From the Principal  
Jeffrey S. Theodoss

Dear Parents/Guardians,

Hope everything is going well.

The first principal’s coffee will take place on Oct. 22nd at 10:00 a.m. in the upper media center. The intent of the coffees is to develop agenda items of interest, while keeping parents and community members up-to-date on events and changes occurring at FHS. If you would like to discuss or learn more about a particular topic, please contact Ms. Sheila Sneyd @ 508-543-1616.

Power School access for parents began on Tuesday, Oct. 14th. Those parents who attended the seminar on Power School have received usernames and passwords which allow them to access student grades. As I have previously mentioned, teachers will be responsible for monitoring daily student attendance and updating grades at a minimum of every two weeks. The intent is to, in a timelier manner, give parents a better understanding of their child’s progress. Due to the number of assignments students are given each quarter, parents will have a good idea of their child’s ongoing progress.

The intent is not designed for parents to calculate student’s grades and get into an e-mail discussion with the teacher. As always any questions about grades should occur between the student and teacher. If we are working to make students better communicators, each student should take the responsibility to discuss their assignments and grades with the teacher. After his/her conversation with the teacher, if the child still has concerns, certainly the parent may feel free to contact the teacher. That being said, one of the positive pieces of Power School (not that your child will think so) is that there will be no mystery as to the work that has or has not been completed. We hope this program will help you to support your child’s academic progress.

Beginning in December, we will run a two-week mock schedule that will include adding time to one period each day. The longer block will run for approximately 70-80 minutes. The intent is to provide one period per seven-day cycle where the teacher will have more flexibility with their lesson planning. Science lab experiments could be extended to provide more time for discovery and discussion. Physical education activities could partner with the skating rink or the YMCA for increased programming opportunities. Debates, project presentations, classes working in computer labs, wood construction or cooking classes would be less rushed with more time. These are just a few of the possibilities to offer our students. After the 14-day cycle is complete, students and faculty will be surveyed to determine the acceptance and feasibility of the plan. We will keep you updated on the progress of this project.

Finally, Foxborough was recently the focal point of a media blitz pertaining to the use of breathalyzers in school. Let me assure everyone, that school administrators have no intention of substantially changing the way we currently conduct business. At dances, athletic contests, or during school, the number of issues we deal with is minimal. When we suspect a student has been using alcohol, we assess the student and make a decision without using the breathalyzer. Should students contest our belief, we will offer them the breathalyzer to prove their innocence. Being in the business of education for over 30 years, you see certain traits student’s display when using alcohol. These actions raise red flags and prompt us (administrators) to act. For that rare occasion, when a student vehemently denies any wrong doing, this will allow us to avoid a confrontation by simply producing the breathalyzer and asking the student to produce a breath sample.

The breathalyzer is just another tool that is available to keep alcohol out of the school environment. Someone who has been drinking at an event creates an awkward situation for students, parent chaperones, teachers and administrators.
Now, we can immediately check out the situation, quickly resolve any questions and get back to enjoying the event.

Finally, one of our school council initiatives is to create a survey for freshmen and their parents, as we continue to find ways to better support freshmen during their transitional year from middle school to high school.

Should you have questions you feel would be appropriate for us to ask or any commendation or recommendations you would like to share, once again contact me at 508-543-1616 or email me at theodossj@foxborough.k12.ma.us.

Superintendent Dr. Christopher H. Martes received the following letter from the offices of Governor Patrick and Lt. Governor Murray thanking the Commonwealth’s educators, for their service and commitment to the more than 1 million students in our public schools. Enjoy!

The Commonwealth of Massachusetts
Executive Department
State House
Boston, MA

September 15, 2009

Dear Educators:

We are writing to thank you for the outstanding work you do each day on behalf of the Commonwealth's nearly 1 million public school students, and to wish you well at the start of the 2009-2010 school year.

We were proud last week to announce the remarkable improvements you helped to deliver on the 2009 statewide MCAS exams. After several years of flat or declining ELA results, this year we saw across the board improvement, as well as noteworthy gains by our Black and Hispanic students. Most impressive is that more than three-quarters of our 10th graders scored Proficient or higher on the English and Math exams; a tremendous improvement over the pace set in 1998, when just one-quarter scored Proficient or higher on both exams. This dramatic turnaround is proof that with the proper tools, support and educational leadership, all students can achieve at high levels. Time and again, on state, national and international measures, Massachusetts students have outscored their peers, thanks in large part to your hard work and dedication to their success.

We do not thank you enough for all of the good that you do for our children and our communities. We want to take this opportunity now, and express our heartfelt appreciation and gratitude. Thank you for the energy, expertise and countless hours you invest in the education of the Commonwealth’s
students. With your help, all students will be prepared for success in the 21st century.

