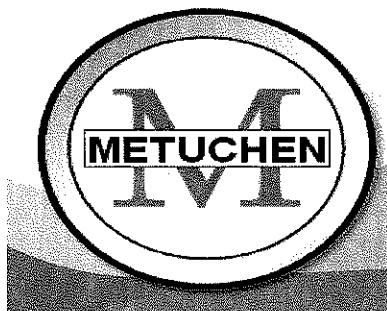


# **METUCHEN HIGH SCHOOL**

**February 2011**



**TO: All Parents/Guardians**

**From: Bruce J. Peragallo  
The Office of the Principal**

## **Amended 2010-2011 School Calendar**

Please find attached the Metuchen School District Amended 2010-2011 School Calendar.

## **Cover Night**

Cover Night, sponsored by Metuchen High School's newly forming Gay/Straight Alliance, will take place on Friday, February 25 at 7:00 p.m. in the MHS Auditorium. Students will be performing - also known as "covering" - songs and dances that were originally done by a variety of famous artists. Admission is \$3.00 at the door.

## **Superintendent's Forum**

Superintendent's Forum will be held at the high school on Thursday, February 24, 2011, at 7:30pm in the cafeteria. Please see attached flyer for additional information.

## **Stay Awhile Fundraiser**

Metuchen High School administrators, teen organizers, and Kids In Production would like to extend a sincere thank you to all who supported the "Stay a While for Maggie and Kyle" cancer fundraising event on Saturday, January 8, 2011. The benefit was a huge success.

The generosity and kindness of the community helped us to reach and exceed our goals for this event. We were able to raise over \$7,000.00 for two teens battling pediatric cancer. The ongoing support from our neighbors allows us to continue serving the needs of our community.

We truly appreciate the generosity and charitable efforts. Thank you to our generous donators: MHS PTO, Metuchen Area Chamber of Commerce, Joey D's Pizzeria, D'Italia

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**Stay Awhile Fundraiser(Continued)**

Restaurant, Charlie Brown's Steakhouse, Fresco Italian Deli, La Rosa Pizzeria, Bristol-Myers Squibb Children's Hospital, Woodbridge Center Mall, Meiyings Chinese Restaurant, Applebees in Woodbridge, Zoom Balloons, Olive Garden in Piscataway, Sunrise Assisted Living, What's The Scoop, BJ's Wholesale Club, Creative Balloons and Flowers, Sam's Club, Cammarano & Layton Partners, LLC, Bulldog Deli, Lola's Latin Bistro, Chick-fil-A in Menlo Park Mall, Bagel Pantry, and to all the volunteers and individual donors – Thank you for all your efforts and support!!!

**Project Graduation 2011 Memory DVD**

Senior Parents and students -- In order to put together this wonderful Memory DVD we need your help! Please submit your photos as soon as possible, as per the attached instructions, so that your senior can be a part of this great project and let's make this the best Memory DVD possible! Sincerely, The Project Graduation 2011 committee

**Not in My House: What Parents Can Do About Teen Prescription Drug Abuse**

The Partnership for a Drug-Free America and Abbott created [www.notinmyhouse.com](http://www.notinmyhouse.com) -- a national education initiative that provides parents with useful information and tips to help limit teen access to prescription drugs.

The website offers insight on talking about the dangers of prescription drug misuse and abuse with teens, helps explain how the teen brain may make them more vulnerable to addiction, details the teen drug culture and lingo, and gives three simple steps parents can take to help secure their homes: monitor, secure and dispose.

<http://www.NotInMyHouse.com>

Publication Year: 2008

**Publisher**

Partnership for a Drug-Free America (PDFA)  
405 Lexington Avenue, Suite 1601  
New York, NY 10174  
Phone: 212-922-1560  
Website: <http://www.drugfreeamerica.org>  
Email: [info@drugfree.org](mailto:info@drugfree.org)

**Scheduling 2011-2012**

The Guidance Department is busy meeting with students this month to help them choose their courses for next year. The Program of Studies Booklet for 2011-2012 can be found on the guidance website at <http://www.metuchenschools.org/mhs/Guidance/>.

**Genesis Parent Module**

In an effort to reduce costs and become a "green" district, beginning with the 2011-2012 school year we will no longer be mailing interims or report cards. These can be accessed

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**Genesis Parent Module(Continued)**

in our Genesis Parent Module. If you do not already have a parent account in genesis, please send an email to [metuchendata@metboe.k12.nj.us](mailto:metuchendata@metboe.k12.nj.us) with your name, and your child's name and grade. The email you send the request from will be your login. If you have any questions, please call the guidance office at 732-321-8750.

