

Barnes Bulletin



September 2017

It is hard to believe that September is already behind us as we prepare for what is sure to be an exciting and busy October. Two important initiatives occupy the upcoming month of October: Bullying Awareness and Red Ribbon Week. The focus of Red Ribbon Week centers on substance abuse prevention. As you see below, we will have a variety of speakers and activities aimed at addressing these important issues. As always, please feel free to contact me if you have any questions or stop by on a drop in basis during my monthly Coffee with the Principal.

Sincerely,

Rick Barnes

Principal

Financial Aid If you are looking for help on navigating through the federal financial aid process, you will want to attend this important presentation which takes place this Monday beginning at 6:30 PM in the Auditorium. See the attached flyer for further details.

Red Ribbon Week- Takes place during the last week of October. As usual, members of Life of a Cavalier will take the lead in decorating a bulletin board to be displayed in the hallways of HBHS that consists of student statements encouraging each other to make positive lifestyle choices.

Drug and Alcohol Speaker for Parents: We are fortunate to have **Melissa Fernald, LICSW, MLADC** present a highly informative walk through she calls *Risky Business*. Melissa guides parents through a **Staged Teenage Bedroom** full of indicators and warning signs of teenage alcohol and other drug use. The bedroom tour will be followed by an interactive presentation referencing local drug and alcohol trends, what to look for, and effective techniques for communicating with teens. The event is for anyone in the community who is 21 and older. See the attached flyer for more details. This event is being brought to us in partnership with The Hollis Brookline Rotary Club, HBHS PTSA, and CAST. We are incredibly grateful for their effort and support in bringing this important program to the high school.

Life of a Cavalier & Hollis-Brookline Rotary: Students along with their advisor Cathy Cray took advantage of their free time during PLC last Friday as they paid to pick apples locally with members of Hollis Brookline Rotary. The apples were then donated to the Nashua Soup Kitchen. Over a \$100 of apples will be used for baking pies for those in need.

NAMI Suicide Prevention Training for Parents: Ann Duckless from the National Alliance for the Mentally Ill will be at HBHS during the evening of October 30th and will deliver this important presentation that you will not want to miss. We were fortunate to have Ann provide suicide prevention training to all staff members of the HB Cooperative School District before the start of school. Ann speaks nationally on this important topic. We appreciate the HBHS PTSA partnering with NAMI to bring her back to speak with our parents.

Motivational & Student Empowerment Speaker: We are excited to announce that [James Orrigo](#) will be coming to speak to all students at HBHS on October 10th! James will be tailoring his message to address bullying and how students should pursue their passion, serve others, and make positive lifestyle choices. James speaks to high school students nationwide and comes highly recommended by local and regional school districts.

Trip to Costa Rica: Spanish Teacher Erin Robbins is leading another trip abroad to Costa Rica during February Break 2018 with Principal Barnes and Officer Bergeron as chaperones. They will be completing a service learning project by planting trees along the shore of the Pacific Coast, take part in a local exchange, enjoy a folklore evening of dinner and dancing, zipline through the rainforest, go kayaking, relax in natural hot springs, hike to La Fortuna waterfall, visit a crocodile farm, tour a coffee plantation, and more! There are a few spots available, but time is running out to sign up! Any students interested may contact Mrs. Robbins at erin.robbins@sau41.org. Students must be currently enrolled in Spanish 2 or have completed at least Spanish 3 to take part.

Farm Fresh Fridays: Mrs. Hancock is leading a partnership between [HBHS and Lull Farm](#) the goal of which is to make farm fresh produce available to students and staff every Friday during the month of October.

Important October Dates

College Financial Aid Evening	10/2
Motivational Speaker James Orrigo	10/10
PSAT	10/11
Coffee with the Principal	10/13
<i>Risky Business</i>	10/25
Trebuchet Day & Halloween Assembly	10/27
NAMI Suicide Prevention	10/30