Junior Prom Safety & After-Party:** *w/ Members of the Youth Task Force*

Tuesday Evening
March 3rd 5-6:00pm
Library Conference Room
(with sparkling water and light snacks)

Winners of the "Under the Sea" Recycled Beach Trash Art Competition Announced

After the beach cleanup this past fall, MVIronment Club members were inspired to raise awareness of the need to keep our beaches clean. As a club, they decided to challenge students to use the equivalent of the trash they found at the beach to make sea-themed art as part of an "Under the Sea" Recycled Beach Trash Art Competition. The hope was that in working with the trash items, such as plastic containers, bags, straws, styrofoam, etc., students would think about the impact of having those items in our oceans. The club appreciates all of the entrants in this valuable awareness-raising exhibition. Emma Green-Beach from the Great Pond Foundation, the Martha's Vineyard Shellfish Group and Liz Baldwin from BiodiversityWorks, judged the entries. Winners are listed below.

The MVIronment Club would like to thank the art department, especially Brendon Coogan and Chris Baer, for helping us with ideas and installation. Over 90 students worked to create 43 beach-trash awareness projects. We hope you have enjoyed the display. The plan is that some of the pieces will be pulled to be included in a larger public display Brendon is working on in Oak Bluffs.

Natalie Munn and Anna Cotton, Club Advisors

Prom 2015



The planning for the 2nd Annual After-Prom Party is about to begin. Last year's event, held at Alex's Place (at the Y) was a great success with over \$5,000 in donations and prizes. We look forward to making this year even better! The overnight After-Prom Party is open to all high school juniors on Martha's Vineyard even if they do not attend the prom.

Please contact the Youth Task Force at 508-696-5304 or info@mvyouthtaskforce.org if you would like to be on the planning committee, would like to make a donation or have ideas you would like to share.

Jamie Vanderhoop, Youth Task Force



First Place - Scuttle
Sam Hargy, Sara Poggi,
Olivia Jacobs, Casey
McAndrews, Caley
Bennett, Molly
Houghton



Second Place - Jellyfish
Kenny Hammond



Third Place - Sheldon
Emma Caron, Kyra
Whalen, Samantha
Potter, Sabrina Reppert

Honorable Mention - Sea Star: Annie Bettencourt

Honorable Mention - Pontoon: Kaitlyn Marchand, Emily Turney, Eli Laikin

Honorable Mention - Shrimp: Julia Peters

Honorable Mention - Portuguese Man of War: Cheyenne Cormier

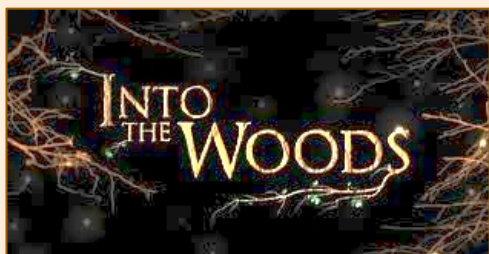
Honorable Mention - Majestic Trash: Justine Cassel

Honorable Mention - Keagan the Krab: Oliver Silberstein, Peter Engley,
Austin Chandler

Performing Arts Update

- Performing Arts classes are starting up for the 2nd semester and there's room in all of them for new students. Contact one of the teachers for information about guitar, jazz band, chorus, piano, Just About Music, and music theory.
- Performing groups are preparing for the March concert, which will include the All Island Choral Festival this year. Singers from all the Island schools will participate with a grand finale of Beethoven's *Ode to Joy* with band and orchestra. Look for details about the March 12th concert.
- The whole department is gearing up for our performances of 'Into the Woods', Feb. 12, 13, 14 at 7:00pm and a special family friendly performance on Sunday, Feb. 15th at 2:00. Come join us for this wonderful collaboration of students, faculty and community presenting the Sondheim musical with a new take on many beloved fairy tale characters.
- Senior Katherine Reid recently performed in the Southeast District Music Festival and violinist Michaela Rivard will be a part of the All Cape and Island Music Festival Orchestra the first weekend in February. Katherine, after a successful audition in Shrewsbury in January, has been selected for the All State Chorus and will be performing at Symphony Hall in March.

Jan Wightman, Performing Arts Dept. Chair



Feb. 12th, 13th and 14th @7pm
Special Family Friendly Show:
Sunday, Feb. 15th @2pm

December's Brazilian American Friendship Lunch A Success



This year's Brazilian American Friendship Lunch was a spectacular success. Seventy students attended the lunch, which was facilitated by an organizing committee of students. This was the 5th annual lunch to honor and celebrate our Brazilian community and the friendships between Brazilian American students and their American counterparts. It was held on December 19th. You can read more about it in a December Martha's Vineyard Gazette article at <http://vineyardgazette.com/news/2014/12/16/brazilian-fusion-lunch-and-friendship?k=vg54b7e899d5680&r=1>.

Elaine Cawley-Weintraub, Social Studies Dept. Chair



The Strength Club @ B Strong

Attention spring sport athletes!

Get Stronger and Develop Power! Squat, Deadlift, Press! Learn to lift correctly from the experts!

