

Northern Highlands Regional High School

Allendale • Upper Saddle River • Ho-Ho-Kus • Saddle River • January 2012



HIGHLANDS CARES

"I will show compassion by responding to the concerns and needs of others."—Northern Highlands Core Ethical Values

Northern Highlands students understand that their responsibilities stretch beyond the classroom, into their community and the world. Members of our teams and clubs, with the help of their teachers and coaches, have enriched the lives of others, as well as their own, through volunteering, participating in public awareness campaigns, raising money, and holding donation drives. Here are some of the ways our students have shown their compassion and commitment so far this year:

Volunteering

Our students are not too young to have knowledge and expertise to share with others!

- ❖ Members of the Ice Hockey Team spend part of their Sundays helping children learn to skate and play hockey.
- ❖ Members of the Girls Soccer Team volunteered at a soccer clinic for autistic children.
- ❖ DECA students used their knowledge of personal finance to help the women at the Oasis Haven for Women and Children budget, save, and manage credit.
- ❖ Absolute Zero, a.k.a. the Chemistry Club, hosts local Girl

Scouts to assist the girls with STEM (science, technology, engineering, and math) projects.

- ❖ Dumbledore's Army runs literacy events at the Allendale Public Library for children ages 7-14.
- ❖ Students Against Destructive Decisions (SADD) speaks at local middle schools about the dangers of alcohol and drugs.
- ❖ Students in the Animal Conservation Club build cold water shelters for feral cats with the National Foundation for Animal Rescue.
- ❖ The Foods Club prepared sandwiches and cookies for Table to Table to feed the hungry.
- ❖ National Honor Society members assist their peers and middle school students with free academic tutoring.
- ❖ The Transition Project, led by juniors and seniors, work with incoming freshmen to help them acclimate to high school.
- ❖ Highlands Heroes (peer mentors) presented programs to seventh and eighth graders in our sending districts about making positive choices and avoiding alcohol and drugs.
- ❖ Over 40 students and staff members donated blood in our Annual Blood Drive.

(see Highlands Cares continued inside on page 3)

National Merit Semi-Finalists

Northern Highlands is most proud to announce that four of our students have been named as Semifinalists in the National Merit Program. Our students are commended and recognized for the high scores on the PSAT/NMSQT. Semifinalists are the only students who will advance in the competition for National Merit Scholarships.



Warmest congratulations to Semifinalists:
Stephen Gorin, Jennifer Garand, Allison Kim and
Anuj Chhabra



And Congratulations to our students who have earned the recognition of the National Merit Program as Commended Scholars for their achievement on the 2010 PSAT in junior year:

Eric Benoit
Kristen Carter
Kyungbae Choi
Spencer Cylinder
Nikitha Karkala
Helen Karsiotis
Thomas Kim
Jenna Krizan
James Lee

Emma Munro
Adrianna Rodriguez
Lowell Schudel
Alyssa Scull
James Temple
Betty Varghese
Colin Verhoff
Grace Yang
William Zoeller

NORTHERN HIGHLANDS REGIONAL HIGH SCHOOL A.P. SCHOLARS NAMED

The College Board's Advanced Placement Program offers students the opportunity to take challenging, college-level courses while still in high school, and to receive college credit, advanced college placement, or both for successful performance on the AP Exams. The College Board recognizes several levels of achievement, based upon students' performance on AP exams described below. A total of 95 Highlanders have been recognized for outstanding performance.

Congratulations to Present Seniors (Class of 2012*), and Alumni (Class of 2011).

AP Scholar

Forty-two students at Northern Highlands Regional High School have earned the designation of AP Scholar by the College Board in recognition of their exceptional achievement on the college-level Advanced Placement Program (AP) Exams by earning grades of 3 or higher on three or more exams.

Arjun Arun	*Spencer Cylinder	Kelsey Halpin	*Audrey Lee	*Lowell Schudel
Alexandra Austin	James Donahue	Emma Jackson	*Hyunjong Lee	Jason Shenny
Haley Bryan	*Kevin Errico	Youngseok Jeong	*Joan Lee	Jamie Shulman
*James Bryan	Aisha Farman	*Nikitha Karkala	Michelle Lee	*Eiley Stern
Alicia Cahill	Melissa Fichera	*Allison Kim	Stephanie Lerch	Henry Theuvenin
*Brandon Carp	Nuria Frances	*Min J. Kim	Marissa Manzi	*Enoch Yoo
Kristen Cenci	Emily Goddard	*Thomas Kim	*James Michalski	
*Nisha Chojar	Thomas Grueter	Mia Kunitomo	Andrew O'Donnell	
Eric Cioffi	Leah Haines	Lillian Laiks	Nicole Scardino	

AP Scholar With Honors

Twenty-three students qualified for the AP Scholar with Honors Award by earning an average grade of at least 3.25 on all AP Exams taken, and grades of 3 or higher on four or more of these exams.

