



### A MESSAGE FROM TAHANTO

On January 8th Dr. Elizabeth Englander from the MARC Center at Bridgewater State University presented information on bullying/cyberbullying and technology. Dr. Englander offered helpful tips and resources to parents as they navigate today's technology with their children. Please check out the [link](#) to access free research based information from the presentation.

Today students in grades 9-12 participated in Tahanto's 2nd Annual Refresh Day. From 12-2:15 students participated in various activities that promoted relaxation, fun and stress relief. Students participated in activities such as yoga, ballroom dancing, aromatherapy, rock painting, origami making, open mic, games and open gym. It is our hope that students walked away from today with a new found interest, or at least more relaxed as they go into the weekend! Stay tuned middle school, your Refresh Day is coming in March!

**Go Stags!**

Sincerely,  
Diane Tucceri  
*Principal*

NEWS & EVENTS

**Senior Nikolai Rogalinski honored at the Central Massachusetts Superintendent Scholar Luncheon!**



**Grades 7-8 Winter Assesments**

Students in grades 7-8 will be participating in Winter assessments on 1/21 & 1/24 respectively.

**Grades 9-12 MIDTERM EXAMS January 21-24**

\*Please note that all exams must be taken during the scheduled time. Make-ups are onl those students who have a medical excusals. Students may be dismissed after their scheduled exam, without penalty, with a dismissal note handed in to the office in the morning. No phone dismissals will be accepted.

**STUDENTS MUST REMAIN IN EXAM UNTIL END OF THE PERIOD – NO EARLY DISMISSALS FROM EXAMS**

**MID YEAR EXAM SCHEDULE**  
**January 2020**  
**STUDENTS MUST REMAIN IN EXAM UNTIL END OF THE PERIOD – NO EARLY DISMISSALS FROM EXAMS**

Tuesday, January 21 Day 4		Wednesday, January 22 Day 5		Thursday, January 23 Day 6		Friday, January 24 Day 1	
MS	HS	MS	HS	MS	HS	MS	HS
4	4th Period Exam 7:35-9:14	5	5th Period Exam 7:35-9:14	6	7th Period Exam 7:35-9:14	1	3rd Period Exam 7:35-9:14
5		6		7		2	
6	6th Period Exam 9:17-10:56	7	1st Period Exam 9:17-10:56	1	2nd Period Exam 9:17-10:56	3	Make Up Exams 9:17-10:56
7		1		2		4	
1	1	2	2	3	3	5	5
2	2	3	3	4	4	6	6
3	3	4	4	5	5	7	7

**Vaping Cessation**

In an effort to combat the vaping epidemic and improve the health of our students, Tahanto is offering a completely optional, judgment and consequence free tobacco/vaping cessation program. Anyone interested in information and support in quitting vaping/tobacco please see Mr. Boudreau in Rm 222 or Ms. Ford in the Counseling Office.

**Be a Student Greeter**

Spread some joy and kindness by volunteering to be a morning greeter for fellow students, teachers and staff. We need volunteers to hold the door and say "good morning" every morning in both the middle school and high school foyers. Be the reason why someone starts their day off with a smile! Volunteers can sign up in the main office and can be a greeter with a friend.

**Tahanto Yearbook Information**

**ATTENTION SENIORS & PARENTS**

The deadline to place a parent or community sponsor ad in the 2020 yearbook is January 10. Ad prices start at just \$50 and are a great way to show your support of the seniors!

To place an ad electronically:

For any staff interested in placing an ad in the 2020 yearbook. Due on or before **January 10, 2020** (space may sell out earlier)

Create a business ad:

1. Click on this [link](#)
2. Scroll to the bottom
3. Click "Get Started" on the Business Ad icon. Payment is made on the site.

Contact Jannel Fitzpatrick or Beth Esposito with questions.

**Music News**

TMPO is raising funds for scholarships to be given at graduation and for an end of the year banquet to acknowledge our band and chorus students. Want to donate directly to TMPO? You can send a check to TMPO, [1001 Main Street, Boylston, MA 01505](#) or use PayPal at [paypal.me/tahantomusic](https://paypal.me/tahantomusic). TMPO will have its monthly meeting on Monday, December 16th at 7:00 in the music room. Meetings are for one hour or less. We need some more parents for the group to be viable in the future. Right now we have about 3 or 4 parents attending. Please join us if you can

**Tahanto Today**  
**January 10, 2020**

**From the Nurse**

The State mandates that a current physical examination be kept on file in the health office of ALL students in grades 7 and 10 (not just for those participating in sports). If you are unsure if your child's physical is up to date, please call the school nurse at (508) 869-2333 ext. 2303.

**Late Bus**

**Tahanto Late Bus Tuesdays & Thursdays 3:45 p.m.**

**This is a great way for your child to stay after for extra help with their teachers!**

- Tuesdays Berlin stops 1st: Berlin General Store & US Post Office (then Boylston stops)
- Thursdays Boylston stops 1st: Boylston Public Library & Calliope Theatre (then Berlin stops)

**Upcoming Events**

**January 14: School Committee**

**January 17: End of 2nd Quarter**

**January 20: No School**

**January 22: SEPAC Meeting**

**January 21-24: Midterm Exams grades 9-12**

To view the Tahanto Regional Calendar, please [click here](#).

**Tahanto Today**  
**January 10, 2020**

**ATHLETICS**

Winter sports are underway! Come and support Tahanto's Cheer Team and Boys & Girls Basketball teams during one of their competition.

**WEEKLY RECAP**

January 7th: Boys & Girls MS vs Hale Middle: B L43-28/ G L 47-10

Varsity Girls at Murdock: V W 60-38

Boys Varsity vs. Murdock: L 57-93

January 9th: Girls Varsity at North High: W 47-28

January 10th: Boys Varsity at St. Mary's : TBD

**WEEKLY GAMES**

January 14th: MS Boys & Girls vs. WB

JV & Varsity Boys vs. Ayer Shirley

JV & Varsity Girls at Ayer Shirley

January 16th: MS Boys & Girls at Luther Burbank

JV & Varsity Girls vs. Narragansett

January 17th: JV & Varsity Boys at Narragansett

**Should you have any questions relating to Athletics at Tahanto, please contact Mr. Matt Porc**

**WEEKLY EVENTS**

**TAHANTO STAG SWAG**

Looking to stock up on Tahanto Swag?! [Visit our online Stag Spirit Shop](#) for all your Tahanto branded apparel. Choose from many options, including: sweatshirts, t-shirts, hats, and much more - all of which are easily customizable!

Tahanto gear makes for a great gift - plus, a portion of all sales through the Spirit Shop help fund the good work we do here at Tahanto. We appreciate the support!