



# Foxworthy" Fall 2010



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[www.foxborough.k12.ma.us](http://www.foxborough.k12.ma.us)

*From the Office of the Principal  
Jeffrey S. Theodoss*

In March of 2012, Foxborough High School will be evaluated by a visiting team under the direction of the Commission on Public Secondary Education of the New England Association of Schools and Colleges (NEASC). The New England Association is a voluntary accrediting agency of more than 2000 public and independent schools, colleges, and universities, and vocational, technical, and career institutions. Twelve to fifteen educators from other school districts which may include superintendents, principals, curriculum directors and teachers will comprise the visiting committee.



The purpose of the evaluation visit is to review and determine from an outside professional viewpoint, the extent to which the school is meeting the Commission's Standards for Accreditation. As part of the evaluation, the visiting team will meet with all school constituents, review the school's self study, visit a number of classes, and examine examples of student work submitted by the school. During the comprehensive self-study, the faculty will attempt to identify the school's strengths and determine those areas in which changes would be beneficial. The purpose of the visit is to have a jury of our peers assist the school in its pursuit of quality education for all students.

To all parents/guardians, your help is needed in two ways. First you will find a colored insert explaining how to fill out a necessary survey as part of our self study. All faculty, students and parents will be asked to complete a fifteen minute survey. We need your help in order to compile accurate information. Please take the time to ensure we have your opinions about Foxborough High School. The portal will be open for two weeks. It will close on November 17<sup>th</sup>. After that time, results will be tabulated by the center for research at Endicott College and the results given to the high school to assist FHS with its self study.

The website is: [www.endicottresearchcenter.net](http://www.endicottresearchcenter.net) and the survey code is **P3135811**.

The second request is for parents of junior or senior students to volunteer to serve on one of six standard committees: The committees are as follows;

- 1. Core values, Beliefs and Learning Expectations**
- 2. Instruction**
- 3. Assessment of and for Student Learning**
- 4. School Culture and leadership**
- 5. School Resources for Learning**
- 6. Community Resources for Learning**

The scheduled meeting time for each standard committee will vary depending upon the member's availability. To learn more about each standard, log into [www.neasc.org](http://www.neasc.org), then go to CPSS (Commission on Secondary Schools). You will then find a tab labeled getting started. From this tab, scroll down to - **2011 Explanation of Standards**. The information will help

you to better understand the expectations that are in place for each standard.

If you are interested in serving on a committee or would like more information, please contact my secretary, Ms. Sheila Sneyd at 508-543-1616, or email her at [sneyds@foxborough.k12.ma.us](mailto:sneyds@foxborough.k12.ma.us).

Once again, I urge you to complete the survey at your earliest convenience. Help support our self study process so that we may continue to provide the highest quality of education and service to you and your child.

Sincerely,

Jeffrey Theodoss



## PARENT / TEACHERS MEETING

*Mon. November 22nd & Tues. November 23rd*



Foxborough High School will hold an open house for parent/teacher conferences on:

### Monday, November 22nd and Tuesday, November 23rd.

Parents may meet with teachers for five-minute conferences from 5:00 p.m. - 8:00 p.m. School will be dismissed at 11:00 a.m. on both days. Conferences will be conducted on an appointment basis. Parents will be provided with a schedule of their child's classes, the room location for each teacher and the appointment schedule as arranged by their child. Students will make appointments for parents from:

### Monday, Nov. 15<sup>th</sup> – Friday, Nov. 19<sup>th</sup>.

This information will be brought home by your son/daughter.

Principal, Jeffrey S. Theodoss,  
Vice Principals, Joseph A. Heinricher and Robert G. Delaney, and guidance counselors will be available for parent conferences. If you desire a conference with your child's counselor or an administrator, drop in at the appropriate office during the conference hours.

Parents are encouraged to make every effort to attend and to confer with teachers about their children's progress.

..... Thank you



*The School Store will be open during the Parent / Teacher conferences.*

**The store is located near the cafeteria.**



*We have a variety of Foxborough merchandise on sale for all your holiday shopping needs.*



## News from Athletics Athletic Director Craig Najarian



The MIAA State Tournament is divided into two stages, Sectional Qualifying and the Finals. The state is divided into 8 sections. We play in the South Sectional Tournament. Each Sectional Tournament sends three teams to the finals, where you compete against the best of the best in the state.

