

- 1 School Closed
- 2 School Closed
- 5 Return to School
NHHS PTSA Meeting,
7:00 p.m.
- 11 World Language Week
- 12 NHHS Booster Club
Meeting 7:00 p.m.
- 13 NHHS Music Association
Meeting, 7:00 p.m.
- 14 Staff In-service, 2 1/2
hour delayed opening for
students
- 15 Parent Advisory Meet-
ing, 9:30 a.m. NHHS
Media Center
- 16 Mid Term Exams
- 19 Martin Luther King Day,
School Closed
- 20 Mid Term Exams
- 21 Mid Term Exams
- 22 Mid Term Exams
- 23 Mid Term Exams, last
day of the first semester,
12:25 p.m. dismissal
- 26 Second Semester be-
gins
- 30 Community Service Fair,
9:15 a.m.

PTSA Battle of the
Bands, 7:00 p.m., Café
A & B

Principal's Newsletter

VOLUME 6, ISSUE 5



JANUARY 2015

January News - Happy New Year!



Richard A. Bergacs,
Ed.D., Principal

Midterm Exam Schedule

Midterm exams are scheduled for Friday, January 16th, Tuesday, January 20th, Wednesday January 21st, Thursday January 22nd and Friday, January 23rd. Friday, January 23 is the last day of the semester and dismissal is at 12:25 p.m. All other exam days are full school days. Please click [here](#) for the detailed schedule. Monday, January 26 begins the second semester.

School Closing Reminder

Please be reminded that school will be closed on Monday, January 19 in observation of Martin Luther King, Jr. Day.

Scheduling

In the coming 2-3 weeks, more information will be sent home in regards to 2015-2016 course scheduling for all students. Students will again be choosing their course requests online, this year using Aspen, and then counselors will be scheduling individual meetings to review their selections with each student. Final course selections will be made based on teacher

recommendation, graduation requirements, and available electives based on student interest. If you have any specific questions regarding course scheduling, please contact your student's guidance counselor for more information.

PARCC (Partnership for Assessment of Readiness for College and Careers) Exams

Preparations are under way to administer the PARCC exams at North Hunterdon in the beginning of March and the end of April. PARCC tests are broken into two sets of exams, with the first being a Performance Based Assessment, that will be administered during the week of March 2nd through the 6th. The PARCC End of Year Assessment is scheduled to be administered the week of April 20th through the 23rd. These assessments are computer-based and students in grades 9-11 will be utilizing the Chromebooks they are assigned to take this state assessment. For more information on the PARCC exams, please visit [PARCC Resources for Parents](#)

Inclement Weather

In the event of a school closure, delayed opening or early dismissal, School Messenger, our automated notification system, will call the phone numbers you have provided to us, as well as send a message by email and text. The School Messenger system will leave a voicemail if no one picks up the phone. Parents and students may also check the school's website or call the school's main

number, 908-713-4199, and choose option 9 for the status of school for the day. You can also listen to local radio stations (92.7FM, 104.7FM, 100.7FM) or check Channel 29 on Comcast Cable.

If you have changed your phone number or email address since September 2014 please provide the information to our school's registrar, Ms. Susan Gutwillig at sgutwillig@nhvweb.net.

Front Entrance Re-Opened

The Route 31 entrance for student drop-off and entry during the day has been re-opened!! While there are still some more cosmetic portions to the entryway construction project, the major components have been completed. As a reminder, doors are open for students at 7:00 a.m. Students may enter through the Route 31 or Regional Road entrance. Students who arrive prior to 7:30 a.m. must report to the new gym via the Regional Road entrance or the old gym at the Rt. 31 entrance. Students should not be dropped off prior to 7:00 a.m.

Being Healthy in Wintertime

Students should make wise choices when selecting their attire during the winter season. It is important to dress in layers for cold weather to keep yourself well. Make sure you wash your hands often and cover your mouth when you cough. It is important for all of us to be mindful of others by keeping ourselves healthy.