Seung Jae Baek	*Andrew Dong	Jaclyn Kahn	Tara Kohli	Erik Topp
Danielle Blackmore	Alyssa Fenenbock	Lauren Kahn	Kenny Lee	David Treimanis
*Kristen Carter	*Jennifer Garand	Scott Kamen	Nadia Qadeer	Michael Urcioli
*Anuj Chhabra	Yula Go	Jimin Kim	Cassandra Poulis	
Daniel Coban	Lisa Grover	Paul Kim	Michelle Schechter	

AP Scholar With Distinction

Thirty students qualified for the AP Scholar with Distinction Award by earning an average grade of at least 3.5 on all AP Exams taken, and grades of 3 or higher on five or more of these exams.

Sara Barrack	Mary Cornfield	Catherine Hinchin	Alexander Perrin	Kevin Silverman
Jacqueline Benoit	John Daniel	Joseph Horn	Melissa Pettit	Sarah Stettin
Jade Bonocolta	Tyler Davis	Margaret Hylas	Allison Rubenstein	Valerie Sydnor
David Boyajian	Kelly Faust	Ja Young Kim	Margot Schmidt	Shelley Tong
Alex Cheesman	Amanda Gonzalez	Joan Kim	Dylan Sena	Bettina Weiss
Gawoon Chung	Sierra Grzybowski	Evan Lam	Robyn Shapiro	Jimmy Zhang

National AP Scholar

Two students qualified for the National AP Scholar Award by earning an average grade of at least 4 on all AP Exams taken and scores of 4 or higher on eight or more of these exams. Congratulations to Joan S. Kim and Evan Lam

In December, The Northern Highlands Theatre Company presented *Rosencrantz and Guildenstern are Dead.*



Seniors Chris McGovern as *King Claudius* and Brittany DiNardo as *Queen Gertrude* with their court.



Senior Tom Kiely as *Rosencrantz* and Senior Colin Verhoff as *Guildenstern*.



HIGHLANDS CARES

(continued from page 1)

Public Awareness



Students also use their skills to raise public awareness about important issues.

❖ DECA is trying to save lives through its Don't Text and Drive campaign, for which they are conducting surveys, gathering signatures, providing thumb bands as reminders, hosting a parent evening, and promoting the

message to drive safely through school and local media.

❖ The Gay/Straight Alliance is promoting its message of respect through a consciousness-raising bulletin board, free movie screenings, and the Day of Silence.



❖ Did you notice the Fall athletes wearing neon yellow laces on their sneakers? All Fall sports teams, led by DECA, participated in The Go4theGoal Lace Up campaign for awareness of pediatric cancers. The sale of the laces and related fundraisers provided money for pediatric cancer patients, their families, hospitals and researchers.

Fundraising

In addition to the Go4theGoal campaign, other organizations raised money to help cancer patients and to fund research.

❖ The Girls' Soccer Team, the Volleyball Team, and DECA participated in Richard's Run to raise money for pediatric cancer patients.



❖ The Girls' Soccer Team also donated the proceeds from the Annual Alumni Game to the American Cancer Society, and made Blake Buffa, a 9-year-old cancer survivor, an honorary member of the varsity team for a day!

❖ The Girls JV Lacrosse Team helped out at the Upper Saddle River Biathlon to raise money for breast cancer research.



❖ The Girls Basketball Team participated in a tournament to raise money for breast cancer research last year, and will play in tournaments for autism awareness and diabetes this year.

❖ The Ice Hockey Team participated in "Hockey Fights Cancer" game.



❖ DECA hosted a Dine Out for Cancer Night at local restaurants, and will continue to hold one initiative per month through January in support of Go4theGoal. They also participated in the Lustgarten Walk for Life, raising money for pancreatic cancer research, in memory of

Sandy Helfand. DECA also raised money for holiday gifts for pediatric cancer patients at Hackensack Hospital.

Students raised money for other causes, too:

❖ Latin Club ran bake sales to sponsor a needy family for the holidays through Children's Aid and Family Services of Paramus.

❖ The Guitar Club donated the proceeds from its show to Operation Smile, which provides surgery to correct cleft palate to children in developing countries.



❖ Highlands Heroes raised money for the Northern Highlands Scholarship Fund. The Operation Smile club raised \$1,500 through bake sales, gift-wrapping fundraisers and community outreach programs to provide five cleft-palate surgeries for children around the world. The American Red Cross club raised money for Table to Table's Bag a Lunch,



Help a Bunch campaign for local soup kitchens, and continued to raise money for the Brick by Brick campaign to build schools in developing countries.

❖ Mr. Steve Simonetti organized a donation drive among students and

faculty to raise money for three recently-orphaned children who had also lost their home to a flood.

Donation Drives and Gift Campaigns

Highlanders have been busy this holiday season collecting gifts and other necessary items for the needy.

❖ The Sophomore Class Council is holding the One Warm Coat drive for Shelter Our Sisters, and collecting gifts for children and teens for the Children's Brain Tumor Foundation.

❖ Many of our faculty and students helped Tomorrow's Children provide wrapped gifts for families and patients at Hackensack University Hospital during the holiday season. Participating groups include Student Government, Debate Team, Literary Magazine, and Varsity Girls Basketball Team.