As well, there is an individual state tournament that follows the same procedure for qualifying.

### Results of the Tournament:

The FHS golf team qualified for the MIAA State Finals on Tuesday by placing 2nd out of 14 teams at the MIAA South Sectional Tournament at Glen Ellen Country Club. The top three teams in the field qualified.

The six golfers who participated in this event were: Brandon Goold, Tim Grossman, Nick Dowling, Jake Dorman, Matt Laracy and Joe Lynch. We take the best 4 out of 6 scores and compare to the other teams.

**Brandon Goold – 76, Tim Grossman – 78  
Nicholas Dowling – 83, Jake Dorman – 85  
Joe Lynch – 90, and Matthew Laracy – 90  
Team Score 322**

Pembroke was 1st at 318 and Medfield was 3rd at 325.

Brandon Goold and Tim Grossman also qualified for the State Finals for the Individual Tournament. Out of 90 golfers, Brandon placed 3rd and Tim placed 4th at South Sectionals, shooting 76 and 78 respectively!!

What a great accomplishment for the boys.  
I was very proud of them.  
You should be too!!

Coach Shawn Seybert

## From Mathematics Teacher Ms. Andrea Jones

Have you ever wanted to practice your speaking skills and earn a little extra scholarship money? Well now you can because the Foxboro Lions club is sponsoring a speech contest this fall. The winner of the local contest will have the opportunity to compete at additional levels with the potential of winning up to \$1,400.00 in scholarship awards.

### What is the purpose of this competition?

The competition provides an opportunity for *students to speak publicly on a designated topic*, while also providing scholarship awards for the winners. The competition starts at the local club level in November and will proceed through additional levels of competition ending in February with the statewide contest. After the club level, the student, if successful each time, will move through Zone, Region and District levels.

### What is the topic?

You will write and present on the following question:  
*As President of the United States, three things I would work for??*

### Who is eligible?

The competition is open to ALL students in grades 10, 11 & 12.

### What kind of awards are there?

There will be scholarship awards at each level, and if the student goes on to win all four levels; they can potentially win \$1,400.00 along the way.

### When is the competition?

The local competition will be on Tuesday night, December 7<sup>th</sup>, at the Lafayette House. The time still needs to be finalized but will be sometime around 7:30 PM.

### How do I find out more information and/or sign up?

Feel free to contact the Lions Speech Competition Chairman, Don Jenkins, via email at [djenkins@enernoc.com](mailto:djenkins@enernoc.com) or call at 617-686-0649.



## TUTORING AVAILABLE

In an attempt to assure that each child is given an opportunity to achieve and succeed in school, Mathematics and English tutors are available to offer academic support throughout the school day and after school. We have a certified English and Math teacher in the building from 8:30am-2:30pm daily, in the upstairs Media Center. Please encourage your child to attend this beneficial service, which does not interfere with classes and has no financial obligation.

## Class of 2013

Attention Class of 2013 and Parents!

It's time to pay your dues! Mrs. Bryant will be collecting dues. Student Council Reps will be stationed in the Main Office Lobby during Parent/Teacher Conferences on November 22nd and 23rd to collect dues. Checks should be made out to Foxborough High School. Remember: If you don't pay your dues, you can't buy a semi-formal ticket! Thank you!



Sara Bryant-English Department [bryants@foxborough.k12.ma.us](mailto:bryants@foxborough.k12.ma.us)



## YEARBOOK - 2011



Orders are being accepted for the 2011 Yearbook. The cost of the yearbook is \$70.00 and order forms are available in the Main Office. Any questions, please contact Yearbook Advisor, Mrs. Kelly Arcacha at [arcachak@foxborough.k12.ma.us](mailto:arcachak@foxborough.k12.ma.us)



**Seniors!**

Don't forget to send your senior candid and childhood pictures in. Please put your name on the back of each picture. There is a box located in the main office.



# RECYCLE

By: Ms. Gail Schaaf - Parent

## ATTENTION ALL PARENTS



To help defray the costs and support the girl's tennis team, the "Tennis Booster Club" is not only raising money for the tennis team, but also helping to clean up the earth!