**NCAA Eligibility Center: REGISTRATION WEB SITE FOR COLLEGE BOUND STUDENT ATHLETES**

Student athletes planning to enroll in college for the Fall of 2011 and participate in Division I or II collegiate athletics should register and enroll at [www.eligibilitycenter.org](http://www.eligibilitycenter.org). If you have any questions, or need assistance, please call the guidance office at 732-321-8750.

**Naviance Family Connection Reminder**

Please be reminded that communication by the Guidance Department is conducted through the use of Naviance Family Connection resources. If you need assistance to register please call 732-321-8750. Seniors, please review the scholarship postings on Naviance Family Connection weekly (use scholarship tab).

**SAT and ACT Test Dates**

The SAT is being offered at Metuchen High School on March 12 and May 7. The regular registration deadlines are February 11<sup>th</sup> and April 8<sup>th</sup>. The ACT test date at Metuchen High School is April 9<sup>th</sup>, registration deadline, March 4<sup>th</sup>. For more information and to register please visit their websites at [www.collegeboard.com](http://www.collegeboard.com) and [www.actstudent.org](http://www.actstudent.org). If you have any questions, please call the Guidance office at (732) 321-8750.

**Interdisciplinary Project Fundraiser**

Metuchen High School students in the classes of Mrs. Browning, Mrs. Stanski, and Dr. Kamin are currently working on an interdisciplinary project with regard to poverty throughout the world. The unit will include a study of international footwear, breads, and cultures, culminating in a display at the Metuchen High School Arts Festival on April 14. Students will be collecting sandals, sneakers, and shoes for the needy, from March 4 through April 8. Donation boxes for the footwear will be available at Metuchen High School.

**Spring Musical**

The Metuchen High School Footlighters' spring musical is *The 25<sup>th</sup> Annual Putnam County Spelling Bee*. *Spelling Bee* is a hilarious send-up of a middle school spelling competition that mixes actors and audience volunteers, so the show changes nightly. You may have to come see it more than once! Performances are Thursday March 24, Friday March 25, and Saturday March 26 at 7:30 p.m. in the high school auditorium. Tickets are \$8.00 in advance at the high school (also children and senior citizens), and \$10.00 at the door. *Spelling Bee* is rated PG for some adult humor and references.

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**School Guidelines For Managing Students With Food Allergies**

Please see attached information concerning students with food allergies. If you have any questions, please contact the Nurse at 732-321-8744.

**Dine Downtown**

Please see attached flyer for information regarding Metuchen High School PTO “Dine Downtown”---March 28 – March 31.

\* \* \* \* \*

**Reminder #1**—Just a reminder – Due to the use of snow days, there will be school on Friday, February 18 and Tuesday, February 22. School will be closed on Monday, February 21 in observance of President’s Day.

**Reminder #2-** MHS PTO Meeting – Monday, March 14, 2011 – Detective Robert Belluscio from the Metuchen Police Department will be the guest speaker.

Revised

**Metuchen School District  
Amended 2010-2011 School Calendar**

|                 |  |                                  |        |
|-----------------|--|----------------------------------|--------|
| September 1/2   | Wednesday/Thursday                           | In-service                       | Closed |
| September 3/6   | Friday/Monday                                | Labor Day                        | Closed |
| September 7     | Tuesday                                      | 1 <sup>st</sup> day for students |        |
| September 9/10  | Thursday/Friday                              | Rosh Hashanah                    | Closed |
| November 2      | Tuesday                                      | Election Day/In-service          | Closed |
| November 4/5    | Thursday/Friday                              | NJEA Convention                  | Closed |
| November 24     | Wednesday                                    | Early Dismissal                  |        |
| November 25/26  | Thursday/Friday                              | Thanksgiving Recess              | Closed |
| December 23     | Thursday                                     | Early Dismissal                  |        |
| December 24/31  | Friday/Friday                                | Winter Recess                    | Closed |
| January 17      | Monday                                       | MLK Birthday                     | Closed |
| February 18/22* | Friday/Tuesday                               | President's Weekend              | Closed |
| April 18/25     | Monday/Monday                                | Spring Recess                    | Closed |
|                 | Passover 4/19, Good Friday 4/22, Easter 4/24 |                                  |        |
| May 27          | Friday                                       | In-service                       | Closed |
| May 30/31*      | Monday/Tuesday                               | Memorial Day                     | Closed |
| June 22         | Wednesday                                    | Last Day of School               |        |

