



## November Calendar

- 1 Physicals due for Winter Athletes and Intramurals  
Class ring sale
- 2 Half day of School for Students, 11:55 a.m. Dismissal, Staff In-service
- 3 Financial Aid Night II, Theatre, 7:00 p.m.
- 4 PTSA Pasta Dinner
- 5 Homecoming Dance, 6:00 – 10:00 p.m., Main Gym
- 6 Daylight Savings Time Ends
- 7 French Week
- 8 Music Association Meeting, 7:00 p.m., Room 123
- 10 NJEA Convention, No School
- 11 NJEA Convention, No School  
Veterans Day
- 14 Booster Club Meeting, 7:00 p.m., Faculty Dining Room  
PTSA Meeting, 7:00 p.m., Café B  
Spirit Week 11/14-11/18  
Powder Puff Football Game
- 15 National Honor Society Induction, 7:00 p.m., Theatre
- 16 8th Graders and Parents Night for All Sending Schools, 6:30 p.m., New Gym
- 17 Parent Advisory Meeting, 9:30 a.m., Room 114
- 18 Friendship Day  
Pep Rally  
Milk Can Game at VHS
- 21 World Language Honor Societies Induction, 7:00 p.m., Theatre
- 22 Teen Pep Family Night, Café B, 6:30 p.m.  
NJ Blood Services, 7:30 a.m.-3:00 p.m., New Gym
- 23 Half Day 1:55 a.m. Dismissal
- 24 Thanksgiving Holiday
- 25 Thanksgiving Holiday
- 30 Marching Band Banquet



*Michael P. Hughes,  
Principal*

### Celebrate National Education Week

At North  
Hunterdon  
High

School, we are fortunate to have a community that strongly supports education. Our faculty, staff, Board of Education, parents and community members work together to provide the best educational opportunities for our students.

The National Education Association's 90th American Education Week spotlights the importance of providing every child in America with a quality public education from kindergarten through college, and the need for everyone to do his or her part in making public schools great.

American Education Week will take place November 14 thru November 18.

### Milk Can Event

Every year, North Hunterdon follows in its tradition of the Milk Can game. The Milk Can Spirit Week is celebrated the week of the an-

nual football game, November 14-18. On November 18, North Hunterdon will play football against Voorhees High School at Voorhees at 7:00 p.m.

Hallway decorating takes place on Tuesday, November 15. Students will participate in Spirit Days during the week. There will be a pep rally on Friday, November 18. More details regarding spirit week can be found on page 7 of the newsletter.

It is important to remind students that we always root for our team and never against another team. Thank you for showing your school spirit in positive ways.

### School Cancellation Procedures

Please utilize the following channels of communication to learn if school has been cancelled due to inclement weather or other reasons.

- Visit the district website, [www.nhvweb.net](http://www.nhvweb.net)
- Call the main school number (North: 908-713-4199) and press option 9

- Listen to 104.1FM, 100.7FM, 92.7FM, 1510AM or 104.7FM
- Tune in to North Hunterdon's Channel 29 on Comcast Cable, Hunterdon Central's Channel 14 on Comcast Cable, WFMZ-Allentown or News 12 New Jersey on Comcast Cable

We do our best to inform staff and parents of school closings or delayed openings prior to 6:00 a.m. A decision is made by Dr. Shaddow usually by 5:30 a.m., and notification to the school community by our automated phone system and other media outlets begins as soon as possible.



### Financial Aid Night II Hosted by the Guidance Department

Thursday, November 3 at  
7:00 p.m. in the Theatre.

Topics: FAFSA Online and  
Local Scholarships.



## Departmental Students of the Month



**Fine Arts** Ali Pardo '12 and Jared Charles '13

**English** Cecilia Luciano '14 and Ben Worobey '14

**Mathematics** Rebecca Clinebell '14 and Rishi Singhal '14

**Music** Kathryn Brightly '12 and Jake Smolinsky '12

**PE & Health** Sophia Latriano '13 and Shane Cassidy '14

**Practical Arts** Michelle Kearsley '15 and Nathaniel Stevens '12

**Science** Hannah Gluckman '14 and Zachary Fink '13

**Social Studies** Katie Gunter '13 and Zachary Fink '13

**World Language** Alyssa Supple '12 and Nathan Bishop '15

## National Honor Society



The National Honor Society will have their Fall Induction on Tuesday, November 15 at 7:00 p.m. in the Theatre.

