Dear Rivendell Families,

Choose Your Own Adventure

On May 23rd we had our *Choose Your Own Adventure* day, where 15 interesting people shared stories about their life’s journey that could inspire students to think about options for their futures. We asked speakers to talk about how they attended to the twists and turns of life: unexpected setbacks, “lucky” breaks, and side trails. *Choose Your Own Adventure* was not a career day. It was one step in our effort to help students begin to think about their future pathways and the characteristics of people who have managed to arrive at some interesting places in their lives. Throughout the day, students had opportunities to discuss and write about their personal goals, strengths, and aspirations. Much of the work on these activities will continue in advisories next year.

*Choose Your Own Adventure* was really about the living biographies of our presenters. The summer reading extends this theme of “life’s journey” as students read biographies that they have chosen in advisory. We have ordered approximately 100 different biographies of the students’ choice. Thank you to Tracy Page and Lazlo Bardos for helping with the ordering of books. A big thanks goes out to Mary Rizos, Jen Ellis, and Nancy Hall for grant writing and planning this event.

New Faculty

Several weeks ago we receive the sad news that Meredith Hyder would be moving to Massachusetts. We will all miss her humor, energy, and dedication to students. We knew that it would take a unique person to replace Ms. Hyder, and we found him.

Kolin Kepler rose to the top of a very strong pool of candidates. Students gave his demonstration lesson excellent reviews, and the interview committee felt that he would be an excellent fit at RA. Kolin grew up in a remote location in Alaska, accessible only by plane. His family lived largely off the land and he spent summers panning for gold. Kolin’s elementary and secondary education was all done at home through correspondence flown between home and his teachers in the next town, who pushed his thinking with their responses to his work and taught him how to become his own teacher.

We have also hired Dr. Gary Akerman for a new position in the district as the Digital Project Leader at RA. We have increased our commitment to preparing students for the digital world by beginning a 1 to 1 computer initiative with this year’s 9th grade class. Next year’s 9th grade class will also receive laptops. Gary will lead the Academy in developing a dynamic digital culture by:

- Working collaboratively with teachers and students in and out of the classroom to develop digital projects that target one or more of these areas: analysis, problem solving, communication, intercultural understanding, mathematical modeling, global issues, collaboration and individual responsibility.
- Coordinating the evolution of a digital culture at the Academy including digital tools for curriculum development, storage of curriculum and media, assessment, and recommendations for hardware and software purchases.

- Communicating the evolution of the Academy’s digital culture to multiple stakeholders.

- Supporting school-wide staff development (project design, web design, Google Applications, mobile devices, social media, and the development of students’ electronic portfolios).

Gary’s teaching background is in math and science. He has years of experiences as teaching technology to both students and staff. RA is very lucky to have hired someone with Gary’s knowledge and depth of experience.

**Back to the 80’s**

The cast of the spring musical, *Back to the 80’s*, performed to a full house for three shows. The band rocked the house and the players brought everyone into the magic with their singing, dancing and humor. Michael Galli was a real crowd pleaser. (The consensus is that he should keep the new hair.) The cast choreographed the entire show, and the singing and dancing were non-stop. Thanks go out especially to Ms. Alden and Ms. Sobetzer for the hours of work they contributed, as well as to the parents who provided many meals and miles in the car picking up students from late night performances. Most of all—thank you to all the performers who invested so much time and energy into a fantastic show.

**Prom**

As usual, our prom kicked off what always feels like a Formula 1 race to the end of the school year. After a rainy morning, the afternoon turned warm and clear for the dance. It was a beautiful night with good music, food, and a lot of dancing. The fog machine was a big hit with the Fairlee Fire Department. Thank you, thank you to the junior class, Mr. Newstead, Mr. Bardos, and Ms. Barsamian for all their hard work. Miranda Garrow took the lead as prom committee chair. She did a fantastic job. Also, we send our thanks to the Lake Morey Resort for providing the venue.

**Senior Trip**

The seniors took their tip to Boston May 21 to 23. Mr. Reichert, Ms. Sanders, Ms. MacMurtury, Ms. Alden, and Ms. Sobetzer have done a great job with the many senior advisor duties this year. The trip included sightseeing in Boston, an excursion to the beach, the aquarium, a Red Sox game and more.

Please see the calendar for a complete list of the many important dates for the rest of the school year.

