

THE NEWS LETTER

of the Northern Highlands Regional
High School District Board of Education

VOL. III, NO. 1

OCTOBER, 1970

Highlands Cups Ears on Drugs

Grade 7-12 Teachers Attend

The state didn't have to tell Northern Highlands Regional High School District twice to begin a drug education program.

When the state passed a bill in June ordering schools to initiate a drug program, Highlands responded by sending one of its teachers, Phyllis Frey, to a three-week training session at the New Jersey College of Medicine and Dentistry in Newark.

Mrs. Frey, health teacher, came back with ideas that could blossom into an outstanding drug program.

At a recent meeting with Mr. Gerald Hopkins, Superintendent of Schools, and Mr. John Mintzer, Principal, Mrs. Frey outlined ideas which will be submitted to the drug panel at Highlands.



Phyllis Frey — Health Teacher

Teacher workshops began September 21. Other workshop dates are October 19, November 23, and December 7. Teachers from grades seven through twelve will participate and will include faculty members from the Upper Saddle River and Allendale elementary schools. Students will be dismissed at 12:30 on the above dates. Each conference will begin at 1:15 and end at 4:15 p.m.

The workshops go beyond the basic requirements set by the state. Mrs. Frey said that one session for example consists of teachers studying popular music about drugs.

Some songs praise drugs and others condemn them, Mrs. Frey says, and it will be up to the teachers to study the music teens listen to and perhaps learn more about the drug-oriented society.

Other workshops will focus on the history, biology, vocabulary, and legal aspects of the drug society.

After the teachers study symptoms of the drug culture, Mrs. Frey said, they are to try to analyze the cause of drug abuse.

Final workshops will emphasize what teachers can do as parents, instructors and in daily contact with drug users.

Mrs. Frey said teens often confide in teachers and come to them for help. Under this program, teachers will be able to talk to teens with a drug problem in question.

The school program for students has begun. Drug education is being taught in health education classes as part of the school schedule.

The focus of the entire program is to develop an awareness of the fact that our society is a drug oriented society and that drug education extends beyond the realm of the classroom.

Welcome New Teachers

Northern Highlands welcomes 14 new staff members.

A former teacher of physical education at Northern Highlands, Mr. Frederick A. Conrad, is returning after teaching two years at Whippany Park High School, Hanover Park, New Jersey. Mr. Conrad received an A.B. from the University of Rochester and an M.S. from Springfield College.

Mr. Anthony J. Constantine, who comes to us from Glen Rock Jr.-Sr. High School where he taught for two years, will teach one of our Special Education classes. Mr. Constantine received a B.S. from Fairleigh Dickinson University and an M.A. from Stetson State College.

Miss Doris A. Williams, a graduate of Newark State College, Union, New Jersey will teach our other Special Education class.

Mrs. Louise S. Lackey has joined the Business Education Department.



Doris A. Williams

She received a B.S. degree from the John B. Stetson University, Deland, Florida. Mrs. Lackey has taught for thirteen years.

(Continued on Page 2)

Student Attendance

The Administration would like to congratulate our diligent parents for their untiring cooperative effort which has resulted in a high average of daily attendance and a low incidence of tardiness since the opening of this school year.

In order for us to maintain this enviable rate of low absenteeism and low incidence of tardiness, the continued cooperation of parents is needed in the areas below:

- Parents **SHOULD** call the health office whenever their children are absent.
- All students returning from an absence must bring a written note from their parents giving reason for their absence.
- Parents should continue to exercise their good judgement when requesting early dismissals in writing for their children.
- Students coming into school tardy should have a written note from their parent explaining the reason for being tardy.
- Any and all calls in reference to student attendance should be directed to the health office at this phone number, 327-8700.

Once again we would like to thank all parents for their continued efforts in helping us here at Highlands in the task of reducing absenteeism and tardiness.

Summer School Report

Summer School was held again at Northern Highlands Regional High School.

As in the past, students had an opportunity to attend one or both summer school programs. Six hundred and one students were enrolled in make-up and enrichment courses.