The **National Honor Society** (NHS) is one of the oldest and largest recognition programs for high school students in grades 10-12 in the United

States of America. NHS honors those students who have demonstrated excellence in the areas of scholarship, leadership, service, and character. The National Honor Society was founded in 1921 by the National Association of Secondary School Principals.

Click [here](#) to see the names of the current National Honor Society members at North Hunterdon. New inductees will be published in December's newsletter.



## October Students of the Month

*Congratulations to Kathryn Sinko and Alexander Romano for being named as the October Students of the Month!*



Kathryn Sinko '12



Alexander Romano '12

## AP Information Night

The Advanced Placement Information Night will take place on Wednesday, December 7 at 7:00 p.m. in Cafeteria B.

All students and their parents are invited!

### 2010-2011 Highlights

- 511 students enrolled, 446 tested, 87.3% participation
- 1,115 course selections, 920 tests, 82.5% participation
- 77.9% of scores 3 or higher
- 15 National AP Scholars
- 65 AP Scholars with Distinction
- 23 AP Scholars with Honor
- 60 AP Scholars
- 19 courses accepted into Seton Hall's Project Acceleration
- 80 students, 144 course selections

### 2011-2012 Status

514 students enrolled  
1,026 course selections



# Good Citizenship Student Recognition: October



As a part of our discipline policy, each department nominates one male and female student each month for being a good citizen. These students reflect one or more of the following characteris-

tics: **caring, citizenship, fairness, respect, responsibility and trustworthiness.** Congratulations to the following students!

**Fine Arts** Maddy Hunt '12 and Frank Greco '12

**English** Krystal Cyphers '14 and Tom Lukens '14

**Math** Rebecca Clinebell '14 and Jeremy Bond '14

**Music** Tom Maggio '12 and Grace Kilcommons '12

**PE & Health** Anne Kuster '12 and Jerry Whittle '13

**Practical Arts** Rebecca Clinebell '14 and Terence Popa '12

**Science** Tahmina Hassan '13 and Daniel Pepe '13

**Social Studies** Drew Berry '12 and Kristen Horoho '13

**World Language** Catherine Baka '13 and Logan Ventura '14

# NHHS Media Center Presents Rosen Teen Health and Wellness

*A Fantastic Resource for Teens (and Parents)*

New to North Hunterdon Media Center this year is the Rosen Teen Health and Wellness Database, providing thousands of resources on topics like sexuality, dating, stress, alcohol/drugs, eating disorders, and even acne written specifically for teens. Each entry is signed by the writer and includes the name of the medical doctors and medical professionals who reviewed the article as well as a link to their credentials.

The database creates a community for teens by providing a variety of ways for students to interact with the information, including:

**In The News**--highlights information from a published news story, with links to additional information in the database.

**Cast Your Vote**--gives students a chance to participate in polls on relevant topics, to see how other teens feel/act. After viewing the poll results, links to articles on a relevant

topic are included.

Easy to find access to a variety of national hotlines (Suicide, AIDS, Alcohol/Drugs, Eating Disorders, etc).

**Ask Dr. Jan** – a place to ask a question and get an answer from a licensed Psychologist.

**Personal Story** – a teen story written about a particular situation, like cyber bullying.

**Did You Know?** – factoids on various health/wellness topics, with links to related articles.

The database can be accessed from either school or home from the NHHS Media Center website at <http://www.nhvweb.net/nhhs/MediaCenter/>. Access to the database requires a password that is provided by clicking on the word Passwords on the website and entering the student's id and password. It is necessary to login using the domain NHHS: NHHS\student id.

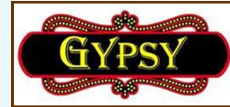


# Marching Band Participates in Columbus Day Parade in New York City



The North Hunterdon Golden Lions Marching Band participated in the Columbus Day Parade in New York City on October 10. The band first participated in this parade shortly after the 2001 attacks on the World Trade Center buildings. This year the 125-member band is led by drum majors Katie Burns and Tommy Vacca. The band played music from "Harry Potter and the Sorcerer's Stone." Mr. Vincent Angeline is the Head Band Director, and he is assisted by Mr. Perry Andrews, Mr. Joe Reynolds, and Mrs. Leslie Hackney.

