
“The Foxworthy”



September 2009

School begins on Tuesday, September 8, 2009

Attendance Line 508-543-1626

Main Office - 508-543-1616

Fax - 508-698-6517

Guidance Office- 508-543-1620

Fax - 508-543-1670

www.foxborough.k12.ma.us

From the Principal

Jeffrey S. Theodoss

Dear Parents/Guardians,

Hello and welcome back. I hope everyone found time to get away and relax a little bit before beginning another school year. The first phase of school renovations has been completed. The majority of the asbestos abatement is complete. The old second floor classrooms and hallway tiles have been replaced, and the foreign language lab has been re-carpeted and refit with new technology. Also, the cafeteria floor has been replaced and the old tennis courts have been demolished and reconstruction is nearly complete.

During this school year, probably beginning in December when all the bids have been awarded, other areas of the school such as new HVAC units, replacement of fire alarms and the replacement of all windows will begin. During the following summer, all the science labs will be gutted and re-equipped with up-to-date furniture and technology, and the first floor will be retiled. The final phase will include the replacement of the roof and gymnasium floor. The maintenance staff has done an outstanding job preparing the building for the school year.

Teachers will return for three days of professional development beginning Tuesday, September 1st and students will arrive on Tuesday, September 8th. All students should report to homerooms, while freshmen should report to the auditorium. School will begin as usual at 7:33 a.m.

Your child will receive their student handbook and their schedule during homeroom. Please review each document. I would recommend reviewing the attendance, cell phone, dress code, and alcohol and drug policies. Also, you should review and sign-off on the parent/guardian permission form and return the form, along with emergency data form during the first week of school. These forms were sent to all parents / guardians last week.

Shortly, we will announce an evening seminar for parents to explain how parents may access their child's grades using our PowerSchool Program. This brief seminar will help to clarify the process and answer any questions. During the seminar, each parent will receive a password that will allow the parent access to their child's information. We believe this tool will assist parents in their attempt to work with their child and also help parents to stay abreast of their child's progress. Early in the fall we hope to host this program.

During the first semester we will run a mock 14-day schedule using additional time (approximately 70 or 80 minutes) for one period every day. Currently each period runs for 57 minutes and we have a seven-day rotating schedule. Each day we drop one period and rotate the periods. The intent is to allow each subject a more flexible block of instruction time once every seven days. We have been discussing this issue for over a year and began visiting other school systems this spring to assess the feasibility of such a plan. We will continue to report out on our progress.

Finally, in hopes of minimizing student drinking, we will have breathalyzers available at all school functions. Any student who appears to be under the influence will be asked to submit to a breathalyzer test. I must say for the most part students have conducted themselves appropriately at school functions. From time to time students take risks and put themselves in precarious situations that compromise their health and safety. As principal, the most distasteful part of the job is suspending or expelling students from school for drug or alcohol offenses, or eliminating students from athletic programs due to alcohol or drug violations. We are hoping to be proactive, so that students will think twice about using drugs or alcohol before coming to any school sponsored event.

Parents for School Council Needed

Any parent interested in serving on the school council should contact Mr. Theodoss' secretary Ms. Sheila Sneyd at 508-543-1616 x 109, or sneyds@foxborough.k12.ma.us. The school council meets monthly on the first floor of the media center. The school council is a representative, school building based committee composed of the principal, parents, teachers, community members and students. School council members assist the principal with developing educational goals that are consistent with school committee goals and statewide student performance standards. The council helps to identify the educational needs of the students attending the school. They also review the annual school budget, help formulate a school improvement plan, and review the student handbook. The council allows parents to get a first hand understanding of the workings of the high school.

In closing, should you have any questions please feel free to contact me.

Enjoy the remainder of the summer.



Jeffrey Theodoss

E-mail -List Server –Signups



If you are interested in receiving more up-to-date information please sign up on our school's e-mail list server. Go to the main page, click on Foxborough High School and on the left side under the heading "**More Information**" you will find a link entitled FHS e-mail list. Follow the directions and once you have signed up you will be able to receive timely school information on dates such as upcoming SAT's, school events, or information that may not be available on the most recent version of the Foxworthy.

New Faculty



The following teachers have been hired for the 2009-2010 school year.