Course offerings included: English, Science, Business Education, Mathematics, Language, Music, Physical Education, and Driver Education.

Mr. Alfred Vinci, Director of the August Summer School, reported that Driver Education enrolled eighty-two students, which was one of the largest enrollments of any course offered.

Mr. Vincent Herold, Director of the July session, reported that there were thirty-five teachers employed for both sessions.

New Teachers (continued)

Miss Arlene M. Lange is now teaching French and German at Northern Highlands. Miss Lange comes to us with a B.A. from Montclair State College. Last year, Miss Lange did her practice teaching at Northern Highlands.

A new math teacher at Northern Highlands is Mr. James J. Magee. Mr. Magee holds a B.S. from Seton Hall University and an M.A. from Fordham University. Previous teaching experience includes four years at Seton Hall University.

Mr. Stephen G. Murray will be our new German teacher. Mr. Murray holds a B.S. degree from Boston College and last taught at Emerson Jr.-Sr. High School.

Another new teacher in the Foreign Language Department is Miss Sandra Rallis. Miss Rallis received an A.B. degree from Vassar College and an M.A. degree from New York University. Miss Rallis has also studied at Syracuse University, Florence, Italy, Institute Catholique, Paris, France, Smith College, Mass. and Montclair State College.



Arthur P. Yockel

Distributive Education will be taught this year by Miss Lois Schneider. Miss Schneider comes to us from Montclair State College where she received a B.A. degree.

Miss Barbara Vandenzanden received a B.A. degree from Fairleigh Dickinson University and has taught at Our Lady of Mercy School.

The Science Department will add to its staff Mr. Arthur P. Yockel. Mr. Yockel received a B.E.E. from New York University and an M.S. from Stevens Institute of Technology. Mr. Yockel has taught at Fairleigh Dickinson University and New York University.

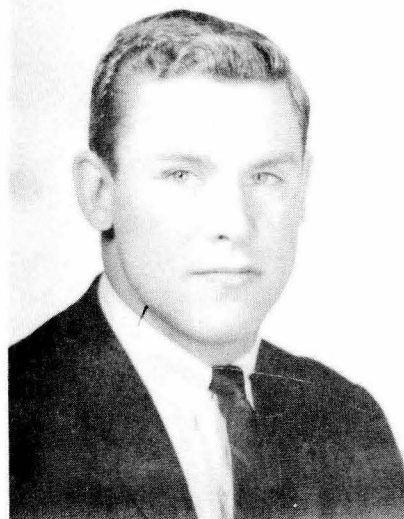
Northern Highlands will have a new nurse this year. Mrs. Maude G. Dugan received an R.N. from Massachusetts General Hospital School and comes to us from Don Bosco High School where she served as school nurse for three years.

Mrs. Joyce Hoffspiegel moves from social worker at Northern Highlands to Psychologist. Mrs. Hoffspiegel received a B.A. in Psychology from Rutgers University and an M.A. cum laude from Fairleigh Dickinson University. Mrs. Hoffspiegel did her psychological internship at the West Bergen Mental Health Center, Ridgewood.

Replacing Mrs. Hoffspiegel as social worker will be Mrs. Marjorie Jaffe. Mrs. Jaffe received a B.S. degree from Cornell University and an M.S.S. from Smith College School for Social Work, Mass.



Lois Schneider



Stephen G. Murray

Home and School News

Post High School Training: _____ October 28 - 8:00 p.m.

Will the formal education of your child end with graduation from NHRHS or will he go on to more advanced training? Where can he go to receive career training suitable for him? In which type of institution will he be able to work best according to his own needs and abilities?

If you are vague about the differences in types of post-high school training, and would also like to know what is available in our area, come and join us on Thursday evening, October 28. Mrs. Edith Rhodes, president of the Home and School Association, will introduce the program and our guidance department director, Miss Helen Blanchard, will moderate a knowledgeable panel.

Each panelist will speak in general on the type of institution he represents, the particular school's admission requirements, its special programs and advantages, and the characteristics of the students who seem to profit from and enjoy it.