Under the supervision of Ms. Schaaf, she is collecting used inkjet and laser printer cartridges and cell phones. These items are then sent to the

Funding Factory ([www.FundingFactory.com](http://www.FundingFactory.com)) where in turn she received a check that is used towards the tennis team.

So don't throw away the old ink jet cartridges or used laser printer cartridges, or even those dead cell phones. Donate them!!! If you have any of these items, please have your son/daughter drop them off at the high school. There is a box located in the main lobby for these items.

## The Warrior Word

**Advisor/ Editor: Ms. Karen Eknaian**

The Warrior Word can now be found on the front page of the main high school website. An issue of the paper comes out around the 15th of each month.

# School-to-Career

Career Specialist- Mrs. Ellen Pillsbury

## September 2010

On September 15, 2010 three students, seniors Rebecca Crichton, Kayleen Whall, and junior Christina Shaer started the Certified Nursing Assistant Program. The students will participate in both a classroom and clinical experience during the four month program. The classroom learning is held at Attleboro High School and the clinical rotation will be held at Life Care in Attleboro. Students are required to attend classes twice a week for four months and a weeklong clinical internship at Life Care of Attleboro. The students' books and uniforms are supplied by the partnership. The students are asked to pay \$200.00 for their written and practical state test. After passing both the written and practical test the students will be qualified to work in either a nursing home, hospital or to become a home health aid. Since this program began in 2004, 44 Foxborough High students have participated in the program.



We are considering running a Spring 201 1CNA class. If your son or daughter is sixteen years of age and is interested in participating in the program please have them come see Mrs. Pillsbury in the guidance office for an application. This program is in high demand and I already have a waiting list of students who are interested in participating in the program.

## October 5, 2010-Universal Technical Institute



Twenty-eight students from the Foxborough High School participated in the event this year. This field trip took place in Norwood at the Universal Technical Institute. This field trip was for students who have identified a passion for engine repair in cars, boats, and trucks. The students were given a tour and got to ask questions of the professionals that have been in the engine repair business for 25 or more years. Since this program began in 2007, 108 students have participated in the event.

## October 6, 2010-TF Green Airport Job Shadow

Eight students from Foxborough High School participated in an Aviation job Shadow at TF Green Airport in Rhode Island. The purpose of this job shadow was to expose students to a variety of career opportunities in the aviation field.



## November 17, 2010-Transition Night

This event is supported by the Attleboro Area School to Career Partnership and takes place at one of the four schools they support each school year. This year the event will take place at Foxborough High School in the cafeteria from 6:00-8:00 p.m. The event is held as a resource for parents/guardians of special needs children. The parents are encouraged to attend to learn about the academic requirements and processes as your student moves through high school. Parents will have access to the many different resources that their child might need while in school or when they graduate from high school. Vendors and Providers will be on hand with informational packets and answers to your questions. Some of the topics covered include:

- \* Guardianship
- \* The Rehabilitation Process
- \* Qualifying for Adult Services
- \* College Programs
- \* Evaluations & Assessments
- \* Estate Planning
- \* Residential Services
- \* Day-Hab Programs
- \* Social Security
- \* Vocational training and placement
- \* Area services & programs

This evening is free and open to the public.  
Refreshments will be served.



## Guidance News

### **PARENTS AND THE COLLEGE APPLICATION PROCESS**

#### ***Coach not Quarterback***

That, in a nutshell should be the role of parents in the college search and selection process. As parents get caught up in the hype about how hard it is to get into colleges, many become more and more anxious about the process, and more involved than they should be. Ideally, searching for the college that best fits a particular student should be a growth experience for the students. For the first time, students are asked to really think about their preferences, their goals, and how they learn best. Students who devote time to truly learning about themselves are the ones who find the best college matches.

The college application process is the beginning of a student's independent academic life. As part of the process, students develop research and organizational skills, learn to meet deadlines, and analyze data. They need to read critically and compare and contrast offerings at different colleges in light of their own needs and wishes.

By allowing students to take a primary role in the process, parents encourage growth and individual thinking, and help their children learn to make independent decisions.