December Department Students of the Month



Fine Arts Karley Panek '15 and John Zappala '15

English Jacqueline Netschert '18 and Steven Ruggiero '18

Mathematics Alyssa Bennett '15 and Shayne Fontana '15

Music Julia Lombardo '17 and Andrew Kapetanakis '15

PE & Health Aubrey Bartholomew '15 and Ryan McDonald '15

Practical Arts Abigail Johnson '16 and Benjamin York '16

Science Theodora Mavros '16 and Connor DePalma '16

Social Studies Isabella Many '16 and Nicholas Nelson '16

World Language Zoe Chang '17 and Casey Weider '15

December Good Citizens of the Month



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 Kellie Bancalari '15 and Douglas Witte '15

English Kate McGeary '18 and Brian Weller '18

Mathematics Katherine Robinson '17 and Colin Makombe '16

Music Gianna Porfano '16 and Brady Bean '16

PE & Health Kelly Mahaney '18 and Michael Zakhary '18

Practical Arts Emily Edelsberg '15 and Matthew Lee '15

Science Jessica Skierski '18 and Matthew DeSousa '18

Social Studies Nicholas Mannix '16 and Wyatt Vrancken '16

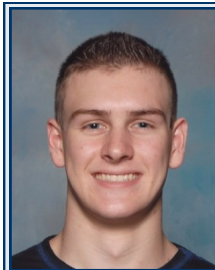
World Language Alyssa Schwartz '16 and Andrew Burden '15

December Students of the Month



Kelly Adam, NHHS Senior, has had an excellent four years at North. Kelly is involved in National Honor Society, Math Honor Society, Interact Club, and has been co-President of Key Club for the past two years. She was recently accepted to Penn State University and is currently waiting for an admission

decision from Boston College and the University of North Carolina. Kelly plans to major in Biology in order to become a medical researcher. Outside of school, Kelly has been involved in Big Brothers Big Sisters for two years. As a Big Sister, she demonstrates leadership skills by mentoring a younger student at the local elementary school. Kelly's favorite classes at North have been AP Biology and AP English. Mrs. Flynn made AP Biology a fun and interesting class that reinforced her passion for biology and inspired Kelly to pursue a career in the field. She also enjoyed class with Mrs. Carr and Mrs. Fedorko because of the reading material and discussions on the literature. Kelly's favorite memories at North Hunterdon have been attending the football games with her friends and going to the tailgates during senior year.



Michael Bednar, a very talented wrestler and North senior, has had an essential role in the wrestling team his four years at North. Michael is a top notch student-athlete who is very reliable and a natural leader. His efforts

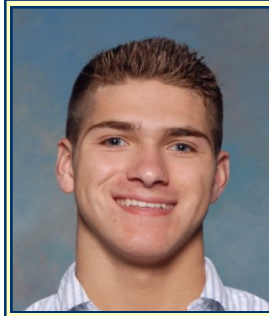
on and off the mat are admired by his team and coaches. Michael exemplifies what it means to be a student athlete. His favorite class at North Hunterdon have been Chemistry, Forensics, and all of his Math classes. Math is the subject he enjoys the most because he likes solving problems and challenging himself. Michael plans on studying finance next year at one of his top choice schools. He will be attending either Penn State, James Madison University, or Virginia Tech. Michael's favorite North Hunterdon memories are enjoying his high school years with his friends.

December Student Athlete of the Month — Eve Glasergreen



Senior Eve Glasergreen is a runner on North's Indoor Track team. Her strongest skills in the sport are endurance and speed. Eve helped North place seventh in the state last year at the Meet of Champions. This was the team's highlight of the season. Eve's personal record is running the 5k in 17:52 and coming in third place at the Meet of Champions. In addition to Indoor Track, Eve runs Cross Country in the fall and participates in Spring Track. She also participates in French Honor Society and National Honor Society. Eve has been running competitively since she was eleven years old. She does not run for anyone else besides North Hunterdon, but was a part of the Lions Track Club when she was younger. Eve plans on competing at a D1 level in Cross Country, Winter Track, and Spring Track at Cornell University next year. She loves running for its interaction with nature and the sense of family it creates with teammates and other runners.

December Student Athlete of the Month—Brandon Votek



Senior Brandon Votek has been receiving varsity minutes since his freshman year. As a sophomore, Brandon helped the team win States. He began starting on the Varsity team as a junior and is now one of the team Captains. Brandon has competed competitively in basketball since the third grade.

His strongest skill in basketball is driving to the basket and finishing with a layup as well as passing in out once he beats his man. Brandon plays the position of Point Guard and played his first game on December 19th.

In addition to basketball, Brandon participates in other school clubs. He is involved in Interact and Able, WHAM, and National Honor Society. Brandon plans on either playing basketball competitively next year in college or as a club sport.

World Language Society Induction



On November 24, the French, German, Latin and Spanish Honor Societies held their annual induction ceremony and welcomed new members. Each language's current members performed the induction ceremony and the new members recited an oath as part of their membership.