These institutions and their representatives are:

1. Four year state university — Rutgers University: Geoffrey Gould, Associate director of admissions of Rutgers College.
2. Four year state college — Paterson State College: Richard Desmond, director of admissions.
3. Two year community college — Bergen Community College: Edward Flinn, assistant director of admissions.
4. The new four year, liberal arts state college — Ramapo College: Warren Kaufman, admissions counselor.
5. The four year private university — Fairleigh Dickinson: Miss Eleanor Phelps, admissions counselor.
6. Technical school for training in para medical fields — Director, Mrs. Laura Tym.
7. Technical school for training in data processing — International Institute: Warren Lessing, Registrar.
8. Technical school for training in electronics — RETS: Thomas Savarese, coordinator.
9. Technical school for training in secretarial, data processing, drafting, and electronics — Plaza Schools: Simon Lewis, admissions counselor.

Make plans to join us at 8:00 P.M. on October 28th for a program of interest to all NHRHS parents.

Membership

Are you *with it*? You can be "with it" and *with us* by joining the Home and School Association. Pay your dues at the October 28th meeting or mail \$2.00 to Mrs. Richard Grasse, 32 New Street, Allendale, N.J.

Tea

Teachers and home mothers will get acquainted at a tea on October 14th at 2:45 P.M. in the cafeteria. Home and School Association will provide the room mothers and the food; NHRHS will provide the setting and the teachers.

Fund-raising

June 4th and 5th are the big days for the FOLKE FESTIVALE INTERNATIONALE! Booths representing various countries will display native costumes and crafts as a backdrop for customers to purchase handmade articles and sample foreign foodstuffs. Featured will be an International Dinner on Friday evening, June 4th.

If you have close ties to a particular country, whether by birth, travel, or just plain interest, we hope you will share in making Folke Festivale Internationale a huge success. Volunteers may sign up at the October 28th meeting, but if you have suggestions or questions, call the chairman, Mrs. Eleanor Bauer, at 825-0625.

Programs

You *know* you'll make a special effort to attend Home and School Association meetings if the programs are interesting. Why not help plan programs by sharing your good ideas? If you have a program suggestion, please communicate with our president, Mrs. Edith Rhodes, 327-4252.

The Northern Highlands Regional High School District, as a part of its regular lunch program, provides lunches at a reduced price or free to students who are unable to pay the full price. The following income scale is used to determine which children are eligible to receive reduced price or free lunches:

FREE LUNCH SCALE

FAMILY SIZE	WEEKLY INCOME	MONTHLY INCOME	YEARLY INCOME
1	\$ 41.00	\$178.00	\$2,139.00
2	56.00	244.00	2,930.00
3	68.00	296.00	3,557.00
4	80.00	347.00	4,160.00
5	91.00	396.00	4,754.00
6	103.00	445.00	5,339.00
7	111.00	480.00	5,759.00
8	119.00	515.00	6,179.00
9	127.00	550.00	6,599.00
10	135.00	585.00	7,019.00
11	143.00	620.00	7,439.00
12	151.00	655.00	7,859.00

REDUCED PRICE LUNCH SCALE

FAMILY SIZE	WEEKLY INCOME	MONTHLY INCOME	YEARLY INCOME
1	\$ 53.00	\$228.00	\$2,739.00
2	68.00	294.00	3,530.00
3	80.00	346.00	4,157.00
4	92.00	397.00	4,760.00
5	103.00	446.00	5,354.00
6	114.00	495.00	5,939.00
7	122.00	530.00	6,359.00
8	130.00	565.00	6,779.00
9	138.00	600.00	7,199.00
10	147.00	635.00	7,619.00
11	155.00	670.00	8,039.00
12	163.00	705.00	8,459.00

In addition, children from families that receive public assistance from any federal, state, or local welfare program, such as the Food Stamp Program, Aid to Families with Dependent Children, etc., are eligible for a free meal.

Unusual circumstances such as illness or death in the family, temporary disability, and seasonal unemployment are also taken into account when determining eligibility.

