

Northern Highlands Regional High School

Allendale • Upper Saddle River • Ho-Ho-Kus • Saddle River • Spring 2017

www.northernhighlands.org



WON OVER BY ONE TO ONE

Our school newspaper, The Highland Fling, initially questioned the benefits of the school's 1:1 technology program, where every student and staff received their own device. In last year's March issue, they stated that, "the high-cost project seems to focus more on competing with other schools than doing what is best for the student body. The Surface Pros, cafeteria charging stations, and updated library may improve the school's reputation and make for a great brochure, but the real question is whether they will help students learn."

Now that we are concluding our first year with the devices, let's see if the students have been won over.

*From the Desk of the Highland Fling Editors-In-Chief
Tim De Lorenzo '17, Emma Weiss '17, Jack Wilder '17*

Plain and simple, we were dead wrong. In last year's March issue, The Highland Fling questioned the school's plan to give each student a Microsoft Surface Pro 4. The Highland Fling stated that, "the high-cost project seems to focus more on competing with other schools than doing what is best for the student body. The Surface Pros, cafeteria charging stations, and updated library may improve the school's reputation and make for a great brochure, but the real question is whether they will help students learn."

Now, with the passage of some time, it's clear that this question has been answered, and the answer is a resounding yes. The tablets have done a significant amount to enhance the quality of education at the school, and the feared consequences of this program appear to be unfounded.

The tablets have somehow been able to make our school work easier while raising the bar on what teachers expect, and what we're capable of. Technology hasn't changed the fundamentals of our education, but it has given us the power to reach levels we never thought were possible.

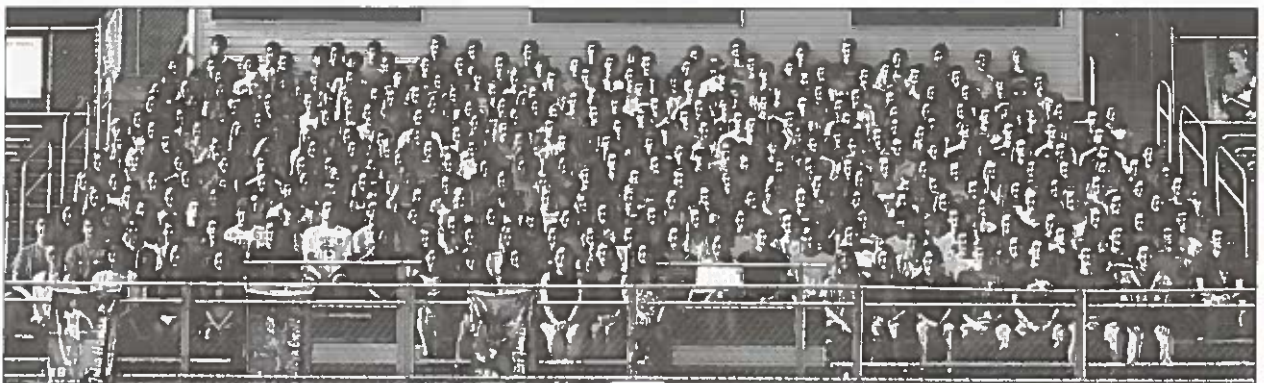
Tablets have made submitting homework and projects easier, and in turn, forced students to be more accountable. Since documents can be uploaded from anywhere in a matter of seconds, the excuse, "I wasn't in school," is no longer relevant. For students with organizational issues, programs like OneNote, Google Drive, and DropBox, can help students store their work and class notes safely in the "cloud."

The 1:1 initiative was paired with the new LMS system, Canvas. This has offered students and teachers alike the opportunity to expand the environment of the classroom to the outside world. Canvas has allowed students to debate and interact with each other at any hour of the day, and allow them to look at any files they would need access to throughout the year.

It's never easy to make a significant change, but Northern Highlands has been able to transition into the next era of learning with ease and grace. The Highlands Fling congratulates NH on a job well done.

CLASS OF 2017

Northern Highlands staff, administration and Board of Education congratulate our graduating class of 2017 and wish them all the best on their future endeavors. We hope that they have enjoyed their experience at Northern Highlands and always remain a part of our community.



