

# THE FORUM

*Mount Greylock Regional School District  
Lanesborough and Williamstown, Massachusetts*

**MAY 2006**

## **NEW MEMBERS NEEDED**

Mt. Greylock Regional High School seeks new members for its School Council. Students, parents, teachers, and feeder school community members are needed. Terms will begin in September 2006 and run for three years. The School Council is mandated by the state to create a School Improvement Plan each year and is encouraged to review and revise the Parent-Student Handbook for the district. The Council meets monthly in the school library.

For more information or to inquire about nominations, please contact Liz Costley at 458-5894 or Cheryl Yarter at MGRHS ([carter@mgrhs.org](mailto:carter@mgrhs.org)).

## **CATCH-UP ON THE PROGRESS OF THE MGRHS BUILDING COMMITTEE**

Over the next five weeks, WilliNet (Channel 17 in Williamstown) will rebroadcast the four public forums held this winter as part of the Building Committee's comprehensive Feasibility Study to determine what facility changes are required and what options the District has. Dore and

Whittier Architects, Inc., was hired to perform this study.

The schedule is as follows:

BUILDING & SITE ASSESSMENT/Forum #1  
(Took place January 10)

To be rebroadcast:

Monday, May 1:	1-2 p.m.
Wednesday, May 3:	9-10 a.m.
Saturday, May 6:	10:30-11:30 a.m. 4-5 p.m. 8:15-9:15 p.m.

PROJECTED ENROLLMENTS &  
EDUCATIONAL SPACE NEEDS/Forum #2  
(Took place on January 24)

BUILDING OPTIONS: RENOVATE,  
ADDITION/RENOVATE, OR NEW/Forum  
#3 (Took place on February 15)

COST IMPLICATIONS OF BUILDING  
OPTIONS/Forum #4 (Took place on  
April 5)

FORUM MARATHON:

#1 & #2 on Wed., May 10, 7- 8:30 p.m.  
#3 & #4 on Thurs., May 11, 7-8:30 p.m.

## **"EMPRIM TV"**

"Emprim TV" is a half-hour program produced in Pittsfield by Berkshire County teenagers. This teen-driven media project covers issues of interest to teenagers; for example, getting a job, internet safety, and bullying. WilliNet airs "Emprim TV" on Fridays at 2:30, 6:00, and 9:30 p.m. and Saturdays at noon on Channel 17 in Williamstown.

## **MIDDLE SCHOOL PRODUCTION OF ALADDIN**



Auditions for the middle school musical, "Aladdin," will take place on Wednesday, May 3, and Thursday, May 4, from 2:30 to 5 p.m. in the Chorus Room. All seventh and eighth graders are invited to try out. The try-outs will include singing, non-singing, dancing, and comic roles. Announcement of the cast and the first full-cast rehearsal will take place Friday afternoon, May 5. Performances will take place the third weekend in June.

Kathy O'Mara will direct the musical (for her third year), and Deb Burns will direct the music (her fifth year).

## **ACCOLADES**

- Congratulations to Kyler Schelling who was selected to receive the county sportsmanship award for hockey. His award included three tickets to a Boston Bruins' game where all the sportsmanship award recipients would be introduced.
- Thank you to the many parents and generous donors to the senior After Prom Auction and Dinner. Unofficial tallies announced at the dinner indicate that approximately \$9,500 was raised.
- Students in Ms. DeSomma's art classes are participating in the "Art of the Game" baseball chair art show. Independent artists and high school art programs have been asked to select a baseball theme and prepare a chair to be on display at Wahconah Park.
- Thank you to Carol Barnes and Tom Ostheimer who met on March 28 with parents of middle school Title I students to discuss writing skills and the expectations of the Senior Project.



**Vision Statement** – Mount Greylock is a spirited educational community that celebrates human differences, recognizes individual abilities, and challenges its citizens to strive for academic excellence and to realize their full potential and aspirations. We provide a curriculum and environment that includes and supports all members of the school community. With respect for diversity, we provide a physically and emotionally safe environment. We promote the integration of school and community, based on a mutual commitment to and a passion for lifelong learning.

*From the School Adjustment Counselor -*

Last year our school was selected to participate in a Mental Health program to address the signs of adolescent depression and suicidal thinking. The program, “Signs of Suicide” (SOS) is a Suicide Prevention Program approved for use in schools by the Massachusetts Department of Health. Since **April was Mental Health Awareness Month**, I piloted the program with the Peer Resource Team during their classes on April 10<sup>th</sup> and April 12<sup>th</sup>.