The schools will make every effort to insure that the children do not know who is paying and who is receiving a free meal.

Parents who feel that their children are eligible should apply. Application forms will be sent to each parent, and are available in the school office. If your application is denied, an appeal can be made to Mr. Gerald F. Hopkins, Superintendent of School, Hillside Avenue, Allendale, New Jersey.

The district's complete policy concerning reduced price and free meals may be reviewed in Superintendent Gerald F. Hopkins' office located at Hillside Avenue, Allendale, New Jersey.

Board Secretary Notes

Transportation

Questions relative to busses and bus schedules for high school students attending Northern Highlands Regional High School should be directed to Mr. Alfred Vinci, Vice-Principal.

Private/Parochial Transportation

Parents and Guardians who have not requested transportation for their high school youngsters from Allendale and Upper Saddle River to Private/Parochial schools for the 1970-71 school year should submit their application to the secretary of the Northern Highlands Regional High School District, Mr. E. J. Kotula. Applications may be secured from the office of the Secretary Monday through Friday, from 8 A.M. to 4 P.M. A separate application must be filed for each youngster.

Elementary Private/Parochial Transportation

Parents of elementary school youngsters requesting transportation for Private/Parochial school must submit their applications to either Mrs. C. Davis, Secretary of the Upper Saddle River District or Mr. A. Grossman, Secretary of the Allendale School District.

Reimbursement Private/Parochial Transportation

Payment Certifications for high school students must be filed with the Northern Highlands Regional High School District Board Secretary while payment certification for elementary students should be made at the Upper Saddle River Board of Education office.

The Board of Education will pay one-half of the cost of transportation in January and one-half in June 1971. Certifications will be due January 1, 1971 and June 1, 1971.

Questions regarding private school transportation should be directed to the Office of the Secretary.

Guidance Department News from Helen M. Blanchard, Director

**FOLLOW-UP OF CLASS OF 1970
AS OF September 15, 1970**

FINAL PLACEMENT	NUMBER OF STUDENTS	PERCENTAGE OF STUDENTS
4 year Colleges	155	62.7
2 year Colleges	31	12.6
Service Academy	1	.4
Secretarial School	5	2.
Art School	3	1.2
Nursing School	3	1.2
Technical Schools	11	4.5
High School Post Graduate	2	.8
TOTAL EDUCATION	211	85.4
Employed	32	13.
Employable, but not employed	4	1.6

Name Dropping (over the summer)

Jean Oberholtzer, English teacher, took a trip to London and Canterbury in England. While on a motor trip in Ireland, Mrs. Oberholtzer visited Sligo (Keats Country) and Dublin where she attended the Abbey Theatre. Mrs. Oberholtzer plans to use many slides taken during her trip for classroom activities supplementing studies of authors such as Keats, Joyce, Shaw, O'Casey, and Lady Gregory.

Karen Wolfe, science teacher, attended a seven week course in General Ecology sponsored by the National Science Foundation at Michigan Technological University, Houghton, Michigan. The course included radiation biology, population dynamics, and the impact of man on the future. The course was concluded with a week of wilderness camping at Isle Roydal National Park in Lake Superior.

Sharon Portner, social studies teacher, traveled to Norway, Germany, Poland, Hungary, and France. Of special interest to Miss Portner were the cities of Budapest and East Berlin.

Margaret Gimello, English teacher, attended New York University.

Landra Rallis, language teacher, was a group leader this summer for the Experiment in International living. Miss Rallis took a group of students to France for seven weeks. Later, she travelled for three weeks in Switzerland, Italy, and Greece.

Anthony Contini, mathematics teacher, attended Montclair State College.

Arthur P. Yockel, science teacher, attended Fairleigh Dickinson University over the summer.

Sylvia Pedersen, math teacher, studied at Montclair State College.

Marianne Maynard, math teacher attended a National Science Foundation Institute at the Ohio State University where she has been working toward a Master's Degree in Mathematics.

Pat Peterson, physical education teacher, spent the summer touring through Norway, Denmark and Spain.

