This year we are focusing on how we optimistically accept challenges in and out of the classroom. An important component of that is how we motivate our students and how our students motivate themselves. Motivated students are always more successful than unmotivated students. Daniel Pink’s Drive, is a book on motivation in the business world, however his ideas are applicable to education. In the introduction he writes that there were previously two accepted motivators: biological drive and reward/punishment. He questions the effectiveness of extrinsic, reward/punishment (“carrot and stick”) motivation on long term success. His thesis is that intrinsic motivation is a more effective motivator. Intrinsic motivation is derived from the joy of the task. The reward is the satisfaction not the monetary or material benefits. Although, Pink recognizes that extrinsic motivation can have short-term success, especially for menial tasks.

So how can this relate to the classroom? Pink writes that, more often than not those unmotivated students are either coerced with rewards or threatened with punishment (extrinsic motivators). This may have short term results, but the end result is usually mediocre and the student does not develop a desire for life-long learning. If intrinsic motivators are used, students become creative, want to learn, and potential accomplishments are limitless. Students are motivated by freedom, challenge and purpose. To reach their potential they must be given autonomy, an opportunity for mastery, and clear objectives of the task at hand (p. 76). This presents challenges in the classroom. Teachers must hold students accountable for learning and behavior, they are required to teach an established curriculum, and they are held accountable for student learning.

Utilizing a heuristic approach to learning, we allow students to learn things for themselves while being guided by the teacher. We see these in the numerous cooperative learning and student-centered activities used by our teachers. Students are encouraged to find multiple ways to solve a problem or present information. Creativity is a necessary part of the process (p. 29). Another effective intrinsic motivator is specific feedback, usually positive, but there is a place for negative feedback if presented in such a way as to encourage improvement (p. 67), especially feedback that praises effort over product.

Establishing autonomy in the classroom for students is also a recommended intrinsic motivator. This may not be as easy as it sounds. It is obvious that teachers cannot simply allow students to determine what and how they will learn. And “encouraging autonomy does not mean discouraging accountability” (p. 106). In some ways differentiated instruction, teaching and learning aimed at the individual needs of a student, can create autonomy.

Our ultimate goal is to create an atmosphere in which all of our students are engaged in their learning. We strive for a school culture that nurtures mastery. We want to prepare students for challenging tasks, to creatively solve complex problems and exhibit a willingness to experiment. We are proud of our school and the accomplishments of our students and we will continue to focus on this question of motivation and develop techniques to continue to improve student learning.

*involving or serving as an aid to learning, discovery, or problem-solving by experimental and especially trial-and-error methods approach to learning (from http://www.merriam-webster.com/dictionary/heuristic)
REGISTRATION FOR WINTER ATHLETICS

Go to www.oak.awrsd.org

Select “ATHLETICS” and click on “REGISTRATION”

Athletic Fees ($285) for the Winter Season Athletics and Winter Percussion are due November 28. The fee can be paid online as part of the registration process. Checks and cash are still accepted. All checks should be made out to AWRSD with name of the athlete and sport on the memo line. Any student who has an outstanding user fee from a previous season WILL NOT be allowed to participate until the bill is paid.
The fee will be refunded if the student does not make the team.

BACK PARKING LOT TRAFFIC FLOW

For safety reasons, please enter the back parking lot through the second or third entry points and exit through the exit nearest the gym. There is a Do Not Enter Sign and Yellow Arrows as reminders. The area to the right of the gym, is a NO DROP-OFF/PICK UP Zone. THANK YOU!

NATIONAL HONOR SOCIETY

Congratulations to the Class of 2017 NHS Fall Inductees:
Deanna Elliott
Madi Gorham

WINTER ATHLETIC SCHEDULES

rSchoolToday
www.mwlma.org
Click on Oakmont

ORHS DRAMA CLUB PRESENTS Annual Interclass Play Competition

Join us for an evening of one-act comedies

Friday, November 18 and Saturday, November 19
7-9 pm
Alumni Auditorium
General Admission: Students & Adults $5.00
On Friday, October 21, 2016, fourteen Oakmont students took part in the United Way Youth Venture Fall Kick-Off program, held at Mount Wachusett Community College. The two teams representing Oakmont were the Spartan Center and the Oakmont Environmental Association. Currently, the Youth Venture program consists of 18 area schools, from the elementary level through college. Youth Venture is all about investing in young "social entrepreneurs." The mission of the program is to have young people of North Central Massachusetts carry over the positive experience into later aspects of life – it is all about becoming a change maker and empowering young people.