From the Superintendent



As I reflect back on the past 10 months, the 2016/2017 school year has been a very exciting time at Northern Highlands. To name just a few of our initiatives, we are completing our first year with our 1:1 devices, integration of our new learning management system (Canvas), renovation of several areas of our facilities (auditorium, nursing suite, ESIP projects to name just a few); we went through our first year with our new Freshman Foundations of Literacy and Technology course and are completing our first year of the Next Generation Science Standards (NGSS). All of these changes occurred while we continue to excel in our athletics/co-curricular program and most importantly academics.

One important aspect of an outstanding program like Northern Highlands is that we continually re-invent ourselves and our school to best meet the needs of our present and future students. In doing so, we need to continually modify our program (both facilities and academics). With that being stated, we have much to look forward to for our next school year as we add several new courses and reinvent some of our present ones. Based on student requests, we have also added a few new clubs and activities for the upcoming year. Finally, we look to continue to improve our facilities by upgrading such areas as the freshman gymnasium, adding LED lighting throughout the building, adding LED lighting to our stadium field and completing our solar project.

Before we start thinking about the 2017/2018 school year though, I want to send warm congratulations to the class of 2017. As always, our students make me very proud with all their accomplishments and the legacy they leave behind is nothing short of amazing. I look forward to hearing back from each and every one of these students in the future to see where their travels take them and wish them nothing but success and happiness in all of their future endeavors.

As for our program next year, we welcome our incoming class of 2021. We look forward to 4 years of working together in preparation for the next stage of their lives. It is always my goal take make all of our students experience at Northern Highlands even better than they had ever hoped for.

Lastly, I wish all of the members of our Northern Highlands communities a wonderful summer. Enjoy the warmth of the summer and time with your families and friends and know that when everyone is ready to return in September, Northern Highlands will be ready for you with a program and campus that is second to none.

Sincerely,

Dr. Scot Beckerman, Superintendent

Goodbye to a NH Institution



Pictured are Dr. Hands with the NH BOE President, Mrs. Barbara Garand.

After 18+ years of service, Dr. Hands retired from the Northern Highlands Board of Education so that he could focus more on his family and private pediatric practice. During those years, Dr. Hands was a tireless advocate for the students and community members of our districts and we thank him for his tremendous service to the communities of NH.

NH Welcomes New BOE members

Northern Highlands would like to thank the following BOE members who were appointed to 3 year terms beginning in January 2017.



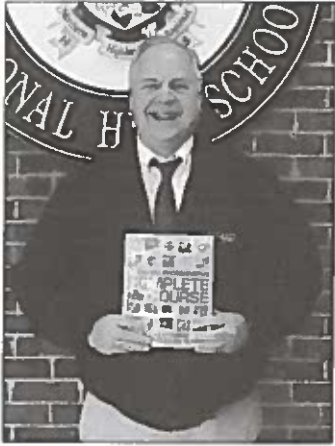
From left to right

Robert Wei has been a member of the Northern Highlands BOE for the past 6 years and resides in Upper Saddle River.

Christine Ferrarie will be serving her first 3 year term with the Northern Highlands BOE. Prior to joining the BOE, Christine served as HASA president. Christine resides in Upper Saddle River.

Ann Pagano has been a member of the Northern Highlands BOE for the past 6 years and resides in Upper Saddle River.

Thank You For 10 Years of Service



Henry Senger (pictured left) served as the Board of Education liaison for Saddle River School District for the past 10 years. Henry was a regular at school functions and events and a true advocate of all students at Northern Highlands. We thank him for his numerous hours of service to the students of our district.

Replacing Mr. Senger as the Saddle River representative to Northern Highlands is Mrs. Jennifer Connolly (pictured right). Northern Highlands officially welcomes Jennifer and we look forward to her input and contributions to our district.



NGSS-A year in Review

The Next Generation Science Standards (NGSS) which are research based k-12 science standards were implemented at Northern Highlands over the past year. Since the adoption of the next Generation Science Standards in 2014, the QUAD has worked diligently to give teachers the background and professional development necessary to successfully implement these new standards in their classrooms.

Where are we now? Many teachers would agree; the learning environment has changed. Students are doing more than confirming theories, laws, and concepts. They are asking innovative questions, making more real world connections, and designing more experiments in an attempt to answer their questions. There is a greater focus on engineering and design as well as scientific literacy. Students are using skills such as collaboration, critical thinking, problem solving, and justifying their statements with evidence.

These skills are more important than ever in this highly digital and competitive society. We hope to continue articulating with our sending districts to discuss successes and identify areas that may need improvement. Lessons will be revised, new scientific phenomena will be discussed, and more authentic learning experiences will be infused to deepen and strengthen students' knowledge and connection with science.

