

# North Hunterdon High School

## November Calendar

- 1 Common Assessment—  
Science, PE & Health and  
Social Studies
- 3 Daylight Savings Time Ends  
French Week & Spirit Week
- 4 Powder Puff Football  
PTSA Meeting, 7:00 p.m.,  
Café B
- 6 Friendship Day and Milk Can  
Pep Rally
- 7 & 8 NJEA Convention, school  
closed
- 8 Milk Can Game away at VHS
- 11 Veterans Day
- 12 Music Association Meeting,  
7:00 p.m., Room 123
- 13 8th Graders and Parents  
Night for All Sending Schools,  
6:30 p.m., New Gym  
Staff In-Service, 11:55 a.m.  
Dismissal
- 14 Class of 2014 Presents a  
Night of Comedy with Nutty  
by Nature Theater, 7:30 p.m.
- 19 National Honor Society Induc-  
tion Meeting, 7:00 p.m., Thea-  
ter
- 21 Parent Advisory Meeting,  
9:30 a.m., Room 114
- 25 World Language Honor So-  
cieties Induction, 7:00 p.m.,  
Theater
- 26 NJ Blood Services Blood  
Drive, 7:30 a.m.—3:30 p.m.,  
large gym  
Teen Pep Family Night, 6:30  
p.m., Café B
- 27 Early Dismissal, 11:55 a.m.—  
half day
- 28 Thanksgiving Holiday—  
school closed
- 29 Thanksgiving Holiday—  
school closed



# Principal's Newsletter

Volume 5, Issue 3



November 2013

## November News



Richard A. Ber-  
gacs, Ed.D.  
Principal

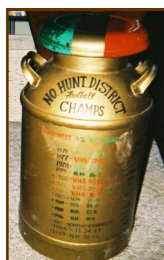
### Celebrate National Education Week

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 92nd 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 18-22, 2013.

### Milk Can Event



For the last three decades, North Hunterdon has followed in its tradition of playing football against its sister school,

Voorhees High School, to win the coveted milk can. The 38th Annual Milk Can Game will take place on November 8 at 7:00 p.m. at Voorhees High School.

### Chromebook Distribution

The roll-out phase of the 1:1 Chromebook initiative will soon begin to the freshman class. This is a very exciting time to be a student and teacher at North Hunterdon High School. Distribution of the Chromebooks to all freshmen, unless they choose to bring their own, will take place November 21, 22, 25 and 26 at both schools. Freshmen will be divided into four equal groups alphabetically by last name. Each day one of the four alpha groups will be able to receive their Chromebook. Students can pick-up their Chromebook either during lunch or study hall on their designated day. Freshmen bringing in their own device will register their device on November 27 or December 2. On November 27, all freshmen will receive Chromebook training in their English class. This initiative promises to bring positive changes to our instructional program and our

staff has been working very hard learning how to incorporate Chromebooks and technology enhanced instruction into their classrooms.

More information can be found on the district's technology webpage: <http://www.nhvweb.net/technology/>

### Lost and Found

All lost and found items will be turned in and picked up in room 121 during Mods 3-8 (8:55 a.m. to 10:43 a.m.) instead of the attendance office. There will be a box outside the classroom for lost items to be dropped off. If those hours are not convenient, please e-mail Ms. Allison Schaible ([alschaible@nhvweb.net](mailto:alschaible@nhvweb.net)). Ms. Schaible will set up a time so students can look for lost items.



## Departmental Students of the Month—October



Congratulations to the following students!

**Fine Arts** Sarah Flaim '14 and Thomas Fitzgerald '15

**English** Gianna Porfano '16 and

Jacob Willsey '16

**Mathematics** Alyssa Ma '15 and Trevor Edwards '14

**Music** Sarah Flaim '14 and Matthew Radican '14

**PE & Health** Faith Lindabery '16 and Jeffrey Guile '16

**Practical Arts** Mason Spichiger '14 and Jonah Dabb '14

**Science** Brielle Cruz '17 and Dylan Waddell '17

**Social Studies** Jenny Zhang '14 and Andrew Langman '14

**World Language** Abigail Toms '14 and Jacob Lione '17

## Good Citizen Students of the Month—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 characteristics: **caring, citizenship, fairness, respect, responsibility and trustworthiness.** Congratulations to the following students!

