



Windjammer News

CAMDEN HILLS REGIONAL HIGH SCHOOL

THE PRINCIPAL POINT OF VIEW JAMES ANASTASIO, PRINCIPAL

Maine Educational Assessments

For almost twenty years all juniors in the State were supposed to take the Maine Educational Assessments (MEAs). Despite the intention of this series of assessments (tests), in reality they have had very little effect on individual students and minimal impact on the school. It was extremely difficult to convince students that something that doesn't affect their grades, their transcript, their graduation, or anything else important to them mattered nonetheless. Students were more concerned about tests and quizzes for their classes and other life plans (SAT, ASWAB and the like). The best argument that schools could make for students to do well was that the results were made public, and as a result, CHRHS would be compared to other high schools in the area and State. Students, staff, communities, and administration placed more emphasis on the results many years ago, but as the newness and focus on the results faded so did the overall concern about them.

That all changed last year when it was decided by the State to use the MEAs as the assessment instrument for No Child Left Behind, a Federal Government initiative to improve schools across the country through increased accountability. The accountability for all Maine schools is based directly on the results of the MEA's. The test results from last year were not at an acceptable level in several areas, and as a result, CHRHS was put on warning. If the scores do not improve in those areas, CHRHS will be identified as a "failing school" and potentially lose some Federal funding and be subjected to intervention from State officials.

The school and the junior class leadership have appealed to the students to take the tests more seriously and I am appealing to you to assist us as well. It is imperative that all students take the test. We were cited last year for having less than the required percentage of juniors complete the testing. Please do not excuse your junior from school the first week in March; there will be testing every day. If it is absolutely necessary for him or her to miss school during that time, please support our efforts to have the testing made up. Encourage your child to get a good night's rest and eat a healthy breakfast before each testing session.

It would be extremely unfortunate for a fine school like CHRHS to be identified as failing. Encourage your junior to try his or her best; it does matter.

Your help and support on these important issues are greatly appreciated.

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DISTRICT WEB SITE AND E-MAIL INFORMATION:
ALL STAFF MEMBERS CAN BE ACCESSED ON E-MAIL BY USING:
FIRSTNAME_LASTNAME@FIVETOWNS.NET
OR VISIT OUR WEB SITE: HTTP://WWW.FIVETOWNS.NET/

From the Nurse's Desk

Judy Clossey, RN, judy_clossey@fivetowns.net

A reminder for parents to contact their physician, making sure their child has had his/her series of 3 hepatitis vaccines, and that the Dr. verifies your child has had chickenpox. Chickenpox information will be needed by your school, beginning next fall. There's still time to get a full 3 doses of hepatitis vaccine finished before next fall also. A reminder that hepatitis does not need to be redone if the 3 doses were not completed, only the doses adding up to 3. Enjoy a little nutrition trivia:

Best Case Scenario

- Breakfast Cereals that are Fast ... and Healthy.

The most healthful cereals are whole grain selections, such as Shredded Wheat and All Bran. Besides more nutrient and phytochemicals, you also get more fiber — up to 14 grams for 100% bran selections. Health organizations recommend 20 to 35 grams of fiber a day to reduce the risk of cancer and heart disease, plus aid the regulation of blood sugar and cholesterol levels. Try to pick cereals supplying at least 4 grams of fiber.

Worst Case Scenario

- Coffee Bar or Calorie Café?

Black Coffee is practically calorie free. But watch out! One “tall” (12 oz) Starbucks caffe latte made with whole milk packs 200 calories and 11 grams of fat. A “grande” mocha weighs in at 400 calories and 22 grams of fat! If you must, order a “skinny” caffe latte (made with skim milk) for a healthier half gram of fat and 120 calories.

Thank you, Parents!!!

The faculty and staff of CHRHS was treated again this year to a spectacular luncheon on February 11.

Parents and friends of CHRHS provided a delicious and beautifully presented array of gourmet delights.

We would like all our supporters to know how much this thoughtful gesture is appreciated. This is a huge treat for all of us and is regarded as a day not to be missed!

Thank you to all the parents who make this happen! We love it!