The event began with a few opening speakers. Most notably was Gardner Mayor Hawke, who had an excellent speech about how he became involved in politics. The main point of his speech was never doubt yourself, and always strive for your goals, no matter what others may say. After the opening remarks, each student broke off into their own “breakout session”. Students had the opportunity to select a breakout session, which gave them a chance to gain insight on a number of topics, such as Critically Thinking Through Social Media, Mindfulness, Issues in Your Community, and What is Privilege?. According to Eric Wells, the “Social Media session gave a different approach to a very familiar topic – Social Media. As part of the session, students took a well-known, social media based argument and broke it down into numerous parts. The session itself provided a way for students to delve deeper into what happens when an argument begins on social media. The “Community Connections” session was different in that the session was about building connections within your community, such as getting involved whenever you can and always doing it with a smile.” The Fall Kick-Off ended with a very powerful speaker, Kyrah Altman, from LEAD (Let's Empower, Advocate and Do). Kyrah is a former participant in the United Way Youth Venture program. She had a very moving story about how she organized fundraisers to eventually creating a 900-page mental-health curriculum, which is currently being used in the Leominster Public Schools. In addition, Kyrah and the other officers of LEAD wrote a bill ensuring mental health education be incorporated in all health education classes. This bill is currently pending in the Massachusetts State House. According to Oakmont’s Eric Wells, “it inspired everyone because this girl was in our same seat just a few years ago.” Brianna Richard also agreed that the keynote speakers were the highlight of her day. “Listening to them preach about the importance of perseverance, when pursuing your dreams, was some much needed motivation at this stage in my life.

The teams are excited to begin their programs at Oakmont this year and are well on their way to becoming today’s change makers.
ATTENDANCE PROCEDURES REGARDING TARDY, ABSENCE and DISMISSAL

The Main Office needs notification from parents to verify non-Truancy

Tardy
- Parent note upon entry
- e-mail to main office (imorin@awrsd.org or pdeshayes@awrsd.org) at start of day
- Call to main office at start of day
- Medical or Legal note trumps all and excuses missed time

Absences
- Parent note upon entry
- e-mail to main office (imorin@awrsd.org or pdeshayes@awrsd.org) at start of day
- Call to main office at start of day
- Medical or Legal note trumps all and excuses missed time

Dismissals
- Parent note brought to office at start of day
- Student can meet parent outside for pick-up
- Parent may call but hard copy notification will be needed for record. (email or notes)
- Medical or Legal note trumps all and excuses missed time - They can be brought in after or faxed to 978-827-1413. (future appt. reminder cards do not qualify)

Any questions: please visit Attendance policy in the handbook

STUDENT HANDBOOK FOCUS

Incomplete Course Work
In case of incomplete course work the following will apply:
(1) An INC will be recorded on a report card when a student has not completed any part of the required term course work.
(2) The incomplete student will be given two weeks (10 school days) after report cards are issued to make up the missing work. If the work is not made up within the two-week time frame the course grade will be changed from incomplete to F (failure). For percentage grading, missing work will be zeros.
(3) In extraordinary circumstances the teacher, guidance counselor and student will design a makeup contract. All work must be made up and completed by this schedule, or the course grade will be changed from incomplete to F (failure).
(4) Under special circumstances, a student may make arrangements with his/her teachers along with guidance and administrative approval to complete work during the summer vacation or to attend summer school.
(5) All senior work is to be completed and submitted to senior teachers by the end of the last day of final exams. No Incompletes will be issued except for special circumstances approved in writing by the Principal.

Ineligibility for Co-Curricular Activities
A student is ineligible to participate in athletics and other co-curricular activities (e.g., athletic practices, games, clubs, aides, musicals, dramas, club field trips, social functions, etc.) if he/she does not secure a passing grade in three (3) out of four (4) blocks in a term. Eligibility will be determined by the previous final average TERM grade before the season of activity. For example, eligibility for the third marking term is based on the Semester I Term 2 grade, not the final course grades.