**Fine Arts** Brianna Suydam '15 and Stephen Straight '14

**English** Rebecca Canright '16 and Robert Marron '16

**Mathematics** Ashley Almanzar '17 and Andrew Plinio '17

**Music** Tracy Homann '14 and Eli Goings '14

**PE & Health** Norah Mardini '14 and Alexander Camisa '14

**Practical Arts** Kimberly Wolak '14 and Addison Cooper '14

**Science** Lauren Campbell '17 and Alejandro Ramirez '17

**Social Studies** Lilly Willen '14 and Colleen Kelley '14

**World Language** Katie Flegg '16 and Brandon Kubik '15

## October Students of the Month



**Rachel Bean**, a senior, has had 4 accomplished years at North. Rachel's favorite classes have been her drawing classes. She has taken Drawing I, II, III, and AP. She has always had a penchant for the arts, and says that drawing class provides a great academic break during the day where she can pursue her passion and talent. At North, Rachel is a member of the National Honor Society, Interact and Able, Model UN, and the National Art Honor Society. This year, she is the public relations officer for the NAHS. Outside of North, Rachel is an avid member of her church and youth group. She participates in many committees and leadership positions within her youth group, and attends meetings and activities every Wednesday after school. She is also self-employed as a piano teacher. Next year, Rachel plans to attend Brigham Young University, and is currently considering majors in art, English, or psychology. Some of Rachel's best memories at North are Relay for Life and Special Olympics, both of which were great experiences for her. She has also enjoyed meeting new friends throughout the years at North. Best of luck with the remainder of your senior year, Rachel!



**Alex Camisa**, a senior at North, has had a fantastic four years at North. His favorite class has been AP Biology with Mrs. Flynn. He particularly enjoyed learning about genetics. Mrs. Flynn made the class enjoyable while keeping the academic expectations high. Alex said that learning in a fun environment made the class the most memorable. At North, Alex is a member of the National

Honor Society. He is also a three-season athlete, competing for the football team, swim team, and spring track team. He has earned 3 varsity letters in these sports so far. Outside of North, Alex has worked at McDonald's for the last 3 years, where he has become a crew trainer. Alex has also participated in many volunteer events over the last few years. Last year, he attended a mission trip with his church to Philadelphia. Alex has also assisted with many sports camps within the North Hunterdon area. Alex was recently accepted to the University of Central Florida, and plans to attend there next fall. He hopes to major in Biology with a concentration in genetics and zoology. Alex's favorite North memories are the little ones. He says small moments make the best memories. Best of luck, this year, Alex!

## Student Athletes of the Month—October



Senior **Allison Lane** has been having an outstanding final season with the Lady Lions Volleyball Team, leading the team to their current outstanding record. Her strongest play on the court is hitting. As of October 14, she had tallied 85 kills for the season, bringing her career total to 329 kills. Scoring a kill is very exciting for the girls, and motivates them to continue doing well on the court. In addition to from her expert hitting abilities, Allison is also a strong communicator and motivator on the court. Allison has been playing volleyball for eight years. In addition to volleyball, she has been a member of the Varsity lacrosse team. Next year, she plans to play lacrosse for the Division 1 team at Marquette University in Milwaukee. Later in October, Allison and the rest of the girls' volleyball team will compete in the Hunterdon/Warren/Sussex County Tournament, and hope to win the tournament for the third year in a row. In November, they hope to move on to the state tournament. Good luck with the remainder of your season!