Schedule – Early Release

Days

4/6/04, 5/28/04

Dismissing at 10:50 am

5 minute passing

40 minute periods

7:35 am	Warning
7:40 am – 8:20 am	Period 1
8:20 am – 8:25 am	Passing
8:25 am – 9:05 am	Period 2
9:05 am – 9:25 am	Passing/Break
9:25 am – 10:05 am	Period 3
10:05 am – 10:10 am	Passing
10:10 am – 10:50 am	Period 4

Announcements immediately
at the beginning of period 4

** Morning Region 8/Zenith students will attend MCST/Zenith, and will be absent from their 3rd and 4th period classes at CHRHS. This is NOT to be counted as a class absence.

***Afternoon Region 8/Zenith students will not have any class at MCST/Zenith, and may be dismissed from CHRHS after Period 2 is over.

WELLNESS DAY COMING SOON!

Judy Ottmann, judy_ottmann@fivetowns.net

CHRHS's Second Annual Wellness Day will be held on May 5th. The Wellness Committee is looking for ideas for offerings (yoga, massage, reiki, dance, and cooking are ideas that have been proposed) and volunteers. If you have ideas and /or you'd like to be a part of this happy, healthy day, please contact Judy Ottmann at Judy_Ottmann@fivetowns.net or at 236-7800, ext. 356.

Blood Drive Reminder

The annual Blood Drive will be Wednesday,
April 7, all day in the Wrestling Room.

Students of the Quarter In Research Biology

Doc Littlefield, david_littlefield@fivetowns.net

Students of the Quarter for Research Biology are as follows: R1 Class is Julie McKean, R2 class is Alyssa Manzi, W3 class is Jamie Williamson, and for the R4 class is Ashley Bickford. All four of these students have performed at a high level, have been conscientious, on task in class, polite and considerate, and in each case a model student.

Julie had the edge in her class because of her commitment of being on time to class and striving to do her assignments to the very best of her ability, which is truly outstanding.

Alyssa was honored as she stood out because of her attention to detail in completing her assignments. Her commitment to excellence is exemplary.

Jamie stood out in her class because of her continued commitment to help and assist other students in class. She shows a great level of maturity.

Ashley demonstrates an unusual degree of self commitment and dedication to her biology. Her high grades and academic success is well earned.

The recognition of these students is well deserved; in addition the following are selected as honorable mentions: Alec Donosco, Matt Doudera, Bri Monahan, Nicole Rogers, Tana Scott, Brittany Smith, Grace Eddy, Heather Goss, Maarta Laiho, Jessica McMahan, Maggie Vanorse, Carly Holgerson, Tim Neilson, Jennifer Rogers, Eliza Squibb, Terra-Nova Sadowski, Saphrona Stetson and Katie Thompson.

Senior Megan Kennedy a Longfellow Prize Winner

Jon Potter, jon_potter@fivetowns.net

Nancy Merrow, Prize Coordinator, recently announced the three winners of the Longfellow Prize, among them: our own Megan Kennedy. The Prize is awarded for the best sonnet from a high school student in Maine. High schools are invited to submit the three best from their own school, which are then judged by Dr. William Watterson, a professor at Bowdoin College. Dr. Watterson sent the good news directly to Ms Kennedy via e-mail, before the official announcement.

The Award Ceremony, which will feature music, and readings by Denis Corish of Bowdoin College and Dr. Thomas Carper, as well as the three winners, will be held at the First Parish Church in Portland (Longfellow's church) on February 28, from 2-4 PM. It is open to the public. Following the ceremony, refreshments will be served at the Center for Maine History.

Parent Group News

During our February meeting Casey Heard joined us to speak about her role as an advocate from the organization New Hope for Women. Casey works in Knox County schools and spends Thursday mornings here at CHRHS. She works with a group of students at our school who have established a New Hope for Teens program in response to their need to have more awareness regarding domestic violence. She also works with Mr. Read in his health classes to present information on healthy relationships and gender stereotypes. It was very informative to hear about Casey's role at the school, another excellent resource for our children.

At our March meeting on Monday, the 15th we will focus our discussion time on the sports programs at the high school.

