

# North Hunterdon High School

## December Calendar

- 3 Marching Band Banquet, 6:30pm Café B
- 6 SAT, not at North
- 8 Booster Club Meeting, 7:00 p.m., Faculty Dining Room
- 9 2nd Marking Period Midpoint
- 10 AP Information Night, 7:00 p.m., Café B  
Staff In-service, (delayed opening—students report at 10:15 a.m.)
- 11 Winter Concert I, 7:00 p.m., Theater
- 12 Lions Leadership Academy —Winter Athletes
- 13 Winter Sports Pictures, 8:00 a.m.
- 16 Guidance Dept. Scheduling Information Meetings
- 18 Parent Advisory Meeting, 9:30 a.m.  
Winter Concert II, 7:00 p.m., Theater
- 23 Winter Recess, 11:55 a.m. early dismissal  
Friendship Day  
Stall Day

### Winter Recess—School Closed

December 24, 2014 through  
January 2, 2015  
School Reopens on Monday,  
January 5, 2015

## Happy Holidays!

# Principal's Newsletter

Volume 6, Issue 4

December 2014



## December News



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

This month is an exciting time at North Hunterdon. There are many events that make this time of year a special occasion at our school.

### Music

Our Music Department has a special performance for students that will take place on Monday, December 22 during the school day. Winter concerts for the public will be on December 11 and 18 at 7:00pm.

### 2015-2016 Course Selection Guides

Course selection guides will once again be available this month for download from our website. This green initiative allows quick access to the information for students and their families without the need to print and distribute paper copies.

Students and their families will enter their course requests online through the Aspen system. For students entering grades 10<sup>th</sup> through 12<sup>th</sup>, this will allow for an efficient and

streamlined process for course requests.

Counselors will schedule times to meet with students to discuss planning options. Even though requests will be entered online, students will have many opportunities to receive assistance and guidance from counselors. If students have any questions during this process, please reinforce with them that they should contact their counselor for assistance.

Families will receive information via our School Messenger email system on the procedures and timelines for this process.

### School Cancellation Procedures

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 through School Messenger (our automated phone, email and text message system) and other media outlets begins as soon as possible.

If you feel you may have missed the automated message and are unsure of the status of school for the day,

the easiest way to check is to visit the district website, [www.nhvweb.net](http://www.nhvweb.net), call the school's main number (North -908-713-4199, Voorhees-908-638-2199) and choose option 9, or visit the schools' Facebook page. These three avenues are updated no later than 6:00am in the event of inclement weather.

We also notify some radio and TV stations if we are closed, having a delayed opening or dismissing early. Please [click here](#) for the list of media outlets.

### Superintendent Search-Community Input

Thanks to those of you who attended the Superintendent Search Parent-Community Input Sessions or have provided feedback on the search through the survey. If you have not yet completed the survey, please [click here](#). Survey will be open until December 10th.

### 2015-2016 Calendar

The Board of Education has approved the calendar for next school year. For your planning purposes, the calendar has been posted to our website, [click here](#).

## November Student of the Month—Madison Hynoski



Madison Hynoski, a very talented swimmer and North senior, has had an essential role on the swim team her four years at North. Madison has been on the Girls Varsity Swim Team since her freshman year where she won the honor of Rookie of the Year. Her sophomore and junior years, Madison received the Iron's Award (MVP

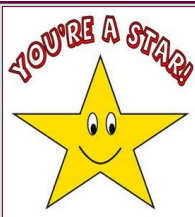
award). For the past twelve years, Madison has been a member of the Hunterdon County YMCA swim team and is a mentor for the younger kids on the swim team. She is also involved as a Job Coach at North. Madison's favorite class at North was her AP Biology class with Mrs. Flynn. This class was her favorite because Mrs. Flynn helped her in every way she could and made everything really interesting. It was enjoyable to know why everything in the world exists. Madison's favorite memories at North are attending football games with her friends and when the Swim Team went undefeated while becoming conference champs her junior year. Madison plans on going to college next year where she will be majoring in Elementary and Special Education. Good luck Madison!