Beginning February 2 Mondays and Wednesdays @ 2:30-3:30
Cost is \$150 for 8 training sessions **and** 1 month unlimited gym membership

Contact:

Craig Yuhas – 774-255-0465, b-strongmv@comcast.net

MVRHS Science and Engineering Fair

**Saturday, February 7th, 2015
10am – Noon**

Winners of the MVRHS fair may be eligible to compete in the South Shore Regional Science Fair at Bridgewater State on Saturday, March 14th.

Winners of the Regional Science Fair will be eligible to compete in the MA State Science and Engineering Fair at MIT on May 1st and 2nd.

For more information visit www.massscifair.com.

Spanish IV Students Improve Language Skills in Unique Way

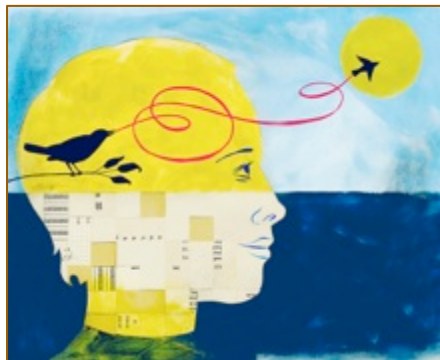
Students in Spanish IV are very excited to improve their language skills through watching *El Internado*. Our students are hooked on this popular Spanish series that is for native speakers. Between each thematic unit our students watch an episode of *El Internado* in Spanish with Spanish subtitles and no help in English. With the tasks and assignments related to each episode, the students have been very successful in developing their vocabulary and listening comprehension skills in an engaging and creative way that exposes them to authentic language. This has even inspired some students to spend more time outside of the classroom immersing themselves in the language!

Justine DeOliveira, World Language Dept. Chair



Did You Hear This Interview Last Week on NPR?

Why Teens Are Impulsive, Addiction-Prone And Should Protect Their Brains



Teens can't control impulses and make rapid, smart decisions like adults can – but why?

Research into how the human brain develops helps explain.

In a teenager, the frontal lobe of the brain, which controls decision-making, is built but not fully insulated – so signals move slowly.

"Teenagers are not as readily able to access their frontal lobe to say, 'Oh, I better not do this,'" Dr. Frances Jensen tells *Fresh Air's* Terry Gross.

Jensen, who's a neuroscientist and was a single mother of two boys who are now in their 20s, wrote *The Teenage Brain* to explore the science of how the brain grows — and why teenagers can be especially impulsive, moody and not very good at responsible decision-making.

"We have a natural insulation ... called myelin," she says. "It's a fat, and it takes time. Cells have to build myelin, and they grow it around the outside of these tracks, and that takes years."

This insulation process starts in the back of the brain and heads toward the front. Brains aren't fully mature until people are in their early 20s, possibly late 20s and maybe even beyond, Jensen says.

"The last place to be connected — to be fully myelinated — is the front of your brain," Jensen says. "And what's in the front? Your prefrontal cortex and your frontal cortex. These are areas where we have insight, empathy, these executive functions such as impulse control, risk-taking behavior."

To read more or listen to the interview visit <http://www.npr.org/blogs/health/2015/01/28/381622350/why-teens-are-impulsive-addiction-prone-and-should-protect-their-brains>.

The January Engineering Challenge



*First Place Team = 1.0 m/s
Connor Downing, Chris Aring, Zach
Bresnick*



*First Place Team = 1.0 m/s
Eli Hanschka, Tim Roberts, Russell
Shapiro (not pictured)*



*Second Place Team = 0.7 m/s
Ben Tillman, Michael Moore*



*Second Place Team = 0.7 m/s
Andrew Ruimerman, Kevin Montambault, Willow Wunsch*



*Second Place Team = 0.7 m/s
Lucas Dutton, Adam Bilodeau, Anders
Nelson*



*Third Place Team = 0.5 m/s
Maddy Moore, Ellie Reagan*



*Third Place Team = 0.5 m/s
Auguste Pizzano, David Webster,
James Kelliher*

Each month, our students will have the opportunity to compete in our after-school Engineering Challenge.

The goals of the Challenge include:

- 1) providing students an opportunity to experience authentically and firsthand the process of engineering as they work as engineers to complete a design challenge
- 2) providing students an opportunity to work as a group to collaborate and communicate to achieve a common goal
- 3) providing students an opportunity to compete as an academic team in a different type of competition than our yearly science fair, thus expanding the opportunities for students to gain recognition for their accomplishments in science and related STEM disciplines.

The **January Challenge** was to create a **working fan**. Students were provided motors, materials to make blades, and support stands and clamps with which to create their fans. The students then used an anemometer to determine the wind speed, and the winners were decided by determining which fans generated the fastest wind speed. This month we had a lot of ties, but the closeness of the resulting speeds generated a lot of excitement during the evaluation time. The winners are listed below.

Thank you to Anna Cotton (Alt Ed Science), Dana Munn (Science), Michael Lavers (Math), and Chris Connors (Art) for working with me as a team to plan and provide these opportunities.

Natalie Munn, Science Department Chair