Eligibility for the Semester I Term 1 marking period will be based on BOTH the Semester II Term 2 grades and the Final Course grades from the previous academic year. To be eligible for a fall athletic team, a student must secure a passing grade in three (3) out of four (4) blocks, AND secure a passing grade and credit in four (4) of the eight (8) courses from the previous year. Freshmen, by virtue of their promotion to grade 9, are eligible to participate in fall co-curricular activities during Semester I Term 1 of their freshmen year.

Ineligibility will take effect at the end of the second full school day after the report cards are sent to the post office. This will allow time for correcting any grading errors that may occur.

Unless the grade status has changed (i.e., an incomplete grade changed to a passing grade), the student will remain ineligible until the next report card is issued. Provisions for review of eligibility may be made at Progress Report or Warning time which may result in a changing a student’s eligibility to practice only.
Oakmont Regional High School will be hosting a R.A.D. (Rape Aggressive Defense) training program November 14-22 for female students.

Would you like to know how to handle unsafe situations and learn strategies and tactics to defend yourself?

For more information
See Mrs. Roy
ATTENTIONS STUDENTS:

A great opportunity to save ourselves some money while helping others to further their education.

Want to pay less for your season pass at WACHUSETT MOUNTAIN?

Want to give someone the gift of learning to ski or ride for a discounted price?

Purchase your passes or ski/ride lessons through the AWTA’s Group program and you will not only be saving yourself money, but you will also help contribute to the AWTA scholarship program which provides scholarship money to seniors graduating from Oakmont.

You will not find a cheaper price for season passes!

If you are interested, here is what you need to do: You can order your passes/lessons either online or through the mail.

To order online:
2. On the top tool bar, hover over GROUP SALES and then click on "GPS Passes-Order online."
3. Click on the pass type or lesson that you are interested in purchasing.
4. Scroll to the bottom of the page. Where it says GROUP NAME OR COORDINATOR NAME type "awta" (Yes, all lower case! No quotation marks.)
5. Fill in the rest of your information and feel good about yourself for saving some money and doing something good for someone else.

To order through the mail or at Wachusett Mountain:
1. Print out the attached application form.
2. Complete the info and send it in to or bring it in to: Wachusett Mountain Ski Area
   Attn: GPS CLUB
   499 Mountain Road
   Princeton, MA 01541

If you have any questions about this program or how to sign up, email Ms. Miville at kmiville@awrsd.org. Thanks!
POWDER PUFF FOOTBALL
Monday, November 21, 6pm
Juniors of 2018 vs Seniors of 2017
$3/student--$5/adults

QUESTIONS ABOUT THE REDIKER PARENT GRADING PORTAL
CONTACT: support@awrsd.org

YEARBOOK ANNOUNCEMENTS
Senior Parent Ads Order Forms will be sent out during the week of NOVEMBER 13
WATCH YOUR MAIL!
See the Early Bird Special Flyer in this Newsletter for more information
Contact Mr. Sargent at bsargent@awrsd.org for more information

TURKEY BINGO
BROADCAST LIVE CHANNEL 9
Wednesday November 23, 2016 10:00am.

ASHBURNHAM WESTMINSTER FOUNDATION for ACADEMIC EXCELLENCE

The Ashburnham Westminster Foundation for Academic Excellence invites you all to attend their 6th Annual “A Night For Excellence” Event on November 18 from 6:30 – 10PM at the Colonial Hotel in Gardner, MA.

Live music by Brother Maynard—with Kris Lucander, Jay Sharron and Mark Cerasuolo. Hors d’oeuvres and dinner, cash bar, Chinese Auction, Silent Auction, and a Live Auction—items include sports tickets; vacation get-a-ways, great gifts, services and more!

Tickets are $25 each. Includes a complimentary beer or wine. Visit the Foundation on line at ashwestfoundation.org or see any board member for more information.

We are a citizen-led non-profit organization formed for the purpose of enhancing academic excellence in Ashburnham and Westminster schools. We are an integral part of our communities that connects student achievement with corporate and private sector funds.

We raise private funds to support teaching and learning through gifts and grants to implement innovative ideas that will enhance the lives of children who attend public schools in the Towns of Ashburnham and Westminster.

