

MVRHS Parent Newsletter

Martha's Vineyard Regional High School

November/December 2015



Upcoming Coffees

8-9:15am

in the Library Conference Room

Tuesday, Dec 1

Tuesday, Jan. 5

Tuesday, Feb. 2

** Casual format... come late, leave early if you need to.*

Save the Date!

Martha's Vineyard Regional High School 17th Annual Science & Engineering Fair MVRHS Cafeteria

The fair is scheduled as a two day event this year. Students are required to participate on both days.

Friday, February 5, 2016

Judging of Projects: 3:00-to 6:00pm

Saturday, February 6, 2016

Public viewing: 10:00-11:00am

Awards Presentation: 11:30am

More information is available on the MVRHS website.

Students must submit the required forms with their Research Proposals in order to be eligible to participate at the:

**South Shore Regional
Science Fair
Bridgewater State University
Saturday, March 12, 2016
8:00am - 6:00pm**

Pre-planned Intruder Drills Set for December

After the Thanksgiving vacation the high school will run some pre-planned, pre-announced simulations of intruder-on-campus scenarios. Students and staff will be fully informed of these practice drills. In the case of a real incident on campus, our evacuation will be to the fields and then to the Y facility*.



In the case of a real evacuation, it is critical that parents listen carefully to Superintendent Matt D'Andrea and read the messages from IT Director Cliff Dorr, so they know to **go directly to the YMCA rather than rush to the high school.**

The safety of our students is our highest priority; therefore, we will communicate clearly and expeditiously in case of any emergency.

Peg Regan, Principal

**See the last page of the newsletter for a school map detailing building exits.*

MVRHS Students Try Out for the High School Quiz Show



On Sunday, November 15th the MVRHS Quiz Bowl Team traveled to Boston and attended the Super Sunday Quiz Show Tryout. Over 130 teams from school throughout Massachusetts attended. Although we did not make the top 14 scorers in order to make the television show, a good time was had by all. Pictured are: Alexander Lytle, Robeson Borges and Brahmin Thurber-Carbone.

Mary Lee Carlomagno, Math Teacher

Senior Square Deadline Extended to Dec. 11th

The Senior Square deadline has been extended to Friday, December 11th. Directions are on the MVRHS website or you can have your senior stop by Room 404 (Ms. Todd) for information. The Yearbook staff cannot guarantee a senior a Senior Square if they are not submitted by the deadline.

*Elsbeth Todd, Architecture & Design
Teacher*



Battle of the Bots

On November 23rd the Robotics class held their official *Battle of the Bots*.

The tournament featured battles between the robots designed in the Robotics 1 class. The battles were 3 rounds of 1 minute each.

The tournament champion was Wilson Slayton's Mommouth.

Marylee Carlomagno, Math Teacher

Help Us Provide Bottomless Bowls of Fruit for MVRHS Students.

The Wellness Committee has started a Food Fund that will make it possible to provide bottomless bowls of fruit to high school students who eat breakfast at school. The cost per day of doing this is about \$100.

Laurie David and other community members are raising funds to make this possible. **You can help too!** Donations toward the Fruit Fund can be given directly to Peg Regan or nurse Linda Leonard. All amounts are accepted and very much appreciated!

Free Training Workshop for Youth Coaches THIS FRIDAY



The Island Wide Youth Collaborative, in conjunction with the **Youth Task Force** and **Martha's Vineyard Public Schools**, is proud

to present a free training workshop for youth coaches, after school programs and community members with Lynn Lyons, LICSW on **Friday, December 4th**.

Lynn Lyons, LICSW specializes in the treatment of anxious children and their parents. She is the author of three books on creating mentally healthy children. **Registration is required for this workshop.** Contact Susan Mercier at 508-693-7900 x401 for more information.

Friday, December 4th
from 11am to 2pm
IWYC Building
Martha's Vineyard Community
Services Campus



Crafts Students Explore Materials and Design Unique Projects



Ryan O'Malley (Crafts II student) throws a pot on the potter's wheel. The Crafts II Class allows students the opportunity to explore aspects of materials and to design projects that are in line with their interests. Ryan has worked hard this semester and is starting to develop a unique style and an impressive portfolio of work.