Snow Days: February 22, May 31, February 18, April 25, June 23

Should additional make-up snow days be needed they will be used in the following order: April 20, April 21, April 18 (Spring Recess)

Student Days –181

Staff Days – 185

Approved on January 25, 2011



**METUCHEN**  
SCHOOL DISTRICT

# **SUPERINTENDENT'S FORUM:**

# **Sports Safety**

**Parents, Coaches, Recreation Staff\* --**  
***Come learn about.....***

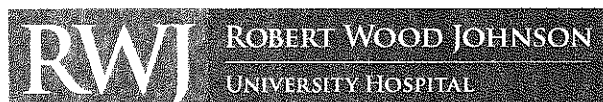
- ◆ Concussion prevention and screening methods
- ◆ The importance of pre-participation physicals
- ◆ Proper hydration and spotting cardiac events
- ◆ Overuse injury prevention techniques
- ◆ Appropriate gear and equipment

\*teen athletes too; please arrange to leave your younger athletes at home

**Date/Time**    ➔    **February 24<sup>th</sup>, 7:30pm**

**Location**    ➔    **Metuchen High School Cafeteria**

***Sponsored by***



**LEVEL ONE TRAUMA CENTER**

**732.418.8026**



FOUNDING SPONSOR  
*Johnson & Johnson*

**PROJECT GRADUATION 2011  
MEMORY DVD**

- Find pictures of individuals or groups of students **from the Class of 2011** including pictures from elementary, middle, and high school days.
- The pictures may also include parties and just hanging out, prom, winter formal...
- **Please no photos of your senior with uncle Harry at Yellowstone.**
- Pictures of teachers and/or class pictures from elementary and middle school days are good to include.

**Option 1:**

- Put the photos in an envelope, clearly labeled:

**Project Graduation Photos**

**(Your Name and Phone Number)**

**Attn: Lisa Freed**

- **And give them to Kathy Mallory at the High School**

We will scan the photos and return them to you.

**Option 2:**

If you can follow the instructions below. Please scan and upload photos to the website. Otherwise use option 1:

<http://gallery.me.com/garyfreed/100160>

Username: project

Password: graduation

Rules:

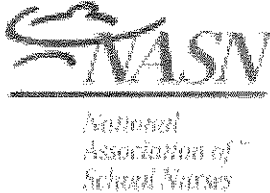
- Any photos of your child from birth to present. Photos of your child only or with other students, preferably seniors. No photos with uncle Harry at Yellowstone. (If the photo has other children in it, make sure the other parents have no objection to their child's photograph being used)
- **\*\*IMPORTANT\*\* When you upload the photos make sure your child's name, and approximate date of photo, are in the file name (i.e. JakeFreed2003a.jpg, JakeFreed2003b.jpg...)**
- **I don't know who your child is at 3 years old. So if the photo is not properly labeled I can't use it.**
  - Please add photos as jpeg images.
  - **If you are scanning 4x6 photos please scan at 300 dpi.**
  - **If you are scanning 8x10 photos scan at 150 dpi.**
- Make sure the scanner glass is clean and the photos are clean. Dust is the devil.
- Please only add photos that you own the copyright to. Do not upload photos done by a professional photographer unless the photographer gives you permission **in writing**.
- **Video** – You may upload short video clips, up to 10 seconds in length. I don't care what format you use. Just make sure the video is good quality.
- The montage will be distributed to students. If there are photos that you do not want posted on the Internet, do not upload them.
- If there are any photos that you find objectionable please e-mail me as soon as possible.
- Please start uploading photos today if you can. Don't wait until the last minute!

Thanks,

Gary Freed

[gary@garyfreed.com](mailto:gary@garyfreed.com)

- 732-632-2022



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## SCHOOL GUIDELINES FOR MANAGING STUDENTS WITH FOOD ALLERGIES

Food allergies can be life threatening. The risk of accidental exposure to foods can be reduced in the school setting if schools work with students, parents, and physicians to minimize risks and provide a safe educational environment for food-allergic students.

### Family's Responsibility

- Notify the school of the child's allergies.
- Work with the school team to develop a plan that accommodates the child's needs throughout the school including in the classroom, in the cafeteria, in after-care programs, during school-sponsored activities, and on the school bus, as well as a Food Allergy Action Plan.
- Provide written medical documentation, instructions, and medications as directed by a physician, using the Food Allergy Action Plan as a guide. Include a photo of the child on written form.
- Provide properly labeled medications and replace medications after use or upon expiration.
- Educate the child in the self-management of their food allergy including:
  - safe and unsafe foods
  - strategies for avoiding exposure to unsafe foods
  - symptoms of allergic reactions
  - how and when to tell an adult they may be having an allergy-related problem
  - how to read food labels (age appropriate)
- Review policies/procedures with the school staff, the child's physician, and the child (if age appropriate) after a reaction has occurred.
- Provide emergency contact information.

