

MVRHS Parent Newsletter

Martha's Vineyard Regional High School

October 2015

Jeannie Fitzgerald to Speak at October Coffee



We are excited to be bringing **Jeanine Fitzgerald** to the Parent Coffee on **Wednesday, October 21** at the High School.

Jeannine is a Certified Human Behavior Specialist who has been consulting with parents and running workshops on the island for years. She will be speaking at the Parent Coffee on Encouraging Positive Choice Making (in adolescents).

Susan D. Mercier, Program Coordinator, IWYC (Island Wide Youth Collaborative)

Remaining Coffees in 2015:

Tuesday, November 3

Tuesday, December 1

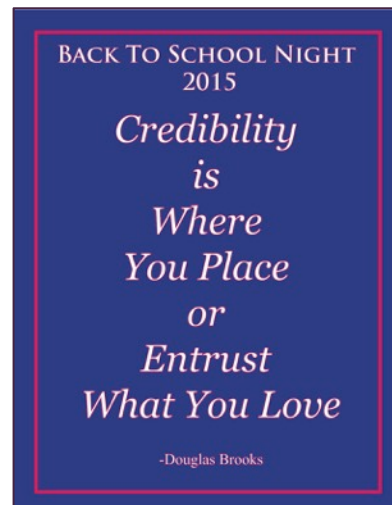
Coffee, tea and baked goods will be provided. Casual format... come late, leave early if you need to.



MVRHS Gym Students Kayaking in Early September

From the Principal's Desk

On Back to School Night I spoke about the importance of credibility. For us at MVRHS it is vital that we maintain our credibility on a number of levels. Douglas Brooks, professor of religion at Rochester University, defines credibility as a state of existence where you can entrust those you love. It originates from credo or belief. Your continued belief in us is our true calling. Each day as principal I wake up and earn my credibility all over again. This does not mean that there are never problems or difficulties, but rather, it means hardships we encounter are problems to be solved. You can help us solve them.



We believe in the potential of all our students to achieve and participate fully in our high school over their four years here. Students and parents will define this success in their own ways. For some it is primarily a focus on academic achievement and scholarship. For others, it is art or music or theater and dance. Many choose career and technical fields that will lead them into study and work after graduation. The physically fit join sports. But what is most important to remember: "All are welcome to create their own path to happiness here." This is our motto and creed.

High school is certainly not the easiest four years of anyone's life, but to be a credible high school, we strive to make your child's experience more beneficial. Our guidance program, our teaching staff, our teaching assistants, our administration and administrative assistants along with the facilities men and women - all work on behalf of you and your children. This is why you can confidently place those you love the most in our charge.

As parents you are there to test and require we fulfill this contract with you and your child. Make us credible through your attention and vigilance. Without great parents, we will not have great students or an exemplary high school.

Thank you in advance for helping us uphold this standard of excellence for all students.

Peg Regan, Interim Principal

Alternative Ed Program Has Been Busy This Fall



The Alternative Education Program has gotten off to a busy start to the school year. Student representatives along with the staff are working on adding to our new space, additions and revisions to the program and planning community activities and interdisciplinary seminars throughout the year.

The 9th and 10th grade science classes started their studies on ecology with work in the school garden, trips to Felix Neck to observe various aquatic ecosystem life and learning about native plants and habitat fragmentation with Kendra Buresch. With Kendra we visited the Chilmark School and worked with the Kindergarten and First Graders. The high school students read a story about the value of native habitats and helped to transplant native plants from their garden to a habitat patch we started last year at the State Forest.



All the Alternative Education Program students volunteered on at the Niantic Playground Build. It was exciting to work with so many community members and see how much progress was made in the few days we were there.

This week the entire program of students and staff will head out on our first Alternative Education retreat at Sassafrass Earth Education in Aquinnah. We will be working with Saskia Vanderhoop on nature based, community building activities in this beautiful setting.