Notes from Guidance

Junior Parent Night

January 12, Tuesday 6:30 pm in the PAC

Local Scholarship Parent/Student Night

January 26, Tuesday 6:30 pm in the PAC

SATs

January 23, 24 (Sat., Sun.)
 Regular Registration Deadline: December 28

Connect to Giving Consent



This past October members of *Connect to End Violence* visited Health Class to educate our students on consent as part of the sexual health unit. Heather Arpin and a volunteer, Mike, brought an interactive lesson to all classes to ensure our students understand the rights and risks related to consent.

Proper communication and feeling comfortable in a personal relationship includes the foundation of each member of understanding and respecting consent. Thanks to *Connect to End Violence* staff and supporters for bringing this community resource to our students in health class.

Kathy Perotta, Health Teacher & Dept. Chair

The Business of Baseball at Fenway Park



On November 12th, a group of business students traveled to the EMC Club at Fenway Park for an event called "The Business of Baseball" sponsored by Babson College. A dozen of my Sports Management students traveled to Boston along with Dan Sharkovitz and myself.

The event gave us a chance to experience a short private tour of Fenway where we sat in the Press Box, passed Fenway Farms (a new sustainable garden atop the stadium), and got to take in the view from the Green Monster seats before returning to the EMC Club for the main presentation by team President, Sam Kennedy. Mr. Kennedy spoke about the economics of running the team - one part of parent company Fenway



Sports Group - which also includes an 80% stake in NESN, a 50% stake in Roush Fenway Racing (NASCAR), and 100% ownership of Fenway Sports Management (Sports Agency) and 100% ownership of the Liverpool soccer team. He spoke to the complexity of running all those areas and talked about being lucky enough to have had good mentors.



Team President, Sam Kennedy

He was a very engaging speaker and his message was well received by our students.

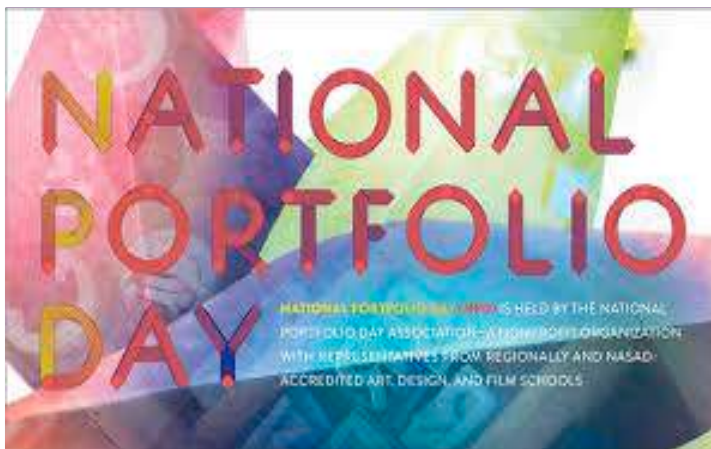


Next came an interesting presentation about analytics delivered by a Babson professor of Statistics and Entrepreneurship Elaine Allen who has done consulting work for MLB and a few individual teams. She highlighted statistical findings in some interesting situations: performance in a contract year vs. a non-contract year, DL time for certain players vs. winning percentage, and Grady Little getting fired in 2003 for leaving Pedro in too long in Game 7. Both speakers highlighted the increasing use of stats both on the field and in making informed business decisions such as FSG putting on a concert series or exploring other revenue streams. A few of my students remarked that they were interested in this pursuit.



Finally, and most importantly for my business students, we attended a networking reception at the end of the event. Though we were the only high school group in attendance, many of the students went up to someone in the crowd (small group of Babson students, mostly alums) introduced themselves, and struck up a conversation - a live lesson in networking. Then we traveled back to Falmouth for an overnighter, stopping to have a team dinner at Outback. Though the venue was nice, the experiential learning was nicer.

Josh Burgoyne, Business Teacher



Congratulations to our MVRHS art students who attended Portfolio Day Boston at the Hynes Center on Sunday, November 1st! This is a yearly event in which over 50 art and design schools convene in Boston to review the portfolios of art students from all over New England.