## Theatre Auditions



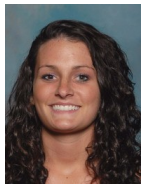
Auditions for the winter musical, *Gypsy*, will be held on November 7, 8, and 9. Participation in this production is open to all NH students, as actors, stage crew members, and pit orchestra musicians. The production will be presented in the first week of March, 2012. Mrs. Mary Meo will direct the show, assisted by Mr. Vincent Angeline, the Orchestra Director, and Ms. Kathleen Meo, the Vocal Director. Mr. Perry Andrews will oversee the production in his capacity of Theatre Coordinator.

Golden Lions practicing for the parade!



# Athlete of the Month

## Aleece Behr



Aleece Behr is a senior on the girls varsity volleyball team. She is currently in her third season as a starter for the Lady Lions and her second year as captain. Aleece plays opposite hitter, and has led the Lions to a fantastic season so far. The Lions are on fire with a record of 20-1 (as of 11/2/2011). Aleece's excellent skills on the court have earned her prestigious recognitions in the past season. In 2010, she was named to the 1<sup>st</sup> team Skyland Conference and to the 3<sup>rd</sup> team All State. She also was named Player of the Week for the Express Times. Aside from her prowess on the volleyball court, Aleece has contributed in many other ways to the North Hunterdon community: she is an active member of Interact & Able and National Art Honor Society.



# Athlete of the Month

## Pasquale Suriano



The boys varsity soccer team is currently 7-3 and ranked within the top 20 in the state. Lino Suriano has led the team in scoring with 7 goals and 3 assists through the first 10 games. Lino was an all conference selection last season and named to the list of All State players by the Soccer Coaches Association of NJ last year. Lino is currently a senior and plays striker for the NHHS Lions. He has dynamic foot skills and is a key playmaker on the soccer field with these skills. Lino is also a natural leader on the team, and has been an excellent role model for his fellow teammates as the team's captain for the 2011 season. His coach, Mr. Simpson, also proudly explained that Lino demonstrates excellent sportsmanship at all times.



## Lion Pride Athletic News

Click [here](#) for the **Lion Pride Athletic News Website**

10/9/11—Lady Lions Volleyball Team won the bronze medal at the Garden State Volleyball Challenge at Ramapo College.

10/12/11—Boys Cross Country team placed 3<sup>rd</sup> in the Hunterdon/Warren/Sussex Championship in a very tight race with Pope John and Walkill Valley.

10/13/11—Lady Lions Volleyball Team clinched their first Skyland Conference title in the history of the volleyball program at North.

10/20/11—Allison Lane was named the Express-Times Girls Volleyball Player of the Week

10/28/11—All North Hunterdon fall athletes had the opportunity to attend a presentation through the Lions Leadership Academy. Dr. Jarrod Spencer, Psy.D. spoke on the "Mind of the Athlete: Clearer Mind, Better Performance."

11/3/11—Austin Rhinehart - was named The Express Times Football Player of the Week.

## Safe in Hunterdon



### What's Your Green Dot?



North Hunterdon High School has partnered up with Safe in Hunterdon County to bring to faculty, staff & students the "Green Dot Program." What is this program? Green Dot is any single choice, behavior, attitude or words that express intolerance of any form of violence, express support for victims of violence and actively contributes to a culture of society. Posters & flyers fill the halls giving students situations & facts and asks them, "What's Your Green Dot?" Faculty, Staff & Students are engaged through awareness, education, and skills practice, in proactive behaviors that establish intolerance including, bullying, harassment, intimidation and violence. "No one has to do everything. Everyone has to do something." For more information, please contact the Safe Outreach Office at (908) 788-7666.

Steve Schultz is the North-Voorhees Regional H.S. District Anti-Bullying Coordinator. If you wish to contact him, he can be reached at 713-4199 ext. 6498 or e-mail [sschultz@nhvweb.net](mailto:sschultz@nhvweb.net).