Parents who are interested in talking about the goals and philosophy of our athletic department are encouraged to attend. Dave Cook, athletic department head, will join us for that evening's dialogue.

Our meetings are held in Rm 232, from 6:30-8:30pm, follow the signs from the front entrance. All are welcome to attend.

Attention Parents

parentgroup@fivetowns.net

Do you want to be more in the know regarding life at CHRHS? The High School Parent Group meets monthly. Check the calendar inside for dates and times. Feel free to drop in for conversation, informative speakers and ways to participate in school life. Too busy for another meeting? Get on our e-mail list and stay informed that way : parentgroup@fivetowns.net

NHS TALENT SHOW
FRIDAY, MARCH 12, 7PM, STROM
TICKETS: \$5 STUDENT
\$8 GENERAL
COME SEE OUR MULTI-TALENTED
PERFORMERS!!!

Spanish News

Lynne Taylor, lynne_taylor@fivetowns.net

Students in Spanish 4 and Spanish 5 classes will be taking a journey back in time. On March 26, at Lawrence High School they will see the Boston Flamenco Ballet perform highlights from Miguel Cervantes' Don Quixote. In preparation for the event students will read excerpts from Cervantes' famous 17th century novel. We are grateful to Youth Arts for funding this special opportunity.

Class of 2004

Seniors

It's the final semester of high school for those graduating in June and there are many, many things to do. Caps and gowns have been ordered through Jostens. If you have not placed your order and do plan to participate in commencement activities, you must contact Jostens to take care of this right away. You do not have to pay for caps and gowns as the cost is paid by class dues which are \$45 per person. A list of those who have paid and those who still owe is posted in the window of the main office. Currently, \$2,000 has been paid but \$6,000 is still owed.

The Senior concert originally scheduled for February 6 has been rescheduled for Saturday, March 27. We still need two liter bottles of soda a few baked goods for the concessions.

Class of 2005

Juniors

The Junior Class officers have been working hard to devise a system for collecting class dues. The intent is to finish collecting money from all juniors before spring, so that no one will owe anything their senior year. Many students have already partially or fully paid. Total dues are \$20, which is one of the lowest ever for any class. Class officers have been recently making their way around to seminars to collect dues and share info:

- ◇ Each seminar will win a box of donuts once everyone in their seminar has paid.
- ◇ Dues cover graduation expenses only, not a possible class trip.
- ◇ Any questions about money owed can be directed to one of the class officers or Ms. Ryan or Mr. Ash. The balance list is posted in Ms. Ryan's office.

Thank you,
Molly Masenga, President
Trevey Davis, Vice president
Nikki Rubenstein, Treasurer
Brigitta Polson, Secretary



Class of 2006

Sophomores

Attention Parents!

Want to help your student relieve some stress between breaks? The Class of 2006 will be offering "relief" packages to be delivered to that special son or daughter. Packages will be delivered between March 22 and April 5. The packages will include all sorts of treats and surprises neatly packaged to show you care. The cost is \$5.00 and checks can be made payable to: Class of 2006, or contact Mark Wallace, class advisor, at ext. 325 or e-mail mark_wallace@fivetowns.net. Orders are due before the last Friday in March.

Class of 2007

Freshmen

Come to our dance
Have some romance
Dress in 80's attire
And dance like you're on fire!



It's Friday, April 2nd, 8-11
Come to this dance and you'll be in heaven
In the Wave Cafe, 5 dollars entry
It will be the dance of the century

Best 80's theme outfit wins the contest
Fun competition for all the rest
First place \$15
Second place \$10
Third place \$5
Looking for parents to provide refreshments
Come support the amazing freshmen!
(Poetry by
Jessi Fossett, Secretary, Class of 2007)

More info? Contact:
Mrs. Brassbridge (x318)
Mrs. Taylor (x235)



WMO's The Steiners, Maine's premiere a cappella group!
Friday, March 26, 7pm, Strom Auditorium \$5.00

Drama News

Rick Ash, rick_ash@fivetowns.net

Come Support Ubu Roi at The Maine Drama Festival

Actors and designers have been working since December on Ubu Roi, the CHRHS entry in the 2004 Maine Drama Festival. The Regional competition this year is at Rockland District HS March 5-6. There will be three sessions of performances. The first session will be Friday evening at 6 p.m. with 4 plays. Ubu Roi will perform in the second session which begins at noon on Saturday. The third and final session begins at 7 p.m. Saturday.