This year, in addition to students already taking the Portfolio class, there were 11 MVRHS students (juniors and seniors) that attended. All students spent extra time during the weeks leading up to the event, both after school and the Saturday before, preparing and refining their artwork for presentation.

In a crowd of 2800, spread over 3 large ballrooms, they stood in line with their peers to show their portfolios, receiving feedback and criticism from school representatives. For most, this was the first time showing a full body of work to strangers. The hard work they put in produced a valuable experience and all said they would recommend it to a friend.

Participating Students:

Aquinnah Hill
 Isabelle Crawford
 Jessica Sonia
 Sophie Bonneau
 Kaila Newton
 Dayanna Middleton
 Courtney Howell
 Olivia Pate
 Oshantay Waite
 Nelly Katzman
 Margaret Joba-Woodruff

A special thank you to Tiffiney Shoquist for helping to chaperone and Chris Baer for printing and photographic support!

Tiffany Shoquist, Drawing & Painting Teacher and Chris Baer, Art Design & Technology Dept. Chair

Nutritious and Delicious Restaurants in Health Class



Learning nutrition and understanding digestion took on a new look this past month in Health class with collaboration of Kelsey Head of Island Grown Schools and health teacher Kathy Perrotta. A unique assignment in health class included preparing a 'custom' meal in a simulated

restaurant in room 322. Restaurant customers' specific nutritional needs were considered and included guests with allergy considerations, teen athletes and vegan guests.



From detailed tablescapes to prepared food items, the groups redesigned the classroom and students were transformed into food service personnel. The objective of understanding nutrition was evident in preparation of menus and presentations of nutrient



specific menus. Thanks to IGS for supporting learning from farm to table in this amazing project.

Kathy Perrotta, Health Teacher and Dept. Chair

Volunteers Needed for Business Advisory Committee

I am seeking volunteers to serve on a new committee I'll be forming this winter. I am seeking community members who would be interested in offering their expertise in areas such as accounting, finance, entrepreneurship, marketing, and hospitality. If you are interested in having input into the business curriculum, hosting a field trip, coming into the classroom, or helping out with events such as a Job Fair or Business Plan Competition – please contact me through email at jburgoyne@mvyps.org. I hope to start the BAC in February. Let me know if you're interested!

Josh Burgoyne, Business Teacher



What's New in the Cafeteria?

Great News!! Our Salad Bar is finally going to be replaced by an amazing, custom-built Salad Bar that will allow us to continue offering fresh and healthy Salads for years to come. Our old salad bar, which served us well for several decades, finally died at the beginning of this school year and is no longer repairable. We miss the salads as much as you do and hope the new salad bar will be here by Christmas! What a great Gift!

We also wanted to share with you that we have received a fair amount of gleaned Island Grown produce, which you have been enjoying in your meals for the past few months. When our new salad bar finally gets here we will also be able to go back to ordering Hydroponic Island Grown Salad greens from the old Thimble Farm which you enjoyed all last year.

We are also serving Uni's Gluten Free Bread for Sandwich items daily and can also offer Gluten Free Pizza if requested in the morning. We offer a variety of Vegetarian as well as vegan options. Just ask us if we can help you with your menu choices. We also serve homemade soups on Tuesdays, Wednesdays and Thursdays. You can visit us every morning from 7:15-7:35 for a complete breakfast.

Please let us know if you would like to see certain items on the menu... we welcome your suggestions!

All the best from your cafeteria staff.

History Department News

This is an exciting time for the history department with a variety of activities planned. On Tuesday December 1st, the junior and senior history classes will attend a special showing of the film *Suffragette*, a drama based on the history of the British suffragette movement. On December 11th the sixth annual Brazilian American Friendship Lunch will be held at the school. This event is based on the idea of celebrating friendships between cultures and the guests this year will be treated to a display of Capoeira and a chance to try that graceful art that has its origins in Africa. A wonderful lunch will be accompanied by samba music provided by Liam Weiland.



On December 15th, the Irish History class will travel to Chappaquiddick to honor the 256 Irish people who wrecked off Muskeget as part of their study of the Irish Famine and its impact on US history. The Irish History class traveled to the 8th grade in West Tisbury on November



18th to teach about the Famine and provided some interesting experiences for their students including a replica of a "famine ship" and building a road with stones that you had to break first.