The **French Honor Society** welcomed 19 new members: Olivia Adams, Emily Brand, Rebecca Canright, Audrey Chester, Claiborne Countess, Zoe Countess, Rebecca Farinaccio, Johanna Giordano, Lauren Kepenis, Gregory Kortina, Samantha Magda, Lauren Morrisette, Allison Moyer, Caroline Paul, Santiago Pinzon, Samuel Szych, Austin Turner, Julianna Walchuk and Urszula Wisniewska. The ceremony was performed by Phoebe Wiant, Tiye Pulley, Meera Rubinchik and Nikki Wei.

The **German Honor Society** welcomed 16 new members: Connor Berson, Kirsten Fodor, John Hanley, Wyatt Kowalchuk, Nicholas LaBelle, Matthew Lewis, Jacob Li-one, Max Mergentime, Alexis Miranda, Elliot Schneier, Tyler Snyder, Nathan Sferra, Gabriella Siefert, Devin Strange, Sarah Tranquilli and Helen Wiegand. The ceremony was performed by Celine LaBelle, Camilla Brulinski and Anton Gava.

The **Latin Honor Society** welcomed 21 new members: Paige Ashley, Rebecca Barter, Rae Burach, Lauren Campbell, Kelly Dineen, Mary Grace Drwal, Mackenzie

Gilvey, Jahel Gomes, Amy Holdaway, Erin Howard, Sarah Jennison, Marcella Kaplan, Carmen Kuo, John Macce, Cole Marra, Sophia McElroy, David Montes, Lauren Morrisette, Marissa Muench, Zachary Panzarino, Claire Ravenburg, Mugdha Sanglikar, Amy Sroka, Courtney Tampone, Katherine Teipel, Dylan Waddell, and Helen Wiegand. The ceremony was performed by Liam Berson, Jeremy Decker, Brielle Popolla, Anelisa Fergus, Jamie Hahn, Amanda Ignacz, Kellie Bancalari and Andrew Burden.

The **Spanish Honor Society** welcomed 37 new members: Kiran Ali, Brady Bean, Taylor Brinker, Adriana Burton, Sarah Dehkes, Hannah Ferenci, Amanda Ferrante, Jenna Ferreira, Jessica Graham, Jullianne Grillo, Katie Hanily, Meghan Hoban, Claire Jarvis, Abigail Johnson, Sam Kuster, Kelly Landers, Claire Lee, Theodora Mavros, Jessica Maziarczyk, Griffin Middleton, Lilianna Mikitiuk, Michelle Nguyen, Connor Oldakowski, Gianna Porfano, Madison Riley, Kisaragi Gabrielle Ruben, Cara Shannon, Ellen Shelly, Robert Spichiger, Amy Sroka, Gemma St. Louis, Courtney Tampone, Natalie Thompson, Samantha Tracey, Daria VanDoren, Erin Yu and Benjamin Zenevich. The ceremony was performed by Lily Fielding, Nicole Steitz, Samantha Paluhnuk and Kristian Wu.

Midterm Exam Schedule—January 16-23, 2015

The following is the midterm exam schedule. Morning Polytech students will be given the option to take their exams when they return from Polytech. Arrangements can be made with their teacher to schedule time in the resource room, and the exam must be completed on the same day.

Time	Day 1 1/16/15 Exam/Mods	Day 2 1/20/15 Exam/Mods	Day 3 1/21/15 Exam/Mods	Day 4 1/22/15 Exam/Mods	Day 5 1/23/15 12:25pm dismissal Exam for Mods 9-10, 7-8-9-10 7:45-8:55
7:45—8:55	11-12 11-12-13 10-11-12	13-14 13-14-15-16 13-14-15	15-16 14-15-16	7-8 6-7-8 7-8-9	
9:05—10:15	1-2 1-2-3	3-4 1-2-3-4	5-6 4-5-6 5-6-7	17-18 16-17-18	Mods 1-2 9:00—9:20 Mods 3-4 9:24—9:43 Mods 5-6 9:47—10:06 Mods 7-8 10:10—10:29 Mods 9-10 10:33—10:52 Mods 11-12 10:56—11:15 Mods 13-14 11:19—11:38 Mods 15-16 11:42—12:01 Mods 17-18 12:05—12:25
10:21—10:48	Mods 3-4	Mods 1-2	Mods 1-2	Mods 1-2	
10:52—11:19	Mods 5-6	Mods 5-6	Mods 3-4	Mods 3-4	
11:23—11:50	Mods 7-8	Mods 7-8	Mods 7-8	Mods 5-6	
11:54—12:21	Mods 9-10	Mods 9-10	Mods 9-10	Mods 7-8	
12:25—12:52	Mods 11-12	Mods 11-12	Mods 11-12	Mods 9-10	
12:56—1:23	Mods 13-14	Mods 13-14	Mods 13-14	Mods 11-12	
1:27—1:54	Mods 15-16	Mod 15-16	Mods 15-16	Mods 13-14	
1:58—2:25	Mods 17-18	Mods 17-18	Mods 17-18	Mods 15-16	