Sincerely,

Deval L. Patrick, Governor
Timothy P. Murray, Lieutenant Governor

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**Flu Symptom Checklist**

The Department of Public Health recently stated “Our goal for the new school year is limiting transmission in schools in order to keep schools open and functioning as usual.” We ask your help in this goal by following their guidelines.

The most important thing you can do to keep flu from spreading is to **keep your child home when they are sick**.

**When should I keep my child home?**

If your child has had a fever of 100.4 degrees or more in the past 24 hours **AND** your child has a cough and/or sore throat, keep your child home. These symptoms mean your child has an influenza-like illness. Your child may return to school when you answer **NO** to **BOTH** of these questions:

1. Has my child had a fever of 100.4 degrees or more in the past 24 hours?
2. Has my child had acetaminophen (Tylenol) or Ibuprofen (Motrin or Advil) in the past 24 hours?
3. When you call the school’s absence line please inform us if your child is out with flu-like symptoms. This will help us determine how widespread the symptoms are.

**The main symptoms of influenza (flu) include:**
- fever and cough and/or sore throat. **Some people may also have a runny nose, body aches, headache, and chills and feel tired.**

**Some people also have diarrhea and vomiting.** Consult your child’s physician for any concerns.

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**NATIONAL MERIT**

I am pleased to announce that Taryn D. Laubenstein (2010) has been named as a Semi-Finalist in the 2010 National Merit Scholarship Program.

In early September, about 16,000 students, or approximately one-third of the 50,000 high scorers, are notified that they have qualified as Semifinalists. To ensure that academically able young people from all parts of the United States are included in this talent pool, Semifinalists are designated on a state representational basis. They are the highest scoring entrants in each state. NMSC provides scholarship application materials to Semifinalists through their high schools. To be considered for a National Merit® Scholarship, Semifinalists must advance to Finalist standing in the competition by meeting high academic standards and all other requirements explained in the materials provided to each Semifinalist.

We are very proud of Taryn and her accomplishments at Foxborough High School.

Jeffrey S. Theodoss, Principal
Coffee with the Principal

The first “Coffee with the Principal” for the 2009-2010 school year is scheduled for Thursday, October 22, 2009 at 10:00 a.m. in the 2nd 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!!

RECYCLE
ATTENTION ALL PARENTS AND GUARDIANS

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) 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.

Music Department News

From Choral Director, Mrs. Leanna Pink-Sewell

In the spring, Kathleen Sharpe (2011) sent in an audition CD to the American Choral Directors Association (ACDA) in hopes of being placed in their Honors Jazz Choir.

The audition was offered to all student musicians along the entire northern division of the East Coast.

Kathleen was selected to be part of this elite 20 member jazz choir and is the ONLY PERSON selected from all of Massachusetts to be in the Honors Jazz Choir.

In addition to her exceptional audition, Kathleen’s dedication to music awarded her a scholarship to pay for her participation fee. In February of 2010, Kathleen will travel to Philadelphia, PA for three days of intense rehearsal and a performance for all those attending the ACDA Conference.

Drama Club News

……….Drama Club Advisor, Mrs. Shannon Wasilewski

Foxborough High School Drama Club Presents
The Brothers Grimm Spectaculathon in November!
We congratulate Kathleen on her commitment to “Excellence in Music” and thank her for representing our school and state so honorably.

We're off to a good start this school year at the Library Media Center! Over the summer we loaned dozens of summer reading titles through the Boyden Library, we began weeding outdated titles and we added hundreds of fresh resources, especially in the sciences.

Did you see the Boston Globe article about the “bookless library” at Cushing Academy? At Foxborough High we’re striving for a balance of media in a variety of forms based on current research on student learning. That includes classroom access to high-quality videos on demand and 24/7 access to electronic resources through our Virtual Learning Commons, as well as a continually improving print collection. For more information, check out http://FHSLearningCommons.pbworks.com

~Kathleen Porter

MassONE

As you begin the new school year, it's a good time to think about how you can help students develop the skills they will need in the 21st century. MassONE exists to help you and your students develop those skills. With the rapid growth of online learning and collaboration in the realms of higher education and business, you can give your students a head start by exposing them to MassONE. Its discussion forums, Virtual Hard Drive, and online survey tool can be easily integrated into classroom activities. You can start small--or big--and the MassONE staff are always available to help you. For information on setting up accounts for students, go to the MassONE web site (http://massone.mass.edu/), or contact MassONE Help at 781-338-3020 or MassONEHelp@doe.mass.edu.