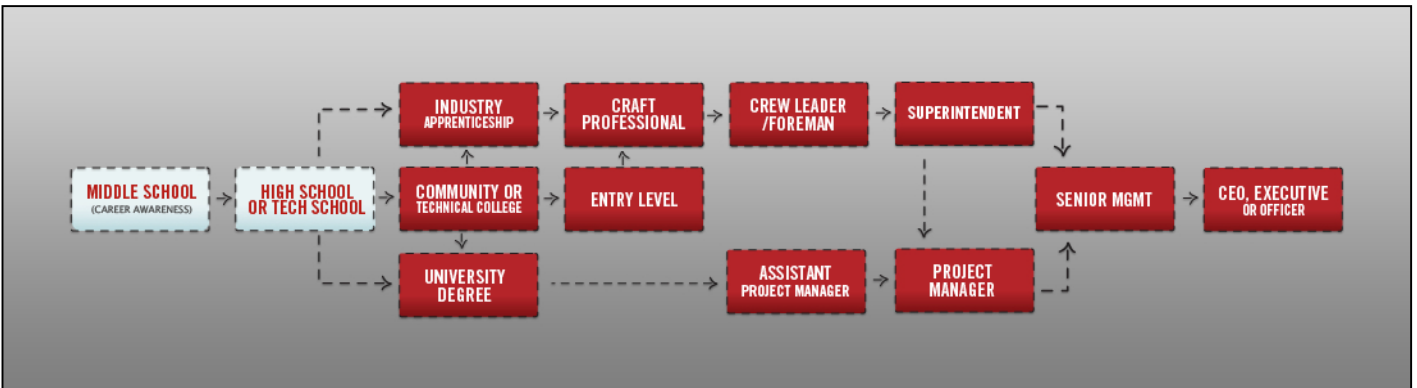


Ana Cotton, Alternative Education Dept. Chair

Freshman Exploratory Students Build Adirondack Chairs



Students enrolled in Freshman Exploratory will each build an Adirondack Chair to take home during their Building Trades rotation. In addition to being exposed to a variety of skills, students will also learn about the possible career paths available in the building trades.



IWYC Sponsors Addiction Group

The IWYC (Island Wide Youth Collaborative) is sponsoring a therapeutic and psycho-educational group focusing on addiction. It is designed to inform and support high school aged adolescents with either a voluntary or mandated desire to change their habits and improve their experience of life. The group will be facilitated by 4 clinicians from the Island Counseling Center and will consist of evidence-based treatments of addiction, including cognitive behavioral therapy, motivational interviewing and mindfulness. The group is scheduled to begin in November.

For more information please contact Susan Mercier or Jen Chang at the IWYC: 508-693-7900 x244 or Amy Lilavois at MVRHS: 508-693-1033 x291.

History Students Grapple with Difficult Issues

The history department is dealing with some of the world's most contentious and dangerous issues: on bulletin boards that describe female trafficking, global warming and global inequity, students demonstrate their research into important questions. One of the Global Studies II classes researched the tragic situation of the Syrian refugees in Europe. That class resolved to raise money to send to Doctors without Borders and sold wristbands with the simple wording "Help the Syrian refugees ... because we are human." Margaret Joba Woodruff painted a remarkable portrait of Aylan Kurdi the three-year-old child who drowned while attempting to escape. That child became the symbol of all the insanity in Syria and the world's indifference.

Elaine Weintraub, History Dept. Chair



MVRHS Welcomes New Biology Teacher



Biologist Carrie Fyler received her Ph.D. from the University of Connecticut in 2009. She is author of 8 peer-reviewed publications in notable scientific journals. Carrie has conducted biological field research on 4 continents and participated in workshops and conferences in over 10 countries.

Between the years of 2004 and 2008 Carrie collaborated with an international team of parasitologists dedicated to cataloging parasite diversity, a project funded by the National Science Foundation. In 2009 Carrie described and named a new tapeworm species in honor of popular New York Times "Science Times" writer Carl Zimmer, gaining her recognition in the newest edition of Zimmer's hit book "Parasite Rex". She has received multiple academic awards including an Excellence in Teaching Award from the University of Connecticut in 2008.

In addition to her academic achievements, Carrie is co-founder of MOONRISE MEDIA and publisher of the award winning book, "JAWS: Memories From Martha's Vineyard" by Matt Taylor with foreword by director Steven Spielberg. "JAWS: Memories From Martha's Vineyard" has received worldwide acclaim since its release in June 2011, garnering multiple publishing awards and accolades including Kirkus Review's "Best of 2011" (www.moonrisemedia.net).