## November Student of the Month—Tiyé Pulley



Tiyé Pulley, NHHS Senior, has had an excellent four years at North. Tiyé is a part of Model U.N., National Art Society, French Honors Society, Thespian Honors Society, and National Honors Society. In addition, Tiyé is also an officer in National Art Honors Society, French Honors Society, and Thespian Honors Society. Tiyé volunteers at a summer camp with Raritan Headwaters Association and is involved in the Big Brothers/Big Sisters program. He also enjoys karate, which he has been involved in for the past ten years. Some of Tiyé's favorite memories at North include Powder Puff cheerleading junior and senior years, having a dance battle at Homecoming, rapping with Sam Kuster and Tommy Fitzgerald in AP US History, and drawing class conversations. His favorite classes at North have been drawing along with AP Language and AP Literature. Both AP classes always had engaging discussions that he really enjoyed. Tiyé will be applying to many colleges, namely Swarthmore, Amherst, and Vassar College. He is going in undecided.

## November Departmental Students of the Month



**Fine Arts** Meredith Jamicky '15 and Shayne Fontana '15

**English** Amanda Riccitelli '17 and Nicholas Pittman '17

**Mathematics** Kayla Reece '15 and Nelson Dong '15

**Music** Jessica Teipel '15 and Steven Slack '16

**PE & Health** Katie Higgins '16 and Michael Bednar '15

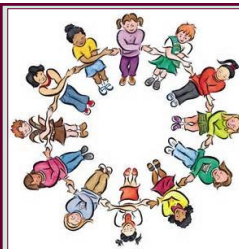
**Practical Arts** Zoe Chang '17 and Michael Finer '15

**Science** Keely Menezes '16 and Ryan Garvey '16

**Social Studies** Hailey Stine '15 and Jason Brovich '15

**World Language** Lauren Campbell '17 and Shady Barsoom '18

## November Departmental Good Citizen Student Recognition



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: **car-ing, citizenship, fairness, respect, responsibility and trustworthiness.**

Congratulations to the following students:

**Fine Arts** Hailey Foster '15 and Ethan Coss '18

**English** Sophia Varaklis '17 and Max Mergentime '17

**Mathematics** Rosa Castaldo '18 and Jacob Sieber '15

**Music** Kirsten Fodor '17 and Brett Morris '15

**PE & Health** Tegan Berry '15 and Kyle Straube '15

**Practical Arts** Jessica Graham '16 and Anthony Imbesi '15

**Science** Skyler Farrand '17 and Andrew O'Connell '17

**Social Studies** Sarah McDevitt '15 and Austin Saenger '15

**World Language** Katelyn Carswell '16 and Nicholas Pittman '17

## November Athlete of the Month— Katherine Primatic



Katie Primatic is one of North Hunterdon's Varsity Volleyball players. Katie plays the position of Middle Blocker and has helped her team end this year's season with a 23-3 record. This year, the volleyball team won both the Skyland Conference and the Hunterdon/Warren/Sussex Tournament. Katie was named the MVP at the team's county final. Katie's strongest skills on the court include being a team player, staying relaxed in high stress situations, and helping her teammates when they need help. Katie plans on playing in college at The College of William and Mary. She has also been a member of Model United Nations during her career at North. Katie has been playing volleyball competitively since freshman year when she made the freshman volleyball team at North. Since 11<sup>th</sup> grade, Katie has been playing on a club team called USA New York, where she has been playing in tournaments around the United States. Good luck next year at William & Mary!

## November Athlete of the Month— Ryan McDonald



Quarterback of the football team, Ryan McDonald has been playing football for North Hunterdon all four years of his high school career. Ryan is a strong leader on the field who stays composed under pressure and makes good decisions in the face of adversity. He led the Lions to win 29-21 over Voorhees in the Milk Can Game. Ryan's competitive football career began in the fourth grade with the Hunterdon Huskies where he helped the team win a State Championship in 2007. In sixth grade, Ryan transitioned to the Jr. Lions football association. The Jr. Lions went on to win the State Championship in 2010. Ryan was picked this year as the Verizon Photo Player of the Game during the game versus Immaculata and was also chosen as the Democrat Athlete of the week in September. Ryan also plays Basketball for the Lions and participates in Spring weight room. He plans to play football in college at a Varsity level but hasn't decided where he will be going next year.