Habitat for Humanity Club

Have you noticed several new benches popping up near sports field around North Hunterdon? The NHHS Habitat for Humanity club has taken on the task of rebuilding some of the most in-need benches across the campus. Additionally, our NHHS club youth chapter continues to support the Raritan Valley Habitat for Humanity program in its goal to provide and create affordable housing for families in need throughout surrounding communities.

Build days – whether it be producing benches or homes - have offered, our club members take the opportunity to join together and provide service for a larger community, all while developing some engineering and wood working skills. At the end of a rewarding and productive build day, our Habitat club members can walk away with tangible results of their labor and success!

The following picture was taken at the most recent build, held on Saturday, December 6th. Despite the cold, rainy conditions, club members enjoyed a morning of work and are proudly seated on one of the newly constructed benches!



National English Honor Society Induction



In September 2014, the National English Honor Society National Advisory Council approved the petition of the faculty and students at North Hunterdon High School to charter the North Hunterdon Chapter of the National English Honor Society.

The following young men and women who have distinguished themselves by their outstanding academic achievement in the study of English language, writing, and literature were recognized on December 16, 2014, at North's first National English Honor Society induction program:

Gera Adomako '15, Madeleine Andreas '16, Jason Brovich '15, Elizabeth Cancelliere '15, Audrey Chester '16, Tiffanie Chiu '15, Kendal Cowie '15, Gillian Evers '16, Hannah Ferenci '16, Amanda Ferrante '16, Davina Francki '15, Annie Girton '15, Jessica Graham '16, Eileen Holland '15, Abigail Johnson '16, Samantha Kern '15, Celine LaBelle '16, Claire Lee '16, Brianna Lifshitz '15, Theodora Mavros '16, Joshua McBriar '16, Christopher Mead '16, Megan Mercurio '16, Michelle Nguyen '16, Erin Nolan '16, Stephanie Ostrowski '16, Kaylyn Pasterick '15, Katherine Reese '15, Riley Madison '16, Elizabeth Rotolo '16, Kisaragi Ruben '16, Meera Rubinchik '15, Jasmine Sawaged '15, Cara Shannon '16, Gabriella Siefert '15, Robert Spichiger '16, Gemma St. Louis '16, Nicole Steitz '15, Courtney Tampone '16, Rachel Thatcher '16, Sara Tumulty-Ollemar '16, Daria VanDoren '16, Michael Vitti '16, Tiffany Yang '16 and Erin Yu '16

Congratulations to all!

NJSIAA Honors John Deutsch, Athletic Director

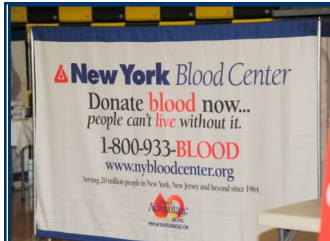


North Hunterdon Athletic Director, John Deutsch, was selected by the NJSIAA Honor Awards Committee to receive The Service Award. This special award acknowledges his service in the field of inter-scholastic athletics and dedication to the young men and women athletes of our high school past and present. The award

was presented at the NJSIAA Annual Sports Awards/Business meeting on December 1, 2014.

Everyone in the North community wishes Athletic Director Deutsch a hearty congratulations!

Blood Drive Highlights (photos by Christmas City Studios)



On Tuesday, November 25, North Hunterdon hosted their fall blood drive. A total of 428 pints was donated! Thank you to all who participated.



Soccer Equipment Drive



The Spanish Honor Society recently collected gently used soccer equipment to send to a soccer club to help support underprivileged youth in Colombia, South America. The purpose of the drive is to help keep the children off the streets and

Pictured left to right: Ellen Shelly, Cara Shannon, Gemma St. Louis, Claire Jarvis, Amanda Ferrante, Michelle Nguyen, Claire Lee, Daria VanDoren, Natalie Thompson and Griffin Middleton

break the cycle of violence and delinquency. The project was a huge success. Thank you to the many students, teacher, and parents who contributed to this cause.