Our grants enhance the educational experience, promote academic excellence and provide future leaders in our community with the best opportunities for success.

Sponsored by: Colonial Hotel, Chocksett Inn, Wachusett Brewery, Rollstone Bank, and Aubuchon Hardware

Non-Profit Organization 501(c)3 Tax ID: 30-0565655
Congratulations Mrs. Roy!

Fitchburg State University recently inducted its latest Athletic Hall of Fame class, representing standout athletes, teams and boosters for their contributions to the Falcons. The celebration was part of the university's Homecoming weekend festivities.

Leanne J. (Lehtinen) Roy made an immediate impact on the Fitchburg State field hockey program upon her arrival on campus. As a freshman she was selected the MASCAC Rookie of the Year and named to the MASCAC All-Conference second team. She was selected to the MASCAC All-Conference first team as a sophomore and awarded the Most Valuable Player Defensive Award. She continued to shine on the field and in 1999 was named to the MASCAC All-Conference First Team and selected as the MASCAC Co-Player of the Year while repeating as the Most Valuable Player Defensive Award. Her senior season was exceptional as she was selected MASCAC Player of the Year and named to the MASCAC All-Conference first team, the Little East All-Conference first team, the National Field Hockey Coaches’ Association Division III All Star team and received Fitchburg State field hockey’s Most Valuable Player award. Roy was named the Fitchburg State Female Athlete of the Year at the 2001 Fitchburg State Honors Convocation and received the Paul Waring '38 Female Athlete of the Year Award, the Athletic Department’s most prestigious athletic honor.

Coach Beth Bacher describes Roy as a “tenacious defensive player who played every game with self-confidence and determination. Her drive to work hard for the good of the team was unmatched.” Roy credits her coaches and her teammates for her success. She also recognizes the support of her parents Helene and Bruce who never missed one of the 67 collegiate field hockey games she played.

In 2002, Roy began her teaching and coaching career at her alma mater Oakmont Regional High School. Under her leadership the field hockey team has won three District Championships and seven league titles. In 2012 Roy received the Central Massachusetts Field Hockey Coaches Association Coach of the Year award. She was also inducted into the Oakmont Regional High School Athletic Hall of Fame in 2010 for her outstanding high school athletic career.

GUIDANCE NEWS

Many college representatives have been visiting Oakmont this fall. This is a great opportunity for an interested senior to introduce themselves to the representative and receive important information about the college or university. Students may sign up by using their Naviance account.

Guidance Counselors visited senior classrooms to disseminate information to all students and all seniors participated in a Naviance re-training in the computer lab. Our focus was post-secondary planning. All seniors received an important handout highlighting the application process. The counselors are meeting individually with students to cover a wide array of topics including; course requirements for graduation, the college application process and financial aid/scholarships. For some, alternatives to college are explored. The ASVAB Test will be offered again this spring on April 13th, for juniors and seniors contemplating military service.

Seniors must submit applications to 4 year Colleges on or before December 1, 2016. After that date, be advised that students who submit 4 year College applications cannot be guaranteed a letter of recommendation from their school guidance counselor to be sent by the December vacation.

Students who are applying to Fitchburg State University may participate in Decision Day on November 30th. Admission Counselors will be at Oakmont that day to meet with applicants to share admission status. In order to participate, students are required to submit their application on-line to FSU by November 9th.

December 1st is Financial Aid Night in the Alumni Auditorium for parents and students of the class of 2017. A representative from MEFA, the Massachusetts Educational Financing Authority will be our featured presenter. The program is scheduled from 6:30 – 8:30 pm. There will be time for questions and answers following the presentation. We are expecting PSAT Scores some time during the month of December. We had 166 students take the test on October 15th. We will be meeting with test takers to go over results in December. Students will have copies of their individual test results with specific recommendations for SAT score improvement. We recommend juniors register on-line with the College Board for the May or June test.

Many seniors are applying to college under “Early Action.” Doing so usually insures that they will hear back from those schools before Jan. 1st. The disadvantage to applying early action is that if they are deferred, applications may not get reviewed during the regular admission time frame. We have processed and posted a large number of applications already!

