



Blue Notes

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Volume VII

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Attleboro High School
THE HOME OF BLUE PRIDE

IMPORTANT DATES

DATE CHANGES

May 1st will be AWARDS NIGHT
May 6th will be the Valedictorian /
Salutatorian Ceremony

MAY 2008

- 1 Special Olympics
- 1 Awards Night Bray Aud. 6:30-9
- 3 SAT Exam
- 5-16 AP Exams Administered
- 6 Special Olympics [Rain Date]
- 6 Val/Sal Ceremony 1PM Prin. Lobby
- 15 Mid-Quarter Date
- 17 12th Annual One-Act Festival 9-5
- 20 Scholarship Evening 7PM
- 21-22 MCAS Math Test
- 23 Progress Reports Distributed
- 23 Junior Prom
- 26 Memorial Day – No School
- 27-29 MCAS History Test
- 29 Sr. Final Exams
- 30 Sr. Final Exams

JUNE 2008

- 2 Sr. Transition Day
- 3 Sr. Cap & Gown/Sr. Survey/Tickets
- 3 Softball Tournament 5 PM
- 3-4 MCAS Science Test
- 4 Sr. Graduation Rehearsal 8 AM
- 4 Senior Cruise
- 5 Sr. Graduation Rehearsal 8 AM
- 5 Senior Reception
- 7 SAT Exam
- 8 Graduation Ceremony 1:00 PM
- 13 Freshman Social Caf. B1 6-10 PM
- 16 Locker Clean-Out
- 19-20 Final Exams (half-days for students)
- 23 Make-Up Exams (1/2 day)
- 23 Last Day of Classes (1/2 day)
- 30 Report Cards Mailed Home Week of July 1st.

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Awards Night

May 1, 2008

7:00 PM

in the

Bray Auditorium

with a special

Multi Video

Student Anthology 2008

Premier Showing

starting at

6:30 PM

prior to the Awards

Scholarship Night

May 20, 2008

7:00 PM

in the

Bray Auditorium

The School Council meeting dates are:

Monday, May 12, 5 – 6:30 PM

PARENT ADVISORY

It has come to our attention that a number of students have received information from the organization "National Society of High School Scholars." This organization is not affiliated with the "National Honor Society" at Attleboro High School.

A STUDENT REACHES OUT Senior Project

As part of my Child Care senior project on how witnessing abuse affects a child's development I am collecting new and gently loved stuffed animals to donate to the "Bears on Board" program at the Attleboro Police Department and to the battered women's shelter. We have all had stuffed friends that helped us through those scary times. Imagine having no one to help you feel safe. You can help a child by donating one or more stuffed friends. They can be dropped off at Attleboro High school, or feel free to call 508-222-5150 ext 317 for more information. Thank you for your support!

Thank you,
Jess Roy

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Music In Our Schools

May is another busy month for the performing arts at AHS. There are a few performances, including our annual Alumni and Friends Spring Concert, on May 22nd, featuring our mixed chorus and concert band. Any faculty, alumni or parents are welcome to join us in singing and playing. There will be a special dress rehearsal on Wednesday, May 21 from 6:00-7:30pm (band) 7:30-9:00pm (chorus). For more information, please contact the Music Department at (508)222-5150 x256.

Congratulations to Crystal Defreitas & Courtney Bernard, who have been selected to participate in the Massachusetts Lions All-State Band on May 8-10.

Journey Towards Excellence

MCAS TESTING SCHEDULE

Grade 10 students will take the MCAS Math tests on Wednesday, May 21 and Thursday, May 22. Grade 10 students must score at least a 220 on both the March English and May Math tests to meet state requirements for being granted a high school diploma. Students who are unsuccessful will have a number of opportunities to take retests in the following years.

Grade 10 students who have not yet passed an MCAS Science test will take either the MCAS Biology or Physics test on Tuesday, June 3 and Wednesday, June 4. Scoring at least a 220 on the Biology or Physics test is a diploma requirement beginning with the class of 2010.

Grade 9 students will take the MCAS Introductory Physics test on Tuesday, June 3 and Wednesday, June 4. If a grade 9 student scores at least a 220 on the Physics test, it will count as having met the MCAS Science requirement for a high school diploma.