Computer Science Education Week December 8-14



Computers are everywhere! We live in a world surrounded by technology. We know that whatever field students choose as adults, their ability to succeed will increasingly hinge on understanding how technology works. But only a small fraction of students today are learning computer science,

and fewer students are studying it than only a decade ago.

To assist students with their understanding of computer science, we enrolled our school in the Hour of Code initiative. We wanted our entire school to join in on this largest learning event in history during Computer Science Education Week (Dec. 8-14). Last year, 15 million students tried computer science in one week. This year, we're joining students worldwide to reach 100 million students!

The Math Department at North planned several events in which classes could participate throughout the week. These activities were accessed through the student chromebooks or by visiting one of the Computer Labs or the Media Center in school. The following is a list of some activities that supported this initiative:

Classes visited <http://hourofcode.com/us> and clicked the link for **Students - Try It** to program a game using Scratch-like drag and drop steps, learn the basics of JavaScript and Python programming languages, or make an app to share. When students finished any of these events, they received a certificate through school email. Students submitted their certificates to Mrs. Edwards or Ms. Hickson in the library for a chance to win a prize.

Students were encouraged to “Play a game at our Gaming Corner”- students in the Computer Science Basics through Gaming and Intro to Java classes were busy building a variety of games. They set up near the Tech Center in the Mall to be played by anyone interested in participating. Some of the games featured were BugSmash (a candy crush like game), Asteroid Destroyer, Flip the Robot Monkey (a platform based game), and Bovine Battle. One of these games has a high score option and the student who scores the highest score will win a prize. (Again the awarding of a monetary prize has not been approved yet so we cannot announce the actual prize yet.)

Classes also viewed some short clips (<http://csedweek.org/promote>) from people like Bill Gates, Chris Bosh of the Miami Heat, President Clinton, Mark Zuckerberg, Steve Jobs, and others on how they got started with coding.

Students were encouraged to try the Yeti Animation - Add code tiles to animate the Yeti to make him dance, wave, and spin his head.

There were additional activities on Beyond One Hour of Code – that students were able to try!

This year, we expanded our awareness of Computer Science by encouraging the entire school to take part in these fun activities. We hoped students would join in for the Hour of Code 2014.

All students were sent an e-mail outlining these activities. Teachers were asked to encourage their classes to participate that week— either in class or have them relay what they have done independently each day to see if each student participate in at least one of these activities.

SAT Prep Course Offering

Students who would like to improve their SAT scores are invited to attend a free SAT Review in Math, taught by certified Math teachers, and/or Critical Reading & Writing, taught by certified English teachers. They will be presented with specific test-taking strategies and given practice exercises for homework. It is expected that registered students will attend every workshop and complete homework assignments.

SAT Math Review:

The Math SAT review will be held on Thursdays from 3:00 – 5:00pm in room 207 beginning on January 15 running

through February 19. Sign-ups were held in the Matrix (room 215) beginning Monday 12/8.

SAT Critical Reading & Writing Review:

The Critical Reading and Writing SAT course will meet on Mondays from 3:00— 5:00 pm starting January 26th and ending March 9th. This course will prepare students for the March 14 administration of the SAT. There will be a total of six sessions; however, the classes will run for seven weeks to accommodate the national holiday that falls during that time period. Classes will be taught by Ms. Maria Radus, and they will meet in room 017.

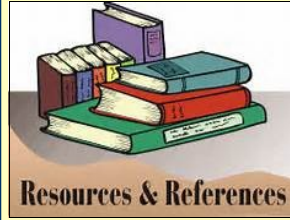
NH Varsity Cheerleaders



The North Hunterdon Varsity Cheerleaders won silver medals at the Hunterdon-Warren-Sussex competition on December 6, 2014 with an amazing performance.

They earned a first place trophy, competing against 10 teams in the Large Varsity division at the UCA Regional Competition at Kutztown University on Sunday, December 7, 2014 winning an automatic bid to the National High School Cheerleading Championships in Orlando, FL in February.

All About ABC-CLIO



Please click [here](#) for an update from the Media Center regarding ABC-CLIO, a publisher of reference materials.

Resources & References

Stall Day



On Friday, December 23, students brought their spare change to school in order to “stall” class to assist our state charity, Christine’s Hope for Kids.

Each teacher began class as usual and students brought their loose change to the teacher to count. Every time the teacher counted the change, the class “stalled” and then he or she restarted class. This continued until the students stop contributing.

A total of \$315 was collected. Thank you to all students and staff who participated.