English - Ms. Maria DeFelice and Ms. Holly Geffers

Science - Ms. Karen Eknaian

Social Studies - Mr. Eian Bain

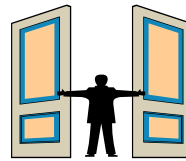
Wellness - Ms. Janelle Erskine has

Technical Education - Mr. John Aurecchia

School Psychologist - Ms. Jacqueline Simmons

Mathematics - Ms. Darlene Bexiga

(During Ms. Liz Monaghan leave of absence)



OPEN HOUSE Class of 2012 Welcome to FHS

The Student Council will be sponsoring an "Open House" for the **Class of 2013**

Date: Thursday, September 3, 2009

Time: 12:00 p.m. - 2:00 p.m.

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Student Council members will be on hand to offer tours of the High School. This is a great chance for freshman students coming from the *Ahern School* to get to know your way around the high school. So mark your calendars and get ready for another school year! We hope to see you all at the high school on Sept. 3rd!

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Later in the day, the Student Council will also sponsor a "**Newcomer Night**" for all other students new to Foxborough High School this year.

Date: Thursday, September 3, 2009

Time: 6:00 p.m. -7:00 p.m.

Place: FHS Media Center



At Newcomer's Night, we are planning to have a "**First Friends**" program, where we will pair newcomers up with an FHS upperclassman that will help with their adjustment to our fine school. This program is designed to help students that have moved in from out-of-state or even out-of-the-country. You may contact Ms. Christine Smith at (smithc@foxborough.k12.ma.us) if you have any questions.

Remember to do your summer reading!!!



News from the Athletic Director Mr. Craig Najarian

* Updated physicals (within the last 13 months need to be turned into the school nurse and all medical history forms needs to be turned into AD Craig Najarian or the athletic trainer prior to the start of practice. No exceptions!

* Medical forms may be picked up at the athletic office. They are posted outside the athletic office and they are available on our school website, (under athletics / forms).

* This coming fall we will be partnering with the Brigham and Women's / Mass General Health Care Center located at Patriots Place in Foxborough. Our training services will be contracted through them and their state-of-art health care center will be a hug resource for our student athletes.



Fall Sports Night



Foxborough High School will host a fall sports night on Wednesday, September 9th at 7:00, in our auditorium. The night will present an opportunity for administrators, coaches, and parents to discuss the school and coach's policies and expectations for student behavior and participation in the sports programs at FHS.



Former New England Patriot and Super Bowl Champion **Joe Andruzzi** will be our guest speaker to highlight the evening.

Any athlete participating in a fall sport must attend the event accompanied by a parent. Three seasonal sports nights will be conducted to ensure all athletes and parents are versed in the school's expectations for our athletes.

The event will run for approximately an hour and a half.

From Principal Jeff Theodoss

Dear Parent/Guardian:

On January 8, 2002, President Bush signed into law the "No Child Left Behind Act." As part of this law, recruiters from the United States Armed Forces can request student directory information from all public and private high schools that receive federal funding. Per the amendment, student directory information requested for recruiting purposes may contain the student's name, address and phone number. The parent or legal guardian may request that the student's name be excluded from the directory information.

If you desire that your child's name not be on the Foxborough High School directory, please sign this letter and return it to me no later than September 25, 2009. If you would like to send an email to my secretary instead of returning the form below, please do so at sneyds@foxborough.k12.ma.us. Please remember to indicate your child's name, and grade on the email.

If you have any questions, do not hesitate to call.

Sincerely,

Jeffrey S. Theodoss
Principal



I **do not** want my child/guardian's name to be listed on the directory provided to the United States Armed Forces recruiter.

Student's name Grade


Parent/Guardian's Name

Return to: Foxborough High School
Attn: Sheila Sneyd / Main Office
120 South Street, Foxborough, MA
02035

Attention Parents / Guardians




As a safety precaution, to avoid interference with the school buses, no automobiles will be allowed directly in front of the main entrance for morning drop-offs or afternoon pickups.



Homecoming Weekend
Sponsored by the F.H.S. Student Council

Friday, October 23rd
Homecoming Football Game
Foxborough vs. Sharon – 7:00 p.m.