OB Fire and EMS Personnel Train CTE Students



Members of the Oak Bluffs Fire and EMS Departments demonstrated fire extinguisher use and safety on Friday October 2. Capt. John Gonzales and Paramedic Krystale Rose gave fire extinguisher training to some of the CTE students.

Barbara-Jean Chauvin, CTE Director

High Schoolers from Island Grown Schools' Farm Project Win the Local Wild Food Challenge



On Oct. 11th, students in the Island Grown Schools' Farm Project, Teen Farm to School Leadership Program, took home the Grand Prize from the Local Wild Food Challenge, a community event that celebrates wild food and foraging on the island.

In a crowded field of more than 18 competitors, that included professional chefs and experienced home cooks, the students' entry was judged to be the best overall by the panel of judges. Their winning dish was a Summer Bounty Salad with foraged greens, gleaned local produce and fried white bait fish topped with an autumn olive and nasturtium stem vinaigrette. The dish consisted entirely of locally harvested ingredients, either wild foraged or picked from home gardens.

"This challenge gave our crew such a wonderful and unique opportunity to explore the island they've grown up on – and

throughout our exploration we met supportive, creative and generous community members that truly made our dish possible." *Kelsey Head, IGS Farm Project Leader*

"It was really cool to take things that I am constantly surrounded by everyday and overlook and bring all of that together to create a meal. When I'm walking around I might eat some stuff that I find, but to purposely collect enough to make a meal while having fun in the woods is pretty great." *Ryan O'Malley, Farm Project Crew Member*

Local chef Christine Napolitan trained and assisted the students with menu planning and preparation. Jack O'Malley of the MVRHS culinary department generously offered the high school culinary kitchen for the meal's preparation. Cooper Gilkes of Coop's Bait and Tackle saved the day, helping to catch the baitfish that became a key part of the dish.

In the wake of this victory, the farm project students are planning to dig deeper into the world of wild edible foods on the island, and are hoping to share their knowledge with younger students by hosting foraging walks in the spring.

The summer of 2015 marked the 3rd year of the Farm Project, Island Grown Schools' teen farm-to-school leadership program for students 14-19 years of age. The program educates Martha's Vineyard youth in elements of farming, gardening and nutrition and explores the impacts of our food choices on culture, human health and the environment, guiding crew members in actively supporting a vibrant local food system. Through hands on, service-based projects in school gardens, farms, and community organizations, the Farm Project nurtures youth farm-to-school leaders.

This season, 8 students are working together with the guidance of crew leader Kelsey Head to facilitate school and community based projects in four specific areas: facilitating composting and food waste reduction programs; supporting healthy, locally grown food in school meals; growing student engagement in school gardens; and developing a strong local seed system.

For more information, please contact Kelsey Head, Island Grown Schools High School Coordinator at kelsey@islandgrown.org.



MVRHS Photography Students Win Accolades



"Bald" by Courtney Howell

MVRHS photography students Lena Hanschka, Lexi Hughes, Pia Ohlsen, Opal Wortman, Courtney Howell, and Andrea Guyther are exhibiting work at Featherstone's "Dreams & Nightmares" show in Oak Bluffs, from Oct. 18 - Nov. 4.

Congratulations to MVRHS Senior Brenda DeOliveira for taking third prize in the Martha's Vineyard Museum's "Island Faces" portrait contest. Her subject is Edgartown lighthouse keeper (and MVRHS go-to guy) Wade Johnson.



Wade Johnson by Brenda DeOliveira



by Walter Greene

Congratulations to MVRHS sophomore Walter Greene for winning an honorable mention in Martha's Vineyard Magazine's annual photo contest! See more at: <http://mvmagazine.com/news/2015/09/16/seventh-annual-martha-s-vineyard-magazine-photo-contest>.

MVRHS Senior Jessica Sonia has a solo photography exhibit through the fall in the West Tisbury Library's teen room. Be sure to check it out!