Ideally, parents act as supporters and cheerleaders in this process. They should provide their children with the tools they need to get information or skills: the help of a counselor, access to the internet, college guidebooks, test preparation aids. Together, parents and children, with the help of a trusted advisors, should develop a college list that includes appropriate colleges that meet the student's profile and desires (and hopefully, the parents' too.) Families should plan a trip to visit as many of these schools as is feasible. Parents need to be upfront with students about their own goals for their children, and any limitations they need to impose such as location or cost.

To be fully invested in the process, students would be responsible for completing their own applications. While parents can play a role by proofreading, lifting a pencil to the paper is stepping over the line. Some students want their parents' input on essay, but often the college consultant or an English teacher can provide a more objective view.

Just as parents needed to step back and allow their toddler children to learn to walk on their own, here too, they must play a supporting role. By acting as coach, rather than quarterback in the college selection process, you help your child to move on in his/her journey to independent adulthood.

#### ***College Visits***

Each Thursday for the past four weeks, our juniors, seniors and parents have had an opportunity to attend our college mini-fairs during the school day. These mini-fairs gave Foxborough High School an opportunity to invite colleges and universities to come into our building and visit with our students. This year, we were fortunate enough to have over 120 colleges, universities, and Armed Forces attend. Recently, Mr. David Weber of Boston College came to visit with some of our parents and seniors who may be interested in attending Boston College University in the fall of 2011. Mr. Weber presented information to parents and students regarding the needed qualifications for acceptance, the admissions process and what life at Boston College University is like for a typical freshmen student. In addition, we will have admissions representatives Fitchburg State College on November 10<sup>th</sup> and from Johnson & Wales University on December 7<sup>th</sup>.

#### ***Upcoming ACT and SAT Dates***

ACT's was held at FHS on Saturday, October 23, 2010.

SAT's will be held at FHS on Saturday, November 6, 2010

Students should arrive at 7:30 am.

#### ***MCAS***

MCAS Re-tests for ELA and Math will be held in November. These tests will be given to students who failed their grade 10 MCAS exam or who are new students in Massachusetts.

MCAS ELA – Nov. 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> & MCAS Math – Nov. 8<sup>th</sup> and 9<sup>th</sup>

#### ***Parents/Seniors***

Financial Aid Night is Thursday, December 16, 2010 at 6:45 pm in room 122. This night is for the parents of seniors and is designed to give them valuable information to help navigate their way through the financial process of college.

Seniors, please speak with your guidance counselor regarding your post-secondary plans. Make sure you stay on top of all requirements and deadlines.

## Junior Year Timelines - Class of 2012



- Register for May / June SAT I & the June SAT II as needed.
- Begin evaluating colleges and compile a preliminary list considering location, size, and program...Twenty Questions?
- Meet with your College Counselor and discuss your plans, ideas and colleges.
- Talk with your parents to understand the ground rules regarding how much financially they are willing to spend, how far away from home is acceptable, your comfort level and other family commitments and concerns.
- Write to colleges (email) on your list for information you cannot get from their websites.
- Use the Internet for college searches, information on colleges and programs.
- Attend area college fairs and regional college nights.
- Visit some colleges; try at least on college during April break. Students are still there.
- Plan summer visits to colleges.
- Keep in touch with your College Counselor and discuss any concerns and questions you may have.



- Register for May / June SAT I & the June SAT II as needed.
- Re-evaluate what is important to you and your family in a college.
- Read all information you are receiving.
- Refine your lists of colleges...delete some, add some different ones.
- List important dates, requirements, deadlines on each school on the "blue form"...SAT I and SAT II requirements, letters of recommendations...so you have all information in one place.
- If you know what essay questions you might be addressing, begin drafts of essays ...have people help you.



- **Maintain academic grades/** colleges are "turned off" by low grades.
- Schedule SAT I and SAT II tests as needed.
- Beware of deadlines...consider Early Action and Early Decision.
- See your College Counselor early in the school year.
- Understand FHS's procedures for requesting a school transcript, senior data form, and letter of recommendation..etc....