Saturday, October 24th
Homecoming Dance
7:00 p.m. to 10:00 p.m.
FHS cafeteria



Extracurricular Activities

A good way to spend free time.....

How can you cure the boredom blues and make school more enjoyable? Get involved in after-school activities. From sports to the science club.... It is great way for students to:

- make new friends,
- provide opportunities to learn teamwork and responsibilities,
- fill time in a positive way, so students are less likely to get into trouble,
- students will lead to better attendance and better grades.

Check the student/parent handbooks for a list of all the clubs at FHS!! GET INVOLVED!!



Guidance News

To: All Juniors and Senior Parents:
From: Guidance
Re: College Mini-Fairs

The Guidance Department would like to extend an invitation to our College Mini-Fairs that will be held in the high school cafeteria from 10:30 a.m. – 11:15 a.m. on: September 17th, September 24th, October 1st, and October 8th.

The following is the list of the colleges and universities that will be attending. The list will be updating as school begins and will be available in Guidance. Students need to sign-up for the mini-fairs prior to attending in the guidance area. Parents / Guardians are welcomed to attend.

September 17, 2009	September 24, 2009
Bay State College	Assumption College
Cape Cod Comm. College	Binghamton Univ.
Castleton State College	CCRI
Colby-Sawyer College	Clark Univ.
Elms College	College of Mt. Saint Vincent
Endicott College	Curry College
Florida Institute of Tech.	Daniel Webster College
Green Mountain College	Eastern CT. State Univ.
Holy Cross	Emmanuel College
Johnson & Wales Univ.	Fairfield Univ.
Keene State College	Fitchburg State College
Lesley College	Framingham State College
Long Island Un./CW Post	Franklin Pierce Univ.
Lyndon State College	Johnson State College
Mass Maritime Academy	LaSalle College
Mass. College of Pharm.	Mass Bay Comm. College
Massasoit Community College	Mitchell College
Merrimack College	NE Institute of Tech.
N. E. School of Photography	Nichols College
Navy ROTC	Quinnipiac College
NH Institute of Art	Salve Regina Univ.
Plymouth State Univ.	Simmons College
Regis College	Southern NH Univ.
Smith College	St. Michael's College
UMASS of Lowell	Suffolk Univ.
Univ. of Bridgeport	UMASS Dartmouth
Univ. of Connecticut	UMASS of Amherst
Univ. of Hartford	Western NE College
Univ. of Rhode Island	Westfield State College
Univ. of Southern Maine	Wheaton College

VT Tech. College	Worcester Polytechnic Inst.
Wagner College	Worcester State College
October 1, 2009	October 8, 2009
Alfred Univ.	Mount Ida College
Arcadia Univ.	Am. International College
Becker College	Bay Path College
Ben Franklin Inst. of Tech.	Brandies Univ.
Boston Univ.	Connecticut Culinary Institute
Brockton Hospital S/N	Dean College
Bryant Univ.	Hessen Univ.
Fisher College	Ithaca College
Iona College	Newbury College
Lemoyne College	St. Anselm College
Manhattan College	St. Joseph School of Nursing
Mass College of Liberal Arts	Stonehill College
Monmouth Univ.	UMASS Boston
Nazareth College	Unity College
NE Institute of Art	Univ. of Maine/ Orono
Providence College	
Riviera College	
Roger Williams Univ.	
Sacred Heart Univ.	
St. Joseph's College of Maine	
Univ. of Maine/Farmington	
Univ. of Maine/Presque Isle	
Univ. of New England	
Univ. of New Haven	
Univ. of Tampa	
Utica College	
Wells College	
Wentworth Inst. of Tech.	
Wheelock College	
Xavier Univ.	

Core Values

Core values are expectations that permeate the entire organization. They show up in faculty and student behaviors, drive the school's decision-making process, and evoke strong reactions from people when violated. The result of our conversations was the creation of our values. The Foxborough Warrior symbol was used to personalize our core values. Using the Warrior acronym, the following values were created:

Willingness to strive for
Academic Excellence by showing
Respect for Self,
Respects for others,

Integrity,
Open-mindedness,
Responsibility.



NEWS FROM COLLEGE ADMISSIONS
 ADVISOR
 ~~Mr. Joe O'Neil~~

Dear Members of the Class of 2010 and
 Parent(s) / Guardian(s):

I hope you have had a great summer.