SAT 1 and SAT Subject Tests: Dates and Registration Deadlines

You must register online (use your existing College Board account user name and password) or come into guidance and get the registration materials. Those students who will be taking the test with extended time need to see their individual counselor to receive the registration materials to meet the deadlines.

TEST DATES:	Oct. 3,4	Nov. 7,8	Dec. 5,6	Jan. 23,24
REGISTRATION DEADLINES:	Sept. 4	Oct. 9	Nov. 5	Dec. 28

Financial Aid Night for Senior Parents

Tuesday, November 10
MVRHS PAC 6:30-8:30 pm

The guidance department will be sponsoring a financial aid night on Tuesday, November 10th from 6:30-8:30 p.m. in the MVRHS Performing Arts Center. A financial aid specialist from MEFA will review the financial aid process and distribute materials necessary to receive financial aid from private sources, public sources, and colleges. He will review the forms that need to be filled out in this process. Also, discussed that night will be the local scholarship program and the process of applying for substantial monies awarded to our seniors and graduates from our own community.



Considering a Work Study/Mentorship/Internship for Second Semester? Don't Miss this December Deadline!

If you are considering a Work Study, Mentorship or Internship for second semester (which begins on January 25, 2016), you will need to turn in your **Student Parent and Employer Applications** by **Friday, December 18, 2015** to

Mrs. Chauvin. This course will NOT be part of the Add/Drop period at the beginning of second semester. Only students meeting the December date will be considered for work-study, mentorships and internships.

Contact Mrs. Chauvin, CTE Director with any questions. (bjchauvin@mvyps.org)



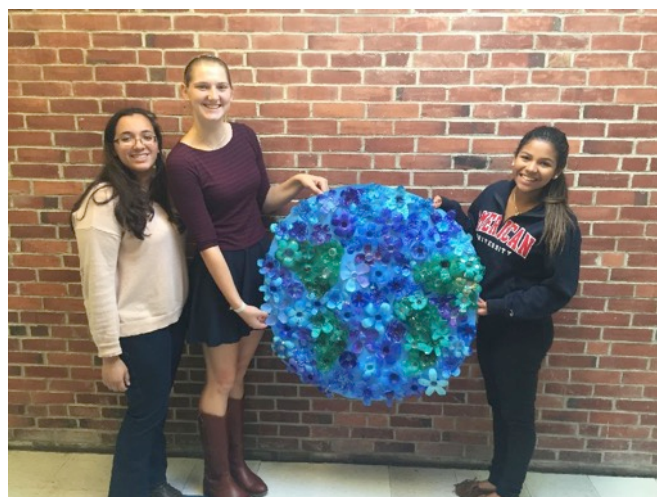
On-Line Safety Training

Now that all students have been enrolled in the work-study, mentorship and internship programs for the fall semester, the CTE Office will distribute voucher numbers for the on-line safety-training program. We are looking at beginning this process on Monday, October 19th.

AP Spanish Students Focus on Global Citizenship

In AP Spanish students are studying global citizenship as their current theme. The students believe the "Remodel the Bottle" competition is related to this theme because it promotes global awareness of the use of plastics. As global citizens it is important that we are educated about how our everyday use of bottles affects our global environment and community. The students created a map of the world using flowers that they made from plastic water bottles. They chose this display because it promotes the idea that the world is connected and in order to preserve its beauty, we must cut down on the use of plastics.

MVenvironment Club member Casey McAndrews prepared a very informative presentation and came into the AP Spanish class to introduce both the topic of the impact of plastic water bottles and the Remodel the Bottle competition. As an extension of the competition the students used the information that they learned through materials provided by Dr. Munn and Casey's presentation to create info graphics in Spanish that spread awareness of the impact of plastic bottles.



Look for their work at parent-teacher conferences! *Justine DeOliveira, Foreign Language Dept. Chair*



MVRHS Houses New Radio Station: WYOB

Skip Finley, director of sales and marketing for the Vineyard Gazette Media Group, has spearheaded the creation of a low power radio station housed at MVRHS. Supported by an FCC grant, the station is broadcasting from 105.5 and will utilize the call letters WYOB-LP³. Students involved in the newly created Radio Club will learn how to develop and operate the station. Initial programming will have an upbeat, music-based format of reggae music.