CONGRATULATIONS DR. GRIFFIN

Dr. Griffin began her teaching career at Oakmont in 1968 and still teaches class this school year. She has been a leader in the field of teaching environmental science. She recently received two distinguished honors. She was inducted into Massachusetts Science Leadership Association' “Hall of Fame” and Room 609 and the adjacent greenhouse were dedicated as the “Dr. Griffin Lab and Greenhouse.”
Homecoming 2016 - A Night in Neverland
Homecoming festivities were a success this year! Thank you to the faculty and staff of Oakmont for volunteering and cheerleading. Congrats to the Junior Class, this year's Tailgate Banner Contest winners!

Thank you to our Homecoming Tailgate and Semi-formal DJ!!

POWDERPUFF FOOTBALL
Sign Ups 10/31–11/4
@ Lunches - $12

MASC Officershop 2016
@ Holy Cross

CDMSC FALL CONFERENCE
11/9

MASC & SOMA BOCCE
11/13

CLASS COMPETITION
11/TBD

POWDERPUFF FOOTBALL
11/21
11/22 - SNOW

TURKEY BINGO
11/23

THANKSGIVING RALLY
11/23

@Oakmont_StuCo
www.oakmontstuco.weebly.com
SENIOR HALLOWEEN PARTY

The New AP as the Old AP.
The “SOS Signs of Suicide” Prevention program will be offered to the freshman class on November 12th. It is a nationally recognized program that has proven to reduce suicide attempts. The SOS program teaches the use of action steps for students to get help, by teaching them the simple acronym:

**ACT:**

- **A**cknowledge: Listen to your friend. Don't ignore threats.
- **C**are: Let your friends know that you care.
- **T**ell: a trusted adult that you are worried about yourself or a friend.

Our goal is to help students recognize the symptoms of depression or warning signs for suicide in themselves or their friends and teach them the appropriate action steps they should take to get help. The purpose of this program is **NOT** to tell whether students are depressed, but rather inform them about whether they, or their friends, may have symptoms that need further evaluation.

**Our goals in participating in this program are straightforward:**
- To help our students understand that depression is a treatable illness, and help them assess whether or not they may have symptoms consistent with depression
- To explain that suicide is a preventable tragedy that often occurs as a result of untreated depression
- To provide students training in how to identify serious and potential suicidality in themselves or a friend
- To impress upon teens that they can help themselves or a friend by taking the simple steps of talking to a responsible adult about their concerns

**Signs (symptoms) of depression**
- Depressed mood (can be sad, down, grouchy, or irritable)
- Changes in sleeping patterns (too much, too little or disturbed)
- Change in weight or appetite (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 worthlessness, self-reproach or guilt
- Diminishing ability to think or concentrate, slowed thinking or indecisiveness
- Thoughts of death, suicide, or wishes to be dead

**Other indicators of depression**
- Extreme anxiety, agitation or enraged behavior
- Excessive drug and/or alcohol use or abuse
- Neglect of physical health
- Feelings of hopelessness or desperation

**Warning Signs that Demand Immediate Attention**
- Talking or writing about suicide or death
- Giving direct verbal cues, such as "I wish I were dead" and "I'm going to end it all"
- Giving less direct verbal cues, such as "you will be better off without me", "What's the point of living?" "Soon you won't have to worry about me," and "Who cares if I'm dead, anyway?"
- Isolation from friends and family
- Expressing the belief that life is meaningless
- Giving away prized possessions
- Exhibiting a sudden and unexplained improvement in mood after being depressed or withdrawn
- Neglecting appearance and hygiene
- Dropping out of school, or social, athletic and/or community activities
- Obtaining a weapon (such as a firearm) or another means of hurting him or herself (such as prescription medications)

A list of community resources is available in the guidance department. If you are interested in reviewing student handouts, viewing the DVD to be used in the training on November 12th or have any other questions or concerns, please contact your child's school guidance counselor.
Save $10.00* on your 2017 yearbook…

So you already missed the early bird who gets the worm, but it’s not too late to still get your 2017 Yearbook and still save some money. Take advantage of the Holiday Special and save $10.00 off the final price, order on-line prior to **December 31, 2016** the yearbook will cost **$75.00**. After that date it will cost **$85.00** and students are **not guaranteed** a yearbook, rather they are placed on a waitlist.