On Tuesday, December 1st, the freshman and senior students who worked on the Heritage Trail project this year will receive their financial awards from Carrie Camillo Tankard, the cofounder of the Trail.

During November, Andrew Vandall traveled to San Diego with a group of colleagues to attend the ASCD conference and Elaine Cawley Weintraub visited New Orleans to attend the NCSS History Conference. The NCSS Conference was held in New Orleans to honor the 10th anniversary of Katrina and the destruction that it left in its wake.

The history team is looking forward to a new year as full of promise as this one has been and we wish our entire parent community very happy holidays.

Elaine Cawley Weintraub, History Dept. Chair

Worried About Your Worrier?

A 3 Hour Parenting Intensive Workshop with Lynn Lyons focusing on anxiety in children and adolescents

The Island Wide Youth Collaborative in conjunction with the Youth Task Force and Martha's Vineyard Public Schools are proud to present



A **FREE** parent workshop with Lynn Lyons

Tuesday, December 1st

5:30pm to 9:00pm

For parents of children in grades Pre-K to 6

Wednesday, December 2nd

5:30pm to 9:00pm

For Parents of children in grades 7 to 12

Dinner will be served and registration is required.

Please call 508-693-7900 ext. 400 to register or

Email jchang@mvcommunityservices.com

If you need assistance with childcare, please inquire when registering.



Lynn Lyons, LICSW specializes in the treatment of anxious children and their parents. She is the author of three books on creating mentally healthy children. She presents internationally and is regularly featured on television and radio, including Katie Couric and Morning Edition. Her three-hour workshop gives parents the effective skills taught in therapy practice and private consultations.

Performing Arts Update

The Performing Arts Department is preparing for several events during the holidays and after the first of the year. The Department Winter Concert will be presented in the PAC at 7 pm on Dec. 3, featuring the Concert Band, Jazz Band, Orchestra, Freshman Chorus, Vocal Ensemble, and the combined choruses. Come enjoy this variety of musical offerings!



Vocal Ensemble has entertained residents of Windemere, and attendees at the senior luncheon at Howes House in West Tisbury. They will perform at other senior centers in January. The Minnesingers will also be performing in the community at the Neighborhood Convention, Windemere, the Anchors in Edgartown, and the Oak Bluffs Senior Center prior to their winter concerts. These are scheduled during Christmas in Edgartown at the Whaling Church on December 11th (8 pm) and December 12th (4 pm). Tickets are available around the Island, at the Preservation Trust, or from any Minnesinger.

Twenty-three choral students successfully auditioned for the All Cape and Islands Musical Festival scheduled for February. Five singers and one violinist were chosen for the Southeast District Festival in January and three of the singers will have the opportunity to audition for the All State Festival held in Boston with a culminating performance at Symphony Hall.



Theatre I students are preparing scenes from 'The Crucible', 'Angels in America', 'As You Like It', 'Catch Me If You Can' and a selection of scenes from 'Random Acts of Comedy'.

Musical Theatre Production students will be performing a cabaret at Alex's Place at the YMCA on December 19th at 2 and 7pm. Performers are perfecting singing and acting techniques in preparation for the shows. Tickets are \$15 and will be available at the door. Come enjoy this collage of musical theatre songs.

The Performing Arts Department students and staff wish everyone happy and healthy holidays and a wonderful new year.

Jan Wightman, Performing Arts Dept. Chair

Spanish Students Experience the Benefits of Meditation

Spanish IV students start each class with a brief meditation to relieve stress and encourage focus. Students participate in guided meditations in which they listen to short audio clips in Spanish that walk them through the meditation/relaxation process. They follow instructions meant for and produced by native speakers during this exercise. For two weeks students also explored meditation through coloring. They learned about the benefits through a presentation in Spanish, practiced the meditation, and then reflected on the experience and shared oral presentations in the target language.

When asked about meditation, this is what the students had to say:

"I like the meditation because it clears my mind of all the daily worries and gets me ready to learn in class."

"I have started doing this outside of class because it's really been helping me with all the 'applying for college' stress."

"The meditation helps me relax a lot."