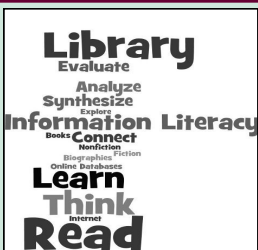


## Athletics



Click [here](#) to read about the upcoming Lions Leadership Academy presentation to winter athletes.

## Media Center Update



Click [here](#) to read the Media Center's update regarding research and databases.

## “Project Little Soldier”

The Patriotic Youth Initiative and Future Teachers of America are joining together to collect toys for children of soldiers this holiday season. Items that are being collected include: Gift Cards (Wal-Mart, Target, Best Buy, Toys r Us, sporting goods stores), footballs, soccer balls, cars, trucks, trains, baby dolls, children's books, children's hats and gloves. Please consider donating items to Project Little Soldier between December 2 and 17. Collection boxes will be in the history classrooms or give to Mr. Phillips.



# National Honor Society



On November 18, 2014, the North Hunterdon chapter of the **National Honor Society** held its fall induction ceremony.

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 following are the names of the current National Honor Society members and the new inductees:

Kelly Adam, Gera Adomako, Alfonso Albuquerque, Lucas Approvato, Corinna Arabia-Meyer, Jill Ashey, Tiffany Bai, Valerie Ballance, Kellie Bancalari, Connor Baucom, Alyssa Bennett, Eric Bercaw, Julia Berger, Liam Berson, Nathan Bishop, Kyle Boyd, Douglas Brightly, Natalie Brooks, Jason Brovich, Ashley Bucher, Courtney Bucher, Andrew Burden, Breanna Cavanaugh, Mark Cerwinski, Siena Chang, Tiffanie Chiu, Elizabeth Cimei, Caroline Coleman, Kendall Cowie, Andrew Crelin, Hayley Dadoris, Grant Davis, Danielle Deibert, Natalie Desmaris, Nelson Dong, Hannah Duerr, Emmalise Earl, Emily Edelsberg, Connor Farina, Kimberly Faust, Anelisa Ferguson, Jake Ferrang, Lily Fielding, Emily Fiorelli, Thomas Fitzgerald, Jordyn Flaherty, Jaclyn Fleming, Sarah Fossett, Davina Francki, Rachel Frey, Tabitha Gawalis, Josh Geerincq, Annie Girton, Abby Grunden, Josh Grunden,

Katie Hanily, Madeleine Hanley, Cheyenne Harrington, Alana Healy, Terrence Hellander, Molly Hensler, Olivia Herrera, Ashley Holdaway, Amanda Ignacz, Meredith Jamicky, Dana Janosko, Katherine Jeffries, Sam Jennison, Katelyn Kaniewski, Andrew Kapetanakis, Michelle Kearsley, Breana Kennedy, Samantha Kern, Amy Ketelsen, Clare Kisch, Travis Koch, Hannah Kose, Lauren Kreutel, Sam Kuster, Joseph Leonard, Kelli Liebermann, Brianna Lifshitz, Courtney Lunger, Alyssa Ma, Sean M. Mahaney, Morgan Mastrogiacomo, Sheridan Maybin, Sarah McDevitt, Ryan McDonald, Andrew Meiners, Andrew Meisner, Joe Montemurro, Kaylee Motter, Alison Mroz, Amanda Neal, Samantha Palahnuk, Karley Panek, Jeong Park, Michael Parolari, Kaylyn Pasterick, Liam Pearson, Austin Pellicari, John R. Pendergast, Harlee Peterson, Grace Plassche, Madison Polkowitz, Ryan Pomrinca, Brielle Popolla, Katherine Primatic, Tiye' Pulley, Kayla Reece, Katherine Reese, Bianca Riello, Taylor Rogers, Matthew Rotolo, Meera Rubinchik, Jamie Ruggiero, Natalie Sabatella, Corey Sautner, Jasmine Sawaged, Isabella Scangamor, Thomas Schumacher, David Schwab, Henry Schwartz, Cyrus Sethna, Carly Severini, Kelsey Shelofsky, Jacob Sieber, Gabriella Siefert, Mary Sigler, Isabel Stein, Nicole J. Steitz, Julia Tanzler, Jessica Teipel, Lia Throckmorton, Katherine Tota, Nicole Tryon, Mary K. Twaddle, Sarah Van Duynhoven, Matthew Vantslot, Joshua Varughese, Madeline Verniero, Brandon Votek, Molly Walsh, Sherrie Wang, Nikki Wei, Christopher West, Nicole Whalen, Alfred Williams, Kristjen Wilp, Paige Wintermute, Doug Witte, Kristian Wu, Cathy York, Sean Zalewski, John Zappala, Bernard Zhang