At Rockland, ten schools will compete for two slots at the State Finals, which are being held this year in Strom Auditorium (March 19-20.) Sponsored by the Maine Principal's Association, Maine Drama Festival performances are open to the public. Tickets will be available at the door (\$7 adult/\$4 student for each session.) Proceeds go to the MPA. Ubu Roi cast and crew welcome your support at Rockland on March 6 and again at the States if we are chosen to advance.

Spring Play: Our Town

Auditions for the spring play *Our Town* by Thornton Wilder, will be held March 24, 25, and 26th 3-4 p.m. or 6-7 p.m.(each day). *Our Town* will be directed by Jon Potter, with performances scheduled for May 7th and 8th, and May 14th and 15th.

Our Town was produced for the first time in 1938. It ran for 336 performances, and won the Pulitzer Prize in Playwriting in the middle of its run. A reviewer for the New York Times wrote, "One of the finest achievements of the current stage. Mr. Wilder has transmuted the simple events of a human life into universal reverie. He has given it a profound, strange, unworldly significance-- brimming over with compassion....A hauntingly beautiful play." But it was only after the play had closed in New York that it began to achieve its current stature as one of the few authentic "classics" this country has ever produced.

This is a play about a town--it's our town. It's about growing up, about love, about life, and yes, about death-- It's funny and sad, full of truth and full of what it is to be human.

A quick look at the cast list will be enough to show that this production is a marvelous opportunity both for students with extensive experience and for those who are interested in giving theatre a try, even if they never acted before.

The Our Town Cast

There are seven big parts:

The Stage Manager (He carries the play, working much as a Master of Ceremonies might do. This is an awesome part-- in the original sense of awesome!)

Dr. Gibbs (He's the town doctor, always on call, husband of...) Mrs., Gibbs (mother of...) George Gibbs (George is about 16 at the start of the play; he falls in love with...) Emily Webb (who lives across the street in her parents' house with...) Mr. Webb, who is the owner/editor of the town's newspaper and Mrs. Webb, Emily's mother

There are three medium-sized parts:

Howie Newsome, who is a dairy-farmer and milkman. Howie gets around, knows a lot of what's going on. Simon Stinson. a notorious drunk, choir director and organist, and Mrs. Soames, the town gossip.

And seven small parts

Joe Crowell, a kid who delivers newspapers, Si Crowell, his younger brother, Rebecca Gibbs, George's little sister (She has some famous lines!) Constable Warren, the town cop, Sam Craig, Mrs. Gibbs' nephew, Joe Stoddard, the undertaker, and Professor Willard, an academic type.

And fourteen tiny parts

Wally Webb, Woman in Balcony, Man in Auditorium, Lady in Box Seat, Farmer McCarthy, 1st Dead Man, 2nd Dead Man, 1st Dead Woman, 2nd Dead Woman (The dead speak! Really!) and 3 wise-guy baseball players in their late teens. Two on-stage "Assistant Stage Managers" have no lines.

Mrs. Murphy has agreed to supply the choir (!)

But we could also use about 26 townspeople, who don't have any lines, but have an important scene in Act Two and at the end of Act Three.

The Strom Auditorium Tech Club

At our February meeting we set up for Sam Clement's band, learning about how to engineer sound and lighting for a rock concert. Unfortunately, the concert had to be postponed due to weather and a new date has not yet been scheduled.

The next SATC meeting will be Thursday, March 11 (2:30-4:00.) The focus of the meeting will be the NHS Talent Show and the Maine Drama Festival, training will be provided for those who would like to be on the stage crew for either event.

Meeting schedule for the rest of the year:

Thursday, April 8 (2:30-4:00) Setting up for a band or orchestral concert.

Thursday, May 13 (2:30-4:00) An introduction to EQ (sound equalization)

Sunday, June 20 End of year party - details to follow

NEW MEMBERS ARE ALWAYS WELCOME!