Patriotic Youth Club



The Patriotic Youth Club held their 13th Annual Operation Little Soldier Toy Drive. The club collected over 100 toys and ~\$600 in gift cards. The toys benefited children of our troops who live in New Jersey

and Pennsylvania. The club would like to thank staff, students and the North community, who participated in this fund drive, for bringing a little holiday cheer to families with troops serving our country.

Governor’s Educators of the Year Program



Congratulations to the NHHS recipients of the 2014-2015 Governor’s Educators of the Year Program. Media Specialist, Martha Hickson (left), is our Educational Services Professional of the Year and Business Teacher, Michelle Chang, is our Teacher of the Year, who are joined by Principal Bergacs. Thank you for your dedication and tireless efforts in making North a great place for our students!

North Staff Participates in Penn State “THON”



On Friday, December 12, 2014, North Hunterdon High School hosted a Dress Down Day benefiting Penn State

“THON”. For a \$5 donation, staff was able to dress casual for the day to support Penn State’s 46-hour Dance Marathon taking place in February. 100% of the money donated will provide financial and emotional support for children affected by cancer.

This year-long fundraising effort engages more than 15,000 student volunteers across Pennsylvania and has raised over \$114 million dollars since 1977.

Staff donations totaled \$160! Thank you to everyone who supported this worthwhile cause!

North Hunterdon Senior's Photo Chosen for Exhibition



Olivia Brand's photograph has been selected to be included in the 2014 Drexel University High School Contest Exhibition sponsored by Drexel University Antoinette Westphal College of Media Arts & Design Photography Program. Photographs will be on display at the Photography Facility on 33rd and Arch Streets from February 7 to March

6, 2015. Six winners will be announced on January 15, 2015. There were many entries, and we are proud of Olivia for having her work chosen for the show!



Depression Part III

Music Accomplishments

The following students were accepted into the CJMEA (Central Jersey Music Educators Association) NJ Region 2 Chorus:

Brielle Burns '17 – NJ Region 2 Mixed Chorus, Soprano 1 (10th chair)

William Kubas '16 – NJ Region 2 Mixed Chorus, Tenor 2 (7th chair)

Juliette Shore '18 – NJ Region 2 Women's Chorus, Soprano 1

Sarah Wingle '18 – NJ Region 2 Mixed Chorus, Alto 2

Band member Julia Lombardo '17 successfully auditioned for the NJMEA Region II Orchestra. Julia is ranked as the number two Bass Clarinetist in Central New Jersey and will perform with this honors ensemble in January.

Congratulations to all!

Golden Lions Marching Band



The following students were recognized at the December 2014 "Golden Lions" Marching Band banquet:

Top Freshman Marchers—Leah Gaidos '18 and Lawrence Luo '18

Top Sophomore Marchers—Kirsten Fodor '17 and Olivia Adams '17

Top Junior Marcher—Brady Bean '16

Top Senior Marcher—Jessica Teipel '15 and Andy Kapetanakis '15

Most Improved Band Member—Jahel Gomes '17

Spirit Award—Tommy Fitzgerald '15

Sabre Award—Theresa Vitovitch '15 and Emily Edelsberg '15

Director's Award—Nathan Bishop '15 and Andrew Burden '15

Section of the Year Award—Trumpets/Horns, Zach Pawlikowski '15, Section Leader

Pride of the Lions Award—Benjamin Sharp '15

Service Award—Isabella Helriegel '15 and Priscilla Sanchez '15

Congratulations to all on a job well done!

HAPPY ☆ NEW ☆ YEAR

Teenage Body Image

Information from our Student Assistance Counselor:

For many teens, achieving the perfect body has become a major measure of self-worth. Alarming statistics reflect society's present-day preoccupation with physical appearance and self-image.

For Example:

- 40% of all 9 and 10-year-old girls have already been on a diet – Duke University
- 70% of 6-12 year olds want to be thinner – National Eating Disorders Association
- In one study, 3 out of 4 women stated that they were overweight although, only 1 out of 4 actually were – Rader Programs
- While only one out of ten high school girls are overweight, nine out of ten high school juniors and seniors diet – Rader Programs
- A study found that adolescent girls were more fearful of gaining weight than getting cancer, nuclear war or losing their parents – Rader Programs
- Nearly a quarter of girls age 15-17 would consider undergoing plastic surgery. [Heart of Leadership](#)
- More than \$35 million is spent on dieting and diet products each year. Thinness has become a symbol of power, moral superiority, and even a measure of fitness/wellness itself. Unfortunately, few of us have peace of mind when it comes to our bodies and our appearance.
- Many women believe their lives will be magically transformed when their goal weight or dress size has been reached. This keeps females of all ages caught up in the relentless pursuit of thinness- a quest that all too often results in body-shame, body-loathing, low self-esteem, and body-image disturbance.