## Stall Day—December 23

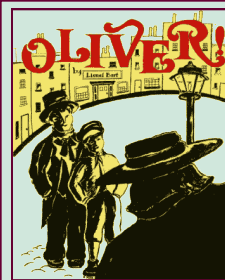


On Tuesday, December 23, students should bring their spare change to school in order to “stall” class to raise money for Student Council’s state designated charity, Christine’s Hope for Kids.

For more information on this wonderful organization you can visit the following websites and view the videos:

[Video 1](#)  
[Video 2](#)

## North Hunterdon Theater Organization



The North Hunterdon Theater Organization will present its winter musical, **Oliver**, on March 5 – March 7, 2015. Auditions were held on November 10 and 11. Please mark your calendars and come out and show your support

for our wonderful actors and musicians! NHTO staff and students will be working very hard to put on a great show for the community. Ticket sales information and show times will be announced at a later date.

## Music Accomplishments



NJ All-State Mixed Chorus Performance at NJPAC on November 16, 2014



Jessie Dau '17 and Gianna Porfano '16 after the NJ All-State Mixed Chorus Performance at NJPAC. Not pictured: Andrew Burden '15 who played the piccolo and flute with the NJ All-State Orchestra.



Jessie Dau, Gianna Porfano and Andrew Burden proudly represented North Hunterdon HS on November 7 at Boardwalk Hall in Atlantic City, and November 16 at the NJ Performing Arts Center in Newark. Jessie and Gianna

Porfano auditioned last April for voice parts Alto 1 and Alto 2, respectively, and were chosen along with approximately 350 other male and female singers from around the state to participate in the NJ All-State Chorus. Andrew Burden also auditioned, and was chosen to be part of the NJ All-State Orchestra, playing pieces on both the piccolo and flute. These three students spent hours rehearsing their repertoires on weekends at various high schools around the state, at home, for two and a half days in Atlantic City, and for another five hours in Newark prior to the final performance.

Congratulations to these vocally and instrumentally talented North Hunterdon students!

## North Hunterdon Celebrates Veterans Day



On Veterans Day, Command Sergeant Major Thomas Decker (left) and Lance Corporal Joseph Faro (right) spoke to U.S. History students about their military service.

Command Sergeant Decker served 36 years in the U.S. Marine Corps and New Jersey Army Reserve National Guard and is a retired New Jersey

State Trooper after 25 years of service. Lance Corporal Faro, a wounded warrior, served 4 years in the U.S. Marine Corps with a medical retirement.

Both veterans spoke highly of their time in the military as well as describing the sights, smells, devastation and cruelty they witnessed in other parts of the world. They explained that unless the students or anyone else experienced it personally, they would not understand what they've been through.

Decker and Faro risked their lives, and they would not think twice about doing it again. Both are proud to be Americans and are proud of what they have accomplished. They made a point of telling the students not to take anything in life for granted.

Mr. Decker is currently retired and works for the Hillis Group. Mr. Faro is pursuing a degree in Accounting.

We are honored that Mr. Decker and Mr. Faro visited our school and shared their life stories with us. Everyone at North Hunterdon High School thanks them for their service and their commitment to our country.

## Lost and Found



New items arrive daily! Lost and Found is located in the Attendance Office.

Parents, if your child has lost something, please encourage them to stop in the office anytime between 7:30 a.m. and 3:00 p.m. The containers are overflowing with various items. Don't wait too long as unclaimed items will be donated to charity. Your child may find what they have been missing!

