



Epping High School

January 2012

Sept. 30,



Dates to Remember



- February 3rd - Report Cards mailed home.
- February 20th is a professional development day.
There is no school for students.
- Winter Break is February 27th thru March 2nd.

Family & Consumer Science

As the first semester ends, it is a good time to highlight the activities in our Family & Consumer Science Courses. Many of the parents and grandparents of our students may remember Home Economics in the past. The name Family and Consumer Sciences has been with us for about 20 years now. The challenges today are to keep the basics of good food and cooking while finding quicker ways to produce quality meals at home and understanding enough nutrition to help prevent obesity.



Our **Food Choices I & II** programs are doing this. While introducing students to meal management, nutrition, and basics of cooking, we are helping students develop many skills. Many students watch the Food Channel and many of the other cooking shows on television. They come to class with knowledge about food but not the basics from which to produce the "gourmet meal." Some students do not have much confidence when cooking or preparing food to eat. After one semester in Food Choices I students are confident not only in meal planning but in preparing complete meal for breakfast, lunch or dinner as well. The fact that a serving size of chicken is not a whole chicken comes into play when we talk about portion distortion. A four ounce serving with lots of vegetables and grains can produce a healthy meal that is filling.

Of course there are also opportunities to produce the Thanksgiving pie which each student made and took home for Thanksgiving Dinner and Christmas candy to share with friends and family. Students end the semester with not only cooking but planning a meal, grocery list, time schedule, and full table service for a lunch or dinner. Students produced some wonderful meals were very proud of themselves By the way they also clean-up without a dishwashing machine.



Students in the **Child Development & Parenting** course covered all types of child development, guidance and discipline, parenting skills, pre-pregnancy planning, birth and delivery, preparation for parenthood, and many other topics. Students produced colorful and informative bulletin boards around the school on the topics of Shaken Baby Syndrome, Fetal alcohol syndrome, and Sudden Infant Death Syndrome.

During two class periods this semester we were about to schedule several children to visit. We were thrilled to try out some of our learning activities and evaluate how the child was developmentally.

For the final project of the semester – students produced quality power point presentations and a bulletin board display about the four types of Child Abuse.

Although this semester flew by we plan to continue with classes on Food Choices II and Relationships – if your teenager is not enrolled in one of these four courses – tell them to get into the program – the Family & Consumer Science Program that is.

Teresa Mattson – Family & Consumer Science Instructor

Sophomore News:

World Cultures – Midterms have just finished and the sophomores have done a great job so far this year. We will be starting the second half of our South Asian unit where the students will be making authentic Indian food as well as studying the impact of Gandhi on India's road toward independence from Great Britain.

Math - For math, the fun continues.....

It has been my observation that we need only two traits to be successful in life. We need to be smart enough (being a genius is not required) and we need to put in the effort (this is required). Good news. With just a few exceptions, the students put in the necessary effort. Most everyone passed the first semester. Of course, more effort resulted in a better grade.

Geometry – We will start off with ratios and proportions, moving on to similar triangles.

Then we will look at special right triangles and a little bit of right angle trigonometry.

In Algebra II, we will continue with polynomials. First, we will learn how to divide them and then go on to solving them. After the polynomials we will move on to rational expressions

Physical Science – Chem-Is-Try! Students in physical science will be finishing up their investigation of physics concepts and will begin investigating some chemistry. As a transition, we will be studying wave behavior and pendula. Laboratories this month include investigating the mysterious behavior of pendula and a foray into chemistry through the identification of a mystery chemical by piecing together the outcomes of tests with various reagents. As we begin using chemicals in the classroom, I will be reminding students of the importance of eye protection and will require them to wear protection at all times in lab. Failure to follow safety procedures in lab may impact a student's grade and/or participation in laboratory.

Issues in Non Fiction - Issues in Nonfiction is beginning the 3rd quarter with a Media Literacy unit. Difficulty in distinguishing between fiction and non-fiction is often rooted in the lack of media literacy in our culture. Studies indicate that by high school graduation, a student will have spent more time watching television than they have in a classroom. A constant barrage of media messages comes through TV, the Internet, radio, and more. What do these messages mean? What are they trying to achieve? It is not realistic to think that we can escape media's influence. We need to be informed about how it is affecting us.