*See Mr. O'Neil with any questions.*



From College Admissions Advisor  
Mr. Joe O'Neil



**Top Ten Strengths and Experiences**

### **Colleges Look for in High School Students**

1. A rigorous high school curriculum that challenges the student and may include AP courses.
2. Grades that represent strong effort and an upward trend. Slightly lower grades in a rigorous program are preferred to all, as in a less challenging coursework.
3. Solid scores on standardized tests (SAT and ACT). Your scores should be consistent with your high school performance.
4. Passionate involvement in a few activities, demonstrating leadership, initiative and commitment. Depth, not breadth, of experience is important.
5. Letters of recommendation from teachers and guidance counselor that give evidence of integrity, special skills, positive character traits and an interest in learning.
6. A well-written essay that provides insight into your unique personality, values and goals. The application essay should be thoughtful and highly personal. It should demonstrate careful and well-constructed writing.
7. Special talents and experiences that will contribute to an interesting and well-rounded student body.
8. Demonstrated leadership in activities. Colleges want people who will arrive prepared and willing to take leadership of student activities and events.
9. Demonstrated intellectual curiosity through reading, school, leisure pursuits and more.
10. Demonstrated enthusiasm to attend this college, often exhibited by campus visits (multiple) and an interview when available.



The next Coffee with the Principal will be held on Friday, November 19<sup>th</sup> at 9:00 a.m. in the 2<sup>nd</sup> floor media center. The meetings are an open discussion of topics of interest to parents and guardians with Principal Jeff Theodoss and guest speakers. The schedule could change, so please be sure to confirm the meeting dates on the school calendars. Please join us!!



## DRAMA CLUB NEWS!

Advisor: Ms. Shannon Wasilewski

**Don't miss the Fall Production of:**

### Death in England By: Sam Bobrick



November 19th and 20th at 7pm  
November 21st at 2pm

Tickets are \$8 for adults and \$5 for children, students, and senior citizens and are available at the door.

**The Spring Musical will be:**



### Bye Bye Birdie

Music by: Charles Strouse

Lyrics by: Lee Adams

Book by: Michael Stewart

March 18th & 19th at 7pm  
March 20th at 2pm

Tickets are \$8 for adults and \$5 for children, students, and senior citizens. Tickets may be purchased at the door.

Please visit the Drama Club website at:

<http://teacherweb.com/MA/Foxborough/FHSDramaClub/index.html>

# All Night Party



The Senior All Night Party is held each year as a way to keep graduated seniors safe on graduation night when the risk is high for drinking and driving incidents.

The high school parents organize the event for the seniors each year.

Many people are needed in these areas: donations, decorations, activities, registration, web, food, chaperones and communications. Please come and be a part of this important and fun event to be held Sunday, June 12, 2011.

To see a video from last year and learn more about the party, please go to our website: [www.fhsseniornight.com](http://www.fhsseniornight.com)

Our meeting dates and times for the year are listed below.

**All meetings will be held in the FHS Media Center:**

Monday, November 22<sup>nd</sup> at 7:00 pm  
Thursday, December 16<sup>th</sup> at 7:30 pm  
Monday, January 10<sup>th</sup> at 7:00 pm  
Thursday, February 10<sup>th</sup> at 8:00 pm  
Monday, March 21<sup>st</sup> at 7:00 pm  
Thursday, April 14<sup>th</sup> at 8:00 pm  
Monday, May 23<sup>rd</sup> at 7:00 pm  
Thursday, June 2<sup>nd</sup> at 8:00 pm  
Thursday, June 9<sup>th</sup> at 7:00 pm

For more information or to sign up to help, please send an e-mail to [roselincolnphotography@gmail.com](mailto:roselincolnphotography@gmail.com)

### November - 2010-Days of the Cycle

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Day 3	2 No School	3 Day 4	4 Day 5	5 Day 6	6
7	8 Day 7	9 Day 1	10 Day 2	11 No School	12 Day 3	13
14	15 Day 4	16 Day 5	17 Day 6	18 Day 7	19 Day 1	20
21	22 Day 2	23 Day 3	24 Day 4	25 No School	26 No School	27
28	29 Day 5	30 Day 6				





Please mark your calendar.