## Social Hosting Laws

With the impending holiday season, it is important to understand the dangers and consequences of hosting a teenage party at your house in which alcohol is present. "Under New Jersey state law, anyone who purposely or knowingly offers, serves or makes alcohol available to an underage person or entices or encourages that person to drink alcohol is a disorderly person. It is also violation of the law for a host to make their property available (including leaving the property in care of another person) for the consumption of alcohol by an underage person. There is an exception in the law for parents or guardians who provide alcohol to their child." If your child is hosting a party at your house, it is important to make yourself aware of who is coming to the party and what they are bringing with them. It is also important to frequently check on the party to ensure that alcohol and other drugs are not being used in your house. Many teens say that they would think twice about serving or allowing alcohol at parties in their house if they thought or knew their parents would find out. Have a conversation with your child about alcohol, parties and the social hosting laws.

If you have any questions for the Student Assistance Coordinator, please contact Tara Kraatz at [tkraatz@nhvweb.net](mailto:tkraatz@nhvweb.net) or 908-713-4167. The Student Assistance Office is here to provide support services for students.

Source: <http://socialhost.drugfree.org/state/new-jersey>

## Scholarship Information

**Attention Seniors:** Local Scholarships will be available on Naviance in December. These are scholarships specifically for students at North. I encourage everyone to take a look at the list and apply for any scholarships that they are eligible for. To find the complete list of Local Scholarships:

- Click on the "College" Tab in Naviance
- Scroll to the bottom of the page and click the link for "Scholarship List"
- Use the Browse by Category tab at the top of the page to select "Local Scholarships"
- Please see Ms. Gorton in Guidance today if you have any questions about Local Scholarships. Best of luck!

# World Language News—National French Week

The week of November 10-14 was National French Week. This year, the French Club and French Honor Society planned a number of events. The fun started with French music and trivia questions every morning. On Monday afternoon, the French club hosted an after school movie, Lucky Luke (a traditional French comic book character). On Wednesday, French club and French Honor Society were able to use the cooking room after school. The students baked chocolate croissants, French Apple Tarts and made Baked Brie with raspberry sauce. Thursday after school the French Honor Society hosted a board game session where students played the French versions of Monopoly, Scrabble and Hang Man. Finally, on Friday night, French Honor Society hosted an activity night where students from NHHS and some of the surrounding middle schools enjoyed eating crepes and cream puffs. They played musical chairs, Pictionary, ping pong, X-Box, made Mardi Gras masks and much more! Madame Chukrallah and Madame Decker are both looking forward to more French fun with their students throughout the rest of the year!



Group Enjoying Crêpes



Fun Making Mardi Gras Masks



Monopoly



Croissants



Apple Tart



Scrabble



Pictionary



Musical Chairs

# Pep Rally Highlights (photos by Christmas City Studios)



# Milk Can Game Highlights (photos by Christmas City Studios)





## Snow Shoveling 101

Winter is here, and freezing temperatures, sleet and snow can cause havoc and injuries. Before you begin to clear snow from your driveway or walkway, remember that snow shoveling is a cardiovascular and weight-lifting exercise. It should be treated like a day in the gym – stretch before exercising and take it slow if you're not in shape. Using good body mechanics will decrease the stress to your spine and decrease your risk of injury and falls. Here are some tips to keep good body mechanics and avoid overexertion when snow shoveling:

- Take the time to warm up and stretch before shoveling and take frequent breaks.
- Keep your back straight (or a slight inward curve); it will decrease the pressure on your low back when lifting.
- Be sure to face the snow you plan to shovel and lift.
- Bend your knees, tighten your stomach and use your leg muscles when lifting snow. This will help divide the weight of the snow more evenly and help protect your back.
- Keep the shovel as close to your body as possible when lifting and moving snow.
- When moving snow, avoid twisting your back by turning your whole body and pivoting with your legs to face the new direction. Avoid 'tossing it' to the new location.
- Use an ergonomically correct shovel (the rod of the shovel will bend in an elbow shape). Adjustable handle lengths help to prevent excessive bending, and a lightweight blade helps reduce the amount of weight you are lifting.
- Grip the shovel with one hand as close to the blade as comfortably possible and the other hand on the handle.
- Move smaller amounts of snow and tackle your snow-shoveling project by dividing the job into thirds, with one-hour rest breaks.
- Wear shoes or boots with good treads. Spreading sand, salt, or kitty litter on your walkways will reduce the likelihood of slipping on the ice.