Signs of Body Image Disturbance

Body image concerns occur along a continuum that ranges from mild-dissatisfaction to severe body-hate. Body-image disturbance is generally seen in conjunction with self-esteem issues, depression, eating disorders, or sexual abuse.

These warning signs may indicate that a problem exists:

- Unable to accept a compliment.
- Mood is affected by how she thinks she looks.
- Constantly compares herself to others.
- Calls herself disparaging names – “fat,” “gross,” “ugly,” “flabby.”
- Attempts to create a “perfect” image.
- Seeks constant reassurance from others that her looks are acceptable.
- Consistently overestimates the size of her body or body parts.

- Believes if she could attain her goal weight or size, she would accept herself.
- Allows her drive for thinness to supersede all of life's pleasures or goals.
- Equates thinness with beauty, success, perfection, happiness, confidence, and self-control.
- Compartmentalizes the body into parts – (thighs, stomach, buttocks, hips, etc.) rather than feeling connected to the whole body.
- Has the ever-present fear of being fat – even if she is slim.
- Has an overriding sense of shame about herself and her body.

How to Help

Women can learn to make peace with their bodies – no matter what their size or shape. In fact, it is self-love and acceptance that promote the self-care and self-nurturing necessary for high esteem.

Recent studies indicate that self-esteem and body-esteem are very closely linked and have little relation to actually physical attractiveness. Thus, the true indicator of a good body image is good self-esteem – as opposed to being able to fit into size 6 jeans.

The following suggestions can help promote better body-esteem for everybody:

- Base compliments on attributes other than size, weight, or shape.
- Minimize “diet” and weight talk.
- Never joke about or shame anyone because of her weight or size.
- Examine your own attitudes and preferences about weight and size.
- Raise your own and others' consciousness about the cultural bias regarding thinness.
- Believe that the person's body distortion is real for her (not just attention-getting), and respond in an empathetic manner.
- Be knowledgeable about professional resources for help. These include dietitians, psychologists, body-image specialists, etc.
- Discourage dieting or weight-loss fads, and instead, encourage a wellness lifestyle.
- Don't equate thinness with happiness
- Remember that there is no “ideal” body. Beautiful bodies come in all shapes and sizes.

Continued—next page

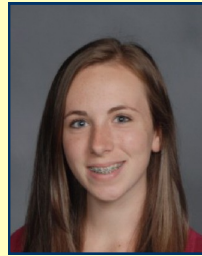
Teenage Body Image (continued)

Ten Steps for a Positive Body Image

- Keep a top-10 list of things you like about yourself -- things that aren't related to how much you weigh or what you look like. Read your list often. Add to it as you become aware of more things to like about you.
- Beauty is a state of mind, not a state of body. Remind yourself that true beauty goes beyond appearances. When you feel good about yourself and secure in who you are, you carry yourself with a sense of confidence, self-acceptance, and openness that makes you beautiful.
- Look at yourself as a whole person. When you see yourself in the mirror or in your mind, choose not to focus on specific body parts. See yourself as you want others to see you--as a whole person.
- Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who recognize and support natural sizes and standards.
- Shut down those voices in your head that tell you your body is not "right," or that you are a "bad" person. You can overpower those negative thoughts with positive ones. The next time you start to tear yourself down, build yourself back up with a few quick affirmations that work for you.
- Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.
- Become a critical viewer of social standards and media messages. Pay attention to images, slogans, or attitudes that make you feel bad about yourself or your body. Protest these messages and advocate for healthier body portraits by writing letters to advertisers, or visiting and contributing to advocacy websites, such as those listed on our resource list.
- Do something nice for yourself. Take a bubble bath, read a book, make time for a nap, relax in a peaceful place outside.
- Use the time and energy that you might have spent worrying about food, calories, and your weight to help others. Reach out to your community to make a positive difference in your world and the lives of others.

Source - <http://health.colostate.edu/resources/body-image-eating-disorders/>

North Hunterdon Freshman Takes Initiative to Help Others



Madison McGourty, a freshman at North Hunterdon High School from Bethlehem Township, wanted to help her fellow students get help if they needed it and, through a suggestion from DoSomething.org, Madison is doing just that. Working with school administrators and the Friends of Rachel club, Madison placed stickers in every bathroom stall

in the high school that provide the number to the Crisis Text Line.