The goals of the program were to:

- ◆ Help our students understand what depression is; that it is a treatable illness; and help them understand whether they may or may not have symptoms consistent with a depressive disorder;
- ◆ Explain that suicide is a preventable tragedy that often occurs as a result of untreated depression;
- ◆ Provide training to students about how to identify a friend’s serious depression and the possibility of suicidal thinking; and
- ◆ Impress upon teens that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns.

Overall, the Peer Team expressed that they found the program to be helpful, particularly with regard to finding it acceptable to seek adult assistance if friends or acquaintances appear to experience the signs of depression such as:

- ◆ Depressed, sad, anxious and/or irritable mood
- ◆ Changes in sleeping patterns (too much, too little or disturbed)
- ◆ Change in appetite or weight (decreased or increased)
- ◆ Speaking and/or moving with unusual speed or slowness
- ◆ Loss of interest or pleasure in usual activities
- ◆ Withdrawal from family and friends

- ◆ Feelings of helplessness, hopelessness, and worthlessness
- ◆ Marked changes in ability to think and concentrate and make decisions
- ◆ Thoughts of death, suicide
- ◆ Drug/alcohol use/abuse
- ◆ Neglect of physical health

**The students came to understand that if a peer is experiencing any of these symptoms or speaks in a way that sounds like he/she may be threatening to hurt him/herself or someone else, that the concerned peer must tell a trusted adult in order to get help for the distressed student, even if he/she asks the peer to keep the concerns a secret. The Peer Team was unanimous in its belief that the program should be available to the broader school community. MANY THANKS TO COACH MIRO AND THE PEER TEAM FOR THEIR PARTICIPATION AND RESPONSIVENESS TO THIS PROGRAM!**

In addition, the North Star Children’s Health Project of the REACH Community Health Foundation has been focusing on children’s mental health issues for some time. They will be conducting a forum, in which I will participate, to address a comprehensive community plan to screen for depression and mental health issues for adolescents.

For further information about these issues or to address any concerns, please do not hesitate to contact me at [dcole@mgrhs.org](mailto:dcole@mgrhs.org) or at Ext. 159.

*Debona S. Cole-Duffy, LICSW*

The mission of the Mount Greylock Regional School District is to serve its communities by helping all students progress toward responsible citizenship through an educationally challenging environment.

### **WHY AN AFTER PROM? AN IMPORTANT MESSAGE TO ALL PARENTS**

With the end of the year quickly approaching, many seniors (and non-seniors) are thinking beyond AP's, finals and their Senior Project. End of the year activities, including the prom, are the buzz. As a parent of my now third and last senior, I understand how important these events are, but also how nail-biting and sleep-depriving they can be for parents.

Parents of non-seniors, and seniors to be honest, always question the need for an After Prom. "It's a lot of money" and "It's just a party." I would like to invite you to go the After Prom website <http://www.mgrhsafterprom.com> to learn why it's not just a party.

Remember, even if you don't have a senior now, you will. Believe it or not, even though you may be exasperated with them today, they all get there. Join us in this effort. The District Attorney's office has by donating \$200. Visit our website to learn more.

*Beth Parker-O'Brien  
Parent of Senior Caitlin O'Brien*

### **DEADLINE FOR JUNE ISSUE OF FORUM - FRIDAY, MAY 19<sup>TH</sup>**

Articles may be emailed to [pakmach@adelphia.net](mailto:pakmach@adelphia.net). It can be a Word document attached to your email or typed in the body of the email. It isn't necessary to format, as it will change when inputted into The Forum.

### **HIGH SCHOOL COURSE REGISTRATION INFORMATION**

The 2006-2007 Program of Studies is posted on the District's website, [www.mgrhs.org](http://www.mgrhs.org), and hard copies will be distributed to students the first week in May. Guidance counselors will conduct meetings for each class to review options for next year as follows:

Grade 9 - May 9  
Grade 10 - May 10  
Grade 11 - May 11

A new procedure will be used this year in the hopes of providing students and faculty with a completed schedule by the end of this school year.

All major core courses have been placed into a schedule to avoid as many conflicts as possible. Science courses have been placed to accommodate labs and avoid a situation that conflicts with an upper level foreign language course. Elective courses are yet to be scheduled. Registration will occur as follows:

Grade 11 students will be registered first on May 15 & 16.

Grade 10 students will be registered next on May 17.

Grade 9 students will be registered on May 18.

Final placement of elective courses will follow so that adjustments can be made to account for class size and reduction of conflict purposes.