Grade 11 students will take the US History MCAS test on Tuesday, May 27, and Wednesday, May 28. The test is not a diploma requirement for the class of 2009, but students are required to take the test.

The **MCAS** tests are critically important to students' futures and for the school. Please make sure students attend the testing sessions each day, on time, and well-rested. Students may bring a small snack to consume prior to the tests. Be advised that a tired or hungry student does not present his/her best performance which is so important on these tests. You must notify the appropriate house office if your student is going to miss a testing session. If you have any questions regarding MCAS testing, please contact Assistant Principal Jeff Newman at extension 248.

GUIDANCE NEWS

Freshmen:

If you have questions or concerns, please visit Ms. Lamoureux (A-Leo ext. 227 slamoureux@attleboroschools.com) or Mr. Horack (Lep-Z ext. 501, jhorack@attleboroschools.com.) in the grade 9 house office located on the third floor.

Sophomores: CONGRATULATIONS to Melissa Malone and Anthony Hoose! These two sophomore students were selected to participate in the Summer Search Program. This is a national program that challenges students to develop character and leadership by providing year-round mentoring, life changing summer experiences, college advising and a lasting support network. This is a tremendous opportunity for students. The application process was rigorous and began with an intensive interview by representatives from the program. Melissa and Anthony were chosen for their admirable qualities such as resiliency, altruism, and leadership performance. We extend our sincere congratulations to Missy and AJ!

We are now finishing the process of meeting with sophomores to choose course requests for next year. If you

have any questions or concerns, please contact your child's House 10 guidance counselor on the third floor.

If you have questions or concerns, please visit Mr. Feinberg (A-K ext. 387 bfeinberg@attleboroschools.com) or Ms. Kennedy (L-Z ext. 540, kkennedy@attleboroschools.com) in the grade 10 house office located on the third floor. We look forward to seeing you!

Juniors: Junior counselors are in the process of meeting with their students to revisit their post-secondary plans. They are looking for updates on students' progress with researching careers, requesting teacher recommendations, and visiting colleges. They will also answer any additional questions students have to prepare them for further investigation over the summer and their return to school in September.

Keep in mind: the registration deadline for the June 7th SAT is May 6th. Students interested in taking the test for the first or second time must register on Collegeboard.com.

SENIOR FINAL EXAMS			
	Thursday May 29 Day 2	Friday May 30 Day 1	Monday June 2 Day 2
Block 1 7:15-8:43	E	Exam E	E
Block 2 8:48-10:27 (includes SSR)	F	Exam F	F
Block 3 10:32-12:21 (includes lunch)	Exam G	G	G
Block 4 12:26-1:50	Exam H	H	H

- ❖ Senior Exams will be administered within the normal class period as indicated in **bold** above.
 - ❖ Senior Exams can be a chapter, unit, review or special exam that may be administered to the entire class.
 - ❖ Senior Final Exams are worth 10% of the student's final grade for the course.
 - ❖ Seniors with a cumulative course grade of 90 or better are exempt from the exam. (Students who are exempted from the exam are expected to be in class.)
 - ❖ If a student is absent from an exam, it is the student's responsibility to arrange for the make-up with the individual teacher whose exam he/she has missed prior to June 2, 2008.
- Congratulations to the Class of 2008!

If there are any questions, please contact:
Mr. Parrillo (A-K ext. 325, aparrillo@attleboroschools.com)
Ms. DiRaimo (L-Z ext. 259, jdiraimo@attleboroschools.com)

Seniors: We are now into the last quarter of high school! With graduation less than two months away there is no time to let classes and grades slip. Remember, colleges may retain the right to review your final transcript prior to your beginning your freshman year. If you or your parents have any questions about your academic standing, please call as soon as possible.

For those students who are looking to continue on to college next year, if you have any questions about making decisions, financial aid packages, or the transition into college, let your guidance counselor know. We will be happy to sit down and provide what ever information we can.

Final / Graduated transcripts will be mailed to the school seniors indicate on their "Senior Survey". Transcripts will be mailed on June 25th, after all grades have been posted for the entire student population. Please take this survey seriously as it will help future senior classes and the guidance department in the development of programs to assist all students.