Order on line at [Jostens.com](http://Jostens.com)

**Act now and save!!!**

**LAST YEAR WE SOLD OUT!!! DON’T WAIT, DO IT NOW...**
If you wish to pay by check, make it out to “Oakmont Student Activity Fund” and turn it into the Front office with this form to Mr. Szalay.
To the parents of the Senior Class:

**Congratulations, you have done it.**

As parents you have worked very hard at helping your senior reach this important goal. We know you’re proud, so tell your son or daughter how proud you are in a way they’ll actually notice - tell the whole school with a Parent Ad in the yearbook! Purchase a custom yearbook ad today, complete with your personal photos and message. Best of all, the proceeds go directly to our yearbook program and help keep the cost of the yearbook down for everyone.

We will once again produce our yearbook in 100% COLOR. We also want to keep our price the same, we have not increased our yearbook price in over five years. The only way we can do this is by increasing our advertising business. Last year we raised 10% more in advertising funds to offset the cost increases, we need your help to keeping this going.

So take out a Parent Ad, Business Ad or both and give your student and business the recognition they deserve. You supply the photos and words and we can do all the layout work. Save up to $20.00 by taking advantage of the Early bird Parent Ad special, order your ad before **November 20th**. After that date the cost goes up and no ads will be accepted after **December 18th**.

**So do it today and save!**

If you have any questions or concern about the layout of your ad, please contact Mr. Szalay at lszalay@awrsd.org or Mr. Sargent at bsargent@awrsd.org.
2017 Yearbook Parent Messages
A Message to Your Oakmont Regional High School Graduate

Please fill out the information below, provide a design of your message and enclose any photos with the copy, clearly indicating where you want the photos placed. Please put your name on the back of each photo (Print very lightly so as to not damage front!) Do not staple photos! **Do not send cut out photos** If you would like your photos back please include a stamped self addressed envelope the size of your photos to ensure their prompt return.

**Mail or hand deliver** this form, photos and a check by **Friday, November 20, 2016** for the best price available.

Do it today and SAVE!!!

**After December 18, 2016 ~ No more ads will be accepted**

Student’s Name

Address

**Ad Information:**
Place a check by the appropriate size of the ad you are buying:

<table>
<thead>
<tr>
<th>Two Tier Price Schedule</th>
<th>Final Deadline December 18th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Bird Special</td>
<td></td>
</tr>
<tr>
<td>Full COLOR page--$160.00</td>
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<tr>
<td>1/2 COLOR page-- $110.00</td>
<td></td>
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<tr>
<td>1/4 COLOR page-- $ 80.00</td>
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<tr>
<td>1/8 COLOR page-- $ 50.00</td>
<td></td>
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<tr>
<td>Last Chance Pricing</td>
<td></td>
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<tr>
<td>Full COLOR page--$180.00</td>
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<td>1/2 COLOR page--$130.00</td>
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<tr>
<td>1/4 COLOR page--$100.00</td>
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<tr>
<td>1/8 COLOR page--$ 70.00</td>
<td></td>
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</tbody>
</table>

Enclose a check for the amount $ Make checks payable to:

“Oakmont Student Activities Fund”

**Message Copy • Artwork/Photo Instructions:**
Artwork should colored ink. Please be aware that many colored illustrations, business cards, letterheads, telephone directory art and newspaper clippings often lack adequate reproduction quality.

**Sample Layout**
Just supply the typed words that you want to say and the photos with a rough draft and we will do all the work. 1/2 page ad’s works great with 4 to 6 photos, anything more then that causes very small images.

Use this proportion to sketch 1/2 or 1/8 page layouts

All ads, including 1/8 of a page, can include both copy and a picture if you so desire. Use a maximum of 6-8 lines of copy with about 50 characters per line without photo, 25 with one photo for the 1/8 page ad.

**Ad Purchased by:**
**Name:**
**E-mail:**

**Date:**
**Phone:**

**E-mail your typed message to insure your words are printed as you want them to @awrsd.org, all ads will be sent to you prior to printing for your approval.**

The school may reject any ad or refuse any message it deems not in the best interest of Oakmont Regional High School.