## Student Athletes of the Month—October



#55, Senior, **Michael Mastrobattista** is one of the starting Linebackers for the Lions 2013 Varsity Football Team. Michael is a three year varsity football player, a two year starter for the varsity team, and this season he was elected co-captain by his teammates. During the first four weeks of the season, Michael helped the Football Team win three games with his outstanding leadership and play at linebacker. Michael is leading the team in tackles with 45 after the first 4 games and has been North Hunterdon's defensive player of the week twice this season. Michael has been playing football for 8 years. His success on the field started early, when in eighth grade, he was part of the first New Jersey Youth All Star Team. In addition to football, Michael also plays recreational basketball and baseball for Clinton. He also participates in many community service activities, such as Special Olympics. Michael is an outstanding student-athlete for North Hunterdon who excels in the classroom and on the football field and he hopes to continue his education in college next year. He hopes to either study economics, or plans to become an Athletic Director. Best of luck to Michael and his teammates for the remainder of the season!

## Winter Athletic Tryout Information



Click [here](#) for the North Hunterdon HS Athletic Medical Forms.

Click [here](#) for the Tentative Winter Sport Practice 2013-2014.

Click [here](#) for the Physical and Parent Permission Dates for 2013-2014 Winter Sports.

## Athletic Accomplishments

- Congratulations to the Lady Lions Cross Country team winning the Hunterdon-Warren-Sussex Country Cross Country Championship on 10/17/13.
- Congratulations to Eve Glasergreen! She was named the MVP of the Hunterdon-Warren-Sussex County Girls Cross Country Championship.
- Congratulations to Dave Mugavero on his second place finish and the varsity boys team on their third place finish in the Hunterdon/Warren/Sussex County Championship on 10/17/13.
- Congratulations to Austin Frank on his win in the freshman race, as well as Nick Gristina and the junior varsity boys on their wins in the junior varsity division on 10/17/13.
- Congratulations to Allison Lane on being named the Express-Times Girls Volleyball Player of the Week on 10/18/13.
- Congratulations to the JV Cheerleading team on their first place win at Hunterdon Central on 10/20/13.
- Click [here](#) to review the **Lion Pride Athletic News**.

## NH Girls Volleyball Program Raises Money for Cancer Awareness



North Hunterdon Girls' Volleyball team honored Breast Cancer Awareness Month in October with its annual "pink-out" game against Hillsborough High School. This year's match was at home, and the Lady Lions won in two games; however, the real triumph was the money donated to the Susan G. Komen Foundation. The Lady Lions raised \$138 during the game selling home made baked goods.

## NH Girls Tennis Program Raises Money for Cancer Awareness



The North Hunterdon girls' tennis program (both varsity and junior varsity) raised \$863.50 during their fund drive promoting cancer awareness. This is the second year the team has made a significant donation to the Susan G. Komen Foundation. Among the highest contributors was Casey Durange with over \$300!

To further promote cancer awareness and education, the girls played a "Pink Match" against Bernards High School on Wednesday, October 9, in which they replaced their green uniform tanks with pink t-shirts. Additionally, the girls sold pink t-shirts to help raise money for the fight to cure cancer. Great job students, coaches and contributors in joining the battle against cancer!!!



## AP Information Night



The Advanced Placement Information Night will take place on Wednesday, December 11 at 7:00 p.m. in Cafeteria B.

All students and their parents are invited!

### 2012-2013 Highlights

- 547 students enrolled, 489 tested, 85.2% participation
- 1,178 course selections, 1001 tests, 85% participation
- 80.8% of scores 3 or higher
- 12 National AP Scholars
- 64 AP Scholars with Distinction
- 25 AP Scholars with Honor
- 66 AP Scholars
- 18 courses accepted into Seton Hall's Project Acceleration
- 115 students, 177 course selections

### 2013-2014 Status

548 students enrolled  
1,138 course selections

## National Honor Society Induction



The National Honor Society will have their Fall Induction on Tuesday, November 19 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.

The names of the current National Honor Society members and the new inductees will be published in December's newsletter.

## Patriotic Youth Club



In honor of Veterans Day, the Patriotic Youth Club will sponsor Jeans for Troops Day. By donating to this cause, participating North employees can wear jeans to school on

November 11. Last year, the club collected \$400 with the proceeds benefiting the GI Go Fund! Their goal this year is to collect \$1,000.