Sincerely,

Keri Gelenian

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**Visions**

This year seemed to go by so quickly, even though it felt as though winter was never going to release its hold on us. Due to all of the snow days we had, the last day of Visions has been extended to Wednesday June 11, 2014. We will be having our end-of-the-year celebration again this year at the Pastures Campground on Thursday June 5, 2014. As I reflect on all the ups and downs of this year’s program, I am overwhelmed by the accomplishments: a mural was painted on the back wall of the Visions room, we were able to hire a driver for the school van to transport students to Warren, lots and lots of homework was completed, attendance steadily grew as the year progressed, and new workshops were added. A special thanks goes out to Brandy Allen, Becky Clancy, Christina Robison, Eric Reichert, Brynne MacMurtry, Nicki Barsamian, Cheryl St. Pierre, Dan Newsted, Chris White, Christina Bolles, Jennifer Bottum and Giovana Carlson. We thank them not only for their dedication to the program, but more importantly, for their dedication to the students. The success of the program and students would not be possible without them. Have a great summer break and if we do not see you at SummerScapes, then hopefully we will see you again next school year.
Student Tutors at Samuel Morey Elementary

This trimester, high school students have been working at Samuel Morey as tutors in elementary classrooms. They are enrolled in a class called Cross-Age Tutoring which is a cross between an internship and a course in the fundamentals of early education. Students spend three days a week helping out in the classroom and two days a week learning about child development, learning styles, and communication skills. As a culminating performance task, Rivendell students will work with their mentor teachers to design and teach a lesson on their own. For anyone interested in working with children or in education, this class is a great introduction to the field.

Student Tutors at Samuel Morey Elementary

Zack Gray working with a 5th grade P.E. class.

Shamus Peyton helping out in the 3rd grade.

From the Library/Media Center

The List by Siobhan Vivian
It happens every year before homecoming—the list is posted all over school. Two girls are picked from each grade. One is named the prettiest, one the ugliest. The girls who are not picked are quickly forgotten. The girls who are become the center of attention. Each one has a different reaction to the experience. The author looks into the lives of eight girls struggling with issues of identity, self-esteem and the judgments of their peers.

Trash by Andy Mulligan
In an unnamed Third World country, in the not-so-distant future, three “dumpsite boys” make a living picking through the mountains of garbage on the outskirts of their city. One day Raphael finds something very special and very mysterious. So mysterious that the police offer a reward for its return but others with bad intentions are willing to do anything to obtain the item.

Big Girl Small by Rachel DeWoskin
Judy Lohden is your above-average sixteen year-old, with a voice that can shake an auditorium. She should be the star of Darcy Arts Academy, so why is she hiding in a seedy motel room? Perhaps it has something to do with a devastating scandal—and the fact that she is only three feet nine inches tall. Big Girl Small is a scathingly funny book about dreams, reality, and the human spirit.

Human.4 by Mike A. Lancaster
Kyle Straker volunteers to be hypnotized at a local talent show, expecting the same dull amateur acts as always. But when he wakes up the world will never be the same. Televisions and computers longer function, but a strange language streams across the screens. Phone lines produce just a few ominous clicks. People pass Kyle as if he isn’t even there. Is this a hypnotic nightmare or the new reality for Kyle.

The Girl of Fire and Thorns by Rae Carson
Elisa is the chosen one. But she is the younger of two princesses. She has never done anything remarkable, and cannot predict anything different in the near future. Now on her sixteenth birthday, she has become the secret wife of a handsome and worldly king—a king who country is in turmoil. A king who needs her to be the chosen one, not a failure as a princess.
Bulldogs Youth Football will be hosting **FREE** Weekend Camps the whole month of June 2014, beginning Saturday June 7th & Sunday June 8th. Camps will be held at Oxbow High School in Bradford, VT.

All kids entering grades K - 8 are welcome and encouraged to come give football a try!

**Time of Camp:**
- Kids entering grades K-3: 10am-12p.m.,
- Kids entering grades 4-8: 7a.m.-12p.m.

Saturday camps will include Warm-Up, Speed & Agility Drills, and Offensive & Defensive Skill Stations. Sunday Camps will include Warm-Up, Speed & Agility Drills, 7 on 7 Games and a Guest Speaker.

All campers are required to wear shorts, sneakers and bring a water bottle & snack. There will be release forms for parents to sign for each weekend of camp.