MassONE's ACCEPTABLE USE POLICY

Like the real world, the virtual world offers wonderful opportunities for learning, as well as opportunities for getting into trouble. With the start of a new school year, it's a good idea to talk to your students about how to be safe and ethically sound when using online resources. Take time to review MassONE's Acceptable Use Policy (http://massone.mass.edu/aup.html), as well as your district's policy before beginning an online project.

RESOURCES FOR TEACHING ONLINE SAFETY

MassONE has some terrific resource collections for teaching about online safety. The Cyber Security Toolkit offers a variety of reproducible materials and videos designed for administrators, educators, students, and parents. The NetSmartz Internet Safety Resources include videos, computer activities, real-life stories, and activity cards--all geared to specific age groups. NetSmartz also has a teacher training program. To access these resources, click the icon for Teaching Learning Resources (TLR) on the left side of the MassONE screen. Then scroll down to Cyber Security Toolkit and NetSmartz Internet Safety Resources.

TOOLS FOR LEARNING ABOUT MassONE

If you'd like to know more about how to use MassONE's tools, there are several resources that can help. Once you have logged into MassONE, look for these resources: *On the main announcements page, there are links to the MassONE Quickguide and the Student Quickguide. These quick tutorials will help you get up and running. * For more in-depth information on using MassONE in teaching,
you can take the MassONE Orientation. To access it, click the TLR in the menu bar on the left. Then click "Online Courses" and then "MassONE Orientation." For help with specific tools, you can use the MassONE Help tutorials. To access them, click the Help icon in the toolbar at the top of the screen. Then select the topic.

**SETTING UP STUDENT ACCOUNTS**

Classroom teachers can create student accounts by simply rostering students into their classroom workgroup. The roster tool allows teachers to search for the names of students in their school, select the names, and then add them to the workgroup. The tool will also produce a list of students' usernames and passwords. Note, that in order to maintain efficiency in MassONE's operations MassONE requires that students be in grade 5 or higher in order to be eligible for an account.

**MassONE's USE OF MOODLE**

The Department of Elementary and Secondary Education is piloting the use of the Moodle open source course management system within MassONE. During this pilot phase, the use of Moodle is limited to professional development and trainings sponsored or funded by the Department. As a result, Moodle access is available only to people who are participating in those activities. For more information about the courses that have been offered through MassONE Moodle, see the Moodle page (http://massone.mass.edu/moodle.html) on MassONE's web site.

**DID YOU FORGET YOUR MassONE USERNAME OR PASSWORD?**

If you misplaced your username or password, you can quickly and easily retrieve them anytime. To do so, just go to MassONE's home page (http://massone.mass.edu/) and click "Forgot Username or Password?" To provide security, MassONE uses a two-step process. First you need to provide some basic information, along with a new password. Then MassONE will instantly email you a secure link, along with your user name and password. When you click the link in the email, your password is reset. You should do this as soon as possible, because the link expires after 24 hours. For security reasons the password reset tool cannot be made available to students. To reset a student's password, choose your classroom workgroup, click on the "Admin" icon at the top of the screen, and then click "Reset Password."

**HELP USING MassONE**

If you need help with a problem, start by contacting your district's MassONE Administrator. A list of Administrators is posted on the MassONE web site at: http://massone.mass.edu/Adms/list.html. If your district doesn't have a MassONE Admin, or if the Admin is unable to resolve your problem, you can contact the MassONE Help Desk at MassONEHelp@doe.mass.edu or 781-338-3020.

**Foxborough SEPAC**

*Special Education Parent Advisory Council*

**November 2009**

**Thursday November 19, 2009**

*Cafeteria - Igo Elementary School*

*70 Carpenter Street Foxborough MA*

*7:00 PM*

**Guardianship**

Patrick McDermott, Norfolk County Court Register of Probate, will be on hand to give an overview of the Guardianship process and answer your individual questions. On July 1, 2009, Article V of the Massachusetts Uniform Probate Code went into effect, dramatically revising and reforming our current guardianship and conservatorship laws.

Does your child or family member need a guardian? What levels of guardianship options are available? When should you begin the process? What documentation will you need? Is guardianship permanent? Do you need an attorney?
Come find out what you need to know about obtaining guardianship for your child or adult family member with special needs.

Refreshments will be served.
Free and open to the public

Foxborough Special Education Parent Advisory Council
http://teacherweb.com/MA/Foxborough/FSEPAC/index.html
Margaret Chaisson 508-543-1780 chaissonfx@aol.com

Congratulations to
Lyndsey R. Conway

Lyndsey is the winner of the Daughter’s of the American Revolution Award. This award is presented to a graduating senior who possesses Dependability, Service, Leadership and Patriotism in their school, home and community.