Welcome back to senior year and congratulations on being a senior.

Some of you have told me about your trips to visit colleges during the summer months. The college trips usually are very helpful. I hope yours were both informative and helpful. I am writing to encourage you to begin / continue the college search process and to begin considering applications, essays and letters of recommendation. Do not forget the Common Application.

I encourage you also to call me (508-543-1620 x. 147) or email me (oneilj@foxborough.k12.ma.us) to arrange an appointment to discuss college choices and applications. I will be at Foxborough High school on Tuesday (9/1/09), Wednesday (9/2/09) and Thursday (9/3/09) from 8:30 AM until 3:30 PM and then Tuesday-Thursday each week when school opens. Students, you may make a time to come in anytime that is convenient in your schedule.

I look forward to assisting you in the college application process. Please contact me if you have questions. We will be hosting a **College Application Process Meeting** on Thursday, October 1st at Foxborough High School. A letter about this meeting will be sent home mid-September.

Sincerely,

Joe O'Neil
 College Advisor
oneilj@foxborough.k12.ma.us



“Class of 2010”

College Planning Calendar

September 2009

- Register for the fall SAT/ACT tests.
- Meet with the College Advisor to discuss college and financial aid.
- Search colleges, manage and revise list.
- Prepare for the SAT: www.collegeboard.com/ SAT prep.
- Request teacher recommendation(s).
- Register for November SAT/ACT, subject tests as needed.

October 2009

- Meet with Mr. O’Neil.
- Parent/student college information meeting at FHS.
- Become familiar with FHS transcript request forms.
- Take October SAT and subject tests.
- **Provide teacher(s) with information and envelopes** for recommendation(s).
- Note Early Action/Early Decision application deadlines.
- Begin **all** applications.
- Write applications essay(s) and personal statement(s).
- Begin CSS / Financial Aid profile for certain colleges, if required.
- Register for December SAT, subject tests.
- Meet Early Action/Decision deadlines.
- Transcript and recommendation requests **MUST** be made at least **three (3) weeks before deadline**.

November 2009

- Take November SAT/ACT, subject tests if needed.
- Send SAT and subject test scores to meet deadlines.
- Initiate FHS transcript request, guidance counselor information / letter of recommendation form, SPED form, envelopes for mailing...at least **three weeks before deadline**.
- Minimum three (3) week notice for counselor letter needed.
- FAFSA: Obtain pin #, one for student and one for parent. Go to www.pin.ed.gov.
- **Note FHS mailing deadlines for December. (Winter Break)**

December 2009

- Take December SAT subject tests if needed.
- Evening meeting at FHS on FAFSA.
- Complete FHS transcript request forms, counselor recommendation forms and other FHS forms as needed. **(Minimum three-week notice)**

▪ Pay attention to all deadlines!

January 2010

- Take SAT and subject tests if needed.
FAFSA - File form online as soon as possible at www.fafsa.ed.gov.
- File all forms at FHS for transcripts to be sent. **(Minimum three-week notice)**



February 2010

- Apply well before a deadline...early is **VERY** good.
- Continue to collect information on colleges to which you apply. APRIL is “decision month” and this can be a stressful time/short time to make your final decision.

March 2010

- Begin to compare college acceptances/financial aid packages for April decisions.
- Wait for March/April decisions.
- Continue **achieving good** grades for final report card.

April 2010

- Review financial aid awards with parents. Ask for advice! (*College Counselor – Mr. O’Neil*)
- Revisit colleges as necessary during spring break.
- Final decision/deposit required by 5/01/07. (*Try to make deposit earlier for better housing choice.*)
- **Continue achieving good** grades for final report card.



May 2010

- AP preparation and exams if enrolled.
- Thank you note to all teachers, friends, etc. that have written letters of recommendation and helped in your application process.
- Final Exams...**Continue achieving good** grades for final report card.

June 2010

- Final transcript needs to be sent to your college for “proof of graduation.”
- \$3.00 paid to guidance office for the mailing of your final transcript.