## North Hunterdon High School Marching Band



Photos taken by:  
Coach Melissa Wlodarczyk



The North Hunterdon High School marching band recently marched in the New York City Columbus Day Parade on Monday, October 14. They worked very hard, practicing for weeks, to prepare for this event. The band performed "You're a Grand Old Flag."

This is the 14th consecutive year the marching band participated in the parade. Click [here](#) to read more.



## Week of Respect—October 7-11 and School Violence Awareness Week—October 21-25, 2013

In accordance with the Anti-Bullying Bill of Rights Act, the first week of October is classified as the "Week of Respect." The third week in October is designated as "School Violence Awareness Week". These weeks were designed to ensure that all students in our school would receive age appropriate instruction on respecting themselves and others. The theme of respect is instrumental in reducing incidences of bullying and helping students to feel comfortable in our school. North Hunterdon High School observed both weeks in all departments with the following activities:

- Student Council and the Green Dot club led a school-wide effort by creating a "Respect is..." wall in the mall area. Students in their Health and Physical Education classes worked together to define what they believe respect is and the "Green Dots" were displayed in the mall area. In addition, Junior Health classes began their Character Education Unit and discussed respect in detail.
- In the Practical Arts department, all classes worked on creating a project (such as websites, pamphlets, etc.) that focused on respect in the school and the relationship between respect and violence.
- In all levels of the World Language classes, the students engaged in extensive discussions on respecting culture, differences, language, etc. Students were provided with vocabulary in their respective languages that relate to respect.
- The English department provided all North Hunterdon High School students with a "North Hunterdon Respect Rep" business card as a tangible reminder of the integral part respect plays in the life of a North Hunterdon High School student. Teachers also discussed the theme of respect in relation to the role it plays in every person's life as well as in the lives of the characters being studied in their literature classes.
- Science classes focused on respecting our school and environment.
- The Math department focused on respecting those around us in the classroom, at extracurricular activities, and the community.
- Posters from the We Tip Bully organization were posted throughout the building. The posters encouraged students to report bullying when they see it occurring.
- The Social Studies department focused on respecting society and how showing respect translates to lower incidences of bullying and harassment.
- The Friends of Rachel club posted "chain reaction links" around the school with messages of respect from Rachel Scott, the first victim of the Columbine school tragedy.

## Stressed????



High school students encounter stress from many facets of life: school, sports, clubs, friends, etc. Some students can work through the stress with mild stress coping activities such as listening to music or exercising, while other students may need additional support from their par-

ents or a school counselor. For many students, stress creates a behavioral change including acting irritable or moody, withdrawing from activities that used to give them pleasure, routinely expressing worries, complaining more than usual about school, crying, sleeping too much or too little, or eating too much or too little. Teens tend to spend more time with and confiding in peers and that is a normal part of growing up, but significantly avoiding parents, abandoning long-time friendships for a new set of peers or expressing excessive hostility toward family members, may indicate that the teen is experiencing significant stress. While negative behavior is not always linked to excessive stress, negative changes in behavior are almost always a clear indication that something is wrong.

Here are some stress reduction techniques:

- 1. Meditate**
- 2. Breathe Deeply**—this helps to reduce your body's reaction to stress.
- 3. Be Present**—live in the moment and don't think about the next place you need to be.
- 4. Reach Out**—talk to your parents/guardians, siblings, friends, teachers, counselor, coach or anyone you feel comfortable speaking to.
- 5. Decompress**—sit with a warm towel, take a bath or warm shower.
- 6. Laugh Out Loud**—a good laugh can help to reduce your mental load!
- 7. Crank Up the Tunes**—research shows that music can lower blood pressure, heart rate and anxiety all of which increase when stressed.
- 8. Get Moving**—while exercise isn't always a priority, all forms of exercise—from walking to running to training—can minimize stress and anxiety.