Students Receive The 2017 President's Volunteer Service Award

Northern Highlands is proud to announce that juniors Grace Huang (left) and Stephanie Reifman (right) were the recipients of The President's Volunteer Service Award for their exemplary volunteer service. The award recognizes students of all ages who have volunteered significant amounts of their time to serve the communities and their country.

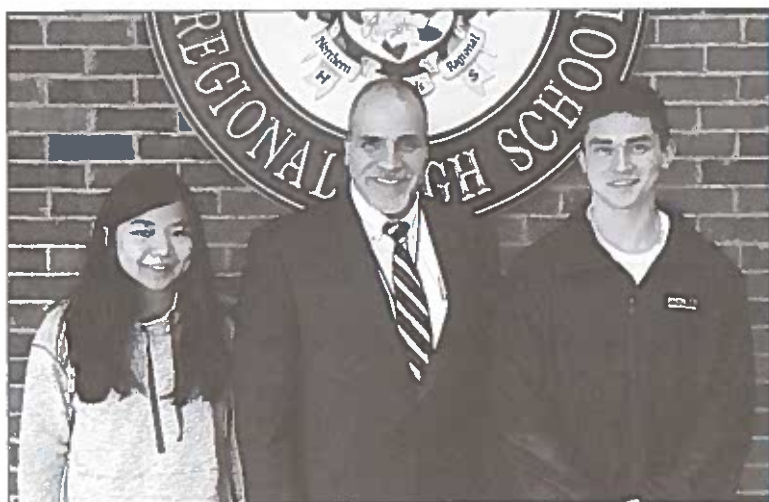
Grace began playing the piano at age five and has always looked for ways to bring music to her community. Having a desire to reach an even larger crowd, Grace, along with several student musicians, decided to form Notes of Joy, a local volunteer performing group. The group primarily performs at senior living facilities but also plays at libraries and community centers. Since their debut, Notes of Joy has held more than 10 concerts and reached more than 500 people.

Stephanie Reifman created a heroin addiction prevention program called H.A.P.P.Y. (Heroin Addiction Prevents People's Years) Week. Her original inspiration for this program occurred when actor Cory Monteith lost his life to a heroin overdose in 2013. Stephanie soon discovered, there was a heroin epidemic in her own backyard and quickly realized that she wanted to do whatever possible to prevent as many deaths as possible. The way in which Stephanie chose to get her message out was by educating parents, students, and community members through an assembly program that features a powerful video montage containing facts about the issue. Stephanie then interviews a recovering heroin addict and a parent who lost a child to heroin addiction.



Young volunteers like Grace and Stephanie are an inspiration to all of us. We are very proud of the contributions that both young ladies bring to our school community and are thrilled to acknowledge their efforts.

Class of 2017 Valedictorian & Salutatorian



Congratulations to Northern Highlands seniors
Mary Wang and Justin Schneiderman!

Valedictorian Mary Wang and Salutatorian Justin Schneiderman are both members of the Northern Highlands Chapter of the National Honor Society. Both have earned High Honor Roll distinction each year of high school. Mary and Justin have also been recognized as AP Scholars with Distinction.

In addition to her activities at Northern Highlands, Mary has been a Girl Scout for over 10 years receiving her Girl Scout Gold Award in 10th grade. Her Gold project was titled, "Moving China's Mountains, Reaching for the Sky" which raised money for the China Care Foundation. Mary states that Girl Scouts have shaped her moral character. She constantly

strives to follow the Girl Scout law by using her leadership skills and helping others. She has become a strong-minded young woman through the values that Girl Scouts has taught her. Mary possesses the confidence, maturity, work ethic, and leadership ability to accomplish all she undertakes. In the fall Mary will be attending Duke University.

Justin was nominated for and selected for the New Jersey Scholars Program, which is a highly selective five-week summer program for "39 of the most intelligent, outgoing, and highly motivated students who are residents of New Jersey." Justin serves as the school's DECA president, a business club for emerging leaders. Justin is extremely passionate about the club and over his years of participation placed at the regional, state, and national levels. In addition to his activities at Northern Highlands, Justin has volunteered with Habitat for Humanity to help build homes for less fortunate people in New Jersey, and he spends his summers volunteering at Camp Sunshine, a day camp for children with special needs. In the fall Justin will be attending Yale University.