"Because of this, now I have a favorite type of meditation, I find my mind being clear of any stress or worries...I will definitely use it again!"

"I have started using this outside of class because it works for me and relives my stress."

Los beneficios de colorear

<p>Entrar en un estado de meditación, de paz, y aceptación propia.</p> <p>Desarrollar y aumentar la paciencia y liberarnos del estrés.</p> <p>Mejorar nuestra concentración antes de estudiar.</p> <p>Expandir nuestra creatividad.</p> <p>Lograr el autoconocimiento, crear un mapa de nuestros sentimientos y emociones ya que tienen una función terapéutica.</p> <p>Libramos endorfinas al estimular el lado derecho del cerebro, produciéndonos una sensación de bienestar general.</p> <p>Activa ambos hemisferios cerebrales</p>		<p>Fortalecer nuestra capacidad de concentración al enfocar la conciencia y la mente en un punto.</p> <p>Obtener flexibilidad de pensamiento y acción.</p> <p>Conectarnos con nuestra parte creativa.</p> <p>Reafirmar las habilidades de disciplina, exactitud y precisión.</p> <p>Ayuda a desconectarnos de las preocupaciones diarias y nos relaja de forma natural. Especialmente porque encontramos un momento para dedicarlo a nosotros mismos.</p>
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<http://www.meditacion.com/meditacion/meditacion-beneficios-de-paz-y-aceptacion-propia>
<http://www.meditacion.com/meditacion/meditacion-beneficios-de-paz-y-aceptacion-propia>

Justine DeOliveira, Foreign Language Dept. Chair

Chaperones Needed

Senior history classes will be taking a trip to the Film Center on Dec. 1st to see a special showing of "Suffragette". If you can come along to chaperone from 9:30-11:30, contact Elaine Weintraub ASAP at eweintraub@mvyvs.org or 508-693-1033.

Business Club Update



We have been very busy this fall. The Business Club has been meeting every Thursday after school. We just finished our annual "Harpoon the Whalers" fundraising campaign. Thanks to the school community for purchasing a T-Shirt – these funds allow us to take exciting field trips including the March/June exchange trip with the New York City School of Economics and Finance.

A Student's Perspective on Character

Hello everyone, and congratulations on almost being members of the National Honor Society! Tonight I will be talking about character, which is arguably the best and most important pillar of NHS, and I'm not just saying that because I was assigned to give the character speech.

I say this because character is the quality that people remember most. It's what makes a lasting impression, and what gives your name meaning.

Character is about standing up for your beliefs and principles, as well as following your moral compass no matter what others say. Sometimes your moral compass doesn't point you in the right direction, sometimes it does, but no matter where you end up the journey is what molds your character. The lows in life are just as valuable as the highs, and no one can climb to the top without starting from the bottom.

While you've been growing up you've probably heard that "character is what you do when nobody's watching" and they wouldn't be wrong in saying that. It's just that I would make a little adjustment, the word nobody should include yourself.

Now this might sound really confusing, because I can't articulate my thoughts very well, but hear me out.

Your character isn't something you think about, it's instinct. It's about what you do without any thought. It's what happens when this (point to head) is on auto pilot. When someone drops their pen in front of you in the halls, do you stop and pick it up? When you see anyone with their hands full, do you open the door? Character is forged by your choices and actions so no matter what your answer was to these questions, it doesn't matter because there's still time to improve on your character and just because you got into the National Honor Society doesn't mean you can stop improving. This is a process that you should be doing until you've been put in a nursing home, by then you've earned the right to finally relax.

The National Honor Society can be used as a tool to help hone your character and make it for the better. I urge you as future members to uphold all of the founding pillars of NHS, especially character and to always stand for what's right .

And before I go, and I'm sorry for talking for what feels like forever, I would like to leave you with this quote from the Italian Stallion; "The world ain't all sunshine and rainbows. It's a very mean and nasty place, it will beat you to your knees and keep you there, if you let it. Nobody, is gonna hit as hard as life. But it ain't about how hard you hit... It's about how hard you can get hit, and keep moving forward." I urge you all to keep moving forward and forge your character for the better in the process.

Thank you for your time and congratulations!!