Fall PE Courses Welcomed By Students!

This fall semester several new courses were added to the PE department to allow juniors and seniors a choice in the type and style of exercise that matches their needs or interest.



These new courses offer specific activities or workouts aimed at our goal of supporting lifelong fitness for all our students. Our new courses are: Aquatic Fitness, PE Mentors for Life Skills program, Team Sports, Recreational Sports and Wellness for Athletes.

Some student comments included: "Workouts and training are more specific, intense and a greater variety," and "...wish we could have had this type of attention to our own personal gains during freshman/sophomore years." About having a choice students said, "Swimming let me get in better shape due to medical issues with feet and legs than running." and "The pool allow for a good workout, and my body was actually relaxed and fit at the same time." Overall, enjoyment and increased workouts were running themes in most students' responses.



The PE staff looks forward to keeping these new courses running and getting kids excited about fitness no matter which course they choose!

Kathy Perrotta, Phys Ed/Health Dept. Chair

History Department Tidbits

Joellen Meuse, Olsen Houghton and Elaine Cawley Weintraub traveled the African American Heritage Trail with the freshman history classes, one senior history class, the ELL students and a special education class. The weather was beautiful while we explored Chappaquiddick, Aquinnah and Oak Bluffs and all enjoyed a specially prepared lunch at Biscuits. The students are now all working on their research projects, which are due on Friday, Oct. 23rd. Awards will be given by the Trail board for works of excellence.



Leigh Fairchild Coppoletti brought her US History II classes to Oak Bluffs kindergarten and first grade classes and to both

third grades in the Tisbury School. The Irish History class continued their tradition of farming potatoes at the Farm Institute and at Thimble Farm and teaching the third grade in Edgartown school. Next week, they will venture out to the eighth grade at the West Tisbury School.

The Brazilian History & Culture class is beginning preparations for the annual Brazilian American Friendship lunch, an event that celebrates that exist between the communities in the school. Each year has been more successful and the event gained national recognition in 2014 so this year's plans are even more ambitious to make this event meaningful and memorable.

Elaine Weintraub, History Dept. Chair



Architecture and Design Students Dream Up Some Amazing Lamps



"Lamp" by Christian Schmidt



"Triangulum Suus Lucernam" by Quinn Keefe



"Hino Lamp" by Hollis Kelly and Gino Chick



"Sunrise Lamp" by Eamon Sayles

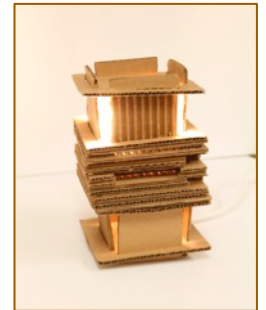


"Lucern Illuminare" by Harold Lawry



"PoCo Lamp" by Hunter Ponte and Sophie Combra

Architecture & Design I students explored lighting concepts through the design of a lamp made entirely out of reclaimed cardboard, rubber bands and a light socket. Using the design process, students researched existing lamps, construction techniques and light filtering textures made of cardboard.



"Lamp" by David Krauthamer



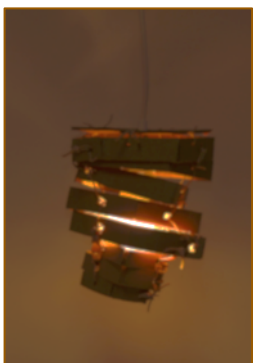
Through thumbnail sketches and making mini mock-ups, they explored forms and the construction aspects of the material. Students then applied what they learned to the construction and design of a freestanding or hanging lamp. After completing their lamps, students documented their designs through photography and made a visual presentation with Photoshop.



Elsbeth Todd, Architecture & Design Teacher



"Lamp" by Skyler Ignacio-Cameron



"Box Lamp" by Jake Howell



"The Stacker Lamp" by Henry Hutchings & Richard Barlett



"sQla" by Andrei Bernier



"GuRa Lamp" by Gustavo Ramos



"Art Deco Lamp" by Adam Bilodeau