The Creative Side of Northern Highlands

The Creative Writing students at Northern Highlands regularly receive awards from college-sponsored writing contests and in publications outside of Highlands. Last year, close to 40 students won recognition in 19 different outside contests, such as Rider University's High School Writing Contest, Scholastic Magazines' Annual Writing Awards competitions, and the New Jersey Council of Teachers of English writing competition, as well as publication in magazines like *Aerie International*, *The Apprentice Writer* and NJ's *Lips Poetry Magazine* in the teen section.

As a part of the program, students recently participated in the Scholastic Magazine's Northeast Regionals competition. Congratulations to the students for receiving 12 Honorable Mentions, 13 Silver Keys, and 4 Gold Keys. The 4 gold key recipients will now go on to compete in the Nationals.

Northern Highlands' creative writing program is an elective that students can take for up to three years. This wonderful program continues to thrive in a difficult curriculum that provides students with skills that will translate into any college major and profession that they choose.

Preparing Students for the Health Science Professions

Six years ago Northern Highlands Regional High School partnered with Rutgers University School for Health Professionals to offer four courses that provide students an opportunity to take introductory college courses that prepare students for a career in some aspects of the health care field. Taking these classes allows students to earn up to 16 college credits.

As early as sophomore year, students can enroll in **Honors Dynamics of Health Care in Society**. This course approaches health care from an interdisciplinary perspective, with a focus on process skills including critical thinking, ethical reasoning, effective communication, and self-directed learning abilities. Two additional courses, **Honors Emergency and Clinical Care** and **Honors Medical Terminology** give students the background to communicate and respond accordingly in a medical emergency. In addition, **Honor's Anatomy and Physiology I & II** covers the basic structure and function of the human body.

Over the past 6 years, this program has averaged 50 students per year. High school students who are considering this field are urged to speak to their guidance counselor about these extensive programs.

Courses: What's New for 2017-2018

After a yearlong review of all current electives, to better prepare our students, you will see some changes to the 2017/18 program of studies.

Science: Our Science Department now has four half year electives, which include a brand new course. **Astronomy, Oceanography and Environmental Science** have all been shortened from full year courses to half year courses. The new half year course **Science Matters** will allow students to ask questions, do research, and collaborate, to see how science can play a role in decision making.

TVP: The Television Production Department will now be called **Digital Media**. Under this new design, the courses have been changed to meet the needs of the Twenty-first Century Learner. The Television Production course is now titled **Digital Media**. The Broadcast Television course is now called **Social Media** and, in an effort to better prepare students for the 21st century workforce, will explore how to effectively communicate with a multitude of social media delivery devices. The final course in the department previously called **Video Storytelling** has been revamped and will now be titled **Digital Filmmaking**.

Art: A new course was added titled **Do It Yourself Design (DIY)**. The DIY course provides students with the unique opportunity to learn how to design functional and aesthetic works of art using Twenty-first century problem-solving skills. Encompassing a wide range of media and techniques, this course will allow students to create "Pinterest-style" home decor such as jewelry designs, crafts, textiles, and sculptural designs.

Applied Tech: Interior Architecture Design Exploration will be a new course added to Applied Tech Department. In this course, Students will design interior architecture projects throughout the year. Such projects will introduce them to the problem-solving design loop and the creative process. Presentation and documentation of their designs will be created in computer programs such as AutoCAD and REVIT. Functional and technical knowledge is introduced through such topics as construction detailing, sustainability, material, furniture, lighting, acoustics, MEP, and building codes.

2016/2017 Bergen County School Counselor of the Year Recipient Named



The NJ School Counselor Association (NJSCA) recently named their 2016/2017 Bergen County Counselor of the year recipient. Northern Highlands is proud to announce that, our Supervisor of School Counseling, Kelly Peterfriend has been awarded that prestigious award.

Ms. Peterfriend has been the Supervisor of School Counseling at Northern Highlands for the past 5 years. Prior to coming to Northern Highlands, she had 10 additional years' experience as a school counselor.

Congratulations to Ms. Peterfriend.

Honors Business Seminar Provides Micro-Loans

Students in Honors Business Seminar classes recently provided 17 micro-loans totaling \$900 through Kiva, an international nonprofit with a mission to connect people through lending to alleviate poverty.

Working in small groups, students researched potential loan recipients in areas such as farming, tuition support, inventory financing and business expansion. Students made these loans to recipients in 12 third-world countries. These loans are currently being paid back by the recipients. The funding for this initiative was sourced using grants that the Business Department obtained in 2014 and 2015 after two financial literacy classes finished in the top 10 of all schools that participated in the H&R Block Budget Challenge.