A Speech Given at the NHS Induction Ceremony by Senior Zach Bresnik

Honors Portuguese Students Have Been Busy!



On November 17th, the Honors Portuguese 4 and Brazilian History class went on a field trip to the New Bedford Whaling museum where we made many *lusophone* (pertaining to the Portuguese language) cultural connections to the New Bedford area and learned a lot about whaling. The museum surpassed our expectations in many ways and we all seemed to make personal connections to the stories told. The students most enjoyed the half-size replica of a real whaling ship built inside of the museum that students were able to board and explore.



After our morning at the museum and an enormous Portuguese lunch at the famous Antonio's Restaurant in New Bedford, we spent the afternoon taking a tour of the UMass Dartmouth campus which for most students was their first tour of a college campus. We saw everything from the library, to the million dollar dummies the nursing



students use for hands-on practice, to the dining hall and dorm rooms. We saw club flyers and study abroad opportunities specifically geared toward Portuguese-speakers. We were invited by the Portuguese faculty to a round-table question and answer opportunity for our students to find out more about their program for heritage speakers and to hear from a few of their current students about what they plan to do with their major or minor in Portuguese. We found out that currently in their program they have many Portuguese, Cape Verdean, and Azorean Portuguese speakers but do not have any Brazilian Portuguese speakers. All of our students were encouraged to apply to UMass.

Lastly, we actually attended and participated in Professora Reis' Portuguese for Heritage speakers class. MVRHS students were mixed with UMass students and had to complete the assignment together. For those of us who could hear it, it was truly a beautiful mix of Portuguese accents and as the individual conversations developed the common connections between language, culture, and how we all ended up in New England inevitably emerged. Overall, it was a most-meaningful and educational experience for both students and teachers and we hope to do it again in the future.

Jane McGroarty Sampaio, Portuguese Teacher



Business Department Starts Local DECA Chapter

The Business department has started a local DECA chapter. DECA stands for Distributed Education Clubs of America. DECA is an international organization for high school and college students enrolled in business and/or marketing classes. The group is the only student organization, which prepares its members to be future leaders in the fields of marketing, management, finance, hospitality and entrepreneurship. DECA operates through local business education programs and gives students the opportunity to compete with other DECA members from across the country in categories such as advertising, marketing, retail merchandising, food marketing, restaurant management, entrepreneurship, and finance and credit. These competitions take place at district, state, and international conferences during the course of the school year. There are four main points, represented by the DECA diamond, which are emphasized in DECA. They include leadership development, civic consciousness, social intelligence, and vocational understanding.

On October 21st, four students traveled to the MA DECA Fall State Leadership Conference at Bentley University: Karn Datta, Krishna Datta, Wyatt Jenkinson and Jack Reagan. They attended a leadership academy in the morning and several afternoon workshops on topics such as entrepreneurship, running for state office, and dressing for success. A week later, the MA DECA Coordinator and two students, both freshmen at Johnson & Wales University, visited MVRHS. They told us about their high school experience and all the opportunities DECA could offer our program. They also acted out a role play in the hospitality industry. We're looking forward to getting involved with DECA this winter and gearing up for our first possible district level competition in January.

Josh Burgoyne, Business Teacher

The November Engineering Challenge

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

The **November Challenge** was to **create a grocery grabber**. Students were given 45 minutes to construct a two-foot grabber that could reach small food items that were either high on a shelf or far across a table. The groups were provided cardboard, wood materials such as dowels and popsicle sticks, bolts and screws, netting, and plastic bubble wrap. To test the grabbers, each group had a representative team member **grab six separate items** and put them in a mini "shopping cart" without dropping or touching the items. The items included a box of tea, a box of cake, a spice jar, an apple, a clementine, and a sweet potato. The group that completed the task fastest was named the winner.

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

First Place = 24 seconds

Samantha Hargy and Casey McAndrews



Second Place = 36 seconds

Connor Downing and Zachary Bresnick



And in a Three-way Tie for Third Place at 47

Adam Bilodeau and Lucas Dutton



David Packer, Elizabeth O'Brien,
and Nathaniel Packer



Harrison Dorr and Garret Zeilinger



MVRHS Building Map with Exit Detail