Counseling Department

Piet Lammert, piet_lammert@fivetowns.net

Kaplan SAT Prep Deadline

The March 5 deadline to sign up for the Kaplan SAT prep course beginning at CHRHS on March 16 is fast approaching. Contact the School Counseling Department if you have any questions or need more information.

"Just in Time" Admissions

The Hutchinson Center in Belfast is embarking on one of its two cutting edge programs for high school students on April 14 with "Just In Time" Admissions.

The program will allow CHRHS to bring a certain number of seniors (yet to be determined) to meet with admissions representatives from the University of Maine Augusta (UMA) and the University of Maine (UM) and, if they qualify, end the day with a letter of acceptance to either school. It's a great opportunity for seniors who have been considering post-secondary education but have yet to take any steps toward matriculating, or for those who find that their "best laid plans" don't work out as planned. Contact your student's school counselor for more information.

College Exploratory Program (CEP)

There are any number of barriers to post-secondary education that continue Maine's odd combination of high percentage high school graduation rates coupled with lower numbers of students pursuing post-secondary education; the Hutchinson Center is doing their best to address as many of these barriers as possible with their College Exploration Program (CEP) this summer.

Beginning June 14 through July 2, juniors admitted to this program will be able to take a tuition free college level course in order to experience the actual demands of the collegiate academic environment. The course will be supplemented by other activities designed to help students make informed choices about their post secondary plans (including SAT prep, college/career search, and educational field trips) and will include information sessions for parents as well. To top it off, the Center has coordinated with the CRL Chamber of Commerce to help students find summer employment once the program is complete.

CHRHS will have a limited number of slots, so you should begin communication with your student's school counselor as soon as possible if you would like to take advantage of this opportunity.

Nationally Renowned Speaker to Visit Strom
March 28

In cooperation with the Maine Counseling Association (MeCA), CHRHS will be co-sponsoring a presentation by Dr. William Glasser--known most for his development of Reality Therapy and most recently Choice Theory--on March 28 from 2-5 PM.

Among other things, Dr. Glasser is well known for his opposition to the medical profession's overuse of medication in the treatment of psychological disorders. His presentation, Choice Theory for Everyone, will enable participants to utilize this theory in their interactions with others regardless of their professional or personal situation.

The suggested donation is \$10.00, payable to MeCA. There is no need to pre register.

SAT Prep

Trudy Norman, trudy_norman@fivetowns.net

The Hutchinson Center in Belfast is once again sponsoring the Kaplan SAT Prep course this spring. Classes will meet Tuesday and Thursday at CHRHS beginning March 16th and leading to the May 1 SAT administration. A number of need based scholarships are available, and those who do not meet qualifications for aid are eligible to take the course at a reduced rate.

More information and registration packets are available in the School Counseling Department

Casey Heard, School-Based Advocate at New Hope, is available to meet with students one-on-one and in small groups every Thursday from 7:30-12:30 in the conference room next to the Guidance Department. Casey can talk with students about relationship issues and questions they have. She can talk with students about friendships, dating relationships, and family relationships. If Thursdays are not convenient, students can schedule another time to meet with Casey. Casey can be reached at:
594-2128 or 800-522-3304,
or at cheard@newhopeforwomen.org.