Athletic Department News

We would like to remind all community members to please check the updated schedules posted on the high school's main home page at www.sau14.org. Here you will find schedule updates that occur because of game changes, and weather postponements.



Awards

Congratulations to Sara Sturzo for being chosen the NHIAA Student Athlete of the Month for December.

Congratulations go out to Sara Sturzo, Stephanie Foster, Alex Osgood, Devon Bernard, Lisa Demaine, Lauren Haley, and Tara Martel for earning Scholar Athlete Recognition. This award is given to seniors who participate in at least two varsity sports while maintaining a 3.5 grade point average throughout their high school career.



Girls Basketball

The girl's basketball team is off to a 1-10 start and currently is ranked eighteenth in the division four standings. The girls experienced their first win of the regular season January 23 vs. arch rival Raymond. The girls will need a couple more wins to qualify for the NHIAA State Tournament. The girls JV team is 3-6. Senior night is slated for February 17, and festivities to recognize seniors will begin at 6:50pm

Boys Basketball

The boys' basketball team is off to a 6-3 start with a couple exciting wins this season. The boys have defeated Derryfield, Concord Christian, Sunapee, Sanborn, and Portsmouth Christian, while dropping two close contests to Newmarket, and one contest to Pittsfield. The boys team is currently tied for sixth place in the Division IV standings.. The JV boys are having a great season running their record to 7-1 with a win over Newmarket, Friday January 20. The JV's defeated Newmarket both times this season. Senior night is scheduled for February 21, and activities are slated to begin at 6:50 pm



Spirit

The Spirit team will be attending two competitions at the varsity level to prepare for the NHIAA State Cheerleading tournament. The first Competition will be held at Pinkerton Academy on February 19, and the second will be held in Concord on February 25. These two competitions will help prepare the girls for the State Tournament on March 4, (preliminary round – Pinkerton Academy), and March 11 (Championships – Southern New Hampshire University).



Please use the www.sau14.org web link for updated schedules throughout the winter. Do this by choosing Epping High School, and go to the athletic page to view athletic calendar. If you have any questions please contact Larry Averill, Athletic Director at 603-679-5472 ext. 253

ORDER YOUR YEARBOOK TODAY!

Supplies are Limited!!!

Order Your Yearbook TODAY!



40% of yearbooks are SOLD!

Personalization available through Jan 28th ONLY!

Order at www.jostensyearbooks.com (link available at high school website at www.sau14.org also) OR

See Mrs Bell in Guidance

Epping Middle School

"A School on the Move!"

33 Prescott Road

Epping, NH 03042

Kyle Repucci, Principal

Office (603-679-2544)

Christine Hebert, Dean of Students

Fax (603-679-8118)

January 2012

Dear Merchant/Citizen:

Epping Middle and Epping High School comprise a small school community with fewer than 600 students. We are, however, faced with several students affected by serious medical conditions such as auto immune deficiency and cancer. Not only are these families facing emotional and physical challenges, but extensive medical and transportation costs.

We are planning a fund-raiser to provide some additional funds for these families. During the spring we will host a silent auction. In order to have this event a success, donations are essential. We are looking for a donation of an item(s), gift certificate(s) that will be used for the fund-raiser, or a check donation for the benefit of the families. All proceeds will benefit the families directly.

We hope you will find it in your heart to support this worthwhile charity; all donations will be greatly appreciated.

Sincerely,

Pat Weisberg

Event Coordinator

AMERICAN CANCER SOCIETY

DAFFODIL DAYS



Daffodil Days is one of the American Cancer Society's oldest and most beloved fundraising programs. Epping Middle School joins them in their mission to eliminate cancer as a life-threatening disease. Please share the hope for a world free of cancer by purchasing a fresh bouquet for 10 daffodils for \$10, a Bear and a Bunch™ which includes Liv N Hope, the 10" collectible Boyd™ bear, with a daffodil bouquet for a \$25 donation, three potted daffodil multi-stem bulbs in a pot for \$15, Gifts of Hope which provide daffodil bouquets anonymously to a cancer patient in the community or Bear Hugs for Hope which provides Daffodil Day bears anonymously to children living with cancer. Both Gifts of Hope and Bears Hugs for Hope support the research and programs of the American Cancer Society. Donations for each start at \$25.