**As an incentive for giving our program a try we will be offering a $5 off from our registration fee for each full weekend you attend. If you attend 2 full weekend camps you will receive a FREE Camp T-Shirt.**

The camps will be under the direction of Sean Perry and will include prior year’s coaches to help with the camps. All instructors are USA Football Certified and have completed background checks. For questions regarding the camp schedule, contact Sean Perry 802-535-1439.
**IMPORTANT HEALTH INFO & DEADLINES**

- **TICK SEASON HAS RETURNED – NO NEED TO WORRY!** Most ticks and their bites are harmless. It is a good idea to remove the entire tick. If it is embedded in skin, grab the head of the tick firmly with tweezers, even pinching a little skin to make sure the entire head gets removed. If you are at school, and you think you have, or might have had, a tick, come to the health office for a check of the tick or the bite area. If you find a tick that is not attached to you and you would like to have it identified, please place it between 2 pieces of clear tape (sticky sides together) and take it to the health office.

- **Molar Express**, a fully mobile dental care clinic will be at the Academy again on **June 18** with the dentist who will do the restorative work identified on the earlier visits. Please look for forms in August if you would like your child to receive dental care from this clinic next year.

- **We continue to need immunization updates** for students (especially the new TDAP for students entering 7th grade, second varicella and all 3 Hepatitis B) which must be verified for every student to be in school. Please call the nurse if you have questions.

- **Please let the school office know of any reason for absence due to health**: head cold, or just bouts of severe coughing, stomach bug, either or both of those accompanied by aches and pains, sore throats, headaches, etc., or any information that might alert us to a trend for contagious illness. Also, please contact the nurse about any illness or injury that your student may have so that we can provide the best environment possible at school while they recuperate.

- **BASELINE “ImpACT” testing** to assist in the diagnosis/extent of possible head injuries is ongoing for untested students. Students must have parent/guardian permission.

- **A reminder**: hand washing (20 seconds of good, sudsy hand washing followed by a thorough rinse; and coughing and/or sneezing into one’s own inner elbow) is the best protection against catching or spreading illnesses, including flu.

- **Please contact the health office any time** for any questions at cmoffatt@rivendellschool.org or 603-353-4321 x 7 during school hours.

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*What’s New in the Health Office?*

*The senior class trip included a trip to Fenway Park.*
The Counselor’s Chronicle

June 2014

Career Internships are finishing up. Juniors should be thinking about placements they might be interested in for next year. This year’s sites included:

Upper Valley Ambulance
Tip Top Pottery
Maponics
Westshire & Samuel Morey Schools
Kedron Valley Garage
AVA Gallery
Sykes Fitness & Any-Time Fitness
Journal Opinion
Grafton County Atty
Concepts NREC
VT Fish & Wildlife
Northern Stage
Top Drafting & Design
Valley News

Juniors will be making their way to Norwich University on Friday, May 30th for an information session, campus tour, and to dine on campus. They will learn about the college application process, admissions and financial aid.

DUAL ENROLLMENT

There are a number of opportunities available to high school Juniors & Seniors interested in taking a college class for high school/college credit. VT residents can access the VT Dual Enrollment Program and NH residents can access the E*Start program:

VT (www.vtdualenrollment.org)
NH (www.ccsnh.edu/academics/estart)

The Leos Club thanks all advisories for participating in the Pennies for Patients Fund Drive. Congratulations to Mr. Riess’ advisory who collected the most and the Sophomore Class for collecting the most of $12.

SPRING FLING

As is the tradition, the Sophomore Class will volunteer time in the community by visiting with residents at Glencliff Home on the morning of Spring Fling, June 6th. Glencliff Home strives to provide a continuum of services for New Hampshire’s developmentally disabled, and/or mentally ill population in a home-like atmosphere with an emphasis on independence, dignity, and acceptance. This year Glencliff Home is planning a Beach Blanket Bingo celebration for the Sophomore Class to help out with. Students will assist residents with activities like building sand castles, playing (resident version) beach volleyball, face painting, water balloon games, and photo ops. Many of the residents do not receive regular visits from family members so visits from members of the community mean a great deal to them.
### June 2014 Lunch