Denise F. Calloway  
Health Education Coordinator  
Kessler Rehabilitation Center  
dcalloway@kessler-rehab.com  
732-690-8017

### Kessler Rehabilitation Center

A Division of Select Medical Services

## News from the Guidance Office



Guidance counselors will be providing scheduling information to students during their Social Studies classes in December.

Also, seniors who are applying to colleges with a January 1<sup>st</sup> application deadline must have their transcript release forms in the hands of the counselor by December 8<sup>th</sup>.

## Freshmen Election



The new Freshman Class Officers were announced in November as a result of a class-wide election:

**President:** Prajeet Sarker

**Vice President:** Michael Vantslot

**Treasurer:** Evan Komoroski

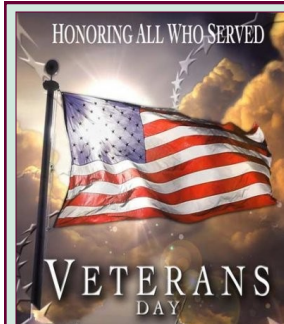
**Secretary:** Carlie Zandanel

**Historian:** Sarah Bradshaw

Congratulations to the new officers!



## Patriotic Youth Club



The Patriotic Youth Club collected a five dollar donation from North Hunterdon staff members and students who participated in the third annual Jeans for Troops program. In exchange, participating employees wore jeans on November 11, 2014 in honor of Veterans Day. The proceeds, approximately \$288, went to the G.I. Go Fund, a not-for-profit organization that assists returning and homeless veterans. The organization helps veterans find jobs, go to college, get health care, and find housing.

The club is planning a bigger and better collection for Memorial Day!!

Thank you veterans, for your service to our country and thank you North staff, for supporting this great cause!

## Booster Club News

Thank you to the teams that worked our shack for the Friday night home football games!! A HUGE THANK YOU goes out to the Country Griddle, Hot Bagels and Deli, Rosato's Pizza and Pasta and the Ottinger family. They all donated food for us to sell. Silver Oaks Learning Center donated our water. Please support these local businesses!

The proceeds from the Shack go toward the teams that work, our senior athletic banquet and senior scholarships for every varsity sport. We look forward to seeing you at our winter sports and the Indoor Shack!

The Booster Club is seeking individuals to help in all areas (open/close the shack, shopping, scheduling, officers, reps, etc). Please email [nhhsbc@gmail.com](mailto:nhhsbc@gmail.com) to volunteer. We would like new volunteers to shadow the current volunteers for one year. It makes the transition smoother.

Our meetings are the second Monday of the month in the Faculty Dining Room at 7:00 p.m. All are welcome!

## Music Association News



Enjoy the sounds of the season! Share the holidays with the NHHS Music Department and the NHMA.

**Wednesday, December 3 at 6:30 p.m.**  
Celebrate another successful marching band season at the **Marching Band**

**Awards Banquet.** Questions: Cathy ([acedels@gmail.com](mailto:acedels@gmail.com)) or Michelle ([michelleLsmith123@hotmail.com](mailto:michelleLsmith123@hotmail.com)).

**Friday, December 5 at 7:00 p.m.**

Our Golden Lions Marching Band leads Santa Claus through Clinton in the **Clinton Christmas Parade!**

**Thursdays, December 11 and 18 at 7:00 p.m.**

The **Winter Concerts I & II** will be followed by the NHMA-sponsored dessert receptions in Cafe A.

**Friday, December 12 at 2:25 p.m.**

Enjoy delicious treats at our **holiday bake sale**. Visit the NHMA table in the mall at dismissal.

**Saturday, December 20 from 8:00 – 10:00 a.m.**

Join us for a merry breakfast at the **Applebee's Flapjack Fundraiser!!** Our music students will host, serve, bus tables plus perform beautiful seasonal songs. See below for more information and tickets.

Join us for our next NHMA meeting on January 13, 2015. We will not meet in December.

**In this season of giving, we recognize all of you who have given time to the NHMA this fall. You are a gift not only to us, but also to our music students. The NHMA wishes you a very joyous holiday.**

## North Hunterdon Music Association—Applebee's Flapjack Fundraiser December 20



Please click [here](#) to read more about the Music Association's holiday fundraiser.