Lyndsey will compete with other schools throughout Massachusetts in the hopes of becoming the state winner.
Again, congratulations to Lyndsey.

STAY INFORMED!!
Sign up for the high school email list at http://fps.foxborough.k12.ma.us/mailman/listinfo/foxborough_fhs and get regular email updates from the principal. Approximately 400 parents, guardians and community members have already signed up, but with over 900 students at our high school we have a ways to go. Sign up today and take advantage of this great opportunity to stay informed!

PARENT / TEACHERS MEETING
Monday, November 23rd and Tues. November 24th

Foxborough High School will hold an open house for parent/teacher conferences on November 23rd and November 24th. 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 Wednesday, Nov. 11th - Wednesday, Nov. 18th. This information will be brought home by your son/daughter.

Principal, Jeffrey S. Theodoss, Vice Principal, Joseph A. Heinricher, Vice-Principal, 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.

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
Dear Students and Parents:

On Thursday, October 29, 2009, Foxborough High School will be hosting an open house for current seventh and eighth grade students and their parents. The orientation program will provide an opportunity to visit and learn more about the school; the curricula, school organizations, and athletic programs offered at Foxborough High School.

The program will begin at 6:30 p.m. with a brief presentation by the administration. The remainder of the evening will allow you to meet with department chairpersons, teachers, school council members, guidance counselors, administrators, and various athletic and club groups. The goal is to have all your questions answered, so that you and your child can feel comfortable and make an informed decision about the next four years.

I hope you can find the time from your busy schedule to be with us for this open house.

Principal, Jeff Theodoss

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**Open House**

**Classes of 2014 & 2015!**

STUDENTS/PARENTS & GUARDIANS OF 7TH AND 8TH GRADE STUDENTS

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Laureen White, Guidance Department Head

**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, Ms. Amy Kirkcaldy of Harvard University came to visit with some of our seniors who may be interested in attending Harvard University in the fall of 2010. Ms. Kirkcaldy presented information to students regarding the needed qualifications for acceptance, the admissions process and what life at Harvard University is like for a typical freshmen student.

In addition, we will have admissions representatives from Brown University, Boston College, Fitchburg State College, the College of New Jersey and Mt. Holyoke College visit Foxborough High School in the
upcoming months. The specific dates of these visits will soon follow.

**Upcoming ACT and SAT Dates**

- ACT's will be held at Foxborough High School on Saturday, October 24, 2009.
- SAT's will be held at Foxborough High School on Saturday, November 7, 2009.
- Students should arrive at Foxborough High School 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 - November 4th, 5th, 6th
  - MCAS Math - November 9th and 10th

**AP Exam Fees**

Anyone who has not paid for their AP exams, please bring your payment to Ms. Healy-Botelho in guidance as soon as possible. Make checks payable to Foxborough High School in the amount of $90 per exam. Please write your name and the exam(s) you are paying for on the check.

**Seniors**

Financial Aid Night is Thursday, December 17, 2009 at 7:00 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.

**Credit for Life Fair**

The Attleboro Area School to Career partnership is planning a Credit for Life Fair on Wednesday, April 14, 2010 for all seniors. The goal of the event is to teach students how to live within a budget without getting themselves in debt. At the end of the event, the students will have the opportunity to sit with financial planners to discuss their individual budgets.
Please mark your calendar.

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

"Senior Night Live"

2010 All-Night Party

Each year, the Foxboro community unites to organize a party for graduating seniors to provide a safe place to celebrate their graduation, have an opportunity to say good-bye to their class, and look forward to an exciting new future.

The class of 2010 will be the twenty-second class celebrating their graduation at the senior all-night party. A committee was formed this summer to research how other communities organize their parties, and based on our research; we have developed some exciting new ideas to add to the wonderful contributions of past All-Night Parties.

Please join our efforts in organizing this party for our senior students. We need many volunteers to make this event happen. We appreciate all efforts to help. You can put as much or as little time into volunteering as you wish. Your support will have an impact on the creation of a fun-
filled, exciting night for graduating seniors and help us reach our ultimate goal to keep our seniors safe!

Our next meeting will be held at the YMCA on October 26th at 7:00 PM

Please contact: Rose Lincoln (rose_lincoln@harvard.edu)
or Karen Blakeley (Keblakeley@gmail.com)
if you wish to volunteer or have any questions.

Volunteer Opportunities:
Decorating (Chaired by Kathy Bero and Karen Blakeley),
Chaperones/Volunteers 
(Chaired by Cindy Jamieson)
Fundraising, Food, Setup/Cleanup, Gifts/Prizes,
and Party Security/Admission Volunteers

**Look for our new website coming soon which will provide information about the party, attendance forms for parents and seniors to download, volunteer information pages, and more...