## Winter Sports Info



Click [here](#) to find out information regarding Winter Sports Try-Outs and coaching staff contact information.

Click [here](#) to access physical forms. Please be advised that athletic paperwork will not be mailed out. Forms must be downloaded.

# Sudden Cardiac Arrest— A Silent Killer



North Hunterdon High School will host a cardiac screening program for young adults aged 14 to 20 on November 19, 2011 in the school nurse's office from 10 a.m. to 2 p.m. Two rooms will be used and appointments will be scheduled every 6 minutes.

Since 2006, there have been 33 children in the State of New Jersey alone who have suffered sudden cardiac arrest. Sadly, 28 lost their lives and only 5 survived. Heart problems among high school students have been the subject of increased scrutiny statewide. The State Department of Education has introduced legislation to establish an awareness program for "Hypertrophic Cardiomyopathy" – or an enlarged heart, one of the most common causes of SCA in student athletes. HCM can be entirely silent in terms of symptoms and can escape detection during routine athletic physicals.

In order to detect heart disease in young adults it is recommended that they be screened using an EKG or electrocardiogram, to detect heart blockages or other diseases. The ECHO (ultrasound) or Echocardiogram is specifically designed to diagnose HCM (hypertrophic cardiomyopathy). While the EKG is the same as one would get at a hospital or doctor's office, the ECHO screening does not constitute a full ultrasound screening. In the event that the screening picks up any abnormality, the athlete will not be medically cleared to play a sport until the high school nurse receives a note from a cardiologist clearing the student to return to sports and physical activity.

In order to participate in the cardiac screening a Parent/Guardian Consent Form (click [here](#) for the form and also on the NHHS website) must be completed, signed and returned to the NHHS Nurse's Office by November 18, 2011 with a check in the amount of \$70 made payable to CSYA or Cardiac Screening for Young Adults. Once the school nurse receives the completed form and check, the student will be assigned a time for the screening and a parent/guardian will then be notified. For those students receiving financial assistance at school, there will be no charge for the screening but a Parent/Guardian Consent Form must still be submitted to the school nurse's office prior to the screening date. Parents/guardians will have the opportunity to observe their child's screening and speak with a cardiologist on the day of the screening. *Please note that females should wear a sports bra.*

If you have any questions or would like more information, please contact a NHHS school nurse at 908-713-4171.

# Blood Drive

 **New York** Blood Center

Did you know that by donating blood and giving the "Gift of Life" you can help save three lives? During this holiday period blood donors are needed more than ever.



North Hunterdon High School is hosting a blood drive on Tuesday, November 22, 2011 in the New Gym from 7:30 a.m.

to 3:30 p.m. All students must have a signed permission form before donating blood. With parental permission, sixteen year olds can donate. In addition to filling out the permission form, they must also fill out the New Jersey Blood Services permission form. Click [here](#) to access the forms.

Important reminders:

- All donors should drink plenty of water and eat regular meals on donation day.
- All donors must show some official form of identification, such as a picture ID or driver's license.
- Replacement student IDs can be purchased in the attendance office for \$5.



# B ooster Club



Parents are encouraged to get involved in the NHHS Booster Club. The Booster Club's objective is to encourage and support all athletic teams through fundraising and volunteer efforts. Ms. Jill Prakopcyk is the new Booster Club President. Her email address is [nhhsbc@gmail.com](mailto:nhhsbc@gmail.com). You can download the booster club membership form by clicking [here](#). Click [here](#) for the Booster Club Quarterly Report.

# P TSA



Don't feel like cooking? The PTSA's Pasta Dinner night is on November 4 from 4:30 to 7:00 p.m. Dine in or take out! Dinner includes pasta, salad, bread, beverages and desserts. Tickets are \$8.00 for adults and \$5.00 for seniors and students. Children under 5 are free.

Children under 5 are free.

Proceeds benefit the Class of 2012.

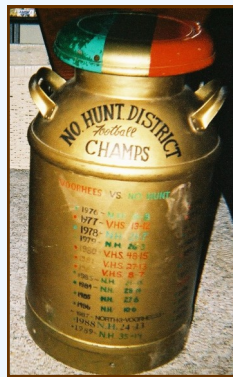


Zumba fitness every Tuesday and Thursday night at 6:30 p.m. Class is \$5.00. Have fun and exercise at the same time!