# LUNCH LINE MENUS



Mount Greylock Regional School  
1781 Cold Spring Road, Williamstown, MA  
Judith Richardson, Cafeteria Manager

## MAY 2006

Monday	1	Oven Fried Chicken, Fries, Cole Slaw, Milk & Fruit
Tuesday	2	Taco Salad, Corn, Milk & Fruit
Wednesday	3	Chili Cheese Fries, Salad, Milk & Fruit
Thursday	4	Pork Dinner, Applesauce, Milk & Fruit
Friday	5	Grilled Chicken Burger Deluxe, Milk & Fruit
Monday	8	Deli bar, Chips & Pickles, Milk & Fruit
Tuesday	9	Ham & Cheese Sandwich, Macaroni Salad, Green Beans, Milk & Fruit
Wednesday	10	Chicken Fajita Wrap, Rice, Corn, Milk & Fruit
Thursday	11	Turkey Club, Chips, Pickles, Milk & Fruit
Friday	12	Chicken Nuggets, Broccoli, Milk & Fruit
Monday	15	Taco Salad, Corn, Milk & Fruit
Tuesday	16	Hamburger Deluxe, Beans, Oven Fries, Milk & Fruit
Wednesday	17	Deli Bar, Chips, Pickles, Milk & Fruit
Thursday	18	Pizza, Salad, Milk & Fruit
Friday	19	Chicken Burger Deluxe, Chips, Pickles, Milk & Fruit
Monday	22	Spaghetti, Salad, Garlic Bread, Milk & Fruit
Tuesday	23	Turkey Club, Chips, Milk & Fruit
Wednesday	24	Chili Cheese Fries, Salad, Milk & Fruit
Thursday	25	Ham & Cheese Croissant, Tomato Soup, Chips, Milk & Fruit
Friday	26	Meatball Subs, Oven Fries, Peas, Milk & Fruit
Monday	29	MEMORIAL DAY!
Tuesday	30	Chicken Nuggets, Milk & Fruit
Wednesday	31	IN-SERVICE DAY

**MEAL COST: STUDENT \$2.50 & ADULT \$3.50**  
**ALL MEALS INCLUDE THE FIVE FOOD GROUPS**  
**MENU IS SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY**

# MAY 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	AP Exams	AP Exams ----- School Committee Meeting - 7 p.m. - Library	AP Exams ----- School Council - 4 p.m. ----- Senior High Spring Concert - 7:30 p.m. - Auditorium	AP Exams	AP Exams ----- Spring Drama - 8 p.m. - Auditorium	Spring Drama - 8 p.m. - Auditorium
7	8	9	10	11	12	13
	AP Exams ----- PTO Meeting - 7 p.m. - Library	AP Exams	AP Exams	AP Exams	AP Exams	
14	15	16	17	18	19	20
	Scheduling - Grade 11	Scheduling - Grade 11	Scheduling - Grade 10 ----- Recognition Night - 7 p.m. - Auditorium ----- Half-Way Through 4 <sup>th</sup> Quarter	Scheduling - Grade 9 ----- National Honor Society Induction Ceremony - 7 p.m. - Auditorium		
21	22	23	24	25	26	27
		MCAS Math - Session I - Grades 7, 8 & 10	MCAS Math - Session II - Grades 7, 8 & 10 ----- Middle School Spring Concert - 7:30 p.m. - Auditorium	Awards Night for Latin Students - Cafeteria - 2:30 - 10:00 p.m.		
28	29	30	31			
	No School - Memorial Day	MCAS Science - Session I - Grades 8, 9 & 10	MCAS Science - Session II - Grades 8, 9 & 10 ----- Half Release Day for Grades 7-10. Dismissal at 11:45 a.m. Juniors invited to stay for presenta- tion of Senior Projects			

# JUNE 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Senior Exams ----- MCAS History - Grades 7 & 11	Senior Exams ----- Last Day for Seniors	
4	5	6	7	8	9	10
		School Committee Meeting - Library - 7 p.m.			Class Night - Auditorium - 7 p.m.	Graduation - 5 p.m.
11	12	13	14	15	16	17
	PTO Meeting - Library - 7 p.m.			Middle School Musical, "Aladdin" - Auditorium - 7:30 p.m.	Middle School Musical, "Aladdin" - Auditorium - 7:30 p.m.	Middle School Musical, "Aladdin" - Auditorium - 7:30 p.m.
18	19	20	21	22	23	24
					Official Last Day of School	
25	26	27	28	29	30	