
"THE FOXWORTHY"



SEPTEMBER 2012

School begins on Tuesday, September 4, 2012

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
Mrs. Diana Myers-Pachla*

Dear Parents / Guardians,

As September is within sight, it is time to begin focusing on the upcoming school year. While our students had a much-needed break from the academic rigor of school and all its accompanying activities, we have been preparing for the 2012-2013 school year – the faculty and staff at Foxborough High School have been busy throughout the summer months preparing for the fall, our custodians have been working hard to ready the building for the start of school and the athletic fields are groomed and ready for action. All that is needed now is the enthusiasm and energy of our students!

On Tuesday September 4th, your son or daughter will enter Foxborough High School as a member of the **Class of 2013**. As your child begins their **senior** year, their continued commitment to the three "A's" - *ACADEMICS, ACHIEVEMENT, and a positive ATTITUDE* - is paramount to maintaining the positive climate and culture here at FHS. These focus areas have been the core of this Senior Class's success during the past three years and I am sure will be again during this school year! We are confident that the prime objective of your son or daughter's 12th grade "journey" will be high academic achievement while continuing to reap the benefits of all the opportunities that FHS has to offer. This is a wonderful place to learn!

Foxborough High School has an excellent reputation as an outstanding academic, co-curricular and athletic institution. This is a direct result of student involvement, accomplishments, and pride. We encourage students to work closely with their teachers, advisors and coaches. We expect that each student will bring his or her enthusiasm to learn to school each day and be an active participant in the learning process.

We, the faculty and staff at Foxborough High School, are extremely proud of the educational opportunities that are offered here and are committed to providing your son/daughter the best education possible. We are united in our resolve to make sure that all of our students are *empowered to strive for excellence* and that we move forward in our district's goal to make FHS the best high school in the state.

I look forward to a terrific school year!

Sincerely,
Diana M. Myers-Pachla

***Note:** As the new principal of Foxborough High School, I would like to take this opportunity to briefly introduce myself to you. I am entering my twenty-ninth year in education – most recently serving as principal of Middleborough High School for the past two years. Prior to that, I was at Duxbury High School for ten years as the assistant principal and a history teacher. Before Duxbury, I had the pleasure of spending 16 years here at FHS in a variety of capacities including history teacher, Program Specialist for the History, English, and World Language departments and assistant principal. What is so very exciting for me is that after an "extended (twelve year) leave", I am returning to my "roots" as an educator. It is truly a privilege, and I am so very thankful, to again be a part of this outstanding school system!*

The Student Council will sponsor a "Newcomer Night" for students new to Foxborough. These students will receive an invitation from the Student Council in the next week.

Date: Wednesday, August 29, 2012

Time: 6:00 - 8:00 p.m.

Place: FHS Media Center



At Newcomer's Night, we are planning to have freshmen speak with current high school students about the school, and afterwards they will be available to provide you with a tour of the building. 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.



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.

Finding Family Time:

Whether your teens are freshmen or seniors, you probably see less of them than ever. Look for everyday ways to spend time together, such as running errands or sharing chores.

Also, join in activities they enjoy, like listening to their favorite music.

School Pictures



School pictures for all seniors are scheduled for Wednesday, Sept. 5th.
These pictures are for student ID's only.



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.

Core Values, Beliefs, and Learning Expectations

Foxborough High School, in partnership with parents and the community, creates a safe, structured and supportive environment that we believe encourages students to become thoughtful, responsible and productive citizens. The school empowers students to strive for excellence as they develop critical thinking skills through reading, writing, speaking and using technology effectively across all disciplines. We believe Foxborough High School's comprehensive curriculum and extra-curricular activities provide students with opportunities to work collaboratively to solve problems while encouraging them to mature as independent learners.

From the Principal ~ Diana Myers-Pachla

To 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 FHS directory, please sign this letter and return it to me no later than Friday, October 5, 2012. 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,

Diana Myers-Pachla
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

News from the Athletic Director Mrs. Caitlin Brown

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 the Athletic Director Mrs. Caitlin Brown 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).

Effective with the 2012-2013 school year, the School Committee approved the following policy. If you would like a copy of the entire policy, please contact the Athletics Office at FHS.

THE PREVENTION AND MANAGEMENT OF HEAD INJURIES AND CONCUSSIONS IN EXTRA-CURRICULAR ATHLETIC ACTIVITIES

Policy Adopted 1-30-12

A concussion is a head injury to the brain and concussions are serious. A concussion may be defined as the immediate and transient impairment of neurological function. It may be a consequence of an athlete's head striking an object (such as a floor or another head), an object striking the head (such as a ball, bat, stick, or another head), or as a result of a sudden change in the direction of the head and neck (such as in a whiplash type of injury). Concussions generally cause specific signs that can be observed by others and symptoms that are reported by the athlete. Recognition and proper management of concussions can prevent further injury and even death. Recognition and appropriate management of concussions requires coordinated effort of a number of people as outlined in M.G.L.c.111, section 222 and 105 CMR 201.00.

Note: Please see flyer attached to this newsletter for more information.



Guidance News

Guidance Counselors – 2012-2013

Guidance Phone Number 508-543-1620

Guidance Fax Number 508-543 -1670

A-B (Grades 9-12)

Ms. Laureen White x 145

C-HE (Grades 9-12)

Mr. Andy Servideo x 146

HI-PA (Grades 9-12)

Ms. Erin Healy-Botelho x 148

PE-Z (Grades 9-12)

Mr. Mark Cedorchuk x 157

Ms. Eileen Warnat- Secretary x 128

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 beginning August 31st and then Tuesday-Thursday each week when school opens. Students, you may make an appointment to come in anytime that is convenient in your schedule. I look forward to assisting you in the college application process. We look forward to meeting with you and assisting you!