Robert Manzo, music teacher, attended Westminster Choir College for a summer conference in "Humanities — the Classroom."

udith Dayner, science teacher, travelled through Europe during the summer. Miss Dayner visited England, Scotland, Wales, Ireland, France, Morocco, Switzerland, Italy, Germany, Netherlands and Belgium.

While in England and Wales she visited relatives.

Christine Racaniello, English teacher, vacationed this past summer with her family in Spain and Greece with a final stop in Italy for a five day visit with a European family (relatives). In Greece, they visited the Acropolis in Athens, the Archaeological Museum, and Delphi where the ancient Oracle sat.

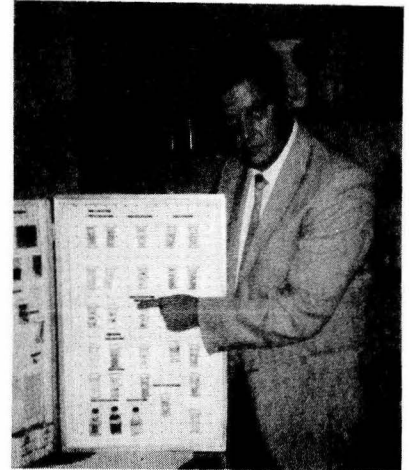
Thomas Petrush, science teacher, had the opportunity this past summer of visiting several areas of outstanding geological interest and importance in the south west area of the United States. In Arizona, Mr. Petrush visited Wupalki Ruins, Walnut Canyon, Meteor Crater, Petrified Forest, and Sunset Crater. Lava Flow, at Grants, New Mexico was one of the most recent lava flows in the continental United States. This eruption took place one to two million years ago and extends some 40 miles south and west of Grants.

Maureen E. Mahoney, English teacher, attended Montclair State College.

Gerald Scola, science teacher, went to graduate school in Buffalo for seven weeks under an N. S. F. grant. Later, he travelled through South Dakota and Wyoming.

Bruce Emra, English teacher, conducted a summer school class in film making.

Beth Edwards, business education teacher, is instituting a new program in the Office Practice class.