The micro-loan initiative was part of a unit in Honors Business Seminar on social responsibility. Students have recognized the positive impact of micro-lending and that a small amount of money can make a huge difference in the lives of people around the world.

Driver Education: Safety First

Each year the Driver Education teachers host local police officers from the DARE Program. As a part of the driver education program, DARE presents to our sophomores the dangers of substance use and driving. This is a joint presentation with officers from the various sending districts participating. Northern Highlands also participates in the Safe Driving/Buckle Up program sponsored by Hackensack University Trauma Center. Mr. Paul Albarella, Driver Education instructor, coordinates this event with Mrs. Melaine Gonzalez of Hackensack Trauma Center. The Driver Education program participated in two seat belt checks during the first semester where members of the Health & Wellness Department join with Mrs. Gonzalez to count cars with people using seat belts for all passengers in a car. This check is done at the beginning of the school day with counters positioned at both entrances to Highlands. The value of always using seat belts is discussed in class as a part of this program and the Driver Education curriculum. Last year, Northern Highlands finished in second place for all Bergen County schools participating in the program.

A Message from the Northern Highlands Student Assistance Counselor (SAC)

For those that do not know me, my name is Jason Grabelsky, and I am the Student Assistance Counselor (SAC) at Northern Highlands. I work under the guidance department, and I am here as a resource for all students. Students can come see me for any reason, and many students do, in fact, come to see me every week. They either stop in or schedule an appointment in advance. I have enjoyed my first year here, and it has been wonderful to get to know the staff and students. I'm always here to listen.

So what is a SAC you might ask? A SAC is like a school counselor that does not focus on academics. A SAC counselor focuses on social/emotional wellness. A SAC meets with students individually, in a group, or in classes. Some issues that a SAC deals with are stress, anxiety, depression, substance abuse, and bullying. All services are confidential. Northern Highlands added the position as SAC in December 2015 in order to add an additional resource for all students who find the need to talk to someone regarding various home and school issues.

One issue that I have noticed here at Northern Highlands

is stress; students come to see me every day about stress. Many are stressed about schoolwork or college applications. They also want to discuss ways to alleviate stress. I talk with them how having fun can be a great way to mitigate the effects of stress. It is very important to do well in school, but it is also important to take a moment and socialize or do something they enjoy. Northern Highlands offers a large number of extracurricular activities and events. Having fun is a great coping skill to combat stress.

College and schoolwork can be very stressful. So as hard as it may be, it is important for students to remember not to compare themselves to their peers. It is also important to take classes at the appropriate level.

I look forward to continuing my work here at Northern Highlands. If any parent or student would like to reach me with a comment or concern, I can be reached at 201-327-3800 extension 297, or by email at grabelskyj@northern-highlands.org.

Moody's Mega Math (M3) Challenge

Moody's Mega Math (M3) Challenge is a mathematical modeling contest for high school juniors and seniors. Through participation, students experience what it's like to work as a team to tackle a real-world problem under time and resource constraints, akin to those faced by professional mathematicians working in industry. The Challenge is sponsored by The Moody's Foundation and organized by the Society for Industrial and Applied Mathematics (SIAM) and awards \$150,000 in scholarships each year.

On Saturday, February 25th, 2017, Aram Rashduni, Anthony Gurunian, Zhin Rhee, Nam Lu, and Parker Griep devoted 14 hours of their time researching, analyzing, and creating mathematical models for Moody's Mega Math Challenge. Collectively, they submitted a 20 page paper on their findings.

The mission this year was to build models to help assist in predicting how global change factors such as climate are likely to affect visitor experiences and resources to various National Parks in the United States. The students collaborated throughout the process as a collective unit but also worked independently on a number of tasks based on individual knowledge and expertise. Although the paper presented its challenges, the experience provided our students with a real world opportunity that is like few others in high school.

As of March, the NH team's paper has made it to the 2nd round. Only 200 of the 1121 papers submitted made it to the 2nd round. Although the final results to the M3 challenge have not been made available yet, we know that our students enjoyed the experience regardless of the outcome.