### School's Responsibility

- Be knowledgeable about and follow applicable federal laws including ADA, IDEA, Section 504, and FERPA and any state laws or district policies that apply.
- Review the health records submitted by parents and physicians.
- Include food-allergic students in school activities. Students should not be excluded from school activities solely based on their food allergy.
- Identify a core team of, but not limited to, school nurse, teacher, principal, school food service and nutrition manager/director, and counselor (if available) to work with parents and the student (age appropriate) to establish a prevention plan. Changes to the prevention plan to promote food allergy management should be made with core team participation.

- Assure that all staff who interact with the student on a regular basis understands food allergy, can recognize symptoms, knows what to do in an emergency, and works with other school staff to eliminate the use of food allergens in the allergic student's meals, educational tools, arts and crafts projects, or incentives.
- Practice the Food Allergy Action Plans before an allergic reaction occurs to assure the efficiency/effectiveness of the plans.
- Coordinate with the school nurse to be sure medications are appropriately stored, and be sure that an emergency kit is available that contains a physician's standing order for epinephrine. In states where regulations permit, medications are kept in a easily accessible secure location central to designated school personnel, not in locked cupboards or drawers. Students should be allowed to carry their own epinephrine, if age appropriate after approval from the student's physician/clinic, parent and school nurse, and allowed by state or local regulations.
- Designate school personnel who are properly trained to administer medications in accordance with the State Nursing and Good Samaritan Laws governing the administration of emergency medications.
- Be prepared to handle a reaction and ensure that there is a staff member available who is properly trained to administer medications during the school day regardless of time or location.
- Review policies/prevention plan with the core team members, parents/guardians, student (age appropriate), and physician after a reaction has occurred.
- Work with the district transportation administrator to assure that school bus driver training includes symptom awareness and what to do if a reaction occurs.
- Recommend that all buses have communication devices in case of an emergency.
- Enforce a "no eating" policy on school buses with exceptions made only to accommodate special needs under federal or similar laws, or school district policy. Discuss appropriate management of food allergy with family.
- Discuss field trips with the family of the food-allergic child to decide appropriate strategies for managing the food allergy.
- Follow federal/state/district laws and regulations regarding sharing medical information about the student.
- Take threats or harassment against an allergic child seriously.

### **Student's Responsibility**

- Should not trade food with others.
- Should not eat anything with unknown ingredients or known to contain any allergen.
- Should be proactive in the care and management of their food allergies and reactions based on their developmental level.
- Should notify an adult immediately if they eat something they believe may contain the food to which they are allergic.

More detailed suggestions for implementing these objectives and creating a specific plan for each individual student in order to address his or her particular needs are available in The Food Allergy & Anaphylaxis Network's (FAAN) *School Food Allergy Program*. The *School Food Allergy Program* has been endorsed and/or supported by the Anaphylaxis Committee of the American Academy of Allergy Asthma and Immunology, the National Association of School Nurses, and the Executive Committee of the Section on Allergy and Immunology of the American Academy of Pediatrics. FAAN can be reached at: 800/929-4040.

The following organizations participated in the development of this document:

American School Food Service Association  
National Association of Elementary School Principals  
National Association of School Nurses  
National School Boards Association  
The Food Allergy & Anaphylaxis Network

Metuchen High School PTO

# Dine Downtown



March 28-31

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ANTONIO'S BRICK OVEN

BREWED AWAKENING

BULLDOG DELI

BUON APPETITO

HAILEY'S HARP & PUB

JOEY D'S PIZZERIA

LAROSA PIZZERIA

MAIN STREET TRATTORIA

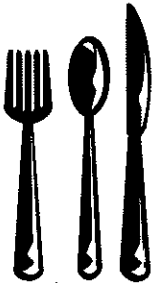
MEIYING'S RESTAURANT

MIMI'S

NEW AMBOY DELI

NOVITA BISTRO & LOUNGE

WHAT'S THE SCOOP



*Bring this flyer to the above restaurants,  
and they will donate 10% of your bill to  
Metuchen High School PTO.*



For more information contact Lisa Freed [lafreed@yahoo.com](mailto:lafreed@yahoo.com).