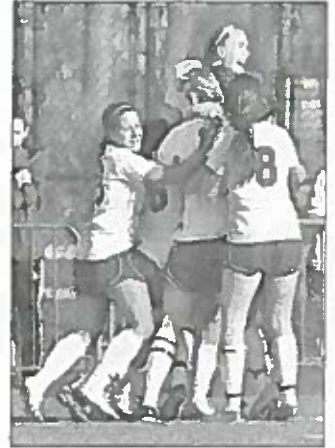
Our students have been given so much. Community service is how they give back. Senior Taylor Smith, who is active in Operation Smile, said, "I am just one person, and individually I may not be able to do much. But when we band together as a school, we can help many people, and why shouldn't we? As young adults who have a lot of opportunities, we need to give back to those who don't. We should be there to help people when we can."

Thank you to our Home & School Association for contributing to the cost of this publication.

CONGRATULATIONS HIGHLANDERS!



Girls Soccer: Big North Divisional, Bergen County, State Sectional and State Group 3 Champions - undefeated season 24-0! Currently ranked #1 in the State and #4 in the nation!

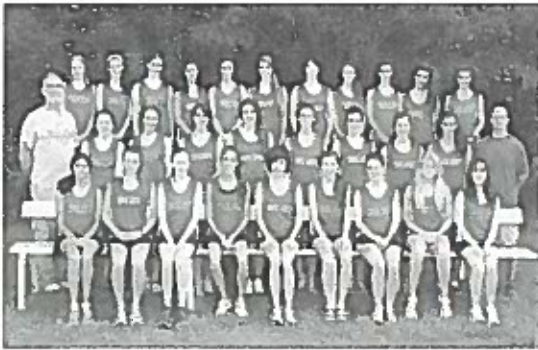


- Girls Cross Country: Big North Divisional Champions and State Sectional Champions!
- Girls Tennis: Big North Divisional Champions and State Sectional Finalist
- Boys Soccer: Bergen County final four and State Sectional Finalist



Ariana North (Cross Country): The Record's Athlete of the Week – Ariana took first place in the Big North Meet; The Bergen County Meet and the State Sectional Meet.

Megan Weiss (Field Hockey): The Record's Athlete of the Week for her outstanding all-around performance.



Girls' Cross Country



Field Hockey: Bergen County Champions – 4th year in a row!



Congratulations to Coach Tara Madigan for being named the Bergen County and State Girls Soccer Coach of the Year!





Mrs. Jennifer Lederman and Mr. Daniel O'Kane were honored with state recognition as NJ Exemplary Secondary Educators. Principal Joseph Occhino presented teachers with their award during the December Board of Education meeting. Thank you to Mrs. Lederman and Mr. O'Kane and to all the teachers for all you do for our students.

Congratulations!

Professional Learning Communities

This year, at Northern Highlands, teachers are forming into small groups to formalize their professional collaboration around common goals of improving student learning as part of the district's new approach to professional development. Professional Learning Community (PLC) implementation was initiated after exploring different frameworks across the state. The school-based professional development committee, led by chair, Amy Torchia and members: Greg deLorenzo, Julie Goldberg, Maria DeMarco, Michael Koth, Joe Occhino, Michael Rightmire, and Brad Siegel, launched PLCs starting this year. With teachers working together toward common professional goals, PLCs have already spawned highly constructive initiatives. Some of the successes address broad, high stakes goals, such as aligning the Common Core State Standards to district curriculum, ensuring major content ideas and skills are articulated effectively between teachers of different grade levels, and writing course benchmark assessments.



*International Championships
of High School A Cappella
Saturday, January 28, 2012 at 7:00 PM
Mid-Atlantic States Sectional
at Northern Highlands Regional High School
Featuring groups from
New Jersey, New York, Maryland and Delaware
Including last year's
Mid-Atlantic Champions, the Highlands Voices*



NORTHERN HIGHLANDS HALL OF FAME CLASS OF 2012

Alumni

Susan Brison (1972), Distinguished Alumna
 Greg "Bucky" Miller (1973), Cross Country and Track
 Roy Preefer (1973), Wrestling
 Stephen Amidon (1977), Distinguished Alumnus
 Barbara Haviland Minor (1977), Distinguished Alumna
 Greg DiFelice (1985), Distinguished Alumnus
 Jeannie Krauter (1985), Field Hockey and Basketball
 Liz Scarry (1991), Field Hockey
 Rob Reeder (1992), Cross Country and Track
 Anny Madden (1993), Soccer

Dax Strohmeyer (1995), Football
 Phil Stolt (2000), Tennis

Team

1973 Football, NBIAL & North 1 State Sectional Champions

Contributors

Frank DeLuise, Special Education Teacher and Coach
 Chuck Dombeck, Community Volunteer
 Mike & Bobbie Kunisch & Family, Community Volunteers
 Jim Sok, Physical Education Teacher and Coach



Hall of Fame Induction Banquet
Sunday, May 6, 2012 at 12:00 P.M.
Season's, Washington Township, New Jersey

Visit our web site for ticket information: www.northernhighlands.org



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