Professional Development Day: Questions that Demand Our Attention



For the first time in recent memory, the four districts in the Quad assembled at Northern Highlands for a professional day of learning. The day opened with a burst of inspiration from our keynote speakers: 8 students from each of the schools in the region, ranging from kindergarten to 12th grade. "Questions that demand our attention" was the theme of the day. Student speakers shared questions that challenged their thinking or piqued their curiosity. After hearing from students, teachers then moved to workshops of their choice to share best practices and ideas for improving questioning strategies in the classroom. The opportunity to hear from teachers and administrators with diverse backgrounds was appealing and refreshing. In the afternoon session, professional dialogue shifted into subject-area departments and grade levels grouped together with the goal of putting some of the new ideas into practice.

Students Consult With Local Businesses

During the Spring Semester, students in the Honors Business Seminar classes are working with nine local businesses on a consulting project that applies their learning in the areas of management, finance, marketing, human resources and operations.

The objective of the culminating project is for students to resolve real problems presented by these businesses. Some of the identified problems are increasing the target market and customer base; expanding the use of social media to advertise; developing a recruitment plan and creating a human resources department.

During April and May, students will meet with the business representatives each week to gather information and data, ask questions and discuss their progress. During the first week of June, students will present their findings to their business representatives, providing a consulting report and recommendations for improvement.

The following are the companies and representatives that the Honors Business Seminar students will be working with. We thank them for their participation in this innovative and exciting project.

WW Glass – Jeff Haber, CEO

Motion PT Group – Katherine Carter, Vice President of Human Resources

Plasker Chiropractic – Dr. Noel Plasker

Nostramana Café – Roy Kim, Owner

Terrie O'Connor Realtors – Zach Lisella, Sales Associate

Cars Burgers and Shakes – Rich DiBenedetto, Owner

Julia's Butterfly Foundation – Christine Callahan, President

Autumn Years Magazine – Heidi Gross, Publisher and Creative Director

Odyssey Sport Club – Maria Minando, General Manager

PROJECT ADVENTURE II



How far can you push your limits? How much do you trust your friends and fellow students? The Northern Highlands Project Adventure program is designed to answer those questions. In Physical Education classes, juniors and seniors who selected Project Adventure II as part of their yearly PE schedule participate in the high ropes challenge curriculum. Students learn to belay, apply harnesses, tie the appropriate knots, complete safety checks and then climb one of the 8 elements located in the woods behind Highlands. Climbing elements range from 30 to approximately 70 feet in height. Students climb, rappel, jump, and traverse distances on cables while being connected by a rope to a belay team. The Project Adventure II curriculum is designed to develop listening skills, communication, team work, problem-solving, and trust among climbing teams. It also helps students with not being limited by a fear of heights and finding ways to complete assigned tasks. Students use these skills during not only Project Adventure but also link them to other aspects of their lives to help them to be more confident in tasks that they might have previously found intimidating. Project Adventure is an all-weather climbing curriculum.

NH Sports Programs Continue to Excel

There is no doubt that Northern Highlands has a tremendous athletic program that is recognized state-wide as one of the best around. Both the coaches and athletes who support those programs and the programs themselves continue to be recognized by the NJSIAA and various media outlets as the best of the best in the state.



Please join us in congratulating the following staff and teams for their recognitions during the 2016/2017 school year. Please note that spring sports are not included as they have not concluded yet.

Coaches

Mr. Chris Broking: North Jersey and Bergen County Girls Tennis Coach of the Year

Ms. Tara Madigan: NJGSCA North 1 Region Girls Soccer Coach of the Year

Mr. Keith Migliorino: New York Jets Greater NYC Metro Area Coach of the Week

Mr. Frank Gilli: Bergen County Girls Cross Country Coach of the Year

Mr. Tom Buono: Bergen County Girls Winter Track Coach of the Year

Teams

Girls Tennis: North Jersey and Bergen County Girls Tennis Team of the Year, League, County and State Sectional Champions

Girls Soccer: The Bergen Record's Team of the Year, League, County, State Sectional and State Champions

Girls Cross Country: North Jersey and Bergen County Team of the Year – League, County and State Sectional Champions

Field Hockey: Divisional Champions

Girls Winter Track: Bergen County and North Jersey Team of the Year, League, County Relay and State Sectional Champions

Boys Bowling: State Sectional Champions (Will Cunningham bowled a perfect 300 game)

Girls Basketball: Divisional Champions

Boys Swimming: Divisional Champions

Girls Swimming: Divisional and State Sectional Champions, Bergen County Team of the Year



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Northern Highlands Regional High School District

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