North Hunterdon High School has counselors who are available to help students work through any stress they are feeling. You can reach out to Tara Kraatz, Student Assistance Counselor, at 908-713-4167 or [tkraatz@nhvweb.net](mailto:tkraatz@nhvweb.net)

Source: <http://www.apa.org>



## Homecoming King and Queen Nominees



Boys left to right: TJ Marron, Thomas Steitz, Devin Hesketh, Joey Meyer, and Ryan McDowell  
Girls left to right: Clara Swanson, Sarah Lauer, Alexa Lazzarotti, Guliana Truppi and Christie Young

## Homecoming Dance—October 26, 2013



## Congratulations Emilie Rucci and I Spy a Rainbow!



Emilie Rucci '17 recently competed with her horse, I Spy a Rainbow, at the Pennsylvania National Horse Show. They won the \$4,000 North American League (NAL) Pony Jumper Finals on October 18. Earlier in the year Emilie and Rainbow won their division championship at the Devon Horse Show.

Congratulations, Emilie and Rainbow, on a job well done!

## King and Queen of the Lot

Congratulations to Jenna Nordstrom '14 and Jack Li '14 for winning the King and Queen of the Lot Contest. Jenna and Jack will have a reserved parking spot for the 1st semester.

## Guidance Update



Click [here](#) to read an important message from the Guidance Office.

## Blood Drive



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 26, 2013 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, 16 year olds must also fill out the New Jersey Blood Services permission form. Click [here](#) to access the letter and permission 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.

## Student Council Update

### No Shave November

It's going to get a little fuzzy around NHHS! Close to twenty staff members, including our Principal, Dr. Bergacs, have joined the NO SHAVE NOVEMBER challenge to raise awareness and funds for Prostate Cancer and Student Council's state charity [www.herocampaign.org](http://www.herocampaign.org)

These fine gentlemen will not shave for the month of November while students will bring in money to "vote" for the teacher who they want to keep the look into December. Coin collecting will take place Nov 4, 5, 6 and Nov 25, 26, 27. Various awards will be given to participating staff members.

### Food Drive

The NHHS Student Council and Key Club are sponsoring a food drive this month to help local families in need. Students can drop off non-perishable food items to their homeroom starting Monday, November 11 and ending Friday, November 15. The homeroom with the most donations will win a bagel breakfast.

### Freshman Holiday Dance

This is another chance for the class of 2017 to get together and dance the night away. Tickets will be \$8 at the door and all money raised will be donated to [www.herocampaign.org](http://www.herocampaign.org). The dance will be held on Friday, December 13 from 7-10pm.

## Health Office



Please click [here](#) to read important information regarding prescription drug abuse.

## 2014 Regis Yearbook



Preorders were taken for the 2014 Regis yearbook, "Me into We," through October 18. **It is still not too late to order!** Follow the yearbook link below to order. General ordering deadline is November 18. Don't miss out on the memories of the 2013-2014 school year! If you have any questions, please contact yearbook advisors: Lauren Mallia ([lmallia@nhvweb.net](mailto:lmallia@nhvweb.net)) or Matt Maurella ([mmaurella@nhvweb.net](mailto:mmmaurella@nhvweb.net)).

<http://www.nhvweb.net/nhhs/yearbook>



**Attention Seniors:** Senior Baby Ads for the yearbook are due by **December 6**. More details on the yearbook website above.

### The Regis Staff

**rocks!** They won the Garden State Scholastic Press Association Award. Click [here](#) to review the article in the HCDemocrat.com.





## North Hunterdon Voorhees Special Education Advisory Committee Meeting (SEPAC)

On Thursday, September, 26, the first NHV Special Education Parent Advisory Committee (SEPAC) meeting was held. The meeting was productive with a collaborative discussion among the Director of Special Services, Special Education Supervisors and the district's parents/guardians. Prior to the meeting, parents were asked to complete a parental survey. Some of the topics discussed at the first meeting consisted of the parental/guardian survey results, recommended Special Services website updates, increasing students' social activities and a NHV parent handbook. The next SEPAC meeting will be held Wednesday, November 20 at 7:00 p.m. in the district's administration building. There will be a presentation by the Hunterdon County ARC.