It's never too late to apply to college! There are many schools in the area that accept applications on a rolling basis. Any student wishing to participate in Division I or II collegiate athletics must file a certificate of amateurism and register with the NCAA Clearinghouse. All information is online at www.ncaaclearinghouse.net. If you have questions or concerns please call or email: Ms. Ahearn (A-K ext. 268, eahearn@attleboroschools.com), or Mr. Janicki (L-Z ext. 288, mjanicki@attleboroschools.com).

Music In Our Schools Upcoming Performances

April 25-27	AHS Music Dept. trip to Philadelphia
May 1	Music Parents Assoc. meeting, 7pm
May 17	12 th Annual One Act Play Festival 9:00am-5:00pm
May 21	Alumni and Friends Spring Concert Rehearsal 6 - 7:30pm band & 7:30 - 9pm chorus
May 22	Alumni and Friends Spring Concert, 7pm
May 26	Memorial Day Parade
June 5	Music Parents Assoc. meeting, 7pm
June 8	AHS Graduation Ceremonies, 12-3:30
June 10	Music Dept. Banquet

Grade 9, 10 and 11 Final Exam Schedule

June 19	1/2 day Exams for Blocks E and F
June 20	1/2 day Exams for Block G and H
June 23	1/2 day Periods E, F, G, and H Exams reviews, Last Day of School

According to state and local regulations, family vacation is not a legitimate reason for absence from school. Therefore, parents are requested to schedule family vacations when school is not in session.

Parent Tips from Unified Student Services What are panic attacks ?

Most adults are familiar with the feeling of fear and dread. It's the feeling you have before a job interview, a first date, a near miss car accident, when a child missed curfew. Our minds begin to wander to the worst case scenario. Through the years we have become familiar with the signs that we are anxious. Our heart and breathing rate increases, our muscles tense, our hands and feet grow colder because blood is rushing to our muscles and we begin to sweat. Our bodies are responding normally, making us ready to fight or flee a threat.

Now imagine having this physiological response in the middle of English class. Your body is reacting to a threat no one else sees. The next thing you know you feel faint, dizzy, out of breath, your heart is pounding and your body is shaking. You look around the room and everyone else is sitting quietly reading Shakespeare and you feel the intense need to run from the room.

Teenagers can experience panic attacks anywhere at anytime. For the person trying to calm the student it is hard to understand why he or she is reacting without an apparent threat. Then in response to not knowing why this is happening, the student begins to feel more frightened. The student may feel he is going to die or cannot escape. Yet this came out of the blue. The student says to himself: "I am going to have a heart attack right in the middle of Macbeth." The fear of embarrassing oneself becomes as frightening as the heart attack.

The best way to help people through a panic attack is to help them understand how their thoughts and self talk are affecting them. In the same vein self talk works wonders in assuring oneself there is no danger. They are not really having a heart attack. They are not going to stop breathing. Help them take deep breaths and imagine a peaceful and calming place. Panic attacks seem like they last forever but they don't. It will end. Help them picture themselves getting through it and encourage them to go with the tide and not fight against it. Much like slamming on the breaks when you hit a patch of ice only causes the car to veer out of our control, fighting the fear only increases it. Tapping on the breaks repeatedly slows the car down and keeps us in control.

If your child has panic attacks these techniques will help. Suggest your child see a counselor to address any underlying concerns and his or her fear of another panic attack.

Graduation Information
June 8, 2008 at 1:00 PM

- ❖ No tickets are required for the outdoor ceremony, except for the reserved/ handicapped seating.
- ❖ Each Senior receives two (2) tickets for the indoor ceremony (gymnasium if weather is inclement).
- ❖ Tickets for handicapped seating and parking are available and should be requested at the Office of the Assistant Principal for Programs and Operations no later than May 18th by telephoning extension 291 or 221, or email rreynolds@attleboroschools.com
- ❖ If the weather is threatening, please watch the local cable television station. A final decision is made by 10:00 AM. In the event of inclement weather, a live broadcast of the ceremony will be held in the Robert H. Bray Auditorium and on cable television.
- ❖ The class has arranged for Melino Photo to photograph each graduate as he/she accepts his/her diploma. Melino Photo will send an order form to parents in mid-May with instructions. It is imperative that parents, friends and relatives remain in their seats during the distribution of diplomas.

Musical Notes

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