### NOVEMBER 2010

- Nov. 1 School Committee Meeting- 7:00 p.m.
- Nov. 2 Staff Development Day
- Nov. 3 MCAS Retests - ELA Session A & B  
Sophomore Ring Assembly
- Nov. 4 MCAS Retests - ELA Session 1 & 2
- Nov. 5 MCAS Retests - ELA Session 3
- Nov. 6 SAT's at FHS
- Nov. 8 MCAS Retests - Math Session 1
- Nov. 9 MCAS Retests - Math Session 2  
Representative from Balfour in café - 5:00 - 7:00 p.m.
- Nov. 10 Ring Orders in Cafeteria - All Lunches  
Jazz Concert - 7:00 p.m.
- Nov. 11 Holiday - No School
- Nov. 12 Term I - Ends  
Ring Orders in Cafeteria - All Lunches
- Nov. 13 Powder Puff Game at Ahern - 1:00 - 4:00 p.m.
- Nov. 15 School Committee Meeting- 7:00 p.m.
- Nov. 17 Drug Coalition Meeting - 3:30 - 5:30 p.m. (Media Ctr.)  
Transition Night - 6:00 - 8:00 p.m.
- Nov. 19 Coffee with the Principal - 9:00 a.m. - Upstairs Media  
Death in England - Drama Club - 7:00 p.m.
- Nov. 20 Death in England - Drama Club - 7:00 p.m.
- Nov. 21 Death in England - Drama Club - 2:00 p.m.
- Nov. 22 Early Dismissal - 11:00 a.m.  
Parent / Teacher Conferences - 5:00 - 8:00 p.m.
- Nov. 23 Early Dismissal - 11:00 a.m.  
Parent / Teacher Conferences - 5:00 - 8:00 p.m.
- Nov. 24 Early Dismissal - 11:00 a.m. - Pep Rally
- Nov. 25 Happy Thanksgiving  
Mansfield vs. Foxboro @ Mansfield (10:00 kickoff)
- Nov. 26 No School
- Nov. 30 FMA Recital - 7:00 p.m.

Please refer to the on-line calendar for further dates at:  
[www.foxborough.k12.ma.us](http://www.foxborough.k12.ma.us). Click on the FHS websi

## JOHN AND ABIGAIL ADAMS SCHOLARSHIP

Foxborough High School is proud to announce that sixty of our seniors have qualified for the John and Abigail Adams Scholarship based on their performance on the spring 2010 grade 10 MCAS tests. These students scored in the advanced category in either Mathematics or the English Language Arts section of the grade 10 tests and scored in the Proficient or Advanced category on the second subject (Mathematics or English Language Arts). These students combined MCAS score on these assessments have ranked them in the top 25% at Foxborough Public School. The purpose of the Adams Scholarship are to reward and inspire student achievement, help attract more high-performing students to Massachusetts public higher education, and provide families of college-bound students with financial assistance.

The Adams Scholarship provides a tuition waiver for four years of undergraduate education at the University of Massachusetts, the seven state colleges, or fifteen community colleges. Students who receive this Scholarship must complete their college studies in four years or less and maintain a 3.0 grade point average. The waiver does not cover fees, books, or other expenses.

Congratulations to the following Foxborough High School seniors who have qualified for the John and Abigail Adams Scholarship this year:

Benjamin Alden	Connor Foley	Kayla Malone
Megan Allen	Jason Forman	Nicole Maloney
Sarah Andres	Megan Fusco	Amanda Martignetti
Tyler Appel	Lindsay Gallagher	Jillian Mattie
Tristan Ballard	Megan Gallagher	Lianna McCarthy
Sean Bossardet	Andrew Gray	Emily Nichols
Andrew Bradley	Ernest Guy III	Isha Raval
Kayla Bridges	Celine Haddad	James Rehill
Caroline Cammarano	Jillian Harrison	Tayla Ross
Margaret Cavanaugh	Dylan Heinricher	Anna Sangree
Timothy Cowley	Elsie Helou	Gretta Schaaf
Nicholas Cuneo	Jake Hyland	Amber Scotton
Max Davis	Alexandra Jenkins	Angelica Sherman
Samuel Davis	Sarah Kass	Victoria Solomon
Daniel Decker	Michael Kelly	James Stather
Samantha Dorman	Matthew Kominsky	Leigha Tacey
Leah Duncan	Chelsea Laracy	Brendan Thomas
Katherine Dustin	Edward Lincoln	Nirali Vagadia
Elise Eagan	Kerry MacCallum	Danielle Warner
Kevin Eagan	JoAnna Magnuson	Juliette Weiss