CHRHS Events Calendar March to June 2004



Mar. 1-5	MEA's	Lecture Hall, classrooms
Mar. 2	District III Jazz Festival	TBA
Mar. 3	CSD School Board Meeting	Chorus room, 7pm
Mar. 5-6	Regionals ME Drama Competition	Rockland
Mar. 5-7	Gymnastics Tournament	Gym, Cafe
Mar. 10	Math Meet	at Winslow, 2:00pm
Mar. 12	Workshop Day	No school
Mar. 12	NHS Talent Show	Strom, snow 3/13, 7pm
Mar. 13,14	Homebuilders Show	Gym, Cafe, Mini Gym, Sat 9am, Sun 10am
Mar. 15	Parent Group meeting	Room 232, 6:30pm
Mar. 18	PsychoLit Field Trip	Boston, 5am
Mar. 18-29	Tri-County Art Exhibit	CMCA, reception 3/18
Mar. 19-20	Maine Drama Festival State Finals	Strom
Mar. 25	HAL Band & Chorus	Strom, 6:30pm
Mar. 26	JCL Certamen Festival	Portland, 1:30 depart, return 11:30pm
Mar. 26	the Steiners	Strom, 7pm
Mar. 26,27	Dist. III Honors Jazz Festival	TBA
Mar. 27	Senior Band Event	Strom, 8pm
Mar. 28	Dr. Glasser	Strom, 2pm
Mar. 31-4/4	Camden/Rockport Student Art Show	CMCA
April 1	CRMS Band	Strom, 7pm
April 2	80's Dance	Cafe, 8pm
April 3	MBDA Festival - Bands	TBA
April 5	Parent Group meeting	Room 232, 3-4:30pm
April 6	Early Release	10:50am
April 7	State Math Meet	at Portland, 9:00am
April 7	Blood Drive	Wrestling room, 7am-3:30pm
April 7	CSD School Board Meeting	Lincolnville Elementary, 7pm
April 8	CHRHS Spring Band Concert	Strom, snow 4/12, 7:30pm
April 9,10	Robinson Ballet	Strom
April 17	Earth Day Benefit Concert	Strom, 7pm
April 17-24	Latin students to Italy	Italy
April 19	Patriots Day	No school
April 20-23	Vacation Break	No school
April 24	Bay Chamber, Pilobolus Dance Theatre	Strom, 7:30pm
April 26-30	Spirit Week	School
May 1	MCHT Conference	Strom, Lecture, classrooms, Cafe
May 3-14	AP Exams	Lecture Hall
May 5	CSD School Board Meeting	Chorus room, 7pm
May 8	Band Yard Sale	Cafe, 7am
May 7-8, 14-15	Spring Play Our Town	Strom, Black Box
May 11	CHRHS Spring Chorus Concert	Strom, 7:30pm
May 18	CRMS Spring Chorus Concert	Strom, 7pm
May 19	Celebration Assembly	9am
May 20-22	All-State Music Festival	U Maine
May 22	Bay Chamber	Strom, 7:30pm
May 26	LCS Band & Choral	Strom, 6:30pm
May 28	Early Release	10:50am
May 31	Memorial Day Parade - Band	Downtown Camden
June 2	Arts Night	All School, 6:30pm
June 2	CSD School Board Meeting	Appleton Village School, 7pm
June 5	Prom	Ginley Hall, 8pm
June 7	Baccalaureate	Congregational Church, 5pm
June 8	Senior Banquet	Samoset, 6pm
June 10	Awards Night	Strom, 7:30pm
June 11	Graduation	Gym, 8pm
June 19-25	Washington Trip - Juniors	Depart 6:30am, return 10pm



Camden Hills Regional High School
25 Keelson Drive
Rockport, ME 04856

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Important!!! MEA Schedule for all JUNIORS. Please note early dismissals:

MEA Exam Schedule for Juniors: Week of March 1-5, 2004

<u>Content Area/Session Periods</u>	<u>Testing Time</u>	<u>Budgeted Time</u>	<u>Day</u>
Identification	15 min.		
Writing Prompt 1A	45/25 min.	85 min.	Monday R1
Writing Tasks 1B	40/20 min.	60 min.	R2
Reading 2A	45/15		
Reading 2B	35/10 (105)	90 min.	R3
Dismissed			R4
Reading 2C	45/15		
Reading 2D	35/10 (105)	90 min.	Tuesday W1
Math 3A (non calculator)	45/15	60 min.	W2
Math 3B (calculator)	45/15	60 min.	W3
Dismissed			W4
Math 3C (calculator)	45/15	60 min.	Wednesday R1
Science & Tech 4A	45/15	60 min.	R2
Science & Tech 4B	45/15	60 min.	R3
Dismissed			R4
Science & Tech 4C	45/15		
Student Questionnaire	15	75 min.	Thursday W3

Dismissed if exam complete; if not, students will need to W4 make up any missing components of the exam during this period.

Additional make up, if necessary, will be done on Friday 3/5