North Hunterdon calendars are available for \$10 or two for \$15. E-mail your order to [nhhspts@yahoo.com](mailto:nhhspts@yahoo.com).

# M ilk Can Spirit Week



Spirit Week takes place November 14-18 in celebration of the traditional Milk Can game on Friday, November 18 at 7:00 pm at Voorhees H.S.

Hallway decorating will take place on Tuesday, November 15. Seniors are assigned to the Mall area. Juniors will decorate Café A. Sophomores will decorate Café B. Freshman will decorate Café B Annex.

The Spirit Days for the week are:

**Monday:** college apparel day

**Tuesday:** nerd day

**Wednesday:** decade day

**Thursday:** super hero day

**Friday:** school spirit day

Seniors: grey

Juniors: green

Sophomores: white

Freshman: yellow/gold



# M usic Association



Don't forget! Check your coats, shoes, purses or other personal belongings at the Homecoming Dance on Saturday, November 5th. For a \$1.00 donation, which will support the NHMA, parents will gladly watch over these items while you enjoy the dance. Coat check tables will be located in the four corners of the main gym, so stop on by!

A great way to support the music programs is through the NHHS Music Association. The organization provides physical support needed to carry out various music activities. It also provides funds for refreshments and scholarships. Kathy Lukasik is the new Music Association President. Her email address is [kathylukasik@embarqmail.com](mailto:kathylukasik@embarqmail.com). You can download the club membership form by clicking [here](#).

# Flemington Borough Installs First Permanent Prescription Drug Drop Box in Hunterdon County

The Hunterdon County Safe Communities Coalition has taken the initiative in collaboration with the Hunterdon County Sheriff's and Prosecutor's Office to provide our community members a permanent drop off location. With the help of **Sheriff Fred Brown** and **Undersheriff Robert Smith** (who is a founding Coalition member), the drop-off box will be housed in the **Hunterdon County Justice Center** (located at 65 Park Avenue Flemington, NJ 08822) for citizens to safely dispose of their prescription drugs. The drop box will be located in the lobby of the County Justice Center (New Court House) and accessible during working hours. The Sheriff's Office volunteered to house and protect the integrity of the box by having it in this secure, safe location.



In addition, a permanent drop-off location could not have happened without the assistance of the **Hunterdon County Prosecutor's Office**. The Prosecutor's Office will be responsible for the legal disposal of the prescription drugs collected.

Prescription drug abuse in the United States is increasing at an alarming rate, especially for teenagers who report they can easily obtain prescription pills from medicine cabinets in their own and other people's homes. Data from the New Jersey High School Risk & Protective Factor Survey administered in 2008 indicate that students were able to obtain the following prescription drugs without a prescription: amphetamines, sedatives, hallucinogens, ecstasy, and oxycontin. Additionally, the rate of county high school students reporting use of Rx/OTC drugs in the past year (5.7%) exceeded that for the state (4.2%).

The **American Medicine Chest Challenge** will occur on November 12th. More information can be found on the Coalition's web site and at [www.americanmedicalchest.com](http://www.americanmedicalchest.com).

## Rachel's Challenge—School Wide Program on Thursday, December 1st

On Thursday, December 1st NHHS will have a school-wide assembly on the topics of bullying, strength and compassion. The program focuses on Rachel Scott who was the first person killed at Columbine High School on April 20, 1999. Her acts of kindness and compassion coupled with the contents of her six diaries have become the foundation for one of the most life-changing school programs in America.

Powerful video-audio footage of Rachel's life and the Columbine tragedy holds students spell-bound during a one hour school presentation that motivates them to positive change in the way they treat others.

On that evening, the Rachel's Challenge speaker will conduct a powerful session with parents and community leaders. This session is similar to the assembly program and ends with a specific challenge to parents and community leaders, showing them how they can reinforce the decisions their youth are making. Entertainers, politicians, sports celebrities, educators, and even two Presidents of the United States have been impacted by Rachel's Challenge. However, students are the target audience and it has been proven that students respond with positive change through their words, attitudes and actions. Our school will never be the same after being exposed to Rachel's Challenge!