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
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<tr>
<td>Applesauce Coleslaw</td>
<td>Grapes</td>
<td>Orange Wedges</td>
<td>Sliced Peaches</td>
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<td>Sliced Ham</td>
<td>WG Biscuit</td>
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<td>Lettuce and Tomato</td>
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<tr>
<td>Chicken Nuggets</td>
<td>Cheeseburger</td>
<td>Rice</td>
<td>Grilled Cheese</td>
<td>WG Pizza</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Chicken Fajita</td>
<td>Salad</td>
<td>Milk</td>
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<td>20</td>
</tr>
<tr>
<td>Applesauce</td>
<td>Carrots</td>
<td>Grapes</td>
<td>Sliced Peaches</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td>Spaghetti</td>
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<td>Broccoli</td>
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<tr>
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<td>Hot Dog</td>
<td>Macaroni</td>
<td>Cheese</td>
<td>WG Pizza</td>
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### Smart Snacks in School Fundraisers

The Healthy Hunger-Free Kids Act of 2010 directed the USDA to establish nutrition standards for all foods and beverages sold to students in school during the school day, including foods sold through school fundraisers. The new Smart Snacks in School nutrition standards will help schools to make the healthy choice the easy choice by offering students more of the foods and beverages we should be encouraging — whole grains, fruits and vegetables, leaner protein, lower-fat dairy — while limiting foods with too much sugar, fat and salt.

USDA understands that fundraisers are time-honored traditions that support local school activities, including class trips, athletic programs and the purchase of school supplies. Under the “Smart Snacks in School” nutrition standards, USDA has sought to balance the needs of schools to conduct occasional fundraisers, while still ensuring that students have access to healthier foods and beverages during the school day.

**Highlights of the Smart Snacks in School nutrition standards include:**

- **States set an appropriate number of exempt school-sponsored fundraisers.** States are well-positioned to identify the particular needs of their local communities. As such, each state will have the flexibility to set a certain number of fundraisers that can sell foods or beverages that do not meet the nutrition standards.

- **No limits on fundraisers that meet the new standards.** In addition, fundraisers that sell non-food items or foods or beverages that meet the new standards are not limited under the nutrition standards. There are many healthy fundraising options available to schools, including selling books, fresh produce, school spirit merchandise or other non-food items during the school day. Your school’s local wellness committee may have some great tips on how to raise funds and help students make healthy choices at the same time.

- **Schools decide what can be sold at events outside of school hours.** *Smart Snacks in School* only applies to foods and beverages sold to students on the school campus during the school day. The nutrition standards do not apply to foods and beverages sold at events held after school, off campus, or on weekends, such as school plays or sporting events.

- **Exceptions for fundraiser foods not intended for consumption in schools.** Fundraising activities that take place outside of school, such as cookie dough or frozen pizza sales, are exempt from the nutrition standards. Distribution of order forms and foods not intended for consumption at school may continue.
The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools—beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

### Before the New Standards

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<tr>
<th>Food Item</th>
<th>Total Calories</th>
<th>Empty Calories</th>
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<tbody>
<tr>
<td>Chocolate Sandwich Cookies (6 medium)</td>
<td>286</td>
<td>182</td>
</tr>
<tr>
<td>Fruit Flavored Candies (2.2 oz. pkg.)</td>
<td>249</td>
<td>177</td>
</tr>
<tr>
<td>Donut (1 large)</td>
<td>242</td>
<td>177</td>
</tr>
<tr>
<td>Chocolate Bar (1 bar-1.6 oz.)</td>
<td>235</td>
<td>147</td>
</tr>
<tr>
<td>Regular Cola (12 fl. oz.)</td>
<td>136</td>
<td>126</td>
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### After the New Standards

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Total Calories</th>
<th>Empty Calories</th>
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</thead>
<tbody>
<tr>
<td>Peanuts (1 oz.)</td>
<td>170</td>
<td>0</td>
</tr>
<tr>
<td>Light Popcorn (Snack bag)</td>
<td>161</td>
<td>17</td>
</tr>
<tr>
<td>Low-Fat Tortilla Chips (1 oz.)</td>
<td>118</td>
<td>0</td>
</tr>
<tr>
<td>Granola Bar (cocoa, fruit, nuts) (1 bar-8 oz.)</td>
<td>95</td>
<td>0</td>
</tr>
<tr>
<td>Fruit Cup (w/100% Juice) (Snack cup 4 oz.)</td>
<td>68</td>
<td>32</td>
</tr>
<tr>
<td>No-Calorie flavored Water (12 fl. oz.)</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.