The Crisis Text Line makes it "more comfortable for teens to get help," said Madison. "It can be hard for kids to express their feelings face to face; texting is what we're used to."

According to its website (www.crisistextline.org), the Crisis Text Line, a subsidiary of DoSomething.org, provides teens with free access, 24/7 to a trained specialist who can provide emotional support and information through text messaging, a medium that teens use and trust. Crisis Text Line partners with existing organizations that are experienced, highly trained, and well-equipped to respond to teens in crisis: experienced crisis centers, youth-serving organizations, and experts in the youth and mental health fields.

The stickers Madison placed inside all 85 bathroom stalls prior to Thanksgiving Recess provide students another outlet to communicate; all they have to do is text "DS" to 741741. So why stickers in the bathroom? "It's where kids go when they're in a crisis, to cry or just have some privacy. There's not many private places in a high school," Madison explained.

In addition to the ease of texting, another benefit Madison says for the Crisis Text Line is that it creates real-time data, allowing for trends to be detected in a certain area. According to a video from the CEO of DoSomething.org, Nancy Lublin, a Crisis Text Line specialist can alert the principal of a school in an area if they see a spike in texting on a certain day and/or at a certain time (<http://www.crisistextline.org/who-we-are/>). "

We are extremely proud of Madison for coming to us with this idea and for seeing it through to completion. She exhibits the qualities that are indicative of what we hope to see from every North Hunterdon student. As a result of her efforts, someone will have the opportunity to receive help if they need it," said Dr. Richard Bergacs, Principal of North Hunterdon High School.

Madison is hoping to expand her efforts to Voorhees High School. She says she hopes she can "help even one or two people, making their day a little better by giving them someone to talk to."

Traffic Alert—Proceed with Caution



Starting Thursday, January 8 and continuing each Thursday through Feb 5, 2015 (weather dependent), there will be Ski Club drop-offs in the morning before school. Please plan accordingly as there may be congestion on campus, particularly from the Route 31 entrance.

Reminder to all students: there is no parking in the lower parking lot by the field house. All ski club students must park in their designated area.

Music Association



Happy New Year from The North Hunterdon Music Association!

The North Hunterdon Music Association has had a wonderful first half of the year ~ many new members and many enthusiastic volunteers. We are so grateful for your efforts

and support.

It's never too late to become a member! Our membership dollars, along with fundraising efforts, help us provide programs, services and scholarships which encourage and enrich all of our music students. Find out more by attending one of our monthly meetings, held on the 2nd Tuesday of each month. Click [here](#) to visit our website and learn more about who we are and what we do.

Keep music in mind as 2015 begins...and join us for our next NHMA meeting on Tuesday, January 13, 2015. We meet at 7:00 p.m. in the choir room (Room 131).

Booster Club News

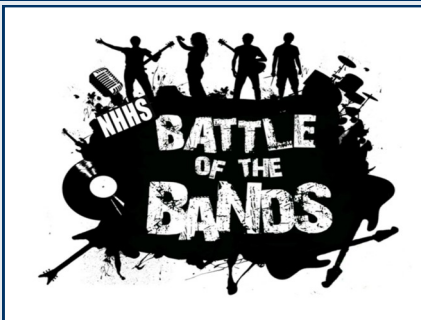


Our indoor shack will be open for all 7:00 pm basketball games/wrestling matches starting Friday, December 19th. We will have drinks, candy, hot dogs, popcorn and pretzels. Come out and support our teams!!

Looking ahead...we will be hosting our custodial luncheon in January and Dave 'the Rave' Robbins birthday celebration in February.

If you are interested in volunteering for the Booster Club, please visit our webpage for more information or email us at nhhsbc@gmail.com.

Please click [here](#) to read the Booster Quarterly Report.



"Battle of the Bands" will be held Friday, January 30th! Mark your calendars for this awesome night of music. Come support your favorite band. Check out the [flyer](#) or more information.

Happy New Year and Happy Savings! If you didn't get everything on your Christmas Wish List, you still can take advantage of our Amazon Fundraiser and support PTSA! Go to the [NHHS Fundraising webpage](#) and scroll down for more information.

We are always welcoming new members to PTSA. Please come to check us out at our next meeting: Monday, January 5th at 7pm in Café B. For more information go to [NHHS PTSA](#).

Upcoming Events:

Staff Appreciation Breakfast - 2/6/15

SAT Boot Camp: January 10, 2014 @ Voorhees High School

SENIORS MARK YOUR CALENDAR— Senior Banquet is 4/29/15