Small group follow-up meetings with Joe O'Neil on

Thursdays, 10/4/12 and 10/5/12

Place: Guidance Conference Room

Time: 6:15 PM



"Class of 2013"
College Planning Calendar

September 2012

- 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 2012

- 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**.

NEWS FROM COLLEGE ADMISSIONS

ADVISOR

~~Mr. Joe O'Neil~~



Seniors

*Dear Parent(s) / Guardian(s) and Students of the
Class of 2013*

I hope you have had a great summer.
Welcome back to your exciting senior year!

Please plan on attending **"College Admission and Applications Night"** on Thursday, Sept. 27th at 6:45 p.m. in room 122 of FHS. Many important items will be discussed that you will find very helpful as your senior year progresses. Topics will include:

- Application process/deadlines/early application plans,
- The Common Application,
- Online applications,
- Letters of recommendations
- Counselor letters,
- Naviance,
- FHS application forms,
- And much more!

So many questions???? So many answers....

November 2012

- 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 2012

- 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**)

January 2013

- 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**)
- Pay attention to all deadlines!

February 2013

- 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 2013

- 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 2013

- 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 2013

- 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 2013

- Final transcript needs to be sent to your college for "proof of graduation."
- Anyone requiring final transcript to the NCAA please see Ms. Warnat in Guidance.

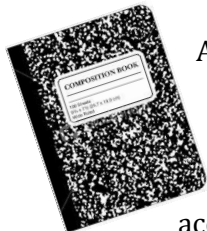
**Parents for School Council Needed**

Any parent interested in serving on the school council should contact Mrs. Myers-Pachla's 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.

News from the Science Department

.....Department Head Paul Charpentier

Lab Notebook Requirements for Science Classes



All science classes this year will utilize lab notebooks. This will allow students to develop science habits of mind, become better writers, and foster greater organizational skills and accountability. Requirements will differ by course:

Physical Science: Students should obtain a single-subject spiral bound notebook (normal size, approx. 8" x 10"). This notebook will be kept in the students' three-ring binder with other course materials.

Biology I: Students should obtain a composition notebook (see image above). Pages may be lined or quad-ruled-no preference. These notebooks may be purchased very inexpensively at back-to-school sales.

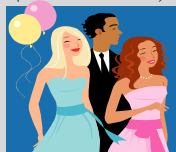
Chemistry and Physics: Same as Biology I, except this notebook should be quad-ruled, i.e., graph-paper pages.

Elective Courses: (Biology II, Anatomy II, Forensics): same as Biology I.

Students enrolled in Environmental Science will not be required to keep a lab notebook this year. Please direct any questions to Mr. Paul Charpentier, science department head (charpentierp@foxborough.k12.ma.us).



Homecoming Weekend
Sponsored by the F.H.S. Student Council
Friday, October 19th
Homecoming Football Game
Foxyborough vs. Oliver Ames - 7:00 p.m.
(Home Game)



Saturday, October 20th
Homecoming Dance
7:00 p.m. to 10:00 p.m.
FHS cafeteria

Extra-Curricular 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 below.

GET INVOLVED!!

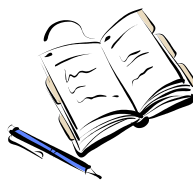
Academic Decathlon	Literary Club
Astronomy Club	Math Club
Best Buddies	Model Senate
Capitol Forum	Multicultural Club
College Bowl	Newspaper Club
Debate Team	Outdoor Club
Drama Club	Repertory Theater
"Fed" Challenge"	Science Club
Foreign Language Club	Ski Club
French Exchange Club	Students Against Destructive
	Decisions (SADD)
Spanish Exchange Club	Student Council
GAY/Straight Alliance (GSA)	Yearbook Club
History Club	

Remember to do your summer reading!!!



First Day of School-September 4th - Day # 1

September - 2012 Days of the Cycle						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 No School	4 Day 1	5 Day 2	6 Day 3	7 Day 4	8
9	10 Day 5	11 Day 6	12 Day 7	13 Day 1	14 Day 2	15
16	17 Day 3	18 Day 4	19 Day 5	20 Day 6	21 Day 7	22
23	24 Day 1	25 Day 2	26 Day 3	27 Day 4	28 Day 5	29



Please mark your calendar.

- Aug. 28 Staff Returns / Staff Development Day
- Aug. 29 Staff Development Day
Newcomers Night - 6:00 p.m.
- Aug. 30 Staff Development Day
Freshman Open House - 12:00 Noon
- Aug. 31 No School
- Sept. 3 Holiday
- Sept. 4 School Opens K-12
Class Pictures - Grades 9 & 10
Marching Band Practice - 6:00 p.m. - 8:30 p.m.
- Sept. 5 Class Pictures - Grade 11 & 12
Jazz Auditions - 3:30 p.m.
- Sept. 11 Marching Band Practice - 6:00 p.m. - 8:30 p.m.
- Sept. 17 School Committee-7:00 p.m.
- Sept. 18 Marching Band Practice - 6:00 p.m. - 8:30 p.m.
- Sept. 20 College Mini-Fair - 3rd Block
- Sept. 22 NHS Car Wash - 9:00 a.m.
- Sept. 25 Marching Band Practice - 6:00 p.m. - 8:30 p.m.
- Sept. 27 College Mini-Fair-3rd Block
Senior-Parent Meeting- Rm. 122 - 6:45 p.m.

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