**Foxborough High School Testing Code # 220840
2009-2010**

SAT TESTING

<u>Register By:</u>	<u>Test Date:</u>
September 9th	October 10th
October 1st	November 7th
October 30th	December 5th
December 15 th	January 23rd
February 4th	March 13th
March 25th	May 1st
April 29th	June 5th

ACT TESTING

<u>Register By:</u>	<u>Test Date:</u>
September 18th	October 24th
November 6th	December 12th
January 5th	February 6th
March 5 th	April 10th
May 7th	June 12th

Guidance Counselors - 2009-2010

Aaron - Byrne (all grades)
Ms. Laureen White x 145
Calnan- Conway (grade 12)
Ms. Laureen White x 145
Cabao-An - Connelly (grades 9, 10, and 11)
Mr. Andy Servideo x 146
Corey-Jackson (all grades)
Mr. Andy Servideo x 146
Jamieson - Patkin (all grades)
Ms. Erin Healy-Botelho x 148
Pearce - Zielinski - (all grades)
Mr. Mark Cedorchuk x 157
Ms. Eileen Warnat- Secretary x 128
Guidance Phone Number 508-543-1620
Guidance Fax Number 508-543 -1670

Junior Year Timelines Class of 2011



- Register for May / June SAT I & the June SAT II as needed.
- Begin evaluating colleges and compile a preliminary list considering location, size, 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.

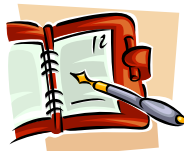


- Register for May / June SAT I & the June SAT II as needed.
- Re-evaluate what is important to you and your family in a college.
- Read all information you are receiving.
- Refine your lists of colleges...delete some, add some different ones.
- List important dates, requirements, deadlines on each school 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....

Joe O'Neil



School Pictures



The underclassmen pictures are scheduled for Wednesday, September 23rd. Information will be sent home by the photographing company "United Photo" with pricing information. **Remember to smile!**



The Spanish Exchange Program will complete its exchange with Valencia, Spain by hosting Spanish students and two adults this fall. They will be arriving on September 27th. If you are interested in hosting a student in your home, please Ms. Kathy Joseph at josephk@foxborough.k12.ma.us or Ms. Irene Titmas at titmasi@foxborough.k12.ma.us.

September - 2009 Days of the Cycle						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 No School	8 Day 1	9 Day 2	10 Day 3	11 Day 4	12
13	14 Day 5	15 Day 6	16 Day 7	17 Day 1	18 Day 2	19
20	21 Day 3	22 Day 4	23 Day 5	24 Day 6	25 Day 7	26
27	28 Day 1	29 Day 2	30 Day 3			

First Day of School
Tuesday, Sept. 8th - Day # 1



Please mark your calendar.

- Sept. 1 Staff Returns / Staff Development Day
- Sept. 1 Marching Band Rehearsals - 5:30 p.m.- 8:30 p.m.
- Sept. 2 Staff Development Day
- Sept. 2 Jazz Auditions - 4:00 p.m.
- Sept. 3 Staff Development Day
- Sept. 3 Class of 2013 "Open House" - 12:00 p.m. - 2:00 p.m.
- Sept. 3 Open House - "Newcomers" - 6:00 p.m. - 7:00 p.m.
- Sept. 7 Holiday
- Sept. 8 School Opens K-12
- Sept. 8 Marching Band Practice - 6:00 p.m. - 8:30 p.m.
- Sept. 9 Athletics Night - 7:00 p.m. - Auditorium
- Sept. 15 Marching Band Practice - 6:00 p.m. - 8:30 p.m.
- Sept. 17 College Mini-Fair
- Sept. 19 FMA - Bottle and Can Fundraiser
- Sept. 22 Marching Band Practice - 6:00 p.m. - 8:30 p.m.
- Sept. 23 Underclass Pictures - All Day
- Sept. 24 NHS Meeting - 6:45 a.m. - Media Center
- Sept. 24 College Mini-Fair
- Sept. 25 Football Game - 7:00 p.m.
- Sept. 27 Spanish Exchange Arrive in Foxborough
- Sept. 29 NHS Meeting - 6:45 a.m. - Media Center
- Sept. 29 Marching Band Practice - 6:00 p.m. - 8:30 p.m.

Please refer to the on-line calendar for further dates at:
www.foxborough.k12.ma.us. Click on the FHS website.

Remember to do your summer reading!!!