Please contact Pat Weisberg at pweisberg@sau14.org with inquiries. Checks may be made out to the American Cancer Society. Orders will be taken through February 23. Delivery is expected in mid-March. If your child would like to be involved with Daffodil Days, please contact Pat Weisberg at Epping Middle School.

EPPING SCHOOL DISTRICT

SCHOOL ADMINISTRATIVE UNIT #14

CHILD FIND

A FREE SCREENING IS OFFERED

FOR CHILDREN (2.5 – 5) FROM EPPING

HELD AT THE EPPING SAU

213 MAIN STREET

SATURDAY,

MARCH 10, 2012

STARTING AT 8:00 AM

Appointments a must. Please call Katie Buchanan at the Epping Preschool for an appointment -- (603) 679-8003 ext. 107

SEE YOU THERE!

***** SNOW DATE 3/17/12 *****

MAIN STREET ART • 75 MAIN STREET • NEWFIELDS



MAIN STREET ART

New Exhibit At MSA!

Please join us as we present the work of **Julee Ann Holcombe**, assistant professor of art at University of New Hampshire in her solo show entitled **Sacred Ruins**. Opening Reception will be held on Friday, January 13th from 5-7:30PM. The gallery will be open on the following Saturdays from 12-3PM through February 18th.

New Sewing & Basket Making Workshops

Jan 21st \$35/class	Patchwork Basics Vicky Anderson	Sat 9:30AM-12:00PM Ages 8 - 13
Jan 27th \$35/class	Hats Plus Vicky Anderson	Fri 6:00PM-9:00PM Adults & Teens
Jan 28th \$30/class+\$10 material fee	Wine Basket Nancy Duffie	Sat 9:00AM-12:00PM Adults
Feb 4th \$35/class	Crazy Combos w/Buttons Vicky Anderson	Sat 9:30AM-12:00PM Ages 8 - 13
Feb 6th \$30/class+\$10 material fee	Valentine Basket Nancy Duffie	Mon 6:00PM-8:00PM Adults
Feb 10th \$35/class	Surprise Yourself Vicky Anderson	Fri 6:00PM-9:00PM Adults & Teens
Feb 18th \$35/class	Putting it All Together Vicky Anderson	Sat 9:30AM-12:00PM Ages 8 - 13
Feb 24th \$35/class	Sew Much More to Explore Vicky Anderson	Fri 6:00PM-9:00PM Adults & Teens

For class descriptions and registration forms, please visit
WWW.NEWFIELDSART.ORG
 603.580.5835 mainstreetart@newfieldsart.org

WINTER SESSION: JAN 17 - FEB 24, 2012
 Visit www.newfieldsart.org for class descriptions and dates.
 Scholarships are available. Check online.

PRE SCHOOL - K	Kindergarten Art Adventures - \$75	Wed 1:45-2:45PM
	Kindergarten Paint Party - \$80	Fri 1:45-2:45PM
GRADE 1-2	Mixed Up Art - \$90	Tues 3:30-4:30PM
	Pre Art for Mixed Up Art - \$30	Tues 3:00-3:30PM
GRADE 1-5	Sculpture Exploration - \$85	Fri 3:00-4:00PM
GRADE 3 - 6	The Drawing Game - \$80	Mon 3:30-5:00 PM
	Pre Art for The Drawing Game - \$25	Mon 3:00-3:30PM
	Winter Wonderland - Model Homes - \$100	Sat 3:30-5:30PM
GRADE 4 & UP	Kids Can Knit - \$115	Wed 3:30-5:00PM
	Pre Art for Kids Can Knit - \$30	Wed 3:00-3:30PM
GRADE 5 - 8	Intro to Fashion Illustration - \$100	Thur 3:00-4:30PM
GRADE 6 & UP	Paint Like the Masters - \$150	Sat 1:00-3:00PM
ADULTS & TEENS	The Drawing Game - \$95	Wed 6:00-8:00 PM
	Open Knitting - \$5	Thur 9:00-10:30AM

Please register early. Class sizes are limited.
 Main Street Art is a 501(c)3 non profit organization.
 This is not a school sponsored activity.