If you would like additional information, please contact either your child's case manager or Mary Pat Publicover via email: [mpublicover@nhvweb.net](mailto:mpublicover@nhvweb.net) or via phone at (908) 713-4169.

## Booster Club



Parents are encouraged to get involved in the NHHS Booster Club. The club's objective is to encourage and support all athletic teams through fundraising and volunteer efforts. Ms. Tera Lurger is the President. The Booster Club's email address is [nhhsbc@gmail.com](mailto:nhhsbc@gmail.com). Please consider joining the Booster Club to support all NHHS student-athletes!

Thank you to the families that donated supplies, food, drinks and their time for our Coach Appreciation Breakfast on Friday, October 18! It was a huge success! We will be asking for help again in December when we thank our custodial staff.

Our snack shack is open for all games on the turf after 5pm. Come out and support our teams!

## SAT/ACT/College Workshops

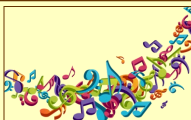
The **NH Booster Club** and **NH Music Association** are sponsoring a free practice and timed SAT or ACT for sophomores and juniors and an all-inclusive college prep workshop for parents. Click [here](#) to read more.

## North Hunterdon Class of 1983 Alumni Return for Reunion

The NHHS graduates of the Class of 1983 will hold their 30th reunion on November 30, 2013. The reunion will take place at Hunterdon Hills Playhouse from 6:00 to 10:00 p.m. More events are scheduled from Friday through Sunday. For additional information, please check the following Facebook page: North Hunterdon High School Reunion Class of 1983.

For an invitation email: [nhhsreunion83@gmail.com](mailto:nhhsreunion83@gmail.com)  
Call: Lisa Davis Engel at 908-310-6248.

## Music Association



The North Hunterdon Music Association welcomes all new members for the 2013-2014 year! We encourage all music families to become members and join us in support of the music students here at

North. Our membership forms are available on our webpage (see link below).

Thank you to all of our volunteers who have been busy supporting our events and fundraisers. We appreciate your dedication and enthusiasm!

The Marching Band has been hard at work performing at all of the football games, the Columbus Day Parade in NYC, and the Phillipsburg Band Festival. Please come out and celebrate their achievements at the Band Banquet on Wednesday, December 4 at 6:30 p.m.. For information regarding the banquet, please contact Cathy Edelsburg at [acedels@gmail.com](mailto:acedels@gmail.com).

The NHMA's new stadium seats are available for purchase at NH Football games and upcoming NHMA events! The cost for 1 is \$7 or 2 for \$12. Each purchase helps to support the services and programs of the NHMA.

Save the date! Applebee's Flapjack Fundraiser Saturday December 21<sup>st</sup> from 8:00 – 10:00 a.m.

Come out and join us at our next meeting on Tuesday, November 12, 2013 at 7:00 p.m. in room 123.

Please click [here](#) for the North Hunterdon Music Association website and membership forms.

## PTSA

Thank you to everyone who volunteered at the PTSA Pasta Dinner on Friday, October 25! The event was a huge success and we are grateful to all of the restaurants who donated food for our sumptuous pasta feast! Click [here](#) for the listing of our sponsors.

**A huge shout out** to the Stentz Family, winners of the 50/50 at the Homecoming football game. They graciously donated their winnings back to the PTSA!

**We need your help!** We are always welcoming new members to PTSA. Please come to check us out at our next meeting: Monday, November 4 at 7pm in Café B. Click [here](#) for more information and to fill out a membership form.

The Holidays are just around the corner so why not take advantage of our **Amazon** fundraiser. Support PTSA while getting gifts for everyone on your list! Click [here](#) for more information.

Homecoming is over, but Prom will be here before you know it! Check out our **Chaos** fundraiser [here](#).

### Upcoming PTSA events:

SAT Boot Camp: January 11, 2014

Battle of the Bands: January 2014

Staff Appreciation Breakfast: February 7, 2014