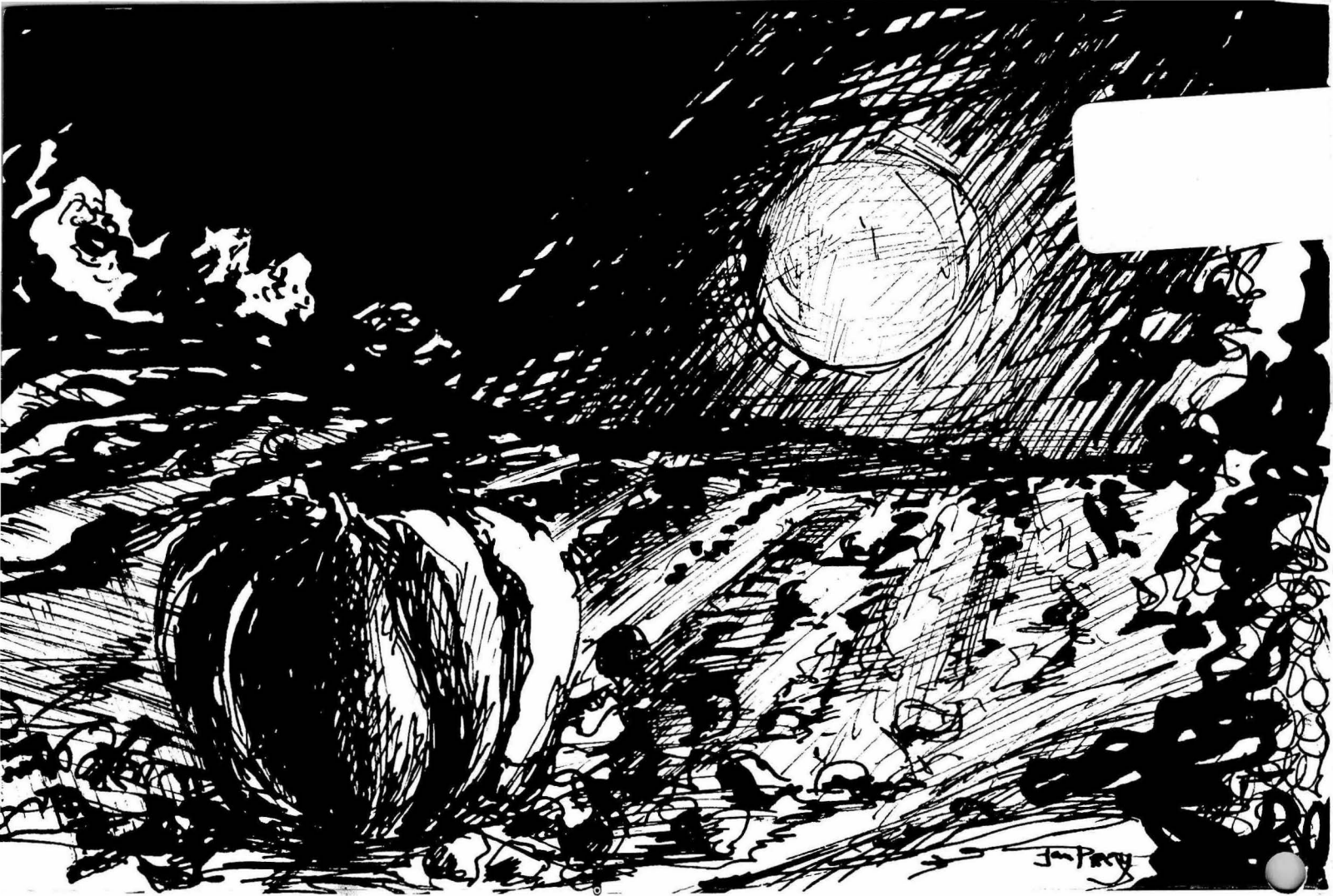


James Gibson, science department chairman, recently spoke to the 7th and 8th grade teachers from Allendale, Upper Saddle River and the high school staff on the subject of Pharmacology.

Twice a week, students in this class will be working for assigned staff in guidance and in various departments. Staff members will be required to give these girls the experience in handling office procedure and performing secretarial work which will benefit both parties. Each participating staff member is given an outline by which he or she will be asked to write a critique on their secretary at the end of the marking period. The girls also have to fill out weekly logs which are turned in after being signed by their boss.

MASTER CALENDAR

November		
3	home	Cross-Country Meet
3	away	Soccer Game
5-6	New Jersey Education Association Convention (School will be closed)	
7	S A T Achievements	
7	home	Football Game
7		Cross-Country Champs
14		Cross-Country Sectionals
14	away	Football Game
20-21	All School Play	
21		Cross-Country State Champs
26	home	Football Game
26-27	Thanksgiving Recess	
December		
5	away	S A T Achievements
11	away	Basketball Game
18	away	Basketball Game
19		Christmas Concert 8:00 p.m.
22	home	Basketball Game
23		Christmas Recess Begins
23	home	Wrestling
28	home	Wrestling Tournament
29	home	Christmas Wrestling Tournament



NORTHERN HIGHLANDS REGIONAL HIGH SCHOOL DISTRICT
1970-71 ANNUAL SCHOOL ELECTION

FILING OF NOMINATING PETITIONS ANNUAL SCHOOL ELECTION

ALLENDALE

1 full three-year term

The law provides that all persons who wish to file nominating petitions as candidates for election to Boards of Education, must file same by:

Regional Districts — 4:00 P.M. Thursday, December 24, 1970

Petitions may be obtained from the Secretary of the local Board of Education and must be filed with the Secretary of the Board of Education of the school district in which the candidate resides.

UPPER SADDLE RIVER

2 full three-year terms

NORTHERN HIGHLANDS
REGIONAL HIGH SCHOOL
NEWSLETTER

UPPER SADDLE RIVER
ALLENDALE, NEW JERSEY

OCTOBER
1970

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